

GOALS OF COOKING SCHOOLS The second goal is to motivate your audience to incorporate many of your recipes into their weekly routine. If I find two recipes in a new cookbook that I or my wife uses on a weekly basis, I say that's worth the price. Recently, two studies were conducted of attendees at a Lifestyle Center and both found very little change of patient lifestyle after one year. This center followed a no sugar, no dairy, no refined flour, and low fat dietary.







dried fruits, fruit juice concentrate, dried cane sugars

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RECIPE GUIDELINES (CONTINUED)

- 6. Use reduced fat dairy products
- 7. Use egg whites in place of egg yolks when possible
- 8. Use salt-free margarines in baking
- 9. Reduced the salt , <<<<< than 200 mg.
- 10. Use generously herbs and spicesexperiment



RECIPE GUIDELINES

- 11. High calcium 200 mg. per serving, high iron 3 mg. per serving, high fiber .7 grams, high folate .50 mg.
- 12. Please do not demonstrate a negative: no salt, no sugar, no dairy, no GMO
- 13. Watch the sodium percentages per serving.
- Always demonstrate recipes that you have prepared personally before the Demo, never trust your version of someone else recipe.



RECIPE GUIDELINES

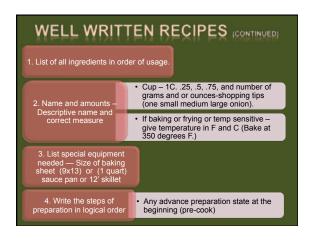
15.Have on hand fortified dry soy milk-- add to pancakes, waffles, analogs or other dishes you are baking.

- Prepare chopped roasted nuts, pecans, pine nuts, seeds etc and place in freezer and use for opportunities nuts can add every opportunity.
- 17. Grow small herb gardens to use often- herbs such as Basil. Oregano, Thyme, Marjoram, Mint, Sage, Cilantro, etc

Recipe Guidelines for Fast Food

- 19. Cook extra servings of cracked whole and multigrains cereals, store for a couple of days in Frig or freeze for future use.
- 18. Soups and legumes freeze quite well and can be used in for fast meals.
- 20.Prepare more than one meat-analog dish such as Special K Loaf and freeze
- 21.







RECIPE GUIDELINES

Each serving of fruits and vegetables:
One serving < than 480 mg of sodium
≤ ½ t. of sucrose or equivalent
≤ 3 grams of fat
28 g. fiber per 2000 calories
Fats and sugars do not include naturally occurring sugars
Guidelines from Fruit and Vegetable More Matters



ADJUSTING RECIPES

Doubling recipe: • Pasta – O.K.

Cakes – No No
 Cookies:



If baking 2 pans instead of one, rotate one-half baking time and allow longer to bake. Adjust size of pan or pot.

Halving recipe:

Adjust cooking time and divide by even numbers Look at lowest common denominator. Ex. One egg. Don't divide an egg.

MAKING OVER RECIPES

Grains:

Go for whole grains most often.

-try whole wheat or white whole wheat flour as often as possible. IReplacing one half of the white flour with 100 % Whole-Pase.

Pies-use a graham cracker crust instead of white flour or pastry whole wheat flour.

Fats:

• Use diet margarine instead of regular except in baking.

· Use canola, walnut, soy oils in cooking, and olive oil in dressings.

In cakes and cookies you can sometimes replace half the oil with apple sauce.

MAKE OVER RECIPES



Dairy:

- Use non-fat yogurt instead of sour cream. Or if available "Libne"- a Greek low fat yogurt (drain or concentrate yogurt)
- Use low fat or non-fat milk
- Use evaporated milk instead of cream
- Use non-fat or low fat cream cheese
- Use a healthier margarine instead of butter
- Use low-fat cheeses instead of regular cheese

Eggs:

 Use two egg whites instead of one egg. In baking often use whipped egg whites and fold into cakes, cookies entree's

ADJUSTING RECIPES

Sugar: Cut the sugar by 25-50 % in many recipes.





Salt: • Cut salt gradually to 120 g. per 100 grams per recipe • If using salad dressing, condiments, soy sauce, chips, etc., add up the % of sodium from each of the prepared foods.

PECAN PIE MAKE OVER Pecan Pie Crust - Cooking Light Nov. 2009 1 c. all purpose white flour (Traditional - White Four) 3 T ice water 1 t. lemon juice 2 T. powdered sugar Cut in 4 T margarine) (Lard or shortening) Press mix on parchment paper-pat out to 4 inch round-top with another layer of paper and freeze for 10 minutes Thaw and roll out for pie pan. Bake for 8-10 minutes in 350 F.



OLD FASHION SOUTHERN PECAN PIE Pecan Pie Mix 1 C. light Karo syrup - Traditional 4 c. Maple syrup 2 T. Flour 2 large eggs 2 egg whites 1 t. vanilla Mix with beaters until smooth 4 t. salt Add 1 c to 1 1/2 c. Pecans and pour into baked shell Bake 350 F. for 50 minutes

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