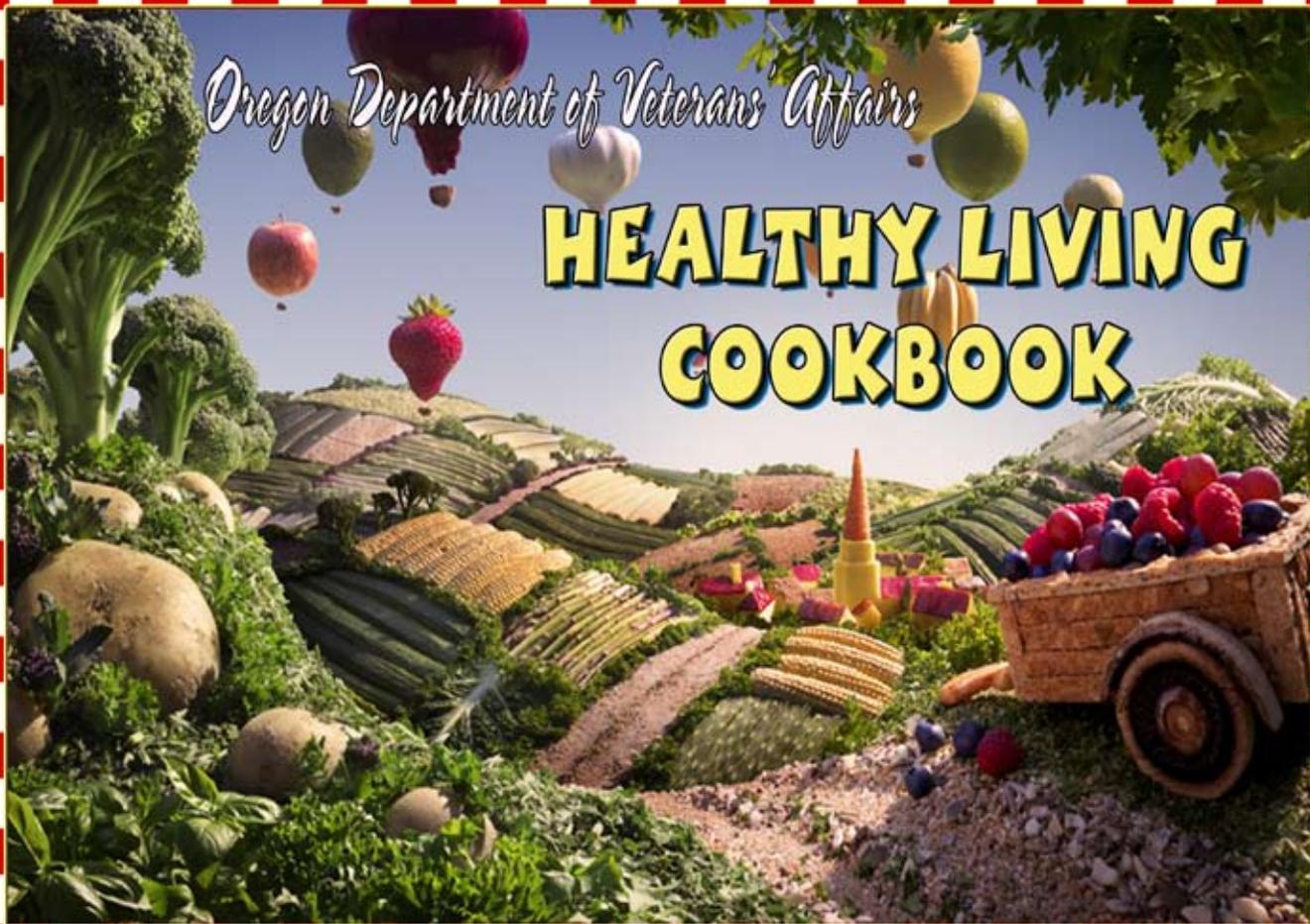


*Oregon Department of Veterans Affairs*

# HEALTHY LIVING COOKBOOK



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\* The Oregon Department of Veterans' Affairs does not officially endorse any of the recipes or materials contained in this document. By using these recipes, you are agreeing to do so at your own discretion.

\*\* Photos are representations of recipes, not photos of the actual recipes.

## Ingredients

½ banana frozen  
(peel, slice in two and freeze in a baggie)  
½ package of sugar free hot cocoa mix  
(without marshmallows)  
8-12 oz milk

## Instructions

Place the banana, cocoa and milk in a blender and blend until smooth. (Add more milk for a more liquid smoothie.)

Add a drop of vanilla or a dash of cinnamon for a different flavor.

# BANANA SMOOTHIE



*Oregon Department of Veterans Affairs* **BREAKFAST SMOOTHIE**

**Ingredients**

- ½ banana
- 1 cup frozen blueberries
- ½ cup soymilk
- ½ cup plain, nonfat yogurt
- 6 walnut halves

**Instructions**

Put all ingredients in a blender and blend until smooth, at least one minute on high.



## OATMEAL VARIATIONS

To spruce up basic oatmeal and other hot cereals increasing nutrition and variety, the following may be added,

Diced dry fruit: raisins, cherries, apples, pineapple, and orange, lemon or lime zest.

Chopped nuts: walnuts, hazelnuts, almonds, and peanuts.

Whole seeds: sesame, flax, sunflower, pumpkin.

If digesting nuts and seeds is a problem, use creamy nut and seed butters. If diced fruit does not work, mix water and juice to cook the oatmeal.

Fruit or juice can be used to sweeten instead of brown sugar or syrup. The fat in the nuts and seeds help keep hunger at bay, and you don't need to add butter. Mixing low fat milk and water to cook the oatmeal provides a creamier taste. Avoid adding high acidic fruits when using milk.



## Ingredients

¾ cup boiling water  
1 regular-sized English Breakfast tea bag  
¼ cup orange juice  
¼ tsp ground cinnamon  
⅛ tsp ground cloves

## Instructions

Combine boiling water and tea bag in a large mug; let stand 5 minutes.  
Discard tea bag. Add remaining ingredients to mug; stir well. Serve with sugar, if desired.

**Yield:** 1 serving

## Nutritional Info:

CALORIES: 31 (3% FROM FAT)  
CARBOHYDRATES: 7.4 g  
CHOLESTEROL: 0 mg  
FAT: 0.1 g  
SODIUM: 1 mg  
PROTEIN: 0.5 g  
CALCIUM: 14 mg  
IRON: 0.3 mg  
FIBER: 0.3 g

# RUSSIAN TEA



# BREAKFAST EGG PITAS

## Ingredients

1 cup sliced mushrooms  
½ cup onion, chopped  
½ cup sweet red pepper, finely chopped  
2 cups reduced-fat egg substitute  
½ cup fat-free cottage cheese  
¼ tsp pepper  
½ cup (2 ounces) shredded reduced-fat cheddar cheese  
2 (6 inch) whole-wheat pita breads, cut in half.

## Instructions

Coat medium nonstick skillet with cooking spray and place over medium-high heat until hot. Add mushrooms, onion and red pepper and sauté for 4-5 minutes or until vegetables are crisp-tender. Combine egg substitute, cottage cheese and pepper in a small bowl and stir well. Add egg mixture to the vegetable mixture and cook over medium heat until firm, add cheese and continue to cook until cheese melts.

Cut pitas in half and heat in the microwave for a few seconds or until soft. Spoon mixture evenly into pita halves and serve.

