



Global Fusion Americana E-Series

Global Fusion Americana *adj.* A form of cooking extracted from the history of the world that makes a new culture fusing it together in a melting pot. Through ideas, religions, foods, and customs bring people together thriving for taste that makes up the American food experience.

KITCHEN 101

GOOD HEALTH NEVER SACRIFICES FLAVOR

**EXPLAINS
EQUIPMENT
NUTRITION
FATS
PORTIONS
SPICE COMBINATIONS
HEALTHY COOKING
WHO
WHAT
THE HOW
FOR YOUNG ADULTS**

**INCLUDES
80+ RECIPES**

**+100
Kids
Recipes**



By Keith Thomas Murphy

AKA: **Chef Murph**

This booklet was meant to give you tools so that you could expand on a theme and make it your own. It works with natural flavors of veggies and meats. My end goal is that you can see in your mind a dish in your head before your even washing your hands.

Cooking is the true action of **Love but feeding people is **Caring****

If you make one of the dishes I ask you please post your picture at Global Fusion Americana please take a picture with you making or the finish product to share it on Facebook. Please explain how you jazzed it up.

**If you have dishes that were handed down, attempting to publish a cookbook every September in hard back of dishes that people brought to America. A dish that you think is every day might be new to somebody else in a global world. I want to document our history. It could just be a picture of your grandmother and another of you making the dish. Explain, (The 5 W)Who is in the picture, Where it came from, What in it, and Why and When it was made There is a link on my website “Send in Recipes”
www.ChefMurph.com.**

Thank you

K.T. Murphy

Chef Murph

XoxoX

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Introduction To Healthy Cooking

A healthy diet begins at home and with proper knowledge and technique it is easy to ensure that you and your family lives a healthy lifestyle that facilitates good health for a long life.

There are different facets to healthy cooking, all with their own goals:

- Low Fat/Heart Health
- Low Carb
- Low Cholesterol (Synonymous with Heart Health)
- Low Calorie
- Low Sodium
- Low Sugar

It is common for these categories to interlace, and it's also typical of people to choose from more than one category.

No matter the specific goals people might have, one thing that should concern everyone is heart health and healthy weight management.

Why A Healthy Diet Is Important

“THE DOCTOR OF THE FUTURE WILL NO LONGER TREAT THE HUMAN FRAME WITH DRUGS, BUT RATHER WILL CURE AND PREVENT DISEASE WITH NUTRITION.” ...THOMAS EDISON

There are several reasons why a healthy diet is important.

The first is the fact that when you eat healthy you have the proper energy to live life. This energy extends to the senior years, keeping you vibrant and healthy even as you age.

Second and most important is that a healthy diet supports a long life and the avoidance of many life threatening health conditions, and diseases and premature death.



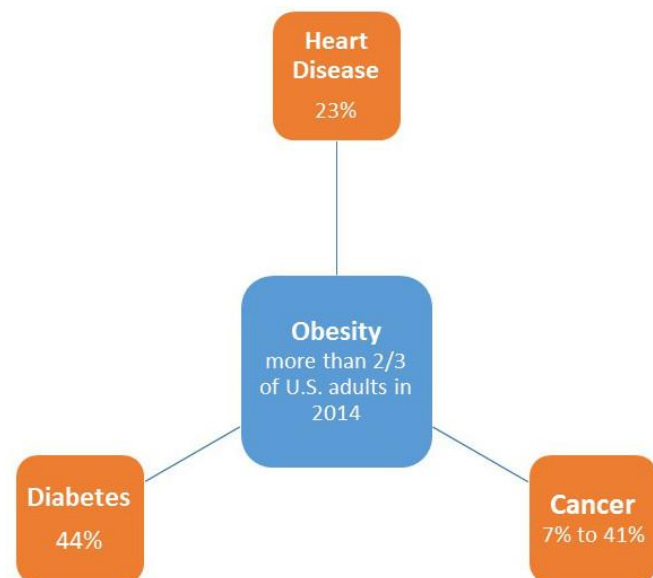
OBESITY AND OVERWEIGHT STATISTICS

According to the World Health Organization, the numbers of worldwide obesity have doubled from 15% to 30% in the last couple of years.

According to the Food Research and Action Center more than 2/3 of U.S. adults are overweight or obese in 2014.

According to research published in the American Journal Of Public Health, obesity related conditions account for about 18% of all deaths in the United States.

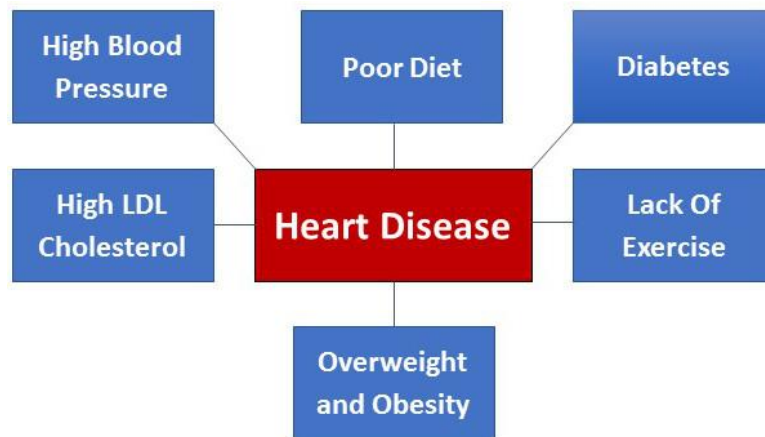
According to HealthyAmericans.org, more than ¼ of health care costs are caused by obesity related conditions.



And, the World Health Organization reports that 44% of diabetes, 23% of heart disease and between 7% and 41% of certain cancers are attributed to obesity and overweight.

Heart Disease Statistics

According to the Center For Disease Control, approximately 600,000 people die of heart disease in the United States each year, that's a total of 1 in every 4 deaths.



Heart disease is the leading cause of death with heart attacks killing about 720,000 people each year.

About 49% of Americans have the 3 biggest risk factors for heart attack:

- High Blood Pressure
- Smoking
- High LDL Cholesterol

Diabetes, overweight and obesity, poor diet, lack of exercise and too much alcohol are also risk factors for heart disease.

Both heart health and healthy weight management start in your own kitchen. And when you have kids it's crucial to live by example and teach them healthy habits that they will learn and follow for life. This is even more crucial when conditions such as, Diabetes, obesity and heart disease run in your family.

Many times people think about their diet when it's too late, such as, after a heart attack, or after a diagnosis of clogged arteries or when they are diagnosed as pre-diabetic as a result of obesity.

Diabetes Statistics

According to the Center for Disease Control, and other experts, Type 2 Diabetes is a preventable form of Diabetes that is so very common these days as it accounts for about 90% to 95% of all diagnosed cases of diabetes; the other cases are cases of Type 1 Diabetes that is purely genetic and not preventable.

Biggest risk factors for Type 2 Diabetes:

- Poor diet
- Excess weight (especially belly fat)
- Lack of exercise
- Family history

If one parent has Type 2 Diabetes, their child's risk of developing Type 2 Diabetes is 15%, but, if when both parents have it, the risks to the child increases to 75%.

Type 2 Diabetes can be avoided by starting early in healthy cooking and following a healthy diet and setting such an example for your children.

How A Healthy Diet Prevents Disease

We live in a "super size" world, where double bacon cheeseburger, extra-large fries and a tub of soda is commonplace and suggested by most drive thru attendants.

Healthy cooking at home can go a long way to counteract this world around us, and to control what goes into our bodies, to support a long, healthy and disease free life. According to the Whole Foods Market's annual Food Shopping Trends Tracker survey 20% of parents make sure to provide healthy food for their children even when it costs more. Also, 41% of people who cook at home reported they do so to ensure that they eat a proper and nutritious diet.

A Cambridge study showed that people who cook up to 5 times a week were 47% more likely to still be alive after 10 years.

The Nurses' Health Study found that weight loss was greatest among individuals who consume more vegetables, yogurt, and nuts.



Your Kitchen Your Control

One of the most important aspects of healthy cooking and choosing to do so is the fact that when you do, you have full control of the ingredients that go into the meals you eat along with the cooking methods chosen to cook those meals.



That control is integral to a healthy lifestyle, because typically when you consume meals cooked by others, such as, those prepared at restaurants you really only have an inkling of what ingredients are used or how the foods are prepared.

The Hot Wings Example

A good example of this is hot wings. Did you know that most restaurant add a butter and flour coating to the wings before they are soaked in hot sauce? Some places actually fry them in oil first, then soak them in hot sauce. This makes them tastes great, but, it also adds a lot fat and calories. When you make wings at home you can skip the butter and flour, and bake them instead of frying, which, cuts a lot of fat, calories and supports a healthier diet.

This does not mean that you cannot eat out once in a while, or even enjoy something sinful and completely unhealthy, such as a donut, on occasion. But, moderation is key, and the more you take control of what goes into your body, the better health you will enjoy for a lifetime.

This publication will take a look at some healthy cooking techniques and how to choose healthy ingredients for home cooking.

Elements Of Healthy Cooking

“TRUE HEALTHCARE REFORM STARTS IN YOUR KITCHEN, NOT IN WASHINGTON.” - ANONYMOUS

Sometimes when people think about healthy cooking they think it means removing certain foods and ingredients, but, they do not consider that it includes adding an abundance of food that is healthy, tasty and supports a healthy body.

Another key aspect of healthy cooking is substitutions, this means substituting something unhealthy with some other appropriate and relevant ingredient that is healthy.

For example, using non-fat Greek yogurt instead of sour cream in dips and sauces.

Besides ingredients, healthy cooking greatly revolves around proper cooking methods and tools. Choosing healthy foods in order to eat right is important; however it is just as important to know how to prepare these foods in a healthy way.

If you choose to change the way you eat, you may need to learn some better cooking techniques. In fact, when healthy ingredients are not prepared in a healthy manner, it negates their purpose. For example, steamed fresh vegetables support healthy cooking. But, when those same vegetables are covered in batter and deep fried, then that would not constitute a healthy dish.



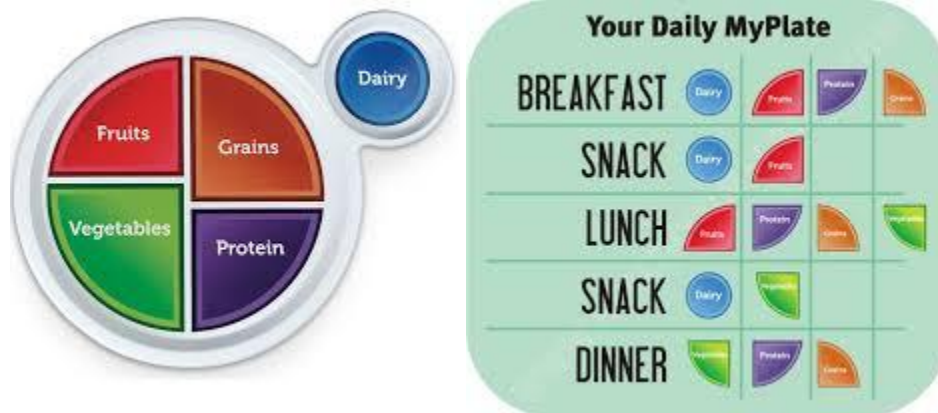
Proper Nutrition

"Tell me what you eat, and I will tell you who you are."

- Brillat-Savarin

In order to begin with healthy cooking and a healthy diet, it's important to understand proper nutrition. While the experts have changed their minds over the years, there are some things that always hold true. Bad fats should be eliminated as much as possible and a healthy diet always consists of proper servings from the various food groups on the United States Department of Agriculture's Food Pyramid, and especially those from the vegetable and fruit groups.

Here are the recommended daily servings from each food group:



According To The American Heart Association:

- No more than 7% of total daily calories should be from saturated fats.
 - No more than 1% of total daily calories should be from Trans fats.
 - Adults should eat a minimum of 0.4 grams of protein daily for every pound of body weight.
-

How To Read Food Labels

“Health is a relationship between you and your body.”

- Terri Guillemets

Another essential step in healthy cooking is ingredients, and an important element of identifying healthy ingredients is learning to read food labels.

Food labels can be confusing, and for those who don't have a basic understanding of what they mean, it can be like reading an unknown language. Worse than not understanding what they mean is having a misconception about some of the terms used.

Manufacturers, usually want to maximize their profits, and use these misconceptions to lure people into buying stuff which they think is good them.

Terms such as “organic” or “natural” can be misleading. People often equate these terms with healthy food, but, this might not always be the case.

Natural

“Natural” foods contain only those ingredients which are found in nature, but, that does not make them “healthy.” A food product can have a huge amount of calories, sugar and salt, and still be “natural.”

Organic

Similarly, foods that carry the label “organic” are those which are grown without the use of artificial chemicals, but, they still might be bad for your health. The standards for the labeling of produce as organic are governed by the Department of Agriculture (USDA). An organic product can still have a tremendously high percentage of sugar, like premium ice cream, making it less than ideal for a healthy lifestyle.

Nutrition Facts

Serving Size: 1 bar (1.25 oz) (35g)

Amount Per Serving

Calories 163 **Calories from Fat** 78

% Daily Value*

Total Fat 8.72 g **13%**

Saturated Fat 4.98 g **25%**

Trans Fat

Cholesterol 1.75 mg **1%**

Sodium 70 mg **3%**

Potassium 109.55 mg **3%**

Total Carbohydrate 22.33 g **7%**

Dietary Fiber 1.19 g **5%**

Sugars

Sugar Alcohols

Protein 2.03 g

Vitamin A 13.65 IU 0%

Vitamin C 0 mg 0%

Calcium 36.05 mg 4%

Iron 0.82 mg 5%

for

DRINK 4 - 6 QUARTS OF WATER DAILY

DRINK 2 - 4 QUARTS OF WATER DAILY

FREE FOODS

HERBS AND ALL SPICES Garlic Cilantro Parsley Mint Basil Thyme Rosemary Etc..	 FRESH LEAFY GREENS All Varieties Of Lettuce Kale Spinach Collard Greens Turnip Greens Swiss Chard Mustard Greens Vinegar For Flavor
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FOR THE OCCASIONAL SWEET TOOTH









 1 Stick Of Sugar Free Chewing Gum = 7 Calories 1/2 Cup Sugar Free J-ello = 10 Calories 1 Sugar Free Popsicle = 12 Calories 1 Tic Tac™ Candy = 2 Calories Or Less 1 Tbsp. Sugar Free Jelly Or Jam = 10 Calories 1 No Sugar Dole™ Fruit Juice Bar - 30 Calories	
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THE HEALTHY PLATE

EAT EVERY 3 HOURS TO KEEP BLOOD SUGARS STABLE

MEN

WOMEN





1 1/2 to 2 PALMS OF PROTEIN <small>(Depending On Activity Level And Muscle Building Activity)</small> 	1 PALM OF PROTEIN 
2 FISTS OF VEGETABLES 	1 FIST OF VEGETABLES 
2 CLENCHED FISTS OF CARBS 	1 CLENCHED FIST OF CARBS 
1 THUMB OF FAT 	1 THUMB OF FAT 

DRINK 4 - 6 QUARTS OF WATER DAILY

DRINK 2 - 4 QUARTS OF WATER DAILY

PORTION CONTROL HANDLE It!

YOU DON'T NEED TO COUNT, MEASURE OR WEIGH, JUST USE YOUR HAND TO MASTER PORTION CONTROL.

1 PALM = 3 OUNCES PROTEIN Meat, Fish, Eggs, Turkey And Chicken 	1 WHOLE FIST = 1 CUP VEGETABLES 
1 CLENCHED FIST = 1/2 CUP SIMPLE AND COMPLEX CARBOHYDRATES Grains, Starches, Beans and Fruits 	1 THUMB = 1 TABLESPOON HEALTHY FATS Oils, Butter, Nuts, Nut Butters, Avocado And Seeds 

Low Fat Or Fat Free

Similarly, a “low-fat” or “fat-free” product can have a lot of sugar, and calories, which, makes it very fattening.

Reading Food Labels

It is mandatory by law that packaged foods supply nutritional information. Deciphering the information on the nutrition label is essential in order to lead a healthy lifestyle.

- **Serving Size** The amount of servings per package and the size of one serving is mentioned at the top of the label. Serving size is important in order to calculate the amount of calories and other nutrients you are consuming for each individual serving of the product.

- **Calories:** A calorie is a unit of energy, and in food refers to energy consumption through eating and drinking, as well as, through physical activity. When one eats more calories than they burn it results in weight gain.

Calories From Fat: Calories come from, fats, proteins and carbohydrates. This part of the food label indicates just how much fat the food has, and is an added perspective to fat content.

- **Percentage of daily value (%DV):** This tells you the amount of nutrient present in a single serving, compared to the recommended daily intake value. The recommended intake value is based on a daily diet of 2,000 calories. You might need more or less depending on your activity, age, gender and your personal weight change aims.

A food that has **less than 5% of a particular nutrient is considered to have a low of amount of that nutrient, higher than 20% means the food contains a high of amount of the nutrient.**

Nutrition Facts

Serving Size: 1 bar (1.25 oz) (35g)

Amount Per Serving

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% Daily Value*

Total Fat 8.72 g 13%

Saturated Fat 4.98 g 25%

Trans Fat

Cholesterol 1.75 mg 1%

Sodium 70 mg 3%

Potassium 109.55 mg 3%

Total Carbohydrate 22.33 g 7%

Dietary Fiber 1.19 g 5%

Sugars

Protein 2.03 g

Vitamin A 13.65 IU 0%

Vitamin C 0 mg 0%

Calcium 36.05 mg 4%

Iron 0.82 mg 5%

- **Nutrients: protein, carbohydrates, calcium, dietary fiber, vitamin A, vitamin C and potassium** are the ones that are vital for your health; opt for foods with higher amount of these nutrients.

Protein: Adults should eat a minimum of 0.4 grams of protein daily for every pound of body weight.

Carbohydrates: A type of macronutrient that includes, both simple and complex varieties. The complex carbs (good) come from whole grains, vegetables and fruits. The simple carbs (bad) have little or no nutritional value, and are typically found in foods like candy, sweets and refined sugar, white rice and breads.

Fiber is an essential nutrient and helps with weight loss.

- **Sugars:** Refined sugar should be consumed in moderation. Those foods that are high in processed sugar, cookies, candy, cakes, should be eliminated as much as possible to support healthy weight management and to reduce the risk of Diabetes.

- **Fats, cholesterol and sodium** should be eaten in moderation.

If you want to reduce your heart disease risk, consume foods with higher dietary fiber and less fat, sodium and cholesterol.

Total Fat	8.72 g	13%
Saturated Fat	4.98 g	25%
Trans Fat		
Cholesterol	1.75 mg	1%
Sodium	70 mg	3%

Not all fats and cholesterol are bad for your health:

- Unsaturated fats when consumed in moderate amounts are healthy. No more than 7% of total daily calories should be from saturated fats.
- Trans fat should be avoided like the plague, aim to consume the lowest possible amount of trans fat daily, less than 1% is recommended by the American Heart Association.

Two Types Of Cholesterol: High-density lipoprotein (HDL – good cholesterol) and low-density lipoprotein (LDL – bad cholesterol). Look for foods with higher amount HDL and lower amount of LDL.

Sodium: Excessive sodium can increase blood pressure; many foods have really high sodium content without tasting “salty.” Always check the %DV before buying and don’t add salt to foods that are already high in sodium.

USDA Recommended Safe Minimum Internal Temperatures



Beef, Veal, Lamb Steak & Roasts	Pork	Pork	Beef, Veal, Lamb Ground	Egg Dishes	Poultry, Chicken & Turkey Whole, Parts & Ground
145 °F	145 °F	160 °F	160 °F	160 °F	165 °F

Ground Meat and Meat Mixtures

Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F

Mechanically Tenderized Meat	155°F
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Fresh Beef, Veal, Lamb

Medium Rare	145°F
Medium	160°F
Well Done	170°F

Poultry

Chicken and Turkey, whole	180°F
Poultry breasts, roast	170°F
Poultry thighs, wings	165°F
Duck and Goose	165°F
Stuffing (cooked alone or in bird)	165°F

Fresh Pork

Roasts	160°F
Medium	160°F
Well Done	170°F

Ham

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

Eggs and Egg Dishes

Eggs	Cooked until yolk and white are firm
Egg dishes	160°F

Lettuces and Cucumbers	165°F
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Healthy Cooking Tools

“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.”

- Doug Larson

Nonstick And Hard Anodized Cookware

Nonstick cookware allows you to cook foods without oil and butter without food sticking to the pan.

There are many varieties available in nonstick cookware, but, in this case you get what you pay for. It's best to spend more and get long lasting quality.



With a durable non-stick surface, there is no need to use a lot of butter or oil to season food or protect it from sticking because a little goes a long way with this technology. Hard Anodized cookware can be bought by piece or in sets that include various sizes of pans and pots. There is also bakeware available.

T-Fal Hard Anodized cookware set is a great product and is the #1 bestseller on Amazon.

Steamer

Steamers are wonderful kitchen tools that offer easy and hands free streaming of vegetables, fish, seafood and poultry.

Many great products are available, but, the Hamilton Beach Steamer is one of the best and offers high quality craftsmanship and several independent trays that can fit an entire meal.



Steaming food like vegetable, fish, seafood, and even chicken is the lowest fat method of cooking, and for vegetables it retains their precious nutrients, where other cooking methods can easily cook them out, such as, boiling. The health benefits of this cooking method are enormous because no oil or butter is required.

The Hamilton Beach Digital Steamer is a #1 bestseller on Amazon with a 4.6 star rating out of a possible 5 stars from more than 850 reviewers.



Pressure Cooker

Pressure cookers use less energy and retain more nutrients in the foods you love. It makes healthy foods like grains and legumes more digestible. Pressure cookers reduce unsaturated fat in cooked meat and retain nutrients in food.

The Instant Pot IP-LUX60 6-in-1 Programmable Pressure Cooker is a #1 bestseller on Amazon and has a rating of 4.6 stars out of a possible 5 from more than 860 customers. It offers easy to use programming, and can steam, sauté and slow cook in half the time of other cookers.

Portion Control Weight Loss Aid Measure Up Bowls

For those who want to lose weight and keep their food portions precise, the Portion Control Weight-Loss Aid Measure Up Bowls are wonderful kitchen tools.

Portion control is essential in losing and maintaining weight. These two bowls are perfect to help keep track of daily intake by accurately measuring anything from breakfast foods such as granola, to lunch and dinner meals, such as, chili, soups and stews.



Bread Maker

According to the American Heart Association eating whole grain foods (brown) instead of white starches may lower your risk for heart disease by 33%.

This includes white bread products that are loaded with unhealthy carbs, low amounts of fiber and are culprits in weight gain.

Getting a bread maker gives you full control of the ingredients in breads and allows you to make use of the healthiest flours. Making bread at home also eliminates the ingestion of preservatives that are found in store bought products.



The Zojirushi BB-PAC20 Home Bakery Virtuoso Breadmaker is a great choice that's easy to use, has several pre-programmed settings and has earned an impressive 4.7 out of a possible 5 stars from more than 430 customers.

Breville JE98XL Juice Fountain

At home Juicing of fruits and vegetables has become very popular in the last couple of years as it is an ideal way to get pure nutrition without the added sugar and preservatives usually included in store bought juice products. Also, juicing has been shown to help the very obese lose significant amounts of weight as well.

The Breville Juice Fountain comes with 850 watts of power and will take your diet and juicing to new heights. For more “dense” ingredients blend at top speed, 12,000 RPM, to whip up that tasty concoction of apples, peaches, pears, plums, and even cantaloupe into a frothy mix.

For less dense fruits, such as, berries, grapes, oranges, grapefruits or even kiwi, use the Breville JE98XL at half the speed to get fresh homemade juice that only nature could bring, but, at a slower rate to keep the flavor intact.

The Breville JE98XL also juices any vegetable and the various settings allow for maximum flavor of fresh produce to shine through.



The Art and Cook Fresh Herb Keeper

This handy little kitchen tool is a must have for any healthy cooking kitchen. It keeps herbs fresh longer. Herbs add a lot of flavor to food without added fat, with very little calories and a plethora of nutrients and health benefits.

But, they tend to go bad rather quickly so the Art and Cook Fresh Herb Keeper solves this problem and saves money in wasted food.

Clay Pans

Clay pans facilitate a slow cooking process and allow foods to retain their precious vitamins. Since they are made of alkaline, the clay will interact with acidic food, thereby neutralizing the PH balance. When nutrients are retained, the natural flavors of cooked food will shine through, making all dishes taste better.



Food Processor

Healthy cooking and a healthy diet in general centers on a variety of fruits and vegetables that should be consumed daily.

One of the issues with vegetables and fruits is that they can take prep time in slicing, dicing and the like. A food processor makes this work quick and easy and can save hours in chopping, dicing, slicing, pureeing, mincing and julienne-ing.

