



LivingWell
make it a priority

SPRING / SUMMER 2016

UT SYSTEM
Family
COOKBOOK



Dear UT System Family,

Welcome to warm-weather season in Texas! Our first edition of the UT System Cookbook was such a hit, that we've done it again.

We also asked for your favorite nutrition apps and where to find fresh, local, in-season produce in your area. Find what others have shared on our Living Well website: www.livingwell.utsystem.edu.

Do you have more to add? Let us know at livingwell@utsystem.edu.

Thank you to all who have submitted your favorite recipes. We hope you find some new favorites. Have fun and stay cool!

Living Well: Make it a Priority
The UT System Office of Employee Benefits



We all have favorite recipes that don't quite fall under the description of "healthy." See something you like, but don't feel that it's up to your healthy-living standard? Try the tips we have below, designed to make any recipe a little bit healthier.

LIVING WELL TIPS & SUBSTITUTIONS

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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Appetizers

NUTRITION

Yield: Serves 18

Calories: 196

Fat: 11g

Carbs: 14g

Protein: 10g

Sodium: 741mg

Sugar: 4g

BBQ CRUNCHIES

Submitted by Daniel Linkowski

UT Austin

I was at a summer party and people devoured these treats almost instantly! Every time I make them people really enjoy them.

INGREDIENTS

16 oz. sliced bacon

2 (8 oz.) cans water chestnuts

1 cup BBQ sauce

Toothpicks

DIRECTIONS

Wrap water chestnut with one layer of bacon, stick a toothpick in it, add BBQ sauce. Bake at 350 degrees, until bacon is cooked (about 45-50 minutes).

NUTRITION

Yield: Serves 4

Calories: 660

Fat: 32g

Carbs: 41g

Protein: 50g

Sodium: 1146mg

Sugar: 1g

CHICKEN NACHOS

Submitted by Rosanne

UT San Antonio

This is an easy way to use left-over grilled chicken breast. Note: You can use less chips and mozzarella cheese to reduce the fat and calories and it still tastes good!

INGREDIENTS

1 lb. grilled chicken breast

1/2 cup black beans (no salt added)

1/2 cup pinto beans (no salt added)

1 cup grated colby jack cheese

Mrs. Renfros Smokey Roasted Salsa

Pre-made guacamole (choose your heat!)

35 red quinoa & flaxseed tortilla chips

3-4 Tbsp. chopped fresh cilantro

DIRECTIONS

Open beans, drain, rinse, and then heat in small 2qt. pot. Once heated, remove from heat and stir in cilantro. Arrange chips on a large microwave-safe dinner plate so that the first layer of chips are side by side but not overlapping (arrange so the chips can be picked up once complete) and then fill in the gaps by layering the remaining chips.

Once the chips are in place, sprinkle 1/3 of grated cheese evenly on chips. Use a slotted spoon to add a layer of beans. The amount will depend on preference, but ensure each chip has beans. Chop up the grilled chicken breast into thin bite-size pieces (can be right from the grill or cold left overs) and place the chicken evenly across all the chips. Repeat the cheese, bean, and chicken layers. Top with the remainder of cheese.

Microwave on high for 1-minute intervals until the cheese is melted. Take care not to over-heat or the chicken will be tough. Carefully remove from the microwave and then spoon on the salsa and guacamole.

EASY PEASY FRUIT DIP

Submitted by Kathryn Simpson

UT Southwestern Medical Center

A sorority sister of mine shared this with me during our weekly family dinner, when I decided to a summery BBQ theme. It's ridiculously easy, and is always a hit at every cookout I bring it to! It's also an easy way to get kids to eat their fruit, especially if they are a picky eater!

INGREDIENTS

1 small jar of marshmallow fluff

1 package reduced fat or fat-free strawberry cream cheese*

Mixed fruit of your choice (apples, strawberries and grapes are my favorite but get whatever is fresh and in-season)

DIRECTIONS

Let cream cheese soften for about 15 minutes on counter. In a bowl, blend cream cheese and marshmallow fluff together until well combined. Serve with freshly cut fruit and enjoy!

*To make this healthier, you can sub the cream cheese for 1 1/2 cups of strawberry Greek yogurt.

NUTRITION

Yield: Serves 12

Calories: 101

Fat: 3g

Carbs: 19g

Protein: 1g

Sodium: 75mg

Sugar: 13g

BLACK BEAN SALSA DIP

Submitted by April Ciccarello

UT Medical Branch at Galveston

Received the original recipe from a college friend years ago. It's been slightly altered for taste but is hard to mess up.

INGREDIENTS

1 can white shoepeg kernel corn

1 can black beans

1/2 small can green chopped chilies

3 medium size Roma tomatoes (remove and discard juice and seeds)

Juice of 3 small limes

4 Tbsp. vegetable oil

1/4 cup red onions chopped

1/4 cup white onions chopped

1/4 tsp. black pepper

1 tsp. salt

1/2 tsp. cumin

A few dashes of hot pepper sauce such as Tapatio or Cholula

Dash of Worcestershire sauce

1/2 - 1/4 cup of chopped cilantro

1 large sliced avocado

DIRECTIONS

1. Rinse and drain all ingredients well.
2. Place all ingredients in a mixing bowl except for the cilantro and avocado. Gently mix together.
3. Lastly, add the cilantro and avocado and gently mix all together again.
4. Refrigerate and serve with tortilla chips. Enjoy!

NUTRITION

Yield: Serves 6

Calories: 35

Fat: 1g

Carbs: 5g

Protein: 1g

Sodium: 105mg

Sugar: 1g

NUTRITION

Yield: Serves 12

Calories: 424

Fat: 11g

Carbs: 68g

Protein: 16g

Sodium: 175mg

Sugar: 9g

POPULAR POTLUCK PASTA SALAD

Submitted by Kimberley Hess

Superior Vision

Like many potluck recipes, someone brought it to a potluck and it was a big hit. It is brightly colored and very popular with children and adults.

INGREDIENTS

Tricolor rotini pasta

Small shell pasta

2 cans mandarin oranges, drained

1 can kidney beans, drained

1 small bag frozen peas

1 small can of chopped black olives

Cherry tomatoes cut in halves or quarters

1 cucumber cut in thin diced pieces

2 bottles of Bernstein's Italian salad dressing (marinade, be sure to use this brand)

Optional: mix yellow pear tomatoes with the red cherry tomatoes for added color

DIRECTIONS

Cook the pasta as recommended, drain and cool. Add the rest of the ingredients and toss gently with enough of the Italian dressing to cover completely and have some extra for the pasta to soak up. Cover and refrigerate at least two hours. Taste before serving and add more dressing as needed. Sprinkle top with mozzarella cheese.

NUTRITION

Yield: Serves 8

Calories: 24

Fat: 3g

Carbs: 0g

Protein: 0g

Sodium: 145mg

Sugar: 0g

CHIMICHURRI

Submitted by Deborah Hamlin

UT Dallas

Chef Gene Christiano on UT Dallas campus shared this recipe during National Nutrition Month, Savor the Flavor.

INGREDIENTS

3 Tbsp. olive oil

2 Tbsp. red wine vinegar

3/4 cups parsley

2 Tbsp. fresh oregano

2 cloves garlic, roughly chopped

1/4 tsp. red pepper flakes

1 tsp. salt

DIRECTIONS

In food processor, combine olive oil, vinegar, parsley, oregano, garlic, pepper flakes and 1/2 teaspoon salt. Add additional salt to taste. Once blended add it to your favorite meat and savor the flavor.

HEALTHY BAKED BROCCOLI TOTS

Submitted by Teddy Scurlock

UT Arlington

INGREDIENTS

2 cups or 12 oz. uncooked or frozen broccoli	1/3 cup Italian breadcrumbs
1 large egg	2 Tbsp. parsley (or cilantro, rosemary)
1/4 cup diced yellow onion	1/2 tsp. salt
1/3 cup cheddar cheese	1/2 tsp. pepper
1/3 cup panko breadcrumbs	

DIRECTIONS

Preheat the oven to 400°F. Grease a baking sheet with a thin layer of oil or line with parchment paper and set aside. Blanch the broccoli in boiling water for one minute then remove and shock with cold tap water to stop the cooking process. Drain well.

Chop broccoli finely and mix thoroughly with the egg, onions, cheddar, breadcrumbs, and seasoning. Scoop about 1.5 tablespoons of mix using a ice-cream scoop or your hands and gently press between your hands and shape into a tater-tot shape. It helps to wash your hands after every few tots to keep them from sticking onto your hands. Place on your prepared baking sheet.

Bake until golden brown and crispy, 18-24 minutes, turning half-way. Remove from the oven and enjoy hot with ketchup, sriracha, ranch dressing, or your favorite dipping sauce!

NUTRITION

Yield: Serves 4
Calories: 146
Fat: 6g
Carbs: 17g
Protein: 8g
Sodium: 514mg
Sugar: 2g

CORN DIP

Submitted by Jolene Mills

UT Medical Branch at Galveston

A friend of a friend gave this to me. It has been a hit at every party I've taken it to. Enjoy!

INGREDIENTS

2 cans Del Monte Fiesta corn (do not substitute)	1 1/2 cup shredded cheddar cheese
1 cup mayo	1/2 cup parmesan cheese
1 cup sour cream	3 green onions (chopped)

DIRECTIONS

Drain corn well. Mix all ingredients in large bowl. Salt and pepper to your taste. Chill for 4 hours, better if overnight. Serve with Fritos!

NUTRITION

Yield: Serves 10
Calories: 317
Fat: 21
Carbs: 24
Protein: 11
Sodium: 392
Sugar: 4

NUTRITION

Yield: Serves 20

Calories: 17

Fat: 0g

Carbs: 4g

Protein: 0g

Sodium: 5mg

Sugar: 2g

TOMATILLO CILANTRO SALSA

Submitted by Lucia Diaz, LVN

UT Medical Branch at Galveston

It started out as a sad little bag of approx 10-15 small green tomatoes in the "reduced produce aisle." I started thinking of things to make with them and it just so happened that our Facility UTMB/CMC was having a SALSA contest for Cinco De Mayo. I wanted everything to be fresh and healthy. Everyone old and young raved about the salsa. It won 1st place out of 25 entries.

