

## Healthy Recipes for Meetings

If you like to prepare recipes for club meetings and other community events, it can be a challenge finding ones with ingredients and preparation methods that produce nutritious snacks.

Refreshments should be attractive, delicious and appropriate for the occasion. But given today's health recommendations to reduce fat and calories and increase vegetable and fruit consumption, recipes need to be modified from standard cookbook selections to address those issues.

This publication provides recipes selected and adapted for those who want to prepare and serve healthier fare. Here are some examples of modifications used in the recipes which give healthy, appetizing results:

- To provide added fiber, whole wheat flour can be substituted for one half of the flour; whole wheat tortillas substituted for white tortillas.
- Apple sauce can be used to replace half or less of the oil in baked goods, which in turn will appreciably reduce the fat.
- Replace frostings on cakes and bar cookies with a dusting of powdered sugar.
- Select reduced or non-fat versions of dairy foods and other commercial products.
- Prepare recipes with *trans-fat-free* margarine instead of butter and stick margarine. Read labels carefully to make sure the product is recommended for baking or for the preparation method required.
- Use olive oil or canola oil rather than other cooking oils. Experiment reducing the fat or oil in regular cookbook recipes by half or more.
- Try reducing the sugar in regular cookbook recipes by half, and do the same with salt.
- Serve vegetables and fruits with low or non fat dips.
- Reduce serving sizes by portioning cookie dough and baked goods in smaller sizes.

Occasionally when sugar and/or fat are reduced in a recipe, there are corresponding changes in baking outcomes that can occur. For example, sugar and fat keep baked goods moist and promote a well-browned crust and tender crumb.

When using modified recipes, avoid preparing them long before the serving time. Leftovers can be used up soon or frozen to maintain quality.

Crust color can be enhanced prior to baking with a light spritz of vegetable spray, or brushed-on egg wash. Grated vegetables, fruits or fruit purees can help add moisture to baked goods.

With little effort and little expense, it is possible to provide tasty and nutritious foods and beverages for meetings. The thoughtful host encourages good health by serving wholesome refreshments. *Bon appétit!*

### Creamy Dilly Dip

1	cup fat-free mayonnaise
1	cup (8 ounces) light sour cream
2	tablespoons dried parsley flakes
1	tablespoon dried minced onion
2	teaspoons dill weed
1	teaspoon seasoning blend, such as Mrs. Dash®
1	teaspoon sugar

Combine all ingredients in bowl. Chill for at least 1 hour. Serve with fresh vegetables or crackers. Yield 2 cups.

*Nutrition Facts per 2 tablespoon serving: Calories 30; Total Fat 1.5 g; Saturated Fat 1 g; Cholesterol 5 mg; Sodium 130 mg; Total Carbohydrate 3 g; Protein 1 g*

### Peanutty Pumpkin Spread

1 ½	cups solid-pack canned pumpkin
½	cup peanut butter
¼	cup honey
¼	teaspoon ground cinnamon
2	tablespoons chopped peanuts

Combine pumpkin, peanut butter, honey and cinnamon; mix well. Chill. Before serving, top with chopped peanuts. Serve with apple slices, celery or carrot sticks. Yield 2 cups.

*Nutrition Facts per 1 tablespoon serving: 38 calories; 1.3 g protein; 2.4 g fat; 4 g carbohydrate; 5 mg calcium; 20 mg. sodium*

## Spicy Bean Dip

- 1 15.5 ounce can pinto or black beans (or black-eyed peas) **drained**
- ½ cup 1% low-fat cottage cheese
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ¼ -½ teaspoon crushed red pepper flakes
- ½ cup (2 ounces) shredded reduced-fat sharp Cheddar cheese with added calcium
- 2 tablespoons sliced green onions
- 1 medium tomato, chopped



Position knife blade in food processor bowl; add drained beans, cottage cheese, chili powder, garlic powder, and red pepper flakes to the bowl. Process 1 minute or until smooth, stopping once to scrape down sides of bowl.

