



National Nutrition Month® 2011 Recipes

American Dietetic Association

GLUTEN-FREE

Blueberry Yogurt Belgian Waffles

6 Servings

- 3 eggs
- 1 ½ cups fat-free vanilla yogurt
- 1 teaspoon vanilla extract
- 1 cup brown rice flour
- ½ cup tapioca flour
- ½ teaspoon xanthan gum*
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- 2 tablespoons butter, melted
- ¾ cup fresh or frozen blueberries

*Available online

Why eat frozen waffles when you can so easily make your own? Every waffle maker is different, so be sure to follow the cooking instructions that came from the manufacturer.

1. In a large bowl, beat together the eggs, yogurt and vanilla. Add the dry ingredients, flour through nutmeg; then add the butter and mix everything well.
2. Stir in the blueberries until just combined.
3. Heat a waffle iron.
4. Pour enough batter for one waffle onto the waffle iron and cook until golden on both sides.
5. Serve immediately. These waffles are delicious plain or served with apple butter or warm maple syrup.

Serving size: Two 4x4-inch waffles

Nutrition Facts per Serving:

Calories: 227.5	Fat: 7.1 g	Cholesterol: 116.7 mg
Sodium: 457 mg	Carbohydrates: 33.7 g	Fiber: 1.9 g
Protein: 6.8 g	Calcium: 103.7 mg	Iron: 1 mg

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GLUTEN-FREE

Crispy Fish Sticks with Cocktail Sauce

4 servings

- Gluten-free cooking spray or about 2 teaspoons vegetable oil
- 1 pound fish fillets, such as tilapia, cod, or sole
- 1 cup gluten-free corn flakes, processed into crumbs (see tip)
- 1 tablespoon dried parsley
- 1 teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 egg
- 2 egg whites
- ½ cup brown rice flour
- ½ cup gluten-free chili sauce
- 1 tablespoon horseradish (or more to taste)
- 1 tablespoon lemon juice

These fish sticks are a real treat and, oh, so easy to prepare.

1. Preheat the oven to 425 degrees. Coat a large baking pan with the cooking spray or vegetable oil.
2. Cut the fish into strips, about 2 inches long by ½ inch wide.
3. Mix the cornflakes with the parsley, onion powder, salt, and pepper.
4. In a separate dish, beat together the egg and egg whites.
5. Place the brown rice flour in a gallon-size zipper-lock bag. Add the fish, a few pieces at a time; coat each piece with flour, then dip it in the egg, then into the cornflake mixture, making sure to coat the fish stick completely. Place the fish on the prepared tray.
6. Bake for 12 to 15 minutes, or until fish is cooked through.
7. To make cocktail sauce, mix the chili sauce, horseradish, and lemon juice in a small bowl. Serve with the fish. If you prefer tartar sauce with your fish, simply mix ½ cup mayonnaise with 1 tablespoon pickle relish and 1 tablespoon lemon juice.

Tip: To crush cornflakes, put them in a gallon-size zipper-lock bag, close the top, and pound them gently with a mallet or a rolling pin until they're crushed to coarse crumbs.

Serving size: 4 to 5 fish sticks with 2 tablespoons sauce

Nutrition Facts per Serving:

Calories: 323	Fat: 3.8 g	Cholesterol: 109.5 mg
Sodium: 825 mg	Carbohydrate 40.6 g	Fiber: 2.9 g
Protein: 30.4 g	Calcium: 35.5 mg	Iron: 5.4 mg

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GLUTEN-FREE

Wild Rice Spring Rolls

8 Servings

- 1 teaspoon vegetable oil
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- ¼ cup frozen corn kernels, thawed
- 1 cup cooked wild rice
- 1 cup shredded cabbage
- ½ teaspoon salt
- ¼ teaspoon pepper
- 8 100-percent rice paper spring roll wrappers or 8 iceberg lettuce leaves

These spring rolls are a fun way to get your children to eat more vegetables. They are delicious on their own or served with Asian Dipping Sauce. This recipe can be doubled or tripled as needed. You can even cut each roll in half to serve them on an appetizer platter.

1. Heat the oil in a large skillet over medium heat. Add the garlic, ginger, onion, and pepper. Saute for 3 to 4 minutes.
2. Add the corn, rice, cabbage, salt, and pepper. Cook for 3 to 4 more minutes, or until heated through.
3. Cover a baking sheet with parchment paper.
4. Dip a rice paper wrapper, one at a time, in hot water for a couple of seconds to soften. Place 2 tablespoons of the mixture in the center of the wrapper, fold in the sides, and roll them up. Place the rolls on the baking sheet. Repeat with the remaining wrappers.
5. Place the rolls in the refrigerator to cool for about 10 to 15 minutes, or until ready to serve.

Tip: Iceberg lettuce leaves work well in place of the spring roll wrappers. Just separate the large leaves from the outside of the lettuce, and serve the lettuce leaves with the filling on the side. Each diner will then roll his or her own spring roll at the table.

