

Kansas Wheat Commission Recipes 2008



***Eat to
be Fit***

Contents

Whole Grain Oatmeal Cookies
Fiber and Fruit Bread
Italian Garlic Bread Burgers
Enchilada Slow Cooker Casserole
Pineapple Carrot Muffins
Veggie Quesadillas
Apple-Pumpkin Muffins
Caffé Beef Enchiladas
Whole Wheat Bread
Whole Wheat Chicken Enchiladas
Berry Banana Bread
Whole Grain Pancakes

Pictured on front cover:

Food Styling by Karen Hanson and Cindy Falk; Photography by Bill Spiegel

Whole Grain Oatmeal Cookies

Stephanie Becker, RD, LD

Pratt Regional Medical Center, Pratt, KS

- | | |
|-----------------------------------|-------------------------------------|
| 4 tablespoons margarine, softened | ½ teaspoon ground cinnamon |
| ½ cup granulated sugar | 1 teaspoon baking soda |
| ½ cup brown sugar, firmly packed | ¼ teaspoon ground nutmeg |
| 1 egg, slightly beaten | 2 cups quick-cooking oats, uncooked |
| ¼ cup unsweetened applesauce | 1 cup raisins or dried cranberries |
| 1½ teaspoons vanilla extract | ½ cup chopped walnuts (optional) |
| 1 cup whole wheat flour | |

Preheat oven to 350°F. In large bowl using mixer, beat margarine, granulated sugar and brown sugar until creamy. Mix in egg, applesauce and vanilla; scrape sides of bowl. Beat 1 minute.

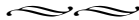
In medium bowl, mix together whole wheat flour, cinnamon, baking soda and nutmeg; stir into creamed mixture. Mix until well blended. Stir in oats, raisins and walnuts; mix until blended.

Drop by rounded teaspoonfuls, 2 inches apart, onto baking sheet that is sprayed with nonstick vegetable cooking spray or lined with baking parchment. Bake 11 to 12 minutes, or until light golden brown. Cool 1 minute on cookie sheet; remove to wire rack and cool.

Note: this recipe can easily be doubled.

Makes 3 dozen cookies.

Nutrition information per serving: One cookie provides approximately 76 calories; 1 g protein; 15 g carbohydrate; 2 g fat (.39 g saturated); 6 mg cholesterol; .52 mg iron; 1 g dietary fiber; 2 mcg folate and 54 mg sodium.



Add more whole grain to foods by substituting half the white flour with whole wheat flour in recipes for cookies, muffins, quick breads and pancakes.

Fiber and Fruit Bread

Linda Nye, MPH, RD, LD Via-Christi HOPE, Wichita, KS

2-pound bread machine loaf

- | | |
|--|--------------------------------------|
| 1½ cups water (80°F) | ¼ cup flaxseed meal |
| ⅔ cup 100% bran cereal (All-Bran® Extra Fiber cereal) | 1¼ teaspoons salt |
| 1 egg, beaten | 3 tablespoons nonfat dry milk powder |
| ¼ cup honey | ¼ teaspoon ground nutmeg |
| 1¼ cups bread flour plus 1-2 tablespoons | ¼ teaspoon ground cinnamon |
| 3 tablespoons wheat gluten | 1 package active dry yeast (2¼ tsp.) |
| 1 cup wheat bran (unprocessed Miller's Wheat Bran) | Fruit and Nut Mixture: |
| 2 cups whole wheat flour | ½ cup dried blueberries |
| | ½ cup finely chopped, dried apricots |
| | ½ cup dried cranberries |
| | ½ cup chopped walnuts |

Have ingredients at room temperature. Accurately measure all ingredients. For flour, first stir, then spoon into a dry measuring cup and level off with a knife or spatula.

Add water to bread machine pan; stir in cereal; let soak 5 minutes. Add remaining ingredients, except fruit and nut mixture, to pan. Program bread machine on **Whole Grain** cycle; light crust color. DO NOT program the machine on the delayed cycle because of food safety concerns.

Check the dough after 4-5 minutes. The dough should form a soft ball around the kneading blade. If it is too dry, add liquid ½ to 1 tablespoon at a time, if it is too sticky, add 1 tablespoon flour at a time until right dough consistency is reached.

