HEALTHIER TRADITIONS Cookbook
A Healthy Twist on Traditional American Dishes

Mac ‘n’ Cheese

17 American Classics!
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Suzanne Hollander is a Los Angeles-based Registered Dietician Nutritionist working in both clinical and private practice. As a clinical dietitian at UCLA, Suzanne works with multidisciplinary medical teams focused on the treatment of pediatric and adult clients with complex nutritional needs. Suzanne is a Board Certified Specialist in Pediatric Nutrition and is trained in Motivational Interviewing. In private practice, Suzanne enjoys working with children, families, and adults who are seeking motivation and education that will solidify sustainable, healthy lifestyle change. Suzanne attended the University of Virginia as an undergraduate and completed her Master of Science in Clinical Nutrition and dietetic internship at New York University.

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Christina Badaracco is pursuing a career in nutrition due to her passion for improving access to healthy and sustainable food and educating Americans about the connections between food and health. She also loves to experiment with healthy recipes in the kitchen and share her creations and inspire others to cook. Christina is completing her Master of Public Health and Registered Dietician requirements at the University of California at Berkeley. She graduated from Princeton University with a degree in Ecology and Evolutionary Biology, after conducting her thesis on sustainable agriculture and energy in Kenya. She has done clinical nutrition research at the National Institutes of Health, menu planning and nutrition education at the Oakland Unified School District, and communications at the Environmental Protection Agency’s Office of Water. She has also enjoyed contributing to children’s gardens, farmers’ markets, and a number of organic farms

Producer | Meeno Peluce
Meeno Peluce began his adventure in Amsterdam, Kathmandu, and southern India. Meeno grew up on the road with his gypsy parents and then came back to Hollywood for a childhood as a successful actor alongside his sister, Soleil Moon Frye. As an adult, he’s gravitated to the other side of the lens and has been a professional photographer and filmmaker for the past 25 years. Meeno’s wife, Ilse, is his production designer and all-around aesthetic partner in crime. Their CHICKS, Bindi and Mette, are their full time muses, and they do shoots all around the world disguised as family adventures. They live on a renowned urban homestead in the hills above East LA they call Skyfarm. Meeno shoots advertising around the country and entertainment back in his hometown. He’s shot album covers for Lady Gaga, Black Eyed Peas, LMFAO, and Rihanna and done campaigns for Beats by Dre, HTC, MONSTER and Jim Beam to name a few.

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Chelsey Robertson is a freelance designer with a passion for print production and identity design. Originally from Indiana, she completed her BFA in Visual Communications at Herron School of Art and Design in 2013. Since then, she has worked with a wide range of clients across the country including everything from small start-ups to federal government agencies. A few notable clients include the United Food & Commercial Workers (local 770 & Southern California), SEIU United Healthcare Workers (Los Angeles), the Federal Department of Transportation, Beech-Nut baby foods, Berkshire Hathaway HomeServices, BMC Software and Intuit Quickbooks. You can find more of her work or contact her by visiting her website at www.ChelseyRdesign.com.
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New England Clam Chowder

8 servings

NUTRITION FACTS 1 serving with croutons
240 calories, 9g fat, 3g saturated fat, 580 mg sodium, 28g carbohydrates, 3g fiber, 14g protein

Making clams from scratch instead of using canned clams and juice gives chowder a fresher flavor. Substituting milk and half-and-half in place of heavy cream lowers saturated fat calories.

![Image of clams and broth]

**Whole Wheat Croutons**
- 4 slices whole wheat bread, cut into 1 inch cubes
- 1 Tablespoon olive oil
- ¼ teaspoon black pepper
- 2 teaspoons fresh thyme, chopped

**Ingredients**
- 8 pounds fresh clams, in shells (or ~1 ½ cups clam meat)
- 4 bacon slices, chopped
- 1 Tablespoon olive oil
- 3 celery stalks, minced (reserve leaves for garnish)
- 1 large onion, chopped
- 1 garlic clove, minced
- 1 pound red or Yukon gold potatoes, diced in ¼ inch pieces
- 1 Tablespoon fresh thyme, chopped
- 1 bay leaf
- 3 Tablespoons cornstarch
- 2 cups 2% reduced fat milk
- ½ cup half-and-half
- ½ teaspoon salt
- 1 teaspoon ground black pepper
- Juice of ½ lemon