With a food processor you can prep vegetables for a week of cooking, and also fruits for snacking. And, when you are tired after a long day at work having those vegetables ready to go makes it much more likely to stick with healthy cooking and healthy snacking.

The Cuisinart Mini-Prep Food Processor has top ratings and reviews from customers on Amazon.



Immersion Hand Blender

An immersion blender allows you to cook healthy, delicious, and homemade soups, sauces and other tasty, filling, and best of all natural recipes.

Make a fresh pureed vegetable soup and eat a cup before any meal. You will eat less and you'll be satisfied until your next meal rolls around, as the natural complex carbohydrates that are contained within natural foods will keep you full and full of energy.

The Cuisinart CSB-75BC Smart Stick 2-Speed Immersion hand blender is a great choice, a #1 best seller on Amazon and has earned an impressive 4.6 out of 5 star rating from more than 850 customers.



Cuisinart GR-4N 5-in-1 Griddler

For the weight and health conscious, the grill is an excellent choice. The Cuisinart GR-4N 5 in 1 Griddler drains a lot of the fat from meats leaving a leaner protein on top of the grilling surface.



fat

This portable and easy to use indoor grill allows for great flavors of meats, pork and poultry to shine through with a lot less fat for a heart healthy lifestyle and for weight control too.

Misto Brushed Aluminum Olive Oil Sprayer

While olive oil is very heart healthy, it's still has a lot of calories.

When used too liberally it can cancel out any health benefits it may have had, had you consumed it in moderation, and this can be difficult with oil as it tends to pour out quickly from the bottle.



The Misto Brushed Aluminum Olive Oil Sprayer allows you to mist the oil instead of pouring, controlling the amount that is ingested and saving a lot of fat and calories. It's also a #1 bestseller on Amazon.

Food Mill

Forget buying canned sauces, store made dips and even hummus. A food mill allows to once again control the ingredients and control your health.

Food mills are a simple yet mighty kitchen tools because they can grind up vegetables and fruit in the blink of an eye.

Want to make fresh marinara? Sounds great!

Apple sauce? Yes, please!

Control the ingredients and control the calorie and fat content and stop eating unwanted preservatives, added salt, sugar and other additives that are included in canned and prepared products.



The OXO Good Grips Food Mill is a great choice, has top ratings on Amazon and easy to use milling features.

Food Scale

A good scale is essential in portion control and weight management. Whether you want to lose pounds or maintain a healthy weight, getting a food scale will allow for the most precise portions in healthy cooking and eating.

The OXO Good Grips Stainless Steel Food Scale with Pull-Out Display is a great choice in food scales, and has earned a 4.5 star rating out of a possible 5 on Amazon.



My boys cooking for homeless in Camden NJ. I am a proud daddy.. My sons kick it in 2 hours feeding 80-100 people a home cooked meal. Ryan the Nija Chesse Master age6 and Maxwell 13



Healthy Cooking Methods

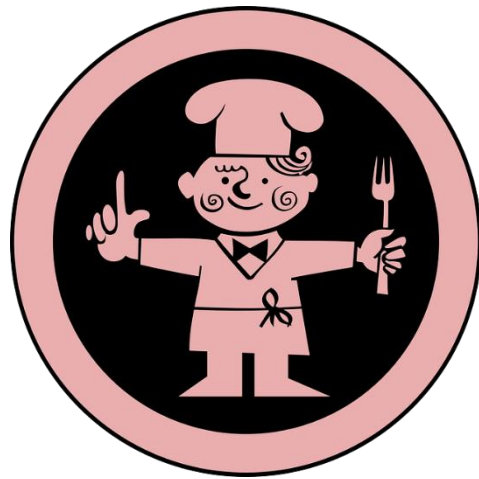
"Take care of your body. It's the only place you have to live."

- Jim Rohn

All over the world, dishes being cooked are often loaded with ingredients that impart flavour, but, add a lot of calories to the dish. Using such ingredients everyday will bring a lot complications associated with increased calorie intake and fats.

Is there a way which can impart the same quality of flavor to the dish, without a lot of added fat and calories?

Actually, there are many, and they don't require expensive utensils and cookware. The basic thing that needs to be done is to reduce the amount of fat (oil, butter) required to cook the food.



A single tablespoon of cooking oil can add about a hundred calories.

Deep frying adds a lot more than that.

Here are some of the most ideal cooking methods to enjoy healthy, nutritious and tasty food, without the calories and fat.

- **Microwaving:** A Microwave cooks food by emitting electromagnetic waves that energize the water molecules, hence heating them. The waves reach the inside of the surface almost immediately, reducing the cooking time and because of this a microwave does a better job of preserving nutrients, as suggested by many studies. There is no need to use oil in a microwave either, making microwave cooking healthy and nutritious.
- **Baking:** Baking extends the cooking time by using dry heat in an oven. No oil is needed, and baking enhances the original flavor of the food. It is excellent for meat, poultry and seafood. Studies have also shown that baking vegetables is healthy, such as, brussels sprouts, and asparagus.

- **Broiling and grilling:** Both broiling and grilling cook the food with high direct heat and require minimum addition of fats. The cooking duration is short which retains a good amount of nutrients.



Although, one caveat is that regular consumption of excessively charred meat increases the risk of certain cancers. So make sure that you grill only lean meats to the level of well-done, darker meats should be kept on the rarer side.

- **Boiling:** It is an easy and healthy way to cook which requires zero oil, but it can result in dissolving of the water-soluble vitamins and many minerals in vegetables. Chicken or vegetable stock can be used to create many tasty recipes.

- **Poaching:** Poaching is a moist heat method like boiling, but it uses less water and heat than boiling. The temperature is kept below the boiling point of water. It is wonderful for cooking delicate foods, including, fish and eggs, with absolutely NO oil or butter.



- **Roasting:** Roasting is a dry heat method of cooking, similar to baking, but it uses higher temperatures. Meat, poultry and seafood are kept over a rack which is kept over the roasting pan. This allows the fat to drip down during cooking. For basting, avoid using the pan drippings, use liquids like lemon, orange or tomato juice, and wine. This will reduce the amount of fat in your dish.



- **Steaming:** Steaming is a wonderful technique as it allows the food to cook in its natural juices, retaining most of the nutrients. It works great for vegetables; the end result is flavorful and doesn't require much salt either.



If you want to lose weight and boost your health, steaming is an optimal cooking method for weight management, low fat, heart health and low cholesterol cooking.

- ✓ It helps food retain minerals and keep its natural flavor.
 - ✓ Reduces the amount of fat in meat, therefore it enables you to enjoy eating fat free steak.
 - ✓ It preserves fiber in vegetables and legumes that play a key role in weight management.
 - ✓ You don't have to add any oil or butter to steam your food which benefits your heart and helps control your weight.
- **Sautéing:** Using a non-stick pan will eliminate the need for oil during cooking; use wine, cooking spray or vegetable broth instead.

- **Stir-frying:** You will need some oil for this method, but, the quantity should be kept low. Bite size pieces of vegetables and meat, poultry or seafood are seared in a wok. The oil should be used sparingly, enough for a nice sear, not a drop more.



Healthy Versus Unhealthy Fats

“Junk Food Is What It’s Called.”

- Unknown

Heart health experts around the world agree that in order to reduce the risk of heart disease and risk of heart attack, which, is the leading cause of death in the United States it is critical to eat a healthy diet and to concentrate on eliminating unhealthy fats while at the same time consuming healthy fats in moderation.



Saturated Fats

BAD

Saturated fat is known to increase cholesterol levels that in turn increase the risk of heart disease and stroke.

According to the American Heart Association, no more than 7% of total daily calories should be from saturated fats.

This means for a 2,000 calorie per day diet, no more than 140 of the calories should be from fat, or about 16 grams per day.

Trans Fats

**VERY
BAD**

Trans fats, also known as, Trans fatty acids and partially hydrogenated oils, are no natural, but created by a process where hydrogen is injected into liquid oil to make it solid, as in the case with many margarine products.

The World Health Organization estimates that Trans fats can be the cause of 30,000 premature heart attack deaths in the United States each year. The foods highest in Trans fats are some packaged foods like cookies, margarine, fried foods, frozen pies, lard, some ice cream brands and others, always check the food label for Trans fat quantity and also check ingredients of all products for partially hydrogenated oils.

The American Heart Association recommends that no more than 1% of total daily calories should be from Trans fats.

Unsaturated Fats

GOOD

Unsaturated fats actually reduce heart disease risk factors and come in two types: monounsaturated and polyunsaturated fats.

Increasing the intake of these healthy fats improves overall health and plays a role in controlling blood sugar levels.

A note of caution that while healthy oils have their benefits, they are also very high in calories and should be consumed in moderation.

It is also noteworthy to mention that adding a healthy oil to unhealthy foods does not make them healthier. Though, if you do fry food occasionally, it's best to choose a healthy oil, like Canola.

Cooking With Fats

1. Use very little saturated fats and no Trans fats that clog arteries and increase risks of heart disease.
2. Increase intake of healthy fats and essential fatty acids, such as monounsaturated and polyunsaturated fats.

Healthy Cooking Oils

Oils rich in omega 3 are good for heart health; however some of these oils cannot be used to cook at high temperatures as their character changes.

For that reason it is necessary to stock your kitchen with various types of healthy oils for your recipes. A little oil in your food is necessary as some nutrients can only be extracted by the body when absorbed in oil.

Plant based oils that remain liquid at room temperature are healthier than those that solidify; make sure to look at the ingredients on the label to ensure that you buy raw virgin oils for maximum nutritional benefits.

Canola Oil

Canola oil is made from crushed seeds of the canola plant and is considered by leading experts to be one of the healthiest cooking oils, if not the healthiest.

It has only 7% of unhealthy saturated fats, lower than any other oil, including, sunflower oil that has 12% saturated fat and corn oil that has 13%.

It is also very high in good fats, known as, unsaturated fats.

It contains the very nutrient rich omega-6 fatty acid, linolenic acid, and has the highest amount of omega-3 fatty acid alpha-linolenic acid (ALA), higher than any other with the exception of Flaxseed oil.

The reason that these fats are critical to human health is because they are not produced by the body naturally.



Grape Seed Oil

According to a study conducted by the Journal of the American Dietetic Association, grape seed oil helped to lower blood pressure and overall heart rate and it did not affect blood lipid levels.

This oil is preferred by most people because it is flavorless; therefore it does not change the flavor of foods that it is cooked in. It is high in vitamin E that helps to repair damaged cells and boosts the immune system to fight infections and keep the body healthy.

Grape Seed oil contains omega 3 which makes it ideal for vegetarians who may not be in a position to obtain omega 3 easily. It is ideal for cooking as it can be heated without smoke, and it has a bland taste which makes it favorable in a number of recipes.

Virgin Coconut Oil

A number of people have now embraced the goodness of coconut oil as it boosts metabolism, which, is necessary in weight loss. As one ages metabolism slows down; therefore it is necessary to use coconut oil in low heat recipes.

Coconut oil is also beneficial for skin health and has a distinctive taste that is wonderful in baked goodies. Coconut oil is known to help digestive problems when taken off the spoon; furthermore it is great for the health of your hair and nails.

Olive Oil

Most people know about this oil because of its high concentration of antioxidants that help eliminate toxins in the body. The build-up of toxins in the body results in abnormal growth of cells which can become cancerous over time.

Olive oil is high in monounsaturated fatty acids (MUFAs), an unsaturated fat that is considered to be healthy and necessary and should be consumed along with other unsaturated fats as part of a healthy diet to lower the risk of heart disease and high cholesterol.

This oil is not a good choice for heat cooking, but, it adds a lot of flavor when used as a seasoning. Olive oil has a distinctive aroma and flavor when used in salads and other recipes that require no heat in their preparation.

Benefits of Olive Oil:

- It reduces risks of obesity and improves cholesterol levels.
- It enhances insulin sensitivity which results in reducing belly fat.
- It fights inflammation that causes many diseases like diabetes.
- It helps lower LDL levels and prevents heart disease.



Avocado Oil

The Journal of the American College of Nutrition conducted a study in 2003 that found that avocado oil is just as healthy as olive oil for heart health.

This is a bit expensive for everyday use, but, it helps build good cholesterol in the body and helps eliminate bad cholesterol. Therefore it is good for your heart health. Use in moderation while grilling your food.

Sunflower Oil

This oil can be used in high heat to prepare your foods in a healthy way. It is also believed to bring down cholesterol when used in moderation. It is great for stir fry as it does not have a strong flavor.

Walnut Oil

This oil contains omega 3 which is necessary for heart health and it strengthens the bones and is therefore recommended for the elderly. It should only be used in low heat recipes as it smokes when the temperature increases.

Peanut Oil

Peanut oil is useful for lowering cholesterol and to prevent heart disease. It can also help decrease appetite to help those that want to lose weight. It has also been used to assist in cancer prevention.

This is a great oil for medium heat cooking.

It is full of omega 3 and has a distinctive taste that remains in the meal. You can make your own virgin peanut oil easily at home if you have a blender. A teaspoonful of peanut oil can be added into a milkshake for a nutty flavor.

Vegetable Oil

This may be a combination of corn, soy beans and sunflower seeds to produce healthy oil that is affordable for everyday healthy cooking. This oil can be used in high heat cooking.

Common Cooking Oil Smoke Points

Almond Oil = 420°F (215°C)
Avocado Oil = 520°F (271°C)
Butter = 350°F (176°C)
Canola Oil (Refined) = 400°F (204°C)
Coconut Oil = 350°F (176°C)
Corn Oil (Refined) = 450°F (232°C)
Grapeseed Oil = 485°F (251°C)
Flaxseed Oil (Unrefined) = 225°F (107°C)
Extra Virgin Olive Oil = 400-410°F (204-210°C)
Olive Oil (Unrefined) = 320°F (160°C)
Peanut Oil (Refined) = 450°F (232°C)
Safflower Oil = 450°F (232°C)
Sesame Oil = 410°F (210°C)
Sunflower Oil = 440°F (226°C)
High-Oleic Sunflower Oil (Refined) = 450°F (232°C)
Vegetable Shortening = 360°F (182°C)
Walnut Oil (Semi-refined) = 400°F (204°C)

thetaste

Oil	Shelf Life
Coconut Oil	12 months
Palm Oil	12 months
Avocado Oil	12 months
Canola Oil	12 months
Corn Oil	9-12 months (opened)
Olive Oil	6-12 months
Macadamia Oil	6-12 months
Almond Oil	6-12 months
Safflower	6 months
Soybean Oil	6 months
Peanut Oil	6 months (opened)
Grape Seed Oil	3-6 months
Sunflower Oil	3 months
Walnut Oil	2-4 months
Sesame Oil	2-4 months



Cooking Tips For Heart Health

“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.”

- Mike Adams

The heart is a marvellous organ, it beats and beats for years and years, but, sadly heart disease is topmost on the list of things that kill people in America. Heart disease is can cut several precious years from your life.

Many studies have demonstrated that the risk of heart disease is increasing among the young US adults and this increase is mostly linked to an unhealthy lifestyle and diet. So, eating a heart healthy diet and regular cardio exercise is key.



Are you wondering how to eat better? Afraid it might be tough and complicated? Well, follow these simple tips and guidelines to ensure that your diet changes from one that increases your risk of heart disease to one that decreases it.

Low Fat Cooking

A low fat diet involves limiting the amount of food that is high in fat content. Having a low fat diet comes with many benefits, with the main two being lowering the risk of heart disease and for healthy weight management. There are many ways in which to cut back on fat when cooking, without losing the flavor of the food.

Tips To Reduce Fat In Cooking

- Use only heart healthy oils for cooking, dressings, baking and marinades, such as, canola, soybean and flaxseed.



- Deep-frying food items results in addition of a lot of fat and calories and should be avoided.
- Heart healthy cooking methods include, braising, grilling, steaming, baking, roasting, stewing or stir-frying.
- Make the best use of the large variety of spices and herbs to add a lot of flavor with any fat. They work amazingly well for enhancing the flavors of salads too, no need to use oil for salad dressings.
- Don't eat mayonnaise every day; it is basically an emulsion of oil and egg yolks, extremely dense in calories and fat. Opt for low fat and healthier sauces and condiments, such as mustard and non-fat dressings. There is also the option of Canola Mayonnaise a much better choice for heart health.
- Remove as much fat and skin as possible from your meats and poultry. This will decrease the fat by as much as 75%.
- Avoid processed meats like bacon, salami and hot dogs as they are high in saturated fat.
- When buying pork or beef, choose the leaner cuts. Looks for cuts that are labeled "round" or "loin."
- Use skim milk cheeses for recipes and snacks.
- Choose skim milk, there are 2%, 1% and non-fat options available.
- Use spices and herbs, orange or lemon juice, vinegar, non-fat Greek yogurt, wine and vegetable broth for marinades and to add more flavor with no fat.
- Avoid cakes, pastries, cookies, pies, doughnuts and crackers. These foods have a lot of calories and fat. Many



manufacturers use the very harmful partially hydrogenated vegetable oil (Trans fat) too. Read the labels and choose smartly.

- Cook stews, boiled meats, soups and other liquid based dishes the day before serving, in these dishes the fat cooks into the liquid so that when refrigerated it hardens at the top and can be easily removed.
- When browning meat before placing it in the oven, such as for roasts, use the broiler with a drip pan so fats drip away from the meat, instead of browning in a pan where fats actually sear back into the meat.
- Duck and goose are high in fat, chicken and turkey are lower fat options.

Limit Salt (Sodium) and Sugar Intake

Excessive intake of both salt and sugar has been linked to an increased risk of heart disease, even in people who are not overweight.

- Cook at home as much as possible to control the quantities of each that go into your food.
- Avoid all processed foods; the sodium content in all of them is exorbitant.
- Use different herbs and spices to season your food and add flavor, instead of adding a lot of salt. Mrs. Dash is one option that offers a blend of spices with zero salt.
- Decrease daily sugar intake, a recent study published on JAMA Internal Medicine found that the majority of US adults eat more sugar than is recommended and a significant relationship between sugar consumption and increased risk for heart disease mortality exists.

Fat Free Pans

Using a cooking spray instead of butter to make eggs and other pan fried foods offers a great fat free alternative.

Also, non-stick cookware, or Anodized is a great way to cook without worrying about food sticking to the pans without the use of oil or butter.



Cooking Methods

Another way to reduce fat in the cooking process is to consider which cooking method you will use. Frying food in oil can be very fatty, especially if you are using oil that is high in saturated or trans-fats.

Heart Healthy Cooking Methods: These methods use little or no oil at all.

- Baking
- Grilling/BBQ
- Boiling
- Braising
- Poaching
- Steaming
- Stir Fry



Healthy Oils

- Canola Oil
- Grape Seed Oil
- Virgin Coconut Oil
- Olive Oil
- Avocado Oil
- Sunflower Oil
- Walnut Oil
- Peanut Oil
- Vegetable Oil

Lean Meats And Poultry

Choose meats that are extra lean and trim off all the visible fat from red meat and chicken.

Select “choice” or “select” grades of beef instead of “prime.” Lower fat red meat and pork options are labeled as “loin” and “round.”

For poultry, skinless chicken breasts and turkey have the lowest amount of fat.



Healthy Substitutions For Fats

Non Stick Cooking Spray can be used to cook on a pan without butter or oil.

If you are cooking a recipe that does suggest using oil, you could substitute this for another ingredient or at least do a half and half mix, all of which are low in fat or have no fat at all, such as:

- Stock
- White or Red Wine
- Juice (lemon, lime, orange)
- Water



Lower Fat Dairy

Other ways to reduce fat when cooking include choosing low or non-fat dairy products, such as, milk, cheese and yogurt and limiting cooking with creamy sauces.

Non-fat Greek Yogurt can be used for marinating, dressings and dip recipes.



Herbs and Spices

Herbs and spices add a lot of flavour to cooking and recipes without fat, and without a lot of calories. They can be used in unlimited ways, the key is to experiment and find the flavors that you love.



Baking

Choose healthier options in baking by substituting butter and oil with equal amounts of pureed fruits and vegetables in muffin, cookie and cake recipes and pureed prunes for butter in brownies.

6 Low Fat And Healthy Meal Ideas

Chicken Breast With Steamed Brown Rice and Vegetables:

1. Steam brown rice with parsley, carrots, spinach, onion, green peppers and chicken breasts for 30 minutes.
2. When it is ready, add olive oil and some herbs and spices like rosemary and turmeric.

Steamed Carrots:

1. Steam carrots with a few cloves of garlic.
2. Then blend them together and serve with olive oil and fresh herbs.

Turkey Meatballs with Mediterranean Steamed Veggies:

1. Make meatballs with any recipe, just use Turkey instead of ground beef. Make it healthier by using whole wheat bread crumbs instead of white.
2. Steam tomatoes, onions, peppers, eggplant and garlic for 15 minutes. Then blend them together, add olive oil, olives and fresh herbs.

Veggie Soup With Chicken Breasts And Lentils:

1. Boil cubed chicken breasts for about 6 minutes.
2. Add carrots, lentils, peas, cabbage, turnips, cauliflower and an onion and cook for 10 minutes.
3. Add some herbs, parsley olive oil and smashed cloves of garlic, and cook until chicken is tender.
4. Serve with hot whole grain rolls.





Whole Grain Pasta With Grilled Chicken Cubes, Herbs And Vegetables:

1. Boil any shape of whole grain pasta.
2. Grill chicken breasts and cut into cubes.
3. When pasta and chicken are done toss the two together with a little olive oil, fresh garlic, oregano, basil, cherry tomatoes, slices of steamed zucchini and a little parmesan cheese. You can add any and all vegetables that you love into this recipe.

Broiled Fish, Vegetables And Sweet Potato Wedges

1. Broil any fish, Salmon is a good choice because it's full of nutrients and Omega 3s.
2. Make a vegetable side, can be a fresh salad, steamed medley or even a stir fry blend.
3. Cut sweet potato into thick wedges, drizzle a little bit of canola oil and bake at 375F until crispy on the outside and tender inside.

NOTES:

Low Cholesterol Cooking

“Processed foods not only extend the shelf life, but they extend the waistline as well.”

- Karen Sessions

Eating healthy also involves reducing the low-density lipoprotein (LDL) in your body. LDL is bad cholesterol that increases blood pressure and puts you at higher risk of developing blood clots. In order to lower LDL, cooking with certain ingredients will help.

Oatmeal, bran and other foods that are high in fiber such as beans, apples and prunes are great that you can use to reduce cholesterol.

Consuming foods that are high in omega-3 fatty acids are also great for cutting back on cholesterol.

Not only do foods (fish, such as, salmon and mackerel) that contain omega-3 fatty acids reduce the risk of heart disease and blood clots, they also reduce the risk of sudden death in those who have already had heart attacks or have heart disease.

Meals or snacks that include nuts, particularly walnuts and almonds, are other ingredients that are effective in reducing cholesterol. Cholesterol doesn't just come from the food that we eat, but, our bodies also produce cholesterol which may be higher or lower depending on our lifestyles.

Having said this, it is still important to ensure that you are consuming a healthy diet that is not high in trans-fats and saturated fats to ensure that you are not negatively contributing to your cholesterol levels.

Your doctor is the best source of information on a diet plan that will support lowering of cholesterol, but, lowering fat is key.



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Cooking With Lower Fat Proteins

Protein is an essential part of a healthy diet, however many proteins have a lot of fat. It is important to choose foods that are high in protein to keep your energy levels up, but, low in fat in order to maintain heart health and weight.

Protein rich foods include eggs, black beans, soy beans, chicken and red meat.

Eggs do have cholesterol, but the American Heart Association says that healthy people can safely eat one egg per day.

Some recipes may call for proteins that have a higher fat content than others, but, in order to make a dish healthier, you may choose to replace it with a lower fat protein.

In order to do this with meat for example, you will need to choose either leaner alternatives or leaner cuts.

Poultry in general is much leaner than other meats as it is naturally lower in fat.

Turkey and chicken white meat (breasts) are especially lean, as compared with dark meat.

When cooking hamburgers and other recipes that call for ground beef, consider replacing it with ground turkey breast which can significantly cut the amount of fat in your burger. To put this into perspective, if you have a pound of ground beef, you will find about three grams of saturated fat in comparison to around half a gram of saturated fat in ground turkey breast. You can also add tofu to replace some of the beef for a lower fat and calorie burger.



List of Lower Fat Proteins

- **Chicken/Turkey/White Meat Pork** (the leanest selections are skinless white meat portions)



- **Egg Whites**

- **Cottage Cheese**

- **Non Fat Greek Yogurt**

- **Soybeans or Edamame**

- **Beans** - Most beans contain 14 to 17 grams of protein and less than 1 gram of fat per cooked cup.

- 1 cup soybeans has 28 grams of protein
- 1 cup tempeh has 30 grams of protein
- 1 cup lentils have 18 grams of protein
- 1 cup garbanzo beans/hummus has 14.5 grams of protein
- 1 cup pinto, kidney and black beans have 13-15 grams of protein



- **Soybean Tofu and Tempeh**

- **Nuts and Seeds High In Protein**

- Cashews
- Sesame seeds
- Tahini
- Walnuts
- Pistachios
- Almonds



- **Whole Grains** - Quinoa and teff have 8 to 10 grams of protein and 2 to 3.5 grams of fat per cup cooked.



