

Recipes of the Month

Choosing to eat healthy does not mean you have to sacrifice on taste. The Department of Recreational Sports offers monthly recipes that will show you how to prepare everyday foods in a healthy, tasty and creative way.

Breakfast: Applesauce Pancakes

Ingredients:

1¼ cups milk, low-fat
2 large fresh eggs, beaten or ½ cup whole frozen eggs (4), thawed
¼ cup vegetable oil (2 Tbsp)
2 cups canned applesauce (1 lb 2 oz)
3 cups all-purpose flour (15 oz)
2 Tbsp baking powder
1 tsp salt
¼ cup sugar
¼ tsp ground cinnamon

Directions:

1. In a mixing bowl, use the paddle attachment on low speed to combine milk, eggs, oil, and applesauce. Mix for 1 minute until blended.
2. Sift in flour, baking powder, salt, sugar, and cinnamon.
3. Using the whip attachment on low speed, mix batter for 15 seconds until combined. Scrape down the sides of the bowl. Increase speed to medium and mix for 1 minute.
4. Portion batter with level No. 20 scoop (3⅓ Tbsp) onto griddle, which has been heated to 375° F.
5. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned, about 2 minutes.
6. Turn and cook until lightly browned on other side, about 1 minute.

Lunch: Sunshine Salad

Ingredients:

5 cups spinach leaves, packed, washed, and dried well
½ red onion, sliced thin
½ red pepper, sliced
1 whole cucumber, sliced
2 oranges, peeled and chopped into bite-size pieces
⅓ cup of bottle "lite" vinaigrette dressing (around 15 calories per tablespoon or less)

Directions:

1. Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Dinner: Turkey Stir-Fry

Ingredients:

- 1 chicken bouillon cube
- ½ cup hot water
- 2 Tbsp soy sauce
- 1 Tbsp cornstarch
- 2 Tbsp vegetable oil
- ½ tsp garlic powder
- 1 lb turkey, cubed
- 1¾ cups carrots, thinly sliced
- 1 cup zucchini, sliced
- ½ cup onions, thinly sliced
- ¼ cup hot water

Directions:

1. Combine chicken bouillon cube and hot water to make broth; stir until dissolved.
2. Combine broth, soy sauce, and cornstarch in small bowl. Set aside.
3. Heat oil in skillet over high heat. Add garlic and turkey. Cook, stirring, until turkey is thoroughly cooked and no longer pink in color.
4. Add carrots, zucchini, onion, and water to cooked turkey. Cover and cook, stirring occasionally, until vegetables are tender-crisp, about 5 minutes. Uncover; bring turkey mixture to boil. Cook until almost all liquid has evaporated.
5. Stir in cornstarch mixture. Bring to boil, stirring constantly until thickened.

Dessert: Mousse à la Banana

Ingredients:

- 2 Tbsp milk, low-fat (1%)
- 4 tsp sugar
- 1 tsp vanilla
- 1 medium banana, cut into quarters
- 1 cup plain yogurt, low-fat
- 8¼-inch banana slices

Directions:

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill.
3. Spoon into four dessert dishes; garnish each with two banana slices just before serving.