



Fun-Fast-Healthy Comfort Cookbook

Deb Bixler

Healthy Living Skills Trainer

Foodsmart Productions, the production company for Now We're Cooking, is owned and managed by host and executive producer Deb Bixler. Registered with the state of Pennsylvania, Foodsmart Productions is the umbrella organization which manages Deb's food consulting business. Foodsmart Productions is dedicated to creating health and wealth for our customers and friends; to teach *fun-fast-healthy* living skills and assist families in creating more quality time at the dinner table eating *good-for-you* foods. Foodsmart Productions will also minimize environmental impact and make good environmental choices whenever possible. Foodsmart productions and Deb Bixler provides *fun-fast-healthy* educational demos in private homes, educational services to businesses, clubs, schools and organizations, consulting services for restaurants and caterers, provides corporate education, provides support and mentoring to individuals building their own home based business, as well as other *fun-fast-healthy* endeavors that will assist you in attaining optimum health and wealth.

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www.FoodSmart.tv

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The creative talent, host and producer of funny cooking show
Now We're Cooking!

Deb Bixler started cooking as a part time job in high school.
Her passion for food became a career, hobby and lifestyle.



Deb has an associate's degree in hotel/restaurant management and is a trained chef with a degree from the Culinary Institute of America, Hyde Park, NY. With a 30 year career in the hospitality field, she has a broad experience in the service industry. Owner of a bed and breakfast, district manager of a restaurant chain, catering supervisor, chef, dining room manager, and special event coordinator are only a few of the many hats which she has worn in this exciting field. Most recently, Deb worked as General Manager for 10 years with the French influenced restaurant and silver service catering company, Accomac Inn, Wrightsville, PA.

Currently, she works from her home as a food consultant, healthy living educator and as an Independent Cooking Consultant affiliated with the nationally recognized company The Pampered Chef® Deb teaches *fun-fast-healthy* cooking and living skills; so families can spend more quality time at the dinner table eating good-for-you food! She provides consulting services for area restaurants, private catering services, conducts cooking classes in private homes, teaches people how to start their own home-based business and is a public speaker advocating healthy living skills and eating choices for businesses, schools and clubs.

Deb personal mission in life is to teach people how to make better living and eating choices so that they can live a longer healthier wealthier life.

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Breakfast

Potato Pancakes

1 large baking potato
1 large sweet potato
¼ cup minced onion
¼ tsp. marjoram
¼ tsp. thyme leaves
¼ tsp. rubbed sage
3 whole eggs
½ cup biscuit mix (preferably a whole wheat variety)
Salt and pepper
¼ cup olive oil

1. Grate potatoes into bowl and add all other ingredients.
2. On a griddle heat the oil and sear pancakes on both sides.
3. Finish in oven on a baking stone for 15 minutes.

Egg Casserole

2 whole eggs
8 oz. egg white
3 Tbs. soy milk
3 Tbs. skim milk
1 cup chopped broccoli
¼ cup minced bell pepper
¼ cup diced tomato
2 green onion-sliced end to end
½ cup grated parmesan cheese
2 slices whole grain bread

Combine all ingredients, except bread. Whisk then fold in bread and bake in a lightly greased 1 qt. stoneware casserole dish at 375° for about 30 minutes or until set.

Oven Brown Potatoes

2 baking potatoes-washed and cut into spears
1 tsp. olive oil
salt and pepper
¼ tsp. Italian seasoning mix

1. Toss cut potatoes in olive oil and spices.
2. Arrange on baking stone and bake at 375° for 30 minutes

Entrees

Teriyaki London Broil

1 ½ lb. flank steak (fully trimmed)
15 oz. rice vinegar
¼ cup brown sugar (packed)
1 Tbs. fresh ginger
2 cloves garlic
2 cup reduced sodium soy sauce
1 Tbs. black pepper
¾ cup dark sesame oil
½ cup sliced scallion greens (divided)

1. Combine all ingredients except flank and scallions. Mix well.
2. Remove 3 pints of marinade and freeze or refrigerate for future use.
3. Put ¼ cup scallions into remaining marinade. Put flank into baggy and add marinade. Refrigerate overnight.
4. Grill flank steak to a medium rare to medium doness. Allow to rest 10 minutes and slice across the grain, on an angle into thin slices. (Well done will be tough)
5. Garnish sliced flank with reserved scallion greens

Hurry Curry

1 Tbs. olive oil
1 medium onion-sliced
1 (14 oz.) can diced tomatoes
1 Tbs. fresh grated ginger
1 tsp. cumin
1 tsp. coriander
pinch red pepper flakes
1 tsp. curry powder
2 cans water
¾ cup lentils
1 (14 oz) can chic peas
1 (10 oz.) box frozen spinach-thawed
2 carrots-diced

1. In large sauce pot heat oil until hot. Add onions. Cook for 2 minutes
2. Add next 5 ingredients. Cook for half hour.
3. In separate sauce pot put 2 cans water and lentils. Cook for one half hour on medium heat.
3. Wash and drain peas. Thaw, squeeze and drain spinach
4. Combine tomato mixture, lentil mixture, carrots peas and spinach. Return to a boil and simmer 10 more minutes.

