

# Side Dish- Healthy Recipe Contest

## 1. Sweet Potato Casserole -Sharon Brinker, Human Resources *Diana Rattray, Guide to Southern Food*

### Ingredients:

- 3 cups mashed sweet potatoes
- 1 cup brown sugar
- 2 eggs, lightly beaten
- 1 teaspoon vanilla
- 1/2 cup milk
- 1/2 cup melted butter
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- Topping:
- 1/2 cup brown sugar
- 1/3 cup flour
- 1/3 cup melted butter
- 1 cup chopped pecans

### Preparation:

Combine first 6 ingredients. Pour into a buttered 1 1/2 to 2-quart casserole dish. Mix remaining ingredients together and sprinkle over top. Bake at 350° for 30 to 40 minutes, until hot and browned.

Serves 6 to 8.

## Healthy Sweet Potato Casserole

### Ingredients:

- 4 cups sweet potatoes, cooked & mashed
- 1/3 cup soft butter
- 1/2 cup brown sugar
- 1 cup applesauce
- 1/4 cup fat free half & half

**Topping:**

- ¼ cup melted butter
- 2/3 cup cornflakes
- 2 Tbsp. chopped pecans
- ½ tsp. nutmeg

Combine first 5 ingredients. Spray 1 1/2 to 2-quart casserole dish with cooking spray. Pour mixture into casserole dish. Mix topping ingredients together and sprinkle over top. Bake at 350° for 30 minutes, until hot and browned.  
Serves 8-10

2. Original recipe:- Katy August, Academic Enhancement

Cheese/Sausage Biscuits

- 1 lb. sausage, browned
- 2 C. biscuit mix (Bisquick)
- 1 jar(15 oz.)Cheese Whiz

Mix ingredients together and drop by spoonfuls onto a cookie sheet.  
Bake at 400° for 18-20 min.

Modified (Healthier) Recipe:

Cheese/Sausage Biscuits (Reduced Fat)

- 1 lb. Turkey Sausage
- 2 C. "Reduced Fat" Biscuit Mix
- ½ jar (15 oz.)Cheese Whiz -Lite
- ¼ C. shredded (2% milk) cheddar cheese
- ¼ C. lowfat milk

Mix ingredients together and drop by spoonfuls onto a cookie sheet.  
Bake at 400° for 18-20 min.

For breakfast, make into large spoonfuls. For an appetizer, make into smaller spoonfuls. They puff up slightly while they bake.

The original recipe makes a very dense, filling biscuit. Replacing the amount of cheese whiz with milk and shredded cheese adds an extra dimension to the flavor, and keeps the biscuits fluffier while reducing the fat. (Mozzarella may also be substituted which will further reduce fat and vary the flavor.)

### **3. Herbed Bacon Stuffing Side Dish Entry– c/o Gourmet Magazine** **Danielle Kendra Arbinger**

- \* 10 cups (1-inch) cubes crusty white bread (1 lb)
- \* 1/2 lb. thick-cut bacon slices, cut crosswise into 1/2-inch-wide strips
- \* 3 medium onions, chopped
- \* 3 celery ribs, thinly sliced crosswise
- \* 1 teaspoon dried thyme
- \* 1/2 teaspoon dried sage
- \* 1/2 teaspoon dried rosemary
- \* 6 tbsp. butter
- \* 1 1/2 cups chicken broth
- \* 1/2 cup water

#### Preparation

Preheat oven to 325°F.

Toast bread in a large shallow baking pan in middle of oven until just dry, 25 to 30 minutes.

Cook bacon in heavy large skillet over medium-high heat until brown and crisp. Using slotted spoon, transfer bacon to large bowl. Pour off all but 2 tablespoons drippings from skillet and melt butter in the skillet. Add onions and celery to the skillet. Cover and cook over medium heat until vegetables are soft, stirring occasionally, about 12 minutes. Add vegetables to bacon; mix in thyme, sage and rosemary.

Stir together bread, vegetable/bacon mixture, broth, water, and salt and pepper to taste.

To bake stuffing in turkey:

Loosely fill main cavity and neck cavity of turkey with stuffing. Add enough broth to remaining stuffing to moisten slightly (1/4 cup to 3/4 cup, depending on amount of remaining stuffing). Generously butter baking dish. Spoon remaining stuffing into prepared dish. Cover dish with buttered foil, buttered side down. Bake stuffing in dish — alongside turkey or while turkey is resting — until heated through, about 25 minutes. Uncover stuffing in dish. Bake until top of stuffing is slightly crisp and golden, about 15 minutes longer.

