

# The City of St. Louis Department of Health and Bee-Fit Present:



Celebrate National Nutrition Month® by “rehabbing” a traditional or family-favorite recipe into a healthier version and prove it is possible to:  
**Eat Right, Your Way, Every Day.**

### How It Works:

Pick a favorite recipe and fill out its original ingredients, directions and nutrition facts. Decide how you want to make it a healthier, more nutrient-dense dish (i.e. reduced fat or calories, lower sodium, more fiber) and list the new and improved specifications. Complete and submit the registration and before-and-after recipes for a chance at a grand prize!

### Awards & Grand Prizes:

All recipes will be reviewed by our dietitians, and five finalists will be selected to present their recipes at the taste test. First place will receive a \$100 Schnucks gift card; first and second runners-up will receive \$50 gift cards (may be subject to taxability). Additional incentive prizes will be distributed to all participants.

### Registration & Recipe Submissions:

March 3 - 14

Submit forms **no later than 5 p.m. March 14** via fax: 612-1488 or email: LordR@stlouis-mo.gov.

### Finalist Notification:

Monday, March 24

Top five (5) submissions will be asked to compete in a taste test to determine grand prize winners

### Taste Test & Award Ceremony:

Thursday, March 27, noon - 1 p.m.

1st Floor Conference Room 1 of 1520 Market

### Registration:

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

Office Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_

Date Submitted: \_\_\_\_\_

**Questions about your recipe? Call or email for clarifications.**

\*Please fax to 612-1488 or email to LordR@stlouis-mo.gov before 5 p.m., March 14, 2014\*



Participant's Name: \_\_\_\_\_

\*Submissions Accepted from March 3-14\*

### Original Recipe:

Name: \_\_\_\_\_

Ingredients: \_\_\_\_\_

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Directions: \_\_\_\_\_

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### Nutrition Facts

Serving Size: \_\_\_\_\_ Servings Per Recipe: \_\_\_\_\_

Calories: \_\_\_\_\_ Calories from Fat: \_\_\_\_\_

Amount Per Serving	%DV
<b>Total Fat (g):</b>	%
Saturated Fat:	%
Trans Fat:	%
Polyunsaturated Fat:	%
Monounsaturated Fat:	%
<b>Cholesterol (mg):</b>	%
<b>Sodium (mg):</b>	%
<b>Potassium (mg):</b>	%
<b>Total Carbohydrate (g):</b>	%
Dietary Fiber:	%
Sugars:	%
<b>Protein (g):</b>	%

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet

### Recipe Rehab:

Name: \_\_\_\_\_

Ingredients: \_\_\_\_\_

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Directions: \_\_\_\_\_

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### Nutrition Facts

Serving Size: \_\_\_\_\_ Servings Per Recipe: \_\_\_\_\_

Calories: \_\_\_\_\_ Calories from Fat: \_\_\_\_\_

Amount Per Serving	%DV
<b>Total Fat (g):</b>	%
Saturated Fat:	%
Trans Fat:	%
Polyunsaturated Fat:	%
Monounsaturated Fat:	%
<b>Cholesterol (mg):</b>	%
<b>Sodium (mg):</b>	%
<b>Potassium (mg):</b>	%
<b>Total Carbohydrate (g):</b>	%
Dietary Fiber:	%
Sugars:	%
<b>Protein (g):</b>	%

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet



**Eat Right, Your Way, Every Day**

Participant's Name:     Your Name Here    

\*Submissions Accepted from March 3-14\*

### Original Recipe:

Name: Lasagna (Source: Fitday.com)

Ingredients: 2 cups ricotta cheese (part skim)  
2 cups shredded mozzarella cheese  
1 1/4 eggs  
11 ounces ground beef  
6 cups tomato sauce  
8 cooked lasagna noodles  
1/3 cup grated Parmesan cheese

Directions: 1. Mix ricotta cheese, mozzarella, eggs in medium bowl  
2. Cook ground beef in saucepan until browned. Pour off fat. Stir in  
tomato/pasta sauce.  
3. Spread 1 cup beef mix in each of two 2-quart shallow baking dishes.  
Top each with two lasagna noodles. Repeat layers. Top each with two  
lasagna noodles, remaining beef mix and Parmesan cheese  
4. Bake at 400 degrees for thirty minutes or until hot. Let stand  
10 minutes.

### Nutrition Facts

Serving Size: 1	Servings Per Recipe: 8
Calories: 491	Calories from Fat: 252
Amount Per Serving	%DV
<b>Total Fat (g): 28g</b>	13%
Saturated Fat:	%
Trans Fat:	%
Polyunsaturated Fat:	%
Monounsaturated Fat:	%
<b>Cholesterol (mg): 110</b>	37%
<b>Sodium (mg): 1131</b>	47%
<b>Potassium (mg):</b>	%
<b>Total Carbohydrate (g): 15</b>	3%
Dietary Fiber:	%
Sugars:	%
<b>Protein (g): 27</b>	%

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet

**EXAMPLE SUBMISSION**

### Recipe Rehab:

Name: Healthier Lasagna (Source: Fitday.com)

Ingredients: 2 cups fat-free cottage cheese  
2 cups reduced-fat mozzarella cheese  
1 egg white  
11 ounces lean ground turkey  
6 cups no salt added tomato sauce  
8 cooked whole grain lasagna noodles  
1/3 cup grated Parmesan cheese  
2 cups fresh spinach  
1 cup zucchini (sliced)

Directions: 1. Mix cottage cheese, mozzarella cheese and egg white  
in a medium bowl.  
2. Cook turkey in saucepan until browned. Pour off fat. Stir in  
tomato/pasta sauce.  
3. Spread 1 cup turkey mix in each of two 2-quart shallow baking  
dishes. Top each with two lasagna noodles, spinach and zucchini and  
1 cup cottage cheese mix. Repeat layers. Top each with two lasagna  
noodles, remaining turkey mix and Parmesan cheese.  
4. Bake at 400 degrees for thirty minutes or until hot.

### Nutrition Facts

Serving Size: 1	Servings Per Recipe: 8
Calories: 358	Calories from Fat: 108
Amount Per Serving	%DV
<b>Total Fat (g): 12</b>	5%
Saturated Fat:	%
Trans Fat:	%
Polyunsaturated Fat:	%
Monounsaturated Fat:	%
<b>Cholesterol (mg): 72</b>	24%
<b>Sodium (mg): 622</b>	26%
<b>Potassium (mg):</b>	%
<b>Total Carbohydrate (g): 5</b>	1%
Dietary Fiber:	%
Sugars:	%
<b>Protein (g): 38</b>	%

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet

