

Cooking Healthy Every Day

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NEW ENGLAND

Simple, Sturdy Foods

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The simple, sturdy foods of New England reflect both the English origins of our country and the harsh conditions faced by the early colonists. They also speak of tradition, of comfort food, and of one-pot meals. Many traditional recipes that remain Northeastern favorites (indeed, national ones) give us a peek back in time to the days when food was used essentially for simple sustenance. Other enduring recipes attributed to New England cooking originated with northeastern Native American tribes.

Before the Pilgrims

The Wampanoag Nation enjoyed an abundance of food from northeastern forests, fields, streams, and the generous Atlantic Ocean. Indigenous foods included blueberries, cranberries, currants, grapes, persimmons, and strawberries. The three sisters—corn, beans, and squash—had traveled to northeastern lands, and were important ingredients for their sustenance. Game, including the wild turkey, was abundant. The cold, long winters

yielded maple syrup, an ingredient which was not available in many other parts of the country. “Forest sugar,” as the Indians called it, was the only flavoring they added to foods. They added it to everything from popcorn to meat and boiled fish.

According to lore, maple syrup was discovered when a Native American woman was cooking a pot of moose stew. Too busy to go to the nearby stream for water to add to the stew, she filled her pail with “water” dripping from a nearby tree. When she tasted the finished stew, she found that the meat was in a deliciously sweet and thick syrup instead of gravy. They called the maple trees *sheesheegummawis*, which means “sap flows fast.”

Traditional New England Food with Native American Beginnings

The clambake is thought to originate with the Narragansett and Penobscot tribes, who steamed their clams in beach pits lined with hot rocks and seaweed. After layering clams, crabs, lobster, and corn with seaweed, they covered the pit and allowed the foods to steam for hours.

Succotash, probably the first one-pot meal, was the Narragansett word for “fragments.” Native Americans taught colonists up and down the eastern seaboard how to make it by cooking corn and beans together to make an easy, filling meal. In the New England colonies, it was sweetened with maple syrup; in the southern colonies, bear fat flavored the succotash. Sunflower seeds, pine nuts, or other available nuts were used to round out the dish.

Even Boston baked beans probably originated with northeastern Native American tribes who simmered dried beans with maple syrup for days. Today’s recipes for baked beans are associated with the city of Boston (still called Bean Town), where colonial Puritan women baked beans on Saturday to avoid cooking on the Sabbath. They served the beans for Saturday dinner and as leftovers for Sunday breakfast and lunch. Boston brown bread, too, was a recipe adapted from local Native Americans, who prepared corn bread by steaming. With time, the colonists made brown bread with a mixture of flours.

New England Colonists Arrive

The Pilgrims had a very lean beginning in America after arriving off Cape Cod in 1620. The growing season was short and the soil peppered with rocks. They were not hunters or fishers.

The Pilgrims and Thanksgiving

By the fall of 1621, their first crops were ready for harvest. At harvest time, the Plymouth colonists invited guests from the Wampanoag Nation for a fall harvest celebration. Their feast (often called the first Thanksgiving) lasted three days. The menu included many foods we know today, including turkey, squash, and corn. It also included codfish and bass, fish that were plentiful in the nearby Atlantic.

According to Plimouth Plantation historians, the first true Thanksgiving didn't come until two years later. The 1621 autumn harvest celebration was not a religious thanksgiving day in the eyes of the Pilgrims. Rather, it was a secular celebration that included games, which would have been unthinkable as part of a religious Thanksgiving. The actual first declared Thanksgiving occurred in 1623, after a providential rain shower saved the colony's crops.

The first cookbook in America, published in 1796, was filled with recipes for foods native to this land. It also included many recipes dating to colonial Thanksgiving, including pumpkin pie and stuffed turkey. The turkey stuffing recipe hasn't changed much from this more than 200-year-old recipe, which called for bread, butter, salt pork, eggs, sweet marjoram, summer savory, parsley, sage, and salt (Mom's Stuffing, page 31).

CHEWING GUM AND THE PILGRIMS

Chewing gum probably started with northeastern Native Americans, who chewed resin from black spruce trees to ease hunger pangs. Pilgrims learned this hunger-easing technique from their neighbors. The first commercial chewing gum manufacturing plant, built in Maine in about 1850, followed the Indian practice and flavored the gum with spruce resin.

TURKEY TRIVIA

Turkeys are native to the Americas. The origin of the turkey's name, though, is uncertain. Some believe the name comes from one way the turkey "speaks"—its soft "turk, turk, turk." Others think the colonists confused the bird with one they had seen in Europe, the guinea cock, which was imported into Europe from Africa through Turkey. Indeed, the English colonists called it the "turkie-bird." Still others maintain that the head of the bird resembles a Turkish fez.

Benjamin Franklin wanted the turkey to be the national symbol of the United States. When the bald eagle was chosen instead, he said: "I wish the Bald Eagle had not been chosen as the representative of our country: he is a Bird of bad moral character: like those among Men who live by Sharping and Robbing, he is generally poor and very often lousy. The Turkey is a much more respectable Bird, and withal a true original native of North America."

The Colonists Develop “American” Food Ways

During their first century in America, the colonists kept many of their British food ways. Their breakfast mush, or pudding, was characteristic of their morning meals back in England. Wheat did not grow well, though, so they were forced to bake with corn instead. During their first, lean days in America, the colonists made Hasty Pudding—originally made in Britain with flour and other ingredients—using just water and cornmeal. They whisked together the meager, plain ingredients with a birch twig whisk. Often, the raw pudding was wrapped in a loose, floured sack and boiled for several hours. So why were these puddings called hasty if they took so long to cook? Other puddings of the day took up to ten hours to cook. As the pudding steamed in the water, it swelled and filled the sack. Sometimes, puddings were also served with other meals, or as the entire meal when food was sparse. When available, meat became the dominating food in meals, despite the ready availability of fruits and edible greens.

When the New England colonists learned from the Native Americans how to tap maple trees for syrup, they added it to their Hasty Pudding. In later years, when food became more abundant, they added milk, molasses, and eggs.

Breakfast also became more diverse. The colonists started adding cold meat, bread, milk, and fruit pies. Apple pies were their favorite. In winter, they made stacks of pies and froze them in sheds. Each morning, they warmed a frozen pie by the fireplace for breakfast.

Apples were not native to America; the Pilgrims brought the seeds with them. Apple pie, in fact, is a British invention (All-American Apple Pie, page 54). Soon, though, it became a universal American favorite. The poor of New England called it “house pie.”

From their Native American neighbors, the British settlers learned how to cultivate and use corn, squash, beans, and cranberries. They made chowders with the vegetables, as their neighbors had; the beans were turned into baking beans and other bean dishes in the Native American way. The colonists took their main meal—what we call dinner or supper—in early afternoon when their labor-intensive chores were finished and they were famished.

Despite the diversity, though, food and cooking in colonial New England remained survivalist in nature, reflecting frontier life that demanded practicality.

Sweets and Whimsical Cookies

Adding sugar to seasonal fruit was a simple way for the colonists to enjoy dessert. The colonists, like their Native American friends, enjoyed many

wild fruits. They described the wild strawberries as four times larger than the ones they ate in England. Fruits were stewed with sugar and thickened with a grain (today, we would use cornstarch) to make Flummery, a dessert enjoyed in Britain (Wild Blueberry Sauce, page 62).

New England colonial cooks became known for creating fabulous cookies quickly in a no-nonsense fashion. They are also remembered for the whimsical names they gave to their cookie creations. Jolly Boys, Tangle Breeches, Kinkawoodles, and Snickerdoodles were just some cookies with New England colonial beginnings whose names are just pure fun (Soft Snickerdoodles, page 60). (We do note that while most food historians believe that Snickerdoodles have New England roots, some think the cookies originated in the middle colonies with the Pennsylvania Dutch.)

Approaching the Twentieth Century

Mary J. Lincoln founded the Boston Cooking School in 1879, at least partly in an effort to bring a certain standard of cooking into American homes. Soon, a home economics movement began, and Lincoln's cookbooks became core books in the ensuing curricula. Home economists wanted to improve nutrition and kitchen hygiene in American homes, hoping to apply scientific principles just under development. This home economics movement dovetailed with nutrition science, which was dawning on the science frontier. The first vitamin was discovered just as the nineteenth century turned into the twentieth.

Wicked Good Foods in Maine

From Maine-style chowder to whoppie pies, some “wicked good” foods hail from Maine. Ayuh. (That's the Maine way of saying “Uh-huh,” “Yep,” or “Yes, I agree.” Frequently, this statement seems to just appear at the end of peoples' sentences for no apparent reason other than to perhaps indicate that they've finished saying what they wanted to say on that subject.) Let's take a look at two of the absolute best and simplest in the New England tradition: lobster and Maine wild blueberries.

Lobster

Visit Maine without enjoying at least one lobster dinner and you just haven't visited Maine. Lobster is practically synonymous with the state of Maine, and most people who visit look forward to getting lobster a little cheaper (and a little fresher) than they could in their home state.

While some tourists pay to go on lobster boat tours where they can see a day's catch up close, many others don't bother to view live lobsters. Frankly, lobsters aren't that attractive. If you've only seen them cooked, you might be surprised to know that when they're alive, they are an ugly greenish brown color. They don't turn bright orangey red until they're cooked, when the other shell pigments that mask the orange color are destroyed. For some, the fact that lobsters are not particularly attractive at all makes it easier to plunge them into boiling water. For others, seeing them alive makes the cooked product quite inedible later. If you're one of those people, stay out of the kitchen when a lobster is present.

A Brief Maine Lobster History

While lobster is now looked upon by many as a delicacy, it was not always so. Local Native Americans only ate lobster when they couldn't catch any fish, preferring instead to use lobster as fishing bait or as crop fertilizer. The early settlers weren't too fond of lobster, either, considering it to be fit only for the poor. In fact, generally, only indentured servants and prisoners were fed lobster. It's said that during the American Revolution, British prisoners of war threatened to revolt if they had to eat any more lobster. According to information from the Gulf of Maine Aquarium (GMA), servants in Massachusetts even specified in their contracts that they would not be forced to eat lobster more than three times per week.

By the nineteenth century the opinion about lobster had changed, and the demand from New York and Boston increased. Gathering lobster by hand was abandoned as trap fishing came into existence in Maine around 1850, according to the GMA. Today, Maine is the largest lobster-trapping state in the nation.

Enjoying Lobster, the Maine Way

Getting superfresh lobsters and cooking them at home is wonderful, but so is going to a lobster pound when you don't feel like cooking. Lobster pounds (the name comes from the word *impound*, as lobsters need to be kept alive while awaiting shipping or delivery) were set up around the turn of the twentieth century so that tourists could buy lobsters, watch them being cooked in large, wood-fired cooking pots, and enjoy them on the spot. The lobster pound protocol requires a good deal of assertiveness, especially if you arrive at the lunch or dinner hour. Be prepared to shout your order over the din of other people placing an order and clanging lobster pots. Order by the weight of the live lobster, or choose the exact spiny creature you want from the tank. Your lobster (and accompaniments such as mussels and corn on the cob) are tied into a string bag and then plunged into boiling water.

Tourists love lobster pounds (as do many native Mainers), and it's no

wonder. There's something about the simplicity, the freshness of the lobster, and the ease of eating outside that add up to a very primal, satisfying experience. Eating at a lobster pound is something that every visitor to Maine should experience.

There's much more that can be done with lobster than just boiling it. Mainers are historically a frugal bunch, and since lobster was abundant and many people made their living catching lobsters, there are myriad traditional recipes for using lobster. Many have very simple ingredients, such as lobster stew (a milk-based, thin, chowder-type soup) and lobster rolls (a simple lobster salad served on a grilled hot dog bun with lettuce). Fancier, more complicated "company's coming" recipes also evolved, including such favorites as lobster bisque, baked stuffed lobster, and lobster pie. These days, for fun, there's even an establishment in Bar Harbor, Maine, that features lobster ice cream among its offerings.

