***The Northern California Indian***

 ***Development Council, Inc.***

[**Everyday Lighter Macaroni and Cheese with Ham & Peas**](http://www.upyourflavor.com/recipe/everyday-lighter-macaroni-and-cheese-with-ham-and-peas/)

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***Easy Holiday Recipes***

**Ingredients:**

Salt

2 cups elbow macaroni

1 (12-ounce) can 2% reduced-fat evaporated milk

2/3 cup low-fat or non-fat milk

1/4 teaspoon dry mustard

1/8 teaspoon garlic powder or celery salt (optional)

Pinch cayenne pepper

2 teaspoons cornstarch

8 ounces light cheddar cheese, grated (about 2 cups)

2 ounces baked ham, cut into small pieces

3/4 cup frozen peas

**Directions:**

1. Bring 2 1/2 quarts water to a boil in a large saucepan.

2. Stir in 2 teaspoons salt and the macaroni; cook until the pasta is completely cooked and tender, about 5 minutes. Drain the pasta and leave it in the colander; set aside.

3. Add the evaporated milk, 1/2 cup of the low-fat or non-fat milk, mustard, garlic powder (if using), cayenne, and 1/2 teaspoon salt to the now-empty saucepan. Bring the mixture to a boil, then reduce to a simmer. Whisk the cornstarch and remaining 1/4 cup milk together, then whisk it into the simmering mixture. Continue to simmer, whisking constantly, until the sauce has thickened and is smooth, about 2 minutes.

4. Off the heat, gradually whisk in the cheddar until melted and smooth.

5. Stir in the ham, peas, and macaroni, and let the macaroni and cheese sit off the heat until the sauce has thickened slightly, 2 to 5 minutes, before serving.

**How to Make a Cake Mix Low-Fat**

**Directions:**

* Use egg whites instead of whole eggs. If a cake mix recipe calls for three eggs, use four egg whites instead. This will eliminate the yolk, which is where a lot of the fat content of an egg is contained.
* Substitute applesauce for [cooking](http://www.ehow.com/recipes/) oil. It seems strange, but for baked goods it works. Use the same amount of applesauce that you would of oil. It can also make the cake fluffier, but it may result in the cake going bad quicker.
* Try out nonfat plain yogurt instead of oil. If the applesauce solution does not seem right for you, try using yogurt to reduce some of the fat.
* Add 2 percent or skim milk to your cake mix instead of using whole milk.
* Sweeten your mix with sugar substitutes instead of sugar. Many cake mixes will already have the sugar in it, but if you need to add sugar, try using a sugar substitute that works for [baking](http://www.ehow.com/recipes/) like Splenda. Not all sugar substitutes will work well with baking or they may work in lesser amounts, so be sure to check before you use a sugar substitute.
* Spray your cake pan with nonfat cooking spray instead of using butter or oil. It may not seem like much but it will help cut down on a little extra fat.

**Tips & Warnings**

Using substitute ingredients can lower fat content in your cake mixes, but it can also cause your cake's texture to turn out differently. To keep your cakes light and moist with alternate ingredients, use a spoon to put flour into your measuring cup instead of packing it in, do not over-mix wet and dry ingredients, and check your cake a few minutes before it is supposed to be done while baking to be sure it does not over cook.

**Fruit Cocktail Salad**

**Ingredients:**

2 (15.25 ounce) cans fruit cocktail in juice

1 (20 ounce) can unsweetened pineapple tidbits, drained

1 (11 ounce) can mandarin oranges, drained

1 Tablespoon lemon juice

1 (1 ounce) package instant sugar-free vanilla pudding mix

2 medium firm bananas. sliced

**Directions:**

In a bowl, combine the fruit and lemon juice. Sprinkle with pudding mix. Stir gently for 1 minute or until mixture is thickened. Fold in bananas. Refrigerate until serving.

**Fruit Cocktail Cake**

**Ingredients:**

2 1/4 cups all-purpose flour

2 teaspoons baking soda

1 teaspoon salt

1 teaspoon ground cinnamon

1/4 cup margarine, softened

1 cup brown sugar

2 eggs

1 (15.25 ounce) can fruit cocktail, including syrup

3/4 cup semisweet chocolate chips

3/4 cup chopped walnuts

**Directions:**

Preheat oven to 350. Grease and flour a 9x13 inch pan.

Sift together the flour, baking soda, cinnamon and salt.

In a large bowl, cream together the margarine and brown sugar until light and fluffy. Beat in the eggs one at a time.

Beat in the flour mixture, then stir in the fruit cocktail and syrup, mixing just until combined. Stir in the walnuts and chocolate chips. Pour batter into prepared pan. Bake in the preheated oven for 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

**Salmon Macaroni Salad**

**Ingredients:**

1 (16 ounce) package elbow macaroni

2 ripe tomatoes, diced or 1 can of tomatoes, drained

4 green onions, chopped

2 dill pickles, diced

1 (14.75 ounce) can salmon, drained

1/2 cup mayonnaise

Salt and pepper to taste

**Directions:**

1. Bring a large pot of lightly salted water to a boil.

2. Add pasta and cook for 8 to 10 minutes; drain.

3. Bring pasta to room temperature by running under cool water, combine it with tomatoes, green onions, pickles, salmon, mayonnaise, salt and pepper in a large bowl and mix well.

4. Chill before serving.

**Low Fat Mexican Macaroni and Cheese**

**Ingredients:**

8 ounces elbow macaroni (uncooked)

5 ounces low fat cheese of your choice

1 teaspoon taco seasoning

1/2 cup salsa

**Directions:**

1. Boil water for the macaroni. Cook the noodles in the water until done, about 7-9 minutes.

2. While noodles are cooking, cube the cheese

3. When noodles are done, drain and return to pan.

4. Add cubed cheese and taco seasoning. Stir well until cheese is fully melted.

5. When melted, add salsa and serve.

**Low Fat Macaroni And Cheese**

**Ingredients:**

1 to 1 1/2 cups uncooked elbow macaroni

1/4 cup olive oil

1 small onion, finely chopped (approx 1/4 cup)

1/4 teaspoon freshly ground pepper

1/4 cup all-purpose flour

1 3/4 cups skim milk

1/2 teaspoon onion powder

8 ounce low fat cheese, cut into 1/2 inch cubes (choose 3

 different kinds for good flavor)

1 cup bread crumbs, seasoned to taste

**Directions:**

1. Set oven to 375°F. Prepare macaroni as per package

instructions.

2. Cook and stir olive oil, onion, salt, pepper and onion powder. Cook until onion is soft, but not brown.

3. Add flour and mix to paste. Remove from heat and stir in some of the milk; return to heat and stir until smooth. Repeat this until all the milk is added and the sauce is smooth and bubbles begin to form.

4. Remove from heat and stir in the cheese. Stir until all the cheese is melted. Stir macaroni into sauce and turn out into a sprayed 1 1/2 quart casserole.

5. Add bread crumb topping and dot with small nuggets of low fat margarine.

6. Bake for 30 minutes or until crisp and golden brown on top.

**Funny Fruit Face**

**Ingredients:**

1 (15 ounce) can fruit cocktail in juice, drained, reserved juice

1 (6 ounce) package orange or any flavor JELL-O gelatin dessert

**Directions:**

1. Add enough water to the drained juice to equal 1 1/4 cups, and bring to a boil in a small saucepan.

2. Remove from heat, and immediately stir in JELL-O gelatin until completely dissolved, about 3 minutes. Set aside. Line 4 six-inch paper plates with plastic wrap.

3. Pour 1/4 cup of the prepared gelatin onto each plate and put in the freezer in a level place for 5 minutes (no longer) until firm.

4. Arrange fruit pieces on each plate in the form of a face. Spoon the remaining gelatin over the fruit and place in a refrigerator in a level place until firm, at least 2 hours.

5. Cover with plastic wrap and refrigerate for up to 2 days.

**Holiday Fruit Relish**

**Ingredients:**

1 large naval oranges, peeled and cut into chunks , 1 large apple diced,  2 cups fresh cranberries , 1 (8 ounce) can unsweetened crush pineapple, drained 1/2 cup white sugar , Spinach leaves (garnish)

**Directions:**

1. Cut oranges in 4 pieces and remove seeds. Place the oranges in the bowl of a food processor and pulse until chopped (2 or 3 pulses).

2. Remove and place the chopped oranges into a large bowl. Chop the apples in the food processor for 2 or 3 pulses and place in the bowl.

3. Chop the cranberries in the food processor for 2 or 3 pulses and place in the bowl with the pineapples, oranges, and apples. Stir the sugar into the chopped fruit and mix well. Cover and refrigerate until set, at least 2 hours.  Spoon 1/4 cup over spinach leaves on each plate.