Transfer bean mixture to 1-quart baking dish coated with cooking spray. Bake at 400°F. for 15-20 minutes, or until thoroughly heated. Sprinkle with cheese. Bake 2 additional minutes or until cheese melts.

Remove from oven. Sprinkle with green onions and tomatoes. Serve with no-oil baked tortilla chips. Yield 1 ½ cups dip.

*Nutrition Facts per 2 tablespoons: 56 calories; 4 g protein; 1.5 g fat; 6 g carbohydrate; 87 mg calcium; 199 mg. sodium*

## Fruit Salsa

- 1 cup finely chopped strawberries\*
- 1 medium orange, peeled and finely chopped
- 2 large or 3 small kiwifruit, peeled and finely chopped
- 1 8-ounce can crushed pineapple (juice pack), drained
- ¼ cup thinly sliced green onions
- ¼ cup finely chopped red, yellow or green sweet pepper
- 1 tablespoon lime or lemon juice
- 1 fresh jalapeño pepper, seeded and chopped (optional)

In a mixing bowl stir together the strawberries, orange, kiwifruit, pineapple, green onions, sweet pepper, lime or lemon juice, and (optional) jalapeño pepper. Cover and chill for 6 to 24 hours. Serve with Cinnamon Tortilla Crisps (recipe follows). Makes about 3 cups fruit salsa. Serves 24.

*Nutrition Facts per 2 tablespoons: 14 calories; 3.5 g carbohydrates*

\* Other fresh fruits may be substituted such as watermelon, mangos, etc.

*Note: Chili peppers such as jalapeños contain volatile oils that can burn your skin and eyes. Avoid contact with them as much as possible. Wear plastic gloves when handling; wash hands thoroughly if they accidentally come into contact with the peppers.*

## Tortilla Crisps

- ⅓ cup sugar
- 1 teaspoon ground cinnamon
- 3 tablespoons *trans-fat-free* margarine, melted
- 12 7- or 8-inch flour tortillas

Combine sugar and cinnamon.

Brush melted margarine over tortillas; sprinkle with cinnamon-sugar mixture. Cut each tortilla into 8 wedges.

Spread one-third of the wedges in a 15x10x1-inch baking pan. Bake in a 350° F oven 5 to 10 minutes or until dry and crisp. Repeat with remaining wedges; cool. Makes 96 crisps (24 appetizer servings).

*Nutrition Facts per 4 crisps: 93 calories; 2 g protein; 3 g fat; 15 g carbohydrate; 31 mg calcium; 158 mg sodium.*

## Low Fat Yogurt Fruit Dip

- 1 8 oz. container plain lowfat yogurt
- 2 tablespoons calcium-fortified orange juice concentrate, thawed
- 2 tablespoons honey

Blend ingredients well. Chill until serving time. Serve with fresh fruits.

Yield 1 cup: 16 tablespoons dip.

*Nutrition Facts per 1 tablespoon: 19 calories; 1 g protein, 4 g carbohydrates; 0 g fat, 39 mg calcium; 11 mg sodium*

## Confetti Veggie Squares

- 2 tubes refrigerated reduced-fat crescent roll dough
- 6 ounces reduced fat Neufchâtel cream cheese
- 1 ½ cups light sour cream
- Optional: Seasonings to taste such as garlic powder, Tabasco sauce, seasoning salt, Worcestershire sauce
- 3 - 4 cups minced fresh vegetables and/or herbs (at least 4 different kinds) such as broccoli, red bell pepper, green onions, carrots, cauliflower, radishes, parsley, celery

Heat oven to 375° F. Roll out dough to fit 17 ½ x 11 ½ x 1 inch baking sheet; pinch seams together to make crust. Bake 12-15 minutes or until lightly golden brown. Cool thoroughly. Refrigerate. Beat together cream cheese, sour cream and optional seasonings. Spread cream cheese mixture on baked cooled crust. Sprinkle minced fresh vegetables on top. Cut into 54 2" squares.

