

# Eating For a Healthy Life Recipe Book







### **Acknowledgements**

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This booklet is currently not available for general distribution.

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## Single Serving Guidelines

Below is a guide to the amount of food that counts as a single serving for some basic foods.

### Bread, Grains, and Pasta

One serving equals:

- 1 slice of bread
- 1 ounce of dry, ready-to-eat cereal
- 1/2 cup cooked cereal, rice, or pasta
- 5-6 small crackers

### Vegetables

One serving equals:

- 1 cup of raw, leafy vegetables
- 1/2 cup of other vegetables chopped, raw or cooked
- 6 ounces of vegetable juice

### Fruits

One serving equals:

- 1 medium piece of fresh fruit (banana, orange, apple, peach, etc.)
- 1/2 cup of cooked or canned fruit
- 4 ounces of fruit juice

### Milk and Dairy

One serving equals:

- 8 ounces of milk or yogurt
- 1/2 cup ice cream
- 1/2 ounce natural cheese (cheddar, jack, Colby, etc)
- 2 ounces of processed cheese (American, reduced fat, etc)

### Protein- Meat, Fish, Poultry, etc.

One serving equals:

- 2-3 ounces of meat, fish, or poultry
- 1/2 cup cooked dry beans
- 1 egg
- 2 tablespoons nut butter (peanut, sesame)
- 1/3 cup nuts or seeds

### Fats, Oils, Sweets (recommended to use sparingly)

These include junk foods, candy, soda, chips, cooking oils, etc.



# Breads





## Angel Biscuits

**Yield:** 2 dozen

*My husband and I love biscuits but were tired of the canned variety. Then a lady at church gave us this recipe. The dough will keep for several weeks in the refrigerator. It's handy to have on hand for company. Everyone I have shared this recipe with thinks the biscuits are great.*

1 package dry yeast (about 2 1/4 tsp.)  
1/2 cup warm water (105° to 115°)  
5 cups all-purpose flour  
1/4 cup sugar  
1 tsp. baking powder  
1 tsp. baking soda  
1 tsp. salt  
1/2 cup vegetable shortening  
2 cups low-fat buttermilk  
Cooking spray  
1 Tbsp. stick margarine or butter, melted

1. Dissolve yeast in warm water in a small bowl; let stand 5 minutes.
2. Lightly spoon flour into dry measuring cups level with a knife. Combine flour and next 4 ingredients (flour through salt) in a large bowl. Cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal. Add yeast mixture and buttermilk; stir just until moist. Cover and chill 1 hour.
3. Preheat oven to 450°.
4. Turn dough out onto a heavily floured surface; knead lightly 5 times. Roll dough to a 1/2-inch thickness; cut with a 3-inch biscuit cutter. Place on a baking sheet coated with cooking spray. Brush melted margarine over biscuit tops. Bake at 450° for 13 minutes or until golden.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Blueberry-Yogurt Muffins

**Yield:** 12 muffins

2 cups all-purpose flour  
1 tsp. baking powder  
1 tsp. baking soda  
1/4 tsp. salt  
1/3 cup sugar  
1/4 cup unsweetened orange juice  
2 Tbsp. vegetable oil  
1 tsp. vanilla extract  
1 (8 oz.) carton vanilla low fat yogurt  
1 egg  
1 cup fresh or frozen blueberries, thawed  
Vegetable cooking spray  
1 Tbsp. sugar

1. Combine first 5 ingredients in large bowl; make a well in center of mixture. Combine orange juice and next 4 ingredients; stir well. Add to dry ingredients, stirring just until moistened. Gently fold in blueberries.
2. Divide batter among 12 muffin pans coated with cooking spray; sprinkle 1 Tbsp. sugar evenly over muffins. Bake at 400° for 18 minutes.

**Source:** *Low-Fat Ways to Cook Quick & Easy* by Susan McIntosh

## Cheese and Basil Scones

**Yield:** 12 scones

2 cups flour  
1/4 cup (1 oz.) freshly grated Parmesan or Romano cheese  
2 tsp. baking powder  
1/2 tsp. baking soda  
2 Tbsp. chopped fresh basil leaves or 2 tsp. dried basil  
1/4 tsp. freshly ground black pepper  
2/3 cup low fat buttermilk  
3 Tbsp. good-quality olive oil  
Nonstick vegetable spray  
1 Tbsp. egg substitute or 1 egg, beaten (optional)

1. Preheat oven to 450°.
2. Combine flour, cheese, baking powder, soda, basil, and pepper in medium bowl.
3. Add buttermilk and oil; mix only until dry ingredients are moistened. Divide dough into 2 balls. Knead gently 3 times on floured surface.
4. Spray cookie sheet with vegetable spray. Pat dough into 2 circles, 7 to 8 inches in diameter. With sharp knife, score each circle (1/4-inch deep) into 6 wedges. Do not cut through.
5. Brush with egg or egg substitute, if desired, to glaze. Bake 10 to 12 minutes or until golden brown. Cut into wedges and serve warm or at room temperature.

**Note:** *Scones may be wrapped securely and frozen for up to 3 months. Reheat in 350° oven uncovered for 10 minutes, or wrap each scone in a paper towel and cook on high power in microwave oven for 30 to 40 seconds.*

**Source:** *Skim the Fat, A Practical & Up-To-Date Food Guide. The American Dietetic Association, 1995.*

## Low Fat Bran Muffins

**Yield:** 12 muffins

1 cup flour  
2 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. cinnamon  
2 cups Nabisco® 100% bran cereal  
1 1/4 cups 2% low fat milk  
1/3 cup firmly packed brown sugar  
1 egg  
1/2 cup applesauce

1. Heat oven to 400°. Mix flour, baking powder, baking soda, and cinnamon in large bowl. Mix cereal, milk and sugar in another bowl. Let stand 5 minutes.
2. Stir in egg and applesauce and add to flour mix. Stir just until moistened (batter will be lumpy).
3. Spoon batter into muffin pan, sprayed with a non-stick spray, filling each up 2/3 full. Bake for 18 to 20 minutes or until golden brown. Serve warm.

**Source:** *Marie Copley*

## Morning Glory Muffins

**Yield:** 12 muffins

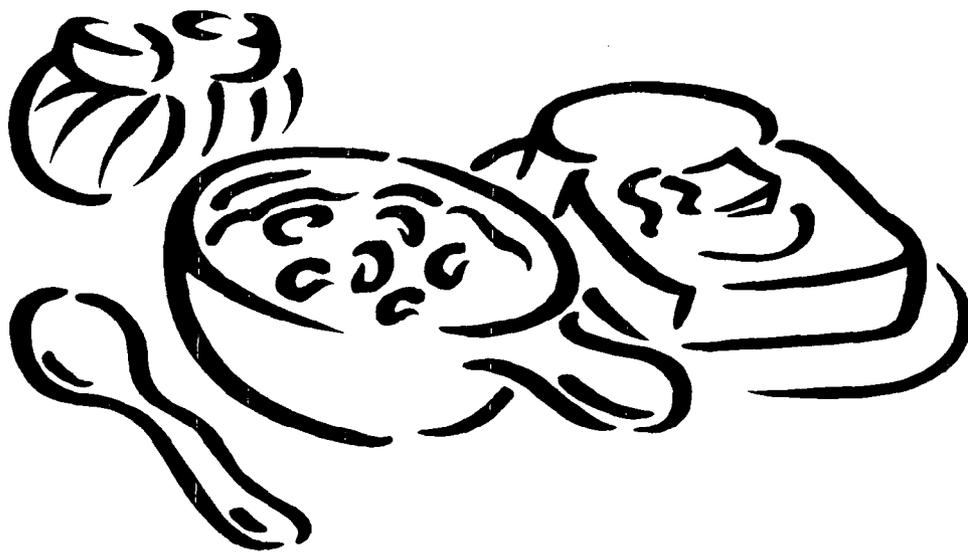
2 cups grated carrot  
1/2 cup diced apple  
1/2 cup raisins  
1/4 cup walnuts, chopped  
1/2 cup frozen pineapple juice concentrate, thawed  
1/4 cup brown sugar  
1/4 cup reduced calorie margarine (or 1/8 cup Lighter Bake®)  
1/2 cup egg substitute  
2 tsp. vanilla  
1/2 tsp. coconut flavoring (optional)  
1 cup flour  
1/2 cup oat bran  
1/2 cup wheat bran  
2 tsp. baking powder  
1 tsp. cinnamon  
1/4 tsp. salt

1. Preheat oven to 350°. In a mixing bowl, beat together pineapple juice concentrate, brown sugar, margarine, egg substitute, vanilla and coconut flavoring. Set aside. In a large bowl, combine grated carrots, apples, raisins and nuts. Set aside.
2. In a separate bowl, combine flour, brans, baking powder, cinnamon and salt. Add to carrot mixture and mix well. Pour liquids into carrot/ flour mixture and stir until moist. Spray muffin tin with non-stick cooking spray and spoon mixture into muffin cups until 2/3 full. Bake for 25 minutes. Remove muffins from pan and cool slightly before serving.

**Source:** *Elaine Quimby, Burién (REACH For Health project)*



# Entrées & Side Dishes



## Asparagus Guacamole

**Yield:** 2 cups

4 cups (1 lb.) fresh asparagus, cut and trimmed, or  
4 cups frozen, cut asparagus (two 10-oz. packages)  
1 small garlic clove, minced  
2 tsp. lime juice  
1/4 cup canned green chilies, chopped  
1/2 tsp. salt  
1/2 tsp. cumin  
2 Tbsp. onion, finely chopped  
1/2 cup tomato, seeded, chopped

1. Cook asparagus in small amount of water until tender. Drain well and thoroughly.
2. In a food processor or blender, process asparagus, garlic, lime juice, green chilies, salt and cumin until the mixture is smooth (about 30 seconds). Scrape the bowl frequently. Remove the mixture from the food processor bowl and stir in onion and tomato. Chill thoroughly before serving.
3. Serve with baked tortilla chips or cut vegetables.

**Source:** *Low Fat, No Fat Cooking Magazine, May 1999*

## Asparagus Salad

*Arranged on a single serving platter, this salad is a beautiful composition of vibrant color. It may be served as a first course or a side dish, and can add a festive touch to the buffet table.*

28 asparagus spears (2 bundles), trimmed  
1/2 cup plain nonfat yogurt  
1 Tbsp. crumbled blue cheese  
1/4 cup freshly squeezed lemon juice  
1 Tbsp. snipped fresh chives  
1 garlic clove, peeled and minced  
2 beefsteak tomatoes, cored and cut into wedges  
Salt and freshly ground black pepper to taste  
1/2 cup chopped fennel leaves (the feathery ends)

1. Bring water to a boil in the bottom of a steamer. Fit the basket into the steamer. Steam the asparagus over medium-high heat for about 6 minutes, until bright green and tender. Remove the steamer from the heat and let the asparagus cool.
2. Combine the yogurt and blue cheese in a small saucepan. Warm over low heat for 1 to 2 minutes, whisking constantly, just until the blue cheese has melted. Remove the pan from the heat and whisk in the lemon juice, chives, and garlic.
3. Arrange the asparagus in the center of a serving plate and ring with the tomato wedges. Drizzle the yogurt dressing over the asparagus. Sprinkle with salt and pepper and garnish with the fennel leaves.

**Tip:** *Heating the blue cheese intensifies its flavor, making the most of a scant tablespoonful.*

**Source:** *In the Kitchen with Rosie*



## Ayo's Pasta Delight

**Yield:** 4 servings

- 1 large broccoli tree, chopped into bite-size pieces or  
one 10-oz. package of chopped frozen broccoli
- 1 medium carrot, cut into thin sticks
- 1/2 cup green peas
- 1 Tbsp. vegetable oil
- 2 cups cooked, drained, and rinsed pasta (any shape)
- 1/4 cup Parmesan cheese

1. Cook pasta according to package instructions.
2. Using a large skillet, saute vegetables in oil for 10 minutes, stirring often.
3. Add cooked pasta to vegetables and gently combine with a large spoon or spatula.
4. Sprinkle Parmesan cheese over pasta mixture, cover and cook for 2 more minutes.
5. Serve warm or enjoy as a cold leftover pasta salad.

**Options:** *In place of fresh, use frozen carrots and peas. Add different vegetables: cooked cauliflower, zucchini, or fresh tomatoes. Use brightly colored pasta for an exciting dish.*

**Source:** *Taste and Health Project. King County Health Department.*

## Ayo's Vegetarian Chili

**Yield:** 6 servings

- 1 medium onion, chopped
- 4 cloves garlic, pressed or minced
- 1 Tbsp. vegetable oil
- 2 medium carrots, finely chopped
- 2 medium tomatoes, chopped
- 1 can diced tomatoes, slightly drained
- 2 15 oz cans of black beans, drained
- 1 pinch cayenne pepper, chili powder, or chili seasoning mix
- 1 Tbsp. parsley, freshly chopped or dried flakes
- 1 tsp. pepper

1. In large sauce pan, saute onions and garlic in oil.
2. Add carrots, tomatoes, herbs, spices, and beans.
3. Cook on medium heat for 15-20 minutes, or until carrots are tender.
4. Serve with crackers or corn bread.

***Options and variations:***

- *Top each bowl of chili with a light sprinkle of cheese.*
- *Replace black beans with red beans.*
- *Experiment with different vegetables: green peppers, corn and celery work well, too!*

**Source:** *Taste & Health Project*

## Baby Greens with Balsamic Vinaigrette

**Yield:** 2 servings

1 garlic clove, halved  
6 (1/2-inch thick) slices French bread baguette  
2 Tbsp. balsamic vinegar  
1 Tbsp. water  
1 tsp. minced shallot  
2 tsp. olive oil  
1/4 tsp. black pepper  
1/8 tsp. salt  
8 cups gourmet salad greens

1. Preheat oven to 400°.
2. Rub garlic on one side of each bread slice and place on a baking sheet. Bake at 400° for 4 minutes on each side or until golden.
3. Combine the vinegar and next 5 ingredients (vinegar through salt) in a jar. Cover jar tightly, and shake vigorously. Combine vinaigrette and greens, and toss well. Serve salad with garlic croutons.

**Source:** *www.cookinglight.com*

## Beef Tenderloin with Horseradish-and-Roasted Garlic Crust

**Yield:** 12 servings

*Pair this robust dish with a side of creamy mashed potatoes.*

1 whole garlic head  
Olive oil-flavored cooking spray  
1/3 cup prepared horseradish  
1/4 tsp. salt  
1/4 tsp. dried basil  
1/4 tsp. dried thyme  
1/4 tsp. black pepper  
1 (3 lb.) beef tenderloin

1. Preheat oven to 350°.
2. Remove white papery skin from garlic head (do not peel or separate the cloves). Coat with cooking spray; wrap in foil. Bake at 350° for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulps. Discard skins. Mash garlic pulp, horseradish, salt, basil, thyme, and pepper with a fork until blended.
3. Preheat oven to 400°.
4. Trim fat from tenderloin; fold under 3 inches of small end. Rub garlic mixture over roast. Place tenderloin on a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of tenderloin. Bake at 400° for 40 minutes or until thermometer registers 145° (medium-rare) to 160° (medium).
5. Place tenderloin on a platter. Cover and let stand 10 minutes before slicing.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Braised Chicken and Vegetables

**Yield:** 4 servings

2 tsp. olive oil

4 skinless, boneless chicken breast halves (about 1 to 1 1/4 lb. total)

Salt and black pepper to taste

1 medium onion, chopped

1 cup sliced or diced vegetables (celery, bell pepper, zucchini, yellow crookneck squash and/or fennel, in any proportions)

2 to 4 cloves garlic, finely chopped

2 Tbsp. dry white wine (or substitute 1 Tbsp. lemon juice plus 1 Tbsp. water)

1 can (14 1/2 oz.) diced tomatoes

1 1/2 tsp. chopped fresh basil or 1/2 tsp. crushed dry basil, or other favorite herb

Fresh herb sprigs for garnish (optional)

1. Measure oil into a large, non-stick, heavy-bottom skillet and tilt to coat bottom evenly. Have all other ingredients ready.
2. Trim chicken breasts as needed and remove any visible fat. If needed, press or pound chicken pieces lightly to flatten a bit. Rinse chicken and pat thoroughly dry.
3. Place oiled skillet over high heat. While oil is heating, season chicken to taste with salt and pepper.
4. When oil is very hot but not smoking, add chicken pieces and brown lightly on both sides, about 5 minutes total. Remove from pan and keep warm.
5. Add onion and vegetables to skillet, and saute, stirring occasionally, until lightly browned, about 3-5 minutes. Stir in garlic and cook 30 seconds more; do not brown garlic.
6. Stir in wine, tomatoes with their liquid, and basil. Stir in well, scraping up any browned bits.
7. Return chicken and any juices from it to the pan, nestling chicken into the vegetables. Bring to a good simmer, cover, and reduce the heat. Let cook until chicken is just done, about 7-8 minutes more, adjusting heat as necessary to maintain a simmer, and turning chicken pieces halfway through. Do not overcook; chicken is done at 165° internal temperature, or when juices run clear. Correct the seasoning.
8. Serve, garnished with fresh herb sprigs if desired.