- **Steamed Fish And Seafood** - You can get around 15 to 20 grams of protein with as little as 1 to 4 grams of fat in 3 ounces of salmon, cod, haddock, bass, carp, flounder, or halibut

Clams, mussels and scallops have a whopping 15 to 20 grams of protein with only 1 to 4 grams of fat.



- **Protein Powder** - These supplement products offer a very low or nonfat way to get more protein. Read labels to determine the actual counts. Many of these supplements have more than 20 grams of protein per serving and less than 3 grams of fat per scoop. Add protein powder to drinks, smoothies and when juicing.

- **Vegetable Proteins**

- 1 cup broccoli has 2.5 grams with 0.2 grams fat
- 1 cup spinach has 1 gram protein and 0.1 grams fat
- 2 cups cooked kale has 5 grams protein and less than 1 gram of fat
- 1 cup boiled peas has 9 grams protein and 2.3 grams of fat



- **Non Dairy Milk**

- 1 Cup Soy Milk has 11 grams of protein and 4.7 grams fat

Craving Red Meat?

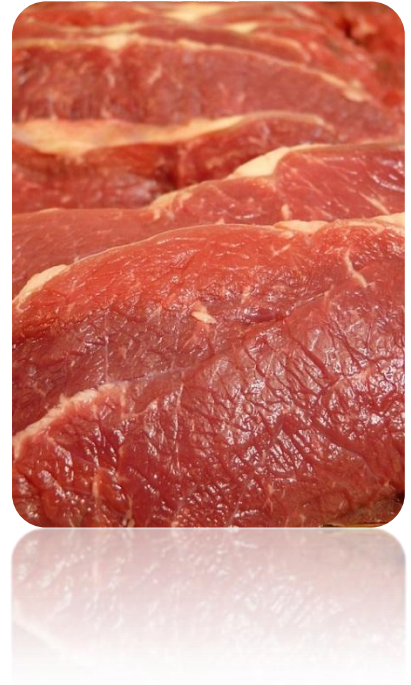
That's fine, it's a great source of iron, and protein. Yes, it is high in saturated fats, but, there are leaner choices and it's fine in moderation.

Caution: Those on heart health and low cholesterol should follow a diet plan prescribed by their doctor as far as red meat is concerned.

Leaner Red Meat Options

The white marble on red meat and steak is fat, and it is easy to see when choosing the cut.

- Trim steaks of all edge fat.
- "Choice" or "Select" grades of beef have less fat than "Prime."
- "Loin" and "Round" cuts have the least amount of fat.



Note: You need to eat Red meat once every 10-14 days there are proteins and Amino Acids that the body needs... Research has been determination at John Hopkins University Bloomberg School of Public Health. That off spring of Vegan practicing adults, that their offspring are more acceptable to cancer and other diseases...

Low Calorie Cooking

“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.”

...Mike Adams

Calories are the energy source that our bodies need, and having a diet with the right amount of calories can allow us to have a happy, healthy life. However, if you don't consume enough calories, or you consume too much, it can result in health complications.

Somewhere in the human psyche diet and starving became one and the same, but that way of thinking is for people who have no imagination. The best part of dieting is meals that are both healthy, delicious and prepared with wholesome goodness without adding too much fat and calories.

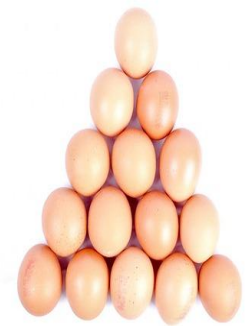
Be open minded when it comes to low calorie cooking and it can actually be fun experimenting with so many different alternatives.



Low Cal Cooking And Eating Tips

- The Internet is loaded with low calorie recipe versions of popular dishes that are long on flavor and short on fat. There are many ways to spice up dishes with ingredients that are low in fat, and calories, but, big on taste.
- By choosing the right ingredients, you can drastically cut back on calories you consume and be full and satisfied. For example, eating a lot of vegetables will yield a lot of food with very little calories and a lot of essential vitamins and minerals. Basically, the more vegetables you include in every meal, the more food you can eat and still lose weight.
- Meatloaf and meatballs can be made with a lot less fat calories by substituting ground beef with ground turkey.

- Fiber is an essential element in low calorie eating as it keeps you full longer resulting in less intake of food and healthy weight management. Green leafy vegetables and whole grains are the best choices in fiber rich foods.
- When cooking, a great tip if you want to cut back on the calories is to replace some meat with wholesome vegetables. You can enjoy soups, stews or casseroles, which can still be high in flavour without the meat.
- If you are cooking a dish that requires cheese, try using half the quantity of a stronger flavored variety. Some cheeses with strong flavors include sharp cheddar or gorgonzola. You will still have the cheese flavor with half of the calories.
- Enjoy egg white omelets, you can cut out 54 calories per egg, 41 of which are from fat, by eliminating the yolk.
- If you'd rather sit and watch paint dry rather than go on a diet for fear of bland tasting food and low calorie-no-flavor ingredients, think again. There is a whole world of herbs and spices out there waiting for you to try.
- High fat foods are often high in calories, so choose lower fat options.
- Cook on a pan with a zero calorie cooking spray instead of butter or oil.
- Avoid foods with a lot of cheese and creamy sauces.
- Choose non-fat or low fat dairy products.
- Non-fat Greek yogurt can be used as a substitute in dip recipes for the highly caloric sour cream and mayonnaise ingredients.
- Skip all processed foods, they are loaded with calories and bad fats which increase calories. This includes: chips, cookies, soda, and many "so called healthy" granola bar products.
- Avoid processed sugar and sweets, these are loaded with empty calories that hold no nutrition and only add pounds, choose fruits and nuts for snacks.



Vegetables: Nature's Perfect Food

"IT'S BIZARRE THAT THE PRODUCE MANAGER IS MORE IMPORTANT TO MY CHILDREN'S HEALTH THAN THE PAEDIATRICIAN." - MERYL STREEP

Eating an abundance of vegetables each and every day is critical for good health, nutrition, weight loss and long term weight management.

Low In Calories

Vegetables are very low in calories, in fact, many vegetable's calorie content is insignificant, and so they can be eaten in unlimited amounts.



Nutrient Rich

They also contain essential anti-oxidants, vitamins and minerals.

Antioxidants protect the body from various types of oxidant stress, cancers and diseases and also increases its capacity to fight against conditions because they increase the body's immunity potential.

Fiber

Vegetables are also important sources of fiber, both soluble and insoluble. Fiber regulates digestion, and protects the body from conditions like hemorrhoids, colon cancer, chronic constipation, and rectal fissures.

Fiber is also essential in weight management as getting the recommended daily dose of keeps you full longer and keeps the body balanced.



Recommended Daily Intake

The United States Department of Agriculture recommends that people eat a minimum of 3 to 5 servings of vegetables every day.

And, those seeking to lose weight or maintain a healthy weight will be glad to know that since vegetables, especially, green ones, are so low in calories that they can safely fill a plate in abundance, which, allows people to eat more while losing weight.



Frozen Versus Fresh Vegetables

Frozen vegetables are just as good and sometimes better than fresh, since, many varieties are available year round. Frozen vegetables also keep much longer and so can eliminate the need to go shopping more often for fresh. Of course, not all vegetables are available in frozen, but, those that are, such as broccoli, spinach, carrots, green beans, lima beans, stir fry mixes, etc., are all great options for healthy cooking.

Green Vegetables

Green vegetables are very low in calories and can be eaten in abundance for good health, energy, nutrients and weight loss.

They are also very low in carbs and so make a great food choice for those who have or are concerned with Diabetes and weight loss. Nutrients include, Fiber, vitamins, A, C, E and K, and also calcium, potassium and magnesium.



Choices

- Asparagus
- Green Cabbage
- Broccoli
- Swiss chard

- Bok Choy
- Spinach
- Brussels Sprouts
- Celery
- Artichoke
- Cucumber
- Kale
- Green Beans
- Cilantro
- Snow Peas
- Sprouts



Green Leafy Vegetables

Dark green leafy vegetables offer the most nutrients calorie for calorie than any other food.

Along with all the nutrients offered by the other green vegetables, they are also a source of various phytonutrients, which include, beta-carotene, lutein, and zeaxanthin. These protect the body's cells from damage and a lot more.

Dark green leaves also contain small amounts of Omega-3 fats, a lot of fiber, and since they are already low in carbs and so high in fiber they generally do not even count carb-wise at all.



Choices

- Spinach
- Mustard greens
- Broccoli
- Kale
- Collard Greens
- Turnip greens
- Swiss Chard
- Romaine Lettuce
- Cabbage
- Parsley
- Watercress

Red, Yellow And Orange Vegetables

Color veggies are rich sources of iron, beta-carotene, vitamin B-complex, vitamin-C, vitamin A, vitamin K, calcium, magnesium and potassium.

Red tomatoes offer high concentrations of lycopene, which is an incredible antioxidant that helps to prevent various cancers.

The American Diabetes Association recommends squash, which, is available year round in both winter and summer varieties. It also provides a high amount of vitamins A and C, B vitamins, along with iron and calcium.

Choices

- Carrots
- Baby corn
- Corn
- Squash
- Tomatoes
- Radishes
- Peppers



White Vegetables

The University of California Cooperative Extension has reported that white vegetables help to reduce the risk of various health conditions, including, heart disease, cancer and some types of infections. They also help to lower cholesterol and regulate high blood pressure.

Choices

- Cauliflower
- Mushrooms
- Jicama
- Water Chestnuts
- Onions
- Garlic
- Bamboo shoots
- Leeks
- Scallions



Purple Vegetables

Vegetables that have a deep purple color offer phytonutrients, and most importantly the essential antioxidant-rich flavonoids.

Purple vegetables, such as, turnips are low in calories and are a good source of fiber, protein and B-vitamins.

Choices

- Eggplant
- Turnips
- Purple Cabbage
- Rutabaga



Cautionary Vegetables And Diabetes

There is some concern as to certain vegetables for those with diabetes or those who are pre-diabetic.

According to the American Diabetes Association, *potatoes, corn, peas and other similar starchy vegetables* are higher in carbohydrates and really ought to be classified as starches.



These starchy vegetables are what are known as insulin triggers, which means they have more of an impact on blood sugars. This can also be problematic for those who are not diabetic, but simply, want to lose weight, in which case, they should be eaten in moderation, and especially potatoes as they are quite fattening.

Using Vegetable In Healthy Cooking

There are unlimited ways to add vegetables into every healthy cooking. They can be eaten raw as well, so they make great snacks. Eating them raw is the best way to get the most nutritional value. Raw vegetables can be eaten in salads and snacks.



How To Cook Vegetables

The best way to cook most vegetables is by steaming. The key to vegetables is to never overcook them because it is easy to cook out their nutrients. Steamed vegetables will have vibrant color and taste fresh and delicious.

Boiling is the worst way to cook them, because the boiling water will quickly kill all the essential nutrients.

How To Steam Vegetables

You can buy a vegetable steamer, which is the easiest and most convenient method. There is also a simple pot method.

Pot Method

1. Simply add a tiny bit of water to the bottom of a pot
2. Bring to boil
3. Place vegetables inside
4. Set the heat to low
5. Cover with an airtight lid and steam until they turn a bright color.



Other options to cook vegetables are:

- Grilling on an open flame
- Pan
- Microwave steaming
- Wok



No matter which method you choose a cooked vegetables should be somewhat crispy, and bright and vibrant in color to ensure they are not overcooked.

Vegetable Recipe/Dish Ideas

- Salads (the possibilities here are unlimited)
- Side Dishes
- Main Dishes
- Stews
- Soups
- Tossed into whole grain pasta (cherry tomatoes, snow peas, spinach, greens, onions, garlic, mushrooms)
- In meatloaf and meatballs to replace some of the fatty ground beef
- Snacks and with dips
- Grilled tomato halves with parmesan cheese on top (35 calories per serving)
- Juicing
- Stir Fry
- Casseroles
- On whole wheat crust pizza
- Omelets (make with egg whites only for a low fat/no cholesterol dish)
- Dips
- Sauces (marinara, pesto)
- On burgers
- On sandwiches
- In burritos
- In tacos
- Homemade baby food
- In baking
- The possibilities are endless



Great Herb and Vegetable Combinations

Herbs and spices offer the benefit of great flavour without fat, and without a lot of calories. They can be used in unlimited ways, the key is to experiment and find the flavors that you love.



- Rosemary goes great with squash, peas and cauliflower
- Many herbs taste great fresh in salads
- Oregano complements zucchini
- Garlic goes with everything, and especially, zucchini, mushrooms, tomatoes and spinach
- Dill tastes great with green beans
- Marjoram with Brussels sprouts, carrots and spinach
- Basil with tomatoes
- Chives and parsley enhance the flavor of many vegetables
- Mint is another great herb that goes with tomatoes, leafy greens and other vegetables.



Low Carb Cooking

A low carbohydrate diet plan is a great way to lose weight and low carb eating is essential for those with Diabetes or those that are pre-diabetic.

Benefits of low carb diets:

- Weight Loss
- Lower risk of heart disease
- Regulate and stabilize blood sugars prevent Type 2 diabetes.

A low carb diet involves eating foods that low in carbohydrates and are natural and unprocessed.

When cooking a low carb meal, you want to avoid using products that contain sugar and simple carbs (white starches), such as bread, rice, pasta, potatoes, peas, sugar and corn syrup.

You can still enjoy the meals you love, but the techniques and ingredients used to make them may be different when cooking low carb. For example, if you were to cook a stew that requires you to brown the meat using flour at the beginning of the recipe, you should leave out the flour, and then combine pureed vegetables to the liquid at the end of the cooking process as a thickening agent.

Bad Carbs

“Bad” carbs (simple carbs) are those that come from sugar and white starches and have a high impact on the Glycemic Index in that they cause spikes in blood sugar levels, which, results in weight gain and feeling tired after eating. Simple carbohydrates are composed mostly from sugars with little or no nutritional value.



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Good Carbs

Complex carbohydrates are thought of as "good" because they have a lower Glycemic impact and should be part of a healthy diet. These make sure blood sugars are released at a more consistent rate, instead of spikes as with simple carbs, and give you steady energy throughout the day.

How Many Carbs

Complex carbs are important for a balanced and healthy diet. How many carbs you choose to intake depends on goals and diet choices. For example, for those on the Atkins low carb diet or the South Beach diet plan should follow the program as prescribed and the carb considerations will differ as per each diet plan.

But, for those that just want to eat a carb healthy diet and cook with good carbs, the choice is as simple as choosing whole grains for starches, such as, breads and pasta and eliminating as many simple carbs as possible.

The Carb Formula

When you read a food label, the formula to figure out bad carbs is:

$$\text{Carbohydrates} - \text{Fiber} = \text{Net Carbs}$$

This, according to the Atkins Diet Plan is the true measure of the carb count's impact on blood sugars, weight loss and weight management, a measure termed Net Carb.

Overall, the higher the sugar content and lower the fiber the worse the carb is for you, and this is a good way to quickly assess a bad carb food.

Rule of Thumb: Foods that have healthy carbs will have high amounts of fiber, so, check the labels to identify them.

Worst Carb Foods

- Soda
- Desserts and Sweets
- Candy
- Syrup
- Sugar
- Potatoes

Good Carb Foods

Vegetables Including:

- Broccoli
- Brussels Sprouts
- Spinach
- Greens
- Zucchini

Fruit (these are high in fiber)

- Raspberries - highest in fiber, but all berries are good.
- Apples
- Bananas
- Oranges
- Mango
- Persimmon
- Guava
- Canned pumpkin

Beans (Legumes)

- Lentils
- Navy Beans
- Pinto Beans
- Kidney Beans
- Black Beans

Nuts

Nuts have a low carb impact because they are high in fiber and naturally low in sugar carbs.

- Almonds
- Pistachios
- Peanuts
- Walnuts
- Pecans

Whole Grains

- Whole wheat (can be purchased as flour for baking and bread making)
- Brown rice
- Almond Flour
- Wild Rice
- Whole grain pasta
- Whole-grain sorghum, barley (can be purchased as flour for baking and bread making)
- Buckwheat (can be purchased as flour for baking and bread making)
- Bulgur (can be purchased as flour for baking and bread making)
- Millet



Very Low Carb Substitutions For Food Favorites

Potato Dishes

Hash Browns

Substitute: Summer Squash for Potatoes

Grate yellow summer squash and mix with one egg to bind, make into patties and fry on a pan with Canola oil.

Carbs Saved: 25 Grams



Mashed Potatoes

Substitute: Potatoes with Mashed Cauliflower with Garlic and Chives

Steam cauliflower, add a little butter or margarine, and half and half or real cream and puree using a blender or food processor. Add fresh garlic, chives, salt and pepper. Also add parmesan cheese for some added flavor.

Carbs Saved: 30 Grams



Potato Chips

Substitute: String Cheese For Potatoes

Cut string cheese into ¼ inch slices place on a cookie sheet lined with parchment paper or spray with non-stick cooking spray about 2 inches apart. Place in oven and bake at 375 F for 4 to 5 minutes until strips turn golden brown. Let cool, peel off tray and eat.

Carbs Saved: 90 Grams

French Fries

Substitute: Carrots For Potatoes

Baked carrot strips taste very similar to sweet potatoes. Slice into thick slices, salt and pepper to taste and bake until golden brown. Add extra flavor with onion powder, garlic powder, or Cayenne pepper.

Carbs Saved: 35 Grams



Pasta Dishes

Lasagne

Substitute: Zucchini Slices For Pasta



Slice zucchini lengthwise into $\frac{1}{2}$ or $\frac{3}{4}$ inch slices. Season with Italian seasoning, or onion and garlic powder. Place on non-stick baking sheet or use parchment paper and bake at 425F for 20 minutes or until they are firm.

Then use as layers instead of pasta in your favorite lasagne recipe. Works great with beef or vegetarian lasagne recipes.

Carbs Saved: 36 Grams

Spaghetti

Substitute: Squash for Spaghetti Pasta

Cut squash in half and remove seeds. Place cut side down on a plate with a $\frac{1}{4}$ cup water. Microwave for a few minutes or until soft. Let it cool and scrape out "spaghetti" size strands. Top with marinara or Alfredo sauce, fresh tomatoes and cheese, or any favorite spaghetti sauce with meat or without.

Carbs Saved: 30 Grams

Bread Substitutions

- Double Fiber breads are great options for low carb eating. Orowheat makes one, it has a lot more fiber than other whole wheat bread products and therefore less harmful carbs.
- FlatOut Flatbread is a commercial product that tastes wonderful and has only 7 grams of carbs per each very large piece of flatbread. This flatbread can be used for wraps, burritos and pizza crust.

It is a whole grain product that is high in fiber and protein. There is also a low calorie version that only has 90 calories per flatbread.



- Lettuce can be used to wrap any burger or sandwich. Romaine and Iceberg work great.
- Raw or slightly softened Zucchini cut lengthwise into thick slices can make a great substitute for bread in sandwiches. Use with tuna salad, turkey, chicken salad, roast beef, and even a thin chicken breast!
- Portobello mushrooms are large enough to make a great substitute for bread in sandwiches, burgers and can even be used as a substitute for pizza crust.

Pizza Crust

Substitute: Portobello Mushrooms for Pizza Crust

Cut the stem and gills out of the mushroom cap. Place on a baking sheet, spritz with olive oil and sprinkle salt pepper.

Bake for 10 minutes on 350 to soften.

Fill with pizza sauce, pepperoni, sausage, bacon or whatever other toppings you love and sprinkle with Mozzarella cheese. Bake until cheese is melted and toppings cook through.

Carbs Saved: 20 Grams per slice



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Pancakes

Substitute: Oatmeal and Cottage Cheese For Pancake Mix

This recipe comes from the low carb South Beach diet.

Mix $\frac{1}{2}$ cup of old-fashioned oatmeal along with $\frac{1}{4}$ cup of low-fat cottage cheese, two eggs, and a dash each of vanilla extract, cinnamon, and nutmeg.

Blend until smooth, using a blender or food processor.

Grill like regular pancakes.

Carbs Saved: 45 Grams per pancake

Substitute high carb syrup with fresh fruit, sugar free syrup or sugar free ice cream toppings to save even more carbs.



Almond Flour Pancakes

Substitute: Wheat Flour For Almond Flour

When making pancakes from scratch substitute wheat based flour for almond flour. It has much less carbs and the pancakes will taste great.

Almond flour is fantastic, it is high in protein and it's a good source of omega 3 essential fatty acids, which is critical for brain and heart health.

Carbs Saved: 30 Grams Per Pancake

Low Carb Berry Muffin Recipe

Substitute: White Flour For Almond Flour

Substitute: Refined Sugar For Splenda

This wonderful recipe can be made with any berries, fresh or frozen. To keep carb counts low, use raspberries, strawberries or blueberries.

Ingredients:

- 2 cups almond flour (Bob's Red Mill can be bought online)
- 3 tablespoons Splenda sugar substitute (can also use Truvia, Stevia generic name, Sugar Twin, NutraSweet or Equal)
- 1 teaspoon baking powder
- 4 room temperature eggs
- 1/2 cup melted butter
- 1/2 cup heavy cream
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 cup berries (fresh or frozen)



Directions:

1. Preheat oven to 350 degrees F. Butter and line 12 large muffin pans or use muffin tin liners.
2. Mix all wet ingredients (except berries) in a medium size bowl.
3. Mix dry ingredients in another bowl.
4. Add the wet ingredients to the dry and mix just a little until mixture is combined. Do not over mix or it will make muffins tough.
5. Fold in berries.
6. Pour mixture into muffin pans and bake 20 to 35 minutes until they rise and turn golden brown on top.
7. Cool on a rack for 5 minutes.

Makes 12 muffins.

Nutritional Data: Per Muffin

8 grams carbohydrates (regular muffins have over 30)

3 grams fiber

7.25 grams protein

24.8 grams fat

273 calories



Low Sodium Cooking

“Better to eat a dry crust of bread with peace of mind than have a banquet in a house full of trouble.”

- Proverbs

Salt
has
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used by humans for millennia to make their meals more palatable, and the sodium we get from salt is essential for a healthy and well-functioning body.

For healthy individuals under 52 years of age, The Institute of Medicine recommends 1500 mg of sodium per day and dietary guidelines recommend adults in general should consume no more than mg of sodium per day.

No more than 1,500 mg of sodium per day for who are:

- *51 years of age or older*
- *African American*
- *Diagnosed with high blood pressure*
- *Have diabetes*
- *Have chronic kidney disease*



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However, the requirements for optimal health are way below the amount of sodium most people eat in their daily diet, and when consumed in excess has adverse effects on health.

High salt content over a period of time can lead to several diseases, such as hypertension, damages to blood vessels and more, which, can further increase the risk of various serious diseases including heart diseases and even some cancers.

The salt content in most packaged foods and fast foods restaurants is immense. However, a long life with bland and flavorless food will often be rejected by many, but it's not all doom and gloom, you definitely don't have to eat bland tasting food in order to live a healthy life. There are numerous techniques that you can adopt to have delectable food with low sodium content.

Tips To Reduce Sodium

- **Herbs and spices and more herbs and spices:** There are so many herbs and spices that can be found in your local supermarket, which will not only impart oodles of flavor to your food with raising the sodium content, they also have many health benefits associated with their consumption. You can use numerous combinations and experiment with blends, and try the many spices available from all around the world.



You can also try readymade seasonings which combine different herbs and spices. However, make sure to read the label as many of them have salt as an ingredient. Opt for blends that don't contain salt, such as Mrs. Dash. It comes in various flavors for different cooking styles and recipes.

- **Other alternatives for adding flavor:**

- Lime Juice
- Lemon Juice
- Vinegar
- Wine



- **Cook at home:** Fast foods and most restaurant meals have a high amount of sodium; cooking at home will give you the control over the amount of salt that goes into your meals; use it wisely. If you find cooking every day to be a chore, adopt time saving techniques such as making big batches, using quick cook techniques and more.
- **Cutting back on salt:** Relax, cutting back doesn't mean cutting all salt from your diet; some salt is essential. However, research has shown that you can reduce the amount of salt usually added by 20-25% without any perceptible change in the flavors. Slowly you will become accustomed to the reduced amount, and you will also be able to detect subtle flavors that were earlier overpowered by salt.
- **Take more potassium:** Increasing your intake of potassium rich fruits and veggies as potassium to some extent can negate the negative effects of excessive sodium intake. However, don't use this as an excuse to amp up your salt intake too.

Whole Grains

“Don’t eat anything your great-great grandmother wouldn’t recognize as food. There are a great many food-like items in the supermarket your ancestors wouldn’t recognize as food...stay away from these” - Michael Pollan

What Are Whole Grains

Whole grains are grain seeds that contain all the essential parts and natural occurring nutrients of the entire grain seed.

