



# Healthy Holidays 2017



**Happy holidays!** And thank you to all those in our UT System family who contributed your favorite recipes to the 2017 Holiday Cookbook. We hope you enjoy what others have shared and keep the cooking traditions alive in your own family.

We believe in the importance of healthy, nutrient-rich foods, but also in balance and enjoying your favorite foods, especially when it comes to Holiday traditions. However, many of these recipes can be made healthier by substituting different ingredients or just reducing portion sizes. We have some substitution suggestions on the following page.

Here's a holiday tip from Naturally Slim's president and lead instructor, Marcia Upson:

*"When attending holiday parties, don't fill up on health foods before arriving at the party in hopes of avoiding holiday treats. Instead, allow yourself to get hungry, then focus in on 3-4 of your favorite foods. Enjoy them! Just don't eat past the point of comfort."*

Try them out and let us know what you think!

**LIVING WELL: MAKE IT A PRIORITY**

THE UT SYSTEM OFFICE OF EMPLOYEE BENEFITS

Share more of your favorites and let us know what you think of the UT System Family Cookbook: [www.facebook.com/utbenefits](https://www.facebook.com/utbenefits) | [livingwell@utsystem.edu](mailto:livingwell@utsystem.edu)



# Healthy Tips

Perhaps not every recipe will meet your personal standards for a healthy holiday meal. Fear not! With these simple substitutions, you can have your favorites, and be healthy too! Changing the recipe may take some trial and error, but here are some of our 'Living Well' tricks:

## Trying to reduce your calorie intake?

1. **Make smaller portions.** This works for any recipe! If you don't want to change a thing about the recipe ingredients, just serve and eat smaller portions of it.
2. **Reduce the sugar.** You can add spices such as cinnamon, nutmeg, allspice, or flavors such as vanilla or almond extract to boost the sweet flavor.
3. **Choose lower fat cuts of meat** like bison, turkey, or chicken.
4. **Replace canned fruit in syrup** with canned fruit in its own juices or fresh fruit.
5. **In baked goods, reduce the fat** (oil or butter) by half and use pureed fruit for the other half, such as applesauce, banana, or pumpkin.

## Want to increase nutrients?

1. Use cooked turnip or cauliflower mash in place of mashed potatoes.
2. Use zucchini ribbons (using a potato peeler on raw zucchini) or spaghetti squash in place of pasta.
3. Grate steamed cauliflower or use quinoa in place of white rice.
4. Get creative and add extra vegetables or beans to stews, sauces, ground meat dishes, casseroles, sandwiches, pizzas, etc.
5. Whole wheat flour can be used for half of the all-purpose flour in baked goods.

## Watching your sodium?

1. Don't forget about the added sodium that often comes along in canned vegetables and soups. Try to find a low sodium or unsalted version.
2. Spice blends often contain salt, so if yours do, you may not want to add salt after using those.
3. Use hot mustard or low-sodium soy sauce in place of regular soy sauce.

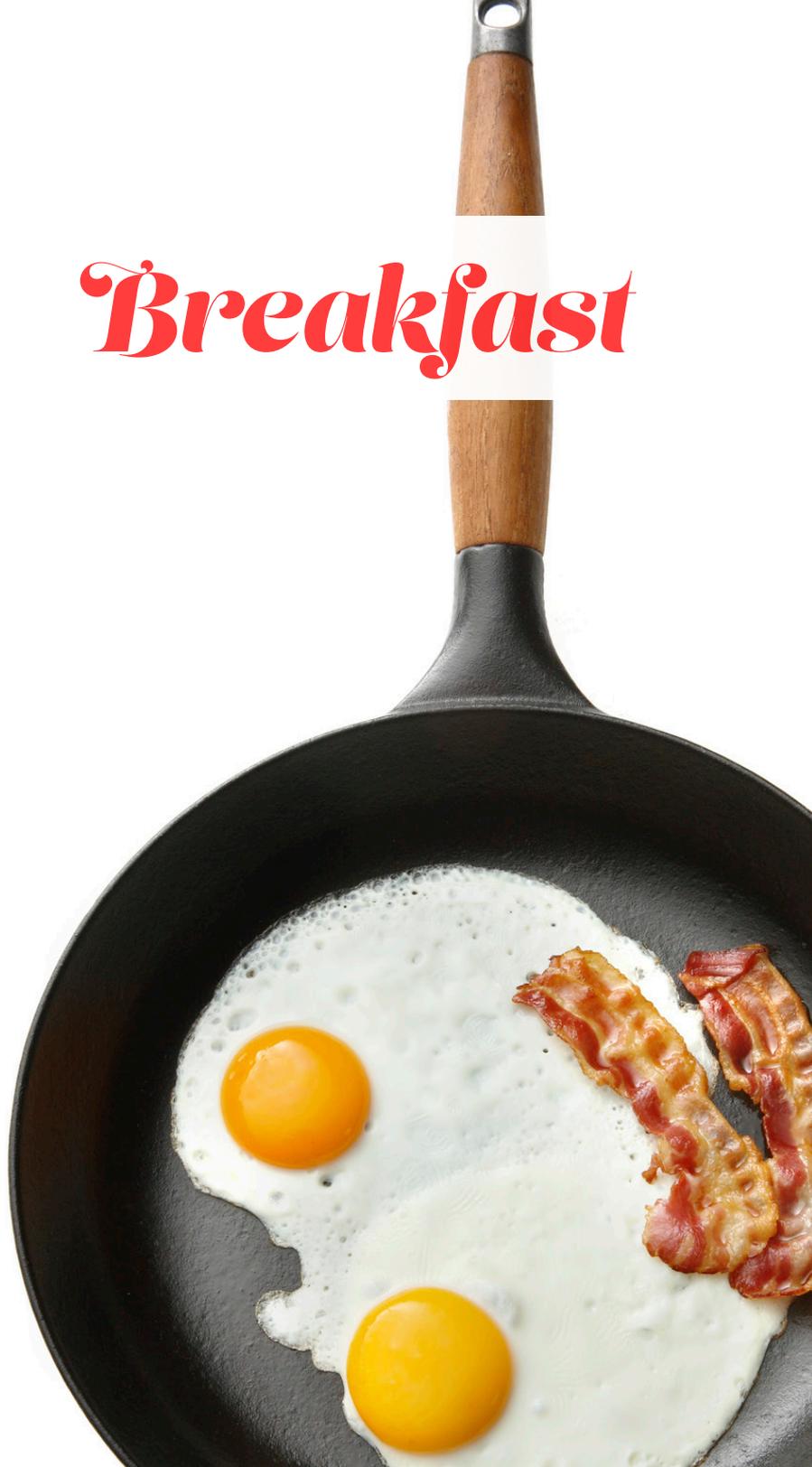


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# *Breakfast*



# “Crack of Dawn” Pancakes

Submitted by Barb Lipari

UTHealth at Houston

*When we have sleepovers at our home with our two little granddaughters (Adriana (8) and Alessandra (6)), they always get up very early, no matter how much we ask them to sleep in past the ‘crack of dawn’. They still get up early and they wake up HUNGRY. So, being the good nana and papa that we are, we make their favorite breakfast... PANCAKES with maple syrup. Here is my famous (and secret) recipe. It’s easy and simple which is the best kind of recipe to prepare so early in the morning. The girls love helping me mix the batter and take turns cracking the eggs. Their little cousin, Dean, also enjoys helping in the kitchen AND eating the pancakes! We hope you enjoy our “CRACK OF DAWN” pancakes as much as we do!*

## INGREDIENTS

- 2 cups Original Bisquick Baking Mix
- 3 tbsp. sugar
- 2 tsp. baking powder
- 1 cup milk
- 2 tbsp. vegetable oil
- 2 eggs
- 1 tsp. vanilla

## NUTRITION

- Yield: Serves 12**
- Calories: 105
- Fat: 0.9g
- Carbs: 2.5g
- Protein: 1.7g
- Sodium: 21.1mg
- Sugar: 1.7g

## DIRECTIONS

1. Brush griddle or skillet with vegetable oil, or spray with cooking spray. Heat griddle to 350°F, or heat skillet over medium-low heat.
2. In medium bowl, stir all ingredients with whisk until blended. (EASY!)
3. For each pancake, pour slightly less than ¼ cup batter onto the hot griddle. Cook about 30 seconds or until edges are dry. Turn; cook other side until golden brown. ENJOY!

# Fruity Oatmeal

Submitted by Nancy Kauffman  
UT Southwestern Medical Center

*When I was visiting South Africa, an Australian colleague introduced me to the idea of using yogurt rather than milk in my oatmeal.*

## INGREDIENTS

1 cup water  
½ cup *Quaker Oats Quick 1 Minute*  
Blueberries, rinsed (or fruit of your choice – okay to use more than one fruit)  
Golden Raisins  
Chopped Walnuts  
*DanActive* yogurt (or your favorite yogurt)

## NUTRITION

**Yield: Serves 1**  
Calories: 446  
Fat: 11g  
Carbs: 63g  
Protein: 22g  
Sodium: 183mg  
Sugar: 30g

## DIRECTIONS

1. Put 1 cup of water into small saucepan and add oatmeal. Heat on high, stirring occasionally. Takes about 1 minute.
2. While oatmeal is cooking, put fruit and nuts into a bowl.
3. Add cooked oatmeal (it will hydrate the raisins). Add *Dan Active*, and stir. Enjoy!

# Frittata Muffin

Submitted by Connie L Gillespie

UT Arlington

*Recipe came from my sister, Susan.*

## INGREDIENTS

- 15 beaten eggs
- 1 cup of milk
- 2 cups of cheese (I have used Mozzarella, cheddar, Monterey Jack, and Pepper Jack)
- 6 slices of bacon, chopped (I cut them with kitchen scissors)
- 1 bell pepper (I use red for sweetness and color)
- Onions and/or jalapeños, optional
- 10 ounces of fresh spinach (I have used kale also, you just need to chop it up) In fact, my family prefers that I chop the fresh spinach a little bit as well.

## NUTRITION

- Yield: Serves 24**
- Calories: 150
  - Fat: 10g
  - Carbs: 2g
  - Protein: 12g
  - Sodium: 216mg
  - Sugar: 1g

## DIRECTIONS

1. In a deep sauce pan fry the chopped bacon. When the bacon is fairly crispy, add the chopped bell peppers (and onions or jalapeños) to the bacon and cook until starting to soften. Then add the spinach (or kale) to the pan, cover and let the leaves wilt as you stir occasionally. Set aside to cool. If you add this hot mixture to the egg mixture, it will cook the eggs.
2. In a large bowl, beat the eggs, stir in the milk, and then stir in the grated cheese. Add the bacon and veggie mixture making sure that it is not too hot for the egg mixture.
3. I use non-stick muffin tins and I spray generously with cooking spray.
4. Divide the mixture in the 24 cups and bake for 22 minutes. That is perfect for my oven. Check yours.
5. I place them in a container and store them in the refrigerator. I pull out two each morning, add "root" veggies to my plate, and heat in the microwave for 1 minute.

# *Appetizers*



# High Fiber Chex Christmas Crunch

Submitted by Lori Heydon  
UT MD Anderson Cancer Center

*Not sure where I got this, may have been a magazine but we have been making this for years at Christmas time as one of our appetizers. Kids love it!*

## INGREDIENTS

2 cups crisp wheat cereal squares  
2 cups crisp rice cereal squares  
2 cups crisp corn cereal squares  
2 cups oat cereal squares  
2 cups flaked coconut  
1 cup slivered almonds  
1 cup pecan pieces  
1 cup sweetened, dried cranberries  
½ cup butter  
1 cup honey

## NUTRITION

**Yield: Serves 28**  
Calories: 224  
Fat: 14g  
Carbs: 24g  
Protein: 3.75g  
Sodium: 91mg  
Sugar: 9g

## DIRECTIONS

1. Line 2 large shallow rimmed baking sheets with aluminum foil or parchment paper or spray well with a cooking spray.
2. Layer half of cereal, coconut, nuts and cranberries in each pan.
3. Gently mix with hands.
4. Melt butter in a glass measuring cup or bowl.
5. Add honey to melted butter and whisk to combine.
6. Drizzle ½ of mixture over each pan of cereal mixture and gently stir with spoon or spatula to coat.
7. Bake at 325°F for 30 – 35 minutes, stirring every 10 minutes, until coconut starts to get toasty looking.
8. Cool pans of crunch mix and when cool, break apart large pieces.
9. Makes about 14 cups.