The classic Maine lobster bake is a real experience in humble cooking. Mainers don't really cook like this, of course, as it's impractical, but for show (and at occasions such as weddings or conventions) nothing beats the spectacle of a lobster bake. The most traditional method includes digging a big pit on the beach and baking or steaming lobsters, clams, mussels, and corn on the cob over a layer of hot rocks. Seaweed is placed between layers of seafood and corn to provide moisture. Because it's such a time-intensive procedure, not to mention physically demanding, most people hire caterers to do lobster bakes in Maine. Although lobster bakes are not always done the traditional way (on the beach, with the pit, and so on), the results are still delicious. After all, it's hard to go wrong with fresh lobster.

Wild Blueberries

If you've never tasted a wild blueberry, you're in for a melt-in-your-mouth surprise when you do. These tiny berries, one of only four fruits native to North America, are especially flavorful, despite their diminutive size. Unlike cultivated "high bush" blueberries that most people know, wild blueberries seem to explode with flavor. With so much flavor, a few berries go a long way—a small handful is perfectly fine. This is a good thing, because unless you have your own blueberry patch, wild blueberries can be pricey and rather hard to come by, even in Maine. Just a sprinkle over a bowl of cereal or cup of yogurt is all you need to get a true taste of Maine (Wild Blueberry Sauce, page 62).

A Little History on the Little Berry

For Native Americans, wild blueberries were a staple food, and much revered. When early settlers arrived, the Native Americans taught them

how to burn the blueberry fields (a method of pruning the plants) to encourage berry growth, as well as how to use the blueberries for medicinal purposes. Today, although the blueberry fields are still occasionally burned to control certain insects and diseases, most blueberry fields are pruned by mechanical mowing. Harvesting the berries is no easy task—it's usually done by hand using a special blueberry rake. Mechanical harvesters are now sometimes used, but less than 10 percent of the fields in Maine employ this technique, according to the University of Maine Cooperative Extension.

While they're still referred to as “wild,” the berries are, to a large extent, cultivated as well. If they weren't, there wouldn't be any blueberry farmers, per se; they'd just be blueberry gatherers. These days, the name seems to refer more to the native species, the most abundant of which is *Vaccinium angustifolium*, or the “low sweet blueberry.”

Maine grows wild blueberries on 60,000 acres, making it the largest producer of wild blueberries in the world. There are seven companies that operate blueberry processing plants in Maine, and one fresh-pack cooperative. Given the extremely fragile and perishable nature of wild blueberries, they have to be processed for shipping long distances. During the Civil War, the blueberries were canned and then shipped to the Union troops. Today freezing has replaced canning as the preservation method of choice. Ninety-nine percent of Maine's wild blueberry crop is frozen (although some of these berries are canned later), and less than 1 percent of the crop is sold fresh.

The Berry Popular Wild Blueberry

Wild blueberries are generally used in the same culinary ways that high bush blueberries are: in baking, jams, and pies. Since most of the Maine blueberry crop is processed, you'll find the berries in plenty of other packaged foods, such as blueberry muffin mixes, canned pie fillings, and preserves. They're considered a premium berry, and often appear in some fashion on high-end restaurants' dessert menus in big cities during the late summer. In Maine, some companies make candy out of them, use them in baked goods, dry them, or make syrup from them. Now that blueberries are getting lots of press as “the number one antioxidant fruit,” they seem to be popping up everywhere and in all sorts of food products. Keep an eye out for them on your supermarket shelf in one form or another (canned, frozen, or as an ingredient in something else). If you live in Maine, you're lucky enough to freeze large amounts of blueberries during their fleeting season and use them in cooking and baking all year—enjoying a taste of summer in the dead of winter.

Other Maine Foods of Note

This wouldn't be a decent snapshot of the Maine culinary scene without mentioning a few other items that native Mainers enjoy, including:

- Italians. Midwesterners might call this sandwich of sliced meat and vegetables on a submarine bun a “hoagie”; in other parts of the country, it might be called a grinder or sub sandwich. I have yet to eat an Italian, but I have chuckled over seeing signs in convenience stores along the highway boasting: “We’ve Got Loaded Italians!” No one can say Mainiacs don’t have a sense of humor.
- Whoppie pies. This is a dessert featuring two soft, cookie-shaped chocolate cakes with a marshmallow and cream filling. They’re large in size—some are almost hamburger-size—and, therefore, good for sharing at the end of a meal.
- Needhams. These are a Maine version of the Mounds bar. You can find them at candy stores or even at the grocery store sold in a rather large, plain box (not at the checkout candy rack).
- Red hot dogs. The Jordan Meat Company makes these hot dogs, which are bright red and stay that way even after cooking, thanks to the inclusion of red dye. They don’t taste like regular hot dogs; they taste more like a bland kind of sausage, just a little spicy and with a rather thick casing. Unless you grew up eating these hot dogs, you may not count them among your favorite foods.

PINEAPPLES IN COLONIAL NEW ENGLAND?

Pineapples often appear in colonial woodcarvings or paintings, which is odd, given that pineapples did not grow in New England. American sailors returning from the tropics carried them home and placed them on doorsteps to signal their safe return. In this way, pineapples became associated with hospitality.

BREAKFASTS

All-American Muesli

Lisa C. Peterson, M.S., R.D., C.D.N.

Serves: 4

Hands-on time: 5 minutes

Standing time: overnight
(minimum of 8 hours)

Muesli, originated at the end of the nineteenth century by the Swiss nutritionist Dr. Bircher-Benner, is now a nutrient- and fiber-rich breakfast food across the United States. Muesli can contain any raw or toasted cereals, dried fruits, nuts, bran, wheat germ, sugar, yogurt, milk, and/or fruit juice. This recipe is the version we enjoy most in our Connecticut home. Commercial versions are often called granola.

- $\frac{3}{4}$ cup rolled oats (not instant)
- $\frac{1}{4}$ cup toasted wheat germ
- $\frac{1}{4}$ cup milled or ground flaxseed
- 1 cup vanilla (or any flavor) nonfat yogurt
- 3 tablespoons honey
- $\frac{1}{4}$ cup lemon juice
- 1 apple (peel on), grated or chopped finely
- 1 cup fresh or dried berries
- 2 tablespoons chopped walnuts (or other nuts)

Combine the oats, wheat germ, flaxseed, and 2 cups water in a medium-size bowl. Stir well. Cover and refrigerate overnight.

Stir in the yogurt, honey, lemon juice, and apple. Divide among 4 bowls. Top each with the berries and nuts.

NUTRITION PER SERVING

Serving size	$\frac{3}{4}$ cups
Calories	300 kcal
Fat	7 g
Saturated fat	0.5 g
Cholesterol	0 mg
Sodium	45 mg
Carbohydrates	52 g
Dietary fiber	6 g
Protein	11 g

Pumpkin Cranberry Muffins

Janice Newell Bissex, M.S., R.D.

The New England colonists would have loved these muffins. And so will you, at breakfast and for dessert. Double the batch and freeze some.

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup sugar
- 1 cup very finely chopped walnuts or pecans
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- 4 eggs, beaten lightly
- 1 15-ounce can 100% pure pumpkin
- ½ cup canola oil
- ¼ cup low-fat milk
- 1 cup dried cranberries

Preheat the oven to 350°F. Coat 12 large or 18 medium-size muffin cups with vegetable oil spray. Whisk together the flour, whole wheat flour, sugar, walnuts or pecans, baking powder, cinnamon, baking soda, and salt in a large bowl. In a separate bowl, combine the eggs, pumpkin, canola oil, and milk. Add to the dry mixture along with the dried cranberries and stir to combine. Spoon the batter into the prepared muffin cups.

Bake for about 25 minutes (large) or 20 minutes (medium-size) or until a wooden toothpick inserted in the center comes out clean.

Serves: 12 or 18

Hands-on time: 15 minutes

Cooking time: 25 minutes

NUTRITION PER SERVING

Serving size	1 large muffin
Calories	360 kcal
Fat	19 g
Saturated fat	2 g
Cholesterol	70 mg
Sodium	240 mg
Carbohydrates	45 g
Dietary fiber	4 g
Protein	6 g

NUTRITION PER SERVING

Serving size	1 medium-size muffin
Calories	240 kcal
Fat	12 g
Saturated fat	1.5 g
Cholesterol	45 mg
Sodium	160 mg
Carbohydrates	30 g
Dietary fiber	3 g
Protein	4 g

Chocolate Banana Peanut Butter Smoothie

Catherine Hoffmann, M.S., R.D.

Serves: 1

Hands-on time: 5 minutes

If you love chocolate-peanut butter cups, this smoothie will become a healthy staple in your home. I send it out from my home state of Maine across the United States to every chocolate lover I know!

- 1 cup fat-free chocolate milk or low-fat chocolate soy milk
- 1 ripe banana
- 1 tablespoon peanut butter
- 4 to 6 ice cubes

Combine all the ingredients in a blender or a food processor; blend until smooth.

NUTRITION PER SERVING

Serving size	1 smoothie
Calories	330 kcal
Fat	13 g
Saturated fat	2.5 g
Cholesterol	0 mg
Sodium	180 mg
Carbohydrates	44 g
Dietary fiber	4 g
Protein	15 g

Pumpkin Cheesecake Smoothie

Catherine Hoffmann, M.S., R.D.

The vanilla yogurt makes this smoothie taste like pumpkin cheesecake. You'll think it should be in a pie shell. The flavor is reminiscent of fall in Maine.

- 1 cup canned pumpkin
- 1 cup low-fat vanilla yogurt
- 1 cup fat-free milk
- ½ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 2 teaspoons sugar
- sprinkle of nutmeg

Combine all the ingredients except the nutmeg in a blender or a food processor. Blend until smooth. Pour into a glass and garnish with a sprinkle of nutmeg.

Serves: 2
Hands-on time: 5 minutes

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VARIATION

For a nuttier taste and another burst of nutrition, add ¼ cup toasted wheat germ to the blender. (Calories increase to 270 per serving and fiber bumps up 1 gram.)

NUTRITION PER SERVING

Serving size	1½ cups
Calories	210 kcal
Fat	1 g
Saturated fat	0 g
Cholesterol	5 mg
Sodium	150 mg
Carbohydrates	41 g
Dietary fiber	4 g
Protein	12 g

Apricot Peach Smoothie

Catherine Hoffmann, M.S., R.D.

Serves: 1

Hands-on time: 5 minutes

Canned apricots make this a snap to prepare wherever you are in the States, but you can substitute fresh if you like (as I do much of the year in Maine).

- 1 cup low-fat peach yogurt
- 6 canned apricot halves
- ½ cup nonfat milk
- 4 to 6 ice cubes
- ½ teaspoon vanilla extract (optional)

Combine all the ingredients in a blender or a food processor. Blend until smooth.

NUTRITION PER SERVING

Serving size	1 smoothie
Calories	220 kcal
Fat	0.5 g
Saturated fat	0 g
Cholesterol	5 mg
Sodium	180 mg
Carbohydrates	42 g
Dietary fiber	3 g
Protein	14 g

Koenigsberger Klops (German Meatballs)

Marion S. Wollmeringer, M.S., R.D., L.D.N.

There are several towns called Koenigsberg in Germany. The largest, near Berlin, is probably the origin of this old family favorite, which we still cook in our Boston home. Many of the millions of people of German heritage who settled in Boston in large waves as the nineteenth century turned to the twentieth also continue to make this delicacy.

MEATBALLS

- 2 slices white bread, torn into small pieces
- 2 cups warm water
- 1¹/₄ pounds lean ground beef or turkey
- 1 medium onion, chopped (about ³/₄ cup)
- ¹/₄ cup liquid egg substitute
- ¹/₂ teaspoon salt
- ¹/₂ teaspoon garlic powder
- ¹/₂ teaspoon dry mustard
- ¹/₄ teaspoon black pepper
- ¹/₄ teaspoon dried marjoram leaves
- vegetable oil cooking spray

SAUCE

- 4 cups cold water
- ¹/₃ cup flour
- 4 reduced-sodium beef or chicken bouillon cubes
(1 bouillon cube = 1 teaspoon bouillon granules)
- ¹/₃ cup Dijon mustard or 1 tablespoon dry mustard
- ¹/₃ cup capers (optional)
- 2 teaspoons lemon juice

Meatballs

Preheat oven to 400°F. Soak the bread in warm water for 10 minutes. Squeeze out excess water. Mix the bread with the beef, onion, egg substitute, and seasonings. Shape the mixture into 24 bite-size balls. Place the meatballs in a 15¹/₂-by-10¹/₂-by-1-inch baking pan. Bake 20 minutes or until a thermometer inserted into the meatballs registers 165°F. Discard the fat.

