

# Delicious & Nutritious Dinner

March 16, 2000



The Judson College Biochemical Nutrition Class (BIO 204) hosted a dinner in Meade Hall on March 16, 2000, featuring delicious, nutritious food.

Each student selected a recipe, prepared and served the item at the dinner. Stephanie Hewett served as chairman for the event and assisted the other students in selecting nutritious, low-fat recipes. She was responsible for the overall planning for the dinner and for shopping for the food items required.

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## MENU

- Oriental Chicken Stir-fry - Mandy McMichael
  - Spinach Souffle - Aimiee Wyatt and Erin Rymer
  - Stuffed Zucchini - Stephanie Hewett
  - Tossed Salad with Low-Fat Dressing - Shawn Edgar
  - Honey, Wheat-Berry Bread - Nora Douglas
  - Blueberry Poundcake - Ari Pauly
  - Glazed Pineapple and Frozen Yogurt - Aundrea Threadford
  - Mimosa Punch
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Our thanks to Dr. Williams, Dr. Wilson, Dr. Companion, Mr. Reisenwitz, Mr. Douglas, COL Vaden, and BG Kastenmayer, who attended the dinner and served as our “laboratory test subjects” for this course!

# **Oriental Chicken Stir-fry**

**Prepared by Mandy McMichael**

- **8 (4 ounce) skinless, boneless chicken breasts, cut into 1-inch cubes**
- **2/3 cup teriyaki sauce**
- **4 teaspoons peeled, grated gingerroot**
- **2 cloves garlic, crushed**
- **2 cup canned, no-salt-added chicken broth, undiluted**
- **3 tablespoons low-sodium soy sauce**
- **2 tablespoons cornstarch**
- **3 teaspoons brown sugar**
- **Vegetable cooking spray**
- **2 tablespoon sesame oil, divided**
- **6 cups fresh broccoli flowerets**
- **4 medium-sized sweet red peppers, cut into julienne strips**
- **1 cup chopped green onions**
- **10 cups cooked long grain-rice**

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**Place chicken in a zip-top heavy-duty plastic bag. Combine teriyaki sauce, gingerroot, and garlic in a small bowl, stirring well. Pour over chicken; seal bag, and shake until chicken is well-coated. Marinate in refrigerator 2-4 hours, turning bag occasionally.**

**Remove chicken from marinade; discard marinade. Combine broth, soy sauce, cornstarch, and brown sugar; stir well and set aside.**

**Coat a wok or large nonstick skillet with vegetable cooking spray; add 1 tablespoon oil. Place over medium-high heat (375 degrees) until hot. Add chicken, and stir-fry 4-5 minutes or until tender. Remove chicken. Drain and pat dry with paper towels. Wipe drippings from wok with paper towel.**

**Add remaining teaspoon oil to wok; place over med.-high heat until hot. Add broccoli and stir-fry 2 minutes. Add pepper strips and green onions; stir-fry 3-4 minutes or until crisp-tender. Remove vegetables from wok and set aside. Add broth mixture to wok; cook, stirring constantly until mixture is thickened. Return chicken and vegetables to wok; cook stirring constantly, until mixture is thoroughly heated. Serve chicken mixture over rice.**

**Serves 10**

# **Spinach Souffle**

Prepared by Aimiee Wyatt and Erin Rymer

- Vegetable cooking spray
- 2 tablespoons grated Parmesan cheese
- 4 tablespoons reduced-calorie margarine
- 4 tablespoons all-purpose flour
- 2 cups skim milk
- 2 teaspoons instant minced onion
- ½ teaspoon salt
- ½ teaspoon hot sauce
- ¼ teaspoon nutmeg
- 4 eggs, separated
- 2 (10-ounce) package frozen, chopped spinach, thawed and well-drained
- 1 cup (4-ounces) shredded low-fat process American cheese
- 4 egg whites
- 1 ½ teaspoon cream of tartar

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Coat bottom of two 2-quart souffle dishes with cooking spray: dust with Parmesan cheese, and set aside

Melt margarine in a 4-quart saucepan over low heat; add flour, stirring until smooth. Cook, stirring constantly, 2 minutes.

Gradually add milk and next four ingredients; cook over medium heat, stirring constantly, until thickened and bubbly. Remove from heat.

