

Wellness Institute Cooking Demo

Spring is
BLOOMING

Recipes:

Cucumber Salad

2 cukes, peeled/sliced
1 med onion, thinly sliced
1 c white vinegar
1 c water
2 pkts Equal/Splenda
1 t low salt soy sauce
¼ t white pepper (optional)

Toss cukes & onions.
Combine other ingredients in container w/ cover, shake. Add veggies and chill overnight to serve.

Cal 13 Carbs 2.5 g
Protein .3g Fat 0 g
Sodium 45.5mg Chol 0 mg

Baked Plantains

2 lge ripe plantains
12oz unsw chunk pineapple
¼ c prune juice
½ c unsw apple juice
1 t cinnamon
1 t nutmeg
½ c raisins

Mix juice, add cinnamon & nutmeg. Spray 8"x8" baking disk w/ Pam. Slice plantains and arrange in dish. Add pineapple and raisins. Pour juice over. Bake 20-25 min @ 350.

Cal 187 Carb 48.7g
Protein 1.4 g Fat .5 g
Sodium 11mg Chol 0 mg

Peachy Butter

4 lbs ripe peaches peeled & sliced
1 c sugar
2 pkts Splenda
1 ¼ t grated lemon rind
½ t cinnamon
¼ t cardamom

Cook peaches in small amt of water until soft. Puree in blender. Return to pan and add other ingredients. Cook over low heat until thickened. About 45 min.

Serve on low fat, whole grain bread, melba, or pita chip. Use in crepes.

Cal 42 Carbs 2.7 g
Protein .6 g Fat 0 g
Sodium 31mg Chol 0 mg

Asparagus Bisque

1 lb fresh asparagus
½ lg onion, chopped
1 c chopped celery
2 c chicken stock
¼ t marjoram crushed
1/8 t salt
Dash white pepper
¼ c plain lowfat yogurt

Combine all ingredient but yogurt in pan and boil. Cover and simmer 10 min. Pour into blender, add yogurt and blend until smooth. Serve hot/cold.

Cal 38 Fiber 1 g
Sodium 74 mg Chol 1 mg

Turkey and Pear Chili

½ lb ground turkey
1 sm onion
1 clove garlic
1 T oil
Salt, pepper to taste
1 t chili powder
1 t sugar
½ t paprika
Dash cayenne pepper
1 lb can stewed tomatoes
1 t lemon juice
2 lg Bartlett pears
1 t cornstarch
½ c water

Blend meat, onion & garlic and heat oil in lg skillet. Add meat mixture to skillet and brown. Add seasonings and cook another 2 min. Chop tomatoes coarsely and add w/ lemon juice to skillet. Simmer 15 min. Peel, halve, core pears and set aside. Blend cornstarch and water and stir into skillet. Bring to boil, cook 1-2 min. Spoon mixture into pear halves.

Cal 238 Carbs 6.7 g
Protein 2.8 g Fat 2.1 g
Sodium 91mg Chol 4.2mg

Curried Tuna w/ Walnuts

1/3 c chopped walnuts
5 heads Boston Lettuce
½ c unsw pineapple chunks
3 cans tuna in water, drained
¾ c Curry Dressing

Toast walnuts. Combine other ingredients & mix. Serve w/ walnuts sprinkled on top.

Free to participants.

This program is for participants at work sites, senior centers, and other facilities. There is no cost to participants. Cost of services is paid by the site sponsor, whether employer or organization. This is a turn key program offered throughout the year as scheduled for each site.

For more information, or to schedule these services, contact Mary Ann Harnett at mharnett@wellnessinstitute.ny.com, or call 845-638-4574, out of area 800-609-2198.