EATING HEALTHY IN Statia

A Simple, Fresh and Healthy Take On Some of Statia's Most Popular Dishes

Public Entity St. Eustatius

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FOREWORD

With great pleasure and love, the social domain has put together a cookbook with tasty recipes that are mainly based on local dishes. With this cookbook we hope that we can inspire you to cook more with local products and to spend less on products that can also be found in nature. Statia has a lot to offer, in the form of local bushes and herbs. Many wild plants have an extra health value and are packed with vitamins and minerals!

Healthy cooking on a tight budget often seems unattainable. Research has shown that there is a negative relationship between a narrow income and a healthy lifestyle. But tasty and healthy food does not always have to be expensive. Sometimes there is a lack of knowledge on how to eat well. And that is why the social domain wants to encourage you to eat well with this cookbook.

I personally love beans. Canned beans are cheap, but dry beans are even cheaper and healthier. Let them soak overnight and use for delicious stews or salads. You can also make delicious bean paste for sandwiches or I make delicious brownies from black beans! Beans are bursting with protein and are therefore a great meat substitute.

A big applaud for the Social Domain, who put their effort and knowledge into this cookbook!

I wish you a lot of cooking pleasure! Enjoy your meal.

Warm regards,

Claudia Toet
Deputy Government Commissioner

A Guide to FOOD SERVING SIZES

Serving Sizes of Common Foods

A **SERVING** refers to a set amount and is determined by the amount of energy the food provides. For example, on average, a serving of fruit provides **60 Kcal**, a serving of vegetables provides **36 Kcal**, a serving of staples provides **70 Kcal** and a serving of food from animals provides **75 Kcal.**

STARCHY FOODS — 1 SERVING IS...

70 CALORIES	15g CARBOHYDRATES	2g PROTEIN

Food	Serving Size
 Bread	1 Slice
 Hot Dog Roll	1
 Flour	2 Tablespoons
 Flour	½ Cup
 Cooked Pasta	½ Cup
 Cream Crackers	3
 Cooked Rice & Peas	½ Cup
 Irish Potato	1 Medium (3oz)

FOODS FROM ANIMALS — 1 SERVING IS...

75 CALORIES	7g PROTEIN	5g FAT

Food	Serving Size
 Drumstick	1 Small
 Thin Sliced Ham	1 Thin Slice of Ham
 Boneless Fish	1oz (28 grams)
 Flaked Salt Fish	¼ Cup
 Minced Meat (Beef or Chicken)	1oz
 Egg	1 Medium
 Cheddar Cheese	½ oz (15 grams)
 Plain Yogurt	4oz (120 grams)

VEGETABLES

1 SERVING IS...

36 CALORIES	7g CARBOHYDRATES	2g PROTEIN

Food	Serving Size	Food	Serving Size
 Beetroot	½ Cup	 Pumpkin	½ Cup
 Carrot	½ Cup Carrot	 Stringed Beans	¾ Cup
 Canned Mixed Vegetables	½ Cup	 Leafy Vegetables	Use as Desired if **RAW**

FRUITS

1 SERVING IS...

60 CALORIES	15g CARBOHYDRATES

Food	Serving Size	Food	Serving Size
 Orange	1 Medium	 Apple	1 Small
 Ripe Banana	1 Small	 Pineapple	1 Slice
 Grapes	14 Medium Grapes	 Fruit Cocktail	½ Cup
 Pear	1 Small	 Raisins	1 ½ Tablespoon

LEGUMES & NUTS

1 SERVING IS...

73 CALORIES | **14g** CARBOHYDRATES | **4g** PROTEIN

Food	Serving Size	Food	Serving Size
 Peas or Beans Cooked	¼ Cup	 Lentils	½ Cup
 Stewed Peas	¼ Cup	 Peanuts (shelled)	16
 Canned Green Beans	½ Cup	 Cashews (shelled)	7
 Baked Beans	¼ Cup	 Almonds (shelled)	10
 Chickpeas	¼ Cup		

FATS & OILS

1 SERVING IS...

45 CALORIES | **5g** FAT

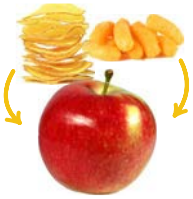
Food	Serving Size	Food	Serving Size
 Margarine	1 Teaspoon	 Cream Cheese	1 Tablespoon
 Butter	1 Teaspoon	 Peanut Butter	1 Teaspoon
 Mayonnaise	1 Teaspoon	 Strip Bacon	1 Small
 Oil (Olive, Corn, Soybean)	1 Teaspoon		

Reduce SODIUM in your diet

01 LIMIT

Reduce the amount of salt used in cooking.

