RECIPE BOOK

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Eating a healthy diet that is low in fat, high in fiber and low in sodium, is a good way to lower your risk for heart disease and stroke.

The recipes in this cookbook are provided to you as part of the Native Proverbs 31 Program. We would like to acknowledge the contributions of registered dietician, Cindy Silver, MS, RD, LDN and Winona Gilbert.

1. **Aim for a healthy weight**
   - Try not to gain extra weight
   - Lose weight if you are overweight
   - Lose weight slowly (about 1/2 to 1 pound each week)

2. **Be active every day**
   - Walk, dance, play sports, or do activities you enjoy
   - Take the stairs or park away from the store if possible
   - Exercise with a friend or family member

3. **Eat less salt and sodium**
   - Buy foods marked “sodium free” or “low sodium”
   - Take the salt shaker off the table
   - Try seasoning with herbs and spices instead of salt
   - Buy and eat fewer processed foods

4. **Eat less fat, saturated fat and cholesterol**
   - Choose fresh fruits and vegetables instead of chips and sweets
   - Buy or make whole grain foods
   - Try low fat dairy products, such as 1% milk and yogurt

5. **Cut back on sugary beverages**
   - Drink water when possible
   - Try unsweetened or low-calorie drinks
   - Use sugar substitute for your tea and coffee
USE HERBS AND SPICES INSTEAD OF SALT

1. Read the food label to choose foods lower in sodium.

2. Eat fewer canned and processed foods that are high in sodium (e.g., bologna, crisp pork rinds, sausage, pepperoni, salami, hot dogs, regular canned and instant soups, American cheese, and chips).

3. Eat fresh fruits and vegetables instead of salty snacks.

4. Eat fewer salted crackers and nuts. Try unsalted nuts and unsalted or low sodium crackers.

5. Eat fewer olives and pickles.

6. Use half the amount of salt you normally use when cooking, if any.

7. Season food with fresh or dried herbs and spices instead of salt.

8. Use less bouillon, capers, and soy sauce. If you use these condiments, do not add salt to your food.

9. Use garlic **powder** and onion **powder** instead of garlic **salt** or onion **salt**.

10. Replace the salt shaker with a black pepper mill or dried herb grinder.

11. Eat fruits without adding salt.

12. When eating out, ask that salt **not** be added to your portion.
Avocado Dip (6 Servings)

Ingredients

- 1/4 cup fat free plain yogurt
- 2 teaspoons chopped onion
- 1/8 teaspoon hot sauce (optional)
- 1 ripe avocado, peeled, pitted and mashed

Directions

1. In a small bowl, combine the yogurt, onion, hot sauce and avocado.
2. Mix to blend the ingredients evenly.
3. Serve with baked tortilla chips or sliced vegetables.

TIP: Avocado is high in heart-healthy, monosaturated fat. Slice it and add to a salad.

NUTRITIONAL ANALYSIS (1/4 cup serving)
65 calories; 5 grams fat; 0 milligrams cholesterol; 27 milligrams sodium; 2 gram fiber

“She will do him good and not evil all the days of her life.”
Proverbs 31:12
Hummus (2 Cups)

**Ingredients**

- 2 cans (16 ounces each) reduced-sodium garbanzos, rinsed and drained except for 1/4 cup liquid
- 1 tablespoon extra-virgin olive oil
- 1/4 cup lemon juice
- 4 garlic cloves, minced
- 1/4 teaspoon cracked black pepper
- 3 tablespoons tahini (sesame paste)
- 2 tablespoons chopped parsley

**Directions**

1. In a blender or food processor, add the garbanzo beans. Process until smooth.
2. Combine the olive oil, lemon juice, garlic, pepper, tahini and parsley. Blend well.
3. Add the reserved liquid, 1 tablespoon at a time until the mixture has the consistency of a thick spread.
4. Serve with whole wheat pita bread cut into small triangles or baby carrots. May be refrigerated for 3-5 days.