*Nutrition Facts per 2 2" squares: 90 calories; 1 g protein; 5 g fat; 9 g carbohydrate; 27 mg calcium; 176 mg sodium*

*Note: To further reduce fat and increase calcium, substitute refrigerated breadstick dough in place of crescent dough, and use shredded low-fat mozzarella cheese in place of cream cheese.*

## Chile 'n Cheese Roll-Ups

- 4 ounces reduced fat Neufchâtel cream cheese, softened
- 1 cup (4 ounces) shredded reduced-fat Cheddar cheese with added calcium
- 1 (4 ounce) can diced green chiles, drained
- 1/3 cup sliced green onions
- 1/2 cup pitted ripe olives, chopped
- 4 6 inch tortillas (or use 3 8" tortillas)
- Salsa (optional)

In bowl blend cream cheese, Cheddar cheese, green chiles, green onions and olives; mix well. Spread 1/3 cup mixture each on 6" tortillas, or 1/2 cup mixture each on 8" tortillas. Roll up each tortilla jelly-roll fashion and wrap in plastic wrap. Chill at least 1 hour. To serve, cut each roll into (3/4" thick) slices. Serve with salsa if desired. Yield 32 roll-ups.

*Nutrition Facts per 2 roll-ups: 71 calories; 3 g protein; 4 g fat; 6 g carbohydrate; 32 mg calcium; 189 mg sodium*

## Oatmeal Applesauce Muffins

- 3/4 cup whole wheat flour
- 1/2 cup all-purpose white flour
- 1 cup rolled oats
- 1/2 cup brown sugar packed
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 3/4 cup buttermilk or sour milk
- 1/2 cup applesauce
- 2 tablespoons cooking oil
- 1 egg beaten
- 1/2 cup raisins



In large bowl combine whole wheat and white flours, oats, brown sugar, baking powder, baking soda and cinnamon. In another bowl mix together buttermilk, applesauce, oil, egg and raisins. Add liquid ingredients to flour ingredients, stirring to moisten well.

Spoon batter into greased muffin cups.

Bake at 400° F for 15-18 minutes or until lightly golden brown on sides and bottom. Yield: 15 muffins.

*Nutrition Facts per muffin: 102 calories; 2 g protein; 22 g carbohydrates; 2.5 g fat; 36 mg calcium; 79 mg sodium*

## Pumpkin Nut Muffins

- 1 egg
- 1/4 cup canola oil
- 1/2 cup granulated sugar
- 1 cup canned pumpkin
- 1/4 cup non-fat or 1% milk
- 3/4 cup whole wheat flour
- 1/2 cup all-purpose white flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/3 cup chopped walnuts

In large mixing bowl, beat egg with oil and sugar. Add pumpkin and milk and blend well. Set aside.

In medium size bowl mix together whole wheat flour, white flour, baking powder, baking soda, cinnamon, nutmeg, cloves and walnuts.

Stir flour mixture into egg mixture until blended. Divide into 14 greased muffin cups. Bake at 400° F for 18-20 minutes. Test for doneness with toothpick. Yield: 14 muffins.

*Nutrition Facts per muffin: 133 calories; 2.6 g protein; 17 g carbohydrates; 6 g fat; 34 mg calcium; 71 mg sodium*

## Spice Bars

- 1/4 cup raisins
- 1/2 cup water
- 2 tablespoons canola oil
- 1/4 cup unsweetened applesauce
- 1/3 cup sugar
- 1 beaten egg
- 1 cup flour (use half whole wheat and half white flour)
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/3 cup chopped walnuts
- Powdered sugar (optional)

Heat oven to 375° F. Spray an 8" x 8" baking pan and set aside. Combine raisins and water in large saucepan; and bring to a boil; remove from heat. Stir in canola oil and cool to lukewarm.

