



HEALTHY POTLUCKS

This toolkit is designed to help you and your co-workers hold potluck breakfasts, lunches and snacks that are healthy and delicious. It includes the following items:

- Steps to Get Started
- Organizing a Healthy Potluck
- Healthy Potluck Sign Up Sheet
- Healthy Potluck Recipes

STEPS TO A HEALTHY POTLUCK

- Identify co-workers who are interested. Try for a minimum of one person for each course that you would like to serve, including beverage.
- Identify days/times that are convenient and set a date and time.
- Identify a room or other space.
- Decide who will bring what dish. Be sure to include drinks, paper goods and utensils.
- Send out a reminder note or email two or three days before the event that includes time and location and a reminder of what individuals signed up to bring. Ask everyone to bring in copies of their recipe to share with the group!
- Develop a recipe file so you can easily make your group's favorite dishes!
- Share your success! Send recipes you like to Step Ahead. Take pictures and send one to Step Ahead.



ORGANIZING A HEALTHY POTLUCK:

Here are some guidelines to get your group going!

Trouble finding the time? It can be hard to find a time that works for everyone in your group to sit down and eat together. Don't let this stop you. It is fine to let people come and go at their own convenience. ***Still feeling the time crunch?*** You can make the potluck part of a team meeting.

Be creative. A healthy potluck doesn't have to be a lunch or dinner, or even a full meal. It can be a breakfast or snack too. Do whatever works best for your group.

Keep it organized. If you don't want to risk the chance that everyone will bring the same type of dish, ask people to sign up for a specific course. Ask people to change if you still get too many of one thing.

Don't overdo it! It's easy to end up with way too much food when everyone is contributing a dish. A good rule of thumb is to bring enough for two-thirds of those attending. Remember to keep portion sizes moderate, so that you don't overeat. Don't forget about beverages, paper goods and utensils.

Healthy can be simple. It is best to serve dishes that can be easily transported from home to work and that can be served cold or heated in the microwave. If your area does not have a microwave, check for microwaves near the cafeteria that are available to use. There are plenty of easy-to-make dishes that are good for you. Take a look at some of the recipes included in this toolkit for ideas.

Be prepared. It is easy to forget to bring serving utensils and paper goods. Either make this an assignment or always keep a supply at work. Ask participants about special dietary restrictions, food allergies or sensitivities early in the process and plan accordingly.



Asian Coleslaw

Tasty and easy to prepare with pre shredded green and purple cabbage and carrots found in the grocery store.

Ingredients:

1 bag Shredded green cabbage
1 bag Shredded purple cabbage
½ bag Shredded carrots (or 3 large carrots shredded)

Dressing:

2/3 cup Unseasoned rice vinegar

¼ cup Light brown sugar

1 ½ tbsp Dark-roasted sesame oil

Garnish: Minced scallions (green onion). Toasted sesame seeds (optional)

Makes 8 servings

- Combine green & purple cabbage shredded carrots, together in a large bowl.
- In another bowl Mix dressing ingredients together .
- Add dressing to cabbage/carrot mixture. Mix well.
- Garnish with scallions and toasted sesame seeds.
- Chill before serving.

Recipe adapted from Andrew Weil, MD's website www.eatingwell.net

Nutrition Information:

Calories: 97

Total Fat: 2.84g

Saturated Fat: 0.41g

Cholesterol: 0.00mg

Carbohydrates: 18.20g

Dietary Fiber: 4.27g

Protein: 2.55g



Banana Blueberry Bread

Very tasty; you wouldn't know it is so nutritious.

3	Very ripe bananas
Juice of one	Lemon (or 1/4 cup reconstituted)
1/3 cup	Canola oil
1/2 cup	Brown sugar
1/2 cup	Wheat germ
1/2 tsp.	Baking soda
1/2 tsp.	Baking powder
1/2 tsp.	Salt
1 1/2 cup	Whole wheat flour
1 cup	Blueberries (Fresh or Frozen)

Makes 12 slices or muffins

- Mash bananas and add lemon juice. Mix oil and sugar. Add to banana. Mix dry ingredients. Add to banana mixture. Stir in blueberries (if using frozen, do not thaw first).
- Bake in greased loaf pan at 350 degrees for 50 to 60 minutes. Or muffin pan for 35 -40 minutes. Recipe may be doubled.

Recipe adapted from The New Laurel's Kitchen

Nutrition information:

Calories: 183	Total Fat: 6.98g
Saturated Fat: 0.60g	Cholesterol: 0.00mg
Carbohydrate: 29.15g	Dietary Fiber: 3.71g
Total Protein: 3.65g	



Barbara's Asparagus with Curry Dipping Sauce

A favorite at any pot luck or gathering.

1 lb. Fresh green asparagus
1/2 cup Reduced fat mayonnaise
1 tsp. Curry powder

Makes 6 Servings

- Wash asparagus and break off tough stalk ends.
- Put asparagus in a large pot with a cover enough water to cover. Boil for 3 – 5 minutes until barely tender (longer with thick asparagus). Remove immediately from boiling water and put into ice water to cool quickly. This keeps that gorgeous color!
- Combine mayonnaise and curry powder. This tastes even better if it sits for a little while before serving so the flavors can combine.
- Serve at room temperature or chilled.