# Healthy Buffalo Chicken Dip

Submitted by Hilary DeFelice

UT MD Anderson Cancer Center

*I developed a love for buffalo chicken dip in college during fall and football games. I was skeptical to try this because the "unhealthy" version is soo good. However, I LOVE this just as much and it's more versatile paired with vegetables or pita chips!*

## INGREDIENTS

- 8 oz plain hummus (I used Fountain of Health)
- ½ cup hot sauce (I used Frank's Buffalo)
- 1 ½ cloves garlic
- 1-2 Tbsp. minced fresh parsley OR ½ tbsp. dried parsley
- ½ cup shredded mozzarella (save part for topping)
- 1 14 oz can chickpeas, drained and rinsed well
- 2 12.5 oz cans of chicken breast

## NUTRITION

- Yield: Serves 8**
- Calories: 195
- Fat: 4.2g
- Carbs: 13.1g
- Protein: 25.5g
- Sodium: 548mg
- Sugar: 2.4g

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Add hummus, hot sauce, garlic, parsley and cheese to a food processor, and blend until smooth.
3. Pulse in chickpeas until the mixture is chunky and the chick peas have broken down a little to give it some texture.
4. Add 2 cans of chicken breast and pulse 4 - 5 times, making sure it still stays somewhat chunky.

# Healthy Fiesta Dip

Submitted by Hillary Green

UT Arlington

*I tried the unhealthy version of this at a party and scoured the internet for the right recipe. Eventually I combined a couple of different recipes into this tasty concoction.*

## INGREDIENTS

- 1 packet ranch dip
- 10 oz. can Rotel (drain excess liquid)
- 16 oz. greek yogurt
- 1 cob of corn
- 1 cup low-fat shredded cheddar cheese

## NUTRITION

**Yield: Serves 7**

Calories: 94

Fat: 4g

Carbs: 4g

Protein: 10g

Sodium: 277mg

Sugar: 3g

## DIRECTIONS

1. Cut corn from cob. Heat 1tbsp. of olive oil in pan on medium-heat until hot.
2. Roast corn in single-layer until slightly browned, 2-3 minutes.
3. Stir, cooking for another minute or so.
4. Mix corn and all other ingredients in a medium sized bowl.
5. Chill in fridge for at least one hour to let flavors meld.
6. Serve! Enjoy with your favorite tortilla chips or veggies.

# Stuffed Mushrooms

Submitted by Ann Bruce

UT Southwestern Medical Center

*I got this recipe from my husband's co-worker's wife...no I don't know her name. I've used this recipe for 20 years, can it just be mine? :-)*

## INGREDIENTS

24 middle-sized Button Mushrooms  
1 small bag of Turkey Bacon Bits  
2 heaping tbsp. Light Mayo  
½ cup of Sharp Shredded Cheddar

## NUTRITION

**Yield: Serves 12**  
Calories: 55  
Fat: 3.7g  
Carbs: 1.3g  
Protein: 5g  
Sodium: 158mg  
Sugar: 0.6g

## DIRECTIONS

1. Stem and brush off mushrooms
2. Chop stems
3. Add remaining ingredients with chopped stems
4. Stuff mushroom caps
5. Broil until tops are melted and bubbly
6. Serve warm

# Holiday Cheese Ball

Submitted by Jill Townsend

UT Arlington

*Small town favorite for over 50 years.*

## INGREDIENTS

- 2- 8 oz pkgs cream cheese, softened
- 1 small can crushed pineapple, drained well
- ¼ cup finely chopped green bell pepper
- 2 tbps finely chopped white onion
- 1 tbps *Lawry's* seasoned salt
- 2 cups chopped pecans, plus extra

## NUTRITION

**Yield: Serves 27**

Calories: 98

Fat: 9g

Carbs: 3g

Protein: 2g

Sodium: 99mg

Sugar: 0g

## DIRECTIONS

1. In a mixing bowl combine softened cream cheese, pineapple, bell pepper, onion, and seasoned salt. Mix well. Add one cup chopped pecans.
2. Once all is mixed well, form into a ball. Spread out remaining chopped pecans on waxed paper and roll cheese ball in pecans until covered. You may make one large cheese ball or mini cheese balls or even a log. The choice is yours!
3. Chill at least 2 hours.
4. Serve with your favorite crackers.

# Healthy Spinach Dip

Submitted by Lisa Moseley

UT Austin

*I found this recipe on the SkinnyTaste website a few years ago and I love it! It's a lighter version of spinach dip.*

## INGREDIENTS

10 oz. frozen chopped spinach, thawed and excess liquid squeezed out.  
½ cup light sour cream  
5 tbsp light mayonnaise  
⅓ cup parmigiana reggiano  
¼ cup scallions, chopped  
1 and ½ clove of garlic, crushed  
1 cup (4 oz) shredded part-skim mozzarella cheese  
fresh pepper to taste

## NUTRITION

**Yield: Serves 10**  
Calories: 95  
Fat: 6g  
Carbs: 3.5g  
Protein: 5.5g  
Sodium: 181.5mg  
Sugar: 0.5g

## DIRECTIONS

1. Preheat oven to 375°F.
2. Combine all the ingredients in a medium bowl.
3. Place in an oven-proof dish and bake at 375°F for 20 to 25 minutes, until hot and cheese is melted.
4. Serve hot.

# Jalapeño Bacon Wraps

Submitted by Carlotta Hamilton

UT Austin

*Our family has been doing this recipe for about 5 years now. But we first encountered it on the Cooking Channel and I saw it on YouTube.*

## INGREDIENTS

10 jalapeños  
1 box of Philadelphia Cream cheese  
1 lb. of bacon  
*Dirty Swamp Creole All Seasoning*  
Roasting pan  
Plastic gloves

## NUTRITION

**Yield: Serves 10**  
Calories: 114  
Fat: 8g  
Carbs: 4g  
Protein: 4g  
Sodium: 0mg  
Sugar: 0g

## DIRECTIONS

1. First, you will need to put on your plastic gloves for protection. Against any cut or scrapes that the jalapeños can get into.
2. Then, use your spoon to get out the seeds and membrane inside the jalapeños, so your guest will not shoot to the moon.
3. After you have hollowed out the jalapeños, put in a spoonful of Philadelphia cream cheese and spread into the crevices of the halved jalapeños.
4. Sprinkle the *Dirty Swamp Creole All Seasoning* on all of the jalapeños.
5. Wrap a piece of bacon around each jalapeño half, (some stripes may need to be cut again so all jalapeños are covered).
6. Preheat your oven 250°F (remember low and steady always wins the race) and put your bacon wraps in your roasting pan an ½ inch apart in the oven for 1 ½ or until the bacon is golden brown.
7. There you have it, fabulous mouth-watering Bacon Jalapeño wraps for your family and guest to enjoy!



# *Side Dishes*

# Brown Rice and Black Bean Mardi

Submitted by Nancy Czarowiz

UT Arlington

*Just like. I half it for my husband and I and it still makes enough for leftovers and he's a big eater.*

## INGREDIENTS

- 2 ¼ cup instant brown rice
- 1 ¾ cup boiling water
- 2 (15 oz.) cans cooked black beans or pinto beans, do not drain
- 2 tbsp. olive oil
- 1 lg. onion, chopped
- 3 lg. cloves garlic, chopped
- 1 med. green pepper, chopped
- ½ tsp. ground cumin
- 1 ½ cup salsa (I use Walmart's black bean and white corn salsa)

## NUTRITION

**Yield: Serves 8**

Calories: 199

Fat: 4.6g

Carbs: 34.5g

Protein: 5.8g

Sodium: 364mg

Sugar: 2.7g

## DIRECTIONS

1. Cook rice in water per instructions on the box and set aside.
2. In a large frying pan, sauté onion, garlic and green pepper in olive oil.
3. Add rice, beans, cumin and salsa and simmer about 20 minutes.

# Easy Cranberry Salsa

Submitted by Peggy Langgle

UT Dallas

*We have made this recipe for years. A friend told me about a cranberry sauce recipe with cut up oranges in it - that still had the rinds on them! That did not sound good, but I thought mandarin oranges would be great - and so the recipe was born. It compliments any meat, at any time of the year.*

## INGREDIENTS

2 cans Whole Berry cranberry sauce

2-3 cans mandarin oranges

1 cup (or more) chopped pecans

## NUTRITION

**Yield: Serves 24**

Calories: 5

Fat: 0g

Carbs: 1g

Protein: 0g

Sodium: 0mg

Sugar: 1g

## DIRECTIONS

1. Open the cans of cranberry sauce. Put them in a bowl.
2. Open the cans of mandarin oranges. Drain the oranges and add them to the cranberry sauce.
3. Add the pecans to the oranges and cranberry sauce. Stir.
4. Put in a serving bowl and serve.

# Sweet Potato Bites

Submitted by Beth Darby

UT Austin

*Recipe from a cookbook that has been altered to taste over time :)*

## INGREDIENTS

- 1 tsp. chili flakes
- 2 cloves garlic
- 1 lime
- 1 sweet potato
- 2 tsp. paprika
- 1 tsp. *Tony Chachere* seasoning
- 3 tbsp. olive oil
- 1 tsp. cumin

## NUTRITION

- Yield: Serves 4**  
Calories: 154  
Fat: 12g  
Carbs: 10g  
Protein: 2g  
Sodium: 127mg  
Sugar: 1g

## DIRECTIONS

1. Preheat oven to 375°F.
2. Mix together everything but potato.
3. Cut potato into 1-inch cubes.
4. Mix potato with everything else.
5. Place on cookie sheet.
6. Roast in oven for 20 minutes (turn over at 10 min).

# Potato Casserole

Submitted by Brenda Hood  
UT Southwestern Medical Center

*This recipe is from my co-worker, Dorothy Prine, from Republic National Bank.*

## INGREDIENTS

Frozen Hashbrown Potatoes  
Shredded Cheddar Cheese  
Fat Free Sour Cream  
1 can Cream of Chicken Soup  
1 ½ sticks of Butter  
minced Onion  
Salt and pepper to taste  
4 cups crushed Corn Flakes

## NUTRITION

**Yield: Serves 30**  
Calories: 109  
Fat: 7.4g  
Carbs: 0g  
Protein: 3.5g  
Sodium: 195mg  
Sugar: 1.2g

## DIRECTIONS

1. Stir in hashbrown potatoes, sour cream, cream of chicken, shredded Cheddar Cheese, onions, ½ stick melted butter, salt and pepper to taste.
2. Spread into 9" x 12" baking dish, cook in a 350°F degree oven for 30 minutes.
3. Mix 1 stick of melted butter into 4 cups crushed corn flakes
4. Spread on top of potato mixture and return to oven to cook another 20 minutes, on 350°F.

# Roasted Vegetables Gremolata

Submitted by Sarah Sandle  
UT Southwestern Medical Center

*I made this recipe from Bon Appetit about 10 years ago and it has been requested for Thanksgiving ever since. You can use any vegetables that you want that have a similar roasting time.*

## INGREDIENTS

- 1 lb. medium carrots, peeled, halved lengthwise, then crosswise
- 1 lb. medium parsnips, peeled, cut in half lengthwise, then crosswise
- 1 lb. turnips, peeled, halved, cut into 1-inch-thick wedges
- 1 ¼ lbs. brussels sprouts, trimmed, halved
- 6 tbsps. olive oil, divided
- ¾ cup pecans
- ¼ cup grated Parmesan cheese (about 1 oz.)
- ¼ cup finely chopped fresh parsley
- 2 tbsps. fresh lemon juice, divided
- 1 tbsp. finely grated lemon peel
- 1 small garlic clove, minced

## NUTRITION

**Yield: Serves 8**  
Calories: 282  
Fat: 18g  
Carbs: 28g  
Protein: 6g  
Sodium: 151mg  
Sugar: 0g

## DIRECTIONS

1. Preheat oven to 425°F.
2. Toss carrots, parsnips, turnips, and brussels sprouts in large bowl with 3 tablespoons oil.
3. Transfer to rimmed baking sheet; sprinkle with salt and pepper. Roast until vegetables are tender, tossing often, about 1 hour.
4. Transfer vegetables to large platter; cool.
5. Using on/off turns, chop pecans in processor until coarsely ground. Transfer ground pecans to small bowl; stir in grated cheese, parsley, 1 tablespoon lemon juice, lemon peel, garlic, and 1 tablespoon oil. Season gremolata to taste with salt.
6. Drizzle vegetables with remaining 2 tablespoons oil and remaining 1 tablespoon lemon juice.
7. Sprinkle gremolata over vegetables just before serving.

