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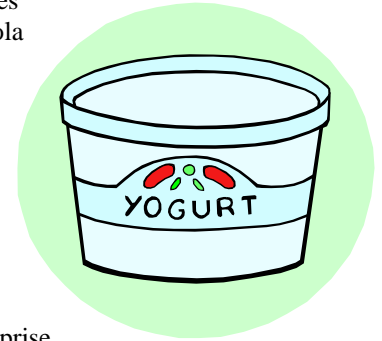
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Sponsored by IPFW/Parkview Health & Wellness Clinic and IPFW Department of
Athletics/Recreation, & Intramural Sports

www.ipfw.edu/health

2006 Nutritious & Delicious Theme:

This year the cookbook is going to be geared toward a healthy mind and body. The tips and healthy recipes will help you take care of your heart, brain, and overall well-being.

Nearly 60% of Purdue faculty and staff at all campuses completed a health risk assessment as they participated in the first year of Healthy Purdue health improvement initiative. The results showed that excess weight, stress, and mental well being issues are the top three health concerns among respondents. This year Purdue is taking it one step further. In 2007, you will be able to participate in or already qualify for some of the criteria needed for an additional \$250 on top of the \$150 you receive for filling out the Health Path Questionnaire. The Healthy Purdue financial incentive is for benefit-eligible staff only, but ALL IPFW STAFF is welcome to join us in the criteria challenge for a healthier lifestyle. Look out for new workshops being offered next year. Topics will include: Cholesterol, Healthy Eating, Blood Pressure, Self Care and Wise Consumerism.

The Health Path Questionnaire will be available on-line starting Dec 1st – Feb 28th.

You will need your Cholesterol Profile, Fasting Glucose, Height, Weight, and Blood Pressure.

You can participate in one of IPFW free wellness screenings or you can get results through your health care provider, as long as it is after September 1st, 2006.

To sign up for a Free Screening go to www.ipfw.edu/health or for more information about Healthy Purdue go to www.purdue.edu/healthypurdue. Also, information is found on page 28 & 29 of your open enrollment book.

TIPS FOR GENTLE EATING:

1. Eat when you are hungry and stop when you are comfortably full.
2. Legalize food and eating. Give yourself permission to eat what you want when you are hungry. The key is moderation.
3. Eat sitting down in a relaxed environment without distractions. Stop when distractions are decreasing your eating awareness or increasing your pace of eating. Distractions include reading, watching TV.
4. Be aware of eating due to emotional issues. Be aware of food avoidance due to emotional issues.
5. You do not have to eat everything now. You can have it later when you feel hungry again.

Back to Nutrition Basics

- 1. EAT 3 MEALS AND 2-3 SNACKS DAILY.** Make time for meals. Eating 3 meals per day plus snacks will give you energy that will last all day and keep your metabolism active. Pack healthy portable snacks such as fruit or a granola bar when you are on the go.
- 2. BUILD MEALS AROUND COMPLEX CARBOHYDRATES.** Carbohydrate foods are the main fuel source for the mind and muscles. Complex carbohydrate sources are: whole wheat breads, cereals, pasta, and rice, beans, potatoes and other starchy vegetables.
- 3. INCLUDE PROTEIN SOURCES AT EACH MEAL.** Protein sources provide essential amino acids, which are building blocks for body tissue. Lean sources include: non-fat or 1% milk, yogurt, low fat cheese, skin free poultry, seafood, lean red meats, tofu, soy, egg whites, and beans.
- 4. LIMIT HIGH FAT FOODS.** Fats provide essential fatty acids, which help transport nutrients and provide energy. Some fat is fine, yet too much may provide extra calories to cause weight gain.
- 5. LIMIT HIGH SUGAR FOODS.** High sugar foods like soda pop, candy, and desserts are high in calories and very low in nutrients.
- 6. STAY HYDRATED.** Proper hydration is important for healthy skin and organs. Drink water even if you are not thirsty. If you wait until you are thirsty, then you are already partially dehydrated. Pack a bottle of water in your backpack.
- 7. A REGISTERED DIETITIAN CAN HELP.** There are 2 Dietitians on staff at the IPFW/Parkview Health & Wellness Clinic. Call 481-5758 or e-mail kieferj@ipfw.edu for an appointment. Free for IPFW students. The Health Clinic is also available to students for a small fee. To schedule an appointment with the Health Clinic call 481-5748.

MENU

Taking Care of Yourself

- *Eat small well balance mini-meals, attentive to variety & nutritive value. Begin to draw a connection between what you eat and how you feel afterwards.*
- *Know that your body needs protein, adequate fiber, healthy carbohydrates & fats, and a multitude of vitamins and minerals each and every day.*
- *Learn to eat for true biological hunger, noting that there will be times when you want to eat for pure pleasure. Consider what you are hungry for - something cold/hot/sweet/salty/sour/spicy.*
- *Be attentive to whether you are an emotional eater and identify the factors that drive this behavior. Find an alternative activity that keeps you busy and journal for best self-discovery.*
- *Plan soul-satisfying recreation and learn that exercise not only strengthens the body, but also the mind. It can help relieve anxiety and depression.*
- *Take time to care for yourself nutritionally by organizing a weekly menu. Check out new food ideas by looking at cookbooks at the library or search on-line. Look for recipes that emphasize eating a fruits and vegetables, whole grains, lean proteins, and healthy fats.*

*Presented by Parkview Hospital Nutrition Services,
Kathy Wehrle, RD*

Appetizers

Hot Broccoli Dip

1 cup broccoli florets, chopped
2 tablespoons chopped onion
2 tablespoons chopped red bell pepper
1 cup (4 ounces) shredded cheddar cheese (reduced-fat)
½ cup light mayonnaise
½ cup light sour cream
1/4 cup grated fresh Parmesan cheese
1 garlic clove, minced
1/8 teaspoon coarsely ground black pepper



Directions:

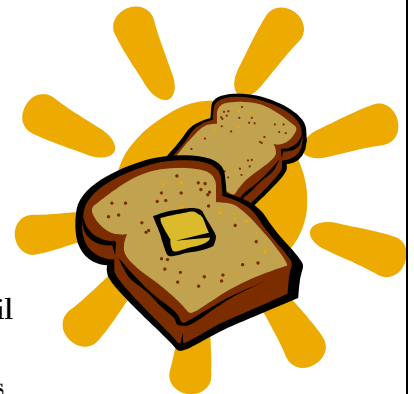
1. Preheat oven to 375°F. In medium bowl, combine broccoli, onion and bell pepper. Add cheddar cheese, mayonnaise, sour cream, Parmesan cheese, garlic and black pepper; mix well and spoon into 8x8 pan.
2. Bake 20-25 minutes or until heated through. Remove from oven; sprinkle with remaining Parmesan cheese.
3. Serve with tortilla chips, Ritz crackers or Triscuit crackers.

Kim Wagner, IPFW Arts & Sciences

Whole Wheat Herb Bread

2/3 cup water
2/3 cup fat-free skim milk
2 tsp. sugar
2 envelopes active dry yeast
3 egg whites, lightly beaten

3 Tbsp. Enova brand Oil
1 tsp. salt
½ tsp. dried basil leaves
½ tsp. dried oregano leaves
4½ cups whole-wheat flour, divided



Directions:

1. Bring water to a boil in small saucepan. Remove from heat; stir in milk and sugar. When mixture is warm (110°F to 115°F), Mix in yeast. Let stand for 10 minutes.
2. Blend egg whites, Enova brand oil, salt, basil and oregano in large bowl. Add yeast mixture; mix well. Add 4 cups flour, ½ cup at a time, mixing well after each addition, until dough is no longer sticky. Knead about 5 minutes or until smooth and elastic, adding flour, if needed. Form into a ball. Cover and let rise in warm place about 1 hour.
3. Preheat oven to 350°F. Punch down dough and place on lightly floured surface. Divide into 4 pieces and roll each piece into a ball. Lightly brush baking sheet with oil. Place balls on baking sheet. Bake 30-35 minutes or until golden.