Nutrition Facts per Serving:

Calories: 78.8	Fat: <1 g	Cholesterol: 0 mg
Sodium: 152 mg	Carbohydrate: 16.6 g	Fiber: 1.5 g
Protein: 1.8 g	Calcium: 10.6 mg	Iron: <1 mg

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GLUTEN-FREE

Asian Dipping Sauce

Makes ½ cup

- ¼ cup apricot preserves
- ¼ cup peach preserves
- 1 tablespoon gluten-free soy sauce
- ½ teaspoon red pepper flakes (optional)

This sauce goes great with any Asian recipe and also works well as a coating for chicken, fish or pork. If you're using it as a coating, brush the sauce on during the last few minutes of cooking to prevent burning.

In a small food processor, blend all ingredients until well combined.

Serving size: 1 tablespoon

Nutrition Facts per Serving:

Calories: 45.4	Fat: <1 g	Cholesterol: 0 mg
Sodium: 130.8 mg	Carbohydrate: 11.6 g	Fiber: <1 g
Protein: <1 g	Calcium: 2.4 mg	Iron: <1 mg

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Low-Fat Oven-Fried Chicken

6 servings

- 1 cup plain low-fat yogurt
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 clove garlic, minced
- 6 skinless chicken breast halves or 6 skinless chicken thighs (1 ¾ to 2 pounds)
- 1 cup seasoned bread crumbs
- 1 tablespoon margarine, melted

Love the taste of fried chicken but hate the excess calories and fat? Here's a solution that's sure to please. Spicy yogurt sauce adds both flavor and practicality, acting as a base for the seasoned bread crumbs to keep the chicken moist during baking.

1. Preheat the oven to 400 degrees F.
2. Combine the yogurt, paprika, thyme, salt, pepper and garlic in a large bowl; mix well. Coat the chicken with the mixture. (The chicken may be covered and refrigerated overnight or baked immediately.)
3. Prepare a shallow roasting pan or jelly roll pan with nonstick pan spray. Combine the bread crumbs and margarine in a shallow dish. Coat the chicken with the crumbs; place in the pan.
4. Bake breasts for 25 minutes, thighs for 30 to 35 minutes, or until tender.

Serving size: 1 thigh or breast half

Nutrition Facts per Serving:

Calories: 240	Calories from fat: 69	Fat: 8 g
Saturated fat: 2 g	Cholesterol: 69 mg	Sodium: 721 mg
Carbohydrates: 16 g	Fiber: 1 g	Sugars: 2 g
Protein: 26 g		

Exchange list approximations: Starch 1 Meat, lean 3

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Spicy Black Beans

2 cups (4 servings)

- 2 teaspoons olive oil
- 1 clove garlic, minced
- One 16-ounce can black beans, rinsed and drained
- ½ cup prepared hot salsa or picante sauce
- 1 tablespoon fresh lime juice
- 1 tomato, seeded and chopped
- ¼ cup coarsely chopped cilantro

These beans are delicious hot, spooned over rice, or chilled, as a main dish or side salad. To prepare the chilled beans, simply mix all the ingredients together, cover and refrigerate for several hours to allow the flavors to blend.

1. Heat the oil in a medium saucepan. Sauté the garlic until tender, about 2 minutes. Add the beans, salsa and lime juice. Simmer until heated through, about 5 minutes, stirring occasionally.
2. Stir in the tomato; sprinkle with cilantro.

Serving size: ½ cup

Nutrition Facts per Serving:

Calories: 138	Calories from fat: 25	Fat: 3 g
Saturated fat: 0 g	Cholesterol: 0 mg	Sodium: 196 mg
Fiber: 7 g	Sugars: 4 g	Protein: 7 g
Carbohydrate: 22 g		

Exchange Approximations: Starch 1 ½ Fat, monounsaturated ½

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Vegetable Fried Rice

6 servings

- 1 tablespoon canola or corn oil
- 3 tablespoons light soy sauce
- 2 teaspoons cider vinegar or lemon juice
- 2 teaspoons brown sugar
- ½ teaspoon Chinese five-spice powder
- ¼ teaspoon crushed red pepper flakes
- 3 cloves garlic, minced
- 1 ½ cups chopped fresh broccoli
- ½ cup thinly sliced carrot
- 1 ½ cups diced cooked chicken (about 9 ounces)
- 1 large egg, lightly beaten, or ¼ cup egg substitute
- 4 green onions with green tops, sliced diagonally
- 3 cups cooked white rice

Chinese five-spice powder is a key ingredient in this colorful recipe. A pungent mix of ground spices (usually consisting of equal parts cinnamon, cloves, fennel seed, star anise and Szechwan peppercorns), it's available in most grocery stores and Asian markets. Serve this rice as an entrée or side dish.

1. Heat a nonstick wok or large skillet; add the oil and coat the surface. Add the soy sauce, vinegar, sugar, five-spice powder, garlic and red pepper flakes. Cook over medium heat for 1 minute.
2. Add the broccoli and carrot; stir-fry 2 to 3 minutes.
3. Add the chicken, egg and green onions; stir-fry until the egg is cooked.
4. Add the rice and toss to mix well; cook until the rice is heated through.

