



National Nutrition Month® 2012 Recipes

Academy of Nutrition and Dietetics

Southern Corn Chowder

Mary Etta Moorachian, PhD, RD

6 servings

3 tablespoons butter

1 medium-size onion, chopped

1 stalk celery, diced (1/4 cup)

1 pound medium-size baking potatoes, diced (peel on)

1 14-ounce can reduced-sodium chicken stock

¼ teaspoon nutmeg

¼ cup all-purpose flour

3 cups nonfat milk, divided

3 cups fresh corn kernels, blanched or one 20-ounce bag frozen corn thawed

I have lived in six different Southern states and all of them claim corn as a favorite ingredient. Although there are many different varieties of corn, all are good in chowder.

1. Melt the butter in a Dutch oven over low heat. Sauté the onion and celery for 3 to 5 minutes.
2. Add the potatoes, chicken stock and nutmeg. Cover and simmer until the potatoes are tender.
3. Combine the flour and the milk in a small bowl; whisk until smooth. Add to the potatoes and stir until thickened.
4. Stir in the corn, heat through and serve.

Tip: Spice it up by adding hot sauce such as Tabasco if you like a little more kick to your chowder.

Using a small amount of butter in this recipe lends a rich flavor but adds only 7 grams of fat per serving, an excellent cost-to-benefit ratio.

Serving size: 1 cup

Nutrition Facts per Serving:

Calories: 260

Fat: 7 g

Saturated fat: 4 g

Cholesterol: 20 mg

Sodium: 180 mg

Carbohydrates: 45 g

Fiber: 5 g

Protein: 11 g

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Hawaiian Pork and Peas (Over Rice)

Stacy Haumea, RD

6 servings

2 teaspoons canola oil

1 pound lean pork, cut into chunks

2 cloves garlic, chopped

2 tablespoons reduced-sodium soy sauce

1 14 ½-ounce can spicy stewed tomatoes

1 7-ounce jar roasted red peppers in brine, drained and chopped

1 4-ounce jar chopped pimientos with juice

⅛ teaspoon ground cinnamon (or 1 cinnamon stick)

⅛ teaspoon ground black pepper

1 bay leaf

1 10-ounce package frozen petite peas

3 cups cooked white or brown rice

Pork and peas is a favorite combination in Hawaii, as is the unique blend of seasonings in this almost complete meal. Just cook some rice and your meal is done.

1. Heat the oil in a large non-stick skillet. Sauté the pork and garlic for 10 minutes.
2. Drizzle the soy sauce over the pork.
3. Stir in the tomatoes, red peppers, pimientos, cinnamon, black pepper and bay leaf.
4. Bring to a boil; reduce heat, cover and simmer for another 20 minutes.
5. Meanwhile, cook the rice as directed on the package.
6. Add the peas to the pork mixture and return to a simmer. Cover and simmer for 5 more minutes.
7. Remove the bay leaf.
8. Serve the meat over the rice.

Tip: This dish may be made one to two days ahead of time and reheated; the longer the meat and vegetables marinate, the more intense the flavors.

Serving size: ¾ cup meat mixture plus ½ cup rice

Nutrition Facts per Serving:

Calories: 300

Fat: 7 g

Saturated fat: 2 g

Cholesterol: 45 mg

Sodium: 500 mg

Carbohydrates: 36 g

Fiber: 4 g

Protein: 22 g

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Georgia Caviar (Over Greens)

Mary Etta Moorachian, PhD, RD

12 servings

- 2 15-ounce cans black-eyed peas, drained and rinsed
- 1 ½ cups low-fat vinaigrette dressing
- 1 7-ounce jar roasted red pepper, diced
- 1 small onion, diced (about ¾ cup)
- ¼ cup diced jalapenos, seeds and ribs removed
- ½ cup black olives, sliced
- ½ cup sliced mushrooms
- 1 clove garlic, minced
- ¼ to ½ teaspoon black pepper
- 2 10-ounce bags mixed or mesclun greens

Texans may serve this inland “caviar” for good luck at the New Year, but in Georgia it’s a treat all year over fresh greens.

