

HEALTHY OKLAHOMA

The "Healthy Oklahoma" program encourages Pittsburg County residents to adopt healthy practices and attitudes that affect both mind and body.

This program helps people learn to manage food resources and handle food safety. We teach how proper nutrition and a healthy lifestyle can improve quality of life.

The new educational emphasis for the next five years has changed from a general nutritional curriculum to a major impact agenda on overweight and obesity. "Healthy Oklahoma" will target youth and children for the next three years.

The extension service provides free nutritional curriculum encouraging youth and children to make sound food choices today so that they will have a healthy lifestyle in adulthood. Being overweight ranks seventh among the nation's preventable causes of death, according to the Centers for Disease Control and Prevention. "Healthy Oklahoma" is set to help counteract this growing epidemic in Southeast Oklahoma

Recipe Book Prepared By:
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~Garden Goodies~



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Apple Berry Cobbler

Ingredients

1 cup fresh raspberries
1 cup fresh blueberries
2 cups chopped apples
2 tablespoons brown sugar
1/2 teaspoon ground cinnamon
1 teaspoon lemon zest
2 teaspoons lemon juice
1 1/2 tablespoons cornstarch

For the topping

Egg white from 1 large egg
1/4 cup soy milk
1/4 teaspoon salt
1/2 teaspoon vanilla
1 1/2 tablespoons brown sugar
3/4 cup whole-wheat pastry flour

Directions

Preheat the oven to 350 F. Lightly coat 6 individual oven-proof ramekins or soufflé dishes with cooking spray. In a medium bowl, add the raspberries, blueberries, apples, sugar, cinnamon, lemon zest and lemon juice. Stir to mix evenly. Add the cornstarch and stir until the cornstarch dissolves. Set aside. In a separate bowl add the egg white and whisk until lightly beaten. Add the soy milk, salt, vanilla, sugar and pastry flour. Stir to mix well. Divide the berry mixture evenly among the prepared dishes. Pour the topping over each. Arrange the ramekins on a large baking pan and place in oven. Bake until the berries are tender and the topping is golden brown, about 30 minutes. Serve warm.

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Corn Fritters

Ingredients:

1 egg, slightly beaten
1 1/3 c. flour
1 tsp. salt
1 1/2 tsp. baking powder
17 oz. can cream corn

Directions:

Powdered sugar
Mix ingredients in bowl. In medium to large size frying pan put enough Crisco to cook fritters. Use a tablespoon to measure fritters (if fritters don't float - you need more shortening). Remove fritters after browning, drain on paper towel. Coat with powdered sugar.

Fruit Pudding

Ingredients:

1 cup graham cracker crumbs
2/3 stick butter melted
1/4 cup sugar or splenda
1/2 cup chopped pecans
1 can crushed pineapple (drained)
3 medium sized bananas sliced
1 (8oz.) pkg. cream cheese
2 pkgs. lemon instant pudding mix
3 1/2 cups cold milk
1 8 oz. cool whip

Directions:

Mix the crackers, butter, sugar and pecans in a bowl then press into a 9x13 pan or casserole dish. Drain the pineapple. Slice bananas and cover with the juice from pineapple and let set while mix the rest of the ingredients. Beat the cream cheese til smooth then add the pudding mix and the milk gradually and beat till thick and smooth. Place bananas on top of the crust. Then add the pudding mix. Then spread the pineapple on top of the pudding mix. Then cover with cool whip and sprinkle chopped pecans on top . Let set for at least 30 minutes before eating.

Recipe by Polly Hamilton, McAlester, OK

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Caramelized Pear Bread Pudding

Ingredients

12 ounces sturdy multigrain bread, cut into 1-inch cubes
1 tablespoon unsalted butter
2 tablespoons canola oil
3 large, firm yet ripe pears, peeled, halved, cored and thinly sliced
2 pinches of allspice
2 3/4 cups 1 percent low-fat milk
2 eggs, lightly beaten
3 tablespoons firmly packed light brown sugar
2 tablespoons dark honey
2 teaspoons vanilla extract
1 teaspoon ground cinnamon
1/8 teaspoon ground cloves

Directions

Preheat the oven to 350 F. Lightly coat a 9-inch square baking dish with cooking spray. Arrange the bread cubes in a single layer on a baking sheet. Bake until lightly toasted, about 5 minutes. Set aside. In a large, nonstick frying pan, melt 1 1/2 teaspoons of the butter over medium heat until frothy. Stir in 1 tablespoon of the canola oil. Add half of the pear slices to the pan and sauté until evenly browned, about 10 minutes. Sprinkle a generous pinch of allspice onto the pears, then transfer them to a plate. Repeat with the remaining butter, oil, pears and allspice. Arrange half of the toasted bread cubes evenly in the bottom of the prepared baking dish. Top with half of the sautéed pears and then the remaining bread cubes. In a large bowl, combine the milk, eggs, 2 tablespoons of the sugar, the honey, vanilla, cinnamon and cloves. Whisk until well blended. Pour the milk mixture over the bread and cover with plastic wrap. Let stand for 20 to 30 minutes, pressing down gently every so often until the bread absorbs the milk mixture. Remove the plastic wrap and arrange the remaining pears on top. Sprinkle with the remaining 1 tablespoon sugar. Bake until a knife inserted into the center of the pudding comes out clean, 45 to 55 minutes. Let cool for 10 minutes before serving.

