

## Balsamic Vinaigrette Dressing

This 'N That

### Tip:

This dressing has mostly monounsaturated fat (the better for your heart fat) and has NO sodium so perfect for making salads taste delicious and keeping your heart healthy. Use Splenda in place of sugar to decrease carbs to 0 grams and calories to 64 calories per 1 tablespoon serving.

### Gather Ingredients:

4 Tablespoons Canola oil  
4 Tablespoons Balsamic Vinegar  
2 Tablespoon sugar or Splenda

### Nutrition Facts

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Servings per Recipe: 1 T.  
Serving Size: about 8

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Calories per Serving: 80

Total Fat: 7g

Saturated Fat: 0.5g

Cholesterol: 0mg

Sodium: 0mg

Total Carbohydrate: 4g

Dietary Fiber: 0g

Sugars: 4g

Protein: 0g

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%DV Vit A: 0%

%DV Vit C: 0%

%DV Calcium: 0%

%DV Iron: 0%

### Steps:

1. In a jar or dressing mixing container (cruet) put all above ingredients and shake till all ingredients are blended.
2. Serve over green salads or fruit.

## Black Bean Salsa

## This 'N That

### Gather Ingredients:

4 Roma tomatoes, chopped  
1 can black beans, rinsed and drained  
Juice of 1 lime  
½ cup fresh cilantro, chopped  
Salt and pepper to taste (optional)



### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ½ cup

Calories per Serving: 117  
Total Fat: 1g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 335mg  
Total Carbohydrate: 21g  
Dietary Fiber: 7g  
Sugars: 2g  
Protein: 7g

%DV Vit A: 22%  
%DV Vit C: 35%  
%DV Calcium: 6%  
%DV Iron: 16%

### Steps:

1. In a bowl, stir together all ingredients.
2. Serve with baked tortilla chips.

## Cinnamon Ornaments

### Tip:

Another use for all your cookie cutters other than for cookies. These smell delicious hung throughout the house during the holidays.

### Gather Ingredients:

$\frac{3}{4}$  cup applesauce  
1 cup ground cinnamon  
1 tablespoon nutmeg  
2 tablespoon white craft glue  
Paints  
Brushes  
Cookie cutters

**NOTE:** These are not to be eaten!!!!

## This 'N That



### Steps:

1. Mix together till dough is smooth and holds together.  
(if too sticky add cinnamon, if too dry add applesauce)
2. Roll out to about  $\frac{1}{4}$  inch thick and cut with cookie cutters.
3. If using for ornaments, using a straw, make a hole for stringing ribbon or yarn.
4. Let dry for 24 hours or in an oven at 200° till dry.
5. Paint and decorate as you like.

## Egg Roll Dipping Sauce

### Gather Ingredients for Sauce:

- 1½ Tablespoons white vinegar
- 1 teaspoon balsamic vinegar
- ½ teaspoon tamarind pulp
- 4 Tablespoons honey
- 1 pinch powdered saffron
- ½ cup chopped cashews
- 1 cup fresh cilantro, chopped
- 2 garlic cloves, minced
- 2 green onions, chopped
- 1 Tablespoon granulated sugar
- 1 teaspoon ground black pepper
- 1 teaspoon ground cumin
- 4 Tablespoons olive oil



### Nutrition Facts

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Servings per Recipe: 10  
Serving Size: 1/10 of sauce

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Calories per Serving: 123  
Total Fat: 8g  
Saturated Fat: 2g  
Cholesterol: 0mg  
Sodium: 126mg  
Total Carbohydrate: 11g  
Dietary Fiber: 0.5g  
Sugars: 8g  
Protein: 1g

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%DV Vit A: 10%  
%DV Vit C: 6%  
%DV Calcium: 2%  
%DV Iron: 4%

### Steps:

1. Stir together vinegars, tamarind, honey and saffron in bowl and microwave 1 minute.
2. Stir until tamarind is dissolved. Blend mixture together with cashews, cilantro, garlic, onions, sugar, pepper, and cumin.
3. Pour into bowl and stir in oil.
4. Refrigerate until ready to use.

## Fresh and Chunky Salsa

### Gather Ingredients:

- 1 can chopped tomatoes-14½ ounce
- ½ cup chopped green bell pepper
- 2 green onions, sliced
- 2 tablespoons fresh cilantro
- 1 tablespoon white wine vinegar
- ½ teaspoon ground cumin
- ½ teaspoon bottled minced garlic
- Few dashes bottled red hot pepper sauce



## This 'N That

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: ½ cup

Calories per Serving: 45  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 180mg  
Total Carbohydrate: 9g  
Dietary Fiber: 2g  
Sugars: 5g  
Protein: 2g

%DV Vit A: 5%  
%DV Vit C: 45%  
%DV Calcium: 4%  
%DV Iron: 8%

### Steps:

1. In a bowl, stir together all ingredients.
2. Salsa can be covered and stored in the refrigerator for up to 1 week.

Recipe adapted from the *American Heart Association Learn and Live*

## Fruit Toss

## This 'N That

### Tip:

This is an easy fruit favorite. The fruit tastes delicious after chilling in the refrigerator—especially in glass jars.

