

Healthy Eating

...for life!

Healthy Living Council Cookbook
Nutrition Services • Alameda County Public Health Department

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Foreword

Growing up, some of my favorite experiences involved family meals. Watching my mother prepare traditional recipes and smelling those wonderful smells were my first taste of what it means to be a cook.

When I got a bit older, I decided to take my love of cooking one step further and become a chef. I've studied cooking all over the world, including the Institute of Culinary Education in New York and La Varenne Ecole de Cuisine in Burgundy, France, but some of my fondest memories are the ones from momma's kitchen.

The *Healthy Living Council Cookbook*, featuring dishes from members of Healthy Living Councils for Seniors, reminds me of those wonderful traditional foods from home. Nutrition Services/Alameda County Public Health Department has analyzed and adapted these traditional recipes to be even healthier. I hope you enjoy them as much as I did!

A handwritten signature in brown ink that reads "Tanya Holland". The signature is written in a cursive, flowing style with a large, decorative flourish at the end of the name.

Tanya Holland,
Author and Chef


Tanya Holland is the author of New Soul Cooking: Updating a Cuisine Rich in Flavor and Tradition, a former Chef of Food TV Network's Melting Pot series, guest chef on The Today Show, The Jane Pauley Show and more.

Introduction

Good food is one of life's great pleasures, and good food that is healthy is even better. The *Healthy Living Council Cookbook* contains original recipes from older adults who participate in our Healthy Living Councils. Each month, the Councils meet at four senior centers in different Oakland neighborhoods to learn about healthy lifestyles especially the importance of eating more fruits and vegetables and engaging in physical activity daily. This cookbook represents the pride that the Healthy Living Council participants take in preparing some of their favorite family recipes, some of which have been passed down through the generations. It was an honor for them to share a bit of the past with you.

We have assessed the recipes for their nutrition content and adapted them to be healthier. Diet plays an important role in helping to reduce the risk for chronic illness such as heart disease, some types of cancer, type 2 diabetes, and stroke. For this reason, the amounts of saturated fat, cholesterol, sugar, sodium and fiber have been modified from the original recipes.

We hope you enjoy this cookbook as much as we enjoyed creating it.



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Guidelines for Good Nutrition

Most Americans eat too little fiber and too much fat, sodium and sugar. The “typical” American diet can contribute to chronic diseases such as stroke, type 2 diabetes, some types of cancer, and heart disease. The following guidelines can help reduce your risk of these health problems.

Cut The Fat Back

Keep your daily fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils. Limit your intake of saturated fats and trans fats (from meats and processed foods). Keep your cholesterol intake low too. Many of these recipes use either olive oil or canola oil, both of which are heart healthy monounsaturated fats. All of the main dishes and casseroles are prepared with lean meats or poultry with the fat and skin removed which means less saturated fat.

Sweet Stuff

High sugar foods such as candy, ice cream, sodas, sweet desserts, and juices sweetened with sugar should be occasional treats, not part of a daily diet. Fresh fruit is naturally sweet and contains fiber. Fruit provides the sweetness for many of the desserts in this cookbook.

Spice Up Your Life

Consume less than 2300 mg of sodium which is equal to about 1 tsp. of salt per day. Those with high blood pressure, Black folks, and middle-aged and older adults should limit the sodium intake to 1500 mg per day. Many of these recipes have no salt added or use low sodium versions of canned vegetables and soups during preparation. Get used to spicing up your dishes with herbs and spices, lemon juice or flavored vinegars.

Guidelines for Good Nutrition (continued)

Food Safety

To avoid food-borne illness, clean hands and food surfaces, cook foods to a safe temperature, chill perishable foods promptly and avoid raw milk and egg products. Go to www.fightbac.org for more information.

Portion Control

Big portions create big waistlines. And big waistlines are associated with heart disease and type 2 diabetes. Each of the recipes are divided into moderate portions to control calories. See www.mypyramid.gov for more information about portion sizes.

