

Strawberry Spinach Salad

2002 Annual Recipes

Yields 6 servings

WW Points 1

Posted by jillyh

March 31, 2003

Comments:

Ingredients

1/4 cup sugar

2 tablespoons sherry or white wine vinegar

1-1/2 teaspoons sesame seeds, toasted

1-1/2 teaspoons olive oil

1 teaspoon minced red onion

3/4 teaspoon poppy seeds

1/4 teaspoon Hungarian sweet paprika

1/8 teaspoon salt

6 cups torn spinach (about 1 pound)

2 cups halved strawberries

2 tablespoons slivered almonds, toasted

INSTRUCTIONS

Combine the first 8 ingredients in a jar; cover dressing tightly, and shake vigorously. Combine the spinach and strawberry halves in a large bowl, and toss gently. Pour the dressing over the spinach mixture, tossing gently to coat. Spoon 1 cup salad onto each of 6 plates; sprinkle each serving with 1 teaspoon toasted almonds

Notes by another CLC reader: I said last night that I make the SSS with peaches and pecans instead of the strawberries and almonds and the DBF said it was to die for. You may want to give that a try.

Slow-Cooker Beef-and-Bean Burritos

Cooking Light Website

WW Points:

Yields 12 servings

Posted by

March 31, 2003

Comments:

INGREDIENTS:

1 (2-pound) London broil
1 (1.25-ounce) package taco seasoning mix
Cooking spray
1 cup chopped onion
1 tablespoon white vinegar
1 (4.5-ounce) can chopped green chiles
1 (16-ounce) can fat-free refried beans
12 (8-inch) fat-free flour tortillas
1-1/2 cups (6 ounces) shredded Monterey Jack cheese
1-1/2 cups chopped plum tomato
3/4 cup fat-free sour cream

INSTRUCTIONS:

1. Trim fat from meat; rub seasoning mix over both sides of meat. Place meat in an electric slow cooker coated with cooking spray; add onion, vinegar, and green chiles. Cover with lid; cook on low-heat setting for 9 hours. Remove meat from slow cooker, reserving cooking liquid; shred meat with two forks. Combine meat and reserved cooking liquid; stir well.

2. Warm beans and tortillas according to package directions. Spread 2 tablespoons beans down the center of each tortilla. Spoon a heaping 1/3 cup meat mixture on top of beans. Top each with 2 tablespoons cheese, 2 tablespoons tomato, and 1 tablespoon sour cream; roll up.

NUTRITIONAL INFO:

CALORIES 350 (30% from fat); FAT 11.8g (sat 6.1g, mono 4.1g, poly 0.5g); PROTEIN 24g; CARB 31.3g; FIBER 3.3g; CHOL 49mg; IRON 4mg; SODIUM 839mg; CALC 175mg

Tomato-Basil Lasagna with Prosciutto

Cooking Light Website

WW Points

Yield 9 servings

Posted by Atlanticgull

March 31, 2003

Comments: Freezing instructions: After assembling the lasagna, cover and freeze for up to 1 month. Thaw in refrigerator; bake as directed.

INGREDIENTS:

5 garlic cloves

1 (16-ounce) carton 1% low-fat cottage cheese

1/2 cup (4 ounces) block-style fat-free cream cheese

1/4 cup (1 ounce) grated fresh Romano cheese, divided

2-1/2 teaspoons dried basil

1/2 teaspoon crushed red pepper

1 large egg

1 (26-ounce) bottle fat-free tomato-basil pasta sauce (such as Muir Glen)

Cooking spray

12 cooked lasagna noodles

1 cup (4 ounces) chopped prosciutto or ham

1 cup (4 ounces) shredded part-skim mozzarella cheese

INSTRUCTIONS:

Preheat oven to 375 degrees.

Drop garlic through food chute with food processor on, and process until minced. Add cottage cheese; process 2 minutes or until smooth. Add cream cheese, 2 tablespoons Romano, basil, pepper, and egg; process until well blended.

Spread 1/2 cup pasta sauce in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over the pasta sauce; top with 1 cup cheese mixture, 1/3 cup prosciutto, and 3/4 cup pasta sauce. Repeat the layers two times, ending with noodles. Spread remaining pasta sauce over noodles. Sprinkle with 2 tablespoons Romano and mozzarella.

Cover and bake at 375 degrees for 45 minutes or until sauce is bubbly. Uncover and bake an additional 15 minutes. Let lasagna stand 5 minutes.

NUTRITIONAL INFO:

calories: 272 carbohydrates: 33 g cholesterol: 47 mg fat: 5.6 g sodium: 775 mg protein: 20.8 g calcium: 213 mg iron: 2.3 mg fiber: 2.1 g

Apple Adobo Pork & Couscous

1 t olive oil
1 c diced peeled apple
1 c chopped onion
1/4 t cumin seed
1 1/2 c fat free chicken broth
1 c apple juice
1 t cider vinegar
1/2 t salt
3/4 c uncooked couscous
cooking spray
1 lb pork tenderloin, trimmed
1/4 t black pepper
1 (7 oz can) chipotle chili in adobo sauce

1. heat oil in medium saucepan
add apple & 1/2 c onion
sauté 7 min until tender
add cumin, sauté 20 sec
add 3/4 c broth, 1/2 c juice, vinegar, 1/4 t salt, bring to boil
gradually stir in couscous
remove from heat, cover, let stand 5 min, fluff w/fork

2. while couscous stands, heat nonstick skillet coated with cooking spray over medium high heat

3. cut pork crosswise into 12 pieces
sprinkle both sides of pork w/ 1/4 t salt and black pepper
add pork to pan
cook 3 min on each side or until done
remove from pan, keep warm

4. add 1/4 c onion to pan, and sauté for 1 min
remove 1 chili from can, reserve remaining chilies for another use
finely chop chili
add chili, 3/4 c broth, 1/2 c juice to pan, bring to boil
cook 2 min or until sauce is reduced to 2/3 c
serve pork and sauce over couscous

4 servings. serving size: 3 pork pieces, 3/4 c couscous, 2 t sauce: 339 cal, 5.5 g fat, 3 g fiber

Turkey Meatloaf

1/2 cup quick-cooking oats
1/4 cup minced fresh onion
2 tablespoons chopped fresh parsley
1 tablespoon brown sugar
1/4 teaspoon salt
1/4 teaspoon pepper
2 large egg whites, lightly beaten
1-1/2 pounds ground turkey
Cooking spray

INSTRUCTIONS

Estimated Total Time: 1 hour, 25 minutes

Preheat oven to 350°. Combine 1/2 cup ketchup, oats, and next 6 ingredients (oats through egg whites) in a large bowl. Add meat; stir just until blended. Shape meat mixture into an 8 x 4-inch loaf on a broiler pan coated with cooking spray. Brush 1/4 cup ketchup over meat loaf. Bake at 350° for 1 hour and 10 minutes. Let stand 10 minutes before slicing.

YIELD: 6 servings (serving size: 1 slice).

NUTRITIONAL INFO

calories: 242 carbohydrates: 15.5 g cholesterol: 70 mg fat: 7.5 g sodium: 527 mg
protein: 27.2 g calcium: 21 mg iron: 3 mg fiber: 1.4 g

Mushroom-Stuffed Chicken Breasts with Madeira Sauce

Here's an elegant entree that doesn't take hours to prepare. Use creminis if you can-- button mushrooms will work fine in a pinch, but they're not as flavorful.

INGREDIENTS:

- 1 teaspoon olive oil, divided
- 2 cups diced crimini or button mushrooms
- 1 large garlic clove, minced
- 1/4 teaspoon pepper
- 4 (4-ounce) skinned, boned chicken breast halves
- 4 (1/2-ounce) slices Gouda or fontina cheese
- 3/4 cup low-salt chicken broth
- 1/4 cup Madeira or dry sherry
- 1 teaspoon cornstarch
- 1 teaspoon water
- 4 small cremini or button mushrooms, halved (optional)
- Thyme sprigs (optional)

INSTRUCTIONS:

Prep Time: 10 minutes

Cooking Time: 30 minutes

Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat. Add diced mushrooms and garlic; sauté 3 minutes. Stir in pepper, and set aside. Cut a horizontal slit through the thickest portion of each breast half to form a pocket. Stuff 2 tablespoons mushroom mixture and 1 slice cheese into each pocket. Heat 1/2 teaspoon oil in skillet over medium-high heat. Add chicken; cook 6 minutes on each side or until chicken is done. Remove chicken from skillet. Set aside; keep warm. Add broth and Madeira to skillet. Bring to a boil; cook 2 minutes or until reduced to 3/4 cup. Combine cornstarch and water; add to skillet. Bring to a boil; cook 1 minute, stirring constantly. Return chicken to skillet; cover and simmer 2 minutes or until thoroughly heated. Serve sauce with chicken; garnish with mushrooms and thyme, if desired.

NUTRITIONAL INFO:

calories: 207 carbohydrates: 4.1 g cholesterol: 82 mg fat: 6.9 g sodium: 207 mg protein: 31 g calcium: 117 mg iron: 1.6 mg fiber: 0.5 g

YIELD:

4 servings (serving size: 1 chicken breast half and 2 tablespoons sauce)

So it's 5 pts. per serving, but I've never run it through the RB. Excellent with Long Grain and Wild Rice and a steamed veggie!

Honey-Pecan Crusted Chicken

Southern-fried flavor doesn't have to mean throwing healthy eating out the window. Just use the oven instead of the skillet for chicken that's crunchy and moist, with a hint of sweetness.

Published: Cooking Light- 07/01/97

INGREDIENTS

1/4 teaspoon salt
1/4 teaspoon pepper
4 (6-ounce) skinned chicken breast halves
8 (4-ounce) chicken drumsticks, skinned
1/4 cup honey
2 tablespoons Dijon mustard
3/4 teaspoon paprika
1/8 teaspoon garlic powder
1-1/4 cups finely crushed cornflakes (about 4 cups uncrushed cereal)
1/2 cup finely chopped pecans
Cooking spray

INSTRUCTIONS

Prep Time: 15 minutes
Cooking Time: 40 minutes

Preheat oven to 400;

Sprinkle salt and pepper evenly over chicken; set aside. Combine honey, mustard, paprika, and garlic powder in a small bowl; stir well. Combine cornflakes and pecans in a shallow dish; stir well. Brush both sides of chicken with honey mixture; dredge in cornflake mixture.

Place chicken pieces on a large baking sheet coated with cooking spray. Lightly coat chicken with cooking spray, and bake at 400 degrees for 40 minutes or until done.

