

# SBL Cooking Demo: Put Your Best Fork Forward

March 20, 2017

## Tomato Soup

Servings: 4

### Ingredients

- 1 Tablespoon extra-virgin olive oil
- 1 onion
- 4 cups baby spinach leaves
- Garlic cloves, minced (~2 teaspoons)
- ¼ teaspoon crushed red pepper flakes
- 4 tomatoes, finely chopped (~4 cups)
- 1, 28 oz can, no-salt added crushed tomatoes
- ½ cup chopped fresh basil
- 4 cups low-sodium vegetable broth



### Directions

1. In a large pot, heat the oil over medium heat. Add the onion, spinach, garlic, and crushed red pepper and cook for 3 minutes.
2. Add the fresh tomatoes, canned tomatoes, and basil (save a few leaves for garnish) and cook for 5 minutes more.
3. Add the broth and bring to a boil.
4. Cover, turn the heat down to maintain a simmer, and cook for ~15 minutes.
5. Use an immersion blender to puree the soup to a semi smooth consistency, being careful not to splash yourself with hot soup.

### Nutritional Info for soup

Per Serving: 198 calories, 35 gm carbohydrate, 10 gm protein, 3 gm fat, 55 mg sodium, 10 g fiber

### Optional: Grilled Cheese Croutons

#### Ingredients

- 2 slices whole-grain bread, toasted
- 4 slices cheddar cheese (NOT American or processed cheese)
- 2 tablespoons balsamic vinegar, for serving

#### Directions

1. Pre-heat broiler.
2. Top each slice of toast with cheese and place on baking sheet.
3. Broil for 4 minutes, or until cheese is bubbling.
4. Cut the toast into crouton-size pieces
5. Drizzle soup with vinegar and top with croutons and additional basil flakes.

### **Nutritional Info for soup with grilled cheese croutons**

Per serving: 380 calories, 48 gm carbohydrate, 18 gm protein, 13 gm fat, 286 mg sodium, 13 gm fiber

## **Parmesan Spinach Cakes**

Servings: 8

### **Ingredients**

- 12 oz fresh spinach (~8-10 cups)
- ½ cup part-skim ricotta cheese or low fat cottage cheese
- ½ cup finely shredded Parmesan cheese, plus more for garnish
- 2 large eggs, beaten
- 1 clove garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper



### **Directions**

1. Pre-heat oven to 400 F
2. Pulse spinach in 3 batches in a food processor until finely chopped. Transfer to a medium bowl.
3. Add ricotta (or cottage cheese), Parmesan cheese, eggs, garlic, salt and pepper; stir to combine.
4. Coat 8 cups of a 12 cup muffin pan with cooking spray.
5. Divide the spinach mixture among the 8 cups (they will be very full).
6. Bake the spinach cakes until set, ~ 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate.
7. Serve warm and sprinkle with more Parmesan cheese, if desired.

### **Nutritional Info**

Serving size: 2 cakes

Per Serving: 141 calories, 6 gm carbohydrate, 13 gm protein, 8 gm fat, 448 mg sodium, 2 gm fiber

## **Greek Yogurt Chicken Salad Sandwich**

Servings: 4

### **Ingredients**

- 2 cups rotisserie chicken
- ½ cup diced red onion
- ½ cup diced apple
- ½ cup grapes, halved
- ¼ cup dried cranberries
- ¼ cup slivered almonds
- ½ cup plain Greek yogurt
- 1 tablespoon freshly squeezed lemon juice, or more to taste
- 1 clove garlic, minced
- Salt and pepper



### **Directions**

1. In a large bowl, combine chicken, red onion, apple, grapes, dried cranberries, almonds, Greek yogurt, lemon juice, and garlic. Mix well.
2. Season with salt and pepper to taste.
3. Serve on bread or lettuce.

### **Nutritional Info**

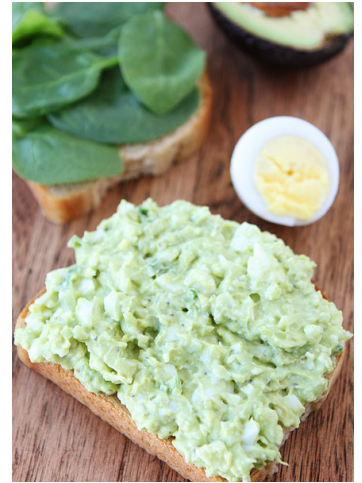
Per serving (chicken salad only): 212 calories, 19 gm carbohydrate, 41.5 gm protein, 6 gm fat, 97 mg sodium, 2.4 gm fiber

## **Avocado Egg Salad**

Servings: 4

### **Ingredients**

- 2 hard boiled eggs, chopped
- 2 hard boiled egg whites, chopped
- 2 small avocados, pitted and peeled
- 1 Tablespoon plain Greek yogurt
- 1 Tablespoon fresh lemon juice
- 2 Tablespoons chopped green onion
- ¼ teaspoon Dijon mustard
- Salt and pepper to taste



### **Directions**

1. In medium bowl, combine the hard boiled eggs and egg whites, avocado, Greek yogurt, lemon juice, green onion, and mustard. Mash with fork.
2. Season with salt and pepper to taste.

### **Nutritional Info**

Per serving: 212 calories, 10 gm carbohydrate, 7 gm protein, 17 gm fat, 506 mg Na+, 3.5 gm fiber

## **Stovetop Avocado Mac & Cheese**

Servings: 12

### **Ingredients**

- 10 oz dry elbow macaroni
- 2 cloves garlic, minced
- 2 avocados, peeled and pitted
- 2 Tablespoons fresh lime juice
- Salt and pepper to taste
- 2 Tablespoons butter
- 2 Tablespoons all-purpose flour
- 1 cup milk
- 2 cups shredded Pepper jack cheese
- Salt and pepper to taste
- Fresh avocado chunks, for garnish, if desired



### **Directions**

1. Bring water to boil in a large pot. Add in macaroni. Stir and cook until Al Dente, about 8-10 minutes. Drain and set aside.
2. While the pasta is cooking, make the avocado sauce by placing the garlic, avocados, lime juice, salt, and pepper into a food processor or blender. Process until smooth and creamy. Set aside.
3. To make the cheese sauce, place butter in a small saucepan and heat over medium heat. When butter is melted, whisk in flour to create a paste. Whisk in milk until smooth. Stir with a wooden spoon until the sauce starts to thicken. Add in Pepper Jack cheese and stir until cheese is melted and sauce is creamy.
4. Place macaroni in a large bowl. Pour the avocado sauce over the macaroni and stir until well coated. Add the cheese sauce and stir until macaroni is coated and creamy. Season with salt and pepper to taste. Serve warm. Garnish with fresh avocado chunks, if desired.

\*Note: the lime juice keeps the avocado from browning. The mac and cheese is best eaten the first day, but it is still good the second day. The pasta may turn slightly brown, but not bad. If you want milder flavor, you can use Monterey jack or White Cheddar Cheese.

### **Nutritional Info**

Serving Size: ~1/2 cup

Per serving: 248 calories, 23 gm carbohydrate, 9 gm protein, 14 gm fat, 367 mg Na+, 3 gm fiber

## **Gingered Vegetable Stir-Fry**

Servings: 8

### **Ingredients**

- 1 lb fresh broccoli
- 2 medium carrots
- 2 Tablespoons canola oil
- 1 Tablespoon minced peeled ginger root
- 1 clove garlic, minced
- 2 cups (6 oz) fresh snow peas, ends trimmed, strings removed or 1 (6oz) package frozen snow peas, thawed
- 1 cup sliced shiitake mushrooms
- 2 green onions, cut in 2-inch lengths
- ½ cup water
- 2 Tablespoons reduced sodium soy sauce
- 1 Tablespoon rice vinegar
- 1 teaspoon sugar
- 1 Tablespoon sesame oil



### **Directions**

1. Cut the broccoli tops in florets; set aside. Cut the broccoli stalks and carrots in matchsticks.
2. Heat the oil in a wok or large non-stick skillet over high heat.
3. Add the broccoli stalks, carrots, ginger root, and garlic. Stir-fry (or cook and stir continuously) for 1 minute.
4. Add the broccoli florets, snow peas, mushrooms, and green onions. Toss gently to mix ingredients.

- Combine the water, soy sauce, rice vinegar, and sugar in a small bowl. Stir into the vegetable mixture. Cover; cook for ~2 minutes, until vegetables are fork tender. Remove from heat.
- Drizzle the sesame oil over vegetables: toss gently.

