



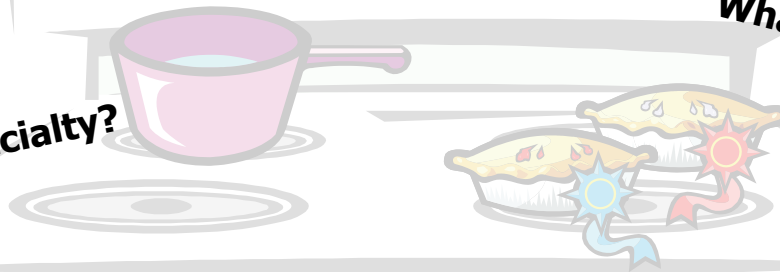
CHHR HEALTHY HARLEM RECIPE CONTEST

Calling All Home Chefs!



Let's help our Friends and Family be Healthy
Revise your recipe with **Health** in mind

What's your specialty?



What do you like to cook?

What do your friends ask you to bring to celebrations?

What do you make when your church's men cook?

Recipe categories:

- Main Dish
- Vegetable Side Dish
- Starchy Side Dish
- Dessert

Criteria to Enter: your recipe must make at least 3 healthy changes to the original recipe (see ideas on back); the ingredients must be affordable and available in the Harlem community.

Recipes must be submitted by September 3. Finalists will present their recipes at the CHHR Obesity Conference on September 18. **Prizes for the top 3 entries.** All entries that meet the criteria will be printed in the CHHR Cookbook. *Everybody wins when it comes to being healthy.*
Check out our website: www.centralharlemhealthrevival.org

Your entry must include the following:

- Your name, address, zip code, daytime phone number, email address
- Revised recipe name, ingredients and instructions
- An explanation of what you changed from the original recipe



Some Healthier Options for Common Ingredients

When a Recipe Calls For:	Instead Use:
Whole eggs	<ul style="list-style-type: none"> • Egg substitute • 2 egg whites for 1 egg
Whole milk	<ul style="list-style-type: none"> • 1% or skim milk
Whole fat (regular) cheese	<ul style="list-style-type: none"> • Part skim, low-fat or non-fat cheese • Or use half the cheese
Cream	<ul style="list-style-type: none"> • Evaporated fat-free milk or Fat-free half and half
Creamed soups	<ul style="list-style-type: none"> • ½ can soup and ½ can fat-free milk • Low-fat varieties of creamed soups
Sour cream	<ul style="list-style-type: none"> • Fat-free plain yogurt in heated or cooked food • Fat-free sour cream for baked potatoes or plain fat-free yogurt
Mayonnaise	<ul style="list-style-type: none"> • Use half the amount • Fat-free yogurt or ½ light mayonnaise and ½ fat-free yogurt • Low-fat mayonnaise or fat-free mayonnaise
Oil, butter, or lard	<ul style="list-style-type: none"> • In baking, use half the oil/butter called for, or use applesauce or other pureed fruit (e.g. prunes), mashed banana, or low-fat or fat-free yogurt for oil • When steaming vegetables, use water or broth • Microwave vegetables without adding oil
Thicken with flour & butter	<ul style="list-style-type: none"> • Cornstarch and fat-free dry milk
Salt	<ul style="list-style-type: none"> • No salt, or ½ or less amount • Use other spices, herbs, onions, garlic or chives
Regular canned vegetables and beans	<ul style="list-style-type: none"> • Low- or reduced-sodium canned vegetables and beans • Rinse the canned vegetables for one minute
Canned broth or bouillon cube	<ul style="list-style-type: none"> • Fresh chicken or vegetable stock • Low-sodium bouillon cubes or low-sodium canned stock or broth
Sugar	<ul style="list-style-type: none"> • Use ½ the amount or less • Fruit juice concentrate • Pureed fruits or dried fruit as sweetener
White bread, flour, or rice	<ul style="list-style-type: none"> • Whole wheat bread, flour, or brown rice
Another idea ...	<ul style="list-style-type: none"> • Add some vegetables to the dish

Email or mail your entry to:
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