Thirst Quenchers

Being hydrated is important when you are physically active. When it's hot outside remember to drink even more fluids. A can of cola can have up to 12 teaspoons of sugar in it! Check the nutrition facts label to find the amount of sugar in a drink.

Relax

Reduce stress by taking time to breathe deeply, get plenty of rest and relaxation, enjoy time with friends and family, and give someone – beginning with you – a reason to smile.

Feeling Fit

To reduce the risk of chronic disease in adults, engage in 30 minutes of moderate activity such as walking, gardening or dancing. To manage body weight, engage in 60 minutes of moderate to vigorous activity such as brisk walking or jogging. To sustain weight loss, participate in at least 60-90 minutes of daily moderate physical activity. Whatever physical activity you choose, your routine should include cardiovascular conditioning, stretching for flexibility, and resistance exercises or calisthenics for muscle strength and endurance. To avoid injury see your doctor first before participating in any new physical activity routine. Being physically active, drinking water and eating plenty of fruits and vegetables can help you avoid constipation.

Abbreviations Used In This Book

g = gram mg = milligram °F = degrees Fahrenheit

Salads

Healthy Living...*for life* tip:

Use nonfat or low fat salad dressings, mayonnaise or yogurt on salads and sandwiches.

Excellent source of Vitamins C

Claire's Shrimp Salad

Ingredients

- No stick cooking spray
- 1 (6 ounce) package lemon flavored gelatin mix
- 1 cup boiling water
- 1 can (10 ¾ ounce) low sodium condensed tomato soup
- 2 stalks celery, chopped
- 1 bell pepper, chopped
- 2 green onions, chopped
- 1 can (4 ¼ ounce) tiny shrimp, drained
- 8 pieces loose leaf lettuce

Instructions

Spray gelatin mold with no stick cooking spray. Pour gelatin mix into a medium size bowl, and pour 1 cup boiling water over gelatin mix. Stir until dissolved. Add the can of tomato soup. Chill in refrigerator for 30 minutes to slightly set. Remove from refrigerator gently stir in chopped celery, peppers, onions, and shrimp until evenly distributed. Transfer to the gelatin mold and chill for about 1 hour, or until firmly set. Release from mold and serve on lettuce leaves.

Makes 6 servings

½ cup per serving

- Calories 68
- Total fat 1g
- Saturated fat 0g
- Trans fat 0g
- Cholesterol 35mg
- Carbohydrates 10g
- Fiber 1g
- Sodium 85mg
- Protein 6g

Good source of Vitamin A and C

Shirley's Apricot and Roasted Chicken Salad

Ingredients

- 4 cups spring salad greens mix or lettuce, washed and torn into bite size pieces
- 1 cup sliced water chestnuts drained
- 12 ounce package of roasted chicken breast strips
- 6 apricots (fresh or dried), cut into 8-10 lengthwise
- 2 tablespoons raspberry vinegar
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 2 tablespoons green onions, chopped
- 2 tablespoons olive oil

Instructions

Place greens, water chestnuts, chicken strips and apricots in a salad bowl, set aside. In a separate bowl, whisk together vinegar, lemon juice, honey, and green onions. Slowly add oil. Drizzle dressing over salad, toss and serve.

Makes 4 servings 1 cup per serving

- Calories 266
- Total fat 10g
- Saturated fat 2g
- Trans fat 0g
- Cholesterol 72mg
- Carbohydrates 16g
- Fiber 2g
- Sodium 171mg
- Protein 28g



Excellent source of Vitamin C

Essie's Broccoli Slaw

Ingredients

- 1 pound broccoli, chopped
- 1 medium or 1 cup onion, chopped
- ½ cup unsalted dry roasted sunflower seeds
- ½ pound turkey bacon, cooked crispy and crumbled
- ½ cup seedless raisins

Dressing

- 1 cup reduced fat mayonnaise
- 2 tablespoons sugar
- 2 tablespoons white vinegar

Instructions

In a large bowl, combine the first five ingredients. In a separate bowl, whisk together mayonnaise, sugar, and vinegar. Blend the mayonnaise mixture into the vegetables. Chill for 1 hour before serving.