**Yield:** 4 servings. Serving size: ½ filled pita



## Nutrition Info:

CALORIES: 205  
TOTAL FAT: 2 g  
SATURATED FAT: 1 g  
CHOLESTEROL: 6 mg  
SODIUM: 493 mg  
CARBOHYDRATE: 25 g  
PROTEIN: 21 g  
DIETARY FIBER: 3 g

## Ingredients

1 pound medium mushrooms  
8 oz imitation crab meat (chopped)  
4 green onions chopped  
1 tsp Italian seasoning  
1 tsp garlic powder  
¼ cup grated Parmesan cheese  
⅓ cup low fat mayonnaise  
2 tbsp Parmesan cheese powder  
“I Can’t Believe It’s Not Butter” spray

## Instructions

Preheat oven to 350 degrees. Combine crabmeat, onions, Italian seasoning, spices, low fat mayonnaise, and ¼ cup grated Parmesan cheese until well mixed. Wipe mushrooms with a damp towel and remove stem. Spoon out the base, making a deep cup in the mushroom.

Discard the inside of the mushroom. Fill each mushroom with the seafood mixture and place in an ungreased baking dish. Sprinkle top of each mushroom with Parmesan cheese and spray with “I Can’t Believe It’s Not Butter” or similar butter-flavored spray.

Bake for 15-25 minutes until mushrooms are softened and serve immediately.

# STUFFED MUSHROOMS



## Ingredients

4 large red bell peppers (4 cups)  
½ cup diced sweet onions  
2 cloves garlic  
1 15 oz. can diced tomatoes in juice (1 ½ cups)  
4 cups low-sodium chicken or vegetable broth  
1 tbsp balsamic vinegar (optional)  
1 tsp olive oil  
¼ tsp salt  
¼ tsp pepper

## Instructions

Trim peppers, discard the seeds, and cut them into flat pieces. Broil the pepper skin side up, until the skin blisters. Cool the pieces in a plastic bag, remove skin and chop. Sauté onion in olive oil. Add diced tomatoes with juice, the peppers and broth.

Cook for 5 minutes. Blend half the mixture in a blender, and then return it to the original pan. Season with salt and pepper, and the balsamic vinegar.

Garnish with parsley and low-fat sour cream if desired.

**Yield:** Serves 6

# ROASTED RED PEPPER SOUP



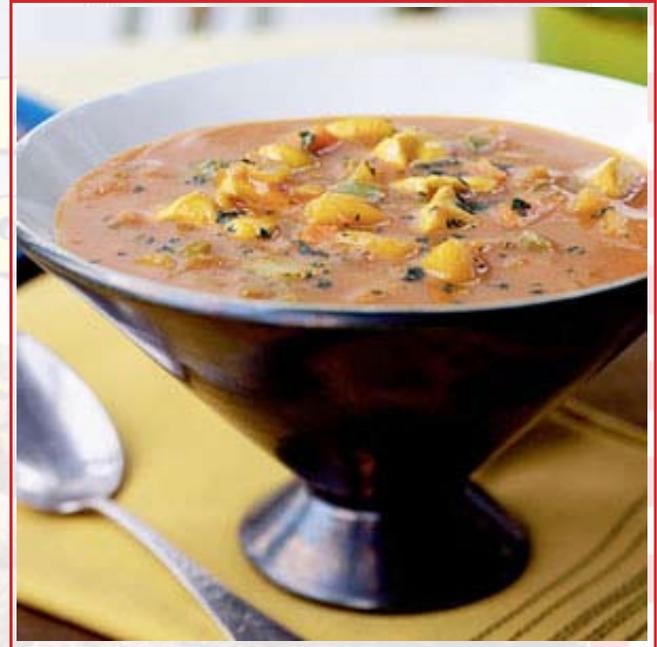
## Nutrition Info:

Calories 48  
Fat 1 g  
Saturated Fat 0 g  
Carbohydrates 8 g  
Sodium 361 mg  
Dietary Fiber 1 g

## Ingredients

- 1 tbsp vegetable oil, divided
- ½ pound skinless, boneless chicken breast, cut into bite-sized pieces
- 1 cup chopped peeled Gala or Braeburn apple
- ¾ cup chopped onion
- ½ cup chopped carrot
- ½ cup chopped celery
- ½ cup chopped green bell pepper
- 2 tbsp all-purpose flour
- 1 tbsp curry powder
- 1 tap ground ginger
- ½ tsp crushed red pepper
- ¼ tsp salt
- 2 (14 ½-ounce) cans fat-free, less-sodium chicken broth
- ⅓ cup mango chutney
- ¼ cup tomato paste
- Chopped fresh parsley (optional)

## SPICY MULLIGATAWNY



See Instructions on Next Page...

# SPICY MULLIGATAWNY

Oregon Department of Veterans Affairs

HEALTHY LIVING  
COOKBOOK

## Instructions

Heat 1 tsp oil in a Dutch oven over medium-high heat. Add chicken, and sauté 3 minutes. Remove from pan; set aside.

Heat 2 tsp oil in pan. Add apple and next 4 ingredients (apple through bell pepper); sauté 5 minutes, stirring frequently. Stir in the flour and next 4 ingredients (flour through salt); cook 1 minute. Stir in broth, chutney, and tomato paste; bring to a boil.

Reduce heat; simmer 8 minutes. Return chicken to pan; cook 2 minutes or until mixture is thoroughly heated. Sprinkle with parsley, if desired.

**Yield:** 4 servings (serving size: 1 ¼ cups).

## Nutritional Info:

CALORIES 236 (18% from fat)  
FAT 4.8 g (sat 0.8 g, mono 1.1 g, poly 2.3 g)  
PROTEIN 18 g  
CARB 31 g  
FIBER 4.9 g  
CHOL 33 mg  
IRON 1.9 mg  
SODIUM 599 mg  
CALC 42 mg

## Ingredients

- 1 ½ tbsp olive oil
- 2 ½ cups chopped peeled Calabaza  
or butternut squash (about 1 pound)
- 1 cup chopped onion
- ½ cup chopped celery
- 1 – 1 ½ tsp minced seeded Scotch Bonnet  
or Habanero pepper
- 2 garlic cloves, minced
- 1 tbsp brown sugar
- 2 tsp minced peeled fresh ginger
- ½ tsp dried thyme
- ¼ tsp salt
- 2 (15.75-ounce) cans fat-free, less-sodium chicken broth
- 1 bay leaf

## SPICY WEST INDIAN PUMPKIN SOUP



## Instructions

Heat the oil in a large saucepan over medium-high heat. Add squash, onion, celery, pepper, and garlic; sauté for 5 minutes. Add remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until tender. Discard bay leaf.

Place half of the squash mixture in a blender, and process until smooth.

Pour pureed mixture into a bowl; repeat procedure with remaining squash mixture. Return pureed mixture to pan; cook over medium heat 3 minutes or until heated.

**Yield:** 5 servings (serving size: 1 cup)

## CHICKEN SOUP WITH ORZO

### Ingredients

1 (3 lb) package chicken pieces  
3 qts water  
1 medium onion  
1 cup chopped carrot  
1 cup chopped celery  
1 tbsp black peppercorns  
1 ½ cups sliced carrot  
1 cup diced celery  
2 tbsp chopped fresh or 2 dried basil  
1 tsp chopped fresh or ¼ tsp dried oregano  
¾ tsp salt  
1 bay leaf  
½ cup uncooked orzo (rice shaped pasta)

### Instructions

Rinse chicken under cold water; pat dry. Trim excess fat. Combine chicken and 3 qts water in a stockpot; bring to a boil. Add the onion, chopped carrot, chopped celery and peppercorns; bring to a boil. Partially cover, reduce heat, and simmer 1 hour.

