

## STEPS TO A HEALTHY POTLUCK

- Identify co-workers who are interested. Try for at least one person for each course that you would like to serve, including beverage.
- Set a date and time that is convenient.
- Identify a room or other space.
- Decide who will bring what dish. Be sure to include drinks, plates, napkins, cups or mugs and utensils.
- Send out a reminder note or email two or three days before the event that includes time and location and a reminder of what individuals signed up to bring. Ask everyone to bring in copies of their recipe to share with the group!
- Develop a recipe file so you can easily make your group's favorite dishes!
- Share your success!
  - Did you use any Step Ahead recipes? Let us know which you used and what you thought.
  - Find any new recipes you liked? Send them to Step Ahead.
  - Take pictures of the potluck and send one to us to post on the Step Ahead website.

### HEALTHY POTLUCK SIGN UP SHEET

We will be holding a healthy potluck. Information about the potluck is below.

Date of Potluck: \_\_\_\_\_

Starting Time: \_\_\_\_\_

Location: \_\_\_\_\_

End Time (if appropriate): \_\_\_\_\_

#### Potluck Category:

Breakfast   Lunch   Dinner   Snack   Other:

#### Type of Potluck:

Formal   Informal/Drop-In   Team Meeting

#### *Interested in attending?*

Please sign up below and indicate what you are bringing. Let's try to have a range of options available. Don't forget that plates, utensils and beverages count as sign up items. Remember, bring your recipe to share!

## ORGANIZING A HEALTHY POTLUCK:

*Here are some guidelines to get your group going!*

***Trouble finding the time?*** It can be hard to find a time that works for everyone in your group to sit down and eat together. Don't let this stop you. It is fine to let people come and go at their own convenience. *Still feeling the time crunch?* Make the potluck part of a team meeting.

***Be creative.*** A healthy potluck doesn't have to be a lunch or dinner, or even a full meal. It can be a breakfast or snack too. Do whatever works best for your group.

***Keep it organized.*** If you don't want to risk the chance that everyone will bring the same type of dish, ask people to sign up for a specific course. Ask people to change if you still get too many of one thing.

***Don't overdo it!*** It's easy to end up with way too much food when everyone is contributing a dish. A good rule of thumb is to bring enough servings for two-thirds of the number attending. Remember to keep portion sizes moderate, so that you don't overeat. Don't forget about beverages, plates, cups, napkins and utensils.

***Healthy can be simple.*** It is best to serve dishes that can be easily transported from home to work and that can be served cold or heated in a microwave. There are plenty of easy-to-make dishes that are good for you. Take a look at some of the recipes included in this booklet for ideas. All of the Step Ahead recipes are at [www.stepaheadprogram.com](http://www.stepaheadprogram.com) from a link on the right side of the home page.

***Be prepared.*** It is easy to forget to bring serving utensils and plates, napkins, cups, etc. Make this one of the assignments or always keep a supply at work. Ask participants about special dietary restrictions, food allergies or sensitivities early in the process and plan accordingly.

## Barbara's Asparagus with Curry Dipping Sauce

1 lb. Fresh green asparagus  
1/2 cup Reduced fat mayonnaise  
1 tsp. Curry powder

Makes 6 Servings

- Wash asparagus and break off tough stalk ends.
- Put asparagus in a large pot with a cover enough water to cover. Boil for 3 – 5 minutes until barely tender (longer with thick asparagus). Remove immediately from boiling water and put into ice water to cool quickly. This keeps that gorgeous color!
- Combine mayonnaise and curry powder. This tastes even better if it sits for a little while before serving so the flavors can combine.
- Serve at room temperature or chilled.

### Nutritional Information:

Calories: 57

Saturated Fat: 0.75g

Dietary Fiber: 0.71g

Total Fat: 4.30g

Total Carbohydrate: 4.33g

Protein: 1.21g

## Oven-Baked "Fried" Chicken

Cooking spray	
2/3 cup	Instant oats
1 tsp.	Garlic powder
1 tsp.	Onion powder
1 tsp.	Mustard powder
1 tsp.	Paprika
1 tsp.	Dried thyme
1/2 tsp.	Salt
1/2 tsp.	Ground black pepper
1 lb.	Boneless, skinless chicken breast
2 tbsp.	Dijon mustard

Makes 4 servings

- Preheat oven to 400 degrees
- Coat a large baking sheet with cooking spray.
- In a plastic bag or shallow dish, combine oats, garlic powder, onion powder, mustard powder, paprika, oregano, thyme, salt and pepper. Mix well.
- Brush chicken breast with Dijon mustard. Add chicken to coat mixture with tongs and turn to coat both sides. Transfer chicken to baking sheet and spray chicken with cooking spray.
- Bake 30 minutes, until golden brown and cooked through.

