



Healthy Freezer Cooking

from 30 Day Gourmet

**A Guide
to Creating
Nutritious
Meals**

Family cook for three active teens and a diabetic husband, Carol shares great recipes and tips to keep you cooking and freezing healthy meals.

by
**Carol
Santee**

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For great information about freezer cooking and lots of free recipes, visit our website at:

www.30daygourmet.com

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From 30 Day Gourmet

Dear health conscious friends,

As a busy wife and mother of three teenagers, I already knew what a lifesaver freezer cooking was to my family and me. Our family was introduced to 30 Day Gourmet in 1999 by my sister-in-law. We jumped in gung-ho and cooked for 30 days the first time out! The more we did it, the more we loved it! We realized that it saved us time and money but I soon found out it helped me in many other ways. Now, I spend more time with my family and less in the kitchen. Planning meals in advance also helped me become more disciplined and able to take control of our food purchases.

In March of 2002, my journey into healthy cooking began when my husband was diagnosed with Type 2 Diabetes. The doctor told us that we might be able to control the disease by changing his diet. Talk about being presented with a challenge! A registered dietician placed him on a special diet that meant planning for 3 meals and 3 specific snacks per day. In addition, meal planning was more complicated. Each meal needed to include a specific number of servings from each food group.

There was a lot to learn – exchanges, portion sizes, carbohydrates, fat grams, and artificial sweeteners. We learned how to keep variety in our meals so that we would not be bored. We learned how to modify recipes to make them lower in fat and carbohydrates. We learned that these same basic principles could be applied to freezer cooking as well! I am not saying that it was an easy change. At times it was a big struggle for both of us. Remember, changes like these don't just affect the person with the disease. They affect the whole family.

My hope is that I can share with you some of the information that I have learned along my journey to healthy cooking. I am not a registered dietician or a medical professional. I am a wife and a mom trying to get her family to eat a healthy, well-balanced diet without feeling like we are sacrificing all the foods we love!

In this book, you will find 25 healthy recipes that have been specifically tested for freezer cooking. There is information on portion sizes and tips on reducing fat, sugar (carbohydrates), cholesterol, and salt in recipes. There are sample recipes that show you what happens to nutritional values when you make simple ingredient substitutions. There is information on menu planning and charts to help with menu and fruit and vegetable planning. Hopefully, this information will help you on your own journey to healthy cooking.

To your health,

Carol Santee

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Post messages about this book and other subjects on the Cooks' Corner, a free message board system for 30 Day Gourmets!

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NOTE: A computer program called MasterCook was used to calculate the nutritional information provided in this cookbook. MasterCook calculates the nutritional value of recipes by using information provided by United States Department of Agriculture (USDA) publications and information from food manufacturers. The nutritional information is meant to be an approximate value and not the exact nutritional content of the food you prepare.

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BEEF RECIPES

Beef with Broccoli and Onions

Recipes:	1	2	3	4	5	6
Servings:	6	12	18	24	30	36
Ingredients:						
Round or sirloin steak, trimmed	1-1/2 lbs.	3 lbs.	4-1/2 lbs.	6 lbs.	7-1/2 lbs.	9 lbs.
Water	1-1/4 C.	2-1/2 C.	3-3/4 C.	5 C.	6-1/4 C.	7-1/2 C.
Dried onion flakes	2 T.	1/4 C.	1/4 C. + 2 T.	1/2 C.	1/2 C. + 2 T.	3/4 C.
Onion powder	1-1/2 t.	1 T.	1 T. + 1-1/2 t.	2 T.	2 T. + 1-1/2 t.	3 T.
Beef bouillon granules	1 T.	2 T.	3 T.	1/4 C.	1/4 C. + 1 T.	1/4 C. + 2 T.
Dried parsley	1-1/2 t.	1 T.	1 T. + 1-1/2 t.	2 T.	2 T. + 1-1/2 t.	3 T.
Packed brown sugar	1 T.	2 T.	3 T.	1/4 C.	1/4 C. + 1 T.	1/4 C. + 2 T.
Soy sauce	2 T.	1/4 C.	1/4 C. + 2 T.	1/2 C.	1/2 C. + 2 T.	3/4 C.
On Hand Ingredients:						
Water	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Cornstarch	2 T.	1/4 C.	1/4 C. + 2 T.	1/2 C.	1/2 C. + 2 T.	3/4 C.
Linguine	12 oz.	24 oz.	36 oz.	48 oz.	60 oz.	72 oz.
Frozen broccoli	16 oz.	32 oz.	48 oz.	64 oz.	80 oz.	96 oz.

