



Shalom  
House  
Cookbook

We are so grateful for all of you who participate in the Shalom House Meal Ministry!

By feeding these men in need, you are not only nourishing their bodies, but by showing them kindness through the meals you provide, you are also nurturing their spirits. Thank you for your generous hearts!

We strive to provide a well-balanced nutritious meal for our brothers who reside at Shalom House. Many of these men have health issues instigated by poor food choices, and we would like the food we provide to be as healthy as possible.

We know many of you are wonderful cooks with great tried and true recipes of your own. But if you ever get recipe block, we hope this cookbook will be inspirational in preparing low-fat, balanced meals.

Thank you again for all you do.

Happy cooking!

Catholic Charities of NE Kansas

# Meal Plans and Main Dishes

# Citrus Beef and Vegetable Lo Mein

Serves 4



## Ingredients:

- 1/2 pound stew meat
- 2 tsp olive oil
- 1/2 c. teriyaki stir-fry sauce
- 1/2 c. orange juice
- 1 (16 oz) bag frozen oriental vegetables
- 3 c. cooked linguine noodles
  
- 2 2/3 c mandarin oranges

## Directions:

Season meat with salt and pepper.

Heat oil in a large skillet. Add meat; saute until browned, about 5 minutes.

Stir together stir-fry sauce and orange juice. Stir orange juice mixture and vegetables into meat. Cover. Simmer 9 minutes or until meat is cooked through.

Serve with cooked linguine noodles and a side of mandarin oranges.

### Nutritional information per serving

Calories: 500	Protein: 19g
Carbohydrate: 75g	Saturated Fat: 3g
Cholesterol: 40mg	Sodium: 990mg
Dietary Fiber: 5g	Sugar: 35g
Fat: 12g	Trans fats: 0g

# Easy Beef Tip Stew Meal

Serves 6



## Ingredients:

- 1 (17 oz) pkg Hormel beef tips with gravy
- 1 (16 oz) pkg frozen stew vegetables
- 2 (14.5 oz each) cans low-sodium beef broth
- 1/3 tsp dried thyme
- 1/3 to 1/2 cup red wine, optional\*

- 6 whole wheat dinner rolls
- 6 apples, sliced

## Directions:

Stir together beef tips, vegetables, broth, thyme and wine, if desired, in a large saucepan.

Bring to a boil. Simmer 20 minutes, stirring occasionally, until vegetables are tender.

Serve with rolls and apples.

### Nutritional information per serving

Calories: 320	Protein: 18g
Carbohydrate: 47g	Saturated Fat: 2g
Cholesterol: 35mg	Sodium: 600mg
Dietary Fiber: 7g	Sugar: 21g
Fat: 7g	Trans fats: 0g

# Chicken Chili Meal

Serves 11



## Ingredients:

1 (14.5 oz) can diced tomatoes, undrained  
1 (16 oz) jar salsa  
1 (14.5 oz) chicken broth  
1 c. Quaker quick barley  
3 c. water  
1 tbsp chili powder  
1 tsp cumin

1 (15 oz) can black beans, drained  
1 (15 oz) can whole kernel corn, undrained  
3 c. diced rotisserie chicken breast  
shredded cheddar cheese, optional  
light sour cream, optional  
Cornbread, butter, & honey

## Directions:

In a 6-quart saucepan, combine tomatoes, salsa, broth, barley, water, chili powder and cumin. Over high heat bring to a boil; cover and reduce heat to low. Simmer for 20 minutes, stirring occasionally. Add beans, corn and chicken; simmer for another 5 minutes, or until barley is tender.

If upon standing the chili becomes too thick, add more chicken broth or water until chili is desired consistency. If desired, top with cheese and sour cream.

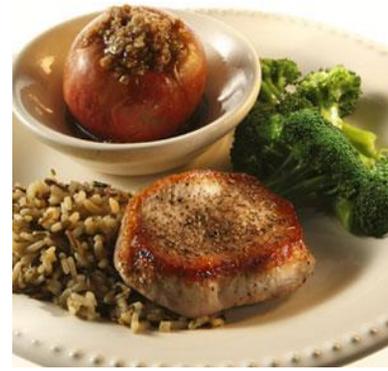
Serve with cornbread topped with butter and honey.