Makes 10 servings 1 cup per serving

- Calories 207
- Total fat 12g
- Saturated fat 3g
- Trans fat 0g
- Cholesterol 30mg
- Carbohydrates 19g
- Fiber 2g
- Sodium 435mg
- Protein 6g



Soups

Healthy Living...*for life* tip:

Cook vegetables in low sodium broth instead of using ham hocks for seasoning.

Good source of Vitamin A

Lillian's Savory Spinach Seasoned Broth

Ingredients

- 1 medium or 1 cup onion, chopped
- 1 teaspoon canola oil
- 4 (14 ounce) cans low sodium chicken broth
- 1 tablespoon sugar
- 2 cups spinach washed, dried and chopped

Instructions

Sauté onion in oil in a large pot. Add broth and sugar, then simmer 5 minutes. Add spinach, and cook until tender but not overcooked. Drain and serve the spinach. Reserve the broth to season another dish.

Makes 6 servings 1 cup per serving

- Calories 47
- Total fat 1g
- Saturated fat 1g
- Trans fat 0g
- Cholesterol 4mg
- Carbohydrates 5g
- Fiber 1g
- Sodium 133mg
- Protein 4g



Excellent source of Vitamins A and C

Anna's Vegetable Minestrone Soup

Ingredients

- 4 cups raw cabbage, shredded
- 1 teaspoon baking soda
- 3 cups summer squash, sliced
- 2 tablespoon dehydrated onions
- 1 green pepper, seeded and chopped
- 2 stalks of celery, chopped
- 1 cup green beans
- 1 cup mushrooms, sliced
- 1 carrot, chopped
- 1 clove garlic finely chopped
- 3 low sodium beef bouillon cubes
- 1 (32 ounce) can no salt added tomato juice
- 1 tablespoon Mrs. Dash Classic Italian Seasoning
- 2 tablespoons fresh or dried parsley, chopped

Instructions

Place cabbage in a large pot cover with cold water add baking soda. Bring to a boil, then drain cabbage, discarding the water. Place cabbage back into a pot. Add remaining ingredients, and enough water to cover. Bring to a boil and cook about 1 hour. This soup also freezes well.

Makes 12 servings 1 cup per serving

- Calories 44
- Total fat 0g
- Saturated fat 0g
- Trans fat 0g
- Cholesterol 0mg
- Carbohydrates 10g
- Fiber 2g
- Sodium 283mg
- Protein 2g



Breads

Healthy Living..*for life* tip:

Eat whole grain bread, cereal and pasta to increase your fiber intake.

Good source of Calcium

Helena's Mexican Cornbread

Ingredients

- 1 cup yellow corn meal
- 1 cup flour
- 1 tablespoon baking powder
- 1 egg
- 1 cup 1% milk
- 1 cup cream style corn
- ½ stick or ¼ cup of butter softened
- ¼ cup onion, chopped
- 2 tablespoons canned green chiles, diced
- 2 tablespoons canned pimento, chopped
- 1 teaspoon canola oil
- ½ cup reduced fat shredded cheddar cheese
- Non stick cooking spray

Instructions

Preheat oven to 400°F. Coat a square pan with cooking spray and set aside. Combine yellow cornmeal, flour and baking

powder. In a large bowl and set aside. In a separate bowl, beat the egg and milk then add the butter and creamed corn. Sauté onion, chiles, and pimento in oil until tender. Add wet ingredients, sautéed vegetables and cheese to the dry ingredients. Stir until dry ingredients are moistened. Pour the batter into the square pan and bake for 35-40 minutes or until a toothpick inserted into the center comes out clean.

Makes 12 servings 1" piece per serving

- Calories 162
- Total fat 5g
- Saturated fat 3g
- Trans fat 0g
- Cholesterol 30mg
- Carbohydrates 26g
- Fiber 1g
- Sodium 204mg
- Protein 5g



Vegetables

Healthy Living..*for life* tip:

For a healthy alternative to boiled, over done, vegetables, steam or sauté them in a little bit of olive oil and garlic. Use herbal blends and spices to taste.

