

Recipes

A collection of healthy Ukrainian dishes



Compliments of: **HCR**

Healthy Tips

- 👉 When sautéing, you can cut butter down to 1 tablespoon or use cooking spray to save fat and calories
- 👉 Sauté foods in a small amount of wine, broth or juice instead of using fat or oil
- 👉 Bake, broil, grill, roast, or stew instead of frying in fat
- 👉 Place meat on a rack while cooking so grease will drain off
- 👉 Remove fat from cooked ground meat by draining on a rack or using a paper towel to soak up grease
- 👉 For stews or soups, refrigerate the broth and skim hardened fat off the top before reheating/serving
- 👉 Use a non-stick cooking spray instead of butter, margarine, oil or shortening
- 👉 Use a non-stick skillet; less or no oil is required to prevent sticking
- 👉 Select reduced fat cheese and skim or 1% milk products
- 👉 Flavor with lemon juice or herbs instead of butter, margarine or oil
- 👉 Choose reduced fat salad dressings and limit portion size
- 👉 Instead of salad dressing, use vinegar or lemon juice with just a small amount of oil
- 👉 Use fat-free evaporated skim milk to replace whole milk in sauces
- 👉 Use a reduced fat margarine spread instead of regular butter, margarine or oil

Substitutions

½ cup oil has 960 **Calories** and 112g **Fat**

1 large egg has 70 **Calories** and 5g **Fat**

Applesauce has 53 **Calories** and 0g **Fat**

2 egg whites have 32 **Calories** and <0.5g **Fat**

1 tablespoon butter has 100 **Calories** and 11.5g **Fat**

Smart Balance has 85 **Calories** and 9.5g **Fat**

Makes 8 servings

Borscht

Calories 164 (28% from fat); Fat 5.1g (sat 2.1g, mono 2g, poly 0.8g); Cholesterol 6mg;
Calcium 64mg; Carbohydrates 26.5g; Sodium 345mg; Protein 3.7g; Fiber 4.2g

- | | |
|--|--|
| 1 tablespoon canola oil | 2 1/2 cups shredded red cabbage |
| 1 1/2 cups button mushrooms, thinly sliced | 2 cups chopped peeled baking potato |
| 1 3/4 cups chopped onion | 2 garlic cloves, crushed |
| 1 3/4 cups chopped peeled celeriac (celery root) | 12 ounces sliced peeled beets |
| 1/3 cup chopped carrot | 3 tablespoons cider vinegar |
| 1/3 cup chopped parsnip | 2 teaspoons sugar |
| 1 tablespoon tomato paste | 1 teaspoon kosher salt |
| 7 cups water | 1/4 teaspoon freshly ground black pepper |
| 1/2 cup tomato juice | 1/2 cup low-fat sour cream |
| 1/4 cup light beer | 2 tablespoons chopped fresh dill |

1. Heat oil in a large Dutch oven over medium heat. Add mushrooms to pan; cook 5 minutes, stirring frequently. Add onion; cook 6 minutes. Add celeriac, carrot, and parsnip; cook 4 minutes or until onion is tender, stirring occasionally. Stir in tomato paste.
2. Add 7 cups water and beer; stir well. Reduce heat, and simmer 5 minutes. Stir in cabbage, potato, garlic, and beets; bring to a boil. Reduce heat, and simmer 20 minutes or until vegetables are tender, stirring occasionally. Remove from heat.
3. Place half of beet mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl.
4. Repeat procedure with remaining beet mixture. Stir in vinegar, sugar, salt, and pepper. Ladle 1 1/2 cups soup into each of 8 bowls; top each serving with 1 tablespoon sour cream and 3/4 teaspoon dill.