02 REPLACE



Replace salty snacks with fruits, vegetables & unsalted nuts.

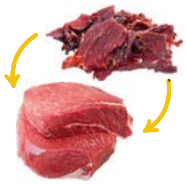
03 READ

Read food labels to check sodium content & choose foods with less sodium.

04 AVOID

Avoid adding salt to food at table.

05 CHOOSE



Choose fresh meat & fish instead of salted ones.

06 USE

Use fresh herbs & spices to flavor foods.

Vegetable Omelette

COOKING INFORMATION | SERVINGS: **2** | CALORIES PER SERVING: **202**

INGREDIENTS

- 2 eggs & 4 egg whites
- 1oz dill
- 1 Tbsp butter unsalted
- ¼ red pepper finely diced
- ¼ yellow pepper finely diced
- ¼ orange pepper finely diced
- 1 small red onion
- 1 jalapeno pepper (optional)
- ¼ tsp salt
- ¼ tsp black pepper

DIRECTIONS

01 Whisk the egg and egg whites until you achieve a uniform mixture.

02 Chop your veggies. Depending on what way you plan to 'finish' off your omelette (read the section below), you may need smaller pieces vs. larger.

03 Heat the butter in a large non-stick frying pan/skillet.

04 Finely dice your onion and add it to the pan. Lightly saute on medium heat for about a minute, then add in the remainder of the vegetables.

05 Saute the vegetables for just a few minutes, until they begin to soften. At this point, you could add some additional seasonings to the vegetables, for example (cayenne, paprika, turmeric, etc.).

06 Reduce the heat to low and pour in the egg mixture. Allow it to sit for just a few seconds to firm up, give the pan a little shake to dispense the egg on top, and then using a small rubber spatula gently push/gently fold the egg away from the sides.

07 Tilt the pan slightly and allow excess egg to flow into the corners. This way all the uncooked eggs will move to the sides, and your omelette will cook faster. You want your omelette to be vibrant and fluffy but without over-cooking the eggs.

08 As an optional step, you could place a lid over the omelette for a couple of minutes. This will allow the water in the egg mixture to steam up further and help cook the top of the eggs even faster.

09 Just before it is served, sprinkle with salt and pepper and then serve immediately. Shake the pan a bit to make sure the egg mixture is loose and then, holding a plate below the pan, tilt the pan and allow it to slowly slide onto the plate.

Cook-Up Saltfish

COOKING INFORMATION | SERVINGS: 4 | CALORIES PER SERVING: 160

INGREDIENTS

- ½ lb saltfish (salted cod)
- 2 Tbsp vegetable oil
- ¼ cup chopped onion
- ¼ cup green pepper
- 1 Tbsp chopped parsley
- 2 garlic cloves, minced
- 1 medium tomato
- ¼ tsp white pepper
- 1 sliver hot pepper or tobasco sauce to taste

DIRECTIONS

01 Soak the cod overnight or for several hours, changing water once.

02 Cover the fish with fresh water and bring to a boil.

03 Let cool and remove bones, skin and then flake.

04 Sauté the vegetables in oil until transparent; add 2 Tbsp of water and pepper.

05 Add the fish and simmer for 25 minutes until heated through and the fish takes on the flavoring.

Pancakes & Honey

COOKING INFORMATION | SERVINGS: 4 | CALORIES PER SERVING: 150

INGREDIENTS

- 1 ½ cups all-purpose flour
- 3 ½ tsp baking powder
- 1 ¼ cups low fat milk
- 2 egg whites
- 2 Tbsp butter, melted

DIRECTIONS

01 In a large bowl, sift together the flour & baking powder. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.

02 Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot with a drizzle of honey.