To bake stuffing in dish:

Preheat oven to 350°F. Generously butter 13x9x2-inch glass baking dish. Add enough extra broth to stuffing to moisten (3/4 cup to 1 1/4 cups). Transfer stuffing to prepared dish. Cover with buttered foil, buttered side down. Bake until heated

through, about 40 minutes. Uncover and bake until top is slightly crisp and golden, about 20 minutes longer.

### Herbed Brown Rice Stuffing

- \* 4 1/2 cups (about) canned low-salt chicken broth
- \* 1 bay leaf
- \* 1 1/2 cups brown rice
  
- \* 3 tablespoons olive oil
- \* 1 1/2 cups chopped onions
- \* 1 1/2 cups chopped celery with leaves
- \* 1 1/2 cups finely chopped carrots
- \* 1 (about 5 cups chopped) large bunch collard greens, sliced
- \* 2 tablespoons chopped fresh marjoram or 2 teaspoons dried
- \* 1 teaspoon dried thyme
- \* 1/2 teaspoon dried sage
- \* 1/2 teaspoon dried rosemary
- \* 2 cloves crushed garlic

Bring 3 cups broth and bay leaf to boil in medium saucepan. Mix in brown rice; reduce heat to low, cover and cook 30-40 minutes, until tender and liquid is absorbed. Transfer rice to large bowl. Discard bay leaf.

Add olive oil to a heavy large Dutch oven over medium heat. Add onions, celery, carrots and sauté until onions are tender, about 10 minutes. Add collard greens, garlic, marjoram, thyme, sage and rosemary and sauté until greens wilt, about 3 minutes. Add mixture to rice. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate.)

To bake stuffing in turkey: Fill main turkey cavity with stuffing. Mix enough chicken broth into remaining stuffing to moisten (about 1/2 to 3/4 cup broth, depending on amount of remaining stuffing). Spoon remaining stuffing into baking dish lightly sprayed with olive oil. Cover with aluminum foil. Bake stuffing in dish alongside turkey until heated through, about 30 minutes.

To bake all stuffing in pan: Preheat oven to 375°F. Lightly spray 13x9x2-inch baking dish with olive oil. Mix 1 1/2 cups broth into stuffing. Transfer to prepared dish. Cover with foil and bake until heated through, about 30 minutes.

#### 4. Shannon McCurdy [mccurds@bgnet.bgsu.edu](mailto:mccurds@bgnet.bgsu.edu)

##### **Original Recipe:**

*Corn Casserole*

##### **Category:**

*Side Dish*

##### **Ingredients**

- 1 (15 1/4-ounce) can whole kernel corn, drained
- 1 (14 3/4-ounce) can cream-style corn
- 1 (8-ounce) package corn muffin mix (recommended: Jiffy)
- 1 cup sour cream
- 1/2 cup (1 stick) butter, melted
- 1 to 1 1/2 cups shredded Cheddar

##### **Directions**

1. Preheat oven to 350 degrees F.
2. In a large bowl, stir together the 2 cans of corn, corn muffin mix, sour cream, and melted butter.
3. Pour into a greased 9 by 13-inch casserole dish. Bake for 45 minutes, or until golden brown.
4. Remove from oven and top with Cheddar.
5. Return to oven for 5 to 10 minutes, or until cheese is melted.
6. Let stand for at least 5 minutes and then serve warm.

##### **Modified Recipe:**

##### **Ingredients**

- 1/4 cup plus 2 tablespoons quinoa, rinsed and drained
- 1/2 teaspoon plus 1 teaspoon olive oil, divided use
- 1 tablespoon chopped shallots
- 1 tablespoon chopped carrots
- 1 tablespoon chopped leeks
- 1 tablespoon chopped celery
- 2 cups cooked corn kernels, divided use (if corn is really fresh and sweet, you could use raw corn cut right off the cob)
- 2/3 cup soy milk