**Suggested accompaniments:** *Steamed broccoli or spinach, or spinach salad; and rice or polenta.*

**Source:** *Ann Manly, for Eating for a Healthy Life*

## Broiled Portabella Mushrooms

**Yield:** 2 as a main dish, 4 as a side dish

- 1 lb. portabella mushrooms
- 1 Tbsp. light miso
- 1 Tbsp. balsamic vinegar
- 2 Tbsp. water
- 2 tsp. olive oil
- 10 oz. fresh spinach, stemmed and rinsed

1. Preheat the boiler.
2. Carefully brush or wipe off any soil from the mushrooms. Trim the tough portions of the stems and cut the mushrooms into 1/2-inch-thick slices. Whisk together the miso, vinegar, water, and oil. Brush the mushroom slices with the marinade and place them on a baking sheet. Broil about 3 inches from the heat for about 5 minutes, until the mushrooms are browned and beginning to soften.
3. Meanwhile, steam the spinach in a covered pot on high heat, using only the water clinging to its leaves, for 1 or 2 minutes, or until just wilted but still bright green.
4. Spread the steamed spinach on a serving platter, arrange the broiled mushrooms on top, and serve right away.

**Source:** *Low Fat Moosewood Cookbook*

## Bulgur and Orange Salad

**Yield:** 4 servings

Prep: 20 minutes

Chill: 2 hours

- 1/3 cup uncooked bulgur
- 1 large orange, peeled and chopped (3/4 cup)
- 1 medium onion, chopped (1/2 cup)
- 1 small tomato, chopped (1/2 cup)
- 3/4 cup chopped fresh parsley
- 2 Tbsp. lemon juice
- 2 tsp. grated orange peel
- 2 tsp. olive or vegetable oil
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/8 tsp. crushed red pepper

1. Cook bulgur as directed on package-except omit salt. Toss bulgur and remaining ingredients in glass or plastic bowl.
2. Cover and refrigerate about 2 hours or until chilled.

**Source:** *Betty Crocker's Low Fat Cookbook*

## Bulgur Pilaf

**Yield:** 4 servings

1 Tbsp. soft margarine  
1 cup bulgur, uncooked  
1/2 cup chopped celery  
1 medium onion, chopped  
1/2 cup sliced fresh mushrooms  
2 cup chicken broth, bouillon, or water  
2 Tbsp. chopped pimento  
1 Tbsp. chopped parsley  
1/4 tsp. oregano  
1/2 tsp. salt  
Pepper to taste  
1/4 tsp. dill weed

1. Melt margarine in skillet. Add vegetables and bulgur. Cook until vegetables are tender and bulgur is golden. Add broth and seasonings. Cover and bring to a boil. Reduce heat and simmer 15 minutes. Stir in parsley and pimento just before serving. Serve warm. For variety, try adding green pepper.

**Source:** *New American Diet*

## Butternut Bisque with Cider Syrup

**Yield:** 8 servings

4 cups apple cider, divided  
2 large butternut squash (about 4 1/2 lbs.)  
1/2 cup grated peeled fresh ginger  
3 cups water  
2 1/2 cups thinly sliced leek (about 4 large)  
1/2 tsp. salt  
1 cup low fat or skim milk

1. Bring 2 1/2 cups cider to a boil in a small saucepan over medium-high heat. Cook until reduced to 1/2 cup (about 20 minutes); cool. Cover and chill.
2. Preheat oven to 400°.
3. Cut squash in half lengthwise; discard seeds and membrane. Place squash halves, cut sides down, on a baking sheet; bake at 400° for 1 hour or until tender. Cool. Remove pulp; set aside.
4. Place grated ginger on several layers of paper towels. Gather the edges of paper towels together; squeeze paper towel bag over a small bowl, reserving ginger juice. Discard solids. Set aside.
5. Combine 1 1/2 cups cider, water, leek, and salt in a Dutch oven. Bring to a boil. Cover, reduce heat, and simmer 40 minutes or until leek is soft.
6. Add squash, ginger juice, and milk to leek mixture, stirring well. Cook 15 minutes. Place half of squash mixture in a blender or food processor; process until smooth. Pour puréed squash mixture into a large bowl. Repeat procedure with remaining squash mixture. Return puréed squash mixture to pan. Keep warm. Ladle soup into bowls; drizzle with cider syrup.

**Tip:** *Extracting juice from ginger is easy and adds a distinct flavor. If you don't have fresh ginger, you can substitute 2 Tbsp. orange juice.*

**Source:** *www.cookinglight.com*

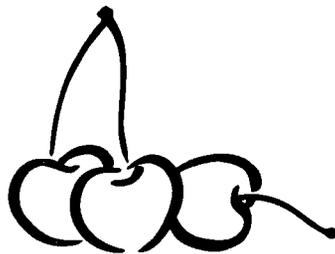
## Cherry Couscous Salad

*Couscous is tiny grains of pasta that is often used in Moroccan cooking. It combines well with dried cherries in this salad that's a great accompaniment to pork, lamb, or poultry.*

- 1 cup water
- 3/4 cup quick-cooking couscous, uncooked
- 1/2 cup dried tart cherries
- 1/2 cup coarsely chopped carrots
- 1/2 cup chopped cucumber
- 1/4 cup sliced green onions
- 1/4 cup toasted slivered almonds (optional)
- 3 Tbsp. balsamic vinegar
- 1 Tbsp. olive oil
- 1 Tbsp. Dijon-style mustard
- Salt and pepper, to taste

1. Bring water to boiling in a medium saucepan; stir in couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Uncover; let cool 10 minutes.
2. Put cooked couscous, dried cherries, carrots, cucumber, green onions and almonds in a large mixing bowl; mix well. Combine vinegar, olive oil, and mustard; mix well. Pour over couscous mixture, stirring to coat all ingredients. Season with salt and pepper. Serve chilled or at room temperature.

*Source: Cherry Marketing Institute*



## Chicken-Bulgur Salad with Spring Vegetables

**Yield:** 4 servings

3/4 cup uncooked bulgur or cracked wheat  
1 cup boiling water  
1 Tbsp. olive oil  
1 1/4 cups (1 -inch) diagonally sliced asparagus  
1 cup diagonally sliced snow peas  
1/2 cup diced red onion  
1 1/2 cups shredded cooked chicken breast (about 6 oz.)  
1/4 cup finely chopped fresh cilantro  
1/4 cup finely chopped fresh parsley  
1/2 cup fat-free, less-sodium chicken broth  
2 Tbsp. fresh lime juice  
2 Tbsp. finely chopped seeded jalapeno peppers  
1/4 tsp. salt  
1/4 tsp. black pepper  
6 cups gourmet salad greens

1. Combine bulgur and water in a large bowl. Cover and let stand 30 minutes.
2. Heat oil in a nonstick skillet over medium-high heat. Add asparagus, peas, and onion; saute 4 minutes. Add asparagus mixture, chicken, cilantro, and parsley to bulgur mixture.
3. Combine broth and next 4 ingredients (broth through pepper). Pour over bulgur mixture; toss to coat. Arrange greens on each of 4 plates; top with bulgur mixture.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Chicken-Cabbage Stir-fry

**Yield:** 2 servings

1 medium boneless chicken breast, cut into strips  
1/2 tsp. oil  
1 1/2 cups green cabbage, cut in 1/2-inch slices  
1/2 Tbsp. cornstarch  
1/4 tsp. ground ginger  
1/8 tsp. garlic powder  
1/4 cup water  
1/2 Tbsp. soy sauce

1. Cut the chicken breast halves into strips. (Note: this is easier to do if the chicken is still partially frozen.) Heat the oil in a skillet and add the chicken strips. Stir fry over moderately high heat, turning the pieces constantly, until lightly browned (about 2-3 minutes, a little longer if chicken was frozen).
2. Add cabbage, stir fry 2 minutes until cabbage is tender-crisp. Mix the cornstarch, ginger, and garlic powder together and add them to the water and soy sauce, mixing until smooth. Stir the liquid into the chicken mixture. Cook until thickened and pieces are coated, about 1 minute.
3. Serve with thin pasta noodles, such as vermicelli.

**Source:** *Home and Garden Bulletin 232-10*, "Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines"

## Chicken with Leeks and Orange

**Yield:** 4 servings

4 boneless and skinless chicken breast halves  
2 Tbsp. flour  
1 tsp. olive oil  
1/2 tsp. salt, divided  
Freshly ground black pepper to taste  
1 Tbsp. butter or margarine  
1 leek, split, washed, and thinly sliced  
Finely grated zest of 1 orange  
1/2 cup orange juice  
1/3 cup chicken broth  
1 tsp. finely chopped fresh rosemary or 1/2 tsp. dried rosemary, crushed  
1/2 tsp. arrowroot dissolved in 1 tsp. water

1. Lightly dust the chicken with flour. In a large, nonstick skillet, heat the olive oil over medium heat. When hot, put the chicken into the pan, sprinkle with about 1/8 tsp. salt and a little pepper. Cook 5 minutes on each side or until cooked through. Remove from the pan and keep warm.
2. Put the butter or margarine into the pan. When melted, add the leek. Saute 5 minutes. Then add the orange zest, juice, broth, rosemary, remaining salt, and a little pepper. Simmer a few minutes until slightly thickened. Then stir in the dissolved arrowroot; simmer 1 minute. Pour any juices that have gathered around the chicken into the pan and simmer 1 minute.
3. Spoon the sauce over the chicken and serve.

**Source:** *Seattle Times Kitchen*; adapted from "Winter-Summer Chicken" by Lori Longbothan

## Classic Potato Salad

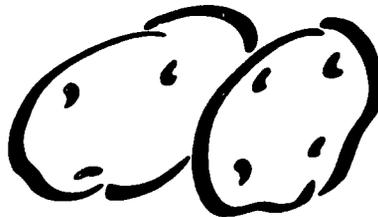
Prep time: 8 hours, 40 minutes

Cooking time: 25 minutes

1-1/2 lbs. baking potatoes, halved  
1/2 cup finely chopped red onion  
1/4 cup finely chopped celery  
1/4 cup sweet pickle relish  
2 hard-cooked large eggs, coarsely chopped  
1/3 cup low fat or fat-free mayonnaise  
2 Tbsp. cider vinegar  
1 Tbsp. Dijon mustard  
1/4 tsp. salt  
1/4 tsp. black pepper

1. Cook potatoes in boiling water 25 minutes or until potatoes are tender; drain and cool completely.
2. Cut potatoes into 1/2-inch cubes. Combine potatoes, onion, celery, relish, and eggs in a large bowl. Combine mayonnaise and remaining ingredients in a small bowl; stir with a whisk. Pour over the potato mixture, tossing gently to coat. Cover and refrigerate at least 8 hours.

*Source:* [www.cookinglight.com](http://www.cookinglight.com)



## Coleslaw

**Yield:** 4 to 6 servings

2 Tbsp. reduced-fat mayonnaise  
2 Tbsp. plain, nonfat yogurt or nonfat sour cream  
1 1/2 tsp. Dijon or yellow mustard, or more to taste  
2 tsp. cider vinegar  
1/4 tsp. celery seed  
1 1/2 tsp. honey, or more to taste  
1/2 tsp. salt, or to taste  
1/8 tsp. pepper, or to taste

3 cups shredded or grated cabbage

1 cup total any one or a selection of these vegetables and fruits in any proportions:

Shredded or grated carrot  
Small broccoli florets  
Finely diced green bell pepper  
Diced sweet onion  
Thinly sliced green onion  
Well-drained pineapple tidbits  
Diced apple

2 Tbsp. toasted sliced almonds for garnish (optional)

1. In a large bowl mix dressing ingredients thoroughly until smooth. Toss in vegetables and mix well. Let set 10-15 minutes to meld flavors. Correct the seasoning.
2. Garnish slaw with toasted sliced almonds if desired.

**Note:** *Dressing may be mixed ahead and vegetables may be prepared ahead, but refrigerate separately. Use within 2 hours of combining.*

**Source:** *Ann Manly, for Eating for a Healthy Life*

## Couscous & Black Bean Salad

Estimated total time: 35 minutes

- 1 large orange
- 1/8 tsp. salt
- 2/3 cup uncooked couscous
- 1 cup canned black beans, rinsed and drained
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped green onions
- 2 Tbsp. chopped fresh parsley
- 1 Tbsp. seasoned rice vinegar
- 1 1/2 tsp. vegetable oil
- 1/4 tsp. ground cumin

1. Grate 1/4 tsp. orange rind, and set aside. Squeeze juice from orange over a bowl; reserve 1/4 cup juice, and set aside. Add water to remaining juice in bowl to equal 1 cup. Bring water mixture and salt to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Cool slightly. Stir in orange rind, beans, bell pepper, onions, and parsley. Combine reserved 1/4 cup orange juice, vinegar, oil, and cumin. Add couscous mixture; toss well. Store salad in an airtight container in refrigerator.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Cranberry Chutney

**Yield:** 4 cups

1 cup chopped Granny Smith apple  
1 cup raisins  
1 cup chopped onion  
1 cup sugar  
1 cup white vinegar  
3/4 cup chopped celery  
3/4 cup water  
2 tsp. ground cinnamon  
1 1/2 tsp. ground ginger  
1/4 tsp. ground cloves  
1 (12 oz.) bag fresh or frozen cranberries

1. Combine all ingredients in a large saucepan; bring to a boil, Reduce heat, and simmer, uncovered, 30 minutes or until slightly thick, stirring occasionally. Serve with turkey, chicken, roast pork, or ham.

**Note:** Refrigerate remaining chutney.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Cranberry-Glazed Ham

**Yield:** 25 servings

- 1 (7 lb.) 33%-less-sodium smoked, fully cooked ham half
- 1/2 cup whole berry cranberry sauce
- 3 Tbsp. brown sugar
- 1 Tbsp. spicy brown mustard

1. Preheat oven to 325°.
2. Place ham on a broiler pan lined with foil. Insert meat thermometer into thickest portion of pork. Bake at 325° for 1 hour. Score outside of ham in a diamond pattern. Combine cranberry sauce, sugar, and mustard; brush over ham. Bake an additional 35 minutes or until thermometer registers 140°. Transfer ham to a platter; let stand 10 minutes before slicing.

*Tips: If you don't have a meat thermometer, you need to go ahead and get one. Yeah, we know you thought we were going to tell you that you can do without it. Well, you can't. Every kitchen needs a meat thermometer (except for a vegetarian's kitchen, we suppose). For safety reasons, you simply can't skimp on this one.*

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Cranberry Waldorf Salad

**Yield:** 9 servings

- 1 1/2 cups chopped cranberries (fresh or dried)
- 1 cup apple, chopped
- 1 cup celery, chopped
- 1 cup green seedless grapes, halved
- 1/3 cup raisin
- 1/4 cup walnuts, chopped
- 1 Tbsp. sugar (or sweetener)
- 1/4 tsp. cinnamon
- 1 carton (8 oz.) vanilla nonfat yogurt

1. Mix all ingredients together and toss. Cover and chill for at least 2 hours.

**Source:** *Fred Hutchinson Cancer Research Center; Women's Health Initiative Cookbook*



## Creamy Guacamole

**Yield:** 16 appetizers

8 (6 inch) flour tortillas, each cut into 8 wedges  
1 1/2 cups peeled, cubed avocado  
1 cup nonfat ricotta cheese  
1/3 cup coarsely chopped onion  
2 Tbs. coarsely chopped fresh cilantro  
2 Tbs. fresh lime juice  
1 Tbs. coarsely chopped jalapeno pepper  
1/2 tsp. salt

1. Place tortilla wedges on a baking sheet; bake at 350° for 10 minutes or until crisp. Set aside.
2. Position knife blade in food processor bowl; add avocado and next 6 ingredients. Process until smooth. Spoon into a bowl; cover and chill. Serve with toasted tortilla wedges.