Serves: 12

Hands-on time: 20 minutes

Cooking time: 20 minutes

COOK'S TIP

For convenience, unbaked meatballs can be added to the prepared sauce and simmered for 20 minutes or until done. However, using this alternate method will increase the amount of fat in the sauce.

NUTRITION NUGGET

Reduced-sodium beef (or chicken) bouillon cubes (or granules) cut the sodium by about one-third. While 1 cube of regular bouillon has about 1,000 mg, 1 cube of reduced-sodium has about 666 mg.

NUTRITION PER SERVING

Serving size	2 meatballs plus 2 teaspoons sauce
Calories	130 kcal
Fat	5 g
Saturated fat	2 g
Cholesterol	16 mg
Sodium	440 mg
Carbohydrates	8 g
Dietary fiber	1 g
Protein	12 g

Koenigsberger Klops
(continued)

Sauce

Mix the flour and water in a medium saucepan. Add the bouillon cubes. Bring to a boil; reduce heat and cook, stirring constantly, for 5 minutes or until the sauce is slightly thickened. Add the mustard, capers, and lemon juice. Add the baked meatballs to the sauce and simmer 5 minutes to blend flavors.

Cod, Potato, and Horseradish Cakes

Kristine Napier, M.P.H., R.D.

Cod was a staple for the New England colonists and remains nearly that today. The mild flavor of cod is accented with horseradish and pickle relish to create these easy appetizers. Make the cakes twice as big and enjoy them for dinner.

- 1 pound red potatoes (peel on), scrubbed and cubed
- 6 cloves garlic, peeled and chopped
- 1 pound cod
- $\frac{1}{3}$ cup water
- 2 tablespoons lemon juice
- $\frac{1}{3}$ cup nonfat milk
- 1 tablespoon butter
- 3 tablespoons reduced-fat cream cheese
- 1 teaspoon salt
- black pepper to taste
- 1 tablespoon sweet pickle relish
- 1 tablespoon horseradish (or to taste)
- 3 tablespoons canola oil

Combine the potatoes and garlic in a medium-size saucepan; cover with water. Cover and bring to a boil. Reduce heat and simmer until the potatoes are fork tender, about 30 minutes.

Meanwhile, combine the cod, water, and lemon juice in a medium-size nonstick skillet. Cover and simmer until the cod flakes easily with a fork, about 7 to 15 minutes.

Drain the potatoes and garlic and return to the saucepan. Add the milk, butter, and cream cheese; warm over low heat 5 minutes. Remove from heat. Mash the potatoes by hand or with a mixer.

Mince the cod; add to the mashed potatoes, along with salt, pepper, pickle relish, and horseradish. Heat 1 tablespoon oil in batches in a large nonstick skillet over medium-high to high heat. Drop the cod-potato mixture by heaping tablespoons into very hot oil. Cook each side 2 to 3 minutes, or just until browned. Repeat in batches until all of the mixture is cooked.

Serves: 12

Hands-on time: 30 minutes

Cooking time: 45 minutes

FOOD TRIVIA

Scrod is young cod and haddock. Cod grow up to 100 pounds in both the Pacific and North Atlantic Oceans and are available year round.

COOK'S TIP

Cod can be baked, poached, braised, broiled, and fried.

FOOD TRIVIA

Missionaries traveling from New England to Hawaii packed salt cod for their long trip.

NUTRITION PER SERVING

Serving size	2 cakes
Calories	140 kcal
Fat	5 g
Saturated fat	1.5 g
Cholesterol	25 mg
Sodium	260 mg
Carbohydrates	12 g
Dietary fiber	1 g
Protein	10 g

Vineyard Stuffed Quahogs (or Clams)

Mary Jo Cutler, M.S., R.D., L.D.

Serves: 6

Hands-on time: 45 minutes

Cooking time: 25 minutes
(includes steaming clams
and baking stuffed clams)

I generally make this recipe using quahogs or clams that I have dug in a salt-water pond on Martha's Vineyard. Quahogs (also called chowders) and cherrystone and littleneck clams are all in the same family and differ by size. Quahogs are more than three inches long, cherrystones are two and a half to three inches, and littlenecks are one to two and a half inches (it is illegal to take anything smaller than one inch). Because they are so sweet and tender, I usually just steam the littlenecks and the smaller cherrystones, and serve the tougher quahogs and large cherrystones stuffed. The fresh corn is my nod to the Native Americans who first introduced us to quahogs and clams, though they probably did not make a stuffed version.

- 12 quahogs or large cherrystone clams (freshly harvested or purchased at a fish market)
- 1 cup dry white wine, optional
- 1 tablespoon olive oil
- 1 shallot, chopped
- 1 clove garlic, minced
- 1 tablespoon chopped roasted red pepper (from a jar)
- ½ cup plain bread crumbs, preferably fresh
- ¼ cup corn, preferably from a freshly steamed ear of corn
- salt and pepper to taste
- seafood cocktail sauce, optional

Steaming the Clams

Carefully rinse the quahogs or clams in several changes of water to remove sand and grit. If the quahogs are fresh out of the mud, they should be soaked in a large bowl sprinkled with cornmeal, which helps to draw out the sand. The soaking should be followed by several rinsings.

Place about 2 inches of water in a large pot. Add wine, if desired. Bring to a boil and gently add one layer of clams. Remove the clams from the liquid as they open. This will take from 3 to 10 minutes, depending on the clam size. Reserve the clam broth.

Remove the clams from their shells when they are cool enough to handle. When removing the clam meat, also remove the muscle, which connects the clam to the shell. It may be necessary to use a knife to remove the muscle.

Reserve the shells for later use.

NUTRITION PER SERVING

Serving size	2 stuffed clams
Calories	140 kcal
Fat	3.5 g
Saturated fat	0 g
Cholesterol	15 mg
Sodium	270 mg
Carbohydrates	14 g
Dietary fiber	0 g
Protein	7 g

Clam Stuffing

Roughly chop the clam meat in a food processor.

Heat the olive oil in a large skillet; add the chopped shallot and garlic; sauté for about 5 minutes. Add the chopped red pepper and continue to sauté for 1 minute. Add the corn and the bread crumbs and sauté 1 more minute. Remove the pan from the heat.

Add the chopped clams and stir. If the mixture is dry, add clam broth until sufficiently moist. Add salt and pepper to taste.

Stuffing the Clams

Preheat oven to 375°F.

Separate the halves of the clamshells, reserving the best 12 half shells. Discard the remaining half shells. Rinse the shells so they are free of sand. Place about 2 tablespoons of stuffing in each half shell. Bake for approximately 15 minutes or until lightly browned.

Serve hot with optional seafood cocktail sauce as a condiment.

Turkey-Sage Wontons

Kristine Napier, M.P.H., R.D.

Serves: 12

Hands-on time: 20 minutes

Cooking time: 10 minutes

SHOPPING TIP

When buying fresh sage, look for leaves free of black spots, wilting, curling, or wet spots.

COOK'S TIP

Store fresh sage up to 4 days in the refrigerator wrapped in a wet paper towel and tucked into a tightly sealed plastic bag.

Think of Thanksgiving and you can't help but think of that first one in New England. The wonderful aroma of a baking turkey soon comes to mind. If you don't have leftover turkey, purchase smoked turkey breast meat to make this appetizer. If you haven't worked with wonton wrappers, don't be intimidated—they're very kind to first-time chefs.

- vegetable oil cooking spray
- 2 carrots, peeled and shredded
- 5 green onions, chopped finely
- 2 tablespoons minced fresh sage leaves
- 1 rib celery, chopped finely
- 8 ounces (1 cup) cooked turkey, chopped finely
- ½ teaspoon salt
- black pepper to taste
- 24 wonton wrappers (3 inch by 3 inch)
- 1 tablespoon butter, melted

Preheat oven to 400°F. Coat 24 mini-muffin cups with vegetable oil spray. Combine the carrots, onions, sage, celery, turkey, salt, and pepper in a medium-size bowl; mix well. Place one wonton wrapper into each muffin cup; press into the middle. Fill the muffin cups evenly with the mixture. Fold each corner of the wonton wrapper into the center of the cup. Flip the filled wonton over. Brush the wontons with the melted butter.

Bake 10 minutes, or until golden brown. Remove from the pan. Serve hot, bottom side up.

NUTRITION PER SERVING

Serving size	2 wontons
Calories	80 kcal
Fat	2 g
Saturated fat	1 g
Cholesterol	10 mg
Sodium	210 mg
Carbohydrates	11 g
Dietary fiber	1 g
Protein	5 g

Omi's German Cucumber Salad

Marion S. Wollmeringer, M.S., R.D., L.D.N.

It's easy to prepare our family's prized German recipes in Massachusetts, especially during the summer when cucumbers are so plentiful in gardens.

- 1 to 2 medium cucumbers, peeled and thinly sliced (about 2½ cups)
- 1 cup water
- ¼ cup white distilled vinegar
- 2½ tablespoons finely chopped onion (½ medium)
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 teaspoon dried dill weed, or 2 tablespoons chopped fresh dill
- ⅛ teaspoon freshly ground pepper

Place the cucumbers in a medium-size bowl. Mix the water, vinegar, onion, sugar, salt, dill, and pepper in a small bowl. Pour over the cucumbers. Refrigerate 30 minutes.

Serves: 4

Hands-on time: 10 minutes

Refrigeration time: 30 minutes

COOK'S TIP

Omi, my grandmother, sprinkled 1 teaspoon of salt over the cucumbers and let them stand for 30 minutes to draw out liquid. She then rinsed, drained, and followed the rest of the recipe. You'll get a more intense cucumber flavor with this method.

NUTRITION PER SERVING

Serving size	¾ cup
Calories	25 kcal
Fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	590 mg
Carbohydrates	6 g
Dietary fiber	Less than 1 g
Protein	1 g

Creamy Ranch-Style Dressing

Kathleen Schader, M.B.A., M.S., R.D., L.D.

Serves: 16

Hands-on time: 5 minutes

Nothing showcases fresh tossed greens more than a homemade dressing. This one is so easy to whisk together, and you're likely to have all the ingredients on hand, even in the midst of a long New Hampshire winter.

..... SUBSTITUTIONS

Use 1 small onion, minced, in place of the onion powder; 1 or 2 cloves of garlic, minced, can replace the garlic powder.

- ½ cup reduced-fat mayonnaise
- 1 cup fat-free buttermilk
- 1 cup nonfat plain yogurt
- 1½ teaspoons onion powder
- ½ teaspoon garlic powder
- 1 tablespoon chopped parsley

Mix all the ingredients in a medium-size bowl, and blend well with a whisk.

..... SERVING SUGGESTION

Use as a dip for fresh veggies.

COOK'S TIP

Refrigerate leftovers in a tightly sealed container and enjoy them for up to 1 week.

NUTRITION PER SERVING

Serving size	2 tablespoons
Calories	30 kcal
Fat	0.5 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	100 mg
Carbohydrates	4 g
Dietary fiber	0 g
Protein	1 g

German Classic Red Cabbage

Marion S. Wollmeringer, M.S., R.D., L.D.N.

Simmer together red cabbage and apples and you've got the makings of traditional Bavarian Red Cabbage—or German Classic Red Cabbage, as others know it. In both my Boston home and the one I left behind in Germany, I know many versions, including this quick one.

- vegetable oil cooking spray
- 1 16-ounce jar sweet-and-sour red cabbage
- 1 medium yellow onion, chopped
- 1 tart apple (such as Granny Smith), peel on, chopped

Coat a medium-size saucepan with the cooking spray. Add the cabbage, onion, and apple. Bring to a boil; reduce heat, and cover. Simmer gently 35 minutes or until the mixture is tender, stirring occasionally. Serve warm.