Nutritional Information:

Calories: 57	Total Fat: 4.30g
Saturated Fat: 0.75g	Total Carbohydrate: 4.33g
Dietary Fiber: 0.71g	Protein: 1.21g



Cinnamon Grape Salad

A nice as a refreshing dessert as well.

½ cup	Low-fat, vanilla yogurt
¼ tsp.	Ground cinnamon
2 cups	Seedless green grapes
2 cups	Seedless red grapes

Makes 6 servings

- Combine yogurt and cinnamon in a large bowl. Mix well.
- Add grapes, toss well, cover, chill before serving.

Nutrition Information:

Calories 54	Total Fat: 0.34g
Saturated Fat 0.19g	Carbohydrates: 12.55g
Dietary Fiber: 0.53g	Protein: 1.39g

Recipe adapted from Cooking Light Magazine



Gazpacho Soup

Make the soup for dinner and have it for lunch the next day. As it sits over night, the flavors blend and change.

1 large	Onion roughly chopped
1(28oz.) can	Diced tomatoes, undrained
2 cups	Chopped cucumbers, peeled & seeded
1 medium	Red pepper, seeded and roughly chopped (about 1.5 cups)
½ cup	Fresh cilantro Roughly chopped fresh cilantro
¼ cup	Olive oil
1 1/2 cups	Canned tomato puree
1 cup	Tomato juice (low sodium if possible)
1 tbsp.	Lemon juice
1/8 cup	Balsamic vinegar

Makes 10 servings

- Place half the onion, tomatoes, cucumbers, pepper, and cilantro in the bowl of a food processor fitted with a metal blade; pulse to chop coarsely.
- Remove the chopped vegetables and set aside.
- Repeat with the second half of these vegetables.
- Combine the vegetables with the olive oil, tomato puree, tomato juice, lemon juice, and salt and pepper in a large container.
- Blend in the balsamic vinegar.
- Refrigerate for at least four hours, but preferably overnight.

Nutrition information:

Calories 95	Total Fat: 11.06g
Saturated Fat: 0.77g	Cholesterol: 0.00mg
Carbohydrates: 11.06g	Dietary Fiber: 2.36g
Protein: 1.92g	



Lime-Spiked Black Bean Dip

1 (15-oz) can	Black beans, rinsed and drained
½ cup	Grated carrot
1/3 rd cup	Lime juice
2 Tbsp.	Finely chopped green onions
2 Tbsp.	Chopped fresh cilantro
½ - 1 tsp.	Minced garlic
salt and pepper to taste	

Makes 10 servings

Place beans and carrots in a food processor and pulse until almost smooth. Combine the bean/carrot mixture and remaining ingredients in a medium bowl stirring until well blended. Let stand 30 minutes. Serve with baked tortilla chips, carrot & celery sticks, and sliced red and yellow peppers.

Nutrition Information:

Calories: 65	Total Fat: 0.28g
Saturated Fat: 0.07g	Carbohydrate: 12.44g
Dietary Fiber: 2.96d	Total Protein: 3.83g
Potassium: 188mg	



Oven-Baked "Fried" Chicken

Cooking spray	
2/3 cup	Instant oats
1 tsp.	Garlic powder
1 tsp.	Onion powder
1 tsp.	Mustard powder
1 tsp.	Paprika
1 tsp.	Dried thyme
1/2 tsp.	Salt
1/2 tsp.	Ground black pepper
1 lb.	Boneless, skinless chicken breast
2 tbsp.	Dijon mustard

Makes 4 servings

- Preheat oven to 400 degrees
- Coat a large baking sheet with cooking spray.
- In a plastic bag or shallow dish, combine oats, garlic powder, onion powder, mustard powder, paprika, oregano, thyme, salt and pepper. Mix well.
- Brush chicken breast with Dijon mustard. Add chicken to coat mixture with tongs and turn to coat both sides. Transfer chicken to baking sheet and spray chicken with cooking spray.
- Bake 30 minutes, until golden brown and cooked through.



Jen's Apple Crisp

5	Large Apples, peeled & sliced (sprinkled with orange or lemon juice to keep apples from browning)
½ cup	Flour
½ cup	Regular or quick oats
2/3 cup	Brown sugar
½ tsp.	Cinnamon
¼ tsp.	Nutmeg
1/3 cup	Margarine without hydrogenated oils (Smart Balance or Promise Buttery Spread)

- Heat oven to 350 degrees
- Spray large baking dish. Put sliced apples in baking dish
- Add remaining ingredients in medium bowl. Mix together until crumbly (hands work well).
- Sprinkle (DO NOT PACK) topping over apples.
- Bake until apples are soft, about 25 minutes.
- Optional: Try adding ¼ cup walnuts or dried cranberries for added flavor, fiber and *zing*.

Nutrition information:

Calories: 206	Total Fat: 7.16g
Saturated Fat: 1.54g	Carbohydrate: 37.59g
Dietary Fiber: 2.84g	Protein: 2.19g