**Source:** *Cooking Light magazine*

## Creamy Pumpkin Soup

**Yield:** 5 servings

*Sprinkle with toasted croutons, if desired.*

2 tsp. stick margarine  
1 cup chopped onion  
3/4 tsp. dried rubbed sage  
1/2 tsp. curry powder  
1/4 tsp. ground nutmeg  
3 Tbsp. all-purpose flour  
3 (10 1/2-oz.) cans low-salt chicken broth  
1 Tbsp. tomato paste  
1/4 tsp. salt  
3 cups cubed peeled fresh pumpkin (about 1 lb.)  
1 cup chopped peeled McIntosh or other sweet cooking apple  
1/2 cup evaporated skim milk  
Sage sprigs (optional)

1. Melt margarine in a Dutch oven over medium heat. Add onion; saute 3 minutes. Add sage, curry powder, and nutmeg; cook 30 seconds. Stir in flour; cook 30 seconds. Add broth, tomato paste, and salt, stirring well with a whisk. Stir in pumpkin and apple; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until pumpkin is tender, stirring occasionally. Remove from heat; cool slightly.
2. Place mixture in a blender or food processor; process until smooth. Return mixture to Dutch oven; add milk. Cook until thoroughly heated. Garnish with sage sprigs, if desired.

**Source:** *www.cookinglight.com*

## Creamy Tarragon Dressing

**Yield:** About 1/3 cup

2 Tbsp. plain nonfat yogurt  
2 Tbsp. tarragon vinegar  
1 tsp. water  
2 tsp. Dijon mustard  
2 tsp. extra virgin olive oil  
2 tsp. sugar, or more to taste  
1/4 tsp. salt  
1/8 tsp. pepper  
1/4 tsp. dry tarragon or 1/2 tsp. finely chopped fresh tarragon (optional)

1. Whisk all ingredients together well. Let sit 5 minutes before serving to allow flavors to blend.
2. Try this dressing on a simple green salad with diced oranges or tomatoes; it also makes an excellent sauce for salmon.

**Note:** Vary the dressing by substituting lemon juice or white wine vinegar for the tarragon vinegar and other herbs such as dill or basil for the tarragon. Or substitute nonfat sour cream for the yogurt.

**Source:** Ann Manly, for *Eating for a Healthy Life*

## Cumin-Garlic Yogurt Sauce

**Yield:** 1 1/2 cups

1 1/2 cup plain, low fat yogurt  
2 Tbsp. minced parsley  
1 clove garlic, minced  
1 tsp. cumin

1. Mix together the above ingredients. Refrigerate 15 minutes or more before serving.

**Source:** *Sunset magazine*



## Dijon Mayonnaise Marinade For Asparagus

**Yield:** 4 Tbsp. of sauce

2 Tbsp. low fat or fat-free mayonnaise  
1 Tbsp. Dijon-style mustard  
1/2 tsp. dried tarragon leaves  
1/2 tsp. dried thyme leaves  
Dash crushed red pepper (if desired)

1 . Mix ingredients together. Mix with steamed asparagus and serve.

**Source:** *Weight Watch Quick Success Program Cookbook*

## Dill and Red Pepper Potato Salad

***Dressing:***

One 16 oz. container nonfat sour cream  
1/2 cup low fat or fat-free mayonnaise  
One 1 oz. pkg. Hidden Valley Ranch<sup>®</sup> “Original Ranch Salad Dressing” mix  
1/4 cup dried dill leaves  
2 Tbsp. chopped fresh parsley  
1/2 tsp. dried oregano leaves

***Salad:***

3 lbs. red or white potatoes, boiled in their skins and chilled  
1/2 medium-size red sweet pepper, diced  
1 1/2 small yellow onions, diced  
1/2 cup diced celery

1. **Dressing:** In a large mixing bowl whisk together all the dressing ingredients until combined. Set aside.
2. **Salad:** Cut the potatoes into 3/8-inch cubes. Place the cubed potatoes in the mixing bowl with the dressing and add the red pepper, onion and celery. Stir and fold until salad ingredients are completely coated. Cover and chill. Serve cold.

**Source:** <http://www.wral-tv.com/features/lean/1996/0708-Dill-and-Red-Pepper/>

## Gingered Carrots

**Yield:** 1 serving

*Orange juice concentrate gives this single-serving side dish a refreshing tang.*

1 large carrot, bias sliced (about 2/3 cup)  
2 tsp. frozen orange juice concentrate  
Several dashes ground ginger  
1 tsp. snipped parsley

1. In a small saucepan, cook carrot, covered, in a small amount of boiling water about 4 minutes or till crisp-tender; drain well.
2. Stir in orange juice concentrate and ginger. Cook over low heat 1 minute more, stirring occasionally. Stir in parsley.

**Source:** *Better Homes and Gardens Eating Healthy Cookbook*

## Green Beans and Pan-Roasted Red Onions

**Yield:** 14 servings

5 cups water  
1 lb. green beans, trimmed  
1 Tbsp. olive oil  
3 red onions, each cut into 8 wedges  
1/2 cup fat-free, less-sodium chicken broth  
1 Tbsp. balsamic vinegar  
2 tsp. brown sugar  
1/4 tsp. salt  
1/4 tsp. black pepper

1. Bring water to boil in a large saucepan; add beans. Cook 6 minutes or until crisp-tender. Drain; keep warm.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onions; saute 8 minutes or until browned. Add broth; cook 3 minutes, stirring occasionally. Stir in vinegar and remaining ingredients. Stir in beans; cover and cook 2 minutes.

**Note:** *Beans may be cut into small pieces, if desired*

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Green Beans Nicoise

**Yield:** 8 servings

2 lbs. green beans, trimmed  
1 1/3 cups chopped plum tomato (about 3/4 lb.)  
1/2 cup minced shallots  
1/4 cup water  
2 Tbsp. chopped ripe olives  
2 Tbsp. red wine vinegar  
1 Tbsp. olive oil  
2 tsp. Dijon mustard  
1/2 tsp. salt

1. Place beans into a large saucepan of boiling water; cook 5 minutes. Drain and plunge beans into ice water; drain.
2. Combine tomato and remaining ingredients; pour the mixture over beans, and toss to coat.

**Make-ahead tip:** *The green beans and the tomato mixture can be prepared a day in advance; cover and chill separately. Toss before serving.*

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Green Beans Provençale

**Yield:** 12 servings

- 2 lbs. fresh green beans, cut into 1 1/2-inch pieces
- 24 small cherry tomatoes, halved
- 1/2 cup chopped red onion
- 3/4 chopped fresh parsley
- 1/4 cup water
- 1/4 cup white wine vinegar
- 2 Tbsp. grated Parmesan cheese
- 2 Tbsp. olive oil
- 1/2 tsp. dried thyme
- 1/2 tsp. pepper
- 2 garlic cloves, minced

1. Steam beans, covered, 8 minutes or until crisp-tender. Drain beans; plunge into cold water, and drain. Combine beans, tomatoes, and onion in a medium bowl. Combine the chopped parsley and remaining ingredients in a small bowl, stirring until well-blended. Pour over the vegetables, tossing gently to coat. Serve at room temperature.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Grilled Salmon or Swordfish Steaks

**Yield:** 4 servings

2 large or 4 small salmon or swordfish steaks, at least 1-inch thick,  
about 1 to 1 1/2 lbs. total  
Vegetable oil  
Salt and pepper to taste

1. Pre-heat grill to medium-hot or prepare the coals. Be sure grill's cooking surface is clean, then brush with oil.
2. When ready to cook the fish, pat surfaces thoroughly dry with paper towels, brush fish very lightly with oil and season with salt and pepper to taste. Place fish on grill and brown well on first side, about 3-5 minutes. Turn to brown the other side. Spritz any flame flare-ups with water. Cook fish until just done, about 8-10 minutes total cooking time. Fish is thoroughly done at 140° internal temperature; if removed from grill at 135-137°, the fish will finish cooking from retained heat.

**Serving suggestion:** *Serve with lemon wedges and tartar sauce or ketchup. Accompaniments could include grilled potatoes or vegetables, corn on the cob, green salad or coleslaw.*

### **Variations**

- *After grilling fish, brush lightly with a vinaigrette or sesame oil.*
- *Marinate fish for 30 minutes to 1 hour before grilling.*
- *For swordfish, try the marinade recipe from Pan-Broiled or Grilled Marinated Beefsteak.*
- *For salmon, try the Orange Vinaigrette salad dressing (recipe on page 73), omitting the sugar.*

**Source:** *Ann Manly, for Eating for a Healthy Life*



## Grilled-Sea Bass Tacos with Fresh-Peach Salsa

**Yield:** 4 servings

*Sea bass is abundant in California coastal waters, but any firm white fish such as halibut, grouper, or snapper will work.*

***Peach salsa:***

3 cups coarsely chopped peeled peaches (about 6 small peaches)  
1 cup diced red onion  
1/4 cup fresh lemon juice  
3 Tbsp. minced fresh cilantro  
2 Tbsp. minced shallots  
1 tsp. chopped seeded serrano chile  
1 tsp. honey  
1/4 tsp. salt

***Grilled sea bass:***

1 (1-lb.) sea bass fillet (about 2 inches thick)  
Cooking spray  
1/4 tsp. salt  
1/8 tsp. black pepper

***Tacos:***

8 taco shells  
2 cups shredded green cabbage or packaged coleslaw mix  
1/2 cup minced fresh cilantro

1. **Prepare peach salsa:** Combine first 8 ingredients in a bowl; toss gently.
2. **Prepare grill:** Place fish on grill rack coated with cooking spray; grill 6 minutes on each side or until fish flakes easily when tested with a fork. Sprinkle fish with 1/4 teaspoon salt and pepper.
3. **Prepare tacos:** Warm the taco shells according to package directions. Cut the fish into 8 pieces, and place 1 piece of fish in each taco shell. Top each taco with 1/4 cup peach salsa, 1/4 cup shredded cabbage, and 1 tablespoon cilantro.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Grilled Teriyaki Pork Chops with Summery Peach Salsa

**Yield:** 4 servings

4 (6 oz. center-cut) pork chops (about 3/4-in. thick)  
1/4 cup low-sodium soy sauce  
3 Tbsp. minced shallots  
2 Tbsp. dry white wine  
2 Tbsp. fresh lime juice  
1 Tbsp. minced peeled fresh ginger  
1 1/2 tsp. brown sugar  
2 garlic cloves, minced  
Cooking spray  
Summery Peach Salsa

1. Trim fat from pork. Combine pork and next 7 ingredients (pork through garlic) in a large zip-top plastic bag. Seal and marinate in refrigerator 4 hours, turning bag occasionally. Remove pork from bag, reserving marinade.
2. Prepare grill.
3. Place pork on a grill rack coated with cooking spray; cook 7 minutes on each side or until done, basting frequently with reserved marinade. Serve with Summer Peach Salsa (recipe on page 93).

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Grilled Vegetables

**Yield:** 4 servings

3 to 4 cups of vegetables, such as:

1/2-inch slices of eggplant

1/2 to 3/4-inch slices of zucchini or other summer squash

White part of leeks, halved lengthwise, stem end intact

Bell peppers, quartered or cut in wide strips

Button mushrooms, portobello, shiitake, cremini, or oyster mushrooms

Sweet onions, such as Walla Walla Sweets, 1-inch slices, skewered

Wedges of fennel bulb, stem end intact

Small red potatoes, steamed until tender but firm, cooled

Sweet potatoes, steamed until tender but still firm, cooled

Vegetable oil

Salt and pepper to taste

Minced fresh herbs, such as rosemary, thyme, mint, dill or oregano (optional)

1. Pre-heat grill to medium-hot or prepare the coals. Brush grill's cooking surface with oil. Dry surfaces of prepared vegetables thoroughly with paper towels, then coat very lightly with oil and season to taste with salt, pepper, and minced herbs if desired. Place on grill to brown first side, turn to grill-mark all sides. If further cooking is needed, shift vegetables to cooler part of grill to prevent burning.
2. Most softer vegetables, such as bell peppers and sweet onions, take about 5 minutes per side. Zucchini and asparagus may take less time. Harder vegetables, such as carrots or winter squash slices, will take longer.

**Variations:** *Corn on the cob, asparagus, baby carrots, celery, 1/2-inch slices of acorn or Delicata winter squash, baby patty pan squash.*

**Source:** *Ann Manly, for Eating for a Healthy Life*

## Herbed Potato Salad with Green Beans and Tomatoes

*Great salad to make ahead, as the flavor gets more intense after chilling. Store leftover salad in the refrigerator in an airtight container for up to 3 days.*

- 2 1/2 lbs. small red potatoes, quartered
- 2 cup (2-in.) cut green beans (about 1/2 lb.)
- 1 cup chopped fresh basil (about 3 of the small herb containers in store)
- 1/2 cup thinly sliced green onions (scallions)
- 1/4 cup balsamic vinegar (or white or red wine vinegar)
- 1 Tbsp. olive oil
- 2 tsp. Dijon mustard
- 1/2 tsp. salt
- 1/2 tsp. black pepper, freshly ground
- 6 garlic cloves, crushed (or 6 tsp. minced garlic in jar)
- 2 cups diced, seeded tomato

- 1 . Place potatoes in large pan, cover with water. Bring to a boil and cook 10 minutes. Add beans, and cook 6 minutes or until tender. Drain and rinse with cold water to stop cooking.
2. Combine basil and next 7 ingredients (through garlic) in a large bowl. Add potato mixture; toss well. Add tomato, and toss gently. Cover and chill.

**Source:** *Cooking Light magazine*

## Heart Smart Pasta Salad

1 lb. multicolored rotini pasta  
8 oz. fresh mushrooms  
1/4 cup boiling water for cooking broccoli  
1 cup broccoli florets  
3 cups ice water for cooling broccoli  
1 sweet green pepper, seeded and diced  
1 sweet red bell pepper, seeded and diced  
2 green onions, including green tops, diced  
1/4 cup olive oil  
1/4 cup red wine vinegar  
3/4 tsp. salt  
1/4 tsp. pepper  
1/4 cup chopped fresh parsley  
1 tsp. dried tarragon or dried oregano  
16 cherry tomatoes, halved

1. Cook the pasta according to package directions, omitting salt. While the pasta is cooking, clean and slice the mushrooms. Place in a nonstick skillet over medium heat and sauté until the mushrooms are tender and give up their liquid, about 5 minutes. Drain well and set aside.
2. Place the broccoli on a rack in a saucepan with 1/4 cup boiling water and steam, covered, over medium heat for 4 minutes. Remove from heat and plunge into ice water to stop cooking. Do not overcook - the broccoli should remain firm and bright green.
3. Drain the broccoli and set aside.
4. Drain the pasta and let cool about 5 minutes. Mix the pasta, mushrooms, broccoli, green and red peppers, and onion in a large serving bowl. Set aside in the refrigerator.
5. In a covered jar, combine the oil, vinegar, salt, pepper, parsley, tarragon or oregano, and shake well. Pour the dressing over the pasta-vegetable mixture and toss well. Chill about 3 hours before serving. Just before serving, add the tomatoes.

**Source:** *Heart Smart II Cookbook*

## Holiday Green Beans

**Yield:** 10 servings

2 1/2 Tbsp. Dijon mustard  
1/4 tsp. salt  
1/4 tsp. freshly ground black pepper  
1/4 tsp. dried tarragon  
1 1/2 lbs. green beans, trimmed  
2 tsp. butter or stick margarine  
3/4 cup thinly sliced shallots  
2 Tbsp. low fat sour cream

1. Combine first 4 ingredients; set aside.
2. Steam green beans, covered, 5 minutes or until tender. Keep warm. Melt butter in a Dutch oven over medium heat. Add shallots; saute 3 minutes. Stir in mustard mixture and green beans; toss well. Cook for 2 minutes or until thoroughly heated. Stir in sour cream, and remove from heat. Serve immediately.

