



# Family Cooking Class Recipes



## Healthy, Fun, Easy, and Homemade Foods

Young People's Healthy Heart Program  
At Mercy Hospital, Valley City, ND

\*Indicates recipes in this handout

**Cheddar Beef Enchiladas\***  
(topped with lettuce and tomatoes)  
**Apple Slices**  
**Fat Free Skim Milk**

**Sweet and Sour Pork Chops\***  
**Brown Rice**  
**Steamed Broccoli**  
**Canned Peaches**  
**Fat Free Skim Milk**

**Quick Baked Fish\***  
**Potato Wedges\***  
**Green Beans**  
**Mixed Fruit**  
**Fat Free Skim Milk**

**Pasta Fagioli Soup\***  
**Whole Wheat Roll**  
**Romaine Salad**  
**Fat Free Skim Milk**

**Turkey Ham Calzone\***  
**Baby Carrots**  
**Sliced Kiwi**  
**Fat Free Skim Milk**

**Trumbull House Pancakes\***  
**Fresh Berries**  
**Yogurt**  
**Fat Free Skim Milk**

**Hawaiian Chicken Wrap\***  
**Fruit Parfait\***  
**Fat Free Skim Milk**

**Hash Brown Quiche\***  
**Refrigerator Bran Muffins\***  
**Sliced Oranges**  
**Fat Free Skim Milk**

**Chicken Pasta Primavera\***  
**Spinach Salad**  
**Fat Free Skim Milk**



**No Fuss Potato Soup\***  
**Whole Wheat Crackers**  
**Low Fat Cheese Slices**  
**Fast and Easy Fruit Salad\***  
**Fat Free Skim Milk**



## Cheddar Beef Enchiladas

### Ingredients:

1 pound 93% lean ground beef

½ cup water

1 Tbsp. Homemade Taco Seasoning (see recipe below, start with 1 Tbsp. per pound, add more if you like)

2 cups cooked brown rice

1 16 oz. jar Newman's Own Salsa

2 cups Reduced Fat Cheddar Cheese

1 can Healthy Request Cream of Chicken Soup

10 (8-inch) flour tortillas

### Directions:

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in homemade taco seasoning and water. Bring to a boil Reduce heat; simmer, uncovered, for 5 minutes. Stir in rice. Cook and stir until liquid is evaporated. Spread about ¼ cup of beef mixture and 1 tablespoon cheese down the center of each tortilla; roll up. Place seam side down in two greased 9" X 13" pans.

Combine salsa and soup; pour down the center of enchiladas. Sprinkle with remaining cheese. Bake one casserole, uncovered, at 350 degrees for 20-25 minutes or until heated through and cheese is melted. Cover and freeze remaining casserole for up to 3 months.

You may want to top each enchilada with shredded lettuce and diced fresh tomatoes.

\*Could also add black beans to each enchilada before baking.

Serves 10. Serving size: 1 Enchilada

Nutrition Information per Serving: 350 calories, 13.6 g fat, 6 g sat. fat, 665 mg sodium

Cost Analysis: \$16.37 total cost                      \$1.64/ serving

## Homemade Taco Seasoning

### Ingredients:

4 tsp. dried minced onion

3 tsp. chili powder

1 tsp. cornstarch

1 tsp. garlic powder

1 tsp. ground cumin

½ tsp. dried oregano



### Directions:

In a small bowl combine all of the ingredients. Store in an airtight container in a cool, dry place for up to 1 year.

## Sweet and Sour Pork Chops

### Ingredients:

5 pork chops, trimmed  
¼ cup brown sugar  
1 tsp. ground ginger  
2 Tbsp. low sodium soy sauce  
¼ cup ketchup  
½ tsp. minced garlic  
¼ tsp. pepper



### Directions:

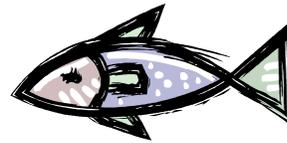
Place the pork chops in a slow-cooker. Combine remaining ingredients and pour over chops. Cook on low for 6 hours. Serves 5. Serving size: 1 pork chop

Nutrition Information per Serving: 230 calories, 7 g fat, 2.5 g sat. fat, 420 g sodium  
Cost Analysis: \$6.75 total cost. \$1.35 / serving

## Quick Baked Fish

### Ingredients:

1 lb. fish fillets (e.g. Walleye, Northern or Cod)  
½ cup crushed corn flakes



### Directions:

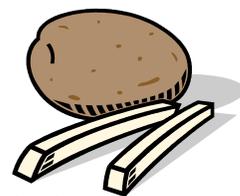
Preheat oven to 450°. Cover a 10x15-inch pan with tinfoil and spray with nonstick spray. Rinse fish well under cold water. Dip fish in crushed corn flakes. Lay on tinfoil. Sprinkle with paprika if desired. Bake fresh or thawed fish, 10 minutes for each inch of thickness, or until done (flakes with a fork). Serves 4. Serving size: 3 ½ ounces