INGREDIENTS

10-15 green tomatoes - quartered/chopped

4-5 green onions chopped

1-2 cloves of garlic crushed

1 jalapeño seeded (more if hotter)

1 bunch of cilantro, top 1/2 only

1 whole lime (juiced)

1 Tbsp. red wine vinegar

DIRECTIONS

Rinse all produce before chopping. After chopping, place everything in blender. Salt to taste. Serve with tortilla chips.

NUTRITION

Yield: Serves 6

Calories: 75

Fat: 5g

Carbs: 8g

Protein: 2g

Sodium: 25mg

Sugar: 5g

DOUBLE TOMATO BRUCHETTA

Submitted by Stacey Monroe

UT Medical Branch at Galveston

Recipe by Chef Marshall of Coastal Catering

INGREDIENTS

2 cups Roma tomatoes

1 cup sun dried tomatoes

Handful of fresh basil

2 Tbsp. olive oil (or if sun dried tomatoes

come in oil, use it)

2 Tbsp. chopped garlic to taste

2 Tbsp. balsamic vinegar modena (thicker than traditional)

Salt and pepper to taste

DIRECTIONS

Dice Roma tomatoes and sun dried tomatoes. Chiffonade basil. Chop fresh garlic or use prepared. Toss in bowl with olive oil, balsamic moderna and salt and pepper. Refrigerate for 1 hour. Serve with crostini atop grilled chicken and eat by the spoonful! Delish!



Side Dishes

Yield: Serves 4

Calories: 250

Fat: 13g

Carbs: 14g

Protein: 19g

Sodium: 811mg

Sugar: 0g

CRACK SLAW

Submitted by Stacy Ham

UT Medical Branch at Galveston

When I had gastric bypass, I was looking for low carb easy to digest recipes. This was one of my favorites that even my persnickety eaters love. It's quick and doesn't require a lot of expensive ingredients. During the summer it won't heat up your house!

INGREDIENTS

1- 14 oz bag of cabbage (coleslaw mix)	2 Tbsp. soy sauce
8 oz. of ground pork, chicken, or beef	1 tsp. siracha
1 clove garlic	1/2 tsp. salt
2 Tbsp. olive oil	1/2 tsp. pepper or to taste

DIRECTIONS

Heat oil in a large skillet. Add garlic and cook about 2 minutes or until aromatic. Add meat and cook thoroughly. Mix in cabbage and cook for about 3-5 minutes. Add soy sauce, siracha, salt and pepper. Enjoy.

Yield: Serves 4

Calories: 116

Fat: 6g

Carbs: 14g

Protein: 4g

Sodium: 54mg

Sugar: 2g

ASPARAGUS WITH HAZELNUT GREMOLATA

Submitted by Shelley Weedon Trepanier

UT System Administration

My mother's recipe.

INGREDIENTS

1 lb. asparagus, tough ends removed, stalks peeled if skin is thick	1 can toasted hazelnuts, finely chopped
1 garlic clove	1/4 tsp. finely grated lemon zest
1 Tbsp. Italian parsley, chopped, plus sprigs for garnish	2 tsp. fresh lemon juice
1 Tbsp. garlic (leave whole)	1 tsp. extra virgin olive oil
	1/4 tsp. salt

DIRECTIONS

In a large pot fitted with a steamer basket, bring about 1 inch of water to a boil. Add the asparagus, cover and steam until tender-crisp, about 4 minutes. Remove the asparagus from the pot. In a large bowl, mix the asparagus, garlic, chopped parsley, hazelnuts, lemon zest, lemon juice, olive oil and salt. Toss well to mix and coat. Arrange the asparagus on a serving plate and garnish with parsley sprigs and lemon zest. Serve immediately.

SUMMER SUN-DRIED TOMATO PASTA SALAD

Submitted by Kaci

UT System Administration

This was a spin on a recipe I found a couple of years back on Pinterest when I was looking for healthier recipes. The great thing about this recipe is you can add fresh veggies or nuts, even protein like chicken, based on your preference. To make it even healthier or less calories, substitute the penne pasta for zucchini noodles. Omitting the capers would also help those watching their sodium.

INGREDIENTS

12 sun-dried tomatoes in oil, drained and divided
2 Tbsp. red wine vinegar
6 Tbsp. garlic clove, coarsely chopped
1 tsp. capers, drained
2 tsp. Kosher salt, more to taste
3/4 tsp. black pepper

1/2 lb. small pasta
1/2 lb. cherry tomatoes, halved
1/2 lb. fresh mozzarella, medium-diced
3/4 cup good black olives, such as kalamata, pitted and diced (optional)
1 cup freshly grated parmesan
1 cup packed basil leaves, julienned

DIRECTIONS

Add half the sun-dried tomatoes, all the vinegar, olive oil, garlic, capers, salt, and pepper to a food processor and process until almost smooth. Cook the pasta according to the directions on the package in a large pot of seasoned boiling water until al dente. Drain well, then toss with the dressing in a large mixing bowl. Meanwhile, mince the remaining sun-dried tomatoes. Add the tomatoes, mozzarella, olives (if using), remaining sun-dried tomatoes, parmesan, and basil to the salad. Toss to distribute evenly. Season to taste with salt. Serve at room temperature.

GRILLED VEGETABLES

Submitted by Elaine Bechtel

UT San Antonio

I've done this for years, and got the idea from watching TV cooking shows.

INGREDIENTS

Cut any vegetables that you like, such as asparagus, carrots, green beans, zucchini or squash.

DIRECTIONS

1. Start up your grill, making a medium hot zone and a cooler zone.
2. Place veggies in a foil bread pan and coat with the dressing.
3. Place veggies in the medium hot zone to start with about 20 minutes or less depending on how thick the pieces are. You can cover the pan with foil if you need more steam for the veggies.
4. Depending on what else you have to grill, move the veggies to a cooler zone to keep them warm while the rest of dinner cooks. Enjoy!

NUTRITION

Yield: Serves 8

Calories: 430

Fat: 22g

Carbs: 27g

Protein: 17g

Sodium: 1249mg

Sugar: 2g

NUTRITION

Nutrition: Varies, depending on type and quantity of vegetables used.

NUTRITION

Yield: Serves 12

Calories: 130

Fat: 0g

Carbs: 27g

Protein: 4g

Sodium: 6mg

Sugar: 4g

BEST BLACK EYED PEAS

Submitted by Valerie Shoup

UT Southwestern Medical Center

This recipe is one I create to enjoy any time of the year.

INGREDIENTS

1 bag frozen black eyed peas

8 oz. mushrooms

1 onion

1 red bell pepper

4 potatoes cubed

2 tomatoes diced

3 cloves garlic

1/8 cup chopped jalapeño peppers

1 tsp. Cayenne pepper

1 bunch chopped cilantro

2 shredded carrots

1/2 tsp. dillweed, marjoram, tarragon,
and sage

32 oz. vegetable broth

DIRECTIONS

Caramelize mushrooms, onions, and bell pepper in non-stick pan with two tablespoons of water. Place black eyed peas and caramelized vegetables in a pan with vegetable broth. Add cut up potatoes, tomatoes, garlic, jalapeño, cilantro, carrots, and spices. Cook until potatoes are soft.

NUTRITION

Yield: Serves 6

Calories: 280

Fat: 15g

Carbs: 30g

Protein: 6g

Sodium: 800mg

Sugar: 8g

TORTELLINI SALAD

Submitted by Selena Paine

UT Southwestern Medical Center

Boston Market used to sell this recipe and quit selling it, so I spent one year recreating it on my own and have nailed it!

INGREDIENTS

1 bag frozen cheese tortellini pasta

1 fresh red bell pepper

1 cup mayonnaise (can use light)

1 cup Caesar dressing (can use light)

1 packet dry Italian seasoning

1/2 cup white wine vinegar (to taste)

Salt and pepper

DIRECTIONS

Mix together mayo, Caesar dressing, chopped bell pepper, white wine vinegar and Italian seasoning. Boil tortellini and drain. Mix into wet mixture. Top with salt and pepper to taste.



Main Courses

SKINNY TASTE CUBAN PICADILLO

Yield: Serves 6

Calories: 170

Fat: 7g

Carbs: 5g

Protein: 23g

Sodium: 237mg

Sugar: 2g

Submitted by Sarah H. Pekar

UT System Administration

I found this recipe on SkinnyTaste.com. It's such a hit with my family I make it once a week. I double or even sometimes triple the veggies and sometimes substitute turkey burger for the hamburger. I typically serve it over rice and add a side of zucchini or whatever I have growing in the garden. It's great any way you make it!

INGREDIENTS

1/2 large chopped onion	1/4 cup water
2 cloves garlic, minced	Kosher salt
1 tomato, chopped	Fresh ground pepper
1/2 pepper, finely chopped	1 tsp ground cumin
2 Tbsp. cilantro	1-2 bay leaf
1-1/2 lb. 93% lean ground beef	2 Tbsp. capers
4 oz. (1/2 can) tomato sauce	2 Tbsp. green olives, chopped

DIRECTIONS

Brown meat on medium flame in large sauté pan and season with salt and pepper. Use a wooden spoon to break the meat up into small pieces. When meat is no longer pink, drain all juice from pan.

Meanwhile, while meat is cooking, chop onion, garlic, pepper, tomato and cilantro.

Add onion mixture (sofrito) to the meat and continue cooking on a low flame. Add green olives, capers and about 2 Tbsp. of the brine (this adds great flavor) cumin, bay leaf, and more salt if needed. Add tomato sauce and 1/4 cup of water and mix well.

Reduce heat and simmer covered about 15-20 minutes.