**TIP:** Use hummus as a dip or as a spread on your sandwich instead of mayonnaise.

**NUTRITIONAL ANALYSIS (2 tablespoon serving)**

- 50 calories; 2 grams fat; 0 milligrams cholesterol;
- 105 milligrams sodium; 2 grams fiber

“She seeketh wool, and flax, and worketh willingly with her hands.”
Proverbs 31:13
ENTREES
Colorful Beef Fajitas (4 Servings)

Ingredients

- 1 pound boneless lean beef steak (sirloin, tenderloin, flank, round)
- 1 lime, juice only
- 1/2 teaspoon ground coriander
- 1/2 teaspoon chili powder
- 1/2 green bell pepper, washed, cut and sliced into 1/2 inch wide pieces
- 1/2 red bell pepper, washed, cut and sliced into 1/2 inch wide pieces
- 1 medium onion, peeled and sliced into 1/4 inch pieces
- 8 flour tortillas, 6 inch size
- Salsa
- Chopped fresh cilantro

Directions

1. Cut beef steak into thin strips, about ½ inch wide and place into a large bowl.
2. Mix lime juice with ground coriander and chili powder and pour over meat to marinate.
3. Add sliced peppers and onion to meat/marinade and stir. Allow flavors to develop for 15-30 minutes.
4. Spray a large skillet lightly with cooking oil spray and heat to medium high on stovetop.
5. Add meat/vegetables and stir fry until meat is cooked through and vegetables are tender, about 8-12 minutes.
6. Warm up tortillas in oven or microwave oven.
7. Fill each tortilla with cooked fajita mixture and serve with salsa and chopped fresh cilantro.

NUTRITIONAL ANALYSIS (2 filled tortilla serving)
430 calories; 14 grams fat; 90 milligrams cholesterol; 550 milligrams sodium; 4 grams fiber

“She is like the merchant’s ships; she bringeth her food from afar.”
Proverbs 31:14
Easy Jerk Chicken (4 Servings)

Ingredients

- 2 teaspoons olive oil, divided
- 4 boneless and skinless chicken breast halves, 4 ounces each
- 1 teaspoon Caribbean Jerk seasoning
- 1/2 teaspoon paprika
- 1/2 teaspoon sugar
- 1 fresh lime, cut in half
- 1/2 teaspoon grated fresh lime zest
- 1/8 teaspoon salt (optional)

Directions

1. In a small bowl, stir Jerk seasoning, paprika and sugar together.
2. In a different small bowl, grate the zest of the lime and set aside.
3. Place chicken onto a large plate. Rub 1 teaspoon oil onto both sides of chicken breasts and then sprinkle over both sides of chicken.
4. In a large skillet, heat 1 teaspoon oil to medium high heat on stovetop, swirling to coat the bottom of pan.
5. Add chicken and cook 3-4 minutes, turning once, until it is no longer pink in the center.
6. Remove skillet from the hot burner. Squeeze the lime’s juice onto the cooked chicken and sprinkle with the grated lime zest.
7. Let chicken sit in the skillet for 3 minutes and stir any browned bits from the pan in juices that are released. Sprinkle with salt.

NUTRITIONAL ANALYSIS (3 ounces cooked chicken)
153 calories; 5 grams fat; 73 milligrams cholesterol; 205 milligrams sodium; 0 grams fiber

“She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.”
Proverbs 31:15
Cod With Lemon and Dill (4 Servings)

**Ingredients**

- 4 cod fillets, each 6 ounces
- 2 fresh lemons
- 1 teaspoon low-sodium chicken-flavored bouillon granules
- 1 cup hot water
- 1 tablespoon soft butter
- 1 tablespoon all-purpose (plain) flour
- 1 tablespoon dried dill

**Directions**

1. Preheat the oven to 350° F. Spray 4 squares of foil (each square about 8 x 8 inches) with cooking oil spray.
2. Place 1 cod fillet on each of the foil squares. Cut 1 lemon in half. Squeeze the juice from the lemon half over the fish. Sprinkle ½ teaspoon dill on top. Cut the other half of lemon into slices, place over the fish and seal the foil.
3. Place in the oven and bake until the fish is opaque throughout when tested with the tip of a knife, about 20 minutes.
4. While the fish is cooking, remove the peel from the second lemon. Take care to cut only the peel and not the pith. Slice the peel into 1/4-inch-wide strips. Set aside.
5. In a small bowl, add the chicken bouillon granules and the hot tap water. Stir until the granules dissolve. Set aside.
6. In another small bowl, mix the butter and flour together. Transfer to a heavy saucepan. Stir over moderate heat until the butter-flour mixture melts. Add the bouillon to the butter mixture and continue to stir until thickened. Serve over the fish and garnish with the lemon peel.

