

The Advancing Central's Health Together (ACT) Project



Peach Apple Crisp

Ingredients:

20 oz. canned sliced peaches, light syrup pack, drained, or 3 fresh peaches, sliced

2 medium tart apples, peeled and sliced

1/2 tsp. vanilla

1/2 tsp. ground cinnamon

3/4 cup + 1 TBSP flour

1/4 cup brown sugar, packed

Reduce Stress

Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend

30 minutes a day doing something you like (i.e. soak in a hot tub; walk in a park; read a good book; visit a friend; play with your dog; listen to soothing music; watch a funny movie). Get a massage, a facial or a haircut. Meditate. Count to ten before losing your temper or getting aggravated. Avoid difficult people when possible.

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Directions:

Pre-heat oven to 350 degrees F. Lightly grease a 9x9x2" casserole dish. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in a greased casserole dish. Combine flour and sugar in a small bowl. Work in margarine using two knives until the mixture resembles coarse meal. Sprinkle flour mixture evenly over fruit. Bake until lightly browned and bubbly, about 20 minutes.

Calories: 228

Fat: 7g

Sodium: 75 mg

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Oven-Fried Fish

Ingredients:

2 lb. fish filets	1/4 tsp. onion powder
1 TBSP lemon juice, fresh	1/2 cup cornflakes, crumbled, or regular bread crumbs
1/4 cup skim milk or 1% buttermilk	crumbs
1 TBSP vegetable oil (for greasing baking dish)	fresh lemon, cut in wedges
2 drops of hot pepper sauce	1/4 tsp. white pepper, ground
1 tsp. garlic, fresh, chopped	1/4 tsp. salt
1/4 tsp. white pepper, ground	

Cut Fat

Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). Dairy products such as cheese, cottage cheese, milk and cream should be eaten in low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in limited amounts. Most are available in lower fat versions such as substitute butter, fat free cheeses and mayonnaise.

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Directions:

Wash potatoes, cut in half and place them in cold water in a saucepan. Cook covered over medium heat for 25-30 minutes, or until tender. Drain and dice potatoes when cool enough to handle. Add vegetables and egg to potatoes and toss. Blend together mayonnaise, mustard, salt, pepper, and dill weed. Pour dressing over potato mixture and stir gently to coat evenly. Chill for at least 1 hour before serving.

Serving size: 1/2 cup

*Serve with Central Cornbread!

Calories: 98 Fat: 2g

Saturated Fat: <1g

Cholesterol: 21mg

Sodium: 212mg