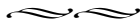
For machines with a Fruit/Nut signal, add the fruit and nut mixture at the audible signal or add them near the end of the kneading stage.

Remove baked bread from pan and cool on wire rack.

Makes 1 (2-pound) loaf, 16 slices.

Note from Linda: I like to replace the water with cranberry juice.

Nutrition information per serving: One slice provides approximately 191 calories; 6 g protein; 37 g carbohydrate; 4 g fat (.43 g saturated); 13 mg cholesterol; 2 mg iron; 6 g dietary fiber; 47 mcg folate and 203 mg sodium.



Choose fiber-rich fruits, vegetables and whole grains often.

Italian Garlic Bread Burgers

*Karen Hanson, RD, LD, ACSM H/FI
Director of Nutrition, Kansas Beef Council*

- 1½ pounds extra lean ground beef
- 1 package (11.75 ounces) frozen Mozzarella Garlic Cheese bread
- 6 tomato slices
- 18 large fresh basil leaves
- Salt and black pepper, to taste

Lightly shape ground beef into six patties. Preheat grill to medium heat. Place patties on the grill. Grill, uncovered, 13 to 15 minutes to medium (160°F) doneness turning occasionally.

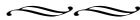
Heat bread according to package directions for grilling or about 1 minute with crust side down on grate of grill. Watch so that bread does not burn on bottom.

Cut bread crosswise into six “buns.” Place burgers in buns; season to taste with salt and pepper. Top burgers with tomato slices and basil leaves.

Makes 6 servings.

Note: If Mozzarella Garlic Cheese bread is not available, substitute regular garlic bread; 2 minutes before burgers are done, top each with mozzarella cheese slice.

Nutrition information per serving: 307 calories; 27 g protein; 24 g carbohydrate; 11 g fat (4.4 g saturated), 62 mg cholesterol; 4 mg iron; 3 g dietary fiber; 14 mcg folate and 303 mg sodium.



Choose low-fat or lean meats and poultry — then grill, bake or broil.

Enchilada Slow Cooker Casserole

Christy Koelzer, ACSM H/FI, NCSF CPT

Supervisor Life Care Fitness Center, Onaga, KS

- | | |
|---|---|
| 2 pounds boneless, skinless chicken breasts | 10 (8-inch) whole wheat flour tortillas |
| 1 (10¼ ounce) can cream of chicken soup* | 2 cups shredded reduced-fat sharp Cheddar cheese with added calcium |
| 2 cloves garlic, finely chopped | Black pepper, to taste |
| 1 cup fat-free sour cream | 1 (2.25 ounce) can sliced ripe olives, drained |
| 1 (14.5 ounce) can diced peeled tomatoes, drained | |
| 1 cup finely chopped red bell pepper | <i>* 98% fat-free, 45% less sodium</i> |

Place chicken in a large saucepan, cover with water, and bring to a boil over medium-high heat. Continue to boil until chicken is tender and no longer pink, about 15 minutes. Drain, allow chicken to cool and cut or shred into small pieces.

Spray the inside of a 4 quart or larger slow cooker lightly with nonstick cooking spray.

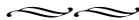
In large bowl, mix chicken, soup, garlic, sour cream, tomatoes and bell pepper. Tear tortillas into small pieces and arrange half of the pieces in one overlapping layer across the bottom of the slow cooker.

Arrange half of the chicken mixture over the tortillas; sprinkle half of the cheese on top. Repeat with remaining tortillas, chicken mixture and cheese.

Season with black pepper; top with black olives. Cover; cook on low setting (200°F) 3 to 4 hours.

Makes 10 servings.

Nutrition information per serving: 276 calories; 31 g protein; 30 g carbohydrate; 4 g fat (2 g saturated); 64 mg cholesterol; 2 mg iron; 3 g dietary fiber; 18 mcg folate and 694 mg sodium.



Children should get one hour of physical activity every day. Adults need at least thirty minutes. Look for ways to add activity to your day.

