

Chocolate Orange Pudding

Recipe Serves 6 (One serving ~ 1/2 cup)

Chocolate Orange Pudding

Ingredients:

- 1 ½ cups cold skim milk
- 1 package sugar-free chocolate instant pudding
- 2 cups thawed light whipped topping (Cool-Whip)
- ½-1 teaspoon grated orange peel

Kitchen Equipment Needed:

- Mixing Bowl
- Measuring cups and spoons
- Wire whisk
- Grater
- Serving Dish

Directions:

1. Pour milk into bowl and add pudding mix
2. Beat with the wire whisk for one minute
3. Gently stir in whipped topping and orange peel
4. Spoon into serving dish
5. Refrigerate until ready to serve

Nutrition Facts

Serving Size Approximately 1/2 cup
Servings Per Container 1

Amount Per Serving

Calories 120 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 3g **15%**

Cholesterol 0mg **0%**

Sodium 460mg **19%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Sugars 6g

Protein 3g

Vitamin A 2%

Vitamin C 2%

Calcium 8%

Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	5g	8g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

Banana-Pineapple Delight

Serves 16
(cut into 16 squares)

You'll need:

1-1/2 cup graham cracker crumbs
1/3 cup reduced-fat margarine
2 bananas
1 (8 oz.) package reduced-fat
cream cheese (Neufchatel), softened
1-1/2 cups skim milk
1 package (four servings) sugar-free
instant vanilla pudding
1 (20 oz.) can crushed pineapple, drained
1/2 of an 8-oz. tub frozen "Lite" whipped
topping, thawed

Take out:

9" x 12" glass baking dish
fork or pastry cutter
measuring cups
knife
mixing bowl
mixer or wire whip
large spoons
rubber scraper
plastic wrap

Directions:

1. Mix graham cracker crumbs and reduced-fat margarine with fork or pastry cutter until margarine is cut into crumbs. Wet fingers and press mixture into bottom of baking dish. No baking is required.
2. Slice bananas and spread evenly over crumb mixture.
3. Beat softened cream cheese until very smooth and gradually add milk, beating until smooth. Add pudding mix and beat 1 minute or until mixture begins to thicken. Spoon evenly over bananas and spread with rubber scraper.
4. Spread drained crushed pineapple over the pudding layer.
5. Spread whipped topping over pineapple layer with rubber scraper, making sure to spread to edges of baking dish.
6. Refrigerate at least one hour, but refrigerating three or more hours is best.
7. Cut into 16 slices and serve chilled.

Nutrition information:

Calories: 164	Sodium: 141 mg
Carbohydrate: 22 g	Protein: 7 g
Fat: 7 g	Exchanges: 1 Starch, 1/2 Skim Milk, and 1 Fat

Oven-Fried Parmesan Chicken

Recipe Serves 2 (One Serving = 3-4 ounces of chicken)

Oven-Fried Parmesan Chicken

Ingredients:

1 (6-8 ounce) boneless skinless chicken breast, cut into strips (for faster cooking and portioning during demo, try using a 6-8 ounce pack of lean chicken tenderloins)

¼ cup nonfat plain yogurt

¼ cup bread crumbs

1 tablespoon grated Parmesan Cheese

½ tablespoon Flour

¼ teaspoon Paprika

pinch of cayenne pepper

cooking spray

Kitchen Equipment Needed:

Cookie sheet

Medium bowl

Small bowl

Measuring cups and spoons

Nutrition Facts	
Serving Size 3-4 ounce meat serving	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 40
<hr/>	
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Cholesterol 75mg	25%
Sodium 200mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 30g	
Vitamin A 6%	• Vitamin C 2%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. Preheat the oven to 450⁰ F and spray cooking sheet
2. Place chicken strips in yogurt and refrigerate while preparing the rest of the ingredients.
3. In small bowl, mix the rest of the ingredients
4. Coat each piece of chicken with yogurt and dredge in crumb mixture, pressing down on both sides to get a coating of crumbs
5. Place chicken strips on cookie sheet, spray lightly with cooking spray
6. Bake for 15-20 minutes or until chicken is tender and juice run clear.

