## *Healthy SC Challenge Healthy Recipes*

*Earlier in Spring 2006, the Healthy SC Challenge encouraged South Carolinians to submit healthy recipes, especially healthier versions of traditional Southern favorites. After a judging process, the recipes in the following pages were declared winners of the 2006 Healthy SC Challenge recipe contest.*

# *Enjoy!*

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**Healthy SC Challenge**
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# SOUTHERN FAVORITES

## Baked "Fried" Chicken

*Elizabeth Telehany*
*Georgetown County*

**1/2 cup low fat buttermilk**
**2 boneless, skinless chicken breasts**
**2 ounces cornflake crumbs**
**2 teaspoons sesame seeds**

Preheat oven to 350°F
Pour buttermilk into shallow bowl; add chicken and turn to coat.
Combine cornflake crumbs and sesame seeds on a plate; dredge chicken in this mixture.
Arrange chicken on a nonstick baking sheet and bake until chicken is crispy and golden brown (approximately 40 minutes).

**Nutritional Information**
Serving size: 1/2 recipe

Calories - 323
Total Fat - 6g
Saturated fat - 1g
Cholesterol - 139mg
Sodium - 244mg
Carbohydrates - 7g
Fiber - 1g
Protein - 58g

## Odessa's Chicken Gumbo Soup

*Odessa Simmons*
*Beaufort County*

**10 Chicken drumsticks (skinned)**
**2 cans (14 1/2oz) low sodium tomato sauce**
**2 package (16 oz) frozen cut okra**
**1/2 medium bell pepper (chopped)**
**Poultry seasoning and black pepper to taste**
**3 1/2 cups water**

Remove skin from chicken and trim all visible fat.
Wash the chicken meat well.
Season with poultry seasoning and black pepper.
Place in refrigerator for 15 minutes.
Remove from refrigerator and place in a large pot, add bell pepper and 3.5 cups water.
Slow cook about 1 hour.
Add okra and continue to cook for about 35 minutes.
Add tomato sauce and cook another 15 minutes.

Serves 6

**Nutritional Information**
Serving Size: 1/6 of recipe

Calories - 240
Total Fat - 11g
Cholesterol - 100mg
Sodium - 115mg
Carbohydrates - 11g
Protein - 26g

## Zucchini "Crab" Cakes

*Joan Perry*
*Roper St. Francis Healthcare*
*Charleston County*

*Because of the seafood seasoning and texture, this dish tastes very similar to real crabcakes.*

**2 1/2 cups grated zucchini, rind and all**
**1 cup seasoned bread crumbs, whole wheat if possible**
**1 egg, beaten**
**2 tablespoons grated onion**
**1 tablespoons melted healthy buttery spread (Smart Balance)**
**1 tablespoons seafood seasoning**
**1-4 tablespoons wheat flour or wheat cracker crumbs**

Combine the zucchini, egg and melted buttery spread.
Add the rest of the ingredients and shape into patties.
Dip into cracker crumbs.
Fry until brown in a small amount of canola or olive oil.

**Nutritional Information**
Serving size: 1/4 of recipe

Calories - 144
Total Fat - 2g
Saturated fat - 1g
Cholesterol - 0mg
Sodium - 261mg
Carbohydrates - 25g
Fiber - 2g
Protein - 6g

# BREAKFAST

## Salmon & Egg Scramble*

*Valencia Whitehead*
*Richland County*

**One can pink salmon**
**4 eggs, lightly beaten (Omega-3 eggs)**
**1/4 teaspoon salt substitute seasoning**
**1/4 teaspoon grated black pepper**
**1/4 teaspoon garlic powder**
**1/3 cup minced green onion**

Spray a small/ medium frying pan with nonstick cooking spray.
Add liquid from can of salmon and sauté onions.
Add salmon and seasonings.
Cook until liquid is absorbed.
Remove from pan.
Coat larger pan coated with cooking spray.
Add eggs and scramble lightly.
Add salmon mixture and cook briskly one minute.