*Notes: Shallots are a member of the onion family and taste sort of like a cross between a mild onion and mild garlic. They are formed similar to garlic, with a head composed of multiple cloves, each covered with a thin, papery skin of a pale brown color. Look for dry-skinned shallots that are plump and firm with no signs of wrinkling or sprouting. You can refrigerate fresh shallots for up to a week.*

*Tarragon is an aromatic herb with an anise-like flavor; we suggest using only 1/4 tsp. because its assertiveness can easily dominate other flavors.*

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Holiday Rice Pilaf

**Yield:** 14 servings

*When the oven is jam-packed with your holiday fixings, this stovetop pilaf will be a godsend*

1 Tbsp. stick margarine  
3 cups sliced mushrooms (about 8 oz.)  
1 cup chopped red bell pepper  
3/4 cup sliced green onions  
2 garlic cloves, minced  
1/2 tsp. salt  
3 (10 1/2-oz.) cans low-salt chicken broth  
1 (12-oz.) package wild rice blend (such as Uncle Ben's®)  
1/3 cup chopped pecans, toasted

1. Melt margarine in a large nonstick skillet over medium-high heat. Add mushrooms, bell pepper, onions, and garlic; saute 5 minutes or until vegetables are tender. Set aside; keep warm.
2. Combine salt and broth in a large saucepan; bring to a boil. Add rice; cover, reduce heat, and simmer 25 minutes or until liquid is absorbed. Stir in mushroom mixture; cook 1 minute or until thoroughly heated. Stir in pecans.

**Source:** *www.cookinglight.com*

## Honey-Glazed Chicken Stir-Fry

**Yield:** 4 servings

Start to Finish: 25 minutes

*Frozen vegetables save on the preparation time.*

12 oz. skinless, boneless chicken breast halves or skinless, boneless chicken thighs  
2 Tbsp. honey  
2 Tbsp. vinegar  
2 Tbsp. orange juice  
1 Tbsp. soy sauce  
1 tsp. cornstarch  
2 Tbsp. cooking oil  
2 cups loose-pack frozen mixed vegetables  
Hot cooked rice (optional)

1. Rinse chicken; pat dry. Cut chicken into 1 -inch pieces; set aside. For sauce, in a small bowl stir together honey, vinegar, orange juice, soy sauce, and cornstarch; set aside.
2. Pour cooking oil into a wok or large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry frozen vegetables for 3 minutes or till vegetable are crisp-tender. Remove vegetables from wok. Add chicken to hot wok. Stir-fry for 3 to 4 minutes or till chicken is no longer pink. Push chicken from the center of the wok. Stir sauce; add to center of the wok. Cook and stir till thickened and bubbly.
3. Return cooked vegetables to wok. Stir all ingredients together to coat. Cook and stir about 1 minute more or till heated through. If desired, serve immediately over rice.

**Source:** *Better Homes and Gardens New Cookbook*

## Honey Mustard-Whipped Sweet Potatoes

**Yield:** 4 servings

*Serve this simple, creamy dish as a side to chicken or pork.*

1 Tbsp. margarine  
1/2 cup sliced onion  
3 medium sweet potatoes, peeled and cut into 1-inch pieces (about 1 1/2 lbs.)  
1 Tbsp. Dijon mustard  
1 Tbsp. honey  
1/4 tsp. pepper  
1 cup low-salt chicken broth

1. Melt margarine in a large saucepan over medium heat. Add onion and sweet potatoes; saute 5 minutes. Add mustard and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until sweet potatoes are very tender.
2. Place sweet potato mixture in a food processor; process until smooth.

**Source:** *www.cookinglight.com*

## Hot & Spicy Tofu Dip

2 lbs. Small Planet<sup>®</sup> Organic Hot Tofu  
1/4 cup cider vinegar  
1 Tbsp. paprika  
1/2 cup low fat or fat-free mayonnaise or nayonnaise<sup>1</sup>  
1 tsp. salt  
1 tsp. chili powder

1. Crumble tofu in a large bowl; add remainder of ingredients and stir together well. Transfer to blender and blend on high until smooth. Substitute 1/2 lb. of Organic Hot Tofu with 1/2 lb. of Organic Firm Tofu to make a milder dip. Perfect as a dip for veggies, crackers, etc.

**Source:** *Small Planet*

<sup>1</sup> Nayonnaise is a fat-free and dairy free alternative to mayonnaise. Made from silken tofu.

## Hummus Spread

**Yield:** 4 servings

- 1/2 cup 1% low fat cottage cheese
- 1/4 cup fresh parsley leaves
- 2 Tbsp. tahini (sesame-seed paste)
- 1/4 tsp. grated lemon rind
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. ground coriander
- 1/8 tsp. salt
- 1 garlic clove
- 1 (15-oz.) can chickpeas (garbanzo beans), rinsed and drained

1. Place all ingredients in a food processor; process until smooth, scraping sides of processor bowl once. Store in an airtight container in refrigerator. Serve with pita triangles or fresh vegetables.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)



## Lemon-Sage Turkey with Wild Mushroom Gravy

**Yield:** 12 servings

3 Tbsp. grated lemon rind  
1/4 cup fresh lemon juice  
3 Tbsp. dried thyme  
2 Tbsp. dried rubbed sage  
1 Tbsp. cracked black pepper  
1 tsp. salt  
1 (12 lb.) fresh or frozen turkey, thawed  
2 (16 oz.) cans fat-free, less-sodium chicken broth  
Cooking spray  
Wild-Mushroom Gravy (recipe on page 101)

1. Combine first 6 ingredients; set aside.
2. Remove and discard giblets from turkey, reserving neck for gravy. Rinse turkey with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under turkey. Rub spice mixture under loosened skin; rub into the body cavity.
3. Preheat oven to 350°.
4. Pour 1 can of broth in bottom of a shallow roasting pan. Place turkey, breast side up, on a rack coated with cooking spray. Place rack in roasting pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone. Bake at 350° for 1 1/2 hours. Carefully pour 1 can of broth into pan. Bake an additional 1 1/2 hours or until thermometer registers 180°. Remove turkey from oven; reserve pan drippings to make gravy. Cover turkey loosely with foil; let stand 15 to 20 minutes. Discard skin. Serve with Wild-Mushroom Gravy.

**Note:** Remember to reserve the drippings from the bottom of the pan. You will use them to make the gravy.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Macaroni Salad

Prep Time: 10 minutes

- 2/3 cup low fat sour cream
- 1/3 cup light low fat or fat-free mayonnaise
- 2 Tbsp. chopped fresh parsley
- 2 Tbsp. sweet pickle relish
- 1 Tbsp. spicy brown mustard
- 1/4 tsp. white pepper
- 4 cups cooked elbow macaroni (about 8 oz. uncooked pasta)
- 1 cup sliced green onions
- 1 cup frozen green peas, thawed
- 3/4 cup (3-oz.) diced reduced-fat sharp cheddar cheese
- 1/2 cup diced carrot
- 1/2 cup diced green bell pepper
- 1/2 cup sliced celery
- 1/2 cup diced lean ham (about 2 oz.)

1. Combine first 6 ingredients in a large bowl; stir well. Add macaroni and remaining ingredients; toss well to coat. Cover and chill.

**Source:** *www.cookinglight.com*

## Maple-Glazed Sweet Potatoes

**Yield:** 12 servings

8 cups (1 inch) cubed peeled sweet potato (about 3 lbs.)  
4 cups water  
1/4 cup lemon sections (about 1 large lemon)  
1/4 cup packed dark brown sugar  
3 Tbsp. maple syrup  
2 Tbsp. butter or stick margarine  
1/2 tsp. ground cinnamon  
1/8 tsp. ground red pepper  
Dash of salt

1. Combine first 3 ingredients in a large saucepan; bring to boil. Cook 20 minutes or until tender, stirring occasionally. Remove sweet potatoes from pan with a slotted spoon, reserving cooking liquid. Bring cooking liquid to a boil; cook until reduced to 1/3 cup (about 12 minutes). Stir in sugar and remaining ingredients. Stir in sweet potatoes; cook 2 minutes or until thoroughly heated.

*Note:* You'll need to peel and section a lemon for this dish. Take care to use only the flesh by removing the skin-like, white membrane from each section.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Maple-Pumpkin Sauté

**Yield:** 4 servings

*Serve this fall-inspired side dish in place of sweetpotatoes to complement entrées such as a baked ham or roast turkey.*

4 cups cubed peeled fresh pumpkin (about 1 1/2 lbs.)  
1 1/2 cups chopped Red Delicious apple  
1/2 cup finely chopped onion  
1/3 cup raisins  
Cooking spray  
3 Tbsp. maple syrup  
1/4 tsp. salt  
1/8 tsp. ground ginger

1. Combine the first 4 ingredients in a large nonstick skillet coated with cooking spray; cover pumpkin mixture and cook over medium-high heat 20 minutes or until tender, stirring occasionally. Stir in syrup, salt, and ginger.

**Source:** *www.cookinglight.com*

## Marinated Tofu

2 lbs. Small Planet<sup>®</sup> Tofu  
1/4 cup olive oil  
2 Tbsp. tamari soy sauce  
4 cloves minced garlic  
1 tsp. toasted sesame oil (optional)  
1/4 cup cider vinegar  
1/4 tsp. salt  
1 Tbsp. honey or brown sugar

1. Whisk together ingredients in a shallow 9x9 pan. Cut tofu into medium-sized chunks, or strips or triangles. Place in pan and allow to marinate for at least a few hours, preferably overnight. Turn the pieces a few times in the first hour to cover all surfaces. To cook, heat a wok or skillet over medium heat. Add 2 Tbsp. sesame, vegetable, or peanut oil and saute tofu pieces gently until a little crisp on the outside. Serve over rice or steamed vegetables, or add to a stir-fry, or skewer the pieces and grill them.

***Note:** To marinate tofu, it is best to use tofu that can absorb the necessary juices. Tofu can be wrapped in cloth and squeezed with a light weight for a few hours, removing the water and leaving room for the tasty juices. Alternatively, tofu can be frozen for at least 24 hours, thawed, squeezed to remove water, then marinated. Freezing tofu changes its texture to a more chewy consistency, and makes it a veritable “Sponge” for flavors.*

***Source:** Small Planet*



## Marinated Tuna, White Bean and Vegetable Salad

**Yield:** 6 servings

***Croutons:***

2 cups 1/2-inch bread cubes  
1 Tbsp. olive oil

***Dressing:***

2 tsp grainy mustard  
1 medium clove garlic, peeled  
and very finely minced  
1 medium shallot, peeled & minced  
1/2 tsp salt  
1/4 tsp freshly ground black pepper  
1/2 tsp. dried basil, crushed  
4 Tbsp. white balsamic or  
white wine vinegar  
2 Tbsp. olive oil

***Salad:***

1 large carrot  
1 red bell pepper, seeded, quartered  
and cut into slivers  
1 rib celery, finely minced  
1/4 cup finely minced parsley  
1 (15-oz.) can white beans, drained, rinsed,  
and drained again  
1 (6 1/2-oz.) can tuna packed in water,  
drained well and flaked  
2 plum tomatoes, cored and coarsely  
chopped  
8 green olives, pitted and coarsely chopped  
2 Tbsp drained caper  
Optional: 2 hard-cooked eggs, peeled  
and coarsely chopped

1. **To prepare the croutons:** Combine the bread cubes and olive oil; spread into a baking pan. Toast in a preheated 350° oven about 12 to 15 minutes, or until golden. Stir occasionally. Set aside.
2. **To prepare the salad:** Cut the carrot into 1/2-inch slices; cut each slice into thirds. Bring a medium pan of water to boil, add the carrots and time 2 minutes. Drain and rinse with cold water until cooled. Pat dry with a paper towel.
3. Combine the carrots, bell pepper, celery, parsley, white beans, tuna, tomatoes, olives and caper in a large bowl.
4. **To prepare dressing:** In a jar, combine the mustard, garlic, shallot, salt, pepper, basil and vinegar. Close jar and shake well to combine. Add the olive oil and shake a few times to blend.
5. Pour the dressing over the salad and add the croutons, tossing well. Gently fold in the eggs if using. Refrigerate about 1 hour to blend the flavors. (If making ahead, add the croutons 1 hour before serving).

**Source:** *Seattle Times Kitchen*

## Mexican Stir-Fry

**Yield:** 2 servings

*Staples from the pantry and leftover chicken and rice join to make this spicy dish.*

1/2 Tbsp. vegetable oil  
1/2 cup chopped onion  
2 garlic cloves, minced  
1/2 cup diced red pepper  
1/2 cup diced green pepper  
2 Tbsp. canned chili peppers, drained and chopped  
1 can (8 oz.) tomato sauce  
1 packet instant chicken broth and seasoning mix  
1/2 tsp. chili powder  
1/9 tsp. ground red pepper  
4 oz. canned pinto or red kidney beans, drained  
4 oz. white meat of chicken, cooked (boned and skinned), diced  
1 cup long-grain rice, cooked  
1 Tbsp. plus 1 tsp. shredded low fat Cheddar cheese

1. In a 10-inch nonstick skillet heat the oil over medium heat. Add the onion and garlic, and saute for 3 minutes. Add the red, green, and chili peppers, and sauté until the vegetables are tender-crisp (about 2 minutes longer). Then stir in tomato sauce, broth mix, chili powder, and ground red pepper. Bring the mixture to a boil and reduce heat to low. Cook for about 5 minutes to blend flavors. Add the beans, chicken, and rice, and cook until the mixture is thoroughly heated. Serve sprinkled with cheese.

**Source:** *Weight Watchers Fast & Fabulous Cookbook*

## Mock Caesar Salad

*Gone here are the fat-laden oil and anchovies associated with traditional Caesar recipes, along with the increasingly suspect raw egg. In this version, tart Belgian endive lends a refreshingly pungent accent, while the tomatoes add an unexpected burst of color.*

*To crack black pepper, coarsely grind whole peppercorns in a mill or crush them lightly using a mortar and pestle.*

- 2 garlic cloves, peeled and minced
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup freshly squeezed lemon juice
- 3 cups chopped Belgian endive (4 heads)
- 6 cups rom Romaine lettuce (2 heads)
- 1/8 tsp. freshly cracked black pepper
- 1 Tbsp. freshly grated Parmesan cheese
- 1 1/3 cups chopped tomato (1 large tomato)

1. Put the garlic, soy sauce, and lemon juice in a salad bowl and whisk thoroughly. Add the endive and romaine lettuce. Toss to coat. Sprinkle the black pepper and Parmesan cheese on top. Garnish with tomato.

**Source:** *In the Kitchen with Rosie*

## Nan's Red Lentil Soup

*Red lentils are wonderful time savers, as they cook to a lovely golden soup in 20 minutes from the time you put them in the pot. Serve them as a soup, or as a succulent sauce over cooked brown rice or other grains.*

1 cup dry red lentils  
1 bay leaf  
1 clove garlic  
1 2/3 cups chopped onion  
1 Tbsp. olive oil  
1 1/3 cup chopped carrots  
2 stalks of celery  
1 Tbsp. fresh or 1 tsp. dried rosemary  
1/4 tsp. hot pepper flakes  
1 cup no salt canned tomatoes  
1 Tbsp. white vinegar

1. Combine lentils, bay leaf and 5 cups of water. Cook for 10-12 minutes.
2. While above cooks, chop onions and garlic.
3. Heat oil in skillet; saute onions and garlic until brown.
4. Slice carrots and celery. Add to onions and cook until soft.
5. Add rosemary, pepper flakes, tomatoes and vinegar to onions.
6. When lentils are cooked, drain and save liquid.
7. Puree 1/2 the lentils in a blender or food processor.
8. Mix remaining lentils, pureed lentils and onion mixture together along with enough liquid to make a thick soup. Cook 5 minutes and serve.