### Nutrition Information:

Calories: 211      Total Fat: 5.58g  
Saturated Fat: 1.27g      Total Carbohydrates: 11.43g  
Dietary Fiber: 2.04g      Protein: 27.80g

## Banana Blueberry Bread

Very tasty; you wouldn't know it is so nutritious.

3	Very ripe bananas
Juice of one	Lemon (or 1/4 cup reconstituted)
1/3 cup	Canola oil
1/2 cup	Brown sugar
1/2 cup	Wheat germ
1/2 tsp.	Baking soda
1/2 tsp.	Baking powder
1/2 tsp.	Salt
1 1/2 cup	Whole wheat flour
1 cup	Blueberries ( <b>Fresh or Frozen</b> )

Makes 12 slices or muffins

- Mash bananas and add lemon juice. Mix oil and sugar. Add to banana. Mix dry ingredients. Add to banana mixture. Stir in blueberries (if using frozen, do not thaw first).
- Bake in greased loaf pan at 350 degrees for 50 to 60 minutes. Or muffin pan for 35 -40 minutes. Recipe may be doubled.

Recipe adapted from The New Laurel's Kitchen

### Nutrition information:

Calories: 183	Total Fat: 6.98g
Saturated Fat: 0.60g	Cholesterol: 0.00mg
Carbohydrate: 29.15g	Dietary Fiber: 3.71g
Total Protein: 3.65g	

## White Bean Dip

1 (15-oz) can	white kidney (cannellini) beans, rinsed and drained
2 cloves	garlic, chopped
2 Tablespoons	lemon juice
2 Tablespoons	olive oil
¼ cup	fresh parsley leaves, chopped
¼ teaspoon	salt
1/8 teaspoon	pepper

Makes 1 cup

- Place all ingredients in food processor or blender.
- Process till smooth.
- Serve with pita bread and raw veggies.

White beans are a good choice if you are just starting to eat beans.

### Nutrition Information for 1 Tablespoon:

Calories: 55	Total Fat: 1.7g
Saturated Fat: 0g	Carbohydrate: 7g
Dietary Fiber: 1.5g	Protein: 2.8g

## Gazpacho Soup

1 large	Onion roughly chopped
1(28oz.) can	Diced tomatoes, undrained
2 cups	Chopped cucumbers, peeled & seeded
1 medium	Red pepper, seeded and roughly chopped (about 1.5 cups)
½ cup	Fresh cilantro Roughly chopped fresh cilantro
¼ cup	Olive oil
1 1/2 cups	Canned tomato puree
1 cup	Tomato juice (low sodium if possible)
1 tbsp.	Lemon juice
1/8 cup	Balsamic vinegar

Makes 10 servings

- Place half the onion, tomatoes, cucumbers, pepper, and cilantro in the bowl of a food processor fitted with a metal blade; pulse to chop coarsely.
- Remove the chopped vegetables and set aside.
- Repeat with the second half of these vegetables.
- Combine the vegetables with the olive oil, tomato puree, tomato juice, lemon juice, and salt and pepper in a large container.
- Blend in the balsamic vinegar.
- Refrigerate for at least four hours, but preferably overnight.

### Nutrition information:

Calories 95	Total Fat: 11.06g
Saturated Fat: 0.77g	Cholesterol: 0.00mg
Carbohydrates: 11.06g	Dietary Fiber: 2.36g
Protein: 1.92g	

## Ginger Peach Crumble

1 pound frozen unsweetened sliced peaches or  
3 cups peeled fresh peaches  
3 tablespoons packed brown sugar  
½ teaspoon ground cinnamon  
1 tablespoon fresh lemon juice  
½ cup + crumbled gingersnaps (about 10  
gingersnaps)

Serves 4

- Preheat the oven to 425 degrees.
- Evenly distribute the peach slices in the bottom of a 9-inch pie pan or 8-inch square baking dish.
- Sprinkle the peaches with the brown sugar, cinnamon and lemon juice.
- Top with the crumbled gingersnaps.
- Bake for 20-25 minutes until the peaches are bubbling and tender when pierced with a fork.
- Serve warm or at room temperature as is, or topped with low-fat frozen yogurt.