Remember to wash the outside of the melons before cutting through the skin with a knife, since bacteria can be hiding on the skins and become transferred by the knife.



### Nutrition Facts

Servings per Recipe: 8

Serving Size: 1 cup

Calories per Serving: 68

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 13mg

Total Carbohydrate: 17g

Dietary Fiber: 2g

Sugars: 13g

Protein: 1g

%DV Vit A: 28%

%DV Vit C: 84%

%DV Calcium: 1%

%DV Iron: 3%

### Gather Ingredients:

2 cups cantaloupe, cubed

2 cups honeydew melon, cubed

2 cups seedless grapes, red or green, washed and pulled off stem

2 cups strawberries, washed, hulled, and quartered

### Steps:

1. Combine fruit in a large bowl and then scoop into glass jars or other covered storage containers.
2. Chill in refrigerator until ready to serve.

## Herbal Blend

**Tip:**

Herbal blends can be added to enhance the food's flavor with out adding the extra sodium.

Spices should be stored in a cool and dry environment.

**Gather Ingredients:**

- ½ cup dried oregano
- ½ cup onion powder
- 2 tablespoon garlic powder
- 2 teaspoon dried basil
- 2 teaspoon dried marjoram
- 2 teaspoon dried rosemary
- 2 teaspoon dried thyme
- ¾ teaspoon dried sage
- ¾ teaspoon black pepper

## This 'N That

**Nutrition Facts**

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Servings per Recipe: 12  
Serving Size: 1 tablespoon

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Calories per Serving: 25  
Total Fat: 0g  
    Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 0mg  
Total Carbohydrate: 5g  
    Dietary Fiber: less than 1g  
    Sugars: 0g  
Protein: less than 1g

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%DV Vit A: 0%  
%DV Vit C: 0%  
%DV Calcium: 2%  
%DV Iron: 2%

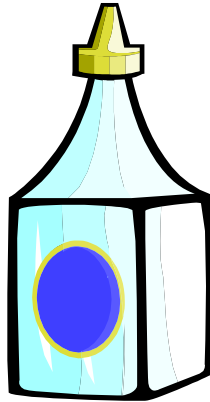
**Steps:**

1. Mix ingredients together.
2. Store in air-tight container.

## Poppy Seed Dressing

### Tip:

You can easily replace the sugar in this recipe with a sugar substitute such as Splenda®.



## This 'N That

### Nutrition Facts

Servings per Recipe: 48  
Serving Size: 1 Tablespoon

Calories per Serving: 90  
Total Fat: 7g  
Saturated Fat: 0.5g  
Cholesterol: 0 mg  
Sodium: 45mg  
Total Carbohydrate: 7g  
Dietary Fiber: 0g  
Sugars: 6g  
Protein: 0g

%DV Vit A: 0%  
%DV Vit C: 0%  
%DV Calcium: 0%  
%DV Iron: 0%

### Gather Ingredients:

- ½ cup sugar or Splenda®
- ¾ cup honey
- 1½ cup canola oil
- ½ cup cider vinegar
- 1½ tablespoon grated onion
- ½ tablespoon salt
- ½ tablespoon dry mustard
- 2¼ tablespoon poppy seed

### Steps:

1. Combine all ingredients except poppy seeds in blender until well blended then add seeds.
2. Store in air-tight container.



## Pumpkin Dip

## This 'N That

### Serving Suggestion:

Serve with crackers, gingerbread, veggies, or baked chips.



### Tip:

For a lighter dip, substitute light or fat-free sour cream for cream cheese.

### Nutrition Facts

Servings per Recipe: 24  
Serving Size: 2 tablespoons

Calories per Serving: 53  
Total Fat: 2g  
Saturated Fat: 1g  
Cholesterol: 5.5mg  
Sodium: 33mg  
Total Carbohydrate: 8g  
Dietary Fiber: 0.5g  
Sugars: 6.5g  
Protein: 1g

%DV Vit A: 65%  
%DV Vit C: 1%  
%DV Calcium: 2%  
%DV Iron: 3%

### Gather Ingredients for Dip:

- 2 cups pumpkin puree, canned or fresh
- 1 cup brown sugar (or try brown sugar substitute to reduce sugar calories)
- 1 teaspoon ground cinnamon
- ½ teaspoon ginger
- ½ teaspoon nutmeg
- 1 package, 8 ounces, low-fat\* or fat-free cream cheese, softened

### Steps:

1. Place pumpkin puree and cream cheese into a large bowl and mix together.
2. Add all other additional ingredients.
3. Mix ingredients together until smooth and creamy.
4. Refrigerate at least four hours or overnight.

