



# National Nutrition Month® 2013 Recipes

## Academy of Nutrition and Dietetics

### Egg and Veggie Pita

Serves 4

#### Ingredients:

- 4 large eggs
- 2 tablespoons low-fat milk
- Cooking spray
- 2 whole grain pita pockets cut in half
- 1/2 cup low-fat shredded cheese
- 1/3 cup thinly sliced zucchini
- 1/3 cup thinly sliced red pepper

#### Directions:

1. Mix eggs and milk together in a bowl.
2. Heat a small frying pan on the stove.
3. Lightly coat pan with cooking spray, and pour in egg mixture.
4. Cook for 2 to 3 minutes, stirring constantly.
5. Place scrambled eggs in pita halves, and top with cheese and vegetables. You can also add the vegetables to the eggs while cooking.

#### Nutritional Information Per Serving:

|                     |                 |                     |
|---------------------|-----------------|---------------------|
| 192 calories        | 6 g fat         | 2 g saturated fat   |
| 183 mg cholesterol  | 331.5 mg sodium | 20.7 g carbohydrate |
| 2.7 g dietary fiber | 13.5 g protein  |                     |

*Recipe provided courtesy of Eat Right Press, from **Healthy Eating, Healthy Weight for Kids and Teens** by Jodie Shield, MEd, RD and Mary Catherine Mullen, MS, RD. Academy of Nutrition and Dietetics ©2012.*

### Chicken Salad

Serves 6

#### Ingredients:

- 3/4 cup reduced-fat or fat-free mayonnaise
- 1/2 teaspoon ground ginger
- 3 cups roasted chicken, cubed (Time-saving tip: use a deli-roasted chicken)
- 1/2 cup seedless red grapes, cut in half
- 1 cup celery, diced
- 1/3 cup sliced green onions
- Chopped walnuts for garnish (optional)

#### Directions:

1. Combine mayonnaise, ginger and chicken.
2. Stir in the grapes, celery and green onion.
3. Cover and chill at least one hour. The longer the salad chills, the better the flavor.
4. If desired, garnish with walnuts just before serving. Serve on a bed of mixed salad greens along with a slice of whole grain bread.

#### Nutritional Information Per Serving (excluding walnuts, salad greens and bread):

|                     |                |                     |
|---------------------|----------------|---------------------|
| 173 calories        | 6.9 g fat      | 1.8 g saturated fat |
| 52.5 mg cholesterol | 311 mg sodium  | 7.8 g carbohydrate  |
| 0.7 g dietary fiber | 19.4 g protein |                     |

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### Go Fish! Oven-Fried Cod

Serves 4

#### Ingredients:

- 1 cup whole grain bread crumbs
- 1/4 cup grated parmesan cheese
- 1 teaspoon grated lemon rind
- 1/4 teaspoon black pepper
- Non-stick cooking spray
- 1 tablespoon canola oil
- 1 pound cod fillets
- Salt (optional)
- 2 egg whites
- 1/4 cup fat-free milk

#### Directions:

1. Combine bread crumbs, parmesan cheese, lemon rind and black pepper in a paper bag. Shake well to mix, and set aside.
2. Preheat oven to 400 degrees. Spray a 9x12-inch baking sheet with non-stick cooking spray, then coat with canola oil.
3. Rinse cod and lightly sprinkle salt (optional) on both sides of the fillets.
4. Cut fish into long strips.
5. In a small bowl, combine the egg whites and milk, then whisk with a fork until well blended.
6. Dip the fish into the egg-and-milk mixture.
7. Place the fish strips, a few at a time, into the paper bag. Hold the bag closed and shake well.
8. Place the coated fish sticks on the baking sheet. Bake until golden brown, about 15 minutes.

**Fish switch:** You can use catfish or flounder in place of the cod.

#### Nutritional Information Per Serving:

|                   |               |                     |
|-------------------|---------------|---------------------|
| 256 calories      | 7.5 g fat     | 2 g saturated fat   |
| 58 mg cholesterol | 350 mg sodium | 20.5 g carbohydrate |
| 1 g dietary fiber | 25 g protein  |                     |

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### Frozen Yogurt Fruit Cup

Serves 6

#### Ingredients:

- 1 banana
- 8 ounces plain low-fat yogurt
- 4 ounces frozen berries, thawed with juice
- 4 ounces crushed pineapple canned in natural juice, with juice

#### Directions:

1. Line 6 muffin-tin cups with paper baking cups.
2. Dice or mash banana and place in a mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin cups and freeze at least 3 hours or until firm.
5. Before serving, remove paper cups and let stand 10 minutes.

#### Nutritional Information Per Serving:

|                    |                |                     |
|--------------------|----------------|---------------------|
| 68 calories        | 0.6 g fat      | 0.3 g saturated fat |
| 2.5 mg cholesterol | 32.2 mg sodium | 2.5 g carbohydrate  |
| 14 g dietary fiber | 2.8 g protein  |                     |

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### Pronto Pasta

Serves 4

**Ingredients:**

- 1 8-ounce package whole wheat pasta
- 1 tablespoon olive oil
- 1 teaspoon garlic, minced
- 4 cups assorted vegetables, cut in small pieces (Such as: broccoli florets, sliced carrots, sliced zucchini)
- 1 5.5-ounce can low-sodium, diced tomatoes
- 1 5.5-ounce can low-sodium tomato sauce
- 1/4 teaspoon black pepper
- 1/4 cup low-fat grated parmesan cheese

**Directions:**

1. Cook pasta according to package directions.
2. While the pasta is cooking, combine oil and garlic in a skillet and cook about 30 seconds over medium heat.
3. Add vegetables and cook until they are tender, stirring occasionally.
4. Add diced tomatoes, tomato sauce and black pepper. Bring to a boil.
5. Reduce heat and simmer for 5 minutes.
6. Add pasta and parmesan cheese to the vegetable mixture. Toss until the pasta is well mixed. Serve cold or hot.