### Nutritional information per serving

Calories: 560	Protein: 17g
Carbohydrate: 74g	Saturated Fat: 10g
Cholesterol: 85mg	Sodium: 1370mg
Dietary Fiber: 9g	Trans fats: 0g
Fat: 22g	

# Apple-Glazed Pork Chops Meal

Serves 4



## Ingredients:

4 (3 oz each) boneless pork chops, 3/4-inch thick

1/4 tsp black pepper

1 tsp canola oil

1/4 c. apple juice

2 tbsp apple jelly

2 tbsp Dijon mustard

2 c. cooked long grain and wild rice

4 c. chopped broccoli

## Directions:

Season chops with pepper.

Heat oil in large nonstick skillet over medium-high heat; brown chops on one side.

Turn chops; add apple juice, jelly and mustard to skillet. Reduce heat to low, cover and cook 8 to 10 minutes or until internal temperature reaches at least 145 degrees.

Let rest 3 minutes before serving. Spoon glaze over pork chops

Serve with rice and broccoli.

### Nutritional information per serving

Calories: 550

Protein: 35g

Carbohydrate: 84g

Saturated Fat: 2g

Cholesterol: 60mg

Sodium: 260mg

Dietary Fiber: 4g

Sugar: 8g

Fat: 6g

Trans fats: 0g

# Dijon Baked Chicken and Potato Dinner

Serves 4



## Ingredients:

- 4 chicken breasts, boneless, skinless
- 4 tbsp Dijon mustard, divided
- 3/4 c. baking mix
- 1 pound small red potatoes, cut into fourths
- 1 large red bell pepper, cut into 1/2-inch pieces
- 1 medium onion, cut into 8 wedges
- cooking spray
- 2 tbsp grated Parmesan cheese
- 1/2 tsp paprika
- 1/2 head of lettuce, torn

## Directions:

Heat oven to 400 degrees. Spray 9-by-13-inch pan with cooking spray. Brush chicken with 2 tablespoons mustard, then coat with baking mix. Place one chicken breast in each corner of pan.

Place potatoes, bell pepper and onion in medium-sized mixing bowl and add remaining 2 tablespoons mustard. Mix until vegetables are coated. Place vegetables in center of 9-by-13-inch pan.

Spray chicken and vegetables with cooking spray; sprinkle evenly with cheese and paprika.

Bake 35 to 40 minutes, stirring vegetables after 20 minutes,

Serve with lettuce salad.

### Nutritional information per serving

Calories: 370	Protein: 31g
Carbohydrate: 45g	Saturated Fat: 2.5g
Cholesterol: 75mg	Sodium: 890mg
Dietary Fiber: 5g	Sugar: 7g
Fat: 7g	Trans fats: 0g

# Beef Stroganoff with Noodles Meal

Serves 8



## Ingredients:

1 pound extra-lean ground beef	2 c. sour cream
1/2 c. chopped onion	3 tbsp flour
1 ½ c. water	12 oz. wide egg noodles, uncooked
2 beef bouillon cube	Chopped fresh parsley, optional
1 tbsp Worcestershire sauce	
8 oz. can sliced mushrooms, drained	8 c fresh spinach
	8 c grapes

## Directions:

In a medium skillet, cook beef and onion until meat is thoroughly cooked and onion is tender, about 5 minutes.

Add water, bouillon cube and Worcestershire sauce. Heat to boiling, stirring to dissolve bouillon.

Stir in mushrooms and reduce heat.

Stir together sour cream and flour. Add to beef mixture. Cook, stirring occasionally, until sauce thickens. Do not boil.

Meanwhile, cook noodles according to package directions. Drain.

Toss hot noodles and sauce. Sprinkle with parsley, if desired.

Serve with spinach and grapes

### Nutritional information per serving

Calories: 410	Fat: 19g
Carbohydrate: 37g	Protein: 21g
Cholesterol: 85mg	Sodium: 440mg
Dietary Fiber: 2g	Sugar: 2g

# Quick Italian Spinach Pie

Serves 8



## Ingredients:

16 oz. low fat cottage cheese  
1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained  
1 cup shredded part-skim mozzarella cheese  
4 eggs, beaten

1 jar (7 oz.) roasted red peppers, well drained, chopped  
1/3 cup grated parmesan cheese  
1 tsp. dried oregano leaves

## Directions:

Heat oven to 350°F.

Mix ingredients until blended. Pour into 9-inch pie plate sprayed with cooking spray.

Bake 40 min. or until center is set.