**Note:** *Red lentils are unusual, in that if rinsed and drained, then allowed to sit even two or three minutes, they clump and stiffen into a mass that's difficult to pull apart!*

**Source:** *Nan Lopez*

## Orange-Scented Roasted Root Vegetables

**Yield:** 7 servings

4 cups (1-inch) cubed peeled sweet potato  
3 cups (1-inch) cubed peeled rutabaga  
2 cups (1-inch) sliced parsnip  
1 Tbsp. vegetable oil  
2 medium onions, each cut into 8 wedges  
Cooking spray  
1/3 cup packed brown sugar  
2 Tbsp. orange marmalade  
2 Tbsp. lemon juice  
1 Tbsp. sweet honey mustard  
1/4 tsp. salt  
1/8 tsp. ground red pepper  
Dash of ground nutmeg

1. Preheat oven to 400°.
2. Combine first 5 ingredients in a bowl; toss. Arrange vegetables in a single layer in a shallow roasting pan coated with cooking spray. Bake at 400° for 45 minutes; stir twice.
3. Combine sugar and remaining ingredients in a small saucepan; bring to a boil. Reduce heat; simmer 1 minute. Pour over vegetables; toss gently. Bake an additional 15 minutes or until vegetables are tender.

**Source:** *www.cookinglight.com*

## Orange Vinaigrette

**Yield:** About 1/4 cup

1 Tbsp. water  
1 Tbsp. white wine vinegar  
1 tsp. Dijon mustard  
3/4 tsp. sugar  
2 tsp. extra virgin olive oil  
2 Tbsp. orange juice  
1 small clove garlic, minced (optional)  
1/4 tsp. salt, or to taste

1. Whisk all ingredients together well.

**Source:** *Ann Manly, for Eating for a Healthy Life*

## Oven-"Fried" Fish

**Yield:** 4 servings

- 1 rounded cup dry bread crumbs (If using homemade crumbs, let some crumbs be coarser, about 1/8-inch diameter)
- 1/8 tsp. paprika
- 1/4 tsp. dry thyme, crumbled (optional)
- 1/2 tsp. parsley flakes (optional)
- Salt and pepper to taste
- 1 egg or 1/4 cup egg substitute
- 2 Tbsp. nonfat milk
- 3 drops hot pepper sauce or to taste (optional)
- 1 lb. boneless, skinless fish fillets, such as Pacific snapper, cod or halibut
- 1 tsp. salad oil

1. Preheat oven to 475°. Spray a baking sheet with pan spray and set aside.
2. In a wide, flat bowl or pie pan, mix crumbs, paprika, thyme and parsley flakes with salt and pepper to taste. The crumb mixture should be highly seasoned. Reserve.
3. In another wide, flat bowl, whisk together egg, milk and pepper sauce. Reserve.
4. Cut fish into individual portions, or fish sticks. (Fish should be 1/2-inch to 1-inch thick in order to brown well before becoming overcooked.) Pat fish dry with paper towel.
5. Dip a piece of fish in egg wash, then roll in crumbs to coat well. Place on sprayed baking sheet. Repeat with remaining fish, placing pieces well apart on pan. Drizzle fish evenly with the 1 tsp. oil. (Discard any leftover crumbs and egg wash.)
6. Bake fish in preheated oven until coating is browned and crispy and fish is just done, about 5-10 minutes, depending on thickness of fish. Do not overcook; seafood is done at 140° internal temperature when the flesh just becomes opaque.

**Serving suggestion:** *Accompany with reduced-fat tartar sauce, ketchup or cocktail sauce, and lemon wedges.*

**Source:** *Ann Manly, for Eating for a Healthy Life*

## Pan-Broiled or Grilled Marinated Beefsteak

**Yield:** 4 servings

**Marinade:**

1/2 tsp. Dijon mustard  
1/4 tsp. paprika  
1 tsp. scraped onion or onion juice  
2 - 4 cloves garlic, crushed or pressed  
3 Tbsp. red wine vinegar  
2 Tbsp. Worcestershire sauce  
1 Tbsp. soy sauce

1 lb. top round steak, cut 3/4-inch to 1-inch thick  
Panspray or vegetable oil  
Salt and pepper to taste  
Salsa (optional)

1. Measure marinade ingredients into a zip-lock-style plastic bag, and mix well. Trim beef of any visible fat. Place beef in the bag, press out as much air as possible and close the bag. Rub marinade onto meat to coat well. Refrigerate at least 4 hours or overnight. Remove meat from refrigerator about 1/2 hour before cooking.
2. When ready to cook beef, remove from marinade. Remove any pieces of garlic from surface of meat and pat steak thoroughly dry with paper towels.

**Pan-broiling:** Evenly panspray a heavy-bottom, non-stick skillet and place over high heat. While pan is heating, season steak with salt and pepper to taste. When pan is very hot but not smoking, place steak in pan and brown well on first side, about 5 minutes. Turn to brown the other side; reduce heat and cook steak to rare or medium rare. Total cooking time should be only about 7-10 minutes. (Top round cooked beyond medium rare by this method is likely to be tough. If you prefer beef cooked medium or well done, braise round steak rather than broiling it.)

**Grilling:** Oil the grill's cooking surface. Be sure the grill is very hot or coals are ready. Season steak with salt and pepper to taste. Place steak on grill and brown well on first side, about 3-5 minutes. Turn to brown the other side. Spritz any flame flare-ups with water. If further cooking is needed, shift steak to cooler part of grill to prevent burning. Cook steak to rare or medium rare; total cooking time should be only about 5-10 minutes. (Top round cooked beyond medium by this method is likely to be tough. If you prefer beef cooked more well done, braise round steak rather than grilling it.)

3. Slice steak thinly on the bias to serve.

**Serving suggestion:** Accompany with salsa, grilled or oven-roasted potatoes or other vegetables, and coleslaw or green salad.

**Source:** Ann Manly, for *Eating for a Healthy Life*

## Quick and Easy "Fried" Rice

**Yield:** 6 to 8 servings

3 cups cooked brown rice, bulgar wheat, millet, couscous, or other cooked grain  
2 tsp. vegetable oil  
One 10 ounce package frozen mixed vegetables or 2 cups fresh vegetables, chopped  
1 small onion, finely chopped  
1 cup cooked poultry, fish, or meat (optional)  
1/2 cup firm crumbled tofu or 1/2 cup egg substitute  
3-4 tsp. soy sauce or salsa

1. In a large pan, heat oil on medium-high heat. Add onion and rice. Stir and cook until onion is soft, about 5 minutes.
2. Reduce heat to medium and add vegetables and meat to rice mixture. Cook 2 minutes for frozen vegetables and 5-7 minutes for fresh.
3. Spread the mixture out to the sides of the pan, leaving space in the middle for the eggs.
4. Add the eggs, and scramble until in cooked form.
5. Mix the eggs with the rice and vegetables (if not using eggs, add tofu to the rice mixture and stir), then sprinkle with soy sauce or salsa.

**Source:** *King County Health Department*



Quick Recipe:

Fruited Spinach Salad

**Yield:** 10 servings

*A delicious honey and poppy seed dressing unites the fruit and greens*

1/4 cup white wine vinegar

3 Tbsp. salad oil

2 Tbsp. honey

1 tsp. poppy seed

1/2 tsp. dry mustard

8 cups tom spinach

1 medium papaya, seeded, peeled and cubed or 2 medium pears, cored, peeled, and cubed

1 1/2 cups seedless grapes, halved

1. For dressing, in a screw-top jar combine vinegar, salad oil, honey, poppy seed, and dry mustard. Cover and shake well to mix.
2. In a large salad bowl combine spinach, papaya or pears, and grapes. Shake dressing again and pour over salad. Toss to coat. Serve immediately.

**Source:** *Better Homes & Garden Eating Healthy Cookbook*

Quick Recipe:  
Pineapple Toss

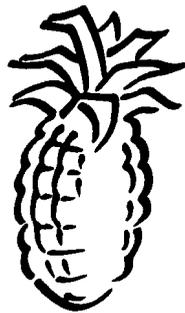
**Yield:** 4 servings

*Toss this refreshing salad with a simple dressing made from just two ingredients.*

3 cups tom salad greens  
1 cup shredded green or red cabbage  
1 8-oz. can pineapple tidbits (juice packed)  
1/4 cup low fat or fat-free mayonnaise or other low fat salad dressing

1. In a salad bowl combine greens and cabbage. Drain pineapple, reserving 2 tablespoons of the juice. Add pineapple to greens and cabbage.
2. In a small bowl stir together mayonnaise and reserved pineapple juice. Pour over salad and toss to coat.

**Source:** *Better Homes & Garden Eating Healthy Cookbook*



## Quinoa Corn Chowder

**Yield:** 4 to 6 servings

2 cups water  
1/4 cup quinoa (rinsed)  
1/2 cup potato, cubed  
2 Tbsp. carrot, diced  
1/4 cup onion, chopped  
1 1/2 cups corn (fresh, frozen, or canned)  
2 cups low fat or fat-free milk  
1 tsp salt  
Dash black pepper  
1/4 cup parsley, chopped

1. Simmer quinoa, potato, carrot, and onion until tender (about 15 minutes). Add corn. Bring back to boil and simmer another 5 minutes. Add milk. Bring just to boil. Season to taste. Garnish with parsley.

**Source:** *Quinoa Corporation Recipes*

## Quinoa Vegetable Soup

**Yield:** 4 to 6 servings

4 cups water  
1/4 cup quinoa (rinsed)  
1/2 cup carrots, diced  
1/4 cup celery, diced  
2 Tbsp. onions, chopped  
1/4 cup green pepper, diced  
2 cloves garlic, chopped  
1 Tbsp. safflower oil  
1/2 cup tomatoes, chopped  
1/2 cup cabbage, chopped  
1 tsp salt  
Parsley, chopped

1. Sauté quinoa, carrots, celery, onions, green pepper, and garlic in oil until golden brown. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20 to 30 minutes or until tender. Season to taste and garnish with parsley.

**Note:** *This is a very basic recipe for quinoa vegetable soup. For variations try adding some of your other favorite vegetables, chopped and sautéed.*

**Source:** *Quinoa Corporation Recipes*

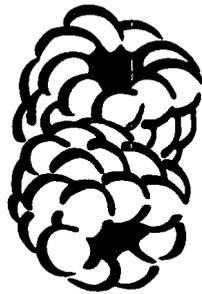
## Raspberry Jello Salad

**Yield:** 8 servings

1 3 oz. package raspberry gelatin  
1 cup boiling water  
1 cup fresh or frozen raspberries  
1 cup applesauce

1. Dissolve jello in boiling water. Chill until partially set. Mash berries (if frozen berries are used, drain juice and use as a part of water). Add berries and applesauce. Refrigerate until set. Top with low fat yogurt or Dream Whip®.

**Source:** *Mary Wickstrom for the Women's Health Trial sponsored by the National Cancer Institute*



## Roasted-Vegetable Soup

**Yield:** 10 servings

*This recipe was inspired by a friend who served me a delicious tomato, potato, and carrot soup one rainy summer day on Martha's Vineyard I thought the soup might be even better if the vegetables were roasted, and since winter in Buffalo creates the need for a lot of hot soup, I've had plenty of time to perfect the recipe. I like to serve it with a hearty white Tuscan bread and salad.*

- 2 1/2 cups coarsely chopped onion
- 1 cup chopped carrot
- 1 Tbsp. olive oil
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 5 plum tomatoes, halved (about 1 lb.), can use canned if fresh is not available
- 3 garlic cloves, sliced
- 4 cups vegetable broth (1 32-oz. box)
- 1 cup cubed peeled baking potato
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 (28-oz.) can whole tomatoes, undrained and chopped

1. Preheat oven to 425°.
2. Combine first 7 ingredients in a jelly-roll pan; toss to coat. Bake at 425° for 30 minutes or until vegetables are tender.
3. Combine broth and remaining ingredients in a large Dutch oven; bring to a boil. Reduce heat; simmer 15 minutes or until potato is tender.
4. Add the roasted vegetables to potato mixture. Place half of vegetable mixture in a blender, and process until smooth. Pour pureed mixture into a large bowl; repeat procedure with remaining vegetable mixture. Return to pan; cook 5 minutes or until thoroughly heated.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Salsa Couscous Chicken

(Pillsbury® Bake-off Contest winner)

**Yield:** 4 servings

3 cups hot cooked couscous or rice (cooked as directed on package)  
1 Tbsp. olive or vegetable oil  
1/4 cup coarsely chopped almonds  
2 cloves garlic, minced  
8 chicken thighs, skin removed  
1 cup Old El Paso® Garden Pepper or Thick 'n Chunky Salsa  
1/4 cup water  
2 Tbsp. dried currants  
1 Tbsp. honey  
3/4 tsp. cumin  
1/2 tsp. cinnamon

1. While couscous is cooking, heat oil in large skillet over medium-high heat until hot. Add almonds; cook 1 to 2 minutes or until golden brown. Remove almonds from the skillet with slotted spoon; set aside.
2. Add garlic to skillet; cook and stir 30 seconds. Add chicken; cook 4 to 5 minutes or until browned, turning once.
3. In medium bowl, combine salsa, water, currants, honey, cumin, and cinnamon. Mix well. Reduce heat to medium; cover and cook 20 minute or until chicken is fork-tender and juices run clear, stirring occasionally. Stir in almonds. Serve chicken mixture with couscous.

**Source:** *Seattle Times Kitchen. Ellie Matthews, a Seattle woman, winner of the Pillsbury® Bake-off Contest*

## Sausage-and-Herb Dressing

**Yield:** 13 servings

2 Tbsp. butter or stick margarine  
2 (4-oz.) links sweet Italian turkey sausage, crumbled  
2 cups chopped onion  
2 cups chopped fennel bulb  
1/2 cup chopped celery  
3 garlic cloves, minced  
1 1/2 cups fat-free, less-sodium chicken broth  
1/3 cup chopped fresh parsley  
1 1/2 tsp. dried thyme  
1 1/2 tsp. dried oregano  
1/2 tsp. salt  
12 cups (1-inch) cubed French bread (about 1 lb. loaf)  
1 cup thinly sliced green onions  
1 large egg, lightly beaten  
Cooking spray

1. Preheat oven to 375°.
2. Melt butter in a Dutch oven over medium-high heat. Add sausage; cook 4 minutes or until browned. Add chopped onion, fennel, celery, and garlic; saute 8 minutes. Stir in broth and next 4 ingredients (broth through salt), scraping pan to loosen browned bits. Remove from heat. Stir in bread, green onions, and egg. Spoon into a 13x9-inch baking dish coated cooking spray. Bake at 375° for 35 minutes.

**Source:** *www.cookinglight.com*

## Savory Spinach with Tomatoes

**Yield:** 6 servings

1 tsp. olive or canola oil  
1 medium onion, chopped  
1 clove garlic, minced or pressed  
2 tomatoes, chopped  
1 package frozen spinach leaves or 2 bunches fresh  
1/2 tsp. salt

1. In the oil, fry the onion, garlic and tomato.
2. Add the clean spinach and salt. Stir together.
3. Cover and simmer for 5 minutes, until just tender.

***Serving suggestions:***

- *Serve with rice or as a filling for tortillas.*
- *Serve with green or red salsa.*
- *Add meat, beans fish or poultry of your choice.*
- *Top with grated cheese or queso fresco.*

**Source:** *Seattle and King County Public Health Web site*

## Spicy Grilled Pork Chops

**Yield:** 6 servings

6 (6-oz.) lean center-loin pork chops, 1/2-in. thick  
1 1/4 cup water  
2 Tbsp. minced onion  
1 Tbsp. Worcestershire sauce  
1 tsp. chili powder  
1/4 tsp. garlic powder  
Vegetable cooking spray  
2 Tbsp. vinegar  
1 1/4 tsp. pepper  
2 tsp. sugar  
1/2 tsp. dry mustard  
1/4 tsp. hot sauce

1. Trim fat from pork chops. Place in a shallow dish; set aside. Combine water and next 9 ingredients in a saucepan. Bring to a boil and pour over chops. Cover and marinate in the refrigerator 8 hours or overnight, turning occasionally. Remove chops from marinade; reserve marinade. Coat rack with vegetable cooking spray; place on grill over medium-hot coals. Cook chops 15 to 20 minutes, turning and basting frequently.

**Source:** *Cooking Light Cookbook, 1989*

## Spicy Kale Greens

**Yield:** 4 to 6 servings

2 bunches kale greens, washed and cut  
1 small onion, chopped  
2 cloves garlic, minced  
1 tsp. vegetable oil  
Red pepper flakes or cayenne pepper

1. Remove all stems and discolored leaves. Wash greens under cold running water to remove all dust and dirt. Wash three time to make sure you have clean greens.
2. Using a large pot, saute onions and garlic in the oil until they are soft. Add chopped greens and mix. Sprinkle with pepper flakes or cayenne, if desired.
3. Cover pot and let cook about 15 minutes.

