

UNIVERSITY OF TEXAS SYSTEM

FAMILY

COOKBOOK

LivingWell
make it a priority

UT BENEFITS | LIVING WELL | HOLIDAY 2016



Happy holidays! And thank you to all those in our UT System family who contributed your favorite recipes to the 2016 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.

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
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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A top-down view of a wooden platter containing a blue-rimmed bowl filled with a thick, orange-colored dip. Several breadsticks are tucked into the dip. The platter is surrounded by various autumn leaves in shades of brown, orange, and red. In the background, a small portion of a bread basket is visible. A white rectangular box with a thin gold border is centered over the top half of the image, containing the word 'APPETIZERS' in a dark red, serif font. To the right of the text, there are decorative icons: two small red and white patterned circles and a white leafy branch.

APPETIZERS

Fall Pumpkin Dip

Submitted by Danielle Bishop

UT Health Science Center Houston

I found this recipe on Pinterest a few years ago, and every person that tries it loves it! It only takes a few minutes to make, and it is great for parties!

INGREDIENTS

15 oz. can of pumpkin

5 oz. box of instant vanilla pudding powder

16 oz. container of cool whip (tip—use low fat, it tastes the same!)

1/2 tbsp. pumpkin pie spice

1/2 tbsp. cinnamon

DIRECTIONS

- 1) Mix pumpkin, dry pudding mix, cool whip and pumpkin pie spice together by hand in a very large bowl.
- 2) Chill for several hours before serving.
- 3) Once chilled, sprinkle cinnamon on top of the mixture.
- 4) Serve with apples, vanilla wafers or ginger snaps.

Tips: Use frozen cool whip or place in freezer to serve more immediately.

For a more festive effect, carve out a small pumpkin and pour the mixture inside.

Yield: Serves 6. Calories: 104, Fat: 1g, Carbs: 25g, Protein: 1g, Sodium: 237mg, Sugar: 16g.

Homemade Tots with Spicy Aioli

Submitted by Kaitlyn O'Connor

UT Medical Branch at Galveston

Tater tots are my absolute favorite snack. When I started to eat clean I knew I HAD to find a way to get them back into my kitchen...so these were born.

INGREDIENTS

3 medium russet potatoes
1 medium sweet potato
1 small yellow onion, minced
2 eggs
1/2 cup grated parmesan

FOR THE AIOLI:

1/2 garlic bulb
3 tsp. Lemonaise (can substitute with
homemade mixture of 2 egg yolks, one
whole egg, 1 tsp. ground mustard,
1/2 tsp. lemon juice)

1 1/2 tbsp. olive oil
2 tsp. paprika
1 tsp. red pepper flakes
Dash of Himalayan salt
2 tbsp. water
1 tbsp. Franks hot sauce

DIRECTIONS

TOTS:

- 1) Fill pot with water and boil potatoes until tender but not mushy.
- 2) Grate potatoes into large bowl. (You may season... I use Flavor God Everything seasoning.)
- 3) Add minced onions into potato and mix gently.
- 4) Form potato mix into small balls.
- 5) Dip each ball into egg wash and then into grated Parmesan to form a crust.
- 6) Place balls on greased baking sheet.
- 7) Bake for 15-20 minutes, flipping halfway through, at 350 degrees.

AIOLI:

- 1) Preheat oven to 425 degrees.
- 2) Leaving bulb intact, cut top of bulb and remove loose outer layer of peel.
- 3) Drizzle a few drops of olive oil over top and wrap in foil to bake.
- 4) Bake for 15-20 minutes or until lightly browned.
- 5) When done, remove roasted garlic cloves from bulb (should squeeze out easily) and add in bowl with oil and Lemonaise.
- 6) Smash garlic and mix well.
- 7) Add garlic combination with remaining ingredients in food processor and blend until smooth.
- 8) Refrigerate until ready to serve.

Yield: Serves 12. Calories: 65, Fat: 5g, Carbs: 11g, Protein: 2g, Sodium: 17mg, Sugar: 1g.

Cranberry Chipotle Meatballs

Submitted by Melanie Zepp

UT Austin

Sweet and spicy meatballs make an excellent appetizer for your winter parties. Always a favorite of my guests.

INGREDIENTS

- 1 (16 oz.) package frozen fully cooked meatballs, thawed (I used HEB home-style frozen meatballs)**
- 1 (16 oz.) can jellied cranberry sauce**
- 1 (15 oz.) can pineapple chunks, drained**
- 1/4 cup packed brown sugar**
- 1 chipotle Chile canned in adobo sauce, chopped, or more to taste**

DIRECTIONS

- 1) Place the meatballs into a slow cooker.
- 2) In a bowl, mash the cranberry sauce roughly, and mix with the pineapple chunks, brown sugar, and chipotle Chile.
- 3) Pour the sauce over the meatballs, and stir to combine. Cover the cooker, set to Low setting, and cook until the sauce is thickened and the meatballs have absorbed the sauce flavors, 4 to 5 hours.

Yield: Serves 12. Calories: 240, Fat: 11g, Carbs: 25g, Protein: 11g, Sodium: 248mg, Sugar: 17g.

Jalapeño Quiche

Submitted by Darlene Williams

UT Austin

This is a 3 ingredient, easy to make appetizer. This recipe was received by my sister-in-law, Betty Johnson.

INGREDIENTS

- 1 16 oz. carton (pint size) Egg Beaters Original
- Sliced/chopped pickled jalapeño's (to your taste)
- 1/2 cup shredded low-calorie cheddar cheese
- Non-stick spray
- 1 9" X 1-1/2" pie plate

DIRECTIONS

- 1) Spray pie plate with non-stick spray.
- 2) Line bottom with sliced or chopped jalapeños.
- 3) Sprinkle shredded low-calorie cheddar cheese over jalapeños.
- 4) Pour Egg Beaters Original over shredded cheese.
- 5) Bake at 350 degrees for 20 minutes.
- 6) Allow to cool. Slice into 1" X 1" squares.

Yield: Serves 20. Calories: 17, Fat: 0g, Carbs: 1g, Protein: 3g, Sodium: 62mg, Sugar: 0g.

Spinach Ricotta Pinwheels

Submitted by Aswad Khadilkar

UT Austin

<http://eastandwestkitchen.blogspot.in/2013/12/spinach-ricotta-pinwheels-pop-eye-would.html>

INGREDIENTS

Puff pastry sheet
Spinach (chopped very fine)
Ricotta cheese
Parmesan cheese (grated)

DIRECTIONS

In a big bowl combine the chopped spinach, ricotta and Parmesan. I also added some chopped green chilies and just a dash of garlic powder to add a kick. The chilies also balance the sweetness of ricotta well. Add salt to the mixture. Taste the seasoning and keep it aside.

The trick to working with puff pastry is working very fast. Puff pastry sheets have a lot of butter in them so once the butter starts to melt it is very difficult to shape the puff pastry. I suggest keeping it in your fridge till you are absolutely ready to start work.

Dust your work surface with a generous amount of flour. Pre-heat oven to 350 F. Pull out the puff pastry sheet and roll it out into a big circle. If you feel the butter oozing out, put it back in the fridge for some time.

Apply the spinach-ricotta mixture to your pastry circle. Make sure you leave some space at the edges. Hold one edge and roll it up into a cylinder. Put this cylinder back in the fridge for 5 minutes.

Take a well-oiled serrated knife and cut the cylinder into round pieces. These circles will resemble pinwheels. The thickness is of your choice. Arrange these onto a greased tray and bake for 10-12 minutes or until the puff pastry turns golden brown. Serve with a dip of your liking.

Note: Before you put your pinwheels into the oven, you may coat them with eggwash (beat and egg into a bowl and brush them on the top).

Yield: Serves 6. Calories:195, Fat: 13g, Carbs: 17g, Protein: 4g, Sodium: 86mg, Sugar: 3g.

Pumpkin Hummus

Submitted by Rania AlShahrouri

UT Southwestern Medical Center

This is my mom's recipe, when it was pumpkin season, mom made it for us instead of regular chickpeas hummus.

INGREDIENTS

- 3 lbs. pumpkin: one small pumpkin peeled, cleaned, and cut into 1/2 inch cubes.**
- 1/3 cup Tahini**
- 1/4 cup lemon juice**
- 1/2 tsp. garlic**
- 1/2 tsp. salt**
- 2 tsp. olive oil for cooking**
- 2 tsp. olive oil for garnishing**
- 1 tsp. parsley for garnishing**

To prepare you will need:

- 1 sheet of parchment paper**
- 1 sheet of aluminum foil**
- Mixer**

DIRECTIONS

- 1) Make an oven aluminum bag lined with parchment paper. Place the pumpkin cubes into the bag along with salt, olive oil and garlic. Close it tightly and bake it in a 400F heated oven for 20-25 minutes, or until soft.
- 2) Carefully open the bag and pour all the contents into a mixer, add the Tahini and the lemon juice. Mix it well until all lumps are gone (you can leave some lumps if you'd like).
- 3) Leave the hummus in a closed container in refrigerator to cool down. If you think the hummus is thick, you can add few spoons of water to soften.
- 4) Pour the hummus into a serving plate and garnish with parsley and olive oil.

Hummus can be served with chips, pita bread or other vegetables.

Yield: Serves 4. Calories: 248, Fat: 16g, Carbs: 25g, Protein: 6g, Sodium: 300mg, Sugar: 9g.

Caviar with Cream Cheese

Submitted by Pat Smith

UT Health Science Center San Antonio

My husband's parents always served this appetizer with Melba toast and cold champagne whenever we went to Houston to visit them in the 70's.

INGREDIENTS

- 2 - 8 oz. packages of low-fat cream cheese**
- 1 tbsp. milk**
- Fresh lemon juice**
- Cayenne pepper to taste**
- 1 - 2 oz. jar of black lumpfish caviar (use red for Christmas)**
- 2 fresh lemons, sliced thin and halved**

DIRECTIONS

Combine first three ingredients with fork, adding juice until consistency suitable for spreading. Spread on serving plate leaving 2" of room around the edges. Spoon caviar out of jar and spread carefully on top to cover. Decorate by placing lemon halves all around the platter, overlapping a little. Serve with Melba toast or rounds or other hard crackers.

Yield: Serves 12. Calories: 141, Fat: 13g, Carbs: 2g, Protein: 4g, Sodium: 225mg, Sugar: 1g.

Chicken 65

Submitted by Padma Annaldasula

UT Health Science Center Houston

This is a common dish from South India. Quite a few variations can be found online depending on how you like it. This is how I like to make it.

INGREDIENTS

Marinating:

1 lb. boneless chicken
1 tsp. red chilli powder
1/2 tsp. turmeric
1 tsp. ginger garlic paste
1 tsp. coriander powder
1 tsp. curry powder or Garam masala
(as Indian Asians call it)
2 tsp. yogurt (optional)
Salt to taste

Frying:

1 tsp. rice flour
1 tsp. red chilli powder
1/2 tsp. curry powder or Garam masala
Salt to taste

Sautéing:

1 cup yogurt
1 tsp. garlic powder
1 tsp. pepper
Red food color
1 tsp. olive oil
1/2 tsp. cumin seeds
1/2 tsp. mustard seeds
10-15 curry leaves (commonly found in Indian stores)
Half chopped onions
Half capsicum
Coriander leaves and green lemons for garnish

DIRECTIONS

There are 3 stages: 1) Marinating; 2) Frying; and 3) Sautéing.

1) **Marinating:** Chop chicken into 1/2 inch cubes. Mix all marinade ingredients and marinate for an hour.

2) **Frying:** Mix all frying ingredients and make a thick batter enough to coat the chicken. Dip the marinated chicken in this batter and deep fry till cooked. Set them aside after frying.

3) **Sautéing:** Combine yogurt, garlic powder, pepper, and red food color and set aside. In a pan, add olive oil and cumin seeds and let them splatter a bit. Add mustard seeds, curry leaves, half a chopped onion, and capsicum. Saute them for about 5mins until tender. Then add the above yogurt based mixture to this saute and stir well. Then add the fried chicken and mix well. Let it sit on low flame until mixture is soaked up by the chicken. Garnish with some coriander leaves and green lemons and ready to savor.

Yield: Serves 12. Calories: 141, Fat: 13g, Carbs: 2g, Protein: 4g, Sodium: 225mg, Sugar: 1g.

Wonton Taco Babies

Submitted by Victoria Wagner

UT Health Science Center Houston

This is one of my favorite recipes to make while watching football over the holidays. It is adopted from an online recipe: <https://sarahsmusickitchen.com/tag/muffin-tin-recipes/>.

INGREDIENTS

- 24 wonton wrappers
- 1 tbsp. extra virgin olive oil
- 1/2 cup yellow onion, diced
- 2 large garlic cloves, minced
- 1 lb. lean ground beef
- 2 tbsp. taco seasoning
- 3 tbsp. salsa
- 1 cup shredded Mexican blend cheese
- 1/4 cup sour cream
- 2 tbsp. green onions, chopped
- 1 Roma tomato, chopped

DIRECTIONS

- 1) Preheat oven to 425° F.
- 2) Overlap 2 wonton wrappers in each of the 12 spaces in an average sized muffin tin.
- 3) Heat olive oil on medium on the stove and add diced onion and minced garlic to pan for 2-3 minutes.
- 4) Add lean ground beef to pan and cook until brown.
- 5) Once ground beef is cooked, add taco seasoning and salsa to pot to incorporate. Take pot off heat.
- 6) Distribute meat mixture evenly inside each "pocket" of the muffin tin created by the wontons. Fill 2/3 of the way to the top.
- 7) Add shredded cheese to the tops of the meat in the wontons.
- 8) Bake at 425 degrees for 8 minutes.
- 9) Remove from the oven and let cool while topping each wonton taco with a small dollop of sour cream and a few pieces of green onion and tomato.

Yield: Serves 12. Calories: 181, Fat: 10g, Carbs: 10g, Protein: 11g, Sodium: 260mg, Sugar: 1g.

The Everything Dip

Submitted by Barb Lipari

UT Health Science Center Houston

This is a very quick and easy recipe that has many uses. It can be a veggie dip or for chips, a salad dressing, baked potato topping, fish or chicken topping, or it can even be used as a sandwich spread or over grilled chicken. It is versatile and delicious!

INGREDIENTS

1 cup sour cream
1 cup mayonnaise
1/2 cup Kraft Parmesan cheese (in the green shaky can)
1 tsp. Lawry's seasoned salt
1/2 tsp. garlic powder or salt
1 tbsp. fresh parsley, finely chopped

DIRECTIONS

Mix all the ingredients together. That's it!

Yield: Serves 10. Calories: 55, Fat: 6g, Carbs: 1g, Protein: 0g, Sodium: 2mg, Sugar: 0g.

Corn Dip

Submitted by Nancy Nowlin

UT Medical Branch at Galveston

A friend and co-worker gave me this recipe for a party I was going to, and it was a hit.

INGREDIENTS

2 cans Mexicorn, drained
1-2 cans chopped green chilies
1 cup Hellman's mayonnaise
1 cup sour cream
10 oz. shredded cheddar cheese
Some pickled jalapeño peppers, drained and sliced (to taste, optional)
2 green onions, chopped (optional)

DIRECTIONS

Mix all ingredients and store in refrigerator before serving. Keep in refrigerator for several days—may even taste better as ingredients meld.

Yield: Serves 8-10. Calories: 330, Fat: 26g, Carbs: 12g, Protein: 10g, Sodium: 605mg, Sugar: 4g.

A close-up photograph of a white ceramic plate with a brown interior, filled with roasted Brussels sprouts. The sprouts are bright green with some charred edges, indicating they have been cooked. The plate is resting on a thick, rustic wooden cutting board. In the background, other dishes are visible but out of focus, including what appears to be a roasted chicken and some orange slices. The lighting is warm and focused on the Brussels sprouts.

SIDE DISHES



Holiday Brussels Sprouts

Submitted by Katy Oestman

UT M.D. Anderson Cancer Center

This recipe was adapted and is a version of several recipes found on Pinterest, adapted to best suit my family's taste and preferences.

INGREDIENTS

- 4 cups Brussels sprouts
- 2/3 cup dried cranberries
- 1 cup roasted pecans
- 1/2 tsp. sea salt
- 1 tsp. pepper
- 2 tbsp. olive oil

DIRECTIONS

- 1) Wash and then dice Brussels sprouts. Heat olive oil in a skillet on medium. Add in Brussels sprouts, cook on medium heat, stirring often.
- 2) When the Brussels sprouts start to soften add in the pecans (leave as halves or chop roughly).
- 3) Keep stirring so the Brussels sprouts do not stick to the pan, about 5 more minutes. Add in cranberries, salt and pepper, stir to heat cranberries through. Serve hot or cold (can be made ahead and refrigerated).