Note: 2 Tbsp honey: additional *120 calories*

Johnny Cakes

COOKING INFORMATION | SERVINGS: **6** | CALORIES PER SERVING: **120**

INGREDIENTS

- 3 cups all-purpose flour, plus more for the surface
- 1 Tbsp sugar
- 1 Tbsp baking powder
- ½ tsp salt
- 1 Tbsp unsalted butter, room temperature
- 1½ cups vegetable oil, for frying

DIRECTIONS

01 In a large bowl, mix the flour, sugar, baking powder, and salt. Work in the butter with your fingertips

02 Add 1 cup of water to the flour mixture and mix with a wooden spoon until smooth.

03 On a lightly floured surface, turn out the dough and knead with your hands, sprinkling the surface with more flour as needed, until smooth and elastic.

04 Place the dough in a clean bowl and cover with a towel. Let rest for at least 30 minutes.

05 After dough has rested, in a large skillet over medium heat, heat the oil.

06 Form small balls of dough with your hands. On a lightly floured surface, roll out the dough into circles with a rolling pin or the palm of your hand. Be sure to not make them too thin.

07 Drop in the hot oil. Fry until golden brown.

08 Let drain on napkins or paper towels.

Green Juice

COOKING INFORMATION | SERVINGS: **2** | CALORIES PER SERVING: **115**

INGREDIENTS

- 1 large cucumber
- ¼ small pineapple
- 2 tsp lemon or lime juice
- 2 tsp grated ginger
- Handful of spinach
- ½ cup water

DIRECTIONS

01 Place all ingredients in blender and blend until smooth.

02 Serve immediately.

Pan Fried Hot Dogs

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **213**

INGREDIENTS

- 6 hot dogs
- ¼ medium white onion
- 1 Tbsp vegetable oil

DIRECTIONS

01 Cut the hot dogs into ½ inch pieces.

02 Preheat vegetable oil to medium-hot then add the chopped onions and fry for 2 minutes until the onions are just starting to turn translucent.

03 Add the sliced hot dogs stir and cook for 2 more minutes.

Oatmeal

COOKING INFORMATION | SERVINGS: **2** | CALORIES PER SERVING: **102**

INGREDIENTS

- ½ cup rolled old fashioned oats
- ½ cup low fat milk
- ½ cup water
- 1 tsp cinnamon
- 1 tsp nutmeg

DIRECTIONS

01 In a small saucepan, bring the water and milk to a boil. Reduce the heat to low and pour in the oats and spices. Cook, stirring occasionally, until the oats are soft and have absorbed most of the liquid, about 5 minutes. Remove from the heat, cover and let stand for 2-3 minutes.

02 Rest for a few minutes to cool. Thin with a little more milk, if desired. Serve warm.

Reduce FATS in your diet

01 LIMIT

Use less oil and butter when cooking food.

02 TRIM

Trim off skin and fat from chicken and meat before cooking.

03 READ

Read food labels to determine fat content of food(s).

04 AVOID

Avoid foods that are high in fats
Avoid high-fat salad dressings.

05 CHOOSE

Choose to steam, bake, or boil foods instead of frying.

06 ENJOY

Eat a meat-less meal one or twice per week.

Chicken Locri

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **600**

INGREDIENTS

- 2 lb cut up chicken (chicken pieces)
- Juice from 1 lime
- 1 tsp sugar
- 2 tsp vegetable oil
- 1 Tbsp tomato paste
- 1 diced celery stalk with leaves
- 2 Tomatoes, diced
- 3 cloves garlic, diced
- Several sprigs thyme
- 1 onion, chopped
- 3 cups chicken stock
- 1⅓ cup rice
- 1 small shredded cabbage
- Hot sauce to taste

DIRECTIONS

01 Remove skin from chicken and rub with the lime juice.

02 Brown the chicken pieces in oil, tomato paste and sugar.

03 Add the tomatoes, garlic, onion, thyme, celery and cook gently until chicken is done.

04 Add the cabbage and cook for a few minutes.

05 Add the rice to a pot of boiling stock and water.

06 As it cooks add more water if needed.

07 Cook until rice is dry and fluffy.

08 Combine all ingredients together with a dash of hot sauce to taste.

09 Serve hot.

Chicken Sate

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **280**

INGREDIENTS

- 4 chicken breasts, deboned and cut into pieces
- ½ tsp each of onion powder, cumin, garlic, curry and hot pepper
- 3 Tbsp ketjap manis
- 3 Tbsp water
- Peanut sauce (**See page 18**)