**Options:**

- *Instead of kale, use collard, mustard or turnip greens. Note that collard greens need 20-30 minutes to cook.*
- *Serve cooked greens with fresh sliced tomatoes and corn bread.*

**Source:** *Seattle and King County Public Health Web site*

## Split Pea Soup

**Yield:** 4 servings as a main course

2 cups (1 lb.) green split peas  
10 cups water and 1 vegetable bouillon  
2 bay leaves  
3 Tbsp. olive oil  
3 medium onions, finely diced  
3 garlic cloves, minced  
2 tsp. ground cumin  
2 celery ribs, finely diced  
3 carrots finely diced  
2 Tbsp. tamari soy sauce  
Freshly ground black pepper to taste  
Salt  
2 Tbsp. unsalted butter

1. In a large stockpot, combine the split peas, water, bouillon, bay leaves, and 1 Tbsp. of the olive oil. Cover the pot, bring to a boil (watch for overflowing foam), then reduce the heat to a lively simmer. Cook 1 hour, stirring occasionally.
2. Meanwhile, heat the remaining 2 Tbsp. olive oil in a medium skillet. Add the onions and garlic, and saute 10 minutes, or until tender. Stir in the cumin and cook, stirring frequently, 2 additional minutes.
3. After the peas have cooked 1 hour, stir in the onion mixture and all of the remaining ingredients except the butter. Cook, uncovered, an additional 30 to 35 minutes, or until the soup has a somewhat smooth consistency and the vegetable are tender. Be aware that the soup will thicken in each serving bowl as it cools, so don't let it get too thick. Remove the bay leaves. Just before serving, taste for salt, then stir in the butter.

**Source:** *Seini Kulzer, University of Washington*



## Spring Garden Dill Dressing

*Creamy and tangy, to dress greens, or as a dip for fresh vegetables.*

- 1/2 cup low fat cottage cheese
- 1/2 cup low fat yogurt
- 3 Tbsp. minced fresh (or 1 Tbsp. dried) dill
- 3 tsp. minced fresh (or 1 tsp. dried) parsley
- 1/2 tsp. Dijon mustard
- 1 Tbsp. lemon juice

1. Whirl all ingredients in a blender or food processor. The flavor improves considerably when the dressing is chilled. Will keep refrigerated for about a week.

***Source:*** *Adapted from The Lose Weight Naturally Cookbook*

## Spring-Vegetable Pizza

**Yield:** 4 servings

- 1 tsp. olive oil
- 2 cups thinly sliced leek (about 2 large)
- 1 1/2 cups (1-inch) sliced asparagus (about 1 lb.)
- 1 1/2 tsp. chopped fresh or 1/2 tsp. dried sage
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 3 cups tom spinach
- 1 (10 oz.) Italian cheese-flavored pizza crust (such as Boboli<sup>®</sup>)
- 1/4 cup (2 oz.) goat cheese

1. Preheat oven to 450°.
2. Heat oil in a nonstick skillet over medium-high heat. Add leek and asparagus; saute 5 minutes or until lightly browned. Stir in sage, salt, and pepper.
3. Arrange spinach over crust; leave a 1-inch border. Top with leek mixture; sprinkle with cheese. Place on a baking sheet. Bake at 450° for 10 minutes.

**Source:** *www.cookinglight.com*

## Stovetop "Baked Beans"

***Yield:*** 8 servings

*The maple syrup and sugar adds a friendly sweetness and the barbecue seasoning a familiar tang.*

- 1 Tbsp. stick margarine or butter
- 1 1/4 cups chopped onion
- 3/4 cup chopped green bell pepper
- 2 garlic cloves, minced
- 1 cup reduced-calorie ketchup
- 1/4 cup packed brown sugar
- 1/4 cup maple syrup
- 2 Tbsp. Worcestershire sauce
- 2 tsp. barbecue smoked seasoning (such as Hickory Liquid Smoke)
- 2 tsp. prepared mustard
- 1 (16 oz.) can red beans, drained
- 1 (15.8 oz.) can Great Northern beans, drained

1. Melt margarine in a medium saucepan over medium-high heat. Add onion, bell pepper, and garlic; saute 4 minutes. Stir in ketchup and remaining ingredients; bring to a boil. Reduce heat; simmer 15 minutes, stirring occasionally.

***Source:*** [www.cookinglight.com](http://www.cookinglight.com)

## Summer Risotto

**Yield:** 4 servings

2 (14 1/2-oz.) cans vegetable broth  
1 Tbsp. olive oil  
2 tsp. margarine or butter  
1 cup diced onion  
1 cup (1/4-in.) cut green beans  
1/2 cup chopped red bell pepper  
1/2 cup diced carrot  
1 Tbsp. chopped fresh flat-leaf parsley  
1 Tbsp. chopped fresh basil  
2 garlic cloves, minced  
1 cup uncooked Arborio rice or other short-grain rice  
1/2 cup dry white wine  
1 Tbsp. grated fresh Parmesan cheese  
1/4 tsp. black pepper  
Minced fresh flat-leaf parsley (optional)

1. Bring broth to a simmer in a saucepan (do not boil). Keep warm over low heat.
2. Heat olive oil and margarine in a large Dutch oven over medium-high heat. Add the diced onion and next 6 ingredients (onion through garlic), and saute 6 minutes or until tender. Add rice, and cook 2 minutes, stirring constantly. Add remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 25 to 30 minutes). Stir in Parmesan cheese and pepper, and garnish with the minced parsley, if desired.

**Source:** *www.cookinglight.com*

## Summery Peach Salsa

***Yield:*** 2 cups

1 cup diced peach  
1/2 cup diced plum  
1/4 cup minced shallots  
3 Tbsp. orange juice  
2 Tbsp. minced fresh parsley  
1 tsp. grated lime rind  
2 Tbsp. fresh lime juice  
1 1/2 Tbsp. chopped seeded jalapeño pepper  
1 Tbsp. minced fresh mint  
1 Tbsp. honey  
1 tsp. minced peeled fresh ginger

1. Combine all ingredients in a bowl. Cover and chill.

***Source:*** [www.cookinglight.com](http://www.cookinglight.com)

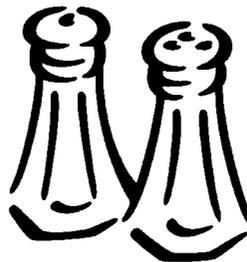
## Sweet Barbecued Chicken

**Yield:** 12 servings

1 cup brown sugar  
1 cup bottled barbecue sauce  
2 tsp. dried thyme  
1 tsp. chili powder  
1 tsp. ground red pepper  
1 (6-oz.) can thawed frozen apple juice concentrate, undiluted  
12 small chicken leg quarters (about 5 1/4 lbs.) skinned  
3/4 tsp. salt  
1/2 tsp. black pepper  
Cooking spray

1. Combine first six ingredients in a saucepan. Cook over medium heat 5 minutes or until thoroughly heated, stirring occasionally.
2. Prepare grill or broiler. Sprinkle chicken with salt and pepper. Place on a grill rack or broiler pan coated with cooking spray. Cook 10 minutes on each side. Brush chicken with sauce; cook an additional 15 minutes or until chicken is done, turning and basting frequently.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)



## Sweet Sweet Potatoes

**Yield:** 8 servings

2 lbs. sweet potatoes, peeled and cubed (6 to 7 cups)  
1 cup unsweetened apple, pear, or orange juice  
1/4 cup maple syrup or honey  
1 tsp. grated fresh gingerroot  
1/2 tsp. ground cinnamon  
1/4 tsp. ground cardamom  
1/2 tsp. salt

1. Preheat oven to 350°.
2. Carefully lower the sweet potatoes into about 8 cups of boiling water (enough to cover them) and simmer for 5 minutes.
3. Meanwhile, stir the juice, maple syrup or honey, ginger, cinnamon, cardamom, and salt together in a lightly oiled or sprayed 2-quart baking dish. Drain the sweet potatoes, add them to the baking dish, and stir well to coat with the juice mixture. Bake, uncovered, for about an hour, stirring every 15 minutes, until the sweet potatoes are tender and the juice mixture has thickened and coats the potatoes.

**Source:** *Low Fat Moosewood Cookbook*

## Tabbouleh Salad with Tomatoes and Feta

**Yield:** 10 servings

1 cup uncooked bulgur or cracked wheat  
2 cups boiling water  
1/2 tsp. salt  
3/4 cup (3 oz.) crumbled feta cheese with basil and tomato  
1/3 cup dried currants or raisins  
1/4 cup minced green onions  
1/4 cup minced fresh mint  
1 Tbsp. chopped fresh or 1 tsp. dried basil  
1 tsp. grated lemon rind  
12 cherry tomatoes, quartered  
2 garlic cloves, minced  
1/4 cup rice vinegar  
2 Tbsp. water  
2 tsp. extra-virgin olive oil  
1/2 tsp. salt  
1/2 tsp. coarsely ground black pepper

1. Combine first 3 ingredients in a large bowl. Cover and let stand 30 minutes. Add cheese and next 7 ingredients (cheese through garlic). Combine vinegar and remaining ingredients in a small bowl; stir with a whisk. Pour dressing over salad; toss gently to coat. Cover and refrigerate at least 8 hours.

**Source:** *www.cookinglight.com*

## Tartar Sauce

**Yield:** About 2/3 cup

1/2 cup reduced-fat mayonnaise

2 Tbsp. finely chopped sweet or dill pickle, or 1 Tbsp. each

2 tsp. capers, drained well and finely chopped

1 Tbsp. minced or scraped onion

1/2 tsp. lemon juice

Pinch salt

Optional additions: finely chopped fresh parsley, minced lemon zest or minced garlic  
(do not add in too high a proportion of solids)

1. Mix ingredients well. Let flavors blend 15-20 minutes, covered and refrigerated, before serving.

**Source:** *Ann Manly, for Eating for a Healthy Life*

## Three-Grain Summer-Vegetable Salad

**Yield:** 9 servings

*Quinoa (KEEN-wah) is not only high in fiber but also higher in protein than any other grain. Millet, usually found in health food stores, is a tiny, delicate grain that is also rich in protein.*

Cooking spray  
1/4 cup minced fresh onion  
1 cup uncooked basmati rice  
1/2 cup uncooked millet  
1/2 cup uncooked quinoa  
2 cups water  
1 cup apple juice  
1 (3-in.) cinnamon stick  
1 cup diced peeled Granny Smith apples (about 1 lb.)  
1/2 cup raisins  
1/2 cup sliced green onions  
1/2 cup chopped red bell pepper  
1/3 cup low fat or fat-free mayonnaise  
1/4 cup minced fresh cilantro  
2 Tbsp. lemon juice  
2 tsp. curry powder  
1/2 tsp. salt

1. Place a 6-quart pressure cooker coated with cooking spray over medium-high heat until hot. Add onion, and sauté 1 minute. Add rice, millet, and quinoa, and sauté 30 seconds. Stir in water, apple juice, and cinnamon stick. Close lid securely, and bring to high pressure over medium-high heat (about 4 minutes). Adjust heat to low or level needed to maintain high pressure, and cook 5 minutes. Remove from heat, and place pressure cooker under cold running water. Let stand 7 minutes, and remove lid. Discard cinnamon stick; fluff mixture with a fork. Spoon mixture into a large bowl; cool 5 minutes.
2. Stir in the diced apple and remaining ingredients. Serve the salad chilled or at room temperature.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Tuna Croquettes

**Yield:** 4 servings

***Cucumber-Dill Sauce:***

2 Tbsp. low fat or fat-free mayonnaise  
2 Tbsp. plain yogurt (low or nonfat is okay)  
1/4 cup cucumber, peeled and chopped  
1 medium green onion, chopped  
1/8 tsp. dried dillweed

***Croquettes:***

1 12-oz. can tuna in water, drained  
2 eggs, beaten  
1 medium carrot, peeled and grated  
1/4 cup bread or cracker crumbs  
1 large green onion, sliced  
2 Tbsp. fresh parsley, chopped  
1/8 tsp. pepper  
2 Tbsp. vegetable oil

1. ***To make cucumber-dill sauce:***

Stir mayonnaise and yogurt together until smooth.  
Stir in cucumber, green onion, and dillweed. Set aside.

2. ***To make croquettes:***

In medium bowl mix tuna, eggs, carrot, crumbs, green onion, parsley, and pepper.  
Divide mixture into fourths, and shape into patties.  
In large nonstick skillet, heat oil on medium setting. Cook tuna patties 4 to 5 minutes on each side until cooked through. Top with Cucumber-Dill Sauce.

***Ideas:***

- *Serve patties on lettuce leaves.*
- *Serve with hamburger buns and all the trimmings.*
- *Serve in pita bread with tomato slices.*

**Source:** *Taste and Health Project. King County Health Department.*

## Western Egg White Omelet

**Yield:** 1 omelet

Vegetable spray  
1/2 cup of Egg Beaters<sup>®</sup> Egg Whites  
1 Tbsp. chopped green peppers  
1 Tbsp. chopped onions  
1 Tbsp. chopped red peppers  
3 Tbsp. reduced fat cheese

1. Using vegetable spray, lightly coat a medium skillet.
2. Saute vegetables until slightly tender.
3. Spread evenly in pan.
4. Pour Egg Beaters<sup>®</sup> Egg Whites over veggies.
5. When partially cooked, spread cheese over half of egg and gently fold omelet.
6. Continue cooking until desired doneness.

**Source:** *Beatrice Foods*

## Wild Mushroom Gravy

**Yield:** 3 cups

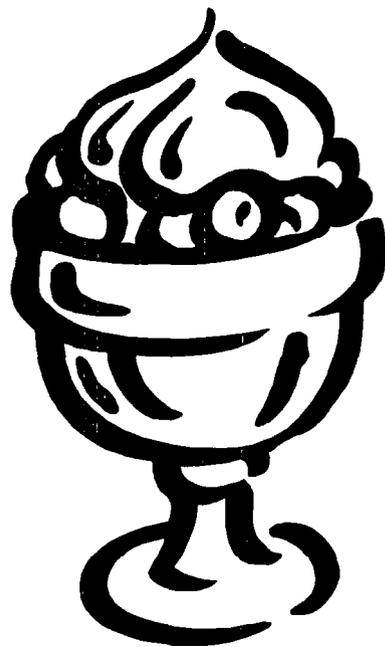
Pan drippings (if your pan doesn't make enough drippings, add water or chicken broth)  
2 cups water  
3/4 cup thinly sliced shallots  
1/2 cup thinly sliced carrot  
1 turkey neck  
1 cup sliced button mushrooms  
1 cup thinly sliced shiitake mushroom caps (about 3 1/2 oz.)  
5 Tbsp. all-purpose flour  
1 tsp. red currant jelly  
1/4 tsp. black pepper

1. Place a large zip-top plastic bag inside a 4-cup measure. Pour drippings from roasting pan into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings to measure 2 cups, stopping before fat layer reaches opening. Reserve 2 Tbsp. fat in bag; set aside.
2. Combine water, shallots, carrot, and turkey neck in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Strain cooking liquid through a sieve over a bowl, reserving 3/4 cup cooking liquid. Discard solids. Add meat and cooking liquid to defatted 2 cups drippings in a 4-cup measure.
3. Heat reserved 2 Tbsp. fat in a medium saucepan over medium heat. Add mushrooms; saute 2 minutes. Add flour; cook 1 minute. Gradually add cooking liquid mixture; cook 10 minutes or until slightly thick, stirring occasionally. Remove from heat; stir in jelly and pepper.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)



# Desserts





## Almond Crème Caramel

**Yield:** 6 servings

*The texture of this crème caramel might remind you of a delicate cheesecake.*

1/2 cup sugar  
1/4 cup water  
Cooking spray  
2 Tbsp. chopped almonds, toasted  
1/3 cup sugar  
1 Tbsp. all-purpose flour  
4 oz. 1/3-less fat cream cheese (about 1/2 cup), softened  
2 large egg whites  
1 large egg  
1 1/2 cups 2% reduced-fat milk  
1/4 tsp. almond extract