Serving size: 1 ½ cups

Nutrition Facts per Serving:

Calories: 250	Calories from fat: 60	Fat: 7 g
Saturated fat: 1 g	Cholesterol: 73 mg	Sodium: 371 mg
Fiber: 2 g	Sugars: 4 g	Protein: 17 g
Carbohydrate: 30 g		
Exchange Approximations: Starch 1 ½ Vegetable 1 Meat, lean 2		

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Sirloin with Sugar Snap Pea & Pasta Salad with Gremolata Dressing

4 Servings

- Water
- 2 cups fresh sugar snap peas
- 2 cups cooked gemelli or corkscrew pasta
- 1 cup grape or teardrop tomatoes, cut in halves

Gremolata Dressing:

- ¼ cup fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh parsley
- 2 cloves garlic, minced
- 2 teaspoons freshly grated lemon peel
- ¼ teaspoon salt
- 1/8 teaspoon pepper

- 3 cloves garlic, minced
- 1 teaspoon pepper
- 1 boneless beef top sirloin steak, cut ¾ inch thick (about 1 pound)
- Salt, as desired
- Freshly grated lemon peel
- Chopped fresh parsley (optional)

A gremolata is made with fresh parsley, garlic and lemon peel. This fresh-tasting dressing is an outstanding accompaniment to beef and pasta.

1. Bring water to boil in large saucepan. Add peas; cook 2 to 3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, pasta and tomatoes in large bowl. Set aside.
2. Whisk Gremolata Dressing ingredients in small bowl until well blended. Toss 2 tablespoons dressing with pasta mixture. Set aside.
3. Combine garlic and pepper; press evenly onto beef steak. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 9–12 minutes for medium-rare to medium doneness, turning once.
4. Carve steak into thin slices; season with salt, as desired. Add steak slices and remaining dressing to pasta mixture; toss to coat evenly. Garnish with lemon peel and parsley, if desired.

Nutrition Facts per Serving:

Calories: 369	Fat: 12 g	Saturated fat: 3 g
Monounsaturated fat: 7 g	Cholesterol: 50 mg	Sodium: 216 mg
Carbohydrate: 31 g	Fiber: 4.2 g	Protein: 32 g
Niacin: 10.0 mg	Vitamin B6: 0.7 mg	Vitamin B12: 1.4 mcg
Iron: 4.4 mg	Selenium: 46.5 mcg	Zinc: 5.3 mg

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Pumpkin Bread

Corrina Riemann, RD

24 servings

- Vegetable oil cooking spray
- 2 ²/₃ cups sugar
- ¹/₃ cup canola oil
- ¹/₃ cup unsweetened applesauce
- 1 can pumpkin (15 ounce)
- 4 eggs
- ²/₃ cup nonfat plain yogurt
- 2 ²/₃ cups all-purpose flour
- ²/₃ cup toasted wheat germ
- 1 ¹/₂ teaspoons salt
- 2 teaspoons baking soda
- 1 ¹/₂ teaspoons baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 ¹/₂ cups raisins

Enjoy the all-American aroma of pumpkin pie all year long with this delightfully rich and hearty quick bread. In the Native American tradition of using squash (pumpkin is one type) often, we cook and bake pumpkin into many recipes. Pour a glass of nonfat milk to enjoy with a slice at breakfast—and you're ready to start your day.

1. Preheat oven to 350 degrees F. Spray two 8 ¹/₂-by-4 ¹/₂-by 2 ¹/₂ inch loaf pans or 24 muffin tins with the cooking spray. Cream together the sugar, canola oil, applesauce, pumpkin, eggs and yogurt until smooth. Stir together the flour, wheat germ, salt, baking soda, baking powder, cloves, cinnamon and nutmeg.
2. Combine the dry mixture with the wet one; stir until well combined. Fold in the raisins. Pour into the prepared pans (fill the muffin tins ²/₃ full). Bake for 50 minutes (loaves) or 25 minutes (muffins).

Tip: This freezes well as muffins or bread, up to three months. Thaw at room temperature, in the microwave (about 15 seconds per muffin or slice), or in the toaster (slices only).

Serving size: one twelfth of one loaf or one muffin

Nutrition Facts per Serving:

Calories: 240 kcal	Fat: 4.5 g	Saturated fat: 0.5 g
Cholesterol: 35 mg	Sodium: 300 mg	Carbohydrates: 46 g
Fiber: 2 g	Protein: 4 g	

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Tropical Breeze Smoothie

Catherine Hoffmann, MS, RD

2 servings

- 1 cup nonfat milk
- ¹/₂ cup crushed pineapple (in juice)
- 1 medium-size banana
- 1 medium-size papaya, peeled and cubed
- 4 to 6 ice cubes

Blend this smoothie and sip it with your eyes closed. You'll think you're in Hawaii or Tahiti!

Combine all the ingredients in a blender on high until smooth. Serve at once.

Tip: Slice and freeze the banana to make the smoothie extra thick.

Nutrition Facts per Serving:

Serving size: 1 ¹ / ₄ cups	Calories: 190 kcal	Fat: 1 g
Saturated fat: 0 g	Cholesterol: 0 mg	Sodium: 70 mg
Carbohydrates: 44 g	Fiber: 5 g	Protein: 6 g

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