Yield: Serves 6. Calories: 279, Fat: 18g, Carbs: 29g, Protein: 4g, Sodium: 58mg, Sugar: 17g.

Gingery Roasted Cauliflower “Candy”

Submitted by Allene Evans

UT System Administration

I love to oven-roast vegetables and mix in whatever I have in the kitchen. One day I was inspired to roast cauliflower with coconut butter, ground ginger and apples. The only problem was that the dish never made it to the dinner table—my daughter and her friends said it tasted like candy and ate it all up!

INGREDIENTS

- 1 large head of cauliflower
- 2 small apples, any type
- 2 tbsp. ground ginger
- 1/3 cup coconut butter [ground coconut in a jar]
- 2 tbsp. olive oil
- Smoked sea salt or other salt

DIRECTIONS

- 1) Preheat oven to 450 degrees.
- 2) Chop up cauliflower and apples.
- 3) Toss in oven proof pan.
- 4) Stir in coconut butter, olive oil and ginger.
- 5) Salt lightly.
- 6) Bake until cauliflower is lightly brown, around 20-30 minutes, stirring once or twice.

Yield: Serves 6. Calories: 191, Fat: 15g, Carbs: 14g, Protein: 4g, Sodium: 48mg, Sugar: 5g.

Creole Macaroni & Cheese

Submitted by Patricia A. Calegon-Langé

UT Health Science Center Houston

This homemade baked macaroni & cheese recipe originated with my Grandmother Agnes Sonnier-Prejean, she was born in Carencro, Louisiana. It has been passed down to my Mother and then to me and is a family favorite for all occasions. I hope you enjoy it as much as we do, Bon Appetit!

INGREDIENTS

- 1 12 oz. bag of small elbow macaroni
- 4-6 quarts of water
- 4 eggs
- 2 cups half & half
- 1/2 stick butter
- 1 tbsp. Creole seasoning (like Tony Chachere's)
- 1 tbsp. vegetable oil
- 6 oz. of Velveeta, diced (my grandma used American cheese)
- 2 cups shredded colby jack cheese

DIRECTIONS

- 1) Preheat oven to 350 degrees.
- 2) Put water in boiling pot, add vegetable oil.
- 3) Bring water & oil to boil.
- 4) Add noodles to boiling water. Stir gently.
- 5) Return to a boil. For authentic "al dente" pasta, boil uncovered, stirring occasionally for 7 minutes.
- 6) Drain water and rinse noodles with warm water.
- 7) Place noodles in 9"X13" baking pan, add butter, let butter melt in the noodles.
- 8) Once butter is melted stir noodles to coat with the butter and add the Creole Seasoning, mix until noodles are coated with butter and seasoning.
- 9) Add diced Velveeta, scatter throughout noodles.
- 10) In large mixing bowl beat eggs.
- 11) Stir half and half in with eggs.
- 12) Pour egg mixture over noodles & Velveeta.
- 13) Bake at 350 degrees for 50 minutes.
- 14) Remove from oven and stir.
- 15) Sprinkle top with shredded cheese, allow to melt.

Yield: Serves 10. Calories: 393, Fat: 22g, Carbs: 30g, Protein: 16g, Sodium: 903mg, Sugar: 4g.

Mom's Broccoli Casserole

Submitted by Hilary DeFelice

UT M.D. Anderson Cancer Center

When you can convert a non-veggie eater you know you're on to something. My mom could never get me to eat a lot of vegetables growing up until she made me try this. It's the easiest thing to put together and has always been a crowd pleaser, even for picky eaters. The crackers add the perfect crisp and feel of home on top.

INGREDIENTS

32 oz. frozen broccoli (2 bags)

3/4 lb. Velveeta cheese

1 1/2 sticks of margarine

1 1/2 rolls Ritz crackers

DIRECTIONS

- 1) Cook broccoli in water until tender (according to directions), and drain.
- 2) While broccoli is in saucepan, melt one half of the margarine and all of the cheese together with broccoli over low/medium heat and stir.
- 3) Pour into casserole dish.
- 4) In another bowl, crush Ritz crackers. Melt the second half of margarine in microwave and stir into crackers.
- 5) Spoon cracker mixture over top of broccoli.
- 6) Bake at 325 for 20-25 minutes.

Yield: Serves 10. Calories: 321, Fat: 25g, Carbs: 19g, Protein: 10g, Sodium: 739mg, Sugar: 5g.

Roasted Brussels, Cinnamon Squash, Pecans, & Cranberries

Submitted by Kaci
UT System Administration

Pinterest recipe from "Julia's Album."

INGREDIENTS

BRUSSELS SPROUTS:

3 cups Brussels sprouts, ends trimmed, yellow leaves removed
3 tbsp. olive oil
Salt, to taste
1 1/2 lbs. butternut squash, peeled, seeded, and cubed into 1-inch cubes

2 tbsp. olive oil
3 tbsp. maple syrup
1/2 tsp. ground cinnamon
2 cups pecan halves
1 cup dried cranberries
2-4 tbsp. maple syrup (optional)

DIRECTIONS

BRUSSELS SPROUTS:

- 1) Preheat oven to 400° F. Lightly grease the foil-lined baking sheet with 1 tbsp. of olive oil.
- 2) Make sure Brussels sprouts have trimmed ends and yellow leaves are removed. Then, slice all Brussels sprouts in half.
- 3) In a medium bowl, combine halved Brussels sprouts, 2 tbsp. olive oil, salt (to taste), and toss to combine.
- 4) Place onto a foil-lined baking sheet, cut side down, and roast in the oven at 400 F for about 20-25 minutes. During the last 5-10 minutes of roasting, turn them over for even browning, the cut sides should be nicely and partially charred but not blackened.

SQUASH:

- 1) Preheat oven to 400° F. Lightly grease the foil-lined baking sheet with 1 tbsp. of olive oil.
- 2) In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 tbsp. of olive oil, maple syrup, and cinnamon, and toss to mix.
- 3) Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened.

Note: You can roast both Brussels sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven.

Assembly: In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine. Optional: For more sweetness, add 2 or 4 tbsp. of maple syrup, and toss with the salad ingredients to combine.

Yield: Serves 6. Calories: 484, Fat: 37g, Carbs: 44g, Protein: 7g, Sodium: 17mg, Sugar: 22g.

Sweet Apple and Cranberry Quinoa Stuffing

Submitted by Menton Deweese

UT M.D. Anderson Cancer Center

*I got this recipe from a friend. We share the common goal of working to incorporate healthier foods into our diet for ourselves and our families, and holidays are no exception!
Recipe Credit: www.beachbody.com/beachbodyblog/recipes/quinoa-stuffing*

INGREDIENTS

- 2 tbsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 8 medium celery stalks, chopped (about 4 cups)
- 2 medium green apples, with peel (about 2 cups)
- 4 cups low-sodium organic vegetable broth
- 2 cups dry quinoa, rinsed
- 1 tsp. sea salt
- 1 tsp. ground cumin
- 1/2 tsp. ground black pepper
- 1/2 cup dried cranberries
- 1/2 cup chopped fresh cilantro
- 1/2 cup pine nuts

DIRECTIONS

- 1) Heat oil in medium saucepan over medium-high heat.
- 2) Add onion and garlic; cook, stirring occasionally, for 2 minutes, or until fragrant.
- 3) Add celery and apple; cook, stirring frequently, for 8 to 10 minutes, or until tender.
- 4) Add broth, quinoa, salt, cumin, and pepper. Bring to a boil. Reduce heat to medium-low; cook, covered, for 15 minutes, or until most of liquid is absorbed. Remove from heat.
- 5) Add cranberries. Cover and let stand for 5 minutes.
- 6) Add cilantro and pine nuts; fluff with fork and serve.

Yield: Serves 16. Calories: 156, Fat: 6g, Carbs: 22g, Protein: 4g, Sodium: 196mg, Sugar: 6g.

Healthier Homemade Biscuits

Submitted by Mike Walker

UT Austin

This is a healthy alteration on my Mother's time honored traditional biscuits. As a child, weekend morning country breakfast were always treasured by my family, and Mom's biscuits were the star of the meal. Mom was still making these amazing biscuits well into her latter 80's. I like doubling this recipe and freezing the uncooked biscuits. We pop them in the toaster over at 375 for 12 minutes and enjoy a single biscuit anytime!

INGREDIENTS

2 cups + (enough for rolling out dough) All Purpose Flour

3 tsp. baking powder

1 tsp. salt

1/3 cup coconut oil

2/3 cup 1% milk

1/3 cup low fat sour cream*

***May use one cup of low fat buttermilk instead of half milk and half sour cream, but the sour cream tends to make more tender biscuits.**

DIRECTIONS

- 1) Preheat oven to 400° F.
- 2) Lightly grease an 8" X 8" pan or 8" pie pan with Canola or coconut oil.
- 3) In a large mixing bowl combine dry ingredients and mix well with a whisk. Spin the whisk between the hands to incorporate air into the flour mixture.
- 4) In a small bowl, combine the milk with the sour cream and mix well.
- 5) If the coconut oil is in a solid state, microwave the oil until it just becomes a liquid state but is still cloudy.
- 6) While stirring continuously with a small whisk, or fork, pour the melted coconut oil into the milk and sour cream mixture.
- 7) Pour the milk and oil mixture into the dry ingredients all at once.
- 8) Using a wooden spoon, stir until all of the ingredients are completely incorporated, and a dough forms. This will be a wet, sticky dough.
- 9) Turn the dough out onto a floured surface and knead until it is no longer sticky and becomes an easy to handle ball. Do not over-knead as this will result in tough biscuits. Pat, or roll the dough out to a thickness of approximately 1/2 to 5/8 inches thick.
- 10) Cut biscuits with a 3 inch biscuit cutter.
- 11) Gather the scrap dough, reform into a ball and repeat until all dough is used. Makes approximately 10 biscuits.
- 12) Place biscuits in the pan and bake at 400 Deg. F until desired brownness is achieved. (Approx. 10-12 Min.)

Healthier Homemade Biscuits (Cont.)

Notes: If desired, biscuits can be placed on wax, or parchment paper and frozen, then bagged for future use, or individual use. When cooking frozen biscuits, defrost slightly before placing into the oven.

Biscuits will rise better and be moister if they are crowded in the pan.

May be baked in a toaster oven. When using a toaster oven, lower the temperature to 375 F.

Yield: Serves 10. Calories: 173, Fat: 9g, Carbs: 20g, Protein: 9g, Sodium: 245mg, Sugar: 1g.

Irish Soda Bread

Submitted by Coral Southwell

UT System Administration

I got this recipe from the Boluisce Seafood Restaurant in Spiddal, County Galway, Ireland (modified slightly). It can be served at any meal; I especially like it for breakfast or with soup. It freezes well.

INGREDIENTS

4 cups whole wheat flour, sifted (1 1/4 lb.)

2 cups wheat bran (4 oz.)

1/4 cups brown sugar

1 1/4 tsp. baking soda

1/2 tsp. salt

1 liter buttermilk*

***Instead of buttermilk, you can use 1/4 cup plain white vinegar and enough milk to equal 1 liter.**

DIRECTIONS

Mix dry ingredients together, stir in buttermilk and mix thoroughly. Pour into three greased 1-pound loaf pans. (I like flexible ones for ease of removing the bread.) Bake for 45 minutes at 400 F.

Yield: Serves 33. Calories: 79, Fat: 1g, Carbs: 16g, Protein: 3g, Sodium: 34mg, Sugar: 3g.

Cheesy Casserole Potatoes

Submitted by Tricia Ulberg

UT System Administration

We make these potatoes to go with a honey baked ham for Christmas dinner every year.

INGREDIENTS

- 6 medium potatoes, cooked and shredded
- 1 1/2 cups grated cheddar cheese
- 1 cup sour cream (I use light)
- 1 can Cream of Chicken Soup
- 1/4 cup butter, melted
- 1/2 tsp. salt
- 1/3 cup chopped green onion
- 2 cups crushed cornflakes (add a little melted butter)

DIRECTIONS

- 1) In a pot over medium heat, melt butter and stir in can of soup.
- 2) Add grated cheese, onion, sour cream, and salt, and stir.
- 3) Add shredded, cooked potatoes and stir well. You can add a little milk if the potatoes seem dry.
- 4) Press potato mixture into a greased glass baking dish. Sprinkle crushed cornflakes over the potatoes and bake at 350 degrees for 45 minutes or until the edges are bubbling.

Yield: Serves 8. Calories: 300, Fat: 17g, Carbs: 30g, Protein: 8g, Sodium: 432mg, Sugar: 1g.

Garlic Mashed Sweet Potatoes

Submitted by Lauren Massey
UT Health Science Center Houston

I came up with this recipe because I love sweet potatoes, but I prefer them to be savory rather than candied.

INGREDIENTS

3 to 4 medium sweet potatoes
2 tbsp. unsalted butter
Kosher salt, to taste
Black pepper, to taste
3 tbsp. garlic paste
Oikos honey Greek yogurt (5.3 oz)
2 tbsp. skim milk

DIRECTIONS

- 1) Preheat oven to 400 degrees.
- 2) Wash sweet potatoes and wrap each one in foil. Bake until soft (about 1 hour). Remove from oven and peel. An easy way to peel a hot sweet potato is to leave it on the foil it baked in. Cut off each end of the potato. Then, take a sharp knife and make a shallow slice down the length of the potato. You should be able to just peel the skin off in one piece. You can use the foil to help you turn the potato (as it will be lava hot).
- 3) Mash the sweet potatoes with unsalted butter, salt, pepper, garlic paste and plain yogurt. Add a splash of milk if necessary. Do not over work the potatoes. Once they are mashed, use a spoon to combine.

Yield: Serves 6. Calories: 164, Fat: 4g, Carbs: 29g, Protein: 4g, Sodium: 143mg, Sugar: 8g.

Baked Cranberry Apple Sweet Potatoes

Submitted by Jessica Osweiler

UT Health Science Center Houston

This recipe was created by my mom a few years ago when no one in the family really cared for the traditional yams with marshmallows and we wanted some healthier side dish options.

INGREDIENTS

- 4 medium yams
- 3 medium granny smith apples
- 1 cup fresh cranberries
- 3 tbsp. brown sugar
- 1/2 stick of butter

DIRECTIONS

- 1) Preheat oven to 350 degrees.
- 2) Peel yams and cut into 1/2" thick medallions.
- 3) Peel apples and slice into 1/4" wedges.
- 4) Mix yams and apples together and add to a deep ungreased casserole dish.
- 5) Wash the cranberries and distribute evenly on top of the yams and apples.
- 6) Sprinkle entire dish with brown sugar.
- 7) Cube cold butter into 1/4" pieces and distribute on top.
- 8) Cover the dish with foil and bake for 35-45 mins in a 350 degree oven. All ingredients can be adjusted to your preference. Enjoy!

Yield: Serves 8. Calories: 182, Fat: 6g, Carbs: 32g, Protein: 2g, Sodium: 69mg, Sugar: 18g.

Dirty Coffee Carrots

Submitted by Kendra Bolton

UT System Administration

I found this recipe in a recent publication from the American Council on Exercise and can't wait to try it!

INGREDIENTS

1 lb. carrots, scrubbed, not peeled

1 tbsp. olive oil

Approx. 3 cups spent coffee grounds

1/2 cup coarse sea salt

10-12 large fresh parsley leaves for garnish

DIRECTIONS

- 1) Heat oven to 450 degrees F.
- 2) Put whole carrots in a rimmed baking sheet and drizzle with oil. Massage in the oil until the carrots are well coated.
- 3) In a small bowl, mix coffee grounds and salt. Scatter this "coffee dirt" all over the carrots until they are completely covered.
- 4) Roast for 15 minutes. Reduce heat to 250 degrees F. and continuing roasting until carrots are cooked through but still crunchy, another 30-45 minutes.
- 5) Remove from oven and let cool until warm. Wipe off most of the coffee dirt and garnish with parsley leaves.

For additional flavor add 2-3 tbsp. of diced chili peppers!

Yield: Serves 6. Calories: 52, Fat: 2g, Carbs: 7g, Protein: 1g, Sodium: 9484mg, Sugar: 4g.



MAIN COURSES

Crockpot Beef Stew

Submitted by Kaitlyn O'Connor

UT Medical Branch at Galveston

My fiancé and I make crockpot meals every Sunday as our weekend tradition. This was one of our first perfect meals!

INGREDIENTS

2 lbs. stew meat
1 - 6 oz. can tomato paste
1/2 large onion
5 celery stalks
5 carrots
32 oz. vegetable stock
Dash of pink Himalayan salt and pepper
1 tbsp. fresh ginger, minced
2 tbsp. coconut aminos

DIRECTIONS

- 1) Layer stew meat (chopped into chunks) in bottom of crockpot.
- 2) Season lightly with pink salt and pepper.
- 3) In a small bowl, mix tomato paste and coconut aminos (or soy sauce) until paste is lighter and spreadable.
- 4) Spread mixture evenly across meat and sprinkle minced ginger on top.
- 5) Chop onions, celery, and carrots into medium sized chunks.
- 6) Layer veggies in pot across top of meat.
- 7) Fill crockpot with vegetable stock until it is covering all meat and veggies.
- 8) Cook on high for 4-6 hours.