# Cloverleaf Rolls

Submitted by Angela Hiefner  
UT Southwestern Medical Center

*These rolls have been a family favorite for as long as I can remember. My grandmother makes them at every holiday, especially at Thanksgiving. They are excellent on their own as a side to the family meal, but also delicious for making sandwiches out of Thanksgiving leftovers!*

## INGREDIENTS

**¼ cup warm water (110-115 degrees)**  
**1 package active dry yeast**  
**¾ cup milk**  
**¼ cup sugar**  
**1 teaspoon salt**  
**1 egg**  
**¼ cup soft shortening**  
**3(½) to 3(¾) cups “better for bread” flour**

## NUTRITION

**Yield: Serves 18**  
Calories: 136  
Fat: 3g  
Carbs: 22g  
Protein: 4g  
Sodium: 10mg  
Sugar: 4g

## DIRECTIONS

1. Combine warm water and a pinch of sugar, then add yeast.
2. Scald milk, then cool, to destroy enzymes that make the dough sticky and hard to handle.
3. In a separate bowl, combine sugar and salt. Add milk and stir. Add shortening, then egg and whisk together.
4. Check temperature of milk mixture to make sure it isn't too hot, add yeast and stir to combine (milk mixture should be lukewarm to make sure it doesn't kill the yeast).
5. Add 2 cups flour and combine. Add remaining flour in small amount until dough is ready to knead.
6. Knead until dough is smooth and elastic.
7. Scrape work area frequently to reduce the amount of flour needed (more flour makes tougher bread).
8. Grease container or bowl for dough to rise. Place dough in bowl and turn over to grease both sides. Cover and mark outside of bowl with tape to see when it has doubled (the dough has risen enough when it doesn't fill back in when poked).
9. Punch down and let double again.
10. Grease muffin pan with Crisco (light pans are better).
11. Form dough into small balls and place three in each muffin cup (should fit comfortably, not squished, to allow for room to rise without overflowing).
12. Cover pan with a thin, damp towel to rise until doubled in size.
13. Bake at 375 degrees for about 14 minutes, rotating the pan halfway through for even baking. Rolls should be golden brown.
14. Brush rolls with butter or margarine (not melted).
15. Cool on wire rack.

# Spiced-Pecan Roasted Sweet Potatoes

Submitted by Malva Burrahm

UT Health San Antonio

*Serious Eats posted this recipe and I love the smoky taste and the pecan flavor without all the sugar that most sweet potato recipes include.*

## INGREDIENTS

- 3 lbs. sweet potatoes, peeled and cut into ½-inch chunks
- 5 tbsps. vegetable or canola oil
- Kosher salt and freshly ground black pepper
- ½ tsp. ground cumin
- ½ tsp. ground coriander seed
- ½ tsp. chipotle powder
- 1 cup crushed pecans (6 ounces; 170g)
- 1 tbsp. light brown sugar
- 1 tsp. minced sage leaves (about 5 leaves)

## NUTRITION

**Yield: Serves 6-8**

Calories: 253

Fat: 19g

Carbs: 22g

Protein: 3g

Sodium: 54mg

Sugar: 6g

## DIRECTIONS

1. Place sweet potatoes in a large saucepan and cover with cold water. Heat water to 160°F. Cover and set aside for 1 hour.
2. Adjust oven racks to upper-middle and lower-middle positions and preheat oven to 400°F. Drain sweet potatoes and transfer to a large bowl. Toss with 3 tablespoons oil and season to taste with salt and pepper. Spread sweet potatoes on 2 rimmed baking sheets and roast until bottom sides are browned, about 30 minutes. Carefully flip potatoes with a thin spatula and roast until second side is browned and potatoes are tender, about 20 minutes longer.
3. Meanwhile, in a small skillet, combine remaining 2 tablespoons oil with cumin, coriander, and chipotle powder and cook over medium-high heat, stirring and swirling, until spices are fragrant and toasty, 1 minute. Add pecans and toss to coat with spiced oil. Continue cooking until pecans are lightly toasted, 1 minute. Sprinkle brown sugar on top and stir until well combined and melted, about 1 minute. Season with salt.
4. In a large mixing bowl, combine potatoes, spiced pecans and their oil, and minced sage and toss to combine. Serve right away, or set aside until ready to serve and reheat before serving.

# Slow Cooker Garlic Herb Mushrooms

Submitted by Elida Craven

UTMB Health at Galveston

*My family loves mushrooms, so when I saw this recipe, I knew we had to try it from the holidays. It was a definite crowd pleaser and had become a permanent menu item. Recipe obtained from damndelicious.net*

## INGREDIENTS

24 ounces cremini mushrooms  
4 cloves garlic, minced  
½ tsp. dried basil  
½ tsp. dried oregano  
¼ tsp. dried thyme  
2 bay leaves  
1 cup vegetable broth  
Kosher salt and freshly ground black pepper,  
to taste  
¼ cup half and half  
2 tbsp. unsalted butter

## NUTRITION

**Yield: Serves 4**  
Calories: 122  
Fat: 7.8g  
Carbs: 10g  
Protein: 6.3g  
Sodium: 36.9mg  
Sugar: 3.1g

## DIRECTIONS

1. Place mushrooms, garlic, basil, oregano, thyme and bay leaves into a 3-qt slow cooker. Stir in vegetable broth; season with salt and pepper, to taste.
2. Cover and cook on low heat for 3-4 hours or high heat for 1-2 hours, or until browned and tender.
3. Stir in half and half and butter during the last 15-20 minutes of cooking time.

# Chickpeas Curry

Submitted by Rensi Zacharia

UT MD Anderson Cancer Center

*I would give credit to my mom for the recipe.*

## INGREDIENTS

7 cloves Garlic  
1 medium yellow/red Onions, chopped  
1 medium Serrano pepper, cut into thirds  
2-inch piece fresh ginger, peeled and coarsely chopped  
4 diced tomatoes, grind it to paste  
6 tbsp. of olive oil or canola oil  
2 tsp. ground Coriander  
2 tsp. ground Cumin  
½ tsp. ground Turmeric  
2 tsp. Garam Masala  
2 15-ounce cans Chickpeas, rinsed or soak dry chickpeas overnight for 6-8 hours  
¾ teaspoon kosher Salt  
Fresh cilantro for garnish

## NUTRITION

**Yield: Serves 6**  
Calories: 278  
Fat: 4.2g  
Carbs: 30g  
Protein: 15g  
Sodium: 350mg  
Sugar: 0g

## DIRECTIONS

1. Pulse serrano, garlic and ginger in a food processor until minced. Scrape down the sides and pulse again. Add onion; pulse until finely chopped, but not watery.
2. Puree Diced tomatoes.
3. Heat oil in a large saucepan over medium-high heat. Add the onion mixture and cook, stirring occasionally, until softened, 3 to 5 minutes. Add coriander, cumin and turmeric and cook, stirring, for 3-5 minutes.
4. Reduce heat to maintain a simmer and cook, stirring occasionally, for 4 minutes. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook, stirring occasionally, for 5 minutes more. Serve topped with cilantro, if desired.

Additional: If you are using overnight soaked chickpeas, you would have to cook it in the pressure cooker with water level right above the chickpeas with 1 bay leaf, 1 cardamom, 1 clove for 15 min and let the pressure cooker cool down.

# Savory Zucchini Bread

Submitted by Floortje van de Poll

UT Southwestern Medical Center

*I found this recipe through a Belgian blogger "Mme Zsazsa" who makes and bakes inspired by what grows in her enormous vegetable garden. I adapted it to our liking and it has become a favorite due to its great variations. By changing the type of cheese and herbs used in the recipe you will either find a zucchini bread that almost tastes like pizza (see below) or a very hearty sharp bread (using manchego cheese for example).*

## INGREDIENTS

- 2 cups of whole wheat flour (can be substituted by all-purpose flour)
- 2 eggs
- 1 tsp. salt
- 2 tsp. baking powder
- 1 cup grated zucchini (no need to peel it)
- 1 cup grated cheese (four cheese mix for example)
- 1-2 tbsp. dried herbs (for example: 1 tsp oregano, 1 tsp basil and 2 sun dried tomatoes cut in small pieces)

## NUTRITION

- Yield: Serves 15**
- Calories: 96
- Fat: 3.5g
- Carbs: 13g
- Protein: 4.8g
- Sodium: 234mg
- Sugar: 0.5g

## DIRECTIONS

1. Preheat oven to 375°F.
2. Mix all dry ingredients: flour, salt, baking powder, herbs and sundried tomatoes. Mix in cheese. In a separate bowl beat eggs and mix with the zucchini.
3. Combine the two and mix until the dry mixture is just incorporated (do not overmix). Pour into a greased loaf pan or shape into a bread and bake it on baking paper. Immediately put the bread in the hot oven and bake for +/- 40 minutes. Let it cool for +/- 15 min before slicing it. It tastes great warm and cold and can be kept for about 3 days.

The best part of this bread is it's versatility. The recipe as stated above will give you a hearty, Italian-like bread, but by mixing up the herbs and cheese you can create any bread you like. Other favorites are: Feta, parsley and rosemary. Goat cheese, parsley and basil. Manchego, parmesan, sharp cheddar, roquefort, etc. You can also variate in using grated cheese or little chunks or crumbs. You can use all herbs you like; cilantro, celery, basil, oregano, chili flakes, etc.

# Spiced Sweet Potatoes

Submitted by Glenda Bennett

UT Tyler

*Complete step by step Diabetic cookbook Developed by Research Nutritionist of the General Clinical Research Center, School of Medicine, and the Registered Dietitians of the Department of Food and Nutrition Services, University Hospital, University of Alabama at Birmingham.*

## INGREDIENTS

- 2 cups cooked or canned sliced sweet potatoes
- Vegetable cooking spray
- 3 tbsp. granulated brown sugar substitute
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 3 tbsp. reduced-calorie margarine

## NUTRITION

- Yield: Serves 6**
- Calories: 86
- Fat: 3g
- Carbs: 14g
- Protein: 1g
- Sodium: 182mg
- Sugar: Depends on type of sugar substitute used

## DIRECTIONS

1. Arrange sweet potatoes in a 1½ quart casserole coated with cooking spray.
2. Combine sugar substitute, salt, cinnamon, and nutmeg; sprinkle over sweet potatoes. Dot with margarine. Bake 350°F for 10 to 15 minutes or until thoroughly heated.

# Baked Eggplant Casserole

Submitted by Cindy Hargett

UT Austin

*This is said to be the recipe used by Wyatt's Cafeteria, which always had the best eggplant casserole. May not be the actual recipe, but seems very similar.*

## INGREDIENTS

- 1 lb. eggplants, peeled
- ½ lb. dried breadcrumbs
- ½ cup evaporated milk
- ¼ cup whole milk
- ¼ cup melted butter
- ¼ cup finely chopped onions
- ¼ cup finely chopped green peppers
- ¼ cup finely chopped celery
- 1 medium egg, slightly beaten
- 1 tbsp. finely chopped pimiento
- 2 tsp. salt
- 1 tsp. pepper
- ¼ tsp. sage
- 2 cups grated cheddar cheese, divided

## NUTRITION

- Yield: Serves 8**
- Calories: 310
- Fat: 11g
- Carbs: 27g
- Protein: 9g
- Sodium: 85mg
- Sugar: 7g

## DIRECTIONS

1. Cut peeled eggplant into 1-inch cubes and soak in salt water a few hours in order to keep the eggplant from being bitter. Drain eggplant. Put eggplant in a saucepan. Cover with water and simmer until tender. Drain well and set aside.
2. In a small bowl, soak bread crumbs in milk.
3. Saute onion, green pepper, and celery in melted butter until tender.
4. Add bread crumbs in milk and mix well.
5. Add slightly beaten eggs, 1 cup of the cheese, pimiento, and seasonings, and blend well.
6. Place mixture in greased baking dish and bake at 350°F for 45 minutes. Top with 1 cup of grated cheese and return to oven until cheese melts.