Serves: 4
Hands-on time: 5 minutes
Cooking time: 35 minutes

COOK'S TIP

Instead of cooking on the stove, place the cabbage, the onion, and the apple in a 2-quart casserole dish and microwave on high for 20 to 25 minutes, stirring every 5 minutes.

NUTRITION PER SERVING

Serving size	½ cup
Calories	200 kcal
Fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	20 mg
Carbohydrates	51 g
Dietary fiber	2 g
Protein	1 g

Double Apricot Glazed Winter Vegetables

Lisa Turner, R.D.

Serves: 6
Hands-on time: 10 minutes
Cooking time: 15 minutes

Eating a variety of vegetables can be difficult during long winters in the north. Let a variety of root vegetables come to the rescue. Here is a savory combination of carrots, rutabagas, and turnips to warm your soul on cold, winter nights, flavored delicately with a touch of apricot. These vegetables are great served as leftovers all week.

- 3 carrots, scrubbed with skin on
- 1 small rutabaga, peeled
- 1 turnip, peeled
- 2 tablespoons water

GLAZE

- 2 tablespoons apricot all-fruit preserves
- ½ cup water
- ½ cup chopped dried apricots

VARIATION

Substitute orange marmalade for the apricot and omit the dried apricots. Sprinkle ¼ cup chopped fresh parsley before serving.

Slice the carrots thinly. Slice the rutabaga and the turnip; cut slices into thin sticks. Combine the vegetables in a microwave-safe bowl with 2 tablespoons water. Cover and cook on high for 10 to 15 minutes, stirring every 5 minutes until the vegetables are tender. Or steam the vegetables on the stovetop 20 to 25 minutes until fork tender.

To Glaze

Combine the apricot preserves, ½ cup water, and the dried apricots in a heavy small saucepan. Bring to a boil; boil gently, stirring, until the mixture has thickened.

Drain the vegetables and place in a serving dish; pour glaze evenly over the top and toss.

NUTRITION PER SERVING

Serving size	¾ cup
Calories	0 kcal
Fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	35 mg
Carbohydrates	20 g
Dietary fiber	3 g
Protein	1 g

Mom's Stuffing

Suzanne Duggan, R.D.

Plain and simple comfort food at its best, accented with fresh mushrooms. This recipe is reminiscent of the stuffing made by the Pilgrims for their feast in America.

- vegetable oil cooking spray
- 1 loaf white bread, sliced
- 1 pound mushrooms, sliced
- 1 large onion, chopped
- 4 stalks celery, diced
- 1 14-ounce can reduced-sodium chicken broth
- 1½ cups liquid egg substitute
- 1 tablespoon dried dill
- 1½ teaspoons salt
- 1 teaspoon black pepper

Lay the bread out on clean towels or baking sheets overnight to dry.

Preheat oven to 325°F. Spray a 2-quart casserole dish with the nonstick cooking spray.

Cube the bread. Combine all the ingredients in a large bowl; mix well. Spoon evenly into the casserole dish.

Bake for 30 to 45 minutes, or until lightly golden.

Serves: 12

Hands-on time: 30 minutes

Cooking time: 30 to 45 minutes (depending on pan)

NUTRITION PER SERVING

Serving size	1 cup
Calories	150 kcal
Fat	3 g
Saturated fat	0.5 g
Cholesterol	0 mg
Sodium	580 mg
Carbohydrates	23 g
Dietary fiber	2 g
Protein	9 g

Vermont Celebration Beans

Lisa C. Peterson, M.S., R.D., C.D.N.

Serves: 8
Hands-on time: 10 minutes
Cooking time: 1 hour
Baking time: 3 hours

SHOPPING TIP

If you can find them, try substituting soldier or great northern beans for the navy beans.

SERVING SUGGESTION

Like the salt pork in the original recipe, the kielbasa is used primarily for its flavor, but it also makes this a one-pot meal.

Summer picnics in Vermont demand baked beans, and my mom rose to the occasion with this family-favorite recipe. While she baked them in classic heavy, brown-glazed pottery, any baking vessel that can be tightly covered works. Reduced-fat kielbasa replaces the recipe's original salt pork to remove some of the fat—but none of the flavor!

- 1 pound (2 cups) dry navy beans
- 1 teaspoon salt
- 1/3 cup brown sugar
- 1/4 cup dark molasses
- 1 tablespoon apple cider vinegar
- 1 medium-size onion, minced
- 3/4 teaspoon dry mustard
- 2 8-ounce cans tomato sauce
- 1/2 pound reduced-fat kielbasa, sliced thinly

Rinse and sort the beans, discarding shriveled beans. In a 3-quart saucepan, combine the beans with enough water to cover by 1 inch. Bring to a boil; cover and simmer for 1 hour. Reserve 2¹/₂ cups bean liquid, then drain the rest.

Preheat oven to 300°F. Combine the beans, reserved liquid, salt, brown sugar, molasses, vinegar, onion, mustard, and tomato sauce in a 2-quart oven-safe dish or bean pot. Arrange the kielbasa over top. Cover tightly with a lid or foil.

Bake 2¹/₂ hours, stirring occasionally. Remove the cover; continue baking 30 minutes more. Serve hot.

SUBSTITUTIONS

Reduce the sodium in this recipe by using no-salt-added tomato sauce. Or substitute three 14- or 15-ounce cans great northern beans for the dry. Rinse and drain, combine with the remaining ingredients (do not add the water), stir, and bake uncovered for 1 hour.

NUTRITION PER SERVING

Serving size	3/4 cup
Calories	360 kcal
Fat	9 g
Saturated fat	3 g
Cholesterol	20 mg
Sodium	960 mg
Carbohydrates	56 g
Dietary fiber	15 g
Protein	18 g

Black Lantern's Curried Butternut Squash Soup

Deb Winders, M.S., R.D.

What better way to warm up a cool fall and an even colder winter in New Hampshire than with a thick butternut squash soup? The Indian curry paste adds another layer of warmth.

- 3 tablespoons unsalted butter
- 1 to 2 large onions, chopped
- 1 to 2 tablespoons hot Indian curry paste
- 6 cups vegetable broth
- 4 pounds butternut squash, peeled and cut into 2-inch pieces
- 1 12-ounce can lite coconut milk
- ½ cup reduced-fat sour cream
- cilantro sprigs for garnish

Melt the butter in a large Dutch oven or kettle. Sauté the onion in the butter until softened. Add the hot curry paste and stir until well blended. Add the vegetable broth and squash; bring to a boil. Reduce heat to low and simmer until the squash is very tender, 20 to 25 minutes.

Remove from heat. Purée the squash in a blender or with an immersion stick blender until very smooth. Return the soup to the kettle and add the lite coconut milk. Heat the soup to 165°F. Ladle into bowls and garnish with a dollop of sour cream and cilantro.

Serves: 8

Hands-on time: 15 minutes

Cooking time: 30 minutes

SHOPPING TIP

My favorite brand of hot curry paste is Patak's.

COOK'S TIP

Different varieties of winter squash, such as acorn, butternut, and pumpkin can often be substituted for one another in recipes, although the seasonings used to bring out their flavors may vary.

NUTRITION NUGGET

Adding vegetable-based soups to your diet is an easy and delicious way to boost your intake of vegetables.

NUTRITION PER SERVING

Serving size	1½ cups
Calories	190 kcal
Fat	7 g
Saturated fat	4 g
Cholesterol	15 mg
Sodium	790 mg
Carbohydrates	33 g
Dietary fiber	8 g
Protein	5 g

Butternut Squash Bisque

Kathleen Schader, M.B.A., M.S., R.D., L.D.

Serves: 4

Hands-on time: 20 minutes

Cooking time: 25 to 30 minutes

This is a delicious fall soup enjoyed by New Englanders after the harvest and through the winters. It's a favorite comfort food in our New Hampshire home.

- 2 tablespoons canola oil
- 2 medium-size onions, chopped coarsely
- 1 rib celery, sliced
- 2 cloves garlic, minced
- 1 to 2 tablespoons minced fresh ginger
- ¼ to ½ teaspoon black pepper
- 3 to 3½ pounds butternut squash, peeled, seeded, and chopped into 1-inch pieces
- 2 14½-ounce cans reduced-sodium chicken or vegetable broth
- ½ cup skim milk (optional)
- ¼ cup roasted pumpkin seeds for garnish

SERVING SUGGESTION

In addition to or in place of toasted pumpkin seeds, garnish the soup with chives or ground ginger.

Heat the oil in a heavy saucepan; add the onions, celery, garlic, ginger, and pepper; cook over medium heat for 5 minutes, or until the vegetables are softened. Stir frequently; do not brown. Add the squash and broth, cover, and bring to a boil; reduce heat and simmer for 20 to 25 minutes or until the squash is tender.

Purée the soup in batches in a blender; return to the pot. Or, purée in a pot using a hand blender.

Garnish with pumpkin seeds before serving.

Toasted Pumpkin Seeds

Combine 1 cup green (not roasted) pumpkin seeds and 1 teaspoon canola oil in a 9- or 10-inch heavy skillet; toss. Cook and stir over medium heat about 6 to 8 minutes or until the seeds are puffed and golden. Add ¼ teaspoon salt; toss. Cooled seeds can be stored in the refrigerator in a tightly sealed container for up to 3 months.

NUTRITION PER SERVING

Serving size	2 cups plus 1 tablespoon toasted pumpkin seeds
Calories	400 kcal
Fat	15 g
Saturated fat	3 g
Cholesterol	5 mg
Sodium	160 mg
Carbohydrates	60 g
Dietary fiber	16 g
Protein	14 g

No-Nonsense New England Clam Chowder

Janice Newell Bissex, M.S., R.D., and Liz Weiss, M.S., R.D.

For a quick clam chowder brimming with flavor and good nutrition without the usual cup of cream, try this simple, no-fuss chowder. With just a few pantry staples like canned minced clams, creamed corn, and shell-shaped pasta, this hearty and healthy soup can be on the table in a flash—whether you live in New England, California, or anywhere in between.

- 4 ounces uncooked medium-size pasta shells (about 1½ cups)
- 2 cups 1% low-fat milk
- ¼ cup all-purpose flour
- 1 teaspoon onion powder
- ⅛ teaspoon dried thyme
- 2 6½-ounce cans minced clams
- 1 15-ounce can cream-style corn
- 1 tablespoon dry sherry or wine

Cook the pasta according to package directions. Drain and set aside.

In a medium-size saucepan, combine the milk, flour, onion powder, and thyme; whisk until well blended. Stir in the clams and the corn, and turn heat to high. Bring the mixture to a simmer, stirring constantly. Reduce the heat to medium low and continue to simmer and stir until the soup thickens slightly, about 2 minutes. Stir in the cooked pasta and sherry. Heat through and serve piping hot.

Serves: 4
Hands-on time: 10 minutes
Cooking time: 20 minutes

..... SUBSTITUTIONS

Substitute 1 small onion, minced, for the onion powder. You can also substitute an equal quantity of cooking sherry or dry white wine for the dry sherry. Alternatively, use 1 to 2 teaspoons of Worcestershire sauce.

NUTRITION PER SERVING

Serving size	1 cup
Calories	390 kcal
Fat	4 g
Saturated fat	1 g
Cholesterol	65 mg
Sodium	170 mg
Carbohydrates	56 g
Dietary fiber	2 g
Protein	34 g

Creamy Asparagus Soup

Kathleen Schader, M.B.A., M.S., R.D., L.D.

Serves: 4

Hands-on time: 15 minutes

Cooking time: 20 minutes

Fresh spring asparagus soup is a delicious starter for any meal, especially in New Hampshire where the first spears celebrate the end of the snow (to be sure, though, it's good all year). This creamy soup has all of the flavor of a cream soup—no one will be able to tell there is such a small amount of fat in it.