Source: Making Foods Delicious with Enova Brand Oil, www.EnovaOil.com.



Plant Sterols: A Natural Way to Lower Your Cholesterol

Plant sterols are naturally found in vegetables, nuts, and seeds and can help promote heart health. Years of research have shown that adding plant sterols to your heart-healthy eating plan may significantly lower your cholesterol levels and your risk for heart disease.

Plant Sterol facts:

- Plant sterols are from natural plant extracts; they have been widely studied for 50 years and are recognized as safe by the FDA.
- Including 0.4 grams of plant sterols twice a day with food is a healthy addition to your heart-healthy eating plan.
- A total of 0.8 grams of plant sterols per day in a diet low in saturated fat and cholesterol can reduce LDL cholesterol by an average of 6% and total cholesterol by an average of 4-5% in as little as 4 weeks.
- It is very difficult to consume 0.8 grams of plant sterols as part of a normal diet; consuming foods with added plant sterols is an ideal way to incorporate sterols into the diet.
- Consuming more than 2-3 grams of plant sterols per day, while still safe, offers no additional benefits.
- Including wholesome foods with added plant sterols, such as certain granola bars, is a convenient way to promote your heart health.

Check Out Heart-Healthy Eating

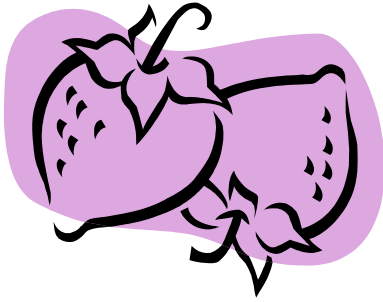
To protect your heart health, cut back on saturated and trans fats. Eat plenty of fruits, vegetables and whole grains. Get started by looking at the tips below and check off those that you are already doing. Then, plan to make other heart-healthy changes. Soon you'll be on the way to a healthier life.

- Choose foods that are baked, broiled, or steamed, rather than fried.
- Use low-fat or fat-free milk, yogurt and cheese.
- Limit foods that contain hydrogenated vegetable oils or tropical oils, such as palm kernel and coconut oils.
- Select lean meat, poultry with the skin removed or fish.
- Use liquids oils, or trans-fat free soft margarine instead of shortening, butter, stick margarine or other solid fats.
- Start your day with a whole grain cereal topped with fresh fruit.
- Include foods with added plant sterols to naturally lower cholesterol.
- Munch on popcorn, fruit chunks, raw vegetables, and granola bars or cereal made with whole grain as a wholesome snack option.

For more information on naturally-sourced plant sterols, visit www.corowise.com



Appetizers



Strawberry Sparklers (Serve as Appetizer or Dessert)

- 1 lb fresh large strawberries
- 1 c light cream cheese
- ½ c diced or chopped almonds
- 2 T. rainbow sprinkles

Directions:

1. Wash strawberries and pat dry.
2. Place cream cheese in small glass bowl, cover and microwave until soft and warm, about 30-45 seconds. Stir well.
3. Place chopped almonds and colored sprinkles in small bowl. Dip strawberries in cream cheese and then in nut/sprinkle mix.
4. Place in the refrigerator to firm up the cream cheese. Serve chilled.

Source: www.communicatingfoodforhealth.com

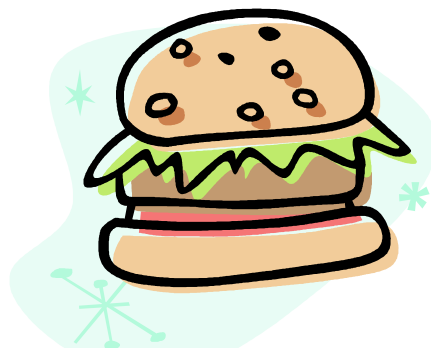
Mini Taco Burger (Can cut burger in ½ or ¼'s for appetizer or serve as main course)

- 4 nonfat veggie burgers
- 8 corn tortillas
- 4 cups dark green lettuce, washed, dried, and shredded
- 2 tomatoes, diced
- ½ cup sliced green onion
- 4 T. salsa

Directions:

1. Preheat oven to 375°F
2. Place corn tortillas on cookie sheet in a single layer, cut if using as appetizer. Allow to brown and become crisp (you can also use a toaster oven.)
3. Meanwhile heat veggie burger in microwave about 1 minute per burger.
4. Sandwich each veggie burger between 2 toasted corn tortillas topped with lettuce, tomato, green onion and salsa.

Source: Source: www.communicatingfoodforhealth.com



Better Eating for a Busy Schedule

MyPyramid Nutrition Guidelines

- 1 ½ - 2 cups of fruit per day
- 2 – 3 cups of vegetables per day
- 6 – 8 oz. equivalents of whole grain bread or cereals per day
- 2 – 4 cups of low fat milk, yogurt, or cheese per day
- 5 – 7 oz. of lean meat, poultry, fish, or plant protein per day
- 5 – 7 tsp. fat per day (limit saturated and trans fats)
- 150 – 200 “favorite” calories per day (something you enjoy)

Shape Up Tips For a Busy Schedule:

1. Cook and Freeze Ahead:

- Cook 2 dinners at the same time. Serve one tonight and one the next day.
- Cook 2 of the same dinner. Serve one tonight and freeze the other for another time.
- Cook pasta, soups, sauces, whole wheat muffins/breakfast cookies, etc. ahead of time and freeze them so you can pull them out as you need them.

2. Make Fruits and vegetables and other foods easy to eat:

- Keep a basket of fresh fruit on the counter
- Clean and pre-cut fruits and vegetables so they are easy to grab and go. They will be ready when you want to add them to a recipe or eat as a snack.
- Buy pre-cut fruits and vegetables for one pot meals, stir fry, casseroles, or salads.
- Buy pre-cut or pre-portioned meat, poultry, or fish for easy meals. Combine and heat pre-cut meat, vegetables, sauce, and seasonings for a meal
- Add leftover meat or chicken to mixed greens for a meal.

Salads

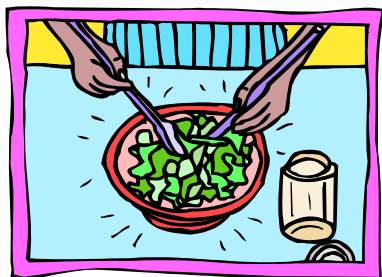
Italian Lettuce Salad

Salad Mixture:

Use Iceberg and Romaine lettuce torn
1 red pepper chopped
1 green onion chopped
½ cup parmesan cheese
1 cup provolone cheese
1 cup mozzarella cheese
Croutons (optional)

Dressing Mixture:

6- Anchovies (optional)
1 cup wine vinegar
1 teaspoon oregano
1 ½ teaspoon black pepper
1 table spoon salt (optional)
1 ½ teaspoon garlic
2 cups oil, olive, canola, sunflower, vegetable



Directions:

1. Blend dressing ingredients together in a blender or food processor
2. Toss all salad ingredients and add dressing 15 minutes before serving.