Stir in applesauce, sugar, beaten egg, soda, cinnamon, allspice and walnuts, stirring well. Pour into prepared pan. Bake about 15 to 18 minutes till toothpick tests done. Cool.

Optional: Just before serving, dust the top with powdered sugar and cut into 16 squares.

*Nutrition Facts per square: 87 calories; 2 g protein; 4 g fat; 12 g carbohydrate; 7 mg calcium; 44 mg sodium.*

## Cake Brownies

- 1/3 cup sugar
- 1/4 cup trans-fat-free tub margarine
- 1/4 cup unsweetened cocoa powder
- 1 egg
- 1/2 teaspoon vanilla extract
- 3/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/2 cup non-fat (skim) milk
- 1/2 cup chopped walnuts

In medium-size saucepan heat sugar, margarine, cocoa powder over medium heat until margarine melts, stirring constantly. Remove from heat and cool slightly. Stir in eggs and vanilla, beating lightly until blended well.

Combine flour, baking powder, baking soda together in small bowl. Add flour mixture and milk alternately to chocolate mixture beating after each addition. Stir in nuts.

Pour batter into 8" x 8" baking pan.

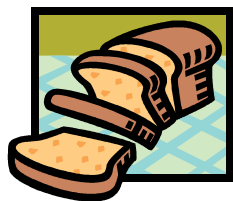
Bake at 350° F for 18-20 minutes or until a wooden toothpick inserted near center comes out clean.

Cool on wooden rack. Cut into 16 2-inch squares.

*Nutrition Facts per square: 92 calories; 2 g protein; 5 g fat; 10 g carbohydrate; 26 mg calcium; 56 mg. sodium*

## Banana Nut Bread

- 1 cup whole wheat flour
- 1/2 cup all-purpose white flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup chopped walnuts
- 1/4 cup trans-fat-free margarine
- 1/2 cup granulated sugar
- 1 egg plus 1 egg white
- 1 1/4 cups mashed ripe bananas (about 2-3 bananas)



In a medium size bowl mix together whole wheat flour, white flour, baking powder, baking soda and nuts; set aside.

In large mixing bowl beat the margarine and sugar together until light and fluffy. Blend in eggs and bananas. Add the flour mixture and stir just enough to blend ingredients.

Spread into greased 8 1/2" x 4 1/2" x 2 3/4" loaf pan. Bake at 350° F for about 60 minutes. Cool. Yield 15 1/2" slices.

*Nutrition Facts per slice: 138 calories; 3 g protein; 5.5 g fat; 21 g carbohydrate; 28 mg calcium; 86 mg. sodium*

## Angel Pineapple Cake

- 1 20-ounce can crushed pineapple, juice-pack (not syrup-pack)
- 1 box Angel Food cake mix (Be sure to select the one-step type mix)  
Optional: Powdered sugar or fat-free whipped topping

Blend the cake mix and undrained pineapple together in a 9 "x 12" ungreased pan, stirring well to mix.

Bake at 350° F for 25 minutes. Cool. (Optional: Serve with powdered sugar or fat-free whipped topping.)

Yield: 20 servings.

*Nutrition Facts per serving: 102 calories; 2 g protein; 0 g fat; 22 g carbohydrate; 12 mg calcium; 219 mg. sodium*

## Carrot Cupcakes

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose white flour
- 1/3 cup granulated sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 2 eggs, beaten
- 1/4 cup canola oil
- 1 1/2 cups finely grated carrots  
Optional: Sifted Powdered sugar or Cream Cheese Frosting

In a large mixing bowl, blend together whole wheat flour, white flour, sugar, baking powder, baking soda, and cinnamon. Add beaten eggs, oil and carrots, blending until mixed well.

Divide batter into 12 cupcake papers in muffin baking pan. Bake at 325° F for 20-24 minutes until toothpick tests done.

Optional: Sift powdered sugar over tops before serving, or frost with cream cheese frosting recipe below.