Excellent source of Vitamin C

Dorothy's Vegetable Medley

Ingredients

- 1 medium or 1 cup onion, chopped
- 1 medium or 1 cup bell pepper, seeded and chopped
- 1 cup low sodium canned diced tomatoes
- 1 tablespoon olive oil
- 1(16 ounce) bag frozen corn, slightly thawed
- 1(16 ounce) bag frozen baby lima beans
- 1(16 ounce) bag frozen cut okra
- 1 tablespoon salt-free herbal seasoning

Instructions

Heat oil in a large pot. Sauté onion, garlic and green pepper for 2 minutes. Add tomatoes and cook for 1 minute. Reduce heat to medium. Add remaining vegetables, and simmer another 8-10 minutes. Remove from heat, stir in seasoning and serve.

Makes 12 servings ½ cup per serving

- Calories 117
- Total fat 2g
- Saturated fat 0g
- Trans fat 0g
- Cholesterol 0mg
- Carbohydrates 22g
- Fiber 5g
- Sodium 42mg
- Protein 5g

*** For a lower sodium version of this recipe, use one cup of fresh Roma tomatoes when they are in season.*



Doris' Squash Pie

Ingredients

- 1 ready to cook (lard free) frozen pie crust
- 1 egg white, beaten
- 1 tablespoon olive oil
- 3 cups zucchini & yellow squash, sliced ¼ inch thick
- 2 medium tomatoes, sliced ¼ inch thick
- ¼ cup reduced fat mayonnaise
- ¼ cup reduced fat sharp cheddar or colby cheese, grated
- 1 tablespoon salt-free herbal seasoning

Instructions

Preheat oven to 425°F, cover pie crust with foil. Place frozen pie crust on the center rack in the oven and bake for 5 minutes or until lightly browned. Remove from oven and remove foil. Brush the crust with beaten egg white. Return the pie crust to the oven and bake an additional 5 minutes. Cool on wire rack. Reduce oven temp to 350°F. In a skillet sauté the squash in oil for 5 minutes, stirring frequently until tender or about

10 minutes. Sprinkle with half of the seasoning. Layer cooked squash in pie crust and top with sliced tomatoes. In a separate bowl, combine mayonnaise, grated cheese and the other half of seasoning. Spread over the top of the vegetable mixture. Place pie in oven and bake, uncovered, for 25 minutes or until golden brown. Allow the pie to cool slightly before slicing.

Makes 6 servings 1 slice per serving

- Calories 196
- Total fat 13g
- Saturated fat 2g
- Trans fat 0g
- Cholesterol 5mg
- Carbohydrates 17g
- Fiber 2g
- Sodium 242mg
- Protein 4g



Main Dishes and Casseroles

Healthy Living...*for life* tip:

To make your casseroles more heart healthy use ground turkey and lean ground beef or pork to reduce saturated fat.

Good source of Iron

Florence's Creamy Chicken and Rice

Ingredients

- 6 chicken drumsticks, raw
- 2 tablespoons butter, melted
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- ½ cup reduced fat and sodium condensed cream of mushroom soup
- ½ cup reduced fat and sodium condensed cream of celery soup
- ½ cup reduced fat and sodium condensed cream of chicken soup
- 1 cup of water
- 1½ cups uncooked long grain white rice
- 1 tablespoon salt-free herb seasoning

Instructions

Preheat oven to 350°F. Remove the fat from the drumsticks, rinse, and pat dry. Roll chicken in the butter, then coat with seasonings. In a bowl, combine soups, water and rice. Spoon rice mixture into baking dish, and place chicken on top. Cover with foil or lid and bake for 1 hour. Remove cover. Bake another 15-20 minutes until chicken is well done and rice is tender.

