

**UNIVERSITY OF DELAWARE'S NUTRITION AND
DIETETICS CLUB**

Fall 2014 Newsletter

Compiled by: Kayla Richwine

*This Thanksgiving, be thankful
for all of the healthy, yet
delicious modifications you can
make to your favorite
Thanksgiving dessert...pie!!*

**Fudge made from
beets?!**

TOFU AS A SECRET INGREDIENT

**Healthy, high-
protein Pumpkin
Pie SMOOTHIES!!**

**WHAT HAS THE
NUTRITION AND
DIETETICS CLUB
BEEN UP TO THIS
SEMESTER?**

Nutrition labels- explained

**Gluten-free?
Vegan? We've
got you
covered.**

*Want to know how to bite into
an apple and taste cheesecake?
Keep reading!!*

Do you need to keep gluten-free this Thanksgiving? If so, there's no reason to give up your favorite dishes, especially the pie! Here's a 5 star gluten-free pie crust recipe from Land O'Lakes.



Gluten-Free Pie Crust

1 1/4 cups Gluten-Free Flour Blend (see below)
1 tablespoon sugar
1/2 teaspoon xanthan gum
1/4 teaspoon salt
1/4 cup cold Land O Lakes® Butter, cut into chunks
1/4 cup cold shortening
1 Land O Lakes® Egg
3 tablespoons cold water
1/4 teaspoon apple cider vinegar

Combine flour blend, sugar, xanthan gum and salt in bowl. Cut in butter and shortening with pastry blender or fork until mixture resembles coarse crumbs.

Combine egg, cold water and apple cider vinegar in another bowl; beat with fork until mixed. Add egg mixture to flour blend mixture; stir just until moistened. Shape pastry into a ball; flatten slightly. Wrap in plastic food wrap; refrigerate at least 1 hour or until chilled.

Remove from refrigerator; let stand 15 minutes at room temperature. Unwrap pastry; place onto parchment paper lightly floured with gluten-free flour blend. Lightly flour pastry with gluten-free flour blend; top with another sheet of parchment paper. Roll out pastry into 12-inch circle. Transfer pastry to ungreased 9-inch pie pan, pressing firmly against bottom and sides and sealing any cracks as necessary. Crimp or flute edge. Fill and bake as directed in pie recipe.

Gluten-Free Flour Blend: Combine 2 cups rice flour, 2/3 cup potato starch, 1/3 cup tapioca flour and 1 teaspoon xanthan gum. Use appropriate amount for recipe; store remainder in container with tight-fitting lid. Stir before using.

Read more at:

<http://www.landolakes.com/recipe/3071/pie-crust-gluten-free-recipe>

You've been trying to keep healthy, but it's so hard to turn down a slice of your favorite pie. How can you go through Thanksgiving guilt-free and still have a slice or two of your favorite pies?

Tips for a healthier homemade pie:

- 1: Avoid adding a top crust, stick with the bottom crust only.
- 2: Make your own pie crust to avoid unnecessary preservatives.
- 3: Add sour cream or yogurt in place of some of the butter or shortening in the pie crust.
- 4: Use half all-purpose flour, half whole wheat flour to increase fiber and whole grain content.
- 5: Reduce sugar content by using naturally sweet fruits like golden delicious apples. Adding extra cinnamon, nutmeg, or ginger will increase the flavor of the pie and can also allow you to decrease the amount of added sugar.
- 6: Use tofu to replace unhealthy fats with monounsaturated fats.

Read more at:

<http://greatist.com/health/healthier-pie-012313>

Not ready to experiment
with these pie
modifications with your
family recipes? Here are
some delicious pie recipes
with healthy modifications
already built-in!



