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# Step Up to Nutrition & Health Recipes

## National Nutrition Month<sup>®</sup>

### Easy One-Pot Red Beans and Rice

Maria C. Alamo, M.P.H., R.D., L.D.

**Serves: 4**

Hands-on time: 15 minutes

Cooking time: 45 minutes

Standing time: 10 minutes

- 1/2 pound andouille sausage
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 2 ribs celery, chopped
- 1 14 1/2-ounce can diced tomatoes with liquid
- 1 15-ounce can kidney beans, drained and rinsed
- 1/2 teaspoon salt
- 1/4 to 1 teaspoon black pepper
- 2 teaspoons ground thyme
- 2 teaspoons dried sweet basil
- 1 to 2 teaspoons cayenne
- 1 tablespoon paprika
- 2 to 5 drops hot pepper sauce
- 1 bay leaf
- 1 cup uncooked brown rice
- 1 green bell pepper, chopped

*This is an easy, one-pot version of the famous New Orleans dish.*

Brown the sausage with the onion, garlic, and celery for about 4 to 6 minutes. Add the tomatoes, kidney beans, 2 cups water, salt, pepper, thyme, basil, cayenne, paprika, hot sauce, bay leaf, and rice. Bring to a boil. Add the rice, decrease heat, cover, and simmer 45 minutes. Remove from heat.

Add the green pepper, stir well, cover, and let stand 10 minutes. Stir before serving.

**Serving Size: 2 cups**

**Nutrition Facts per Serving:**

Calories	515 kcal	Total Fat	20 g
Cholesterol	0 mg	Saturated Fat	0.426 g
Sodium	720 mg	Carbohydrates	65 g
Dietary Fiber	13 g	Protein	21 g

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### Chunky Tropical Avocado Salsa

Mona R. Sutnick, Ed.D., R.D.

**Serves: 4**

Hands-on time: 10 minutes

- 1 medium-size ripe avocado
- 1 tablespoon lemon juice
- 2 tablespoons finely chopped red onion
- 1 to 3 teaspoons white horseradish
- 1/8 teaspoon salt
- 1 cup jarred pink grapefruit sections, each cut into 5 small pieces
- 1 kiwi, sliced into 1/2-inch slices, slices quartered

*Caribbean inspired, this creamy-with-a-kick salsa is great on fish, chicken, or as a dip.*

Peel and chop the avocado; place in a nonmetal medium-size bowl. Add the lemon juice and toss gently. Add the remaining ingredients; fold gently.

**VARIATION**

Stir in 1/4 cup chopped fresh cilantro or parsley.

**SERVING SUGGESTION**

Serve with reduced-fat whole wheat crackers.

**Serving Size: 1/4 cup**

**Nutrition Facts per Serving:**

Calories	110 kcal	Total Fat	7 g
Cholesterol	0 mg	Saturated Fat	1.5 g
Sodium	80 mg	Carbohydrates	13 g
Dietary Fiber	5 g	Protein	2 g

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### Seasoned Steaks with Brown Rice and Vegetables

**Serves: 4**

Total preparation and cooking time: 25 minutes

Marinating time: 15 minutes

- 1 boneless beef top sirloin steak, cut ¾" thick (about 1 pound)
- 1/3 cup prepared non-creamy Caesar dressing
- 2 teaspoons lemon-pepper seasoning
- 1 cup uncooked instant brown rice
- 2 cups frozen vegetable mixture, such as baby green and yellow beans and carrots
- 2 tablespoons prepared non-creamy Caesar dressing
- 2 tablespoons shredded Parmesan Cheese (optional)

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*These lightly seasoned steaks pair nicely with the nutty flavor of brown rice. Healthy Living Tip – For your 3 daily servings of whole grains, try whole-grain breads and cereals and stir-fries, soups, and salads made with barley, brown rice, cracked wheat, buckwheat, bulgur, or quinoa.*

Cut beef steak crosswise into four equal pieces. Place steaks and 1/3 cup dressing in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours. Remove steaks from marinade; discard marinade. Season steaks with lemon-pepper seasoning.

Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 10 to 13 minutes for medium-rare to medium doneness, turning once.

Meanwhile, cook rice according to package directions, including salt but omitting butter. When adding rice to saucepan, stir in vegetables. Just before serving stir in 2 tablespoons dressing. Serve with steaks. Sprinkle with cheese, if desired.