**Directions**
1. In large pot over high heat, bring 4 cups of water and clams to a boil. Cook until clams are slightly open, 3-5 minutes. Using slotted spoon, transfer clams to a large plate and allow to cool. Discard any clams that do not open. Pull clam meat from shells and chop any large clams into bite size pieces, and discard shells. Refrigerate clams until ready to use in chowder.
2. Strain clam cooking liquid through a fine mesh strainer over a large bowl. Add water if needed to get 6 cups total. Set broth aside.
3. Over medium-high heat, cook bacon in large heavy pot stirring constantly until it begins to brown, about 2-3 minutes. Lower heat to medium, add 1 Tablespoon olive oil, cook celery and onion and cook for about 2-3 minutes, until vegetables begin to soften. Add garlic, salt, and pepper, and cook another 2 minutes (do not allow garlic to brown). Add reserved broth, potatoes, thyme, and bay leaf. Simmer about 15-20 minutes until potatoes are tender. In small bowl, stir together cornstarch and 3 Tablespoons water to form a slurry. Stir slurry into soup. Return soup to a boil.
5. While chowder cooks, make croutons. Preheat oven (or use toaster oven) to 375 degrees. Toss bread cubes with olive oil, pepper and thyme. Place in single layer on baking sheet and bake for 5-8 minutes, until golden brown.
6. Serve chowder warm, garnished with croutons and additional celery leaves, if desired.
Clam Chowder History

French, Nova Scotian, or British settlers are believed to have introduced the New England style of chowder to the area. By the 1700s, the dish had become very common in the area. By 1836, this clam chowder was being served in Boston at Ye Old Union Oyster House, one of the oldest operating restaurants in the country. Clam chowder is still a staple in the Northeast, being one of Maine’s most popular dishes, and a classic in Boston’s historic neighborhoods.

**Texas Chili**

By using lean ground beef to reduce saturated fat and beans to boost fiber, this recipe is heart-healthier than its traditional counterpart. “No salt added” or “low sodium” versions of the canned ingredients help reduce sodium, while fresh jalapeno, garlic, and spices provide plenty of flavor without lots of added salt.

### Nutrition Facts

1 serving without toppings
- 330 calories, 13g fat, 4g saturated fat, 190 mg sodium, 28g carbohydrates, 10g fiber, 25g protein

### Ingredients

- 1 ½ pounds lean ground beef (90% lean)
- 2 Tablespoons olive oil
- 1 large onion, chopped (reserve ~¼ cup for garnish)
- 2 large red, yellow, or orange bell peppers, seeded, stemmed, and diced
- 3-4 garlic cloves, minced
- 1-2 fresh green jalapenos, stemmed, seeded and chopped (optional, will make it spicy!)
- 2 Tablespoons chili powder
- 2 Tablespoons ground coriander
- 1 Tablespoon ground cumin
- Salt and pepper
- One 28 ounce can diced tomatoes, either “low sodium” or “no salt added”
- 2 medium fresh tomatoes, chopped
- One 14-16 ounce can black beans, drained and rinsed (“low sodium” or “no salt added”)
- One 14-16 ounce can red kidney beans, drained and rinsed (“low sodium” or “no salt added”)

### Optional Toppings

- Chopped onion
- Sliced avocado
- Shredded queso fresco
- Fresh cilantro leaves

### Directions

1. In large soup pot over medium heat add olive oil, onions, and bell peppers. Cook about 5 minutes until onions and peppers begin to soften. Add beef, garlic, jalapenos, and spices and cook, stirring regularly, until beef is browned, about 10 minutes.
2. Add canned and fresh tomatoes and beans and bring to a boil. Reduce heat, cover, and simmer for 20 minutes. Remove lid and continue simmering 10 minutes more as needed to reduce liquid in chili.
3. Serve warm, topped with onion, avocado, queso, and cilantro. Chili can be made in advance, covered, and stored in the refrigerator for up to 4 days or in the freezer for up to 2 weeks. Use microwave or stovetop to reheat before serving.
ingredients
• 1 pound lean ground beef (90% lean) or ½ pound lean ground beef + ½ pound ground bison or 1 pound lean ground turkey
• 4 teaspoons Worcestershire sauce
• ¼ teaspoon salt
• 2 teaspoons black pepper
• 4 whole wheat hamburger buns

optional toppings
• 1 large onion, cut in half and sliced
• 4 thin slices low sodium cheddar or Swiss cheese
• 4 leaves romaine lettuce
• 4 tomato slices

NUTRITION FACTS
1 bison + beef burger with bun and toppings
430 calories, 22g fat, 9g saturated fat, 510 mg sodium, 28g carbohydrates, 5g fiber, 32g protein

To reduce the saturated fat in this barbecue classic, switch out fattier ground beef for lean ground turkey or ground bison. Top the burger off with fresh tomato and caramelized onions to give it lots of flavor without any high-sugar, high-sodium ketchup.

directions
1. In medium bowl, combine meat, Worcestershire sauce, salt and pepper. Do not overmix. Shape into 4 patties and set aside.
2. If desired as topping, make caramelized onions. In dry skillet over medium heat, add onions and cook 1-2 minutes, stirring often. Add 1 Tablespoon olive oil and season onions lightly with salt. Continue cooking for about 10 minutes, stirring often. Onions should caramelize evenly. Once light brown all over, remove from heat and set aside until ready to top burgers.
3. Heat grill or grill pan over medium high heat and lightly spray or brush with oil. Grill hamburgers 5-10 minutes on one side (5 minutes for rare, 10 minutes for well-done). Flip, top with cheese if using, and grill another 5-10 minutes (cheese will melt faster if grill lid is on or cover is used over grill pan). Remove burgers from grill, and allow to rest for about 5 minutes, covered loosely in foil.
4. Toast burger buns, cut side down, on grill for ~2 minutes. Remove buns from grill. Place burgers on buns and top with onion, lettuce, and tomato if using.
TUNA MELT  8 servings