Pumpkin Chocolate Mousse Pie

(serves 8)

For Pumpkin Layer:

- 2 1/2 tsp cinnamon
- 1/4 tsp ginger
- 1/8 tsp allspice
- 1/4 tsp salt
- 2 tsp baking powder
- 1/3 cup spelt flour (others should work too)
- 3 tbsp brown sugar
- 1 3/4 cup pumpkin puree (1 15-oz can)
- 1 scant cup milk
- 1 flax "egg" (1 tbsp ground flaxseeds mixed with 3 tbsp water, and allowed to sit for a couple minutes)(a real egg would work too)
- 2 tsp vanilla extract
- 1 tbsp date paste (or more sweetener of choice)*

For Chocolate Mousse Layer:

- 12.3 oz tofu (1 package Mori-nu silken firm)
- pinch salt
- 2 tbsp milk
- 1/2 cup cocoa powder
- 2 tbsp maple syrup
- 1/2 cup chocolate chips (semi-sweet if possible)

Directions for Pumpkin Layer:

1. Preheat oven to 350 degrees.
2. Mix together spices, salt, baking powder, flour, and sugar in a large bowl.
3. In another bowl, stir together pumpkin, milk, flax egg, vanilla, and date paste.
4. Add wet ingredients to dry and mix well to combine.
5. Pour into greased 10 inch round pan and bake for 35 minutes.

Directions for Chocolate Mousse Layer:

1. Melt chocolate chips, either in microwave or on stovetop, until smooth and creamy.
2. Combine all ingredients, including melted chocolate chips, in bowl of food processor and blend until smooth.

Finishing Steps:

1. Once pumpkin layer is done baking, let cool for a couple minutes.
2. Then, scoop chocolate mousse over pumpkin and spread evenly.
3. Chill pie in fridge for at least 6 hours, then slice and serve.
4. Store any leftovers in the fridge.

* dates soaked in water overnight and then blended until they form a thick paste

Read more at:

<http://thesmartcookieblog.com/pumpkin-chocolate-mousse-pie/>



Vegan Maple Pecan Pie

Ingredients

- 6oz (170g) Extra Firm Tofu, drained
- 1/4 cup Unsweetened Soymilk, cold
- 1 tsp Vanilla Paste
- 20g (2 tbs) Brown Rice Flour (any other flour should work)
- 1/4 tsp Salt
- 56g (1/4 cup) Coconut Oil
- 192g (1 cup) Granulated Sweetener
- 168g (1/2 cup) Pure Maple Syrup
- 14g (2 tsp) Molasses
- 1 cup Pecans, chopped. & extra for optional topping
- one cold pie crust (can refrigerate your own or thaw a frozen one. Use a whole wheat crust for added nutritional value.)

Instructions

1. Preheat the oven to 350 degrees Fahrenheit
2. In a blender or food processor, puree the tofu, soymilk, vanilla paste, brown rice flour and salt. Pour all of it into a bowl and set aside.
3. In a small bowl, add the coconut oil and set aside.
4. In a medium-sized pot over medium heat, whisk together the granulated sweetener, maple syrup and molasses. Whisk occasionally for about 10-15 minutes (sugars should completely dissolve). Let the mixture bubble/boil lightly for ~30 seconds, remove from heat and whisk in the coconut oil. Whisk in the tofu mixture, then stir in the chopped pecans.
5. Put the cold pie crust onto a cookie sheet and pour the filling inside. Decorate with pecans if you like, then bake for about an hour, until edges and pecans are a rich dark brown color (but not burnt!) and filling bubbles lightly. Let cool on a wire cooling rack, then slice and serve!

Read more at:

<http://dessertswithbenefits.com/vegan-maple-pecan-pie/#ixzz3lixPCcj5>



Here is a unique dessert that gives you the cheesecake you crave with the added bonus of healthy, whole fruit. This is a great way to control portions because it's not like a pie where you can slice as large of a piece as you'd like. Take this along to your Thanksgiving meal and your family will be thanking you for this yummy, guilt-free dessert.

