

## What's Up Doc? Camerota's Cupboard December 2011

Sweets are ubiquitous during the holidays. Instead of trying to resist them entirely, why not try some recipes with natural sweetness: carrots, raisins, applesauce, and pineapple that are healthy as well as delicious. One is even a dessert.

Happy holidays everyone! Wishing all of us happy, healthy lives in 2012!

### Curried Bulgur with Nuts, Carrots, and Raisins (adapted from Mark Bittman's *How to Cook Everything*)

This recipe is a great source of dietary fiber (primarily from the bulgur) & also a great source of vitamin A (from the carrots). The fat is predominately monounsaturated (from the olive oil & almonds) which is beneficial for promoting heart health.

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 tablespoon curry powder
- 1 tablespoon grated fresh ginger
- 1 cup medium or coarse bulgur
- 2 large carrots, peeled and grated or finely chopped
- 1 can low-fat, low-sodium chicken, beef or vegetable broth or an equivalent amount of water, heated to the boiling point
- ¼ cup blanched, slivered almonds
- ¼ cup raisins
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper

- Place the oil in a medium skillet or saucepan that can later be covered and turn the heat to medium. Add the onion and cook, stirring, until it is soft, about 5 minutes.

### Nutrition Facts

Serving Size (219g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 10g	<b>40%</b>
Sugars 10g	
<b>Protein</b> 7g	
Vitamin A 120%	• Vitamin C 8%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

- Add the curry powder and ginger and continue to cook for another minute. Add the bulgur and stir to coat with the oil. Add the carrots and stir once or twice.
- Add the liquid, almonds, and raisins. Cover, and cook over very low heat for 10 minutes. Turn off the heat and let sit for 15 minutes more. Season with salt and pepper and serve.

**Makes 4 servings.**

**Nutrition information per serving:** 286 calories, 7 grams protein, 43 grams carbohydrate, 10 grams dietary fiber (40% of Daily Recommended Value), 11 grams fat (7.6 grams of this fat is health promoting monounsaturated fat), 0 milligrams cholesterol, 312 milligrams sodium. One serving provides 120% of the Daily Recommended Value of vitamin A.

### **Carrot Pineapple Cake**

(from The Nutrition Council of Greater Cincinnati's *More Nutritious Still Delicious*)

Yum! A holiday dessert for all of us who ate our colorful vegetables and whole grains this year.

- 2 cups all purpose flour
- 1 cup whole wheat flour
- 1 cup packed brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 tablespoon baking soda
- ½ teaspoon salt
- 1 can (8 ounces) crushed pineapple in its own juice, drained, save juice
- 3 large eggs
- ¾ cup canola oil
- 2 teaspoons vanilla extract
- 2 cups raw grated carrots, loosely packed
- ½ cup finely chopped walnuts

- Preheat oven to 325 degrees. Spray bundt or tube pan with cooking spray; lightly flour.
- In a large mixing bowl, combine all purpose and whole wheat flours, brown sugar, cinnamon, ginger, baking soda and salt.
- Add ¼ cup reserved pineapple juice to dry mixture; stir to combine.
- Add eggs, oil and vanilla; beat for 3 minutes on low to medium speed of electric mixer.
- Gradually add drained pineapple, carrots, and nuts; mixing on low speed to combine.
- Pour batter into prepared pan. Bake in 325 degree oven for about 60 to 70 minutes.
- Cool 10 minutes before unmolding.
- Dust with confectioner's sugar before slicing.

**Makes 16 servings (1/16 of cake)**

**Nutrition information per serving:** 282 calories; 5 grams protein; 35 grams carbohydrate; 2 grams dietary fiber; 14 grams fat; 1 gram saturated fat; 40 mg cholesterol; 330 mg sodium

### **Oatmeal-Carrot Muffins**

(from AICR—The American Institute for Cancer Research)

This recipe for rich, moist muffins will help you satisfy your craving for a sweet treat while providing a nutritious foundation to start your day. The recipe calls for oats, which are a rich source of dietary fiber and provide the muffins' hearty texture. While usually eaten at breakfast, these muffins are wonderful any time of day. They are perfect for snacking and make a nice addition to the dinner table in lieu of traditional dinner rolls.

Canola oil spray

1 cup all-purpose flour

1 cup whole-wheat flour

1 teaspoon baking powder

2 teaspoon baking soda  
1/4 teaspoon salt  
1 teaspoon cinnamon  
1/2 cup white sugar  
1/2 cup brown sugar, packed  
1/4 cup canola oil  
1/2 cup applesauce  
2 eggs plus 1 egg white, lightly beaten  
1 teaspoon vanilla extract  
1/2 cup uncooked rolled oats  
1/4 cup unsweetened, dried coconut flakes  
1/2 cup raisins  
2 cups shredded carrots  
1 (8 oz.) can crushed pineapple, drained

- Preheat oven to 350 degrees and spray muffin tin lightly with canola oil.
- Mix all-purpose flour, whole-wheat flour, baking powder, baking soda, salt and cinnamon in a large bowl. Make a well in the center of the mixture and add white sugar, brown sugar, canola oil, applesauce, beaten eggs and vanilla. Mix until evenly moist.
- Fold in oats, coconut, raisins, carrots and pineapple. Fill each muffin cup about 2/3 full with muffin batter. Bake 25 minutes or until a knife inserted in the center of a muffin comes out clean.

**Makes 15 muffins.**

**Nutrition Information Per serving:** 190 calories, 6 g total fat (1.5 g saturated fat), 34 g carbohydrate, 4 g protein, 2 g dietary fiber, 270 mg sodium.