A whole grain product qualifies as such, when 100% of the original kernel includes, all the bran, germ, and endosperm.

When cooked or processed, including, cracked, crushed, rolled, extruded, or cooked the whole grain should still deliver the same balance of nutrients that are in the original seed. Whole grain foods are those that are made from whole grains and they are usually brown in color, versus their white counterparts. This includes, breads, rice, pastas and flour.



Brown Versus White



Whole grains (brown) are an unrefined grain meaning that their bran and germ have not been taken away through the milling process, in contrast, refined grains (white) have had their bran and germ removed through milling. The refining process of milling not only eliminates the grain of bran and germ but, in that process it removes essential nutrients and one of those is fiber. Whole grains have more fiber, more nutrients, including, selenium, potassium and magnesium. Whole grains are essential complex carbs that unlike simple carbs, facilitate a slower digestion process and so they keep you full for longer periods of time. And, they do not cause spikes in blood sugar levels such as their white counterparts, so, they are much better for weight loss and weight management, not to mention decreasing the chances for diabetes.

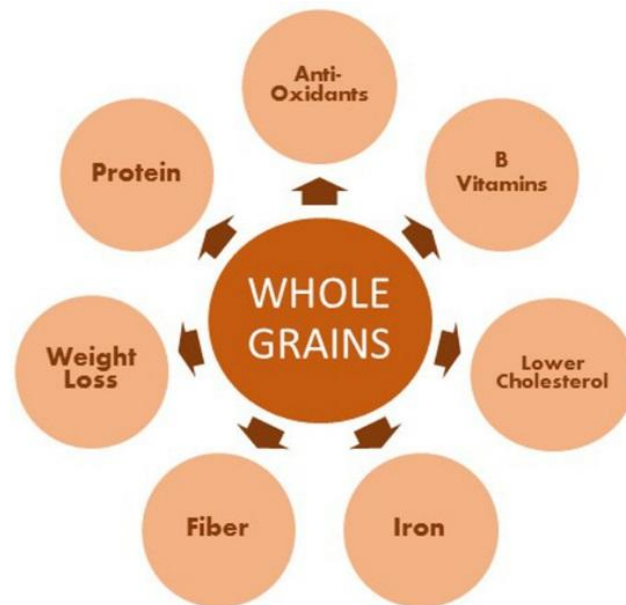
Whole Wheat vs. Whole Grain

Whole wheat is a type of whole grain, there are many types of whole grains (see list below), and whole wheat is just one of those.



Health Benefits

- Whole grains are more nutritious because they are unrefined and so are not stripped of all their essential nutrients.
- Many studies have shown that eating whole grain products (brown) versus the white refined products, including, bread, rice and pasta reduces the risk of several chronic diseases.
- Even though benefits are greater when at least 3 servings are consumed daily, a few research studies have revealed that risks are reduced by eating as little as one serving daily.
- According to the American Heart Association, consuming whole grains instead of “white” breads, pastas and rice may lower the risk for heart disease by 33%.
- A new study showed that eating brown rice instead of white reduces the risk developing type 2 diabetes.
- Harvard School of Public Health researchers have reported that consuming 2 or more servings of brown rice each week reduces the risks for Type 2 diabetes, while eating 5 or more servings of white rice per week has been shown to increase the risk.
- The online journal, Archives of Internal Medicine published a report from Qi Sun, MD, an instructor of medicine at Brigham Women’s Hospital in Boston, states that a 16% reduction in risk for Type 2 Diabetes is achieved by replacing 50 grams of white rice daily



with an equivalent amount of brown rice. Also, replacing that white rice with other types of whole grains, including, barley and wheat, yields a 36% reduced risk.

- Promotes weight Loss through the high fiber count and feeling full longer so you eat less.
- Rich in naturally occurring oils, good for cholesterol control.
- Slow-Release Sugar
- Brown rice makes the perfect baby food, and cereals as well, much better choice than refined options.

Nutrients

Not all whole grains have the same nutrients, they do differ from grain to grain, but, here is a general list.

- Protein
- Fiber
- Iron
- Magnesium
- Phosphorus
- Zinc
- Copper
- Manganese
- Selenium
- B Vitamins
- Anti-Oxidants

List of Whole Grains

- Wheat
- Barley
- Buckwheat
- Whole cornmeal and popcorn
- Millet
- Oats
- Quinoa



- Amaranth
- Brown and Wild Rice
- Rye
- Sorghum
- Teff
- Triticale

Whole Grain Ingredients

Bread

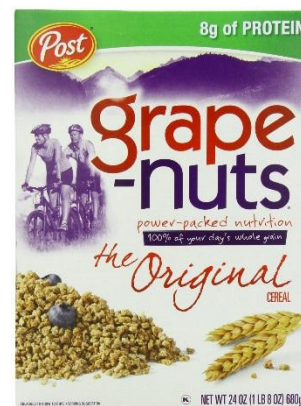
- Bread
- Bagels
- Tortillas
- English muffins
- Pita
- Dinner rolls



Cereals

Lots of great products are available in the whole grain cereal category. And, they can also be used as substitutes for flour in baking, such as, for cookies.

- Shredded Wheat
- Steel cut and rolled oats
- Barley
- Buckwheat
- Granola (no sugar added)
- Grape Nuts
- Cheerios
- Kashi



Side Dishes

One of the best ways to get your daily dose of whole grains is to include them in side dishes at breakfast, lunch and dinner. More flavor can be added by using chicken or vegetable broth instead of water.

- Whole Grain Pasta
- Brown rice
- Wild rice
- Kasha (whole grain buckwheat)
- Quinoa
- Wheat berries
- Bulgur (cracked wheat)



Snacks

- Popcorn
- Whole grain rice cakes
- Whole wheat crackers
- Whole grain rice crackers
- Granola bars
- Baked goods made from whole wheat and whole grain flours.



Flours

Substituting whole grain flour for white flour is a fantastic healthy option for baking and these can work quite well in a variety of recipes, including, homemade bread, brownies, cookies and other sweets.

- Whole wheat flour
- Whole rye flour
- Brown rice flour
- Millet
- Spelt flour
- Buckwheat flour



Flavor, Flavor And More Flavor

*"One should eat to live, not live to eat."
- Benjamin Franklin*

People from all walks of life live to eat rather than eat to live, which is perhaps the reason obesity has become a serious health problem not only in the United States, but, around the world, and when it comes to eating, all people really crave is flavor, but flavor can be found in a variety of sources than the high fat and calorie laden oil and butter.

But, let's face it can anyone really resist McDonald's fries? And what is it about those delectable fries that have our salivary glands going into overtime at the mere thought, pure saturated fat, the good stuff. What's one of your favorite Italian meals? A good guess would be Fettuccini Alfredo and why? It's loaded with spices, cheese and butter and is one of the most calorie laden meals one can consume, but does that stop people? Usually not.

No one wants to hear that terrible four letter word "diet" but, a diet does not have to mean starvation. Nor does a heart healthy lifestyle mean having to eat flavorless boiled chicken and boring vegetables.

When it comes to eating all people really crave is flavor.

While fat based ingredients, such as, butter and cheese add a lot of flavor, they also add a lot of fat and calories, but, there are healthier choices to satisfy the taste buds.

Herbs And Spices

Herbs and spices add a lot of fat free and very low calorie flavour, they also have some real health benefits. Herbs and spices play a major role in weight control for they are the best substitutes for salt and fat. Using a small amount can add flavor to your food, boost your immune system, keep disease at bay and reduce your waistline.

- **Garlic:** A super flavorful addition to any meal with a lot of health benefits.



- **Cinnamon:** Sprinkling some cinnamon on your food regulates blood sugar and improves cholesterol, plus it tastes great. Did you ever smell a cinnamon candle and want to lick it? Imagine what it tastes like. It's certainly better than a waxy candle, so the next time your raisin bread pops out of the toaster forego the butter and just sprinkle some cinnamon. It will be so delicious you won't even miss the fat and your snack will be many calories less.

- **Thyme:** Add thyme to your dish to facilitate digestion and enjoy the flavor and the vitamin C found in this herb.

- **Rosemary:** This herb can do you wonders as it rich in dietary fiber, vitamin C, and vitamin B. Just add a pinch of this herb in the final stage of cooking and enjoy its wonderful aroma in your kitchen, goes great with turkey and chicken.



- **Cayenne pepper:** Use half a teaspoon to improve digestion and regulate your glucose level. It also improves cholesterol and triglyceride levels.

- **Fenugreek:** This amazing plant can regulate your glucose level and help to keep you feeling full for a long period of time. This heart friendly plant is also rich in iron.

- **Turmeric:** This medicinal herb is loaded with health benefits as it fights bacteria and boosts the immune system. It is also considered to be a heart friendly herb due to its anti-inflammatory properties.

- **Mint:** Put some fresh or dried mint leaves in your next recipe and enjoy the aroma of this plant that helps digestion and prevents bloating. It is also known for its soothing and calming effects.

- **Ginger:** This power house little root has been around for centuries. Asians have used this since the dawn of time for everything. Spicing up the rice or relieving an aching belly, its flavor is hard to define, but, used in moderation it's sweet and peppery yet minty and it's great for digestion and a soft drink was even named for it, Ginger Ale!



- **Cilantro:** Do you love salsa? Chances are you like cilantro too because cilantro is what gives salsa its kick. It's minty yet earthy flavor is not only a great addition to salads, potatoes, rice, beans, stews, soups, and meat dishes, it's also an antioxidant.



- **Coriander:** This versatile spice comes in two forms, leaves or seeds and surprisingly is a member of the carrot family. Coriander's leaves are a bit like biting into celery with a touch of lemon, so if you love celery and you love lemon coriander is something for you to try. Coriander seeds are peppery and great for flavoring your favorite carbs such as fresh baked bread. Widely used in Indian cuisine, don't count out this one for a low fat addition to any dish for some extra zip. Coriander has also been used to reduce inflammation of the skin related to acne, lowering cholesterol, soothing mouth ulcers, and aids digestion.



- **Black Pepper:** This is one spice that needs little introduction. This beloved seasoning makes everything taste better, in moderation of course. Black pepper has a taste all its own and perks up any dish by giving it that added dash of heat. Did you ever eat something spiced with black pepper and afterwards had to excuse yourself to blow your nose? That was the pepper helping your respiratory tract clear out and clean out. It's even been said that it works like an aphrodisiac for men who have used it to stave off impotency.
- **Basil:** No great tomato sauce would be left without this fabulous ingredient. If a fruit and an herb were ever to marry and live happily ever after it is the basil leaf and the tomato. Basil belongs to the mint family and if you use your imagination it has an almost pepper minty explosion to it. Before oral hygiene is what it is today, people used to suck on fresh basil to freshen their breath, and if you love pesto, basil is the main ingredient.

- **Onion Powder:** Onion powder is pretty self-explanatory. Its fresh onion chopped, placed in either an oven or a food dehydrator at low heat because you don't want to burn the onion. Once your onions are dried they are crumbled to be used as added flavor to anything you would normally add raw onion to; of course, since it's dried it lasts longer stored in a cool dry place. Many people use onion powder as a substitute for salt and it is also excellent for those with high blood pressure and heart disease.



- **Paprika:** Adds a nutty rich flavor to poultry, meat, and for many other recipes.
- **Chives:** If you love onions you'll love chives. You may think of chives as the pretty green square slivers that adorn your baked potato, but don't sell the chive short. There are many other ways that chives can be utilized to enhance any meal and it's easily grown. A bunch of chives are great sautéed or raw. It belongs to the same family of herbs that include garlic, leeks, scallions and onions. As others in this herb family, chives are great for managing cholesterol and blood pressure levels.
- **Oregano:** An essential flavor in Italian cooking, can be used in many recipes for meats, poultry and vegetables to add flavor without fat.

- **Hot Peppers:** Hot peppers can add spice and a unique twist to many recipes, and, they are known to help with weight loss too.



- **Dill Weed:** Fresh dill weed is a very unique flavor that can be used in dips, salads, soups and many recipes to enhance the flavor of food.

Sauces

There are also numerous sauces and condiments that are fat free and add a lot of flavour for marinades, dressings and other recipes that usually call for high fat ingredients:

- **Hot sauce**
- **Non Fat Yogurt**
- **Fat Free Sour Cream**
- **Vinegar**
- **Fresh Salsa** - One of the best ways to add flavor to many dishes, make your own with fresh chopped tomatoes, onion, cilantro, peppers, make it as hot or as mild as you want.
- **Mustard** (brown, yellow, Dijon, all good, low in calories with only 0.2 grams of fat per teaspoon)
- **Pickle Relish** (watch the sugar in the sweet varieties)
- **Low Sodium Soy Sauce** – Marinade chicken in soy sauce and throw on the grill, delicious!!
- **Sugar Free/Organic Ketchup**
- **Marinara Sauce** – Make your own with tomatoes, garlic, oregano, onion and basil.
- **Fat free dressings** (Ranch, 1000 Island)
- **Hoisin Sauce** - Typically used in Asian cooking for Peking Duck and other dishes, but, not a great option for those watching their sugar intake.
- **Sriracha** – Asian hot sauce made in the United States. Blend with non-fat mayo or Canola mayonnaise to make a great dipping sauce for fish, chicken, beef and vegetables.
- **Teriyaki Sauce** – Great flavor, with no fat, but, does have sugar, so, if that is concern use in moderation.
- **Fish Sauce** – Use as a condiment, in soups, stews, and as a marinade, has 0 fat, and almost no sugar.
- **Ponzu Sauce** - Another Japanese favorite, great as a sauce and as a marinade.
- **Horseradish**
- **Sherry**
- **Marsala, Red and White Wine**
- **Vegetable Broth**



Healthier Sweets And Baking

"Tell me what you eat, and I will tell you who you are."
- Brillat-Savarin

Sugar
is a

tasty ingredient that enhances everything by making it 'sweet,' and everyone now and then craves sweets.

It goes without saying, however, that anything in moderation is better, including sugar, because when sugar is consumed to excess it can wreak havoc the way your body processes it, which to a rise in blood sugar levels and insulin secretion from the pancreas.

After a while the pancreas stops producing insulin because of extreme consumption, and that's never a good outcome for anyone. High sugar foods are also very fattening, and loaded with calories and is a culprit in increasing risk of Type 2 Diabetes and heart disease.

For the sugar-health-conscious, there are quite a few sugar substitutes that people have been using for years to counter the effects of an over consumption of white processed sugar.

Sugar is used in so many food products that it can be difficult to avoid. However, there are many healthy choices that can be substituted for sugar when cooking. All the sugar substitutes listed below are viable, practical and health-wise alternatives to processed sugar.

The difference in nutritional value alone should make anyone at least want to try to begin substituting and hopefully after a while sugar alternatives will become a way of life. It only takes a little bit of time to get used to living a sugar free lifestyle, and once you kick the habit, your body will love you for it.



with
leads

sugar

Sugar Substitutes

Artificial Sweeteners

Artificial Sweeteners can be used in baking, for sweetening drinks and in any recipe to replace processed sugar.

These products provide the correct serving size swap to replace sugar in recipes and come in “baking” form packages, along with the traditional packets for use in drinks.

Aspartame: 200 times sweeter than sugar.

Brand Names: NutraSweet, Equal and Sugar Twin.

Saccharin: 200 to 700 times sweeter than sugar.

Brand Names: Sweet ‘N Low, Sweet Twin and Necta Sweet.

Sucralose: Made from sucrose and 600 times sweeter than sugar.

Brand Name: Splenda.

Acesulfame K: Also known as acesulfame potassium or ace K is 200 times sweeter than sugar. It has zero calories because it’s not metabolized by the body.

Brand Names: Sunett, Sweet One, and Sweet & Safe.

Stevia Plant: A more natural sweetener has recently hit the market and is made from the Stevia Plant, it is all natural, very sweet and tasty, with less aftertaste than the products listed above.

Brand Name: Truvia

HEALTHIER SUGAR SUBSTITUTIONS



Natural Sugar Substitutes

Pure Maple Syrup - This is an excellent substitute as it is wholly natural, tapped straight from its source, the maple tree and it has a boat load of antioxidants to keep your body in-tune while it fights off those nasty buggers called free radicals as they roam the body. Be sure, however, it is 100% pure maple syrup and not a 'white sugar' laden substitute.

Honey - An obvious choice, as it too is loaded with antioxidants and has been used for years by tea lovers around the world, but, don't stop at your teacup. This gem can be added to anything that calls for plain white sugar and is undeniably a better choice. To get the most out of your honey, you may want to consider buying some that is locally and organically produced without any additives or preservatives. This will give you the best nutritional value from the honey in your cooking.



Pureed Fruit: Fruit has sugar, but, it is a natural sugar and so not nearly as harmful as the processed variety. Using pureed fruit in baking instead of sugar is a great option for healthier baking. Bananas, apricots and berries work great.

Apricot Puree: Apricots are high in nutrients with vitamin C, fiber, and iron. Add to baked goods in lieu of sugar, also eat it as a snack by mixing with plain non-fat Greek yogurt or enjoy it with hearty whole-grain bread.

No Sugar Added Applesauce: Another excellent substitute, as it's sweet, natural and some bakers even prefer it to processed sugar because baked goods such as cookies are more because of it.

Raisins: Perhaps raisins used as a sugar substitute may not be your first plan but think about it. They're sweet wholesome and delicious and when broken down in a food processor and added as a sugar substitute to your favorite dishes you may be pleasantly surprised how good your recipe tastes using raisins instead.

Cinnamon: This spice is grand for flavoring your favorite drink, hot or cold and many baked goods that you would normally add sugar to. Plus it has no calories and is great for an immunity boost, too.

Unsweetened Cocoa Powder: This one is another great sugar alternative, plus it satisfies the chocolate craving. If you want to kick it up a notch create your favorite beverage, unsweetened, and toss in cocoa powder with a dash of vanilla. It will soothe the senses without the extra sugar buzz.



Cranberries: If you love cranberries this is the sugar alternative for you. They're tart and sweet at the same time. Enjoy delicious multigrain pancakes, scones or muffins loaded with cranberries instead of sugar. Cranberries, too, are loaded with antioxidants, so give your taste buds a treat and remember cranberries aren't just for the holidays.

Dates & Figs: Both add flavor, dimension and tons of nutrition as a sugar substitute to a slew of recipes. Baked goods such as cakes, muffins, even hearty breads will soon become a staple in your breakfast, lunch or dinner regimen using figs and dates as a substitute for sugar.

Orange, Lemon or Lime Juice: If you love citrus you'll do well to squeeze a handful of either into your next hot or cold drink and forego the sugar, besides your body will show its appreciation, especially around flu season, as citrus is loaded with vitamin C.

Coconut Sugar: One great alternative to refined sugar is coconut sugar. Coconut sugar is made by heating the sap from coconut palms until it has been reduced to granules that can be used in the same way as regular sugar.

It has a similar flavour to brown sugar, but a lower glycaemic index, which means that it has less effect on blood and insulin levels within the body.

If you adore coconut, here's a way to enjoy some without the guilt. Simply swap out the refined sugar with coconut sugar added to your favorite smoothie and clothes your eyes. You'll think you're on a tropical island and best of all it's full of potassium, and let's face it, are any of us really getting enough potassium in our diet, chances are a big 'no.' This also makes a great substitute in several baked goods.



Erythritol: This is a sugar alcohol that comes in powder form and made from a plant. It has been deemed safe and approved by the FDA.

Baking Substitutions

There are several substitutions that can be useful in baking to lower the fat content of baked goods.

- **Swap oil for equal amounts of pureed fruits and vegetables** in muffin, cookie and cake recipes.
- **Use ripe bananas in muffins, and breads**, they are very sweet and you can cut out most of the processed sugar required in the recipe.
- **Add shredded zucchini to brownies.**
- **Swap 1 cup of dried pureed black beans for 1 cup flour** in brownie recipes. Beans have much less impact on blood sugar levels and they are gluten free.
- **Swap Pureed Prunes For Butter** - Pureed prunes have more than 50% less calories and fat than butter. Perfect to use in dark baked goods, like brownies. Mix 3/4 cup prunes with 1/4 cup boiling water and puree to blend. Substitutes in equal amounts for butter in baked goods recipes.
- **Swap Cacao Nibs For Chocolate Chips** - Using natural cacao nibs eliminates the added sugar and additives used to process them into chocolate chips and keeps the healthy antioxidants, minerals and fiber.

Use them as a snack, topping for ice cream and yogurt, mix with nuts and in baking for cookies, muffins and other recipes that ask for chocolate chips.



Final Thoughts

You don't need to be the chef of a five star restaurant to create tasty, yet healthy meals.

By learning to use healthier ingredients and healthy cooking techniques, you can drastically improve your overall health and minimize the risks of many health complications.

If you choose healthy cooking methods, you will be able to capture the flavour of the ingredients that you use, while reducing the amounts of fat that is present in unhealthy dishes.



Healthy cooking is vital to ensure a healthy, balanced lifestyle to live a long and disease free life.

Health Recipes

Wake Up Sandwich

You will want to wake up to this early morning breakfast sandwich.

Ingredients

1/4 cup liquid egg (whites OK too)
2 tbsp light shredded cheese
2 tbsp chopped green pepper
1 tbsp sodium reduced ham
Pepper to taste
1/8 tsp Italian seasoning (optional)
1 whole-grain English muffin, toasted

Directions

1. Find a bowl that is about the same size around as an english muffin and dishwasher safe.
2. In the bowl, mix together egg, cheese, pepper, ham, ground pepper and Italian seasoning (if using). Microwave on high for 1 minute. Turn the egg over and microwave for another 30 seconds to 1 minute.
3. Place egg on the toasted English muffin.

(Makes 1 Serving)

Calories Per Serving: 247

Apple Oatmeal

A delicious and warming breakfast treat

Ingredients

3 cups apple juice
1/2 tsp ground cinnamon
1 1/2 cups quick oats
1/2 cup chopped apple
1/4 cup maple syrup
1/4 cup raisins
1/4 cup chopped walnuts
4 tbsp fat free vanilla yogurt

Directions

1. Combine apple juice and cinnamon in a medium saucepan. Bring to a boil.
2. Stir in oats, chopped apple, maple syrup and raisins.
3. Reduce heat and cook until most of juice is absorbed, stirring occasionally. Fold in walnuts.
4. Top each bowl with a tablespoon of yogurt.

(Makes 4 Servings)

Calories Per Serving: 271

Melon Smoothie

This smoothie harnesses the natural sweetness of the Watermelon.

Ingredients

3 cups watermelon chunks
1 small banana, chopped
1 cup ice
1 1/2 cups 0% fat vanilla yogurt

Directions

1. Put watermelon chunks, chopped banana, ice and yogurt in a blender. Blend until desired smoothness.
2. Pour into glasses.

(Serving Size 12 oz)

Calories Per Serving: 158

Whole Wheat Pancakes

A healthier choice than pre mixed pancake batters. Top them wisely as that will add calories,

Ingredients

1 cup whole wheat flour
1 tsp baking powder
1/2 tsp baking soda
1/8 tsp salt
1 egg, lightly beaten
1 cup low-fat buttermilk
2 tbsp honey

Directions

1. Whisk whole-wheat flour, baking powder, baking soda and salt in a medium bowl.
2. In a small bowl, combine egg, buttermilk and honey.
3. Make a well in dry ingredients and stir in egg and buttermilk mixture. Allow batter to rest for a few minutes.
4. Set a nonstick frying pan to medium-high heat. Drop batter by 1/4 cupfuls on to griddle or pan. Cook until the edges begin to dry and bubbles appear in the pancakes. Flip and cook for 1-2 minutes more.

(Makes 8 pancakes)

Calories Per 2 Pancake Serving: 188

Morning Power Bar

Power up your morning workout with this healthy power bar.

Ingredients

1 cup old-fashioned rolled oats
1/4 cup slivered almonds
1 tbsp flaxseeds, preferably golden
1 tbsp sesame seeds
1 cup unsweetened whole-grain puffed cereal (see Note)
1/3 cup currants
1/3 cup chopped dried apricots
1/4 cup creamy almond butter (see Note)
1/4 cup turbinado sugar (see Note)
1/4 cup honey
1/2 teaspoon vanilla extract
1/8 teaspoon salt

Directions

1. Preheat oven to 350°F. Coat an 8-inch-square pan with cooking spray.
2. Spread oats, almonds, flaxseeds and sesame seeds on a large, rimmed baking sheet. Bake until the oats are lightly toasted. Transfer to a large bowl. Add cereal, currants, apricots and raisins; toss to combine.
3. Combine almond butter, sugar, honey, vanilla and salt in a small saucepan. Heat over medium-low, stirring frequently, until the mixture bubbles.
4. Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain.
5. Transfer to the prepared pan and press the mixture down firmly to make an even layer.
6. Refrigerate until firm, about 30 minutes

(Makes 8 Bars)

Calories Per 1 Bar Serving: 244 calories

Texan Omelette Wrap

This wrap is a healthy taste of the south west.