**Serving Size: 1/4**

**Nutrition Facts per Serving:**

Calories	343 kcal	Total Fat	12 g
Cholesterol	56 mg	Saturated Fat	3 g
Sodium	554 mg	Carbohydrates	25 g
Dietary Fiber	3.3 g	Protein	30 g

### Delmarva Chicken

Edee Howard Hogan, R.D., L.D.

**Serves: 8**

Hands-on time: 20 minutes

Cooking time: 30 minutes

- 1/3 cup flour
- 2 teaspoons salt
- 1/2 to 1 teaspoon white pepper
- 2 teaspoons garlic powder
- 2 teaspoons dried sage
- 2 pounds boneless, skinless chicken breasts or thighs
- 3 tablespoons canola oil
- 4 medium-size unpeeled Granny Smith apples, sliced thinly
- 2 cups apple cider
- 1 tablespoon cornstarch
- 1 cup nonfat milk

*Del (for Delaware) mar (for Maryland) va (for Virginia) is a corner of the country where three states come together. It's famous for its fresh chicken, apples and cider, and the Lewis Dairy's milk. This dish is everyday easy but also a delicious company feast.*

Mix the flour, salt, pepper, garlic powder, and sage in a shallow pan. Dredge the chicken through the flour mixture.

Heat the oil in an extra-large heavy skillet or a Dutch oven over medium-high heat; add the chicken pieces and brown each side 5 minutes. Add the apple slices and cider; simmer, uncovered, until the apples are tender, about 20 minutes. The cider should be reduced by half of the original volume.

Remove the apple slices and the chicken to a deep serving platter; cover and keep warm.

Blend the cornstarch into the milk until smooth; pour into a pan with the apple cider sauce.

Increase the heat; stir until the sauce thickens. Adjust the sage, garlic powder, and pepper to taste. Pour the sauce over the chicken and apples.

**Serving Size: 3 1/2 ounces cooked chicken with 1/2 cup sauce and apples**

**Nutrition Facts per Serving:**

Calories	230 kcal	Total Fat	6 g
Cholesterol	40 mg	Saturated Fat	0.67 g
Sodium	650 mg	Carbohydrates	25 g
Dietary Fiber	2 g	Protein	19 g

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### Garden-Fresh Tomato Basil Pasta

Kristine Napier, M.P.H., R.D.

**Serves: 4**

Hands-on time: 15 minutes

Standing time: 4 hours

Cooking time: 10 minutes

- 2 pounds fresh tomatoes, coarsely chopped (about 6 to 8)
- 1 sweet onion, such as Vidalia, chopped
- 1 medium-size green bell pepper, finely chopped
- 1/4 cup extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 2 tablespoons granulated sugar
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon ground oregano
- 1 cup packed basil leaves, chopped
- 2 to 4 cloves garlic, minced
- 8 ounces uncooked spinach fettuccine
- 4 tablespoons grated Parmesan cheese

*In Wisconsin, tomatoes and green peppers come into season at the same time, so I'm always looking for more—and flavorful—ways to use them. This recipe is so easy, and it's great for leftovers, too!*

Combine all the ingredients except the fettuccine and cheese in a large glass or ceramic bowl (not metal); stir well and cover tightly. Allow to sit at room temperature at least 4 hours; or overnight in the refrigerator. If refrigerating, bring to room temperature before serving.

Cook the pasta; drain but do not rinse. Toss the pasta with the fresh tomato sauce; divide among four plates. Sprinkle each serving with up to 1 tablespoon Parmesan cheese.

#### SERVING SUGGESTION

Serve this dish just slightly warm or at room temperature.

#### VARIATION

After tossing the pasta with the sauce, sprinkle a 15-ounce can of garbanzo beans (drained and rinsed) on top.

**Serving Size: 1 cup cooked pasta, 1 1/2 cups sauce, and 1 tablespoon Parmesan cheese**

#### Nutrition Facts per Serving:

Calories	430 kcal	Total Fat	18 g
Cholesterol	5 mg	Saturated Fat	3.5 g
Sodium	840 mg	Carbohydrates	60 g
Dietary Fiber	7 g	Protein	12 g

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### Orange-Glazed Cranberry Cake

Barbara J. Pyper, M.S., R.D., C.D.,  
F.H.C.F.A., F.C.S.I.

