

## **RESCUE RECIPES**

USU Nutrition and Health Expo 2009

### **Mushroom Spinach Omelette**

1 egg  
2 egg whites  
2 Tbsp.  
1 Tbsp. shredded mozzarella cheese  
1 Tbsp. shredded cheddar cheese  
1/4 tsp. salt  
1/8 tsp. pepper  
1/2 cup sliced fresh mushrooms  
2 Tbsp. chopped green pepper  
1 Tbsp. finely chopped green onion  
1/2 tsp. olive oil  
1 cup torn fresh spinach

1. In a small bowl, beat the milk, egg, and egg whites. Add cheeses, salt, and pepper; mix well. Set aside.
2. In an 8-in. nonstick skillet, sauté the mushrooms, green pepper and onion in oil for 4-5 minutes or until tender.
3. Add spinach; cook and stir until spinach is wilted. Add egg mixture. As eggs set, lift edges, letting uncooked portion flow underneath. Cut into wedges. Serve immediately.

### **Parmesan Italian Croutons**

4 cups bread cubes (great with French bread or homemade bread)  
4 Tbsp. Butter, melted  
2 Garlic Cloves, finely minced  
2 Tbsp. dried basil  
2 Tbsp. dried thyme  
2 Tbsp. Parmesan, grated

1. Preheat oven to 350°F
2. Warm butter until melted in a large pan on stovetop. Add garlic, seasoning, and cheese, mix well. Add bread to mixture and toss to coat all the cubes.
3. Transfer to baking sheet and cook in the oven for 15 - 20 minutes, stirring occasionally until golden brown.
4. Cool completely and serve. You can also store in an airtight container or freeze until needed.

## **Crunchy Banana Muffins**

2 ripe bananas  
1 egg beaten  
1 Tbsp. oil **or** applesauce  
3 Tbsp. honey  
1/2 cup skim milk  
3/4 cup oats  
1/4 tsp. salt  
1/4 tsp. baking soda  
2 1/2 tsp. baking powder  
1 cup whole-wheat flour

1. In a large bowl, smash bananas.
2. Lightly mix in all ingredients with a fork.
3. Pour mixture into greased muffin tins, 3/4 full.
4. Bake at 400° for 18-20 minutes. Yields: 18 muffins

## **Potato Skin Crisps**

3/4 cup Potato skins, washed  
1 Tbsp. Olive oil  
Salt  
Pepper  
Paprika (optional)

1. Preheat your oven to 350 F.
2. Saute skins: Add oil to heated pan. Toss in potato skins. (If you are using previously frozen skins, make sure to let any excess water that the peels have released steam off at this point.) Cook for 1-2 minutes on medium heat, stirring. The skins should be evenly coated with oil and steaming.
3. Bake: Let the skins cool for a few minutes. Spread them out evenly onto a baking sheet. Make sure to separate them into one layer. Sprinkle with salt and pepper (and paprika if desired). Bake for 15 minutes. Stir the skins, (just to rearrange them on the sheet). Bake for an additional 10-15 minutes until all of the skins are crisp. You won't see them brown very much because of the darker color of the skin. You can snap one or two to test for crispness, remembering that they will continue to crisp as they cool.
4. Store: Store cooled crisps in an airtight container for up to a week.

## **Apple Crisp**

10 cups all-purpose apples, peeled, cored and sliced  
1/2 cup white sugar  
1 Tbsp. whole wheat flour  
1 tsp. ground cinnamon  
1/2 cup water

1 cup quick-cooking oats  
1 cup whole wheat flour  
1/2 cup packed brown sugar  
1/4 teaspoon baking powder  
1/4 teaspoon baking soda  
1/2 cup butter, melted

1. Preheat oven to 350 degrees F.
2. Place the sliced apples in a 9x13 inch pan. Mix the white sugar, 1 Tbsp flour and ground cinnamon together, and sprinkle over apples. Pour water evenly over all.
3. Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter together. Crumble evenly over the apple mixture.
4. Bake at 350 degrees F for about 45 minutes.

## **Broccoli Slaw**

4 slices turkey bacon  
4 large broccoli stems (about 1 1/2 pounds)  
1/2 small head purple cabbage, chopped  
1 large carrot, peeled  
1/4 cup low-fat or nonfat plain yogurt  
1/4 cup reduced-fat mayonnaise  
3 Tbsp. cider vinegar  
2 tsp. sugar  
1/2 teaspoon salt, or to taste  
Freshly ground pepper to taste  
1 8-ounce can low-sodium sliced water chestnuts, rinsed and coarsely chopped  
1/2 cup finely diced red onion (1/2 medium)

1. Cook bacon in a large skillet over medium heat, turning frequently, until crisp, 5 to 8 minutes. (Alternatively, microwave on High for 2 1/2 to 3 minutes.) Drain bacon on paper towels. Chop coarsely.

2. Chop broccoli and carrot into 1/4-inch pieces.

3. Whisk yogurt, mayonnaise, vinegar, sugar, salt and pepper in a large bowl. Add water chestnuts, onion, bacon, cabbage, and broccoli; toss to coat. Chill until serving time.