Ingredients

- 1 large egg
- 1 large egg white
- 1/2 teaspoon hot sauce, such as
- Freshly ground pepper, to taste
- 1 tablespoon chopped scallions
- 1 tablespoon chopped fresh cilantro, or parsley (optional)
- 2 tablespoons prepared black bean dip
- 1 9-inch whole-wheat wrap, (see Ingredient note)
- 1 teaspoon canola oil
- 2 tablespoons grated pepper Jack or Cheddar cheese
- 1 tablespoon prepared green or red salsa, (optional)

Directions

1. Set oven rack 6 inches from the heat source; preheat broiler.
2. Stir together eggs, hot sauce and pepper, scallions and cilantro (or parsley), if using.
3. If black bean dip is cold, warm it in the microwave on High for 10 to 20 seconds. Place wrap between paper towels and warm in the microwave on High for about 10 seconds. Spread bean dip over the wrap, leaving a 1-inch border all around.
4. Brush oil over a 10-inch nonstick skillet; heat over medium heat. Add the egg mixture and cook 20 to 30 seconds. Place the skillet under the broiler and broil just until the top is set, 20 to 30 seconds.
5. Slide the omelet onto the wrap. Sprinkle with cheese. Roll the wrap and serve with salsa/

(Makes 1 Serving)**Calories Per Serving: 321**

Muesli

A classic breakfast that is power packed with dried fruit and healthy nuts.

Ingredients

300g jumbo oats

100g All bran

25g wheatgerm

100g dark raisins

140g ready-to-eat apricots , cut into chunks

50g golden lin seeds

Directions

1. Mix everything in a large bowl.
2. Store for up to 2 months, airtight.
3. Serve with Milk if you prefer

Calories Per 1 Cup Serving: 124

Fruity Parfaits

This treat uses non-fat yogurt for it's creamy texture.

Ingredients

2 8-ounce containers (2 cups) nonfat peach yogurt

1/2 pint fresh raspberries, (about 1 1/4 cups)

1 1/2 cups fresh, frozen or canned pineapple chunks

Directions

1. Divide and layer yogurt, raspberries and pineapple into 4 glasses.

(Makes 4 Servings)

Calories Per Serving: 109

Pasta & Beans

This hearty dish combines filling beans with delicious pasta.

Ingredients

1 1/2 tbsp extra virgin olive oil
1 onion, chopped
2 tomatoes, chopped
1 (15 ounce) can beans
2 cups penne pasta
salt to taste

Directions

1. In a frying or saute pan heat the oil. Add onion and then cook until translucent. Add tomatoes and beans. Let simmer for 10 mins.
2. Bring a large pot of lightly salted water to a boil. Add pasta. Cook until al dente then drain.
3. Mix pasta with bean mixture, toss to coat.

(Makes 4 Servings)

Calories Per Serving: 286

Turkey Reuben

This healthy version of the Reuben sandwich still packs some great flavor.

Ingredients

1/4 Cup Fat-free Thousand Island Dressing

8 Slices Whole Wheat Bread

8 oz. Low Sodium Turkey Breast

1/2 Cup Sauerkraut (rinsed and drained)

4 Slices Reduced Fat Swiss Cheese

Olive Oil Cooking Spray

Directions

1. Spread dressing on one side of each slice of bread.
2. Stack sandwiches with turkey, sauerkraut and cheese.
3. Spray a large pan with olive oil spray and cook 2 sandwiches over medium heat for 4 minutes per side. Make sure bread is toasted and cheese is melted then serve hot.

(Makes 4 servings)

Calories Per Serving: 268

The Healthy Roti

Experience the Caribbean with this West Indies inspired dish.

Ingredients

- 1 tsp** vegetable oil
- 1** small onion, peeled and sliced
- 1 cup** chicken or vegetable broth
- 1** sweet potato, peeled and cubed
- 1** clove garlic, minced
- 1/2 tsp** cumin
- 1/4 tsp** each coriander, cinnamon and turmeric
- 1/2 tsp** hot sauce
- 1 cup** canned chickpeas
- 1/4 cup** coconut milk
- 2-3** large roti or wheat flour tortillas

Directions

1. Heat oil in a non-stick pan over medium heat. Add the onion; cook for 5 minutes. Stir in broth, sweet potato, garlic, cumin, coriander, cinnamon and turmeric.
2. Cover and cook, stirring ever so often for 15 minutes or until potato is tender. Season with hot sauce.
3. Stir in chick-peas and coconut milk. Bring to a boil. Cook, stirring often, until chick-peas are heated through. Divide mixture between two roti shells. Roll to make a wrap.

(Makes 2 to 3 servings.)

Calories Per Serving: 353

Sesame Noodles With Chicken

Harness the flavor of sesame in this asian inspired dish.

Ingredients

1 bag Japanese buckwheat soba noodles
5 tbsp low-sodium soy sauce
2 tbsp rice wine vinegar
1 tbsp sesame oil
2 tbsp honey
2 tsp honey mustard
1 tbsp creamy peanut butter
3/4 lb boneless, skinless chicken breast
5 scallions

Directions

1. Cook noodles according to package.
2. In a large bowl whisk together next 6 ingredients to make dressing.
3. Cook chicken until cooked through. Shred and add to peanut mixture.
4. Add drained noodles, scallions and toss until combined.

(Makes 4 Servings)

Calories Per Serving: 208

Mexican Lunch Minus The Meat

This tasty vegetarian dish is sure to please even the pickiest meat eater.

Ingredients

1/2 small onion, chopped

1 can (15 1/2 ounces) crushed tomatoes

3/4 cup frozen corn kernels

1 can (3 1/2 ounces) chopped green chile peppers

1 can (14-19 ounces) black beans, rinsed and drained

1/2 cup instant rice

1 tsp ground cumin

Directions

1. Heat a 2-quart pot coated with cooking spray over medium-high heat. Add the onion and cook, stirring, for 1 minute. Add tomatoes, corn, and chile peppers
2. Bring to a boil.
3. Add the beans, rice, and cumin. Remove from heat, cover, and let stand for 10 minutes.

(Makes 4 Servings)

Calories Per Serving: 199

Healthy Lunch Pizza

This version of pizza packs all the flavor of take out, but a mere percentage of the calories.

Ingredients:

1 toasted whole wheat pita
1/2 **Cup** chopped tomatoes
1/4 **Cup** shredded part-skim mozzarella
1/2 **Cup** grilled chicken breast
1/4 **Cup** chopped sun-dried tomatoes
Garlic and Oregano to taste

Directions

1. Top 1 toasted whole wheat pita with tomatoes, mozzarella, grilled chicken breast, and chopped sun-dried tomatoes.
2. Sprinkle with minced garlic and oregano
3. Place under oven broiler until cheese bubbles.

Calories Per Serving: 367.8

Grilled Veggies

This meal could be a dinner it is so filling. Quick enough for lunch though.

Ingredients

1/3 cup balsamic vinegar
1 tbsp Dijon mustard
3 garlic cloves, minced
1 tsp fresh rosemary, chopped
1/4 cup extra-virgin olive oil
1 red onion
2 zucchini
2 yellow squash
12 oz asparagus, trimmed
1 roasted red bell pepper
1 1/2 cup lightly packed arugula, chopped
1 cup mixed baby greens
2 tbsp fresh parsley, chopped

Directions

1. In a medium bowl, whisk first 4 ingredients to make the dressing. Gradually add oil while stirring fast.
2. Heat barbecue or pan to medium high.
3. Brush onion, zucchini, yellow squash, and asparagus with 1/2 of the balsamic dressing. Grill or saute vegetables until just cooked through, turning occasionally.
4. Allow veggies cool slightly, then cut into small pieces and place in large bowl.
- 5, Add roasted bell pepper, arugula, and greens; toss with enough dressing to coat.

(Makes 4 Servings)

Calories Per Serving: 194

Tex-Mex Burger Wraps

These quick burger wraps will be a sure fire hit and they are much healthier than their fast food cousins.

Ingredients

12 ounces lean ground beef
1 cup refried beans
1/2 cup chopped fresh cilantro
1 tbs chopped pickled jalapenos
1 avocado, peeled and pitted
1/2 cup *prepared salsa*
1/8 tsp garlic powder
4 whole-wheat tortillas
2 cups shredded romaine lettuce
1/2 cup shredded pepper Jack cheese
1 lime, cut into 4 wedges

Directions

1. Preheat broiler. Coat a pan with light cooking spray.
2. Combine ground beef, beans, cilantro and jalapenos in a medium bowl.
3. Shape into four oblong patties and place on the prepared pan.
4. Broil the patties until done to your liking. Flip halfway through so both sides brown.
5. Mix avocado, salsa and garlic powder in a bowl.
6. Spread each tortilla with this mixture, then add lettuce and cheese.
7. Top each with a burger and roll into a wrap.

(Makes 4 Servings)

Calories Per Serving: 394

Veggie Chili

This hearty chili will please even the carnivores in your house.

Ingredients

- 1 small onion, chopped
- 1 large green bell pepper, chopped
- 3/4 cup** chopped celery
- 3/4 cup** dry red wine or water
- 3 cloves garlic, finely chopped
- 2 cans (14.5 ounces each) diced tomatoes, undrained
- 1 1/2 cups** water
- 1/4 cup** tomato paste
- 2 Vegetable Flavor Bouillon Cubes
- 1 tbsp** chopped fresh cilantro
- 1 tbsp** chili powder
- 1/2 tsp** cumin
- 2 cans (15 ounces each) kidney beans, rinsed

Directions

1. Cook onion, pepper, celery, wine and garlic in large saucepan over medium-high heat until vegetables are tender.
2. Add tomatoes with juice, water, tomato paste, bouillon, cilantro, chili powder and cumin; stir well.
3. Stir in beans. Bring to a boil; cover. Reduce heat to low; cook, stirring occasionally, for 45 minutes.

(Makes 6 Servings)

Calories Per Serving: 210

Lime Chicken

This Asian inspired dish is also full of vitamins from the citrus.

Ingredients

Nonstick cooking spray

4 boneless, skinless chicken breast halves

3/4 cup Natural Apple Juice

Juice from **1** lime

2 tsp cornstarch

1 tsp Chicken Flavor Instant Bouillon

Directions

1. Spray large, nonstick pan with nonstick cooking spray.
2. Cook chicken, turning once, for 8 to 10 minutes or until no longer pink in center. Remove from pan and keep warm.
3. Combine Apple Juice, lime juice, cornstarch and bouillon in small bowl.
4. Add to skillet; cook, stirring occasionally, until thick. Spoon sauce over chicken to serve.

(Makes 4 Servings)

Calories Per Serving: 190

Mushroom and Scallion Chicken

Chicken is so versatile and boneless skinless chicken breast so healthy, that we had to bring you another tasty chicken recipe.

Ingredients

- 1 tbsp** toasted sesame oil
- 1** small bunch scallions, sliced, whites and greens separated
- 1** small garlic clove, finely chopped
- 4 ounces** shiitake mushrooms, stems removed and caps thinly sliced
- 4 cups** water
- 1/4 cup** low-sodium soy sauce
- 1** 2-inch piece ginger, peeled and sliced
- 1 pound** boneless, skinless chicken breasts, cut into 3/4 -inch cubes

Directions

1. In a very large soup pot, heat the sesame oil over medium heat.
2. Add the scallion whites and garlic; cook, stirring, about 1 minute. Add the mushrooms and cook until softened, about 3 minutes.
3. Pour the water into the pot. Add soy sauce and ginger. Let simmer for 2 minutes.
4. Place the chicken in the broth. Reduce heat to low; cover and poach until the chicken is just cooked through, about 7 minutes.
5. Transfer the chicken evenly to 4 bowls. Pour broth over the chicken. Garnish with the scallion greens.

(Makes 4 Servings)

Calories Per Serving: 190

Broccoli And Shrimp

An asian favorite, transformed in a quick and healthy dinner.

Ingredients

2/3 cup chicken broth

1 tsp cornstarch

1 tbsp minced garlic, divided

3 tsp extra-virgin olive oil, divided

1/4-1/2 tsp crushed red pepper

1 pound raw shrimp (21-25 per pound), peeled and deveined

1/4 tsp salt, divided

4 cups broccoli florets

2/3 cup water

2 tbsp chopped fresh basil

1 tsp lemon juice

Freshly ground pepper to taste Lemon wedges

Directions

1. Combine chicken broth, cornstarch and half the garlic in a bowl; whisk until smooth.
2. Heat 1-1/2 tsp oil in a large nonstick pan over medium-high heat.
3. Add remaining garlic and crushed red pepper. Cook while stirring for about 30 seconds. Add shrimp. Sauté until shrimp are pink, about 3 minutes. Transfer to a bowl.
4. Add remaining oil to the pan. Add broccoli and a pinch of salt. Cook for 1 minute.
5. Add water, cover and cook until broccoli is crisp-tender, about 3 minutes. Transfer to the bowl with shrimp.
6. Add chicken stock mixture to the pan and cook, stirring, over medium-high heat, until thickened, 3-4 minutes.
7. Stir in basil and season with lemon juice and pepper. Add shrimp and broccoli; heat through. Serve with lemon wedges.

(Makes 4 Servings)

Calories Per Serving: 178

Southwest Steaks w/Salsa Sauce

These steaks pack a punch of power, use your favorite cut of meat, but we love the rib-eye.

Ingredients

- 2 4-ounce 1/2-inch-thick steaks, such as rib-eye, trimmed of fat
- 1 tsp chili powder
- 1/2 tsp kosher salt, divided
- 1 tsp extra-virgin olive oil
- 2 plum tomatoes, diced
- 2 tsp lime juice
- 1 tbsp chopped fresh cilantro

Directions

1. Rub both sides of steak with chili powder and 1/4 teaspoon salt.
2. Heat oil in a medium pan over medium-high heat. Add steaks and cook, turning once cook until it reaches your desired level of doneness. Cover steaks with foil and let rest while you make the salsa.
3. Add tomatoes, lime juice and remaining 1/4 teaspoon salt to the pan and cook, stirring often, until tomatoes soften, about 3 minutes.
4. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve steaks topped with the salsa.

(Makes 2 Servings)

Calories Per Serving: 174

Grilled Eggplant & Portobello Sandwich

This vegetarian option is delicious and filling. It will be a crowd pleaser.

Ingredients

1 small clove garlic, chopped

1/4 cup low-fat mayonnaise

1 tsp lemon juice

1 medium eggplant (about 1 pound), sliced into 1/2-inch rounds

2 large Portobello mushroom caps, gills removed

Canola or olive oil cooking spray

1/2 tsp salt

1/2 tsp freshly ground pepper

8 slices whole-wheat sandwich bread, lightly grilled or toasted

2 cups arugula, or spinach, stemmed and chopped if large

1 large tomato, sliced

Directions

1. Preheat grill to medium-high.

2. Mash garlic into a paste on a cutting board with the back of a spoon. Combine with mayonnaise and lemon juice in a small bowl. Set aside.

3. Spray both sides of eggplant rounds and mushroom caps with cooking spray and season with salt and pepper. Grill the vegetables, turning once, until tender and browned on both sides. When cool enough to handle, slice the mushrooms.

4. Spread 1 1/2 teaspoons of the garlic mayonnaise on each piece of bread. Layer the eggplant, mushrooms, arugula (or spinach) and tomato slices onto 4 slices of bread and top with the remaining bread.

(Makes 4 Servings)

Calories Per Serving: 209

Trail Mix - Hiking great snack.

Ingredients

1/2 ounce whole shelled (unpeeled) almonds

1/4 ounce unsalted dry-roasted peanuts

1/4 ounce dried cranberries

1 tbsp chopped pitted dates

1 1/2 tsp chocolate chips

Directions

1. Combine almonds, peanuts, cranberries, dates and chocolate chips in a small bowl.

(Makes 2 Servings)

Calories Per Serving: 102

Sesame Carrots

A simple snack, but the sesame seeds add a nice touch

Ingredients

2 cups baby carrots

1 tbsp toasted sesame seeds

Pinch of dried thyme

Pinch of kosher salt

Directions

1. Toss carrots with sesame seeds, thyme and kosher salt in a small bowl.

(Makes 3 Servings)

Calories Per Serving: 33

Hummus

This fresh version of a store bought favorite will blow you away with it's fresh taste

Ingredients

2 cups canned garbanzo beans, drained

1/3 cup tahini

1/4 cup lemon juice

1 tsp salt

2 cloves garlic, halved

1 tbsp olive oil

1 pinch paprika

1 tsp minced fresh parsley

Directions

1. Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.
2. Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

(Makes 8 Servings)

Calories Per Serving: 77

Roasted Pumpkin Seeds

The Halloween favorite, is actually a nice healthy snack choice anytime of year.

Ingredients

1 1/2 cups raw whole pumpkin seeds
2 tsp butter, melted
1 pinch salt

Directions

1. Preheat oven to 300 degrees F (150 degrees C).
2. Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

(Makes 6 Servings)

Calories Per Serving: 83

Cheesy Popcorn

This snack is so tasty you will think it can't be healthy.

Ingredients

4 cups hot air-popped popcorn
1/2 cup freshly grated Parmesan cheese
Cayenne pepper, to taste

Directions

1. Toss popcorn with Parmesan and cayenne to taste.

(Makes 4 Servings)

Calories Per Serving: 75

Toasted Nuts

Nuts are full of heart healthy fats. A simple toasting will bring out their full flavor.

Ingredients

1/2 cup chopped walnuts, or nut of your choice, you can also use a mix of nuts if you want.

Directions

1. Preheat the oven to 350°F.
2. Spread the nuts out on a baking sheet.
3. Toast the nuts in the oven until they are lightly browned, about 8-10 minutes. Do NOT burn.
4. Cool and store in an airtight container for up to 2 weeks.

(Makes 8 Servings)

Calories Per Serving: 40

Sun Dried Tomato Dip

This dip is perfect for veggies, tortillas or other healthy options like melba toast.

Ingredients

1 cup sun-dried tomatoes, rehydrated

1 tbsp balsamic vinegar

1 cup non-fat cream cheese

1/2 cup non-fat sour cream

basil leaves, for garnishing

Directions

1. Puree the sun-dried tomatoes and balsamic vinegar in the food processor. Add the cream cheese and process until the mixture is smooth.
2. Add the sour cream and pulse until combined. (Be careful not to over process or the mixture will liquify.)
3. Transfer the spread to a serving bowl and garnish with fresh basil.

(Makes 10 Servings)

Calories Per Serving: 52

Mocha Pudding

Homemade pudding is much healthier than store bough, and usually tastier too!

Ingredients

1/4 cup sugar

3 tbsp cornstarch

2 tsp instant coffee mix or espresso powder

1/2 tsp ground cinnamon

pinch salt

2 cups lowfat chocolate milk

2 ounces bittersweet chocolate, very finely chopped

1 tsp vanilla extract

Directions

1. Whisk the sugar, cornstarch, coffee, cinnamon, and salt in a large saucepan. Whisk in milk over medium heat, then cook for about five minutes, stirring occasionally at first, then frequently at the end, until mixture thickens.
2. Remove from heat; add chocolate and vanilla, whisking until chocolate is smooth.
3. Serve warm or pour into five containers, placing plastic wrap directly on the pudding surface. Stays good in fridge for 5 days.

(Makes 5 Servings)

Calories Per Serving: 194

Banana Quesadillas

This dessert take on a mexican meal is a treat the whole family will enjoy.

Ingredients

2 whole wheat tortillas
1 ripe banana
1 **tbsp** peanut butter
a few chocolate chips (optional)

Directions

1. Mash banana in bowl with potato masher.
2. Spread peanut butter and mashed banana on tortilla. Add chocolate chips, and top with other tortilla.
3. Warm in microwave for 20 seconds. (Time may vary depending on your microwave.)
4. Slice and serve.

(Makes 2 Servings)

Calories Per Serving: 240 (without chocolate chips)

Broiled Mango

A quick and simple treat, that will still impress guests.

Ingredients

1 Peeled and Sliced Mango
Lime cut into wedges

Directions

1. Position rack in upper third of oven and preheat broiler. Line a pan with foil.
2. Arrange mango slices in a single layer in the prepared pan. Broil until browned in spots, 8 to 10 minutes. Squeeze lime wedges over the broiled mango and serve.

(Makes 2 Servings)

Calories Per Serving: 69

Sesame Squares

Sesame seeds are tasty calcium packed powerhouses.

Ingredients

1/3 cup honey

1/3 cup peanut butter

3/4 cup nonfat dry milk

3/4 cup sesame seeds

1/4 cup raisins

1/4 cup shredded coconut

Directions

1. In a large bowl, combine the honey, peanut butter, dry milk, sesame seeds, raisins, and coconut.
2. Spread the mixture into an 8 x 8-inch baking pan and refrigerate for 4 hours. Cut into 1-inch squares.

(Makes 32 Servings, 2 squares per serving)

Calories Per Serving: 58.4

Easy Chocolate Cake

This recipe only takes one bowl, just imagine, easy chocolate cake!

Ingredients

3/4 cup plus 2 tbsp whole-wheat pastry flour

1/2 cup granulated sugar

1/3 cup unsweetened cocoa powder

1 tsp baking powder

1 tsp baking soda

1/4 tsp salt

1/2 cup nonfat buttermilk

1/2 cup packed light brown sugar

1 large egg, lightly beaten

2 tbsp canola oil

1 tsp vanilla extract

1/2 cup hot strong black coffee

Confectioners' sugar, for dusting

Directions

1. Preheat oven to 350°F. Coat a 9-inch round cake pan with cooking spray.

Line the pan with a circle of wax paper.

2. Whisk flour, granulated sugar, cocoa, baking powder, baking soda and salt in a large bowl.

3. Add buttermilk, brown sugar, egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend.

Pour the batter into the prepared pan.

4. Bake the cake until a skewer inserted in the center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with confectioners' sugar before slicing.

(Makes 12 Servings)

Calories Per Serving: 139

Grapefruit Mango Sorbet

A super light dessert, that won't weigh you down on active nights.

Ingredients

1/2 Cup water

1/4 Cup brown sugar

1/2 tsp ground ginger

2 lg grapefruit, cut into segments

4 sm scoops mango sorbet

mint sprigs (optional)

Directions

1. Simmer water, sugar, and ginger in small heavy saucepan until reduced to 1/4 cup, about 5 minutes.
2. Divide grapefruit sections among 4 dessert dishes. Pour spiced syrup over grapefruit, dividing evenly. Top each portion with a scoop of mango sorbet and garnish with a mint sprig, if desired.

(Makes 4 Servings)

Calories Per Serving: 226

**The following recipes are for
the kid at heart.**

**Now use the information you have
learned and make wonderful dishes
and treats for your family and quest.
That are healthy!!!**

**Enjoy
Have Fun
Chef Murph
XoxoX**

**Don't for get to post your
Creatureizations
Facebook
www.chefmurph.com**

All-Star Fudgy Baseballs and Bats

1 c Carob powder

1 c Water

1/4 c Honey

1/4 c Peanut butter (smooth or cru

3/4 c Wheat germ

3/4 c Rolled oats

2 tb Dry milk powder

1/2 c Unsweetened shredded coconut

1 ts Cinnamon (optional)

1/2 ts Grated orange rind (optional)

In a small saucepan, combine the carob and water. Bring to a boil over low heat, stirring constantly to prevent scorching. Add the honey and peanut butter and continue cooking for about 5 minutes, or until syrup is smooth and slightly thickened.

In a large bowl, mix together the wheat germ, oats, milk powder, coconut, cinnamon, and orange rind (if desired).

Pour about one cup of the carob syrup over the dry mixture, or as much as is needed to make a pliable, dough-like consistency. Store the remainder in the refrigerator and use as an icing or to make great milk shakes.

Pinch off pieces of the dough and roll each piece between your palms into 2-inch-long tubes about the circumference of a fountain pen, tapered at one end in the shape of a baseball bat. Roll the rest into marble-sized balls.

Apple Smiles

1 Red medium apple; cored & sliced about 1/3" wide, not skinned!

Peanut butter (creamy works best)

Tiny marshmallows.

Spread one side of each apple slice with peanut butter. Place three or four tiny marshmallows on top of the peanut butter on one apple slice.

Top with another apple slice, peanut butter side down.

Squeeze gently. Eat right away..makes 8-10

Bunny Salad

1 Chilled pear half

2 Raisins

1 Red cinnamon candy

2 Blanched almonds

-cottage cheese ball

Place crisp lettuce leaf on plate. On top of it, place pear upside down.

Make bunny, using narrow end for face. Two raisins for the eyes, 1 red cinnamon candy for the nose and 2 blanched almonds for the ears. The cottage cheese ball makes the tail.