Cheesecake-Stuffed Baked Apples

What you'll need:

6 apples
8 ounces cream cheese, softened
¼ cup sugar
1 teaspoon vanilla
1 egg
1 teaspoon cinnamon
Optional toppings: graham cracker crumbs, caramel sauce, pecans

1. Chop the tops of the apples off and scoop out the insides. Discard the core and seeds.
2. In a medium bowl cream together cream cheese and sugar until smooth. Mix in vanilla, egg, and cinnamon until smooth. Fill each of the apples $\frac{2}{3}$ full with the cheesecake mixture.
3. Place filled apples on a baking sheet (make sure they aren't touching) and bake at 350F for 20-25 minutes until cheesecake filling is set. Transfer to a plate and place in the fridge until completely cooled.
4. Serve apples warmed, at room temperature, or chilled. If desired, top with caramel sauce, graham cracker crumbs, and pecans.

Read more at:

<http://lecremedelacrumb.com/2014/10/cheesecake-stuffed-baked-apples.html>



Green and Yellow Beans with Wild Mushrooms

Contributed by: Emily Bumgarner

Vegetarian, GERD-Friendly

Nutritional Info (Per serving):

Calories: 75, Saturated Fat: 1g, Sodium: 59mg,
Dietary Fiber: 3g, Total Fat: 5g, Carbs: 8g,
Cholesterol: 0mg, Protein: 2g
Carb Choices: 0.5
Recipe Source: Eating Well
Prep Time: 35 mins
Total Time: 35 mins

Ingredients

1 pounds beans, green, trimmed
1 pounds beans, yellow wax, trimmed
3 tablespoon oil, olive, extra-virgin
2 clove(s) garlic, minced
8 ounce(s) mushrooms, assorted wild, such as
chanterelle, oyster or porchini, trimmed and
sliced
1/2 teaspoon salt, Kosher, divided
pepper, black ground, to taste

Preparation

1. Bring a large pot of water to a boil. Add green beans and wax beans and cook until tender-crisp, about 4 minutes. (Cook for another minute or two if you like your green beans more tender.) Drain well.
2. Meanwhile, heat oil in a large heavy skillet over medium heat. Add garlic and cook, stirring, until fragrant, about 1 minute.
3. Stir in mushrooms and cook, stirring, until they release their juices and most of the liquid has evaporated, about 5 minutes. Season with 1/4 teaspoon salt and pepper.
4. Reserve 1 tablespoon of the mushrooms for garnish. Add the cooked beans to the mushrooms in the pan and cook, stirring to combine, until heated through, 1 to 3 minutes. Season with the remaining 1/4 teaspoon salt and pepper. Serve topped with the reserved mushrooms.



Warm and Healthy Side Dishes

These are great twists on your favorite Thanksgiving foods and great sides to make all season long.



Orange-Scented Green Beans

1 pound green beans, trimmed
1 teaspoon extra-virgin olive oil
1/2 teaspoon freshly grated orange zest
1/4 teaspoon salt
Freshly ground pepper, to taste
1/4 cup sliced almonds, toasted (see Tip)

Place a steamer basket in a large saucepan, add 1 inch of water and bring to a boil. Put green beans in the basket and steam until tender, about 6 minutes. Toss the green beans in a large bowl with oil, orange zest, salt, pepper and almonds.

Tip: To toast sliced almonds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Per serving: 84 calories; 4 g fat (0 g sat, 3 g mono); 0 mg cholesterol; 10 g carbohydrates; 0 g added sugars; 3 g protein; 4 g fiber; 147 mg sodium; 206 mg potassium.

Nutrition Bonus: Vitamin C (20% daily value), Vitamin A (15% dv)

Loaded Sweet Potatoes

Submitted by: MaryKate O'Riordan

Total Cost: \$5.04

Cost Per Serving: \$1.80

Serves: 3

Ingredients

3 medium sweet potatoes (1 lb. each) \$3.06
2 Tbsp vegetable oil, divided \$0.04
1 clove garlic, minced \$0.08
3 cups fresh spinach \$0.50
1.5 Tbsp butter or coconut oil \$0.18
1/2 cup chopped walnuts \$1.21
3 Tbsp dried cranberries \$0.28
Salt & pepper (to taste) \$0.05

Instructions

Preheat the oven to 400 degrees. Wash and dry the sweet potatoes. Prick the skin a few times on all sides with a fork. Use one tablespoon of the vegetable oil to lightly coat the skins. Bake the sweet potatoes for one hour in the preheated oven, or until soft all the way through. You can place the sweet potatoes directly on the oven rack, but place something on the rack below to catch any drippings, as they will ooze slightly while baking.

