



Retro Recipe Redo Contest Winning Recipes

Category: Potluck and Picnic Favorites

Slimmer Summer Potato Salad

(A healthy redo of traditional Potato Salad)

By Bernadette Durocher, Dearborn

Ingredients:

5 pounds redskin potatoes
1 cup chopped green olives (or black olives optional)
1 bunch green onions, chopped
1 cup fresh dill, chopped (loosely packed)
1 whole clove garlic, crushed and chopped
3/4 cup virgin olive oil
1/4 cup real cider vinegar from orchard or commercial brand
Sea salt

Directions:

Scrub redskins, cut into bite-size pieces and cover in water and 1 T sea salt. Bring to boil, then cover and simmer for 15 minutes on very low – do not overcook. Check a potato with fork (should not be mushy). When done, remove from heat, immediately pour oil, vinegar and garlic on top of potatoes and cover until cool. Garlic will cook. Wash green onions and fresh dill, and slice. Pound and peel whole bulb of fresh garlic (no substitutions - must be a bulb). Sprinkle lightly with sea salt, mix, gradually adding 1 cup loosely packed dill, green olives, green onions. Serve at room temperature, refrigerate overnight.

Author's Note: This is a great summer recipe because it won't spoil in the heat. To reduce sodium, omit olives.

Makes 12-18 servings.

Nutrition Facts			
Serving Size 186 g			
Amount Per Serving			
Calories	225	Calories from Fat	117
% Daily Value*			
Total Fat	13g		20%
Saturated Fat	2g		9%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	256mg		11%
Total Carbohydrate	25g		8%
Dietary Fiber	3g		13%
Sugars	2g		
Protein	3g		
Vitamin A	4%	Vitamin C	24%
Calcium	3%	Iron	8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

Category: Potluck and Picnic Favorites

Potato Wedges

(A healthy redo of traditional Potato Wedges)

By Louise Weglarz, Southgate

Ingredients:

4 Russett potatoes
2 egg whites

Directions:

Beat egg whites until foamy. Spray shallow cookie sheet with nonstick spray. Cut potato into wedges leaving the skin on. Roll potato wedges into egg white and place on cookie sheet. Bake at 500 degrees for 20 minutes or until brown and crisp.

Makes 8 servings.

Nutrition Facts			
Serving Size 114 g			
Amount Per Serving			
Calories	86	Calories from Fat	1
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat			
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	20g		7%
Dietary Fiber	2g		9%
Sugars	1g		
Protein	3g		
Vitamin A	0%	Vitamin C	35%
Calcium	1%	Iron	5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

Category: Casseroles and Comfort Foods

Not Your Momma's Greens

(A healthy redo of Momma's Down Home Greens)

By Shirley Thomas, Inkster

Ingredients:

4 cups chopped mustard greens
4 cups chopped turnip greens
1 smoked turkey leg
3 dashes sea salt
2 dashes ground black pepper
1 garlic clove (crushed – 1 tsp)

Directions:

Allow to boil in one stock pot 1-2 quarts of water along with smoked turkey parts (legs). Mix in sea salt, fresh pepper and crushed garlic. Allow to boil until smoked turkey becomes tender. On low heat it should take about 1 to 2 hours; on medium heat, 45 minutes to 1 hour. Add mustard and turnip greens to boiling water; allow to cook for additional 1 to 2 hours.

Makes 4-6 servings.

Nutrition Facts	
Serving Size 132 g	
Amount Per Serving	
Calories 77	Calories from Fat 21
% Daily Value*	
Total Fat 2g	4%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 18mg	6%
Sodium 318mg	13%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	14%
Sugars 1g	
Protein 8g	
Vitamin A 245%	Vitamin C 121%
Calcium 17%	Iron 11%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Category: Casseroles and Comfort Foods

Anita's Carrot Souffle

(A healthy redo of Aunt Nadine's Carrot Souffle)

By Anita Petrosky, Bloomfield Township

Ingredients:

1 pound carrots, peeled and sliced
1/2 pound buttery spread made with extra virgin olive oil
4 egg whites
1/2 cup brown sugar
3 Tablespoons whole wheat pastry flour
1-1/2 teaspoon baking powder
1 teaspoon vanilla extract

Directions:

Cook carrots in small amount of water, drain. Combine carrots and melted spread in food processor. Process/blend until smooth. Add remaining ingredients, blend well. Pour mixture into a 1-1/2 quart lightly sprayed casserole or souffle dish. Bake at 350 degrees for 45 minutes.