YIELD: 8 servings - 6 pts/serving

NUTRITIONAL INFO

calories: 270 carbohydrates: 21.4 g cholesterol: 71 mg fat: 8.9 g sodium: 416 mg
protein: 25 g calcium: 15 mg iron: 2 mg fiber: 0.5 g

Country-Fried Steak with Mushroom Gravy

page 44 of Cooking Light Annual Recipes 03.

Ingredients

3 tablespoons fat-free milk
2 large egg whites
1/3 cup all-purpose flour
1/2 teaspoon onion powder
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
4 (4-ounce) sirloin cubed steaks
2 teaspoons vegetable oil
2 2/3 cups frozen mashed potatoes (such as Ore Ida)
1 1/3 cups fat-free milk
2 cups mushrooms, quartered
2 1/2 tablespoons all-purpose flour
1/4 teaspoon salt
1 (14-ounce) can fat-free, low-salt beef broth

Directions

Combine 3 tablespoons milk and egg whites in a shallow dish, stirring with a whisk. Combine 1/3 cup flour and next 4 ingredients (1/3 cup flour through pepper) in a shallow dish. Working with 1 steak at a time, dip in egg mixture; dredge in flour mixture. Repeat procedure with remaining steaks, egg mixture, and flour mixture.

Heat oil in a large nonstick skillet over medium-high heat. Add steaks; cook 3 minutes on each side or until browned. Remove steaks from pan; keep warm.

While steaks cook, prepare mashed potatoes according to package directions, using 1 1/3 cups milk. Keep warm.

Add mushrooms to pan; sauté 3 minutes. Combine 2 1/2 tablespoons flour, 1/4 teaspoon salt, and broth, stirring with a whisk. Add broth mixture to pan. Bring to a boil; cook 1 minute, stirring constantly. Spoon over steaks. Serve with mashed potatoes.

Preparation Time: 14 minutes

Cooking Time: 10 minutes

Servings/Serving Size: Yield: 4 servings (serving size: 1 steak, about 1/3 cup gravy, and about 1 cup mashed potatoes).

Nutrition Facts (per Serving):

436 calories; 34.7 g carbohydrates; 189 mg cholesterol; 14.7 g fat; 759 mg sodium; 38.2 g protein; 0 mg calcium; 4.6 mg iron; 1.9 g fiber

Curried Chicken with Mango Relish

Serves 4 (1 chicken breast and 1/2 cup relish)

Relish:

2 cups chopped peeled mango

1 cup apple juice

1/3 cup diced dried apricots

2 teaspoon cider vinegar

1 t grated peeled fresh ginger

1/4 t ground allspice

1/8 t cayenne pepper

Mix all ingredients in saucepan and bring to a boil. Reduce heat and simmer for 20 minutes, stirring mix occasionally.

Chicken:

1/3 cup low- sodium soy sauce

1/3 cup fresh lime juice

1 t curry powder

4 (6 ounce) skinless, boneless chicken breast halves

cooking spray

lime wedges (optional)

Combine soy sauce, lime juice and curry powder in ziploc bag. Seal and mix, add chicken and marinate for 10 minutes, turning once. Heat a grill pan with cooking spray over medium heat. Remove chicken from bag and place on pan. Cook 5 minutes per side or until done. Garnish with lime wedge. Serve with mango relish.

Nutritional Info:

calories 257, fat 1.9 g, protein 29.6g,carb 30.6g,fiber 2.8g,chol 68 mg , iron 1.7 mg, sodium 880 mg, calc 35 mg

Minted cucumber salad

2 cups seeded, chopped cucumber

¼ cup chopped red onion

2 Tbsp rice vinegar

1 tsp sugar

½ tsp salt

pepper to taste

1 cup fat-free plain yogurt

3 Tbsp chopped fresh mint

Combine cucumber, red onion, rice vinegar, sugar, salt and ground black pepper.

Mix well; add yogurt and fresh mint, stirring well to combine.

Mini Meat Loaves

A tangy mixture of ketchup and Dijon mustard not only flavors the meat loaves but also acts as a glaze that helps them brown nicely as they cook.

INGREDIENTS:

1/2 cup ketchup
1 1/2 tablespoons Dijon mustard
1 pound ground sirloin
3/4 cup finely chopped onion
1/4 cup seasoned breadcrumbs
1/2 teaspoon salt
1/2 teaspoon dried oregano
1/8 teaspoon black pepper
1 large egg, lightly beaten
Cooking spray

INSTRUCTIONS:

1. Preheat oven to 400 degrees.
2. Combine ketchup and mustard, stirring well with a whisk. Reserve 2 1/2 tablespoons ketchup mixture. Combine remaining ketchup mixture, beef, and next 6 ingredients (beef through egg) in a large bowl, stirring to combine.
3. Divide beef mixture into 4 equal portions. Shape each portion into a 4 x 2 1/2-inch loaf; place loaves on a jelly roll pan coated with cooking spray.
4. Spread about 2 teaspoons reserved ketchup mixture evenly over each loaf. Bake at 400 degrees for 25 minutes or until done.

NUTRITIONAL INFO:

CALORIES 255 (28 percent from fat); FAT 7.9g (sat 2.8g, mono 3.2g, poly 0.4g);
PROTEIN 27.4g; CARB 15.7g; FIBER 0.9g; CHOL 120mg; IRON 2.7mg; SODIUM
944mg; CALC 31mg

YIELD:

4 servings (serving size: 1 loaf)

Chickpea and Spinach Curry

INGREDIENTS

1 cup coarsely chopped onion
1 1/2 tablespoons bottled ground fresh ginger (such as Spice World)
1 teaspoon olive oil
1 1/2 teaspoons sugar
1 1/2 teaspoons red curry powder (such as McCormick)
1 (19-ounce) can chickpeas (garbanzo beans), rinsed and drained
1 (14.5-ounce) can diced tomatoes, undrained
4 cups fresh spinach
1/2 cup water
1/4 teaspoon salt

INSTRUCTIONS

1. Combine onion and ginger in a food processor; pulse until minced.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion mixture, sugar, and curry to pan; sauté 3 minutes. Add chickpeas and tomatoes; simmer 2 minutes. Stir in spinach, water, and salt; cook 1 minute or until spinach wilts.

YIELD: 3 servings (serving size: 1 1/3 cups chickpea mixture)

NUTRITIONAL INFO

CALORIES 247 (15% from fat); **FAT** 4g (sat 0.6g, mono 1.6g, poly 0.9g); **PROTEIN** 11.1g; **CARB** 45g; **FIBER** 8.4g; **CHOL** 1mg; **IRON** 5mg; **SODIUM** 857mg; **CALC** 194mg

Sweet and Sour Slaw

Pg.126 April 03

1 T sugar
3 T cider vinegar
2 tsp. Vegetable oil
1/4 tsp. salt
4 1/2 cups packaged cabbage and carrot coleslaw
1/4 cup chopped green onions

Combine first 4 ingredients in a large bowl, stirring with a whisk until sugar dissolves. Add coleslaw and onions to vinegar mixture, toss to combine. Serve chilled or at room temp.

Yield 4 serv. Serving size 1 cup

50 calories, 2.4 fat, 1.6 fiber.

Creamy Mashed Potatoes with Chives

You can substitute 2/3 cup 1/3-less-fat cream cheese, 2 tablespoons fresh chives, and 1 tablespoon chopped onion for the flavored cream cheese.

3 pounds peeled Yukon gold potatoes, quartered

2/3 cup fat-free milk

1 teaspoon salt

2/3 cup (5 ounces) light cream cheese with chives and onions

1. Place potatoes in a Dutch oven, and cover with water; bring to a boil. Reduce heat, and simmer for 10 minutes or until tender. Drain. Return potatoes to pan; add the milk and salt. Mash the potato mixture with a potato masher to desired consistency. Add the cheese, and stir just until blended.

NUTRITIONAL INFO:

CALORIES 172 (16% from fat); FAT 3g (sat 2g, mono 0g, poly 0.1g); PROTEIN 6.1g; CARB 30.4g; FIBER 2.8g; CHOL 9mg; IRON 2.4mg; SODIUM 399mg; CALC 70mg

YIELD:

10 servings (serving size: 2/3 cup)

Pasta Jambalaya

INGREDIENTS:

Cooking spray
1/2 cup diced onion
1/2 cup diced red bell pepper
1 garlic clove, minced
1 teaspoon Cajun seasoning
1 (15-ounce) can black beans, rinsed and drained
1 (10-ounce) can diced tomatoes and green chiles, undrained
3 ounces turkey kielbasa, halved lengthwise and thinly sliced
7 cups hot cooked penne (about 3 cups uncooked tube-shaped pasta)
1/2 cup (2 ounces) pre-shredded 4-cheese Mexican recipe blend cheese (such as Sargento)

INSTRUCTIONS:

Estimated Total Time: 40 minutes

Place a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add onion, bell pepper, and garlic; sauté 5 minutes. Add seasoning; sauté 1 minute. Add beans, tomatoes, and kielbasa; bring to a boil. Reduce heat; simmer 10 minutes or until thick. Combine bean mixture and pasta in a large bowl. Top with cheese.

NUTRITIONAL INFO:

calories: 263 carbohydrates: 43.9 g cholesterol: 12 mg fat: 4.3 g sodium: 419 mg
protein: 11.7 g calcium: 86 mg iron: 3.7 mg fiber: 3.8 g

YIELD:

8 servings (serving size: 1 cup).

Black Bean Burrito Bake

INGREDIENTS

1 (7-ounce) can chipotle chiles in adobo sauce
1/2 cup reduced-fat sour cream
1 (15-ounce) can black beans, rinsed, drained, and divided
1 cup frozen whole-kernel corn, thawed
4 (8-inch) flour tortillas
Cooking spray
1 cup bottled salsa
1/2 cup (2 ounces) shredded Monterey Jack cheese

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Remove one chile from can. Chop chile. Reserve remaining adobo sauce and chiles for another use. Combine sour cream and chile in a medium bowl; let stand 10 minutes.
3. Place half of beans in a food processor; process until finely chopped. Add chopped beans, remaining beans, and corn to sour cream mixture.
4. Spoon 1/2 cup bean mixture down the center of each tortilla. Roll up tortillas; place, seam side down, in an 11 x 7-inch baking dish coated with cooking spray. Spread salsa over tortillas; sprinkle with cheese. Cover and bake at 350 degrees for 20 minutes or until thoroughly heated.