When the sweet potatoes have about 15 minutes left to go, saute the spinach. Add the second tablespoon of vegetable oil and the minced garlic to a medium skillet. Saute over medium heat for 1-2 minutes, or just until the garlic becomes fragrant and slightly soft. Add the spinach (three large handfuls, or about 3 cups packed) to the skillet. Season lightly with salt and pepper. Continue to saute until the spinach is wilted (2-3 minutes).

When the potatoes come out of the oven, carefully slice them open from end to end. Use a fork to lightly mash the insides. Add about a 1/2 tablespoon of butter or coconut oil to the inside of each potato and then season lightly with salt and pepper. Divide the spinach between the three potatoes. Top with one tablespoon of dried cranberries and chopped walnuts per potato. Serve hot!

Cranberry Sauce

Contributed by: Tiffany Blankenship

Total Time: 30 mins

Active Time: 5 mins

Makes: About 3 cups

Recipe by Kate Ramos

Ingredients

1 (12-ounce) bag frozen cranberries

2 small heads fennel, cut into small dice

1/2 cup granulated sugar

1/2 cup water

1/4 cup golden raisins, also known as sultanas

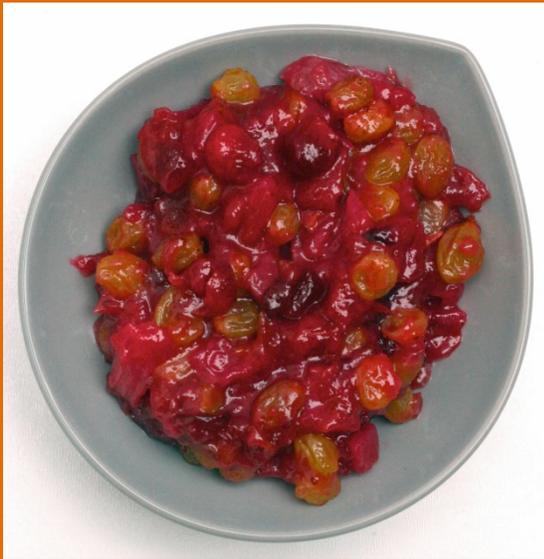
1/3 cup toasted walnuts, finely chopped

Juice of 1 medium orange (about 1/3 cup)

Zest of 1 medium orange (about 2 teaspoons)

Instructions

Combine all ingredients in a medium saucepan over medium heat and stir until sugar is dissolved, about 2 minutes. Bring to a boil, stirring occasionally, then reduce heat to low and simmer until thickened, cranberries are beginning to fall apart, and fennel is tender, about 15 minutes. Let cool slightly, and serve at room temperature or cold.





WHO SAID SMOOTHIES ARE JUST FOR SUMMER?

Pumpkin Spice Smoothie
Contributed by: Shelley LaMotte
Serving Size 1

1 cup Almond Milk
1/2 cup Canned Pumpkin (organic preferably)
1/4 tbsp Molasses
1 frozen Banana
1 tsp Cinnamon
1/4 tsp Ground Ginger
1/8 tsp Nutmeg
1 tbsp Agave Nectar/Honey

Blend ingredients together.

Tip: Put the frozen banana in last so it is blended up first! Add more almond milk for smoother consistency. Enjoy!!

Pumpkin Pie Smoothie

- ▣ 2 tbsp all-natural almond butter
- ▣ 3 cups skim milk or soy milk
- ▣ 1.5 cups canned pumpkin (not pumpkin pie filling)
- ▣ 1/4 cup plain Greek yogurt
- ▣ 1/2 tsp cinnamon
- ▣ 1/2 tsp ground ginger
- ▣ 1/4 tsp nutmeg

Instructions:
Blend until smooth and enjoy!



And the fall recipes continue...