Makes 16 servings

Ukrainian Apple Cake

Calories 257; Fat 2.7g; Carbohydrates 58g; Fiber 1.4g;
Protein 3.8g; Sodium 175mg; Cholesterol 19mg

3 cups sugar*	1 teaspoons salt
3 tablespoons cholesterol lowering butter (Smart Balance)	3 teaspoons cinnamon
1 egg and 4 egg whites, beaten	1 1/2 teaspoons nutmeg
3 cups flour	1/4 cup chopped nuts
3 teaspoons baking powder	5 cups thinly sliced apples
1 1/2 teaspoons baking soda	

*Replace 1/2 the sugar with Splenda sugar blend and you will save
60 calories per serving and 16g carbs (Per serving 200 cal, 42g carbs)

*Replace all the sugar with Splenda and save 120 calories and 33g carbs (Per serving 140 cal, 25g carbs)

1. Sift flour, baking powder, baking soda, salt, cinnamon and nutmeg together.
2. Cream butter. Add sugar gradually and cream together. Add beaten eggs and beat until well blended.
3. Add dry ingredients; mix well. Add apples and beat until pasty (the batter will be very thick, but not dry). Fold in nuts.
4. Bake in a greased 9 x 13-inch pan at 375° for 1 hour.

10 servings
(makes 20 rolls, serving size 2 rolls)

Holubtsi

(Stuffed Cabbage Rolls)

Calories 160, Fat 3g, Protein 7g, Carbohydrates 30g,
Fiber 4g, Sodium 300mg, Cholesterol 10mg

1/4 pound lean ground beef (95%)
1 medium onion, chopped
1 tablespoons canola oil
4 cups cooked brown rice
4 cups water

Salt and pepper, to taste
3/4 cup tomato juice
1 medium cabbage, core removed
1 tablespoon vinegar

- 1.** **To make filling:** cook rice according to package directions. In a frying pan, add the oil and heat over medium heat. Brown the onions and ground beef. Combine rice, onion, and ground beef in a mixing bowl. Season with salt and pepper. Set aside.
- 2.** Preheat oven to 350°.
- 3.** In a large pot, bring the water and vinegar to a boil. Place the cabbage into the pot and simmer long enough for the cabbage leaves to become limp, about 5 to 10 minutes. Do not overcook.
- 4.** Remove cabbage and tear off cabbage leaves from the cabbage head. Remove the hard center part of the leaf. Place a spoonful of the rice mixture into the center of the leaf and roll tightly. Place cabbage rolls into a casserole dish and cover with the tomato juice. Bake for 1 to 1 1/2 hours.

Sour Cream Babka

Makes 28 servings

Calories 216 (14% from fat); Fat 3.3g (sat 1g, mono 1.1g, poly 0.5g);
Cholesterol 35mg; Carbohydrates 40.7g; Sodium 66mg; Protein 5.4g; Fiber 1.6g

Dough

- | | |
|--|-----------------------------------|
| 1 cup dried cranberries | 2 large eggs |
| 1 tablespoon amaretto
(almond-flavored liqueur) | 2 large egg yolks |
| 1 cup evaporated fat-free milk | 1 teaspoon almond extract |
| 1 (8-ounce) carton low-fat sour cream | 1/2 teaspoon salt |
| 1 package dry yeast | 6 cups all-purpose flour, divided |
| 1/4 cup warm water | Cooking spray |
| (100° to 110°) | 1 tablespoon granulated sugar |
| 1/2 cup granulated sugar | 1 cup golden raisins |
| | 1/2 cup slivered almonds |

Icing

- 1 1/2 cups powdered sugar
- 1/4 cup evaporated fat-free milk
- 1/4 teaspoon almond extract

Preparing the dough

1. Combine cranberries and amaretto in a small bowl; set aside. Heat milk over medium-high heat in a small, heavy saucepan to 180° or until tiny bubbles form around edge (do not boil). Remove from heat; stir in sour cream. Cool to room temperature. Dissolve yeast in warm water, and let stand 5 minutes. Place sugar, eggs, and egg yolks in a large bowl; beat with a mixer at high speed until thick and pale (about 2 minutes). Add milk mixture, yeast mixture, almond extract, and salt; beat until well blended.
2. Lightly spoon flour into dry measuring cups; level with a knife. Add 5 1/2 cups flour to egg mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky). Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size (gently press two fingers into dough, if indentation remains, dough has risen enough.) Punch dough down; cover and let rest 10 minutes.
3. Coat 12-cup bundt pan with cooking spray; dust with 1 tablespoon sugar. Knead cranberry mixture, raisins, and almonds into dough. With floured hands, pat dough into an 8-inch circle. Form a 2-inch hole in center of dough; place dough in prepared pan, allowing center of bundt pan to emerge through hole in dough. Gently press the dough into pan. Lightly coat top of dough with cooking spray; cover and let rise 45 minutes or until doubled in size. Preheat oven to 350°. Uncover dough. Bake for 45 minutes or until loaf is browned and sounds hollow when tapped. Cool in pan 5 minutes on a wire rack.