CHICKEN TIKKA SLIDERS WITH CHERRY TOMATO RELISH

Submitted by Sunil K. Sahai

UT M.D. Anderson Cancer Center



Yield: Serves 4

Calories: 283

Fat: 7g

Carbs: 47g

Protein: 10g

Sodium: 463mg

Sugar: 6g

As a child of Indian immigrants born in the United States, I grew up in two cultures. I love the concept of sliders, but as a Hindu, I don't eat beef and wanted to have a slider recipe I could share with my children and friends during barbecue gatherings. I came up with this recipe about a decade ago, and it's been a hit.

INGREDIENTS

Sliders

1 bunch green onions, chopped (split the green stalk from white bulb part and chop each separately)

1 package of dinner rolls or slider buns

2 Tbsp. ginger garlic paste

Approx. 2 Tbsp. Shan Chicken Tikka masala mix

1 Tbsp. ghee

Relish

Small cherry tomatoes package (red, yellow, orange) chopped

One small jalapeño, chopped

Lime juice to taste

Green onion - the white bulb part, chopped

DIRECTIONS

1. Let ground chicken acclimatize to room temp.
2. Mix in half the chopped green onions (green part).
3. Mix in the ginger garlic paste.
4. Mix in the ghee.
5. Sprinkle in 1 Tbsp. of the chicken tikka masala, and mix well. Then add one more Tbsp. and mix well.
6. At this point, you will need to gauge the amount of masala based on the smell of the mixture. You may need to add more to suit your level of spicy. Two tablespoons gives enough flavor, but no "kick."

Relish: Mix all ingredients, salt to taste, chill until ready to eat. (Note: You can use store purchased pico de gallo instead of making the relish homemade.)

Start to make mini burgers. Scoop a small handful into your hand, about the amount in a ice cream scoop (2 oz.), and fashion burger patties. Cook on grill until done. Split the buns in half and warm on grill. Add mayonnaise and the relish and you are ready to eat.

NUTRITION

Yield: Serves 8

Calories: 752

Fat: 9g

Carbs: 95g

Protein: 62g

Sodium: 1042mg

Sugar: 16g

LAVA CHILI

Submitted by James Ott

UT Dallas

I have been making my Lava Chili for about 15 years now and it is my own creation. It is rather easy to make. People might say it is more for winter, but I make it any time of the year. Be warned though, it is SPICY!

INGREDIENTS

2 lbs. lean ground beef

2 cans dark red kidney beans

2 cans hot rotel

3 diced jalapeños

3 diced habaneros

6 "drops" of Dave's Ghost Pepper Hot Sauce

Wick Fowler's 2-Alarm Chili kit (all)

7 Tbsp. sugar

6 tsp. cornstarch (for thicker chili add a little more at a time)

2 cups water

DIRECTIONS

In a large pot, mix together the kidney beans, hot rotel, 2 cups water, contents of Wick Fowler's 2 Alarm chili kit, diced jalapeños and habaneros, and sugar. Bring to a slight boil stirring frequently. Reduce heat to warm and add cornstarch and Dave's Ghost Pepper Hot Sauce. Cook for 45 minutes and again stirring frequently. The cornstarch will be lumpy at first, but you can use a spoon to break it down. Next, brown the 2 lbs. lean ground beef and add to mixture. The chili should begin to thicken. Let it cook for another 30 minutes. This makes a lot of chili and is great for parties.

NUTRITION

Yield: Serves 8

Calories: 389

Fat: 25g

Carbs: 20g

Protein: 34g

Sodium: 1771mg

Sugar: 5g

SUPER EASY CROCKPOT MEATBALLS

Submitted by Kimberley Hess

Superior Vision

Anyone can make this, no skill involved, unless you can't use a can opener.

INGREDIENTS

1 bag of frozen meatballs

2 cans of beef consommé soup

1 package onion soup mix

2 cans of stewed Italian tomatoes

DIRECTIONS

Dump all ingredients into a crock pot, stir until covered. Best done the night before potluck and left to 'stew' all night.

KAR'S BENGALI FISH

Submitted by Greg Foss

UT Austin

INGREDIENTS

Cod (or other firm white fish) fillet, 16 oz.	1 tsp. ground dried cayenne, or chili powder or whole & chopped hot peppers (a few)
2 Tbsp. coconut oil	1/4 tsp. salt
1 tsp. black onion seed (Nigella Sativa)	1/2 clove chopped garlic (optional)
1 tsp. ground dried turmeric	Plain yogurt (optional - a few spoonfuls)
1 tsp. ground dried mustard (yellow) seed	

DIRECTIONS

1. Rinse and pat dry fish, season each side with salt.
2. Completely cover (but not deep) bottom of large stainless skillet with coconut oil.
3. Heat oil to hot, then add, stir, and saute spices for 1-2 minutes on fairly high heat but do not burn.
4. Set fish on the now very spicy and fragrant oil.
5. Keeping heat medium-high, fry fish surface for a few minutes.
6. Turn fish and repeat step #5.
7. Lower heat and add a little water (or optional plain yogurt), using spatula to mix a little around the fish.
8. Cover loosely and cook until fish flakes (don't overcook).

Serve with boiled whole long-grain or other rice. Note: leftovers (without the rice) make excellent fish tacos.



Yield: Serves 2

Calories: 241

Fat: 16g

Carbs: 4g

Protein: 23g

Sodium: 379mg

Sugar: 0g

3 CHEESE MAC AND CHEESE

Submitted by Nathifa Jefferson

UT Medical Branch at Galveston

INGREDIENTS

1 bag elbow noodles	1 cup half and half
1 large block Velveeta cheese- cut into small blocks	Onion powder
1 bag shredded cheddar cheese- cut into 3 blocks	Garlic powder
Pepper jack cheese cut into small blocks	Sea salt and black pepper
Butter – enough to spread throughout the noodles	1 tsp. sugar or to taste

DIRECTIONS

You will need a large baking dish, a pot for noodles, and a pot for cheese sauce. Preheat oven to 350 degrees. Boil noodles until tender, drain and pour into baking dish, add butter (add onion powder, sea salt, garlic powder, black pepper and sugar to your taste preference). In second pot, add Velveeta, pepper jack cheese and half & half stirring on low heat until creamy. Pour the cheese sauce onto the seasoned noodles and mix evenly, place in oven until golden brown.



Yield: Serves 10

Calories: 549

Fat: 30g

Carbs: 42g

Protein: 27g

Sodium: 1746mg

Sugar: 9g

Yield: Serves 4

Calories: 422

Fat: 33g

Carbs: 10g

Protein: 22g

Sodium: 656mg

Sugar: 5g

CHICKEN MASALA WITH BELL PEPPERS

Submitted by Bushra Sheikh

UT M.D. Anderson Cancer Center

This is my mom's recipe. This is a healthy and quick curry that we love to eat with basmati rice. You cannot go wrong with it and you can modify it in many ways. You can serve it with bread, roti, tortillas, brown rice, or simply eat it with salad.

INGREDIENTS

2 chicken breasts cut into 1-2 inch strips

1 red bell pepper

1 green bell pepper

1 medium onion

5 cloves of garlic minced

1/2 inch ginger grated

1/2 tsp. or less turmeric powder

1/2 to 1 tsp. red chili powder

2 small tomatoes cut into thin semicircle slices

1 tsp. coriander powder

Salt to taste

1/2 cup fresh coriander leaves cut for garnishing

1/2 cup oil

DIRECTIONS

On medium heat, fry the onions in oil for a few minutes until transparent. Add garlic and continue cooking until the garlic starts changing color on its edges. Do not wait until it gets brown.

Take it off the stove and immediately add turmeric, chili powder and coriander powder. Stir, add tomatoes, and place it back on the stove with medium heat. Add salt and cook the tomatoes until you see the mixture, or masala, separate from oil. Occasional stirring is required. Increase the heat if necessary to evaporate the liquid sooner, but constant stirring will be needed to avoid the masala to burn.

Add chicken and stir fry for a couple of minutes on high heat. Add bell peppers, stir, cover, and simmer on low heat until the bell pepper liquids moisturize the dish. Cook the peppers to desired consistency. Add ginger, stir, cook for 1/2 a minute, add coriander leaves and immediately take it off the stove.

Optional: I like adding cut green chilies in the end to get an extra kick. If you love cumin seeds, feel free to add 1/4 tsp. of them with garlic. Do not add cumin powder - it takes over the entire dish, and you do not achieve the good aftertaste. Also, feel free to add other vegetables like potatoes, peas, asparagus, green onions, and corn. Sometimes I add a can of chick peas.

GRILLED CHICKEN WITH CUCUMBER-MELON SALSA

Submitted by Tricia Ulberg

UT System Administration



Yield: Serves 4

Calories: 242

Fat: 7g

Carbs: 7g

Protein: 32g

Sodium: 326mg

Sugar: 0g

This recipe is from my favorite food blog, Our Best Bites. I love homemade salsas, especially salsas made with fruit or melon. I use fresh mint from my garden and agave rather than sugar. Yum!

INGREDIENTS

Chicken

1 lb. boneless skinless chicken breasts

Juice of 4 limes (about 1/2 cup)

2 Tbsp. red wine vinegar

1 Tbsp. minced garlic (about 2-3 cloves)

2 Tbsp. extra-virgin olive oil

1/2 tsp. kosher salt

1/4 tsp. freshly ground black pepper

Salsa

2/3 cup honeydew melon, cut into 1/4" cubes

2/3 cup cantaloupe, cut into 1/4" cubes

1/3 cup cucumber, peeled, seeded, and diced

1/3 cup red onion, diced

1/2 large jalapeño, seeded and diced

3 Tbsp. finely chopped fresh mint leaves

Zest of 1 lime

Juice of 1 lime

1 tsp. sugar, honey, or agave

Kosher salt

Freshly ground black pepper to taste

DIRECTIONS

Rinse the chicken and place in a large Ziploc bag. Whisk together the remaining chicken ingredients in a small mixing bowl and pour it over the chicken. Marinate the chicken for at least 4 hours, no longer than 24 hours. An hour before serving, combine the salsa ingredients in a small-medium mixing bowl.