Nutrition Information per Serving: 271 calories, 5 g fat, 75 mg sodium  
Cost Analysis: \$10.03 total cost (made with walleye) \$2.50 / serving  
\$ 6.41 total cost (made with cod) \$1.60 / serving

## Potato Wedges

### Ingredients:

4 medium potatoes  
Salt free seasoning  
Nonstick spray



### Directions:

Preheat oven to 475°. Scrub potatoes but don't peel. Cut into half-inch slices or strips. Cover a 10x15-inch pan with tinfoil and spray with nonstick spray. Arrange potato slices in a single layer on prepared pan and lightly spray slices with nonstick spray and sprinkle with seasonings (optional). Bake for 30 minutes, or until golden brown, turning potatoes every 10 minutes. Serves 4. Serving size: ¼ recipe

Nutrition Information per Serving: 185 calories, 1 g fat, 4 g fiber  
Cost Analysis: \$ .51 total cost \$ .12 / serving

## Pasta Fagioli Soup



### Ingredients:

1 lb. 93% lean ground beef, browned	2 (14 ½ oz.) cans diced tomatoes
1 lg. carrot, julienned (1 cup)	1 Tbsp. vinegar
2 cloves garlic, minced	1 tsp. oregano
1 onion, chopped	½ tsp. pepper
1 cup celery, chopped	1 tsp. basil
1 (15 oz.) can low sodium kidney beans	½ tsp. thyme
2 (8 oz.) cans No Salt Added tomato sauce	1 cup water
1 (15 oz.) can Great Northern beans	1 cup small shell pasta (dry)
2 (5.5 oz) cans low sodium V8 juice	

### Directions:

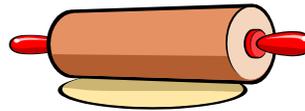
Brown hamburger. Add onion, carrot, celery and garlic and sauté 10 minutes. Add remaining ingredients, except pasta, and simmer for 1 hour. About 50 minutes into simmer time, cook the pasta; add to soup. Cook another 10 minutes. Tastes just like Olive Garden's Pasta Fagioli! Serves 11. Serving size: 1 cup

Nutrition Information per Serving: 228 calories, 4 g fat, 370 mg sodium, 7 g fiber  
Cost Analysis: \$13.67 total cost            \$1.24 / serving

## Turkey Ham Calzone

### Crust:

1 lb. frozen whole wheat bread dough, thawed (takes about 5 hours) and at room temperature  
¼ cup pizza sauce  
½ tsp. garlic powder  
¼ tsp. Italian seasoning



### Filling:

½ lb. sliced turkey ham  
½ cup drained pineapple chunks (unsweetened)  
4 oz. shredded mozzarella cheese

### Directions:

Preheat oven to 425 degrees. Roll dough into 10-inch by 14-inch rectangle and place on baking sheet that has been sprayed with non-stick coating. Spread pizza sauce on half of the dough, then sprinkle with garlic powder and Italian seasoning. Top with filling ingredients. Fold dough over and press edges together to seal in filling. Bake for 20 minutes.

Yield: 8 slices    Serving Size: 1 slice

Nutrition Information per Serving: 225 calories, 6 g fat, 640 mg sodium  
Cost Analysis: \$4.33 total cost            \$. 54 / serving

## Trumbull House Pancakes

### Combine:

1 ¼ c. 100% white whole wheat flour  
2 tsp. baking powder  
2 Tbsp. sugar  
¼ tsp. salt

### In Another Bowl, Combine:

1 egg  
½ c. buttermilk  
½ c. skim milk  
Using 1/3 cup measure, fill half with canola oil and half with buttermilk.



Mix dry and wet ingredients VERY gently and let sit for 1 to 2 minutes until puffed-up. Gently spoon onto hot griddle, and cook until golden on both sides. Makes 6 large pancakes.  
Serving Size: 2 pancakes

Nutrition Information for 1 pancake: 204 calories, 8 g fat, 0.8 g sat. fat, 309 mg sodium, 3 g fiber  
Cost Analysis: \$ .95 total cost \$ .16 / pancake  
\$ .58 / pancake when topped with ½ cup frozen strawberries, thawed

## Hawaiian Chicken Wrap

(Taken from “Recipes for Healthy Kids Cookbook for Homes” from TeamNutrition.usda.gov)

### Ingredients:

¼ cup light mayonnaise  
1/8 cup white vinegar  
¼ cup sugar  
1 tsp. poppy seeds  
1 ½ tsp. garlic powder  
1 ½ tsp. onion powder  
6 whole wheat tortillas, 10”



2 cups fresh broccoli florets, cut small  
1 ½ cups carrots, peeled, shredded  
¼ cup canned crushed pineapple, in 100% juice, drained  
1 cup fresh baby spinach, chopped  
3 cups cooked, diced chicken, ½ “ pieces (12 oz.)  
1 ½ tsp. chili powder

### Directions:

In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.  
Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.  
For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.  
Suggestion: Filling may be made up to one day in advance. Assemble wraps when ready to serve. Makes 6 wraps. Serving Size: 1 wrap

Nutrition Information per Serving: 308 calories, 6 g fat, 2 g sat. fat, 408 mg sodium, 5 g fiber  
Cost Analysis: \$12.32 total cost \$2.06 / serving

## Fruit Parfait



### Ingredients:

2 cups pineapple tidbits or chopped fresh pineapple  
1 cup frozen raspberries, thawed  
1 cup low fat vanilla yogurt  
1 firm, medium banana, peeled and sliced  
½ cup granola cereal

### Directions:

In dessert dishes or tall sundae glasses, layer the pineapple, raspberries and yogurt. Sprinkle the top with granola cereal. Makes 4 servings.