\*Recipe analyzed using low-fat cream cheese

## Pumpkin Seeds

## This 'N That

### Suggestion:

To cut the sodium content of this recipe by half, use lite salt.

For flavor variations try:

Cheesy pumpkin seeds:

Sprinkle with Molly McButter cheese flavor sprinkles

Tex Mex pumpkin seeds:

Sprinkle seeds with taco seasoning—add red pepper powder for a really hot seed!

Cajun style pumpkin seeds:

Sprinkle seeds with Cajun seasonings—add hot sauce if you like it spicy hot!



### Nutrition Facts

Servings per Recipe: 10

Serving Size: About 1/3 cup

Calories per Serving: 86

Total Fat: 3.5g

Saturated Fat: 0.5g

Cholesterol: 0mg

Sodium: 236mg

Total Carbohydrate: 10g

Dietary Fiber: 0g

Sugars: 0g

Protein: 3.5g

%DV Vit A: 0%

%DV Vit C: 0%

%DV Calcium: 1%

%DV Iron: 4%

### Gather Ingredients:

Seeds of 1 pumpkin

Salt (1 teaspoon) or other flavorings, as desired

### Steps:

1. Extract seeds from pumpkin.
2. Separate and discard pulp.
3. Thoroughly wash seeds in warm water.
4. Spread seeds out onto a baking sheet.
5. Sprinkle with salt.
6. Put into oven and bake at 350 degrees for approximately 20 minutes.
7. Check every five minutes and stir, adding more salt to taste.
8. Check seeds to see if they are done by taking a sample out. Allow the sample to cool and then taste—if the insides are dry, they are done.
9. Allow to cool and serve.

## Pumpkin Vinaigrette Dressing



## This 'N That

### Nutrition Facts

Servings per Recipe: 12  
Serving Size: 1 tablespoon

Calories per Serving: 84  
Total Fat: 9g  
Saturated Fat: 1g  
Cholesterol: 0mg  
Sodium: 98mg  
Total Carbohydrate: 1g  
Dietary Fiber: 0g  
Sugars: 1g  
Protein: 0g

%DV Vit A: 16%  
%DV Vit C: 0%  
%DV Calcium: 0%  
%DV Iron: 1%

### Gather Ingredients for Dressing:

4 tablespoons pumpkin puree  
¼ cup cider vinegar or balsamic vinegar  
1 clove garlic  
1 teaspoon sugar  
½ teaspoon salt  
1/8 teaspoon black pepper  
½ cup olive oil

### Steps:

1. Finely chop or mash the clove of garlic.
2. Put all ingredients except the olive oil into a bowl.
3. Whisk all ingredients together. Mix well.
4. Add olive oil and whisk well.

Note: It is important to mix the olive oil in last as the salt will not dissolve in oil.

## Raspberry Vinaigrette Dressing

This 'N That

### Tips:

Make sure to refrigerate the dressing before use—it's a must to impress your taste buds!



To lower the carbohydrate and sugar content, try using a sugar substitute, such as Splenda® in place of the sugar ingredient.

### Nutrition Facts

Servings per Recipe: 8  
Serving Size: 1 tablespoon

Calories per Serving: 79  
Total Fat: 7g  
Saturated Fat: 1g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 179mg  
Total Carbohydrate: 5g  
Dietary Fiber: 0g  
Sugars: 5g  
Protein: 0g

%DV Vit A: 0%  
%DV Vit C: 0%  
%DV Calcium: 0%  
%DV Iron: 0%

### Gather Ingredients for Dressing:

- ¼ cup olive oil
- ¼ cup Raspberry wine vinegar
- 1½ Tablespoons sugar
- ¼ teaspoon hot sauce
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- ¼ teaspoon ground cinnamon

### Steps:

1. Combine the olive oil, vinegar, sugar, hot sauce, salt, pepper, and cinnamon in a jar.
2. Shake well and refrigerate 2 hours.

## Sour Cream Salad Dressing

This 'N That

### Tips:

This is a great low-fat alternative to traditional cream-based salad dressings. Use a little less milk to make a nice dip.