Yield: Serves 8. Calories: 266, Fat: 7g, Carbs: 8g, Protein: 29g, Sodium: 155mg, Sugar: 4g.

Gluten-free Shrimp Enchiladas with Black Bean Quinoa Chili

Submitted by Kaitlyn O'Connor

UT Medical Branch at Galveston

This was one of my first recipes perfected after I started my health and fitness journey. Now it has become such a staple that every time I visit with my parents it is a must make!

INGREDIENTS

- 1 medium sized onion
- 1 cup quinoa
- 2 cups water
- 1 lb. raw, deveined shrimp
- 1 (28 oz.) can crushed tomato
- 2 cloves garlic, chopped
- 10 corn tortillas
- 1 can organic black beans
- 2 cups thick salsa (I use Trader Joe's brand – Double Roasted)
- 1 cup shredded cheese
- Dash of Frank's hot sauce, to taste

DIRECTIONS

- 1) Preheat oven to 350 degrees.
- 2) Boil pot of water with half a carrot and a quarter of an onion chopped up to cook the shrimp in.
- 3) Cook shrimp until they turn pink, about a minute or two.
- 4) In a separate pot bring 2 cups of water and 1 cup of quinoa to a boil. Cook 15 minutes, or until all the water is absorbed.
- 5) In another large pot, heat olive oil and add garlic and onion. Cook until onion is softened.
- 6) Add crushed tomato and black beans and begin to heat.
- 7) Once crushed tomato begins to boil, add in cooked shrimp and quinoa. Mix and heat through.
- 8) Lay out tortillas in a baking dish small enough that the tortillas are lined up tightly so that they won't unroll.
- 9) Spoon chili mixture into center of tortillas. Roll up and place seam side down.
- 10) Pour salsa over tortilla rolls, drizzle hot sauce to taste, and sprinkle shredded cheese on top.
- 11) Bake approximately 15 minutes, or until cheese is melted and enchilada is heated through.

Yield: Serves 10. Calories: 325, Fat: 7g, Carbs: 44g, Protein: 24g, Sodium: 512mg, Sugar: 5g.

Stuffed Poblanos

Submitted by Judy Jones

UT Medical Branch at Galveston

Originally from Cooking Light by way of a colleague Natalie Weekley. It was originally titled "Summery Stuffed Poblanos" but the ingredients are available year round and can put a bit of summer in any meal.

INGREDIENTS

6 poblano chiles
2 ears shucked corn
Cooking spray
2 cups chopped seeded tomato, divided
1 cup hot cooked brown rice
1/4 cup chopped fresh cilantro, divided
2 tbsp. pine nuts, toasted
2 tbsp. 1/3-less-fat cream cheese
2 tsp. fresh lime juice
1/4 tsp. kosher salt
3 garlic cloves, minced
3 oz. Monterey Jack cheese, shredded (about 3/4 cup)
2 oz. queso fresco, crumbled (about 1/2 cup)
Jalapeño pepper sauce (optional)

DIRECTIONS

- 1) Preheat grill to high heat.
- 2) Lightly coat poblanos and corn with cooking spray. Place poblanos and corn on grill rack. Grill poblanos 12 minutes or until charred, turning occasionally. Grill corn 10 minutes or until lightly charred, turning occasionally. Wrap poblanos in foil; let stand 15 minutes. Peel and discard skins. Cut a lengthwise slit in each chile; discard seeds and membranes. Set aside.
- 3) Preheat oven to 400°.
- 4) Cut kernels from ears of corn. Combine kernels, 1 cup tomato, rice, 2 tbsp. cilantro, pine nuts, and next 5 ingredients (through Monterey Jack); toss well to combine. Open each poblano; divide rice mixture evenly among chiles (chiles will be very full). Place on a baking sheet. Bake at 400° for 7 minutes or until hot. Turn broiler to high. Sprinkle chiles with queso fresco. Broil 3 minutes or until cheese is lightly browned. Place chiles on a platter. Sprinkle with remaining 1 cup tomato and remaining 2 tbsp. cilantro. Serve with hot sauce, if desired.

Yield: Serves 6. Calories: 210, Fat: 8g, Carbs: 25g, Protein: 10g, Sodium: 197mg, Sugar: 0g.

Shredded Chicken Tacos

Submitted by Greta von Paumgarten

UT System Administration

A family friend passed this recipe on to me. It works great an easy week night dinner.

INGREDIENTS

- 2 lbs. chicken breasts**
- 8 oz. bottle of zesty Italian dressing**
- 3/4 tbsp. minced garlic**
- 1/2 tbsp. chili powder**
- 1/2 tbsp. ground cumin**
- 1 pkg. of dry Ranch dressing mix**

DIRECTIONS

- 1) Spray the inside of the your slow cooker with cooking spray. Add chicken breasts and then add the other ingredients.
- 2) Cook low for 4-6 hours or high for 3-4 hours until the chicken is no longer pink.
- 3) Remove chicken and shred. Replace the chicken back to the slow cooker and mix with the juices and let sit for another hour.
- 4) Serve with your choice of toppings and tortillas.

Yield: Serves 6. Calories: 190, Fat: 10g, Carbs:0g, Protein: 23g, Sodium: 166mg, Sugar: 0g.

Crockpot Buffalo Ranch Chicken Sandwiches

Submitted by Tiffany Richardson

UT Health Science Center Houston

Merging of multiple recipes to create an awesome flavor.

INGREDIENTS

- 3 lbs. boneless chicken breast**
- 12 oz. Franks buffalo chicken sauce**
- 1 packet dry spicy Ranch dressing**

DIRECTIONS

- 1) Place the chicken breast in the bottom of the crockpot.
- 2) Cover with Franks and sprinkle the Ranch packet over the top. Cook on low for 6-8 hours.
- 3) Shred the chicken breast with 2 forks and serve on Ciabata bread.

Yield: Serves 6. Calories: 421, Fat: 8g, Carbs: 10g, Protein: 72g, Sodium: 902mg, Sugar: 0g.

Easy and Delicious Mexican Pork Chops

Submitted by Ebony Glenn
UT Southwestern Medical Center

All of a sudden, my husband developed a love for cooking and started trying various recipes. This is one of the many family favorites.

INGREDIENTS

1 1/2 cups uncooked long-grain white rice
Salt and ground black pepper to taste
3 cups water
6 boneless pork chops
Cooking spray
2 tbsp. vegetable oil
1 (8 oz.) can tomato sauce
1/2 cup picante sauce
1/4 cup taco seasoning mix
1 green bell pepper, sliced
1 cup shredded cheddar cheese

DIRECTIONS

- 1) Preheat oven to 350 degrees F (175 degrees C).
- 2) Spray a 9x13-inch baking dish with cooking spray.
- 3) Heat the vegetable oil in a large skillet over medium heat.
- 4) Sprinkle pork chops with salt and black pepper, and brown them on both sides, about 5 minutes per side. Set chops aside.
- 5) Mix the water, rice, tomato sauce, picante sauce, and taco seasoning in the prepared baking dish.
- 6) Lay the chops into the rice mixture, and top with the green bell pepper slices. Cover the dish.
- 7) Bake in the preheated oven until the chops are no longer pink inside and the rice is tender, about 1 hour.
- 8) An instant-read thermometer inserted into the thickest part of a chop should read 145 degrees F (63 degrees C).
- 9) Uncover the dish, and sprinkle with cheddar cheese.
- 10) Return to the oven, and bake uncovered until the cheese is melted and bubbly, 5 to 10 more minutes.

Yield: Serves 6. Calories: 105, Fat: 3g, Carbs: 16g, Protein: 6g, Sodium: 513mg, Sugar: 4g.

Chicken Taco Chili/Soup

Submitted by Sarah Pekar

UT System Administration

This is an adjusted version of the Crockpot Chicken Taco Chili recipe found on SkinnyTaste.com

INGREDIENTS

- 1 small onion, chopped
- 2 (15.5 oz.) can black beans, drained
- 1 (15.5 oz.) can garbanzo beans, drained
- 1 (8 oz.) can tomato sauce
- 10 oz. package frozen corn kernels
- 2 (10 oz.) cans mild diced tomatoes w/chilies
- 4 oz. can chopped mild green chili peppers
- 1 packet reduced sodium taco seasoning
- 1 tbsp. cumin
- 1 tbsp. chili powder
- 24 oz. (3) boneless skinless chicken breasts or 5-6 boneless skinless thighs
- 1/4 cup chopped fresh cilantro (optional)

DIRECTIONS

- 1) Add 1 tbsp. of olive oil to sauté pan and sauté onions until translucent.
- 2) Season chicken with salt and pepper and some of the taco seasoning and place in the bottom of the slow cooker.
- 3) Put onions in the slow cooker and top with the rest of the taco seasonings and the cumin and chili powder.
- 4) Add all other ingredients except the fresh cilantro.
- 5) Cook on low for 8-10 hours or on high for 4-6 hours.
- 6) 30 minutes before serving, remove chicken and shred.
- 7) Serve in a bowl or on top of rice and top with fresh cilantro, a dollop of sour cream or plain Greek yogurt and other favorite toppings..

Yield: Serves 10. Calories: 209, Fat: 3g, Carbs: 26g, Protein: 23g, Sodium: 867mg, Sugar: 4g.

Simple Savory Chili

Submitted by Rose Walsh R,N.

UT Southwestern Medical Center

This is a great, easy, and tasty dish that everyone loves.

INGREDIENTS

- 2 lbs. 90-10 hamburger
- 1 small chopped onion
- 1 red bell pepper chopped
- 1 can black beans
- 1 can chili beans
- 1 can corn
- 1 large can diced tomatoes
- 1 cup water +/-
- 1 tsp. chili powder
- 2 tsp. cumin
- 1 pkg. Ranch style dressing mix

DIRECTIONS

- 1) Brown meat in large Dutch oven or pot.
- 2) Drain any fat.
- 3) Add onion and bell pepper sauté 3-5 minutes.
- 4) Add all other ingredients including juices.
- 5) Add spices and Ranch dressing powder.
- 6) Heat thoroughly and let sit 10 minutes. Enjoy!

Leftovers taste even better. We like to eat this chili with garlic Naan bread.

Yield: Serves 8. Calories: 501, Fat: 12g, Carbs: 54g, Protein: 47g, Sodium: 563mg, Sugar: 6g.

Tiner's Texas Chili

Submitted by Patrick Tiner

UT Southwestern Medical Center

I made up this recipe on my own and have passed it down to my family and friends.

INGREDIENTS

- 4 lbs. of lean ground chuck
- One onion-diced (or 3 + tbsp. dried chopped onions or onion powder as substitute for taste)
- Two cans of 15 oz. kidney beans (drained)
- Two cans of 15 oz. pinto beans (drained)
- Two cans of 26 oz. tomato soup
- Two cans of 10 oz. Rotel tomato sauce (or store brand)
- One 26 oz. can of chopped tomatoes
- Two cans of 7 oz. Chopped Green Chilies
- 2-3 tbsp. chili powder (or more of desired)
- Dried ground red chili (2-3 tsp.) if desired for more zing!

DIRECTIONS

- 1) Cook ground chuck with onions until brown. Drain off grease and add all other ingredients. Makes 8-10 bowls.
- 2) Can add Fritos chips on bottom of bowl and top with shredded cheese if desired.
- 3) Can half recipe if desired for smaller group.

Yield: Serves 14. Calories: 837, Fat: 12g, Carbs: 114g, Protein: 72g, Sodium: 932mg, Sugar: 26g.

Peppercorn-Crusted Beef Tenderloin in Blackjack Bourbon Sauce

Submitted by Deborah D. Gardner
UT M.D. Anderson Cancer Center

Houston Junior League Cookbook - Stop and Smell the Rosemary.

INGREDIENTS

1 1/2 pounds beef neck bones	1/4 cup four-peppercorn mix, lightly crushed
4 large shallots, coarsely chopped	1 tbsp. cornstarch
6 cloves garlic, coarsely chopped	2 tsp. chopped fresh thyme
2 large carrots	1 tsp. chopped fresh oregano
1 cup bourbon	2 tbsp. vegetable oil
1 tbsp. tomato paste	1 beef tenderloin (about 2 lbs.)
4 sprigs fresh thyme	Coarse salt
1 tsp. four-peppercorn mix	
2 cups chicken stock	
2 cups beef stock	

DIRECTIONS

Blackjack Bourbon Sauce:

Brown beef neck bones, shallots, garlic, and carrots in a heavy saucepan over medium heat, stirring occasionally, about 20 minutes. Add bourbon. Increase heat and boil until liquid is reduced to one-half, about 5 minutes. Mix in tomato paste, thyme, and pepper-corns. Add chicken stock and beef stock. Boil until liquid is reduced to 1 cup, about 20 minutes. Strain through a fine sieve into a small saucepan. Season with salt.

Beef:

Preheat oven to 350 degrees. Mix peppercorns, cornstarch, thyme, and oregano on a large plate. Brush 1 tbsp. oil over beef. Roll beef in peppercorn mixture, coating completely. Season with salt.

Heat remaining 1 tbsp. oil in heavy, large ovenproof skillet over medium-high heat. Add beef and brown on all sides, about 5 minutes. Transfer skillet to oven and roast until meat thermometer inserted into center of beef registers 135 degrees for rare, about 30 minutes, or to desired doneness.

Slice beef and arrange on plates. Bring sauce to simmer. Spoon over beef.

Yield: Serves 6. Calories: 810, Fat: 34g, Carbs: 3g, Protein: 75g, Sodium: 331mg, Sugar: 2g.

Spinach and Feta Quiche with Sweet Potato Crust

Submitted by Menton Deweese

UT M.D. Anderson Cancer Center

This recipe comes from Cooking Light magazine: <http://www.cookinglight.com/recipes/spinach-feta-quiche-sweet-potato-crust>

INGREDIENTS

Cooking spray

2 medium sweet potatoes, peeled and cut into 1/8-in.-thick slices

1 tsp. canola oil

1/2 cup sliced onion

1 (5-oz.) bag fresh baby spinach

1/2 cup 1% low-fat milk

1/4 tsp. kosher salt

1/4 tsp. freshly ground black pepper

1/4 tsp. crushed red pepper

4 large eggs

2 large egg whites

1.5 oz. feta cheese, crumbled (about 1/3 cup)

DIRECTIONS

1) Preheat oven to 350° F.

2) Coat a 9-inch pie plate with cooking spray. Layer sweet potatoes in slightly overlapping concentric circles on bottom and upsides of plate, cutting slices in half to fit (rounded side up) around the sides. Coat potatoes with cooking spray. Bake in preheated oven for 20 minutes or until potatoes are slightly tender. Place pan on a wire rack. Increase oven temperature to 375° F.

3) Heat a large nonstick skillet over medium. Add oil and onion; saute 3 minutes. Add spinach; saute 3 minutes. remove from heat; cool.

4) Combine milk and next 5 ingredients (through egg whites) in a medium bowl; stir with a whisk. Arrange spinach mixture in crust; pour egg mixture over spinach. Sprinkle with feta. Bake at 375° F for 35 minutes or until egg mixture is set. Let stand 5 minutes; cut into 8 wedges.

Yield: Serves 4. Calories: 203, Fat: 9g, Carbs: 18g, Protein: 13g, Sodium: 393mg, Sugar: 6g.

Taco Stuffed Shells

Submitted by Melanie Williams

UT San Antonio

Three years ago I got this recipe on Facebook through a friend. Its delicious.

INGREDIENTS

- 1 lb. ground beef or Turkey
- 1 pkg. taco seasoning
- 1 4 oz. package cream cheese
- 12 large pasta shells
- 1 cup salsa (I used Picante)
- 1 cup taco sauce (I used taco bell)
- 1 cup cheddar cheese (shredded)
- 1 cup Monterey jack cheese (shredded)
- 1 1/2 cups tortilla chips (optional)
- 3 green onions (chopped) optional
- 1 cup sour cream
- 1 cup black olives (chopped) optional

DIRECTIONS

- 1) In frying pan, cook ground beef or turkey then add taco seasoning and prepare according to package directions.
- 2) Add cream cheese cover and simmer until cheese is melted. Blend well; set aside and allow to fully cool.
- 3) While burger is cooking, cook the pasta shells, drain and toss well with butter to prevent sticking.
- 4) Pour salsa in the bottom of a 9 x 13 inch baking dish.
- 5) Stuff each shell with the meat mixture. place the stuffed shells in the baking dish and cover the tops of the shells with taco sauce.
- 6) Cover and bake in the oven at 350 degrees for 30 minutes. After 30 minutes, uncover, and sprinkle (crushed chips optional) shredded cheddar and monterey jack cheeses on top. Cook for about 15 more minutes.
- 7) Serve with sour cream, additional salsa, black olives, onions or whatever you think goes good with tacos. Enjoy!