Remove the chicken from the broth, reserving broth; cool. Remove chicken from the boned; cut meat into bite-sized



pieces. Strain chicken broth through sieve over a bowl; discard solids. Add enough water to broth to measure 10 cups; pour broth mixture into stockpot. Add sliced carrot diced celery, basil, oregano, salt, and bay leaf. Bring to a boil. Cover reduce heat, and simmer 10 minutes. Add chicken and orzo; cook 8 minutes or until pasta is done.

**Yield:** 8 servings

## TURKEY CHILI

### Ingredients

1-2 lbs ground turkey  
1 lb bag of dried white/navy beans  
2 small or 1 large onion  
1 or 2 fresh jalapeno peppers  
2-3 cloves garlic  
Chili powder  
Salt and white pepper

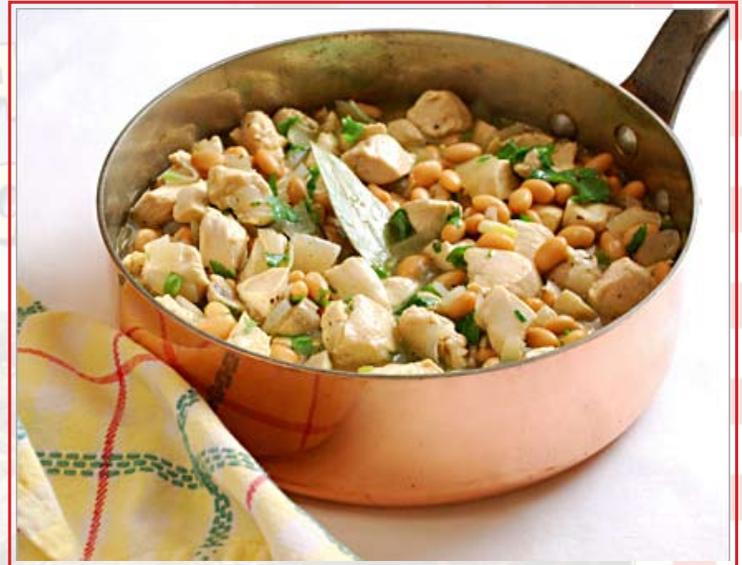
### Instructions

The night before, soak beans according to package instructions, change water several times if possible.

In a large pot or skillet brown the ground turkey until cooked through. Add chopped onion and garlic, and cook 5 minutes more, drain and add beans, chili powder, salt, pepper, and any other herbs or spices to taste.

Cook on low heat 1 hour, stirring several times.

**Yield:** 8 servings



## Ingredients

1/3 cup sun-dried tomatoes (not packed in oil)  
1 cup boiling water  
1 1/2 cup finely chopped onion  
3 cloves garlic, minced  
1/4 – 1/2 tsp cayenne pepper  
1 tbsp cumin  
2 tbsp olive oil  
1 tsp salt  
2 (14.5 oz) cans diced tomatoes  
2 (15 oz) cans black beans (undrained)  
1/4 cup fresh cilantro  
Light sour cream for garnish

## Instructions

In a small bowl, cover the sun-dried tomatoes with 1 cup boiling water and set aside. In a soup pot, sauté the onions, garlic, and cayenne in the oil for 5 minutes. Stirring frequently until the onions are translucent. Add the salt, tomatoes (including liquid), and black beans. Bring to a boil; reduce the heat to low and cover. Simmer 20 minutes, stirring occasionally to prevent sticking.

Drain and chop the softened sun-dried tomatoes. Add

# BLACK BEAN SOUP



them to the soup and cook 10 minutes. Stir in cilantro and remove soup from the heat. Puree half the soup in a blender or food processor and return it to the pot. If the soup is too thick, add water. Heat the soup and serve with a dollop of sour cream.

**Yield:** 8 servings

# ASIAN WRAPS

## Ingredients

- ¾ lb boneless, skinless chicken breast, cooked and coarsely shredded
- ¼ lb fresh bean sprouts
- ½ small head Napa or Chinese cabbage, shredded (about three cups)
- 1 medium carrot shredded (about one cup)
- 6 scallions, thinly sliced
- ¼ cup white vinegar
- 3 tbsp canola oil
- 2 tbsp light soy sauce
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 2 tsp ground ginger
- ½ tsp black pepper
- 1 to 2 heads Bibb lettuce, separated to obtain 20 leaves

## Instructions

In a large bowl, combine the chicken, bean sprouts, cabbage, carrot and scallions; mix well.

In a small bowl, combine the vinegar, canola oil, soy sauce, sesame oil, garlic, ginger and black pepper; mix well and pour over the cabbage mixture. Mix until evenly coated.

Spoon an equal amount of the chicken mixture onto the center of each leaf and fold like an envelope. Turn over and place on a serving platter.



## Ingredients

Nonstick cooking spray  
1 pound medium sweet potatoes  
1 tbsp margarine or butter, (melted)  
¼ tsp salt

## Instructions

Lightly coat a 15x10x1-inch baking pan with cooking spray. Scrub potatoes; cut lengthwise into quarters.

Cut each quarter into two wedges.

Arrange potatoes in a single layer in pan.

Combine margarine or butter and salt. Brush onto potatoes.

Bake at 425 degrees for 20 to 30 minutes or until brown and tender. Makes 4 servings.

# BAKED SWEET POTATO FRIES



## Ingredients

Cooking spray  
1 ¼ tsp coarsely ground black pepper  
¼ tsp salt  
4 (6-ounce) tuna steaks (about ¾ inch thick)  
¼ cup fat-free, less-sodium chicken broth  
1 tbsp balsamic vinegar  
4 tsp dark brown sugar  
1 tbsp low-sodium soy sauce  
½ tsp cornstarch  
¼ cup diagonally sliced green onions

## Instructions

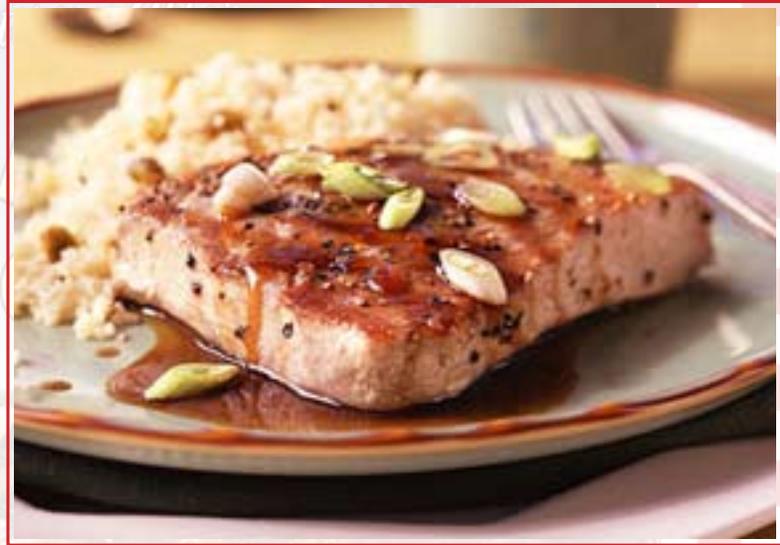
Place a grill pan coated with cooking spray over medium-high heat until hot. Sprinkle pepper and salt over fish. Place fish in grill pan; cook 3 minutes on each side until medium-rare or desired degree of doneness. Remove from heat.