DIRECTIONS

01 Marinate all the ingredients overnight.

02 Place chicken on skewers and grill or bake in oven.

03 Serve with Peanut Sauce (See recipe).

Peanut Sauce

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **130**

INGREDIENTS

- ½ tsp each of onion powder, cumin, garlic powder and hot pepper
- 3 Tbsp ketjap manis
- ¼ cup water
- ¼ cup peanut butter

DIRECTIONS

01 Mix peanut butter with water in a sauce pan and stir over low heat.

02 Add all other ingredients and remove from heat, season with onion, thyme, garlic and pepper.

03 Serve with Chicken Sate.

Stewed Goat Meat

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **345**

INGREDIENTS

- 2 lbs goat meat
- Vinegar
- 2 Tbsp vegetable oil
- 1 onion
- 1 tomato
- 1 clove of garlic
- Thyme
- 2 bay leaves
- ½ bottle beer
- ½ cup water

DIRECTIONS

01 Cut up the vegetables.

02 Wash the goat meat with water and vinegar and then fry in hot oil.

03 Add spices.

04 Add beer and water.

05 Stew for 1-2 hours or until meat is tender.

06 Remove bay leaves before serving.

Creamy Garlic Shrimp

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **290**

INGREDIENTS

- 1 Tbsp vegetable oil
- 1 lb. jumbo shrimp, peeled, deveined, and tails removed
- Pinch of salt
- ¼ tsp ground black pepper
- 1 Tbsp butter
- 4 Tbsp garlic, minced
- 2 Tbsp white wine
- 1 cup light cream
- 1 tsp each oregano, basil, thyme
- ¼ cup parmesan cheese
- 1 Tbsp fresh parsley, finely chopped

DIRECTIONS

01 Heat oil in a large skillet over medium high heat for 2 minutes until the oil is sizzling hot. Add shrimp and sear for 2-3 minutes on each side until they turn pink and are fully cooked through. Season with salt and pepper. Set aside on a plate.

02 Add butter and garlic to the same skillet and sauté garlic until fragrant, about one minute. Add wine and stir well to combine, about one minute.

03 Add cream, herbs and parmesan cheese. Stir well and bring the sauce to a simmer. Reduce the heat to medium and keep stirring until thickened to a desired consistency.

04 Return the cooked shrimp to the skillet and toss well to coat.

05 Garnish with parsley and serve immediately.

Fried Chicken Wings

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **380**

INGREDIENTS

- 2 lbs chicken wings separated
- 2 Tbsp Cajun seasoning
- 3 egg whites
- ¼ cup low fat milk
- 2 dashes hot sauce
- 1 Tbsp corn starch
- 1 cup flour
- 2 cups vegetable oil for frying.

DIRECTIONS

01 Place chicken wings in a bowl and sprinkle cajun seasoning over the top.

02 In a bowl whisk together egg whites, milk and hot sauce.

03 In a shallow bowl combine corn starch and flour.

04 Dip chicken wings into the egg/milk wash and then dredge in the flour.

05 Heat 2 inches of oil in a heavy duty pan over medium-high heat. Once oil reaches 350 degrees begin frying chicken in batches until golden brown and cooked through, 5 - 7 minutes.

06 Transfer to a paper towel lined plate. Allow to cool slightly. Serve.

Pigeon Peas Soup

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **190**

INGREDIENTS

- ¼ lb of salt beef or pigtail
- 1 cup dried pigeon peas
- 1 onion, chopped
- 1 clove garlic
- Thyme
- Pepper
- 2 carrots
- 2 medium Irish potatoes
- 1 medium sweet potato
- 6 cups water

DIRECTIONS

01 Soak peas overnight.

02 Blanch the beef twice and then dice.

03 Cook the peas, season with onion, thyme, garlic and pepper.

04 Add the diced salt beef and cook until the peas are almost tender.

05 Peel carrots and potatoes, wash and cut them into small pieces.

06 Add them to the peas.

07 Cook until the vegetables are done.

08 Taste and correct the seasoning.

Curried Goat

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **400**

INGREDIENTS

- 2 lbs boneless goat leg meat, cut in chunks
- 3 cups water
- 2 Tbsp garlic powder
- 1 tsp salt
- 3 Tbsp curry powder
- 1 Tbsp turmeric
- 1 Tbsp coriander powder