To cook the chicken, preheat a grill to medium heat. Cook over medium flame/coals for about 7 minutes per side. Remove from the grill and allow to stand 5 minutes before serving. Top with salsa.

LENTILS, RICE AND VEGGIE MIX

Yield: Serves 12

Calories: 158

Fat: 3g

Carbs: 30g

Protein: 8g

Sodium: 314mg

Sugar: 0g

Submitted by Laura D. Shaw

UT Austin

I found the basic recipe on the Internet, but have modified it to suit myself. It became an instant favorite. My husband liked this so much that I had to make another batch a couple of days later because he wanted more.

INGREDIENTS

1 cup uncooked brown rice	1 Tbsp. lemon juice
2 cups water	2 Tbsp. Worcestershire
1 cup lentils, dried, uncooked	2 Tbsp. olive oil, divided
2-1/2 cups water (second batch)	2-3 garlic cloves, crushed or minced (optional, leave out if you don't like garlic)
1 can diced tomatoes, not drained	1 tsp. basil, divided
1 6 oz. can tomato sauce	1 tsp. oregano, divided
3/4 cup cabbage, loosely chopped	1 tsp. cumin, divided
3/4 cup diced onion and bell peppers (green and/or red), evenly mixed	1/4 tsp. lemon pepper
2-1/2 cups mixed frozen vegetables, any kind (stir fry mixes are great!)	1/2 tsp. celery seed
	3/4 tsp. salt

DIRECTIONS

In large pot, heat 1 Tbsp olive oil over medium heat. Add garlic if desired; diced onions and bell pepper; 1/2 tsp. each basil, cumin, and oregano; and the 1 tsp. celery seed. Stirring frequently, sauté all ingredients together over medium heat until onions are soft, about 3-4 minutes.

Add another 1 Tbsp olive oil, heat a few seconds, then add the uncooked brown rice to mix and continue to sauté, stirring frequently, until rice is golden brown, about a minute or two. Some of the rice grains may blacken a bit, this is okay.

Stir in 2 cups of water to sauté mix, cover, and bring to a boil. Reduce heat, cover and simmer over low heat about 17-18 minutes.

Stir in lentils, can of tomatoes (do not drain), tomato sauce, 2-1/2 cups water, remaining 1/2 tsp. each basil, cumin and oregano, Worcestershire sauce, lemon juice, lemon pepper and salt.

Cover and simmer about 25 to 30 minutes over low heat, but start checking after about 20 minutes to be sure the liquid isn't gone before the lentils and rice are done. Add additional 1/2 to 1 cup of water if you need to so mix doesn't burn on the bottom. Lentils and rice are done when they're soft and liquid is almost all gone. Okay to stir once or twice, but stirring too much will make the rice and lentils mushy.

MUSHROOM CHICKEN AND SAUSAGE CASSEROLE

Submitted by Elizabeth Coen

UT Arlington

Recipe from Linda's Low Carb Menus

NUTRITION

Yield: Serves 10

Calories: 429

Fat: 30g

Carbs: 5g

Protein: 34g

Sodium: 720 mg

Sugar: 2g

INGREDIENTS

4 cups, diced, cooked chicken	8 oz. cream cheese
1 lb. pork sausage	16 oz. frozen cauliflower
4 stalks celery	8 oz. cheddar cheese, shredded
1 medium onion	1/2 tsp. salt
1/2 lb. mushrooms	1/2 tsp. pepper

DIRECTIONS

Brown the sausage with the celery, onions, and mushrooms. Stir the softened cream cheese into the sausage mixture until well blended. Coarsely chop the cooked cauliflower. Mix all the ingredients and spread into a greased 9 x 13" baking dish. Bake at 350 for 40 minutes.

SALMON YOUR KIDS WILL EAT!

Submitted by Brenda Pearson

UT System Administration

INGREDIENTS

(4) 5-6 oz. fillets of salmon (Sockeye is the best)	3 Tbsp. basil pesto
1/4 cup mayonnaise	2 Tbsp. Italian bread crumbs
	1 Tbsp. parmesan cheese

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Mix mayo and pesto together and set aside.
3. Lightly cover baking dish with olive oil.
4. Place salmon skin side down in baking dish.
5. Cover the entire top of the salmon with mayo/pesto mixture.
6. Sprinkle breadcrumbs.
7. Sprinkle with parmesan cheese.

Bake at 350 degrees for about 20 minutes or until fish flakes apart.

NUTRITION

Yield: Serves 4

Calories: 337

Fat: 20g

Carbs: 7g

Protein: 31g

Sodium: 351mg

Sugar: 2g



Soups & Salads

TOMATO, CUCUMBER, AND HERB SALAD

Submitted by Maria Ramirez-Romo de Vivar

UT System Administration

This salad is one of my family's favorite dishes, and it is so easy to make. I made it one day when I had these few ingredients and was in need of something light and refreshing. It goes well as a side dish with a good steak, chicken, or fish. I have even served it by itself, as a healthy afternoon snack. You can make it as lemony as you like, and substitute the herbs that you prefer. Our favorite is with mint and basil, but you can use, oregano, tarragon, dill, parsley, fennel or any combination that complements your main dish.

INGREDIENTS

1 pint of cherry or grape tomatoes, any variety or color; sliced in half (or substitute with bigger tomatoes— Roma, Heirloom, on the vine, etc.)

1/4 cup fresh mint (or herb of your choice); leaves torn in big pieces by hand

1/8 cup extra virgin olive oil; more or less to taste

1 large cucumber; peeled, seeded, diced in bite-size pieces

2 lemons; juiced

Lemon zest of 2 lemons

Salt, kosher; to taste

Pepper, ground; to taste

DIRECTIONS

Mix tomatoes, cucumber, and mint in a bowl. Drizzle olive oil, lemon juice. Add lemon zest, salt and pepper. Toss, and serve.

NUTRITION

Yield: Serves 4

Calories: 113

Fat: 7g

Carbs: 12g

Protein: 2g

Sodium: 133mg

Sugar: 7g

CHILLED CANTALOUPE SOUP

Submitted by Tricia Ulberg

UT System Administration

I love cold soups in the summer, especially melon soups. Garnish with fresh mint.

INGREDIENTS

1 cantaloupe

2 cups orange juice

1 Tbsp. fresh lime juice

1/4 tsp. ground cinnamon

DIRECTIONS

Peel, seed, and cube the cantaloupe. Place cantaloupe and 1/2 cup orange juice in a blender or food processor; cover, and process until smooth. Transfer to large bowl. Stir in lime juice, cinnamon, and remaining orange juice. Cover, and refrigerate for at least one hour.

NUTRITION

Yield: Serves 6

Calories: 99

Fat: 0g

Carbs: 26g

Protein: 1g

Sodium: 28mg

Sugar: 24g

Yield: Serves 4

Calories: 115

Fat: 9g

Carbs: 7g

Protein: 2g

Sodium: varies

Sugar: 1g

CARROT AND RADISH SALAD WITH LEMON DRESSING AND BLUE CHEESE

Submitted by Christine Ranieri, MS, RD

UT M.D. Anderson Cancer Center

A chef friend of mine in Chicago threw this together one night after work with the odds and ends in her fridge. It is still a staple for both of us over ten years later. In Chicago, radishes are one of the first crops. If weather permits and you can plant in April, you can usually harvest by late May.

INGREDIENTS

1 pound carrots, cleaned, trimmed and peeled, sliced into 1/8" half moons

1 bunch radishes, cleaned, trimmed and sliced into 1/8" rounds

1/2 bunch flat leaf parsley, clean and roughly chopped, leaves only

Juice of one lemon, more to taste

2 Tbsp. extra virgin olive oil, more to taste

1/4 cup blue cheese crumbles (either packaged or hand crumbled), more to taste

Kosher salt and pepper, to taste

DIRECTIONS

1. Add carrots, radishes and celery to a medium sized bowl. While you can use a sharp knife to slice the carrots and radishes, a mandolin is the ideal tool here. The thin vegetable slices tend to cling together, so toss with clean hands to mix as thoroughly as possible.
2. Add the juice of one lemon, the olive oil, a generous amount of freshly ground black pepper and a small sprinkling of salt. Toss well to taste. If it needs more acidity, add more lemon juice. If too dry, add a small splash of olive oil. Do not add more salt just yet.
3. Add the blue cheese crumbles. A more pungent cheese, like Roquefort (as opposed to Maytag) works best here, though a milder blue cheese, or gorgonzola, works as well. The beauty of a stronger cheese is that you can use less of it and still pack in a lot of flavor. After you add the crumbles, mix them in well to distribute the flavor.
4. Taste, and adjust salt if necessary.

TABOULEH (MEDITERRANEAN SALAD)

Submitted by Marwa Taha

UT Health Science Center Houston

This is a traditional Lebanese Sunday lunch recipe.

INGREDIENTS

2 cups parsley
1/4 cup cracked wheat
1 medium tomato
3-4 scallion
2 Tbsp. olive oil
Juice of 2 lemons
Romaine lettuce or cabbage leaves (optional)

DIRECTIONS

1. Combine the juice of 2 lemons and 1/4 cup of cracked wheat and keep it aside, the wheat will double in size and will become fluffy in 5-10 min.
2. In the meantime, finely chop 2 cups of parsley and scallions. Cut the tomatoes into small cubes.
3. Combine all the vegetables, add salt and olive oil, once the cracked wheat is tender and fluffy add to the mixture, mix well and serve with romaine lettuce or green cabbage leaves.