# *Main Courses*



# Moroccan Chicken Stew with Sweet Potato

Submitted by Rhonda Jones

UT MD Anderson Cancer Center

*This is a recipe I first saw on Martha Stewart's website but several other websites have it as well. I absolutely love it and my sister asks me to make it every time she visits. Warm and comforting but healthy at the same time!*

## INGREDIENTS

¼ cup All Purpose Flour  
4 Boneless Skinless Chicken Thighs  
Coarse Salt and Pepper  
2 tbsp. Olive Oil  
1 med. Onion (diced)  
1 piece Fresh Ginger (2" long/peeled)  
1 Cinnamon Stick  
2 med. Sweet Potatoes (peeled/cut into 1" cubes)  
1 pinch Saffron (optional)  
2 tbsp. Fresh Lemon Juice  
1 cup Couscous (optional white/brown rice instead)  
Fresh Cilantro Sprig for garnish

## NUTRITION

**Yield: Serves 4**

Calories: 418

Fat: 10.4g

Carbs: 57g

Protein: 23g

Sodium: 131mg

Sugar: 4.2g

## DIRECTIONS

1. Place flour in a wide, shallow bowl.
2. Season chicken with salt and pepper; dredge in flour, shaking off excess.
3. In a 5-quart Dutch oven or heavy pot, heat oil over medium-high. Add chicken, and cook until browned, 4 to 6 minutes per side; transfer to a plate.
4. Add onion, ginger, and cinnamon to pot.
5. Cook, stirring occasionally, until onion starts to soften, 2 to 3 minutes.
6. Return chicken to pot. Add broth, sweet potatoes, and, if using, saffron.
7. Bring to a boil; reduce heat, and simmer until chicken is cooked through and sweet potatoes are tender, 10 to 15 minutes.
8. Discard ginger and cinnamon. Stir in lemon juice, and season stew with salt and pepper.
9. While stew is simmering, prepare couscous according to package instructions. Serve chicken stew with couscous, garnished with cilantro, if desired.

# Fish VeraCruz

Submitted by Judy Jones

UTMB Health at Galveston

*Even though I serve this dish throughout the year, I like to include it in the Christmas Eve menu in recognition of the tradition of the Feast of the Seven Fishes. This is based on a recipe from Bon Appetit May 2003.*

## INGREDIENTS

6 4- to 5-oz. red snapper fillets or cod fillets (thawed, if previously frozen)  
3 pickled jalapeño chiles, halved lengthwise

### FOR SAUCE

1 28-oz can diced tomatoes in juice, well drained, juices reserved	1 tbsp. dried Mexican oregano
¼ cup extra-virgin olive oil	¼ cup chopped pitted green olives
1 medium white onion chopped or sliced	2 tbsp. drained capers
5 large garlic cloves, chopped	1 lime, juiced
3 small bay leaves	1-2 fresh jalapenos sliced/chopped (or more to make it spicier)
2 tbsp. chopped fresh parsley (or 1 tbsp. dried)	

## DIRECTIONS

1. Place drained tomatoes in medium bowl. Using potato masher, crush tomatoes to coarse puree. Drain again, reserving juices.
2. Heat oil in heavy large skillet over medium-high heat.
3. Add onion and stir 30 seconds.
4. Add garlic and stir 30 seconds.
5. Add tomato puree and cook 1 minute.
6. Add bay leaves, parsley, oregano, and 1/4 cup reserved tomato juices.
7. Simmer until sauce thickens, about 3 minutes.
8. Add olives, capers, lime juice, fresh jalapenos and all remaining reserved tomato juices.
9. Simmer until sauce thickens again, stirring occasionally, about 8 minutes.
10. Season sauce to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)
11. Arrange fish atop sauce.
12. Sprinkle fish lightly with salt and pepper.

Continues...

13. Cover skillet with lid and gently simmer sauce until fish is just opaque in center, and flakes easily. Cooking time depends on the thickness of the fillets – approx. 3-8 minutes. Watch closely so the fish is not over cooked.
  14. Using long spatula, transfer fish with sauce to plates.
  15. Garnish with pickled jalapeño halves.
- If sauce is made ahead, reheat sauce to a gentle simmer, continue with step 11, arranging fish atop sauce and complete cooking.

Serve with rice to enjoy every bit of the sauce. For a variation, saute 1 cup of sliced mushrooms with the onions.

Another variation is to stir 4 – 6 artichoke hearts (drained/quartered) into the thickened sauce before adding the fish fillets.

## **NUTRITION**

**Yield: Serves 6**

Calories: 212

Fat: 18g

Carbs: 12g

Protein: 8g

Sodium: 320mg

Sugar: 6g

# Greek Chicken Pasta

Submitted by Tracey Sepulvado

UT Southwestern Medical Center

*I cheat with my cooking--always the easy way -*

## INGREDIENTS

**4 Chicken Breasts, sliced into thin strips**  
**1 small Onion, sweet or red**  
**½ cup chopped Cucumber(divided)**  
**1 bottle Greek/Feta Salad Dressing**  
**Pasta of choice (I use angel hair or fettuccini)**  
**6-8 oz pkg. Feta Cheese Crumbles (preferred with Herbs)**  
**Greek Seasoning to taste**

## NUTRITION

**Yield: Serves 8**  
Calories: 481  
Fat: 29g  
Carbs: 44g  
Protein: 16g  
Sodium: 828mg  
Sugar: 14g

## DIRECTIONS

1. Add enough salad dressing to skillet to coat, add chicken strips, onion. Brown until chicken cooked through.
2. While cooking chicken, cook pasta. Add water to cook pasta, add salt, pepper and a teaspoon of Greek seasoning.
3. When both chicken and pasta cooked through, drain pasta and add to skillet.
4. Add enough salad dressing to sauce pasta/chicken.
5. Add half of feta cheese.
6. Continue to sauté and move pasta/chicken with tongs or fork until everything is hot. Plate; top with cucumber and feta.

# Sunday Night Stew

Submitted by Sarah Pekar

UT System Administration

*This recipe comes from the Pioneer Woman and I've adjusted it to make it a bit healthier. It's great either way though!*

## INGREDIENTS

### STEW

- 3 tbsp. Olive Oil
- 1 tbsp. Butter
- 2 lbs. Beef Stew Meat (chuck Roast Cut Into Chunks)
- Salt And Pepper
- 1 whole Medium Onion, diced
- 3 cloves Garlic, minced
- 4 ounces, weight Tomato Paste
- 4 cups No Sodium Beef Stock Or Broth, more if needed for thinning
- Several dashes Worcestershire
- 8 whole Carrots, peeled and diced
- 3 whole Turnips, peeled and diced
- 2 tbsp. minced Fresh Parsley

### MASHED POTATOES

- 5 lbs. Gold Potatoes (I leave on the skin, but that's up to your tastes) - Original recipe calls for Russet Potatoes
- Original Recipe calls for 8 oz block of softened cream cheese. (I leave this out for healthier recipe)
- 1 stick Butter, softened
- ½ cup Skim Milk (add more if needed for creamy texture) - Original Recipe calls for Heavy Cream
- 1 tsp. Seasoned Salt (add a little more if needed for taste)
- Salt And Pepper, to taste

## DIRECTIONS

1. Salt and pepper stew meat. Heat olive oil in a large, heavy pot over medium-high heat. Add butter, and as soon as it melts, brown half the stew meat until the outside gets nice and brown, about 2 minutes. (Turn it as it browns.) Do not overcrowd pan as you do not want it to steam.

## NUTRITION

**Yield: Serves 8**

Calories: 548

Fat: 41g

Carbs: 29g

Protein: 31.8g

Sodium: 528mg

Sugar: 9.1g

*Continued...*

## *Sunday Night Stew...*

2. Remove the meat from the pot with a slotted spoon and put it on a plate. Add the rest of the meat to the pot and brown it, too. Remove it to the same plate. Set the meat aside.
3. Add the onion and garlic to the pot, stirring it to coat it in all the brown bits in the bottom of the pot. Cook for two minutes, then add the tomato paste to the pot. Stir it into the onions and let it cook for two more minutes.
4. Pour in the beef stock, stirring constantly. Add the Worcestershire and sugar. Add the beef back to the pot, cover the pot, and reduce the heat to low. Simmer, covered, for 1½ hours to 2 hours.
5. After 1½ to 2 hours, add the diced turnips and carrots to the pot. Stir to combine, put the lid back on the pot, and let it simmer for another 30 minutes. If the sauce is too thick for your taste, add beef broth to thin. If not thick enough (it usually isn't for me) make a corn starch slurry, slowly stir in and cook for another 5 minutes. Sauce should thicken fairly quickly.
6. When the carrots and turnips are tender, stir in minced parsley. Taste and add salt and pepper as needed. Serve piping hot in a bowl with mashed potatoes, letting the juice run all over everything. Sprinkle with extra minced parsley at the end.

### **MASHED POTATOES**

1. Cut the potatoes into quarters and cover with water in a large pot. Boil until potatoes are fork tender, about 25-30 minutes. Drain the potatoes, then put them back into the same pot. With the heat on low, mash the potatoes for 2 to 3 minutes to release as much steam as possible.
2. Turn off heat, butter, milk, seasoned salt, salt and pepper. Taste and adjust seasonings as needed.
3. Serve potatoes immediately or spread them into a buttered baking dish to be reheated later. To reheat, put them in a 375°F oven, covered in foil, until hot.

# Baked Coconut Shrimp

Submitted by Carla Lopez

UT Rio Grande Valley

*This recipe brings me memories of when I was a Hospitality and Travel Management student in Monterrey, Mexico, I learned it as part of one of the gastronomy courses taken. Credit should be for the Chef Instructor who taught us great cooking tips and recipes, but above all his professionalism and ethics made him stand out as a role model.*

## INGREDIENTS

½ cup flaked unsweetened coconut  
6 tbsp. plain panko breadcrumbs  
3 tbsp. all-purpose flour  
2 large egg whites  
1 lb. large (21/25 count) shrimp, peeled (tails left on),  
deveined, butterflied and patted dry  
Salt and freshly ground black pepper

## NUTRITION

**Yield: Serves 6**  
Calories: 167  
Fat: 6g  
Carbs: 14g  
Protein: 14g  
Sodium: 582mg  
Sugar: 5g

## DIRECTIONS

1. Preheat the oven to 450°F. Spray a baking sheet with nonstick spray.
2. Combine the coconut, panko and flour in a bowl or baking dish.
3. Beat the egg whites in a medium bowl until slightly frothy.
4. Sprinkle the shrimp with salt and pepper. Add to the egg whites and toss to coat. Lift each shrimp from the egg whites, letting the excess drip off the shrimp, and then coat in the crumb mixture, pressing to adhere.
5. Place the shrimp on the baking sheet in a single layer. Lightly spray with nonstick spray.
6. Bake until the shrimp are golden on the outside and opaque in the center, 8 to 10 minutes.
7. Serve with the dipping sauce of your choice, tangy options (orange, mango) suit very well.

# Chili Verde (Green Chili)

Submitted by Stephen S. Janes

UT Austin

*My own experiment combining ingredients I have tested over several years.*

## INGREDIENTS

2-3 lbs. pork butt roast  
6-8 tomatillos  
1 medium onion  
3-4 cloves garlic  
1 large bunch cilantro  
5-6 Anaheim (Hatch if possible) peppers  
1-2 small cans chopped anaheim peppers  
Salt to taste  
1 can posole (hominy), optional  
1 cup fideo (vermicelli), optional

## NUTRITION

**Yield: Serves 6**  
Calories: 200  
Fat: 5g  
Carbs: 8g  
Protein: 5g  
Sodium: 30mg  
Sugar: 1g

## DIRECTIONS

1. Sear the roast on all sides; deglaze skillet, put roast and drippings in a large kettle, just cover with water. Bring to a boil, reduce to a simmer, and cook for 1-2 hours until pork is falling apart. Remove pork, cool to the touch, and shred finely.
2. Char the fresh chilis, cool, and remove skins and most of the seeds, chop.
3. Chop the remaining ingredients and place everything in the liquid in which the roast was cooked.
4. Save back a small amount of cilantro.
5. Simmer the ingredients without the shredded pork for about half an hour, then add the shredded pork; simmer for another half hour, add the remaining fresh cilantro about ten minutes before cooking is complete.