Try these variations:

Herb – Add 1 teaspoon of any minced herb

Salsa – Add ¼ cup salsa

### Gather Ingredients:

1 cup fat-free sour cream

½ cup fat-free mayonnaise

½ teaspoon pepper

2-3 tablespoons skim milk or buttermilk

### Nutrition Facts

Servings per Recipe: 12

Serving Size: 2 tablespoons

Calories per Serving: 41

Total Fat: 2g

Saturated Fat: 1g

Cholesterol: 7mg

Sodium: 108 mg

Total Carbohydrate: 4g

Dietary Fiber: 0g

Protein: 1g

%DV Vit A: 0%

%DV Vit C: 0%

%DV Calcium: 4%

%DV Iron: 0%

### Steps:

1. Combine all ingredients; stir until smooth.

2. Refrigerate in a closed-top glass jar.

## Summer Sausage

### Gather Ingredients:

2½ pounds ground deer meat  
2 tablespoons sodium free meat tenderizer  
2 tablespoons mustard seed  
2 tablespoons course black pepper  
2 tablespoon crushed red pepper  
½ teaspoon garlic powder  
2 teaspoons liquid smoke

## This 'N That

### Nutrition Facts

Servings per Recipe: 12  
Serving Size: 3 ounces

Calories per Serving: 130  
Total Fat: 3g  
Saturated Fat: 1g  
Cholesterol: 80mg  
Sodium: 50mg  
Total Carbohydrate: 3g  
Dietary Fiber: less than 1 g  
Sugars: 0g  
Protein: 22g

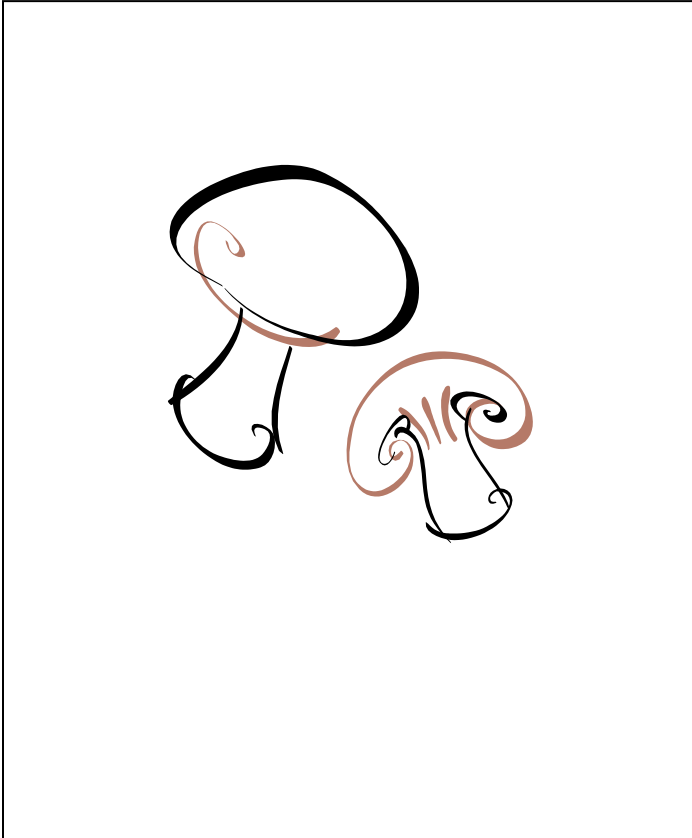
%DV Vit A: 2%  
%DV Vit C: 0%  
%DV Calcium: 0%  
%DV Iron: 25%

### Steps:

1. Mix all ingredients well in large plastic or glass bowl.
2. Cover mixture and put in refrigerator for 24 hours
3. Divide mixture into 4 even parts. Shape into 4 large balls
4. Place balls on broiler pan. Bake at 250 degrees for 2 hours.
5. Turn balls and continue to bake for another 2 hours.
6. Cool and serve.

## Wild Rice

## This 'N That



### Nutrition Facts

Servings per Recipe: 10  
Serving Size: ½ cup

Calories per Serving: 85  
Total Fat: 2g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 311mg  
Total Carbohydrate: 13.5g  
Dietary Fiber: 1.5g  
Sugars: 1g  
Protein: 4g

%DV Vit A: 5%  
%DV Vit C: 25%  
%DV Calcium: 1%  
%DV Iron: 3%

### Gather Ingredients:

- 1 cup wild rice, or wild rice mixture, uncooked
- ½ cup of sliced mushrooms
- ½ cup diced onions
- ½ cup diced green, or red, peppers
- 1 tablespoon canola oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2½ cups chicken broth

### Steps:

1. Layer rice and vegetables in slow cooker. Pour oil, salt, and pepper over vegetables. Stir.
2. Heat chicken broth. Pour over ingredients in slow cooker.
3. Cover. Cook on High for 2½ to 3 hours, or until rice is soft and liquid is absorbed.