DIRECTIONS

01 Mix the first four5 ingredients in a large pot and marinate the meat overnight.

02 Pour off the marinating liquid from the meat.

03 Add the spices, herbs and meat to the beef stock and allow the meat to marinate for an hour.

04 Bring to a boil, turn down and simmer for an hour. (Do not allow drying; add water if needed).

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- 4 chopped garlic cloves
- 1 Tbsp fresh ginger
- Thyme
- 2 onions, chopped
- 2 cups cubed potatoes
- 1 cup beef stock

05 Add the onions, potatoes and continue simmering until the potatoes and meat are tender.

Stewed Oxtail

COOKING INFORMATION  SERVINGS: 4  CALORIES PER SERVING: 570

INGREDIENTS

- 2 lbs oxtail
- 2 Tbsp soy sauce
- 1 Tbsp ground allspice
- 2 Tbsp onion powder
- 2 Tbsp garlic powder
- ½ tsp salt
- 1 tsp ground black pepper
- 2 Tbsp dried thyme
- ¼ cup chopped onion
- ½ chopped bell pepper
- 1 Tbsp minced garlic
- 2 tsp smoked paprika
- 2 Tbsp all-purpose flour
- 1 large onion chopped
- 5 cups water
- 1 large jalapeno
- 14 - 16 oz canned tomatoes

DIRECTIONS

01 Rinse the oxtail under cool water, then place the oxtail in a large bowl.

02 Pour the soy sauce over the oxtail, then all of the seasonings and herbs (not the flour or vegetable oil).

03 Add the bell pepper, ¼ cup chopped onion, and minced garlic. Use hand to mix everything.

04 Cover the oxtail, and refrigerate for a minimum of 4 hours.

05 Remove the oxtail from the refrigerator and sprinkle the all-purpose flour all over the meat.

06 Use a large pot and heat to medium high, once heated add oxtail, stir until some fat is melted.

07 Add roughly chopped onions.

08 Brown the oxtail, then add in the water.

09 Add the whole jalapeno.

10 Let the oxtail simmer over medium heat for 2½ hours,

11 Next add in the tomatoes.

12 Let simmer for 1 hour, or until oxtail is tender.

Pepper Steak

COOKING INFORMATION | SERVINGS: 4 | CALORIES PER SERVING: 240

INGREDIENTS

- 1 Tbps vegetable oil (divided use)
- 1 red bell pepper cored, seeded and cut into strips
- 1 green bell pepper cored, seeded and cut into strips
- 1 lb flank steak thinly sliced
- 2 tsp minced garlic
- 2 tsp minced ginger
- Pepper to taste
- 3 Tbsp soy sauce
- 1 Tbsp sugar
- 1½ Tbsp cornstarch

DIRECTIONS

01 Heat 1 teaspoon of the vegetable oil over medium high heat in a large pan.

02 Add the peppers and cook for 3-4 minutes or until just tender. Remove the peppers from the pan and place on a plate.

03 Add the remaining oil to the pan. Season the flank steak with pepper to taste.

04 Increase heat to high. Add the steak to the pan and cook for 5-6 minutes or until lightly browned.

05 Add the garlic and ginger, then cook for 30 seconds.

06 Place the peppers back in the pan with the steak.

07 In a small bowl, whisk together the soy sauce, sugar, 1/4 cup water and cornstarch.

08 Pour the sauce over the steak mixture and bring to a simmer. Cook for 2-3 minutes or until sauce has just thickened, then serve.

Rice & Beans

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **360**

INGREDIENTS

- 400 g can kidney beans, rinsed and drained
- 400 ml can low-fat coconut milk
- ½ tsp dried thyme
- ½ tsp ground allspice
- 6 spring onions, sliced
- 200 g long grain rice

DIRECTIONS

01 Put beans, coconut milk, thyme, allspice, 4 of the spring onions and 100 ml water in a pan and bring to a simmer.

02 Rinse the rice a few times in a sieve until the water runs clear.

03 Tip into the pan and simmer for 10 minutes over a medium heat, stirring occasionally, before lowering the heat.

04 Put the lid on and cook for another 5 minutes until the grains are tender and the liquid has been absorbed.

05 Fluff up the rice with a fork.

Pigeon Peas & Rice

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **250**

INGREDIENTS

- 1 cup fresh pigeon peas
- 4 cups water
- 1 cup rice
- 1 Tbsp butter
- 1 tsp salt
- 1-2 cloves garlic
- ¼ onion, minced
- Thyme