# Guiltless Collard Green Enchiladas with Cauliflower Rice and Black Beans

Submitted by Juliet Laney

UT Austin

*I try to do low carb for dinner, and I love using collard greens for wraps, tacos, etc. I was craving enchiladas one night so I decided to do a healthy version! I adapted it from this Green Chef recipe: [greenchef.com/recipes/paleo-collard-beef-enchiladas-with-cilantro-cauliflower-rice](http://greenchef.com/recipes/paleo-collard-beef-enchiladas-with-cilantro-cauliflower-rice) And wrote about it here: [www.goodjujuwellness.com/recipe/collard-green-enchiladas/](http://www.goodjujuwellness.com/recipe/collard-green-enchiladas/)*

## INGREDIENTS

1 lb. ground turkey  
1 bunch collard greens, trimmed  
2 cups cauliflower rice  
1 bunch cilantro, chopped  
1 red bell pepper, chopped  
½ red onion, diced  
3 cloves garlic, minced  
1 can red enchilada sauce  
1 can black beans  
salt, pepper  
cumin  
garlic powder  
3 tbsp. olive oil

## NUTRITION

**Yield: Serves 4**  
Calories: 337  
Fat: 21g  
Carbs: 17g  
Protein: 26g  
Sodium: 324mg  
Sugar: 6g

## DIRECTIONS

### COOK CAULIFLOWER RICE

1. Preheat oven to 375°F.
2. In a large bowl, toss cauliflower with 1 tbsp. olive oil to coat. Spread in single layer on large sheet pan (I cover my sheet pans in foil first for easy clean up). Season liberally with salt & pepper, and roast in oven for 30-40 minutes (until edges are browned).
3. Reserve one handful of cilantro for garnish, and toss the rest of cilantro with your finished cauliflower rice.

### MAKE ENCHILADA FILLING

1. Chop red onion and bell pepper, and mince garlic.
2. Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-heat. Add onion and bell pepper to hot pan; stir. Cook 2-3 minutes, or until softened, stirring occasionally.

*Continued...*

### **FINISH FILLING**

1. Add garlic and ground turkey, stirring to break up. Add salt, pepper, and about 3 tbsp. of enchilada sauce and continue cooking until turkey is mostly browned (will finish cooking in oven). Season liberally with cumin and garlic powder.

### **PREP COLLARDS**

1. Wash leaves, and trim thick stem from back of collards.
2. Place collards in between 2 sheets of damp paper towels, and microwave for 30 seconds to soften.

### **BAKE ENCHILADAS**

1. Lay one collard leaf flat (stem side down) and spoon enchilada filling into the center. Roll up from the bottom, tucking in sides as needed. Place enchiladas in a medium baking dish. Repeat with remaining leaves.
2. Spoon any remaining filling over top, and pour remaining enchilada sauce over enchiladas.
3. Transfer baking dish with enchiladas to oven and bake 20 minutes.
4. Heat black beans on the stove, seasoning with salt, pepper, cumin and garlic powder to taste.

# Keema

Submitted by Omar A. Syed

UT System Administration

*My father ate this dish often as a child, when he was growing up in a small town in rural Pakistan. His mother never gave him the recipe, but he tried to watch her make it every once in a while. My mother is from Ecuador, but when he married her in the U.S., he gave her his best approximation of the ingredients and the method. She then perfected it - so from our international kitchen to yours, here is an Ecuadorian's interpretation of a traditional South Asian/Middle Eastern dish. Enjoy!*

## INGREDIENTS

**½ yellow onion, diced**  
**½ diced tomato**  
**1.5 to 2 lbs. ground beef**  
**¾ cup frozen green peas**  
**¾ tsp. salt**  
**½ tsp. cinnamon**  
**1 tbsp. cumin**  
**½ tbsp. curry powder**  
**Red (cayenne) pepper to your taste (and heat tolerance)**  
**½ tsp. turmeric**  
**Vegetable oil**

## NUTRITION

**Yield: Serves 4**  
Calories: 500  
Fat: 18g  
Carbs: 9g  
Protein: 71g  
Sodium: 593mg  
Sugar: 4g

## DIRECTIONS

1. In a skillet, fry the onions in vegetable table on medium heat, until they are soft and just a little brown.
2. Add the ground beef, and brown it.
3. Add the tomato and frozen green peas.
4. Add the salt, cinnamon, cumin, curry powder, turmeric and, if you dare, red pepper.
5. Add water until it just covers the contents of the skillet
6. Cover and simmer until the water is gone - approximately 20-25 minutes. Enjoy!

# Spaghetti Squash Casserole

Submitted by Laura Schnurr-Breen

UT Southwestern Medical Center

*Have tried versions of this dish at various vegan and vegetarian eateries. Can vary this one as desired as well.*

## INGREDIENTS

- 2 small spaghetti squash (about 1 ½ lbs. each)
- 2 tsp. olive oil
- 3 garlic cloves, thinly sliced
- 1 (8-12 ounce) package fresh baby spinach
- ½ cup part-skim ricotta cheese (optional)
- ⅛ teaspoon kosher salt
- ½ cup shredded part-skim mozzarella cheese, divided
- 4 Italian mozzarella cheese rounds, sliced in half (topping only)
- ½ cups lower-sodium marinara sauce
- 14 oz can of diced tomatoes
- 1 ounce Parmesan cheese, grated (about ¼ cup)

## NUTRITION

**Yield: Serves 4**  
Calories: 281  
Fat: 12g  
Carbs: 20g  
Protein: 19g  
Sodium: 450mg  
Sugar: 6g

## DIRECTIONS

1. Preheat oven to 350°F.
2. Cut each squash in half lengthwise. Scoop out seeds; discard. Place squash halves, cut sides up, on a baking sheet. Bake at 350°F for 50 minutes. Let stand 10 minutes. Scrape inside of squash with a fork to remove spaghetti-like strands.
3. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; cook 30 seconds. Add spinach; cook 1 minute or until spinach wilts. Remove from heat. Combine spinach mixture, squash strands, ricotta cheese, salt, and shredded mozzarella cheese, marinara sauce and drained diced tomatoes in a medium bowl and mix.
4. Increase oven temperature to 400°F.
5. Spoon squash mixture evenly into each squash half. Sprinkle evenly with remaining shredded mozzarella cheese and Parmesan cheese. Bake at 425°F for 20 minutes.
6. Add Italian mozzarella cheese rounds as topping. Preheat broiler to high. Broil squash 1 to 2 minutes or until cheese is melted, golden and bubbly. Remove from oven; let stand 10 minutes.

# King Ranch Casserole Chicken

Submitted by Marcia Upson

Vendor Partner: Naturally Slim

*Classic and delicious!*

## INGREDIENTS

- ¼ cup of butter
- 1 medium bell pepper chopped
- 1 medium onion chopped
- 1 can cream of mushroom soup
- 2 cans cream of chicken soup
- 1 can of Rotel
- 2 cups of cooked chicken
- 12 flour or corn tortillas cut in bite sizes or whole or strips
- 3 cups of shredded cheddar cheese

## NUTRITION

- Yield: Serves 8**
- Calories: 464
- Fat: 29g
- Carbs: 27g
- Protein: 26g
- Sodium: 1143mg
- Sugar: 3g

## DIRECTIONS

1. Preheat oven to 325°F.
2. In a large saucepan cook peppers and onion in melted butter until tender, about 5 minutes. Add soups, Rotel and chicken stirring until blended.
3. In a 13 x 9 x 2 inches baking dish, alternate layers of tortillas, soup mixture and cheese. Repeat for 3 layers. Bake for 40 minutes or until hot and bubbling.

Tip: I get a rotisserie chicken from Sam's that is already cooked and take the meat off.

# *Soups*



# Taco Soup

Submitted by Gina E. Hibbs

UT Austin

*This recipe was given to me by a dear friend, Glenda Swenson.*

## INGREDIENTS

- 3 cans Minestrone Soup
- 3 soup cans of water
- 3 cans Ranch Style beans
- 1 can Rotel tomatoes
- 1 lb. ground beef
- 1 package Ranch Dressing mix

## NUTRITION

**Yield: Serves 12**

Calories: 167

Fat: 4.7g

Carbs: 13.1g

Protein: 17.5g

Sodium: 761mg

Sugar: 1.3g

## DIRECTIONS

1. Brown ground beef and drain off oil.
2. Mix together in a soup pot all other ingredients.
3. Let simmer about 30 minutes.

You can put in a crock pot and let it cook for 2 to 3 hours or eat right away. We bring it for lunch at work and put it together that morning and by noon it is ready to eat.

# White Chicken Chili

Submitted by Kristen Fernandes

Vendor Partner: Health Enhancement Systems

*This is a family favorite during the Fall in Michigan. We make this to enjoy on a Football Saturday and it always wins the Chili Taste Off competitions. It pairs well with cornbread or a few crunched up Frito chips on the top!*

## INGREDIENTS

- 1 lb. chicken breasts cut up
- 2 16 oz. great white northern beans cans
- 16 oz. shredded pepper jack cheese
- 1 large onion diced
- 12 oz. salsa
- 1 can green chilies (drained)
- 4 chicken bouillon cubes
- 1 jalapeno (diced)
- 1 tsp. cumin
- 1 tsp. chili powder
- 4 cups milk

## NUTRITION

- Yield: Serves 8**
- Calories: 450
  - Fat: 25g
  - Carbs: 25g
  - Protein: 41g
  - Sodium: 1251mg
  - Sugar: 9g

## DIRECTIONS

1. Mix everything except cheese.
2. Cook 1 hour stirring often.
3. Add cheese and cook 30 minutes.
4. Scale back on the cheese or use a non fat option and fat free milk for fewer calories per serving.

# Chicken Tortilla Soup

Submitted by Katie Knable

UT Dallas

*I created this recipe by combining several different recipes that I found online.*

## INGREDIENTS

½ of a medium onion-diced  
3 cloves of garlic-minced  
1 can of diced tomatoes (approx. 14 oz.)  
1 can of Rotel (approx. 10 oz.)  
1 can of chicken broth (approx. 14 oz.)  
1 small can of tomato paste (approx 6 oz.)  
1 tbsp. chili powder  
½ tbsp. cumin  
Salt and pepper to taste  
2 boneless skinless chicken breasts  
Optional toppings: Sour Cream, Shredde Cheese,  
Avocado, Tortilla chips.

## NUTRITION

**Yield: Serves 4-5**  
(Excluding toppings)  
Calories: 163  
Fat: 2g  
Carbs: 15g  
Protein: 21g  
Sodium: 514mg  
Sugar: 8g

## DIRECTIONS

1. Using a slow cooker, add the diced onion and the minced garlic. Pour in the diced tomatoes, Rotel, chicken broth, tomato paste, and spices. Stir together to combine. Add the chicken breasts.
2. Cook on low for 6-8 hours, or on high for 3-4.
3. Once cooked, shred the chicken and mix into the soup.
4. Serve in bowls and allow people to add toppings.

# Broccoli Stem Soup

Submitted by Seemana

UT MD Anderson Cancer Center

*We were always bothered about throwing away the nice and green broccoli stems before we came across this recipe online (youtube). It is simple, quick, delicious and healthy. We are totally delighted.*

## INGREDIENTS

2 Broccoli stems  
¼ of a large Onion  
1 clove of Garlic  
Salt and Pepper, to taste  
1 tsp. Cooking oil  
250-300 ml. Water  
Parsley (optional)  
¼ of a medium Beet root (optional)  
Other seasonings (rosemary, thyme, etc.  
optional or as desired)

## NUTRITION

**Yield: Serves 2**  
Calories: 72  
Fat: 2.8g  
Carbs: 10.6g  
Protein: 4.2g  
Sodium: 126mg  
Sugar: 3.8g

## DIRECTIONS

1. Wash and cut the broccoli stems into thin coins. Thinly slice onions, beet root (optional) and garlic.
2. Saute onions and garlic in 1 tsp of vegetable/olive oil till onions turn translucent.
3. Add cut veggies (broccoli stems, beet root, parsley) and seasoning (salt, pepper, etc.) to the wok and stir fry everything together for 2 minutes.
4. Add water, bring to boil, cover and simmer for 10 minutes.
5. Turn off heat and keep covered until cooled (15 minutes).
6. 6. Pour everything into a blender and grind for 1-2 minutes till you get a smooth puree.
7. Taste to adjust seasonings and consistency at this time.
8. Enjoy the green (without beet root) or red (with beet root) healthy, delicious and creamy broccoli stem soup for lunch or dinner.