### Nutritional information per serving

Calories: 160	Fat: 8g
Carbohydrate: 6g	Sat. Fat: 3.5g
Cholesterol: 110mg	Sodium: 470mg
Dietary Fiber: 2g	Sugar: 1g

# Incredibly Easy Chicken and Noodles

Serves 6



## Ingredients:

- 1 (26 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 3 (14.5 ounce) cans chicken broth
- 2 cups diced, cooked chicken breast meat
- 2 teaspoons onion powder
- 1 teaspoon seasoning salt
- 1/2 teaspoon garlic powder
- 2 (9 ounce) packages frozen egg noodles

## Directions:

In a large pot, mix the cream of chicken soup, cream of mushroom soup, chicken broth, and chicken meat. Season with onion powder, seasoning salt, and garlic powder. Bring to a boil, and stir in the noodles. Reduce heat to low, and simmer for 20 to 30 minutes.

### Nutritional information per serving

Calories: 490	Fat: 19g
Carbohydrate: 54g	Protein: 27g
Cholesterol: 94mg	Sodium: 1470mg
Dietary Fiber: 1.5g	

# Oven –Barbequed Chicken

Serves 8



## Ingredients:

1/4 cup white vinegar

1/4 cup water

1 tablespoon corn oil

1/2 cup ketchup

3 tablespoons Worcestershire sauce

2 tablespoons finely diced onion

2 tablespoons brown sugar

1/8 teaspoon garlic powder

2 teaspoons dry mustard

1/4 teaspoon salt

1/8 teaspoon coarse ground black pepper

4, 6-ounce boneless, skinless chicken breasts

Cooking spray

## Directions:

Preheat oven to 350° F.

Combine all sauce ingredients in a small saucepan and simmer for 15 minutes over medium-low heat, stirring occasionally.

Place chicken in a 9x13-inch baking dish coated with cooking spray.

Cover chicken evenly with 1 cup barbecue sauce. Bake for 20-25 minutes.

Baste with remaining sauce, and cook another 5-10 minutes

### Nutritional information per serving

Calories: 150

Fat: 4g

Carbohydrate: 9g

Sat. fat: 0.5g

Protein: 19g

Cholesterol: 50mg

Sodium: 370mg

Dietary Fiber: 0g

# Family Favorite Vegetable Soup

Serves 8



## Ingredients:

- ½ lb ground chuck
- 2, 28-oz. cans no salt added diced tomatoes
- 4 cups water
- 1, 14.5-oz can no salt added cut green beans, drained
- 1, 15-oz can no salt added peas, drained and rinsed
- 1, 15-oz can no salt added corn, drained and rinsed
- 2 medium carrots , peeled and chopped
- 3 medium potatoes , peeled and diced
- 1 medium onion (5 oz), diced
- 1/4 cup dry rice
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder

## Directions:

Place ground chuck in a 2-gallon stockpot and brown over medium heat. Drain grease , then add tomatoes and water. Cover and simmer about 20 minutes.

Add remaining ingredients, cover, and continue cooking 60 additional minutes to allow flavors to blend.

### Nutritional information per serving

Calories: 115	Fat: 1g
Carbohydrate: 20g	Sat. fat: 0.5g
Protein: 7g	Cholesterol: 10mg
Sodium: 130mg	Dietary Fiber: 4g

# Turkey and Stuffing Casserole

Serves 6



## Ingredients:

- |  |                            |
|--|----------------------------|
| 1 can cream of mushroom soup                     | 2 c ground turkey, browned |
| 1 cup milk or water                              | 4 c seasoned stuffing mix  |
| 1 (16 oz.) bag frozen California vegetable blend | ½ c dried cranberries      |
|  | 1 c grated Swiss cheese    |

## Directions:

Heat oven to 400 degrees.

Mix soup and milk together in a large bowl. Add vegetables, turkey, stuffing and cranberries. Mix lightly.

Spray a 9x13 baking dish and pour in mixture.

Bake 20 minutes until hot & bubbly.

Stir mixture, top with cheese and bake another 5 minutes until cheese is melted.