Pineapple Carrot Muffins

Mary Jo Mason, RD, LD

Via Christi - St. Joseph Campus, Wichita, KS

| | |
|----------------------------|--|
| 1 cup all-purpose flour | 2 eggs, beaten |
| 1 cup whole wheat flour | ¼ cup canola oil |
| 1 teaspoon baking powder | ¼ cup unsweetened applesauce |
| 1 teaspoon baking soda | ¾ cup granulated sugar |
| ½ teaspoon salt | ¾ cup crushed pineapple in juice, undrained |
| ½ teaspoon ground ginger | 1 cup raw grated carrots |
| ½ teaspoon ground cinnamon | ½ cup walnuts (optional) |
| ½ teaspoon ground cloves | |

Preheat oven to 400°F. Line a 2½ x 1¼-inch (standard-size) muffin pan with paper cups or spray lightly with nonstick cooking spray.

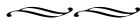
In large bowl, mix together all-purpose flour, whole wheat flour, baking powder, baking soda, salt, ginger, cinnamon and cloves.

In medium bowl, whisk eggs, oil, applesauce and sugar together; stir in the pineapple, carrots and walnuts. Mixing by hand, stir into flour mixture, mixing just to combine ingredients; do not over mix. Spoon batter into prepared muffin cups.

Bake muffins 16-18 minutes, or until golden brown. Remove muffins from pan and allow to completely cool on a wire rack.

Makes 16 muffins.

Nutrition information per serving: 138 calories; 3 g protein; 23 g carbohydrate; 4 g fat (.48 g saturated); 27 mg cholesterol; 1 mg iron; 2 g dietary fiber; 19 mcg folate and 177 mg sodium.



Eat fruits and vegetables throughout the day. Whether they are canned, frozen, fresh, or dried they all have the nutrients your body needs.

Veggie Quesadillas

Barbara Marsh, RD, LD, CDE

Shawnee Mission Medical Center, Shawnee Mission, KS

| | |
|--|---|
| ½ cup diced skinless raw chicken breast* | ½ cup grated low-fat Cheddar cheese or Mexican Style Four cheese (33% less fat) |
| 1 small thinly sliced zucchini squash | |
| 1 cup shredded carrots | Butter flavored cooking spray |
| ¼ cup sliced green onions | * <i>Canned or packaged chicken, drained, may be used</i> |
| ½ cup salsa or picante sauce | |
| 4 (8-inch) whole wheat flour tortillas | |

Preheat oven to 400°F.

In small skillet, cook chicken until tender and no longer pink.

Spray a medium skillet with vegetable cooking spray. Add zucchini, shredded carrots and onions to the skillet. Cook until the vegetables are tender, about 5-7 minutes. Stir in chicken and salsa or picante sauce; heat through.

Coat one side of a tortilla with the cooking spray and place this side of the tortilla face down on a baking sheet.

Top with half the filling and sprinkle with half the cheese. Place another tortilla on top of the mixture and spray with cooking spray. Repeat for the second quesadilla.

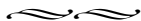
Bake quesadillas 13 to 15 minutes, or until lightly browned. To serve, cut each quesadilla into 8 triangles.

Variation: Quesadillas may be cooked on a hot griddle or in a skillet on the stove top.

Note from Barbara: I use a refrigerated “Buttery Spray” to sauté the vegetables and on the tortillas.

Makes 2 quesadillas.

Nutrition Information per serving (one quesadilla): 295 calories; 25 g protein; 51 g carbohydrate; 4 g fat (2 g saturated); 33 mg cholesterol; 3 mg iron; 7 g dietary fiber; 49 mcg folate and 840 mg sodium.



Offer kids whole grain pita bread or tortillas for sandwiches or snacks.

Apple-Pumpkin Muffins

Melissa Moore, RD, LD

Stormont-Vail Nutritional Services, Stormont-Vail HealthCare, Topeka, KS

| | |
|---|----------------------------|
| ¼ cup brown sugar | ¾ cup whole wheat flour |
| ¾ cup canned pumpkin | 3 tablespoons wheat germ |
| 1 egg, beaten OR | ¾ teaspoon baking powder |
| ¾ cup refrigerated or frozen egg substitute, thawed | ½ teaspoon baking soda |
| 2 tablespoons canola oil | ½ teaspoon salt |
| ¼ cup skim milk | ¾ teaspoon ground cinnamon |
| ¼ cup unsweetened applesauce | ½ teaspoon ground nutmeg |
| ¾ cup all-purpose flour | ½ cup raisins (optional) |

Preheat oven to 400°F. Spray 2½ x 1¼-inch (standard-size) muffin pan with nonstick cooking spray.