**NUTRITIONAL ANALYSIS (1 fish fillet)**

175 calories; 4 grams fat; 100 milligrams cholesterol; 350 milligrams sodium; 0 grams fiber

“She considereth a field, and buyeth it: with the fruit of her hands she plants a vineyard.”
Proverbs 31:16
Oven-Crusted Chicken Breast (4 servings)

Ingredients

- 4 boneless, skinless chicken breasts (3 ounces each)
- 1 egg white (or substitute liquid egg white)
- 1 cup fat-free evaporated milk
- 1 cup breadcrumbs
- 1/4 cup rolled oats, crushed; pulse a few times in the food processor or crush between fingers to make smaller pieces
- 1 cup whole-wheat flour
- 1 tablespoons olive oil or vegetable oil

Directions

1. Preheat oven to 350 °F.
2. Place chicken in a freezer bag with the air squeezed out, and pound each breast down to 1/2 inch thick.
3. Combine the egg white and evaporated milk in a bowl, and mix well.
4. In a separate bowl, combine the breadcrumbs and crushed oats, and mix well.
5. Coat the chicken breasts in flour, and shake off excess.
6. Dip the chicken breasts in the egg and milk mixture, and drain off the excess.
7. Then dip the chicken breasts in the breadcrumb mixture to coat, and shake off the excess. After all chicken breasts have been coated, discard any leftover breading mixture.
8. Heat oil in a large sauté pan.
9. Stir fry chicken over medium-high heat on one side until golden brown, about 2-3 minutes. Turn carefully, and pan fry the second side for an additional 2-3 minutes or until golden brown. Remove from the pan, and place on paper towels to soak up excess oil.
10. Place on baking sheet, and finish cooking in a 350 ° oven for about 5-8 minutes (to a minimum internal temperature of 170 °F (use an instant-read meat thermometer to test for doneness).

NUTRITIONAL ANALYSIS (3 ounces chicken breast)

264 calories; 11 grams fat; 49 milligrams cholesterol; 263 milligrams sodium; 3 grams fiber

“She girdeth her loins with strength, and strengtheneth her arms.”

Proverbs 31:17
# Mediterranean Kabobs (4 servings)

Broiled beef and chicken cubes flavored with lemon and parsley.

## Ingredients

### For Marinade:
- 2 tablespoons olive oil
- 1 tablespoon garlic, minced (about 2-3 cloves)
- 2 tablespoons lemon juice
- 1 tablespoon fresh parsley, rinsed, dried, and chopped (or 1 teaspoon dried)
- 1/2 teaspoon salt

### For Kabobs
- 6 ounces sirloin or other beef steak cubes (12 cubes)
- 6 ounces boneless, skinless chicken breast, cut into 3/4 inch cubes (12 cubes)
- 1 large white onion, cut into 3/4 inch squares (12 pieces)
- 12 cherry tomatoes, rinsed
- 1 red Bell pepper, rinsed and cut into 2/3 inch squares (12 squares)
- Wooden or metal skewers, each 6 inches long (if wood, soak them in warm water for 5-10 minutes to prevent burning)

## Directions

1. Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature, 500-550° F.
2. Combine ingredients for marinade, and divide between two bowls (one bowl to marinate the raw meat and one bowl for cooking and serving)
3. Mix the beef, chicken, onion, tomatoes, and red pepper cubes in one bowl of the marinade and let sit. After 5 minutes, discard remaining marinade.
4. Place one piece of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers.
5. Grill or broil on each of the four sides for 2-3 minutes or until completely cooked (to a minimum internal temperature of 145° F for beef and 170° F for chicken). Spoon most of the second half of the marinade over the kabobs while cooking.
6. Serve three skewers per serving. Drizzle the remaining marinade on top of each kabob before serving (use only the marinade that did not touch the raw meat or chicken).
Mediterranean Kabobs (4 servings) (cont)

**TIP:** Delicious served over orzo pasta or rice.

**NUTRITIONAL ANALYSIS (3 skewers)**
202 calories; 11 grams fat; 40 milligrams of cholesterol; 333 milligrams sodium; 2 grams fiber

“She opens her mouth with wisdom; and in her tongue (is) the law of kindness.”
Proverbs 31:26
Edamame Stew (4 servings)

**Ingredients**
- 1 bag (16 ounces) frozen shelled edamame (green soybeans)
- 1 can (35 ounces) no-salt-added Italian whole peeled tomatoes with basil, diced into small chunks
- 2 cups zucchini, rinsed, quartered, and sliced
- 1 cup yellow onion, diced
- 1 tablespoon olive oil
- 1 tablespoon ground cumin
- 1/4 teaspoon ground cayenne pepper
- 1/2 teaspoon allspice (or substitute cinnamon or pumpkin pie spice)
- 2 tablespoons garlic, minced or pressed (about 5 cloves)
- 1 cup frozen yellow corn
- 1/4 teaspoon salt
- 2 tablespoons lemon juice (or 1 large lemon, freshly juiced)
- 1/2 teaspoon dried oregano