YIELD: 4 servings (serving size: 1 burrito)

NUTRITIONAL INFO

CALORIES 365 (29 percent from fat); FAT 11.7g (sat 5.8g, mono 2.8g, poly 0.8g);
PROTEIN 15.7g; CARB 55.3g; FIBER 7.2g; CHOL 28mg; IRON 3.5mg; SODIUM
893mg; CALC 311mg

Spaghetti with Parmesan and Bacon

Cooking Light, Apr. 03, p. 175

1 pound uncooked spaghetti
12 bacon slices, chopped
3 garlic cloves, minced
1 c. 2% reduced-fat milk (I used skim)
1 tsp. salt
1 tsp. freshly ground black pepper
3 large eggs
1 c. frozen petite green peas, thawed
1 1/2 c. (6 oz.) grated fresh Parmesan cheese

Carrie's notes: AOTD: Listen up everyone, I have finally perfected the Spaghetti w/ Bacon and Parmesan aka How Not to Scramble the Sauce. Cook the bacon according to directions. Drain all the drippings but what is recommended. Saute your garlic now (I also throw in onions and mushrooms.) Let drain with the bacon. Remove bacon pan from heat. NOW put your pasta in the boiling water. Cook and drain reserving the 1/2 C cooking water. Add water to the egg/milk mix. Heat egg/milk mix for 60 seconds in microwave, whisking every 30 seconds. By now your bacon pan should be cool again. Put egg/milk mix in bacon pan, add drained spaghetti, and NOW put your pan on low heat. The heat from the spaghetti will thicken the sauce, the pan shouldn't be hot at all. Add the rest of the ingredients and your done. A bit more effort and time but it works every time. My kids have learned to love this dish and DH gets excited every time he sees it on the menu. BTW, the leftovers make a great frittata.

1. Cook pasta according to pkg. directions. Drain in a colander over a bowl, reserving 1/2 c. hot cooking liquid.
2. While pasta cooks, cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan. Discard remaining drippings; set bacon aside. Add garlic to drippings in pan; cook 30 seconds; stirring constantly.
3. Combine milk, salt, pepper, and eggs, stirring with a whisk. Gradually add reserved hot cooking liquid to milk mixture, stirring constantly with a whisk. Add pasta, milk mixture, and peas to skillet; cook over low heat 3 minutes or until sauce thickens. Add bacon and cheese; stir to combine.

Yield 8 servings (serving size: 1 1/4 cups).

WW Points - 8 points

CALORIES 359 (28% from fat); FAT 11.2g (sat 5.6g, mono 3.6g, poly 1g); PROTEIN 18.9g; CARB 44.6g; FIBER 3.3g; CHOL 99mg; IRON 28mg; SODIUM 721mg; CALC 315mg

Slow Cooker Red Beans and Rice

3 cups water
1 cup dried red kidney beans
1 cup chopped onion
1 cup chopped green pepper
3/4 cup celery
1 tsp. dried thyme
1 tsp. paprika
3/4 tsp. ground red pepper
1/2 tsp. black pepper
1/2 (14 ounce) package turkey, pork and beef smoked sausage, thinly sliced. such as Healthy Choice

1 bay leaf
5 garlic cloves minced
1/2 tsp salt
3 cups hot cooked long-grain rice
1/4 cup chopped green onions

Combine first 12 ingredients. in an electric slow cooker. Cover with lid, cook on high heat for 5 hours. Discard bay leaf, stir in salt. Serve over rice, sprinkle servings evenly with green onions. Yield 4 servings (serving size 1 cup bean mixture, 3/4 cup rice and 1 TBL green onions)

413 Calories, 2.5 Fat, 10.1 Fiber.

Gorgonzola Topped Pork Chops

From Cooking Light, January 03 issue

Ingredients:

1 pound pork tenderloin, sliced into 4 portions
1 teaspoon oil
Cooking spray
2 teaspoons minced bottled garlic
½ teaspoon black pepper
¼ teaspoon salt
½ cup beef broth
¼ cup dry red wine
2 tablespoons crumbled Gorgonzola or other blue cheese

1. Place the pork between 2 sheets of heavy duty plastic wrap; pound to 1 inch thickness using a meat mallet or rolling pin (this was for tenderloin- I buy chops to skip this step).
2. Heat oil in a large skillet coated with cooking spray over medium-high heat. Combine garlic, pepper, and salt; rub over both sides of pork. Add pork to pan and cook 5 minutes on each side or until done. Remove pork from pan and keep warm.
3. Add broth and wine to skillet, scraping pan to loosen browned bits. Increase the heat to high, and cook until reduced to 1/3 cup (about 6 minutes). Spoon sauce over pork, sprinkle with cheese.

4 servings, 4 points per serving

Pork Tenderloin in Bourbon-Brown Sugar Marinade

From "Lean and Loving It"

I always make this with pork chops.

½ cup bourbon (I use Jack Daniels)

½ cup dark brown sugar

1/3 cup soy sauce

½ bunch fresh cilantro, coarsely chopped

¼ cup lemon juice

1.5 teaspoons Worcestershire sauce

1 cup water

½ teaspoon dried thyme

2 1 pound pork tenderloin or 4-6 pork chops (I only make 4)

1. In a shallow glass casserole dish, combine the bourbon, brown sugar, soy sauce, cilantro, lemon juice, Worcestershire sauce, water, and thyme, stirring until the sugar is dissolved. Add the pork, cover, and marinate in the refrigerator, turning occasionally, for 8 to 12 hours.

2. Preheat the oven to 450°F.

3. Coat a baking sheet or the bottom of your roasting pan with tin foil, making sure the entire sheet is covered. This is very important, as the marinade tends to burn on and it's a pain to wash.

4. For tenderloin: Place the tenderloins, side by side without touching, on a wire rack in a shallow roasting pan. For chops: Place pork chops on a baking sheet. Roast (bake) for 30 minutes, or until a meat thermometer registers 160°F (pork chops usually take less time), basting occasionally with the marinade. Discard any unused marinade.

Serves 4-6; 6 points per serving

Sesame-Roasted Asparagus

36 asparagus spears
1 1/2 teas dark sesame oil
1 teas low-sodium soy sauce
1/8 teas pepper

1. Preheat oven to 450 degrees.
 2. Snap off tough ends of the asparagus spears. Combine asparagus and the remaining ingredients in a jelly-roll pan, turning the asparagus to coat.
 3. Bake at 450 degrees for 10 minutes or until the asparagus is tender-crisp; turn once.
- Yield: 4 servings (serving size: 9 asparagus spears)

Calories 43 (44% from fat); Fat 2.1gm; Protein 3gm; Carb 4.9gm; Fiber 1.2gm; Chol 0mg; Iron 0.9mg; Sodium 53mg; Calc 23mg.

Parmesan Pork Tenderloin:

Servings: 4,

WW points - 4 pts per serving

Prep time: 20 minutes

1 lb. pork tenderloin

3 T seasoned bread crumbs

1 T grated Parmesan cheese

1 t salt

1/8 t pepper

Cooking oil spray

1 small onion, chopped

1 clove garlic, minced

Cut tenderloin crosswise into 8 slices, approximately 1-inch thick. Place each slice on its cut surface and flatten with heel of hand to 1/2 inch thickness. (I put the meat into a plastic baggie and used a meat mallet). Combine crumbs , parmesan cheese, salt and pepper; dredge pork slices to coat. Heat large non-stick skillet coated with cooking oil spray over medium heat. Add pork, onion, and garlic and sauté 8 to 10 minutes, turning pork once and stirring vegetables occasionally.

Nutrient Information per Serving:

180 calories, 5 g fat, 26 g protein, 860 mg sodium, 75 mg cholesterol, 7 g carbohydrate, 0 g fiber.

Chicken Bruschetta:

1 tsp. garlic powder
1/2 tsp. salt, divided
1/4 tsp. black pepper, divided
4 (4 oz.) skinned, boneless chicken breast halves
Cooking spray
1 tbsp. olive oil
8 oz. mushrooms, sliced
1 small zucchini, quartered lengthwise and sliced (about 5 oz.)
4 garlic cloves, minced
1 cup chopped plum tomato
1/2 cup chopped red onion
1/2 cup chopped fresh basil
4 tsp. balsamic vinegar
1/4 cup (1 oz.) grated fresh Parmesan cheese

INSTRUCTIONS:

Preheat Broiler. Combine garlic powder, 1/4 tsp. salt and 1/8 tsp. pepper in a small bowl; sprinkle chicken with garlic powder mixture. Place the chicken on a broiler pan coated with cooking spray and broil for 6 minutes on each side or until chicken is done. Remove the chicken from pan and keep warm.

Heat olive oil in a large nonstick skillet over medium-high heat. Add 1/4 tsp. salt, mushrooms, zucchini and minced garlic; sauté 2 minutes. Add 1/8 tsp. black pepper, tomato, onion, basil and vinegar; sauté 3 minutes. Serve the vegetable mixture over chicken; sprinkle with cheese if desired.

YIELD 4 servings

The nutritional info I got directly from the recipe is as follows: 229 calories, 2 grams fiber, 7 grams fat.

Spanish Toast

(CL October 2000)

8 (2 oz)slices sourdough bread
4 garlic cloves, halved
4 small tomatoes, each cut in half crosswise
4 t extra virgin olive oil
1/4 t kosher salt or sea salt
1/4 t freshly ground black pepper

1. Prepare grill
2. Place bread slices on grill rack; grill 2 minutes on each side or until lightly browned. Rub 1 side of each bread slice with 1 garlic clove half and 1 tomato half (tomato pulp will rub off on bread.) Discard tomato peels. Drizzle 1/2 teaspoon olive oil over each bread slice; sprinkle evenly with salt and pepper.

Yield: 8 servings

Cal 168, Fat 3.5g, Pro 5.5g, Carb 29.3g, Fiber 1.4g, Chol 0mg, Iron 1.6mg, Sod 351mg, Calc 60mg

The points finder puts it at 3 pts per.