Nutrition Information per Serving: 202 calories, 1.5 g fat, 69 mg sodium, 4.5 g fiber  
Cost Analysis: \$6.55 total cost                      \$1.64 / serving

## Hash Brown Quiche

### Ingredients:

½ cup chopped onion	1 cup grated Reduced Fat Cheddar Cheese
½ cup green pepper	5 cups shredded hash brown potatoes, thawed
2 cups 95% lean Italian sausage	½ tsp. pepper
12 eggs	
1 cup skim milk	



### Directions:

Brown sausage and add onion and green pepper. Beat eggs and milk in large bowl. Add remaining ingredients and pour into 9x13 pan sprayed with nonstick spray. Bake at 350° for 45 minutes or until knife inserted in center comes out clean.

Serves 8.

Nutrition Information per Serving: 298 calories, 14 g fat, 5.7 g sat. fat, 487 mg sodium  
Cost Analysis: \$10.44 total cost                      \$1.74 / serving

\*This is available by special order at Leavers SuperValu. It costs approximately \$3.69/lb.

## Refrigerator Bran Muffins

### Ingredients:

2 c. boiling water  
2 c. All Bran®  
1 c. oil  
2 c. sugar  
4 eggs



1 qt. buttermilk, OR ¼ c. vinegar  
mixed with 3 ¾ c. skim milk  
5 c. all-purpose flour  
5 tsp. baking soda  
1 ½ tsp. salt  
4 c. Bran Flakes® or Raisin Bran®

### Directions:

Pour hot water over the 2 cups of All Bran®. Let set a few minutes. Add the oil, sugar, eggs and buttermilk or sour milk. Stir. Sift flour with the baking soda and salt. Fold into first mixture. Add the 4 cups bran flakes. Fold until mixed. Add raisins or dates, if desired. This can be stored in the refrigerator for up to 6 to 8 weeks. Bake at 400° for 15 to 20 minutes.

Serves: 4 to 5 dozen      Serving Size: 1 muffin

Nutrition Information per Serving: 124 calories, 4 g fat, 211 mg sodium, 1 g fiber

Cost Analysis: \$5.82 total cost      \$ .11 / serving

## Chicken Pasta Primavera

### Ingredients:

1 (16 oz) bag or 4 cups Italian Blend or California Blend frozen vegetables  
(Or 1 cup each of fresh broccoli florets, sliced carrots, sliced mushrooms and chopped red pepper)  
4 oz. dry penne pasta, cooked  
10 oz. raw chicken breasts, cut in chunks and sautéed in olive oil

### Sauce:

1 Tbsp. each flour      1 tsp. oregano  
1 Tbsp. margarine      1/8 tsp. black pepper  
1 cup skim milk      2 Tbsp. Parmesan cheese  
1 tsp. each basil



### Directions:

Steam vegetables in a saucepan or in the microwave until tender but crisp. Meanwhile, cook pasta according to the package directions. In a small saucepan, melt margarine; blend in flour. Gradually stir in milk and seasoning. (Do not add cheese at this time.) Cook over medium heat, stirring constantly, until sauce thickens. Remove from heat and stir in cheese. Mix cooked chicken with vegetables and pour sauce over the top. Drain pasta and add to the vegetables, chicken and sauce, mixing together.

Makes 3 servings. Serving size: 2 cups

Nutrition Information per Serving: 376 calories, 7.5 g fat, 227 mg sodium, 3 g fiber

Cost Analysis: \$5.56 total cost      \$1.85 / serving

## No Fuss Potato Soup

### Ingredients:

6 cups potatoes, cubed  
5 cups water  
¼ cup onion, diced  
½ cup carrots, thinly sliced  
¼ cup margarine, melted



4 tsp. low sodium chicken bouillon granules  
¼ tsp. pepper  
1 can fat free evaporated milk  
3 Tbsp. parsley  
½ tsp. salt

### Directions:

Wash and cut potatoes, onions and carrots. Combine all ingredients except evaporated milk and parsley in large crock pot. Cook on high for 7 hours. Add evaporated milk and parsley 30 minutes before serving or until heated through.

Serves 9. Serving Size: 1 cup

Nutrition Information per Serving: 198 calories, 5 g fat, 268 mg sodium, 3 g fiber

Cost Analysis: \$3.25 total cost                      \$ .36 / serving

You may also want to add cooked 95% lean Italian sausage to this soup just before serving and omit the salt. If you add 1 pound of cooked sausage to the soup each serving would have approximately 397 mg of sodium.