### Nutritional information per serving

Calories: 280

Fat: 7.5g

Carbohydrate: 13g

Sugar: 6g

Dietary Fiber: 7g

# Chili Cornbread Casserole

Serves 8



## Ingredients:

### CHILI

- 1 tablespoon [canola oil](#)
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, minced
- 1 pound 95%-lean ground beef
- 2 15-ounce cans kidney beans, rinsed
- 1 28-ounce can crushed tomatoes, undrained
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon sweet paprika
- 1/4 teaspoon cayenne pepper

### CORNBREAD

- 1 1/4 cups cornmeal
- 3/4 cup whole-wheat flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 large egg, lightly beaten
- 1 1/4 cups low-fat milk
- 2 tablespoons canola oil
- 1/2 cup chopped fresh cilantro
- 1 1/2 cups shredded extra-sharp Cheddar cheese

## Directions:

**Chili:** Heat oil over medium heat. Add beef, onion, pepper and garlic. Cook until meat is browned and vegetables are soft. Stir in beans, tomatoes and their juice, chili powder, cumin, paprika and cayenne (if using). Bring to a boil; reduce heat to maintain a simmer, cover and cook until slightly thickened, about 20 minutes. Preheat oven to 350°F. Coat a 9-by-13-inch (or similar 3-quart) baking dish with cooking spray. Pour in chili and top with cheese.

**Cornbread:** Whisk cornmeal, flour, sugar, baking powder, baking soda and salt in a large bowl. Whisk egg, milk and oil in a medium bowl. Add the wet ingredients to the dry ingredients along with cilantro and stir until just combined. Spread the cornbread batter evenly over the chili/cheese.

Bake the casserole until the top springs back when touched lightly, 20 to 25 minutes. Let stand for 10 minutes before serving.

### Nutritional information per serving

Calories: 494

Fat: 18g

Carbohydrate: 56g

Sat. fat: 7g

Protein: 30g

Cholesterol: 86mg

Sodium: 799mg

Dietary Fiber: 13g

# Chicken and Wild Rice Casserole

Serves 6



## Ingredients:

- 2 (6 oz each) pkg long-grain and wild rice blend with seasonings
- 1 (10 oz) can premium chicken breast, drained and flaked
- 1 (10.75 oz) can cream of mushroom soup
- 1 (10.75 oz) can cream of chicken soup
- 1 (4 oz) can sliced mushrooms, drained
- 3/4 c. chopped celery
- 1/2 c. crumbled bacon pieces
- 1/4 tsp pepper
- 1/2 c. breadcrumbs
- 1/2 c. slivered almonds
- 2 tbsp butter, melted

## Directions:

Heat oven to 350 degrees.

Lightly grease 2-quart casserole.

Prepare rice according to package directions.

In large bowl, combine rice, chicken, soups, mushrooms, celery, bacon pieces and pepper. Transfer rice mixture to casserole.

Bake 30 minutes.

### Nutritional information per serving

Calories: 490	Protein: 24g
Carbohydrate: 59g	Saturated Fat: 5g
Cholesterol: 55mg	Sodium: 2060mg
Dietary Fiber: 4g	Sugar: 3g
Fat: 18g	Trans fats: 0g

# Pulled Pork with Caramelized Onions

Serves 8



## Ingredients:

1 tablespoon extra-virgin olive oil  
3 large onions, thinly sliced  
1/3 cup raw cane sugar, such as turbinado  
4 cloves garlic, minced  
1 teaspoon dried oregano  
1 teaspoon freshly ground pepper  
1/2 teaspoon salt

1/3 cup cider vinegar  
1 cup chili sauce, such as Heinz  
1 1/2-3 teaspoons minced chipotle chile in adobo sauce (see Notes)  
3 pounds boneless pork shoulder , trimmed

## Directions:

Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until they begin to soften. Add sugar and continue to cook, stirring constantly, until the onions are golden brown. Add garlic, oregano, pepper and salt and cook, stirring, for 1 minute. Add vinegar and bring to a boil. Cook until mostly evaporated. Remove from the heat and stir in chili sauce and chipotle to taste.

Place pork in a 4-quart (or larger) slow cooker and cover with the sauce. Cover and cook until the pork is almost falling apart, about 4 hours on High or 8 hours on Low.

Transfer the pork to a cutting board and shred using two forks. Stir back into the sauce.

Serve on buns or wrapped in tortilla.

### **Nutritional information per serving**

Calories: 358

Fat: 18g

Carbohydrate: 18g

Sat. fat: 6g

Protein: 25g

Cholesterol: 90mg

Sodium: 664mg

Dietary Fiber: 3g

# Broccoli, Beef & Potato Hotdish

Serves 8



## Ingredients:

1 1/2 pounds broccoli, cut into 1-inch florets (about 6 cups)  
2 tbsp canola oil, divided  
1 1/2 pounds lean ground beef  
1 large onion, chopped  
2 tsp Worcestershire sauce  
1 tsp garlic powder  
1 1/4 tsp salt, divided  
4 cups low-fat milk  
1/3 cup cornstarch

2 cups shredded sharp Cheddar cheese  
1/4 tsp ground turmeric  
4 cups frozen hash-brown  
1 large egg, lightly beaten  
1/2 tsp freshly ground pepper  
Canola or olive oil cooking spray  
1/4 tsp Hungarian paprika, preferably hot

## Directions:

Preheat oven to 450°F. Toss broccoli with 1 tablespoon oil on a baking sheet and roast for 15 minutes.

Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add beef and onion and cook, until the beef is browned and the onion is softened. Stir in Worcestershire, garlic powder and 1/4 teaspoon salt. Set aside. Whisk milk and cornstarch in a large saucepan. Bring to a boil over medium-high heat, whisking often, until bubbling and thickened enough to coat the back of a spoon. Remove from the heat and stir in cheddar, 3/4 teaspoon salt and turmeric.

Spread the beef mixture in a 9-by-13-inch baking dish. Top with the broccoli and pour the cheese sauce evenly over the top.

Combine potatoes, egg, pepper and the remaining 1/4 teaspoon salt in a medium bowl. Sprinkle evenly over the casserole. Coat the top with cooking spray.

Bake the casserole until it is bubbling and the potatoes are beginning to brown, about 40 minutes. Sprinkle with paprika. Let stand for 10 minutes before serving.

### Nutritional information per serving

Calories: 411

Fat: 19g

Carbohydrate: 26g

Sat. fat: 10g

Protein: 34g

Cholesterol: 115mg

Sodium: 737mg

Dietary Fiber: 4g

# Marmalade Chicken

Serves 8



## Ingredients:

- 1 c. reduced-sodium chicken broth
- 2 tbsp Select red-wine vinegar
- 2 tbsp orange marmalade
- 1 tsp Dijon mustard
- 1 tsp cornstarch
- 1 pound chicken tenders
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground pepper
- 6 tsp extra-virgin olive oil, divided
- 2 large shallots, minced
- 1 tsp freshly grated orange zest

## Directions:

Whisk broth, vinegar, marmalade, mustard and cornstarch in a medium bowl.

Sprinkle chicken with salt and pepper. Heat 4 teaspoons oil in a large skillet over medium-high heat. Brown the chicken, about 2 minutes per side. Transfer to a plate and cover with foil to keep warm.

Add the remaining 2 teaspoons oil and shallots to the pan and cook, stirring often, until beginning to brown.

Whisk the broth mixture and add it to the pan. Bring to a simmer, scraping up any browned bits. Reduce heat; cook until the sauce is slightly reduced and thickened. Add the chicken; return to a simmered cook, turning once, until the chicken is heated through. Remove from the heat and stir in orange zest.

### Nutritional information per serving

Calories: 213	Fat: 8g
Carbohydrate: 10g	Protein: 27g
Cholesterol: 68mg	Saturated Fat: 1g
Dietary Fiber: 0g	Sodium: 246mg

# Slow-Cooker Cheesy Chicken & Broccoli

Serves 6



## Ingredients:

- 2 cans condensed cheddar soup
- 16 oz. frozen broccoli florets
- 1 ½ cups shredded cheddar cheese
- 2 ½ lbs boneless chicken

## Directions:

Add the chicken to the slow cooker. Pour contents of both cans of soup over the top. Total cook time in the slow cooker is about 4 hours on high or 8 hours on low.

Add the frozen broccoli 30 – 45 minutes before the cook time is over. When cook time is complete add the shredded cheese over the top and replace cover. Cheese will melt in a few moments.

### Nutritional information per serving

Calories: 272

Fat: 14g

Carbohydrate: 49g

Protein: 22g

Sodium: 282mg

# Slow-Cooker Sloppy Joes

Serves 14

## Ingredients:

- 3 pounds ground chuck or ground beef
- 1 to 2 onions, finely chopped
- 2 (8 oz each) cans tomato sauce
- 3/4 c. ketchup
- 1 tbsp Worcestershire sauce
- 1 tsp chili powder
- 1/4 tsp pepper
- 1/4 tsp garlic powder
- 14 hamburger buns



## Directions:

Brown ground meat in a skillet. Pour into a colander and rinse. Place meat in a slow cooker.

Add onions , tomato sauce, ketchup, Worcestershire sauce, chili powder, pepper and garlic powder. Stir thoroughly.