##### **Directions**

1. Preheat oven to 350F.
2. Sprinkle the drained quinoa on a baking sheet.

3. Place it in the preheat oven for about 10 minutes, stirring occasionally, until golden brown. Set aside.
4. Heat the 1/2 teaspoon of olive oil in a medium skillet and stir-fry the shallots, carrots, leeks and celery for 1 to 2 minutes. Set aside.
5. Combine 1 cup of the corn and the soy milk in a blender and puree.
6. Add the pureed mixture to the stir-fried vegetables along with the remaining corn and all but 2 tablespoons of the toasted quinoa and mix well.
7. Spoon the mixture into a small loaf pan and sprinkle the remaining 2 tablespoons of the toasted quinoa over the top.
8. Bake, covered, in the preheated oven for 40 minutes.
9. Uncover and bake for 20 more minutes.
10. Remove from the oven and serve, garnishing with chopped parsley.

**Source:**

<http://www.foodnetwork.com/recipes/paula-deen/corn-casserole-recipe/index.html>

## 5. SIDE DISH Entry submitted by

Andrea Gutierrez, [gandrea@bgsu.edu](mailto:gandrea@bgsu.edu), Career Center

### ORIGINAL RECIPE - Buttermilk Coleslaw (allrecipes.com)

#### INGREDIENTS

- 2 cups mayonnaise
- 1 cup buttermilk
- 3 tablespoons white sugar
- 1 teaspoon celery seed
- 1/2 teaspoon ground black pepper
- 2 (16 ounce) packages shredded coleslaw mix

#### DIRECTIONS

1. In a large bowl, stir together the mayonnaise, buttermilk, sugar, celery seed and black pepper. Fold in the coleslaw mix, and refrigerate until serving.
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### MODIFIED RECIPE - Broccoli Slaw

#### INGREDIENTS

- 4 cups broccoli florets
- 1 medium carrot, shredded
- 2 cups shredded red cabbage
- 1/2 cup raisins
- 1/2 small sweet onion, chopped
- 1/2 (16 ounce) bottle low-fat raspberry vinaigrette dressing

#### DIRECTIONS

1. In a serving bowl, combine all ingredients. Cover and refrigerate for at least 2 hours. Stir before serving.

6. <http://www.rachaelrayshow.com/food/recipes/mashed-potato-soup/>

## Rachel Ray's Mashed Potato Soup

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Drizzle of EVOO - Extra Virgin Olive Oil  
6 slices bacon, chopped  
4 tablespoons butter  
1 medium onion, chopped  
4 tablespoons flour  
1 quart chicken stock  
2 cups leftover mashed potatoes  
8 ounces shredded yellow cheddar cheese  
Chopped chives, for garnish

**Yields:** 4 servings

### Preparation

In a medium pot or Dutch oven, heat a drizzle of EVOO over medium-high heat. Add bacon and cook until crispy. Remove bacon with a slotted spoon to a paper towel-lined plate and reserve.

Drain off excess bacon fat from the pot and add butter. When it is melted, add the onion and cook until softened, about 5 minutes. Sprinkle flour into the pot and cook with a wooden spoon for 1 minute. Whisk in the chicken stock and bring to a bubble. Cook until slightly thickened, about 2-3 minutes.

Whisk in mashed potatoes, then stir in the cheddar cheese with a wooden spoon and cook until the potatoes are hot and the cheese is melted.

Transfer to a serving bowl and garnish with the reserved bacon and chopped chives.

## Revised Version of Rachel Ray's Mashed Potato Soup

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3 slices Morning Star Farms Veggie Bacon Strips  
2 tablespoons Bluebonnet light margarine  
1 medium onion, chopped  
2 tablespoons Wondra  
1 quart Swanson Natural Goodness Chicken Broth  
2 cups leftover mashed potatoes (be sure to light margarine  
instead of butter and skim milk in your mashed potatoes)  
4 ounces reduced fat shredded cheddar cheese  
chopped chives for garnish

**Yields:** 4 servings

### Preparation

Heat vegetarian bacon in microwave as directed.

In a medium pot or Dutch oven melt margarine, add the onion and cook until softened, about 5 minutes. Sprinkle Wondra into the pot and cook with a wooden spoon for 1 minute. Whisk in the chicken broth and bring to a bubble. Add bacon. Cook until slightly thickened, about 2-3 minutes.

Whisk in mashed potatoes, then stir in the cheese with a wooden spoon and cook until the potatoes are hot and the cheese is melted.

Transfer to a serving bowl and garnish with the reserved bacon and chopped chives.

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