Yield: Serves 6. Calories: 587, Fat: 40g, Carbs: 18g, Protein: 42g, Sodium: 1285mg, Sugar: 4g.

Easy Greek Chicken Bake

Submitted by Tracy Underwood

UT Health Science Center Houston

Recipe credit: The Pinning Mama.

INGREDIENTS

- 3-4 chicken breasts
- 2 Roma tomatoes
- 1 can artichoke hearts, drained
- 1/2 red onion
- 2-3 green onions
- 1 tbsp. Cavendar's greek seasoning
- 3/4 cup light Feta cheese
- 1/4 cup olive oil

DIRECTIONS

- 1) Dice the tomatoes, artichokes, red onion and green onions.
- 2) Combine the chopped veggies in a bowl with 1/2 cup feta, olive oil, and greek seasoning and mix well to combine the flavors.
- 3) Lay your chicken breasts in a 9x13 baking dish sprayed with baking spray.
- 4) Spread the veggie mixture over top of the chicken breasts evenly and sprinkle the remaining feta cheese over the top.
- 5) Bake in a preheated oven at 350 F for 40-50 minutes or until the chicken is done and the juices run clear.
- 6) Serve hot over rice or on top of pita bread.

Yield: Serves 4. Calories: 323, Fat: 18g, Carbs: 12g, Protein: 32g, Sodium: 1257mg, Sugar: 4g.

Chicken with Vegetables

Submitted by Jianmin Ding

UT Health Science Center Houston

Family recipe.

INGREDIENTS

8 oz. chicken breast

1 cup carrots (chopped)

28g black fungus (dried)

1 cup asparagus (chopped)

1 cup celery (chopped)

1 cup onion (chopped)

Seasonings: salt, vinegar, olive oil (2 tbsp.), oyster sauce, cooking wine

DIRECTIONS

1. Soak the dried black fungus in warm water to completely absorbing water (about 1 hour).
2. Add 10ml cooking wine to the chicken breast then boil water for 15 minutes, take out and let cool, tear the meat into pieces.
2. Take a pot, boil 1 little water, add 1 tbsp. of olive oil and 1g of salt.
3. Boil black fungus for 3 minutes, take out and let cool.
4. Use the same pot and boiling water, sequence add and boil carrots (3 minutes), celery (2 minutes) and asparagus (1 minute).
5. Take out and let cool.
6. Mix all the meet and vegetables together, add sliced onion and seasonings.

This colorful, nutritious, delicious and low-calorie salad can be served 3-4 people.

Yield: Serves 3. Calories: 282, Fat: 14g, Carbs: 17g, Protein: 22g, Sodium: 78mg, Sugar: 6g.

Chicken Fajita Broccoli - Meal in the Bag

Submitted by Dennie (Wanda) Clemons

UT Health Science Center Houston

My office was relocated to a remote site without access to many decent restaurants and there isn't a café in the building either. In trying to eat healthy and only having access to a microwave, I decided to experiment with Microwavable Steamer Bags. This Fajita Chicken Broccoli will fill you up and make you say "mmm!"

INGREDIENTS

Steamer Bags

- 4 oz. - Pre-cooked chicken fajita meat
- 2 cups fresh broccoli florets (zucchini or squash)
- 1 tsp. olive oil
- 2 tsp. water
- 1 tbsp. Wyler's chicken bullion granules
- 1 tsp. lemon pepper
- 1 tsp. Tony's - salt free (optional)
- 1/2 tsp. garlic powder

DIRECTIONS

Place all ingredients, including chicken, inside bag and seal. Cook time is about 3-5 minutes depending on the how full the bag is. Please follow package (steamer bag) instructions for microwave time and adjust to your liking.

Yield: Serves 1. Calories: 150, Fat: 8g, Carbs: 6g, Protein: 23g, Sodium: 900mg, Sugar: 2g.

Mom's Cowboy Stew

Submitted by Peggy Churchman

UT Tyler

Mother made this every winter, served with cornbread.

INGREDIENTS

2 lbs. ground meat (beef or chicken)
6 potatoes peeled and cubed
2 whole carrots, peeled and sliced
1 onion, chopped
1 green bell pepper, chopped
1/4 cup chopped celery
16 oz. corn (frozen)
3 cups water (broth)
15 oz. can tomatoes
2 tbsp. chili powder
Salt, black pepper, and garlic powder to taste

DIRECTIONS

- 1) Brown meat in pot over medium heat.
- 2) Drain excess fat, add water, corn, tomatoes, onion, green bell pepper, celery and seasonings to meat and stir.
- 3) Cover the pot and bring the mixture to a boil. Reduce heat to medium-low add vegetables and cook until tender, about one hour.

Yield: Serves 12. Calories: 270, Fat: 12g, Carbs: 24g, Protein: 18g, Sodium: 367mg, Sugar: 4g.

Mushroom-Stuffed Pork Tenderloin

Submitted by Sylvana McIntyre

UT Health Science Center Houston

This is a recipe that has been passed down to me from my mother-in-law. She uses it every year for Christmas and I finally started to spend time in the kitchen with her and learned it. She initially got it from the Food Network a several years ago.

INGREDIENTS

- 5 tbsp. extra-virgin olive oil, plus more for brushing
- 4 slices bacon, chopped
- 8 oz. cremini mushrooms, thinly sliced
- Kosher salt and freshly ground pepper
- 1 clove garlic, finely chopped
- 1 tbsp. breadcrumbs
- 1/2 cup chopped fresh parsley
- 2 pork tenderloins (2 to 2 1/2 pounds total), trimmed
- 1/2 tsp. grated lemon zest

DIRECTIONS

- 1) Heat 2 tbsp. olive oil in a large skillet over medium heat. Add the bacon and cook until crisp, about 8 minutes. Add the mushrooms, 1/2 tsp. salt, and pepper to taste; cook until the mushrooms are soft, about 4 minutes. Add the garlic and cook 1 minute. Remove from the heat and stir in the breadcrumbs and all but 2 tbsp. parsley. Let cool.
- 2) Soak 10 to 12 toothpicks in water to prevent them from burning. Rinse the pork and pat dry. Butterfly the pork: Make a 1-inch-deep incision down the length of each tenderloin; do not cut all the way through. Open the meat like a book so the tenderloins lie flat.
- 3) Cover the pork with plastic wrap; pound with the flat side of a meat mallet until about 1/2 inch thick, starting from the middle and working outward. Spread the mushroom mixture over the 2 tenderloins. Starting with a long side, tightly roll up each tenderloin. Secure the seams with the toothpicks.
- 4) Preheat a grill to medium high; brush the grates with olive oil. Brush the pork rolls with olive oil and season with salt and pepper. Grill, turning, until a thermometer inserted into the center of the pork registers 140 degrees F, 25 to 30 minutes. Transfer to a cutting board to rest, about 10 minutes.
- 5) Mix the remaining 3 tbsp. olive oil and 2 tbsp. parsley, the lemon zest, and salt and pepper to taste in a bowl. Remove the toothpicks and slice the pork rolls. Top with parsley oil.

Yield: Serves 6. Calories: 323, Fat: 17g, Carbs: 3g, Protein: 39g, Sodium: 301mg, Sugar: 1g.

Mushroom and Asiago Chicken

Submitted by Joy Backhouse

UT Health Science Center Houston

This recipe came from a friend, and that's all I know about it, except that it's a delicious entrée!

INGREDIENTS

1 lb. boneless skinless chicken breast (about 2 large).	1/2 cup heavy cream
2 cups mushrooms, cut in half	1/4-1/2 cup shredded asiago cheese
1 clove garlic, minced	1/2 tsp. salt (or to taste)
3 springs fresh thyme	1/4 tsp. pepper (or to taste)
1 1/2 cups dry white wine	Seasoned flour:
1/2 cup seasoned flour	1/2 cup all-purpose flour
2 tbsp. butter	1 tsp. salt
2 tbsp. olive oil	1/2 tsp. black pepper

DIRECTIONS

- 1) Cut chicken breasts into pieces (2 or 3 pieces per breast).
- 2) Heat the butter with *one* tbsp. of olive oil in deep, heavy skillet or saute pan over medium heat.
- 3) Dredge chicken in seasoned flour. Add to hot oil/butter in skillet. Saute until golden on each side, about 5 minutes per side. Remove from pan.
- 4) Add remaining olive oil to hot skillet. Saute mushrooms and garlic until mushrooms begin to brown.
- 5) Add white wine to skillet, scraping up all the browned bits that are at the bottom of the pan (this is called "deglazing"). Bruise the fresh thyme by twisting it between your fingers or hitting it with the dull side of a knife in a few places. Add thyme to mushroom/wine mixture in pan.
- 6) Add the chicken back to the pan. Bring to a boil, then reduce heat, cover and simmer for 15-20 minutes.
- 7) Remove chicken from pan. Add the cream and heat through. Add the asiago cheese (if you like it strongly flavored, use 1/2 cup; not as strongly flavored, use the 1/4 cup--asiago is a powerful cheese and you can even use less for just a whisper of flavor.
- 8) Cook, stirring constantly over low heat until cheese melts. Continue cooking until sauce is reduced by about 1/2. If you wish to skip the reduction step, you may thicken the sauce slightly with about 1 tbs instant flour or 1 tbs cornstarch mixed with 2 tbs water...however, the reduction will taste better.
- 9) Add chicken back to pan and heat through.
- 10) Garnish with sprigs of fresh thyme. May be served over any pasta.

Yield: Serves 4. Calories: 333, Fat: 14g, Carbs: 14g, Protein: 40g, Sodium: 1013mg, Sugar: 1g.

Christmas Morning Brunch Casserole

Submitted by Barb Lipari

UT Health Science Center Houston

I have made this recipe for decades for my family on Christmas morning. I always make it the night before because it needs to 'rest' in the refrigerator overnight. In the morning, I bake it while we are opening presents (usually in the other room). Needless to say, it sometimes is 'overcooked' as our attention is elsewhere in another room. We now call it: "Mom's Famous Burned Christmas Morning Casserole". It has become a family joke because it is always "WELL DONE"! This year, I am going to turn over a new leaf...I'm going to set a timer and listen for it. Let's hope it is no longer overcooked. Happy Holidays, Y'all!

INGREDIENTS

4 - 6 large croissants, or you can use Challah bread cut up into chunks	1/2 tsp. salt
1 1/2 lbs. Bob Evan's original sage sausage (blue tube)	1/4 tsp. pepper
1 large onion, peeled and diced	2 dashes of hot sauce
12-14 large eggs	2 tbsp. butter
4-5 cups milk or combination of milk and half and half	2-3 cups good extra sharp cheddar cheese, grated

DIRECTIONS

- 1) Make this casserole the night before you want to cook and serve it.
- 2) Preheat oven to 350 degrees.
- 3) Cut croissants or Challah bread into 1 1/2 inch chunks.
- 4) Put them on 2 large rimmed baking sheets.
- 5) Bake until slightly golden brown, about 15 minutes.
- 6) Meanwhile, in a large pan add the sausage and cook it over a medium heat, breaking the sausages into small pieces. When the sausage is completely cooked remove it to a bowl.
- 7) Add the onions to the sausage drippings and cook until translucent, about 4 minutes. Remove the onions to another large bowl. Discard the drippings.
- 8) To the bowl that has the onions add the milk, salt, pepper and hot sauce to the eggs. Whisk until incorporated and light making a custard.
- 9) Grease the inside of a large rectangle pan (9 x 13) with butter. Add the croissants to the bottom of the pan. Gently and evenly pour the egg custard over the croissants. (If the croissants are still a little dry you may need to make a little more custard. Just add 1/4 cup of milk to every 2 eggs if you need more.)
- 10) Crumble the sausage over the mixture and then sprinkle over the cheese.
- 11) Gently push all the ingredients down so they are soaked with custard.

Christmas Morning Brunch Casserole (Cont.)

13) Wrap the pan in foil and refrigerate overnight. ****THIS IS A MUST; DO NOT ELIMINATE THIS STEP.**

14) The next morning preheat the oven to 350 degrees.

15) Remove foil and bake for 1 hour or until the center of the casserole is set.

16) Remove from the oven and rest for 10-15 minutes. Lightly tent with foil. Enjoy!

Yield: Serves 8. Calories: 290, Fat: 3g, Carbs: 1g, Protein: 2g, Sodium: 40mg, Sugar: 0g.

Pumpkin Pie French Toast

Submitted by Shelley Weedon Trepanier

UT System Administration

Family recipe.

INGREDIENTS

2 eggs

1/4 cups 2% milk or fat free

1/4 cups pumpkin purée, canned or fresh

1/4 tsp. vanilla

1/2 tsp. cinnamon

1/4 tsp. ginger

1/8 tsp. clove

1/8 tsp. nutmeg

2 tbs. brown sugar

8 slices bread

DIRECTIONS

1) Mix the eggs, milk, pumpkin puree, vanilla, cinnamon, ginger, cloves, nutmeg and brown sugar in low flat bowl for easy dipping.

2) Heat a pan over medium heat.

3) Dip the bread into the egg mixture on both sides and grill in a pan until lightly golden brown, about 2-3 minute per side.

Yield: Serves 4. Calories: 200, Fat: 45g, Carbs: 33g, Protein: 8g, Sodium: 430mg, Sugar: 8g.

Crockpot Buffalo Ranch Chicken Sandwiches

Submitted by Tiffany Richardson

UT Health Science Center Houston

Merging of multiple recipes to create an awesome flavor.

INGREDIENTS

- 3 lbs boneless chicken breast**
- 12 oz. Franks buffalo chicken sauce**
- 1 packet dry spicy Ranch dressing**

DIRECTIONS

- 1) Place the chicken breast in the bottom of the crockpot.
- 2) Cover with Franks and sprinkle the Ranch packet over the top. Cook on low for 6-8 hours.
- 3) Shred the chicken breast with 2 forks and serve on Ciabata bread.

Yield: Serves 6. Calories: 421, Fat: 8g, Carbs: 10g, Protein: 72g, Sodium: 902mg, Sugar: 0g.



SOUPS & SALADS



Creamy Coconut Butternut Soup

Submitted by Agnes Savich

UT Austin

A few family members went vegan one year, so I needed to adjust a recipe I found in the cookbook that came with my Vitamix, and include elements that I liked from a butternut bisque recipe found online. I've perfected this over the last few holidays to rave family reviews, everyone from babies to grandparents loves it!

INGREDIENTS

2 butternut squash	1 red apple (sweet, like Fuji)
1 onion	1/2 tsp. of ground coriander
1 square inch of ginger root	1/2 tsp. of ground cumin
2 carrots	1/4 tsp. of ground paprika
1/4 cup olive oil	1/4 tsp. of tarragon
2 cups of vegetable stock	5 crushed red pepper flakes
1 can coconut milk	1/2 tsp. salt (+/- to taste)

DIRECTIONS

Preheat oven to 350° F. Halve the 2 butternut squash and scoop out seeds & strings. Place 4 squash halves skin side down in a large baking pan. Bake for one hour or until thoroughly soft when checked with a fork (large squash may need up to 30 more minutes).

Dice the onion, slice the carrots, and mince the ginger, then sautee them in olive oil on medium high heat until softened but not browned. Turn heat down to medium, and add the salt, coriander, cumin, paprika, hot pepper flakes, and tarragon. Sautee for a minute until veggies are coated in spices. Add the vegetable stock and stir well. Cover and simmer on very low heat, stirring occasionally, until butternut squash is done baking.

When squash is soft, remove from oven and let cool. Turn off stock. Let both cool for about 20 minutes.

Peel and core the apple, chop into a few pieces. Scoop the butternut squash carefully out of its skin into a bowl.

Use Vitamix or your high powered blender of choice to blend the soup stock, butternut squash, apple, and coconut milk together in batches and pour into soup serving container. May add more salt to taste at this point. Serve warm!

Yield: Serves 8. Calories: 196, Fat: 16g, Carbs: 12g, Protein: 1g, Sodium: 305mg, Sugar: 5g.

Fancy Brussel Sprout Salad

Submitted by Miriam McKinney

UT System Administration

A UT System friend made this for a work potluck and it was delicious. I immediately asked for the recipe.