Chai Spice Energy Bites

Submitted by: Melissa Rolwood

Ingredients:

- 1 cup oats
- 1/3 cup shredded coconut
- 1/3 cup honey
- 1/2 cup whole wheat flour
- 1/2 cup almond butter
- 2 teaspoons of chai spice (a mixture of cloves, cinnamon, cardamom, and ginger)
- chopped slivered almonds (to roll them in)

The Process:

Put all of your ingredients into a bowl and mix until everything is fully combined (the consistency will be similar to a cookie dough consistency). Roll into balls and then roll each ball in chopped slivered almonds. These taste like a chai latte! Makes about 24 bites.

Read more at:

<http://thebeautydepartment.com/2014/09/energybites/>



Just Beet It- 5 Ingredient Red Velvet Fudge

Makes: 12-14 pieces

Ingredients

- 1 medium beet, stem cut and thoroughly washed
- 1 cup coconut butter
- 3½ tablespoons pure maple syrup
- 2 tablespoons raw cacao powder
- 1 teaspoon pure vanilla extract

Instructions

1. Quarter the beet and run it through a juicer. If you don't have a juicer, you can blend it, place the pulp in cheese cloth or a nut milk bag, and squeeze out the juice. You need ¼ cup beet juice for the recipe.
2. Add the coconut butter, ¼ cup beet juice, pure maple syrup, raw cacao powder, and vanilla extract to a small sauce pan over low heat.
3. Stir continuously for 4-5 minutes or until the coconut butter has melted and the mixture is smooth and glossy.
4. Pour the mixture into a 3x5 container that has been greased with coconut oil.
5. Refrigerate for 2-3 hours or until completely set.
6. Pop the fudge out of the pan and slice it into squares.
7. Store fudge in refrigerator.

Read more at:

http://blissfulbasil.com/2014/11/10/just-beet-it-5-ingredient-red-velvet-fudge/?utm_source=Blissful+Basil+Newsletter&utm_campaign=3a039f38bd-RSS_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_fa5727aded-3a039f38bd-76173473

TORTELLINI SOUP RECIPE

3T olive oil

1 Clove garlic, minced

3 stalks, celery, chopped

3 carrots, peeled and chopped

1 onion diced

10 oz box frozen spinach (unthawed)

2 cans cream of chicken soup

2 cans water

32 oz chicken broth

Family size package of cheese or chicken tortellini, half cooked

Contributed by: Taylor Meily

- 1) Put olive oil in the bottom of a large soup/stock pan
- 2) Sautee garlic, celery, carrots and onions until tender
- 3) Add frozen spinach. Break up blocks of spinach as you cook
- 4) Continue to saute' until spinach thaws, then heats up
- 5) Add cream of chicken soup and water
- 6) Add chicken broth and then add tortellini
- 7) Heat and Serve

Note: It's better to eat it a few hours after it's made so the broth soaks up into the noodles. Better yet, make it the night before.



HOW TO READ A FOOD LABEL

By: Melanie Berdy

When in the supermarket, finding “healthy” products may be a challenge. If you have ever felt overwhelmed with product labels, don’t worry you are not alone. Food labels can seem confusing, but I personally feel it takes just a bit of technique to understand. Here are some of my tips to make healthy food shopping an easy experience!

Melanie’s 5 tips for success:

1. **Read the Ingredients.** It is important to look at the ingredients when purchasing food. The first few ingredients listed are what the product contains the most of. For example, if you are looking at the ingredients in whole wheat bread, you want the first ingredient to be whole wheat or grain.
2. **Look at the Serving Size.** At the top of the food label, it says the serving size and the amount of servings per container. It is important to be aware of this because if you eat more than one serving, you need to multiply the nutritional information by the amount of servings you eat. For example, eating 2 servings will double the amount of calories, fat, etc. listed on the label.
3. **Understanding Nutrients.** Although circumstances vary, you generally want to look for products that are moderate in calories, fat, cholesterol, sodium, carbohydrate, fiber, and protein. Here are some recommendations:

Calories: Snack- 200 or less, Meal- 500 or less	Fat (healthy sources of fat): Snack- 5g or less, Meal- 20g or less	
Cholesterol: 300mg or less per day	Sodium: 2000mg or less per day, 300-400 mg per meal	
Carbohydrate: 30-50g per meal	Fiber: 10g per meal	Protein: 25g per meal

4. **Types of Fats.** Avoid trans fat because they are bad for your heart. When it comes to fats, aim to eat foods with 0g of trans fat and low in saturated fat. It is recommended to have about 7-10 grams a day.
5. **Whole Wheat and Whole Grain.** Try to eat grains that are whole wheat because whole wheat products contain nutrients such as fiber, B vitamins, such as thiamin, riboflavin, niacin, and folate, and minerals, such as iron, magnesium, and selenium. The B vitamins help with metabolism. Eating whole grains is way to lower the risk of diseases such as cardiovascular disease and type 2 diabetes. The fiber also helps with digestive health.

Educating oneself on healthy eating is not only for body image purposes. What one consumes plays an important role on the general health of that person. The nutrients in food are what help to lower risks against certain diseases. It is important to take care of your body and be aware of what you are consuming. Gradual changes in eating habits will lead to a healthier lifestyle. Remember to take care of your body and your body will take care of you!

This semester, the Nutrition and Dietetics Club presented some student-friendly topics in the Carpenter Sports Building during the months of October and November. Please consider taking part in this initiative to educate UD students and faculty about the importance of eating healthily!

October:

UD never guess how easy it is to eat healthy!

In your dorm

Keeping nutritious snacks in your room make it easier to munch on something healthy!

- nuts/trail mix
- popcorn
- dried fruit
- peanut butter
- granola bars
- yogurt
- cheese sticks



In the dining hall

Try and make your plate look like the MyPlate so you get all of the food groups at each meal!

You can also take hand fruit back and keep it in your room for a snack.



Easy swaps for a more nutritious meal

- skim milk for whole milk
- fruit for ice cream or cookies
- water for soda
- tea for coffee
- baked foods for fried ones
- whole wheat for white bread
- mustard for mayonnaise



November:

FAD DIET RISKS

Nov, 2014

By the University of Delaware Nutrition & Dietetics Club

ATKINS NO/ LOW CARB

- Nutrient deficiencies
- Insufficient fiber (constipation, diarrhea, nausea)
- Ketosis (when body doesn't have enough glucose) can lead to nausea, headache, mental fatigue, bad breath, weakness, tiredness, insomnia
- Increased risk of heart disease with increased fat intake
- High intakes of protein may cause kidney problems or weaken bones

HEALTHY DIETING TIPS

- Set realistic goals for yourself
- Balance calories in vs. calories out with exercise
- Limit amount of saturated and trans fat consumed
- Make lifestyle changes—not just changes to what you're eating
- Limit empty calories
- Cutting out specific food groups is not beneficial



PALEO DIET

- Fresh lean meats, fish, fruit, vegetables, healthy oils, nuts
- High content of red meat – increased heart risk
- No whole grains – increased risk of colon cancer
- Expensive
- At risk for nutrient deficiencies; excluding milk from diet as well

CRASH DIETING

- Restricting calories to as little as 500 a day, starving self)
- Deficient in certain nutrients
- Headaches, irritability
- Mental health problems
- Vital organ issues—burning muscle tissue

JUICING

- Dehydration
- Dizziness, fatigue, nausea
- Will only be losing water weight

GLUTEN-FREE DIET

- Eliminating the protein gluten from your diet, which is found in wheat
- Folate deficiency risk—issue for women of child bearing age
- Decrease levels of good gut bacteria and increase bad gut bacteria



What else has the Nutrition and Dietetics Club been up to??

Food Bank

Food Drive

JDRF Walk

Apple Picking

Stress Less Fest

Hispanic Health Fair

ECC Thanksgiving Lunch

Newark Community Day

Vive Tu Vida health fair

Yes U Can Nutrition Extension Healthy Cooking Workshops

Workout Classes