Makes 6 servings

1 drumstick and ½ cup rice per serving

- Calories 367
- Total fat 9g
- Saturated fat 4g
- Trans fat 0g
- Cholesterol 91mg
- Carbohydrates 44g
- Fiber 1g
- Sodium 344mg
- Protein 25g



Good source of Vitamin C, Iron and Calcium

Hattie Mobley's Spaghetti

Ingredients

- 1 pound lean ground turkey
- 2 ½ teaspoon dried basil
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- 1 teaspoon olive oil
- 1 medium or 1 cup onion, chopped
- 4 garlic cloves, chopped
- 1 (28 ounce) can low sodium diced tomatoes
- 1 small (6 ounce) can tomato paste
- 1 teaspoon dry oregano
- 1 teaspoon sugar
- ¼ teaspoon ground cayenne or chili powder
- 12 ounces dry spaghetti, cooked according to package
- ¼ cup parmesan cheese, grated

Instructions

Crumble turkey into a large non-stick skillet. Cook over medium heat until brown. Add 1 teaspoon basil and pepper

and ½ teaspoon. salt, then set aside. Heat olive oil in a large saucepan and add chopped onion. Cook for 5 minutes. Add garlic and cook for an additional 2 minutes. Add the diced tomatoes, tomato paste, remaining basil, oregano, sugar, ½ teaspoon. of salt (optional) and cayenne pepper. Bring to a boil. Reduce heat and simmer uncovered, stirring frequently, about 25-35 minutes or until sauce reaches desired consistency. Remove from heat. Add the cooked spaghetti and stir until covered with sauce. Sprinkle with parmesan cheese and serve.

Makes 6 servings 1 cup per serving

- Calories 271
- Total fat 8g
- Saturated fat 2g
- Trans fat 0g
- Cholesterol 50mg
- Carbohydrates 31g
- Fiber 5g
- Sodium 380mg
- Protein 22g



Good source of Calcium

Latrell's Salmon Burgers

Ingredients

- 1 (15 ounce) can no salt added pink salmon, drained
- 1 raw egg, lightly beaten
- 1 small or ½ cup onion, chopped
- 1 medium or 1 cup green bell pepper, finely chopped
- ½ cup plain bread crumbs
- ½ teaspoon garlic
- ¼ teaspoon ground black pepper
- 2 tablespoons canola oil
- 1 lemon cut into wedges (optional)
- 6 Mixed-grain hamburger buns

Instructions

Flake salmon into a large bowl, and crumble any bones between your fingers, adding to the flaked fish. Add remaining ingredients except oil. Shape salmon into 6 patties. Heat skillet over medium high heat. When pan is hot, add oil and swirl pan to spread the oil. Place salmon burgers in oil, fry on

each side or until golden brown. Serve the patty on a toasted hamburger bun with your favorite low fat condiments.

Alternate preparation

Pack salmon mixture into a loaf pan coated with vegetable spray and bake at 350°F for 45 minutes. Serve with lemon wedges.

Makes 6 servings

1-3 ounce patty and one bun per serving

- Calories 310
- Total fat 13g
- Saturated fat 3g
- Trans fat 0g
- Cholesterol 74mg
- Carbohydrates 28g
- Fiber 3g
- Sodium 328mg
- Protein 21g

Excellent source of Vitamin C and Iron, Good source of Calcium

Mary's Chicken and Spaghetti

Ingredients

- 3 pounds stewing chicken
- 1 pound spaghetti, dry
- 1 tablespoon butter
- 2 cups celery, chopped
- 2 green peppers, seeded and chopped
- 2 medium onions, chopped
- 1 teaspoon oregano, dried or fresh, chopped
- 1 teaspoon basil, dried or fresh, chopped
- 1 (28 ounce) can low sodium diced tomatoes
- 1 (8 ounce) can low sodium sliced mushrooms, drained
- 1 (15 ounce) can low sodium English peas, drained
- 2 cups reduced fat shredded cheddar cheese
- Vegetable oil spray

