

RECIPE SORT FOR HIGH/LOW FAT CHOLESTEROL

INSTRUCTIONS FOR THE TEACHER: Separate and prepare sets of recipes, either on cards or laminated copy, one for each group of students. Have the students sort them into two piles—HIGH CHOLESTEROL and LOW CHOLESTEROL. Discuss what makes the difference. Discuss ways of reducing the cholesterol in the HIGH CHOLESTEROL group.

Have the students prepare one or more of the LOW CHOLESTEROL recipes in lab.

ASPARAGUS-CHICKEN QUICHE

Unbaked pie shell	6 slices bacon
20 asparagus spears <u>or</u>	3 eggs
1 (8 oz.) frozen pkg.	1 Tbsp. flour
1 c. cooked, chopped chicken <u>or</u>	1 c. half-and-half cream
1 (5 oz.) can chunk chicken	2 Tbsp. grated Parmesan
3/4 c. shredded Cheddar cheese	Paprika

Cook asparagus. Arrange asparagus in bottom of pie shell, spoke-fashion. Top with chicken. Fry, drain and crumble bacon. Scatter bacon and Cheddar over asparagus and chicken. Beat eggs, flour, salt, and half-and-half; pour over asparagus. Sprinkle quiche with Parmesan and paprika. Bake in 375°F oven for 45-50 minutes. Let stand 10 minutes before serving. Yield: 8 servings.

CHILI-CALI CASSEROLE

1/2 can chili	1/2 c. crushed corn chips
1/4 lb. ground beef	1/4 c. sour cream
1/4 c. tomato sauce	1/2 c. cheddar cheese

Preheat oven to 350°F. Brown the ground beef in a skillet and grate the cheese. Mix chili, ground beef, and tomato sauce together. Pour chili mixture over crushed corn chips in a casserole dish and place it in the oven for 10 minutes or until it is hot and bubbly. Remove casserole from the oven and spread sour cream and cheese on top. Place the casserole back in the oven until the cheese melts. Servings: 3-4

CARAMELS

1 c. sugar	4 Tbsp. butter
1 c. cream	3/4 tsp. vanilla
3/4 c. white corn syrup	3/4 c. nuts

Bring corn syrup, sugar and 1/2 c. cream to boil. When boiling vigorously, add rest of cream slowly so boiling does not stop. Add butter. Cook to firm ball stage (on candy thermometer - 236°F for firm candy and 242°F for dipping candy). Remove from stove; add nuts and vanilla. Stir well and turn into buttered loaf pan. Let stand until cold. Turn out onto cupboard. Cut into small squares.

EGGNOG

4 egg yolks	2/3 c. whipping cream
2 Tbsp. <u>plus</u> 2 tsp. sugar	4 egg whites
1 1/3 c. milk	2 Tbsp. <u>plus</u> 2 tsp. sugar
3/4 tsp. vanilla	pinch salt
1/8 tsp. salt	

In a small mixer bowl beat egg yolks until blended. Gradually add 2 Tbsp. plus 2 tsp. sugar, beating at high speed until thick and lemon colored. Stir in milk; stir in vanilla and salt. Chill thoroughly.

Whip the cream in a separate mixing bowl. Wash beaters well. In another mixer bowl beat egg whites until soft peaks form (when you pull the beater out of the bowl the peak should bend). Gradually add remaining 2 Tbsp. plus 2 tsp. sugar, beating to stiff peaks (when you pull the beater out of the bowl the peak will stand up). Fold yolk mixture and whipped cream into egg whites. Sprinkle nutmeg over each serving and serve immediately.

FAJITAS

3 - 4 chicken thighs	salt and pepper to taste
1/2 green pepper	1 tomato
1/2 onion	salsa
1 Tbsp. vegetable oil	4 tortillas

Boil the chicken thighs. Remove all meat from bones. Cut the meat into 1" x 1/4" strips. slice green pepper into thin strips. Slice onion 1/4" thick and separate into rings. Brown meat in vegetable oil. Add vegetables and saute until tender. Season to taste. Serve with chopped tomatoes and salsa. Servings: 4

DIVINITY

1 1/3 c. sugar	1 egg white
1/3 c. corn syrup	1/2 tsp. vanilla
1/4 c. water	

Stir sugar, corn syrup and water over low heat until sugar is dissolved. Cook without stirring to 260°F. Beat egg whites until stiff. Pour hot syrup in a thin stream into egg whites, beating constantly. Add vanilla and beat until stiff (loses shine). Drop onto waxed paper.

APPLE CRISP (or cherry or blueberry)

1/2 can apple filling	1/3 tsp. cinnamon
1/3 c. brown sugar	1/3 tsp. nutmeg
1/4 c. flour	3 Tbsp. margarine, softened
1/4 c. oats	

Heat oven to 375°F and grease a bread pan. Place apple filling in the pan. Mix remaining ingredients thoroughly. Sprinkle over apples. Bake 15 minutes or until apples are tender and topping is golden brown. Serve warm with ice cream if desired. Servings: 4

Resource for Option #3 - recipes cont.

BISCUITS

1 c. flour
1 1/2 tsp. baking powder
1/4 tsp. salt

3 Tbsp. shortening
1/3 to 1/3 plus 1 Tbsp. milk

Preheat oven to 425°F. Sift flour, baking powder and salt into mixing bowl. Cut in shortening with pastry blender until particles are the size of coarse cornmeal. Add milk; stir with a fork until dough forms a soft ball. Turn dough out onto a lightly floured cutting board. Knead gently eight to ten times. With a rolling pin, flatten dough into a circle about 1/2 to 3/4 inch thick. With a glass or round biscuit cutter, cut out biscuits. Place biscuits on ungreased baking sheet about 1 to 2 inches apart. Bake until golden, about 10-12 minutes. Servings: 6

STIR-FRIED VEGETABLES

1 Tbsp. vegetable oil
1/4 c. celery
2 Tbsp. onion
1/4 c. green pepper
1 c. shredded cabbage
1/4 c. other fresh vegetables
soy sauce

optional:
1/4 c. bamboo shoots
1/4 c. bean sprouts
1/4 c. mushrooms

First, prepare all ingredients and place into small bowls. Chop celery, onion and optional vegetables separately. Cut green peppers into strips and shred the cabbage.

Heat vegetable oil in wok or large fry pan. Saute celery, onion and green pepper for 2 minutes. Add cabbage and remaining vegetables, one item at a time (the more firm vegetables first). Stir. Cover and cook for 1 minute. Do not overcook. Add soy sauce to taste.

SPAGHETTI

7 oz. spaghetti noodles
2 1/2 quarts water
1 Tbsp. salt

Mix salt with water and bring to a boil. Add spaghetti noodles and stir occasionally during cooking. Cook just until tender, about 12 minutes.

SAUCE:

1/2 lb. ground **turkey**
1/2 tsp. onion powder or 2 tsp. onion flakes
1/2 green pepper

1/2 tsp. oregano
1/2 tsp. Italian Seasoning
1 c. tomato paste
3/4 c. water

Dice green pepper. Brown ground turkey with onions, green pepper, oregano, and Italian Seasoning. Drain grease. Mix in tomato paste and water. Let simmer 12 minutes. Place on spaghetti noodles and eat!