



November Kitchen Quickie

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Smoky Corn and Ham Salad

Ingredients (4 servings, about 2 cups each)

- 1/3 cup reduced-fat sour cream
- 2 tablespoons distilled white vinegar
- 1 teaspoon paprika
- 1/4 teaspoon salt
- 8 cups mixed salad greens
- 1 medium tomato, diced
- 1 cup fresh corn kernels
- 1 cup croutons, preferably whole-grain
- 3/4 cup diced ham (about 4 ounces)

Directions

- Whisk sour cream, vinegar, paprika and salt in a large bowl.
- Add salad greens, tomato, corn, croutons and ham.
- Toss to coat.

Nutrition Information

Per serving: 182 calories; 7 g fat (2 g sat, 2 g mono); 23 mg cholesterol; 20 g carbohydrates; 13 g protein; 6 g fiber; 679 mg sodium; 707 mg potassium

****Thanksgiving Leftover Tip****

Switch out the ham for leftover turkey!

Turkey Fun Fact

A scared turkey can run at speeds up to 20 miles per hour!

Pear Crumble



Ingredients (14 servings)

Topping

- 1 1/2 cups old-fashioned rolled oats
- 1/2 cup chopped walnuts
- 1/2 cup packed brown sugar
- 1/3 cup whole-wheat or all-purpose flour
- 1/2 teaspoon ground cinnamon
- 5 tablespoons canola oil

Filling

- 3 1/2 pounds ripe but firm Anjou pears, peeled and cut into 1/2-inch pieces
- 1/2 cup pure maple syrup
- 1/2 cup raisins
- 2 tablespoons all-purpose flour
- 2 tablespoons lemon juice

Directions

- Preheat oven to 350°F.
- To prepare topping: Combine oats, walnuts, brown sugar, flour and cinnamon in a medium bowl. Drizzle with oil and stir until evenly moist.
- To prepare filling: Combine pears, maple syrup, raisins, flour, lemon juice and ginger in a large bowl and mix well. Transfer the mixture to a 9-by-13-inch baking dish. Sprinkle the topping over the pears.
- Bake the crumble until the pears are tender and the topping is golden, 45 to 50 minutes. Let stand for at least 10 minutes before serving.

Nutrition

Per serving : 257 Calories; 9 g Fat; 1 g Sat; 4 g Mono; 0 mg Cholesterol; 46 g Carbohydrates; 3 g Protein; 5 g Fiber; 7 mg Sodium; 279 mg Potassium

Sweet Potato Casserole

Ingredients (10 servings, about 1/2 cup each)

Sweet Potato Casserole

- 3 medium sweet potatoes, peeled and cut into 2-inch chunks
- 2 large eggs
- 1 tablespoon canola oil
- 1 tablespoon honey
- 1/2 cup low-fat milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt



Topping

- 1/2 cup whole-wheat flour
- 1/3 cup packed brown sugar
- 4 teaspoons frozen orange juice concentrate
- 1 tablespoon canola oil
- 1 tablespoon butter, melted
- 1/2 cup chopped pecans

Directions

- Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use.)
- Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray.
- Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, vanilla and salt. Spread the mixture in the prepared baking dish.
- To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole.
- Bake the casserole until heated through and the top is lightly browned, about 35 to 45 minutes.

Nutrition Information

Per serving : 242 Calories; 10 g Fat; 2 g Sat; 5 g Mono; 46 mg Cholesterol; 36 g Carbohydrates; 5 g Protein; 4 g Fiber; 170 mg Sodium; 351 mg Potassium