# Lemony Spinach and Chicken Soup

Submitted by Cynthia Griffin

UT MD Anderson Cancer Center

*I was looking for a healthy soup one day and found this one. I have enjoyed it ever since.*

## INGREDIENTS

2 chicken breasts  
2 cups chicken broth (or substitute 1 cup water for 1 cup broth)  
½ lemon with rind  
1-2 cups loosely packed spinach, cut into strips  
1 tablespoon onion, chopped  
1 clove garlic, crushed and minced  
1 stalk lemongrass (optional)  
¼ teaspoon thyme, or to taste  
Cayenne pepper to taste  
Salt and pepper to taste

## NUTRITION

**Yield: Serves 4**

Calories: 165

Fat: 6.2g

Carbs: 2.3g

Protein: 24g

Sodium: 451mg

Sugar: 0.7g

## DIRECTIONS

1. Cube the chicken breasts.
2. Lightly brown the chicken in small saucepan with a little lemon juice. Add the onion, garlic, spices and chicken broth. Add lemon with rind and simmer for 20-30 minutes.
3. Add the fresh spinach during the last five minutes of cooking.
4. Serve and enjoy.

# Healthy Broccoli-Cheddar Soup

Submitted by Alexis Ford  
UT System Administration

*Recipe from Blendtec.*

## INGREDIENTS

4 cups broccoli florets, steamed and divided  
1 cup vegetable broth  
1 cup water  
¼ tsp. kosher or sea salt  
¼ tsp. ground black pepper  
⅛ tsp. ground nutmeg  
3 oz. cheddar cheese, roughly chopped  
Walnuts (optional)

## NUTRITION

**Yield: Serves 4 (1 c/ea.)**  
Calories: 120  
Fat: 7g  
Carbs: 5g  
Protein: 6.5g  
Sodium: 534mg  
Sugar: 2.5g

## DIRECTIONS

1. Steam Broccoli.
2. Add 3½ cups broccoli florets and remaining ingredients to blender.
3. Blend on a High speed for 90-180.
4. Add remaining ½ cup broccoli florets to blender. Secure lid and press "Pulse" 3–5 times or until broccoli florets are desired size.
5. Garnish with chopped walnuts for a protein boost. (optional)

# Spicy Vegetarian Chili

Submitted by Laurie Sutor  
UT Southwestern Medical Center

*I have been adapting it bit by bit over the years from a meat recipe my mother used to make. It's quite different from where it started!*

## INGREDIENTS

1-2 tbsp. olive oil  
64 oz. tomato juice  
16 oz. water  
3 - 15 oz. cans of kidney beans, drained and rinsed  
1 large onion, diced  
4 cloves garlic, minced  
2 medium jalapeño peppers, diced  
3 medium carrots, sliced  
3 stalks of celery, chopped  
6 oz. of white mushrooms, sliced  
18 oz. meat substitute in crumble form  
1 tbsp. chili powder  
1 tbsp. cumin  
1 tsp. fresh ground pepper  
May also add white and cayenne pepper  
Salt to taste

## NUTRITION

**Yield: Serves 8**  
Calories: 294  
Fat: 4g  
Carbs: 47g  
Protein: 22g  
Sodium: 983mg  
Sugar: 10g

## DIRECTIONS

1. If necessary, cook meat substitute in advance per instructions on package and set aside.
2. Cook onion in very large stock pot (e.g. 10 qt.) in olive oil until softened on medium heat, about 2 minutes.
3. Add garlic and jalapeño and cook one more minute.
4. Add carrots, celery and mushrooms and continue cooking on medium heat, stirring frequently.
5. Add tomato juice, water, kidney beans, meat substitute, and seasoning. Bring to boil, then reduce to simmer and cook (ideally) for at least one hour.

# Hot Vegetable Broth

Submitted by Pat Scherer

UT Austin

*Evolved from an old Amish family recipe.*

## INGREDIENTS

1 bundle of parsley  
½ a cabbage, cut in large wedges  
1 small head of broccoli, quartered  
1 large onion, quartered  
6 carrots  
3 small potatoes, halved  
water to cover in a large cooking pot  
1-2 tbsp. miso paste

## NUTRITION

**Yield: Serves 12**  
Calories: 76  
Fat: 0.4g  
Carbs: 16.8  
Protein: 3.2  
Sodium: 107  
Sugar: 4.6g

## DIRECTIONS

1. Cut and put all vegetables into a large cooking pot and cover with water. Heat to boiling and simmer until all vegetables are tender. Remove the vegetables into another dish and let cool.
2. When cool enough to handle, squeeze as much of the liquid out of the vegetables as possible and add back into the liquid of the pot. You can discard the vegetables or use them in another recipe.
3. Add miso paste to the broth to taste. The broth can be kept in the refrigerator up to a week and reheated for a healthy and warming winter beverage/soup.

# Asian Chicken Vegetables Soup

Submitted by Christine Baker

UTMB Health at Galveston

*This recipe originally came from a Campbell's Soup recipe/cookbook. My husband prefers it when I use fresh or canned vegetables rather than frozen mixed vegetables.*

## INGREDIENTS

¼ cup sliced green onions  
½ cup sliced celery  
¼ tsp. ground ginger  
1 tbsp. butter  
1 can chicken noodle soup  
1 can chicken with rice soup  
2 soup cans of water  
1 package (10 oz.) frozen mixed vegetables  
1 - 9.75 oz. can white chunk chicken breast  
4 tsp. soy sauce  
¼ tsp. salt  
dash pepper

## NUTRITION

**Yield: Serves 4**

Calories: 127

Fat: 4g

Carbs: 17g

Protein: 6g

Sodium: 1151mg

Sugar: 3g

## DIRECTIONS

1. Combine first 4 ingredients (green onions, celery, ground ginger, butter) in large saucepan until tender, then add remaining ingredients.
2. Simmer 10 minutes, stirring often.
3. Option: Rather than the frozen vegetables, use ½ cup each canned (drained) or fresh corn, carrots, green beans, and edamame. Simmer longer so vegetables are tender.

# Easy Butternut Squash Soup

Submitted by April A LaPoint

UTMB Health at Galveston

*Warm memories of my Grandma Pace and her soup.*

## INGREDIENTS

- 1 (12 ounce) package refrigerated cubed butternut squash, such as *Green Giant* brand or Marketside (Walmart brand)
- ½ cup finely chopped onion
- 2 tbsp. unsalted butter
- 1 (14.5 ounce) can reduced-sodium chicken broth
- 1 (12 fluid ounce) can fat-free evaporated milk
- 1 tsp. packed brown sugar
- ½ tsp. kosher salt
- ½ tsp. ground nutmeg
- ¼ tsp. ground white pepper (more if desired)
- Fresh thyme sprigs (optional)
- Freshly grated nutmeg (optional)

## NUTRITION

- Yield: Serves 4**  
Calories: 131  
Fat: 1.7g  
Carbs: 18.3g  
Protein: 10.6g  
Sodium: 1041mg  
Sugar: 14g

## DIRECTIONS

1. Pour contents of the butternut squash package into a 2-quart microwave-safe baking dish with a lid. Add 2 tablespoons water. Cover. Microwave on 100 percent power (high) for 3 minutes. Stir. Microwave on 100 percent power (high) for 3 minutes more. Stir again. Microwave on 100 percent power (high) about 2 minutes more or until squash is very tender. Using a pastry blender or potato masher, mash squash.
2. Meanwhile, in a heavy medium saucepan cook onion in hot butter until tender, stirring frequently.
3. In a food processor or blender combine cooked onions, mashed squash, broth, evaporated milk, brown sugar, salt, the ½ teaspoon ground nutmeg, and the white pepper. Cover and process or blend until smooth. Return soup to the saucepan. Cook and stir over medium-high heat until heated through. If desired, garnish with thyme and freshly grated nutmeg.



# *Salads*



# Cranberry Salad

Submitted by Lynn Tumej

UT Southwestern Medical Center

*This recipe is an old family recipe - the original instructions were to add 4 cups boiling water to the Jell-O and chill! (Rather than boiling water followed by cold water).*

## INGREDIENTS

- 2 (3 oz.) packages Lemon Jell-O
- 1 (12 oz.) package fresh cranberries
- 2 cups granulated sugar
- 1 orange
- 1 cup celery, chopped
- 1 cup pecans, chopped

## NUTRITION

**Yield: Serves 12**

Calories: 334

Fat: 13.5g

Carbs: 53.3g

Protein: 3.6g

Sodium: 87mg

Sugar: 49.2g

## DIRECTIONS

1. Grind up the cranberries (either in food processor or blender); mix with the granulated sugar in medium mixing bowl and set aside.
2. Grind up the orange (either in food processor or blender) and set aside in a small bowl.
3. In a large mixing bowl, prepare Jell-O according to package directions.
4. Chill in refrigerator until partially set. After Jell-O is partially set remove from refrigerator and add the sugar, the ground-up orange, celery and pecans.
5. Mix well and chill until set.
6. Store any leftovers in refrigerator.

# Tangy Broccoli Salad

Submitted by Darlene Williams

UT Arlington

*This is a nice side dish to take to potlucks, doesn't need heating up. Easy to make.*

## INGREDIENTS

3/4 cup, Miracle Whip, Light  
2 tbsp, sugar, granulated  
2 Tbsp, vinegar, white  
6 cup chopped, broccoli, raw  
6 slices, bacon, crisply cooked, drained, crumbled  
1 small onion, red, chopped

## DIRECTIONS

1. Mix dressing, sugar and vinegar in large bowl.
2. Add remaining ingredients, mix lightly.
3. Refrigerate at least 1 hour before serving.

## NUTRITION

**Yield: Serves 10**

Calories: 85

Fat: 4g

Carbs: 9g

Protein: 4g

Sodium: 548mg

Sugar: 3g

# Papa's Pea Salad

Submitted by Amanda Castillo Hicks

UT Southwestern Medical Center

*My PaPa (or mother) would make this Pea Salad every Thanksgiving. It's nostalgic to me as it will always remind me of my PaPa, but it's also tradition to serve it every Holiday Season.*

## INGREDIENTS

3-4 cans LeSeur Canned Peas  
1 chopped white/red onion  
½ diced bell pepper  
1 celery stalk (chopped small)  
1 jar of pimientos, drained  
1 boiled egg  
3 tbsp. Sweet Relish  
1 pkg grated cheese (medium or sharp)  
Mayonnaise  
Pepper (to taste)  
Red Wine Vinegar (couple of splashes)

## NUTRITION

**Yield: Serves 6**

Calories: 286

Fat: 17g

Carbs: 25g

Protein: 10g

Sodium: 707mg

Sugar: 9g

## DIRECTIONS

1. Refrigerate peas (just stick the cans in the fridge).
2. Drain peas; mix all ingredients, in order, together. Very important: don't mash peas.
3. If making the day before go light on the mayonnaise as you can always add if more is needed. Enjoy!

# Chicken Taco Salad

Submitted by Rebecca Wright

UTHealth at Houston

*I wish I could say this was my own creation, but in actuality, The Pioneer Woman is responsible for this amazingly flavorful dish. I made it once and my family was HOOKED! It's now a monthly meal in our household.*

## INGREDIENTS

### FOR THE DRESSING

- ¾ cups Ranch Dressing (bottled is fine)
- ¼ cup Salsa (as spicy as you'd like)
- 3 tbsp. Cilantro, finely minced
- 2 whole Boneless, Skinless Chicken Breasts
- 2 tbsp. Seasoning (taco seasoning, or your own mix)
- ¼ cup Vegetable Oil
- 2 tbsp. Butter

### SALAD

- 1 head Green Leaf Lettuce (1 large head or two regular heads), shredded thin
- 3 whole Roma Tomatoes, diced
- ½ cup Grated Pepper Jack Cheese
- 2 ears Corn, shucked
- 2 whole Avocados, diced
- 3 whole Green Onions, sliced
- ½ cup Cilantro Leaves
- Tortilla Chips Of Your Choice (I use seasoned tortilla chips, for even more flavor), Crushed Slightly

## DIRECTIONS

1. First, make the dressing by combining all the ingredients in a bowl and stirring together. Cover and refrigerate.
2. Generously season both sides of the breasts with the taco seasoning. Heat the oil and butter in a large skillet over medium-high heat. Cook the chicken on both sides until deep golden brown on the outside and done in the middle, about 4 minutes per side. Remove and set aside to cool for 10 minutes, then cut it into cubes.
3. Place the ears of corn in the skillet you used to cook the chicken and roll it around so that the flavorful oil/butter mixture coats the corn. Grill it on a grill pan or cook it in a separate skillet until the corn is still crisp but has color on the outside. Slice off the kernels with a sharp knife and set aside.
4. To assemble the salad, pile shredded lettuce, chicken, tomatoes, cheese, corn, avocado, green onion, cilantro, and crushed chips on a big platter. Drizzle the dressing all over the top, serving part on the side if you'd like.