Combine broth, vinegar, sugar, soy sauce, and cornstarch in a small saucepan. Bring to a boil; cook 1 minute, stirring constantly. Spoon glaze over fish; top with green onions.

## Yield:

4 servings (serving size: 1 steak and 1 tbsp glaze)

## BALSAMIC-GLAZED TUNA



## Nutrition Info:

CALORIES: 266  
CARBOHYDRATES: 4.6 g  
CHOLESTEROL: 65 mg  
FAT: 8.5 g  
SODIUM: 366 mg  
PROTEIN: 40.3 g  
CALCIUM: 11 mg  
IRON: 2.2 mg

## Ingredients

### Marinade:

- ¼ cup olive oil
- 1 tsp grated lime rind
- 2 ½ tbsp fresh lime juice
- 2 tbsp Worcestershire sauce
- 1 ½ tsp ground cumin
- 1 tsp salt
- ½ tsp dried oregano
- ½ tsp coarsely ground black pepper
- 2 garlic cloves, minced
- 1 (14.25-ounce) can low-salt beef broth

### Fajitas:

- 1 (1 lb) flank steak
- 1 pound skinned, boned chicken breast
- 2 red bell peppers, each cut into 12 wedges
- 2 green bell peppers, each cut into 12 wedges
- 1 large Vidalia or other sweet onion, cut into 16 wedges

### Cooking spray

- 16 (6-inch) fat-free flour tortillas
- 1 cup bottled salsa
- ¼ cup low-fat sour cream
- ½ cup chopped fresh cilantro
- Fresh cilantro sprigs

# BEEF AND CHICKEN FAJITAS WITH PEPPERS AND ONIONS



See Instructions on Next Page...

# BEEF AND CHICKEN FAJITAS WITH PEPPERS AND ONIONS

Oregon Department of Veterans Affairs

## Instructions

To prepare marinade, combine first 10 ingredients in a large bowl; set aside.

To prepare fajitas, trim fat from steak. Score a diamond pattern on both sides of the steak. Combine 1 ½ cups marinade, steak, and chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 4 hours or overnight, turning occasionally. Combine remaining marinade, bell peppers, and onion in a zip-top plastic bag. Seal and marinate in refrigerator for 4 hours or overnight, turning occasionally.

## Prepare grill:

Remove steak and chicken from bag; discard marinade. Remove vegetables from bag; reserve marinade. Place reserved marinade in a small saucepan; set aside. Place steak, chicken, and vegetables on grill rack coated with cooking spray; cook 8 minutes on each side or until desired degree of doneness.

Wrap tortillas tightly in foil; place tortilla packet on grill rack the last 2 minutes of grilling time. Bring

reserved marinade to a boil. Cut steak and chicken diagonally across the grain into thin slices. Place the steak, chicken, and vegetables on a serving platter; drizzle with reserved marinade.

Arrange about 1 oz. steak, about 1 oz. chicken, 3 bell pepper wedges, and 1 onion wedge in a tortilla; top with 1 tbsp salsa, about 1 tsp sour cream, and ½ tsp cilantro. Fold sides of tortilla over filling. Garnish with cilantro sprigs, if desired. Serve immediately.

**Yield:** 8 servings (serving size: 2 fajitas)

## Nutrition Info:

CALORIES: 407  
CARBOHYDRATES: 40.6 g  
CHOLESTEROL: 64 mg  
FAT: 14.2 g  
SODIUM: 841 mg  
PROTEIN: 31.1 g  
CALCIUM: 79 mg  
IRON: 3.9 mg  
FIBER: 5.3 g

## Ingredients

2-3 lbs chicken (whole or pieces)  
1-2 chopped onions  
2-4 cloves garlic, minced  
1 large jar crushed tomatoes or marinara sauce  
6-8 medium red potatoes, diced  
1 bay leaf  
1 tsp each: marjoram, oregano, salt, pepper, etc.  
(suit yourself)  
1 large bag frozen corn  
1 large bag frozen limas (baby preferred)

## Instructions

Put raw chicken in a large pot, fill with water to barely cover the chicken, add 1 tsp salt. Bring to a boil and simmer for about 1 ½ hours. Remove chicken from water, put in bowl to cool, then remove meat, discard bones.

Put onions, garlic, tomatoes, potatoes, and spices into chicken stock, heat to slight boil, reduce to simmer. Cook about 1 hour. Add corn and limas, and cook half hour more.

Cooking times can vary with the amount/volume of ingredients.

# BRUNSWICK STEW



## Ingredients

3 lbs lean beef (cubed in 1 inch squares)  
4 or 5 cloves garlic  
1 medium onion  
1 or 2 fresh jalapeno peppers  
3 tbsp cooking oil  
1 green bell pepper  
2 cubes Knorr tomato bouillon with chicken flavor  
¼ cup cilantro  
1 can (7 ¾ oz) *El Pato* Mexican hot style tomato sauce  
½ cup Wondra sauce and gravy mix  
Salt and pepper to taste

## Instructions

Remove the seeds and the pulp from the peppers (bell and jalapeno). In a 3-quart saucepan, sauté finely chopped garlic, jalapeno and onion in medium hot oil until onions are opaque. Add cubed beef, season with salt and pepper, when meat is well browned, fill saucepan nearly full with fresh water. Add chopped green bell pepper bouillon cubes and chopped cilantro.

Boil in a partially covered or uncovered saucepan on medium to medium high heat until beef is very tender.

## CARNE GUISADA



Add *El Pato* tomato sauce. After first water boils away, add water as necessary to keep ingredients covered with about 1 inch of broth. Prepare thickening paste (Wondra), with water as for sauce or gravy and add to broth while stirring to avoid lumping the gravy. Return to a slow boil, and cook for one minute more. Reduce heat and allow to sit for one additional minute before serving.

**Yield:** 6 servings.

## Ingredients

8-10 chicken tenderloins (boneless, skinless)  
1 tbsp copped garlic  
1 tbsp extra virgin olive oil  
12 oz fresh grated Romano or Parmesan cheese  
½ cup basil pesto  
1 box (16 oz) mini penne pasta  
⅓ cup canola oil  
½ cup soymilk  
1 ½ tsp vanilla extract

## Instructions

Thaw chicken and cut into bite size pieces. Boil water and begin cooking pasta.

Put olive oil, chicken pieces and chopped garlic in frying pan and cook over medium heat until done.

In a large bowl, combine cooked chicken, cooked and rinsed pasta, Romano cheese and basil pesto. Toss until thoroughly mixed.

Pour pesto pasta into pasta pot and heat until cheese is melted. Serve hot with garlic bread and spinach salad.

# CHICKEN PESTO PASTA



## Ingredients

¼ cup light olive oil  
1 tsp Cajun seasoning  
½ tsp salt  
½ tsp cayenne pepper  
1 tbsp Worcestershire sauce  
2 zucchinis, cut into ½-inch slices  
2 large white onions, sliced into ½-inch wedges  
2 yellow squash, cut into ½-inch slices  
(Some other options are mushrooms, peppers, eggplant, asparagus and carrots)

## Instructions

In a small bowl, mix together light olive oil, Cajun seasoning, salt, cayenne pepper, and Worcestershire sauce. Place zucchinis, white onions, and yellow squash in a bowl, and cover with the olive oil mixture. Cover bowl, and marinate vegetables in the refrigerator at least 30 minutes.