- 1 tablespoon butter
- 1 medium-size onion, coarsely chopped
- 1 rib celery, sliced
- ¼ to ½ teaspoon pepper
- 1 pound fresh asparagus, washed, woody stems removed, cut into 1-inch pieces
- 2 14½-ounce cans reduced-sodium chicken broth
- 2 to 3 tablespoons minced fresh dill (or 2 to 3 teaspoons dried dill)
- 3 tablespoons all-purpose flour
- ½ cup nonfat milk
- freshly ground black pepper, optional

..... SERVING SUGGESTIONS

Add 1 tablespoon of low-fat plain yogurt to each bowl of soup; swirl just before serving. Sprinkle 1 teaspoon of minced fresh dill on each serving.

Melt the butter in a large saucepan. Add the onion and celery and cook over medium heat until soft, not browned, about 5 minutes. Add the pepper, asparagus, and chicken broth. Cover and bring the mixture to a boil. Reduce heat and simmer uncovered about 8 to 10 minutes or until the asparagus is tender.

Purée in batches in a blender, or purée in saucepan with a hand blender. Return the soup to the saucepan. Stir in the dill.

Mix the flour and skim milk in a small bowl until smooth. Whisk into the soup, and heat (do not boil) until thickened. Add additional pepper, if desired.

NUTRITION PER SERVING

Serving size	1½ cups
Calories	130 kcal
Fat	5 g
Saturated fat	2.5 g
Cholesterol	10 mg
Sodium	150 mg
Carbohydrates	17 g
Dietary fiber	4 g
Protein	8 g

Hearty Maine Fish Chowder

Kitty Broihier, M.S., R.D.

During the fall and winter months I serve this chowder as the main course to nearly all my guests, whether they're "from away" or native Mainers. It has a classic taste, a traditional thinner, milky Maine chowder consistency (though it does use flour as a thickener, which is not the traditional Maine method), and a lot less of the fat that makes some cream-based chowders so overwhelming.

- vegetable oil cooking spray
- 5 slices (about 5 ounces) Canadian bacon, chopped
- 4 tablespoons butter
- 1¼ cups chopped onions
- 1 cup chopped celery
- 1½ teaspoons dried thyme leaves, optional (or 1½ tablespoons fresh thyme)
- 3 tablespoons flour
- 4 cups fish stock (prepared from fish bouillon cubes or fish soup base)
- 2 cups diced potatoes, scrubbed, unpeeled
- 2½ pounds mixed white fish (such as cod, haddock, or wolf fish) cut into 1½-inch pieces (okay to use frozen)
- 1½ cups fat-free half-and-half (or more, depending on desired consistency)
- ½ teaspoon salt
- pinch black pepper
- 2 tablespoons chopped chives or green onion tops, optional garnish

Spray the bottom of a medium-size stockpot with the cooking spray. Add the Canadian bacon and cook over medium heat until lightly browned and slightly crisp, stirring constantly. Stir in the butter, onions, celery, and thyme. Cook 5 minutes, or until the onions are soft and translucent. Using a wire whisk, whisk in flour and continue stirring and cooking a minute or two, until the flour is well incorporated and all of the vegetables are coated.

Pour in the fish stock, a little at a time, while continuing to whisk constantly. (The mixture will be very thick at first and gradually get thinner.) Continue until all fish stock has been incorporated. Reduce heat, add the potatoes, and simmer 10 to 15 minutes, or until potatoes are tender, stirring and scraping the bottom of the pot occasionally.

Add the fish pieces and cook another 5 to 10 minutes or until all fish pieces are cooked through. Stir in the fat-free half-and-half, adding more if the chowder seems too thick. Add salt and pepper. Taste and adjust the seasonings, if necessary. Heat through, but do not boil. Ladle into bowls and garnish with the chopped chives or green onions, if desired.

Serves: 8

Hands-on time: 20 minutes

Cooking time: 40 minutes

SHOPPING TIPS

This recipe works wonderfully with fish that's been frozen, so stock up when your favorite white fish is on sale. Also, fish pieces that are not nice enough to serve as an entrée (such as thinner tail ends or trimmed pieces) are perfect for chowder.

SERVING SUGGESTIONS

In Maine, we serve chowder with Nabisco Crown Pilot Crackers, a thick, hard white cracker that's usually only available in New England. Saltine crackers, oyster crackers, or a nice, crusty bread is fine, too. Complete the meal with a green salad and a fruit-based dessert for a filling, healthful dinner.

NUTRITION PER SERVING

Serving size	1¼ cups
Calories	400 kcal
Fat	21 g
Saturated fat	8 g
Cholesterol	135 mg
Sodium	690 mg
Carbohydrates	14 g
Dietary fiber	2 g
Protein	36 g

Yankee Gumbo

Lisa C. Peterson, M.S., R.D., C.D.N.

Serves: 10 generously
Hands-on time: 30 minutes
Cooking time: 1 hour,
15 minutes

This dish is a winner at our annual Kentucky Derby party. We use locally smoked pork loin or chicken breasts instead of traditional fresh oysters to give this dish a Yankee spin. Perfect for entertaining, it can be prepared to near completion the day before—just add the crab and shrimp 30 minutes before serving.

- ¼ cup canola oil
- ⅔ cup all-purpose flour
- 2 medium-size onions, diced
- 1 celery rib, diced
- 1 medium-size green bell pepper, diced
- 2 garlic cloves, peeled and minced
- ½ teaspoon ground white pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon sweet paprika
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- 7 14-ounce cans reduced-sodium chicken broth
- 1 8-ounce can tomato sauce
- ½ pound andouille or other spicy smoked sausage, sliced
- 1 15-ounce can chopped tomatoes, with juice
- ½ pound smoked chicken breasts (remove skin) or pork loin, diced
- 2 cups fresh or frozen okra, sliced
- ¾ pound fresh or frozen crab meat
- 1 pound peeled, deveined shrimp (medium or large)
salt, hot pepper sauce, and cayenne pepper to taste
- 1½ cups hot cooked white rice

..... SUBSTITUTION

If you are allergic to shellfish, substitute 2 pounds of cod or other white fish for the crab and shrimp.

NUTRITION PER SERVING

Serving size	1½ cups
Calories	390 kcal
Fat	17 g
Saturated fat	4.5 g
Cholesterol	130 mg
Sodium	1080 mg
Carbohydrates	26 g
Dietary fiber	3 g
Protein	33 g

In a large kettle or Dutch oven, heat the oil over medium heat. Blend in the flour, stirring constantly with a wire whisk. Cook and stir for 8 to 10 minutes until medium brown.

Add the onions, celery, and green pepper and stir over medium heat 5 minutes. Add the garlic, white pepper, garlic powder, black pepper, paprika, thyme, and oregano; stir 3 minutes. Stir in the broth and tomato sauce; whisk until smooth. Reduce heat and simmer 45 minutes. Separately, in a saucepan combine the sausage with enough water to cover. Simmer 5 minutes. Drain and reserve.

Add the chopped tomatoes, chicken or pork, okra, and reserved sausage; heat through. Note that the gumbo may be made to this point and refrigerated overnight. Reheat and continue instructions about 30 minutes before serving. Gently stir in the crab and shrimp; simmer 10 to 15 minutes or until the shrimp is pink and firm. Season to taste. Serve hot in individual bowls with 2 tablespoons rice spooned into the center.

Savory Roasted Salmon and Green Beans

Marsha Hudnall, M.S., R.D., C.D.

This delightfully gentle but distinctive Asian-inspired salmon recipe was created in Vermont. The leftovers are great cold, or heated and served with rice.

- 1½ pounds salmon fillet
- 1 pound fresh green beans, trimmed
- 1 tablespoon grated fresh ginger
- 3 cloves garlic, minced
- ¼ cup reduced-sodium soy sauce

Place the salmon fillet skin side down in an oven-safe 9-by-13-inch glass baking dish. Arrange the green beans around the salmon. Combine the ginger, garlic, and soy sauce in a small bowl; mix well. Pour over the salmon and beans. Cover tightly and marinate at least 2 hours and up to 8 hours in the refrigerator.

Preheat the oven to 400°F. Baste the salmon and beans with the sauce. Roast uncovered 15 to 20 minutes or until the salmon flakes easily with a fork.

Serves: 4

Hands-on time: 5 minutes

Cooking time: 20 minutes

..... SUBSTITUTION

If fresh green beans are out of season, use the French-cut frozen green beans instead. Marinate thawed beans with salmon, but do not add them to the pan when salmon is placed in the oven. Instead, add them after cooking the salmon 5 to 8 minutes.

COOK'S TIP

The quantities of grated fresh ginger, minced garlic, and soy sauce may be varied to your taste.

NUTRITION PER SERVING

Serving size	4 ounces roasted salmon plus ¾ cup cooked beans
Calories	290 kcal
Fat	11 g
Saturated fat	1.5 g
Cholesterol	95 mg
Sodium	610 mg
Carbohydrates	9 g
Dietary fiber	4 g
Protein	36 g

Connecticut Coast Shrimp Salad Pitas

Lisa C. Peterson, M.S., R.D., C.D.N.

Serves: 8
Hands-on time: 10 minutes
Cooking time: 5 minutes
Chill time: 2 hours

We love shrimp on the Connecticut coast, where it's easy to get. If you live inland (or you just want a shortcut), use fully cooked or frozen and thawed shrimp.

- 2 pounds large, raw shrimp (not peeled)
- 1 cup reduced-fat sour cream, or crème fraiche
- $\frac{3}{4}$ cup low-fat mayonnaise
- 1 tablespoon ketchup
- $\frac{1}{3}$ cup chopped fresh dill
- 4 green onions, chopped
- pepper to taste
- 4 pita rounds, halved
- 1 large red onion, sliced very thinly
- 8 large lettuce leaves, preferably Boston lettuce

VARIATIONS

Make this with crab, lobster, or an artificial seafood. Sprinkle in red pepper sauce to spice it up.

Bring a large pot of water to a boil; add the shrimp all at once. Bring the water back to a boil; simmer the shrimp 2 minutes. Drain the shrimp; immerse in cold water. When cool, peel and devein the shrimp. Halve lengthwise; reserve.

Combine the sour cream, mayonnaise, ketchup, dill, green onions, and pepper; mix well. Add the shrimp. Chill at least 2 hours.

To assemble the sandwiches, fill each pita half with onion slices, lettuce, and about $\frac{2}{3}$ cup shrimp salad. Serve immediately.

NUTRITION PER SERVING

Serving size	$\frac{1}{2}$ stuffed pita
Calories	230 kcal
Fat	2.5 g
Saturated fat	0 g
Cholesterol	170 mg
Sodium	460 mg
Carbohydrates	25 g
Dietary fiber	3 g
Protein	27 g

Turkey Pot Pie

Mary Jo Cutler, M.S., R.D., L.D.

I developed this recipe as a way to use leftover Thanksgiving turkey in our New England home. I usually make it on the Saturday after Thanksgiving and serve it for a casual supper meal with friends. Since we cook our Thanksgiving turkey on a Weber grill with wood chips, the turkey and the gravy have a wonderful smoked flavor that enhances the taste of the pie. Instead of often-used carrots, I use sweet potatoes to add a more interesting flavor.

Serves: 8
Hands-on time: 1 hour
Cooking time: 1 hour

2 9-inch purchased pie crusts

FILLING

3 cups turkey meat, light and dark (smoked if possible), chopped
2 sweet potatoes, peeled and chopped
3 medium-size red potatoes, cubed (not peeled)
1 10-ounce package frozen baby peas, thawed
1 teaspoon dry tarragon (or 1 tablespoon chopped fresh)
1 teaspoon dry parsley (or 1 tablespoon chopped fresh)
½ teaspoon black pepper
other herbs and spices as desired

SAUCE

3 tablespoons cornstarch
3 cups cold nonfat milk
2 tablespoons butter
pepper to taste
1 cup reduced-sodium chicken broth

Preheat oven to 375°F. Place one crust in a deep-dish pie plate. Line with waxed paper and fill with dry beans or weights. Bake for 15 minutes. Remove from the oven to a cooling rack. Remove beans and wax paper. Meanwhile, boil the potatoes for 5 to 10 minutes until tender, but not falling apart.