**Directions**
1. Place frozen edamame in a deep saucepan with just enough water to cover. Bring to a boil over high heat. Reduce heat to medium and cover. Cook for 5 minutes. Drain. Set aside.
2. While soybeans cook, chop tomatoes, zucchini, and onion.
3. In a large nonstick sauté pan, cook onion in olive oil over medium heat until soft, about 5 minutes.
4. Stir in cumin, cayenne pepper, and allspice (or cinnamon/pumpkin pie spice). Cook and stir for about 2 minutes.
5. Add garlic. Cook and stir for 1 minute.
6. Stir in the drained edamame, tomatoes, zucchini, corn, and salt. Cover. Simmer until zucchini is tender, about 15 minutes. Stir in lemon juice and oregano. Serve immediately.

**TIP:** Serve over brown rice for a complete meal

**NUTRITIONAL ANALYSIS (1 serving)**
- 285 calories
- 10 grams fat
- 0 milligrams cholesterol
- 303 milligrams sodium
- 14 grams fiber

*“She stretches out her hand to the poor; yea, she reacheth forth her hand to the needy.”*
Cold Fusilli Pasta With Summer Vegetables

**Ingredients**

- 8 ounces whole-wheat fusilli (spiral) pasta
- 2 cups cherry tomatoes, rinsed and halved
- 1 large green bell pepper, rinsed and sliced in pieces 1/4 inch wide by 2 inches long
- 1/2 cup red onion, thinly sliced
- 1 medium zucchini, rinsed and shredded finely or sliced into small chunks (about 1 cup)
- 1 can, 15 1/2 ounces, low-sodium chickpeas (or garbanzo beans), drained and rinsed
- 1 tablespoon fresh basil, rinsed, dried, and cut into thin strips (or 1 teaspoon dried)
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/2 cup shredded parmesan cheese

**Directions**

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook according to package directions for the shortest recommended time, about 8-9 minutes. Drain. Rinse pasta under cold running water to cool, about 3 minutes. Place into colander to drain excess water from pasta.
2. Place all the vegetables and beans in a large salad serving bowl. Season with basil, salt, and pepper.
3. Add the cooled pasta. Combine olive oil and vinegar in a small bowl. Mix until completely blended. Pour over vegetables and pasta. Mix gently until well coated.
4. Divide into four equal portions. Top each with 2 tablespoons shredded parmesan cheese.

**NUTRITIONAL ANALYSIS (1 serving)**

418 calories; 11 grams fat; 10 milligrams cholesterol; 455 milligrams sodium; 13 grams fiber

“She looketh well to the ways of her household, and eateth not the bread of idleness.”
Spinach/Mushroom Frittata (6 servings)

Ingredients

- 3 cloves of garlic, minced
- 1 cup chopped onion
- 1 teaspoon olive oil
- 1/2 pound fresh mushrooms, sliced
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- 10-ounce bag fresh spinach
- Egg substitute equivalent to 10 eggs
- 1/4 teaspoon black pepper
- 1/4 cup feta cheese

Directions

1. Preheat oven to 350° F. In a 10- or 12-inch, ovenproof skillet, sauté garlic and onion in olive oil for about 5 minutes. Add mushrooms, thyme and oregano. Cook an additional 5 minutes. Remove skillet from stove.


3. In a large bowl, beat together egg substitute, dill and pepper. Stir in the spinach, mushroom mixture and feta cheese.


5. Check frittata in 10 minutes. Check every 5 minutes thereafter until center of frittata is slightly firm. Do not overcook. When frittata is done, place a large serving platter over skillet. Flip skillet over so that frittata falls onto the plate. Cut into six pieces and serve.