Carol Platt, IPFW Academic Counseling and Career Services

Zesty Three-Bean and Roasted Corn Salad

Salad Mixture:

Cooking Spray
1 lb. Cut green beans
¾ Cup fresh corn kernels
¾ Cup diced red bell pepper
15oz. Can black beans, rinsed/drained
1 T. Minced seeded jalapeno
16oz. Can cannelloni beans or other white Beans rinsed/drained
¼ Cup chopped fresh cilantro
½ Cup minced red onion

Dressing Mixture:

¼ Cup fresh lime juice
2 tsp. Ground Cumin
1 Cup red wine vinegar
1 tsp. Chili powder
1 Tbsp minced garlic
¼ tsp. Red chili sauce
1 T. Olive Oil
½ tsp Salt (optional)
Dash Ground red pepper

Add Before Serving:

1 cup Diced seeded tomato
1 cup Diced avocado

Directions:

1. Coat non-stick pan with cooking spray. Sauté the green beans and corn over medium heat for 3 minutes or until lightly browned.
2. Add all salad ingredients in a large bowl.
3. Whisk all dressing ingredients, then add to salad mixture
4. Cover and chill for 30 minutes and carefully add tomato and avocado just before serving.

Serves 10; Per serving: 146 calories, 6.6 grams protein, 23.1 grams carbohydrate, 5.3 grams fat
Source: Parkview Health, Kathe Wehrle, RD

Salads

3 Bean Salad

1 can green beans
1 can yellow waxed beans
1 can kidney beans
1 green pepper- chopped
1 medium onion- chopped
3/4 cups sugar or Splenda
2/3 cups white wine vinegar

1/3 cup oil
1 teaspoon salt (optional)
1 teaspoon pepper
1 teaspoon celery salt (optional)
1 teaspoon poppy seed
Dash of cayenne pepper

Salad:

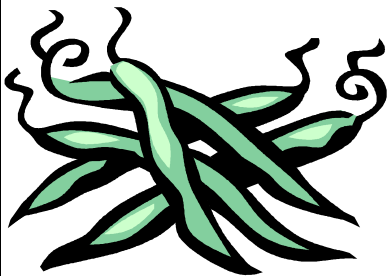
1. Drain beans
2. Combine beans, green pepper and onion in a large bowl

Dressing:

1. In a small saucepan combine sugar, vinegar, oil and seasonings.
2. Bring to a quick boil of medium heat just to melt the sugar.
3. Pour dressing over the beans and toss mix together.
4. Refrigerate over night... the longer it marinates the better it is!!!



Carol Platt, Academic Counseling and Career Services



Cold Green Bean Salad

1-2 Cans green beans
½ Yellow Onion
1 Lemon's juice
1 Lime's juice
2 Serrano peppers, chopped small
Small bunch of Cilantro, cut small

Directions:

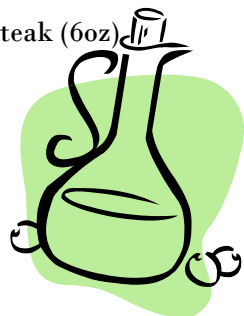
1. Mix all ingredients and chill over night in refrigerator or you can serve it right away.
2. You can serve as a salad or a topping

Rocky McCoy, 21st Century Scholars Program

Salads

Fajita Salad

- 1 Small boneless beef top sirloin steak (6oz)
- ¼ Cup fresh lime juice
- 2 Tbsp. chopped fresh cilantro
- 1 Clove garlic, minced
- 1 teaspoon chili powder
- 2 Medium red bell peppers
- 1 Medium onion



- 1 Tbsp. Enova brand oil or olive oil
- 1 Cup reduced-sodium garbanzo beans, rinsed
- 4 Cups mixed salad greens
- 1 Medium tomato, cut into wedges
- 1 Cup salsa
- Light Sour Cream (optional)
- Cilantro Sprigs (optional)

Directions:

1. Cut beef into 2 x 1 x ¼ strips. Place in resealable plastic food storage bag. Combine lime juice, cilantro, garlic and chili powder in small bowl. Pour over beef; seal bag. Let stand for 10 minutes, turning once.
2. Cut bell peppers and onions into strips. Heat oil in large nonstick skillet over medium – high heat until hot. Add bell peppers and onion. Cook and stir 6 minutes or until vegetables are crisp-tender.
3. Remove from skillet. Add beef and marinade to skillet. Cook and stir 3 minutes or until meat is cooked through. Remove from heat. Add bell peppers, onion and garbanzo beans to skillet; toss to coat with pan juices. Cool Slightly.
4. Divide salad green evenly among 4 serving plates. Top with beef mixture and tomato wedges. Serve with salsa. Garnish with sour cream and cilantro, if desired.

Source: Making Foods Delicious with Enova Brand Oil, www.EnovaOil.com .

What is Enova Brand Oil?

There are two structures of cooking and salad oil: Triglyceride (TAG) and Diglyceride (DAG). Both are digested and absorbed in the same way. But when DAG is broken down in the body, a majority of it is metabolized differently from TAG; less DAG is stored in the body as fat. Most cooking oils, including Canola and Olive are primarily TAG, with few % of DAG. Enova Brand Oil, made from all-natural soy and canola, contains at least 80% DAG oil, the highest and only DAG-rich oil available in the market.

Oriental Salad

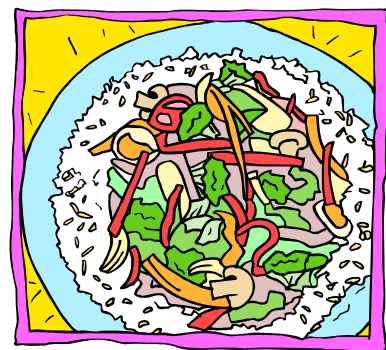
Salad:

- 1 lb. package slaw
- ½ cup toasted slivered almonds
- ½ cup salted sunflower seeds
- 2 packages crushed Ramen Noodles
- mandarin oranges or raisins (optional)

1. Mix salad ingredients together and crumble.
2. Mix Dressing ingredients and then toss in salad mixture.

Dressing:

- 6 Tbsp. vinegar
- ½ tsp. salt (optional)
- ¼ cup sugar
- ½ cup oil
- 1/8 tsp pepper



Kelley Hartley, IPFW Women's Volleyball Coach

How many fat grams can I have in one day?

It is recommended to consume between 50 and 65 grams of fat per day depending on your health needs

If you are less active and/or want to lose weight, choose closer to 50 grams of fat per day.

If you are more active and/or want to maintain weight, choose closer to 65-70 gram of fat per day.

If you change from drinking 2 cups of 2% milk each day, to drinking 2 cups of skim milk each day, you'll lose:



- A. 6 pounds in a year
- B. 10 pounds in a year
- C. 12.5 pounds in a year

Answer: C. 12.5 pounds in a year!!!!
(Lickety-Split Meals)

- Whole milk has 8 grams of fat per 1 cup
- 2% milk has 5 grams of fat per 1 cup
- 1% milk has 3 grams of fat per 1 cup
- Skim milk has 0 grams of fat per 1 cup



Only the fat is taken out of milk. All of the vitamins and minerals are the same for each type of milk. For example, the calcium in 1 cup of whole milk is the same as the amount of calcium in 1 cup of skim milk.

300mg Calcium per cup of milk
Goal: 1000 – 1200mg Calcium per day

Soup/Sides

Friendship Soup Mix

You can put in qt jar for gift with tag or just make. If putting in Jar for gift, Layer 1st eight Ingredients in the order listed. Seal Tightly.