Instructions

Coat a 9 X 13 inch baking pan with cooking spray and set aside. Place chicken in a large pot and cover with water. Cook over medium heat for 1 hour until chicken is tender. Remove chicken from pot and let cool. Reserve the broth and refrigerate. Remove any skin and bones and shred chicken. Skim fat from the refrigerated broth, and add water to broth, to make 2

quarts. Bring to boil and cook spaghetti in broth until al dente or slightly hard. Drain spaghetti from pot reserving broth again. Sauté celery, peppers and onions in butter until tender. Add tomatoes, basil and oregano and simmer 30 minutes over low heat. Add chicken broth to the sauce to maintain consistency and to add flavor. Add shredded chicken, mushrooms, peas and cooked spaghetti, mix well. Pour into the baking pan. Top with cheese. Bake at 350°F for 20 minutes or until cheese is melted.

Makes 12 servings 1 cup per serving

- | | |
|--------------------|---------------------|
| • Calories 404 | • Cholesterol 79mg |
| • Total fat 10g | • Carbohydrates 39g |
| • Saturated fat 3g | • Fiber 4g |
| • Trans fat 0g | • Sodium 387mg |
| | • Protein 37g |



Uverda's Tamale Pie

Ingredients

- 1 pound lean ground beef
- 1 small or ½ cup onion, chopped
- 1 (8 ounce) can low sodium tomato sauce
- 1 cup water
- 1 (8 ounce) can low sodium sweet corn, drained corn
- 1 (4 ounce) can sliced black olives, drained
- 1 teaspoon chili powder
- 7.5 ounces dried cornbread mix
- 1 egg
- ½ cup 1% milk
- ¼ cup canola oil
- ¾ cup grated reduced fat cheddar cheese
- Vegetable oil spray

Instructions

Spray an 8 inch baking pan with vegetable oil spray. Brown ground meat and onion in a skillet. Add tomato sauce, water, corn, olives and chili powder. Stir to mix and set aside. Prepare cornmeal according to package instruction, using egg, milk and oil. Pour half of the cornbread batter into baking pan. Add meat mixture. Top with remaining cornbread batter. Sprinkle cheese over casserole. Bake for 45 minutes at 350°F.

Makes 12 servings 2-inch square per serving

- Calories 275
- Total fat 15g
- Saturated fat 5g
- Trans fat 0g
- Cholesterol 53mg
- Carbohydrates 20g
- Fiber 2g
- Sodium 446mg
- Protein 14g

Desserts

Healthy Living..*for life* tip:

Use evaporated nonfat milk instead of cream.

Great old time favorite

Aubry's Tea Cakes

Ingredients

- 1½ sticks or ¾ cup of butter
- 2 cups sugar
- 2 eggs
- ¼ cup low fat buttermilk
- ¼ cup 1% milk
- 2 teaspoons vanilla or lemon extract
- 5½ cups flour
- 3 teaspoons baking powder
- 1 teaspoon baking soda

Instructions

Preheat oven to 350°F. Cream butter and sugar until light and fluffy. Add eggs, milk and vanilla. In a separate bowl, combine 5 cups of flour (reserve ½ cup), baking powder and baking soda. Make a well in the flour and add the wet ingredients. Mix until a firm dough forms, adding some or all of the remaining flour if needed. Using a rolling pin, roll out onto

a surface that has been lightly dusted with remaining ½ cup of flour until dough is ⅛ inch thick. Cut the dough using a small biscuit cutter and bake on a non-stick cookie sheet for 10-15 minutes or until golden brown. Cool on a rack before serving. Makes 4 dozen cookies.