NUTRITIONAL ANALYSIS (1/6 frittata)
100 calories; 2 grams fat; 5 milligrams cholesterol; 300 milligrams sodium; 3 grams fiber

“Her children arise up, and call her blessed; her husband (also), and he praiseth her.”
Proverbs 31:28
SIDE ITEMS
Great Green Beans (4 Servings)

**Ingredients**

- 1 pound green beans
- 1/2 teaspoon olive oil
- 1/8 teaspoon salt
- Pinch of pepper

**Directions**

1. Cut away the stem-end of the beans by snapping them, one-at-a-time, or carefully cut away the stem-end of beans in small handfuls using a cutting board and sharp knife.
2. Wash beans in a colander in cool tap water. Shake off excess water.
3. Place beans in a microwave-safe dish and add about 1/2 inch water.
4. Cover dish with microwavable lid or waxed paper.
5. Cook on high until tender-crisp, about 5-7 minutes depending on power of oven.
6. Drain water and place beans into a serving bowl.
7. Drizzle with olive oil and sprinkle with salt and pepper. Stir gently to mix.

**NUTRITIONAL ANALYSIS (1 serving)**

50 calories; 2 grams fat; 0 milligrams cholesterol; 75 milligrams sodium; 4 grams fiber

“Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised.”

Proverbs 31:30
Broccoli With Cheese (6 Servings)

**Ingredients**

- 4 cups broccoli
- 1 cup cheddar cheese, natural, shredded or grated
- 1 teaspoon paprika (optional, adds natural color)

**Directions**

1. Wash broccoli well in cool tap water. Shake off extra water.
2. Trim any dry ends from broccoli stalk.
3. Cut entire broccoli bunch into bite-size pieces.
4. Place into a microwave-safe dish and add about ½ inch water.
5. Cover dish with microwavable lid or waxed paper.
6. Cook on high until tender-crisp, about 5-7 minutes depending on power of oven.
7. Drain water and place broccoli into a serving bowl.
8. Sprinkle with cheese and paprika.

**NUTRITIONAL ANALYSIS (1 serving)**

100 calories; 7 grams fat; 20 milligrams cholesterol; 140 milligrams sodium; 2 grams fiber

“Give her of the fruit of her hands; and let her own works praise her in the gates.”
Proverbs 31:31
Cinnamon-Glazed Baby Carrots

Ingredients

- 4 cups baby carrots, rinsed and split lengthwise if very thick (or frozen presliced carrots)
- 2 tablespoons soft tub margarine
- 2 tablespoons brown sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt

Directions

1. Place the carrot in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7-8 minutes, just until the carrots are easily pierced with a sharp knife.

2. While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan, and melt together over low heat (or put in microwave safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients.

3. Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2-3 minutes, just until the carrots are thoroughly coated and the glaze thickens slightly. Serve warm.

NUTRITIONAL ANALYSIS (1 serving)
67 calories; 3 grams fat; 0 milligrams cholesterol;
149 milligrams sodium; 2 grams fiber
Southern Banana Pudding (10 servings)

**Ingredients**

- 3 3/4 cup cold, fat-free milk
- 2 small packages (4 servings size) of fat-free, sugar-free instant vanilla pudding and pie-filling mix
- 32 reduced-fat vanilla wafers
- 2 medium bananas, sliced
- 2 cups fat-free, frozen whipped topping, thawed

**Directions**

1. Mix 3 1/2 cups of the milk with the pudding mix. Beat the pudding mixture with a wire whisk for 2 minutes, until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl.
4. Drizzle 2 tablespoons of the remaining milk over the wafers.
5. Add a layer of banana slices and top with one-third of the pudding.
6. Repeat layers, drizzling wafer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
7. Refrigerate for at least 3 hours before serving.

**NUTRITIONAL ANALYSIS (1 serving)**

143 calories; 2 grams fat; 2 milligrams cholesterol; 329 milligrams sodium; 1 gram fiber

“He maketh the barren woman to keep house, and to be a joyful mother of children.”

Psalms 113:9
Apple Crisp (6 Servings)

**Ingredients**

- 3 medium apples (about 4 cups sliced), any kind, any color
- 1 tablespoon lemon or lime juice, squeezed from fresh
- 1/4 cup sugar, white granulated
- 1/2 teaspoon cinnamon, ground

**Topping**

- 2 tablespoons butter, unsalted
- 1/4 cup whole wheat flour
- 1/4 cup oatmeal
- 1/4 sugar, brown, not packed down

**Directions**

1. Preheat conventional oven to 375° F degrees.
2. Wash apples and pat dry with a clean towel.
3. Cut apples in half. Cut in half again.
4. Peel apples, remove core and seeds, and slice.
5. Place apples into a 9 x 9 inch baking pan.
6. Squeeze lemon or lime juice all over the apples. Pick out seeds that fall in.
7. Sprinkle granulated sugar evenly over apples. Sprinkle cinnamon on top of sugar.
8. In a small bowl, combine butter, flour, oats and brown sugar into the topping. With clean hands, crumble it into small crumbs.