- ½ cup Dry Split Peas
- 1/3 cup Beef Bouillon Granules (low-sodium)
- ¼ cup Barley
- ½ cup Dry Lentils
- ¼ cup Dried Minced Onions
- 2 tsp Italian Seasoning
- ½ cup Uncooked Rice
- ½ cup Alphabet Macaroni Or Other Small Macaroni



Additional Ingredients:

- 1 Pound Lean Ground Beef (Alternative: skinless turkey & smoked sausage)
- 3 Quarts Water
- 1 Can (28oz) Diced Tomatoes (undrained) or tomato Juice. (Tomatoes with green chilies puts a KICK IN IT)

To Prepare Soup:

1. In a large saucepan or Dutch oven brown beef: Drain.
2. Add the water, tomatoes and the soup mix without the macaroni.
3. Bring to a Boil add macaroni reduce heat: cover and Simmer for 15 to 20 minutes or until Macaroni, peas, lentils, and barley are tender.
4. Yield: 16 Servings (4 quarts per batch)

Charline Nestleroad, IPFW OLS

White Chili

- 1-2 lbs. Chicken (2 breasts)
- 1 48 oz. Jar of great northern beans
- 1 16 oz. Jar of salsa
- 4-8 oz. Grated Monterey jack/or cheddar cheese (reduced-fat)
- 2 tsp. Cumin

Directions:

3. Precook chicken.
4. Add all ingredients into crock pot (salsa to desired strength). Let simmer at least 30-45 min. Add water if chili becomes too thick.

This is from a Weight Watchers recipe book.

(It's so simple and yet so good, you'd think it took hours to make it taste that way.)

Bobbi Shadle, IPFW Learning Resource Center

Soup/Sides

Chicken Tortellini Soup

1 tbsp. garlic
1 white onion
4 stalks of celery
1 tsp. salt (optional)
1 tsp. pepper
2 tbsp. Extra Virgin Olive Oil

1 can cooked chicken (with the juice)
1 large or three small cans chicken broth
1 can cooked carrots (with the juice)
1 ½ tsp. thyme
1 bag frozen cheese tortellini-large cooking pan
or crock pot

Directions:

1. Cut the onion and celery into small to medium pieces
2. Sautee the Olive Oil, celery, onion, salt, and pepper
3. Add the garlic, and sauté for 5 min.
4. Pour into the crock pot or larger pot. Add the chicken, carrots, chicken broth, and Thyme
5. Allow this to heat up - the longer (up to 3 hours), the better it will taste, but this can also be a quick recipe
6. Add the tortellini, and watch for it to be cooked thoroughly, but not overcooked
7. Serve and enjoy (it is great with bread)!

Danielle Witzigreuter, IPFW Dean of Students



Beautiful Baked Veggies

1 large or two small squash
1 large or two small zucchini
1 onion (sweet or white)
1 red pepper
1 yellow pepper
5 pieces of asparagus
6 tbsp. Extra Virgin Olive Oil
1 tsp. salt (optional)
1/2 tsp. pepper

Directions:

1. Preheat oven to 350°F
2. Cut up the veggies - make them a decent size because they cook down
3. Drizzle the Olive Oil over them
4. Sprinkle the salt and pepper over them
5. Put in the oven at 350°F for 30 min., stirring every 10 min.
6. Serve and enjoy!

Danielle Witzigreuter, IPFW Dean of Students

Soup/Sides



Fresh Vegetable Medley

- 1 lb. fresh green beans
- 3 carrots sliced diagonally
- 1 yellow squash
- 1 zucchini squash
- 1 red pepper
- ½ sweet onion
- 2 minced fresh garlic cloves

Directions:

1. Use Olive oil, salt, and pepper to taste, Sauté green beans and carrots for several minutes.
2. Add rest of vegetables and minced garlic and continue to sauté until vegetables are tender crisp.

Source: Parkview Health: Recipes for a Healthy Life, Half Hour Meals

Roasted Winter Vegetables

Choose a variety of vegetables, including at least one deep color. Any of the following:

- | | |
|----------------|----------------------------|
| Carrots | Onions |
| Turnips | Sweet Potatoes |
| Irish Potatoes | Yams |
| Parsnips | New Potatoes (w/ red skin) |

Choose a variety of herbs, depending upon taste and availability. Some yummy options:

- | | |
|--------------------------|--------------------------------|
| Rosemary (fresh is best) | Tarragon |
| Basil | Thyme |
| Oregano | Garlic (mashed cloves is best) |
| Parsley | OR Garlic Powder or Granules |

Directions:

1. Decide on your herbs (1-3 plus garlic), wash and pat dry if they are fresh. Remove leaves from stem and chop or rub 1-3 Tbsp. and add to bowl of chopped veggies. If you are using dry herbs, 2 tsp. - 1 Tbsp. should be enough.
2. Pour about 1/4 – 1/3 cup extra virgin olive oil over veggies and herbs. Toss the oil and herbs throughout veggies.
3. Arrange in a single layer in an open roasting pan, and bake for 350-400°F until veggies are tender, about 30-35 minutes.

Kate Black, IPFW Personal Trainer

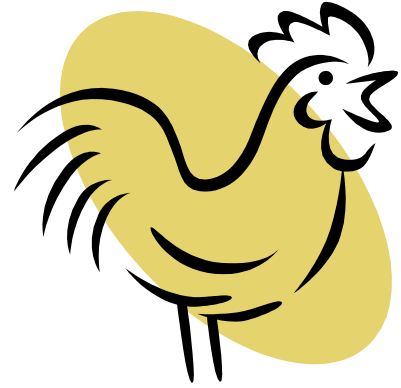
Buffalo: Your Red Meat Alternative



On a low cholesterol, low fat diet, it is recommended to limit red meat consumption (including pork) to no more than 9 oz per week. For many people, this recommendation seems hard to follow. Buffalo is an alternative you can try. This wild game source is actually LEANER and LOWER in calories and fat than skinless chicken breast. Buffalo can be bought ground or in steak form. Buffalo is a great substitute for beef in most recipes. Check your local meat markets to see if they carry buffalo. Bison farms can also be found north/northeast of Fort Wayne and meat can be purchased at these locations. For a taste of buffalo, visit Smokey Bones restaurant in Jefferson Pointe to try a buffalo burger today.

Net (100g serving)	Calories	Fat (g)	Iron (mg)
Buffalo	143	2.4	3.42
Skinless Chicken Breast	190	7.4	1.21
Beef	210	9.3	2.99
Pork	210	7.4	1.10

Main Course



Hot Chicken Dip

- 4 Chicken Breast (skinless) or 1 chicken, cooked and shredded
- 1 Can cream of chicken soup (fat free)
- ¼ Cup salsa (add more if you like more flavor)
- 12 oz Cream cheese (fat free)
- ¾ Cup onion
- ½ Teaspoon garlic powder
- Cheddar cheese (shredded and amount according to your taste, can use reduced fat)
- Can of tomatoes with green chilis - optional

Directions:

1. Put all but cheddar cheese in crock pot on low for about 2 hrs.
2. Just before serving add 4-8oz of cheddar cheese, stir, and let melt.
3. Use salt and pepper to taste. A little hot sauce will add some zip to it.
4. Serve with Tortilla chips (baked)

Charline Nestleroad, IPFW OLS

Prescription For: Heart Healthy Cooking



Address: Low Fat Entree

Date: Anytime

Chicken Fajita Pasta with Chipotle Alfredo Sauce

- | | |
|--|--|
| 8-oz dried rigatoni or Barilla Plus Penne | ¾ cup fat-free evaporated milk |
| 8-oz uncooked marinated chicken fajita meat, all visible fat removed | 1 tsp. bottled chipotle sauce |
| 1 tsp. olive oil | 1/8 tsp. pepper |
| ¾ cup frozen chopped onion or 1 large onion thinly sliced | 1 medium yellow tomato, cut into 8 wedges (optional) |
| 2 cups frozen bell pepper strips or 2 large bell peppers thinly sliced | 1/4 cup sliced black olives (optional) |

1. Prepare rigatoni using package directions, omitting salt and oil. Drain and return to pan off heat. Set aside.
2. Meanwhile, thinly slice chicken; set aside. Heat a large nonstick skillet over medium-high heat. Add oil and swirl to coat bottom of skillet. Cook onion and peppers for 2-3 minutes, or until tender, stirring occasionally. Push to one side of skillet.
3. Add chicken and cook for 6-8 minutes or until no longer pink in center, stirring occasionally. (When chicken is browned, stir onion mixture in and cook together until chicken is done.) Meanwhile, in a small bowl, combine milk, chipotle sauce and pepper.
4. Add chicken and milk mixture to cooked pasta and cook over low heat for 1-2 minutes or until warmed, stirring occasionally.
5. To serve, garnish with tomato and olives.