**Apple Crisp**

**Ingredients:**

10 cups any style apples, peeled, cored and sliced

1 cup white sugar

1 Tablespoon all-purpose flour

1 teaspoon ground cinnamon

1/2 cup water

1 cup quick-cooking oats

1 cup all-purpose flour

1 cup packed brown sugar

1/4 teaspoon baking powder

1/4 teaspoon baking soda

1/2 cup butter, melted

**Directions:**

1. Preheat oven to 350 degrees F (175 degree C).

2. Place the sliced apples in a 9x13 inch pan. Mix the white sugar, 1 Tablespoon flour and ground cinnamon together, and sprinkle over apples. Pour water evenly over all.

3. Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter together. Crumble evenly over the apple mixture.

4. Bake at 350 degrees F (175 degrees C) for about 45 minutes.

**Macaroni Soup with Ham**

**Ingredients:**

2 cups elbow macaroni

1 can or 2 cups chicken stock

4 cups water

2 cups green peas, fresh or fren

1 1/2 cup corn kernels, fresh or frozen

2 cups ham

salt, to taste

pepper, to taste

boiling water, to soak the vegetables

sesame oil, to taste, optional

**Directions:**

1. Cook the macaroni according to the package instructions. Drain well. Set aside.

2. Soak green peas and corn kernels in boiling water for 3 minutes. Drain well.

3. Use a deep large pot, add chicken stock and water. Bring it to a boil. Add macaroni, ham, green peas and corn kernels. Continue to cook.

4. When it boils again. Season with salt and pepper. Drizzle a bit of sesame oil on top. Serve in individual bowls immediately.

**Mini Ham and Cheese Rolls**

**Ingredients:**

24 dinner rolls

1/2 lb ham

Swiss or any type of cheese

preferred toppings

**Directions:**

1. Preheat oven to 325 degrees F.

2. Split each roll. Make a sandwich of the ham and cheese on the rolls. Arrange on baking sheet.

3. Bake for 20 minutes, or until cheese has melted.

**Makeover Cheesy Ham 'N' Potato Soup**

**Ingredients:**

2-1/4 cups cubed potatoes

1-1/2 cups water

1-1/2 cups cubed fully cooked lean ham

1 large onion, chopped

2 teaspoons canola oil

1/4 cup nonfat dry milk powder

3 Tablespoons all-purpose flour

1/4 teaspoon pepper

3 cups fat-free milk

1-1/2 cups (6 ounces) finely shredded reduced-fat

cheddar cheese

1 cup frozen broccoli florets, thawed and chopped

**Directions:**

1. In a saucepan, bring potatoes and water to a boil. Cover and cook for 10-15 minutes or until tender. Drain, reserving 1 cup cooking liquid.

2. In a blender or food processor, process reserved liquid and 1/4 cup cooked potatoes until smooth; set aside. Set remaining potatoes aside.

3. In a large saucepan, sauté ham and onion in oil until onion is tender.

4. In a bowl, combine milk powder, flour, pepper, milk and processed potato mixture until smooth. Stir into ham and onion. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat to low.

5. Add the cheese, broccoli and reserved potatoes; cook and stir over low heat until cheese is melted and heated through.

Serve immediately.

**Applesauce Cake**

**Ingredients:**

1 pkg. 2 layer yellow cake mix

3 egg whites

1/3 cup applesauce

1 Tablespoon. flour

1-1/4 cups water

**Preparation:**

1. Preheat oven to 350 degrees F. Spray desired pan(s) with nonstick flour based cooking spray. Prepare cake according

to package directions except, add 1 Tablespoon of flour to the dry mix and blend well. Substitute an equal amount of applesauce for the vegetable oil and substitute an equal number of egg whites for whole eggs.

2. Pour into prepared pans and bake according to package directions. Cook in pan(s) on rack. Remove when completely cool. Frost cake if desired. 16 Servings

**Oatmeal Apple Cookies**

**Ingredients:**

1/2 cup Sugar

1/2 cup Applesauce (sweetened)

3 whole eggs or 1/2 cup eggbeaters

1 teaspoon Baking Powder

1 teaspoon Cinnamon

1/2 teaspoon Salt

1/2 teaspoon Nutmeg

2 cups Oats

1 cup chopped Apples

**Directions:**

1. Cream sugar and applesauce together, beat in eggs, combine 1/2 of oats (1 cup), baking powder, cinnamon, nutmeg, & salt, stir dry ingredients into sugar mixture until well blended, fold in remaining oats (1 cup) & cubed apples drop dough on parchment paper lined cookie sheets.