Cover slow cooker. Cook on LOW for 8 to 10 hours, or on HIGH for 3 to 4 hours.

Serve on hamburger buns.

### Nutritional information per serving

Calories: 280	Protein: 26g
Carbohydrate: 27g	Saturated Fat: 2.5g
Cholesterol: 60mg	Sodium: 600mg
Dietary Fiber: 1g	Sugar: 7g
Fat: 7g	Trans fats: 0g

# Side Dishes

# Italian Wonderpot

Serves 6



## Ingredients:

4 cups vegetable broth

2 Tbsp olive oil

12 oz. fettuccine<sup>3</sup>

8 oz. frozen chopped spinach

1 (28 oz.) can diced tomatoes

1 medium onion

4 cloves garlic

½ Tbsp dried basil

½ Tbsp dried oregano

¼ tsp red pepper flakes

freshly cracked pepper to taste

2 oz. feta cheese

## Directions:

Add four cups of vegetable broth to a large pot. Break the fettuccine in half to make stirring easier later, and then add it to the pot. Also add the canned tomatoes (undrained), olive oil, frozen spinach, onion (thinly sliced), garlic (thinly sliced), basil, oregano, red pepper, and some freshly cracked black pepper.

Make sure the ingredients are submerged under the liquid, place a lid on top of the pot, and then turn the heat on to high. Allow the pot to come up to a full, rolling boil over high heat then remove the lid and turn the heat down to medium.

Allow the pot to continue to boil over medium heat, without a lid, for 10-15 minutes, or until the pasta is cooked and most of the liquid has been absorbed. Stir the pot every few minutes as it cooks to prevent the pasta from sticking to the bottom, but avoid over stirring which can cause the pasta to become sticky and mushy. The pot must be boiling the entire time.

After the pasta is cooked, crumble the feta cheese over top and serve.

# Slow-Cooker Corn Casserole

Serves 10



## Ingredients:

4 ounces cream cheese, softened

2 tbsp granulated sugar

2 tbsp butter, melted

1 large egg

2 tsp chopped fresh thyme leaves or 1/2 tsp dried thyme

1/2 tsp salt

Dash ground black pepper

3/4 c. corn muffin mix

1/3 c. skim milk

1 (16 ounce) package Select frozen premium super sweet cut corn, thawed

## Directions:

In a large bowl, stir together cream cheese, sugar, butter, eggs, thyme, salt and pepper.

Stir in corn muffin mix, milk and corn.

Transfer to a lightly greased 1- to 1-1/2-quart slow cooker. Cover and cook on HIGH for 3-1/2 hours.

Uncover and cook 1/2 hour more or until liquid around edges is evaporated and center is almost set.

### Nutritional information per serving

Calories: 170

Protein: 4g

Carbohydrate: 22g

Saturated Fat: 4.5g

Cholesterol: 35mg

Sodium: 270mg

Dietary Fiber: 1g

Sugar: 8g

Fat: 9g

Trans fats: 0g

# “Mock” Garlic Mashed Potatoes

Serves 4



## Ingredients:

- 1 medium head cauliflower
- 1 tablespoon cream cheese, softened
- 1/4 cup grated Parmesan
- 1/2 teaspoon minced garlic
- 1/8 teaspoon straight chicken base or bullion
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon chopped fresh or dry chives, for garnish
- 3 tablespoons unsalted butter

## Directions:

Set a stockpot of water to boil over high heat.

Clean and cut cauliflower into small pieces. Cook in boiling water for 6 minutes. Drain well; and pat cooked cauliflower very dry between several layers of paper towels. (Do not let cool)

Puree the hot cauliflower with the cream cheese, Parmesan, garlic, chicken base, and pepper until almost smooth.

Garnish with chives, and serve hot with pats of butter.

### Nutritional information per serving

Calories: 149	Protein: 5g
Carbohydrate: 8g	Saturated Fat: 7g
Cholesterol: 31mg	Sodium: 170mg
Dietary Fiber: 4g	Sugar: 4g
Fat: 11.5g	Trans fats: 0g

# Mandarin Orange Spinach Salad

Serves 24



## Ingredients:

### SALAD:

- 7 cup torn romaine
- 7 cup chopped fresh spinach
- 1 ½ cup sliced celery
- 1 ½ cup sliced green onion
- ¾ cup slivered almonds
- 3 cans (11 oz.) mandarin oranges, drained

### DRESSING:

- ½ cup vegetable oil
- 1/3 cup sugar
- 1/3 cup white vinegar
- 2 T minced parsley
- ¾ t salt

## Directions:

In a jar with a tight-fitting lid, combine the first five ingredients; shake well. Set aside.