In mixing bowl, combine brown sugar, pumpkin, egg, oil, milk and applesauce; beat 1 minute.

In a medium bowl, whisk together all-purpose flour, whole wheat flour, wheat germ, baking powder, soda, salt, cinnamon and nutmeg. Add to pumpkin mixture. Stir just until dry ingredients are moistened. Stir in raisins; spoon into muffin cups. Using back of spoon, smooth batter.

Bake 20-22 minutes, or until lightly browned and a wooden pick inserted near the center comes out clean. Cool muffins on a wire rack for 5 minutes. Remove from muffin cups.

Makes 12 muffins.

Nutrition information per serving (one muffin): 109 calories; 3 g protein; 19 g carbohydrate; 3 g fat (.28 g saturated fat); .09 mg cholesterol; 1 mg iron; 2 g dietary fiber; 24mcg folate and 174 mg sodium.



Eat at least five to nine servings of colorful fruits and vegetables every day.

Caffé Beef Enchiladas

Karma Huck, RD, LD, COO

Scott County Hospital, Scott City, KS

- | | |
|---|---|
| 1 (15 ounce) can tomato sauce | 1 (8 ounce) package light cream cheese, softened |
| 1 (14.5 ounce) can diced tomatoes with green chilies, undrained | 8 (8-inch) whole wheat flour tortillas* |
| 2 pounds extra lean ground beef | 2 cups shredded low-fat Cheddar cheese (33% less fat) |
| ½ cup diced onions | ½ cup sliced ripe olives, drained |
| 2 cloves garlic, finely minced | Chopped lettuce, garnish |
| 1½ tablespoons instant coffee | |
| 1 tablespoon chili powder | |
| 1 teaspoon ground cumin | <i>* 96% fat-free whole wheat flour tortillas</i> |

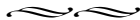
Preheat oven to 350°F. Grease a 13 x 9-inch glass baking dish. Stir together tomato sauce and tomatoes in bowl; divide in half.

Brown beef, onion and garlic in skillet; drain and return to skillet. Add coffee, chili powder, cumin and half the tomatoes. Spread 1 ounce cream cheese on each tortilla. Place ½ cup filling on each tortilla; roll up.

Lay tortillas in baking dish. Cover with remaining beef mixture and remaining tomato mixture. Sprinkle with Cheddar cheese and olives; cover with aluminum foil and bake 30 minutes, or until bubbly and cheese is melted. Garnish with chopped lettuce.

Makes 8 servings.

Nutrition information per serving: One serving provides approximately 549 calories; 46 g protein; 31 g carbohydrate; 29 g fat (12 g saturated fat); 130 mg cholesterol; 5 mg iron; 4 g dietary fiber; 36 mcg folate and 1225 mg sodium.



*Bones take in the most calcium between ages 9-19.
The best sources are low-fat milk, yogurt and cheese.*

Whole Wheat Bread

Nancy Donahey, RD, LD, CDE

Diabetes Education Center, Lawrence Memorial Hospital, Lawrence, KS

6¼-6½ cups whole wheat flour*
6 tablespoons wheat gluten
2 packages active dry yeast
2¾ cups water

½ cup packed brown sugar
2 tablespoons canola oil
1½ teaspoons salt
* *Whole White Wheat flour*

Spoon flour into dry ingredient measuring cup; level off. In a large mixing bowl, stir together 3 cups flour, gluten and yeast. In a microwave safe bowl, heat water, brown sugar, oil and salt just till warm (120°F). Gauge liquid temperature with thermometer. Stir until sugar is dissolved.

Add liquid to flour mixture; beat at low speed with electric mixer 2 minutes. Scrape sides of bowl. Beat 3 minutes at medium speed. Gradually stir in enough flour to make slightly sticky dough.

Knead with dough hook or by hand till smooth and elastic, about 10 minutes. Avoid adding extra flour in the kneading process. Shape dough into a ball. Place dough in a lightly greased bowl, turning once to grease surface. Cover; let rise in warm (85°F) place until doubled. Punch down, cover, let rise again.