Makes 4 dozen cookies Servings 1 cookie

- Calories 113
- Total fat 3g
- Saturated fat 2g
- Trans fat 0g
- Cholesterol 17mg
- Carbohydrates 19g
- Fiber 0g
- Sodium 67mg
- Protein 2g



No trans fat

Fannie's Raw Apple Cake

Ingredients

- ¼ cup canola oil
- ½ cup packed brown sugar
- ½ cup white sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 2 cups flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 3 apples, seeded and diced
- ½ cup walnuts, chopped
- Vegetable oil cooking spray

Instructions

Preheat oven to 325°F. Coat a loaf pan with cooking spray and set aside. Beat oil and sugars in a bowl until smooth. Add eggs

and vanilla and mix well. In a separate bowl, combine flour, cloves, baking powder, baking soda, and nutmeg. Add to wet ingredients and mix just until moistened. Stir in apples and walnuts. Pour into loaf pan and bake for 45-55 minutes or until a toothpick inserted comes out clean. Allow to cool before slicing.

Makes 12 servings 1 slice per serving

- Calories 234
- Total fat 9g
- Saturated fat 1g
- Trans fat 0g
- Cholesterol 35mg
- Carbohydrates 35g
- Fiber 2g
- Sodium 265mg
- Protein 5g



Oats add fiber

Jeanette's Oatmeal Cake

Ingredients

- 1 cup dry, unsweetened oatmeal
- 1¼ cups boiling water
- ½ cup packed brown sugar
- ½ cup white sugar
- 1 stick or ½ cup butter
- 2 eggs
- 1½ cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- Vegetable oil cooking spray

Instructions

Preheat oven to 350°F. Lightly grease and flour a 9 inch square baking pan. In a small bowl, pour boiling water over oats. Mix

well, and cool 20 minutes. In a large bowl, cream butter with sugars until light and fluffy. Add eggs one at a time, stirring well after each addition. Add flour and other dry ingredients along with softened oatmeal and vanilla. Stir to combine. Pour into baking pan and bake 40-45 minutes until the cake pulls away from sides of pan and is lightly browned.

Makes 12 servings 1 slice per serving

- Calories 243
- Total fat 10g
- Saturated fat 5g
- Trans fat 0g
- Cholesterol 56mg
- Carbohydrates 35g
- Fiber 2g
- Sodium 193mg
- Protein 5g



Excellent source of Vitamin C and good source of Iron

Lorene's Nutty Zucchini Loaf

Ingredients

- 1 cup raisins
- 2 cups shredded zucchini
- ½ cup white sugar
- ½ cup brown sugar
- 3 eggs
- ½ cup canola oil
- 1 cup unsweetened applesauce
- ½ cup walnuts, chopped
- 3 cups flour
- 1½ teaspoons baking soda
- 3 teaspoons ground cinnamon
- 3 teaspoons ground nutmeg
- 3 teaspoons vanilla extract
- vegetable oil spray

Instructions

Preheat oven to 350°F. Lightly coat 2 loaf pans with cooking spray. Set aside. In a large bowl mix sugar and oil until creamy. Blend in eggs, applesauce and vanilla. Fold in raisins, zucchini and nuts. Mix dry ingredients together. Gradually add to wet ingredients just until moist. Do not over mix. Bake for 45 minutes.

Makes 12 servings 1 slice per serving

- Calories 354
- Total fat 14g
- Saturated fat 1g
- Trans fat 0g
- Cholesterol 53mg
- Carbohydrates 52g
- Fiber 2g
- Sodium 181mg
- Protein 7g

Grandma's Favorites

Healthy Living...*for life* tip:

Instead of using whole eggs, use two egg whites to equal one egg.

Excellent source of Vitamin A

Pumpkin Caramel Custard

Ingredients

- 6 tablespoons white sugar
- 4 tablespoons water
- 1½ cups canned plain pumpkin (not pumpkin pie mix)
- 3 tablespoons brown sugar
- 2 eggs
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon vanilla extract
- 1¼ cups nonfat milk
- vegetable oil spray

Instructions

Coat 6 custard cups with cooking spray. Set aside. Combine white sugar and water in a heavy saucepan over medium-low heat. Cook and stir about 10 minutes until mixture forms a thick, light brown caramel sauce. Divide sauce among custard cups and set aside. Heat milk in saucepan over medium heat

until almost boiling. Remove from heat and set aside. Crack eggs into a bowl, whisk until frothy. Stir in pumpkin, brown sugar, cinnamon, nutmeg, vanilla and milk. Mix well. Pour custard mixture into custard cups. Set cups in a lasagna pan filled with ¼ inch water. Bake at 325°F for 45-50 minutes or until knife inserted in center comes out clean. Serve warm or chilled. To serve, invert custard cup onto a small plate.