Mix all ingredients except greens. Serve over greens.

Serving size: ⅓ cup bean mixture over 1 cup greens

Nutrition Facts per Serving:

Calories: 220	Fat: 15 g	Saturated fat: 2 g
Cholesterol: 0 mg	Sodium: 520 mg	Carbohydrates: 14 g
Fiber: 5 g	Protein: 5 g	

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Baked Halibut Bristol Bay

Tami J. Cline, MS, RD, FADA, SFNS

2 servings

- 2 5-to-6 ounce halibut steaks
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons lemon juice
- ¼ cup finely chopped celery leaves
- ¼ cup red onion, finely chopped
- ½ teaspoon black pepper
- ¼ teaspoon salt

Alaskan bush pilots cook a lot of halibut over campfires, including a simpler version of this recipe. While this recipe is simple, you’ll love the flavor burst as red onion and celery leaves fuse with the lemon juice.

1. Preheat oven to 400 degrees F.
2. Line a 9x13-inch baking dish with aluminum foil, allowing enough extra on each end to fold and seal into a pouch.
3. Place the halibut steaks in the foil.
4. Combine the oil, lemon juice, celery leaves, onion, pepper and salt in a small bowl; spoon evenly over the halibut. Seal the foil.
5. Reduce heat and bake at 300 degrees F or on a heated grill for approximately 15 minutes.

Serving size: 1 halibut steak plus ¼ cup sauce

Nutrition Facts per Serving:

Calories: 160	Fat: 9 g	Saturated fat: 1.5 g
Cholesterol: 25 mg	Sodium: 350 mg	Carbohydrates: 3 g
Fiber: 0.72 g	Protein: 17 g	

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GLUTEN-FREE

Baked Quinoa Ratatouille

4 servings

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 red onion, thinly sliced
- 14 ½-ounce can diced tomatoes with liquid (low-sodium may be used)
- 2 tablespoons tomato paste
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 1 tablespoon chopped fresh parsley
- 1 large eggplant (about 1 pound) cubed
- 1 green pepper, thinly sliced
- 2 zucchini squash, sliced
- 1 yellow summer squash, sliced
- 1 cup cooked quinoa (cooked according to package instructions and rinsed, if necessary)
- ¾ cup shredded part-skim mozzarella cheese (or Italian cheese blend, if desired)

This is ratatouille with a twist: quinoa. If you love ratatouille but have never tried quinoa, this is an appetizing way to do so. If you don't have quinoa on hand, this dish is still good without it.

1. Preheat the oven to 375 degrees.
2. Heat the olive oil in a large nonstick skillet over medium heat. Add the minced garlic and onion slices, and sauté for 5 minutes until softened.
3. Stir in the diced tomatoes, tomato paste, basil, oregano, thyme and parsley. Continue to cook for 1 to 2 minutes. Remove from heat.
4. Layer half of the tomato and onion mixture in the bottom of a 9x13-inch baking dish. Top with all of the uncooked sliced and cubed vegetables, then add the remaining tomato and onion mixture. Spread the cooked quinoa on top and sprinkle with the shredded cheese.
5. Cover with foil and bake for 40 to 45 minutes. Remove the foil for the last 5 minutes of cooking.

Tips: It's helpful to buy pre-rinsed quinoa for convenience. If you don't, you must rinse the quinoa several times before using it. Quinoa contains an outer coating of saponin that is very bitter. Use a fine colander and rinse the quinoa under cold water.

Serving size: Approximately 1 ¼ cups

Nutrition Facts per Serving:

Calories: 234	Fat: 8 g	Cholesterol: 13.4 mg	
Sodium: 380 mg	Carbohydrates: 31.4 g	Fiber: 8.3 g	Protein: 11 g

Recipe provided courtesy of John Wiley & Sons, from Easy Gluten-Free: Expert Nutrition Advice with More than 100 Recipes by Tricia Thompson, MS, RD, and Marisa Brown, MS, RD, CDE, CDN and American Dietetic Association. ©2010, John Wiley & Sons.

