

Creamy chive dressing

Ingredients

- ½ cup Buttermilk
- ¼ cup Low fat mayonnaise
- 1 each Lemon, juiced
- 2 tbl Parmesan cheese
- 2 tsp Low sodium soy sauce
- 1 clove Garlic, minced
- 2 tbl Chives

Method

- ◇ Combine all ingredients in bowl and mix well.
- ◇ Adjust seasoning with sea salt and black pepper.



Strawberry Vinaigrette

Ingredients

- 2 cups Strawberries, hulled
- 1 tbl Chives, chopped fine
- 1 clove Garlic, minced
- ½ tsp Mustard
- ½ tsp Honey
- 2 tbl Cider vinegar
- 2 tbl Olive oil

Method

- ◇ Puree strawberries in food processor until smooth, transfer to mixing bowl.
- ◇ Add remaining ingredients and mix well.
- ◇ Adjust seasoning with sea salt and white pepper.

ThinkHEALTHY!™

St. Charles Hospital's *ThinkHEALTHY!*

Program is a community initiative aimed at preventing obesity, including co-morbidities of heart disease and diabetes through nutrition and exercise.

As part of *ThinkHEALTHY!*, St. Charles Hospital's free cooking classes for children are designed to educate participants on the importance of making healthier choices, including increased consumption of fruits and vegetables and decreased consumption of sugary beverages. The classes aim to improve behaviors concerning food choices, including by encouraging parents and caretakers to involve children in meal planning, shopping, and food preparation.

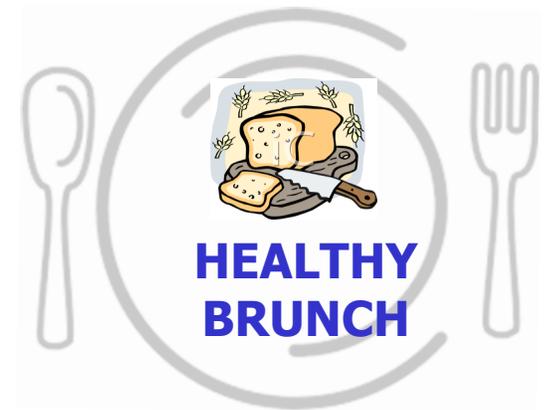
To learn more about *ThinkHEALTHY!* and read St. Charles Hospital's entire community service plan, please visit our website, www.stcharles.org/community-health-3.

To share your cooking class experiences and photos and to ask questions, please visit us: www.facebook.com/stcharleshospital



St. Charles Hospital
Catholic Health Services
At the heart of health

ThinkHEALTHY!™



**HEALTHY
BRUNCH**

January 21, 2015

*Homemade Pop Tarts
&
Shaker Salad*

St. Charles Hospital
Port Jefferson, NY 11777
(631) - 474 - 6797

Whole Wheat Toaster Pastries

Ingredients

- 2 ¼ cup whole-wheat flour,
- ½ tsp salt
- 1 cup cold, unsalted butter (2 sticks)
- ½ cup water plus ice
- 1 egg beaten with a splash of water
- 7-8 tsp apple or strawberry filling

Method

- ◇ Put the flour and salt in a food processor with the dough blade and pulse it together briefly.
- ◇ Take the cold butter straight out of the fridge and cut it into 1/2 inch chunks.
- ◇ Turn on the food processor and blend until the mixture resembles a crumbly meal and add 1/3 cup of water through the top.
- ◇ Remove the dough from the food processor and with a rolling pin flatten it out.
- ◇ Using a knife cut out 14 to 16 rectangles of dough. Spoon apple or strawberry filling down the middle and seal around the edges by pushing down with a fork.
- ◇ Brush the tops with the egg wash and bake them at 375 degrees F for 18-25 minutes. Enjoy!

Strawberry Filling

Ingredients

- 1 pint Strawberries, trimmed, cleaned
- 1 tsp Butter
- ¼ cup Sugar
- 2 tbl Corn Starch
- 1 tbl Lemon juice

Method

- ◇ Place strawberries, butter, sugar, cornstarch in sauce pan and bring to a simmer.
- ◇ When strawberries soften add lemon juice and continue to cook until completely softened.
- ◇ Add pinch of salt and adjust sweetness.
- ◇ Cool sauce, and store in refrigerator until needed.



Apple Filling

Ingredients

- 4 each Granny smith apples, peeled and diced ¼"
- 1 tsp Butter
- ½ tsp Cinnamon
- ¼ cup Sugar
- 2 tsp Corn Starch
- 1 tbl Lemon juice

Method

- ◇ Place apples, butter in sauce pan and sauté gently. Add sugar, cornstarch and cinnamon in sauce pan and bring to a simmer.
- ◇ When apples soften add lemon juice and continue to cook until completely softened.
- ◇ Add pinch of salt and adjust sweetness. If desired, puree filling in blender.