### **Nutritional Info**

Serving size: ¾ cup

Per Serving: 130 calories, 12 gm carbohydrate, 5 gm protein, 7 gm fat, 160 mg Na+, 3 gm fiber

## **Mini Granola Cups with Yogurt and Berries**

Servings: ~12 regular or ~24 mini muffins

### **Ingredients**

- 4 Tablespoons butter
- ¼ cup honey
- ¼ cup unsweetened apple sauce
- 2 teaspoon cinnamon
- ¼ teaspoon salt
- 1 teaspoon vanilla
- 2 cups old fashioned oats
- 1/3 cup shredded coconut
- ¼ cup ground flax seed
- ¼ cup sliced almonds
- ¼ cup dried blueberries, cranberries, or other dried fruit
- 1 cup fat free Greek yogurt
- Fruit of your choice for topping – blueberries, strawberries, raspberries, or banana.



### **Directions**

- To a small sauce pan, add butter, cinnamon, and salt. Heat until all ingredients are combined. Remove from heat and stir in the apple sauce and vanilla.
- In a separate bowl, mix together the oats, coconut, flax seed, almonds, and cranberries
- Pour the liquid over the dry ingredients and stir until completely coated.
- Place the mixture into the fridge for about 30 minutes to cool.
- When ready to bake, grease up a muffin tin or mini muffin tin and fill each opening about 2/3 full. Using your fingers, press into the center of the hole and then work your way around the edges to form a bowl. If the dough is sticky, wet your fingers with cold water, shake them out, and proceed. Repeat as necessary.
- Place the bowls into an oven preheated to 325 degrees. For regular sized muffin cups, cook about 20-25 minutes. For mini muffin cups, cook about 15-20 minutes. Let cool completely before removing from the tin.
- Store in an air tight container. When ready to eat, fill with the yogurt of your choice. Top with fresh berries if you wish.

### **Nutritional Info**

Serving size: 1 mini cup with yogurt and berries

Per Serving: 75calories, 9 gm carbohydrate, 6 gm protein, 3.5 gm fat, 24.5 mg Na+, 1.3 gm fiber



# Oatmeal Chocolate Fudge Bars

Servings: 25 bars

## Ingredients

- 2  $\frac{3}{4}$  cup quick oats
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup pure maple syrup
- $\frac{1}{4}$  cup peanut butter
- 1 tablespoon water
- 1 teaspoon vanilla extract
- 4-5 oz chocolate chips
- $\frac{1}{2}$  cup peanut butter



## Directions

1. Line an 8 x 8 pan with parchment or wax paper, and set aside.
2. Stir together the maple syrup,  $\frac{1}{4}$  cup peanut butter, water, and vanilla until smooth.
3. Stir in the oats and salt.
4. Transfer about  $\frac{2}{3}$  of the mixture to the pan, and press down very well, using a second sheet of parchment or wax paper to press it evenly into the bottom of the pan.
5. In a separate bowl, carefully melt the chocolate and  $\frac{1}{2}$  cup peanut butter.
6. Stir until smooth. Pour this evenly on top of the crust in the pan.
7. Sprinkle the remaining oat crumbles on top of the chocolate layer, then press down.
8. Refrigerate or freeze until firm enough to cut squares.

## Nutritional Info

Serving size: 1 bar

Per Serving: calories: 96, carbohydrate 17 gm, protein 1.6 gm, fat 2.9 gm, Na+ 77 mg, fiber 0.9 gm

# Healthy Banana Cookie

Serving: 36 cookies

## Ingredients

- 3 ripe bananas
- 2 cup rolled oats
- 1 cup pitted and chopped dried apricots
- $\frac{1}{3}$  cup vegetable oil
- 1 teaspoon vanilla extract

## Directions

1. Preheat oven to 350 degrees F
2. In a large bowl, mash the bananas
3. Stir in oats, apricots, oil, and vanilla. Mix well and allow to sit for 15 minutes.
4. Drop by teaspoonfuls onto an ungreased cookie sheet.
5. Bake for 20 minutes or until lightly brown.



## Nutritional Info

Serving size: 1 bar

Per serving: calories: 56, carbohydrate 8.4 gm, protein 0.8 gm, fat 2.4 gm, Na + <1 mg, fiber 0.6 gm