**Serves: 12**

Hands-on time: 15 minutes

Cooking time: 40 minutes

#### CAKE

- 2 cups all-purpose flour
- 1 1/4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3 tablespoons butter, softened
- 1 cup sugar
- 2 eggs
- 2/3 cup nonfat plain yogurt
- 2 cups fresh or frozen cranberries, chopped
- vegetable oil cooking spray

#### ORANGE GLAZE

- 1/2 cup confectioner's sugar
- 4 1/2 teaspoons fresh orange juice
- 1 teaspoon grated orange peel

*This incredibly moist cake was a fall favorite in my home state of Montana where cranberries are a native crop. It's still a favorite in Seattle where I now live.*

Preheat oven to 350°F.

Sift together the flour, baking powder, and baking soda. Cream the butter and sugar until fluffy. Add the eggs, one at a time, beating well after each addition. Beat the flour mixture into the creamed mixture alternately with the yogurt, beating well after each addition. Fold in the cranberries.

Spray a 10-inch fluted tube pan with the nonstick cooking spray. Transfer the cake batter into the pan. Bake for 40 minutes or until a toothpick inserted into the center of the cake comes out clean. Cool the cake in the pan for 10 minutes. Finish cooling it on a wire rack.

Mix together all the glaze ingredients. Drizzle the orange glaze onto the cooled cake.

**Serving Size: 1/12 of cake**

#### Nutrition Facts per Serving:

Calories	190 kcal	Total Fat	4 g
Cholesterol	45 mg	Saturated Fat	2 g
Sodium	70 mg	Carbohydrates	36 g
Dietary Fiber	1 g	Protein	4 g

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### Beef Sirloin with Oven-Roasted Vegetables

#### 12 Servings

Total preparation and cooking time: 1 ¼ hours

- 1 ½ tablespoons chopped fresh rosemary
- 1 tablespoon minced garlic
- 1 ½ teaspoons salt
- 1 teaspoon pepper
- 1 boneless beef tip sirloin-steak, cut 2 inches thick (about 3 pounds)
- ¼ cup extra-virgin olive oil
- 2 pounds new red potatoes
- 4 large carrots, each cut crosswise into quarters
- 1 large zucchini, cut crosswise into quarters
- 2 medium onions, cut into 1-inch-thick wedges

**Unlike steaming or stir-frying, roasting develops the natural sweetness in vegetables, creating intense, full flavors.**

**1.** Heat oven to 425° F. Combine rosemary, garlic, salt, and pepper; press 1 ½ teaspoons evenly onto beef steak. Stir oil into remaining seasoning mixture. Set aside.

**2.** Cut small potatoes in half and large potatoes into quarters. Cut each carrot and zucchini quarter lengthwise in half. Set aside zucchini. Combine potatoes, carrots, onion, and remaining seasoning mixture in large bowl; toss to coat. Arrange, cut sides down,

in single layer on metal baking sheet. Set aside.

**3.** Place steak on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast steak and vegetables in 425° F oven for 25 minutes. Stir vegetables and add zucchini to baking pan; continue roasting 20 to 25 minutes or until vegetables are tender and meat

thermometer registers 140° F for medium-rare doneness.

**4.** Transfer steak to carving board. Let stand 5 to 10 minutes. (Temperature will continue to rise about 5° F to reach 145° F for medium-rare.)

**5.** Carve steak into slices. Serve with vegetables.

#### HEALTHY LIVING TIP:

Cook your vegetables just until tender-crisp for more color, better texture, and more nutrition.

**Serving size:** One twelfth of the recipe

#### Nutrition Facts per Serving:

Calories: 290	Fat: 10 g	Saturated fat: 2 g	Monounsaturated fat: 6 g
Cholesterol: 50 mg	Sodium: 372 mg	Carbohydrate: 21 g	Fiber: 3.0 g
Protein: 29 g	Niacin: 9.2 mg	Vitamin B6: 0.8 mg	Vitamin B12: 1.4 mcg
Iron: 2.5 mg	Selenium: 32.0 mcg	Zinc: 5.3 mg	

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium, and zinc, and a good source of fiber and iron.