**NUTRITIONAL ANALYSIS (1 serving)**

- 170 calories; 4.5 grams fat; 10 milligrams cholesterol;
- 0 milligrams sodium; 2 grams fiber

“ She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.”

_Proverbs 31:15_
Make-Your-Own Yogurt/Fruit Parfait (4 Servings)

Ingredients

- 1 large banana, sliced
- 1 cup pineapple from a can, tidbits, in juice, drained
- 1 cup berries such as raspberries, strawberries or blueberries, washed
- 1 1/2 cup vanilla low fat yogurt
- 1/2 cup graham cracker crumbs

Directions

1. Get out clear parfait glasses or every day cups, one per person.
2. Place all fruit on a large plate or bowls with a spoon(s).
3. Place yogurt in a bowl with a small ladle or spoon.
4. Place graham cracker crumbs in a bowl with a spoon.
5. Take turns, passing the fruit, yogurt and graham crackers around the table and let everyone make a colorful parfait in layers.
6. Have a family contest for creativity and award everyone a prize!

NUTRITIONAL ANALYSIS (1 serving)

190 calories; 2.5 grams fat; less than 5 milligrams cholesterol; 125 milligrams sodium; 3 grams fiber

“Strength and honour are her clothing; and she shall rejoice in time to come.”
Proverbs 31:25
Tangy Fruit Salad (6 servings)

Ingredients

- 2 tablespoons instant sugar-free vanilla pudding mix
- 1 cup light vanilla yogurt
- 1 can (15 ounces) pineapple chunks, in juice, drained
- 1 can (11 ounces) mandarin oranges, in juice, drained
- 1 cup grapes
- 2 medium bananas, sliced

Directions

1. Combine pudding mix and yogurt.
2. Mix fruit in medium bowl.
3. Stir fruit into yogurt mixture.

NUTRITIONAL ANALYSIS (1 serving)
134 calories; 0 grams fat; 1 milligrams cholesterol; 38 milligrams sodium; 3 grams fiber

“She opens her mouth with wisdom; and in her tongue is the law of kindness.”
Proverbs 31:26
BEVERAGES
Summer Breeze Smoothie (3 servings)

Ingredients

- 1 cup yogurt, plain, nonfat
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

Directions

1. Place all ingredients in blender, and puree until smooth.
2. Serve in frosted glass.

NUTRITIONAL ANALYSIS (1 cup)
121 calories; 0 grams fat; 1 milligrams of cholesterol; 64 milligrams sodium; 2 grams fiber

"Many daughters have done virtuously, but thou excellest them all."
Proverbs 31:29
Mint and Lime Iced Tea (1 Serving)

Ingredients

- 1 cup freshly brewed unsweetened tea, cooled
- 2 tablespoons lime juice
- 2 tablespoons fresh mint leaves, plus 1 sprig for garnish
- 5 to 6 ice cubes
- Sugar substitute, to taste

Directions

1. In a blender, combine the iced tea, lime juice, mint leaves and ice cubes. Blend until smooth and frothy. Add sugar substitute for desired sweetness.
2. Pour into a tall chilled glass and garnish with a mint sprig.

NUTRITIONAL ANALYSIS (1 serving)
12 calories; 0 grams fat; 0 milligrams cholesterol;
7 milligrams sodium; 0 grams fiber

“The heart of her husband doth safely trust in her, so that he shall have no need of spoil.”

Proverbs 31:11
Strawberry & Orange Smoothie (3 Servings)

Ingredients

- 1 cup frozen unsweetened strawberries, partly-thawed with their juice
- 1 cup orange juice
- 1 container, 6 ounces lemon yogurt, low fat
- 1/4 cup plain yogurt, nonfat

Directions

1. Measure all ingredients into a blender jar.
2. Cover tightly with the lid.
3. Blend on medium to high speed for about 1 minute.

NUTRITIONAL ANALYSIS (1 serving)
130 calories; 1 gram fat; less than 5 milligrams cholesterol; 50 milligrams sodium; 2 grams fiber

“Every wise woman buildeth her house: but the foolish plucketh it down with her hands.”
Proverbs 14:1
This recipe book was provided for you by The Native Proverbs 31 Project in collaboration with registered dietician, Cindy Silver, MS, RD, LDN.