Butterfly Bites

2 Stalks of celery

12 lg Three-ring pretzels

6 tb Peanut butter or cream cheese

About 18 raisins or currents

12 Slivered almonds or enoki mushrooms

Wash the celery. Using plastic knives, cut the celery into thirds. Fill each celery stalk with one tablespoon of either peanut butter or cream cheese. For the wings, gently push 1 pretzel into the filling, running parallel to the length of the celery stick. Do the same on the celery's other lengthwise side. Arrange the raisins or currents as the eyes, nose and mouth. For antennae, push the slivered almonds or mushroom cap into filling. If using mushrooms, arrange the spaghetti-like mushroom tips upward, like an antenna.

Cat's Eyes

1/2 c Peanut butter

8 Ritz crackers

1 Banana; cut into 8 slices

8 Raisins

Spread peanut butter on crackers and top each with a slice of banana. Place a raisin in center of each banana to form a cat's eye and repeat for all banana topped crackers.

Chocolate Spiders version #1

4 cups semisweet chocolate baking chips

Melt chocolate chips in top of double boiler. Let stand over the water until water is cool, about 10 minutes. Place wax paper on cookie sheet. Pour chocolate into a pastry bag that is fitted with a 1/8-inch or 1/4-inch tip. Squeeze chocolate onto wax paper in the shape of spiders. If chocolate is runny it needs to be cooled longer. Chill the spiders for about 10 minutes. When hard peel off wax paper. Store in refrigerator laid flat.

Chocolate Spiders version #2

12 oz Twizzlers; chocolate flavor

4 oz Milk chocolate candy melts

Cut twizzlers into 1 1/2" pieces. Slice each piece in half lengthwise. On waxed paper place 4 legs (pieces) on each side and then drop 1 tsp melted candy in middle for body. Use a toothpick to smooth to uniform circle and connect all candy pieces. Cool completely before removing from waxed paper.

Clown Faces

Large Pancake

3 x Orange Slices

2 x Poached or fried Eggs

1/2 Cherry Tomato

Make the pancakes in advance and set them in oven to keep them warm. Poach or fry the eggs. To assemble the faces, place the pancakes on a plate, with eggs for eyes, orange slices for ears and mouth, and a tomato half for the nose.

NOTE: For a lighter meal, omit the eggs and use apricot or peach halves for eyes and half a fresh cherry for a nose. Or, omit pancakes, assemble eggs directly on plate, and add a smile made from chopped, sauted potatoes.

Daisy Apple

2 Tbs. raisins

2 Tbs. crunchy or creamy peanut butter

1 McIntosh apple

Peanuts, for garnish (omit if making for small child)

Set aside a few raisins for face. Stir remaining raisins into peanut butter. With apple corer or paring knife, remove core and seeds from apple. Using a small knife, push peanut butter mixture into center of apple. Make a happy face on top of peanut butter using reserved raisins. Arrange peanut halves around edge of peanut butter forming a circle. Chill before serving.

Dirt Cups

2 c Milk

1 pk Chocolate Pudding, instant

3 1/2 c Cool Whip

16 oz Oreos

8 Gummy Worms (opt)

8 Plastic flowers (opt)

Pour milk into medium bowl, add pudding mix. Beat until well blended, 1 -2 minutes. Crush Oreos and set aside. Let stand 5 minutes. Stir in cool whip and half of cookies. To assemble: place 1 Tb crushed cookies in bottom of 8 oz cup. Fill cups about 3/4 full with pudding mixture. Top with remaining crumbs. Optional garnish: place flower in middle and put gummy worm halfway out of "dirt".

Easter Mints Kids Can Make

1/3 c Soft butter

1/3 c Light corn syrup

1/2 ts Salt

1 ts Flavoring

3 1/2 c (1 lb) sifted confectioner's sugar

Large bowl

Wooden spoon

Paper plates

Pencils

This is a no-cook recipe the children can mix with their hands. Flavor it with any of the liquid flavorings in the supermarket, such as strawberry and lemon. If you want, you can instead divide it into three portions and add a few drops of food coloring to tint it yellow, red, and green. Then knead a small amount of flavoring into each one. This recipe makes about 1 1/2 lbs of candy.

Help the children measure all the ingredients into the large bowl. They can take turns stirring it with the wooden spoon until it becomes too stiff. Then they can knead it with their hands. They should continue kneading until the dough is smooth.

Give each child a paper plate and a pencil. Tell them to turn their plates OVER and write their names on the Bottom to prevent pencil lead from getting on their mints. Help them hold their pencils correctly. Make sure they use upper and lower case letters.

Give each child a portion of dough on his or her plate. The children can pinch off pieces, roll them into balls, and press them lightly with a fork to make a fancy butter mint. Children who cannot roll the candy into balls can make snakes, cut the snakes into pieces, and press the pieces with a fork. They might eat the pieces with the fork, but that's ok too. Leave the mints on the plates and refrigerate them for 30 minutes, until they become firm. Easter Mints taste even better the second day, if you can keep everyone from eating them all on the first day. Cover with plastic wrap and keep them in the refrigerator.

Eyeballs on Ritz

Eggs; hard boiled

Black olives

Ritz crackers

Red food coloring

Cut hard boiled eggs in half lengthwise. Remove yolks and make filling for deviled eggs. Cut out small hole from bottom center of each egg (about 5/8" diameter.) Poke a black olive partway through each hole and hold in place by filling eggs with yolk filling. Place each egg, olive side up, on a ritz cracker. Paint red lines, resembling blood veins, with a toothpick on the eye.

Fish in the River

2 Celery stalks

1/4 c Cream cheese; or other cheese spread (tinted green if desired)

8 Goldfish crackers

Trim and wash celery and fill with cheese. Top with crackers and serve.

Food for a Hobo Hike

4 cn Tuna (3 oz each)

4 cn Baked beans (6 oz each)

4 Oranges

4 Plastic

4 Bandana cloths

4 Children

Place 1 can tuna, 1 can beans, 1 orange, and 1 fork on each bandana. Bring up corners and tie securely. Tie end to children's beltloop or attach to a stick and send them off on their hobo hike. Pack another hobo pouch for yourself and go along. Make sure someone has a Scout knife with a can opener attachment to open cans (much more fun struggling with one of these things than to take a conventional can opener). The oranges serve as both a drink

and a dessert. Poke a hole in one end and after all the juice has been sucked out, open it and eat the flesh. The tuna and beans, of course, are eaten just as they come from the can. The bandanas serve as little tablecloths, napkins, and kerchiefs to be worn back home. Children love this hobo picnic--it's easy for you, nutritious, filling, and fun from them.

Funny Face Carrot Salad

2 carrots

1 small can crushed pineapple

1/2 cup vanilla yogurt

Raisins

Peel carrots. Roll up a few long shavings and save them for "hair" on a final salad. Grate carrots with a grater. Be careful of your fingers.

Drain can of crushed pineapples in a strainer, using a spoon to push out the juice. Toss pineapple with carrots, then add vanilla yogurt.

Spoon some salad onto a plate. Make a smiling face with raisins. Style carrot "hair", and serve with a smile.

Jello Aquarium Recipe

1 pk Jello Berry BLUE jelly powder

1 c Boiling water

2 c Ice cubes

Gummy fish

Dissolve jelly powder in boiling water. Add ice cubes, stirring until jelly thickens, about 3-5 minutes. Remove any unmelted ice. Spoon jelly into to clear sided bowls. Poke 3 or 4 gummy fish into each dish of slightly thickened jelly. Refrigerate 30 minute to set. Serve with 1-1/2 hours.

Octopus Dogs

6 Hot dogs

6 Hot dog buns

1 cn Chili

About 1" from one end of a hot dog, start a slit in the hot dog that goes vertically to the other end. Turn a quarter turn and make another slit. Keep making slits until you have eight "legs" for the hot dog. Boil and the hot dog will look like an octopus. Serve with head up and legs spread out over an opened hot dog bun that has chili on it.

Peaches with a Sunshine Smile

1 cn Of peach halves

2 To 3 cups cottage cheese (low-fat)

Lettuce leaves

Arrange lettuce in a bowl or plate. Spoon a layer of cottage cheese "sun rays" on lettuce. The peach half is placed round end up. Press raisins gently into peach to form a sunshine face. Sprinkle extra raisins on cottage cheese.

Peanut Butter Caterpillars

Banana

Grape

2 tb Peanut Butter

Peel and slice a banana. Spread slices with peanut or sesame butter and connect the slices. Add a grape up front for the head ("gluing" with more peanut butter.)

Peanut Butter Turtles

Apple

2 tb Peanut Butter

5 x Grapes

Slice an apple in half. Make several slits in each half. Fill with peanut butter or sesame butter (available in health stores.) Attach seedless grapes with toothpicks (remove before giving to very young children) for the head and legs and stick a carrot shaving on for a tail (tuck it in 1 of the slits) Nice to serve as a lunch treat.

Potato Pups

8 Hot dogs

2 c Mashed potatoes

1/2 ts Dry mustard

Split hot dogs the long way not quite all the way through. Fill split opening with mashed potatoes mixed with dry mustard. Sprinkle the top with paprika. Bake in 375 degree oven for about 15 minutes or until heated through and slightly browned on top. Can also be topped with some grated cheese (cheddar or parmesan).

Rock Candy

2 c granulated sugar

Heavy cord

1 c water

Put one cup of water into a small saucepan, pour 2 cups of granulated sugar into the water, heat the water and sugar on the stove over a medium heat, continue stirring until the sugar melts, keep adding sugar and stirring until it melts, stop adding sugar when you see that it will no longer dissolve in the water (that is until you see sugar lying on the bottom of the saucepan). Remove the pot from the stove, let the liquid cool until it is just warm. Pour the liquid into a clean glass jar. Tie one end of a piece of heavy cord around the middle of a pencil. Place the pencil over the top of the glass jar letting the cord fall into the liquid. Crystals will begin to form in a few hours. The next day, remove the cord from the jar, pour the sugar liquid back into the saucepan, reheat and cool it just as you did before. Pour the liquid back into the jar and reinsert the cord with the crystals into it. More crystals will form. If you repeat this procedure every day the crystal candy will grow bigger and bigger. When it has reached a size that pleases you, snip off any excess string and enjoy.

Rudolph the Reindeer

1/4 c Peanut butter; creamy

2 sl Whole wheat bread

16 Raisins

4 Cherries

16 Pretzels; twist style

Spread peanut butter on bread slices and cut each slice into four triangles. Turn triangles so point is down, then place two raisins in center for eyes. Cut cherry in half and place one half at bottom point for nose. Break twist pretzels to make antlers and place at upper two corners. Variation: Turn pretzel down near nose to make cats with whiskers.

Snake Hot Dogs

1 Hot dog

1 Hot dog bun

Take hot dog and make horizontal slits (that go a little more than halfway through the hot dog) down half the length of the hot dog. For the other half of the hot dog do the same thing but make the slits on the opposite side. When boiled (or microwaved) the hot dog will twist like a snake. Serve on a hot dog bun with chili or cheese if desired.

Teddy Bear Carousel

1 Apple; cored

8 Teddy grahams

2 Gummi bears

1/4 c Peanut butter; creamy

8 Toothpicks

Cut apples crosswise into 1/4" slices to form circles. Discard or eat top and bottom of apple. Spread two circles with peanut butter. Stick four toothpicks, equal distances apart, around the edge of of apple circle, peanut butter side up. Top with second apple circle, peanut butter side up, and secure to tops of toothpicks to form a carousel. Stand four teddy grahams in the peanut butter between the toothpicks. Place a gummi bear in the center of the carousel roof. Repeat to make a second carousel. Serve, being careful with toothpicks.

Wagons

2 Celery stalks

12 Toothpicks

16 Carrot rounds

1/2 c Peanut butter; cheese spread or ranch dressing

20 Raisins

Cut celery stalks crosswise into two pieces each, about 3" long. Push toothpicks through sides of celery to form axles for four wheels. Fill celery wagon with peanut butter, cheese or dressing. Stick carrot rounds onto ends of toothpicks. Cover tips with raisins. Stick a toothpick into the end of the celery at a 45 degree angle to form wagon handle. Cover tip with raisin.

Gross But Fun Recipes:

Boogers On A Stick

1 jar cheeze whiz - 8 oz.

green food coloring

25 pretzel sticks

waxed paper

1 long handled spoon

platter

Melt the cheeze whiz in the microwave or on top of the stove, according to directions on the jar. Allow the cheese to cool slightly in the jar. Using a long handled spoon, carefully stir about three drops of green food coloring into the warm cheese, using just enough to turn the cheese a delicate snot green. To form boogers: Dip and twist the tip of each pretzel stick into the cheese, lift out, wait twenty seconds, then dip again. When cheese lumps reach an appealingly boogerish size, set pretzels, booger down, onto a sheet of waxed paper. Allow finished boogers on a stick to cool at room temperature for ten minutes or until cheese is firm. Gently pull boogers off waxed paper and arrange on a serving platter. Serves 5 to 6 booger buddies.

Brain Cell Salad

1 pk (6 oz) blueberry jello mix

1 ct (16 oz) small curd cottage

Cheese

1 cn (16 1/2oz) can blueberries In syrup ==OR== 3/4 c Frozen

blueberries, thawed

Blue food coloring

--TOOLS--

2 Mixing bowls

cn Opener

Spoon

6 Salad plates

With an adult's help, prepare jello according to package directions.

Chill 4-5 hours or until firm. Scoop cottage cheese into a bowl. Drain and set aside the syrup from the blueberries. Add the berries to the cottage cheese and mix well. Add three drops of food coloring to turn the cottage cheese a nice grayish color when blended.

To serve salad, place a few spoonfuls of firm gelatin, (congealed brain fluid), onto individual serving plates. Top with a scoop of cottage cheese (brain tissue) mixture and serve. Serves 6 psycho surgeons.

Brains on the Half Skull

2 md Potatoes

8 oz Thin Spaghetti

14 oz Spaghetti sauce

Preheat the oven to 400 degrees. Wash the potatoes and cut them in half crosswise. Place the potatoes cut side up on a baking pan and bake for 40 minutes. While the potatoes bake, prepare the spaghetti in a medium sized pot according to the directions on the package. Then carefully drain the cooked spaghetti in a colander over the sink. A few minutes before the potatoes are ready, begin to heat the sauce (blood) in a small pot. Remove the potatoes from the oven, and scoop out the insides of the potatoes. You won't need the insides for this recipe, the empty shells will serve as the skulls. When the sauce begins to boil, remove it from the heat and combine it with the cooked spaghetti to make brains. Put a scoop of bloody brains in each skull.

Butchered Snake Bits With Barbecue Sauce

1 Package rigatoni pasta -- (10oz)

2 Cans squirtable cheese spread

1 Small Jar barbecue sauce

16 Whole black peppercorns -- (16 to 20)

1 carrot

Cook pasta according to directions on package. Rinse the pasta in cold water. To make snakes: Covering one end of the rigatoni with your finger (to prevent leakage), carefully fill each piece of pasta with cheese spread. Place six to eight cheese-filled rigatonis end to end on a serving platter, in a realistically curvy snake shape. Using a toothpick, spread lines of barbecue sauce along the top of each snake for markings. To form heads, use barbecue sauce to glue two black peppercorn eyes onto the end opposite the tail of each snake. Wash, dry and carefully peel skin off carrot. When completely clean of skin, make one more peeling for each snake you have formed. At the narrow end of each peel, carefully cut out a long, thin triangle. These are your snakes forked tongues. Position tongues.

Cat Litter Casserole

1 c Bisquick

1 c Shredded Cheddar cheese

1 lb Ground beef, turkey or pork

Sausage

---TO MAKE LITTER---

2 c Long grain rice

3 3/4 c Water

2 ts Salt

2 tb Butter or margarine

--TOOLS--

Ig Mixing bowl

Rectangular baking pan Deep saucepan with lid

Fork Paper towels Ig Spoon

Stainless steel pooper scooper

To make dumps: With an adult's help, preheat the oven to 350 degrees F. Using clean hands, mix together the dump ingredients in a large bowl. Mold pieces of this mixture into various size/shape dumps. Place so they don't touch each other in an ungreased baking pan. Use two if they don't all fit. With an adult's help, bake the dumps for about 20 minutes or until they are all brown, firm and slightly crusty. While the meat cooks, put all four litter ingredients into a large saucepan. Then, with an adult's help, heat on high until the water comes to a boil. Stir, turn heat to low and cover the pan. Simmer without lifting the cover for fourteen minutes. With an adult's help, remove the saucepan from the stove and carefully (to avoid having your face melted away by the steam), lift off the cover. Break apart, or "fluff" the rice with a fork and set pan aside. When dumps are done, carefully transfer them onto paper towels to drain. Spoon the rice and dumps into the now empty baking pan, leaving some dumps partially uncovered, the way Kitty does when he/she is in a hurry. Serves 8-10 litterbox lovers. Use pooper scooper to serve.

Chicken Pox Pancakes

Strawberries

Pancake mix

Bananas

Powdered sugar

--TOOLS--

Knife

Cutting board

Mixing bowl

Ig Flat skillet

Spatula

Plates

With an adult's help, chop the berries into small chunks, allowing one or two per pancake face. Set aside. With an adult's help, prepare the pancake mix according to package directions. When the pancakes are done, place each serving in a stack on a separate plate. For every two stacks of pancakes, you need to peel one banana. Carefully slice off the two ends and put one on top of each stack for a nose. Then cut two thin slices from each end for eyes. Then cut banana in half for a long curved mouth. Arrange the strawberry chunk chicken pox all around each face. Use clean fingers to drop a pinch of powdered sugar on each pox for a tasty bit of pus. Serves as many little polka dotted people as your heart desires.

Chopped Off Fingers Pizza

1 Red bell pepper (4 oz.)

12 Sticks (1 oz. each) mozzarella

8 Small (about 5" diam.) baked pizza crusts

1 cup Pizza sauce

Core, stem and seed pepper; cut lengthwise into 1"-wide strips. Cut each strip crosswise into 1/2" pieces (fingernails). Round corners on one end of each piece. Cut each cheese stick in half crosswise. On rounded end of each stick (finger), cut out a 1/2"- square notch into which a pepper piece will fit to make a nail. Lay crusts slightly apart on 3 baking sheets, each 12"x15". Spread pizza sauce evenly over each crust. Lay 3 cheese fingers well apart on each crust: fit a red pepper nail onto each. Bake in a 450F oven until cheese just begins to melt, about 8 min. Yield: 8 personal pizzas

Chuckie's Upchuck

2 teaspoons of butter or margerine

2 medium onions chopped

16 ounces of cream style corn

2-10 ounce cans of cream of mushroom soup

2 cups milk

Whatever leftover vegetables you have in the fridge! (tomatoes, green beans, Mushrooms, cauliflower, etc) Saute onions in the butter. Add everything else and bring it to a boil. Simmer 5 minutes. Serve immediately with a barf bag of course!

Dead Sea Soup

1 Celery heart with whitish Leafy stalks

1 sm Jar artichoke hearts

1 cn (10 1/2oz) chicken with rice Soup

Blue and green food Colorings

1 c Fish shaped crackers

--TOOLS--

Knife

Cutting board

Ig Saucepan

Spoon

Soup ladle

4 Soup bowls

With an adult's help, chop the celery heart into small pieces. Using clean hands, pull apart the surrounding whitish leafy stalks, leaving them long and stringy; these celery pieces will be your seaweed. Set aside. Drain the jar of artichoke hearts and cut into the size of a penny. Prepare soup according to directions. Add the celery and artichokes and heat until soup comes to a boil. Turn heat to low and carefully add two or three drops each green and blue food coloring until the soup reaches an appropriately murky seawater color.

Carefully ladle the hot soup into individual bowls and sprinkle a quarter cup of crackers on top of each one. Encourage some of the floating celery seaweed to hang over edge of bowls and serve. Artichoke pieces and rice from the soup will sink.

Diaper Dump Porridge

1 cn (10 oz) beef broth

1 Tube refrigerated biscuits

1 cn (10 oz) chicken broth

--TOOLS--

2 sm Saucepans

Knife

Slotted spoon

Soup ladle

4 Soup bowls

Pour the beef broth into a saucepan. Set aside and don't add any water. Remove the biscuits from the tube, separate them and carefully cut each one in half. Then, using clean hands, sculpt the biscuit pieces into "dump" shapes. Add the dumps to the beef broth. With an adult's help, place the dumps and broth over medium heat and cook until the mixture comes to a boil. Turn the heat to low, cover the pan with a lid and simmer for 15-20 minutes. Carefully check the broth level often.

Pour the chicken broth (diaper fluid) and one can water into the second saucepan. With a slotted spoon, carefully transfer the cooked dumps from the beef broth and place in the chicken broth pan. Heat chicken broth according to the directions on the can.

Sicko serving suggestion: When you're done eating, place a container of baby wipes on the table for guests to clean up with!

Flat Cat Cookies

1 pk (20oz) refrigerated sugar Cookie dough

1 tb To 2 flour

Red cinnamon candies

Seedless strawberry jam

--TOOLS--

Rolling pin

Butter knife

Spatula

Cookie sheet

2 Spoons

Wire cooling rack

With an adult's help, preheat oven to temperature specified on package. Sprinkle flour on a clean, flat surface and roll out cookie dough slightly thicker than what the package calls for. Then, using butter knife, cut out cookies in the shape of a flattened cat. Use a large spatula to carefully transfer cookies to cookie sheet. Bake according to package directions. While they're cooling, count out enough cinnamon candies to put two eyes and a nose on each cat. Carefully flatten between the front and back of two spoons and set aside. Allow the cookies to cool on the cookie sheet for about 3 minutes and then press in eyes and nose. Transfer to wire rack to continue cooling. Dribble jam here and there on each cookie for blood. Makes approximately 3 dozen kitty road kill.

Sicko serving suggestion: Instead of making each cookie in a perfect cat shape, make a few that are missing a limb and/or tail. Why not even sever a head or two? Drip jam blood at stumps for an authentically dismembered look.

Gross Guess?!

2 c cooked spaghetti

2 c grapes

1 tbsp. vegetable oil

2 c jello

3 ice cream buckets (or any plastic containers) WITH covers

Put the spaghetti in 1 bucket/container. Cut a hand sized hole in the top of all of the bucket covers. Mix the grapes with 1 tbsp vegetable oil and put in a bucket. Put the 2 c jello in the 3rd bucket. Place all of the covers on. Have a friend feel each one of them and guess what they are! The spaghetti is supposed to be liver. The grapes are supposed to be muscles and the jello is supposed to be brains!

Hairball Salad with Saliva Dressing

1 lg Ripe avocado

2 c Alfalfa sprouts

5 lg To 6 carrots, washed peeled and grated

Italian dressing

--TOOLS--

Paring knife

Spoon

Mixing bowl

Fork

Carrot peeler

Grater

4 Salad bowls

With an adults help, cut avocado in half. Use a spoon to scoop out the pit. Scoop avocado out of the shell and put in the bowl. Add sprouts to the avocado meat. Mash with a fork. It is ok to leave some lumps. Set the mixture aside. Divide the grated carrots among the four salad bowls. Using your clean fingers and a spoon, make walnut size hairballs from the avocado mixture and arrange them on top of the grated carrots. Pour Italian "saliva" dressing over hairballs and serve. Serves 4 cat fanciers. Sicko serving suggestion: Squeeze ribbons of chocolate icing "hairball" medicine out of a paper cone onto the backs of your guests hands to be licked off for dessert.

Homemade Maggot Stew

2 tb Vegetable oil
1/4 c Flour
1/2 ts Salt
1/2 ts Pepper
1/4 ts Garlic powder
1 lb Stew beef cut in one inch Chunks
2 cn (14 1/2oz) plain stewed Tomatoes
1 cn (10 1/2oz) beef broth
1 ts Thyme
1 Bay leaf
3 md To 4 carrots
1 c Fresh or frozen green beans
3/4 c Orzo pasta

--TOOLS--

Sharp knife
lg Stew pot with lid
Ziploc bag
Long handled cooking spoon
Carrot peeler
lg Saucepan
Colander
Slotted spoon
8 Soup bowls
Soup ladle

Place oil in stew pot and with an adult's help, turn heat to medium low. Measure flour, salt, pepper and garlic powder into ziploc bag. Drop in stew beef, seal bag and shake until well coated. Pour contents of bag into the stew pot. Turn the heat up to medium. With an adult's help, use a long handled spoon to turn the meat every 3-4 minutes, letting the meat brown well on all sides. Cook until the meat begins to look crusty. Add the tomatoes, broth, thyme and bay leaf. Bring to a boil, then lower heat to low. With an adult's help, peel the carrots and cut

them into small coins with a knife. When the stew has simmered for one hour, add the carrots and green beans to the pot. Cover and simmer another 45 minutes. With an adult's help, cook the orzo in a saucepan according to the package directions. when just tender, drain it through a colander into the sink, shaking out any excess water. These are your maggots. Add them to the stew pot, then turn off heat and carefully blend.

