

## Arctic Region recipes

### Arctic Smoothie

1 peach, frozen and sliced	10 blueberries, frozen
1 cup frozen non-fat vanilla yogurt	1 ½ teaspoons crushed pecans
½ cup skim milk	¼ teaspoon vanilla extract

Put all ingredients into a blender. Blend until smooth. Makes 1 serving

*Each serving provides 135 calories, 6 grams protein, 22 grams carbohydrate, 3 grams fat, 123 milligrams sodium, 2 grams fiber.*

### Couscous with Sausage, Pine Nuts and Cranberries

4 ounces sausage	1 medium onion, diced
¼ teaspoon cumin	¼ teaspoon cinnamon
¼ teaspoon dried coriander	2 tablespoons dried cranberries
1 cup uncooked couscous	1 tablespoon chopped pine nuts, toasted
1 cup chicken broth	

In a nonstick skillet, cook sausage over medium heat, breaking it up as it cooks. Stir in onion, cumin, cinnamon, coriander. Cook until onion has softened. Stir in cranberries and chicken broth and bring to a simmer. Stir in couscous, cover, remove from heat and let stand 5 minutes. Fluff with a fork, sprinkle with pine nuts and serve. Makes 3 servings.

*Each serving provides 387 calories, 14 grams protein, 50 grams carbohydrate, 18 grams fat, 601 milligrams sodium, 4 grams fiber.*

### **Smoked Salmon Quesadillas**

4 ounces cream cheese, softened	2 tablespoons sour cream
1 teaspoon dill weed	1 garlic clove, minced
2 tablespoons butter or margarine, softened	6 (8 inch) flour tortillas
4 ounces smoked salmon, chopped	2 cups shredded Swiss or Cheddar cheese

In a small mixing bowl, combine the cream cheese, sour cream, dill and garlic. Spread butter over one side of each tortilla. Place three tortillas, buttered side down in a large skillet. Spread with cream cheese mixture; sprinkle with salmon and cheese. Cover with remaining tortillas, buttered side up. Cook over low heat for 2-3 minutes or until golden brown. Turn and cook 2-3 minutes longer or until cheese is melted. Cut into wedges. Makes 3 servings

*Each serving provides 829 calories, 40 grams protein, 55 grams carbohydrate, 50 grams fat, 1176 milligrams sodium, trace of fiber.*

### **Cottontail Carrots**

2 pounds carrots, julienned	¼ cup apple juice
¼ cup butter	2 tablespoons brown sugar
1 teaspoon salt	

In a 2 quart microwave-safe casserole, combine carrots and apple juice. Cover and microwave on high for 10-12 minutes or until crisp-tender, stirring once. Add butter, brown sugar and salt, if desired; toss to coat. Makes 12 servings.

*Each serving provides 77 calories, 1 gram protein, 11 grams carbohydrate, 4 grams fat, 72 milligrams sodium, 2 grams fiber.*

### **Blueberry Smoothie**

1 cup blueberries, frozen or fresh	1 (8 ounce) container plain yogurt
¾ cup milk	2 tablespoons sugar
½ teaspoon vanilla extract	1/8 teaspoon ground nutmeg

Blend all ingredients in a blender until smooth. Serve immediately. Makes 2 servings

*Each serving provides 211 calories, 9 grams protein, 36 grams carbohydrate, 4 grams fat, 118 milligrams sodium, 2 grams fiber.*

### **Yukon Eggs**

1 ½ teaspoons oil or bacon fat

1 slice bread

1 egg

Salt and pepper to taste

Place oil or bacon fat in skillet over low heat. Cut a 2 inch hole from the center of the bread slice; lay in the hot skillet. When the side facing down is lightly toasted, about 2 minutes, flip and crack the egg into the hole; season with salt and pepper. Continue to cook until the egg is cooked and mostly firm. Flip again and cook for 1 minute more to assure doneness on both sides. Serve immediately.

*Each serving provides 231 calories, 9 grams protein, 13 grams carbohydrate, 16 grams fat, 671 milligrams sodium, .6 grams fiber.*

### **Carrot Burgers**

1 ½ cups diced carrots

2 cups crushed cornflakes

2 eggs, beaten

¼ cup finely chopped celery

1 tablespoon finely chopped onion

½ teaspoon salt

¼ teaspoon sugar

¼ teaspoon pepper

2 tablespoons vegetable oil

Hamburger buns

Place carrots in a saucepan with a small amount of water. Bring to a boil; reduce heat. Cover and cook for 5 minutes or until tender; drain. In a bowl, combine carrots, cornflakes, eggs, celery, onion, salt sugar and pepper; mix well. Form into six patties. Heat oil in skillet over medium heat; cook patties for 3 minutes on each side or until browned. Serve on buns, if desired. Makes 6 servings.

*Each serving provides 188 calories, 5 grams protein, 28 grams carbohydrate, 6 grams fat, 447 milligrams sodium, 1 gram fiber.*

## Hearty Halibut Chowder

1 tablespoon butter	1 large onion, finely diced
2 large potatoes, peeled and cubed	2 cloves garlic, minced
6 cups chicken broth	1 (8 ounce) can stewed tomatoes, diced
2 large carrots, shredded	1 ½ cups milk
½ cup heavy cream	Salt and pepper to taste
2 pounds halibut, cut into 1 inch cubes	½ cup shredded Cheddar cheese
1 pinch red pepper flakes	

Melt the butter in a large pot over medium heat. Add the onion, and cook until the onion has softened and turned translucent, about 5 minutes. Add the potatoes and garlic, and continue cooking until the potatoes have softened slightly, about 10 minutes. Pour in the chicken broth, tomatoes, and carrots. Bring to a boil, then reduce heat to medium low; cover and simmer for 10 minutes. Add the milk and cream, season to taste with salt and pepper, then stir in the halibut. Continue simmering uncovered until the halibut is flaky and longer translucent in the center, about 10 minutes. Gently stir in the Cheddar cheese and red pepper flakes until the cheese has melted. Serve immediately. Makes 16 servings

*Each serving provides 190 calories, 19 grams protein, 12 grams carbohydrate, 7 grams fat, 397 milligrams sodium, 2 grams fiber.*