**Nutritional Information**
Serving Size: 1/3 of recipe

Calories - 215
Total Fat - 9g
Saturated Fat - 2g
Cholesterol - 54g
Sodium - 166mg
Carbohydrates - 1g
Fiber - 0g
Protein - 30g

**While this recipe has many vitamins and nutrients, it is also higher in fat and cholesterol. To optimize health, keep portion size low and pair with whole wheat toast and/or some fruit.*

# MAIN COURSES

## Spicy Italian Soup

*Donna Brazil*
*School Nurse - Northside Elementary, York County*

**1/3 cup onions\raw, chopped**
**1/3 cup green bell pepper\raw, chopped**
**3/4 teaspoon garlic, minced**
**1/4 teaspoon crushed red pepper**
**1-1/4 teaspoon olive oil**
**1 cup reduced-sodium beef broth**
**1 cup water**
**11 ounces canned kidney beans, drained and rinsed**
**1-1/4 cups canned Italian style stewed tomatoes**
**11 ounces frozen Italian-style vegetable combination**
**3/4 teaspoon dried basil leaves**
**1/2 cup small shell pasta**
**2/3 cup spinach leaves\raw, loosely packed**
**1 pound ground turkey, browned**

Sauté onion, pepper, garlic and red pepper in olive oil in large saucepan until tender, 3-4 minutes.
Stir in browned turkey, beef broth, water, beans, tomatoes, Italian vegetables, and basil; heat to boiling.
Add pasta and simmer, uncovered, until vegetables and pasta are tender.
Stir spinach into soup; simmer 1-2 minutes.
Season to taste with salt and pepper.
If desired, add a teaspoon of prepared pesto sauce into each bowl of soup.

**Nutritional Information**
Serving size: 1 cup

Calories - 128
Total Fat - 4g
Saturated Fat - 1g
Cholesterol - 30g
Sodium - 142mg
Carbohydrates - 13g
Fiber - 3.5g
Protein - 10g

### Healthy Vegetarian Lasagna

*April Glenn*
*Richland County*

**3 tablespoons extra virgin olive oil**
**2 cloves chopped garlic**
**1 cup chopped zucchini**
**1/2 cup diced onion**
**1/2 cup grated carrot**
**1/2 cup finely chopped broccoli**
**1 box no-boil lasagna noodles**
**enchilada sauce or tomato sauce**

**Nutritional Information**
Serving size: 1/6 of recipe

Calories - 180
Total Fat - 5g
Saturated fat - 4g
Cholesterol - 0g
Sodium - 500mg
Carbohydrates - 30g
Fiber - 3g
Protein - 6g

Preheat oven to 350°F.
Heat 2 tablespoons olive oil in skillet over medium heat.
Sauté garlic, zucchini, artichokes, onion, carrot, and broccoli until tender (add any vegetables you like).
Spread 1 tablespoon oil over bottom of 9x13 lasagna pan.
Spread 1/4 vegetable mixture in bottom of pan.
Place layer of lasagna over the vegetable layer.
Add a layer of tomato sauce followed by a layer of the vegetable mixture.
Add two more layers and any remaining vegetables or sauce over the top.
Cover with foil and bake for 20 minutes or until sauce begins bubbling.
Uncover and bake an additional 10 minutes.
Allow to cool for 10 minutes before serving.

## SIDE DISHES & SNACKS

### Low-Fat Spinach & Artichoke Dip

*GoodBodies Program*
*Becky Petersen and Erin Combs, program coordinators and Dr. Harriet Williams, program director*
*University of South Carolina, Columbia*

**1 1/2 cups (6 ounces) 2% shredded mozzarella cheese**
**1/2 cup fat-free sour cream**
**2 tablespoons grated parmesan cheese**
**1/4 teaspoon black pepper**
**3 cloves garlic, crushed**
**1 (14 ounce) can artichoke hearts, drained & chopped**
**1 (8 ounce) block 1/3-less-fat cream cheese, softened**
**1 (8 ounce) block fat-free cream cheese, softened**
**1/2 (10 ounce) package frozen spinach, thawed, drained & squeezed dry**

**Nutritional Information**
Serving size: 1/8 of recipe

Calories - 140
Total Fat - 5g
Saturated fat - 3g
Cholesterol - 21mg
Sodium - 517mg
Carbohydrates - 9g
Fiber - 2g
Protein - 6g

Preheat oven to 350°F.
Combine all ingredients in a large bowl. Stir until well-blended.
Spoon into a 1 ½-quart baking dish and bake for 30 minutes or until bubbly and golden brown.
Serve with pita chips or stone ground tortilla chips.