Adapted from Moosewood Restaurant Low-Fat Favorites

### Nutrition Information :

Calories: 253	Total Fat: 2.9g
Saturated Fat: 0.5 g	Cholesterol: 0 mg
Carbohydrates: 56.4g	Dietary Fiber: 2.4g
Protein: 2.3g	

## Asian Coleslaw

### Ingredients:

1 bag Shredded green cabbage  
1 bag Shredded purple cabbage  
½ bag Shredded carrots (or 3 large carrots  
shredded)

### Dressing:

2/3 cup Unseasoned rice vinegar  
¼ cup Light brown sugar  
1 ½ tbsp Dark-roasted sesame oil

Garnish: Minced scallions (green onion). Toasted sesame seeds (optional)

Makes 8 servings

- Combine green & purple cabbage shredded carrots, together in a large bowl.
- In another bowl Mix dressing ingredients together .
- Add dressing to cabbage/carrot mixture. Mix well.
- Garnish with scallions and toasted sesame seeds.
- Chill before serving.

Recipe adapted from Andrew Weil, MD's website

[www.eatingwell.net](http://www.eatingwell.net)

### Nutrition Information:

Calories: 97	Total Fat: 2.84g
Saturated Fat: 0.41g	Cholesterol: 0.00mg
Carbohydrates: 18.20g	Dietary Fiber: 4.27g
Protein: 2.55g	

## Cinnamon Grape Salad

½ cup	Low-fat, vanilla yogurt
¼ tsp.	Ground cinnamon
2 cups	Seedless green grapes
2 cups	Seedless red grapes

Makes 6 servings

- Combine yogurt and cinnamon in a large bowl. Mix well.
- Add grapes, toss well, cover, chill before serving.

### Nutrition Information:

Calories 54	Total Fat: 0.34g
Saturated Fat 0.19g	Carbohydrates: 12.55g
Dietary Fiber: 0.53g	Protein: 1.39g

Recipe adapted from Cooking Light Magazine

## Noodle Salad With Spicy Peanut Butter Dressing

5 tbsp.	Creamy peanut butter
1/4 cup	Low-salt chicken broth
3 tbsp.	Rice vinegar
3 tbsp.	Soy sauce
1 1/2 tbsp.	sugar
1 tbsp.	Oriental sesame oil
1 tbsp.	Minced peeled fresh ginger
¼ tsp.	Cayenne pepper (or more for added spice)
8 ounces	Linguine (try using whole wheat pasta)
1 large	Red bell pepper, cut into matchstick-size strips
1/2 cup	Chopped green onions
1 cup	Thinly sliced carrots.
1 cup	Green beans (blanched by putting in boiling water for 1 minute)

Makes 6 side-dish servings

Garnish with lime wedges, and ¼ cup chopped salted peanuts  
Combine first 8 ingredients in small bowl; whisk to blend. Set dressing aside.

- Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain pasta; rinse with cold water and drain again.
- Transfer pasta to medium bowl.
- Add bell pepper, carrots, green beans and green onions. Pour dressing and toss to coat. Line serving bowl with lettuce leaves. Transfer salad to bowl. Sprinkle with peanuts and lime wedges.
- Serve chilled or at room temperature.

Adapted from epicurious.com

### Nutritional information:

Calories: 219	Total Fat: 7.68g
Saturated Fat: 1.37g	Total Carbohydrate: 31.53g
Dietary Fiber: 3.60g	Protein: 7.40g



## HEALTHY POTLUCKS

This booklet is designed to help you and your co-workers hold potluck breakfasts, lunches and snacks that are healthy and delicious. It includes the following items:

- Steps to Get Started
- Organizing a Healthy Potluck
- Healthy Potluck Sign Up Sheet
- Healthy Potluck Recipes

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