2. Bake at 350° for 12-15 minutes.

**Acorn Squash with Apple**

**Ingredients:**

1 acorn squash or other small squash

2 apples, cored and sliced

1 Tablespoon butter

2 Tablespoons brown sugar

1 Tablespoon finely chopped walnuts

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

**Directions:**

1. To easily peel the acorn squash without losing a lot of vegetable, gently drop the squash in a large pot of boiling water, and boil for 15 minutes. Pour off the boiling water and fill with cold water and let sit 5 minutes to cool.

2. When cool enough to handle, use a knife to slice off the peel on the ridges and use a teaspoon to dig out the peel in the valleys. Slice the squash in half and remove the seeds and stem. Then slice the halves into sections and finally cut into 1 inch chunks.

3. Place the squash chunks into a large microwave safe bowl along with the apples. Dot with pieces of butter. Sprinkle the brown sugar, walnuts, salt and cinnamon over the top. Cover with plastic wrap, and poke a few holes in it for ventilation. 4. Cook in the microwave for 7 1/2 minutes on full power. Remove, uncover, and stir. Return to the microwave, and cook for another 7 1/2 minutes on full power, until tender.

5. Serve hot.

**Lowest Fat Mashed Potatoes**

**Ingredients:**

6 potatoes

2 Tablespoons non-fat sour cream

1/2 cup butter buds (all ready mixed) or powdered butter substitute

1/2 cup skim milk

Salt and pepper

**Directions:**

1. Cook potatoes in boiling water in large saucepan or pot.

2. When potatoes are fully cooked or tender, drain water and add non-fat sour cream, milk and butter and mix with hand held mixer.

3. Add salt and pepper to taste.

**Super Creamy Mashed Potatoes**

**Ingredients:**

2 lb. baking potatoes (about 4), peeled, quartered

1 pkg.  (8 ounce) fat free cream cheese, cubed

1/2 teaspoon onion powder

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 cup fat-free milk

Paprika

**Directions:**

1. Cook potatoes in boiling water in large saucepan 20 to 25 min or until tender. Drain potatoes and return to saucepan.

2. Add cream cheese, onion powder, salt and pepper. Mash potatoes until smooth, gradually adding milk.

3. Sprinkle with paprika.

**Different Mashed Potatoes**

**Ingredients:**

2 lb. baking potatoes (about 4), peeled, quartered

1/4 - 1/2 cup low fat cottage cheese

1/2 cup fat-free milk

Herb/seasoning to taste (such as parsley, chives, dill)

**Directions:**

1. Cook potatoes in boiling water in large saucepan until potatoes are tender.

2. Replace butter and milk in standard mashed potatoes recipe with cottage cheese. Mash potatoes, cottage cheese and herb/seasoning together until well mixed and mashed.

3. Choose herb/seasoning to complement main dish.

**Garlic Mashed Potatoes**

**Ingredients:**

2 pounds potatoes, peeled and cut into pieces

6 garlic cloves, peeled

1/3 cup fat-free milk, warmed

1/3 cup fat -free sour cream

1/2 teaspoon black pepper

Chives, freshly chopped

**Preparation:**

1. Boil potatoes and garlic cloves in a large saucepan for

20 minutes until potatoes are tender. Drain and return

to pan.

2. Add heated milk plus sour cream to potatoes and garlic, and mash with a potato masher until smooth.

3. Use a little more milk if you prefer thinner mashed potatoes. Add black pepper to taste. Garnish with some chopped chives.

**Ham And Yam Dinner Recipe**

**Ingredients:**

1 slice fully quart-cooked ham, 1 to 2 inches thick

1 can sliced yams, drained

1 can crushed pineapple

1/2 cup orange marmalade

**Directions:**

1. Score edges of ham slice to prevent curling.

2. Place ham in glass baking dish.

3. Arrange yams over ham.

4. Spoon on crushed pineapple and marmalade.

5. Cover dish loosely with plastic wrap.

6. Cook on high for 12 to 15 minutes until heated through.

7. Let stand 5 minutes before serving.

**Green Bean Casserole and Ham**

**Ingredients:**

2 cups ham - diced

4 potatoes, boiled, drained, cubed or grated

2 cups green beans (fresh or frozen)

cream of mushroom soup (low fat choice preferred)

salt, pepper, seasonings to taste

shredded cheese--optional

**Directions:**

1. Combine ham, cooked potatoes and beans into glass casserole dish. Can layer or mix together.

2. Mix soup with small amount of water (or milk if desired)

whisk until smooth. Pour over items in casserole dish.