Parmesan Coated Filets

Recipe Serves 2 (One serving ~ 4 ounces of fish)

Ingredients:

½ pound of flounder or other light/mild white fish filets
¼ cup low-fat plain yogurt
1 tablespoon grated parmesan cheese
½ tablespoon Dijon mustard
½ tablespoon fresh lemon juice
½ teaspoon prepared horseradish, drained
cooking spray

Kitchen Equipment Needed:

Broiler pan
Foil
Small bowl
Measuring cups and spoons

Directions:

1. Preheat the broiler, cover broiler pan with foil and spray with cooking oil.
2. Arrange fish on the broiler pan
3. In a small bowl, combine the yogurt, cheese, mustard, lemon juice, and horseradish.
4. Spread the mixture on both sides of fish.
5. Broil about 8 inches from the heat, turning once, for about 6 minutes, or until the fish flakes easily with a fork.

Parmesan Coated Filets

Nutrition Facts			
Serving Size = Approximately 4 ounce meat serving			
Servings Per Container 1			
Amount Per Serving			
Calories 160	Calories from Fat 25		
% Daily Value*			
Total Fat 3g		5%	
Saturated Fat 1g		5%	
Cholesterol 80mg		27%	
Sodium 220mg		9%	
Total Carbohydrate 2g		1%	
Dietary Fiber 0g		0%	
Sugars 1g			
Protein 29g			
Vitamin A 4%	•	Vitamin C 4%	
Calcium 6%	•	Iron 2%	
*Percent Daily Values are based on a 2 000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2 000	2 500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2 400mg	2 400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
	Fat 9	Carbohydrate 4	Protein 4

Green Beans, Cranberries and Nuts

Recipe Serves 2 (One serving ~ 2/3rd cup)

Green Beans, Cranberries, and Nuts

Ingredients:

- 1 8 ounce can of green beans or approximately
- ½ pound of fresh green beans
- ½ tablespoon canola or olive oil
- 1/8 cup dried cranberries (Oceanspray – Craisins) Or ¼ cup fresh or frozen
- 1 ½ tablespoon chopped nuts
- ½ tablespoon honey
- Lemon pepper, dill, or Mrs. Dash to taste

Kitchen Equipment Needed:

- Medium Saucepan
- Colander
- Measuring cups and spoons

Directions:

1. Drain and rinse green beans. If using fresh, rim and cut into 4 inch pieces
2. Heat oil in saucepan, add dried cranberries and nuts
3. Cook, stirring often.
4. Once cranberries seem to be softened, stir in green beans; cook until beans are tender and crisp
5. Add honey and stir well. Serve hot sprinkled with choice of seasoning(s).

Nutrition Facts		
Serving Size Approximately 2/3 cup		
Servings Per Container 1		
Amount Per Serving		
Calories 150	Calories from Fat 70	
% Daily Value*		
Total Fat 8g		12%
Saturated Fat 1g		5%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 20g		7%
Dietary Fiber 5g		20%
Sugars 12g		
Protein 3g		
Vitamin A 15%	•	Vitamin C 20%
Calcium 6%	•	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram		
Fat 9 • Carbohydrate 4 • Protein 4		

Pumpkin Spice Muffins

Recipe Serves 18 (One serving = 1 muffin)

Pumpkin Spice Muffins

Ingredients:

- 2 cups whole-wheat flour
- 2 Teaspoons baking powder
- 2 Teaspoons cinnamon
- ½ Teaspoon nutmeg
- 1 Teaspoon baking soda
- 2 eggs, beaten
- 1 cup pumpkin ^{pie filling} ~~spice puree~~
- 1/6- 1/4 cup Splenda
- ½ cup unsweetened applesauce
- 2 Tablespoons canola oil

Kitchen Equipment Needed:

- Measuring cups and spoons
- Mixing bowls and spoons
- Electric mixer
- Cooking spray
- Muffin tins

Directions:

1. Preheat the oven to 350 degrees.
2. Mix together flour, baking powder, cinnamon, nutmeg, and baking soda in a medium bowl.
3. Combine remaining ingredients in a large bowl.
4. Slowly add dry ingredients to the large bowl and mix until blended. Do not over beat.
5. Pour the batter into 18 non-stick muffin cups and bake for 25-30 minutes.
6. Remove muffins from pan and let cool completely.

Nutrition Facts	
Serving Size 1 muffin	
Servings Per Container 1	
Amount Per Serving	
Calories 90	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 25mg	8%
Sodium 120mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	
Vitamin A 45%	• Vitamin C 2%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2 000 2 500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2 400mg 2 400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	