Aunt Mimi's Chicken Casserole

1 roasting chicken
1 Tbs. each 3 different fresh herbs
1 cup celery-diced
½ cup green pepper-sliced
1 cup onion-minced
salt, pepper
1 (30 oz) can diced tomatoes
1 large sweet potato-washed and sliced
1 large baking potato-washed and sliced

1. Cut chicken into 8 parts. (or buy chicken already cut) Arrange in casserole dish.
2. Top with all other ingredients in the order that they are listed and cover with casserole lid.
3. Bake for 1 hour at 375°.

Desserts

Star Spangled Cheesecake

CRUST

1 pkg. reduced-fat graham crackers
(ea box has 3 pkg)
1 Tbs. butter
1 Tbs. canola oil
1 Tbs. pure vanilla extract

1. Put all ingredients into a food processor and whirl until crumbly.
2. Lightly spray 9" springform pan with vegetable spray.
3. Put crumb mixture into pan and pat down lightly, being sure that the crumbs run up the side about ½". Set aside.

FILLING

1 ½ lb. fat-free cream cheese
1 Tbs. lemon juice
2 Tbs. pure vanilla extract
3 each whole eggs
6 oz. egg whites
1 cup sugar (minus 2 Tbs.)
zest of one lemon

1. In food processor, cream the cream cheese with the lemon juice and vanilla until smooth.
2. Add all other ingredients and mix until light and fluffy. Scrape bottom and mix again.

3. Pour filling into pan and bake in 350° oven for 1 hour without opening the oven door.
4. Remove from oven. Cheesecake should be set but still slightly giggly in the center. Allow to cool at room temperature for 45 minutes.

TOPPING

- 1 cup sour cream
- 1 Tbs. vanilla extract
- 2 Tbs. sugar (from above)

1. Combine all ingredients and set aside.
2. Pour topping onto cooled (for 45 minutes) cheesecake and return to the oven for *only* 15 minutes. Refrigerate until fully cooled.

FRUIT GLAZE

- ½ cup water
- 1 small pkg. sugar-free strawberry jello
- 1 cup strawberries (washed)
- 1 cup blueberries (washed)

1. Boil water and dissolve jello in water. Cool.
2. Dredge washed and cut fruit in gelatin glaze and decorate cooled cheesecake as desired. Allow to chill thoroughly before cutting.

Cinnamon Baked Apples

Topping

- ¾ cup WW. flour
- ½ cup white flour
- ¾ cup rolled oats
- ½ cup pecans-chopped
- ½ cup brown sugar-packed
- ¼ cup melted margarine
- ¼ cup canola oil
- 1 Tbs.. canola oil

Mix all ingredients until combined and crumbly. Set aside.

- 12 Sweet-tart baking apples (Gala, Pink Lady, any)
- 1 Tbs. Brown sugar per apple
- Chopped pecans
- Raisins

1. Peel half way down side and core.
2. Fill with desired ingredients and top with topping.
3. Bake for 15 minutes covered at 375°.
4. Uncover & top with crumbs then bake at 400° for 20 more minutes or until apples are tender.

Grape Jelly Cake

(or any kind of jelly for that matter)

This is an old fashioned recipe that is fun for the whole family and a little bit healthier too.

½ cup butter

2 Tbs. butter

3 Tbs. canola oil

1 ½ cup sugar

3 eggs

2 cup AP Flour

1 cup whole wheat flour

½ tsp. ea. cinnamon, nutmeg & allspice (or 1 ½ tsp. Cinnamon Plus)

1 ½ tsp. baking soda

1 cup milk

1 - 9 oz. jar Organic all-fruit jam

1. Cream sugar, butter and oil until smooth and creamy.
2. Add Eggs in one at a time and mix on med-high speed until light and fluffy. About 5 minutes.
3. Sift flours, and spices.
4. In Measuring cup; add soda to milk. Allow to sit for 5 minutes to sour.
5. Add wet and dry alternately to sugar mixture; continue mixing between additions.
6. Fold in Jam last.
7. Pour into parchment lined Bar Pan.
8. Bake at 375° for 30 minutes.
9. Cool completely and ice with following icing.