## NUTRITION

**Yield: Serves 6-8**

- Calories: 476
- Fat: 36g
- Carbs: 25g
- Protein: 17g
- Sodium: 489mg
- Sugar: 4g

# Grandma Ann's Raw Cranberry Salad

Submitted by Dr. Timothy Ponce

UT Arlington

*In response to her grandchildren's distaste for cooked cranberry sauce, my grandmother started making a "raw" take on the cranberry sauce. It became a huge hit and has appeared at our family's holiday celebrations for years.*

## INGREDIENTS

- 1 12 oz. bag of raw cranberries
- 2 medium honey crisp apples
- 2 medium navel oranges
- 1 tbsp. of agave nectar

## NUTRITION

**Yield: Serves 14**

Calories: 37

Fat: 0g

Carbs: 9.4g

Protein: 0.1g

Sodium: 0mg

Sugar: 6.9g

## DIRECTIONS

1. Cut and core the apples. Set aside.
2. Peel oranges. Set aside.
3. In a food processor, pulse the cranberries, cored apples, and oranges until fine.
4. Add the agave nectar to the mixture and pulse for three more seconds to combine.  
Serve chilled or at room temperature.

# Pasta Fagioli

Submitted by Andrea Bailey

UTMB Health at Galveston

*My own copycat of Olive Garden but better!!*

## INGREDIENTS

1 link sausage, sliced (optional)  
1 lb. of hamburger meat  
1 cup diced onions  
1 can *Del Monte* diced Italian tomatoes with basil and garlic  
2 cans chicken broth  
1 bag vegetables with zucchini and squash, etc.  
1 cup of small pasta  
1 can of navy beans  
1 can red beans  
Parmesan cheese

## NUTRITION

**Yield: Serves 6**  
Calories: 177  
Fat: 5.5g  
Carbs: 20g  
Protein: 14g  
Sodium: 971mg  
Sugar: 4g

## DIRECTIONS

1. Brown sausage and hamburger meat with onions in a pot until cooked through.
2. Add tomatoes and simmer for 2 minutes, add broth, beans and vegetables and bring to a soft boil.
3. Add pasta and cook until tender. Top with cheese.

If you have time, prepare fresh beans for a better taste. I use a combination of red/pinto and navy.



# Drinks



# Grandma's Hot Chocolate

Submitted by Sandra Sandoval

UTMB Health at Galveston

*This recipe for hot chocolate came from my grandmother. I remember every year for the holidays waiting by the stove for her to make it and be the first on the table to have a cup.*

## INGREDIENTS

2-3 sticks cinnamon sticks  
sugar, to taste  
1 can evaporated milk  
nestle quick powdered chocolate mix, to taste  
8 oz. water

## NUTRITION

**Yield: Serves 3**  
Calories: 225  
Fat: 9.5g  
Carbs: 27.3g  
Protein: 8.6g  
Sodium: 146mg  
Sugar: 26.5g

## DIRECTIONS

1. Place cinnamon sticks in a sauce pan with water.
2. Boil the sticks until the water turns brown/reddish, 10 minutes is usually good.
3. Add evaporated milk, sugar and chocolate mix to taste.
4. Let it sit on the stove another 8 minutes.
5. Pour the chocolate through a strainer to get all the cinnamon sticks out.
6. ENJOY grandma's hot chocolate!

# Peppermint Punch

Submitted by Wanda LeBlanc

UT Southwestern Medical Center

*I was looking for a good refreshing holiday punch to serve and I found this in Southern Living Holiday book, about 5 years ago. This punch is requested year after year.*

## INGREDIENTS

1 quart Peppermint ice cream (Blue Bell)  
1 cup Milk  
2 liter Ginger Ale (chilled)  
crushed peppermints for topping or, you can hang  
peppermints around punch bowl.

## NUTRITION

**Yield: Serves 24**  
Calories: 137  
Fat: 7g  
Carbs: 16g  
Protein: 2.1g  
Sodium: 37mg  
Sugar: 15g

## DIRECTIONS

1. Place ice cream in punch bowl and allow to soften slightly.
2. Blend in milk and ginger ale.
3. Stir until frosty. Sprinkle crushed peppermints on top.
4. Serve at once, or keep chilled until ready to serve.

# Bunny Spice Juice

Submitted by Tara Kristof

UT Dallas

*I've been making a variation of this for years--kids especially love this recipe.*

*Credit: <https://happyfoody.com/2008/03/21/bunny-spice-aka-the-magic-carrot-juice/>*

## INGREDIENTS

1 cup carrot ginger juice (run carrots through juicer with thumb-sized knob of ginger)

1 cup almond milk or any kind of non-dairy milk

2 cups frozen sliced banana

Spice blend of Cinnamon, Nutmeg, Cardamom, and Clove (start with a generous pinch of each and adjust to taste or use pumpkin pie spice blend)

## NUTRITION

**Yield: Serves 1**

Calories: 210

Fat: 2.9g

Carbs: 45.8g

Protein: 3.2g

Sodium: 217mg

Sugar: 25.8g

## DIRECTIONS

1. Juice carrots and ginger. Add to blender with frozen bananas, nut milk, and spices.
2. Blend and drink!

# Skinny Pumpkin Spice Latte

Submitted by Nancy Drobycki, MSN RN CDE

UT Southwestern Medical Center

*As a diabetes educator and a lover of the popular fall beverage, Pumpkin Spice Latte, I was unhappy with its effects on my waistline and blood sugar. My daughter-in-law and I were on a mission to find a healthier alternative and developed this concoction.*

## INGREDIENTS

- 1 Pumpkin Spice Coffee K-Cup, or 1- 8 oz. brewed cup of pumpkin spice coffee
- 1 tbsp Sugar-Free Italian Crème Coffeemate
- 2 tbsp Reddi Whip Fat Free Topping
- Pumpkin Pie Spice to taste, sprinkled on top

## NUTRITION

- Yield: Serves 1**
- Calories: 25
- Fat: 1g
- Carbs: 2g
- Protein: 0g
- Sodium: 0mg
- Sugar: 0g

## DIRECTIONS

1. Brew Pumpkin Spice coffee on the 8-ounce setting.
2. Add remaining ingredients and sprinkle Pumpkin Pie Spice to taste. Enjoy!

# Ponche Navideño, estilo Guatemalteco (Guatemalan Holiday Punch)

Submitted by Vilma Santos

*UT System Administration*

In our family, we choose if we want the punch to “bite” or not – you can add rum to taste or leave non-alcoholic!

## INGREDIENTS

1 small box of raisins  
½ cup dried apricot  
½ cup dried apples  
2 oz. prunes  
1 pineapple  
2 cinnamon sticks  
2 whole allspice peppercorns  
2 cloves  
10 cups water  
Sugar to taste (calorie count based on ½ cup)

## NUTRITION

**Yield: Serves 10 cups**  
Calories: 90  
Fat: 0g  
Carbs: 24g  
Protein: 0g  
Sodium: 8mg  
Sugar: 20g

## DIRECTIONS

1. Chop dried fruits.
2. Dice the pineapple finely.
3. Put all ingredients together (minus the sugar) in a pot and cover with water.
4. Boil until the fruit is softened, usually about 30 minutes. Time varies with stoves.
5. After the fruit is softened, remove pot from heat and add sugar to taste.

Serve while still hot in mugs. Be sure to include some of the fruit in every serving.

# *Desserts*



# Martha Washington Candy

Submitted by Deborah Tanner

UT MD Anderson Cancer Center

*My Mother, Joann Perry, made this for us every Christmas. It was my father's favorite snack. Plus it was always a fun family event making it!*

## INGREDIENTS

- 2 lbs. powdered sugar
- 1 lb. chopped pecans
- 2 (3 ½ oz) cans flaked coconut
- 2 tsp. vanilla
- ¼ lb. melted butter
- 1 (14 oz) can sweetened condensed milk
- 2 (6 oz) pkg. semisweet chocolate pieces
- 1 (4 oz) pkg paraffin wax block

## NUTRITION

**Yield: Serves 50**

Calories: 289

Fat: 18g

Carbs: 31g

Protein: 3g

Sodium: 21mg

Sugar: 29g

## DIRECTIONS

1. With hands (put on plastic gloves) mix sugar, pecans and coconut.
2. Then add vanilla, butter and milk.
3. Roll in balls size of walnuts.
4. Layer in plastic container with wax paper and then place in freezer for a few hours or over night.
5. Melt chocolate and paraffin over very low fire (use double boiler pan if using gas). Do not cook but keep hot enough to keep mixture melted.
6. Dip balls in mixture and place on wax paper to cool (use tooth picks or ice pick to dip candy).
7. Store in freezer or refrigerator until ready to eat. Makes several balls, about 50 if small. Will last in freezer for months – years.

# Easy Peasy Pumpkin Pie

Submitted by Ruth McAlester-Duff  
UT Southwestern Medical Center

*I am retired from UT Dallas and don't want to spend all of my time in the kitchen.*

## INGREDIENTS

1 can sweetened condensed milk  
1 can Pumpkin  
1 to 2 tsp cinnamon  
½ tsp ginger  
½ tsp nutmeg  
½ tsp all spice or use Pumpkin Pie Spice accordingly  
2 eggs  
½ tsp salt  
1 tsp vanilla  
1 9" deep dish pastry shell  
Whipped cream

## NUTRITION

**Yield: Serves 6-8**  
Calories: 300-400  
Fat: 14.3g  
Carbs: 45g  
Protein: 6g  
Sodium: 196mg  
Sugar: 33g

## DIRECTIONS

1. Mix milk and eggs together; then pumpkin, spices, salt and vanilla.
2. Blend together.
3. Pour into pastry shell.
4. Bake at 425°F for 10-15 minutes.
5. Then lower over to 350°F and continue to bake 35-40 minutes until pumpkin is set.
6. Let cool and serve with whipped cream or cool whip.

# Forgotten Cookies

Submitted by Anne Dougherty

UTHealth at Houston

*This was my mother's recipe, treasured by all generations.*

## INGREDIENTS

2 eggs  
2/3 cup white sugar  
pinch of salt  
1 cup pecans, chopped  
1 cup semisweet chocolate chips  
1 tsp. vanilla extract (Madagascar bourbon)

## DIRECTIONS

1. Preheat oven to 350°F before bedtime.
2. Cover a half sheetpan with foil.
3. Beat egg whites until foamy.
4. Add sugar and beat until stiff.
5. Fold in salt, pecans, chocolate chips and vanilla.
6. Drop by teaspoonfuls onto pan, crowding together without touching. Place in oven.
7. Turn heat off and leave overnight and retrieve in the morning.

## NUTRITION

**Yield: Serves 3-4 dozen**

Calories: 50

Fat: 3g

Carbs: 6g

Protein: 1g

Sodium: 2mg

Sugar: 6g

# Banana Pudding

Submitted by Carolyn Duff  
UT MD Anderson Cancer Center

*When I got this recipe from a friend years ago, it didn't have the healthy modifications. I modified it and found the healthy version tasted better than the original! I am always asked for this recipe when I take it to potluck dinners.*

## INGREDIENTS

- 3 pkgs. Jell-O instant vanilla pudding, sugar-free, fat-free
- 5 cups skim milk
- 8 oz light sour cream (light is better than fat-free)
- 12 oz light Cool Whip
- 2 boxes reduced fat vanilla wafers (best brand is Kroger)
- 8 lg. bananas, sliced

## NUTRITION

- Yield: Serves 20
- Calories: 317
- Fat: 5.7g
- Carbs: 60.8g
- Protein: 4.1g
- Sodium: 315mg
- Sugar: 40.3g

## DIRECTIONS

1. Mix pudding and milk with whisk.
2. Fold in sour cream and Cool Whip.
3. Layer cookies, bananas and mix.

# Holiday Harvest Mix

Submitted by Melissa Ramos

UT Southwestern Medical Center

*This is a recipe I found and altered from Pinterest. I make this recipe often for my two daughters. I believe it to be a great alternative to candy and chips.*

## INGREDIENTS

- 1 box of honey nut Chex or a healthy cereal of choice
- 1- 7 oz. bag of original Bugels
- 2 heaping cup of candy corn or semi-sweet morsels
- 2 bags of light butter popcorn
- 4 cups of pretzels

## NUTRITION

**Yield: Serves 15-20**

Calories: 276

Fat: 7g

Carbs: 50g

Protein: 5g

Sodium: 527mg

Sugar: 8g

## DIRECTIONS

1. Combine all ingredients together in a large bowl and toss lightly.
2. Store in Ziploc bags to enjoy all week or serve in a large dish at your next holiday gathering.