## Barbecued Lima Beans

*American Heart Association, Columbia*

*Serve this sweet-and-sour bean dish, reminiscent of baked beans, at a cookout, on a vegetarian buffet, or as a main dish over rice.*

**1 pound dried baby lima beans, sorted for stones and shriveled beans and rinsed**
**4 cups fat-free, low-sodium chicken broth**
**1 small onion**
**Canola/Olive oil spray**
**3 tablespoons light brown sugar**
**2 tablespoons low-sodium Worcestershire sauce**
**1 teaspoon chili powder**
**1 teaspoon pepper**
**1 teaspoon dry mustard**
**8 ounce can no-salt added tomato sauce**
**2 tablespoons vinegar**

**Nutritional Information**

Calories - 312
Total fat - 1g
Saturated - 0g
Cholesterol - 0mg
Sodium - 53mg
Sugars - 17g
Carbohydrates - 60g
Fiber - 17g
Protein - 17g

Put the beans in a stockpot or Dutch oven. Add water to cover by several inches. Bring to a boil over high heat. Remove from the heat, cover and set aside for 1 hour. Drain the beans and return them to the stockpot.

Add the broth to just cover the beans (add water if needed). Bring to a boil over high heat. Reduce the heat and simmer, covered, for about 1 hour 15 minutes, or until tender, adding water if needed to keep the beans just covered. When the beans start to simmer, mince the onion.

Lightly spray a large skillet with vegetable oil spray. Cook the onion over medium-high heat for about 5 minutes, or until softened and browning. Stir the onion, brown sugar, Worcestershire sauce, chili powder, pepper and mustard into the beans. Leave the beans uncovered for the remainder of their cooking time.

When the beans are tender, stir in the tomato sauce and vinegar.

Serves 6

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# DESSERTS

*Although healthier than traditional versions, these desserts are still higher in fat.*
*Keep your portion size low and pair with fruit.*

## Peanut "Better" Cookies

*Libby Boerger*
*Miss Greenville Teen 2006*
*Anderson County*

**3/4 cup brown sugar**
**1/2 cup reduced-fat peanut butter**
**1 tablespoon healthy buttery spread (like Smart Balance)**
**1 tablespoon applesauce**
**1 egg white, slightly beaten**
**1/2 cup whole wheat flour**
**1/4 teaspoon baking soda**
**1 cup multigrain flake cereal, coarsely crushed**

Preheat oven to 375°F
In medium bowl, stir together the first 4 ingredients until smooth.
Stir in the egg white.
In small bowl, combine the flour and baking soda
Add flour mixture to peanut butter mix
Stir in cereal (the batter will be firm)
Spray non-stick spray on baking sheet and drop batter by rounded teaspoons
Flatten the dough balls before baking
Bake 8-10 minutes, until lightly browned
Allow to cool 1 minute before removing from baking sheet

Makes 20 cookies

**Nutritional Information**
Serving size: 2 cookies

Calories - 151
Total Fat - 4g
Saturated Fat - 1g
Cholesterol - 0g
Sodium - 130mg
Carbohydrates - 28g
Fiber - 2g
Protein - 4g

## Sweet Potato Casserole

*Stephanie Delgado*
*Richland County*

**6 sweet potatoes**
**1 cup raisins**
**2/3 cup walnuts**
**1/2 cup Splenda**
**2 tablespoons honey**
**2 tablespoons healthy buttery spread (like Smart Balance)**
**Low fat/low sugar whipped topping**

Boil 6 potatoes in water for 30 minutes. Peel and slice.
Combine warm honey, softened healthy spread, and Splenda in one bowl.
Layer potatoes, raisins, walnuts with the honey mixture.
Bake in oven 20 minutes.
Instead of marshmallows, try some low fat/ low sugar whipped topping.

**Nutritional Information**
Serving size: 1/2 cup

Calories - 174
Total Fat - 6g
Saturated fat - 1g
Cholesterol - 0g
Sodium - 37mg
Carbohydrates - 31g
Fiber - 3.6g
Protein - 2.5g