3. Add seasonings and stir. Bake for 30 min. at 350F.

4. Add shredded cheese to top if desired.

**Delicious Ham and Potato Soup**

**Ingredients:**

3 1/2 cups peeled and diced potatoes

1/3 cup diced celery

1/3 cup finely chopped onion

3/4 cup diced cooked ham

3 1/4 cups water

2 Tablespoons chicken or other flavor bouillon

1/2 teaspoon salt, or to taste

1 teaspoon ground white or black pepper, or to taste

5 Tablespoons butter

5 Tablespoons all-purpose flour

2 cups milk

**Directions:**

1. Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, cook over medium heat until potatoes are tender, about 10 to 15 minutes.

2. Stir in the chicken bouillon, salt and pepper.

3. In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes.

4. Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately.

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| **Lemon Pepper Mashed Potatoes****Ingredients:**2 potatoes1 pinch lemon pepper1/4 cup milk2 Tablespoons butter**Directions:**1. Boil potatoes for 20 minutes or until potatoes are tender.2. Drain and return to pan. Add heated milk, butter, and pinch of lemon pepper.3. Mash potatoes together with milk, butter, and lemon pepper**Slow Cooker Ham and Scalloped Potatoes****Ingredients:**1 1/2 lbs 98% fat-free ham, cut into 8 pieces8-10 medium sized potatoes, thinly sliced2 onions, peeled and thinly sliced1/2 teaspoon salt1/4 teaspoon black pepper, or more according to taste1 cup fat-free shredded cheddar cheese10 3/4 ounce can 98% fat-free cream of celery souppaprika**Directions:**1. Layer half of ham, potatoes, and onions in slow cooker.2. Sprinkle with half the salt and pepper, and then half the shredded cheese.3. Repeat layers.4. Spoon undiluted soup over ingredients.5. Cook on low 8-10 hour or high 4 hours. |

**Scalloped Potatoes with Ham**

**Ingredients:**

2 Tablespoons butter

2 Tablespoons flour

1 1/2 cups milk

Salt and pepper

1 Tablespoon butter

2 medium onions, thinly sliced

4 large russet [potatoes](http://www.foodterms.com/encyclopedia/potato/index.html), peeled and thinly sliced

12 ounces 1/4 inch sliced baked [ham](http://www.foodterms.com/encyclopedia/ham/index.html)

2 cups grated [cheddar](http://www.foodterms.com/encyclopedia/cheddar/index.html) cheese

**Directions:**

1. Preheat oven to 350 degrees.

2. Butter baking dish.

3.In a saucepan, [melt](http://www.foodterms.com/encyclopedia/melt/index.html) 2 Tablespoons butter over medium high heat. Stir in flour and cook for 1 minute. Remove [saucepan](http://www.foodterms.com/encyclopedia/saucepan/index.html) from heat and [whisk](http://www.foodterms.com/encyclopedia/whisk/index.html) in milk. Return pan to heat and bring to a [simmer](http://www.foodterms.com/encyclopedia/simmer/index.html) while stirring. When sauce has thickened remove from heat, season with salt and pepper and set aside.

4. In a skillet, cook onions in melted butter until golden brown. Season with salt and pepper. Spread 1/3 of the white sauce in bottom of [baking dish](http://www.foodterms.com/encyclopedia/cookware-and-bakeware-materials/index.html) and top with half of the potatoes.

5. Spread out half of the onions, ham, cheese And another third of the sauce. Season with salt and pepper. Continue layering ingredients, ending with the remaining [cheese](http://www.foodterms.com/encyclopedia/cheese/index.html) on top.

6. Bake for 45 minutes or until golden and bubbly

**Ham and Pineapple Kabobs**

**Ingredients:**

3 Tablespoons brown sugar

2 Tablespoons distilled white vinegar

1 Tablespoon vegetable oil

1 teaspoon prepared mustard

3/4 pound cooked ham, cut into 1 inch cubes

1 (15 ounce) can pineapple chunks, drained

skewers

**Directions:**

1. Preheat grill for high heat.

2. In a medium bowl, mix together brown sugar, vinegar, vegetable oil, and mustard.

3. Thread ham and pineapple chunks alternately onto skewers.

4. Lightly oil grill grate.

5. Place skewers on the prepared grill, and brush liberally with the brown sugar mixture.

6. Cook for 6 to 8 minutes, turning frequently and basting often. Serve when heated through and richly glazed.