

Health-Full Eating & Nutrition



Favorite Restaurant Recipes at Home

Eat healthier by learning to make your restaurant favorites at home. Just because you aren't eating out doesn't mean you can't be eating deliciously!

Strawberry Pancakes

Ingredients:

- 1 cup white whole-wheat flour
- ¾ cup all-purpose flour
- 1 ½ tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. kosher salt
- 2 cups low-fat buttermilk
- 2 large eggs
- ¼ tsp. almond extract
- 1 Tbsp. pure maple syrup, plus 1/3 cup for serving
- ¼ cup unsalted butter, melted
- 2 Tbsp. unsalted butter
- 2 ½ cups thinly sliced fresh strawberries

✓ Step 1

Preheat a griddle to 350 degrees F.

✓ Step 2

Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl.



- ✓ Whisk buttermilk, eggs, almond extract and 1 tablespoon maple syrup in a medium bowl. Whisk wet ingredients into dry ingredients. Gently whisk in melted butter. The batter will be lumpy. Let stand for 5 minutes.

✓ Step 3

Working in 4 batches, grease the preheated griddle with ½ tablespoon butter. Pour ¼ cup batter for each pancake onto the griddle. Arrange 3 strawberry slices on top of each pancake. Cook until the pancake tops are covered with bubbles and the edges look dry, about 4 minutes. Flip and cook until golden brown, about 2 minutes. Wipe the griddle clean between batches. Keep the pancakes warm in a 200 degrees F oven for up to 30 minutes. Garnish with the remaining strawberries and serve with the remaining 1/3 cup maple syrup.

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Classic Hamburger

Ingredients:

- ❑ 1 medium onion, chopped
- ❑ 1 Tbsp. canola oil
- ❑ 2 Tbsp. low-fat mayo
- ❑ 2 tsp. dill pickle relish
- ❑ 1 tsp. distilled white vinegar
- ❑ 1 lb. lean ground beef
- ❑ 2 Tbsp. Worcestershire sauce or steak sauce
- ❑ ½ tsp. freshly ground pepper
- ❑ 4 sesame-seed or other hamburger buns, toasted
- ❑ 4 slices tomato
- ❑ 4 leaves green-leaf lettuce



✓ Step 1

Preheat grill to medium-high.

✓ Step 2

Combine onion, oil and 1 tablespoon of ketchup in a medium saucepan. Cover and cook over medium-high heat, stirring often, until the onion is softened, 5 to 7 minutes. Reduce heat to medium-low heat, uncover and cook, stirring occasionally, until very soft, 5 to 8 minutes more. Transfer to a medium bowl and let cool for a few minutes.

✓ Step 3

Meanwhile, combine the remaining 1 tablespoon ketchup, mayonnaise, relish and vinegar in a small bowl. Set aside.

✓ Step 4

Add beef, Worcestershire (or steak sauce) and pepper to the onion and gently combine without overmixing. Form into 4 patties, about ¾ inch thick.

✓ Step 5

Oil the grill rack. Grill the burgers, turning once, until an instant-read thermometer inserted in the center registers 165 degrees F, 4 to 5 minutes per side.

✓ Step 6

Assemble the burgers on toasted buns with the ketchup-mayonnaise sauce, tomato slices and lettuce.

Pepperoni Pizza

Ingredients:

- ❑ 1 lb. prepared whole-wheat pizza dough, thawed if frozen
- ❑ 1 cup canned unseasoned pumpkin puree
- ❑ ½ cup no salt-added tomato sauce
- ❑ ½ tsp. garlic powder
- ❑ 1 cup shredded part-skim mozzarella cheese
- ❑ ½ cup grated Parmesan cheese
- ❑ 2 ounces sliced turkey pepperoni

✓ Step 1

Place oven rack in the lowest position; preheat to 450 degrees F. Coat a large baking sheet with cooking spray.

✓ Step 2

Roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

✓ Step 3

Whisk pumpkin puree, tomato sauce and garlic powder in a small bowl until combined.

✓ Step 4

Spread sauce evenly over the baked crust. Top with mozzarella, Parmesan and pepperoni. Bake until the crust is crispy on the edges and the cheeses have melted, about 12 minutes.