# Cinnamon Crème Brûlée

Submitted by Rachel LaBerge

Vendor Partner: Health Enhancement Systems

*This recipe came from my Aunt and Uncle in Minnesota. They had a lot of time to bake when they would get snowed in.*

## INGREDIENTS

- 10 Egg Yolks
- ½ cup sugar
- 1 tbsp. brown sugar
- 1 tsp. cinnamon
- 2 ½ cups whipping cream
- ¼ cup sugar (you'll use for caramelizing those toasty tops)

## NUTRITION

- Yield: Serves 10**
- Calories: 202
- Fat: 13g
- Carbs: 17g
- Protein: 4g
- Sodium: 19mg
- Sugar: 16g

## DIRECTIONS

1. Preheat oven 300°F.
2. In a mixing bowl, beat together the 10 egg yolks with sugar. Mix until the sugar is dissolved, no longer gritty, and the mixture is a pale yellow.
3. Add the whipping cream, brown sugar, and cinnamon. Beat on low until blended.
4. At this point, you want to get rid of any foam bubbles you've encountered. I recommend using a strainer... pour the mixture through, until all bubbles are gone.
5. You're ready to pour into your ramekins or custard cups... I use 8-10 ramekins.
6. Place filled ramekins/custard cups in a water bath. For the bath, use a large pan and fill it with hot water. You'll want the water to reach almost the tip top of the ramekins. Bake until set... roughly 55 minutes.
7. Remove ramekins from water bath and place in refrigerator to chill. I recommend chilling 2-3 hours.
8. Prior to serving, sprinkle about 2 teaspoons of sugar over each dessert. I use a small, hand-held torch to melt sugar until a burnt syrup is made. When I'm feeling crazy, I mix a little extra cinnamon into the sugar you place on the top for caramelizing. If you don't have a torch, place under your oven broiler until sugar melts. If you'd like, re-chill the ramekins, to firm the sugar, for 15 minutes prior to serving.

# Avocado Key Lime Pie

Submitted by Jane Ogletree  
UT Southwestern Medical Center

*Original given to me by a friend at UT Southwestern. I tweaked it just a bit so it is a hybrid.*

## INGREDIENTS

### PIE CRUST

- 2 cups finely ground graham cracker crumbs
- ¼ cup sugar
- Scant ¼ teaspoon sea salt
- 2/3 cup coconut oil (liquefied) or melted butter

### PIE FILLING

- 2 ripe Hass avocados, smashed (2 cups)
- 4 tsps. finely grated lime zest
- ½ cup plus 2 tablespoons fresh juice
- ½ cup sweetened condensed coconut milk
- 1 tsp. vanilla extract
- Pinch salt
- Whipped cream, for garnish (optional)
- Finely grated lime zest and/or thin lime wheels, for garnish

## NUTRITION

### Yield: Serves 8

- Calories: 410
- Fat: 30g
- Carbs: 34g
- Protein: 3g
- Sodium: 280mg
- Sugar: 16g

## DIRECTIONS

### PIE CRUST

1. Combine all above until consistency of wet sand. Press evenly into bottom and up sides of 9-inch pie plate.
2. Bake at 350°F for 10 minutes, cool then chill before filling.

### ALTERNATIVE NUT & DATE PIE CRUST

- (1 cup almonds, 1 cup walnuts, ½ cup dates, dash Cinnamon, dash Salt)
1. Pulse chop almonds & dates a few times in food processor until chopped then add the walnuts and cinnamon ad salt and process until very small pieces.
  2. Transfer to coconut oiled pie plate and press until even and smooth.

### PIE FILLING

1. Combine the avocado, lime zest and juice, condensed milk, vanilla extract and salt in a blender. Puree until smooth and silky.
2. Transfer the mixture to the chilled crust, then use spatula to spread it smooth and evenly.
3. Cover and refrigerate for at least 2 hours, and preferably overnight before serving.
4. Garnish with whipped cream and/or the lime zest and thin lime wheels.

# Barbara's Strawberry Banana Dessert

Submitted by Barbara Green

UT Southwestern Medical Center

*I was at a restaurant and tried this with Jell-O. I did not care for it with Jell-O, so I removed it and added glaze.*

## INGREDIENTS

4 lbs. of strawberries

6 bananas

1 strawberry glaze

## NUTRITION

**Yield: Serves 8**

Calories: 157

Fat: 0.1g

Carbs: 39.1g

Protein: 2.5g

Sodium: 8mg

Sugar: 23.1g

## DIRECTIONS

1. Remove the green from the top and slice the strawberries, rinse and set to the side to drain.
2. Slice 6 bananas add to strawberries.
3. Pour the glaze on top of the bananas and strawberries.
4. Stir and refrigerate for 1 hour.

# Cranberry Crumble

Submitted by Karen Eilert

UT Southwestern Medical Center

*I cannot remember where I found this recipe. I picked it up in a grocery store and have been making it ever since. It is at least 25 years old. There is no name on it and I have slightly modified it for our tastes and preferences in my family.*

## INGREDIENTS

2 cups fresh cranberries, washed and sorted  
1/3 cup, plus 1/2 cup sugar  
1/2 cup pecans or walnuts, chopped  
1 egg  
1/2 cup flour  
1/4 cup unsalted butter, melted  
vanilla ice cream, optional

## NUTRITION

**Yield: Serves 6**  
Calories: 481  
Fat: 24g  
Carbs: 62g  
Protein: 7g  
Sodium: 171mg  
Sugar: included in carbs

## DIRECTIONS

1. Preheat oven to 325°F.
2. Prepare an 8-inch pie plate with non-stick spray, set aside.
3. Wash and sort fresh cranberries discarding stems and bad berries. Place remaining berries in pie plate and sprinkle them with a 1/3 cup of sugar. If you like sweeter results, you can increase the amount of sugar by almost double. I do that.
4. In a small bowl, beat the egg well, adding 1/2 cup sugar gradually. Beat mixture until foamy. Add the flour and melted butter. Beat until completely blended.
5. Pour flour mixture over the berries in the pie plate. Bake for 45 minutes. Crust should be golden brown.
6. Serve warm with ice cream like a cobbler if preferred.

Takes approximately 1 hour to prepare. Can be made a head and warmed up if you prefer.

# Healthy Banana Bread

Submitted by Sukie Kaur

UT MD Anderson Cancer Center

*This recipe is my own creation. I have made it over and over. my kids love it. They eat healthy, so I had to find a healthy way of making a banana bread.*

## INGREDIENTS

6 oz. of whole wheat/multi grain flour  
6 ripe bananas  
5 eggs  
3 oz. vegetable oil or butter  
12 oz. quacker oats  
3 oz. sugar  
1 tsp. vanilla  
1 tsp. baking powder  
1 tsp. baking soda  
A pinch of salt  
Pecans (optional)  
3 oz. flax seeds

## NUTRITION

**Yield: Serves 12**  
Calories: 411  
Fat: 18.4g  
Carbs: 53.5g  
Protein: 10.7g  
Sodium: 147mg  
Sugar: 15.2g

## DIRECTIONS

1. Save 2 oz. of the quacker oats and 1 oz. of flax seed aside also add the pecans later.
2. Use the cake mixer (hand mixer) mix the rest of the ingredients together. Starting with bananas first then eggs, oil, sugar and everything else. Mix well, add pecans.
3. Pour mix in baking dish (8"x11"), then sprinkle with the 2 oz. oats and 1 oz. flax seeds.
4. Bake at 350°F for 1 hour and 15 minutes.

# Lime Charlotte “Carlota de Limón”

Submitted by Trini Yunes

UT Rio Grande Valley

*Carlota de Limón (in Spanish), is my husband's favorite. It is the perfect combination of sour and sweet. A traditional Mexican dessert with Latin ingredients that puts a smile on everyone's face when tasted.*

## INGREDIENTS

1 can (12 oz.) Fat free evaporated milk  
1 can (14 oz.) Fat free sweetened condensed milk  
1/3 cup fresh lime juice (green, never yellow)  
1.5 packs (pack of 32) “Marias” cookies  
Zest of 1 lime (decoration)  
1 round glass baking dish  
Plastic wrap

## NUTRITION

**Yield: Serves 12**  
Calories: 167  
Fat: 1g  
Carbs: 32g  
Protein: 5g  
Sodium: 105mg  
Sugar: 5g

## DIRECTIONS

1. Blend the two milks at low setting and slowly add the fresh lime juice, continue blending until mixture turns thick and creamy. Set aside.
2. In a round glass baking dish set the first layer of Marias cookies to cover the entire surface.
3. Pour a layer of the mixture to cover all cookies.
4. Set another layer of Marias cookies to cover the entire surface.
5. Pour another layer of mixture.
6. Repeat the last two steps one more time.
7. Cover with plastic wrap.
8. Place in the refrigerator and chill for at least eight hours or overnight.
9. Decorate with lime zest. Cut, serve, and enjoy!

# Chocolate Cashew Cream Dream Pie

Submitted by Samantha Preisser

UT Dallas

*This is a recipe that I came up with after falling in love with vegan cheesecake during a visit to Portland, Oregon. I have always been a fan of cheesecake, but, in recent years, its heaviness became too much to bear. This pie is a creamy, rich, and satisfying alternative that is easy to fill-up on - without the same ill-effects.*

## INGREDIENTS

1 Pie Crust  
2 cups Raw cashews  
½ cup Coconut oil  
½ cup Almond milk  
½ cup Dark brown sugar  
1 tsp. Cinnamon  
3 tbsp. Cocoa powder  
1 tsp. Vanilla extract  
Chocolate chips for garnish  
Please note: Nutritional information does not include the crust.

## NUTRITION

**Yield: Serves 10**  
Calories: 287  
Fat: 22g  
Carbs: 16g  
Protein: 5g  
Sodium: 11mg  
Sugar: 11g

## DIRECTIONS

1. Pre-soak cashews in water for a few hours until they begin to get soft. Drain off this water, but set it aside.
2. Put all of the other ingredients, except the chocolate chips, into the blender and slowly add the cashews as you blend. You may need to add more liquid to facilitate blending, use either almond milk or the water from soaking the cashews. Blend this mixture thoroughly.
3. Pour the mixture over your preferred crust - I use Oreo crust - and sprinkle chocolate chips over the top.
4. Put into the freezer for several hours to set. Once set, it may be kept in the refrigerator. Slice and enjoy!

# Strawberry Cheesecake Bars

Submitted by April Lee Sherburne

UTMB Health at Galveston

*I found this recipe on Pinterest and had to make it. Although, I did tweak it a bit!*

## INGREDIENTS

- 1 box Vanilla Cake Mix
- ½ cup butter, melted
- 3 large eggs, divided
- 1- 8 oz. cream cheese
- 2 ½ cups plus
- 4 tbsp. confectioner's sugar
- 1 - 21 oz. Strawberry pie filling

## NUTRITION

- Yield: Serves 20
- Calories: 180
- Fat: 10g
- Carbs: 5g
- Protein: 0g
- Sodium: 90mg
- Sugar: 80g

## DIRECTIONS

1. Preheat oven to 325°F. Grease 13x9-inch baking pan.
2. Combine cake mix, butter and 1 egg in large bowl until well blended. Reserve ⅓ cup for topping.
3. Press remaining mixture into bottom of prepared pan.
4. Beat cream cheese with electric mixer in large bowl. Beat in remaining eggs and 2½ cups confectioner's sugar. Pour over cake mixture in pan. Spread strawberry pie filling on top and sprinkle with reserved cake mixture.
5. Bake 1 hour or until golden brown. Refrigerate until chilled. Cut into bars and sprinkle with remaining confectioner's sugar.





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