INGREDIENTS

3 tbsp. lemon juice
1 tbsp. white wine vinegar
2 tbsp. Dijon mustard
1 small shallot, minced
1 garlic clove, minced
Salt and pepper
6 tbsp. extra-virgin olive oil
2 lbs. Brussels sprouts, trimmed, halved, and sliced very thin (you can usually find these already shredded in some stores now or use S-blade on food processor)
4 oz. sharp cheddar cheese, shredded (not the really large hole)
1 Granny Smith apple, cored and cut into 1/2-inch pieces
1/2 cup sliced almonds
1/2 cup dried tart cherries

DIRECTIONS

- 1) Whisk lemon juice, mustard, shallot, garlic and 1/2 tsp. salt together in large bowl. Slowly whisk in oil until incorporated. Toss Brussels sprouts with vinaigrette, and let sit for at least 30 minutes or up to 2 hours.
- 2) Fold in cheddar, apple, cherries and almonds. Season with salt and pepper to taste. Serve.

Yield: Serves 8. Calories: 247, Fat: 18g, Carbs: 15g, Protein: 9g, Sodium: 162mg, Sugar: 5g.

Berry Spinach Salad

Submitted by Janet Gutierrez

UT Health Science Center Houston

I created this recipe. I like to experiment with different types of salads.

INGREDIENTS

- 6 cups of fresh baby spinach
- 1/3 cup sliced fresh strawberries
- 1/3 cup blueberries
- 1/4 cup raisins
- 1/3 cup yellow, orange or red bell pepper diced
- 1/3 cup feta cheese
- 1 tbsp. minced fresh basil
- Balsamic vinaigrette salad dressing or strawberry vinaigrette dressing

DIRECTIONS

- 1) Slice strawberries, dice bell pepper, mince basil and cut stems off baby spinach.
- 2) Combine spinach, strawberries, blueberries, raisins, bell pepper, feta cheese and basil. Either mix or place toppings over spinach.
- 3) Just before serving, drizzle desired amount of salad dressing over the salad.

Note: If transporting to eat later (such as work), store spinach and basil in one container, the dressing in another small container and the remaining ingredients in another container.

Yield: Serves 4. Calories: 115, Fat: 6g, Carbs: 13g, Protein: 4g, Sodium: 237mg, Sugar: 9g.

Chicken Tortilla Soup

Submitted by Susan Neill

UT Southwestern Medical Center

This is my favorite go-to cold weather soup.

INGREDIENTS

Rotisserie chicken
2 boxes of chicken broth
1/2 white onion (finely chopped)
2 cans Ro-tel
1 can black beans
1 can chili beans
1 can sweet corn
1 cup fresh cilantro
1 tsp. chili powder
1 tsp. Cajun seasoning
1/2 tsp. garlic salt
Salt and Pepper to taste
Shredded cheese
Tortilla chips/strips

DIRECTIONS

- 1) In large crock pot, add de-boned rotisserie chicken, chicken broth, onion, Ro-tel with juice, chili beans with juice, drained and rinsed black beans, drained and rinsed corn, chili powder, Cajun seasoning, garlic salt, chopped cilantro, salt and pepper to taste.
- 2) Cover and cook on high for 2-3 hours. Garnish with cheese and tortilla strips prior to serving.

Yield: Serves 8-10. Calories: 193, Fat: 6g, Carbs: 19g, Protein: 16g, Sodium: 642mg, Sugar: 3g.

Caribbean Seafood Kalaloo

Submitted by Leslie R. Gumbs

UT Health Science Center Houston

INGREDIENTS

3lbs. of crab meat only
2lbs. of shrimp
3 bunches of spinach or 3 bags chopped frozen spinach
2 bags frozen chopped okra
2 bunches finely chopped green onions
3 medium onions, chopped
4 springs fresh thyme
3 cloves of finely chopped garlic (not from a jar)
1 Scotch Bonnet pepper, whole
1 tbsp. vegetable oil
2 tbsp. real butter (salted or unsalted)
Salt to taste (do not oversalt)

FUNGI

Yellow cornmeal
Okra
Vegetable oil

DIRECTIONS

Set spinach aside. Heat oil with medium heat and then add crab meat, okra, green onions, onions, thyme, and garlic and saute for 3-4 minutes. Place whole pepper in pot and then add 4 cups boiling water. Bring to a boil. Reduce heat and simmer for about an hour. Remove whole pepper and whisk in spinach until well blended. Serve with rice or fungi.

FUNGI

Bring 2 1/2 cups of water to a boil. Add 1/4 cup of vegetable oil and a pinch of two of salt and okra. Let boil for 2 minutes, then while briskly stirring as if making mashed potatoes, add 2 cups of yellow corn meal and whip until smooth. Place a teaspoon of vegetable oil in a medium sized bowl and scoop out fungi with a regular soup ladle. Roll around in the bowl until a ball is formed. Please each ball in a container together but do not allow them to stick together. Repeat process until pot of fungi is empty. Cover and serve.

Yield: Serves 8. Calories: 409, Fat: 10g, Carbs: 14g, Protein: 49g, Sodium: 1380mg, Sugar: 3g.

Taco Soup

Submitted by Candace Brown

UT Southwestern Medical Center

This is my version of Taco Soup. My kids really enjoy it.

INGREDIENTS

- 2 lbs. ground beef
- 1 envelope taco seasoning
- 1 1/2 cups beef broth
- 1 can (16 oz.) mild chili beans, undrained
- 1 can (15-1/4 oz.) whole kernel corn, drained
- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (14-1/2 oz.) stewed tomatoes
- 1 can (10 oz.) diced tomato with green chilies
- 1 can (4 oz.) chopped green chilies, optional
- 1 envelope Ranch salad dressing mix

DIRECTIONS

In a Dutch oven, cook beef over medium heat until no longer pink; drain. Add taco seasoning and mix well. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally.

Yield: Serves 6-8. Calories: 370, Fat: 14g, Carbs: 35g, Protein: 27g, Sodium: 1369mg, Sugar: 7g.

Chicken Tortilla Soup

Submitted by Earle Mann

UT Medical Branch at Galveston

I got this recipe from my daughter-in-law Melissa Bowen.

INGREDIENTS

- 1 tbsp. oil
- 4 cloves garlic, minced
- 1/2 cups fresh cilantro, chopped
- 1 onion, chopped
- 2 tbsp. ground cumin
- 1 tbsp. chili powder
- 1 (29 oz.) can diced tomatoes, or Rotel for a little spicier soup
- 3 bay leaves
- 4 cups chicken broth (you can use broth from boiled chicken)
- 1 tsp. salt
- 1/2 tsp. cayenne pepper
- 1/2 whole chicken (boiled and shredded)

Optional items:

- 1 can beans (pinto or other)
- 1 can corn
- 1 can green chilies
- Tortilla chips
- Shredded cheese
- Sour cream
- Sliced avocado

DIRECTIONS

In large stockpot, heat oil. Add garlic and onion and saute for 2-3 minutes. Add spices and stir for about 30 seconds. Stir in tomatoes, chicken stock, and bay leaves. Bring to a boil. Reduce heat to medium and add salt, cayenne, chicken and beans, corn and green chilies. Heat through and serve. Remove bay leaves and serve with tortilla chips, cheese, sour cream and avocado..

Yield: Serves 4. Calories: 384, Fat: 10g, Carbs: 36g, Protein:37g, Sodium: 1741mg, Sugar: 10g.

Bean Soup

Submitted by Ann Bruce

UT Southwestern Medical Center

I received this recipe from a elderly friend at church, Miss Bess. She said it was healthy, cheap & easy...all of which is true.

INGREDIENTS

- 2 cans each of pinto beans, great northerns, & blackeyed peas (do not drain)
- 1 can of Rotel
- 1 small can of tomato sauce
- 1 yellow onion diced
- 1 lb. of lean ground beef or turkey (your choice)
- 1 tbsp. of chopped garlic
- 1 chopped Jalapeño (seeded)

DIRECTIONS

- 1) Brown the ground beef and drain.
- 2) Add all ingredients to crockpot.
- 3) Turn on low and then go to work.
- 4) Enjoy!

Yield: Serves 10. Calories: 157, Fat: 9g, Carbs: 17g, Protein: 4g, Sodium: 46mg, Sugar: 10g.

Barbara's Pasta Salad

Submitted by Barbara Green

UT Southwestern Medical Center

I received this recipe from a elderly friend at church, Miss Bess. She said it was healthy, cheap & easy...all of which is true.

INGREDIENTS

- 1 pkg. Wacky Mac Pasta (veggie spirals)
- 1/2 purple onions (chopped)
- 2 carrots (chopped)
- 2 cups broccoli spears, cut in small pieces
- 1 pkg. small pkg. diced ham
- 1 oz. stick colby cheese (chopped)
- 1/2 green bell pepper
- 1/2 red bell pepper
- 1/2 tomato (seeded, chopped)
- 1 Wishbone Italian salad dressing

DIRECTIONS

Cook pasta and drain water, run cold water over it until pasta is cool. Add all ingredients then add dressing until moist. Refrigerate for 1 hour. Add more dressing if it's dry when you are ready to eat.

Yield: Serves 10. Calories: 11, Fat: 1g, Carbs: 3g, Protein: 1g, Sodium: 9mg, Sugar: 1g.

Tarragon Pasta and Turkey Salad

Submitted by Elizabeth Aviles

UT Southwestern Medical Center

Market Street 11 years ago, I was shopping and they were giving samples. Each time I make this recipe it's a hit with my guests. They always want the recipe.

INGREDIENTS

- 1 lb. Rotini, twists or spirals
- 8 oz. smoked turkey chopped (about 1/2 cup)
- 1 cup sliced celery
- 1 1/2 cups seedless red grapes cut into halves
- 1 cup sliced scallions (white and green parts)

DRESSING:

- 1 cup mayonnaise
- 1/3 cup sour cream
- 1 1/2 tbsp. chopped fresh tarragon or 1 tsp. dried tarragon
- 1 tbsp. lemon juice
- Salt and pepper to taste.

DIRECTIONS

- 1) Cook pasta according to package directions; drain. Rinse under cold water & drain again.
- 2) In large bowl, stir together the cold pasta, turkey, celery, grapes & scallions.
- 3) Combine dressing ingredients and mix well in a small bowl
- 4) Toss pasta with dressing.
- 5) Serve immediately or cover & chill.

Yield: Serves 8. Calories: 352, Fat: 14g, Carbs: 44g, Protein: 12g, Sodium: 790mg, Sugar: 6g.

Split Pea Soup with Ham

Submitted by Sarah Hoskinson

UT Medical Branch at Galveston

I am not a huge fan of peas, but my boyfriend is. When I mentioned I had never tried split pea soup he was in shock, so I decided to make my own version of the soup to trick myself into thinking it would taste "better."

INGREDIENTS

- 1 16oz. bag of split peas, washed
- 46 fl oz. reduced sodium chicken broth, can add more if wanting a smoother texture
- 12 oz. frozen carrots
- 1 yellow onion, chopped
- 1 pkg. of lean Jennie-O turkey ham (about 2 lbs), cubed
- 1 tbsp. garlic powder
- 1 tbsp. ground pepper, optional

DIRECTIONS

- 1) Wash the peas and set aside to drain, meanwhile, chop the onion and ham.
- 2) Combine all ingredients into a slow cooker and set on low, about 8 hours, or on high for 4 hours.

Yield: Serves 8. Calories: 314, Fat: 5g, Carbs: 49g, Protein: 23g, Sodium: 1151mg, Sugar: 14g.

Vegetarian Posole Soup with Hominy

Submitted by Maria (Tencha) Medellin

UT Health Science Center San Antonio

Jolinda Hackett, Vegetarian Food Expert. I added the Adams Reserve House All Purpose Spice and replaced the crushed tomatoes with the fire roasted crushed tomatoes. Also, reduced the onion to 1/2 an onion. Love to make it for Thanksgiving eve and Christmas!

INGREDIENTS

3 cloves garlic, minced
1/2 onion, diced
1/2 cup water
3 carrots, sliced or grated
3 cups vegetable broth
1 15 oz. can hominy
1 15 oz. can fire roasted crushed tomatoes
1 red bell pepper, chopped
1/2 tsp. cumin
1/2 tsp. salt, or to taste
1/4 tsp. pepper, or to taste
1 tsp. chili powder, or to taste
1 tbs. Adams Reserve - House All Purpose (optional)
Fresh cilantro for garnish (optional)

DIRECTIONS

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

1) In a large stock pot, simmer the garlic, onion and carrots in the water for a few minutes, until onions are soft. Add vegetable broth and allow to simmer for another 5 minutes or so, until carrots are soft.

2) Add remaining ingredients, and allow to simmer for at least 20 minutes. Garnish with a bit of chopped fresh cilantro, if desired.

Yield: Serves 4. Calories: 148, Fat: 2g, Carbs: 28g, Protein: 6g, Sodium: 853mg, Sugar: 10g.

Green Posole with Chicken

Submitted by Evon Rodriguez

UT Health Science Center San Antonio

This classic hominy-based stew of Mexico and the American Southwest, also known as pozole, is one of the great hominy dishes of the world. It boasts depths of flavors and a mix of inviting textures. Posole recipes are made to be played with, with ingredients coming and going depending on one's mood. Posole is a Christmas Eve tradition for many. Dig in, and enjoy.

INGREDIENTS

2 tbsp. olive oil, vegetable oil or bacon fat
1 large onion chopped
1 Jalapeño (or other green) chili pepper, chopped
2 tsp. Mexican oregano
4 cloves garlic, minced
2-3 cups chopped roasted green chilies (fresh or canned depending on availability)
1 30 oz. can white hominy, drained and rinsed
1 can diced tomatoes (14.5 ounce)
1 rotisserie chicken or shredded chicken (about 2 cups)
2 quarts low sodium chicken stock
3 tbsp. flour
Salt & pepper to taste / juice of 1/2 lime

DIRECTIONS

1) In large Dutch oven, heat oil. Add onion and jalapeño, sauté until golden. Add chicken, oregano, salt and pepper, garlic and green chilies. Cook a minute longer then add flour.
2) Cook, stirring, until the flour turns golden. Add tomatoes with their liquid, chicken stock, lime juice and hominy. Bring to a boil, reduce heat, and simmer at least one hour (up to four).

Serve with assorted garnishes: fresh cilantro, cheese (Cojita or Queso Fresco works well), sour cream, sliced avocado, toasted corn tortilla strips, lime wedges.

Yield: Serves 8. Calories: 214, Fat: 3g, Carbs: 22g, Protein: 21g, Sodium: 315mg, Sugar: 0g.

Chicken, White Bean, Orzo Soup

Submitted by Kerrie Thomason

UT Medical Branch at Galveston

This soup is hearty enough to hold its own as an entree. I like to serve it with a thick slice of sourdough bread and a dash of hot sauce.

INGREDIENTS

- 2 bacon slices
- 12 oz. rotisserie chicken, fork shredded
- 1/2 cup chopped onion
- 1 garlic clove, minced
- 1 can crushed or diced tomato
- 2 tbsp. chopped fresh oregano
- 1/4 tsp. black pepper
- 4 cups lower-sodium chicken broth
- 2/3 cup uncooked orzo (rice-shaped pasta)
- 1 (15 oz.) can organic white beans, rinsed and drained
- 1 tbsp. chopped fresh flat-leaf parsley
- 1 tbsp. white wine vinegar
- 1/4 tsp. salt

DIRECTIONS

- 1) Cook bacon in a large saucepan over medium heat 7 minutes or until crisp. Remove bacon from pan, reserving drippings in pan; set bacon aside.
- 2) Add onion and garlic to pan; cook 4 minutes or until tender.
- 3) Add tomato, oregano, and pepper; cook for 1 minute, stirring constantly.
- 4) Return bacon and chicken to pan. Stir in broth, scraping pan to loosen browned bits. Bring to a boil.
- 5) Add orzo, and cook for 9 minutes or until al dente.
- 6) Add beans; cook 2 minutes or until heated. Remove from heat; stir in parsley, vinegar, and salt. Enjoy!

Yield: Serves 4. Calories: 355, Fat: 9g, Carbs: 35g, Protein: 26g, Sodium: 530mg, Sugar: 0g.

Taco Soup

Submitted by Paty Sauer

UT San Antonio

This recipe was given to me by a friend. It is a great soup that is easy and quick to make.

INGREDIENTS

- 1 lb. lean ground beef
- 1 medium chopped onion
- 1 can red kidney beans
- 1 can pinto beans
- 1 can petite diced tomatoes
- 1 pkg. Hidden Valley Ranch mix
- 1 pkg. low sodium taco mix
- 1 10 oz. package frozen corn
- 3 cups chicken broth
- Shredded Cheese

DIRECTIONS

- 1) Brown the ground beef and onion (drain fat if not using lean beef).
- 2) Add all other ingredients (except cheese).
- 3) Heat through, stirring occasionally until soup comes to boil.
- 4) Serve in bowls and sprinkle cheese on top.

Can use Tostitos Scoops as a spoon.

Yield: Serves 6. Calories: 39, Fat: 2g, Carbs: 2g, Protein: 3g, Sodium: 82mg, Sugar: 0g.