Preheat an outdoor grill for high heat and lightly oil grate.

Place marinated vegetable pieces on skewers or directly on the grill.

Cook 5 minutes, or to desired doneness.

**Yield:** 8 servings

# EASY CAJUN GRILLED VEGGIES



## Nutrition Info:

CALORIES 93  
PROTEIN 1.5 g  
TOTAL FAT 7.3 g  
SODIUM 229 mg  
CHOLESTEROL 0 mg  
CARBOHYDRATES 7.2 g  
FIBER 2.3 g

## Ingredients

1 tsp olive oil  
6 (4-oz) skinned, boned chicken breast halves  
1 cup chopped, seeded, peeled cucumber  
 $\frac{3}{4}$  cup chopped red bell pepper  
1  $\frac{1}{2}$  tbsp sugar  
1 tsp minced, peeled fresh ginger  
3 tbsp fresh lime juice  
1 tbsp low-sodium soy sauce  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp ground red pepper  
1 garlic clove, crushed  
 $\frac{1}{4}$  cup creamy peanut butter  
2 tbsp water  
3 tbsp chopped fresh cilantro  
8 (8-inch) fat-free flour tortillas  
4 cups chopped romaine lettuce

## Instructions

Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 5 minutes on each side or until done. Remove the chicken from pan; cool. Shred the chicken into bite-size pieces. Place chicken, cucumber, and bell pepper in a large bowl; set aside.

Place sugar and the next 6 ingredients (sugar through garlic) in a blender, and process until smooth. Add

## GINGER-PEANUT CHICKEN-SALAD WRAPS



peanut butter and water; process until smooth, scraping sides. Add peanut butter mixture to chicken mixture; stir well. Add cilantro, and toss well. Warm tortillas according to package directions. Spoon  $\frac{1}{2}$  cup chicken mixture onto each tortilla; top each serving with  $\frac{1}{2}$  cup lettuce, and roll up.

**YIELD:** Yield: 8 servings (serving size: 1 wrap).

## Ingredients

- 2 tbsp butter or margarine
- 1 medium onion, chopped
- 1 cup chopped bell pepper  
(red, yellow are most colorful)
- 2 cloves garlic minced
- 1 (1 lb) pkg smoked sausage ring,  
(turkey is best) cut into ¼ inch slices
- 1 cup rice  
(long grain or brown - if brown add extra ½ cup water)
- 2 cups low-sodium chicken broth
- 3 tbsp Tabasco brand green pepper sauce
- 1 (14 ½ oz) can unsalted diced tomatoes, drained
- Cajun seasoning

## Instructions

Melt butter in a large, heavy saucepan over medium-high heat. Add onion, bell pepper, garlic, and smoked sausage and cook for 5 minutes or until vegetables are tender, stirring often.

Stir in rice, chicken broth, Tabasco, tomatoes and Cajun seasoning to taste. Mix well and bring to boil.

Reduce heat, cover and simmer 25 minutes or until rice is tender, (brown rice can take an extra 5-10 minutes to soak up the liquid.)

# JAMBALAYA



Remove from heat and let stand 5 minutes longer before fluffing with a fork.

**Note:** You can also toss in a handful of shrimp for a more traditional Jambalaya. Use the pre-cooked large, tail-off frozen shrimp and add them at the last few minutes to thaw and heat through.

# MUSHROOM AND CAMELIZED-SHALLOT STRUDEL

## Ingredients

- 1 tsp olive oil
- 1 ½ cups sliced shallots (about 8 ounces)
- ⅛ tsp sugar
- 1 tbsp water
- 4 (8-oz) packages pre-sliced mushrooms
- 2 tbsp dry Marsala or Madeira
- ⅔ cup low-fat sour cream
- ¼ cup chopped fresh parsley
- ½ tsp salt
- ½ tsp minced fresh or ¼ teaspoon dried thyme
- ¼ tsp freshly ground black pepper
- 8 sheets frozen Phyllo dough, thawed
- Cooking spray
- ⅓ cup dry breadcrumbs, divided
- 1 tbsp butter, melted



See Instructions on Next Page...

# MUSHROOM AND CARMELIZED-SHALLOT STRUDEL

## Instructions

Preheat oven to 400 degrees.

Heat olive oil in a large skillet over medium heat. Add shallots and sugar; cook for 2 minutes, stirring constantly. Sprinkle with water; cover, reduce heat to medium-low, and cook for 10 minutes, stirring occasionally until shallots are soft.

Add mushrooms; cook, uncovered, over medium-high heat 20 minutes or until liquid evaporates, stirring frequently. Add Marsala; cook 1 minute. Remove from heat, and cool. Stir in sour cream, parsley, salt, thyme, and pepper.

Place 1 Phyllo sheet on a large cutting board or work surface (cover remaining dough to keep from drying), and lightly coat with cooking spray. Sprinkle with about 2 tsp breadcrumbs.

Repeat the layers with 3 Phyllo sheets, cooking spray, and breadcrumbs, ending with the Phyllo. Spoon 1  $\frac{3}{4}$  cups mushroom mixture along 1 long edge of Phyllo, leaving a 1-inch border.

Starting at the long edge with the 1-inch border, roll up jelly roll fashion. Place strudel, seam side down, on a baking sheet coated with cooking spray. Tuck ends under. Repeat the procedure with the remaining phyllo sheets, cooking spray, breadcrumbs, and mushroom mixture. Brush strudels with butter. Bake strudels at 400 degrees for 20 minutes. Let stand for 5 minutes. Cut each strudel into 4 slices.

**YIELD:** 2 strudels, 8 servings (serving size: 1 slice)

## Nutrition Info

CALORIES 176 (28% from fat)  
FAT 5.5g (sat 2.7 g, mono 1.6 g, poly 0.5 g)  
PROTEIN 7.4 g  
CARB 24.9 g  
FIBER 2.1 g  
CHOL 11 mg  
IRON 2.6 mg  
SODIUM 314 mg  
CALC 60 mg

## Ingredients

- 1 package oriental-flavor ramen noodle soup (low-fat)
- ½ medium cabbage, shredded
- 4 scallions cut into small circles

## Dressing

- ½ cup apple juice
- 1 tbsp soy sauce
- 1 tbsp sugar
- 1 tbsp minced ginger
- 1 ½ tbsp rice vinegar
- ½ tsp salt
- ¼ tsp pepper
- 2 tbsp grated carrot for garnish

## Instructions

- Prepare ramen noodles according to package directions, then let cool. Combine cabbage and scallions. Add dressing and toss to mix.
- Add cooled noodle mixture and toss again.
- Garnish with grated carrot.

# ORIENTAL CABBAGE SALAD WITH RAMEN



**Yields:** - Serving Size 3 ½ oz.

70 Calories Per Serving

## Ingredients

4 skinless, boneless chicken breasts  
1 large egg, (lightly beaten)  
½ cup Italian-seasoned breadcrumbs  
2 tbsp butter or margarine (melted)  
1 ¾ cups spaghetti sauce  
½ cup (2 ozs) shredded mozzarella cheese  
1 tbsp grated Parmesan cheese  
¼ cup chopped fresh parsley

## Instructions

Place chicken between two sheets of heavy-duty plastic wrap; flatten to ¼-inch thickness, using a meat mallet or rolling pin. Dip chicken in egg and dredge in breadcrumbs.