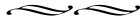
Punch down dough, divide in half. Cover, let rest 10 minutes. Shape dough into two loaves and place in greased 8½ x 4½-inch loaf pans. Cover, let rise until doubled.

Bake in preheated 375°F oven 35 to 40 minutes or until done. (Internal temperature 200°F). If necessary, tent top of loaves with foil last 10 minutes to prevent overbrowning. Remove from pan and cool on wire rack.

Note: Visit www.kswheat.com to find suppliers of white wheat flour.

Makes 2 loaves, 32 slices.

Nutrition Information per serving: 109 calories; 4 g protein; 22 g carbohydrate; 1 g fat (.06 g saturated fat); 0 mg cholesterol; 1 mg iron; 3 g dietary fiber; 10 mcg folate and 111 mg sodium.



*Eating fiber rich foods may help prevent certain cancers.
Look for the words “100% whole grain” on bread and cereal packages.*

Whole Wheat Chicken Enchiladas

Robyn Stuewe, MA, RD, LD

Corporate wellness educator, Olathe, KS

| | |
|---|---|
| 2 pounds boneless, skinless, chicken breasts, diced | 1 (1.5 ounce) envelope enchilada sauce mix, dry |
| 1 cup chopped green bell pepper | ½ cup water |
| ½ cup chopped onions | 8 (8-inch) whole wheat flour tortillas |
| 1 (4.5 ounce) can chopped green chilies, undrained | 1¼ cups Colby & Monterey Jack cheeses or Mexican shredded cheese* |
| 1 (8 ounce) container nonfat or low-fat sour cream | * 2% milk, <i>shredded reduced-fat cheese (30% less fat) with added calcium</i> |

In a frying pan (without oil), fully cook diced chicken until tender and no longer pink. Stir in bell pepper and onion. Add the green chilies, sour cream, dry enchilada sauce mix and water. Mix and heat thoroughly.

Spray a 13 x 9 x 2-inch baking pan with nonstick cooking spray. Spread about ½ cup chicken mixture onto tortillas, roll up and place seam-side down in pan. Sprinkle on cheese to cover tortillas.

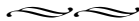
Bake in preheated 350°F oven 12-15 minutes, or until cheese melts. Serve warm.

Variation: Add 1½ cups cooked white or brown rice to the chicken mixture.

Tip: For a smaller family, place half of the enchiladas in a greased 8 x 8-inch square baking pan; top with half of the cheese. Cover; date and freeze. Remove from freezer and bake in oven until cheese melts.

Makes 8 enchiladas.

Nutrition information per serving (one enchilada): 328 calories; 35 g protein; 31 g carbohydrate; 8 g fat (4 g saturated fat); 90 mg cholesterol; 2 mg iron; 4 g dietary fiber; 19 mcg folate and 1190 mg sodium.



***For a meal or snack to be satisfying, aim for at least three food groups.
Two of which should be a protein and a whole grain food.***

Berry Banana Bread

Sharon Davis, Nutritionist

Family & Consumer Sciences Education, www.homebaking.org

| | |
|-------------------------------|--|
| 2 cups whole wheat flour* | 1 large egg OR |
| ½ teaspoon ground cinnamon | ¼ cup soft tofu (2 ounces) |
| ½ teaspoon baking soda | ½ teaspoon finely grated fresh orange peel |
| ¼ teaspoon salt | 2 tablespoons vegetable oil |
| 2 tablespoons unsalted butter | 1 cup mashed ripe banana (2 medium) |
| 3 tablespoons flaxseed meal | 1½ cups fresh or unsweetened frozen berries, may be mashed |
| ¾ cup granulated sugar | ½ cup chopped walnuts (optional) |

* *White whole wheat flour*

Preheat oven to 350°F. Grease bottom and ½ inch up sides of one 8½ x 4½-inch loaf pan. In medium bowl, whisk to blend the whole wheat flour, cinnamon, baking soda and salt.

In large mixing bowl, beat butter, flaxseed meal and sugar on medium-high speed. Add the egg or tofu and orange peel. Continue beating on medium-high, drizzling in the oil and beating until fluffy.

Add the mashed banana; blend on low. Spoon in the flour mixture; mix on low speed just until blended. Using a spoon, stir in the berries and walnuts. Spoon batter into prepared pan.