NUTRITION FACTS 1 sandwich
430 calories, 18g fat, 6g saturated fat, 330 mg sodium, 33g carbohydrates, 6g fiber, 36g protein

directions
1. Combine all ingredients for tuna salad in medium bowl.
2. Compose sandwiches by spreading equal parts tuna salad on 4 slices of bread and topping with cheese, tomato, and second slice of bread for each sandwich. Brush outside of sandwich lightly with olive oil.
3. Preheat skillet or griddle on stove over medium heat. Place sandwiches on cooking surface 1-2 inches apart (depending on the size of the pan, you may need to cook sandwiches in 2 shifts). Cover with loose lid and cook for 3-4 minutes until bottom bread is golden brown. Flip sandwich, cover, and continue cooking for another 3-4 minutes. Remove from heat, slice in half, and serve.
**MEATLOAF**

8 servings

Lean meat serves as a healthy protein source in this lower calorie, lower fat version of a comfort food favorite. Try serving this healthy meatloaf with a side of roasted or sautéed vegetables, like Brussels sprouts or greens.

### ingredients

- 1 Tablespoon olive oil
- 2 medium onions, diced small
- 2 cloves garlic, minced
- 1 teaspoon chopped thyme
- ½ teaspoon salt
- 1 teaspoon ground black pepper
- 3 Tablespoons Worcestershire sauce
- ½ cup low sodium (or unsalted) beef broth
- 1 Tablespoon tomato paste
- 1 pound lean ground beef (90% lean)
- 1 pound lean ground turkey (93% lean)
- ½ cup whole wheat breadcrumbs
- 1 large egg, beaten
- ½ cup ketchup

### NUTRITION FACTS 1 serving

230 calories, 9g fat, 3g saturated fat, 440 mg sodium, 10g carbohydrates, 1g fiber, 27g protein

### directions

1. Preheat oven to 350 degrees.
2. In a medium skillet, heat oil over medium-high heat. Add onions, garlic, thyme, salt and pepper and cook until onions are translucent, about 8 minutes, stirring regularly (do not allow garlic to burn). Cool slightly.
3. In large bowl combine onion mixture, Worcestershire sauce, beef broth, and tomato paste. Add beef, turkey, bread crumbs, and egg. Combine all ingredients using your hands, and shape into a rectangular loaf onto baking sheet covered with parchment paper. Spread ketchup over the top.
4. Bake 1 hour and 10-20 minutes until internal temperature is 165 degrees. Allow to cool slightly, about 5 minutes. Slice into 8 equal pieces and serve warm.
TOMATO SOUP WITH GRILLED CHEESE

This comforting soup offers double your daily need for vitamin C, an important antioxidant for immune health. Adding white beans boosts the protein content of this all vegetable soup. A whole grain, lower sodium alternative to classic grilled cheese is the perfect, calcium-rich pairing!

4 servings

NUTRITION FACTS 1 serving soup
230 calories, 4.5g fat, 0.5g saturated fat, 380 mg sodium,
40g carbohydrates, 12g fiber, 9g protein

NUTRITION FACTS 1 sandwich
330 calories, 18g fat, 7g saturated fat, 300 mg sodium,
30g carbohydrates, 5g fiber, 14g protein

ingredients

Soup
• 1 Tablespoon olive oil
• 1 medium onion, chopped
• 3 stalks celery, chopped
• 3 large carrots, chopped
• Salt and pepper
• 2 cloves garlic, minced
• 1 14-ounce can unsalted/low-sodium white beans, rinsed and drained
• 1 28-ounce can unsalted/low-sodium crushed tomatoes
• 2 cups low sodium vegetable broth

Grilled Cheese
• 8 slices whole grain bread
  (such as 100% whole wheat)
• 4 teaspoons whole grain mustard
• 4 slices low sodium cheddar, Swiss, or Monterey Jack cheese
• 4 slices tomato (optional)
• 2 Tablespoons olive oil

directions

1. In large soup pot, heat oil over medium heat. Add onion, celery, and carrots, season with salt and pepper, and cook stirring frequently about 8 minutes until onion is translucent. Add garlic and white beans and cook about 2 minutes more.

2. Add tomatoes and vegetable broth. Increase heat to medium-high and bring soup to a boil. Reduce heat and simmer for about 5 minutes.

3. (If you have an immersion blender, you can skip this step and use the immersion blender to blend the warm soup). Allow soup to cool. In 1 cup batches, add cooled soup to blender and blend until smooth. Return blended soup to large soup pot and re-heat covered over low heat until ready to serve.