Pumpkin Hazelnut Tea Cake

1

Ingredients

3 tablespoons canola oil
3/4 cup homemade or canned pumpkin puree
1/2 cup honey
3 tablespoons firmly packed brown sugar
2 eggs, lightly beaten
1 cup whole-wheat (whole-meal) flour
1/2 cup all-purpose (plain) flour
2 tablespoons flaxseed
1/2 teaspoon baking powder
1/2 teaspoon ground allspice
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/4 teaspoon salt
2 tablespoons chopped hazelnuts (filberts)

Directions

Preheat the oven to 350 F. Lightly coat an 8-by-4-inch loaf pan with cooking spray. In a large bowl, using an electric mixer on low speed, beat together the canola oil, pumpkin puree, honey, brown sugar and eggs until well blended. In a small bowl, whisk together the flours, flaxseed, baking powder, allspice, cinnamon, nutmeg, cloves and salt. Add the flour mixture to the pumpkin mixture and, using the electric mixer on medium speed, beat until well blended. Pour the batter into the prepared pan. Sprinkle the hazelnuts evenly over the top and press down gently to lodge the nuts into the batter. Bake until a toothpick inserted into the center of the loaf comes out clean, about 50 to 55 minutes. Let cool in the pan on a wire rack for 10 minutes. Turn the loaf out of the pan onto the rack and let cool completely. Cut into 12 slices to serve.

Pumpkin Cream Cheese Carrot Bars

Ingredients:

1/2 cup whole wheat pastry flour
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
2 tsp. baking powder
1 tsp. baking soda
1 cup white sugar
1/2 cup brown sugar
1/3 cup butter, softened
2 large eggs
2 large egg whites
1 15 oz. can pumpkin puree
1 cup shredded carrots

Directions: Preheat oven to 350. Spray a 9 x 13 pan with nonstick cooking spray. In a small bowl, mix cream cheese and orange juice together. Set aside. Mix flours, cinnamon, nutmeg, cloves, baking powder and baking soda in a small bowl. In a large mixing bowl, cream together white and brown sugars and butter. Beat eggs, egg whites, pumpkin puree and shredded carrots into the sugar-butter mixture. Add dry ingredients, mixing until moistened. Pour into the prepared pan. Using a teaspoon, drop spoonfuls of cream cheese mixture over batter. Swirl with a knife, until you get a marbled effect. Bake for 25-30 minutes.

Makes 36 bars.

Per serving: Calories: 97, Total Fat: 3 g (saturated fat: 2 g), Cholesterol: 18 mg, Sodium: 80 mg, Fiber: 1 g, Protein: 2 g, Vitamin A: 42%, Vitamin C: 2%, Calcium: 3%, Iron: 4%

Butternut Squash Pie

Ingredients:

1/4 cup butter, melted
2 cups crushed gingersnaps
20 oz butternut squash, peeled, seeded and cubed
(about 3 cups)
1-1/4 cups nonfat yogurt
5 egg yolks
3/4 cup brown sugar
1-1/2 tsp. pumpkin pie spice

Directions:

Toss gingersnaps with melted butter in a bowl.
Spread into the bottom and up the sides of a 9-inch pie plate. Refrigerate for 15 minutes. Take out of the refrigerator and bake at 350 degrees for 12-15 minutes until lightly browned. Cool.

Turn oven temperature up to 400 degrees.

Put butternut squash in a microwave-safe bowl and microwave for 5-6 minutes, until fork-tender. Puree squash and remaining ingredients in a food processor or blender until smooth.

Rhubarb Pecan Muffins

Ingredients

1 cup all-purpose (plain) flour
1 cup whole-wheat (whole-meal) flour
1/2 cup sugar
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 egg whites
2 tablespoons canola oil
2 tablespoons unsweetened applesauce
2 teaspoons grated orange peel
3/4 cup calcium-fortified orange juice
1 1/4 cup finely chopped rhubarb
2 tablespoons chopped pecans

Directions

Preheat the oven to 350 F. Line a muffin pan with paper or foil liners.

In a large mixing bowl, combine the flours, sugar, baking powder, baking soda and salt. Stir to mix evenly.

In a separate bowl, add the egg whites, canola oil, applesauce, orange peel and orange juice. Using an electric mixer, beat until smooth. Add to the flour mixture and blend just until moistened but still lumpy. Stir in the chopped rhubarb.

Spoon the batter into 12 muffin cups, filling each cup about 2/3 full. Sprinkle 1/2 teaspoon of chopped pecans onto each muffin and bake until springy to the touch, about 25 to 30 minutes. Let cool for 5 minutes, then transfer the muffins to a wire rack to cool completely.

