



Make Your Favorite Recipes Healthier

The upcoming holiday season is filled with temptations of delicious pies, stuffing, cookies, breads and other foods. We may find ourselves eating more than usual. Just 100 extra calories per day can add up to a 10-pound weight gain in a year, which isn't necessarily good for our health.

Many recipes can be modified to be healthier. Before you modify your recipes, however, think about the foods and how often you have them. Is the recipe already "heart-healthy"? Do you have the special cake or pie only one time per year? If so, you may want to use the recipes "as is."

If you enjoy the recipe often, you can take simple steps to reduce calories, fat, sodium and added sweeteners. You won't lose flavor.

Fill in the Blanks

Try these tips to make your favorite recipes healthier. The answers are at the bottom.

1. When making quick bread or brownies, try using _____ puree or applesauce for part of the fat.
2. You don't need to add fat when browning meat; use a _____ pan or cooking spray.
3. In fruit crisps and quick breads, you can reduce the amount of added _____ by one-fourth; however, don't leave this ingredient out of yeast breads because it is the "food" for the yeast.
4. To reduce sodium, try using salt-free _____ or spices to add flavor.
5. When making muffins and quick breads, try reducing the amount of _____ or other added fat by one-fourth to one-third.
6. In dips, you can use plain, nonfat _____ in place of sour cream.
7. _____ soups and gravies in the refrigerator, then skim off hardened fat before reheating to serve.
8. Select lean cuts of meat and trim visible fat. Remove _____ from poultry.



- Answers**
1. fruit or prune
 2. nonstick
 3. sugar
 4. herbs
 5. oil
 6. yogurt
 7. chili
 8. skin

Visit
www.ag.ndsu.edu/foodwise
 for more information.

This program is funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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We received some frozen ground venison from our neighbors and I'm not sure how to prepare it. Any ideas?

Venison is lean meat that can be substituted for ground beef in your favorite recipes. Like other frozen meat, thaw it in the refrigerator or microwave oven. Cook wild game thoroughly to an internal temperature of 165 degrees.

For more information about wild game cookery, visit the Web site www.ag.ndsu.edu/food (click on "Wild Game Resources").

Venison or Beef Chili

- 1 pound ground venison or beef, browned
- 1 medium onion, diced
- ½ green pepper, diced
- 2 (15-ounce) cans of chili or kidney beans (may substitute soaked, dry beans)
- 1 (15-ounce) can of tomato sauce
- 1 (15-ounce) can of diced tomatoes
- 1½ c. water
- 1 packet of chili seasoning (or substitute 1 to 2 Tbsp. of chili powder, or to taste)

Brown the meat with diced onion and green pepper. Drain. Add remaining ingredients and simmer for one hour.



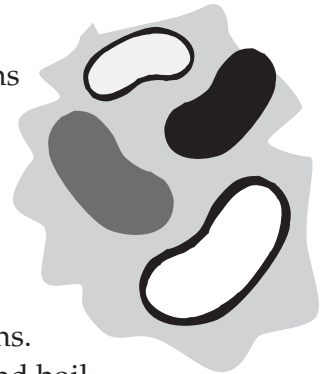
Makes six servings.
Each serving has
280 calories,
34 grams (g) carbohydrate,
5 g fat and 9 g fiber.

Menu idea: Venison Chili, corn muffins, carrot sticks, canned peaches, low-fat milk.

I have a lot of dry navy and pinto beans in my cupboard. How do I use them?

Beans are inexpensive and nutritious, and they can be used in many different recipes. They're a good source of lean protein, fiber and vitamins (including folate). They are easy to prepare, too. Soak the beans the day before you need them using this method:

- Inspect the dry beans, removing any broken beans or foreign materials.
- Rinse thoroughly in cold water.
- Add 10 cups of cold water to a cooking pot for each pound (2 cups) of dry beans. Bring the water to a boil and boil for about three minutes. Cover the pot and let stand for about four hours.
- Drain and rinse soaked beans. Add fresh, cold water to cover beans. Add salt and spices as desired and simmer over low heat until they are tender.
- Add ingredients rich in acid or calcium, such as tomatoes, chili sauce, ketchup, vinegar and molasses, after the beans have been soaked and fully cooked. If you add these ingredients too soon, they may prevent dry beans from becoming tender.



Yield: 2 cups of dry beans =
4 to 5 cups of cooked beans

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NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