Spinach and Artichoke Dip

2 cups shredded part- skim mozzarella cheese, divided
1/2 cup FF sour cream
1/4 cup grated fresh parmesan cheese, divided
1/4 t black pepper
3 cloves garlic, crushed
1 (14 oz) can artichoke hearts, drained and chopped
1 (8 oz) block 1/3 less fat cream cheese
1 (8 oz) block FF cream cheese
1/2 (10 oz) pkg frozen chopped spinach, thawed, drained and squeezed dry
1 (13.5oz) bag baked tortilla chips

Preheat oven to 350 degrees. Combine 1 1/2 cups mozzarella, sour cream, 2 T of the Parmesan cheese and the next 6 ingredients in a large bowl and combine well. Spoon mixture into a baking dish. Sprinkle with remaining 1/2 cup Mozzarella and 2T Parmesan cheeses. Bake for 30 minutes until brown. Yield: 5 1/2 cups
Serving size: 1/4 cup dip and 6 chips
cal 148 protein 7.7g carb 18.3g fiber 1.5g
fat 5g chol 17mg iron 0.6mg sodium 318mg calc 164mg

Artichoke Quiche with Rice Crust

Serving Size : 6 Points: 3

Categories : Breakfast/Brunch Main Meal

2 cup cooked white rice
3/4 cup cheddar cheese, lowfat -- shredded
3/4 cup Egg Beaters® 99% egg substitute
1 tsp dried dill weed
1/2 tsp table salt
1 clove garlic clove(s)
12 oz canned artichoke hearts, drained and chopped
3/4 cup skim milk
1/4 cup scallion(s)
1 Tbsp Dijon mustard
1/4 tsp black pepper

Combine rice, 1/4 c. cheese, 1/4 c. egg beaters, dill, salt, and garlic.

Press into a 9" pie plate coated with cooking spray.

Bake 5 minutes at 350. Set aside.

Arrange artichokes on bottom of rice crust. Sprinkle evenly with remaining cheese.

Combine remaining egg substitute, milk, green onions, mustard, and pepper. Pour over cheese.

Bake at 350 for 50 min or until set. Let stand 5 minutes before cutting into 6 wedges.

Italian Pita Crisps

Serving Size : 32 Preparation Time :0:00

Categories : Snacks

1 Tablespoon grated Parmesan cheese
1 teaspoon dried Italian seasoning
1/2 teaspoon paprika
1/8 teaspoon salt
2 Tablespoons light butter
2 whole wheat pita bread, 99% fat free -- 6-inch

Split pita breads to make open halves. Combine first 4 ingredients; stir well. Brush margarine evenly over each pita half; sprinkle evenly with cheese mixture.

Cut each pita half into 8 wedges, and place on a baking sheet. Bake at 350 for 8 minutes or until crisp; let cool. Store in an airtight container.

Source:

"September, 1995 Cooking Light"

Per Serving (excluding unknown items): 13 Calories; trace Fat (30.4% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 28mg Sodium.
Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat.

Cinnamon Crumb Cake

Serving Size : 8 Preparation Time :0:00

Categories : Cakes

1 1/4 cups all-purpose flour
2/3 cup packed brown sugar
3/4 teaspoon ground cinnamon
1/8 teaspoon salt
4 Tablespoons light butter -- chilled, cut in small pieces
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 cup lowfat buttermilk
1 teaspoon vanilla extract
1 large egg

Preheat oven to 350 F. Lightly spoon the flour into dry measuring cups and level with a knife. Combine the flour, brown sugar, cinnamon and salt in a bowl, and cut in margarine with a pastry blender until the mixture resembles coarse meal. Reserve 1/2 cup flour mixture for topping and set aside.

Combine remaining flour mixture, baking powder and baking soda, and add the buttermilk, vanilla and egg. Beat at medium speed of a mixer until blended. Spoon batter into an 8-inch round cake pan coated with cooking spray. Sprinkle reserved 1/2 cup flour mixture over batter. Bake at 350 F. for 30 minutes or until cake springs back when touched lightly in center. Cool on a wire rack.

Source:

"Cooking Light, May, 1998"

Per Serving (excluding unknown items): 182 Calories; 4g Fat (18.8% calories from fat); 4g Protein; 34g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 208mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

NOTES : According to CL, each serving, when made with regular butter, has 211 calories, 6.9 gms. fat (1.5 gm. saturated), and 0.6 gms. fiber. I used light butter to cut the calories and fat.

Creamy Four-Cheese Macaroni

INGREDIENTS:

1/3 cup all-purpose flour
2-2/3 cups 1% low-fat milk
3/4 cup (3 ounces) shredded fontina or Swiss cheese
1/2 cup (2 ounces) grated fresh Parmesan cheese
1/2 cup (2 ounces) shredded extra-sharp cheddar cheese
3 ounces light processed cheese (such as Velveeta Light)
6 cups cooked elbow macaroni (about 3 cups uncooked)
1/4 teaspoon salt
Cooking spray
1/3 cup crushed onion melba toasts (about 12 pieces)
1 tablespoon butter or stick margarine, softened

INSTRUCTIONS:

Preheat oven to 375°F. Lightly spoon flour into a dry measuring cup; level with a knife. Place flour in a large saucepan. Gradually add milk, stirring with a whisk until blended. Cook over medium heat until thick (about 8 minutes), stirring constantly. Add cheeses; cook 3 minutes or until cheese melts, stirring frequently. Remove from heat; stir in macaroni and salt.

Spoon mixture into a 2-quart casserole coated with cooking spray. Combine crushed toasts and butter in a small bowl; stir until well-blended. Sprinkle over macaroni mixture. Bake at 375°F for 30 minutes or until bubbly.

NUTRITIONAL INFO:

calories: 350 carbohydrates: 42.4 g cholesterol: 32 fat: 11.2 g sodium: 497 mg protein: 18 g calcium: 306 mg iron: 1.9 mg fiber: 2.1 g

YIELD:

Yield: 8 servings (serving size: 1 cup).

Macaroni and Four Cheeses

1 pd uncooked med elbow macaroni
1 (1 oz) slice white bread
2 1/2 C 1% milk
2 bay leaves
1/4 C all purpose flour
1 C (4 oz) shredded reduced fat extra sharp Cheddar cheese
1/2 C (2 oz) shredded Emmenthaler or Swiss cheese
1/2 C (2 oz) grated fresh Parmesan cheese
1/2 C (2 oz) crumbled Gorgonzola cheese
3/4 t salt
1/4 t black pepper
Cooking spray
2 t minced fresh or 1/2 dried rubbed sage
2 t butter or stick margarine, melted

1. Preheat oven to 400
2. Cook pasta for 5 minutes or until almost tender. Drain and rinse under cold water. Place in large bowl
- 3 Place bread in food processor; pulse 10 times or until coarse crumbs form. Set aside
- 4 Bring milk and bay leaves to a simmer in a small saucepan. Remove from heat; cover and let stand 5 minutes. Discard bay leaves. Lightly spoon flour into a dry measuring cup; level with a knife. Place flour in a small bowl; gradually add milk, stirring with a whisk until well blended. Return milk mixture to pan. Cook over medium heat until thick, stirring constantly with a whisk. Remove from heat. Add cheeses, salt, and pepper, stirring until cheeses melt. Pour cheese sauce over pasta, stir well. Spoon mixture into a 13 x 9 baking dish coated with cooking spray. Combine breadcrumbs, sage, and butter in a bowl; toss with fork. Sprinkle breadcrumb mixture over pasta mixture.
5. Bake at 400 for 20 minutes or until thoroughly heated.

Yield: 8 servings (1 1/4 C = 1 serving)

Cal 397, Fat 11.3g, Pro 20.7g, Carb 52g, Fiber 1.6g, Chol 32mg, Iron 2.7mg, Sod 624mg, Calc 425mg

Linguine with Tomatoes and Basil

From the Silver Palate Cookbook

Ingredients:

4 ripe large tomatoes, cut into 1/2 inch pieces
1 pound Brie cheese, rind removed, torn into irregular pieces
1 cup cleaned fresh basil leaves, cut into strips
3 garlic cloves, peeled and finely minced
1 cup best-quality olive oil
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1.5 pounds linguine

1. Combine tomatoes, Brie, basil, garlic, olive oil, salt and pepper in a large, non-reactive serving bowl. Prepare at least two hours before serving and set aside, covered, at room temperature.

2. Cook linguine until tender but still firm, about 8-10 minutes.

3. Drain pasta and immediately toss with the tomato sauce. Serve at once, passing the peppermill and grated Parmesan cheese if you like.

4-6 portions

Ooey Goey Peanut Butter Brownies

(24 Brownies, 3.8 points per brownie) COOKING LIGHT September 2000

$\frac{3}{4}$ c. ff sweetened condensed milk, DIVIDED!

$\frac{1}{4}$ c. butter or stick margarine, melted and cooled

$\frac{1}{4}$ c. ff milk

1 pkg (18.25 oz) Devil's Food Cake Mix

1 large egg white, lightly beaten

Cooking spray

1 (7 Oz) jar of marshmallow crème (fluff in New England)

$\frac{1}{2}$ c. peanut butter morsels

1. Preheat oven to 350 degrees.

2. Combine $\frac{1}{4}$ c. condensed milk, butter, and next 3 ingredients (butter through egg white) in a bowl. 3. BATTER WILL BE VERY STIFF 4. Coat bottom of 13 x 9 pan with Cooking Spray. Press $\frac{2}{3}$ of the batter into the bottom of the pan using "floured" hands. Pat evenly. Layer will be thin. Bake at 350 for 10 minutes. 5. Combine $\frac{1}{2}$ c. condensed milk with the marshmallow crème. Stir in morsels. Spread this mixture over the brownie layer. 6. Carefully drop remaining batter by spoonfuls over the marshmallow mixture. Bake at 350 for 30 minutes. 7. Cool completely in the pan on a wire rack.

Calories: 176, Fat - 5 g, Fiber .8g, CALC-30mg, protein - 2.6g, carb - 29.9g

Peanut Butter Chocolate Chip Blondies

Originally called: Peanut Butter Chocolate Chip Brownies

Originally from 2001 Cooking Light Annual-page 179

Posted on Jill H's Website and name changed to Blondies by Jill

Serving size: 1 blondie

HU: 3 points per serving

Jill H's comments: Sometimes I just need something peanut buttery sweet. These are low in fat, and incorporate the best marriage in the world: peanut butter and chocolate.

Cooking spray

1 c. all purpose flour

1/4 c. mini chocolate chips

1/4 tsp baking soda

1/8 tsp salt

3/4 c. sugar

1/4 c. packed dark brown sugar

1/4 c. creamy peanut butter (I use all natural, but you don't have to)

1 T. canola oil

1 egg

1 egg white

1 tsp vanilla extract

Preheat oven to 350. Coat bottom only of an 8 x 8 baking pan with cooking spray. Lightly spoon flour into a dry measuring cup; level with a knife. (DO NOT SCOOP flour and do not pack it in the cup. Use a spoon.) Combine flour, chips, baking soda, and salt in a small bowl. Combine sugars and remaining five ingredients in another bowl. Stir until well blended. Add flour mixture, stirring until just blended. Spread batter (it will be very thick) in bottom of prepared pan. Bake at 350 for 25 minutes or until a wooden pick inserted in the center comes out almost clean. Cool on a wire rack; cut into 16 pieces.