1. Preheat oven to 325°.
2. Combine 1/2 cup sugar and 1/4 cup water in a small, heavy saucepan over medium heat; cook until sugar dissolves, stirring frequently. Continue cooking until golden (about 4 minutes). Immediately pour into 6 (6-oz.) ramekins or custard cups coated with cooking spray, tilting each cup quickly until caramelized sugar coats bottom of cup. Sprinkle almonds evenly over caramelized sugar; set aside.
3. Combine 1/3 cup sugar and flour. Beat cream cheese at medium speed of a mixture until smooth. Add flour mixture, beating until well-blended. Add egg whites and egg; beat well. Gradually add milk and almond extract, beating well. Divide mixture evenly among prepared custard cups. Place cups in a 13x9-inch baking pan; add hot water to pan to a depth of 1 inch. Bake at 325° for 50 minutes or until a knife inserted in center comes out clean. Remove cups from pan. Cover and chill at least 4 hours.
4. Loosen edges of custards with a knife or rubber spatula. Place a dessert plate, upside down, on top of each cup, and invert onto plates. Drizzle any of the remaining caramelized syrup over custards.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Blueberry Pound Cake

**Yield:** 16 servings

2 cups granulated sugar  
1/2 cup light butter  
1/2 (8 oz.) block 1/3 less fat cream cheese, softened  
3 large eggs  
1 large egg white  
3 cups all-purpose flour, divided  
2 cups fresh or frozen blueberries  
1 tsp. baking soda  
1/2 tsp. baking powder  
1/2 tsp. salt  
1 (8 oz.) carton lemon low fat yogurt  
2 tsp. vanilla extract  
Cooking spray  
1/2 cup powdered sugar  
4 tsp. lemon juice

1. Preheat oven to 350°.
2. Beat first 3 ingredients at medium speed with a mixer until well-blended (about 5 minutes).
3. Add eggs and egg white, 1 at a time, beating well after each addition.
4. Lightly spoon flour into dry measuring cups, level with a knife.
5. Combine 2 tablespoons flour and blueberries in a small bowl and toss well. Combine remaining flour, baking powder, baking soda and salt.
6. Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture.
7. Fold in blueberry mixture and vanilla; pour cake batter into a 10-inch tube pan coated with cooking spray.
8. Bake at 350° for 1 hour and 10 minutes or until toothpick comes out clean.
9. Cool cake in pan 10 minutes; remove from pan. Combine powdered sugar and lemon juice in a small bowl; drizzle over warm cake. Cut with a serrated knife.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Carrot Cake

**Yield:** 16 servings

2 cups whole-wheat pastry flour  
1/2 cup chopped walnuts  
1 Tbsp. baking powder  
1 tsp. cinnamon  
1 tsp. nutmeg  
1/2 tsp. salt  
2 cups packed brown sugar  
3/4 cup unsweetened applesauce  
1/4 cup canola oil  
1 cup egg substitute  
3 cups packed shredded carrots  
1/2 tsp. grated orange rind

***Frosting:***

12 oz. nonfat cream cheese, softened  
4 oz. light cream cheese, softened  
1 Tbsp. vanilla  
1/2 tsp. orange or lemon extract  
1 1/2 cups powdered sugar

1. Preheat oven to 350°. Coat 2 8-in. round cake pans with nonstick spray and dust with flour.
2. In medium bowl, combine flour, walnuts, baking powder, cinnamon, nutmeg and salt. Mix well. In a large bowl, combine brown sugar, applesauce, oil, egg, carrots, and orange rind. Mix well. Add flour mixture to applesauce mixture and stir until well-combined. Pour into prepared pans. Bake 45 minutes. Cool 10 min. on wire rack, then remove from pans.
3. **Frosting:** Combine first 4 ingredients and beat until smooth. Add powdered sugar and beat until smooth. Place 1 cake layer on serving plate. Spread 1/4 of frosting on surface. Add second cake layer and spread remaining frosting over top and sides.

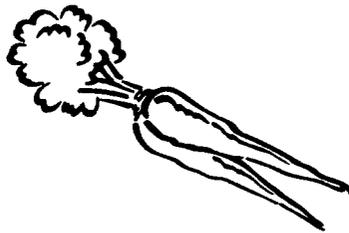
**Source:** *Low-Fat Ways to Cook Quick and Easy with Susan McIntosh*

## Carrot Zinger

1 cup carrot juice  
2 cups orange juice  
2-2 1/2 tsp. fresh ginger, chopped  
About 2 Tbsp. fresh lemon, squeezed (1/4 lemon)

1. Blend all ingredients in a blender or food processor and enjoy.

**Source:** Janet Morley, dietitian; *The Eating for a Healthy Life Project*



## Cheesecake Cloud with Berries

**Yield:** 8 to 10 servings

Prep and cook time: About 1 1/2 hours, plus at least 3 hours to chill

2/3 cup graham cracker crumbs  
1 1/2 Tbsp. melted butter or margarine  
3 large eggs, separated  
1 large egg white  
1/4 tsp. cream of tartar  
1 1/4 cup sugar  
2 Tbsp. cornstarch  
4 cups nonfat yogurt cheese (see recipe for instructions)  
1 1/2 tsp. grated lemon peel  
2 tsp. vanilla  
2 Tbsp. currant jelly  
1 cup raspberries, rinsed and drained dry

1. Combine crumbs and melted butter. Pat evenly over bottom of an 8-inch cheesecake pan (at least 3 1/2-inch deep) with removable rim.
2. Bake in a 325° oven until crust is slightly browner, about 15 minutes.
3. Meanwhile, with a mixer on high speed, beat the 4 egg whites and cream of tartar in a large bowl until foamy. Gradually add 1/2 cup sugar, about 1 tablespoon at a time, beating until the whites hold stiff, shiny peaks.
4. In another large bowl, stir remaining sugar with cornstarch, then add egg yolks, cheese, lemon peel, and vanilla. Beat (with unwashed beaters) until well blended.
5. Fold beaten whites into cheese mixture. Scrape the batter into hot or cool crust.
6. Bake in a 325° oven until center barely jiggles when cake is gently shaken, 50 to 60 minutes. Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, at least 3 hours. (If making ahead, cover when cool and chill up to 1 day).
7. Melt jelly (in a microwave oven or in a small pan over medium heat), stirring often. Cool, stirring occasionally, until jelly becomes a thick syrup, about 5 minutes.
8. Remove pan rim. Mound berries on cake and drizzle with jelly. To neatly cut this fluffy dessert, hold a long strand of string (such as dental floss) taut, slide it under the berries to the center of the cake, and push the string down to the pan. Slide out string and repeat to cut wedges. (If using a knife, wipe blade clean between cuts). Slide a pie server under each wedge and lift out gently.

**Notes:** Drain about 3 quarts nonfat yogurt to make the cheese for this cheesecake. The texture is most delicate if you drain the yogurt for the minimum time and firmer if cheese is well drained.

**Source:** *Sunset magazine*

## Cherries in the Snow

Estimated total time: 20 minutes

- 1 (8 oz.) tub fat-free cream cheese
- 1 cup sifted powdered sugar
- 1 (12 oz.) carton frozen reduced-calorie whipped topping, thawed
- 8 cups (1 -inch) cubed angel food cake
- 1 (20 oz.) can light cherry pie filling

1. Beat cream cheese at medium speed of a mixer until smooth. Gradually add the sugar, beating until blended. Gently fold in whipped topping. Place half of cake cubes in a large glass bowl; top with half of cheese mixture. Spread half of cherry tilling over cheese mixture. Repeat layers with remaining cake cubes, cheese mixture, and cherry filling. Cover and chill.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)

## Chocolate Chip Cheesecake

**Yield:** 10 servings

Prep and cook time: 50 to 55 minutes, plus at least 2 1/2 hours to chill

2/3 cup (about 3 oz.) reduced-fat chocolate wafer cookie crumbs  
1 1/2 Tbsp. melted butter or margarine  
3 packages (8 oz. each) nonfat cream cheese  
1 can (14 oz.) nonfat sweetened condensed milk  
3 large egg whites  
2 tsp. vanilla  
1/2 cup miniature chocolate chips

1. Combine crumbs and melted butter. Pat evenly over bottom and about 3/4 inch up the side of a removable-rim 8-inch cheesecake or cake pan (at least 1 3/4-inch deep).
2. In a food processor or bowl, whirl or beat cream cheese, milk, egg whites, and vanilla until very smooth. Stir in 1/4 cup chocolate chips.
3. Scrape batter into prepared pan. Evenly sprinkle batter with remaining chocolate chips.
4. Bake in a 350° oven until cake jiggles only slightly in the center when gently shaken, about 30 minutes.
5. Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, at least 2 1/2 hours. Serve, or if making ahead, wrap airtight when cool and chill up to 2 days. Remove pan rim and cut cake into wedges.

**Source:** *Sunset magazine*

## Chocolate-Orange Cheesecake

**Yield:** 12 servings

Prep and cook time: About 1 hour and 15 minutes, plus at least 2 1/2 hours to chill

2/3 cup (about 3 oz.) reduced-fat chocolate wafer cookie crumbs  
1 1/2 Tbsp. melted butter or margarine  
1 carton (1 lb.; about 1 3/4 cups) small-curd low fat cottage cheese  
1 package (8 oz.) nonfat cream cheese  
2 large eggs  
2 large egg whites  
1 cup sugar  
3/4 cup alkaline-treated cocoa  
1/4 cup orange-flavor liqueur or orange juice  
2 tsp. grated orange peel  
1/3 cup chopped semisweet chocolate

1. Combine crumbs and melted butter. Pat evenly over bottom and about 1/3 inch up side of a removable-rim 9-inch cheesecake or cake pan (at least 1 3/4 inch deep).
2. Bake in a 350° oven until crust is slightly toasted, 10 to 12 minutes.
3. Meanwhile, in a blender or food processor, whirl cottage cheese, cream cheese, eggs, and egg whites until very smooth.
4. In a large bowl, mix sugar and cocoa. Add cheese mixture, liqueur, and orange peel.
5. Heat chocolate in a microwave-safe bowl in a microwave oven at full power in 5-second intervals until soft. Stir until smooth, then scrape into cheese mixture. Beat with a mixer until smoothly blended. Pour into hot or cool crust.
6. Bake in a 350° oven until center barely jiggles when cake is gently shaken, 40 to 45 minutes. Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, at least 2 1/2 hours. Serve, or if making ahead, wrap airtight when cool and chill up to 2 days.
7. Remove pan rim and cut cake into wedges.

**Notes:** *This cake tastes unbelievably rich, creamy, and fudgy. Garnish with mint leaves and orange slices.*

**Source:** *Sunset magazine*

## Classic Creamy Cheesecake

**Yield:** 12 servings

Prep and cook time: About 1 hour, plus at least 2 1/2 hours to chill

1 cup graham cracker crumbs  
2 Tbsp. melted butter or margarine  
4 large eggs  
1 1/4 cups sugar  
5 cups nonfat yogurt cheese (see recipe for instructions)  
1 Tbsp. vanilla  
Whole or sliced strawberries (optional)

1. Combine crumbs and melted butter. Pat evenly over bottom and about 1/2 inch up the side of a removable-rim 9-inch cheesecake or cake pan (at least 1 3/4-inch deep).
2. Bake in a 350° oven until crust is slightly browner, 10 to 12 minutes.
3. Meanwhile, in a large bowl, use a fork to blend eggs, 1 cup sugar, 3 cups cheese, and vanilla until well mixed. Scrape mixture into hot or cool crust.
4. Bake in a 350° oven just until center jiggles only slightly when cake is gently shaken, 40 to 45 minutes.
5. Meanwhile, stir remaining cheese with remaining sugar until smooth. Spoon onto cake and gently spread to cover top.
6. Return to oven and bake to firm topping slightly, about 10 minutes. Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, at least 2 hours.
7. Serve, or if making ahead, wrap airtight and chill up to 1 day. Remove pan rim and garnish cake with berries; cut into wedges.

**Notes:** Drain about 4 quarts nonfat yogurt to make 5 cups cheese

**Source:** *Sunset magazine*

## French Bread Pudding

**Yield:** 12 servings

*At 83, my dad has had enough breadpudding to become very picky about what he likes. So I was thrilled when he pronounced my recipe - my first attempt at a light breadpudding and one of my first attempts at making bread pudding, period-to be the best he's ever tasted.*

1 1/2 cup sugar  
1 cup raisins  
2 Tbsp. vanilla extract  
2 tsp. ground cinnamon  
1 (8 oz.) carton egg substitutes or 5 large egg whites  
6 cups (1 1/2-inch) cubed French bread (about 16 oz.)  
4 cups 1% low fat milk  
Cooking spray

1. Preheat oven to 350°.
2. Combine the first 5 ingredients in a medium bowl. Combine bread and milk in a large bowl, pressing down with a spatula to soak; let stand 2 minutes. Stir sugar mixture into bread mixture. Spoon bread mixture into a 13x9-inch baking dish coated with cooking spray. Bake at 350° for 40 minutes. Cool on a wire rack 10 minutes.

**Source:** *www.cookinglight.com*

## Frozen Peanut Butter Pie

**Yield:** 8 servings

1/2 cup graham cracker crumbs  
2 Tbsp. honey  
Vegetable cooking spray  
3/4 cup nonfat ricotta cheese  
1/2 cup fat-free process cream cheese product  
1/2 cup sifted powdered sugar  
1/4 cup chunky peanut butter  
1/2 tsp. vanilla extract  
1 cup thawed reduced-calorie frozen whipped topping  
1 cup sliced rip banana  
1/2 (1 -oz.) square semisweet chocolate

1. Combine crumbs and honey in a small bowl, and stir well. Press into bottom and 1 inch up sides of a 9-inch pie plate coated with cooking spray. Bake at 350° for 5 minutes. Let cool on wire rack.
2. Combine cheeses in a bowl; beat at high speed of an electric mixer 1 1/2 minutes. Add powdered sugar, peanut butter, and vanilla; beat at high speed of an electric mixer 45 seconds or until well-blended. Gently fold whipped topping into peanut butter mixture.
3. Arrange banana on crust. Pour peanut butter mixture over banana; set aside.
4. Place semisweet chocolate in a zip-top heavy-duty plastic bag, and seal bag. Submerge bag in boiling water until chocolate melts. Snip a tiny corner off bag; drizzle chocolate over pie. Freeze at least 3 hours. Let stand 15 minutes at room temperature before serving.

**Source:** *Cooking Light magazine*

## Fruit Parfait

**Yield:** 4 parfaits

1 cup apples, chopped  
1 cup strawberries, sliced  
1 banana, sliced  
1 cup low fat vanilla yogurt  
1 cup low fat granola  
1/2 cup raisins

1. Using a clear glass, layer the ingredients starting with a layer of one fruit, then a layer of another fruit, then the yogurt, then some granola, then another fruit, and top with raisins. Be creative and layer it any way you like.

**Variations:**

- Use any of the following fruits in place of the ones called for in the recipe-kiwi, orange, pear, pineapple, grape, other berries, apricot, nectarine, peach, plum.
- Change the yogurt for a change in taste-raspberry, lemon, peach, plain.

**Source:** Taste and Health Project. King County Health Department.



## Gingersnap Pumpkin Pie

**Yield:** 10 servings

1 3/4 cups gingersnap crumbs (about 43 cookies, finely crushed)  
2 1/2 Tbsp. reduced-calorie stick margarine, melted  
2 Tbsp. granulated sugar  
Cooking spray  
1 1/2 cups fresh or canned pumpkin puree  
3/4 cup packed brown sugar  
1 Tbsp. cornstarch  
1 tsp. ground cinnamon  
1 tsp. vanilla extract  
1/4 tsp. salt  
1/4 tsp. ground nutmeg  
2 large egg whites  
1 large egg  
1 (12-oz.) can evaporated skim milk

1. Preheat oven to 325°.
2. Combine first 3 ingredients in a bowl; toss with a fork until moist. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray. Bake at 325° for 5 minutes; cool on a wire rack.
3. Combine pumpkin and remaining ingredients in a bowl. Pour into prepared crust. Bake at 325° for 1 hour or until a knife inserted in center comes out clean. Cool on a wire rack.

