F.I.T. Tech
Healthy Food Demonstration
February 11, 2009

Heart To Heart
Healthy Food Recipes

Demonstration lead by:
Chef Rhonda Hammond,
RHIM Doctoral Student
and Nutritional Sciences Faculty
and Students
Steak and Vegetable Kabobs

You will need:

1 lb of Round Steak thinly sliced  
1/4 of a red pepper chopped into 1 1/2 inch squares  
1/4 of a green pepper chopped into 1 1/2 inch squares  
1/4 of a yellow pepper chopped into 1 1/2 inch squares  
1/4 purple onion chopped into 1 1/2 inch squares  
1 zucchini cut into 1 inch wide sections  
1/4 box of button mushrooms  
1/4 box of cherry tomatoes  
2 Tbsp olive oil  
Salt  
Pepper  
1/2 cup fig preserves  
1/4 cup lite balsamic vinegarette salad dressing  
Medium sized skewers

What to do:

1. Wash your hands and clean your cooking area.  
2. Wash all of the vegetables.  
3. Cut steak into 1 inch wide strips.  
4. Combine fig preserves and salad dressing in a large bowl.  
5. Marinade steak in the fig and salad dressing for at least 30 minutes.  
6. Chop all vegetables as stated above. Skewer vegetables in any pattern to make about 8 skewers and place on a cookie sheet.  
7. Brush olive oil over vegetables and sprinkle with salt and pepper.  
8. Now take the steak and roll the strips tightly. Then skewer the meat onto about four skewers. Then place them on a different cookie sheet from the vegetables.  
9. Cook vegetables on 475 degrees for 20 minutes.  
10. Cook the steak on 450 for 10 minutes.  
11. This should serve 4 people with one steak skewer and two vegetable skewers each.  
12. For fun try different types of rice as a side dish. Use brown rice to increase fiber or long grain and wild for a more elegant dish!
**Heart Shaped Sugar Cookies with Fruit**

**You will need:**
- Pre cut heart shaped sugar cookie dough—24 pack
- 1/4 cup (2 ounces) reduced fat cream cheese
- 1 tsp orange juice
- 1 tsp powdered sugar
- 1/4 tsp vanilla
- 1 kiwi peeled
- 1 small box of strawberries
- 1 small box of blueberries

**What to do:**
1. Wash your hands and clean your cooking area.
2. Wash all of the fruit.
3. Take two cookies and lay them on top of each other.
4. Now press the cookies together so that the dough comes together and the cookies spread out to become bigger. *Be careful not to lose the heart shape.
5. Now bake the cookies at temperature on the cookie package for about 2-3 minutes longer than suggested time or until thoroughly cooked.
6. While the cookies are baking combine cream cheese, powdered sugar, orange juice, and vanilla to make the icing.
7. Now cut the kiwi in sections to where the white part is still in a circle in the center.
8. Cut the strawberries vertical to where it looks like a heart shape.
9. Once cookies have finished baking and have cooled, apply a thin layer of icing on the top of the cookie.
10. Then top with the kiwis, strawberries, and blueberries as desired, using icing as needed to secure the fruit.
11. This recipe yields 12 large cookies.
11. For fun, make your own sugar cookie dough or use premade cookie dough and cut with different size heart shaped cookie cutters.