Assembly Directions:

Slice beef into thin strips. Spray fry pan with cooking spray. Brown the steak in batches until all steak has been cooked. Remove from pan and cool. Mix remaining ingredients in a bowl.

Freezing Directions:

Place the steak in a freezer bag or a rigid freezer container. Pour sauce over steak. Seal, label and freeze.

Serving Directions:

Thaw in refrigerator. Make pasta according to package directions. Drain sauce off steak into a fry pan. Heat on medium high until boiling. Mix water and cornstarch in a separate bowl or cup. Pour mixture into sauce. Return to boiling and reduce heat. Mixture will thicken. Add the meat and broccoli to the sauce and mix to coat. Heat until the broccoli is warm. Serve over hot pasta.



Comments:

This is a fun meal that looks and tastes great!

Nutritional Info:

Per Serving: 480 Calories; 15g Fat (28.3% calories from fat); 32g Protein; 53g Carbohydrate; 4g Dietary Fiber; 67mg Cholesterol; 590mg Sodium.
Exchanges: 3 Grain (Starch); 3 Lean Meat; 1 Vegetable; 1 Fat.

PORK AND FISH RECIPES

Seafood Potato Chowder

Recipes:	1	2	3	4	5	6
Servings:	6	12	18	24	30	36
Ingredients:						
Frozen hash brown potatoes	1-1/2 C.	3 C.	4-1/2 C.	6 C.	7-1/2 C.	9 C.
Frozen corn	16 oz.	32 oz.	48 oz.	64 oz.	80 oz.	96 oz.
Sliced carrots	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Diced onion	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Dried thyme	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Garlic powder	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	3 t.
Black pepper	1/4 t.	1/2 t.	3/4 t.	1 t.	1-1/4 t.	1-1/2 t.
*Chicken broth	3 C.	6 C.	9 C.	12 C.	15 C.	18 C.
*Louis Kemp® imitation crab	12 oz.	24 oz.	36 oz.	48 oz.	60 oz.	72 oz.
On Hand Ingredients:						
Skim milk, warmed	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Flour	1/3 C.	2/3 C.	1 C.	1-1/3 C.	1-2/3 C.	2 C.

Assembly Directions:

Place the potatoes, corn, carrots, and onions in saucepan or stockpot. Sprinkle with thyme, garlic powder and black pepper. Add broth. Cover and cook on medium heat until vegetables are crisp tender (about 15 to 25 minutes). Allow mixture to cool.

Freezing Directions:

Place vegetable mixture in a one-gallon freezer bag or rigid freezer container. Crab can be frozen along with the mixture.

Serving Directions:

Thaw crab and vegetable mixture. Chop the crabmeat into bite size pieces and set aside. In a saucepan or stockpot, add the vegetable mixture and 2/3 of the total amount of skim milk (1-1/3 C. for one recipe). Heat on medium high heat until boiling. Place all of the flour in a mixing bowl and gradually stir in the remaining 1/3 of the milk (2/3 C. for one recipe). When the milk/flour mixture is no longer lumpy, add it to the vegetable mixture in the saucepan. Add the crabmeat as well. Stirring constantly over medium, heat, bring the soup to a gentle boil. Allow the soup to boil one minute while continuing to stir. Remove saucepan from heat and serve.



Comments:

This is a nice light, colorful soup that is great for lunch.

*If you are concerned about your sodium intake use low sodium chicken broth and watch the different brands of imitation crabmeat. The sodium content varies widely from brand to brand. Louis Kemp is one of the lower sodium brands.

Nutritional Info: With Regular Chicken Broth

Per Serving: 245 Calories; 2g Fat (6.6% calories from fat); 15g Protein; 45g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 726mg Sodium.
Exchanges: 2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Other Carbohydrates.