Preparing the icing

Combine powdered sugar, evaporated milk, and almond extract, stirring with a whisk. Remove Babka from pan, and place on a serving platter. Drizzle with icing; cool completely.

Makes 4 servings

Chicken Kiev

Serving Size: 1 chicken breast half and 1 cup of potatoes

Calories 400; Fat 11.5g; Cholesterol 125mg; Carbohydrates 23.4g

Sodium 856mg; Protein 48.4g; Fiber 4.7g

- | | |
|---|---|
| 3 1/2 tablespoons cholesterol-lowering butter (Smart Balance), softened and divided | 2 tablespoons water |
| 1 teaspoon finely chopped fresh dill | 2 large egg whites |
| 3/4 teaspoon salt, divided | 4 1/2 (1-ounce) slices white bread |
| 1/4 teaspoon freshly ground black pepper | Cooking spray |
| 1 garlic clove, minced | 1 1/2 pounds baking potatoes, cut lengthwise into 1/4-inch-thick wedges |
| 4 (6-ounce) skinless, boneless chicken breast halves | |

1. Combine 2 tablespoons butter, dill, 1/8 teaspoon salt, pepper, and garlic in a small bowl, stirring well. Chill 1 hour.
2. Slice chicken breast halves lengthwise, cutting to, but not through, other side. Open halves, laying chicken flat. Place each chicken breast half between two sheets of plastic wrap; pound to a 1/4-inch thickness using a meat mallet or small heavy skillet.
3. Place about 1 1/2 teaspoons butter mixture on the small end of each chicken breast half, and roll up jelly-roll fashion. Tuck in sides, and secure each roll with wooden picks. Sprinkle chicken evenly with 1/2 teaspoon salt.
4. Combine water and egg whites in a shallow dish, stirring with a whisk. Place bread in a food processor; pulse 10 times or until coarse crumbs measure 3 cups. Microwave 2 1/2 teaspoons butter on HIGH for 15 seconds or until melted. Combine melted butter and bread crumbs in a shallow dish; toss well. Dip 1 chicken breast half in egg white mixture; dredge in bread crumb mixture. Dip chicken breast half in egg white mixture again; dredge in breadcrumb mixture again. Repeat procedure with remaining chicken breast halves, egg white mixture, and bread crumb mixture. Place chicken breast halves, seam sides down, in a jelly-roll pan coated with cooking spray. Cover and refrigerate 1 hour.
5. Preheat oven to 425°. Bake chicken for 35 minutes or until the chicken is done. Remove wooden picks before serving. Place potatoes on a baking sheet coated with cooking spray; coat potatoes with cooking spray. Sprinkle potatoes with remaining 1/8 teaspoon salt; toss. Bake potatoes for 40 minutes or until tender, turning once after 30 minutes. Transfer potatoes to a bowl, and toss with remaining 2 teaspoons butter. Serve with chicken.

Makes 4 servings

Ukrainian Pork Stew

Calories 230; Fat 5g; Carbohydrates 25g; Fiber 3g; Protein 22g; Sodium 535mg; Cholesterol 48mg

1 pound pork, boneless, cubed 1 inch
4 slices of turkey bacon
1/2 teaspoon salt
3/4 teaspoon black pepper
3 onions, coarsely chopped
3 cups beets, chopped
1 teaspoon dill weed, freshly chopped
3 cups rye bread crumbs, no crust
2 tablespoons shredded carrots
1 garlic clove minced

- 1.** Fry the bacon in heavy skillet. Remove the bacon from the skillet and set aside.
- 2.** Fry the onion and garlic in the bacon grease. Add the pork cubes, salt and pepper, then cook while turning until pork is done.
- 3.** Crumble the bacon in a large stew pot. Pour in the beet kvas and bring the pot to a boil. Reduce the heat, cover, and simmer for 1/2 an hour.
- 4.** Stir in the rye bread crumbs and carrots, cover and simmer for 1/2 hour more. Serve over blini or boiled potatoes garnished with the chopped dill.