In a large salad bowl, combine the romaine, spinach, celery and onions. Add oranges and almonds; toss gently. Shake dressing; drizzle over salad and toss to coat.

### Nutritional information per serving

Calories: 89	Protein: 1g
Carbohydrate: 8g	Saturated Fat: 7g
Cholesterol: 0mg	Sodium: 91mg
Dietary Fiber: 1g	Sugar: 4g
Fat: 6g	

# Rosemary Roasted Potatoes

*Serves 4*



## **Ingredients:**

1 1/2 pounds small red or white-skinned potatoes (or a mixture)

1/8 cup good olive oil

3/4 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1 tablespoons minced garlic (3 cloves)

2 tablespoons minced fresh rosemary leaves

## **Directions:**

Preheat the oven to 400 degrees F.

Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated.

Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning.

Remove the potatoes from the oven, season to taste, and serve.

# Stovetop Macaroni & Cheese

*Serves 4*



## **Ingredients:**

- 1 lb pasta, any shape
- 1 ½ cups milk
- 2 T flour
- 2-3 cups shredded cheese
- ½ t salt
- ¼ dry mustard powder

## **Directions:**

Cook the pasta according to package directions. Drain and set aside.

Warm 1 cup of milk in a saucepan over medium heat. Whisk together the remaining ½ cup milk and flour until smooth. When steam begins to rise from warming milk, whisk in the milk/flour mixture. Continue cooking 3-4 minutes until sauce is thickened to consistency of heavy cream. Stir in salt and mustard powder. Reduce heat to low and slowly add cheese, stirring until all has been incorporated and melted.

Combine pasta and sauce, stir to coat pasta evenly.

# Desserts

# Slow-Cooker Ginger-Orange

## Cheesecake

Serves 12



### Ingredients:

16 oz cream cheese, softened  
3/4 c. sugar  
1 tbsp orange juice  
1 tbsp all-purpose flour  
1/2 tsp vanilla  
3 egg whites  
1 tbsp orange zest  
1/2 tsp grated ginger  
1 c. warm water

3/4 c. graham cracker crumbs  
3/4 tsp cinnamon  
5 tbsp butter, melted  
1/2 c. sugar  
1/2 c. orange juice  
6 oz frozen or fresh cranberries  
Powdered sugar, optional  
Additional orange zest, for garnish, optional

### Directions:

Lightly coat a 1-1/2-quart soufflé dish with non-stick cooking spray. Cut a circle out of parchment paper to fit in the bottom of the soufflé dish and a strip to go around the inside of the dish.

In a large bowl, beat cream cheese, 3/4 cup sugar, 1 tablespoons orange juice, flour and vanilla together until combined. Beat in eggs on low speed just until combined. Stir in 1 tablespoon orange zest and ginger. Pour filling into prepared soufflé dish. Cover dish tightly with aluminum foil.

Pour 1 cup warm water into 3-1/2- to 5-quart slow-cooker. Place soufflé dish in cooker. Cover and cook on HIGH for 1 hour.

Meanwhile, combine graham cracker crumbs, cinnamon and butter in a small bowl. After 1 hour, carefully remove aluminum foil and sprinkle crumb mixture on top, gently pressing down with hands. Cover again with foil and cook, for 1-1/2 hours. Remove dish from cooker and let cool completely. Place covered in refrigerator and chill 4 to 24 hours before serving. In a medium saucepan, combine 1/2 cup sugar and 1/2 cup orange juice and cook over medium heat. Stir in cranberries and cook until the cranberries start to pop. Remove from heat and place sauce in a bowl. Cranberry sauce will thicken as it cools.

Serve cheesecake with cranberry sauce and garnish with orange zest and powdered sugar, if desired.

#### Nutritional information per serving

Calories: 300	Protein: 4g	
Carbohydrate: 31g		Saturated Fat: 10g
Cholesterol: 55mg		Sodium: 170mg
Dietary Fiber: 1g		Sugar: 26g
Fat: 18g		Trans fats: 0.5g

# Low Carb Peanut Butter Cookies

Serves 16



## Ingredients:

- 1 cup peanut butter
- 1 cup sugar substitute
- 1 egg
- 1 tsp vanilla

## Directions:

Preheat oven to 350 degrees.

Mix ingredients in a small bowl.