Cook chicken in butter in a large skillet over medium-heat until browned on both sides. Spoon spaghetti sauce over chicken; bring to a boil. Cover, reduce heat, and simmer 10 minutes.

Sprinkle with cheeses and parsley; cover and simmer five additional minutes or until cheeses melt.

Yield: 4 servings

# CHICKEN PARMESAN



# PASTA SALAD WITH SHRIMP, PEPPERS, AND OLIVES

## Ingredients

- 2 ½ cups cooked angel hair (about 5 ounces uncooked pasta)
- ¾ cups chopped plum tomato
- ½ cup chopped red bell pepper
- ½ cup chopped yellow bell pepper
- ⅓ cup chopped green onions
- 2 tbsp fresh lemon juice
- 1 tbsp chopped pitted Kalamata olives
- 1 tbsp olive oil
- 1 ½ tsp chopped fresh or ½ teaspoon dried thyme
- ½ tsp white pepper
- ¼ tsp dried oregano
- ¾ pound cooked medium shrimp, peeled and deveined
- 1 garlic clove, minced
- ½ cup (2 ounces) crumbled feta cheese
- 1 tbsp chopped fresh parsley



## Instructions

Combine the first 13 ingredients in a large bowl. Sprinkle with cheese and parsley.

**Yield:** 5 servings (serving size: 2 cups).

## NUTRITIONAL INFO:

CALORIES 252 (26% from fat)  
FAT 7.2g (sat 2.4 g, mono 2.9 g, poly 1.1 g)  
PROTEIN 19.8 g  
CARB 26.7 g  
FIBER 1.8 g  
CHOL 114 mg  
IRON 3.6 mg  
SODIUM 249 mg  
CALC 111 mg

## Ingredients

1 box of corkscrew pasta  
(penne works fine)  
4 oz of chopped bacon  
1 tbsp Bacon drippings  
1 clove garlic  
1 pint cherry tomatoes  
Salt and pepper to taste

## Directions

In a large pot, cook the pasta to desired texture. In a nonstick skillet, cook the bacon over medium heat until lightly browned. Discard all but 1 tbsp of the drippings. And minced garlic to skillet with bacon, cook 30 seconds.

Add the quartered cherry tomatoes and salt and pepper to taste.

Warm tomatoes through, 1-2 minutes. Drain pasta and toss with tomato-bacon mixture, top with Parmesan grated cheese.

For lower fat content use Turkey Bacon.

# PASTA WITH BACON



## Ingredients

2 tbsp olive oil  
2 links Aidell's Andouille Sausage, chopped  
1 tsp Cajun seasoning (or thyme)  
1 small onion, chopped  
2 stalks celery, chopped  
1 clove garlic, finely chopped  
¼ cup roasted red peppers or pimentos, chopped  
1 15-oz can red beans or kidney beans  
½ cup tomato sauce  
½ cup chicken stock  
4 cups cooked long-grain white rice  
(1 cup = 8 fl oz)

## Instructions

Heat the olive oil in a large skillet and sauté the sausage, Cajun seasoning, onion, celery, and garlic over medium heat for 5 minutes.

Add the red peppers, beans, tomato sauce, and chicken stock. Simmer 10 minutes.

Serve the mixture over cooked rice.

**Yield:** Serves 4

## RED BEANS AND RICE WITH AIDELL'S ANDOUILLE SAUSAGE



## Ingredients

### Salsa

- 1 medium mango, chopped
- 1 cup chopped fresh peaches
- 3 tbsp chopped red onion
- 1 small chopped fresh jalapeño (discard seeds)
- ¼ cup snipped fresh cilantro
- 1 tsp fresh lime juice
- ¼ tsp ground cumin

### Salmon

- 4 salmon fillets with skin (5 to 6 ounces each)
- ¼ tsp salt
- ¼ tsp pepper

### Instructions

Preheat grill to medium-high.  
Spray grill lightly with vegetable oil.

In a medium bowl, stir together salsa ingredients.  
Rinse the fish and pat dry with paper towels. Season with salt and pepper. Grill Salmon with the skin side down for 4 minutes, or until brown. Using a spatula, turn the fish flakes easily when tested with fork.

To serve, place the salmon with the skin side down on plates. Spoon salsa on top, or to the side of salmon.

## SALMON WITH MANGO PEACH SALSA



## Ingredients

3 cups water  
1 cup dried red kidney beans  
1 cup chopped onion  
1 cup chopped green bell pepper  
¾ cup chopped celery  
1 tsp dried thyme  
1 tsp paprika  
¾ tsp ground red pepper (cayenne)  
½ tsp black pepper  
½ (14-oz) package turkey, pork, and beef smoked sausage, thinly sliced (such as Healthy Choice)  
1 bay leaf  
5 garlic cloves, minced  
½ tsp salt  
3 cups hot cooked long-grain rice  
¼ cup chopped green onions

## Instructions

Combine first 12 ingredients in an electric slow cooker. Cover with lid; cook on high heat for 5 hours. Discard bay leaf; stir in salt. Serve over rice; sprinkle servings evenly with green onions.

**Yield:** 4 servings (serving size: 1 cup bean mixture, ¾ cup rice, and 1 tbsp green onions)

# SLOW COOKER RED BEANS AND RICE



## Nutritional Info

CALORIES 413 (5 percent from fat)  
FAT 2.5g (sat 0.7 g, mono 0.2 g, poly 0.5 g )  
PROTEIN 21.1 g  
CARB 76.3 g  
FIBER 10.1 g  
CHOL 18 mg  
IRON 6 mg  
SODIUM 749 mg  
CALC 102 mg

## Ingredients

Kosher salt  
1 lb snap peas, ends trimmed if needed  
2 lbs boneless, skinless chicken thighs or breasts,  
cut into 1" pieces  
1 tbsp Asian sesame oil  
1 tbsp cornstarch  
1 tbsp soy sauce  
2 tbsp grape seed or canola oil  
2 cups Spicy Mango Salsa  
Freshly ground black pepper to taste

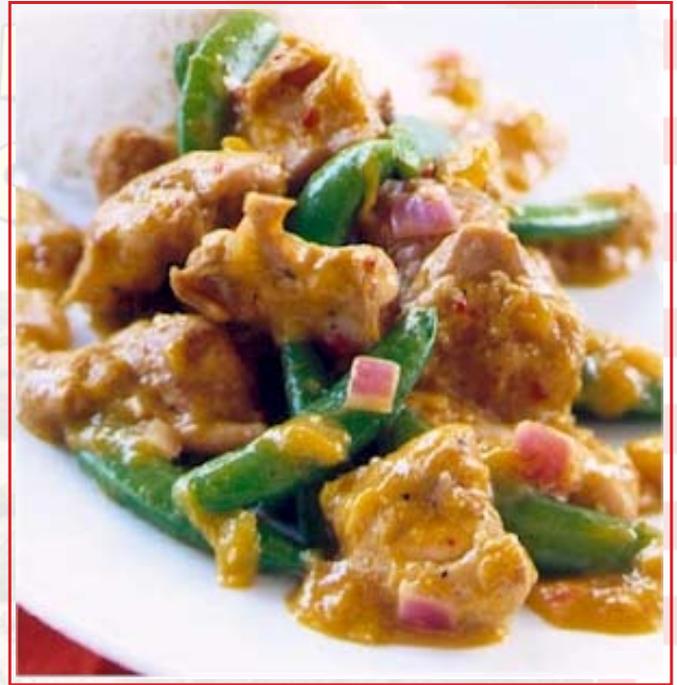
## Instructions

Fill a large bowl with water and add ice. Bring a large pot of water to a boil and add the snap peas. Blanch until they brighten and have lost their raw taste, 1 to 2 minutes. Drain the snap peas and transfer them to the ice water. When cold, drain.