Makes 6 servings

½ cup per serving

- Calories 129
- Total fat 2g
- Saturated fat 1g
- Trans fat 0g
- Cholesterol 72mg
- Carbohydrates 24g
- Fiber 2g
- Sodium 50mg
- Protein 5g

Excellent source of Vitamins A and C and Calcium

Macaroni and Cheese

Ingredients

- 1½ cups dry macaroni
- 1 teaspoon canola oil
- ½ cup green onions, chopped
- ½ cup red pepper, chopped
- 1 garlic clove, finely chopped
- 2 tablespoons flour
- ¼ teaspoon dry basil
- ¼ teaspoon ground black pepper
- 1¾ cups skim milk
- 4 ounces fat free cream cheese, cut in cubes
- 4 ounces low fat cheddar cheese, shredded
- ⅛ teaspoon hot pepper sauce
- 1 tablespoon plain bread crumbs
- vegetable oil spray

Instructions

Pre-heat oven to 350°F. Spray an 8 inches baking pan with cooking spray. Cook macaroni according to package, then drain

and set aside. Heat skillet over medium heat, add oil and sauté green onion, peppers and garlic until soft. Add flour, basil and pepper. Continue to sauté 2 minutes, stirring. Gradually add milk. Slowly bring milk to boil and continue to cook, stirring constantly until sauce is thickened. Turn down heat to low, add cheeses, and continue stirring until melted. Season with hot sauce. Stir in cooked and drained macaroni. Pour into prepared pan. Sprinkle with breadcrumbs. Bake for about 15 minutes or until bubbly and golden brown on top.

Makes 6 servings **½ cup per serving**

- Calories 229
- Total fat 6g
- Saturated fat 3g
- Trans fat 0g
- Cholesterol 16mg
- Carbohydrates 31g
- Fiber 2g
- Sodium 306mg
- Protein 14g

Good source of Calcium

Tuna Noodle Casserole

Ingredients

- 6 ounces dry bowtie pasta (½ bag)
- 1 teaspoon canola oil
- 1 small or ½ cup onion, chopped
- 1 cup mushrooms, cleaned and sliced
- ¼ teaspoon celery seeds
- 1 teaspoon dill weed
- ½ teaspoon black pepper
- 1 (10 ¾ ounce) can low sodium condensed cream of mushroom soup
- ¼ cup skim milk
- 1 (6 ounce) can water-packed tuna, drained
- 1 cup frozen green peas, defrosted
- 2 tablespoon plain bread crumbs
- ⅓ cup parmesan cheese, grated
- vegetable oil cooking spray

Instructions

Pre-heat oven to 350°F. Coat a baking pan with cooking spray. Cook pasta according to package instructions. Drain and set aside in a bowl. Heat skillet on medium heat, add oil and sauté onions until golden and softened. Add mushrooms and continue to sauté for 2 minutes. Pour vegetables into pasta bowl along with seasonings, soup, milk, tuna, and peas. Mix well. Pour into a prepared pan. Sprinkle breadcrumbs and cheese over the top. Bake about 30 minutes until bubbly and golden brown.

Makes 6 servings **1 cup per serving**

- Calories 238
- Total fat 4g
- Saturated fat 2g
- Trans fat 0g
- Cholesterol 14mg
- Carbohydrates 34g
- Fiber 3g
- Sodium 395mg
- Protein 16g

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In addition, the Healthy Living...*for life* campaign focuses on helping people develop healthy lifestyles by promoting the consumption of more fruits and vegetables and encouraging people to engage in 30-90 minutes of physical activity a day.

Healthy Eating

...for life!

Alameda County Public Health Department

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