



CUISINE



The Dormitory Cuisine

Eating in the dorms is a frustrating experience for the student who is conscious about what they eat. It is possible to eat a healthy diet even when food is prepared for you making your choices limited. A few key points to remember are to eat foods as close to the source as possible. This means choosing a potato instead of potato chips or french fries; choose whole wheat bread over white bread; choose whole grain cereals instead of sugared and dyed cereals (e.g. Bran Flakes or Cheerios versus Fruit Loops or Captain Crunch). Avoid spreads and toppings which are laden with fats and oils such as hollandaise sauce, cream cheese, butter and thick salad dressings. Remember to choose complex carbohydrates such as rice, fruits, vegetables and grains as the focus of your meal. Select broiled, baked and grilled meats over deep-fried and choose fish, chicken over beef. In essence — decrease the fat in your diet and increase fiber and complex carbohydrates. See the following list for more ideas —

by Kathleen Schweisthal

CHOOSE THIS.....INSTEAD OF THIS

Fresh, raw vegetables and fruit in season	Pre-cooked vegetables, canned, sweetened fruits
Baked potato	Mashed, fried, au gratin
Broiled or baked meat or fish	Fried fish or hamburgers
Remove the skin from chicken	Eating chicken with the skin
Sliced turkey	Roast beef or bologna
Vegetable sauces	Meat sauces
Vegetarian/cheese pizza or lasagna	Meat/sausage pizza or lasagna
Mozzarella cheese	American cheese
Plain yogurt with fresh fruit	Prepared fruit yogurt
Water-based or broth soups (i.e. vegetable soup)	Creamsoups (i.e. Cream of Mushroom)
Whole grain breads	White or refined breads
Grain cold cereals	High sugar cold cereals
Oatmeal	Cold cereals
Toast/bagel with jelly	Toast/bagel with butter, margarine, or cream cheese
Bagel	Muffins
Crackers	Chips
Angel food cake with fresh fruit or jello without whip cream	Cake, pudding, ice cream
Low calorie dressing	Creamy dressings
Mustard	Mayonnaise
Skim milk	2% or chocolate milk
Water/juice	Soda pop
Herbal tea	Coffee/hot chocolate

Yogurt Cheese:

Yogurt cheese is an excellent substitute for recipes that call for cream cheese or sour cream. It has much less fat and fewer calories. Cream cheese and sour cream both derive more than 80% of their calories from fat. Yogurt cheese made from non-fat yogurt derives none of its calories from fat.

How to make yogurt cheese: Place yogurt into a draining device and allow to drain 2 to 24 hours, until cheese is the desired consistency. Approximately half of the yogurt will become cheese and half will become whey. Discard whey. Keep cheese in the refrigerator in a covered container. Whey may continue releasing, so pour off any accumulated liquid before using.

Yogurt may be drained using cheese cloth in a colander or strainer. A paper coffee filter also works well and can be tossed out after the yogurt has been strained.

There is a wide variation in how yogurt drains. Once you get used to your favorite yogurt, you will know how to plan. In 2 hours, the amount of whey (from 16 ounces of yogurt) can range from 2.5 ounces to 6 ounces, it takes at least 8 or 9 hours to produce a very dry cream cheese, and some yogurts require a draining time of 24 hours.

Use any natural yogurt, either plain or flavored (vanilla, lemon, coffee) that does not contain gelatin. Gelatin holds the whey in the yogurt and does not allow it to drain off. Sometimes you will find a carton of yogurt without gelatin or stabilizers that does not release its whey. This may be due to the processing temperature. Try a carton from another batch or different processing plant or use another brand of yogurt for a while.

Easy Yogurt Cheesecake

- 32-ounce carton vanilla-flavored yogurt
- 2 tablespoons sugar (or more to taste)
- 1 tablespoon cornstarch
- 1 tablespoon lemon juice (optional)
- 1 teaspoon vanilla
- 2 eggs lightly beaten (or use 3 egg whites to reduce fat)

Drain yogurt early in the morning or day before making. Preheat oven to 325 degrees. Lightly grease an 8-inch pie pan or 7-inch springform pan. Place yogurt cheese in a medium-size bowl. Add sugar, cornstarch, lemon juice and vanilla, mixing gently with a fork or wire whisk until well blended. Stir in the eggs. Pour into the prepared pan and smooth the top with a spatula. Bake until the center is set, 20 to 25 minutes for a pie pan, or 45 to 55 minutes for a springform. Cool on a wire rack and refrigerate until chilled.

99 calories, 6 gm protein, 11 gm carbohydrate, 3 gm fat, 71 mg cholesterol, 127 mg calcium, 57 mg sodium.

**For more recipes for cheesecake, see: Stone, M., Melvin, S. & Crawford, C. (1988). Not Just Cheesecake! Triad Publishing Company, Gainesville, Florida.

Banana Cream Pie

- 32-ounce carton nonfat yogurt
- 2 large bananas
- 2 teaspoons vanilla
- 1 tablespoon lemon juice
- 1/4 cup confectioner's sugar (or to taste)

Make yogurt cheese. Place yogurt cheese in a medium-size bowl. Add the vanilla and sugar, stirring gently with fork or wire whisk until well mixed. Slice bananas and toss lightly with lemon juice. Alternate layers of bananas and yogurt cheese in a 9-inch pie pan, ending with a layer of yogurt cheese. Chill pie several hours before serving.

112 calories, 5 gm protein, 22 gm carbohydrates, less than one gram of fat, 0 cholesterol, 144 mg cholesterol, 40 mg sodium.

contributed by Beth Gaiser

GRANOLA

(from Laurel's Kitchen)

- 4 cups rolled oats
- 1 cup toasted wheat germ
- 1/2 cup chopped toasted nuts
- 1/2 cup chopped dried fruit
- Optional 1/2 cup warmed honey

Toast the oats in a 300 degree oven in a big baking pan. Stir them often until they are fragrant and barely beginning to turn golden. How long this takes will depend on how thick your oats are. When the oats are done, stir in the other ingredients. Let cool completely and store airtight in the refrigerator.

contributed by Becky Dixon

The Practically Fat-Free Brunch

French Toast:

- Mix 1/2 C skim milk to 2 egg whites or Egg Beaters
- Soak whole grain bread in the mixture
- Spray Teflon skillet with oil spray and heat to medium temp.
- Cook until lightly browned on both sides

Toppings: Nonfat yogurt, nonfat flavored yogurt and/or jam, mashed bananas with brown sugar. (There is no need to add butter because the toppings are moist and tasty)

Banana-wheat muffins:

- 1 C whole wheat flour
- 1/2 C white flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- or 1/4 C Egg Beaters
- 1/2 C water
- 1/2 C sugar
- 2 Tbsp oil
- 1 mashed banana

Mix the first four ingredients together. Mix the rest in a separate bowl. Add the wet mixture to the dry and stir well, until moist. Fill paper-lined muffin cups 3/4 full and bake at 375 for 20 minutes.

Cafe Au Lait:

Heat 1/8 cup skim milk per cup of coffee in microwave or sauce pan. Pour milk into a small jar and shake. Pour milk and milk foam into cup of coffee and garnish with nutmeg and cinnamon.

contributed by Heidi Reeder