Nutritional Info: With Low-Sodium Chicken Broth

Replace chicken broth with low sodium chicken broth.

Per Serving: 251 Calories; 1g Fat (4.1% calories from fat); 18g Protein; 46g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 603mg Sodium.
Exchanges: 2 Grain (Starch); 1-1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Other Carbohydrates.

SNACK AND DESSERT RECIPES

Little Taste of Cheesecake Bars

Recipes:	1	2	3	4	5	6
Servings:	24	48	72	96	120	144
Makes: 9 x 13 pan	1	2	3	4	5	6
Ingredients:						
Graham cracker crumbs	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Margarine	2 T.	1/4 C.	1/4 C. + 2 T.	1/2 C.	1/2 C. + 2 T.	3/4 C.
Reduced fat cream cheese	16 oz.	32 oz.	48 oz.	64 oz.	80 oz.	96 oz.
Reduced fat sour cream	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Egg substitute	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Sugar	2/3 C.	2/3 C.	1-1/3 C.	2 C.	2-2/3 C.	3-1/3 C.
Grated lemon peel	1-1/2 t.	1 T.	1 T. + 1-1/2 t.	2 T.	2 T. + 1-1/2 t.	3 T.
Vanilla	1-1/2 t.	1 T.	1 T. + 1-1/2 t.	2 T.	2 T. + 1-1/2 t.	3 T.

Assembly Directions:

Preheat oven to 350 degrees. Coat a 9 x 13 inch baking dish with cooking spray. Melt margarine. In a small bowl, mix graham cracker crumbs and margarine until well mixed. Spread crumbs in bottom of baking dish. In an electric mixer, beat cream cheese until smooth. Add sour cream and egg substitute. Beat until thoroughly mixed. Add remaining ingredients and beat until well mixed. Pour topping over graham cracker mixture. Spread evenly in pan. Make sure crust is completely covered. Bake for 50 to 60 minutes or until light golden brown. Remove from oven and cool. Cut into 24 squares.

Freezing Directions:

Place in rigid freezer container with wax paper between layers. Seal, label and freeze.

Serving Directions:

Thaw in refrigerator. These can be served individually as a snack or enough servings for dessert at mealtime.

Comments:

These make a great dessert to take to a potluck or a picnic. It goes quickly! It is also good served with a raspberry sauce. To make this even lighter, replace the light versions of the sour cream and cream cheese with fat free. You will have to add flour to the recipe when making this substitution. The general rule is 1 tablespoon for every 8 ounces. For this recipe, you would use 3 tablespoons.

Nutritional Info: Standard Recipe

Per Serving: 95 Calories; 5g Fat (45.5% calories from fat); 3g Protein; 10g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 148mg Sodium.

Exchanges: 1/2 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Nutritional Info: Even Lighter

Replaced the light cream cheese with fat free cream cheese and the light sour cream with fat free sour cream. Added 3 tablespoons of flour to stabilize the cake.

Per Serving: 76 Calories; 2g Fat (18.5% calories from fat); 4g Protein; 11g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 150mg Sodium.

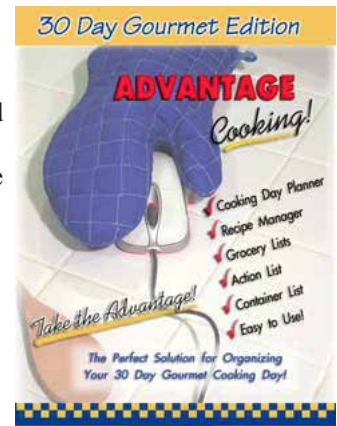
Exchanges: 1/2 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.



30 Day Gourmet Edition of the Advantage Cooking Software

Looking for a better way to organize your recipes, cooking supplies and grocery lists for freezer cooking? Let the **30 Day Gourmet Edition of the Advantage Cooking Software** help you! This fully downloadable software is available from 30 Day Gourmet, Inc. for \$34.95. Use the included recipes or easily add your own. Group them together based on how you cook. Once you've selected which recipes you want to make, the **30 Day Gourmet Edition of the Advantage Cooking Software** quickly gives you a detailed shopping list. To help your cooking day go smoothly, use the variety of reports offered.

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