Nose Blow Burritos

2 md Tomatoes

1 lb Ground beef

1 pk Burrito or taco seasoning

1 cn (30oz) refried beans

8 Or 10 burrito size soft

Flour tortillas

2 ct (8oz) guacamole

1 ct (16oz) sour cream

--TOOLS--

Knife

Cutting board

3 Bowls

Frying pan

5 Spoons

Spatula

sm Saucepan

With an adult's help, dice the tomatoes into small pieces and place in a bowl. With an adult's help, place the ground beef in a frying pan, sprinkle with the burrito seasoning and saute on medium heat until it's well browned. Cover and set aside. With an adult's help, cook the beans in a saucepan on low heat, stirring occasionally. when the beans are hot, gently combine them with the ground beef in a clean bowl.

To build the burrito beaks: Set one tortilla on a dinner plate. Spoon an approximately one and one half inch wide strip of guacamole dip (rancid mucus) down the center of each tortilla. On top of that, spoon a strip of sour cream (fresh mucus). Tightly fold the left and right sides of the tortilla over your ingredients, then tuck the lower third of the whole burrito under itself, making a nose shape. With an adults' help, use a knife to cut out two large holes for nostrils. Gently squeeze the nose.

Sicko serving suggestion: Instead of napkins, set each guest's place with an individual size packet of facial tissues.

Penicillin Pizza

6 English muffins

1 Jar pizza sauce

2 c Shredded mozzarella cheese

3 tb Grated Parmesan cheese

Yellow, green and red food

Coloring

--TOOLS--

Cookie sheet

Spoon

Bowl

Plastic sandwich bag

Split muffins and place on an ungreased cookie sheet, making sure they don't touch. Spoon a thin layer of sauce on top then cover the sauce with a layer of shredded cheese. Set aside. Pour the Parmesan into a small bowl and add five drops each yellow, red and green food coloring until it's an even shade of mold green. (Use plastic bag to prevent your fingers from staining.) Set aside. With an adult's help, broil the pizzas until the cheese has melted and begun to brown. Remove from oven and let cool about 1 minute. Carefully sprinkle mold on top of hot pizzas. Allow pies to cool slightly before you slip on a lab coat and serve. Serves 6 peaked patients.

Puked Up Potatoes

1 md Carrot

4 md Potatoes

3 Celery stalks

1/2 c Frozen green beans

pn Salt

12 oz Jar chicken or turkey gravy

3 tb Butter

1/2 c Milk

--TOOLS--

Carrot peeler

Knife

Cutting board

sm Saucepan

lg Saucepan

Potato masher

2 Serving dishes

With an adult's help, carefully peel carrots and potatoes. Chop the carrots and celery into small pieces and the potatoes into 1" cubes. Place the carrots, celery and green beans in the small pan and the potatoes in the larger one. Cover both with water and add a pinch of salt to each. With an adult's help, set the pans over medium heat until they come to a boil. Turn the heat to medium low. Pour the gravy into the pan of carrot mixture. With an adult's help, cook over low heat until hot, stirring often. Add the butter and milk to the potatoes and mash until they are fairly lump free. Place a lump of mashed potatoes on a plate, then cover with a ladle of pukey gravy. Serves 6 hurlers. Sicko serving suggestion: Almost any meal tastes better when you heave puke on it! To create a realistically splattered tableau, place a plate full of food in the sink. Then take a large spoonful of gravy and, with a flick of the wrist, fling it onto the food.

Ralph's Retch

3 oz Box strawberry jello

40 Ice cubes

2 cn (12 oz) strawberry soda

--TOOLS--

Mixing bowl

Shallow 9x12 pan

Butter knife

Blender

Spoon

Tall glasses

Iced tea spoons

Prepare jello according to package directions. Pour into shallow pan and chill until firm, about 3 hours. Using a dull knife, make as many cuts as possible across the length and width, forming tiny cubes.

With an adult's help, grind ice cubes in a blender. Spoon alternating layers of crushed ice and gelatin pieces into tall glasses, filling them about 2" away from tops. Slowly pour soda into each glass until full, then stir gently. Serve retch with ice tea spoons, so your guests can get at every chilly glob.

Sicko serving suggestion: Almost any cooked food can look like puke if you grind it for a few seconds in a blender. And it makes for a tasty sandwich spread!)

Sewer Soda

1 qt Chocolate chocolate chip ice Cream

3/4 c Chocolate syrup

1 l Club soda

--TOOLS--

lg Spoon

4 Tall glasses

Straws

Iced tea spoons

Let ice cream sit at room temperature until it is easy to scoop.

Spoon ice cream into glasses until it is about halfway full. Pour or squeeze about 3 tablespoons chocolate syrup into each glass. Slowly fill almost to the top with club soda and stir well with a spoon. Serve with a straw and tall spoon for excavating those luscious brown lumps. Serves 4 sewage slurpers.

Sicko serving suggestion: To make this slop especially disgusting, plop an unwrapped tootsie roll into each glass.

Snouts & Beans

2 cn (16oz) plain baked beans

1 ts Worcestershire sauce

1/4 c Brown sugar

2 tb Bbq sauce

1 tb Teriyaki sauce

8 Beef knockwursts

--TOOLS--

2 sm Saucepans

lg Spoon

Cutting board

Knife

Carrot peeler

Tongs or slotted spoon

Paper towels

Shallow serving dish

With an adult's help, empty the cans of beans into a saucepan and add worcestershire, brown sugar, bbq sauce and teriyaki sauce to the beans. Stir and set aside. With an adult's help, slice off the ends of the knockwurst. You do not need the ends for this recipe. Then slice the knockwurst into equal segments about 1" long, making each cut at the same slight angle. Place the snouts in a saucepan and cover them with water. With an adult's help, cook the snouts for about 5-10 minutes. Cook the beans on low heat, stirring often, until the sauce bubbles and thickens slightly. Carefully remove the snouts and place on paper towels to drain. Pour the beans into a serving dish and arrange snouts, nostril sides up, on top. Serves 4-6 little porkers.

Sicko serving suggestion: Dab pickle relish pig boogers in your knockwurst nostrils.

Spit-Wad Sandwiches

2 sl Bread

Creamy peanut butter

2 lg Marshmallows

--TOOLS--

Butter knife

Plate

Spread each slice of bread with peanut butter. Using clean fingers, pull apart marshmallows into many tiny spit-wad-sized pieces. Press the marshmallow wads onto the peanut butter. Put together, wad sides facing, and enjoy. Serves 1 who loves spit wads. Sicko serving suggestion: Make spit wad place cards for your next sit down affair! Write guests names on torn pieces of notebook paper with a pencil. Place a small amount of vegetable oil in a bowl and dip paper pieces into it until completely covered. Crumple papers into balls and stick on to paper.

Toasted Tongues

6 Egg whites

1 c Sugar

Red food coloring

Pink or red cake crystals

--TOOLS--

2 sm Bowls

lg Mixing bowl

Spoon

Mixer

Parchment paper

Cookie sheet

Popsickle sticks

Spatula

Toothpicks

With an adult's help, position an oven rack on the lowest shelf, and preheat oven to 200 degrees F. Separate the whites from the yolks of

the eggs into two small bowls. Make sure there are no yolks in the bowl of whites. Rapidly beat the eggs until they form stiff peaks. Slowly stir spoonfuls of sugar into the whites and continue to beat until the entire cup of sugar has been added. the whites should now form stiff, shiny peaks. Add two to three drops of red food coloring. Place a sheet of parchment paper on a cookie sheet. To form tongues: Spoon about 3 tablespoons of meringue in the shape of a tongue onto the parchment paper. Tongues should be the length of the popsicle sticks. Press a popsicle stick gently into the center of the tongue, leaving about 2" of stick hanging out. Bake about 3 hours or until tongues are completely dry to the touch. Allow to cool completely before carefully lifting them off the paper. Makes about 12 little lickers. Suggestion: To serve coated tongues. use a toothpick to spread a thin layer of mucus (marshmallow topping) down the length of the lickers.

Tortured Tomatoes with Bird Dropping Dressing

2 lg Ripe tomatoes

2 tb Crumbled blue cheese

Roquefort dressing

--TOOLS--

Serrated knife

Ziploc bag

Plate

4 Salad bowls

Spoon

Wash the tomatoes in cold water and with an adults help, cut into half inch slices. Place slices in plastic bag. Squeeze out any extra air and close the bag tightly. Lay the bag on a clean plate placed in the sink. Now make a fist and gently pound the tomato slices until they look tortured. Divide the tortured tomatoes among the four bowls and sprinkle with a half tablespoon of crumbled cheese. Then, holding a spoon at least 12" from the salad bowl (to approximate the altitude of a low flying bird), dribble a glob of dressing onto each one.

Worm Burgers

1 1/2 c Mung bean sprouts

1 lb Ground beef

1 Egg

Salt and pepper to taste

Mayonnaise

Ketchup

6 Hamburger buns

--TOOLS--

Mixing bowl

lg Frying pan

Spatula

Aluminum foil

Platter

Wash sprout (worms) with warm water. Using clean hands, mix one cup of the sprouts, the ground beef and the raw egg together in a bowl. Reserve the remaining sprouts until later. Form burgers into six patties. Place in fry pan and sprinkle with salt and pepper. With an adult's help, cook on medium heat until they are well browned underneath. Carefully turn the patties. Season again and cook until the second side is well browned. Place on open buns and serve with the worms sprinkled on top as a garnish. Don't forget the pus and blood. Serves 6 worm slurpers.

Sicko serving suggestion: Use a clean hole puncher to punch holes in lettuce garnish.

Lunch Recipes:

Apple Pancakes

1 c Whole wheat flour

1 c White enriched flour

1/2 ts Salt

1 tb Brown sugar

1 3/4 c Milk

2 Eggs

2 Apples, diced

Mix together dry ingredients. Add liquid ingredients; mix well, Add diced apples. Mix together. Bake on a hot greased skillet.

Banana Hot Dog Sandwich

1 Hot dog bun

1/2 Banana

2 tb Peanut butter;

Toast hot dog bun. Spread peanut butter on hot dog bun. Add banana.

Basic Pancakes

3 c Flour

1 ts Salt

1 1/2 tb Baking powder

2 Eggs

2 c Milk

2 tb Oil

Mix dry ingredients then add eggs and milk and then gradually add oil. You can add blueberries or cooked rice or 2 teaspoons of cinnamon and 2 tablespoons of sugar.

Bologna and Cheesewitch

1 lb Bologna

3/4 lb Swiss Cheese

1 tb India Relish

4 tb Chopped Onion

1/4 c Prepared Mustard

1/3 c Mayonnaise

6 Whole Hot dog Rolls

6 tb Butter

Using a meat grinder or food processor, grind together the Bologna and Swiss cheese. Mix into mixture India relish, chopped onion, mustard and mayonnaise. butter inside of each hot dog roll, and stuff the mixture equally into all 6 rolls. Wrap each roll separately in foil and refrigerate for at least 1 hour before baking. May also be frozen for later use. Bake foil wrapped rolls at 325 degrees F. for 25 mins. or until insides are all melted. Defrost before baking.

Brunch Pizza

1/2 lb Boiled Ham, sliced

8 oz Part Skim Mozzarella Cheese, grated

2 Eggs

1/4 c Low-fat Milk

pn Dried Oregano

Pizza Crust, prepared or homemade

Pat the pizza dough out on a 13- by 9-inch pan, baking, sheet or a round pizza pan. Cut the ham into strips and put them on the dough. Sprinkle on the cheese. Combine the eggs and milk in a bowl and beat to blend. Pour the eggs over the dough and sprinkle on the oregano. Bake in a 375-degree oven for 20 to 30 minutes.

Caramel French Toast

1 c Brown sugar

1/2 c Butter

2 tb Corn syrup

12 Sl Sandwich bread

6 Egg; beaten

1 1/2 c Milk

1 ts Vanilla

1/4 ts Salt

Combine sugar, butter, and corn syrup in a small saucepan; cook over medium heat until thickened, stirring constantly. Pour syrup mixture into a 13x9x2-in baking dish. Place 6 slices of bread on top of syrup mixture. Top with remaining 6 slices of bread. Combine eggs, milk, vanilla, and salt, stirring until blended. Pour egg mixture evenly over bread slices. Cover and chill 8 hours. Bake, uncovered, at 350 degrees F. for 40 to 45 minutes or until lightly browned. Serve immediately. Yield: 6 servings.

Cheese and Fruitwich

1/2 c Cream cheese, room temp.

1/8 c Peanuts, unsalted, chopped

1/2 Apple, cored, sliced, peeled

2 Drops lemon juice

2 Date-nut bread slices

Combine the cream cheese and nuts in a bowl. Sprinkle the apple slices with the lemon juice to keep them from turning brown. Take a slice of bread, spread with cheese and nut mixture and cover with apple slices. Use another slice of bread to top the sandwich and wrap well.

Chilaquiles

1 Doz corn tortillas, several days old

1 c Onions, chopped

2 Cloves garlic, pressed or 1/4 tsp garlic powder

2 ts Chili powder

1 ts Cumin powder

1 1/2 c Lowfat cottage cheese

1 1/2 c Crushed tomatoes

6 oz Grated jack or Cheddar cheese

Salt to taste

1 tb Oil

Cut tortillas into wedges or tear into strips. Saute onions in oil for 5 min. (A non-stick or cast iron skillet that's ovenproof is ideal for this.) Add tortilla pieces, chili powder, garlic, cumin and salt. Toss until the tortilla pieces are wilted. Puree cottage cheese and tomatoes in blender until smooth. Stir gently into tortilla pieces. Sprinkle with grated cheese. Bake at 350 degrees F for about 20 min.

Cream Cheese Sandwich

2 tb Cream cheese

1 ts To 3 ts any of the following

Walnuts chopped

Pecans

Almonds

Or any other nut

Carrot grated

Cucumber diced

Green &/or red pepper diced

Celery diced

Orange diced

Apple diced

Pear diced

Raisins

Dates chopped

Clams minced

2 sl Bread (any kind)

In a small bowl, mix the cream cheese with a fork until it's creamy. You might want add a few drops of milk to help process along. Then mix in the additional ingredients. Smooth this paste onto two slices of bread and fit them together. A cream cheese sandwich holds together nicely, so you might want to cut the sandwich into interesting shapes.

Crispy Corn Dogs

10 Frankfurters

1 c Flour

1 1/2 ts Baking powder

1/2 ts Salt

2 tb Yellow cornmeal

3 tb Shortening

1 Egg, beaten

3/4 c Milk

oil or shortening for frying

In medium bowl, mix flour, cornmeal, sugar, baking powder and salt.

With pastry blender or fork, cut in 2 T shortening until mixture resembles fine crumbs. In small bowl, combine egg and milk. Add to dry mixture; mix well. Pat frankfurters dry with paper towels. Dip franks into batter with tongs, being careful to coat all sides. Let excess batter drip off. Drop 1 or 2 at a time into hot oil in mini-fryer. Fry until golden, about 1 minute on each side. Insert wooden skewer in end of each. Serve hot, with mustard, if desired.

Crunchy French Toast

1 Egg

1/3 c Milk

2 ts Sugar

1/4 ts Cinnamon

1/2 c Flaked coconut

1/3 c Crushed corn flakes

3 tb Butter

4 Slices of white bread

Blend egg, milk, sugar and cinnamon. Mix coconut and cornflakes.

Heat butter in a skillet over medium heat. Dip bread in egg mixture, then in corn flakes mixture. Brown in skillet until light golden on both sides, turning once. Serve with maple syrup.

Curried Tuna Sandwich

7 oz Water packed tuna;

1/2 c Mayonnaise; (low-cal 4 me)

1 ts Lemon juice;

1/4 ts Curry powder

1/4 ts Prepared horseradish;

12 sl White bread* cut in circles

Softened Butter OR MARGARINE

Drain and flake tuna. Combine all ingredients, except bread and butter. Spread each bread around with butter and tuna mixture. Tops may be decorated with spring of parsley, bit of pimineto or olive slice. Makes 12 opened faced sandwiches.

English Muffin Pizza

6 English muffins; split

6 oz Tomato paste or pizza sauce

Oregano

Garlic powder

Basil (optional)

Topping:

Soy cheese substitute

Mushrooms

Onions

Green peppers

Olives

Place English muffin halves on an ungreased baking sheet and spread each half with tomato paste. Sprinkle with oregano, basil and garlic powder. Arrange toppings; sprinkle with cheese substitute. Freeze two hours, or until firm. Wrap individually. Return to freezer. To heat, bake unwrapped at 450 F for 12 minutes.

Fruit Sandwich

3 tb Sm-curd cottage cheese;

2 tb Apple, or pear, or apricot chopped

2 tb Slivered almonds;

2 tb Pineapple crushed in natural juice

2 sl Bread (any kind)

In a small bowl, mix all ingredients (except the bread) together. You may need to add a little more cottage cheese to bind the ingredients. Spread the mixture on the bread. This sandwich is especially good when served on some quick breads such as banana bread, zucchini bread or any other quick breads.

Green Spaghetti

1/2 pound spaghetti

3 packed cups basil leaves

1 medium-small clove garlic

1/4 cup Parmesan cheese

1/4 cup olive oil

6 shakes salt

3 shakes pepper

a little extra olive oil

a little extra cheese

The grown-up begins cooking the spaghetti. Take all the basil leaves off the stems. Discard the stems, and put the leaves into the food processor. Smash and peel the garlic. Add it to the basil, and blend. Add the cheese, oil, salt and pepper and blend again until it forms a thick paste (called pesto). Transfer the pesto to a bowlful of hot spaghetti and mix well with a fork. Optional: You can add extra oil and cheese.

Mock chopped liver

1 1/2 T Oil 1 1/2 c Chopped onions 1 c Toasted cashews 1 c String beans, steamed, cut into 1" lengths 1 T Lemon juice Salt & pepper
Heat oil in a small skillet. saute onion slowly over mod low heat. Stir frequently until nicely browned. Combine onion with remaining ingredients in a food processor. Process until smooth. Store in glass jar until needed. Bring to room temp before serving.

Peanut Butter and Jelly French Toast

12 sl Bread

3/4 c Peanut butter

6 tb Jelly ==OR== Jam

3 Eggs

3/4 c Milk

1/4 ts Salt

2 tb Butter ==OR== Margarine

Spread peanut butter on six slices of bread; spread jelly on other six slices of bread. Put one slice of each together to form sandwiches. In mixing bowl, lightly beat eggs; add milk and salt and mix together. Melt butter in a large skillet over medium heat. Dip sandwiches in egg mixture, coating well. Place in skillet and brown both sides. Serve immediately

Peanut Butter Noodles

8 oz Pasta, linguine (1 package)

3 ts Peanut butter

1/2 ts Salt

2 tb Soy sauce

1 tb Sesame oil

1 ts Sugar

1/2 ts Vinegar, white wine

2 Garlic cloves, minced

1 ts Onion, grated or minced

Cook linguine according to package instructions in boiling water; drain. In large bowl, mix all the remaining ingredients together. Add linguine to sauce and toss to coat well. Refrigerate. good to pack for kid's lunches

Pease Porridge Hot

4 sl Bacon

3/4 c Onions; Chopped

22 1/2 oz Condensed Green Pea Soup; 2 Cans

4 c ;Water

1 1/3 c Minute Rice

3/4 ts Salt

Cook the bacon in a large saucepan until crisp. Remove the bacon and drain on absorbent paper towels, patting to remove all the grease, and crumble. Reserve 2 tb of the drippings and discard the remaining grease. Cook and stir the onions, in the reserved drippings, until tender and lightly browned. Add the soup and gradually mix in the water, blending well. bring to a full boil. Add the rice, salt and bacon, stirring to blend, cover, and remove from the heat. Let stand for 5 minutes before serving.

Pizza on Rye

8 oz Tomato sauce

1/4 ts Basil

1/8 ts Oregano

5 Or 6 slices of rye toast

8 oz Sliced mozzarella cheese

Parmesan cheese

Mix the tomato sauce, basil and oregano and spread on 5 or 6 slices of rye toast. Divide the 8 ounces of sliced mozzarella among the pizzas. Sprinkle with Parmesan cheese and broil until bubbly. For variety, I top my pizza with onions, pepperoni, and sometimes canned shrimp.

Sailboats and Canoes

1 Egg; hard cooked

1 T Mayonaise

1 t Parmesan; grated

1 Celery stalk

2 T Cheese spread

1 Cheese slice

Cut hard cooked egg in half lengthwise. Remove yolk and mix with mayonaise and parmesan. Fill egg cavity with yolk mixture. Cut ends off celery stalk, cut in half crosswise and fill halves with cheese spread. Cut cheese slices into four triangles. Stick cheese triangles vertically into egg mixture and cheese spread to form sails.

Top Dog

8 Weiners

4 sl American Cheese, cut into 6 strips each

1 cn Pillsbury Refrigerated Crescent Dinner Rolls (8oz)

Slit weiners to within 1/2" of ends; insert 3 strips cheese in each slit. Separate dough into 8 triangles; wrap dough over weiner, keeping cheese up. Place on ungreased cookie sheet, cheese side up. Bake at 375 degrees F. for 12-15 minutes or until golden brown.

Snack Recipes:

Popcorn Cake

4 Qt. popped corn

1/2 lb Gum drops

1/2 lb Peanuts

1 lb Marshmallows

1/2 c Melted margarine

1/2 c Corn oil

Melt marshmallows, margarine, and corn oil. Pour over popcorn, nuts and gum drips. Mix together and pat in a bundt cake pan or angel food cake pan. Cool.

Mixed Fruit and Toffee Corn

8 c Popped popcorn (about 1/3 to 1/2 cup unpopped) 1 c Butter or margarine 1 c Sugar 3 tb Water 1 tb Light corn syrup 1/2 c Broken pecans 1/2 ts Vanilla 6 oz Pkg. mixed dried fruit bits (1 1/2 cups)

Remove all unpopped kernels from popped corn. Place popcorn in a buttered 17x12x2-inch baking pan. Keep popcorn warm in a 300 degree oven while making syrup mixture. Butter the sides of a heavy 2-quart saucepan. In the saucepan combine the butter or margarine, sugar, water, and corn syrup. Bring mixture to boiling over medium heat. Cook for 8 to 10 minutes, stirring constantly with a wooden spoon to dissolve the sugar. Avoid splashing mixture on sides of pan. Carefully clip candy thermometer to side of pan. Cook and stir mixture over medium heat till thermometer registers 255 degrees, hard-ball stage (10 to 15 minutes). The mixture should boil at a moderate, steady rate over the entire surface. Remove saucepan from heat; remove candy thermometer. Quickly add pecans and vanilla; stir till combined. Pour mixture over the popcorn, toss gently to coat. Bake, uncovered, in a 300 degree oven for 15 minutes. Remove popcorn from oven; stir in fruit bits. Bake, uncovered, for 5 minutes more. Turn popcorn mixture onto a large piece of foil. Cool mixture completely. Serve immediately or store, tightly covered, in a cool, dry place. Makes about 22 (1/2 cup) servings.

Microwave Carmelcorn

2 Bags microwave popcorn

2 c Brown sugar

1 Stick butter

1/3 c Kero white syrup

Pop 2 bags of microwave corn. Put popped kernels in brown paper bag (make sure you take out all unpopped kernels) Boil the following ingredients for FIVE MINUTES on stove, 2 cups brown sugar, 1 stick of margarine, 1/3 cups of kero syrup (white). - stirring constantly Carefully pour mixture onto pop corn and mix. Place in microwave oven for 1 minutes and then mix again. Tear open bag and let cool.

Peanut Butter Chocolate Rice Krispie Treats

2 c Sugar

2 c Corn syrup

18 oz Peanut butter

8 c Rice Krispies

6 oz Butterscotch morsels

6 oz Semi-sweet chocolate chips

Bring sugar and syrup to a boil. Add peanut butter and cook, stirring until well blended. Remove from heat and pour hot mixture over cereal. Mix quickly and thoroughly. Spread in a greased 9x12x2 inch pan. Sprinkle butterscotch and chocolate morsels over top. Press morsels into bar mixture lightly with spoon. When cool, cut into bars and store at room temperature.

Kids Trail Mix

4 c Chex cereal

1/2 c Dried fruit bits

1/2 c Raisins

1/2 c Yogurt covered peanuts

1/2 c Reeces Pieces

Put into a large ziploc bag and shake to mix.

Kids Snackin' Corn

9 c Corn, popped

1 tb Butter or margarine

1/3 c Peanut butter

Pop the corn. This recipe is calculated on corn popped in an air type popper without added fat for fewer calories. Over low heat melt the butter or margarine with peanut butter until runny. Drizzle over the popcorn and mix well. Spread in shallow baking pans and bake in a 375 degree oven for 10 minutes, stirring 2 or 3 times. The corn will crisp and topping will set.

Classic Spinach Spread

1 pk (10.5 oz) Kraft Spreadery Cheese snack with Classic Ranch Flavor

1 pk (10 oz) Chopped spinach thaw

6 sl Bacon, crisply cooked, crumbled

1/3 c Chopped water chestnuts

Mix all ingredients. Refrigerate. Serve with vegetable dippers or crackers. Makes 2 1/4 cups.