NUTRITION

Yield: Serves 4

Calories: 125

Fat: 7g

Carbs: 13g

Protein: 3g

Sodium: 136mg

Sugar: 2g

STRAWBERRY AVOCADO SALAD

Submitted by Ninette Roberson

UT Health Science Center San Antonio

INGREDIENTS

Bed of lettuce (1/2 head of lettuce, chopped)
10 large fresh strawberries
1 avocado
Raspberry vinaigrette dressing

DIRECTIONS

On the bed of lettuce, slice the 10 fresh strawberries. Chop the avocado into bit sized pieces. Mix together. Drizzle with raspberry vinaigrette dressing.

NUTRITION

Yield: Serves 3

Calories: 227

Fat: 13g

Carbs: 27g

Protein: 2g

Sodium: 157g

Sugar: 19g

THERESA'S "GOODIE" SALAD

Yield: Serves 10

Calories: 653

Fat: 32g

Carbs: 76g

Protein: 20g

Sodium: 528mg

Sugar: 11g

Submitted by Theresa Caillouet

UT Austin

Who doesn't love all the toppings at the salad bar? I invented this recipe myself several years ago - it can be adjusted or expanded, as desired, with the "goodies" you like best.

INGREDIENTS

1-2 red bell peppers

1-2 orange bell peppers

1-2 yellow bell peppers

1 15 oz. can garbanzo beans (chic peas)

1-2 15 oz. cans hominy (yellow or white)

1-2 15 oz. cans or jars of baby corn

1-2 5 oz. cans or jars of heart of palm

1-2 jars marinated artichoke hearts, drained
(or 15 oz. cans of artichoke bottoms)

1-4 6 oz. cans sliced black olives (or slice
whole olives yourself), drained

1-3 Tbsp. sliced green salad olives

1-3 Tbsp. capers, drained

1/4-1/2 cup pecans, walnuts, sunflower seeds,
almonds, and/or pumpkin seeds

Sliced carrots

Your favorite pasta (shells, coils, etc. if desired)

Your favorite dressing, to taste

Meat if desired (ham, crab meat)

DIRECTIONS

Add any or all of the ingredients to a large bowl. Adjust amounts to the size of your event - it makes a lot, so you may want to start with the smaller sizes and add more to taste. Chop or slice everything into bite-sized pieces. Rinse and drain chic peas and hominy. Add more or less of each item to your personal taste.

I usually add pasta only when making this for an event where I need to heavily increase the amount (in other words, I consider pasta to be a filler, but a good one).

Stays fresh refrigerated for several days unless you've added the more watery vegetables like cucumbers and halved cherry tomatoes. Tastes great with a creamy dressing like Ranch, especially when pasta is included - I often mix Ranch and Italian.

These additional items are good too, but don't keep well: cucumber, sliced cherry tomatoes, diced cheese. You can probably think of other goodies to add as well! I do **not** recommend celery or green bell pepper as they have too strong a taste.

7 LAYER SALAD

Submitted by Denise Killingsworth

UT Medical Branch at Galveston

I came across the recipe years ago and fell in love with it. It is a big hit for gatherings and parties. It is light but filling and so easy to make.

INGREDIENTS

1 head crisp lettuce chopped
2 stalks celery, chopped
1 can drained water chestnuts
1 bunch green onions, chopped
1 small jar fat free mayo
1 pkg. frozen green peas

DIRECTIONS

Start with a deep bowl. Begin layering the following ingredients in the following order: chopped lettuce, celery, water chestnuts, chopped green onions, another layer of chopped lettuce, frozen green peas. Spread a thick layer of mayo. Cover with saran wrap and refrigerate overnight.

NUTRITION

Yield: Serves 8-10

Calories: 100

Fat: 0g

Carbs: 6g

Protein: 6g

Sodium: 130mg

Sugar: 6g

CRUNCHY RAMEN SALAD

Submitted by Lisa Moseley

UT Austin

This is a recipe that someone shared with me when I worked at an oil and gas company in Houston 16 years ago. This has been a family favorite of ours for years and a potluck favorite. Easy to make!

INGREDIENTS

1 10 oz. pkg. shredded angel hair cabbage
1 3oz. pkg. of chicken flavored Ramen noodles crushed -
reserve seasoning packet
5 green onions, chopped
1/4 cup slivered almonds
1/4 cup sunflower seeds
Dressing:
2 Tbsp. Canola oil
3 Tbsp. of apple cider vinegar
2 Tbsp. sugar
1 Ramen seasonings packet
1/2 tsp. salt

DIRECTIONS

Place the slivered almonds and sunflower seeds on a baking sheet. Roast in the oven for 5 to 7 minutes on 325 degrees until lightly browned. (Watch carefully, they can burn quickly). Let cool.

Mix the angel hair cabbage, crushed Ramen noodles, green onions, slivered almonds, and sunflower seeds together in a large Tupperware container that has a lid.

In a separate bowl, add the dressing ingredients together and mix well with a whisk. Pour over the cabbage mixture, place the lid on the Tupperware container, and toss to coat evenly. Refrigerate for an hour before eating. Delicious!

NUTRITION

Yield: Serves 8

Calories: 169

Fat: 14g

Carbs: 11g

Protein: 2g

Sodium: 82mg

Sugar: 5g

NUTRITION

Yield: Serves 2
Calories: 718
Fat: 42g
Carbs: 90g
Protein: 14g
Sodium: 1788mg
Sugar: 52g

SHEILA'S CALICO SALAD

Submitted by Sheila Jasek
UT Health Science Center Houston

I was tired of eating just a lettuce salad and spinach salad. I had these ingredients in the fridge and didn't want them to go bad. So I cut them all up except the pickle and put the salad on my plate. So one bite salad one bite pickle. It tasted really good so I cut up the rest of my pickle and added to the salad. It was delicious. The apple and the pickle are amazing together... so that's how Sheila's Calico Salad came to life.

INGREDIENTS

8-10 cherry or grape tomatoes (I use Natures Sweet Glorys)	2 dill pickles - (I use Boars Head)
8-10 cherry yellow tomatoes (I use NatureSweet Sunburts)	1 large red apple
1 large avocado	8 - 10 sugar snap peas (I cut the ends off)
	Salt and pepper

DIRECTIONS

Quarter your tomatoes, avocado, dill pickles and red apple (I peel the apple) and then place them into a bowl. Julienne cut your sugar snap peas and place them into the bowl with the other ingredients. Stir the ingredients all together. Add salt and pepper to taste. Serve Immediately.

NUTRITION

Yield: Serves 4
Calories: 206
Fat: 7g
Carbs: 32g
Protein: 9g
Sodium: 300mg
Sugar: 2g

TEX-MEX QUINOA SALAD WITH CUMIN LIME VINAIGRETTE

Submitted by Christi Retzer
UT Medical Branch at Galveston

INGREDIENTS

3 cups cooked red quinoa (from 1 cup uncooked quinoa)	1/4 cup cilantro, chopped
1 red bell pepper, diced	4 limes, juiced (about 1/3 cup)
1 orange bell pepper, diced	2 tsp. ground cumin
1/2 large red onion, diced	1 tsp. Cholula hot sauce (or your favorite hot sauce)
1 jalapeño, minced	1/4 cup olive oil
1 14-oz. can black beans, rinsed and drained	1 tsp. salt
1 avocado, diced	1/2 tsp. ground black pepper

DIRECTIONS

In a large bowl, combine the cooled quinoa, bell peppers, jalapeño, onion, black beans, avocado, and cilantro. In a separate bowl, make the dressing. Stir together the lime juice, cumin, and hot sauce, then slowly drizzle in the olive oil as you whisk. Season with salt and pepper. Add the dressing to the salad and toss to combine. Taste and add more lime juice or salt if desired.

QUINOA SALAD

Submitted by Serina Juarez

UT Health Science Center Tyler

I can't remember where I found this recipe years ago, but it's a staple in our home during the warm months. We get creative with what we put in it once the spring and summer vegetables hit the markets, but this is a great base to start with! This is a perfect side dish, and usually requested, to bring to different potlucks!

INGREDIENTS

1 cup uncooked quinoa	Dressing
2-3 cups frozen peas	1/2 cup fresh lemon juice
1/2 cup feta cheese	1/3 cup extra virgin olive oil
6 slices of turkey bacon	1/4 tsp. salt
1/2 cup of fresh basil and cilantro	3 Tbsp. honey
1/2 cup of almonds	

DIRECTIONS

1. Cook bacon first, so it can cool to be cut into pieces while everything else is being prepared.
2. Cook quinoa.*
3. Combine ingredients to make the dressing.
4. Once the quinoa is cooked, place it into a bowl and add all ingredients except for the cheese. Once the salad is cooled, add the feta.

*Soak quinoa for a couple hours before cooking, or at least rinse before cooking.

NUTRITION

Yield: Serves 10

Calories: 367

Fat: 19g

Carbs: 35g

Protein: 13g

Sodium: 288mg

Sugar: 8g

CUCUMBER SALAD

Submitted by Michelle McCall

UT Medical Branch at Galveston

This recipe was my creation many years ago. There is not one family function that I don't make this for. Even at Christmas, it's a huge hit.

INGREDIENTS

4 medium Roma tomatoes, chopped	1 cap-full Morton Nature's Seasoning
1/4 red onion, chopped	2 tsp. salt
2 English cucumber, chopped	1 tsp. pepper
1/2 cup vinegar	1/4 cup sugar
1/4 cup oil	

DIRECTIONS

To make dressing: mix vinegar, oil, Nature's Seasoning, salt, pepper and sugar in a closed bowl and give it a good shake. Pour over chopped vegetables, stir, cover and refrigerate at least 2 hours prior to serving.

NUTRITION

Yield: Serves 6

Calories: 158

Fat: 10g

Carbs: 18g

Protein: 2g

Sodium: 782mg

Sugar: 13g

Yield: Serves 4

Calories: 826

Fat: 49g

Carbs: 85g

Protein: 17g

Sodium: 483mg

Sugar: 49g

SPINACH SALAD WITH STRAWBERRIES & GOAT CHEESE

Submitted by Vivian Granger

UT Medical Branch at Galveston

Kerry Saretsky is the creator of French Revolution Food, where she reinvents her family's classic French recipes in a fresh, chic, modern way. She also writes the The Secret Ingredient series for Serious Eats. My family has enjoyed this salad for years, its become one of our favorite dinners.