Makes 10-12 servings.

Nutrition Facts			
Serving Size 96 g			
Amount Per Serving			
Calories	158	Calories from Fat	75
		% Daily Value*	
Total Fat	8g		13%
Saturated Fat	2g		11%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	187mg		8%
Total Carbohydrate	19g		6%
Dietary Fiber	2g		7%
Sugars	13g		
Protein	2g		
Vitamin A	173%	Vitamin C	4%
Calcium	6%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

Category: Desserts

GRAND CHAMPION:

Cobbled Peaches and Cream

(A healthy redo of Fresh Peach Cobbler with Whipped Cream)

By Deborah Chamulak, Canton

Ingredients:

3 cups peeled and sliced fresh peaches
2 teaspoons fresh lemon juice
1/4 teaspoon ginger
1/4 teaspoon lemon zest
3 whole (12 sections) low fat cinnamon graham crackers
1/2 cup fat free sour cream
1/2 cup low fat cottage cheese with fiber
3 packets of sweetener (such as Truvia)
Red raspberries and slivered almonds for optional garnish

Directions:

Heat oven to 350 degrees. Sprinkle sliced peaches with 1 packet sweetener, 1/4 teaspoon ginger and 2 teaspoons lemon juice. Place 1/2 cup peaches into 6 custard cups. Break up the graham cracker (larger pieces are ok). Divide the broken graham crackers equally between the 6 peach cups. Place the peach cups in the 350 degree oven for 30 minutes. Place the sour cream, cottage cheese, lemon zest, and 2 packets of sweetener in a blender or food processor. Blend until smooth and place in the fridge. After 30 minutes, remove peach cups and let cool for 10 minutes. To serve, place 1/6 of the cream topping on peach cup and garnish with red raspberries and slivered almonds (optional).

Makes 6 servings.

Nutrition Facts		
Serving Size 142 g		
Amount Per Serving		
Calories 94	Calories from Fat 14	
% Daily Value*		
Total Fat 2g		3%
Saturated Fat 0g		1%
Trans Fat 0g		
Cholesterol 2mg		1%
Sodium 125mg		5%
Total Carbohydrate 17g		6%
Dietary Fiber 3g		11%
Sugars 10g		
Protein 4g		
Vitamin A	6% • Vitamin C	19%
Calcium	5% • Iron	3%
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Category: Desserts

Zucchini Bread Redo

(A healthy redo of traditional Zucchini Bread)

By Pam Lobsiger, White Lake

Ingredients:

3 eggs
1/4 cup vegetable oil
1 cup unsweetened applesauce
1 cup sugar
1 cup sweetener (such as Splenda)
3 cups flour
1 teaspoon baking soda
1/4 teaspoon baking powder
1 tablespoon cinnamon
2 cups grated zucchini
1/2 cup golden raisins
1/2 cup chopped walnuts

Directions:

Mix all ingredients together in a bowl. Spray 2 loaf pans with cooking spray. Bake at 350 degrees for one hour.

Makes 2 loaves.

Nutrition Facts			
Serving Size 68 g			
Amount Per Serving			
Calories 182		Calories from Fat 41	
		% Daily Value*	
Total Fat 5g		7%	
Saturated Fat 1g		3%	
Trans Fat 0g			
Cholesterol 26mg		9%	
Sodium 62mg		3%	
Total Carbohydrate 34g		11%	
Dietary Fiber 1g		4%	
Sugars 19g			
Protein 3g			
Vitamin A		1% • Vitamin C	
Calcium		2% • Iron	
Vitamin A		1% • Vitamin C	
Calcium		2% • Iron	

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