4. While soup re-heats, make sandwiches. Compose sandwiches by spreading whole grain mustard on 4 slices of bread and topping with cheese, tomato, and second slice of bread for each sandwich. Brush outside of sandwich lightly with olive oil.

5. Preheat skillet or griddle on stove over medium heat. Place sandwiches on cooking surface 1-2 inches apart (depending on the size of the pan, you may need to cook sandwiches in 2 shifts). Cover with loose lid and cook for 3-4 minutes until bottom bread is golden brown. Flip sandwich, cover, and continue cooking for another 3-4 minutes. Remove from heat, slice in half, and serve with soup.
MASHED POTATOES

8 servings

ingredients

• 2 ½ pounds russet potatoes, cut into 2” pieces
• 1 head cauliflower, chopped into 2” pieces
• ¼ cup Parmesan, grated
• 2 cloves garlic, minced
• ¼ cup 2% milk
• 2 Tablespoons unsalted butter
• ¼ teaspoon salt
• ½ teaspoon ground black pepper
• 2 Tablespoons fresh chives, chopped (optional)

NUTRITION FACTS 1 serving
170 calories, 4g fat, 2.5g saturated fat, 160 mg sodium, 29g carbohydrates, 3g fiber, 6g protein

directions

1. Place potatoes in large pot and cover by 3-4 inches with water. Add salt to water and bring to a boil over medium-high heat. Reduce heat to medium-low and cook ~12 minutes. Add cauliflower, turn up heat, and return to boil. Cook until all potatoes and cauliflower are tender, about 4-6 more minutes. Strain potatoes and cauliflower and place in bowl.
2. Mash potatoes and cauliflower with Parmesan, garlic, milk, butter, salt and pepper until desired consistency. (For a creamier puree, use an immersion blender or pulse in a food processor; for lumpier mashed potatoes, use a hand masher.)
3. Serve in large bowl, garnished with chives.
Leaving the skin on the potatoes boosts fiber, which helps promote heart and gut health. Letting the lower fat dressing soak into the potatoes for a few hours helps flavors come together, making this a great make-ahead dish!

directions

1. Plate potatoes in large pot and cover with cold water. Over high heat, bring to boil, reduce heat to medium-low, and simmer ~ 10-12 minutes until potatoes are tender. Drain potatoes, place on a plate, and refrigerate about 30 minutes until cooled.

2. In large bowl, mix together celery seed, mayonnaise, sour cream, mustard, vinegar, onion, celery, salt and pepper. Add potatoes and toss to combine.

3. Refrigerate at least 30 minutes, up to 2 days, before serving cold.

ingredients

- 2 pounds Yukon Gold or red potatoes, cut into 1/2 to 3/4 inch cubes
- 1/2 teaspoon celery seed
- 1/4 cup mayonnaise
- 1/4 cup light/reduced-fat sour cream
- 1 Tablespoon yellow mustard
- 1 Tablespoon white wine vinegar
- 1 Tablespoon lemon juice (or juice of 1/2 lemon)
- 1/2 medium red onion, finely chopped
- 2 celery stalks, finely chopped
- Salt and pepper

NUTRITION FACTS 1 serving
220 calories, 10g fat, 2g saturated fat, 260 mg sodium, 29g carbohydrates, 4g fiber, 4g protein
Sweet Potato Fries

**For Health Studies**

**NUTRITION FACTS 1 serving**
50 calories, 7g fat, 0.5g saturated fat, 200 mg sodium, 20g carbohydrates, 3g fiber, 2g protein

**Ingredients**
- 3 medium sweet potatoes
- 2 Tablespoons canola oil (or another high-heat cooking oil)
- ¼ teaspoon salt
- ½ teaspoon black pepper
- ⅛ teaspoon cayenne pepper

**Directions**
1. Pre-heat oven to 425 degrees. Cover baking sheet with foil.
2. Cut sweet potatoes into large match-stick pieces. In large bowl, toss sweet potatoes with oil and spices. Spread evenly in single layer onto baking sheet.
3. Bake 15 minutes, remove from oven and flip fries. Bottom side should be golden brown. Return to oven and bake another 15 minutes until fries are golden brown all over.