Makes 5 servings (1-1/2 cups per serving) Prep time: 10 minutes Cooking Time: 25-30 minutes

Nutrition information per serving: 266 calories, 19g protein, 43g carbohydrate, 3g total fat, 1g saturated fat, 272mg sodium

Refill Many Times

Fort Wayne Cardiology Physicians

Dispensed by: *American Heart Association's Meals in Minutes Cookbook*

M.D.

Main Course

Carol's Mexican Lasagna

- | | |
|---|-------------------------------|
| 1 pkg of no boil lasagna noodles | 1 can refried beans |
| 2 pkgs of taco seasoning | 1 green pepper or red |
| 1 jar of salsa (you will need 3 cups) | 1 onion |
| 1 tub of sour cream (light or fat free is fine) | 1 lb ground beef or chicken |
| 1 can of chick peas | shredded cheese (reduced-fat) |

Vegetarian = minus the meat... can add any extra vegetables.

Directions:

1. Mix 1 package taco seasoning and sour cream together in a separate bowl... set aside
2. Sauté pepper and onion together... then add chick peas... set aside (and other veggie you choose to add if doing the vegetarian version)
3. Brown meat add other package of taco seasoning (follow directions on package)
4. Place 1 ½ cups salsa in bottom of pan add one layer of noodles on top, then the sour cream mixture, another layer of noodles, then add the sauté mixture/ meet, another layer of noodles, refried beans, another layer of noodles. Top with shredded cheese then put 1 ½ cups salsa on top.
5. Cover, refrigerate over night.
6. Cover with foil and cook at 350° or 400° for about 45 minutes to an hour.... remove foil for about 10-15 minutes to brown the top.

Carol Platt, IPFW Academic Counseling and Career Services

Grilled Catfish Cajun Style

1 teaspoon lemon-pepper seasoning

1 teaspoon white pepper

1 teaspoon Creole seasoning

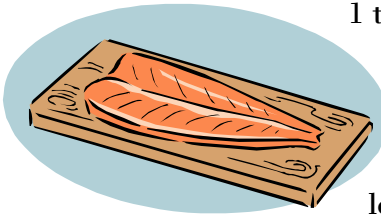
1 teaspoon blackened fish seasoning

2 tablespoon lemon juice

4 catfish fillets -- (1-1/3 lbs)

vegetable cooking spray

lemon wedges and celery tops to garnish



Directions:

1. Combine first 4 ingredients in a small bowl.
2. Sprinkle lemon juice and seasoning mixture on both sides of fish.
3. Spray a wire fish basket with cooking spray; place fish in basket. Grill fish, covered, over medium coals (400°F) for 7 to 10 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from basket; place on a serving platter.
Garnish, if desired.

Jim Hall, IPFW Operation/Maintenance

Main Course

Chicken and Broccoli Fettuccine

- 1 Bunch of broccoli
- 1 (9-ounce) Container fresh fettuccine pasta (found in the dairy section)
- 1 (14-ounce) Can chicken broth (low-sodium)
- ¼ Cup fresh lemon juice
- 3 Cups shredded roasted chicken from 1 roasted chicken. NOTE: I buy a lemon herb already Cooked rotisserie chicken from the grocery store.
- ¾ Cup freshly grated Parmesan.
- 2 Tablespoons olive oil
- 1 Tablespoon lemon zest

Directions:

Salt and freshly ground black pepper

1. Put a little bit of olive oil and some salt into a pan of water and bring to a boil. The olive oil will help the pasta so it doesn't stick. Add the fettuccine to a pot of boiling water and cook until just tender, about 2 minutes.
2. Meanwhile, bring the broth and lemon juice to a boil in a large skillet over medium-high heat. Boil until the broth reduces by half, about 5 minutes. Add the chicken and simmer just until heated through, about 2 minutes.
3. Steam the broccoli in the microwave. Add the broccoli to the chicken broth and stir to combine. Add the pasta, 1/2 cup of Parmesan (or Italian Cheese), oil, and lemon zest. Toss to coat, adding a little more chicken broth to moisten.
4. The amount of chicken broth depends on how moist you like it. Season the pasta with salt and pepper, to taste. Mound the pasta into bowls and serve. Sprinkle with the remaining cheese and serve.

Jennifer Caseldine-Bracht,

Chicken Teriyaki Satays



- | | |
|---|-------------------------------------|
| ½ cup Brown sugar | 1 Clove garlic, minced |
| ½ cup Low-sodium soy sauce | 4 Skinless, boneless chicken breast |
| 2 Tbsp. Sweet sake, mirin or dry sherry | Non-stick cooking spray |
| 1 Tbsp. Grated onion | |

Directions:

1. Sir together first 5 ingredients in a saucepan. Cook and stir, uncovered over low heat until sugar dissolves and look like thin syrup.
2. Cook for another 5 minutes and then cool. Pour soy mixture over chicken in shallow pan. Cover, refrigerate 4-6 hours or overnight, occasionally spooning marinade over
3. Thread chicken on skewers. Grill over medium heat, turning frequently until fully cooked.

Parkview Health, Recipes for a Healthy Life; Food & Mood

Main Course

Mediterranean Baked Fish

- | | |
|--|--|
| 1 tsp. Olive Oil | ¼ cup Lemon juice |
| 1 lg Onion | ¼ cup Orange juice |
| 16 oz. Diced canned tomatoes | 1 tsp. Fennel Seeds, crushed |
| 1 tsp. Minced garlic | ½ tsp. Dried oregano, Dried Thyme, & Dried Basil |
| 1 cup Dry white wine | ½ tsp. Black pepper |
| ½ cup Mushrooms, sliced | |
| 1 pound mild fish (flounder, cod, orange roughy) | |

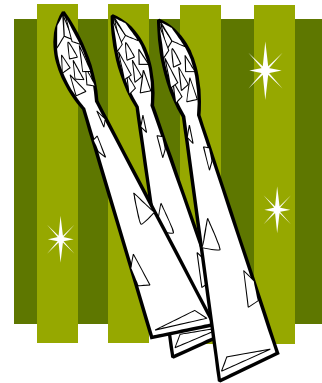
Directions:

1. Heat oil, add onion and garlic and sauté until tender
2. Add all ingredients except fish and simmer for 10 minutes uncovered.
3. Arrange fish in baking dish; cover with sauce. Bake uncovered at 375°F for about 15 minutes, until fish flakes easily.

Parkview Health, Heart Healthy Recipes; Healthy Entree

Asparagus and Smoked Chicken Enchiladas

- 1 dozen flour tortillas
- ½ cup green taco sauce
- 3 cups grated jack cheese (reduced-fat)
- 3 cups smoked chicken -- shredded
- ½ cup onion -- chopped
- 2/3 pound cooked asparagus
- ½ cup oil
- ½ cup soft tub Trans Fat Free margarine
- ½ cup flour
- ¾ cup chicken broth
- 1 cup light sour cream
- parmesan cheese



Directions:

1. Preheat oven to 425F. In a large fry pan heat oil and cook tortillas one at a time to soften. Set aside to cool
2. In saucepan melt margarine then blend in flour. Add chicken broth and cook until thick and bubbly. Add sour cream and taco sauce. Heat thoroughly.
3. On one tortilla at a time, place a handful of cheese, chicken, some onion, plenty of asparagus to extend to both ends of tortilla and 3 tablespoons above sauce.
4. Roll tortilla, place seam side down in glass dish. Sprinkle with any remaining cheese, cover with a layer of Parmesan cheese and cover with remaining sauce. Bake at 425°F for 25 minutes.