In a large bowl, combine the chicken, sesame oil, cornstarch, and mix. Set aside for 10 minutes.

Heat a wok or heavy sauté pan over high heat. Add oil and swirl to coat the pan. Add the chicken and stir-fry until just cooked through, 6 to 8 minutes. Add the snap peas and the salsa. Season with salt and pepper and serve.

# SPICY MANGO CHICKEN STIR-FRY WITH SNAP PEAS



## Ingredients

1 lb extra-lean ground turkey (breast meat only)  
1 small onion, chopped  
2 cloves garlic, crushed  
½ medium green pepper, diced  
1 (8 oz) can tomato sauce  
2 tbsp Worcestershire Sauce  
1 tbsp tomato paste  
6 whole-wheat rolls

## Instructions

Coat a large nonstick skillet with cooking spray and place over medium heat. Add onion, bell pepper and garlic and cook for 3 minutes. Crumble turkey into skillet and cook for 3 minutes, stirring occasionally. Add tomato sauce, Worcestershire Sauce, tomato paste, salt and pepper.

Simmer uncovered 10-15 minutes or until sauce thickens. Spoon mixture onto rolls.

**Yield:** 6 servings (Serving Size: 1 sandwich)

## TURKEY JOES



## Nutrition Info:

|                |                        |
|----------------|------------------------|
| CALORIES:      | 256                    |
| TOTAL FAT:     | 3 g (9% OF CALORIES)   |
| SATURATED FAT: | 1 g                    |
| CHOLESTEROL:   | 47 g                   |
| SODIUM:        | 290 g                  |
| CARBOHYDRATE:  | 31 g (50% OF CALORIES) |
| PROTEIN:       | 25 g (40% OF CALORIES) |
| DIETARY FIBER: | 4 g                    |

## Ingredients

- 2 tbsp low fat mayonnaise
- 2 tbsp nonfat plain yogurt
- 4 tbsp country style (grainy) Dijon mustard
- 1 medium apple, such as Macintosh or Empire (washed)
- ¼ cup chopped walnuts or pecans, toasted if desired
- 1 celery stalk, finely diced
- 2 oz sliced turkey cut into long strips
- 4 large lettuce leaves, (washed and dried)
- 2 6-inch whole-wheat pita bread

## Instructions

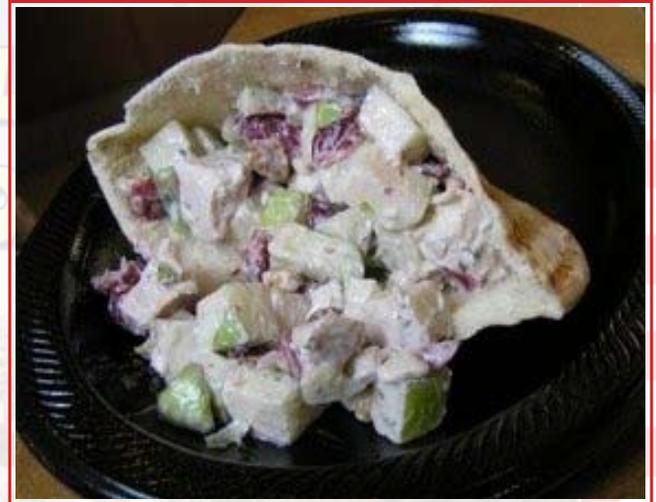
Mix mayonnaise, yogurt and mustard in medium bowl. Grate apple on largest holes of grater, discard core. Add grated apple to mayonnaise mixture, along with nuts, celery, and turkey. Season with pepper.

Cut each pita in half crosswise and carefully separate layers to make pockets. Trim stem ends from lettuce leaves.

Line center of each pocket with lettuce leaf and fill with apple mixture.

**Yield:** 2 servings

# APPLE TURKEY SALAD PITA POCKET



## Nutritional Info:

CALORIES: 365

FAT: 12 g

SATURATED FAT: 1 g

FIBER: 8 g

## Ingredients

8 boneless, skinless chicken thighs  
1 cup chicken broth  
1 cup instant rice (brown for fiber)  
½ cup low fat or fat free Italian dressing  
2 cups frozen cut green beans  
¼ cup slice almonds

## Instructions

In a large resealable bag, toss chicken thighs with Italian dressing. Pour contents of bag into a large nonstick skillet over medium-high heat and cook for four minutes on each side, or until browned.

Stir in chicken broth and bring to a boil. Cover and simmer for 10 minutes. Add frozen cut green beans and cook 5 minutes more, or until chicken is cooked through.

Remove chicken, keep warm, and add instant rice. Add sliced almonds to the pan. Cover, remove from heat and let stand for 5 minutes.

Serve chicken over rice mixture.

**Yield:** 8 servings

## ALMOND CHICKEN



## Ingredients

6 egg whites  
1 tsp cream of tarter  
1 cup sugar  
1 10 oz package frozen raspberries in light syrup, thawed  
4 kiwi fruit, peeled, sliced

## Instructions

Heat oven to 275 degrees, line cookie sheet with parchment paper.

In a large bowl, beat egg whites and cream of tarter at medium speed until soft peaks form. Gradually add sugar beating at high speed until stiff glossy peaks form and sugar is almost dissolved. Spoon meringue onto paper-lined cookie sheet, spread into 12 inch round.

Bake at 275 degrees for one hour, do not open oven. Turn off oven, leave meringue in oven with door closed for 30 minutes.

Remove. Let cool.

## KIWI PAVLOVA



# APPLE PIE

## Ingredients

### Crust:

- 2 cups all-purpose flour, divided
- 6 tbsp ice water
- 1 tsp cider vinegar
- 2 tbsp powdered sugar
- ½ tsp salt
- 7 tbsp vegetable shortening
- 2 sheets of overlapping heavy-duty plastic wrap;  
cover with 2 additional

### Filling:

- 8 cups thinly sliced peeled Braeburn apples  
(about 8 medium)
- 1 tbsp fresh lemon juice
- ⅔ cup sugar
- 3 tbsp all-purpose flour
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ⅛ tsp salt

### Remaining ingredients:

- Cooking spray
- 1 large egg white, lightly beaten
- 1 tbsp sugar



See Instructions on Next Page...

# APPLE PIE

## Instructions:

Preheat oven to 450 degrees. To prepare crust, lightly spoon flour into dry measuring cups; level with a knife. Combine 2 cups flour, ice water, and vinegar, stirring with a whisk until well blended to form a slurry. Combine remaining flour, powdered sugar, and  $\frac{1}{2}$  teaspoon salt in a large bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal. Add slurry; toss with a fork until flour mixture is moist.

Divide dough in half. Gently press each half into a 4-inch circle on sheets of overlapping plastic wrap. Roll 1 dough half, still covered, into a 12-inch circle. Roll other dough half, still covered, into an 11-inch circle. Chill dough 10 minutes, or until plastic wrap can be easily removed.