These baked sweet potato fries help satisfy a starch craving with fewer fat calories and more vitamin A than standard French fries and they’re simple enough to make any night of the week!
MAC ‘N’ CHEESE

8 servings

ingredients

- 2 ½ cups whole wheat elbow macaroni, uncooked
- ½ small head cauliflower, leaves and core removed or ~1 ½ cups cauliflower florets
- 2 Tablespoons olive oil, divided
- 1 cup nonfat plain Greek yogurt
- 1 cup nonfat (skim) milk
- 1 cup part-skim ricotta
- 1-2 teaspoons Dijon mustard
- Salt and pepper
- Dash of nutmeg
- 1 cup part-skim mozzarella cheese, shredded
- 1 ½ cups sharp cheddar cheese, shredded

NUTRITION FACTS 1 serving
340 calories, 16g fat, 8g saturated fat, 380 mg sodium, 31g carbohydrates, 3g fiber, 20g protein

Adding cauliflower to this kids’ favorite reduces calories and adds vitamins. Whole wheat pasta in place of white pasta adds more whole grain fiber. If you’re not used to whole grain pasta yet, try using half whole grain and half white to start.

directions

1. Preheat oven to 375 degrees. Grease a 9 inch round or square baking pan by lightly brushing with 1 Tablespoon of olive oil.
2. Cook macaroni according to package instructions, but leave slightly undercooked, chewy when tasted (“al dente”). Drain and set aside.
3. In food processor, pulse cauliflower until size of small, rice-like pieces. Place cauliflower in medium, microwave-safe bowl and loosely cover with towel. Microwave ~1-2 minutes until just begins to soften. Set aside.
4. In separate bowl, whisk together yogurt, milk, ricotta, mustard, spices, ¾ cups mozzarella, and 1 ½ cups cheddar (reserve ½ cup cheddar and ¼ cup mozzarella for topping).
5. Stir cooked macaroni and cauliflower into cheese mixture. Pour into pan. Top with remaining ¾ cup cheese and drizzle with remaining 1 Tablespoon of olive oil. Bake, uncovered, for 30 minutes until cheese bubbles and browns. Let cool ~15-20 minutes before serving.
COBB SALAD

4 servings

This salad has less calories, fat, and protein, yet satisfies a lunch craving. Chickpeas are a good source of protein and add fiber to this classic—if you’re going vegetarian, try doubling them in place of the chicken.

NUTRITION FACTS 1 serving without dressing
290 calories, 16g fat, 4.5g saturated fat, 420 mg sodium, 18g carbohydrates, 7g fiber, 21g protein

ingredients
• 6 cups romaine lettuce, chopped
• 2 cups baby spinach
• 2 medium tomatoes, diced
• 4 slices reduced sodium bacon, cooked and chopped
• 2 hard-boiled eggs, whites only, chopped
• ½ cup low sodium canned chickpeas, rinsed and drained
• 1 avocado, diced
• 1 6-ounce skinless chicken breast, cooked and diced
• ¼ cup (~1 ounce) blue cheese, crumbled
• ¼ cup (~1 ounce) reduced-fat feta cheese, crumbled

directions
1. In a large bowl, toss the romaine and spinach. Divide greens onto 4 separate plates or bowls.
2. Top each with a row of each: tomatoes, crumbled bacon, chopped egg, chickpeas, avocado, chicken, and cheese.
3. Top each salad with dressing of choice and serve.
Cobb Salad History

Bob Cobb (at The Brown Derby restaurant in Los Angeles) found a way to use up leftovers after a long day of work when he hadn’t had time to eat. He fixed up a salad with a combination of ingredients that brought the Cobb salad to life. The salad may have never garnered attention if Cobb hadn’t made a comment about it to legendary Hollywood promoter Sid Grauman, who tried it once and began promoting it internationally.

**Caesar**
- 6 anchovies, packed in oil, drained and minced
- 2 garlic cloves, minced
- 4 Tablespoons mayonnaise
- 2 Tablespoons white wine vinegar
- Juice of 1 lemon
- 2 teaspoons Dijon mustard
- 3 Tablespoons Parmesan, freshly grated
- ¼ cup olive oil
- Freshly ground black pepper

**NUTRITION FACTS 1 serving**
80 calories, 7g fat, 1.5g saturated fat, 210 mg sodium, 2g carbohydrates, 0g fiber, 2g protein

**Green Goddess**
- ½ cup plain lowfat yogurt
- ½ cup lowfat buttermilk
- ¼ cup fresh parsley, minced
- 3 Tablespoons fresh chives, minced
- 1 Tablespoons fresh tarragon, minced
- 2 anchovies, packed in oil, drained and minced
- 1 small garlic clove, minced
- 2 Tablespoons fresh lemon juice

**NUTRITION FACTS 1 serving**
20 calories, <1g fat, <1g saturated fat, 60 mg sodium, 2g carbohydrates, 0g fiber, 1g protein
**SALAD DRESSINGS**

Each makes ~1 cup dressing, or eight 2-Tablespoon servings

Did you know that much of the sodium and sugar we consume doesn’t come from the salt shaker or desserts? Packaged foods, including condiments, often contain a lot of added sodium and sugar. Homemade foods can be fresher and healthier than their store-bought counterparts. These dressing recipes are light and fresh, using lowfat dairy instead of higher fat ingredients, and use fresh herbs and spices instead of salt and sugar to boost flavor.

**directions**

Whisk together all ingredients for dressing you choose. For a creamier dressing, using a food processor or blender and pulse to combine. Serve on top of fresh greens or salad of choice.