GLUTEN-FREE

Chocolate Banana Swirl

4 servings

- 2 cups part-skim ricotta cheese
- 1 tablespoon cocoa powder
- 2 tablespoons confectioner's sugar
- 2 tablespoons brown sugar
- 1 medium banana, sliced
- ½ teaspoon cinnamon (optional)

If you have never eaten ricotta cheese for dessert, you are in for a treat. Some of us could eat ricotta cheese mixed with sugar by the spoonful! Add gluten-free chocolate pieces for a nice twist.

1. Mix together the ricotta cheese, cocoa powder, confectioner's sugar and brown sugar until blended well.
2. Taste the mixture and add extra sweetener if desired.
3. Separate the ricotta mixture into 4 individual dessert cups.
4. Top with sliced banana, sprinkle with cinnamon and serve.

Tip: The ricotta mixture can be made without adding cocoa powder.

Serving size: ¼ of recipe

Nutrition Facts per Serving:

Calories: 231	Fat: 10 g	Cholesterol: 38 mg
Sodium: 156 mg	Carbohydrates: 22 g	Fiber: 1.4 g
Protein: 14.6 g	Calcium: 344 mg	Iron: < 1 mg

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West Texas Chipotle Chicken Salad Wrap

Lori A. Miller, RD, LD

6 servings

- ½ cup reduced-fat mayonnaise
- ¼ cup light sour cream
- 2 tablespoons fresh lime juice
- 1 jalapeño pepper, seeded and minced
- ½ teaspoon diced chipotle pepper
- ¼ teaspoon salt, optional
- 3 cups cooked chicken, cut in ¾-inch cubes
- 1 cup chopped tomato
- 1 avocado, peeled and chopped
- 3 tablespoons chopped fresh cilantro
- 6 flour tortillas

This trendy southwestern style of chicken salad is a snap made with supermarket rotisserie chicken. Make this the day before serving and let the flavors meld. Wrap in tortillas or serve on a bed of lettuce.

1. Combine the mayonnaise, sour cream, lime juice, jalapeno, chipotle peppers and salt in a large mixing bowl.
2. Place the chicken, tomato, avocado and cilantro in a bowl with the mayonnaise mixture and toss lightly to coat.
3. Top each of the 6 tortillas evenly with the chicken mixture. Roll.

Tips: This filling can serve as a cold entrée, a wrap sandwich filling or a tasty pasta salad (add 2 cups cooked orzo and increase the seasonings to taste). The chipotle, a dried roasted jalapeño pepper, is also available in powdered form.

Serving size: 1 wrap

Nutrition Facts per Serving:

Calories: 480	Fat: 20 g	Saturated fat: 4 g
Cholesterol: 65 mg	Sodium: 820 mg	Carbohydrates: 48 g
Fiber: 4 g	Protein: 28 g	

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Lentil Chili

6 servings

- ½ pound ground beef (or extra lean beef to reduce fat)
- 1 ½ cups chopped onion
- 1 clove garlic, crushed
- 2 cups cooked, drained lentils
- 1 can (29 ounce) tomatoes, diced or crushed
- 1 tablespoon chili powder
- ½ teaspoon ground cumin (optional)

This budget-wise chili recipe is quick and easy to prepare. Lentils provide protein and fiber, and are naturally low in fat.

1. In a large saucepan, brown beef over medium-high heat, breaking it into bite-sized pieces. Drain fat.
2. Reduce to medium heat. Add onion and garlic. Cook on medium heat until softened.
3. Add lentils, tomatoes, chili powder and cumin. Cook on low heat for about one hour until flavors are blended.
4. Serve with your favorite chili toppings.

Serving size: 1 cup

Nutrition Facts per Serving:

Calories: 210	Fat: 4.5 g	Saturated Fat: 1.5 g
Sodium: 470 mg	Protein: 16 g	

Source: SNAP-Ed Connection <http://recipefinder.NAL.usda.gov/>