Yield: 16 servings

Cal = 125; Fat = 4.2g; Fiber = .5g; Sodium = 66mg; Carb = 19.8g;

Calcium = 7mg.

Broccoli, Cheese, and Rice Casserole

INGREDIENTS:

1 cup uncooked instant rice
1/2 cup chopped onion
1/4 cup fat-free milk
4 ounces light processed cheese, cubed (such as Velveeta Light)
2 tablespoons butter or stick margarine, softened
2 (10-ounce) packages frozen chopped broccoli, thawed and drained
1 (10-3/4-ounce) can condensed reduced-fat, reduced-sodium cream of mushroom soup, undiluted

INSTRUCTIONS:

Preheat oven to 350 degrees.

Combine all ingredients in a large bowl, and spoon into a 2-quart casserole. Bake at 350 degrees for 45 minutes.

Mom's Banana Bread

INGREDIENTS:

1 cup sugar
1/4 cup light butter, softened
1-2/3 cups mashed ripe banana (about 3 bananas)
1/4 cup skim milk
1/4 cup low-fat sour cream
2 large egg whites
2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
Cooking spray

INSTRUCTIONS:

Preheat oven to 350°F. Combine sugar and butter in a bowl; beat at medium speed of a mixer until well-blended. Add banana, milk, sour cream, and egg whites; beat well, and set aside.

Combine flour, baking soda, and salt; stir well. Add dry ingredients to creamed mixture, beating until blended.

Spoon batter into 4 (5 x 2-1/2-inch) miniature loaf pans coated with cooking spray. Bake at 350°F for 45 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. Let cool completely on wire racks.

NUTRITIONAL INFO:

calories: 147 carbohydrates: 30.2 g cholesterol: 7 fat: 2.2 g sodium: 180 mg protein: 2.5 g calcium: 13 mg iron: 0.8 mg fiber: 1.1 g

YIELD:

Yield: 4 loaves, 4 servings per loaf (serving size: 1 slice).

Asparagus Soup

Ingredients

1 pound asparagus
6 cups chicken stock or canned broth
1/2 cup minced shallot
1 potato, grated
Salt and freshly grated pepper to taste
Plain low-fat yogurt or low-fat sour cream for garnish
Grated lemon peel for garnish
Snipped fresh dill for garnish

Instructions

Peel and trim the asparagus, reserving the trimmings. In a large saucepan bring stock or broth to a simmer, add trimmings and let stand 15 minutes. Rinse spears, pat dry and cut into 1 1/2 pieces, reserving tips. Strain stock or broth into a large saucepan and add the asparagus stalks, shallot, potato and salt and pepper to taste. Bring the liquid to a boil over high heat and simmer the mixture, stirring occasionally, for 25 minutes, or until asparagus is tender.

Meanwhile, in a saucepan of boiling salted water blanch the asparagus tips until just tender, drain and refresh.

In a food processor or blender puree the soup in batches until smooth, correct seasoning and return to saucepan. Heat until hot.

To serve: ladle soup into bowls and garnish with reserved asparagus tips, yogurt, lemon peel and dill.

Thai Chicken Barley Risotto

CL, March 2002, p. 170

9 pts/4 servings/1 1/4 C per serving

1 T sesame oil, divided
1 1/2 C chopped green onions, divided
2 T minced garlic, divided
1/2 C uncooked pearl barley
1/2 C chopped fresh cilantro, divided
1/2 t salt
1/8 t black pepper
1 (14 1/2 oz) can ff less sodium chicken broth
2 jalapeno peppers, seeded and minced
1/4 C fresh lime juice
1 T brown sugar
1 T water
1 1/2 t rice vinegar
1 t low sodium soy sauce
1/2 t red curry paste
1 T chopped peeled fresh lemongrass
1 t grated peeled fresh ginger
3 C shredded cooked chicken breast (about 1 pd)
1 1/4 C red bell pepper strips
1 C sugar snap peas, trimmed
1 C light coconut milk
4 t chopped peanuts

1. Heat 1 1/2 t oil in a medium sauce pan over med high heat. Add 1/2 C onions and 1 T garlic' sauté 1 minute. Stir in barley, 1/4 C cilantro, salt, black pepper, 1/2 C broth, and jalapenos, bring to a boil. Cook 3 minutes or until liquid is nearly absorbed, stirring constantly. Add remaining broth, 1/2 C at a time, stirring constantly until each portion is absorbed before adding the next (about 15 minutes).

2. Combine juice and next 5 ingredients (juice thru curry paste) set aside.

3. Heat 1 1/2 t oil in a large non stick skillet over medium high heat. Add 1 C onions, 1 T garlic, lemon grass, and ginger; sauté 1 minute. Add chicken, bell pepper and peas; sauté 2 minutes. Stir in barley mix, juice mix and milk and bring to a boil. Reduce heat, simmer 5 minutes or until sauce thickens, stirring occasionally. stir in 1/4 C cilantro. Sprinkle each serving with 1 t nuts.

Cal 434, Fat 12.4g, Pro 41.6g, Carb 37.4g, Fiber 7.8g, Chol 96mg, Iron 3 mg, Sodium 691mg, Calc 65mg

Blueberry-Almond Streusel Muffins

INGREDIENTS

2-1/2 cups all-purpose flour
1 cup granulated sugar
1 tablespoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
3/4 cup 2% low-fat milk
1/2 cup low-fat buttermilk
1/3 cup light ricotta cheese
2 tablespoons vegetable oil
1 tablespoon vanilla extract
1 teaspoon almond extract
3 large egg whites
1-1/3 cups blueberries
Cooking spray
1/4 cup all-purpose flour
1/2 cup finely chopped almonds
1 tablespoon brown sugar
1 tablespoon reduced-calorie stick margarine, melted

INSTRUCTIONS

Estimated Total Time: 38 minutes

Preheat oven to 400°. Combine first 5 ingredients in a large bowl; make a well in center of mixture. Combine milk and next 6 ingredients (milk through egg whites); stir well with a whisk. Add to flour mixture, stirring just until moist. Gently stir in blueberries. Spoon batter into 18 muffin cups coated with cooking spray. Combine 1/4 cup flour and remaining ingredients; sprinkle evenly over batter. Bake at 400° for 18 minutes or until done. Remove from pans immediately; cool on a wire rack.

YIELD: 1-1/2 dozen (serving size: 1 muffin).

NUTRITIONAL INFO

calories: 171 carbohydrates: 28.8 g cholesterol: 1 mg fat: 0 g sodium: 139 mg protein: 4 g calcium: 69 mg iron: 1.1 mg fiber: 1.4 g

Snickerdoodles

Published: Cooking Light- 08/27/02

INGREDIENTS

3/4 cup reduced-calorie margarine
1 1/3 cups sugar
2 eggs
3 1/2 cups all-purpose flour
1 teaspoon baking soda
1/8 teaspoon salt
1 1/2 teaspoons cream of tartar
2 tablespoons sugar
1 1/2 teaspoons ground cinnamon
Vegetable cooking spray

INSTRUCTIONS

Cream 3/4 cup margarine at medium speed of an electric mixer; gradually add 1 1/3 cups sugar, beating until light and fluffy. Add eggs; beat well.

Combine flour and next 3 ingredients; gradually add to creamed mixture, mixing well. Cover, and freeze 1 hour.

Combine 2 tablespoons sugar and cinnamon; set aside. Roll dough into 1-inch balls; roll in sugar mixture. Place 2 inches apart on cookie sheets coated with cooking spray. Bake at 375 degrees for 8 minutes or until lightly browned. Cool on wire racks. Store loosely covered.

YIELD: 5 1/2 dozen (serving size: 1 cookie)

NUTRITIONAL INFO

Calories 57 (25% from fat); Carbohydrate 10g; Protein 1g; Fat 1.6g; Cholesterol 6mg; Sodium 44mg; Calcium 5mg

Snickerdoodles (Version 2)

1 3/4 c. all purpose flour
1/2 tsp. baking soda
1/2 tsp. cream of tartar
1 c. sugar
1/4 c. butter, softened
1 T. corn syrup
1 tsp. vanilla
1 lg. egg
3 T. sugar
2 tsp. cinnamon
Cooking Spray

Preheat oven to 375. Lightly spoon flour into a dry measuring cup (do not scoop); level with a knife. Combine flour, baking soda, and cream of tartar, stirring with a whisk. Combine 1 c. sugar and butter in a large bowl, and beat with a mixer at medium speed until well blended. Add the corn syrup, vanilla, and egg; beat well. Gradually add the flour mixture to the sugar mixture, beating until just combined. Cover and chill for 10 minutes. Combine 3 T. sugar and 2 tsp. cinnamon in a small bowl. With moist hands, shape dough into 42 (1-inch) balls. Roll balls in sugar mixture. Place balls 2 inches apart onto baking sheets coated with cooking spray. Flatten balls with the bottom of a glass. Bake at 375 for 5 minutes (cookies will be slightly soft). Cool on baking sheets for 2 minutes. Remove cookies from pans; cool completely on wire rack. Yield: 42 cookies. (Serving size=1 cookie.) ***Put in airtight container with padlock and store in a locked safe to which you do not know the combination.***

Calories=54; Fat=1.3g; Fiber =.2g

Turkey Tetrazzini

10 oz uncooked vermicelli
2 tsp. vegetable oil
1 lb. turkey breast cutlets
3/4 tsp onion powder, divided
1/2 tsp. salt, divided
1/4 tsp. black pepper, divided
2 T. dry sherry
2 (8 oz) packages presliced mushrooms
3/4 c. frozen green peas, thawed
3/4 c. fat free milk
2/3 c. fat free sour cream
1/3 c. (about 1 1/2 oz.) grated fresh parmesan cheese
1 (10 3/4 oz) reduced fat cream of chicken soup (such as Healthy Choice)
Cooking spray
1/3 c. dry breadcrumbs
2 T. butter, melted

Preheat oven to 450. Cook pasta according to package directions, omitting the salt and fat. Drain. Heat oil in a large nonstick skillet over medium high heat. Sprinkle turkey with 1/2 tsp onion powder, 1/4 tsp salt, and 1/8 tsp pepper. Add turkey to pan. Cook 2 minutes on each side or until done. Remove turkey from pan. Add 1/4 tsp onion powder, sherry, and mushrooms to pan. Cover and cook 4 minutes or until mushrooms are tender. Combine peas, milk, sour cream, cheese, and soup in a large bowl. Chop turkey. Add 1/4 tsp salt, 1/8 tsp pepper, pasta, turkey, and mushroom mixture to soup mixture, tossing gently to combine. Spoon mixture into a 13x9 baking dish coated with cooking spray. Combine breadcrumbs and butter in a small dish, tossing to combine. Sprinkle breadcrumb mixture over pasta mixture. Bake at 450 for 12 minutes or until bubbly and thoroughly heated. Yield: 6 servings (serving size: about 1 2/3 cups.)

