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Diet Recipes



Native Frybread

Description:

This is a very favorite cooking recipe.

Ingredients:

- 2 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup dry milk
- 1 egg
- 1 cup warm water



Preparation Method

- Mix the dry ingredients together, mix the egg and the water, add to the dry mixture.
- Add flour or water to adjust mixture to a very soft dough mixture.
- Put dough on a well floured board.
- Roll out to about a 1 inch thickness.
- Let set for about 15 minutes.
- Cut into what ever size you would like
- Batter makes about 25 pieces.
- Deep fry in hot oil, just enough to brown on each side.
- Put on a paper towel to get some of the top oil off the bread.

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Blue Grape Dumplings

Description:

A good cooking recipe, very easy recipe.

Ingredients:

- 4 egg yolks or 2 eggs
- 2 half egg shells of cold water
- Plain flour
- Dash of salt to taste



Preparation Method

- Beat egg yolks and salt together. Add water and beat well with fork. Add enough flour to make dough you can knead without sticking to your hands. Knead dough a few times, then roll out thin on floured board or counter. Cut into small square pieces. For easier cutting, dip knife in hot water or liquid when dough wants to stick.
- 1/2 gallon unsweetened grape juice two cups sugar
- Mix together juice and sugar in large pan. Bring to a boil and drop in dough pieces a few at a time, keeping the
- juice mixture boiling. Boil for about 5 minutes, then
- cover and lower heat to simmer for about 10 minutes. This can be served warm or cold with a little cream

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Cornbread Stuffing

Description:

This cooking recipe has lots of good taste to it.

Ingredients:

- 1 c yellow cornmeal
- 1 c all-purpose flour
- 1 tsp. baking soda
- 1/3 c egg substitute
- 2/3 c skim milk
- 1/2 c plain nonfat yogurt
- 1 tbsp. honey
- 1/4 c minced fresh parsley
- 1/4 c currants
- 2 tsps. baking powder
- 1/4 c chopped pecans
- 1/4 tsp. pepper
- 2 tsps. canola oil
- 1 1/2 c finely chopped fresh mushrooms
- 1 garlic clove, minced
- 1/4 tsp. dried thyme



Preparation Method

- Prepare cornbread first. In medium bowl, mix cornmeal, flour, baking powder, and baking soda.
- In another bowl, beat egg substitute slightly. Add skim milk, nonfat yogurt and honey, mix well.
- Pour liquids over the dry ingredients and stir just until dry ingredients are moistened. Do not overmix. Coat an 8 x 8 inch baking pan with vegetable cooking spray.
- Pour batter into pan and bake at 400F for

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Pinto Bean Casserole

Description:

A very good cooking recipe for all seasons.

Ingredients:

- 1 1/2 cups freshly cooked pinto beans, drained
- 1/2 cup diced green pepper
- 2 scallions, minced
- 1 teaspoon olive oil
- 2/3 cup diced tomato
- 1 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground coriander
- 1/2 cup egg substitute
- 1/4 cup (1-2 ounces) reduced fat sharp cheddar cheese



Preparation Method

- In a large saucepan over medium heat, saute green pepper and minced scallion in olive oil for 5 minutes, or until soft. Stir in the drained pinto beans, tomato, chili powder, oregano and coriander. cook, stirring constantly, for 2 minutes. Remove from heat and stir in the egg substitute.
- Coat a 2 cup casserole with vegetable cooking spray. Add the bean mixture and spread evenly. Sprinkle with shredded cheese. Bake at 375(F for 20 minutes, or until the
- filling is set.

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Green Beans and Peppers

Description:

This cooking recipe is really good.

Ingredients:

- 1 cup low-sodium chicken broth
- 4 cups fresh whole green beans or 16 oz. package frozen green beans
- 1 tablespoon margarine
- 1 medium red pepper cut into strips
- ¼ teaspoon garlic powder (optional)
- salt and pepper to taste (optional)
- 2 tablespoons chopped parsley



Preparation Method

- 1 cup low-sodium chicken broth
- 4 cups fresh whole green beans or 16 oz. package frozen green beans
- 1 tablespoon margarine
- 1 medium red pepper cut into strips
- ¼ teaspoon garlic powder (optional)
- salt and pepper to taste (optional)
- 2 tablespoons chopped parsley
- If using fresh green beans, wash in cold water and snip off the ends. In a medium saucepan bring broth to a boil; add beans and cover. cook over medium heat for 8-12 minutes. If using frozen beans, time according to package directions. Melt margarine in a small skillet and add the pepper strips. Sprinkle in the garlic powder. Stir and cook until crisp-tender, about 6 minutes.

- Drain the green beans. In a serving bowl, add the cooked beans and pepper mixture; toss. Season with salt and pepper to taste. Sprinkle chopped parsley over the top.

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