Drop by rounded teaspoons onto a cookie sheet.

Bake for 12 minutes or until set.

### Nutritional information per serving

Calories: 139	Protein: 5g
Carbohydrate: 12.5g	Saturated Fat: 1.5g
Cholesterol: 12mg	Sodium: 78mg
Dietary Fiber: 4g	Sugar: 10g
Fat: 8g	

# Pineapple Cherry Dump Cake

*Serves 16*



## **Ingredients:**

- 1 (20 oz.) can crushed pineapple with juice, undrained
- 1 can cherry pie filling
- 1 package yellow cake mix
- 1 cup chopped pecans or walnuts
- ½ cup (1 stick) butter or margarine

## **Directions:**

Preheat oven to 350°F.

Grease a 13"x 9" pan.

Dump pineapple with juice into pan. Spread evenly. Dump in pie filling. Sprinkle cake mix evenly over cherry layer. Sprinkle pecans over cake mix. Dot with butter.

Bake 50 minutes or until top is lightly browned.

Serve warm or at room temperature.

# Layered Jell-o Mousse Cake

*Serves 12*



## Ingredients:

3 ounce box Jello, any flavor  
1 cup hot water  
8 ounces cream cheese  
8 ounce tub cool whip, thawed  
24 whole graham crackers  
Fresh or dried fruit for garnish

## Directions:

Place scalding hot water in a bowl, add the jello packet and whisk until dissolved.

In a separate larger bowl, beat the cream cheese with an electric mixer until light and fluffy. Scrape the bowl, then slowly add the warm jello mixture into the cream cheese and beat until there are no clumps. Allow the jello mixture to cool to room temperature, then fold in the cool whip.

Line a [8 X 11 inch pan](#) with foil. Place 6 whole graham crackers at the bottom of the pan, creating a flat, tight layer. Spoon 1/3 of the jello mousse over the graham crackers and smooth. Repeat with remaining crackers and jello mousse until you have three layers of cracker and three layers of mousse in the jello cake recipe.

Place in the fridge to cool for at least two hours, to set the mousse and soften the graham crackers. Lift the jello cake out of the pan with the edges of the foil. Trim the messy edges and cut into 12 pieces. Garnish and serve.

# Crustless Tofu Cheesecake

Serves 12



## Ingredients:

15 ounces extra firm silken tofu  
1/2 cup nonfat sour cream  
1 cup nonfat cream cheese  
1/2 cup sugar  
1 Tbsp vanilla extract  
2/3 cup nonfat egg substitute  
2 lemons, zest and juice

## Directions:

Preheat the oven to 350 degrees. Spray a 9 inch cake pan with vegetable oil spray.

Blend all ingredients together in blender until very smooth. Pour into the oiled cake pan.

Place the cake pan in a large bake-proof pan filled with 1 inch of hot water. Bake until firm in the center, about 45 minutes.

Chill completely. Serve with fresh fruit.

### Nutritional information per serving

Calories: 110

Protein: 5g

Carbohydrate: 14g

Saturated Fat: 0g

Cholesterol: 4mg

Sodium: 220mg

Sugar: 12g

Fat: 10g

# Cherry Cheese Tart

Serves 12



## Ingredients:

- 2 lowfat cereal bars
- 3/4 cup graham cracker crumbs
- 1/2 teaspoon cinnamon
- 2 cups frozen sweet and sour cherries (pitted), thawed and drained
- 8-ounce package nonfat cream cheese
- 1 cup nonfat sour cream
- 3/4 cup sugar
- 1 cup nonfat egg substitute
- 1 tablespoon vanilla extract

## Directions:

- Preheat oven to 350 degrees.
- Place cereal bars, graham cracker crumbs and cinnamon into food processor. Grind until fine.
- Spray glass deep dish pie pan with vegetable oil cooking spray. Pat crumbs onto the bottom and sides of the pan.
- Drain cherries well and set to the side.
- Blend the cream cheese with hand beaters or food processor and add the remaining ingredients one by one, mixing and scraping bowl well after each addition.
- Arrange cherries in a single layer over the crust.
- Pour filling over the top of the cherries and over the top of the crust. Bake until firm in center, about 45 minutes.

### Nutritional information per serving

Calories: 160	Protein: 8g
Carbohydrate: 28g	Fat: 2g
Cholesterol: 5mg	Sodium: 210mg
Sugar: 21g	

Special thanks to Nancy Kelso and Kathy Hirt for providing nutritional guidelines and recipes.