Line the pie crust with the turkey. Add the potatoes and peas. Combine the tarragon, parsley, black pepper, and other herbs and spices as desired. Sprinkle over vegetables in the pie plate.

NUTRITION PER SERVING

Serving size	1/8 pie wedge
Calories	260 kcal
Fat	7 g
Saturated fat	3 g
Cholesterol	50 mg
Sodium	180 mg
Carbohydrates	26 g
Dietary fiber	4 g
Protein	23 g

Turkey Pot Pie
(continued)

Combine the cornstarch and milk in a medium pan, stirring until smooth. Add the butter and pepper. Bring to a boil, stirring constantly; reduce heat, lightly boil 1 minute. Add the gravy or broth; stir and cook until thickened. Pour the sauce over the meat and vegetables in the pie plate. Cover the pie with top crust; crimp edges. Make six 1/2-inch slits in the crust to allow steam to escape. Bake at 375°F for about 1 hour, until contents are bubbling through the slits in the crust.

New England Blue Ribbon Meatloaf

Lisa C. Peterson, M.S., R.D., C.D.N.

This is perhaps my mom's greatest culinary achievement. In my Connecticut home, I've tried other meatloaf recipes, just to be rebellious, but I keep coming back to this one. Like any great meatloaf, this one is scrumptious both warm and cold late at night.

- vegetable oil cooking spray
- 1 pound extra-lean ground beef
- 1 cup dry seasoned bread crumbs
- 1 large egg, lightly beaten
- 1 medium-size onion, minced
- 1 8-ounce can tomato sauce, divided
- 2 tablespoons white wine vinegar
- 2 tablespoons Dijon or yellow mustard
- 2 tablespoons brown sugar
- 3 tablespoons chopped parsley, optional

Preheat oven to 375°F. Coat a 9-by-4-inch loaf pan with the cooking spray.

Combine the beef, bread crumbs, egg, onion, and ½ cup tomato sauce; mix well but don't beat the mixture. Form into a loaf with a ridge down the center. Place into a loaf pan.

In a small bowl, combine the remaining ½ cup tomato sauce, vinegar, mustard, and brown sugar; whisk until smooth. Pour over the meat. Cover the pan tightly with foil. Bake 40 minutes. Remove the foil; continue baking 30 to 40 more minutes, or until the meat thermometer reaches 160°F. Serve hot, garnished with the chopped parsley.

Serves: 6

Hands-on time: 10 minutes

Cooking time: 80 minutes

..... VARIATION

Try using different types of flavored canned tomato sauce, like roasted garlic or bell pepper and onion.

NUTRITION PER SERVING

Serving size	¼ of loaf
Calories	260 kcal
Fat	9 g
Saturated fat	3 g
Cholesterol	65 mg
Sodium	950 mg
Carbohydrates	24 g
Dietary fiber	2 g
Protein	21 g

Shoreline Shepherd's Pie

Lisa C. Peterson, M.S., R.D., C.D.N.

Serves: 8

Hands-on time: 20 minutes

Cooking time: 40 minutes

I've been working for the southeastern Connecticut shoreline soup kitchens for years. The menus are balanced for nutrition and variety, and I am often asked to contribute shepherd's pie as a one-pot meal that meets these high standards for nutrition. This English pub classic is satisfying and easy-to-make, and the recipe can be easily doubled and tripled. If you have a smaller family, enjoy two to three meals from this batch—and an easy week of cooking and cleanup.

MASHED POTATOES

- 1½ pounds (about 2 to 3 large) russet or Idaho potatoes, peeled and diced
- vegetable oil cooking spray
- ¼ cup nonfat milk
- 2 tablespoons butter
- 4 ounces (½ cup) nonfat cream cheese
- ½ teaspoon salt
- ⅛ to ¼ teaspoon white pepper

FILLING

- 1 pound extra-lean ground beef
- 1 medium-size onion, chopped
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 1 teaspoon dried thyme (or 1 tablespoon fresh thyme)
- ½ teaspoon black pepper
- ⅛ teaspoon grated nutmeg
- 3 tablespoons all-purpose flour
- 1 14-ounce can reduced-sodium beef broth

- 2 cups frozen, canned, or fresh corn kernels

VARIATION

Try using other lean ground meats for all or some of the beef in the recipe. A traditional English variation calls for ground lamb, but veal, buffalo, or emu can be used, too.

Boil the potatoes in salted water until fork tender.

Brown the beef with the onion, carrots, celery, thyme, pepper, and nutmeg in a large nonstick skillet over medium high heat, breaking up the meat as you do, about 10 to 12 minutes. Stir in the flour. Pour in the broth and simmer, stirring, until slightly thickened, about 3 to 5 minutes. Remove from heat.

Preheat oven to 375°F. Spray a 2-quart casserole with vegetable oil spray.

NUTRITION PER SERVING

Serving size	1½ cups
Calories	250 kcal
Fat	6 g
Saturated fat	3 g
Cholesterol	40 mg
Sodium	330 mg
Carbohydrates	33 g
Dietary fiber	4 g
Protein	18 g

Drain the potatoes and return to the pan. Add the milk, butter, cream cheese, salt, and pepper. Heat over low heat briefly until butter melts. (See tip regarding hot liquids for mashing potatoes.) Mash by hand or with an electric mixer.

Transfer the meat mixture to a prepared casserole dish. Spread the corn evenly over the meat. Spoon the potato mixture evenly over the corn. Bake for 30 to 40 minutes, or until the top is lightly browned and the casserole is bubbling around the edges of the potatoes.

COOK'S TIP

Heating milk, butter, and cream cheese before mashing potatoes makes your finished potatoes creamier and smoother.

New England Steak Milanese

Lisa C. Peterson, M.S., R.D., C.D.N.

Serves: 6 generously
Hands-on time: 15 minutes
Cooking time: 10 minutes

SHOPPING TIP

There are many kinds of sauce you can use—marinara, spaghetti, or pasta sauce. Just choose your favorite kind and flavor—or make your own!

FOOD TRIVIA

Milanese (mee-lah-NAY-zay) means “in the style of Milan.”

My kids love steak and anything with tomato sauce. This Italian-inspired dish that I make in my Connecticut home is easy to fix and great for reheating later, such as when you're helping out a friend with a home-cooked dinner or contributing to a potluck meal, a New England tradition that began with the colonists.

- ½ cup seasoned dry bread crumbs
- 2 tablespoons grated Parmesan cheese
- 2 eggs
- 6 4-ounce cube steaks
- pepper to taste
- 2 tablespoons canola oil
- 2 cups hot prepared marinara sauce

In a shallow bowl, combine the bread crumbs and the cheese; set aside. In another shallow bowl, beat the eggs with 1 tablespoon water.

Lightly season the steaks with pepper (may not be necessary depending on your tastes and how seasoned your bread crumbs are). Heat the oil in a large nonstick pan.

Dip the steaks into the eggs and then into the bread crumb mixture, dredging through the crumbs well. Fry in hot oil over medium heat about 4 minutes on each side or until cooked through. Serve hot with ½ cup marinara sauce poured over each steak.

NUTRITION PER SERVING

Serving size	1 piece steak plus ⅓ cup sauce
Calories	470 kcal
Fat	34 g
Saturated fat	12 g
Cholesterol	150 mg
Sodium	730 mg
Carbohydrates	16 g
Dietary fiber	2 g
Protein	24 g

Calzones

Marion S. Wollmeringer, M.S., R.D., L.D.N.

While some people think calzones originated in New Haven, Connecticut, some food historians say these half-moon-shaped, stuffed pizzas originated in Naples, Italy. Calzone is the Italian word for “pocket sandwich.” Here are two wonderful calzone variations, but calzones can be filled with any combinations of meat, cheese, and vegetables. This baked version is exceptionally delicious and low in fat.

DOUGH

- 3 cups stirred all-purpose flour
- 1½ teaspoons active dry yeast
- ½ teaspoon salt
- 1 cup warm water (130°F.)
- 1 tablespoon plus 1 teaspoon olive oil
- vegetable oil cooking spray

Sift the flour, yeast, and salt together into a large mixer bowl. Slowly add the warm water and 1 tablespoon olive oil. Mix on low speed or stir with a large mixing spoon until the dough pulls away from the sides of the bowl, about 2 to 3 minutes. Knead the dough on a lightly floured surface until smooth and elastic, about 3 to 4 minutes. Cover with a cloth and let rise 20 to 30 minutes. While dough rises, prepare filling of choice (recipes follow).

Preheat oven to 450°F.

Divide the dough into 6 individual balls. On a very lightly floured surface, roll each ball into a 6- to 7-inch circle.

Place each dough circle on a square of parchment paper. Divide the filling equally between the 6 circles of dough; place on the lower half of each circle. Fold the top half of the dough over the filling. Seal the dough by pinching a narrow seam or pressing with the tines of a fork. To make sure the filling is distributed throughout the dough, press the top of the filled sealed dough very gently. A tight seal is needed or the filling will leak out. Check the back of the dough edge for a tight seal. Place each calzone and parchment on a cookie sheet. A jelly roll or pizza pan with a small lip can be used to catch leaks.

Repeat with the remaining dough balls.

Bake for about 18 to 20 minutes or until the dough is lightly browned and slightly puffed. Remove from the baking sheet to a cooling rack. Brush the tops with olive oil. Serve hot or warm.

Serves: 6

Hands-on time: 1 hour

Cooking time: 15 to 20 minutes

PREPARATION TIPS

Stirring the flour before measuring will ensure the proper consistency of the dough.

HOW MUCH WATER FOR THE DOUGH?

The amount of water needed depends on the humidity of your kitchen and on the dryness of the flour. The dough should be only slightly sticky. Add 1 or 2 tablespoons flour if the dough is too sticky.

COOK'S TIP

A pizza stone may be used; follow the instructions specific to your stone. This dough may be used to make pizzas.

Calzones (continued)

NUTRITION PER SERVING

Serving size	1 calzone
Calories	370 kcal
Fat	13 g
Saturated fat	7 g
Cholesterol	40 mg
Sodium	450 mg
Carbohydrates	46 g
Dietary fiber	2 g
Protein	17 g

SUBSTITUTION

Frozen spinach may be used instead of fresh. Thaw 1 package or ½ bag (7½ ounces) frozen chopped spinach in the microwave 3 minutes on high. Let cool; squeeze out excess liquid, yielding about 1 cup spinach.

PREPARATION TIP

If the filling is prepared ahead, cover tightly and refrigerate no more than 1 to 2 hours. Too long in the refrigerator causes the filling to get too watery. The salt in the cheese pulls water out of the fresh spinach.

NUTRITION PER SERVING

Serving size	1 calzone
Calories	330 kcal
Fat	8 g
Saturated fat	2.5 g
Cholesterol	10 mg
Sodium	360 mg
Carbohydrates	49 g
Dietary fiber	4 g
Protein	14 g

Cheesy Florentine Filling

- 1 medium-size garlic clove, peeled
- 2½ cups chopped fresh spinach
- 1 cup part skim ricotta cheese
- 1¼ cup (5 ounces) shredded fontina (or fontinella) cheese

Place the garlic clove and spinach in a food processor bowl fitted with a metal blade. Pulse 10 to 12 times, or until the spinach is finely chopped.

Combine the ricotta and fontina cheeses in a 3-quart mixing bowl. Add the garlic and the spinach mixture. Stir well.

Use a slightly heaping ⅓ cup of cheese mixture for each calzone.

Mushroom and Mozzarella Cheese Filling

- 1 tablespoon olive oil
- 2 medium-size onions, chopped (about 2 cups)
- 1 medium-size garlic clove, peeled and minced
- 3 cups thin sliced button mushrooms (about 8 ounces)
- ⅛ teaspoon salt
- ⅛ teaspoon fresh ground pepper
- 1 cup (4 ounces) shredded mozzarella cheese, divided

Heat the olive oil in a 10-inch skillet. Sauté the onions and garlic until the onions are transparent, about 4 to 5 minutes. Remove to a dish and set aside.

In the same pan, sauté the mushrooms until they ooze their juices, about 6 to 7 minutes. Combine with onion mixture; add the salt and pepper. Mix well. If the filling is prepared ahead, cover tightly and refrigerate 8 hours or overnight.