Kid's Krunchy Crazy Korn

8 c Puffed popcorn curls; from 8 oz. pkg.

1 c Brown sugar

1/2 c Butter

1/4 c Light corn syrup

1/2 t Baking soda

1 t Vanilla

Heat oven to 250 degrees F. Place popcorn curls in 15x10x1" baking pan. In large saucepan, combine brown sugar, margarine and corn syrup; bring to a boil over medium heat, stirring constantly. Simmer 2 mins.; remove from heat. Stir in baking soda and vanilla. Pour mixture evenly over popcorn curls; mix well. Bake at 250 degrees F. for 30 mins., stirring twice during baking. Immediately remove from pan; cool completely on waxed paper or greased foil. Store in tightly covered container. Makes 8 cups.

Kabibbles

1 pk Garlic and Onion Croutons

1/2 c Melted Butter

2 tb Sesame Seeds

2 ts Celery Salt

1 ts Sweet Paprika

Pour croutons into large bowl. Combine remaining ingredients and toss with croutons. Place onto cookie sheet and toast in 275 degree F oven for 20 minutes, stirring every 5 minutes. Allow to cool.

Hobo Popcorn

1 18 in square HD foil

4 ts Cooking oil

4 tb Popcorn

Melted butter

Salt

For four servings; cut 18 inch square of heavy duty foil into four squares. In the center of each square, place one teaspoon oil and one tablespoon popcorn. Bring the four corners of foil to the center, making pouch like hobo knapsack. Seal edges well. With string, tie corners of each pouch to long handled barbeque tool or green stick. Place pouch directly on hot coals and shake often until corn is popped. Carefully open pouch and season popcorn with melted butter and salt.

Puppy Chow

1/2 c Peanut butter

1/2 c Butter or margarine

6 oz Chocolate chips

10 c Corn Chex cereal

2 c Powdered sugar

Melt peanut butter, butter or margarine, and chocolate chips in a saucepan over medium heat. Pour over Corn Chex, being sure that all cereal is coated. Put 2 cups powdered sugar in a large paper bag. Put cereal in bag and shake gently until all cereal is coated. Pour out on wax paper to cool.

Pineapple Cheese Squares

4 sl Bread

Margarine

4 sl Cheese, your choicce

4 Pineapple rings

Spread margarine on bread. Add cheese, then put pineapple ring on top. Bake in 350 degree F oven til cheese melts. Serve.

Armchair Quarterback Crunch

3 qt Popped popcorn

2 c Mini pretzels

1/3 c Rasted pepitas or hulled

Pumpkin seeds (optional)

1/4 c Regular or light margarine

2 tb Grated Parmesan cheese

1 ts Mexican seasoning

Place popped popcorn, pretzels and pepitas in large bowl. Melt margarine in small pan. Add Parmesan and Mexican seasoning. Drizzle over pop corn and toss lightly. Makes about 3 1/2 quarts.

Clingons

4 1/2 c Mini marshmallows

1/3 c Peanut butter

1/4 c Margarine

3 1/2 c Rice chex

3 1/2 c Corn chex

1/2 c M & M's

Grease a 9 x 13 pan. In a microwave safe bowl, microwave marshmallows, peanut butter and margarine for two minutes or until melted. Stir until smooth. Add Cereal and M & M's, stirring to coat all pieces. Spread mixture in prepared pan and press down slightly with the back of a buttered spoon. Refrigerate for one hour. Pull pieces from pan or cut into squares. Makes about 7 cups of mix.

Chex & Chocolate Party Mix

9 c Chex cereal; any type

2 c Coconut; optional

1 c Peanuts

1 c Brown sugar

1/2 c Butter

1/2 c Corn syrup

1 ts Vanilla

1/2 ts Baking soda

2 c Chocolate chips

1 1/2 c Raisins

Preheat oven to 250 degrees F.. Combine cereal, coconut and peanuts in roasting pan. In small saucepan over medium, heat brown sugar, butter and corn syrup to boiling, stirring. Without stirring, boil 5 minutes. Stir in vanilla and baking soda. Pour over cereal mixture, stir until evenly coated. Bake 1 hour, stirring every 15 minutes. Cool, stirring frequently. Stir in chocolate chips and raisins. Store in airtight container.

Cheerio Bars

1/2 c Peanut butter

1/2 c Sugar

1/2 c Honey

3 c Cheerios

Salted peanuts

Bring sugar and honey to a boil in 2 qt saucepan. Remove from heat, stir in peanut butter until blended. Pour in cheerios and mix until well coated. Spread in buttered 9 x 13 pan and let cool. cut in squares.

Bugs on a Log

Celery stalks

Peanut butter

Chocolate chips

Take a stalk of celery and fill center with peanut butter. Place pieces of chocolate chips on top of "log."

Variations: cream cheese or Cheez Whiz, raisins

Chocolate Peanut Butter Dip

3 oz Pkg cream cheese, softened

1/3 c Creamy peanut butter

1 ds Ground cinnamon

1/4 c Chocolate syrup

2 tb Milk

Assorted cut-up fruit

Assorted cookies

Pretzels

In large bowl with electric mixer on medium, beat cream cheese, peanut butter, and cinnamon until smooth. Gradually beat in chocolate syrup and milk until well blended. Serve with fruit, cookies, or pretzels.

Cheese and Carrot Corps

1/4 c Whipped Cream Cheese

1/4 c Peanut Butter

2 tb Carrot; Shredded

Blend the cream cheese and peanut butter together and mix well. Add the shredded carrot, mixing well. Serve on toasted raisin bread or toasted bagels.

Monster Munch

- 3 c Puffed rice cereal
- 1 c Dried apricots; chopped
- 1 c Raisins
- 1 c Dry-roasted unsalted peanuts
- 1/3 c Margarine
- 1 lb Marshmallows; large
- 1/2 c Peanut butter

In a large bowl, combine cereal, apricots, raisins and peanuts. In microwave safe 13x9 inch baking dish, melt margarine and marshmallows on high 2 minutes. Stir. Add peanut butter. Cook on high 2 minutes longer. Stir until blended. Add cereal mixture to dish. Toss until well coated. Working quickly, with greased hands, form into balls, using about 1/2 cup mixture per ball. If mixture begins to cool and harden, cook on high 30 seconds or until softened.

Roasted Soybeans

- Soybeans
- Celery stalks and leaves
- Chopped onions
- Salt

Soak beans overnight. Place in a kettle with celery stalks and leaves, chopped onions, and salt. Cover over low heat and cook 3-4 hours. Drain well. Spread on a cookie sheet with 1-2T oil. Roast in 200 degree oven 4-8 hours until nutlike in flavor and texture. You can use warm broiler of a gas stove while other baking is being done.

Marshmallow Sandwich

Round Crackers

cream cheese

food coloring

mini marshmallows

Add a couple of drops of food coloring to cream cheese, mix till blended. Spread the cream cheese mix onto the round cracker. Put several mini marshmallows on top. Spread cream cheese mix on a second cracker, and turn over to place on top to form a sandwich.

Pizza Rice Cakes

4 Rice cakes

1/3 c Pizza sauce

1/4 c Sliced ripe olives

1/4 c Diced green pepper

1/4 c Sliced mushrooms

1/3 c Shredded mozzarella cheese

Place rice cakes on baking sheet. Spread pizza sauce evenly on rice cake; top with remaining ingredients. Bake at 400 degrees 10 minutes. Serve immediately.

Pizza Pinwheels

1 tb Olive oil

1 lb Frozen bread dough; thawed

2 c Marinara sauce

1 md Onion; peeled and thinly sliced

3 md Bell peppers; cored and thinly sliced (green, red, yellow)

1 lb Part-skim milk mozzarella cheese; shredded

1/2 c Parmesan cheese; shredded

Preheat oven to 400 degrees F. Lightly coat a baking sheet with olive oil. Divide the dough into 4 balls. On a lightly floured surface, roll each dough ball into a 6-inch circle. Spoon 1/2 cup of marinara sauce into each circle and spread it to the edges. Heat olive oil in a saute pan over medium high heat. Cook the onion and pepper sliced until soft, about 5 minutes. Set aside to cool. Layer the cooled vegetables over the dough circles and top with mozzarella and Parmesan. Roll each dough circle into a log shape. Using a serrated knife, cut each log into 6 slices. Place the slices on the prepared baking sheet and brush them with olive oil. Bake for 12 to 15 minutes.

Peanut Pitas

1 pk Small pita bread (8 pack)

16 tb Peanut butter

16 tb Strawberry spreadable fruit

1 lg Banana, thinly sliced into 48 slices

Spread inside of each pita half with one teaspoon each peanut butter and spreadable fruit. Fill pita halves evenly with banana slices, serve immediately.

Other variations:

Substitute Honey for spreadable fruit.

Substitute any flavor jelly for spreadable fruit and thin apple slices for banana slices.

Substitute mayo for spreadable fruit and celery slices for banana slices.

Ants in the Sand

2 Graham crackers

Chocolate sprinkles

Place graham crackers in a plastic sandwich bag and crush with a rolling pin. Add a few chocolate sprinkles to make ants, then seal the bag. Give them to the kids to take outside and eat or let them pour it into a small bowl and eat at the table--using their fingers, of course.

Variations: Add raisins (call them beetles), red hots (ladybugs) or mini chocolate chips (spider eggs).

Oyster Cracker Snacks

1 pk Oyster crackers

1/2 c Oil

1 pk Ranch style dressing mix

1/2 ts Dillweed

1/2 ts Garlic powder

1/2 ts Lemon pepper seasoning

Place oyster crackers in a large deep pan. Warm the oil and sprinkle over crackers. Toss well. Mix dry ingredients and sprinkle over crackers, stir to coat. Bake at 250 degrees for one hour, stirring once or twice. Store in airtight container.

Toadstools

1 Saltine cracker

1 Small piece of Hershey bar

1 ts Peanut butter

1/2 Large marshmallow

Spread peanut butter on saltine cracker. Top with Hershey bar piece and marshmallow. Microwave 20 seconds. Grown ups will love these as much as the kids do. They are addicting!!

Spicy Nuts

1 Egg white

1 ts Cold water

1 cn Pecans

1/2 c Sugar

1/4 ts Salt

1/2 ts Cinnamon

Beat egg white. Add water. Beat until frothy, fold in pecans. Combine sugar salt and cinnamon. Add to pecans. Mix. Butter 9x13 pan. Pour nuts in pan. Bake at 250 degrees F for 1 hour. Servings: 12

Cannoli for Kids!

15 oz Part-skim ricotta cheese

2/3 c Confectioners' sugar

1/2 ts Grated orange peel

1/2 ts Vanilla extract

2 tb Minature chocolate chips

10 Sugar ice-cream cones

In a large bowl with electric mixer at low, beat ricotta cheese, sugar, orange peel, and vanilla just until smooth. Stir in chocolate chips.

Cover and refrigerate 30 minutes. To serve, spoon mixture directly into ice-cream cones or into decorating bag without tip and then pipe into cones.

E

ggsquisite Easter Baskets

4 Shredded wheat biscuits crumbled

3/4 c Peanut Butter

3/4 c Butterscotch chips

Mix peanut butter and chips over low heat or place in microwave until melted. Add shredded wheat. Cool slightly, then mold into baskets

Wonderfully yucky! Try shaping over back of bowl. Place baskets in 'fridge to set. Fill nests with Easter eggs and/or candy. Little nests filled with jellybeans are delightful.

Homemade Cracker Jacks

4 c Popped corn

1 c Peanuts

1/2 c Molasses

1/4 c Sugar

A candy thermometer is handy to have for this recipe to test the temperature of the syrup that binds the popcorn and nuts together.

Mix popcorn and peanuts together in a large bowl or pan. Cook molasses and sugar together until the mixture reaches a temperature of 235 degrees on a candy thermometer. If you don't have a thermometer, test the syrup by letting some drop from a spoon into a cup of cold water. The syrup is done when it forms a thread as it drops into the water. Pour hot syrup mixture over the popcorn nut mixture and stir to coat evenly. Cool and break into chunks with a wooden spoon. Stored in an airtight container, mixture will keep well for 4 to 6 weeks.

Kandy Fun Kakes

4 T Butter; unsalted

4 c Marshmallows; miniature

2 t Vanilla

4 c Rice Krispies

3/4 c Butterscotch Fudge Topping

12 oz Milk chocolate; coarsely chopped

Lightly butter an 8" square baking pan. In a large saucepan, melt the butter over low heat. Add the marshmallow and stir until blended.

Remove from the heat and stir in the vanilla. Stir in the cereal and mix with wooden spoon until blended. Scrape into prepared pan.

With lightly buttered hands press on mixture to level. Place in freezer for 10 minutes. In a small saucepan, warm the topping to lukewarm.

Remove from the heat and set aside to cool slightly. Pour the warm topping over the cereal layer, spreading evenly. Place in the freezer for 10 minutes. Melt chocolate in microwave. Set aside to cool slightly.

Spread the chocolate on top of the caramel mixture. Chill to set chocolate.

Peanut Butter Snack

5 c Kix cereal

1/4 c Peanut butter

2 tb Margarine

1 c Small pretzel twists

1 c Raisins

1 c Honey roasted peanuts

Heat oven to 350. Pour cereal into large bowl. Heat peanut butter and margarine to boiling in 1 qt saucepan, stirring occasionally. Pour over cereal; toss until evenly coated. Spread in ungreased 13 x 9 pan. Bake 10 to 12 minutes, stirring occasionally; remove from oven. Stir in pretzels, raisins and peanuts. Spread on waxed paper; cool 2 hours. Store in airtight container.

Kids Popcorn Balls

1/2 c Molasses

1/2 c Corn syrup

1 1/2 Cubes butter (3/4 cup)

Salt

8 c Popped popcorn (measure after popping)

Cook 1/2 cup molasses with corn syrup until thermometer reaches hard crack stage, about 270 degrees. Stir in butter and salt. Have the popcorn in a bowl. Slowly stir in the mixture with a wooden spoon.

Coat all the popcorn. IMPORTANT! Butter your hands lightly and shape the popcorn into balls. Make them the size you want. Set them on wax paper and let them harden. Wrap the ones you don't eat with wax paper.

Peanut Butter Nanaimo Bars

---BASE----

3 oz Chocolate, semisweet; 3 sq

1/2 c Butter

2 tb Sugar

1 ts Vanilla

1 Egg

2 c Graham wafer crumbs

1 c Coconut

1/2 c Nuts; chopped

---FILLING---

2 tb Custard powder; Bird's is the most common brand

1/4 c Milk

2 tb Butter; softened

1/2 c Peanut butter, smooth

2 c Sugar, icing; or confectioner sifted

---ICING---

5 oz Chocolate, semisweet chopped

1 tb Butter

BASE: Melt chocolate and butter in microwave on high power 2 minutes. Mix in sugar, vanilla and egg. Add crumbs, coconut and nuts. Press into 9 inch square pan. Chill.

FILLING: Using electric mixer, beat together all ingredients. Spread over base; chill.

ICING: Melt chocolate with butter in saucepan on Medium power 3 to 4 minutes. spread over filling.

Popcorn Cake

16 oz Marshmallows

1/2 c Margarine

1/4 c Oil

16 c Popped popcorn

12 oz Salted peanuts

1/2 c Candy coated mini choc chips

Balloons & drinking straws

In large saucepan over medium heat, combine marshmallows, butter and oil; stir constantly until marshmallows are melted. Place popcorn and peanuts in a very large bowl; stir in marshmallow mixture. Add chocolate chips; lightly stir into popcorn mixture. Press popcorn mixture into a greased 10" tube pan; pack firmly. Place in fridge 30 minutes or until set. Unmold onto serving pan. To decorate cake pipe icing onto cake for balloon strings. Blow up balloons and tie onto ends of straws; place in opening of cake. Fill opening with gum balls.

Popcorn Snacks

3 c Popped Corn

For a TV snack, or something to take to the show or the ball game that stays fresh and crisp, try seasoned popcorn. Pop corn without fat using directions on popper and season to taste with any of the following:

Butter Flavored Salt, Taco Seasoning, Garlic Salt, Onion Salt, Parmesan Cheese, Dried Herbs Hickory, Flavored Salt (Great outdoors) Seasoned Salt

* To share with your feathered friends:

String left-over popcorn and hang outside for a healthy treat for the birds. It's fun to watch them eat! In the bleak * winter months the birds would love a bit of bacon fat rubbed on the left-over corn.

Peanut Butter Candy

2 c Peanut butter; crunchy

2 c Icing sugar; sifted or confectioner's sugar

2 Egg

36 Chocolate 'Rosebud' candies* up to 40 -can use Hershey kisses

* Rosebuds are a Canadian candy; Hershey kisses can be substituted.

Cream peanut butter with icing sugar. Beat in eggs. Form batter into 1 inch balls. Place on cookie sheets that are buttered are lined with parchment paper. Flatten balls so that they are about 2 inches in diameter. Place a chocolate rosebud or kiss in the center of each.

Bake in a preheated 375 oven for 10 to 12 minutes or until cookies are firm enough to handle when one is removed from the oven and place on the cooling rack.

MAKES: 30-40 candies

Caramel Corn

2 c Light brown sugar 1/2 c Light corn syrup 1/2 lb Butter 1/4 t Cream of tartar 1 t Salt 1 t Baking soda 6 qt OR popcorn (2 batches)

In 2 1/2 qt saucepan combine brown sugar, corn syrup, butter, cream of tartar, and salt. Bring to a boil, stirring, over med high heat. Stirring constantly, boil rapidly to hard ball stage, 260F (about 5 mins).

Remove from heat. Stir in baking soda quickly but thoroughly, pour at once over popcorn in a lg roasting or baking pan. Stir gently until all kernels are coated. Bake 200F for 1 hr, stirring 2-3 times during baking. Turn out at once on wax paper, spread apart and allow to cool completely. Break apart, store in a tightly covered container.

Butter Mints

1/4 c Margarine softened

2 ts Evaporated milk(unsweetened)

1 ts Butter flavoring

1 c Powder sugar replacement

Cream together the margarine, milk and butter flavoring until fluffy.

Stir in the sugar replacement. Knead until smooth. Roll out into marble size balls and either press into mold and unmold onto wax

paper, or place balls on wax paper and flatten slightly.

Recipe makes 45 pieces 3 pieces per serving

Diabetic Kid's Snackin' Corn

9 c Corn, popped

1 tb Butter or margarine

1/3 c Peanut butter

Pop the corn. This recipe is calculated on corn popped in an air type popper without added fat for fewer calories. Over low heat melt the butter or margarine with peanut butter until runny. Drizzle over the popcorn and mix well. Spread in shallow baking pans and bake in a 375 degree oven for 10 minutes, stirring 2 or 3 times. The corn will crisp and topping will set.

After-School Mix

9 c Chex cereal (Wheat -- Rice And Corn)

1 c Semi-sweet chocolate pieces (chocolate chips)

1/2 c Peanut butter

1/4 c (1/2 stick) margarine or butter

1/4 ts Vanilla

1 1/2 c Powdered sugar

Place cereal in large bowl; set aside. In a 1-quart microwave-safe bowl, combine chocolate pieces, peanut butter and margarine.

Microwave on high 1 to 1 1/2 minutes or until smooth, stirring after 1 minute. Stir in vanilla. Pour over cereal, stirring until all pieces are evenly coated. Place cereal mixture and sugar in a large resealable plastic bag. Shake until all pieces are well coated. Spread on waxed paper to cool. Store in a resealable plastic bag or other airtight container.

Five-Spice Walnuts

3 tb Butter or margarine

1 ts Five-spice powder

1/2 ts Salt

3 c Broken walnuts

In a medium saucepan melt butter or margarine. Stir in five-spice powder and salt. Add broken walnuts, stirring till nuts are evenly coated. Transfer nut mixture to a 13x9x2-inch baking pan. Bake in a 300F oven for 20 minutes, stirring once or twice. Cool in pan for 15 minutes. Turn out onto paper towels to finish cooling. Store tightly covered.

Makes 3 cups.

Crunchy Noodle Jumble

3 oz (1 cn) chow mein noodles;

1/2 ts Chili powder;

1/4 ts Garlic salt;

1/4 ts Dry mustard;

2 tb Reduced-calorie margarine, melted

1 tb Reduce sodium soy sauce;

Combine all ingredients in a 13" X 9" X 2" baking pan, tossing lightly to coat. Bake at 350 degrees for 15 to 20 minutes, stirring once during baking time. Remove from oven, and serve hot.

Chunky Date, Coconut and Almond Granola

2 c Old-fashioned oats

3/4 c Whole almonds; halved

1/2 c Sweetened flaked coconut

1/2 c Raw cashews

1/3 c Firmly packed brown sugar

1 1/2 ts Ground allspice

1 ts Ground cinnamon

1/4 c Unsalted butter

2 tb Honey

1 c Packed pitted dates each cut crosswise into thirds

Preheat oven to 300 F. Mix first 7 ingredients in large bowl. Melt butter with honey in heavy small saucepan over low heat. Pour over granola mixture and toss well. Spread out mixture on cookie sheet. Bake 20 minutes, stirring occasionally. Add dates; mix to separate any clumps. Continue to bake until granola is golden brown, stirring frequently, about 15 minutes longer. Cool. (Can be made 2 weeks ahead. Store airtight at room temperature.)

Makes about 6 cups.

Chocolate Snack Blocks

3 Envelopes Unflavored Gelatin

3/4 c Cold Water

1 c Boiling Water

1/3 c Granulated Sugar

2 c (12 Ounces) Semi-Sweet Chocolate Mini Chips

In a blender, sprinkle the gelatin over the cold water and let stand for 5 minutes. Add the boiling water and sugar, cover and blend on low speed until the gelatin is completely dissolved, about 2 minutes. Continue to blend, gradually adding small amounts of the chocolate chips until the chips are melted and the mixture is smooth. Pour into an 8- or 9-inch square pan. Refrigerate until firm and cut into 1-inch squares or shapes with cookie cutters.

Chex Muddy Buddies

9 c Chex cereal; your favorites

1 c Semi-sweet chocolate pieces

1/2 c Peanut butter

1/4 c Margarine

1 ts Vanilla

1 1/2 c Powdered sugar

Mix cereals in large bowl - set aside. Combine chocolate, margarine and peanut butter and microwave on high for 1 to 2 minutes until melted. Stir in vanilla. Pour chocolate mixture over cereal, stirring to coat evenly. Pour coated cereal into large resealable bag and add powdered sugar. Shake until evenly coated. Spread on waxed paper to cool.

Makes 9 cups.

Carmeled Peanuts

1 lb Peanuts

1 Egg white

1 ts Cold water

1 c Brown sugar

1/4 ts Salt

Beat egg white and water until frothy - not stiff. Add peanuts, stir until they are well coated. Combine sugar and salt then pour this over the nuts & eggwhite mixture. Bake at 225 on a greased, tinfoil lined cookie sheet. Stir every 15 minutes for 1 hour.

Carmel Corn Pops

1 Box (10.9 oz) Corn Pops

1 c Pecan halves

1/2 c Butter

1 c Sugar

1/2 c Light corn syrup

1 ts Vanilla

1 ts Baking soda

Preheat oven to 250 degrees. Combine cereal and nuts in a greased, large, shallow baking pan. In a saucepan, bring butter, sugar and corn syrup to a boil and cook for 5 min. Remove from heat: add vanilla and soda. Pour caramel mixture over cereal and nuts; stir well. Bake for 1 hour, stirring every 15 min. Pour onto waxed paper and break apart; allow to cool. Store in airtight container.

Makes 10 cups.

Caramel-Nut Corn

12 c Popped popcorn

3 c Walnut or pecan halves OR- unblanched whole - almonds

1 c Packed brown sugar

1/2 c Margarine or butter

1/4 c Light corn syrup

1/2 ts Salt

1/2 ts Baking soda

Divide popcorn and nuts between 2 ungreased rectangular pans, 13x9x2 inches. Cook brown sugar, margarine, corn syrup and salt over medium heat, stirring occasionally, until bubbly around edges.

Continue cooking 5 minutes; remove from heat. Stir in baking soda until foamy. Pour over popcorn and nuts, stirring until corn is well coated. Bake uncovered in 200 degree F oven, stirring every 15 minutes, 1 hour.

Gelatin Rainbow

6 1/4 c Boiling water

2 Jello(red); 4 serving size

2 Jello(Orange); 4 serving

2 Jello(Lemon); 4 serving

2 Jello(Lime); 4 serving

2 Jello(Berry Blue); 4 serving

8 oz Cool whip

Stir 1 1/4 cups boiling water into each flavor of gelatin in separate bowls until completely dissolved (2 minutes). Pour each flavor into separate 8 or 9" square pans. Refrigerate 3 hours or until firm.

Cut each pan into 1" cubes. Arrange rows of different color gelatin cubes to form a rainbow on a large flat tray or cookie sheet. Double stack cubes, if desired. Place 1/2 of the cool whip at each end of the rainbow to form clouds for dipping. Serve immediately or refrigerate until ready to serve.