Carrot and Spice Quick Bread

Ingredients

1/2 cup sifted all-purpose flour
1 cup whole-wheat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/3 cup trans fat-free buttery blend, softened to room temperature
1/4 cup, plus 2 tablespoons, firmly packed brown sugar
1/3 cup skim milk
2 tablespoons unsweetened orange juice
Egg substitute equivalent to 1 egg, or 2 egg whites, beaten
1 teaspoon vanilla extract
1 teaspoon grated orange rind
1 1/2 cups shredded carrots
2 tablespoons golden raisins
1 tablespoon finely chopped walnuts

Directions

Combine first 6 ingredients in a small bowl. Set aside. Using a mixer, or stirring vigorously by hand, cream buttery blend in a good-sized mixing bowl. Gradually add sugar, beating well. Beat in milk, orange juice, egg, vanilla and orange rind. Stir in carrots, raisins and walnuts. Add reserved dry ingredients. Mix well. Spoon batter into 2 1/2-by-4 1/2-by-8 1/2-inch loaf pan coated with cooking spray. Bake at 375 F for 45 minutes, or until wooden pick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan and let cool completely on wire rack.

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Date-Walnut Cake With Warm Honey Sauce

Ingredients

3/4 cup old-fashioned rolled oats
1 cup boiling water
1/4 cup firmly packed light brown sugar
1/4 cup dark honey
1/4 cup canola oil
2 eggs
1 teaspoon vanilla extract
3/4 cup all-purpose (plain) flour
1/2 cup whole-wheat (whole-meal) cake (soft-wheat) flour
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/4 teaspoon ground nutmeg
1/8 teaspoon salt
1/3 cup low-fat buttermilk
1/4 cup chopped dried dates
1 1/2 tablespoons chopped walnuts
For the sauce
1/2 cup 1 percent low-fat milk
1/4 teaspoon ground nutmeg
1/4 cup dark honey

Directions

Preheat the oven to 350 F. Lightly coat a 9-inch round cake pan with cooking spray. In a large bowl, combine the oats and boiling water. Stir to mix. Let stand until the water is absorbed, about 20 minutes. Stir in the brown sugar, honey and canola oil. Add the eggs, one at a time, beating well after each addition. Stir in the vanilla. In a small bowl, combine the flours, cinnamon, baking soda, nutmeg and salt. Whisk to blend. Add the flour mixture to the oat mixture, alternating with the buttermilk, beginning and ending with the flour mixture. Gently fold in the dates and walnuts. Pour the batter into the prepared pan and bake until the cake springs back when touched lightly in the center, 25 to 30 minutes. Place the pan on a wire rack to cool slightly. Transfer the cake to a serving plate. To make the sauce, in a small, heavy saucepan over medium-low heat, combine the milk and nutmeg and bring to a simmer. Whisk in the honey, raise the heat to medium and bring to a boil, stirring constantly. Continue cooking and stirring until the mixture thickens slightly, about 3 minutes. Cut the cake into 8 wedges and serve warm or at room temperature. Drizzle with the warm honey sauce.

Baked Apples With Cherries and Almonds

Ingredients

1/3 cup dried cherries, coarsely chopped
3 tablespoons chopped almonds
1 tablespoon wheat germ
1 tablespoon firmly packed brown sugar
1/2 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
6 small Golden Delicious apples, about 1 3/4 pounds total weight
1/2 cup apple juice
1/4 cup water
2 tablespoons dark honey
2 teaspoons walnut oil or canola oil

Directions

Preheat the oven to 350 F. In a small bowl, toss together the cherries, almonds, wheat germ, brown sugar, cinnamon and nutmeg until all the ingredients are evenly distributed. Set aside. The apples can be left unpeeled, if you like. To peel the apples in a decorative fashion, with a vegetable peeler or a sharp knife, remove the peel from each apple in a circular motion, skipping every other row so that rows of peel alternate with rows of apple flesh. Working from the stem end, core each apple, stopping 3/4 inch from the bottom. Divide the cherry mixture evenly among the apples, pressing the mixture gently into each cavity. Arrange the apples upright in a heavy ovenproof frying pan or small baking dish just large enough to hold them. Pour the apple juice and water into the pan. Drizzle the honey and oil evenly over the apples, and cover the pan snugly with aluminum foil. Bake until the apples are tender when pierced with a knife, 50 to 60 minutes. Transfer the apples to individual plates and drizzle with the pan juices. Serve warm or at room temperature.

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Yogurt Almond Ice Cream

Ingredients

2 cups fat-free plain yogurt, without gum additives or stabilizers
1 cup low-fat vanilla soy milk (soya milk), chilled
1/3 cup honey
1 tablespoon canola oil
1/4 cup coarsely chopped almonds

Directions

Place a bowl in the freezer to chill.

In another bowl, whisk together the yogurt, soy milk, honey and canola oil until well blended. Pour the mixture into an ice-cream maker and prepare according to the manufacturer's instructions.

When the ice cream is firm, transfer to the chilled bowl and add the nuts. Stir gently to distribute evenly. Serve immediately or store in the freezer until ready to serve.