Zuppa Toscana Soup

Submitted by Paty Sauer

UT San Antonio

Got the recipe from my daughter. This is our favorite soup at Olive Garden.

INGREDIENTS

- 1 lb. mild Italian sausage
- 3 large potatoes
- 1 onion chopped
- 2 cloves minced garlic
- 32 oz. chicken broth
- 2 cups kale
- 1 cup heavy whipping cream
- 2 tbsp. flour, salt, pepper, cayenne

DIRECTIONS

- 1) Brown sausage (if links, cut the sausage after browning-you may also use ground sausage).
- 2) Place sausage, garlic, potatoes, onion and broth in slow cooker.
- 3) Add 2 cups water.
- 4) Cook in slow cooker on high 3-4 hours or low 5-6 hours.
- 5) 30 minutes before serving, mix flour into cream to get rid of the lumps-add cream & kale. Cook on high 30 minutes.
- 6) Add salt, pepper and cayenne to taste.

Yield: Serves 12. Calories: 170, Fat: 4g, Carbs: 24g, Protein: 10g, Sodium: 960mg, Sugar: 0g.

Ginger Carrot Salad with Cranberries

Submitted by Barbra Swanson

UT Health Science Center San Antonio

This is adapted from the American Institute for Cancer Research recipe collection. It is very easy, quick and delicious! Has abundant antioxidants, vitamins C and A, fiber and anti-inflammatory compounds. Gluten-free, vegan and dairy-free. Healthy never tasted so good!

INGREDIENTS

- 1 tbsp. freshly squeezed lemon juice (or to taste)
- 1/2 packet Stevia sweetener (or 1/2 tsp. honey)
- 1 tsp. freshly grated or finely minced ginger
- 1/4 tsp. cinnamon
- Pinch of sea salt
- 2 cups grated or julienned carrots (can use part cabbage)
- 1/4 cup dried cranberries
- 3 tbsp. sliced almonds (or nut of choice like pecans)
- 1/4 cup chopped parsley

DIRECTIONS

In medium bowl, whisk together lemon juice, stevia (or honey), ginger, cinnamon and salt. Toss with carrots, cabbage and cranberries. Garnish with sliced almonds (or other nut), chopped parsley and serve.

Yield: Serves 4. Calories: 73, Fat: 2g, Carbs: 15g, Protein: 2g, Sodium: 58mg, Sugar: 2g.

Chicken Soup

Submitted by Julie Sutton

UT Dallas

My mother makes an enormous pot of this soup the day before Thanksgiving. It sits on the stove simmering and everyone just knows to grab a bowl when they're hungry. This is the ultimate comfort food for my family.

INGREDIENTS

Rotisserie chicken, shredded
1 small white onion, diced
3-4 carrots, peeled and diced
3-4 ribs of celery, diced
1 tsp. olive oil
1 box Au Gratin potatoes
3 cans petite diced tomatoes (No sodium added)
1 can green beans (low sodium)
1 can kernel corn
8 cups low sodium chicken stock

DIRECTIONS

- 1) While dicing the vegetables, heat the olive oil on medium heat in a large soup pot. Add diced veggies once the oil is hot and cook until soft.
- 2) Add 4 cups of chicken stock and stir. Slowly add in the seasoning packet from the potatoes and stir until dissolved.
- 3) Using an unopened can, smash up the dried potatoes from the Au Gratin package. Add to soup and stir well. Allow to cook for 5 minutes.
- 4) Add remaining ingredients (we like juicy soup, so we do not drain the canned veggies) and allow to cook on low for at least one hour before serving.
- 5) You can replenish the stock throughout the day if left on the stove simmering (or in a crockpot).

Yield: Serves 12. Calories: 176, Fat: 4g, Carbs: 19g, Protein: 13g, Sodium: 708mg, Sugar: 4g.

Creamy Vegetable Soup

Submitted by Lauren Massey

UT Health Science Center Houston

The inspiration for this recipe came from a recipe I saw on Food Network for a Senegalese chicken stew. I've made a lot of changes over the years, and this is how I make it.

INGREDIENTS

- 2 tbsp. olive oil
- 1 medium yellow onion, diced
- 3 carrots, peeled and diced
- 2 small - medium potatoes, peeled and diced
- 1 medium sweet potato, peeled and diced
- 1 small - medium butternut squash, peeled and diced
- 1/8 cup tomato paste
- 1/4 - 1/2 tsp. Sriracha chili sauce
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1/4 cup peanut butter

DIRECTIONS

- 1) Heat oil in a large soup pot. Add onions, salt, and pepper and saute until soft.
- 2) Add tomato paste and chili sauce; mix well.
- 3) Add vegetables and stir well.
- 4) Add remaining vegetable broth and enough water to cover. Bring to a boil. Cover, reduce heat, and simmer for 30 minutes.
- 5) If all vegetables are soft, add peanut butter, a little at a time, stirring well after each addition. Simmer for another 20 to 30 minutes.
- 6) At this point, you can either puree the soup with an immersion blender (or regular blender) or leave it chunky.

Yield: Serves 12. Calories: 170, Fat: 4g, Carbs: 24g, Protein: 10g, Sodium: 960mg, Sugar: 0g.

Good Old Fashioned Macaroni Salad

Submitted by Barbara Legate

UT Health Science Center Houston

This is a recipe that I have created using a low-carb pasta that my family loves. The recipe is light but flavorful and a great side dish for anything.

INGREDIENTS

- 1 box Dreamfields elbow or spiral macaroni
- 1 cup small diced celery
- 1 cup diced red pepper (can use other colored peppers)
- 1 cup (or more if you like) frozen peas
- 1/4 cup small diced red onion (to taste)
- 1/4 cup minced parsley
- 2/3 cup mayonnaise
- 1 1/2 tsp. dry mustard
- 1 tsp. sugar
- 2 tbsp. red wine vinegar
- 4 tbsp. sour cream
- 1/2 tsp. teaspoon kosher salt
- Freshly ground black pepper

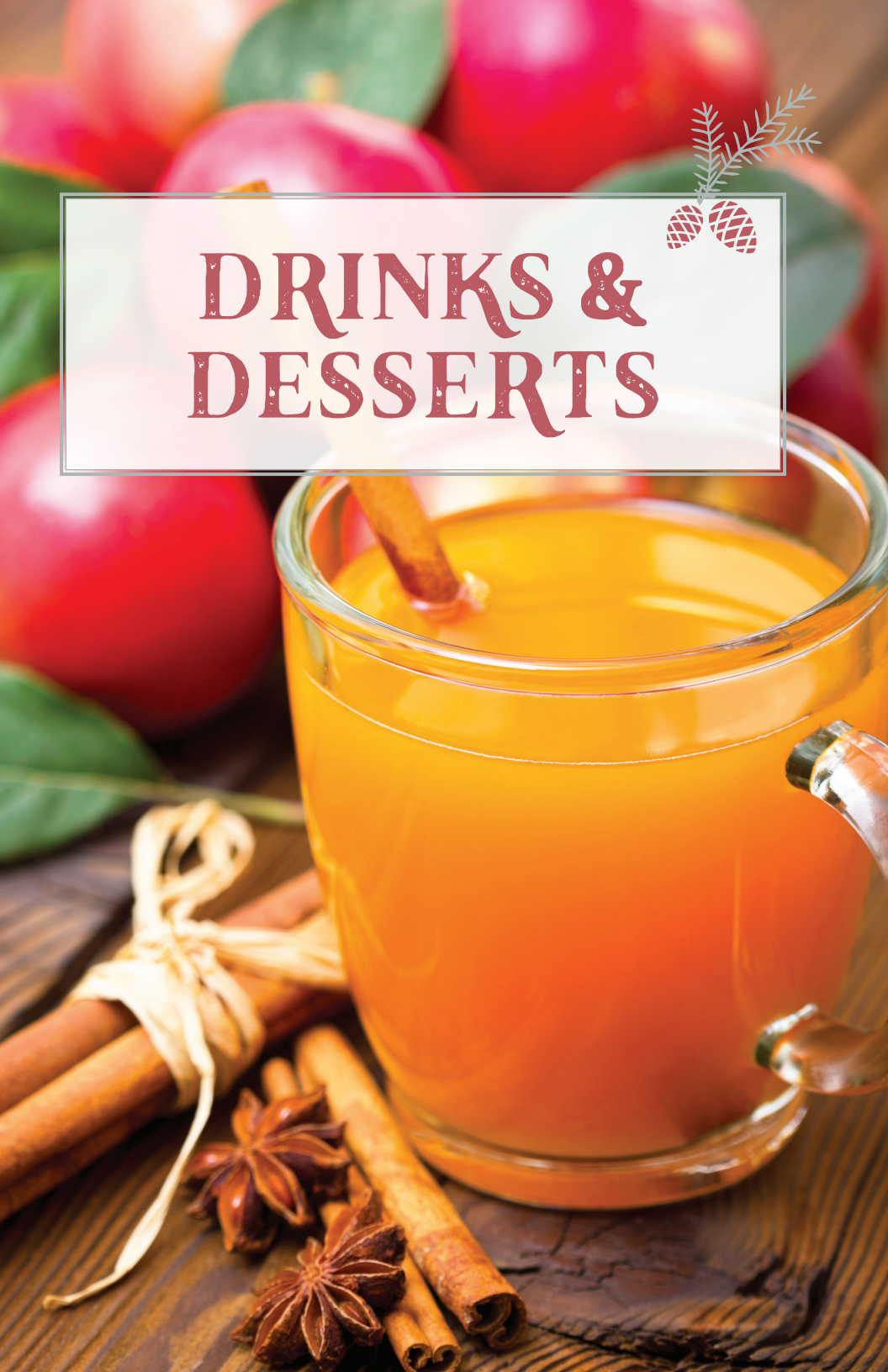
DIRECTIONS

- 1) Cook macaroni per directions. Drain and put in ice bath. Drain again and set aside.
- 2) Cook peas until thawed. Drain and put in ice bath and drain again and set aside.
- 3) In a large bowl combine the macaroni, peas, celery, peppers, onion, and parsley.
- 4) In a small bowl, whisk together the mayonnaise, dry mustard, sugar, vinegar, sour cream, salt and pepper. Pour the dressing over the salad and stir to combine. Chill at least one hour before serving. Can be stored covered in the refrigerator up to 3 days.

Yield: Serves 8. Calories: 255, Fat: 3g, Carbs: 45g, Protein: 7g, Sodium: 10mg, Sugar: 2g.



DRINKS & DESSERTS



Hot Apple Cider

Submitted by Peggy Langgle

UT Dallas

This recipe has been in my family for decades. When we felt sick, my mother would make hot apple cider. The smell lightens the spirit, and the drink is hot, sweet and tangy - the perfect drink to help you feel better.

INGREDIENTS

Frozen apple juice (organic, no sugar added preferred)

Frozen orange juice (organic, no sugar added preferred)

Cinnamon

Cloves

Large pan (should hold at least 1/2 gallon of liquid)

DIRECTIONS

1) Take the frozen apple juice, open the carton and put the frozen juice in a large pan. Following the directions on the frozen juice carton, add the required cans of water to the pan.

2) Open the frozen orange juice carton, place the frozen orange juice in the same pan. Again, look at the juice carton and add the required number of cans of water. You should have about a half gallon of liquid in the pan.

3) Add cinnamon and cloves to taste. I would start with about 3 tbsp. of cinnamon and 1 1/2 tsp. cloves. Heat on the stove until it almost boils, then turn the heat down. We like to leave it on the stove all day. If you do this, you will need to add water throughout the day due to evaporation.

You can also make this in a crock pot.

Yield: Serves 8. Calories: 240, Fat: 0g, Carbs: 60g, Protein: 2g, Sodium: 19mg, Sugar: 50g.

Avocado Chocolate Mousse

Submitted by Lakshmi Ganesan

UT HealthScience Center Houston

I received this raw dessert recipe from chef Kasia Fraser, at a silent meditation retreat at the Art of Living Retreat Center, Boone, NC. Since then I make this anytime I want to have a guilt-free delicious indulgence. Her awesome recipes can be found at www.hellodelicious.info

INGREDIENTS

- 1 ripe avocado
- 3 tbsp. raw cacao
- 1/2 cup maple syrup
- 1 orange - (juice it)
- 1 tsp. vanilla extract

DIRECTIONS

Puree avocado until smooth; add cacao, maple syrup, orange juice and vanilla extract and mix it until creamy. Decorate with fresh berries and mint. Enjoy!

Yield: Serves 3. Calories: 311, Fat: 12g, Carbs: 51g, Protein: 3g, Sodium: 7mg, Sugar: 33g.

Classic Pecan Pie Bars

Submitted by June Nichols

UT System Administration

I grew up in the Midwest, and Land-O-Lakes was a very popular brand. When I saw this was their recipe, I tried it, and my family loved it!

INGREDIENTS

CRUST:

- 1 3/4 cups flour
- 3/4 cup Land-O-Lakes butter, softened
- 1/3 cup sugar
- 1/3 cup coarsely chopped pecans

FILLING:

- 1 1/2 cups dark corn syrup
- 2/3 cup firmly packed brown sugar
- 4 eggs
- 6 tbsp. flour
- 2 tsp. vanilla
- 1 tsp. salt
- 1 1/2 cups coarsely chopped pecans

DIRECTIONS

- 1) Heat oven to 350° F.
- 2) Crust: Combine 1 3/4 cup flour, butter and sugar in bowl. Beat at med. speed, scraping bowl often until mixture resembles coarse crumbs. Stir in 1/3 cup pecans.
- 3) Press crust mixture evenly onto bottom of ungreased 13 x 9 baking pan. Bake 18-22 min at 350° F, or until edges are very light golden brown.
- 4) Combine all filling ingredients except 1 1/2 cups pecans in bowl. After well mixed, then stir in pecans. Spread evenly over hot, partially baked crust. Bake 30-35 minutes (at 350 deg. F) or until filling is set and knife inserted 1-inch from edge comes out clean. Cool, cut into bars.

For extra flair: Cool bars completely and drizzle with a mixture of 1 cup powdered sugar and 4 tsp. water.

Yield: Serves 48. Calories: 126, Fat: 6g, Carbs: 17g, Protein: 1g, Sodium: 41mg, Sugar: 8g.

Easy Pumpkin Spice Muffins

Submitted by Amanda Hall

UT Tyler

This is a quick and easy recipe that my family loves. These mini muffins have just enough sweetness to satisfy a sweet tooth. They pair best with a dab of butter and a hot cup of coffee, tea, or cocoa!

INGREDIENTS

- 1 box spice cake mix**
- 1- 15 oz. can plain pumpkin puree**
- 1 cup chopped pecans, optional**
- Butter, to smear on before eating**

DIRECTIONS

- 1) Preheat oven to 350 degrees. Spray a mini muffin pan with non-stick spray.
- 2) In a medium size bowl, mix the spice cake mix and pumpkin puree until cake mix is completely moistened. Stir in chopped nuts by hand. It is a thick batter.
- 3) Spoon into mini muffin pan, filling each muffin cup at least 2/3 full.*
- 4) Bake 15-18 minutes until a toothpick comes out clean. (Don't over bake them!)
- 5) Slather with butter while hot and enjoy! (These freeze great too.)

*If you want them to look pretty, try to smooth out the batter before baking. They do not smooth out much when they are baking so they look homemade or rustic.

Yield: Serves 36. Calories: 70, Fat: 3g, Carbs: 11g, Protein: 1g, Sodium: 89mg, Sugar: 6g.

Energy Bites

Submitted by Sharon Williams

UT Austin

We make these for on-the-go snacks in between meals or take them on hikes. I think I found this on a blog and it can be tweaked in so many ways. Dried fruit, nuts, carob, etc.

INGREDIENTS

- 1 cup (dry) oatmeal (old-fashioned oats)
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup chocolate chips or dried fruit. Cacao nibs for vegans.
- 1/3 cup raw honey
- 1 tsp. vanilla

DIRECTIONS

Toast coconut and let cool. Stir all ingredients together in a bowl until thoroughly mixed. Let chill in the refrigerator for half an hour. Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep refrigerated for up to 1 week. (If they last that long.)

Yield: Serves 15. Calories: 157, Fat: 9g, Carbs: 17g, Protein: 4g, Sodium: 46mg, Sugar: 10g.

Coffee Cake

Submitted by Melanie Zepp

UT Austin

This is a quick and easy recipe that my family loves. These mini muffins have just enough sweetness to satisfy a sweet tooth. They pair best with a dab of butter and a hot cup of coffee, tea, or cocoa!

INGREDIENTS

BATTER

- 1 1/2 cups all-purpose flour
- 1 1/2 tsp. baking powder 6 tablespoons white sugar
- 1/2 tsp. salt
- 1/3 cup shortening
- 1/2 cup milk
- 1 egg
- 1/2 tsp. vanilla extract

CRUMB TOPPING

- 2 tbsp. butter, melted
- 1/2 cup brown sugar
- 2 tbsp. all-purpose flour
- 1 1/2 tsp. ground cinnamon

DIRECTIONS

Preheat oven to 425 degrees F. Grease and flour a 9-inch square pan.