**Source:** *www.cookinglight.com*

## Irresistible Low Fat Chocolate Brownies

**Yield:** 18 servings

Vegetable cooking spray  
1 (14 oz.) can low fat sweetened condensed milk (NOT evaporated milk)  
1/3 cup unsweetened cocoa  
3/4 cup semi-sweet chocolate chips  
4 egg whites  
1/4 cup unsifted flour  
1 tsp. baking powder  
1 tsp. vanilla extract

1. Preheat oven to 350°. Spray 13 x 9-inch baking pan with cooking spray. In 2-quart glass measuring cup with handle, combine low fat condensed milk, cocoa and chips. Cook in microwave oven on 100% power (high) 2 minutes or until chips melt, stirring after each minute. Stir in remaining ingredients. Turn into prepared pan. Bake 20 minutes or until center is set. Cool. Store tightly covered at room temperature.

**Note:** *Microwave ovens vary in wattage and power output; cooking times may need to be adjusted.*

**Source:** *Eagle<sup>®</sup> Sweetened Condensed Milk*

## Lemon-Almond Biscotti

**Yield:** Approx. 40 cookies

2 cup all-purpose flour  
2 tsp. baking powder  
1/2 cup room-temperature margarine  
2/3 cup sugar  
1 1/2 tsp. grated lemon peel  
1 egg  
2 egg whites  
1 tsp. vanilla  
1/2 cup crunched, slivered almonds  
Well-greased baking sheet

***Icing:***

1 cup powdered sugar  
1/2 tsp. grated lemon peel  
1 to 1 1/2 Tbsp. lemon juice (for good spreading consistency)

1. Stir together flour and baking powder. Set aside. In large bowl, beat together margarine, sugar and lemon peel. Beat in egg and egg whites. Add vanilla. Gradually add flour until well beaten. Stir in almonds.
2. Divide dough in half Shape each 1/2 into long loaf 1-1/2 in. in diameter. Place approx. 3 in. apart and then flatten each to 1/2 in. thickness. Bake at 350° until firm (about 16 minutes).
3. Remove from oven and slice crosswise into 1/2 in. thick slices. Turn slices down and spread out on 2 baking sheets. Continue to bake until dry and lightly brown (about 10 minutes). Let cool.
4. Mix icing ingredients together and spread mixture on one end.

**Source:** *Sunset Low-Fat Cookbook*

## Lemon Pound Cake

**Yield:** 20 servings

Vegetable cooking spray  
2 1/2 cups plus 1 tsp. sifted cake flour, divided  
2/3 cup sugar  
1/2 cup margarine, softened  
3 egg whites or 1/2 cup frozen egg substitute, thawed  
1 Tbsp. vanilla extract  
1 tsp. almond extract  
1 Tbsp. lemon extract  
3/4 tsp. baking soda  
1/4 tsp. salt  
1 (8 oz.) carton low fat lemon yogurt  
1/4 cup applesauce

3. Coat bottom and sides of an 8 1/2 x 4 1/2 x 3-inch loaf pan with cooking spray; dust with 1 tsp. flour and set aside.
4. Cream sugar and margarine at medium speed of an electric mixer until light and fluffy. Add egg whites; beat 4 minutes at medium speed or until well-blended. Add vanilla, lemon and almond extracts; beat at low speed until well-blended.
5. Combine remaining 2 1/2 cups flour, baking soda, and salt. With mixer running at low speed, alternate adding yogurt and flour mixture to creamed mixture, beginning and ending with flour mixture. Stir in applesauce. Pour batter into prepared pan.
6. Bake at 350° for 65 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes; remove from pan and cool on a wire rack. Serve plain or topped with fruit.

**Source:** *Cooking Light magazine*

## Nonfat Yogurt Cheese

**Yield:** 1 1/3 cups (about 3/4 lb.) to 1 3/4 cups (about 1 lb.) cheese

Prep and cook time: About 5 minutes, plus 24 hours to 4 days for draining

1. Set a strainer or colander over a deep pan or bowl, supporting it so base of strainer is at least 2 inches above pan bottom.
2. Line strainer with 2 layers of cheesecloth or a clean muslin or linen towel. Dump 1 quart (2 lb.) plain nonfat yogurt into cloth. Enclose strainer and pan with plastic wrap to keep airtight.
3. Chill at least 24 hours or up to 4 days, pouring off whey as it accumulates. Shorter draining produces a moister cheese and more volume. Longer draining produces a thicker cheese and less volume.
4. Scrape yogurt cheese from cloth and use, or store airtight up to 9 days from when draining began. Drain off any whey that accumulate.

**Notes:** *Do not use yogurt with gelatin; it will not drain. Improvise a drainer or buy one.*

**Source:** *Sunset magazine*

## Oatmeal-Raisin Cookies

*Rebecca Treadwell, of Birmingham, Alabama, was an intern in Cooking Light's Test Kitchens one summer. She left us with this tasty treat from her own files.*

3/4 cup firmly packed brown sugar  
1/4 cup plus 2 Tbsp. margarine, softened  
1/4 cup sugar  
1 egg  
1/4 cup plus 2 Tbsp. skim milk  
1 tsp. vanilla extract  
1 1/2 cups all-purpose flour  
3/4 tsp. baking soda  
1/2 tsp. ground cinnamon  
1/4 tsp. salt  
1/4 tsp. ground nutmeg  
1 1/2 cups quick-cooking oats, uncooked  
3/4 cup raisins  
Vegetable cooking spray

1. Cream first 3 ingredients at medium speed of an electric mixer until light and fluffy. Add egg; beat well. Add milk and vanilla; beat well.
2. Combine flour and next 4 ingredients; gradually add to creamed mixture, beating well. Stir in oats and raisins.
3. Drop dough by rounded tablespoonfuls onto baking sheets coated with cooking spray. Bake at 375° for 9 minutes or until lightly browned. Cool on wire racks.

**Source:** *Cooking Light magazine*

## Peach Crumb Cobbler

**Yield:** 4 servings

- 2 cups fresh peaches, sliced
- 1/3 cup graham cracker crumbs
- 1/2 tsp. ground cinnamon
- 1/4 tsp. nutmeg
- 2 tsp. margarine (or butter/margarine mix or butter)

1. Preheat the oven to 350°. Place the sliced peaches in the bottom of an 8x8x2-inch baking pan. In a small mixing bowl, combine the graham cracker crumbs, cinnamon, and nutmeg; mix well.
2. Gradually blend in margarine and sprinkle mixture over peaches. Bake uncovered for 25 to 30 minutes. Remove from oven and let cool slightly before serving.

**Source:** *The Complete Quick & Hearty Diabetic Cookbook* (American Diabetes Association)

## Reduced Fat Lemon Velvet Cake

***Cake:***

1 Betty Crocker® Super Moist lemon cake mix  
1 1/4 cup water  
1/3 cup applesauce  
2 eggs plus whites only of 2 eggs

***Glaze:***

Zest and juice of 1 lemon  
1 cup powdered sugar

1. Preheat oven to 350°. Lightly oil spray the bottom of a 9x13-inch pan and line with parchment paper.
2. Whisk together in a large bowl the wet ingredients: add the cake mix and beat on low speed 2 minutes or by hand 3 minutes. Do not overbeat. Pour into prepared pan.
3. Bake according to package directions.
4. To make glaze, mix the zest, juice and powdered sugar very well. While the cake is still quite warm out of the oven, poke it all over with a toothpick or fork and then dredge the glaze over the cake slowly so some will soak in and the top is covered.

*Note: If you use a metal pan, it is best to turn the cake out onto a glass serving plate or the lemon will stain your pan.*

***Source:*** David Swim

## Ricotta Cheesecake with Ginger and Kiwi

**Yield:** 10 servings

Prep and cook time: About 1 hour, plus at least 2 1/2 hours to chill

2/3 cup (about 3 oz.) gingersnap cookie crumbs  
1/2 cup minced crystallized ginger  
2 Tbsp. melted butter or margarine  
1 carton (15 oz.; 1 2/3 cups) low fat ricotta cheese  
4 large egg whites  
2 Tbsp. lemon juice  
1 cup nonfat yogurt cheese (see recipe for instructions) or  
1 package (8 oz.) nonfat cream cheese  
1 cup sugar  
1 Tbsp. grated lemon peel  
1 tsp. vanilla  
3 kiwi fruit (about 1/4 lb. each)

1. Combine crumbs, 1/4 cup ginger, and melted butter. Pat crumb mixture evenly over bottom of a removable-rim 8-inch cheesecake or cake pan (at least 1 3/4-inch deep).
2. Bake in a 350° oven until crust is slightly browner, 10 to 12 minutes.
3. Meanwhile, in a blender or food processor, whirl ricotta cheese, egg whites, and lemon juice until very smooth.
4. In a bowl, mix yogurt cheese, sugar, lemon peel, and vanilla. Add ricotta mixture and stir until well blended (the mixture is thin). Pour into hot or cool crust.
5. Bake in a 350° oven until center barely jiggles when cake is gently shaken, 50 to 55 minutes. Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, at least 2 1/2 hours. (If making ahead, wrap airtight when cool and chill up to 2 days).
6. Remove pan rim. Peel kiwi fruit and slice crosswise. Arrange fruit in a ring in overlapping slices on cake; sprinkle with remaining ginger. Cut cake into wedges.

**Notes:** *Drain at least 3 cups nonfat yogurt to make 1 cup yogurt cheese, or use nonfat cream cheese instead.*

**Source:** *Sunset magazine*

## Roasted Mangoes with Brown Sugar Topping

**Yield:** 4 servings

2 medium ripe mangoes, halved lengthwise and pitted  
2 Tbsp. brown sugar  
2 Tbsp. flaked coconut  
2 tsp. finely shredded orange peel  
2 tsp. finely chopped crystallized ginger

1. Preheat oven to 425°. Place mango halves in a 2-quart rectangular baking dish. Combine brown sugar, coconut, orange peel, and crystallized ginger in a small mixing bowl. Sprinkle over mango halves.
2. Bake in preheated oven about 10 minutes or till mangoes are hot, and topping just begins to brown.

**Source:** *Cooking Light magazine*

## Spiced Summer-Fruit Compote

**Yield:** 10 servings

*Serve warm or cold over frozen vanilla yogurt or angel food cake.*

- 1/2 cup fresh raspberries
- 3 peaches, each cut into 8 wedges (about 1 lb.)
- 3 nectarines, each cut into 8 wedges (about 3/4 lb.)
- 1/2 cup mango nectar
- 2 (3 x 1-inch) orange rind strips
- 2 (3-inch) cinnamon sticks
- 1/4 cup sugar
- 2 Tbsp. triple sec (orange-flavored liqueur)

1. Combine first 6 ingredients in a 6-quart pressure cooker. Close lid securely, and bring to high pressure over high heat (about 4 minutes). Adjust heat to medium or level needed to maintain high pressure; cook 2 minutes. Remove from heat; place pressure cooker under cold running water. Remove lid, and discard rind and cinnamon sticks. Stir in sugar and liqueur.

**Source:** *www.cookinglight.com*

## Sweet-zza

**Yield:** 4 servings

4 English muffins, split (8 halves)

2/3 cup low fat Ricotta cheese

1/3 cup applesauce

Pizza toppings, choose 3:

Thinly sliced apples or pears

Pineapple chunks

Chopped peaches, plums, or nectarines

Fresh or frozen berries

Banana slices

Tangerine sections

1. Turn oven on to 400° for preheating.
2. Stir together the applesauce and the ricotta cheese.
3. Spread about two tablespoons sauce on each muffin half.
4. Arrange your favorite toppings on the “crust”-in a single layer. Use at least 3 colors,
5. Place pizzas on a baking sheet and bake for 10 minutes or until the pizzas are heated through and the cheese is melted.

**Option:** Use pita bread or flour tortillas as the pizza crust.

**Source:** Taste and Health Project. King County Health Department.

## Very Berry Smoothie

**Yield:** 4 servings

2 cups orange juice

1 cup low or nonfat vanilla yogurt

2 small (or 1 large) ripe bananas

1 cup berries (fresh or frozen)

Strawberries, blackberries and raspberries work well

1. Place all ingredients in a blender. Blend for about 10 seconds, or until all ingredients are smooth.
2. Options: Instead of yogurt, you can use soft tofu or soy milk. Try different juices: apple, grape, pineapple, or tropical blend. Remember to always use 100% juice.

**Source:** *SNAC: King County Health Department*



## Very Low Fat Apricot Cheesecake

**Yield:** 10 servings

Prep and cook time: 50 to 60 minutes, plus at least 2 1/2 hours to chill

- 1 3/4 cups dried apricots
- 2/3 cup graham cracker crumbs
- 1 1/2 Tbsp. melted butter or margarine
- 3 Tbsp. apricot-flavored liqueur or brandy
- 3 packages (8 oz. each) nonfat cream cheese
- 3/4 cup plus 1 Tbsp. sugar
- 1 large egg
- 2 large egg whites
- 1 cup nonfat yogurt cheese (see recipe for instructions) or reduced-fat sour cream
- 1/3 cup apricot jam

1. Set aside 8 apricot halves. In a 1- to 2-quart pan, bring remaining apricots and 1/2 cup water to a boil, then cover and simmer just until fruit is plumped, about 10 minutes.
2. Meanwhile, combine crumbs and melted butter. Pat evenly over bottom and 3/4 inch up side of an 8-inch cheesecake pan with removable rim.
3. In a food processor, smoothly puree cooked apricots and any liquid. Add liqueur, cream cheese, 3/4 cup sugar, egg, and egg whites. Whirl until smooth (or combine ingredients in a bowl and beat with a mixer until smooth).
4. Scrape mixture into prepared pan. Bake in a 350° oven until cake jiggles only slightly in the center when gently shaken, about 25 minutes.
5. Mix yogurt cheese with remaining 1 tablespoon sugar. Spoon onto cake and gently spread to cover top. Bake just until topping is heated, about 5 minutes.
6. Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, about 2 hours. Remove pan rim.
7. Melt jam (in a microwave oven or in a small pan over medium heat), stirring often. Rub jam through a fine strainer into a bowl; discard residue. Spoon about 3/4 of the jam evenly over cold cheesecake, then spread gently to coat evenly.
8. Cut each reserved dried apricot half in half and arrange pieces on cake. Spoon remaining jam onto apricot pieces to coat evenly. Chill until jam is set, about 10 minutes. Serve or if making ahead, cover with a bowl or a foil tent and chill up to 2 days. Cut cake into wedges.

**Notes:** Drain at least 3 cups nonfat yogurt to get 1 cup yogurt cheese for this recipe.

**Source:** *Sunset magazine*

## Yogyberry Shake

**Yield:** 4 generous servings

*A very uncomplicated drink for a refreshing treat.*

2- 8-oz. containers of low fat lemon yogurt  
1 1/2 cups skim milk  
1 cup frozen unsweetened strawberries or raspberries  
1 to 1 1/2 Tbsp. sugar

1. Using your electric blender, combine the yogurt, milk, berries and sugar. Blend until “frothy.” Serve in tall glasses. Garnish with a lemon twist or fresh mint, if desired.

**Bonus:** *If available, fresh strawberries or raspberries make this drink a number 10 on the scale.*

**Source:** *Taste & Health Project, King County Health Department*

## Zucchini Bread

**Yield:** 2 loaves, 28 servings

2 cups coarsely shredded zucchini  
3 cups all-purpose flour  
1 3/4 cups sugar  
1 tsp. baking soda  
1 tsp. salt  
1 tsp. ground cinnamon  
1/4 tsp. baking powder  
3/4 cup applesauce  
1/2 cup egg substitute  
1/3 cup vegetable oil  
1 Tbsp. vanilla extract  
Vegetable cooking spray

1. Preheat oven to 350°.
2. Place zucchini on several layers of paper towels, and cover with additional paper towel. Let stand 5 minutes, pressing down occasionally. Set aside.
3. Combine flour and next 5 ingredients (flour through baking powder) in a large bowl, and stir well; make a well in center of mixture. Combine zucchini, applesauce, egg substitute, oil, and vanilla; add to dry ingredients, stirring just until dry ingredients are moistened.
4. Divide batter evenly between 2 (7 1/2x3-inch) loaf pans coated with cooking spray. Bake at 350° for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean. Let cool in pans 10 minutes on a wire rack; remove from pans, and let cool completely on wire rack.

**Source:** *Cooking Light magazine*

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