**Nutritional Information Per Serving:**

|               |                   |                      |
|---------------|-------------------|----------------------|
| 359 calories  | 6.4 g fat         | 1.6 g saturated fat  |
| 220 mg sodium | 66 g carbohydrate | 14.8 g dietary fiber |
| 16 g protein  |                   |                      |

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### Grilled Portobello Mushrooms

Serves 6

**Ingredients:**

- 6 medium Portobello mushrooms (one pound total)
- 1 tablespoon plus 1 teaspoon extra virgin olive oil
- 2 teaspoons balsamic, wine or herbed vinegar
- 1 clove garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper

**Directions:**

1. Preheat the broiler or prepare a charcoal grill, spraying the rack with nonstick pan spray.
2. Clean the mushrooms well, and cut off the tough bottoms of the stems
3. Combine the olive oil, vinegar and garlic in a small bowl. Brush all surfaces of the mushrooms with the mixture. Allow to marinate at least 20 minutes.
4. Put the mushrooms on the prepared broiler pan or grill, stem sides up. Broil or grill about 4 inches from the heat source until the mushrooms are tender, about 4 to 5 minutes on each side. Sprinkle with salt and pepper.

**Nutritional Information Per Serving:**

|                   |              |                   |
|-------------------|--------------|-------------------|
| 46 calories       | 3 g fat      | 0 g saturated fat |
| 0 mg cholesterol  | 50 mg sodium | 4 g carbohydrate  |
| 1 g dietary fiber | 2 g protein  |                   |

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### Jade-Green Broccoli

Serves 8 (about 6 cups)

#### Ingredients:

- 1 bunch broccoli (about 2 pounds)
- 1 tablespoon cornstarch
- 2 tablespoons light soy sauce
- 1/2 cup canned reduced-sodium chicken broth
- 1/4 teaspoon salt
- 2 tablespoons peanut, canola or corn oil
- 1 clove garlic, minced
- 1 teaspoon grated ginger root
- 2 tablespoons sherry

#### Directions:

1. Peel the broccoli stems only if they are large and tough. Cut the stems diagonally into 1/3-inch slices. Separate the florets.
2. Mix the cornstarch, soy sauce, chicken broth and salt in a small bowl; set aside.
3. Prepare a large skillet or wok with non-stick pan spray. Heat the oil in the skillet; add the garlic and ginger, and cook 2 minutes over medium heat. Add the broccoli. Turn the heat to medium-high and stir-fry for 3 minutes.
4. Add the sherry; cover and cook 2 minutes longer.
5. Add the soy sauce mixture and stir constantly until the sauce thickens. Serve hot or chilled.

#### Nutritional Information Per Serving:

|                   |               |                   |
|-------------------|---------------|-------------------|
| 66 calories       | 4 g fat       | 1 g saturated fat |
| 0 mg cholesterol  | 254 mg sodium | 6 g carbohydrate  |
| 3 g dietary fiber | 3 g protein   |                   |

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### Sweet Potato Quesadillas

Jessica Cox, RD

Serves 4

#### Ingredients:

- 2 small sweet potatoes
- 2 medium red, yellow or orange bell peppers, cut into 1/2-inch strips
- 1 medium yellow onion, cut into 1/2-inch strips
- 1/2 tablespoon olive oil
- Salt and pepper to taste
- 1 teaspoon minced garlic
- Cooking spray
- 4 (8-inch) whole wheat tortillas
- 1 cup shredded pepper jack or cheddar cheese

#### Directions:

1. Wash potatoes well. Pierce with a fork five to six times, and microwave on high for 5 to 7 minutes, depending on the size of the potato. Remove flesh from the skins and mash the flesh. Keep warm.
2. Heat oil in a large nonstick skillet over medium-high heat. Add peppers, onion, salt and pepper. Cook 10 to 12 minutes or until tender. Add garlic and sauté 2 more minutes. Remove from heat and keep warm.
3. Coat a medium non-stick skillet with cooking spray and heat over medium-high heat. Add 1 tortilla to skillet and sprinkle with 1/4 cup cheese. Heat until cheese begins to melt. Spread approximately 1/4 of the mashed potatoes over 1/2 of tortilla. Top with 1/4 of pepper and onion mixture, using a slotted spoon to drain off excess moisture.
4. Fold over tortilla and cook approximately 1 to 2 minutes on each side or until browned. Remove quesadilla from heat and keep warm. Repeat with additional 3 tortillas.
5. Serve with tomato salsa and sour cream if desired.

#### Nutritional Information Per Serving:

|                   |               |                   |
|-------------------|---------------|-------------------|
| 333 calories      | 11 g fat      | 6 g saturated fat |
| 25 mg cholesterol | 424 mg sodium | 47 g carbohydrate |
| 6 g dietary fiber | 14 g protein  |                   |

Source: Kids Eat Right <http://www.eatright.org/kids>