Jim Hall, IPFW Operation/Maintenance

Main Course

Calypso Pork Chops

- | | | | |
|---|-----------------------------------|---|--------------------------|
| 6 | 4 ounce boneless pork loin chops | 1 | clove garlic -- minced |
| 1 | cup chicken broth (low-sodium) | ½ | teaspoon salt (optional) |
| ½ | cup orange juice | ½ | teaspoon ground ginger |
| 2 | tablespoon dark rum -- (optional) | ¼ | teaspoon ground nutmeg |
| 2 | tablespoon lime juice | ¼ | teaspoon ground cloves |
| 2 | tablespoon brown sugar | | |

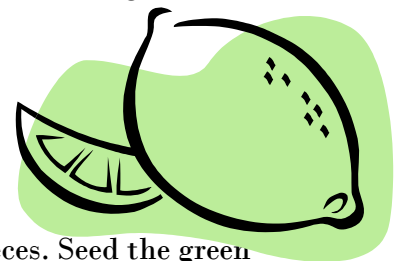
Directions:

1. Combine all ingredients in a Ziploc bag; seal bag and refrigerate for 4-24 hours.
2. Remove chops from marinade; discarding leftover marinade.
3. Grill chops quickly over indirect heat in covered grill, about 10-12 minutes, turning once to brown both sides.

Jim Hall, IPFW Operation/Maintenance

Chicken Kabobs with Lime-Herb Butter

- | | | |
|-------|---|---------------------------------------|
| 1 | pound chick breast boneless -- skinless | LIME HERB BUTTER SAUCE: |
| 1 | green bell pepper | |
| 1 | cup lime juice | 2 teaspoons lime juice |
| 1-1/3 | tablespoon sugar | 1 tablespoon mince parsley |
| ½ | teaspoon salt (optional) | 2 tablespoon Trans Fat Free margarine |
| 1 | clove garlic – minced | |
| 2 | ears corn | |
| | toasted pine nuts | |
| | parsley | |



Directions:

1. Cut chicken breast into 1-inch cubes. Cut each ear of corn into 8 pieces. Seed the green pepper and cut into 1-inch chunks.
2. Make the lime-herb butter by combining all the ingredients
3. Place chicken cubes in a shallow pan. Combine lime juice, sugar, salt, coriander and garlic. Pour over chicken and marinate for at least 30 minutes.
4. Thread chicken onto skewers, alternating with pieces of corn and pepper.
5. Grill over hot coals for 15 minutes, basting with the lime-herb butter and turning frequently.
6. Garnish with the pine nuts and parsley.

Jim Hall, IPFW Operation/Maintenance

Main Course

Turkey Sausage & Pepper Sandwiches

1½ lbs. fresh turkey sausage
1-2 medium onion, peeled and diced
16-20 oz. marinara sauce
1 tsp. Oregano
1 tsp. Basil
3-5 peppers, green, red and orange washed, cored and julienned
2-3 cloves garlic, mashed and peeled
4-8 oz mushroom (optional)
1 tsp. fennel seed, crushed slightly (optional)
Kaiser or crusty rolls

Directions:

1. Cut sausage in bite size chunks and brown in cast iron skillet if possible. Layer pepper, onions, and sausage in slow cooker. Add mashed garlic.
2. Stir herbs into marinara sauce and pour over other ingredients, approximately 2 cups.
3. Less is more with the sauce; the peppers and onions will provide a lot of moisture. Cook in slow cooker for 4 hours on high or 8 hours low. Serve on Kaiser or crusty rolls.

Kate Black, IPFW Personal Trainer



Snacks & Light Meals

Tuna Crackers

1 can tuna, single serving

Light Mayo, if desired

Crackers

1. Open a single serving can of tuna and drain, mix with mayo.
2. Eat with crackers or a pita.



Peanut Butter on Rice Cake

1 Tbsp peanut butter

2 rice cakes

1. Spread peanut butter thinly on rice cakes.
2. Eat with fruit and fat free milk

Low-Fat Yogurt and Granola

8 oz flavored yogurt

1/3 cup granola

1. Stir and eat!

Tortilla Pizza

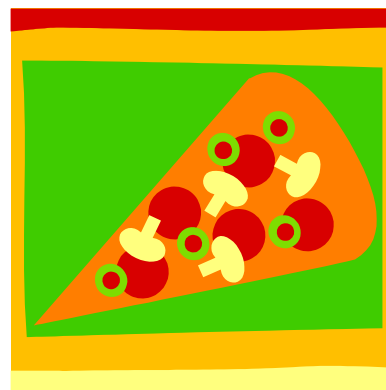
1 small tortilla

Pizza sauce

Reduced fat- shredded cheese

Your choice of toppings

1. Place tortilla on cookie sheet.
2. Add toppings of choice to the bread.
3. Heat in a 350°F oven till hot and golden brown.



Plan for a Snack Attack

Give Healthy Snack a Chance

- Avoid Trans and Saturated Fats
- Be careful with energy bars, they can be high in calories
- Avoid high fat snacks
- Include a protein (examples: 1 oz nuts, reduced-fat cheese, lean meats, beans)
- Choose foods high in dietary fiber, calcium, and vitamins
- Beware of process foods with a lot of added fats, salt and sugars
- Stay Hydrated – Thirst can be confused with hunger, avoid large quantities of caffeine
- Most important: WATCH YOUR PORTIONS – You can visit www.mypyramid.gov for specific portion sizes

Indulge Your Sensations: What are you in the mood for?

<p><u>Crunchy</u></p> <ul style="list-style-type: none"> • Toasted pumpkin seeds • Whole wheat pretzels • Light popcorn • Toasted whole wheat pita bread or • Whole wheat crackers • Dry cereal • Fresh Vegetables • Nuts and soy nuts 	<p><u>Sweet</u></p> <ul style="list-style-type: none"> • Cup non fat hot cocoa • Chocolate syrup drizzled on chopped fruit • Graham crackers, fig or animal cookies • Frozen red seedless grapes • All-fruit preserves on crackers or toast • Fruit juice Popsicle • Low fat yogurt or pudding • Angel food cake topped with berries
<p><u>Chewy</u></p> <ul style="list-style-type: none"> • Reduced fat string cheese • Raisins or other dried fruit • Half a whole wheat bagel with low fat cream cheese • Sardines 	<p><u>Beverages</u></p> <ul style="list-style-type: none"> • Fruit and low fat yogurt smoothies • Iced or hot green or black tea • Fruit or vegetable juice • Low fat or nonfat milk • Herbal teas

The Lure of the Vending Maching

- Make your own vending drawer
- Establish a vending budget
- Make smart choices:
 - Best: Nuts, dried fruit, trail mix, pretzels, baked chips, diet soda, unsweetened tea
 - Worst: Cookies, candy bars, chips, crackers, snack cakes, sandwich crackers, soda

Prepared by: Martha Lowry, Purdue Calumet Wellness Director

Snacks & Light Meals

Nachos

20 Baked tortilla chips
¼ cup reduced fat shredded cheddar cheese
fat-free refried beans
salsa
diced tomatoes, if desired

1. Put tortilla chips on microwave safe plate. Sprinkle with cheese.
2. Microwave on high 45 to 60 seconds
3. Eat with refried beans and salsa.
4. Can put in oven at 375°F until cheese is melted.