Use ⅓ cup of filling for each calzone. Sprinkle with 3 tablespoons mozzarella cheese before closing.

Grilled Chicken with Roasted Red Pepper Pasta Sauce

Lisa C. Peterson, M.S., R.D., C.D.N.

- 1½ pounds boneless, skinless chicken breast, grilled or roasted and then chilled
- 2 cloves garlic, peeled
- ½ medium-size onion, cut into 2 pieces
- 1 12-ounce jar roasted red peppers (in brine), drained
- ½ cup low-fat mayonnaise
- 2 tablespoons reduced-fat sour cream
- hot pepper sauce to taste
- 1 tablespoon Dijon mustard
- 2 tablespoons fresh herbs (choose from parsley, chives, basil, oregano, tarragon, etc.)

Place the garlic cloves and onion in a food processor bowl; pulse until finely minced. Add the remaining ingredients; process until smooth, scraping down the sides of the bowl occasionally. Cover and refrigerate 1 hour or overnight. Slice the chicken; place the strips on a serving platter and drizzle the sauce over the top.

Serves: 6

Hands-on time: 10 minutes

SHOPPING TIP

Choose herbs based on the entrée that the finished sauce will accompany. For example, if parsley and rosemary are in the entrée, match the flavors with your sauce. Avoid mixing too many herb flavors.

NUTRITION PER SERVING

Serving size	3 to 4 chicken strips plus ½ cup sauce
Calories	250 kcal
Fat	10 g
Saturated fat	2.5 g
Cholesterol	86 mg
Sodium	280 mg
Carbohydrates	7 g
Dietary fiber	2 g
Protein	30 g

Pleasing Pumpkin Ice Cream Pie

Alice Henneman, M.S., R.D.

Serves: 8

Hands-on time: 20 minutes

Freezing time: About 4 hours or until firm

The New England colonists heartily embraced the pumpkin, a multi-purpose fruit that became a traditional Thanksgiving food. They used it as a side-dish, soup, dessert, and even made beer of it. This pie can be prepared in advance.

NUTRITION NUGGET

To omit the calories and fat of the crust, pour $\frac{3}{4}$ cup of the pumpkin mixture into 8 custard cups, cover, and freeze.

- 1 quart (4 cups) vanilla ice cream or frozen yogurt, softened
- 1 15- to 16-ounce can pure pumpkin
- $\frac{1}{4}$ cup sugar
- $1\frac{1}{2}$ to 2 teaspoons pumpkin pie spice
- 1 9- or 10-inch reduced-fat graham cracker pie crust
- fat-free whipped topping, optional

Soften the ice cream or frozen yogurt by storing in the refrigerator for 25 to 30 minutes, or at room temperature for 10 to 15 minutes.

Mix the pumpkin, sugar, and spice; stir in the softened ice cream and mix well. Pour into the pie crust and freeze, uncovered, until firm, about 4 hours.

COOK'S TIPS

The lower the fat content of ice cream and frozen yogurt, the faster it may melt. Avoid repeatedly softening and refreezing ice cream and frozen yogurt as this makes the texture icy. For longer storage, seal with freezer-quality foil or a plastic freezer bag with the air sealed out. Or pack the pumpkin/ice cream mixture into a tightly sealed container. It will keep for up to two weeks.

NUTRITION PER SERVING

Serving size	$\frac{1}{8}$ of pie with vanilla ice cream
Calories	320 kcal
Fat	15 g
Saturated fat	6 g
Cholesterol	30 mg
Sodium	230 mg
Carbohydrates	46 g
Dietary fiber	2 g
Protein	4 g

NUTRITION PER SERVING

Serving size	$\frac{1}{8}$ of pie with low-fat frozen yogurt
Calories	290 kcal
Fat	9 g
Saturated fat	2.5 g
Cholesterol	5 mg
Sodium	230 mg
Carbohydrates	48 g
Dietary fiber	2 g
Protein	6 g

Cover with plastic wrap until ready to serve. For longer storage, seal tightly with heavy duty aluminum foil. Remove from the freezer 15 minutes before serving. Top with whipped topping, if desired.

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SUBSTITUTIONS

If you don't have pumpkin pie spice, for each teaspoon of pumpkin pie spice, you can substitute the following: $\frac{1}{2}$ teaspoon ground cinnamon, $\frac{1}{4}$ teaspoon ground ginger, $\frac{1}{8}$ teaspoon ground nutmeg, and $\frac{1}{8}$ teaspoon ground cloves. If you're missing some of these spices, it might be simplest just to buy pumpkin pie spice. Additional uses of pumpkin pie spice are as a flavoring for sweet potatoes, acorn squash, and French toast. Or, add it to baked products such as banana bread, zucchini bread, and carrot cake; use about a $\frac{1}{2}$ teaspoon per cup of batter.

NUTRITION NUGGET

Pumpkin is a good source of beta-carotene, a nutrient that may help reduce the risk of developing certain types of cancer, and offers possible protection against heart disease. Don't limit serving this dessert to just holidays!

Broiled Strawberries with Balsamic Vanilla Sauce

Kathleen Schaderr, M.B.A., M.S., R.D., L.D.

Serves: 4

Hands-on time: 10 minutes

Cooking time: 35 minutes

This tangy blend of flavors is perfect on just-picked berries. You can enjoy this recipe year round as a luscious low-calorie dessert. The New England colonists (who lived in my backyard) said that strawberries in America were four times larger than the ones they ate in England.

- ½ cup balsamic vinegar
- 1 4-inch vanilla bean or 2 teaspoons vanilla extract
- 4 prunes (cherry flavor works well), diced
- 1 tablespoon brown sugar
- butter-flavored cooking spray
- 1 quart strawberries, washed, hulled, stem sides cut off (to help them sit securely in pan)
- 8 ounces low-fat vanilla yogurt, or 2 cups low-fat frozen yogurt, optional

Combine the vinegar, vanilla, prunes, and brown sugar in a small saucepan. Bring to a boil, reduce heat, and cook until reduced in volume by half, about 30 minutes. If using a real vanilla bean, remove from sauce. The sauce can be stored in the refrigerator for up to 1 week.

Preheat broiler. Spray an oven-safe pan with the cooking spray, and arrange the whole berries stem side down in pan. The berries should be touching. Pour the sauce over the berries, and broil, 3 to 4 inches from heat, for 3 to 5 minutes.

Serve plain or with ¼ cup low-fat vanilla yogurt or ½ cup low-fat frozen yogurt.

NUTRITION PER SERVING

Serving size	1 cup broiled strawberries plus 2 tablespoons sauce
Calories	100 kcal
Fat	0.5 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Carbohydrates	23 g
Dietary fiber	4 g
Protein	1 g

Cinnamon Raisin Apple Indian Pudding

Kristine Napier, M.P.H., R.D.

Serve this version of a New England colonial favorite for breakfast or dessert.

- vegetable oil cooking spray
- 1 quart (4 cups) nonfat milk
- $\frac{2}{3}$ cup yellow cornmeal
- $\frac{1}{4}$ cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 2 eggs, lightly beaten
- $\frac{1}{2}$ cup packed raisins
- 4 apples (peel on), cored and chopped

Preheat oven to 350°F. Spray a 9-inch square baking dish with the cooking spray.

In a heavy saucepan, heat the milk to boiling. Whisk in the cornmeal. Cook and stir until thick, about 3 minutes.

Remove from heat. Stir in the brown sugar, cinnamon, and salt. Stir in the eggs, raisins, and apples. Pour into a prepared pan and bake for 60 minutes.

Serves: 9
Hands-on time: 15 minutes
Baking time: 1 hour

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SUBSTITUTION

The colonists used molasses (instead of brown sugar). Substitute an equal amount of molasses to make it this way.

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VARIATION

Omit the apples (prepare recipe as directed).

NUTRITION PER SERVING

Serving size	1 cup
Calories	200 kcal
Fat	1 g
Saturated fat	Less than 0.5 g
Cholesterol	29 mg
Sodium	270 mg
Carbohydrates	43 g
Dietary fiber	3.5 g
Protein	6 g

All-American Apple Pie

Naomi Kakiuchi, R.D., C.D.

Serves: 10

Hands-on time: 30 minutes

Baking time: 40 to 50
minutes

In every corner of the United States, people have a special place in their hearts for apple pie, which originated in the Northeast. Although there are many variations, nothing beats a traditional apple filling cuddled in a flaky pastry. Served warm or cool, with ice cream or cheese, it's a true American comfort food.

- 2 unbaked 8-inch or 9-inch pie shells (recipe follows for Mom's Best Pie Crust)
- 5 cups peeled, cored, and sliced apples (about 2 pounds)
- 3 tablespoons fresh lemon juice
- $\frac{3}{4}$ cup sugar
- 2 heaping tablespoons flour
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{8}$ teaspoon salt
- 2 teaspoons butter

Preheat oven to 400°F. Prepare the pie crust.

Sprinkle the apples with lemon juice.

In a large bowl, stir together the sugar, flour, cinnamon, nutmeg, and salt. Add the apples and toss lightly. Spoon into a pastry-lined pie plate. Dot with butter. Cover with the top crust and crimp the edges together. Cut slits in the top crust to allow steam to escape.

Bake until the crust is browned and the filling bubbles through the slits, about 40 to 50 minutes.

Mom's Best Pie Crust

Makes 2 two-crust 8-inch or 9-inch pies

- 1 egg
- 4 tablespoons cold water
- 1 tablespoon vinegar
- 3 cups all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- 1 cup shortening

NUTRITION PER SERVING

Serving size	$\frac{1}{10}$ of pie
Calories	260 kcal
Fat	11 g
Saturated fat	3 g
Cholesterol	15 mg
Sodium	150 mg
Carbohydrates	39 g
Dietary fiber	2 g
Protein	3 g

Beat the egg, cold water, and vinegar; set aside.

Stir together the flour and the salt. Using two knives or a pastry blender, cut in the shortening until the mixture resembles coarse crumbs. Add the egg mixture, stirring with a fork to form a ball.

Divide the dough into 2 equal parts. Cut each piece of dough in half and shape the halves into rounds. Roll each round to $\frac{1}{8}$ -inch thickness on a floured surface to fit an 8-inch or 9-inch pie pan. (If you are making only one pie, freeze half in a tightly sealed plastic bag.)

Dessert Calzones

Marion S. Wollmeringer, M.S., R.D., L.D.N.

Serves: 16

Hands-on time: 1 hour

Baking time: 15 to 20
minutes

Yes, the same dough used to make main dish calzones can be used to make a great dessert. Freeze some before baking for an easy, impressive dessert later.

Dessert Calzone Dough

- 3 cups stirred all-purpose flour (about 12 ounces)
- 1½ teaspoons active dry yeast
- ½ teaspoon salt
- 1 cup warm water (130°F.)
- 1 tablespoon olive oil
- vegetable oil cooking spray
- about 1 teaspoon olive oil or melted butter, optional
- filling (recipe follows)

PREPARATION TIP

Stirring the flour before measuring or weighing it will ensure the proper consistency of the dough.

HOW MUCH WATER FOR THE DOUGH?

The amount of water needed depends on the humidity of your kitchen and on the dryness of the flour. The dough should be only slightly sticky. Add 1 or 2 tablespoons flour if the dough is too sticky.

Sift together the flour, yeast, and salt into a large mixer bowl. Slowly add the warm water and olive oil. Mix on low speed, or stir with a large mixing spoon, until the dough pulls away from the sides of the bowl, about 2 to 3 minutes. Knead the dough on a lightly floured surface until smooth and elastic, about 3 to 4 minutes. Cover with a cloth and let rise 20 to 30 minutes. Prepare filling while dough rises.

Preheat oven to 450°F.