INGREDIENTS

6 oz. fresh goat cheese log, cut into four
1" medallions with a string of dental floss
1 egg, beaten
3/4 cup Panko
12 strawberries, divided
2 Tbsp. balsamic vinegar
4 Tbsp. extra virgin olive oil

1 tsp. honey
Kosher salt
Freshly cracked black pepper
4 oz. baby spinach salad
3 Tbsp. toasted pine nuts
3 Tbsp. vegetable oil

DIRECTIONS

Working one at a time, dip each goat cheese medallion in egg, then in Panko, pressing on crumbs to firmly adhere. Place on parchment-lined small rimmed baking sheet, and refrigerate 30 minutes.

In blender, combine 4 strawberries, vinegar, olive oil, and honey. Purée until smooth and thickened, about 30 seconds. Season to taste with salt and pepper.

Thinly slice the remaining 8 strawberries and toss within bowl with spinach and pine nuts.

Heat vegetable oil in 10-inch skillet over medium heat until shimmering. Fry cold goat cheese medallions until golden and crisp, 1 1/2 to 2 minutes on each side, using a slotted fish spatula to turn the cheese in the pan. Drain on paper towels. Toss salad with some vinaigrette (there will be extra) and salt and pepper to taste. Place goat cheese on top of salad, and serve immediately with baguette.

SIMPLE 10 MINUTE CUCUMBER, AVOCADO & FETA SALAD

Submitted by Veronica Kreuder-Longoria

UT M.D. Anderson Cancer Center



Yield: Serves 6

Calories: 225

Fat: 3g

Carbs: 1g

Protein: 2g

Sodium: 150mg

Sugar: 0g

This is a quick and simple fresh salad I like to use at BBQs.

INGREDIENTS

2 large cucumbers

1 large avocado - not too ripe

6-8 oz. block of feta cheese (2 oz. reserved)

2 lemons

1/4 red onion

5 sprigs of dill (2 reserved)

2 tsp. olive oil

1/2 tsp. salt and 1/4 tsp. pepper to taste

DIRECTIONS

Peel the skin off the cucumbers, cut into quarters lengthwise and dice. If the seeds are large, slice off the seeds before dicing. Dice both the feta and avocado into similar bite size. Reserve two ounces of the feta cheese and set aside.

Thinly slice the red onion into slivers and separate. Separate the dill leaves from the stems and finely chop the leaves. Set aside one quarter of the dill as a garnish.

Add the cucumber, avocado, onion, dill and feta cheese into a bowl. Squeeze the juice of two lemons into the bowl and drizzle in the olive oil. Add kosher salt and fresh cracked pepper. Using a wooden or plastic spoon gently fold the mixture in together. Transfer to a serving dish, top with remaining feta and dill and serve immediately.

Yield: Serves 6

Calories: 46

Fat: 3g

Carbs: 6g

Protein: 2g

Sodium: 212mg

Sugar: 3g

VEGAN PALEO ZUCCHINI TOMATO SOUP

Submitted by Sheilagh O'Hare

UT Austin

I came up with this recipe as an experiment to answer "what should I do with 2lb of zucchini and 2lb of tomatoes?" The answer is a 5-ingredient crock pot soup that is surprisingly savory and vegan (no animal-based ingredients) and low-carb/paleo-friendly. This can turn a garden bumper crop into a winning dish as these vegetables grow well in Central Texas.

I also have a friend who is allergic to garlic and onions, so I started simple & made a to-go portion for her, then experimented further with extra ingredients.

INGREDIENTS

1-2 lbs. of zucchini

1-2 lbs. of tomatoes

Water

Olive oil

Salt

DIRECTIONS

Clean and cut the veggies into large chunks. Add 1" slices of zucchini and tomatoes cut to size of golf balls (if cherry tomatoes, slice in half.) Place cut veggies in crockpot, cover with water, add generous splash of olive oil and a dash of salt (it's easy to add more salt later, start with a little less than you think you need!) Cook on high for 2 hours then lower the heat setting one step. I find that 2 hours on high and "keep warm" setting overnight works well. Soup is ready when veggies are tender.

To experiment with the recipe, try adding one additional ingredient to explore how limited numbers of components can blend into complex, savory flavors. By leaving the vegetables in big chunks, they retain more shape, provide bursts of flavor and texture, and make preparation very easy. When cooked, the vegetables also easily cut with a spoon while eating.

Try any one of these extras:

- 1 lb. of mushrooms, cut in large chunks (or left whole if small)
- Combine different types of tomatoes to make up the tomato portion (an heirloom, a few Roma, a package of yellow cherry tomatoes)
- Half an onion, cut into large wedges and/or 2-3 gloves of garlic, smashed flat
- Handful of savory herbs (sage, rosemary, oregano) and/or ground black pepper
- 2 cups of celery, cut in large chunks
- Half cup of fennel stalks, cut in large chunks (fennel is potent! A little goes a long way)

If you want to include "harder" vegetables like carrots or potatoes, cook them for an hour or two hours first, then add zucchini/tomato, as they cook faster than carrots. According to caloriecount.com, the basic recipe is high in fiber, manganese, magnesium, phosphorus, potassium, riboflavin, and vitamins A, B6, and C. Turn off the heat as soon as the vegetables are tender to preserve vitamins!

MED PEP SALAD

Submitted by Liz Kogan

UT Austin



Yield: Serves 8

Calories: 237

Fat: 21g

Carbs: 9g

Protein: 6g

Sodium: 1330mg

Sugar: 6g

The recipe that started my obsession with Smitten Kitchen, this salad has rung in summer every year since it was first posted to the website in 2009. The combination of the fresh flavors, slightly tangy/sweet pickling taste, and the creamy feta make this recipe a family favorite. I've made a few tweaks over the years and specific choices here and there send it over the top (and make shopping easier).

It's great for day of eating, next day munching, and as it becomes more pickled it's great as relish on a burger or incorporated into a turkey sandwich.

INGREDIENTS

1/2 cup red wine vinegar

1/4 cup cold water

1 Tbsp. kosher salt

2 tsp. granulated sugar

1 medium red onion, 1/4-inch diced

6 bell peppers - I use two red, orange and yellow

6 small cucumbers (see notes for type)

1 1/2 cup tomato (see notes for type)

1/2 lb. firm feta cheese

1 cup pitted kalamata olives or pitted

Castelvetro olives

1/4 cup olive oil

Pepper to taste

DIRECTIONS

Stir together in high sided bowl the red wine vinegar, water, kosher salt and sugar until the salt and sugar are dissolved. Add the red onion and set it aside.

Core and seed your bell peppers and chop them into 1/4-inch pieces. Chop the cucumber, tomatoes, and feta into similarly-sized chunks. Put your peppers, cucumber, feta and olives in a large bowl.

I use a glass clear bowl and start with the red peppers at the bottom and proceed in color order of ingredients - orange peppers, yellow peppers, green cucumbers, white feta, and add the tomatoes at last to keep them intact. This helps for checking visual proportion of the ingredients (all should be about equal in amount and if not add or subtract to make so) and it's pretty and satisfying to see the rainbow effect.

Pour a quarter cup to a half cup of the vinegar mixture over the salad, then drizzle with olive oil. Season to taste with freshly ground black pepper. Toss evenly and serve at once, although letting the flavors marinate for at least a half hour really helps.

MINESTRONE SOUP

Yield: Serves 10

Calories: 397

Fat: 13g

Carbs: 46g

Protein: 28g

Sodium: 718mg

Sugar: 7g

Submitted by Jeannette Smith

Lincoln Financial Group

This is my favorite soup for anytime that you seek a healthy, homemade meal. It uses all fresh vegetables and takes a bit of time to make, but you'll enjoy the difference. It can be frozen for later meals.

INGREDIENTS

2 Tbsp. of olive oil	1 cup fresh green beans sliced diagonally in 1/2 inch strips
2 large bruise cloves of garlic (whack them with a chef's knife)	2/3 cup shelled peas
1 medium onion, minced	1 small turnip, peeled and diced
1 cup diced carrots	1 medium potato, peeled and diced
1 stalk of celery, sliced thin	1 rutabaga, peeled and diced
1/2 cup parsley, finely chopped (flat Italian kind with stems removed)	1 zucchini, peeled and diced
3 quarts water (12 cups)	2 Tbsp. beef bouillon paste or granules (Mino's Paste)
1 cup tomatoes, chopped (fresh very ripe or canned)	1 tsp. kosher salt
1/2 tsp. sugar	1/2 tsp. freshly ground black pepper
2 cups cabbage, finely shredded (preferably savoy)	10 basil leaves, minced or 1 tsp. dried
1 leek, thinly sliced (white part only)	1/2+ cup spaghetti, broken into small pieces
	1 can kidney beans, white or red, rinsed
	Freshly grated parmesan cheese

DIRECTIONS

Sauté garlic in olive oil in a large soup kettle over medium heat until garlic is golden. Be careful not to burn it.

Discard garlic, and add onions carrots, celery and parsley and cook for 5 minutes.

Add water, tomatoes, sugar and other ingredients through basil (if using fresh basil, with spaghetti) and bring soup to the boil over high heat. Remove the scum as it rises to the top, reduce heat and simmer, covered, for 45 minutes or until all of the vegetables are tender.

Add spaghetti and beans, and simmer for 10 more minutes or until spaghetti is cooked. Correct seasoning if required. Serve with a bowl of Parmesan cheese on the side.

CHILLED ASPARAGUS SOUP

Submitted by Jamie Gardner

UT Austin



Yield: Serves 4

Calories: 325

Fat: 32g

Carbs: 10g

Protein: 5g

Sodium: 539mg

Sugar: 6g

This is such an easy soup to make and absolutely delicious. I made a few simple tweaks from a recipe on Everyday Vegetarian Recipes, and this rich, Thai-infused soup has been a hit ever since with meat-eaters and vegetarians alike! I've also been delighted to find that my baby loves the soup and that it can be frozen for later serving.