Peanut Butter Granola

¾ c. honey	1 tsp vanilla
¾ c. peanut butter	4 c. rolled oats
½ tsp cinnamon	1 c. peanuts
1 cup raisins	

1. In a saucepan, combine peanut butter, honey and cinnamon. Heat thoroughly, remove from heat, and stir in vanilla
2. Preheat oven 300° F. Place oats in large greased pan. Pour peanut butter mixture over oats and stir until all the mixture is coated.
3. Spread evenly on a cookie sheet. Bake at 300° F in oven for 35 – 40 minutes, stirring occasionally.
4. Turn off oven, stir in raisins and nuts. Let dry in the oven 1 ½ hours, stirring occasionally.
5. Store in closed container.

Source: Jenny Kieffer, IPFW Wellness

Hummus

(1) 15 ½ oz. Can of Chick Peas (rinsed and drained)
¼ cup chopped kalamata olives
¼ cup chopped roasted red peppers
2 oz. Feta cheese
3 tablespoons fresh lemon juice
2 garlic cloves (peeled)
1/8 teaspoon freshly ground black pepper
1 teaspoon kosher salt (optional)

1. Put all ingredients in a food processor and process until smooth or desired consistency.
2. Store in airtight container and refrigerate. Eat on bagels, crackers, tortilla chips, etc.

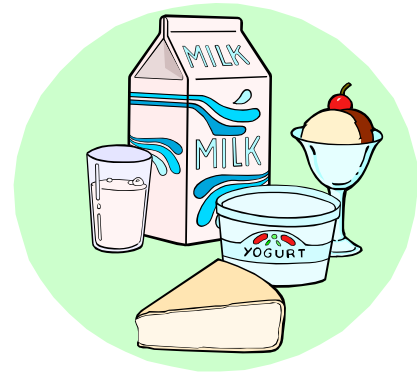
Source: Dave Sassanella, IPFW Student

Top Ten Brain Foods

Foods	Nutrients	Brain Functions
1. Whole Grain Bread Cereal	Complex Carbohydrates B Vitamins Iron	Fuel for the Brain Attention & Memory
2. Citrus Fruits (oranges, lemons, limes, grapefruit) Tomatoes	Vitamin C Phytochemicals like: Flavanones, Carotenoids (Ex. lycopene)	Antioxidants-Protects Brain Cells Enhances Iron Absorption Immune Boost
3. Grapes & Berries (blueberries, cranberries, strawberries, blackberries, etc.)	Phytochemicals (Ex. anthocyanidins & flavanones)	Antioxidants-Protects Brain Cells
4. Broccoli Cabbage Greens	Folic Acid Phytochemicals (Ex. indoles & carotenoids)	Cognitive Abilities-memory
5. Carrots Cantaloupe Sweet Potatoes Apricots	Vitamin A Phytochemicals (Ex. carotenoids, lutein & beta carotene)	Antioxidants-Protects Brain Cells Form & maintain bones, cell membranes, skin, teeth, healthy vision
6. Nuts Olive Oil Canola Oil Nut Butters	Vitamin E Essential Fatty Acids	Antioxidants-Protects Brain Cells Formation of Red Blood Cells
7. Fatty Fish (salmon, sardines, trout, anchovies, tuna) Walnuts Flaxseeds, ground	Omega 3 Fatty acids	Important for membranes of nerve cells and transport of nutrients into cells Better memory and moods
8. Lean Meat Poultry Beans	Protein, which supplies essential amino acids Vitamins B ₆ & B ₁₂ Iron`	Cognitive Abilities-memory Production of neurotransmitters (Ex. dopamine, acetylcholine)
9. Yogurt Milk Cheese	Protein, which supplies essential amino acids Calcium Vitamin D	Production of neurotransmitters (Ex. dopamine & acetylcholine) Memory Strong bones & Skull
10. Water		Helps brain work well Water makes up 80% of blood Proper hydration Transportation of nutrients and elimination of waste products

Prepared By: Judy Tillapaugh, RD & Jenny Kieffer, RD
IPFW/Parkview Health & Wellness Clinic, www.ipfw.edu/health

Desserts



Angel Food Ice Cream Surprise

Either a homemade angel food cake or an already-made one
Vanilla ice cream (Edy's Grand Light - churned is good)
Chocolate syrup (lite or regular)
Caramel syrup (lite or regular)

Directions:

1. Allow the ice cream to become soft, by setting it out for a few minutes.
2. Cut the angel food cake in half, so that there can be a top and bottom layered effect.
3. Spread or scoop ice cream around the top of the bottom half of the cake, and drizzle with the syrups.
4. Put the top on and add more ice cream on top, drizzling again with the syrups.
5. Chill and then serve!

Source: Danielle Witzigreuter, IPFW Dean of Students

Peanut Butter Pie

- 1 gram cracker crust- chocolate or regular
- 1 brick of cream cheese (you can use light...I would not recommend fat free)
- 1 cup of natural peanut butter
- 1½ cups powdered sugar
- ¼ cup evaporated skim milk
- 1 Tbsp. vanilla
- ¼ cup hot fudge
- 1 8oz tub of Cool Whip topping (you can use light or fat free here too)

You can buy a gram cracker crust or make one.

1. Soften cream cheese.
2. Mix peanut butter and cream cheese together, then add cream and vanilla, mix well.
3. Stir in powdered sugar, mix well
4. Then mix in Cool Whip, mix well.
5. Put mixture in crust, drizzle hot fudge on top of pie, cover and freeze for about 45 minutes.

Carol Platt, Academic Counseling and Career Services

Desserts

Sugar-Free Pumpkin Bread

1/2 cup pumpkin puree	1/4 tsp. ground cloves
3/4 cup Splenda	1/4 tsp. ground nutmeg
1/4 cup nonfat milk	1/4 tsp. ground ginger
1/2 cup unsweetened applesauce	3 egg whites
1 tsp. oil	2 1/2 cups light baking mix (light Bisquick)
1/4 tsp. vanilla extract	1 tsp. baking soda
1/2 tsp. cinnamon	

Directions:

1. Preheat oven to 350°F.
2. Mix first 11 ingredients together. Add baking mix and baking soda and mix well.
3. Spray loaf pan with nonstick spray, pour batter into pan.
4. Bake 45 - 55 minutes depending on your oven (I check at 40)
5. Let rest about 15 minutes then remove from pan. Let cool for a few hours
6. Enjoy!

Alternative:

Swap out the pumpkin for ½ cup mashed banana (2 regular sized bananas) and remove the cinnamon, cloves, nutmeg and ginger. Now you have Sugar-Free Banana Bread which you can add things like strawberries or blueberries to change it up a bit.

Laural Dailey, IPFW Dean of Students

Cream Cheese Bars (Can be used as an appetizer or breakfast pastry also)

2 pkg. crescent rolls (can us low fat variety)
2 - 8 oz. pkg. cream cheese (can use low fat)
1 - 2 Tbsp. sugar (can use Splenda) to taste
1 egg yolk (separate white)
1 tsp. vanilla

Cream softened cheese, add sugar/Splenda, yold, and vanilla. Mix well. Put 1 package rolls in bottom on a 9 X 12 inch pan and seal perforations to make an oblong. Pour filling down center and spread to 1 inch of edge of roll sides. Put other package of rolls on wax paper. Work to make an oblong crust and lay on top. Beat egg whites, glaze top (optional). Bake for 30 minutes at 350 degrees. When cool, glaze top by mixing confectioners sugar and water or white icing and drizzle onto crust. Cut into bite size squares.