Batter:

- 1) In a large bowl mix together the flour, baking powder, sugar, and salt. Cut in the shortening with a pastry blender to the size of small peas.
- 2) In a separate small bowl, beat the egg well, and then stir in the milk and vanilla. Add the egg-milk mixture to the flour mixture all at once. Stir carefully until just blended.
- 3) Pour batter into prepared pan and spread evenly. Drizzle top with melted butter.

Crumb topping:

In a small bowl mix together melted butter, brown sugar, flour and cinnamon. Sprinkle on top of cake. Pour batter into prepared pan. Bake in the preheated oven for 20 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool about 10 minutes and then cut and serve warm. Enjoy!

Yield: Serves 10. Calories: 224, Fat: 10g, Carbs: 31g, Protein: 3g, Sodium: 148mg, Sugar: 15g.

Black Magic Cake

Submitted by Melanie Zepp

UT Austin

Family recipe from my Aunt Rosie. Makes a decadent rich, dark chocolate cake.

INGREDIENTS

2 cups flour
2 cups sugar
3/4 cup cocoa
2 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt

Add:

2 eggs
1 cup black coffee (brewed and cooled)
1 cup milk
1/2 cup vegetable oil
1 tsp. vanilla

FROSTING

3 oz. cream cheese
1 tbsp. milk
2 1/2 cups confectioners sugar
1 oz. melted unsweetened chocolate
1 tsp. vanilla
Dash of salt

DIRECTIONS

The batter will be thin. Bake at 350 degrees in an ungreased 9 x 13 pan for 35 minutes or until toothpick comes out clean. Cool completely before frosting.

Frosting: Cream these together then add confectioners sugar. Gradually add melted unsweetened chocolate, vanilla and a dash of salt. Ice cake when completely cooled.

Yield: Serves 12. Calories: 510, Fat: 15g, Carbs: 96g, Protein: 6g, Sodium: 363mg, Sugar: 76g.

Grandma's Caramel Popcorn

Submitted by Tricia Ulberg

UT System Administration

My grandma used to make this caramel popcorn for holidays and special occasions.

INGREDIENTS

- 5 quarts popped popcorn (get the uncooked kernels out)
- 1 cup butter
- 2 cups brown sugar
- 1/2 cup light corn syrup
- 1 tsp. salt
- 1/2 tsp. baking soda

DIRECTIONS

- 1) Melt butter, brown sugar, corn syrup, salt, and soda in a pot over medium heat. Don't burn!
- 2) Spread popcorn out on greased baking sheets. Pour the caramel over the top of the popcorn evenly and try to spread it around.
- 3) Bake at 225 degrees for 1 hour, stirring popcorn every 15 minutes. Popcorn should be crispy!

Yield: Serves 8. Calories: 551, Fat: 23g, Carbs: 85g, Protein: 3g, Sodium: 287mg, Sugar: 70g.

Easy Pumpkin Pie Dip

Submitted by Melissa Wafford

UT Southwestern Medical Center

I actually found this recipe on Facebook this fall, and I made it for a football tailgate and a fall potluck. EVERYONE loved it and asked for the recipe!

INGREDIENTS

- 1 can pumpkin
- 1 pkg. of sugar-free, fat-free vanilla pudding mix
- 16 oz. lite whipped topping
- 1/2 tbsp. (1 1/2 tsp.) pumpkin pie spice

DIRECTIONS

Mix all ingredients together and chill. Serve this light and fluffy fall dip with graham cracker sticks (honey or cinnamon flavored), apple slices, or anything else that you like. Make it extra festive by serving it in a small, hollowed-out pumpkin. Enjoy!

Yield: Serves 20. Calories: 13, Fat: 0g, Carbs: 2g, Protein: 0g, Sodium: 62mg, Sugar: 0g.

Gingerbread Cookies

Submitted by Kaitlyn O'Connor
UT Medical Branch at Galveston

The best part about the holidays when you are a kid is baking cookies and way the house smells that time of year. Here is to not losing that magic as adults!

INGREDIENTS

1 cup oat flour
1/2 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. cloves
1/8 tsp. all spice
1 tsp. ginger
2 tbsp. coconut butter
1 egg
1 tsp. vanilla
1/4 cup maple syrup
1/4 cup coconut crystals (or coconut sugar)
Tapioca flour for rolling

DIRECTIONS

- 1) In a small bowl, combine oat flour, baking soda/powder, and dry spices.
- 2) In food processor (or with stand mixer), blend together coconut butter, coconut crystals, egg, and vanilla.
- 3) Once combined, slowly begin to add in dry ingredients.
- 4) Cover and let stand 1 hour.
- 5) Preheat oven to 350 degrees.
- 6) Coat sheet of parchment paper with tapioca flour and scoop dough out onto parchment paper.
- 7) Roll dough out with floured rolling pin and shape into desired cuts. (This recipe made 12 mini cookies).
- 8) Bake for about 10 mins or until toothpick comes out clean.

Yield: Serves 12. Calories: 55, Fat: 1g, Carbs: 10g, Protein: 2g, Sodium: 33mg, Sugar: 4g.

Paleo Pumpkin Donuts

Submitted by Kaitlyn O'Connor

UT Medical Branch at Galveston

Because the most important thing about starting to follow a paleo diet is figuring out to still have dessert. Am I right or am I right?

INGREDIENTS

- 1 can pumpkin puree
- 3 eggs
- 1 tbsp. vanilla
- 1 cup coconut milk
- 1/2 cup maple syrup
- 2 tbsp. coconut oil
- 1/2 cup coconut flour
- 1 tsp. of cinnamon and nutmeg
- 1/2 tsp. of cardamom and cloves

PUMPKIN SUGAR SPICE GLAZE

- 2 tbsp. coconut oil
- 2 tbsp. organic coconut palm sugar
- 1 tbsp. cinnamon
- 1 tsp. pumpkin pie spice

DIRECTIONS

- 1) Preheat oven to 350 degrees.
- 2) Place eggs, oil, milk, syrup blend, puree, and vanilla in a blender and combine completely.
- 3) In a separate bowl, combine all dry ingredients together.
- 4) Add blended wet ingredients to dry mixture and stir or hand kneed until fully mixed.
- 5) Pour/mold into donut pan about 2/3 of the way full.
- 6) Bake for 20 minutes.
- 7) Optional: once cooled, coat with pumpkin sugar spice glaze.

Yield: Serves 12. Calories: 125, Fat: 8g, Carbs: 12g, Protein: 2g, Sodium: 21mg, Sugar: 9g.

Easy Chai

Submitted by Paul Habibi
UT System Administration

Nothing exactly original here- all credit goes to South Asians who have been brewing variations of this for thousands of years. I can thank my first yoga instructor (Eriko) for the introduction, though.

This is the bare bones recipe: vegan and caffeine, gluten, and preservative FREE. Milk, tea (actual or herbal) and sweeteners of any sort may be added to the final product to your personal taste. Same goes for the spice quantity, which are merely suggestions. (For example, I always use twice the ginger indicated below. Good stuff!) Don't be afraid to experiment- you can substitute this for water in any number of recipes. I personally love it in hot chocolate or oatmeal.

Finally, get your spices from the bulk section of your preferred grocery store. Always use whole, unbleached/untreated spices for the best results (re: NO POWDERED SPICES).

INGREDIENTS

- 1 gallon water (preferably filtered)
- 4 long sticks true cinnamon
- 15 pods (cracked) green cardamom
- 5 whole cloves
- 10 whole black peppercorns
- 8 slices of ginger root (ok to leave skin on)

OPTIONAL

- Pinch of aniseed or 1 star anise
- Sweetener of choice, but jaggery or honey is recommended

DIRECTIONS

- 1) Bring water to a low boil or simmer.
- 2) Add the remaining ingredients EXCEPT sweetener, cover loosely.
- 3) Let simmer for at least 1 hour. Three hours are recommended. The potpourri effect is marvelous and makes your house smell like the holidays.
- 4) Let cool to room temperature. Strain to a pitcher or carafe and refrigerate.
- 5) It's recommended that if you add milk, tea or sweeteners, do so by individual serving.
- 6) This can be done even more simply by throwing all ingredients in a crock pot.

Yield: Serves 14. Calories: 0, Fat: 0g, Carbs: 0g, Protein: 0g, Sodium: 0mg, Sugar: 0g.

Gløgg - Norwegian Mulled Wine

Submitted by Blane Conklin

UT System Administration

Many cultures have a version of mulled or spiced wine. This is a Norwegian tinted recipe I threw together based on several you can find online.

INGREDIENTS

1.5 L red wine
.5 L ruby port wine
12 oz. aquavit (the Norwegian brand Linie is preferred)
15 cardamom pods, cracked
3 cinnamon sticks
1 small piece of a cracked nutmeg
15 cloves
Zest from one orange
1 cup raisins
1 cup sliced almonds
12 oz. simple syrup (equal parts sugar and water)
3 oz. orgeat syrup

DIRECTIONS

The day before:

In a large pot, combine all ingredients except aquavit and simple syrup. Let stand covered at room temperature overnight.

The day of:

Add the aquavit and simple syrup; heat to a low simmer, stirring occasionally. Do not let it boil, or you'll lose the alcohol.

You may serve from the pot, or transfer to a crock-pot. Serve warm in a coffee mug, garnishing optionally as desired with fresh raisins, sliced almonds, orange peel, cinnamon stick, or star anise. Any leftover can be bottled and refrigerated.

Yield: Serves 23. Calories: 140, Fat: 0g, Carbs: 9g, Protein: 0g, Sodium: 3mg, Sugar: 7g.

Easy Peach Cobbler

Submitted by Jennifer Russell
UT Southwestern Medical Center

My grandfather's favorite dessert is my mothers peach cobbler. She has been making it for him for every special occasion since I was little. It can be modified with any fruit in syrup (or fresh fruit covered in a little sugar for 1/2 hour.)

INGREDIENTS

2 cups milk

2 cups self rising flour

2 cups sugar

1 can sliced peaches in heavy syrup (size of can depends on how much you like peaches! I use a regular sized can; for me the breading is the best part!)

DIRECTIONS

- 1) Mix milk, flour, and sugar in a bowl until smooth.
- 2) Pour into a greased glass square or rectangular casserole dish.
- 3) Spoon in sliced peaches all around the batter.
- 4) Add a few more spoonfuls of syrup over the top of the mix.
- 5) Bake at 350 for 20 minutes or until no longer jiggly in the middle.
- 6) Serve with a scoop of cold vanilla ice cream or (as my grandfather likes it) pour some heavy cream over the top. Enjoy!

Yield: Serves 6. Calories: 250, Fat: 0g, Carbs: 66g, Protein: 0g, Sodium: 0mg, Sugar: 67g.

Cranberry Coffee Cake

Submitted by Bertha L. Farrington

UT Southwestern Medical Center at Dallas

I bake these every Thanksgiving and Christmas and also give them as gifts.

INGREDIENTS

- 1/2 cup butter or margarine
- 1 cup sugar
- 2 eggs
- 2 cups all purpose flour
- 1 tsp. soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 8 oz. carton commercial sour cream
- 1 tsp. almond extract
- 1 16 oz. can whole berry cranberry sauce
- 1/2 cup chopped pecans

DIRECTIONS

- 1) Cream butter & sugar until light and fluffy. Add eggs, one at a time, beating thoroughly after each addition.
- 2) Combine flour, baking powder, soda & salt; add to creamed mixture alternately with sour cream, beating well after each addition. Add flavoring & mix well.
- 3) Spoon 1/3 of the mixture into a greased & floured 10 inch tube pan.
- 4) Spread 1/3 of the cranberry sauce over the batter. Repeat layers twice more, ending with cranberry sauce.
- 5) Sprinkle pecans over top.
- 6) Bake at 350 for one hour or until done.
- 7) Cool for 5 minutes before removing from pan (I wait 10 minutes).
- 8) Drizzle glaze overtop, if desired. Yield: one 10 inch cake.

GLAZE

- 3/4 cup powdered sugar
- 1/2 tsp. almond extract
- 1 tbsp. warm water

Combine all ingredients; Stir well Yield: enough for one 10 cake (I add as much as I like).

Yield: Serves 10. Calories: 363, Fat: 18g, Carbs: 45g, Protein: 5g, Sodium: 333mg, Sugar: 22g.

Streusel Coffee Cake

Submitted by Karen Wall

UT Southwestern Medical Center

Every time we visit our friends Steve and Sandy Kassmeyer in West Point, Iowa, Sandy makes this coffee cake for breakfast. Last year I took a photo of her recipe. It's a Christmas morning favorite.

INGREDIENTS

CAKE BATTER:

- 1 1/2 cups flour
- 3 tsp. baking powder
- 1/4 tsp. salt
- 3/4 cup sugar
- 1/4 cup shortening or margarine
- 1 egg (beaten)
- 1/2 cup milk
- 1 tsp. vanilla

FILLING:

- 1/2 cup brown sugar
- 2 tbsp. flour
- 2 tsp. cinnamon
- 2 tbsp. butter (melted)
- 1/2 cup chopped nuts (optional)

DIRECTIONS

- 1) To prepare filling, mix the dry ingredients and add butter.
- 2) To prepare batter, sift the dry ingredients. Rub in the shortening until like fine corn meal. Blend in beaten egg, milk and vanilla.
- 3) Pour half the batter into a greased 8" or 9" square pan. Sprinkle on half the filling. Add remaining batter. Sprinkle on remaining filling mixture.
- 4) Bake at 375° for 20 to 30 minutes. Serves 12. Enjoy!

Yield: Serves 12. Calories: 196, Fat: 6g, Carbs: 33g, Protein: 3g, Sodium: 122mg, Sugar: 19g.

Skinny Monkey Bread

Submitted by Trini Yunes

UT Rio Grande Valley

This is a friend's recipe and I was able to make it skinny by changing the sugar ingredients to diabetic friendly products.

INGREDIENTS

1/2 cup of Splenda granulated baking sugar
3 tsp. cinnamon
One bag of Rhodes dinner rolls - Use up to 25 rolls
1 Blue Bonnet light margarine stick (melted)
Pam spray
1 bundt pan

FROSTING:

1/2 fat free cream cheese
1/4 cup Truvia Baking Blend
1/4 cup skim milk

DIRECTIONS

- 1) Let the dinner rolls thaw overnight.
- 2) Melt the margarine stick and let it cool down.
- 3) Mix in a bowl the granulated baking sugar with cinnamon.
- 4) Spray the bundt pan with Pam and set aside.
- 5) Peel apart the dinner rolls and dip in the melted margarine on at a time, then sprinkle or roll in the sugar mix.
- 6) Place each roll in the bundt pan until you leave at least one inch available for rising. Use up to 25 rolls.
- 7) Cover your finished monkey bread with a kitchen towel and let it rise for an hour.
- 8) Preheat the oven to 350 degrees.
- 9) Place pan in the middle of the oven and bake for 40-45 minutes until golden brown. Let it cool down and transfer to a serving plate

FROSTING:

- 1) Let the cream cheese cool at room temperature (you can leave it outside the fridge when thawing dinner rolls overnight).
- 2) Transfer cream cheese to a bowl and beat with baking blend and skim milk with an electric mixer until mixture is smooth but not runny as liquid, about 5 minutes.
- 3) Use a spoon to decorate bundt cake with frosting.

Yield: Serves 8. Calories: 303, Fat: 13g, Carbs: 47g, Protein: 3g, Sodium: 125mg, Sugar: 45g.

Blueberry Pie

Submitted by Jaclyn Beisman

UT System Administration

I love blueberries and this pie will satisfy your blueberry cravings!

INGREDIENTS

Pie crust

1 cup sugar

4 1/2 cups blueberries

1 lemon

5 tbsp. flour

Salt

DIRECTIONS

- 1) Preheat oven to 350 degrees.
- 2) Unfold first pie crust and press into pie dish.
- 3) Place blueberries in strainer and rinse. Drain berries and add to large bowl. Add flour and toss to coat. Add sugar, a squeeze of lemon and a dash of salt.
- 4) Pour berries into pie shell.
- 5) Bake for 45 - 60 minutes or until bubbly. Serve.

Yield: Serves 6. Calories: 197, Fat: 5g, Carbs: 35g, Protein: 1g, Sodium: 1164mg, Sugar: 44g.

Peppermint Bark

Submitted by Sarah Hoskinson

UT Medical Branch at Galveston

I know I am home for the holidays when I see my grandmother's tin of peppermint bark.