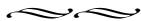
Bake 60-65 minutes or till a wooden pick inserted near the center comes out clean. (food thermometer will read 200°F).

Cool loaf 5 minutes; remove from pan and cool on rack. Wrap and freeze or slice.

Makes one large loaf, 20 servings.

Note from Sharon: The fruit may be strawberries, blackberries, raspberries, blueberries or a blend. This bread is a great source of potassium (121 mg per serving).

Nutrition information per slice: (using fresh strawberries). One slice provides approximately: 115 calories; 2 g protein; 20 g carbohydrate; 4 g fat (1 g saturated); 14 mg cholesterol; 1 mg iron; 3 g dietary fiber; 11 mcg folate, and 65 mg sodium.



*Strawberries are rich in vitamin C and are a favorite of all ages.
In fact, in a survey of kids 7-9, they picked strawberries
as their favorite fruit followed by grapes, apples, oranges and bananas.*

Whole Grain Pancakes

Sarah Linton, RD, LD, CDE

Goodland Regional Medical Center, Goodland, KS

| | |
|----------------------------|-----------------------------------|
| 1 cup whole wheat flour | 1 tablespoon granulated sugar |
| 1 cup all-purpose flour | 1 egg, beaten |
| ½ cup wheat germ | 2 egg whites, beaten until frothy |
| ¼ cup ground flaxseed meal | ½ teaspoon vanilla extract |
| 2 teaspoons baking powder | 2¼ cups skim milk |

In large bowl, mix together whole wheat flour, all-purpose flour, wheat germ, flaxseed meal, baking powder and sugar.

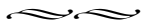
In medium bowl, whisk together egg, egg whites, vanilla and milk. Stir into flour mixture; mix just until combined and no longer lumpy.

Grease skillet or griddle and preheat. Pour ¼ cup batter on hot skillet or griddle. Turn pancakes when bubbles appear, after about 1 minute. Cook until lightly browned.

Note from Sarah: You may substitute an additional ½ cup whole wheat flour in place of the wheat germ. I like freezing the leftovers and serving them another day.

Makes 20 pancakes.

Nutrition information per serving (one pancake): 83 calories; 4 g protein; 13 g carbohydrate; 1 g fat (.26 g saturated fat); 11 mg cholesterol; .91 mg iron; 2 g dietary fiber; 31 mcg folate and 49 mg sodium.



***Kids who eat breakfast have a better attitude
toward school and are more able to concentrate.***

Healthy Tips for Families

- Use mealtime to teach children about nutrition. Modeling healthy choices encourages children to do the same.
- Healthy kids learn easier and are able to concentrate better.
- All foods fit into MyPyramid. Just be wise and watch your portion size.
- Whole grains are packed with healthy nutrients — B vitamins, minerals and dietary fiber. They also provide a feeling of fullness.
- Breakfast is your body's most important meal of the day. Choose a dairy food, low-fat yogurt, cheese or milk with whole grains, granola, tortilla, toast or cereal.
- Sit down and eat a meal together. Turn off the TV and share about your day.
- Plan a snack attack. Shop for healthy snacks together.
- Eat slowly — it takes 20 minutes for your brain to tell your body you are satisfied. Visit while you eat, enjoy your food and stop when you are full.
- Pizza makes a fast, easy meal that can be healthy. It contains at least four food groups. Just remember to go lean with protein.
- Diets rich in potassium may help to maintain healthy blood pressure. Good sources of potassium are white and sweet potatoes, cantaloupe, bananas, milk and cooked greens.
- Eggs are protein rich, low in sodium and contain vitamins and minerals. They are a great source of lutein — an important antioxidant.
- Eating smart and moving more will help you feel good, look good, and do your best.

*(Source: Family Nutrition Program,
Kansas State University, Manhattan, Kansas)*

This booklet is provided to you through funding from Kansas wheat producers. Each recipe has been tested in the Kansas Wheat Commission kitchen to ensure your success and enjoyment.

*Cindy Falk, Nutrition Coordinator
Erin Laurie, RD, LD, Kansas Wheat Spokesperson*



KANSAS WHEAT COMMISSION

Kansas Grown. Kansas Good.

217 Southwind Place
Manhattan, KS 66503
Phone: 785-539-0255
www.kansaswheat.org