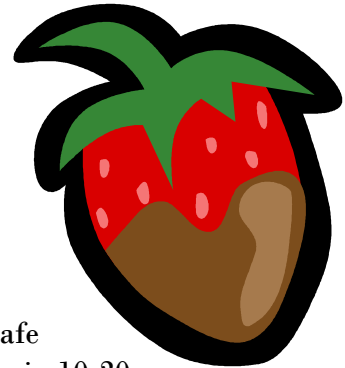
Cheryl Sorge, IPFW Department of Nursing



Desserts

Chocolate Dipped Fruit

1 (6oz) box semi-sweet chocolate baking bars (or 1 cup morsels)
1 Tbsp. vegetable shortening (try to get Trans Fat Free)
18 pieces bite-size fresh fruit (strawberries, orange, kiwi, banana, pineapple, etc), rinsed and dried.



Directions:

1. Line baking sheet with waxed paper or parchment paper.
2. Microwave morsels/bar and shortening in medium, microwave-safe bowl on medium-high (70%) for 1 minute. Stir. Then microwave in 10-20 second intervals, stirring until smooth; cool slightly.
3. Dip fruit about halfway into chocolate, transferring to lined baking sheet. Let stand in cool dry place until chocolate is firm.

Source: Parkview Health, Recipes for Healthy Life: Healthy Snack.

Crustless Pumpking Pie

1 (15oz) can pumpkin	3 tsp. pumpkin pie spice
1 (12oz) can evaporated skim milk	1 tsp. vanilla
3 egg whites	2/3 cup sugar
½ tsp. salt	



Directions:

1. Preheat oven to 400°F.
2. Spray a 9-inch pan with cooking spray
3. Combine all ingredients and mix well. Spread evenly in pie pan.
4. Bake in 400° oven for 15 minutes.
5. Change oven to 325°, bake for 45 minutes.
6. Cool before serving

Source: Parkview Health, Holiday Recipes: Holiday Recipes for Lighter Living.

Blueberry Banana Smoothie

8 oz. vanilla yogurt
½ cup blueberries, fresh or frozen
½ banana

Directions:

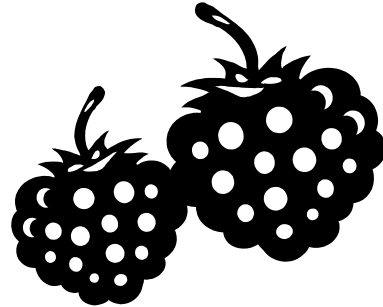
1. Put all ingredients in the blender until smooth. Enjoy!!

Source: Parkview Health, Recipes for Healthy Life: Healthy Snack.

Desserts

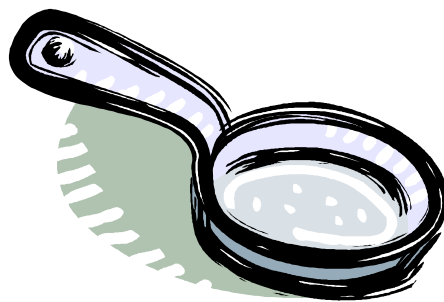
Fresh Blackberry Cobbler

2 Tablespoons cornstarch
¼ cup cold water
1 ½ cups sugar
1 Tablespoon lemon juice
4 cups blackberries, picked over, rinsed & drained
1 cup flour
1 teaspoon baking powder
½ teaspoon salt
6 Tablespoons Trans Fat Free margarine
1/4 cup boiling water



1. In a large bowl, stir together the cornstarch and 1/4 cup cold water until cornstarch is completely dissolved.
2. Add 1 cup sugar, lemon juice, and blackberries; combine gently. Transfer to an 8-inch cast iron skillet.
3. In a bowl, combine the flour, remaining sugar, baking powder, and salt.
4. Blend in the butter until the mixture resembles coarse meal. Add 1/4 cup boiling water and stir the mixture just until soft dough is formed.
5. Bring the blackberry mixture to a boil, stirring. Drop spoonfuls of the dough carefully onto the boiling mixture. Bake the cobbler skillet on a cookie sheet (line with foil to avoid a mess if it boils over) in the middle of a preheated 400° oven for 20 to 25 minutes or until the topping is golden.
6. Serve warm with vanilla ice cream or whipped cream.

Jim Hall, IPFW Operations Manager



Sample Menu Ideas (1800-2000 calories)

Breakfast

1 ½ cup Raisin Bran
1 cup milk (preferably skim or 1%)
banana or ½ cup 100% juice

Lunch

6" Turkey Sub w/ veggies
Baked Doritos
diet pop (Substitute with milk for higher nutritional value)

Snack

fruit, pudding, or granola bar

Dinner

1 cup cooked pasta
½ cup pasta sauce
shredded cheese
3oz chicken breast
1 cup milk
Fruit or vegetables

Snack

½ - 1 cup ice cream

Breakfast

english muffin with light cream cheese
mocha made with skim milk
fruit

Snack

trail mix from vending machine

Lunch

kids meal from McDonalds
w/ diet coke or skim milk

Dinner

grilled cheese
tomato soup
salad w/ light ranch dressing

Snack

3 cups light microwave popcorn

Breakfast

granola
fruit
milk

Snack

Low-fat yogurt and grapes

Lunch

Tuna with light mayo and crackers
diet pop (Substitute with milk for higher nutritional value)

Snack

fruit, carrots, pudding, or granola bar

Dinner

Broccoli Rice Casserole
1 pc bread with butter
fruit
1 cup milk

Snack

bagel with light cream cheese

Smart Grocery Shopping

1. Concentrate shopping time around the perimeter of the grocery store. Fill your cart with produce first.
2. Watch your beverages. Choose 100% fruit juices instead of juice drinks and beware of soft drinks, which can contain up to 11 teaspoons of sugar.
3. Do not shop when you are hungry.
4. Think whole grains! Cereals are a great source of fiber. Find cereals with at least 5g fiber per serving.
5. Beware of featured items at the end of aisles and at the check out counter. These foods are usually loaded with fat and calories plus make you spend more money on things you don't really need.
6. Make a list, and stick to it.
7. If you are trying to find convenient, on-the-go items, look for foods that are high in fiber and have both carbohydrates and protein.

Prepared by: Jenny Kieffer, RD, IPFW Wellness Program Assistant

For more information visit www.ipfw.edu/health or call 481-5758, e-mail kiefferj@ipfw.edu



Give Yourself a Healthy Holiday!

Feel Good About Yourself Today – Being healthy and happy is the most important thing. Celebrate and appreciate your natural body shape – treat yourself with the respect that you deserve.

Be Fit – Make fun activities part of your life and you'll feel great!

Listen to your body – Take time to enjoy your meals and stop when you are full. Your body needs food every three to four hours. Choose nutritious foods you like.

Don't Diet – Most diets don't work. Usually, they don't improve your health; in fact, some can actually be dangerous to your health.

Fit in Your Favorite Foods - Don't exclude the foods you love; it's OK to eat "junk food" once in a while. In moderation, your favorite foods can be a part of a healthy lifestyle.

Look at the Big Picture—not at each calorie. Follow a healthy lifestyle most of the time, worry less, and focus on the reasons for the season!

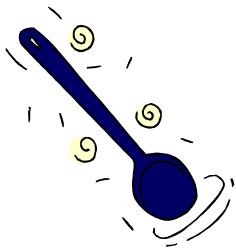
*For more information on following a healthy lifestyle, visit
www.eatingmindfully.com
Visit our webpage at www.ipfw.edu/health
Call us at 481-5758*

Written By Darcy E. Lewis, Dietetic Intern, Ball Memorial Hospital, 10/31/06



Nutritious & Delicious Recipe Book III

(Cover)



Taking Care of Yourself

This year the cookbook is geared toward helping you with a healthy mind and body. The tips and healthy recipes will help you take care of your heart, brain, and overall well-being.



Sponsored by IPFW/Parkview Health & Wellness Clinic
and IPFW Department of Athletics/Recreation, &
Intramural Sports. Visit: www.ipfw.edu/health