Divide the dough into 8 individual balls. On a very lightly floured surface, roll each ball into a 5-inch to 6-inch circle. Place each dough circle on a square of parchment paper. Divide the filling equally between the dough circles, placing it on the lower half of each circle. Fold the top half of the dough over the filling. Seal the dough by pinching a narrow seam or pressing with the tines of a fork. To make sure the filling is distributed throughout the dough, press the top of the filled sealed dough very gently. A tight seal is needed or the filling will leak out. Check the back of the dough edge for a tight seal. Place the calzone and parchment paper on a cookie sheet sprayed with the vegetable oil cooking spray. A jelly roll or pizza pan with a small lip can be used to catch leaks.

Repeat with the remaining dough balls. (If freezing some for later, do so at this point.)

NUTRITION PER SERVING

Serving size	½ calzone
Calories	185 kcal
Fat	5 g
Saturated fat	3 g
Cholesterol	15 mg
Sodium	165 mg
Carbohydrates	29 g
Dietary fiber	1 g
Protein	6 g

Bake for about 15 to 20 minutes, or until the dough is lightly browned and slightly puffed. Remove from the baking sheet to a cooling rack.

Brush the tops with melted butter, if desired.

Serve hot or warm.

Dessert Calzone Filling

2½ cups (10 ounces) chopped dried apricots, peaches, pears, cranberries, cherries, or a combination

8 ounces Brie cheese, cut into 1-ounce pieces

Use a scant ⅓ cup dried fruit (1¼ ounces) and 1 ounce Brie cheese for each calzone.

COOK'S TIP

To prepare frozen calzones, place the still frozen calzone on a baking sheet coated with vegetable oil cooking spray. Place in a cold oven; turn the oven to 350°F. Bake for 25 to 30 minutes, or until golden brown.

COOK'S TIP

Use a baking stone. A pizza stone may be used; follow the instructions specific to your stone.

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SUBSTITUTIONS

Whipped light cream cheese or low-fat ricotta cheese may be used instead of the Brie.

Spread 2 heaping tablespoons (1 ounce) on half of each circle before adding the fruit filling.

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VARIATION

This dough may be used to make pizzas.

Roza's Plum Pie (Zwetschgen Kucken)

Marion S. Wollmeringer, M.S., R.D., L.D.N.

Serves: 10

Hands-on time: 30 to 45
minutes

Baking time: 40 to 45
minutes

COOK'S TIP

If the dough becomes warm and sticky, wrap in plastic, flatten, and refrigerate 15 to 30 minutes.

My mother was not a baker, but once a year she made a plum pie for my father's birthday. I think it must have been her mother's recipe. When I was old enough, I took over this task and have baked this pie every fall in my Boston kitchen when Italian prune plums are in season. My mother-in-law, who came from the Rhine, did not use the streusel; she slit the tops of the plums so they made attractive peaks and sprinkled the pie with confectioners' sugar when it came out of the oven.

- 1 cup all-purpose flour
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon baking powder
- pinch of salt
- $\frac{1}{4}$ cup plus 1 tablespoon cold unsalted butter, cut into cubes
- 1 large egg
- 2 pounds Italian prune plums (about 28)
- almond streusel (recipe follows), optional
- confectioners' sugar, optional
- whipping cream, beaten, optional

Blend the flour, sugar, baking powder, and salt in a food processor, pulsing 4 or 5 times. Add the butter and pulse 6 to 8 times, until rolled oat-size pieces form. Add the egg and pulse for about 1 minute, until the egg is well distributed and a dough forms.

Turn the dough out on a cold work surface. Knead about 1 minute or until smooth and doughy. Do not overwork, as it will become soft and sticky. Roll out the dough on a well-floured surface to form an 11-inch circle. Transfer to a 9-inch glass pie pan. Fold the edges over to form a rim; crimp the edges. Hold the pan up to the light to see that the dough is evenly distributed.

Preheat oven to 375°F.

Wash the plums; cut in half and remove pits. Place the plums upright in concentric circles on top of the crust. Add the remaining halves to fill in gaps. If using almond streusel, crumble it evenly over fruit. If the pie is made without streusel, slit the tops of the plums so attractive peaks form as the pie bakes. Bake for 40 minutes or until the crust is lightly browned. (Look at the bottom.) If not using streusel, sprinkle

NUTRITION PER SERVING

Serving size	$\frac{1}{10}$ of pie with- out streusel
Calories	170 kcal
Fat	7 g
Saturated fat	4 g
Cholesterol	35 mg
Sodium	45 mg
Carbohydrates	26 g
Dietary fiber	2 g
Protein	3 g

NUTRITION PER SERVING

Serving size	$\frac{1}{10}$ of pie with streusel
Calories	370 kcal
Fat	16 g
Saturated fat	9 g
Cholesterol	60 mg
Sodium	50 mg
Carbohydrates	53 g
Dietary fiber	2 g
Protein	4 g

the pie with confectioners' sugar when it comes out of the oven.

Allow the pie to cool. Serve it with whipped cream, if desired.

Make the dough by hand: Sift together the flour, baking powder, and salt. Form sifted ingredients into a wreath on a working surface. Place the sugar in the middle of the wreath. Stir the egg into the sugar until well mixed. Distribute butter cubes over the flour. Quickly work the flour and butter into the sugar-egg mixture. Press with the heel of your hand to blend the butter into the flour mixture. This process is somewhat like kneading dough. (You could do this with a fork; fingers can be too warm.) Wrap in plastic wrap and chill at least 1 hour.

Almond Streusel

- ½ cup unsalted butter
- 1⅓ cups all-purpose flour
- ¾ cup sugar
- 1 teaspoon almond extract

Melt the butter over medium heat; allow to cool 5 minutes.

Combine the flour and sugar in a small bowl; mix in the butter and almond extract.

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SUBSTITUTIONS

Up to 1 tablespoon plus 2 teaspoons of unsalted corn oil margarine can be substituted for an equal quantity of butter (do not use low-fat margarine). 2½ pounds tart apples (such as Macintosh) can be used in place of plums. Peel, core and slice thinly; toss with lemon juice and then follow remaining instructions.

SHOPPING TIP

Italian prune plums are usually available in late August or early September. Summer plums can be used if Italian prune plums are not available. If the pie is made with summer plums, do not crowd the pie pan because plums may weep and cause boilover.

Soft Snickerdoodles

Kristine Napier, M.P.H., R.D.

Serves: 60
Hands-on time: 30 minutes
Chill time: 1 hour
Baking time: 6 to 8 minutes

While the history of the snickerdoodle is as mixed up as the sound of the name, most food historians agree that snickerdoodles are a New England “confection” made with flour, nuts, and dried fruits (especially currants). Somehow, over the years, the nuts and fruits seem to have disappeared. I’ve put them back for history’s sake, and the result is magnificent!

- 2 tablespoons plus 1 $\frac{1}{3}$ cups sugar, divided
- 1 tablespoon ground cinnamon, divided
- 1 cup butter, softened (2 sticks)
- $\frac{3}{4}$ cup liquid egg substitute
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- $\frac{3}{4}$ cup whole-wheat flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons cream of tartar
- 1 cup chopped peanuts
- 1 cup currants
- 1 cup sweetened dried cranberries
- vegetable oil cooking spray

COOK’S TIP

Chilling the dough before baking makes cookies softer after baking. Baking on the shorter side (6 minutes) also helps produce a softer cookie.

In a shallow bowl, combine 2 tablespoons sugar and 1 teaspoon cinnamon; set aside.

Cream the butter and 1 $\frac{1}{3}$ cups sugar by hand or with an electric mixer; add the egg substitute and vanilla extract.

In a separate bowl, sift together the flours, baking soda, salt, cream of tartar, and 2 teaspoons cinnamon. Add the sifted ingredients to the creamed mixture; stir or beat until well blended. Stir in the peanuts, currants, and cranberries.

Shape generous teaspoons of dough into 1-inch balls and roll in the cinnamon-sugar mixture. Place in a large bowl; refrigerate for one hour.

Preheat oven to 400°F. Lightly coat 2 cookie sheets with the cooking spray. Place the cinnamon-sugar coated balls 2 inches apart on the prepared cookie sheets. Bake the snickerdoodles for 6 to 8 minutes or until lightly browned. Remove to wire racks to cool.

NUTRITION PER SERVING

Serving size	1 cookie
Calories	100 kcal
Fat	4.5 g
Saturated fat	2 g
Cholesterol	10 mg
Sodium	45 mg
Carbohydrates	13 g
Dietary fiber	Less than 1 g
Protein	2 g

Hulda's Geburtstag's Kuchen (Pound Cake)

Marion S. Wollmeringer, M.S., R.D., L.D.N.

My dad remembers his German grandmother, Pauline, making this cake. She would sit with the bowl between her knees, stirring and stirring, as his mom, Hulda, learned to do. Now, in my Boston home, I make this family treasure with my Kitchen Aid mixer.

- 2 cups plus 2 tablespoons sifted all-purpose flour
- 2 teaspoons baking powder
- 1 cup (2 sticks) plus 2 tablespoons unsalted butter, softened
- 1¹/₄ cups sugar
- 6 large eggs
- 1¹/₂ to 2 teaspoons lemon or orange rind (1 large)
- 1 teaspoon vanilla extract

Preheat oven to 375°F. Butter a Bundt pan.

Sift the flour and the baking powder into a small bowl; set aside.

Add the butter to a medium-size mixing bowl; using an electric mixer, beat on medium speed until smooth and fluffy. Beat in the sugar, then the eggs, and then the lemon rind and vanilla. Gradually beat in the combined flour and baking powder on low speed. Continue mixing on medium speed until the batter is smooth.

Pour the batter into a prepared Bundt pan. Bake 1 hour or until the cake is golden and a toothpick inserted into the center comes out clean. Remove immediately from the pan and let cool on a rack.

Serves: 20

Hands-on time: 10 to 15 minutes

Baking time: 1 hour for Bundt pan; 50 to 55 minutes for 2 4¹/₂-by-8¹/₂-inch loaf pans

..... VARIATIONS

Two 8¹/₂-by-4¹/₂-inch loaf pans can be used in place of the Bundt pan. Decrease baking time to 55 minutes. Add some fruit: one apple, sliced or ½ cup raisins may be stirred into the batter after the combined flour and baking powder have been mixed in.

COOK'S TIP

As the cake bakes, uncooked batter rises and causes a split in the center. This must be baked through.

NUTRITION PER SERVING

Serving size	1/20 of cake
Calories	210 kcal
Fat	12 g
Saturated fat	7 g
Cholesterol	90 mg
Sodium	20 mg
Carbohydrates	23 g
Dietary fiber	0 g
Protein	3 g

Wild Blueberry Sauce

Kitty Brohier, M.S., R.D.

Serves: 8

Hands-on time: 5 minutes

Cooking time: about 15 minutes

Although you can still find them growing wild in many places, wild blueberries are also a cultivated crop here in Maine. At my house, we buy a couple flats of them every summer. After we've eaten our fill, made jam, and canned some blueberry syrup, I freeze the rest (unwashed) to use in place of regular blueberries throughout the year. This blueberry sauce is great on pancakes or as a dessert sauce over sorbet, fruit, or angel food cake. It's not overly sweet and it takes just a few minutes to prepare.

SHOPPING TIP

Fresh wild blueberries are usually only available in New England because they're highly perishable and don't travel well. However, commercially frozen or canned wild blueberries are widely available in the supermarket.

- ½ cup sugar
- 2 tablespoons cornstarch
- ½ cup cold water
- 2 cups fresh or thawed wild blueberries, washed
- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- ½ teaspoon cinnamon
- dash nutmeg, optional

Whisk together the sugar, cornstarch, and water in a medium-size saucepan. Stir in the berries. Turn heat to medium high and bring the mixture to a boil, stirring occasionally. Reduce heat to medium and continue to cook, stirring occasionally, until the sauce thickens.

Remove the sauce from heat and stir in the lemon zest, lemon juice, cinnamon, and nutmeg. Serve warm or cooled.

FOOD TRIVIA

The New England colonists often stewed berries and sugar (or maple syrup) to make desserts such as Flummery. This recipe is reminiscent of Flummery, except that Flummery usually had more thickening added so that it could be molded.

NUTRITION PER SERVING

Serving size	¼ cup
Calories	80 kcal
Fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Carbohydrates	19 g
Dietary fiber	Less than 1 g
Protein	0 g