INGREDIENTS

1 1/4 cups water	1 green onion, shallot, or other onion, sliced
1/2 tsp. salt	1/2 tsp. chili flakes (1/8 tsp. if prefer mild)
10 oz. asparagus (an average bunch)	1/2 tsp. ground white pepper
1 Tbsp. peanut oil	2 cups coconut milk
1 garlic clove, crushed	1 Tbsp. soy sauce

DIRECTIONS

Put the water and salt in a large pot and bring to the boil. Steam the asparagus in a steam basket with a lid and cook for about 5 to 10 minutes until tender. Asparagus varies a lot in the thickness of the spears so cooking times will vary.

Drain the asparagus, reserving the cooking liquid. Snip off the tips of the spears and set aside. (To save time, if you have two steam baskets, you can snip the ends before steaming and place the ends in the second basket atop the first.) Liquidize the remaining stalks and water in a blender.

Place a pot over medium heat. Add the peanut oil and stir in the garlic, onions, chilies, and pepper. Cook for about a minute. Add the asparagus puree and coconut milk and bring to the boil. Simmer for 2 minutes, remove from the heat and stir in the soy sauce and salt. Cool slightly (until it is no longer steaming).

Chill in the fridge for a couple of hours before serving. Serve topped with the asparagus tips you reserved earlier.

NUTRITION

Yield: Serves 4

Calories: 48

Fat: 1g

Carbs: 6g

Protein: 5g

Sodium: 102mg

Sugar: 3g

CREAMY CUCUMBER FENNEL SALAD

Submitted by Barbara Swanson

UT San Antonio

I subscribe to the American Institute for Cancer Research and this is a recipe from their collection. It's cancer-fighting and tastes wonderful!

INGREDIENTS

1 5-6 oz. container plain low-fat Greek yogurt

2 tsp. apple cider vinegar

1/8 tsp. salt or to taste

Freshly ground black pepper to taste

1 small or 1/2 large fennel bulb, cut into quarters, cored, thinly sliced crosswise (about 1 cup)

3 Tbsp. coarsely chopped fennel fronds, divided

2 cups thinly sliced English cucumber*

* If using large English cucumbers, cut in half lengthwise before slicing.

DIRECTIONS

In medium bowl, whisk together yogurt, vinegar, salt and pepper. Add cucumber, fennel and 2 tablespoons fronds and toss to coat. Transfer to serving dish and garnish with remaining fennel fronds. Serve immediately or refrigerate until serving.

NUTRITION

Yield: Serves 4

Calories: 45

Fat: 0g

Carbs: 5g

Protein: 6g

Sodium: 146mg

Sugar: 4g

CUCUMBER ONION YOGURT SALAD

Submitted by Angie Broussard

UT M.D. Anderson Cancer Center

This is my take on an Indian Raita salad with a Texas twist. It is great served with Barbecue, grilled/baked chicken or Chicken Tikka Masala.

INGREDIENTS

1/2 cucumber, sliced thin

1/2 red onion, sliced thin

1 jalapeño, sliced thin— or for lower heat, chopped with seeds removed

2 Tbsp. chopped cilantro

1/2 cup plain greek yogurt

1/2 lime - squeezed

Dash of salt and pepper to taste

DIRECTIONS

Slice the cucumber, onion, jalapeño and cilantro and place in a medium bowl. Combine yogurt, lime juice, salt and pepper. Mix with vegetables, cover and chill.



Desserts

 **NUTRITION**

Yield: Serves 15
Calories: 74
Fat: 5g
Carbs: 2g
Protein: 6g
Sugar: 1g

RAW PROTEIN PACKED THIN MINT COOKIES

Submitted by Manmeet Rattu
UT Health Science Center Houston

INGREDIENTS

3/4 cup protein powder	1 tsp. pure peppermint extract
2 1/2 Tbsp. cocoa	6 Tbsp. coconut oil, melted
1/2 tsp. Stevia, liquid	2 Tbsp. unsweetened shredded coconut

DIRECTIONS

Place all ingredients into a bowl and stir together. Scoop onto plate or baking pan, or into the bottom of a muffin tray, then set in freezer to set for 5-7 minutes. You want the cookies to be hard to the touch. Keep in the refrigerator or store in the freezer. Note: Can be vegan & gluten free!

 **NUTRITION**

Yield: Serves 2
Calories: 289
Fat: 1g
Carbs: 68g
Protein: 2g
Sodium: 2mg
Sugar: 49g

PAN FRIED CINNAMON BANANAS

Submitted by Amanda Montgomery
UT Dallas

INGREDIENTS

2 slightly overripe bananas	1 tsp. cinnamon
2 Tbsp. sugar (you can substitute granulated Splenda, if you like)	1/4 tsp. nutmeg
	Olive oil spray

DIRECTIONS

1. Slice the bananas into rounds, approximately 1/3 inch thick.
2. In a small bowl, combine the sugar, cinnamon, and nutmeg. Set aside.
3. Spray a large skillet with olive oil spray. Warm over medium heat. Add the banana rounds and cook for about 2-3 minutes.
4. During the last minute of cooking on the first side, sprinkle about 1/2 of the cinnamon mixture over the banana rounds.
5. Flip the rounds, sprinkle with the remaining cinnamon mixture, and cook about 2-3 more minutes, until the bananas are soft and warmed through.

PEANUT BUTTER & BANANA MILKSHAKE

Submitted by Elizabeth Matthews

UT System Administration

I'm usually rushed to get out the door in the morning and always hungry first thing after waking up. This shake provides a quick, healthy, and filling breakfast (and is also a great dessert!)

INGREDIENTS

- 1 frozen banana
- 2 Tbsp. peanut butter
- 1 cup unsweetened vanilla almond milk

DIRECTIONS

Mix all ingredients in blender. Pour into a cup and enjoy!

Other ideas:

- You can use any type of milk you prefer, just be aware that the nutritional facts may vary.
- Try adding a pinch of cinnamon for extra flavor.
- I prefer the fresh ground peanut butter offered by my grocery store. No added sugar or other ingredients.
- I buy a large bunch of bananas and once they are ripe, peel them all, put them in a freezer Ziplock and freeze them. They last long and taste great frozen, even just on their own.

NUTRITION

Yield: Serves 1

Calories: 335

Fat: 19g

Carbs: 34g

Protein: 10g

Sodium: 186mg

Sugar: 15g

PINA COLADA SMOOTHIE

Submitted by Miriam McKinney

UT System Administration

I love pineapples. Their smell and taste make me feel like I'm on a tropical island. This healthy smoothie was a great find. I found this recipe through Alex Jaimeson (co-creator of the Super Size Me documentary).

INGREDIENTS

- | | |
|--|---|
| 1/2 cup fresh basil leaves | 3 cups cubed pineapple (fresh or frozen) |
| 1 cup fresh spinach | 1 Tbsp. coconut oil |
| 1 cup unsweetened coconut or almond milk | 2 Tbsp. unsweetened coconut flakes |
| 1 cup coconut water (can substitute water or more coconut/almond milk) | 1 Tbsp. protein powder (sugar free, stevia-sweetened) |

DIRECTIONS

Put all ingredients in blend and blend until chopped and incorporated. Share with loved ones.

NUTRITION

Yield: Serves 2

Calories: 255

Fat: 12g

Carbs: 40g

Protein: 7g

Sodium: 145mg

Sugar: 28g

NUTRITION

Yield: Serves 20

Calories: 245

Fat: 12g

Carbs: 32g

Protein: 5g

Sodium: 39mg

Sugar: 22g

NO BAKE PEANUT BUTTER COOKIES

Submitted by April A. LaPoint

UT Medical Branch at Galveston

This recipe was the first time I had ever made something to eat. One of my teachers made this with us as a project when I was in Intermediate school. It is a go-to quick recipe that even a child can make with adult supervision.

INGREDIENTS

2 cups sugar

1/2 cup milk

1 stick (8 tablespoons) unsalted butter

1/4 cup unsweetened cocoa powder

3 cups old-fashioned rolled oats

1 cup smooth peanut butter

1 Tbsp. pure vanilla extract

DIRECTIONS

1. Line a baking sheet with wax paper or parchment.
2. Bring the sugar, milk, butter and cocoa to a boil in a medium saucepan over medium heat, stirring occasionally, then let boil for 1 minute. Remove from the heat. Add the oats, peanut butter, vanilla and stir to combine.
3. Drop teaspoonful of the mixture onto the prepared baking sheet, and let sit at room temperature until cooled and hardened, about 30 minutes. Refrigerate in an airtight container for up to 3 days.

NUTRITION

Yield: Serves 16

Calories: 143

Fat: 9g

Carbs: 16g

Protein: 3g

Sodium: 26mg

Sugar: 13g

CHOCOLATE ICE CREAM

Submitted by Coral Southwell

UT System Administration

This is adapted from the recipe booklet that came with my Cuisinart 2-quart ice cream maker. The original recipe called for 1 1/2 cups whole milk and 3 1/4 cups heavy cream but I thought this was too rich. You can vary the ratio as long as you stick to the total amount of milk and cream.

INGREDIENTS

1 cup Dutch process cocoa

2/3 cup granulated sugar

1/2 cup firmly packed brown sugar

2 cups whole milk

2 - 3/4 cups heavy cream

1 Tbsp. Madagascar vanilla

DIRECTIONS

Stir together cocoa and sugars in a medium bowl. Add whole milk and use a hand mixer on low speed or whisk to combine until cocoa and sugars are dissolved, about 3 minutes. Stir in the heavy cream and vanilla. If not freezing immediately, cover and refrigerate until ready to use. Turn machine on, pour mixture into freezer bowl, and let mix until thickened, about 30 to 35 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for 2 hours or more. Makes 1/2 gallon.