Cal=459; Fat=14.8g; Fiber=3.1g

Ginger Glazed Salmon

CL Jan/Feb 03, p.187

8 points/4 servings/1 fillet per

4 (6oz) salmon fillets (about 1" thick)

Cooking spray

1/2 C pineapple preserves

1 1/2 T lime juice

1 T Dijon mustard

1 1/2 t bottled ground fresh ginger (I used fresh ginger root, minced, in the same amount)

1 t bottled minced garlic (I used fresh here too)

1 t low sodium soy sauce

1/4 t salt

1/4 t black pepper

1. Preheat oven to 425

2. Place fillets in a 13x9 baking dish coated with cooking spray. Combine preserves and remaining ingredients and pour over fillets.

3. Bake at 425 for 15 minutes or until fish flakes easily when tested with a fork.

Cal 336, Fat 10.9g, Pro 31.4g, Carb 29.5g, Fiber 0.1g, Chol 80mg, Iron 0.7mg, Sodium 372mg, Calc 23mg

Four Cheese Stuffed Shells with Smokey Marinara

CL March 03, p.128

10points/Yield-2 casseroles, 5 servings per dish (about 4 shells, and 1/2 C marinara)

1 pd jumbo shell pasta (40 shells)

Cooking spray

1 (12oz) carton 1% low fat cottage cheese

1 (15oz) carton ricotta cheese

1 C (4oz) shredded Asiago cheese

3/4 C (3oz) grated fresh Parmesan cheese

2 T chopped fresh chives

2 T chopped fresh parsley

1/4 t black pepper

1/4 t salt

1 (10oz) package frozen chopped spinach, thawed and drained

6 C smokey Marinara

1 C (4oz) shredded part-skim mozzarella cheese, divided

1. Cook pasta according to package directions, omitting salt and fat. Drain and set aside.
2. Preheat oven to 375.
3. Coat 2 13x9 baking dishes with cooking spray; set aside.
4. Place cottage cheese and ricotta cheese in a food processor; process until smooth. Combine cottage cheese mixture, Asiago, and next 6 ingredients (Asiago thru spinach).
5. Spoon or pipe 1 T cheese mix into each shell. Arrange half of stuffed shells, seam sides up, in one prepared dish. Pour 3 C Smoky Marinara over shells. Sprinkle with 1/2 C mozzarella. Repeat procedure with remaining stuffed shells, Smoky Marinara and mozzarella in remaining prepared dish.
6. Cover with foil. Bake at 375 for 30 minutes or until thoroughly heated.

***To freeze unbaked casserole: Prepare thru step 5. Cover with plastic wrap, pressing to remove as much air as possible. Wrap with heavy duty foil. Store in freezer for up to 2 months.

***To prepare frozen unbaked casserole: Preheat oven to 375. Remove and reserve foil. Remove plastic wrap. Cover frozen casserole with reserved foil; bake at 375 for 1 hour and 10 minutes or until thoroughly heated.

Cal 470, Fat 15.7g, Pro 28.3g, Carb 52.7g, Fiber 5.3g, Chol 47mg, Iron 3.8mg, Sodium 916mg, Calc 508mg.

Smoky Marinara

Yield-6 C/1/2 C serving

1 T olive oil
3 garlic cloves, minced
1/4 C chopped fresh basil
2 T chopped fresh parsley
2 T chopped fresh or 2 t dried oregano
2 t balsamic vinegar
1/8 t salt
1/8 t black pepper
1 (28oz) can crushed fire-roasted tomatoes, undrained
1 (28oz) can crushed tomatoes, undrained

1. Heat oil in a large saucepan over med heat. Add garlic, basil, parsley, and oregano; sauté 1 minute, stirring frequently. Stir in vinegar and remaining ingredients. Reduce heat, and simmer 10 minutes.

I used the recommended Muir Glen fire roasted canned tomatoes. Very good.

All-American Chili

INGREDIENTS:

6 ounces hot turkey Italian sausage
2 cups chopped onion
1 cup chopped green bell pepper
8 garlic cloves, minced
1 pound ground sirloin
1 jalapeno pepper, chopped
2 tablespoons chili powder
2 tablespoons brown sugar
1 tablespoon ground cumin
3 tablespoons tomato paste
1 teaspoon dried oregano
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
2 bay leaves
1 1/4 cups Merlot or other fruity red wine
2 (28-ounce) cans whole tomatoes, undrained and coarsely chopped
2 (15-ounce) cans kidney beans, drained
1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese

INSTRUCTIONS:

1. Heat a large Dutch oven over medium-high heat. Remove casings from sausage. Add sausage, onion, and the next 4 ingredients (onion through jalapeno) to pan; cook 8 minutes or until sausage and beef are browned, stirring to crumble.
2. Add chili powder and the next 7 ingredients (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in wine, tomatoes, and kidney beans; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.
3. Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves. Sprinkle each serving with cheddar cheese.

Note: Like most chilis, this version tastes even better the next day.

NUTRITIONAL INFO:

CALORIES 375 (29% from fat); FAT 12g (sat 4.6g, mono 4.1g, poly 1.1g); PROTEIN 28.9g; CARB 33.7g; FIBER 8.2g; CHOL 59mg; IRON 5mg; SODIUM 969mg; CALC 165mg

YIELD:

8 servings (serving size: 1 1/4 cups chili and 1 tablespoon cheese)

Almond Tuiles

Makes 20 to 24 tuiles

3 Tbs (45 g) unsalted butter

1/2 cup less 2 teaspoons (100 g) sugar

2 egg whites

1/4 teaspoon vanilla extract

3 Tbs plus 1 teaspoon (30 g) all-purpose flour

1 cup (100 g) sliced blanched almonds

-Preheat oven to 400 degrees. Heavily coat two baking sheets with cooking spray.

-In a small saucepan, heat the butter and remove from heat.

-In a small bowl, combine the sugar, egg whites and vanilla, and, without beating, mix together with a whisk. Stir in the flour with the whisk until smooth. Add the melted butter and stir. Using a rubber spatula, fold in the sliced almonds.

-Drop a teaspoonful of batter onto a baking sheet. With the back of the spoon, spread thinly to about 3 inches in diameter (you will see the baking sheet through the thin layer of batter), leaving 2 inches between each cookie.

-Bake in the middle of the oven for 4 to 7 minutes, or until the edges are browned.

-Using a long metal spatula and working quickly, remove the cookies from the sheet and invert them into a baguette pan (I use canolli molds or empty wine bottles or a rolling pin). If the cookies harden before you have a chance to remove them from the baking sheet, place the sheet back in the oven for 20 to 30 seconds to soften.

-When cooled, remove the tuiles from the mold. As soon as one batch is finished, bake the following one.

-Keep in an airtight container since humidity can render this thin, crunchy cookie, limp and chewy.

Strawberry Raspberry Trifle

3 cups cold fat-free milk
2 pkgs (1-oz each) sugar-free instant white chocolate pudding mix
1 prepared angel food cake (14 oz), cut into 1-inch cubes
3 cups sliced fresh strawberries
3 cups fresh raspberries
1 carton (8 oz) reduced-fat frozen whipped topping, thawed
3 whole strawberries, quartered

In a bowl, whisk milk and pudding mix for 2 minutes or until slightly thickened. Place a third of the cake cubes in a trifle bowl or 3 1/2 qt. glass serving bowl. Top with a third of the pudding, 1 cup sliced strawberries, 1 1/2 cups raspberries, and a third of the whipped topping. Layer with a third of the cake and pudding, 1 cup strawberries, and a third of the whipped topping.

Top with remaining cake, pudding, strawberries, raspberries, and whipped topping. Garnish with quartered strawberries. Serve immediately or refrigerate. Yield: 14 1-cup servings.

One serving (1 cup) equals 170 calories, 3 grams fat, 3 grams fiber.

Watermelon Daiquiris

NOTE: First you must buy a seedless watermelon. Slice it, remove the rind, chunk it and freeze the chunks in large ziploc freezer bags.

1/3 cup (or to taste) light rum

Juice of 1 good-sized lime

1 heaping Tbsp. powdered sugar

Approximately 10 2-inch cubes of frozen watermelon

Put all above ingredients in a blender and blitz to a pink foamy purée. Pour and enjoy!
Serves 4.

Creamy spinach-mushroom skillet enchiladas

Course | Main Meals

Serves | 4

POINTS per serving | 5

Total time: 30 minutes

Ingredients

2 tsp olive oil

1 tsp. garlic, minced

1/2 tsp. chili powder

1/2 tsp. ground cumin

8 oz. pkg presliced mushrooms

6 oz. pkg baby spinach

1/4 tsp. salt

2 Tbsp. light cream cheese with garlic and chives

16 oz. green salsa

8 corn tortilla(s)

1/3 c. shredded monterey jack cheese (about 1.5 oz)

1/4 c. fat free sour cream

Cilantro Sprigs, optional

Instructions

Preheat broiler. Heat olive oil in a large skillet over medium high heat. Add garlic, chili powder, cumin, and mushrooms; sauté 5 min. Add spinach and salt, and cook 1 minute until spinach wilts, stirring frequently. Add cream cheese. Cook 2 min or until cream cheese melts, stirring frequently. Place mushroom mixture in a bowl; set aside. Heat 1 cup salsa in a saucepan over low heat. Dredge both sides of each tortilla in warm salsa using tongs; stack tortillas on a plate. Spoon 1 heaping tablespoon mushroom mixture into the center of each tortilla; fold in half, and arrange in skillet, overlapping slightly. Top with remaining salsa; sprinkle with shredded cheese. Wrap handle of skillet with foil, and broil enchiladas 4 min or until cheese melts. Top with sour cream, and garnish with cilantro sprigs if desired. Yield: 4 servings. Serving size: 2 enchiladas and 1 T. sour cream.)

Special Notes

Cal=273; Fat=8.7g; Fiber=6.7g

Salsa Bean soup

1 t vegetable oil

1 T bottled minced garlic

2 c water

1/2 t chipotle chili powder

3 (15-ounce) cans black beans, rinsed and drained

1 (8-ounce) bottle salsa

1 T fresh lime juice

1/2 c chopped fresh cilantro

1/2 c (2 ounces) shredded Monterey Jack cheese

Heat oil in pan over medium-high heat. Add garlic, sauté 1 minute. Stir in water, chili powder, beans and salsa. Bring to a boil, reduce heat and simmer 1 minute. Add 3 cups of black bean mixture to a blender; process until smooth. Return pureed mix to pan. Stir in lime juice, simmer 10 minutes. Remove from heat, stir in cilantro. Sprinkle with cheese.

