**-**Actively participate in the preparation of a **low‐fat food**. (Standard 4)

-Compare the nutritional content and cost of a comparable high‐fat food vs. the low‐fat food. (Standard 4)

**High Fat vs. Lowfat Recipes**

**1- Parmesan Fries vs. Cheese Fries**

**2- Ice Cream vs. Lowfat Ice Cream**

**3- High Fat vs. Lowfat Cupcakes or Cakes**

**4- Regular Fat Rolls vs. Lowfat Chicken Rolls**

**5- Regular Fat Mac & Cheese vs. Lowfat Mac & Cheese**

**1 – Parmesan Fries – Vegetables**

\*\*Preheat oven to 450 degrees

**Ingredients:**

4 potatoes

-Scrub potatoes and cut in half lengthwise.

Cut each half into 4 wedges.

Put in large bowl.

**Add:**

1 Tbsp. Oil

½ tsp. Pepper

½ tsp. Garlic Salt

-Stir potatoes and put on large silicone covered cookie sheet.

Bake for 30 min

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Take out of oven.

Sprinkle with ¼ c. Parmesan Cheese.

Bake 10 more minutes.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 4 Potatoes | .06 | 0 g | 0 g | 0 mg. |
| 1 Tbsp. Oil | .06 cents | 14 g | 1 g | 0 mg. |
| 1/2 tsp. Pepper | .01 | 0 g | 0 g | 0 mg. |
| 1/2 tsp. Garlic Salt | .02 | 0 g | 0 g | 940 mg. |
| 1/4 c. Parmesan Cheese | .50 | 9 g | 6 g | 450 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

**1 – Cheese Fries**

½ lb. Frozen French Fries – Bake as directed. 5 minutes before end of baking time top with cheese.

1 c. Cheddar Cheese

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 lb. Frozen French Fries | $1.48 | 12 g | 2.5 g | 798 mg. |
| 1 c. Cheddar Cheese | .98 cents | 36 g | 20 g | 720 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

**2 - Ice Cream**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 c. Sugar | .54 cents | 0 g | 0 g | 0 mg. |
| 1 Tbsp. Vanilla | .06 cents | 0 g | 0 g | 0 mg. |
| 4 c. Heavy Whipping Cream | $4.14 | 320 g | 224 g | 320 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

 Mix until sugar dissolves, about 3-5 minutes. Pour into ice cream maker canister. Cover and lock on lid. Start ice cream maker. Layer 3 c. Ice and ½ c. Rock salt until it is to the top of the tub. Ice cream maker turns off when ice cream is done. Flavor with cookies or chocolate syrup.

**2 – Lowfat Ice Cream**

1 c. Sugar

1 Tbsp. Vanilla

4 c. Half & Half

 Mix until sugar dissolves, about 3-5 minutes. Pour into ice cream maker canister. Cover and lock on lid. Start ice cream maker. Layer 3 c. Ice and ½ c. Rock salt until it is to the top of the tub. Ice cream maker turns off when ice cream is done. Flavor with cookies or chocolate syrup.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 c. Sugar | .54 cents | 0 g | 0 g | 0 mg. |
| 1 Tbsp. Vanilla | .06 cents | 0 g | 0 g | 0 mg. |
| 4 c. Half & Half | $2.16 | 96 g | 64 g | 480 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

**3 – High Fat Cakes or Cupcakes**

1 Cake Mix

Oil

Eggs

Water

 Follow directions on cake mix box and make either 2 round cakes or 24 cupcakes. Swap 1 round cake or half the cupcakes to another kitchen.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 Cake Mix | $1.25 | 20 g | 10 g | 3200 mg.  |
| 1/2 c. Oil | .44 cents | 112 g | 8 g | 0 mg. |
| 3 Eggs | .57 cents | 15 g | 4.5 g. | 150 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

**3 – Lowfat Cakes or Cupcakes**

1 Cake Mix

Applesauce

Eggs

Water

 Follow directions on cake mix box EXCEPT use applesauce instead of oil and make either 2 round cakes or 24 cupcakes. Swap 1 round cake or half the cupcakes to another kitchen.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 Cake Mix | $1.25 | 20 g | 10 g | 3200 mg.  |
| 1/2 c. Applesauce | .29 cents | 0 g | 0 g | 10 mg. |
| 3 Egg Whites | .57 cents | 1 g | 0 g | 3455 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

**4 – Chicken Rolls (Regular Fat)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 can crescent rolls | $1.98 | 40 g | 16 g | 2080 mg. |
| 4 oz. cream cheese | .98 cents | 36 g | 24 g | 400 mg. |
| 1 Green Onions, sliced thin | .06 | 0 g | 0 g | 2 mg. |
| 1 cup cooked diced chicken (approximately 1 chicken breast) | $1.51 | 5 g | 0 g | 300 mg. |
| ¼ c. Butter, melted | .44 cents | 44 g | 28 g | 360 mg. |
| 1 c. Corn Flakes | .14 cents | 0 g | 0 g | 200 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

-Preheat oven to 375 degrees

-Drain Chicken and shred into fine pieces.