Place egg yolks in a small bowl; beat at medium speed of an electric mixer until thick and lemon colored. Gradually stir one-fourth of hot white sauce into yolks; stir egg-yolk mixture into remaining white sauce. Stir in spinach and shredded cheese. Cook over medium heat 1 minute or until cheese melts.

Combine egg whites (at room temperature) and cream of tartar; beat until stiff, but not too dry. Gently fold into white sauce mixture.

Spoon mixture into prepared dish. Bake at 350 degrees for 50 to 60 minutes or until puffed and browned. Serve immediately.

Serves 16

# **Stuffed Zucchini**

**Prepared by Stephanie Hewett**

- **9 medium zucchini**
- **Vegetable cooking spray**
- **2<sup>1</sup>/<sub>4</sub> cup sliced fresh mushrooms**
- **3<sup>3</sup>/<sub>4</sub> cup chopped onion**
- **2<sup>1</sup>/<sub>4</sub> cup chopped tomato**
- **3<sup>3</sup>/<sub>4</sub> teaspoons dried Italian seasoning**
- **3/8 teaspoons pepper**
- **3 tablespoons grated Parmesan cheese**

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**Coat a nonstick skillet with cooking spray; place over medium heat until hot. Add mushrooms and onion; saute until tender. Stir in zucchini pulp, tomato, Italian seasoning, and pepper. Cook, stirring frequently. Until thoroughly heated.**

**Spoon zucchini mixture evenly into reserved shells; sprinkle with cheese. Arrange stuffed shells in a 13-x9-x2-inch baking dish. Bake at 350 degrees for 20 minutes or until thoroughly heated. Transfer to a serving platter.**

**Serves 18**

# **Glazed Pineapple**

**Prepared by Aundrea Threadford**

- **18 (3/4-inch-thick) slices fresh pineapple (about three medium)**
- **3/4 cup plus 6 tablespoons firmly packed brown sugar**
- **Vegetable cooking spray**
- **3 tablespoons margarine**
- **3 cups unsweetened orange juice**
- **6 tablespoons honey**
- **4 1/2 cups vanilla nonfat frozen yogurt**

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**Sprinkle both sides of pineapple slices evenly with brown sugar.**

**Coat a large nonstick skillet with cooking spray; add margarine. Place over medium-high heat until margarine melts. Add pineapple slices, and cook 4 minutes on each side or until tender. Transfer pineapple slices to individual serving plates.**

**Add orange juice and honey to skillet; bring to a boil. Cook until the mixture is reduced to 1 1/2 cups. Pour orange juice, mixture evenly over pineapple slices; top each slice with 1/4 cup frozen yogurt. Serve immediately.**

**Serves 18**

# Blueberry Pound Cake

Prepared by Ari Pauly

- 2 cups granulated sugar
- ½ cup light butter
- ½ (8-ounce) block 1/3-less-fat cream cheese, softened
- 3 large eggs
- 1 large egg white
- 3 cups all-purpose flour, divided
- 2 cups fresh or frozen blueberries
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 (8-ounce) carton lemon low-fat yogurt
- 2 teaspoons vanilla extract
- Cooking spray
- ½ cup powdered sugar
- 4 teaspoons lemon juice

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Preheat oven to 350 degrees.

Beat first 3 ingredients at medium speed of a mixer until well-blended (about 5 minutes). Add eggs and egg white, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife. Combine 2 tablespoons flour and blueberries in a small bowl, and toss well. Combine remaining flour, baking powder, baking soda, and salt. Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture. Fold in blueberry mixture and vanilla; pour cake batter into a 10-inch tube pan coated with cooking spray. Bake at 350 degrees for 1 hour and 10 minutes or until a wooden toothpick inserted in the center comes out clean.

Cool cake in pan 10 minutes; remove from pan. Combine powdered sugar and lemon juice in a small bowl; drizzle over warm cake. Cut with a serrated knife.

Serves 16

## **Tossed Salad**

**Prepared by Shawn Edgar**

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**Wash and chop a variety of lettuces and fresh vegetables. Serve with a choice of reduced fat dressings, such as Kraft “Light Done Right.”**

## **Mimosa Punch**

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**Mix equal parts Tropicana orange/pineapple (with calcium) 100% juice and Sprite. Garnish with orange slices, if desired.**