Yield: 4 servings (serving size: 1 1/4 cup soup and 2 T cheese)

calories 213 fat 5.7 grams fiber 12.6 grams

Rum Glazed Pineapple, Mango, and Chicken Kebabs

3/4 c pineapple juice
1/4 c sugar
1/4 c dark rum
2 T finely chopped seeded jalapeno pepper
1 T cider vinegar
2 t cornstarch
2 T chopped fresh cilantro
1 1/2 t grated lime rind
1 1/2 pounds boneless skinless chicken, cut into 30 chunks
2 mangoes, peeled and each cut into 9 (1 inch)cubes
18 cubes fresh pineapple (1 inch cubes)
1 1/2 T vegetable oil
1 t salt
cooking spray

Prepare grill. Combine first 4 ingredients in a medium saucepan; bring to a boil. Reduce heat and simmer 5 minutes. Combine vinegar and cornstarch in small bowl. Add cornstarch mixture to pan, bring to a boil. Cook 1 minute stirring constantly. Let stand 5 minutes. Stir in cilantro and rind. Thread 5 chicken cubes, 3 mango cubes, and 3 pineapple cubes alternately onto each of 6 skewers. Brush with oil and sprinkle with salt. Place kebabs on grill rack and cook for 4 minutes. turn, brush with half of glaze, cook 4 more minutes. Turn kebabs, brush with remaining glaze and cook for 2 more minutes. Yield: 6 servings (serving size: 1 kebab).

Calories 313 Fat 10.4 grams fiber 1.8 grams

** I also added red and green pepper chunks for more color and flavor**

Chicken Breasts Stuffed with Artichokes, Lemon, and Goat Cheese

course | main meals

servings | 4

POINTS per serving | 7

Ingredients

2 1/2 Tbsp Italian-seasoned bread crumbs

2 tsp grated lemon rind

1/4 tsp salt

1/4 tsp freshly ground black pepper

1 (6 oz) jar marinated artichoke hearts, drained and chopped

1 (3 oz) package herbed goat cheese, softened

4 (6 oz) skinless, boneless chicken breast halves

cooking spray

Instructions

Preheat oven to 375. Combine first 6 ingredients; stir well. Place each chicken breast half between 2 sheets of heavy duty plastic wrap. Pound to 1/4 inch thickness with a meat mallet or rolling pin. Top each breast half with 2 T. cheese mixture; roll up jelly roll style. Tuck in sides; secure each roll with wooden picks. Heat a large nonstick skillet coated with cooking spray over medium high heat. Add chicken to pan; cook 3 min on each side or until browned. Wrap the handle of pan with foil and bake at 375 for 15 min or until chicken is done. Yield 4 servings.

Special Notes

Cal=234; Fat=7.8g; Fiber=1.5g

Spinach, White Bean, and Bacon Salad with Maple Mustard Dressing

1/4 cup maple syrup
3 T cider vinegar
1 T extra virgin olive oil
1 T Dijon mustard
1/4 t salt
1/4 t freshly ground black pepper
1 (15.5 ounce) can Great Northern beans, rinsed and drained
1/2 c thinly sliced green onion
1/2 c finely chopped red pepper
5 sliced bacon, cooked and crumbled
2 (7 ounce) packages fresh baby spinach

Combine first 6 ingredients in a small microwave safe bowl, stirring with a whisk; microwave on high for 1 minute or until hot. Place beans in a bowl and microwave on high for 1 minute or until hot. Combine onions, bell pepper, bacon, and spinach in large bowl. Add syrup mixture and beans and toss well to combine. Serve immediately. Yield: 8 servings (serving size: about 1 3/4 cups).
calories 124 fat 4.2grams fiber 2.7grams

****my friend who made this used yellow pepper instead of red, and also lightened it up a bit by using reduced calorie syrup and turkey bacon****

Chicken Tetrazzini

from the March 03 magazine. It makes 2 casseroles, 1 for the freezer and one for dinner. I halved it and made 1 meal only and it was fine...

Amy's opera note: it's named after opera singer Luisa Tetrazzini.

1 tablespoon butter
cooking spray
1 cup finely chopped onion
2/3 cup finely chopped celery
1 teaspoon freshly ground black pepper
3/4 teaspoon salt
3 (8-ounce) packages pre-sliced mushrooms
1/2 cup dry sherry
2/3 cup all-purpose flour
3 (14.5 oz) cans fat-free, less-sodium chicken broth
2 1/4 cups (9 oz) grated fresh parmesan cheese, divided
1/2 cup (4 oz) 1/3-less fat cream cheese
7 cups hot cooked vermicelli (about 1 lb uncooked pasta)
4 cups chopped cooked chicken (about 1.5 lbs)
1 (1-ounce) slice white bread (amy's note: I used canned breadcrumbs, just estimated the amt.)

1) Preheat oven to 350.

2) Melt butter in large stockpot coated with cooking spray over medium-high heat. Add onion, celery, pepper, salt, and mushrooms; sauté 4 minutes or until mushrooms are tender. Add sherry; cook 1 minute.

3) Lightly spoon flour into a measuring cup; level with a knife. Gradually add flour to pan; cook 3 minutes, stirring constantly (mixture will be thick) with a whisk. Gradually add broth, stirring constantly. Bring to a boil. Reduce heat; simmer 5 minutes, stirring frequently. Remove from heat.

4) Add 1 3/4 cups Parmesan cheese and cream cheese, stirring with a whisk until cream cheese melts. Add the pasta and chicken, and stir until blended. Divide the pasta mixture between 2 (8-inch square) baking dishes coated with cooking spray.

5) Place bread in food processor; pulse 10 times or until coarse crumbs form. Combine breadcrumbs and 1/2 cup Parmesan cheese; sprinkle evenly over pasta mixture.

6) Bake at 350 degrees for 30 minutes or until lightly browned. Remove casserole from oven; let stand 15 minutes.

Yield: 2 casseroles, 6 servings each (serving size: about 1 1/3 cups)

To freeze unbaked casserole:

- Prepare through step 5. Cool completely in refrigerator. Cover with plastic wrap, pressing to remove as much air as possible. Wrap with heavy-duty foil. Store in freezer for up to 2 months.

To Prepare Frozen Unbaked Casserole:

- Thaw casserole completely in refrigerator (about 24 hrs). Preheat oven to 350 degrees. Remove foil; reserve foil. Remove plastic wrap; discard wrap. Cover casserole with reserved foil; bake at 350 degrees for 30 minutes. Uncover and bake an additional 1 hour or until golden and bubbly. Let stand 15 minutes.

Calories - 380 (29% from fat); fat 12.2 g (sat 6.6, mono 3.4, poly .7); protein 33 g; carb 32.7g; fiber 2g; cholesterol 66 mg; iron 2.8 mg; sodium 964 mg; calcium 319 mg.

WW Points/Serving - 8

Lemonade Layer Cake

CL April 2002

Yield 16 slices/7 pts per

****Note-**When making the frosting, be sure the cream cheese is cold; when warm, it's softer, which makes the frosting too thin.

CAKE

1 1/3 C granulated sugar
6 T butter, softened
1 T grated lemon rind
3 T thawed lemonade concentrate
2 t vanilla extract
2 large eggs
2 large egg whites
2 C all purpose flour
1 t baking powder
1/2 t salt
1/2 t baking soda
1 1/2 C ff buttermilk
Cooking spray

FROSTING

2 T butter, softened
2 t grated lemon rind
2 t thawed lemonade concentrate
1/2 t vanilla extract
8 oz 1/3less fat cream cheese
3 1/2 C powdered sugar

1. Preheat oven to 350
2. To prepare cake, place first 5 ingredients in a large bowl; beat with a mixer at med speed until well blended (about 5 minutes). Add eggs and egg whites, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, salt, and baking soda; stir well with a whisk. Add flour mixture to sugar mixture alternately with buttermilk, beginning and ending with flour mixture, beat well after each addition.
3. Pour batter into 2 (9") round cake pans coated with cooking spray ; sharply tap pans once on counter to remove air bubbles. Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack.
4. To prepare frosting, place 2 T butter and next 4 ingredients in a large bowl; beat with a mixer at high speed until fluffy. Add powdered sugar and beat a low speed just until blended (do not overbeat). Chill 1 hour.
5. Place 1 cake layer on a plate; spread with 1/2 C frosting. Top with remaining cake

layer. Spread remaining frosting over top and sides of cake. Store cake loosely covered in fridge.

Cal 322, Fat 9.9g, Pro 5g, Carb 54.1g, Fiber 0.5g, Chol 53mg, Iron 1mg, Sodium 293mg, Calc 60mg

I used blueberries to decorate with and it looked great!

Rotini & Cheese with broccoli and ham

Pg 222 March 03 Cooking Light Magazine

4 quarts water
2 cups uncooked rotini (about 8 ounces corkscrew pasta)
1 (10-ounce) package frozen chopped broccoli
1/4 cup all-purpose flour
2 cups fat-free milk
1 1/2 cups (6 oz) cubed light processed cheese (such as Velveeta light)
2 teaspoons Dijon mustard
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1 cup chopped reduced-fat ham

1) Bring water to a boil in a large stock pot. Add pasta; cook 5 minutes. Add broccoli; cook an additional 5 minutes or until pasta is done; drain.

2) While pasta cooks, lightly spoon flour into a dry measuring cup; level with a knife. Place flour in a medium saucepan ; gradually add milk, stirring with a whisk until blended. Cook over medium heat 8 minutes or until mixture is thick, stirring frequently.

3) Remove from heat; stir in cheese and next 4 ingredients (cheese through pepper). Combine pasta mixture, cheese sauce, and ham.

Yield 6 servings (serving size = 1 cup)

Calories: 288 (15% from fat); Fat 4.7 g (sat 2.5, mono 0.6, poly 0.4); Protein 19.1 g; Carbs 42.6 g; fiber 2.6 g; cholesterol 23 mg; iron 2.5 mg; sodium 937 mg; calcium 296 mg.