### Thousand Island

- ½ cup plain lowfat yogurt
- 2 Tablespoons mayonnaise
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons ketchup ("low sodium" or "no salt added")
- 2 teaspoons Worcestershire sauce
- ½ jalapeno pepper, minced (optional)
- ½ teaspoon paprika
- 3 Tablespoons sweet pickle relish
- 3 Tablespoons red bell pepper, minced

**NUTRITION FACTS 1 serving**

45 calories, 3g fat, 0.5g saturated fat, 95 mg sodium, 4g carbohydrates, 0g fiber, 1g protein

### Ranch

- ½ cup plain lowfat yogurt
- ⅔ cup lowfat buttermilk
- 2 Tablespoons mayonnaise
- 1 Tablespoon fresh lemon juice
- 2 Tablespoons fresh parsley, minced
- 2 Tablespoons fresh dill, minced
- 2 Tablespoons fresh chives, minced
- 1 teaspoon Dijon mustard
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder

**NUTRITION FACTS 1 serving**

40 calories, 3g fat, 0.5g saturated fat, 60 mg sodium, 2g carbohydrates, 0g fiber, 1g protein
Philly Cheesesteak History

The history of the Philly Cheesesteak begins with Pat Olivieri, a South Philadelphia hot dog vendor who decided to put some beef from the butcher on his grill. The delicious aroma lured a taxicab driver who asked for a bun full of whatever Olivieri was cooking. A famous dish was born as more taxicab drivers flocked to Olivieri, with the cheese added later.


4 servings

ingredients

- 1 12-ounce flank steak, fat trimmed
- ½ teaspoon salt
- ¾ teaspoon ground black pepper, divided
- 1 Tablespoon olive oil
- 1 medium onion, sliced
- 10 ounces mushrooms, sliced
- 1 bell pepper (green or red), sliced
- 2 cloves garlic, minced
- 1 teaspoon Worcestershire sauce
- 1 Tablespoon flour
- ½ cup 1% milk
- ¾ cup provolone cheese, shredded
- ¼ cup Parmesan cheese, grated
- 4 whole grain hoagie rolls, cut in half length-wise and toasted

NUTRITION FACTS 1 sandwich
540 calories, 19g fat, 7g saturated fat, 800 mg sodium, 59g carbohydrates, 9g fiber, 36g protein

A traditional Philly Cheesesteak can pack over 1,000 calories and more than a whole day’s worth of sodium. This recipe uses a leaner cut of meat, loads the sandwich with veggies, and substitutes traditional cheese or “whiz” with a healthier cheese sauce. The result is less fat and sodium, more fiber, and still the great flavor to satisfy your craving.

directions

1. Slice flank steak into thin slices (slicing across the grain helps make meat more tender). Season meat with ¼ teaspoon salt and ½ teaspoon pepper. Set aside
2. Heat olive oil in a skillet over medium-high heat. Add onions and cook about 2-3 minutes, stirring constantly, until translucent. Add mushrooms, peppers, garlic, and ¼ teaspoon black pepper and cook until vegetables are soft, about 8 minutes. Add beef and sauté, stirring constantly. Cook 2-4 minutes until beef browns (exact cooking time will depend on the thickness of your slices). Remove from heat and add Worcestershire sauce.
3. Add flour to small saucepan over medium heat. Gradually whisk in milk until blended. Bring to a simmer, stirring constantly, and cook for 2 minutes or until thickened. Remove from heat and add provolone and Parmesan and stir until sauce is smooth.
4. Assemble sandwiches. Place ¼ of meat and vegetable mixture on bottom half of each hoagie roll (if you’re having trouble fitting it all, scoop out part of the center of the roll). Pour ¼ cheese sauce over each sandwich and top with top half of roll.
SHRIMP PO-BOY

4 servings

NUTRITION FACTS 1 sandwich
640 calories, 16g fat, 2g saturated fat, 860 mg sodium, 78g carbohydrates, 6g fiber, 49g protein

directions

1. Prepare rémoulade slaw by combining all ingredients and tossing with cabbage and carrots.
2. Make flour coating for shrimp. In medium bowl, whisk to combine flour with all herbs and spices. Dredge shrimp in flour mixture by taking slightly moist, raw shrimp and tossing in flour mixture to coat.
3. Add oil to large skillet over medium-high heat. Add shrimp to pan and cook until bottom is golden brown, about 2 minutes. Flip each shrimp and cook another 2 minutes until cooked through and golden brown on the outside.
4. Assemble sandwiches. Slice baguette into 4 equal pieces. Slice each piece in half lengthwise. Hollow out bottom of baguette. Place ¼ of shrimp and ¼ of slaw on half of each baguette piece. Top with tomatoes and hot sauce and cover with top portion of baguette.