DIRECTIONS

01 Half cook the peas with the seasonings, garlic and onions.

02 Add uncooked rice and cook until fluffy.

03 Add the thyme when the dish is almost done.

Funchi/Cornmeal

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **160**

INGREDIENTS

- 1 cup cornmeal
- 1 ½ cups cold water
- ½ cup boiling water
- ½ tsp salt
- 2 tsp butter

DIRECTIONS

01 Mix the cold water, cornmeal and salt in a heavy sauce pan.

02 Stir in the boiling water and butter.

03 Bring to a boil and cook for about 3 minutes.

04 Continue cooking for another 3 minutes while stirring with a wooden spoon.

05 Mixture is done when it pulls away from the sides of the pan and is stiff in texture.

06 Remove from heat and serve immediately.

Macaroni Pie

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **500**

INGREDIENTS

- 8 oz of pasta, elbows or small shells
- 1 egg
- ½ cup gouda cheese
- ½ cup cheddar cheese
- 1 cup of low fat milk
- ¼ small onion, minced
- ¼ green pepper, grated finely
- 1 tsp paprika.
- ½ cup low sodium chicken stock
- 1 Tbsp stick butter
- seasoned breadcrumbs for topping

DIRECTIONS

01 Preheat oven to 350 degrees

02 Bring a large pot of water to a boil. Add macaroni and cook for 8 to 10 minutes or until al dente; drain.

03 To the pot with drained pasta, add your butter, milk, chicken stock, onions, green pepper, paprika and cheese. Mix well then add eggs

04 Pour the macaroni mixture in a 8 inch square baking dish.

05 Cover macaroni with the cheese that was reserved for topping

06 Then sprinkle breadcrumbs over the top

07 Bake in a preheated oven (covered for about 30 minutes), then remove covering and continue to bake for another 30 minutes or until a knife inserted comes out clean (and the top is golden brown)

Baked Ripe Plantain

COOKING INFORMATION | SERVINGS: 4 | CALORIES PER SERVING: 112

INGREDIENTS

2 very ripe plantains (when the skin is yellow with black spots)

Olive Oil Cooking spray

DIRECTIONS

01 Preheat oven to 450.

02 Coat a nonstick cookie sheet with the olive oil cooking spray.

03 Cut the ends of the plantains and peel.

04 Cut each plantain diagonal into ½ inch slices.

05 Arrange in single layer and coat tops with cooking spray.

06 Bake, turning occasionally, for 10-15 minutes, until plantains are golden brown and very tender.

Codfish Fritters

COOKING INFORMATION | SERVINGS: 4 | CALORIES PER SERVING: 215

INGREDIENTS

½ lb salt cod

Several blades chives

1 finely chopped onions

1¼ cups sifted flour

2 tsp baking powder

pepper or chilies to taste

1 sprig thyme

1 egg, beaten

1 cup low fat milk

Vegetable oil (for frying)

DIRECTIONS

01 Soak fish in 3 or 4 changes of water overnight.

02 Rinse and cover with water in a pot and bring to the boil. If water is still too salty, replace with fresh water and repeat the process.

03 Simmer for about 20 minutes until the fish flakes easily.

04 Drain and discard water.

05 Remove skin and bones and gently flake the fish.

06 Saute onions, chives and thyme in oil until soft.

07 Sift flour with baking powder.

08 Put the flour in a bowl and mix the milk and egg.

09 Add the fish, onions, chives and thyme.

10 Allow to rise for approximately 1 hour.

11 Drop by spoonfuls into hot oil and fry until browned on both sides.

12 Remove to drain on a paper towel.

Broccoli Pie

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **305**

INGREDIENTS

- 4 cups broccoli florets
- ½ cup gouda cheese
- ½ cup Monterey jack cheese
- ½ cup breadcrumbs
- 2 eggs & 2 egg whites
- ¼ cup finely chopped onion
- ½ cup low fat milk
- ½ tsp paprika

DIRECTIONS

01 Arrange broccoli, onions and cheese in a baking pan.

02 In a blender mix together bread crumbs, milk, eggs and paprika and pour it over the broccoli mixture.

03 Bake at 400 F for 35-40 minutes.

04 Let rest for 5-10 minutes. It makes its own crust.

05 Slice into squares and serve.

Steamed Green Beans

COOKING INFORMATION | SERVINGS: **4** | CALORIES PER SERVING: **94**

INGREDIENTS

- 2 lbs fresh green beans
- 2 Tablespoons water
- 1 Tbsp butter
- pepper

DIRECTIONS

01 Snap off the stems of the green beans. The tails you can leave on, no need to remove them. Cut them into 2 inch (bite sized) pieces. Rinse them well and place them in a microwave dish.