Icing

½ cup butter-softened

½ cup vegetable solid shortening (trans-fat free)

½ cup milk (skim, soy , or whole)

2 Tbs. milk (skim, soy , or whole)

2 tsp. vanilla extract

2 lb. confectionery sugar

1. In electric mixer, beat shortening and butter until soft. Add all other ingredients and beat slowly until combined, scraping bowl frequently.
2. Beat until smooth and creamy.
3. Optional: Tint with food color, or decorate with sprinkles, etc.

Rice Pudding Made Easy

2 eggs
4 oz. egg white
2 Tbs. vanilla extract
1 Tbs. orange zest
½ orange-juiced
½ cup dried fruit of your choice
2 cup 1 % milk
2 cup cooked brown rice
1½ cup cookie crumbs

1. Combine first 7 ingredients in mixing bowl and mix well.
2. Add rice and mix well.
3. Place one cup cookie crumbs in bottom of stoneware casserole. Pour in rice mixture and top with remaining crumbs.
4. Bake at 350° for 45 minutes.

Sides and Fun-Fast-Healthy Stuff

Apple-Cranberry Sauce/Spread/Butter

6 lb McIntosh Apples-washed well, organic is best, quartered
½ cup water
2 cup cranberries
1 cup sugar
2 Tbs. Honey

1. Combine apples and water, cover and cook on moderate heat stirring often about 20 minutes.
2. Uncover and add cranberries, sugar and honey cook uncovered for another 20 minutes.
3. Pass through a coarse strainer and cook for another 20 minutes.

Black Bean Salsa

1 (15 oz) can black beans
1 (16 oz) can corn
1 large tomato-seeded and chopped
1 green pepper
½ cup red onion
1 garlic clove-pressed
1 tsp. cilantro-chopped
¼ cup olive oil
6 Tbs. cider vinegar
salt and pepper

1. Drain and wash beans and corn.
2. Combine all other ingredients and mix well. Allow to marinate at least one hour.
3. Serve with whole wheat tortilla chips, over lettuce or as accompaniment to meat or fish.

Deb's White Bean Humus

- 1 cup cooked white beans
- 2 Tbs. almond butter
- 3 Tbs. bean cooking liquid or water
- ¼ tsp. salt
- pinch cayenne

In blender, processor or with food chopper combine all ingredients. Serve with vegetables, crackers or eat in a sandwich.

Super Sensational Colossal Spring Salad

- 1 pkg. (¾-1 LB) whole wheat pasta-cooked
- 1 sm. red onion-diced
- 1 lg. carrot-sliced
- 1 sm. yellow squash-matchstick
- 1 sm. zucchini-matchstick
- 3 plum tomatoes-cubed

- 1 tsp. PC Italian Seasoning Mix
- 2 cloves garlic-pressed
- ¼ cup balsamic vinegar
- ½ cup olive oil

- 4 oz fresh Parmesan cheese-grated
- 1 head red tip leaf lettuce-washed and cut into 1 pieces.

1. Combine first 6 ingredients.
2. Combine next 4 ingredients.
3. Toss pasta mixture, dressing and parmesan cheese thoroughly. Serve over lettuce.

Fruit N' Banana Shake

2 med. bananas
2 containers (8 oz.) organic strawberry yogurt
1 cup pineapple juice

1. Slice bananas into food processor. Whirl till mashed.
2. Add yogurt and whirl till combined.
3. While whirling, add in pineapple juice until desired consistency is achieved

Healthy Macaroni and Cheese

½ lb. cooked whole wheat elbow macaroni
2 cup 2% milk
1 ½ cup diced cheddar cheese
½ cup diced parmesan
¾ tsp. salt
¼ tsp. cayenne pepper
Wondra™ flour to thicken

Optional:

1 cup seasoned bread crumbs
¼ cup white cheddar cheese-grated

1. Place milk in heavy sided sauce pot. Using medium heat, heat slowly to a scald. (just below a bowl)
2. Add salt and pepper, and reduce heat and stir in flour gradually until the desired thickness is achieved.
3. Stir in cheese, continue to stir and heat on low until cheese is melted.
4. Combine elbows and sauce, (Optional: pour in casserole and top with crumbs and cheese. Bake ½ hour until top is crusted.)