CHOCOLATE ECLAIR CAKE

Submitted by Kimberley Hess

Superior Vision

This recipe was on the underside of a Cool Whip container. You will be a huge hit with this cake.

INGREDIENTS

For Cake:

- 1-Box of Graham crackers
- 1-8 oz tub of Cool Whip
- 2-boxes of Jello French Vanilla pudding
- 3-1/2 cups of milk

For Icing:

- 3 oz. of unsweetened chocolate
- 4 tsp. light Karo syrup
- 4 tsp. vanilla
- 6 Tbsp. butter
- 3 cups of powdered sugar
- 6 Tbsp. milk

DIRECTIONS

1. Take a 13 X 9 pan and coat with a thin layer of butter on the bottom and sides.
2. Layer the bottom with graham crackers.
3. Mix up all the ingredients for the cake.
4. Pour one half of the cake mix on top of the graham crackers.
5. Place another layer of graham crackers on the cake mix.
6. Pour second half onto graham crackers.
7. Place a third layer of graham crackers.
8. Put in refrigerator to chill.
9. Take first four ingredients of icing and microwave. (I do about 3 minutes and stir until everything is melted).
10. Add powdered sugar and milk (I find it easiest to mix 1 cup of sugar and 2 Tbsp of milk at a time. That way you don't get lumps. I also sift my powdered sugar) After you have used all the powder sugar and milk, pour over the top layer of graham crackers.
11. Place back in refrigerator. The cake is best if allowed to chill overnight in the refrigerator.



Yield: Serves 8

Calories: 772

Fat: 29g

Carbs: 124g

Protein: 9g

Sodium: 748mg

Sugar: 96g

BIG RED ICE CREAM

Submitted by Pud Belek

UT M.D. Anderson Cancer Center

It was shared with me when I married into the family in 1978.

INGREDIENTS

- 1 2-liter bottle of Big Red soda pop
- 2 cans of Eagle Brand Condensed Milk (other brand okay)
- Homemade ice cream freezer

DIRECTIONS

Empty condensed milk in to ice cream mixer and add Big Red to fill line. Mix well and follow instructions on machine.



Yield: Serves 10

Calories: 350

Fat: 6g

Carbs: 66g

Protein: 6g

Sodium: 88mg

Sugar: 66g

BLUEBERRY POUND CAKE

Yield: Serves 12-20

Calories: 270

Fat: 6g

Carbs: 40g

Protein: 4g

Sodium: 166mg

Sugar: 20g

Submitted by Betty Ince

UT Medical Branch at Galveston

This was adapted from a recipe posted on FlyLady.com a few years ago. I tried to make it sugar-free so my sweetie could enjoy it, too. It's a great (easy) recipe for this time of year.

INGREDIENTS

2 cups Stevia (I've used Splenda)

1/3 cup softened butter

1/2 cup (4 oz.) light cream cheese

3 large eggs

1 large egg white (can be left out with no change in taste or texture)

1 Tbsp. pure vanilla extract (no imitation)

2 cups fresh or frozen blueberries

2 Tbsp. All Purpose Flour

3 cups All Purpose Flour

1 tsp. baking powder

1/2 tsp. baking soda

1/2 tsp. salt

1 8 oz. container of vanilla yogurt (blueberry or sugar free also works great)

Cooking spray (Baker's Secret is awesome)

DIRECTIONS

1. Pre-heat oven to 350 degrees. Beat sugar, butter and cream cheese until well blended (4 to 5 minutes). Add eggs and egg white (when adding eggs to most any recipe you should add them one at a time, beating very well after each one).

2. Add in vanilla extract. In a separate bowl add the blueberries and the 2 Tbsp. of flour and lightly toss them to coat the blueberries. In another bowl combine the three cups of flour and the baking powder, baking soda and salt, stir well to mix. By spoonfuls add flour and then yogurt alternately. Blend well with mixer.

3. Add blueberries and lightly stir by hand to fold in the blueberries to the batter.

4. Pour the batter into an angel food pan (10 inch) or Bundt pan coated with cooking spray (my personal choice is the spray with flour but regular cooking spray can be used). When baking with these types of pans it is wise to tap the pan on the counter top lightly to get rid of any air bubbles in the batter. Bake at 350 for an hour and fifteen minutes. Ovens vary so around an hour or so check the cake with a wooden toothpick or cake tester, insert the pick into the center of the cake – when it comes out clean the cake is done.

5. Let cool in pan for 10 minutes on a rack (raised off of the counter top or stove). Flip cake over onto cooling rack to continue to cool (if using an angel food tube pan, remove sides of pan and let cool an additional 10 minutes and then remove bottom).

PINK SALAD

Submitted by Patty Ashworth

UT Southwestern Medical Center

This fruit salad has been a family favorite at holiday time for many years and the kids love to help make it. It is so easy and delicious! We have also used diced peaches instead of mandarin oranges for a change.

INGREDIENTS

2 8 oz. tubs of fat-free Cool Whip, thawed
1 can of fat-free Eagle brand sweetened condensed milk
2 cups of mini marshmallows
1 can of cherry pie filling
1 can of pineapple tidbits, drained
1 can of mandarin orange slices, drained

DIRECTIONS

Combine cool whip and sweetened condensed milk. Mix well. Add in marshmallows, cherry pie filling, pineapple tidbits and mandarin oranges. Mix well. Chill and serve. You can top with coconut flakes and chopped nuts if desired.

NUTRITION

Yield: Serves 12

Calories: 270

Fat: 0g

Carbs: 62g

Protein: 4g

Sodium: 61mg

Sugar: 44g

BANANA SPLIT CAKE

Submitted by Jo Davis

UT Medical Branch at Galveston

I got this recipe from my mother-in-law. It was always one of my husband's favorites. I have made it several times for work and it is always a big hit.

INGREDIENTS

6 bananas
2 eggs
1 bottle cherries
1 can crushed pineapple
1 cup pecans
3 sticks butter
2 cups graham cracker crumbs
2 cups powdered sugar
1 large container of Cool Whip

DIRECTIONS

Melt 1 stick butter and mix with graham cracker crumbs. Press in to 9x13 pan. Beat eggs, 2 sticks butter, and sugar for 15 minutes (no less). Place on top of crumb mixture in pan. Cover mixture with split bananas. Spread drained pineapple over bananas. Top with Cool Whip. Place cherries. Sprinkle pecans as desired. (May drizzle chocolate syrup over if desired). Refrigerate for 24 hrs.

NUTRITION

Yield: Serves 12

Calories: 426

Fat: 18g

Carbs: 58g

Protein: 4g

Sodium: 316mg

Sugar: 39g

Yield: Serves 12

Calories: 157

Fat: 15g

Carbs: 7g

Protein: 5g

Sodium: 139mg

Sugar: 1g

BASTYR KITCHEN HONEY SWEETENED CARROT CAKE

Submitted by Anne Starr

UT Health Science Center Houston

This recipe comes from the Bastyr Kitchen, Bastyr University, Kenmore, Washington. We like that it uses honey instead of sugar.

INGREDIENTS

1 cup honey

1 cup vegetable oil

4 large eggs

2 cups sifted unbleached flour

2 tsp. salt

2 tsp. baking soda

1 Tbsp. ground cinnamon

1/2 ground cloves

2 cup grated carrots

1 1/2 cup chopped walnuts

Icing:

2/3 cup butter

1/2 cup honey

2 8 oz. packages of cream cheese or lite cream cheese

1 tsp. vanilla extract

DIRECTIONS

Preheat oven to 350 degrees. In a medium bowl, beat the honey and oil with a wire whisk or electric mixer until smooth and creamy. Add eggs one at a time and mix until well blended.

In a separate, medium-size bowl, mix flour with salt, baking soda and spices. Add flour mixture to creamed mixture and stir until all of the flour is evenly moistened. Fold in carrots and walnuts.

Put batter into prepared 9-inch round cake pans. Bake for approximately 30 minutes at 350 degrees Fahrenheit until the cake shrinks from the sides of the pan and toothpick inserted into the center comes out clean. Cool 10 minutes in pan and reverse onto a cake rack.

Meanwhile, to prepare cream cheese icing, cream butter and honey until smooth with a wire whisk or electric mixer. Add cream cheese and vanilla and mix until smooth. When cake has cooled, frost with cream cheese icing.

HAWAIIAN MOCHI

Submitted by Carol Lee

UT Austin



Yield: Serves 18

Calories: 213

Fat: 2g

Carbs: 48g

Protein: 2g

Sodium: 31mg

Sugar: 26g

This is our go-to dessert. Gluten Free! Ubiquitous in East Asian countries and Hawaii. If you like tapioca, this is the pillowy, sticky dessert for you! The ingredients can now be found in the Asian aisle at many HEBs, as well as the Asian grocery store. I've reduced the sugar to 2 cups and don't think it's necessary to use hands if you have a kitchen-aid. We also do not wait the 10-12 hours or wrap in wax paper. It's practically gone by then! Bon Appetit!

INGREDIENTS

1 lb. mochiko (aka Sweet Rice Flour by Bob's Red Mill. Also comes in a \$1 clear bag with green printing on it at HEB in the Asian aisle)	1 tsp. baking powder
2 1/4 cup sugar	1 tsp. vanilla
	2 cups water
	1 can coconut milk
	Potato starch (or corn starch)

DIRECTIONS

Preheat oven to 275 degrees. Grease a 9x13pan. Mix the mochiko, sugar, and baking powder together. In a separate bowl, mix the vanilla, water, and coconut together. Then, blend the wet and dry ingredients, using your hands. Pour the mixture into a greased pan. Cover tightly and bake for 90 minutes.

Remove the pan from the oven. Remove the foil and allow to cool completely. Once fully cooled, my grandma re-covers the mochi with foil and allows it to sit for 10-12 hours. I don't have that kind of patience, but if you do, your mochi will probably be even softer!

Using a plastic knife, cut into small pieces and roll in potato starch until lightly coated. Wrap in wax paper, if desired.



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