02 Add two tablespoons of water to the dish and microwave on high for four to five minutes. The exact time will depend on your microwave - check after 3 minutes and adjust the microwave time.

03 Remove from the microwave and add a tablespoon of butter, letting it melt over the top. Top with a grind of fresh ground black pepper. Toss well and serve.

Steamed Mixed Veggies

COOKING INFORMATION | SERVINGS: 1 | CALORIES PER SERVING: 57

INGREDIENTS

1 cup broccoli

½ cup julienne cut carrots

DIRECTIONS

01 Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add broccoli florets and carrots, cover, and steam until tender, about 5 minutes.

02 Transfer to serving bowl.

Steamed Spinach

COOKING INFORMATION | SERVINGS: 4 | CALORIES PER SERVING: 25

INGREDIENTS

1 pound spinach, about 2 bunches

Juice of ½ lemon

½ tsp salt and freshly ground pepper

DIRECTIONS

01 Wash spinach in several changes of cold water until free of sand. Remove stems.

02 Place a metal steamer in a medium saucepan filled with 1 inch of water. Bring to a boil. Add spinach, cover, and steam for about 3 minutes, or until just wilted. Remove from steamer; season with lemon juice, salt and pepper.

Green Vegetable Salad

COOKING INFORMATION | SERVINGS: 4 | CALORIES PER SERVING: 40

INGREDIENTS

1 Lettuce

1 Cucumber

½ Green pepper

2 Tbsp Vinaigrette dressing

DIRECTIONS

01 Chop lettuce. Peel and chop cucumber. Slice green pepper.

02 Mix together all the ingredients for the salad, including the dressing, and toss to combine.

Carrot Cake

COOKING INFORMATION | SERVINGS: **8** | CALORIES PER SERVING: **412**

INGREDIENTS

- 3 cups flour
- 2 tsp baking powder
- 2 tsp baking soda
- 2 tsp cinnamon
- 1 cup brown sugar
- 1 cup apple sauce
- ½ cup vegetable oil
- 3 cups grated carrots
- 2 eggs & 4 egg whites
- ½ cup walnuts
- ½ cup raisins

DIRECTIONS

01 Sift the first 4 ingredients together.

02 Thoroughly mix sugar, apple sauce and oil.

03 Add carrots to the oil mixture.

04 Add eggs one at a time.

05 Add raisins and/or walnuts.

06 Pour in a greased tin and bake at 340 F for 1 hour.

Pumpkin Fritters

COOKING INFORMATION | SERVINGS: **2** | CALORIES PER SERVING: **280**

INGREDIENTS

- ½ lb grated pumpkin
- 1 Tbsp brown sugar
- 1 Tbsp butter
- 1 egg & 2 egg whites
- 1 cup flour
- 1 tsp vanilla essence.
- ½ tsp each cinnamon and nutmeg
- 1 tsp baking powder.
- Low fat Milk

DIRECTIONS

01 Cream the butter and sugar.

02 Beat in the egg and egg whites.

03 Add the pumpkin and mix well.

04 Add the flour, vanilla, cinnamon, nutmeg and baking powder.

05 Add enough milk to make a batter.

06 Drop dollops into hot oil in a skillet and fry on both sides.

Reduce SWEETNERS in your diet

01 LIMIT

Add Less sugar when preparing foods & drinks. Use less sugar when making pies, cakes & pasteries.

02 REPLACE

Replace sweet & sugary drinks with water.

03 READ

Read food labels to check sugar content.

04 CHOOSE

Choose to prepare dishes without added sugar, for example, stews & curries.

05 ENJOY

Enjoy Fruits & vegetables for snacks instead of sugary snacks.

Increase PHYSICAL ACTIVITY in your daily routine

01 WALK

Walk whenever you can. Walk as fast as you can. Walk to the neighbor instead of using the phone.

02 STRETCH

Stretch & bend for a few minutes while you work.

03 PARK

Park your vehicle some distance from your destination and walk the rest of the way.

04 PLAY

Play active games with your family members outside.

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