Makes 6 servings

Baked Fish

(Ukrainian Christmas Eve Dish)

Calories 220; Fat 6g; Carbohydrates 10g; Fiber 1.5g; Protein 25g; Cholesterol 108mg; Sodium 316mg

Whole fish, about 2.5lbs. in weight
1 tablespoon canola oil
1 cup chopped onion
3 slices day-old bread, diced
3/4 teaspoon salt
1/8 teaspoon pepper
1/2 cup chopped celery (optional)
1 egg, slightly beaten
Parsley to taste

- 1.** Clean, wash and dry fish.
- 2.** Sauté onion and celery in butter until almost tender.
- 3.** Stir in bread; add salt, pepper and parsley. Add egg. Stuff bread mixture into fish and sew up opening.
- 4.** Place fish in roaster, bake at 200° for about 3 hours.

Piroshki

Serving Size: 2 Turnovers

Calories 105 (22% from fat); Fat 2.6g (sat 0.7g, mono 1.1g, poly 0.4g);
Cholesterol 10mg; Carbohydrates 14.3g; Sodium 276mg; Protein 6g; Fiber 0.4g

1 (2-pound) package frozen white bread dough
6 cups thinly sliced napa (Chinese) cabbage
1 tablespoon salt
1 tablespoon olive oil
1 3/4 cups chopped onion
1/2 cup finely chopped carrot
1 pound lean ground lamb
1/4 cup chopped fresh cilantro
2 garlic cloves, minced
2 tablespoons low-fat sour cream
Cooking spray
1 large egg white, lightly beaten

1. Thaw dough in refrigerator 12 hours. Combine cabbage and salt in a large bowl; toss well. Let stand 1 hour. Drain well. Pat cabbage dry with a paper towel. Return to bowl; set aside.
2. Heat oil in a large nonstick skillet over medium heat. Add onion; sauté 4 minutes. Stir in carrot; cover, reduce heat to low, and cook 8 minutes. Add lamb, cilantro, and garlic; cook, uncovered, over medium-high heat until browned, stirring to crumble. Drain lamb mixture in a colander; pat dry with paper towels. Add lamb mixture and sour cream to cabbage; toss well.
3. Preheat oven to 350°. Divide dough into 30 equal portions. Working with 1 portion at a time (cover remaining portions to keep dough from drying out), roll into a 4-inch circle on a lightly floured surface. Spoon 2 heaping tablespoons cabbage mixture onto half of circle. Fold dough over filling; press edges together with a fork to seal. Place turnovers on a baking sheet coated with cooking spray, and brush with egg white. Repeat procedure with remaining dough, cabbage mixture, and egg white.
4. Bake at 350° for 25 minutes or until golden. Serve warm.

Makes 6 Servings

Kartoplyanka

(Potato Soup)

Calories 170; Carbohydrates 25g; Fiber 2g; Fat 5g; Protein 7g; Sodium 470mg; Cholesterol 10mg

1 small onion, chopped
1 tablespoon cholesterol lowering butter (Smart Balance)
2 medium potatoes, diced fine
1 small stalk celery, diced
1 cup shredded cabbage
chopped dill or parsley
1/3 cup light sour cream
4 cups soup stock
2 cups water
1/2 teaspoon salt
1 tablespoon flour
salt and pepper

- 1.** Cook onion in butter until slightly wilted.
- 2.** Add vegetables, soup stock, water and salt. Cover and cook until vegetables are tender.
- 3.** Blend flour with sour cream. Spoon some soup liquid into it, stir into soup and bring to a boil. Season to taste with salt and pepper. Garnish with dill or parsley. This soup is usually served with rye bread.



HOME CARE OF ROCHESTER



85 Metro Park
Rochester, NY 14623
www.homecarerochester.com
585.272.1930