-Mix the chicken, cream cheese and green onions together.

-Unwrap crescent rolls and spread one/eighth of chicken/cream cheese mixture onto roll.

-Roll up from the wide end to the point.

-Dip the roll the melted butter to coat.

-Crush the corn flakes.

-Place on **greased** cookie sheet and bake for 20 minutes (0r until lightly browned)

-While they are in the oven, blend soup and milk in saucepan and heat through on low heat.

-Spoon sauce over hot chicken roll and enjoy!! Makes 8 rolls.

**4 – Chicken Rolls (Low Fat)**

1 can REDUCED FAT crescent rolls

4 oz. NEUFCHATEL cream cheese

1-2 Green Onions, sliced thin

1 cup cooked diced chicken (approximately 1 chicken breast)

\*\*Follow same directions for regular fat.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 can reduced fat crescent rolls | $1.82 | 36 g | 16 g | 1840 mg. |
| 4 oz.Neufchatel cream cheese | .98 cents | 24 g | 16 g | 440 mg. |
| 1 Green Onions, sliced thin | .06 | 0 g | 0 g | 2 mg. |
| 1 cup cooked diced chicken (approximately 1 chicken breast) | $1.51 | 5 g | 0 g | 300 mg. |
| ¼ c. Butter, melted | .44 cents | 44 g | 28 g | 360 mg. |
| 1 c. Corn Flakes | .14 cents | 0 g | 0 g | 200 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

**4 – Gravy for Chicken Rolls – Enough for Class (Teacher Makes)**

**Regular Fat Gravy**

1 can cream of chicken soup

1/2 cup whole milk

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 can Cream of Chicken Soup | $1.25 | 23 g | 6 g | 1640 mg. |
| 1/2 c. Whole Milk | .07 cents | 4 g | 2.5 g | 60 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

Mix soup and milk. Heat on medium heat stirring constantly until it starts to steam.

**Lowfat Gravy**

1 can heart healthy cream of chicken soup

1/2 cup skim milk

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 can Cream of Chicken Soup 98% fat free | $1.58 | 5 g | 1 g | 1875 mg. |
| 1/2 c. Skim Milk | .07 cents | 0 g | 0 g | 65 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

**5 – Regular Fat Macaroni & Cheese Recipe**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 c. macaroni or other medium tubular pasta | .13 cents | 1 g | 0 g | 0 g |
| 3 Tbsp. Butter | .33 cents | 33 g | 21 g | 270 mg. |
| 3 Tbsp. all-purpose Flour | .01 cents | 0 g | 0 g | 0 mg. |
| ¼ tsp. Salt | .01 cents | 0 g | 0 g | 590 mg. |
| 1/8 tsp. Pepper | .01 cents | 0 g | 0 g | 0 mg.  |
| Dash of Paprika  | .01 cents | 0 g | 0 g | 0 mg.  |
| 1 ¼ c. Whole Milk | .18 cents | 10 g | 3 g | 190 mg. |
| 1 1/4 c. grated medium cheddar cheese | $1.23 | 45 g | 25 g | 900 mg. |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

Directions:

Boil the pasta until al dente, according to package directions. Drain and rinse with cool water to stop the cooking, and return to the pan you boiled it in. Set aside. (Mix in a little butter to keep the noodles from sticking if it's going to be awhile before you make the sauce)

To a medium saucepan over medium heat, add the butter. When the butter has melted, add the flour, salt, dry mustard, pepper, and dash of paprika. With a wooden spoon or whisk, stir constantly for three minutes.

Add the milk in a thin stream, stirring constantly with a whisk. Continue to **stir constantly** until the sauce thickens, **about 10-12 minutes**.

Remove from heat and add the cheese, stirring until melted. Pour the cheese sauce over the pasta and toss gently until all of the pasta is coated.

Enjoy!

**5 – Lowfat Macaroni & Cheese Recipe**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredient | Cost  | Total Fat | Saturated Fat | Sodium |
| 1 c. macaroni or other medium tubular pasta | .13 cents | 1 g | 0 g | 0 g |
| 3 Tbsp. Butter | .33 cents | 33 g | 21 g | 270 mg. |
| 3 Tbsp. all-purpose Flour | .01 cents | 0 g | 0 g | 0 mg. |
| ¼ tsp. Salt | .01 cents | 0 g | 0 g | 590 mg. |
| 1/8 tsp. Pepper | .01 cents | 0 g | 0 g | 0 mg.  |
| Dash of Paprika  | .01 cents | 0 g | 0 g | 0 mg.  |
| 1 ¼ c. Skim Milk | .18 cents | 0 g | 0 g | 163 mg. |
| 1 1/4 c. Lowfat grated medium cheddar cheese |  |  |  |  |
| Totals |  |  |  |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving |  |

Use the same directions for regular fat Macaroni and Cheese.