To prepare filling, combine the apples and lemon juice in a large bowl. Combine sugar, flour, cinnamon, nutmeg, and salt in a small bowl. Sprinkle sugar mixture over apples; toss well to coat.

Remove top 2 sheets of plastic wrap from 12-inch dough circle; fit dough, plastic wrap side up, into a 9-inch deep-dish pie plate coated with cooking spray, allowing dough to extend over edge. Remove remaining plastic wrap. Spoon filling into dough; brush edges of dough lightly with water.

Remove top 2 sheets of plastic wrap from 11-inch dough circle; place, plastic wrap side up, over filling. Remove remaining plastic wrap. Press edges of dough together. Fold edges under, and flute. Cut 4 (1-inch) slits into top of pastry using a sharp knife. Brush top and edges of pie with egg white; sprinkle with 1 tbsp sugar.

Place pie on a baking sheet; bake at 450 degrees for 15 minutes.

Reduce oven temperature to 350 degrees (do not remove pie from oven), and bake an additional 40 minutes or until golden. Cool on a wire rack.

**Yield:** 10 servings (serving size: 1 wedge)

## Ingredients

### Crust:

- 1 cup all-purpose flour
- 1/8 tsp salt
- 2 tbsp chilled butter or stick margarine,  
cut into small pieces
- 2 tbsp vegetable shortening
- 3 tbsp plus 1/2 tsp ice water
- 1 tsp cider vinegar
- Butter-flavored cooking spray

### Filling:

- 1 tbsp butter or stick margarine
- 1/2 cup packed brown sugar
- 3/4 tsp ground cinnamon
- 9 cups sliced peeled Granny Smith apples  
(estimate: 2.75 pounds)
- 3 tbsp all-purpose flour
- 2 tsp lemon juice

### Topping:

- 1/4 cup all-purpose flour
- 1/4 cup packed brown sugar
- 2 tbsp chilled butter or stick margarine,  
cut into small pieces
- 1/4 cup fat-free caramel sundae syrup

# CARAMEL-APPLE CRUMB PIE



See Instructions on Next Page...

# CARAMEL-APPLE CRUMB PIE

## Instructions

Preheat oven to 375 degrees

To prepare crust, lightly spoon 1 cup flour into a dry measuring cup; level with a knife. Combine 1 cup flour and salt in a bowl; cut in 2 tbsp butter and shortening with a pastry blender or 2 knives until mixture resembles coarse meal. Sprinkle surface with ice water, 1 tbsp at a time; add vinegar. Toss with a fork until moist and crumbly (do not form a ball).

Press mixture gently into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Roll dough, still covered, to a 12-inch circle. Freeze 10 minutes or until plastic wrap can be easily removed.

Remove 1 sheet of plastic wrap; fit dough into a 9-inch pie plate coated with cooking spray. Remove top sheet of plastic wrap. Fold edges under; flute. Line bottom of dough with a piece of foil; arrange pie weights (or dried beans) on foil. Bake at 375 degrees for 15 minutes or until the edge is lightly browned. Remove pie weights and foil; cool on a wire rack.

To prepare filling, melt 1 tbsp butter in a large nonstick skillet over medium-high heat. Combine ½ cup brown sugar and cinnamon. Add sugar mixture and apples to skillet; cook 5 minutes, stirring occasionally. Remove from heat; stir in 3 tbsp flour and lemon juice. Spoon into prepared crust.

To prepare topping, lightly spoon ¼ cup flour into a dry measuring cup; level with a knife. Combine flour and ¼ cup brown sugar in a bowl; cut in 2 tbsp butter with a pastry blender or 2 knives until mixture resembles coarse meal.

Drizzle syrup over apple mixture; sprinkle topping over syrup. Bake at 375 degrees for 30 minutes or until apples are tender. Cool on a wire rack.

**Yield:** 10 servings (serving size: 1 wedge).

## MINI APPLE PIES RECIPE

### Crust

2 cups all-purpose flour  
1 package rapid rise yeast  
2 tsp sugar  
½ tsp salt  
⅔ cup water  
⅓ cup reduced fat margarine

### Filling

2 medium thinly sliced apples (about 2 cups)  
⅓ cup sugar  
2 tbsp all-purpose flour  
½ tsp ground cinnamon

### Topping

1 egg white  
Additional sugar

**Crust:** In a large bowl, combine 1 cup flour, undissolved yeast, sugar and salt. Heat water and margarine until very warm (120-130 degrees), but not boiling. Stir water and margarine into dry ingredients. Stir in enough additional flour to make soft dough. Knead on lightly floured surface until smooth and elastic (4-6 minutes). Cover and let rest for 10 minutes.

**Filling:** Combine apples, sugar, flour and cinnamon and toss to coat. Set aside.



Divide dough in half. Roll each piece of dough into a 10-inch square and cut into 4 (5-inch) squares. Place about ¼ cup of filling onto the center of each. Bring corners up over filling and pinch to seal. Place pouches on a baking sheet sprayed with nonstick cooking spray. Repeat with remaining dough and filling. Cover pouches and let rise in a warm place for about 20-40 minutes (should almost double in size). Brush egg white onto the top of each pouch and sprinkle with sugar. Bake at 375 degrees for 20-25 minutes or until golden brown. Remove from pan and cool on a wire rack.

# OATY CHOCOLATE BROWNIES

## Ingredients

- 1 cup rolled oats
- ½ cup unsweetened cocoa powder
- 1 ½ tsp baking powder
- ¼ tsp sea salt
- 1 cup packed brown sugar
- ½ cup applesauce
- ⅓ cup canola oil
- ½ cup soymilk
- 1 ½ tsp vanilla extract
- ½ cup chopped pecans
- ⅓ cup dark mini-chocolate chips

## Instructions

Preheat oven to 350 degrees. In a food processor, blend rolled oats until powder fine. Transfer to large bowl and add cocoa powder, baking powder and sea salt, whisk together. In the food processor mix together the brown sugar, applesauce and canola oil.

Add soymilk, vanilla and pulse to blend. Add the wet ingredients to the dry and mix until blended. Stir in the chopped pecans and dark chocolate chips.

Pour the batter into an 8"x8" baking pan and bake for 35 minutes.



## PUMPKIN ROLL

### Ingredients, Roll:

3 eggs  
1 cup sugar  
 $\frac{2}{3}$  cup pumpkin  
1 tsp lemon juice  
 $\frac{3}{4}$  cup flour  
1 tsp baking powder  
2 tsp cinnamon  
1 tsp ginger  
 $\frac{1}{2}$  tsp nutmeg  
 $\frac{1}{2}$  tsp salt

### Ingredients, Filling:

1 cup powdered sugar  
6 oz cream cheese  
4 tbsp butter  
 $\frac{1}{2}$  tsp vanilla

### Instructions

Beat eggs at high speed. Add sugar.

Stir in pumpkin, lemon juice, flour, baking powder, cinnamon, ginger, nutmeg, salt. Grease and flour a cookie sheet or jelly roll pan. Pour in the mix; top with walnut bits.

Bake at 375 degrees for 15 minutes. When done, turn over and roll out on a towel. Let cool. Sprinkle with powdered sugar. Mix filling ingredients in a bowl and beat until smooth. Spread over the cooled roll.

Roll up the cake (jelly roll) and chill.



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Jim Willis  
Director