Skip the fried shrimp and use flavorfully spiced, pan-cooked shrimp for lots of flavor without all the fat. The crunchy rémoulade slaw is rich in beta-carotene, a form of vitamin A that is important for good eyesight and healthy skin.

ingredients

Rémoulade Slaw
- 3 Tablespoons mayonnaise
- 1 Tablespoon shallots, minced
- ½ lemon, juice and grated rind
- 1 teaspoon Worcestershire sauce
- 1 teaspoon prepared horseradish
- ¼ -½ teaspoon hot sauce (such as Tabasco or Crystal)
- 1 garlic clove, minced
- 1 ½ cups shredded cabbage
- 1 cup shredded carrots

Shrimp
- 1 cup all-purpose flour
- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 1 ½ pounds shrimp, peeled and de-veined
- 2 Tablespoons canola oil, or any high-heat oil

Sandwiches
- 1 10-ounce baguette
- Tomato slices (optional)
- Hot sauce (optional)
MARYLAND CRAB CAKES

4 servings

NUTRITION FACTS 1 serving
350 calories, 17g fat, 3.5g saturated fat, 820 mg sodium, 19g carbohydrates, 0g fiber, 30g protein

These crab cakes are baked instead of fried, to lower fat calories. Plain, lowfat yogurt serves as a substitute for the usual amount of mayonnaise, to keep the crab cakes moist while further reducing fat. Try the special recipe for lower-calorie tartar sauce (pg 20) paired with these crab cakes or other favorite fish dishes.

ingredients
Crab Cakes
- 2 Tablespoons mayonnaise
- 2 Tablespoons reduced fat cream cheese
- ¼ cup plain lowfat yogurt
- 1 egg, lightly beaten
- 1 Tablespoon Dijon mustard
- ½ teaspoon hot sauce
- Juice of ½ lemon
- ½ teaspoon Old Bay seasoning
- ¼ teaspoon black pepper
- 1 pound jumbo lump crab meat
- 1 scallion, minced
- ½ cup crushed low sodium saltine crackers (or bread crumbs)

Crab Cakes History
Crab cakes are most associated with Maryland and the Chesapeake Bay area. Food historians explain crab cakes originated from the practice of making minced meat cakes/patties, substituting crab pieces for meat. Crab cake-type dishes were first introduced to the colonies by English settlers and became extremely popular in the 19th century, officially earning the name in the 20th century.

directions

1. In a medium bowl, whisk mayonnaise, cream cheese, yogurt, egg, mustard, hot sauce, lemon juice and seasonings. Add crab meat, scallion, and crackers and gently fold the mixture together to combine. Cover and refrigerate for 1-2 hours.

2. While crab mixture chills, make Spicy Tartar Sauce. Combine all ingredients in a small bowl and whisk to combine. Cover and refrigerate until ready to serve.

3. Preheat oven to 400 degrees F. Coat a baking sheet with nonstick cooking spray, or lightly brush with a high-heat cooking oil. Form 8 equal-sized crabmeat patties. Place all crab cakes on baking sheet and flatten until about 1 inch thick.

4. Bake crab cakes 8-10 minutes, until bottom is golden brown. Flip the crab cakes and cook another 5-8 minutes until second side is golden brown.

5. Serve with lemon wedges and spicy tartar sauce.

Spicy Tartar Sauce

- 6 Tablespoons plain lowfat yogurt
- 2 Tablespoons mayonnaise
- Juice of ½ lemon
- 1-2 teaspoons hot sauce (to taste)
- 2 Tablespoons sweet pickle relish
- 1 scallion, minced
10 servings

NUTRITION FACTS 1 serving
200 calories, 2g fat, 0g saturated fat, 200 mg sodium, 37g carbohydrates, 11g fiber, 12g protein

Beans are naturally low in fat and high in protein and fiber, making them a heart-healthy choice. Classic baked beans call for lots of sugar. This recipe still maintains that rich molasses flavor while reducing the amount of added sugar and calories.
Slow Cooker Pot Roast

8 servings

**Nutrition Facts**

1 serving
- 350 calories
- 11g fat
- 3g saturated fat
- 320 mg sodium
- 17g carbohydrates
- 3g fiber
- 40g protein

**Ingredients**

- 6 carrots, chopped
- 2 medium onions, chopped
- 2 leeks, cleaned, white and green parts, chopped
- 4 stalks celery, chopped
- 3 cloves garlic, peeled and smashed
- 3-pound lean eye-of-round beef roast
- ½ teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 Tablespoon all-purpose flour
- 2 Tablespoons olive oil
- 1 cup red wine (or substitute with ¾ cup extra stock + 2 Tablespoons ketchup)
- 1 14-oz can no salt added crushed or diced tomatoes
- ½ cup low sodium beef stock or broth
- 3 sprigs fresh thyme
- 2 branches fresh rosemary

**Directions**

1. Lightly coat dish of slow cooker with olive oil or cooking spray. Spread all vegetables in bottom of slow cooker.
2. Pat beef dry with paper towel, season with salt and pepper, and cover with flour. In large pot, heat olive oil over medium heat. Add roast and cook for 4-5 minutes on each side until browned. Remove roast from pot and place on top of vegetables in slow cooker. Pour wine, stock, and tomatoes into pot and whisk together while lightly scraping brown bits off bottom of pan. Bring to light boil, then remove from heat and pour over roast and vegetables in slow cooker. Place fresh herbs around roast.
3. Cover slow cooker and cook on low 6-7 hours until very tender. Serve with vegetables and sauce.

