

Recipes

from the kitchen of

Mary Felando, MS, RDN, CLS, FNLA



Recipe

peach smoothie

Mary Felando, MS, RDN, CLS, FNLA

Enjoy this smoothie as a refreshing drink or spoon it up out of a bowl! Good as a breakfast or a dessert. Freeze leftovers and thaw...as good or better than day one!

INGREDIENTS

1 ¼ cups frozen peach slices (no added sugar)

½ cup skim milk

½ cup nonfat Greek yogurt

1 tsp chia seeds

½ tsp vanilla extract

2-4 packets of sugar sub

Place all ingredients in a blender or food processor and blend until smooth. Serves one for a meal (serving size 2 cups) or 2-4 as a dessert. Garnish with fresh fruit and a mint sprig.

NUTRITIONAL ANALYSIS:

Serving size: 2 cups or full recipe

Calories: 179 calories

Total Fat: 1.2 grams



Recipe

tuna pasta casserole

Mary Felando, MS, RDN, CLS, FNLA

This is a low fat, convenient twist to your homestyle tuna noodle casserole. You can make this from foods you have in your pantry...easy to keep on hand.

INGREDIENTS

12 oz can tuna in water, drained

10 oz can Campbells Healthy Request Cream of Mushroom Soup

½ cup nonfat milk

½ cup frozen peas

8 oz can sliced mushrooms, drained

small jar pimentos

½ tsp garlic powder

white or black pepper to taste

A few sprinkles Molly McButter (optional)

4 cups of cooked whole grain pasta of your choice

(In the demo, Mary used only 2 cups, which is plenty and will reduce the carbohydrate)

In a microwave safe bowl, combine mushroom soup and milk and blend thoroughly. Add tuna, peas, pimentos and spices. Sprinkle with Molly McButter, if desired and stir well. Add whole grain pasta and microwave for 4-6 minutes on high or until warm, with the length of cooking depending on whether you use cold left over pasta or make it fresh and warm. Serves 4.

NUTRITIONAL ANALYSIS:

Serving size: 1/4 recipe

Calories: 340 (based on use of 4 cups pasta)

Total Fat: 4.0 grams

Saturated Fat: 0.5 grams

Cholesterol: 35 mg

Carbs: 48 grams

Protein: 28 grams

Sodium: 510 mg



Recipe

Maryland Crab Cakes

Mary Felando, MS, RDN, CLS, FNLA

This is a special occasion meal that can be enjoyed all year long with the convenience of canned crab. Old Bay Seasoning™ is a Baltimore spice blend, made by McCormick and Co.

INGREDIENTS

- 1 lb canned crab (premium, back fin, lump, special or claw)
- 2 slices whole wheat bread, processed to crumbs
- 2 tbsp fat-free mayonnaise (if made w lite mayo, crab cake=2 g fat)
- 2 egg whites
- 1 ½ -2 tsp Old Bay Seasoning™
- 2 tsp dried parsley
- ½ tsp yellow mustard
- ¼ tsp Worcestershire sauce
- 1 Tbsp MCT oil

Add all ingredients, except crab and MCT oil, to a bowl, mixing thoroughly with a fork. Drain crab and stir into ingredients; blending well. Shape into 6 patties (or 4 depending on your crowd's appetite). Add MCT oil to a nonstick pan and saute slowly over low to medium heat. Brown on each side and heat thoroughly. Serve with fat-free tartar sauce, lettuce, tomato and a whole wheat bun, if desired. Makes 6 patties.

NUTRITIONAL ANALYSIS:

Serving size: 1 patty or 1/6 recipe
Calories: 102 (total with MCT oil is 121)
Total Fat: 1.0 grams

Saturated Fat: 0.4 grams
Cholesterol: 74 mg
Carbs: 5 grams
Protein: 16 grams

Sodium: 564 mg
Fiber: 1 gram