### Cream Cheese Frosting:

In small bowl beat together 1 tablespoon trans-fat-free margarine, 1 ounce of reduced fat Neufchâtel cheese, 1/2 teaspoon vanilla extract and 1/2 cup powdered sugar. Spread a small amount on top of each cupcake and garnish with a walnut half.

Yield: 12 cupcakes.

*Nutrition Facts per unfrosted cupcake (cupcake frosted nutrients are listed in parenthesis):*

*117 (162) calories; 2 (3) g protein; 5.7 (8) g fat; 15 (20) g carbohydrate; 24 (27) mg calcium; 97 (114) mg. sodium*

## Chocolate Chip Walnut Cookies

- 1 ¼ cups whole wheat flour
- 1 ¼ cups all-purpose white flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup *trans-fat-free* tub margarine
- ¾ cup granulated sugar
- 1 cup packed brown sugar
- 1 whole egg
- 1 ½ teaspoons vanilla extract
- 1 cup mini chocolate chips
- ½ cup chopped walnuts

Preheat the oven to 350° F. Combine the flour, baking soda, and salt in a bowl and set aside. In a large bowl, combine the margarine and sugars and beat with an electric mixer until smooth. Add the egg and vanilla, beating. Add the flour mixture and beat until all the flour is combined. Stir in the chocolate chips and walnuts with mixing spoon. Roll into 1" balls and place on ungreased baking sheet, flattening slightly. Bake for 10 to 15 minutes or until the cookies begin to brown around edges. Remove from the sheet to cool. Makes about 50 cookies.

*Nutrition Facts per cookie: 95 calories; 1 g protein; 14 g carbohydrates; 4 g fat; 7 mg calcium; 62 mg sodium*

## Oatmeal Raisin Cookies

- ½ cup whole wheat flour
- ½ cup all-purpose white flour
- ½ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ cup *trans-fat-free* tub margarine
- ½ cup granulated sugar
- ½ cup packed brown sugar
- 1 whole egg
- 1 teaspoon vanilla extract
- 2 cups old fashioned or rolled oats
- ¾ cup raisins



Preheat the oven to 350° F. Combine whole wheat and all-purpose white flour, baking soda, cinnamon and nutmeg in a small bowl and set aside.

In a large bowl, combine the margarine, granulated and brown sugars, egg, and vanilla and beat with an electric mixer until well mixed. Add the flour mixture and beat until all the flour is combined. Stir in the oats, and raisins with a mixing spoon until blended.

Drop the dough by heaping teaspoons onto a greased baking sheet. Bake for 10 to 15 minutes or until just browned. Remove from the sheet to cool. Yield 3 dozen.

*Nutrition Facts per cookie: 80 calories; 1 g protein; 13.5 g carbohydrates; 2.5 g fat; 9 mg calcium; 41 mg sodium*

## Put it all together

Now that you have some healthy recipes for your meetings, remember to include physical activity or exercise opportunities whenever possible during the breaks. Healthy food + physical activities = HEALTHY MEETINGS!

## Brought to you by:

The University of Arizona Cooperative Extension–Healthy Lifestyles Work Group includes the outreach programs Walk Across Arizona; STEPS; Bone Builders; Physical Activity Program; Healthy Active Kids; 4-H Youth Development, and more. <[www.cals.arizona.edu/extension](http://www.cals.arizona.edu/extension)>

## For further information

American Dietetics Association  
[www.eatright.org](http://www.eatright.org)

The American Council on Exercise Healthy Recipes  
[www.acefitness.org/getfit/recipes.aspx](http://www.acefitness.org/getfit/recipes.aspx)

USDA Team Nutrition Recipes and Menu Planning  
[healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php](http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php)

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**This information has been reviewed by university faculty.**  
[cals.arizona.edu/pubs/health/az1454.pdf](http://cals.arizona.edu/pubs/health/az1454.pdf)

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture & Life Sciences, The University of Arizona.

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