This recipe calls for a leaner cut of beef than a traditional pot roast to save saturated fat and reduce calories in each serving. Braising in the slow cooker produces a tender roast. Use the vegetables in this recipe, or add others you enjoy, such as mushrooms, potatoes, or parsnips. Pair the roast and vegetables with a simple salad to complete this healthy, no-fuss meal.
“FRIED” CHICKEN

6 servings

**ingredients**
- 2 ½ cups cornflakes (unsweetened), crushed into fine crumbs (try pulsing in a food processor)
- ½ cup all-purpose flour
- 1 ½ Tablespoons freshly ground black pepper
- 1 ½ teaspoons paprika
- ¾ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 cup low-fat buttermilk
- 2 egg whites
- 2 teaspoons hot sauce
- ½ teaspoon salt
- 3 ½ pounds skinless chicken legs, split into thighs and drumsticks

**NUTRITION FACTS 1 serving**
420 calories, 12g fat, 3g saturated fat, 650 mg sodium, 21g carbohydrates, 1g fiber, 55g protein

*Cornflakes help give this oven-baked chicken a crispy crust. Using skinless chicken and baking instead of frying saves fat and calories while retaining crispy, flavorful chicken.*

**directions**
1. Preheat oven to 375 degrees F. Grease a baking sheet lightly with cooking spray or olive oil.
2. Combine cornflakes, flour, and spices in a shallow bowl. Set aside.
3. In a large bowl, whisk together buttermilk, egg whites, hot sauce and salt. Add chicken pieces and ensure each is coated with the mixture.
4. (For this step, use 1 hand for wet ingredients, the other for dry ingredients). Working with 1 piece of chicken at a time, remove from buttermilk mixture and allow excess to drip off. Dip into cornflake mixture and pack crumbs onto chicken. Place each piece on the baking sheet, creating a single layer.
5. Coat the chicken lightly with cooking spray. Bake for 45-50 minutes until golden brown and no longer pink in center (a thermometer inserted into thickest part of chicken should read 165 degrees).
Shepherd’s Pie

6 servings

NUTRITION FACTS 1 serving
340 calories, 11g fat, 5g saturated fat, 450 mg sodium, 40g carbohydrates, 6g fiber, 23g protein

Using lean ground beef and turkey reduces the saturated fat of this classic comfort dish. Cauliflower not only keeps carbs and calories lower in this healthy recipe, but it is rich in nutrients.

directions
1. In large nonstick skillet or skillet lightly sprayed with cooking spray, cook meat over medium heat about 5 minutes, until brown, stirring frequently. Transfer to a bowl.
2. Keep skillet over medium heat and add onions and carrots and cook about 5-8 minutes until vegetables begin to soften. Raise heat to medium-high and add mushrooms, thyme, parsley. Cook, stirring frequently, until mushrooms’ liquid has evaporated, about 8 minutes. Return meat to skillet and stir in flour and cook another 2 minutes. Add broth, ¼ teaspoon salt, and pepper and bring to a simmer. Stir in peas and cook 1-2 minutes. Pour mixture into 9x13 inch baking dish.
3. Preheat oven to 350 degrees. Place potatoes in large pot and cover by 3-4 inches with water. Add ¼ teaspoon salt and bring to a boil over medium-high heat. Reduce heat to medium-low and cook ~12 minutes. Add cauliflower, turn up heat, and return to boil. Cook until all potatoes and cauliflower are tender, about 4-6 more minutes. Drain water from pot. Using immersion blender, food processor, or hand masher, mash potatoes and cauliflower with milk, butter, ¼ teaspoon salt and pepper until almost smooth
4. Spread potato and cauliflower mixture on top of meat and bake until heated through, about 25 minutes. Optional: After baking, to brown the top more, place under broiler for 2 minutes.

ingredients
• ½ pound lean ground beef (90% lean)
• ½ pound lean ground turkey (93% lean)
• 1 large onion, diced
• 4 carrots, diced
• ½ pound mushrooms, sliced
• 1 branch fresh thyme, leaves only, chopped
• 2 Tablespoons fresh parsley, chopped
• 2 Tablespoons all-purpose flour
• 1 cup low-sodium beef broth
• ¾ teaspoon salt, divided
• 1 teaspoon ground black pepper, divided
• ½ cup frozen peas
• 1½ pounds Yukon gold potatoes, cut into 2” pieces
• 1 head cauliflower, leaves and core removed, chopped into 2” pieces
• ½ cup 2% milk
• 2 Tablespoons unsalted butter
HEALTHIER TRADITIONS

Cookbook

A Healthy Twist on Traditional American Dishes

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