INGREDIENTS

1 pkg. of white almond bark, usually found in the baking aisle
20 mini candy canes, more or less depending on how much peppermint flavor you like

DIRECTIONS

Take a good size sheet of wax paper and fold the candy canes inside. Using a heavy object, such as a rolling pin, hammer, or cooking pot, smash the candy canes into desired sized pieces. (I prefer a dust like quality to medium sized pieces to give the bark more texture). Set aside once done smashing.

Open the package of almond bark and place into microwaveable bowl. Microwave starting at 1 minute. In the meantime, lay out another good size sheet of wax paper. Check the consistency of the melted bark, if bark is smooth enough when stirred then it's finished. If not continue to microwave for 30 second intervals, checking consistency in between. There should be no lumps left after microwaving.

Quickly pour almond bark over wax paper and smooth out using a spoon, to desired thickness. Sprinkle candy cane pieces all over the bark and let cool until hardened, about 5 minutes.

Break bark into desired sized pieces and enjoy!

Yield: Serves 20. Calories: 198, Fat: 10g, Carbs: 28g, Protein: 0g, Sodium: 0mg, Sugar: 27g.

Chocolate Truffle Pie

Submitted by Sharon Burke

UT Permian Basin

This is a family recipe that I have made for every Christmas dinner for as long as I can remember.

INGREDIENTS

- 12 oz. semisweet chocolate chips
- 1 1/2 cups heavy whipping cream
- 1/4 cup sifted confectioners' sugar
- 1 tbsp. vanilla extract
- 1 (9 inch) chocolate cookie crumb crust

DIRECTIONS

- 1) In microwave dish combine chocolate chips and 1/2 of the cream. Cook on high for 1 to 2 minutes, stirring every 30 seconds until smooth. Cool to room temperature. Stir in sugar & vanilla. Set aside.
- 2) In small bowl, beat the rest of the cream until soft peaks form. Fold in chocolate mixture on high speed 1/3 at a time. Mix well and spoon into crust.
- 3) Refrigerate at least 8 hours before serving. Top with whipped cream.

Best pie ever! You can switch it up and change the flavor of the pie by replacing some of the chocolate chips with other flavored chips. I did this replacing 1/2 of the plain chocolate chips with Andes chocolate chips and the pie came out amazing! This is a super rich pie so a sliver slice is a serving.

Yield: Serves 12. Calories: 390, Fat: 14g, Carbs: 19g, Protein: 1g, Sodium: 6mg, Sugar: 14g.

Nonna's Coconut Macaroons

Submitted by Donna Noble

UT Medical Branch at Galveston

I've always loved anything with coconut! I took a basic macaroon recipe and tweaked it just a bit, to make it my own. Don't forget to stir in the "love" that you have for the person who's going to receive these yummy treats!

INGREDIENTS

- 4 cups of sweetened coconut
- 1 cup of sugar
- 6 tbsp. of all-purpose flour
- 1/2 tsp. of salt
- 6 egg whites
- 1 tsp. of vanilla extract

DIRECTIONS

- 1) Combine dry ingredients in a large mixing bowl.
- 2) Combine egg whites and vanilla then beat by hand until frothy.
- 3) Stir egg white mixture into dry ingredients until well blended.
- 4) Drop macaroons onto a greased cookie sheet with a spoon.
- 5) Bake at 350 degrees for approximately 20 minutes, cookies are done when the edges are brown and some of the coconut on top is slightly brown.
- 6) Remove from the cookie sheet while still hot/warm.

Yield: Serves 12. Calories: 181, Fat: 6g, Carbs: 34g, Protein: 13g, Sodium: 59mg, Sugar: 34g.

"Crack" Punch

Submitted by Katherine Knight

UT Health Science Center Houston

This is a family recipe that came from my Mother-in-law Madine and Sister-in-law Donna. I joined the family 29 years ago and have been making this punch every since. My UT staff call it "Crack Punch" because it's addictive!

INGREDIENTS

2 large cans of frozen orange Juice (16 oz.)
2 large cans of frozen lemonade (16 oz.)
1 large can pineapple juice
6 oz. of real vanilla
6 oz. of real almond extract
7 cups of sugar (you can use half sugar and half truvia)
Water to taste
Crushed ice from Sonic

DIRECTIONS

- 1) Mix all cans of juice in a large container.
- 2) Add vanilla, almond extract and sugar (and truvia if you wish).
- 3) Add 5 cups of water.
- 4) Place in fridge for at least 24 hours before serving (I do 48 hrs). You can taste the vanilla and almond better if you mix it early. Be sure and stir every now and then while in fridge. When you are ready to serve--place enough ice to cover 3/4 of the punch bowl. Add the punch syrup that has been in the fridge to about 3/4 full. Add water to taste and stir well. ENJOY!

Yield: Serves 50. Calories: 174, Fat: 0g, Carbs: 39g, Protein: 0g, Sodium: 4mg, Sugar: 37g.

Sweet Potato Pie

Submitted by Kaley Glover

UT Austin

This is my Granny's (Eula Will Mayberry) sweet potato pie recipe that we have every Thanksgiving back in sweet home Alabama!

INGREDIENTS

- 2-3 medium sweet potatoes
- 1 stick of butter, softened
- 1 cup of sugar
- 2 eggs, beaten
- 1/4 cup evaporated milk
- 1/2 tsp. nutmeg
- 1/2 tsp. cinnamon
- 1/2 tsp. vanilla extract
- 2 9-inch deep dish, uncooked pie crusts

DIRECTIONS

- 1) Boil potatoes whole, skin on for 40-50 minutes or until done. Run potatoes under cold water, then peel.
- 2) Add in stick of butter and mash until well blended. Add sugar, eggs, milk, vanilla, nutmeg, and cinnamon. Mix well.
- 3) Pour into pie crust. Place on cookie sheet. Place in oven at 450 degrees for 10 minutes (this will let pie mixture settle). Reduce heat to 350 degrees and back for 45 minutes to one hour. Pie is done when toothpick inserted comes out clean.

Yield: Serves 8. Calories: 350, Fat: 16g, Carbs: 45g, Protein: 4g, Sodium: 260mg, Sugar: 25g.

Cranberry Fluff

Submitted by Anne Starr

UT Health Science Center Houston

Dana Simpson (friend.)

INGREDIENTS

- 1 lb. cranberries, chopped
- 1 cup sugar substitute
- 1 (16 oz.) package frozen whipped topping (such as Cool Whip), thawed
- 1 (10.5 oz.) package miniature marshmallows
- 1 cup chopped pecans
- 1 (15 oz.) can crushed pineapple

DIRECTIONS

- 1) Stir cranberries and sugar substitute together in a bowl.
- 2) Refrigerate overnight.
- 3) The following morning, stir whipped topping, pineapple, marshmallows, and walnuts into the cranberry mixture.
- 4) Keep refrigerated until it is served.

Yield: Serves 40. Calories: 65, Fat: 3g, Carbs: 10g, Protein: 1g, Sodium: 21mg, Sugar: 6g.

Banana Boat

Submitted by Daniel Linkowski

UT Austin

My mom would make these when I was a child. Very easy and very delicious!

INGREDIENTS

- Banana
- Chocolate kisses
- Mini Marshmallows
- Peanut butter (optional)

DIRECTIONS

Peel the inside curve of a banana, leaving the rest of the peel on. Cut a V shape into the banana and place the ingredients inside. Wrap the whole banana loosely in tin foil and bake in the oven at 300 F until chocolate melts. Enjoy!

Yield: Serves 1. Calories: 80, Fat: 40g, Carbs: 80g, Protein: 60g, Sodium: 25mg, Sugar: 70g.

Banana Pudding

Submitted by Susan Posten

UT Health Science Center Houston

My mother, Melba Thomas (86 years old), made this recipe for years.

INGREDIENTS

6 medium bananas

1 small box of instant vanilla pudding (can substitute low fat box)

1 1/2 cups cold milk

1 small container cool whip

1 box mini Nilla wafers

DIRECTIONS

- 1) Mix pudding with milk, let firm up in fridge for about 5 minutes.
- 2) Fold in Cool Whip. Slice bananas into the pudding mix, fold to mix.
- 3) Add mini Nilla wafers, chill for about an hour.

Enjoy, share if you have any left over after helping yourself!

Yield: Serves 10. Calories: 322, Fat: 12g, Carbs: 52g, Protein: 3g, Sodium: 271mg, Sugar: 35g.

Apple Cake

Submitted by Cindy Wenger Saylor

UT M.D. Anderson Cancer Center

I first ate this cake when my junior high school friend's older sister made it. I have been making it ever since then. The recipe comes from a church cook book given to me in 1971.

INGREDIENTS

- 2 cups sugar
- 2/3 cup shortening (I usually use half applesauce and half shortening)
- 2 eggs
- 1 tsp. cinnamon
- 3 cups flour
- 2 tsp. soda
- 2 tsp. salt
- 4 cups finely chopped apples
- 2 tsp. vanilla

DIRECTIONS

- 1) The original recipe directions: Mix as any other cake. Moisture comes from apples.
- 2) Cream together sugar, shortening and applesauce. Add eggs and mix well.
- 3) Sift together flour, soda, cinnamon and salt. Add to above mixture and blend well.
- 4) Mix in apples and vanilla and mix well.
- 5) Pour/spoon batter into a greased and floured bundt pan.
- 6) Bake at 350 degrees F for 45 minutes.
- 7) Cool slightly before inverting pan onto a plate to release cake. Let cool before slicing.

Yield: Serves 12. Calories: 209, Fat: 4g, Carbs: 43g, Protein: 2g, Sodium: 141mg, Sugar: 13g.

Chocolate Delight

Submitted by Mary Sanchez

UT Southwestern Medical Center

I made healthy changes to this recipe so my parents could eat it. Everyone loved it.

INGREDIENTS

First layer:

1 cup of flour

1 stick of margarine

1 cup chopped pecans

2nd layer:

8 oz. light cream cheese softened

1 cup powdered sugar

1 cup cool whip

3rd layer:

1 small pkg. instant chocolate pudding

1 small pkg. instant vanilla pudding

Hershey bar

DIRECTIONS

First layer: Mix and pat in bottom of 9X13 inch pan. Bake at 325 degrees for 25 minutes. Cool completely.

Second layer: Mix and spread over first layer after it's baked and cooled.

Third layer: Mix in bowl with 3 cups of milk. Let stand and firm up. Spread on second layer.

Once all done then spread remaining cool whip on top of last layer. Grate a small Hershey bar over cool whip and enjoy.

Yield: Serves 12. Calories: 320, Fat: 19g, Carbs: 36g, Protein: 3g, Sodium: 378mg, Sugar: 26g.

Layered Chocolate Pudding Dessert with Salted Pecan Crust

Submitted by Peggy Churchman
UT Tyler

This was the dessert my aunt Tootsie used to make for Christmas!

INGREDIENTS

CRUST

1 1/2 cup all purpose flour
1/2 cup packed brown sugar
3/4 tsp. kosher salt
1/3 cup finely chopped pecans
9 tbsp. cold unsalted butter

CREAM CHEESE LAYER

12 oz. cream cheese, softened
1 1/2 cup powdered sugar
12 oz. Cool Whip (divided 1 1/2 cups
for cream cheese layer, remaining for
cool whip layer)

PUDDING LAYER

2 boxes (3.9 oz. size) chocolate fudge
instant pudding & pie filling
4 cups cold whole milk (can substitute
almond milk)

COOL WHIP LAYER:

Remaining Cool Whip from cream
cheese layer
2 oz. shaved dark chocolate

DIRECTIONS

Crust: Preheat oven to 325° F. In a medium bowl, combine flour, brown sugar, salt, and pecans. Cut in butter with a rigid pastry cutter or a fork until crumbly. Press mixture evenly onto bottom of a 9X 13 inch baking dish. Bake for 18-20 minutes, or until crust is set and slightly browned. Let cool completely.

Cream cheese layer: Use a blender to combine, cream cheese and powdered sugar until completely smooth. With a rubber spatula, fold in 1 1/2 cups of Cool Whip from the 12 oz. container until combined. Spread mixture onto cooled crust. Refrigerate while preparing the next layer.

Pudding layer: Whisk pudding with milk for 2 minutes. When combined completely spread evenly over cream cheese layer.

Cool Whip layer: Evenly spread remaining Cool Whip from the 12 ounce container over chocolate pudding layer. Sprinkle with shaved chocolate. Refrigerate 4-6 hours or overnight before serving.

Yield: Serves 24. Calories: 288, Fat: 15g, Carbs: 34g, Protein: 3g, Sodium: 333mg, Sugar: 23g.

Skinny Pumpkin Cheesecake Bars

Submitted by Kalyn Weiss

UT Health Science Center Houston

I found this website online, credited to Amy's Healthy Baking (<http://amyshealthy-baking.com/blog/2015/11/10/skinny-pumpkin-cheesecake-bars/>). Like the story she depicts, my family and I wanted a healthier alternative to our holiday desserts while still keeping our favorite flavor of all time: pumpkin. I feel like holiday desserts are always the hardest to make accommodations for. But after a lot of searching, and a few taste failures, I came across this recipe and it was a huge success!

INGREDIENTS

CRUST:

2 1/2 cups brown rice cereal
2 tbsp. Truvia
1 tbsp. unsalted butter, melted
5 tbsp. nonfat milk, room temperature

FILLING:

1 block (not tub) of Greek Yogurt
creme cheese, softened (can substitute
with Neufchatel cream cheese which
still has 1/3 the fat)

1 cup plain nonfat Greek yogurt
3/4 cup pumpkin puree
3/4 tsp. vanilla creme stevia
1 large egg white, room temperature
1 tsp. cornstarch
1 tsp. cinnamon
1/4 tsp. ground nutmeg
1/4 tsp. ginger
1 tsp. vanilla extract

DIRECTIONS

- 1) Preheat the oven to 300° F, and lightly coat an 8" square baking pan with nonstick cooking spray.
- 2) To prepare the crust, add the cereal to a food processor or blender, and pulse until the cereal turns into fine crumbs. Transfer to a bowl, and stir in the Truvia. Mix in the butter and milk until all of the cereal mixture is completely incorporated. Gently press the mixture into the prepared pan. Bake at 300°F for 18-21 minutes or until it feels dry to the touch. Cool completely to room temperature.
- 3) To prepare the filling, beat the cream cheese and Greek yogurt in a medium bowl until smooth. Mix in the pumpkin purée and stevia. Mix in the egg white, stopping when just incorporated. Mix in the cornstarch, cinnamon, nutmeg, ginger, and vanilla until just incorporated.
- 4) Spread the filling on top of the cooled crust. Bake at 300°F for 18-22 minutes or until the center barely jiggles when the pan is gently shaken. Cool completely to room temperature in the pan before covering with plastic wrap, ensuring that the plastic wrap completely touches the tops of the cheesecake bars. Chill for at least 3 hours before slicing and serving.

Yield: Serves 16. Calories: 71, Fat: 2g, Carbs: 4g, Protein: 4g, Sodium: 80mg, Sugar: 3g.

Southern Buttermilk Pie

Submitted by Tamekka Henry

UT Medical Branch at Galveston

The credit for this recipe goes to my grandmother.

INGREDIENTS

1/2 cup buttermilk

1 3/4 cup sugar

2 large eggs

3 tbsp. flour

Pinch of salt

1 stick butter

1 tsp. vanilla

1 tsp. nutmeg

DIRECTIONS

Preheat oven to 400°. Mix everything together and pour into an unbaked 9" pieshell. Sprinkle the top lightly with nutmeg. Bake 15 min. Reduce oven to 350° and bake 45min. Cool to allow filling to set.

Yield: Serves 8. Calories: 303, Fat: 13g, Carbs: 47g, Protein: 3g, Sodium: 125mg, Sugar: 45g.

Grandmother's Favorite Peach Cobbler

Submitted by Carolyn Langley

UT Medical Branch at Galveston

Whenever I went to my grandmothers house, she would always have peach cobbler made for me.

INGREDIENTS

- 1 stick butter
- 1 1/2 cups sugar
- 1 cup flour
- 1 1/2 tsp. baking powder
- 3/4 cup milk
- 1 can (30 oz.) sliced peaches in syrup
- 1 tsp. cinnamon
- 1/3 tsp. nutmeg

DIRECTIONS

- 1) Preheat oven to 350 degrees. Melt butter in 9 x 13 casserole dish. Separate half cup sugar, all of cinnamon & nutmeg. Separate peaches from syrup.
- 2) Mix 1 cup sugar and the other dry ingredients together in a bowl.
- 3) Stir in milk & syrup from peaches. Put peaches in casserole dish with melted butter. Pour batter over the top of peaches. Mix cinnamon, nutmeg & 1/2 cup of sugar mixture and sprinkle over top of batter.
- 4) Bake for 45 minutes to 1 hour or until top crust is golden brown.

Yield: Serves 12. Calories: 160, Fat: 12g, Carbs: 16g, Protein: 2g, Sodium: 360mg, Sugar: 16g.



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