Points – if you make 6 servings (at a cup each): 6 points

If you make 4 servings (at about 1 3/4 cups each): 8.5 points

Red Curried Tofu

Published: Cooking Light- 03/01/01

INGREDIENTS

1 cup uncooked long-grain rice
2 teaspoons dark sesame oil
2-1/2 cups vertically sliced red onion
1 cup yellow bell pepper strips
1-1/2 teaspoons curry powder
1 teaspoon ground coriander
1/2 teaspoon ground turmeric
1/2 teaspoon salt
1 tablespoon low-sodium soy sauce
1 tablespoon honey
1/2 teaspoon chile paste with garlic
1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
1 (12.3-ounce) package reduced-fat firm tofu, drained and cut into 1-inch cubes
1/4 cup minced fresh cilantro
1/4 cup chopped dry-roasted cashews

INSTRUCTIONS

Prepare rice according to package directions, omitting salt and fat. While rice is cooking, heat oil in a nonstick skillet over medium-high heat. Add onion and bell pepper; sauté 4 minutes or until tender. Stir in curry, coriander, turmeric, and salt; cook 2 minutes. Add soy sauce and the next 4 ingredients (soy sauce through tofu). Bring to a boil; reduce heat, and simmer for 2 minutes or until thoroughly heated. Serve the tofu mixture over rice, and sprinkle with cilantro and cashews.

YIELD: 4 servings (serving size: 1-1/4 cups tofu mixture, 1/2 cup rice, 1 tablespoon cilantro, and 1 tablespoon cashews)

NUTRITIONAL INFO

calories: 292 carbohydrates: 46.2 g cholesterol: 0 mg fat: 7.7 g sodium: 559 mg protein: 10.7 g calcium: 107 mg iron: 3.7 mg fiber: 3.5 g

Superfast Salisbury Steak:

Prep time: 5 minutes

Cooking time: 26 minutes

Ingredients:

3/4 lb. ground turkey breast

3/4 lb. ground round

1/3 c. dry breadcrumbs

2 large egg whites

Cooking Spray

3/4 c. water

3 T tomato paste

2 T Madeira wine or dry sherry

1 1/2 t Worcestershire Sauce

1/4 t freshly ground black pepper

1 (10 1/2 oz.) can condensed French Onion Soup (such as Campbell's)

1. Combine first 4 ingredients. Divide meat mixture into 6 equal portions, shaping each into a 1/2 inch thick patty. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add patties, cook 6 minutes or until browned, turning after 3 minutes. Remove patties from pan; keep warm. Stir in water and remaining 5 ingredients. Bring to a boil, add patties. Cover, reduce heat, and simmer 10 minutes. Uncover and cook until wine mixture is reduced to 3/4 cup (about 10 minutes). Yield: 6 servings (serving size 1 patty and 2 T sauce)

Calories 210 (25% from fat); Fat 5.9 g (sat 2 g, mono 1 g); Protein 27.4 g; Carb 10 g; Fiber 0.9 g; Chol 64 mg; Iron 2.4 mg; Sodium 621 mg; Calc 38 mg

Points: 4.5 per patty and 2 T sauce

Raspberry Chicken

From the Silver Palate Cookbook

Ingredients:

4 boneless, skinless chicken breast halves
2 tablespoons sweet butter
¼ cup finely chopped yellow onion
4 tablespoons raspberry vinegar
¼ cup chicken broth
¼ cup heavy cream
1 tablespoon canned crushed tomatoes
16 fresh raspberries (optional)

1. Flatten each breast half by pressing it gently with the palm of your hand.
2. Melt the butter in a large skillet. Add the chicken and cook for about 3 minutes per side, or until they are lightly colored. Remove from the skillet and reserve.
3. Add the onion to the pan and cook, covered, over low heat until tender, about 15 minutes,
4. Add the vinegar, raise the heat and cook, uncovered, stirring occasionally until the vinegar is reduced to a syrupy spoonful. Whisk in the broth, heavy cream, and crushed tomatoes and simmer for 1 minute.
5. Return chicken to skillet and simmer gently in the sauce, basting often, until they are just done and the sauce has been reduced and thickened slightly, about 5 minutes. Do not overcook.
6. Remove chicken and arrange on a plate. Add the raspberries to the sauce in the skillet and cook over low heat for 1 minute. Do not stir the berries with a spoon, merely swirl them in the sauce by shaking the skillet. Pour sauce over chicken and serve immediately.

4 servings; 6 points a serving

Pork with Curried Orange Sauce

¾ teaspoon curry powder, divided

¼ teaspoon paprika

¼ teaspoon salt

4 (4-ounce) boneless center-cut loin pork chops, trimmed (about ½ inch thick)

1/3 cup orange marmalade

1 ½ teaspoons prepared horseradish

1 ½ teaspoons balsamic vinegar

1/8 teaspoon crushed red pepper

Cooking Spray

Combine ¼ teaspoon curry powder, paprika and salt. Sprinkle pork with the curry mixture.

Combine ½ teaspoon curry, marmalade, horseradish, vinegar, and pepper in a small bowl.

Heat a large nonstick skillet coated with cooking spray over medium- high heat. Add the pork a, cook for 3 minutes on each side or until pork loses its pink color.

Remove from pan. Add the marmalade mixture to pan; cook for 15 seconds, scraping pan to loosen browned bits. Spoon sauce over the pork chops.

Yield: 4 servings (serving size: pork chop and 1 tablespoon sauce).

We always double the sauce, and let it cook longer than the directed 15 seconds.

Calories 245 (31% from fat); Fat 8.7 g (sat3.1g, mono 3.9 g poly 0.6g)/ Protein 25.3g; Carb 18.5g; Fiber .03g; Chol 69 mg; Iron 0.9 mg; Sodium 224 mg; Calc 41 mg

Herbed Basmati Pilaf

2 teaspoons Olive Oil
1 teaspoon bottled minced garlic
1-cup basmati rice
2 cups fat-free, less-sodium chicken broth,
 $\frac{1}{4}$ cup chopped green onions
 $\frac{1}{2}$ teaspoon dried thyme

Heat oil in a medium saucepan or medium heat. Add Garlic and sauté' 1 minute. Add rice, sauté' 2 minutes. Stir in broth and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat and stir in green onions and thyme.

Lumberjack Hash

Dice the ham while the onion, bell pepper, and garlic are cooking on the stovetop to keep prep time to a minimum.

This recipe can be found on page 79 of Cooking Light Annual Recipes 03.

Ingredients

2 teaspoons vegetable oil
2 teaspoons butter
1 cup chopped onion
1 cup chopped green bell pepper
2 garlic cloves, minced
8 cups frozen shredded hash brown potatoes, thawed (about 1 pound)
1/2 teaspoon salt
1/2 teaspoon black pepper
4 ounces 33%-less-sodium ham, diced
3/4 cup (3 ounces) reduced-fat shredded cheddar cheese

Directions

Heat oil and butter in a large nonstick skillet over medium heat. Add onion; cook 5 minutes. Add bell pepper and garlic; cook 3 minutes. Add potatoes, salt, pepper, and ham; cook 16 minutes or until potatoes are golden brown, stirring occasionally. Top with cheese; cook 2 minutes or until cheese melts.

Preparation Time: 2 minutes

Cooking Time: 26 minutes

Servings/Serving Size: Yield: 4 servings (serving size: 1 1/4 cups).

Nutrition Facts (per Serving):

276 calories; 33.7 g carbohydrates; 33 mg cholesterol; 9.1 g fat; 738 mg sodium; 16.5 g protein; 0 mg calcium; 0.8 mg iron; 3.5 g fiber

Caesar Salad

Dressing:

1/4 cup grated parmesan cheese
1/4 cup fat free mayo (I use ff Miracle Whip because I prefer the taste)
1/4 cup water
2 T fresh lemon juice
1/2 tsp anchovy paste
1/2 tsp Worcestershire sauce
1/4 tsp fresh ground pepper
1/8 tsp dry mustard
2 minced garlic cloves

Salad:

4 (1 oz) slices french bread cut into 3/4" cubes
8 cups torn Romaine lettuce

Preheat oven to 300 degrees

Whisk dressing ingredients together

Place bread cubes on baking sheet, bake at 300 for 15 min. Combine croutons and lettuce in bowl, add dressing to coat, serve immediately.

4 servings (2 cups per serving)

Calories 142
Fat 2.4 grams
Fiber 2.6 grams

Strawberry-Topped Cheesecake

To test for a perfectly baked, creamy cheesecake, gently shake the pan after the minimum baking time. The center should appear nearly set. If it still jiggles, bake it 5 minutes longer and test again.

Source: Better Homes and Gardens

1/2 cup graham cracker crumbs
4 teaspoons margarine or butter, melted
2 8-ounce packages fat-free cream cheese (block style)
1 cup fat-free cottage cheese
1/4 cup fat-free milk
3/4 cup sugar
2 tablespoons all-purpose flour
1-1/4 teaspoons vanilla
1/2 teaspoon shredded lemon peel
3 eggs or 3/4 cup refrigerated or frozen egg product, thawed
1/4 cup fat-free or light dairy sour cream
2 teaspoons fat-free milk
1 teaspoon sugar
1 cup sliced strawberries

1. In a small bowl stir together the graham cracker crumbs and melted margarine or butter. Press onto the bottom of an 8-inch springform pan. Set aside.
2. Cut up the cream cheese. In a large food processor bowl place the undrained cottage cheese and the 1/4 cup milk. Cover and process until smooth. Add cream cheese, the 3/4 cup sugar, the flour, 1 teaspoon of the vanilla, and the lemon peel. Cover; process until smooth. Add the eggs or egg product and process just until combined. Do not over process. Pour mixture into pan. Place on a baking sheet.
3. Bake in a 375 degree F oven for 35 to 40 minutes or until set. Cool for 15 minutes. Using a narrow metal spatula, loosen the side of the cheesecake from pan. Cool 30 minutes more, then remove the side of pan. Cool completely. Cover and chill for at least 4 hours.
4. In a small bowl combine the sour cream, 2 teaspoons milk, the 1 teaspoon sugar, and the remaining vanilla. To serve, arrange berries on top of cheesecake; drizzle with sour cream mixture. Makes 12 servings.

Nutritional facts per serving

calories: 163 , total fat: 3g , saturated fat: 1g , cholesterol: 62mg , sodium: 92mg ,
carbohydrate: 22g , fiber: 0g , protein: 11g

Whole Wheat Pizza Dough

(from June 2000 issue)

1 pkg dry yeast (2 1/4 tsp)
1/4 tsp sugar
1 1/2 cups warm water (100 to 100 degrees)
2 1/2 to 2 3/4 cups all purpose flour
1 cup whole wheat flour
1 T olive oil
1 1/2 tsp salt
cooking spray

Dissolve yeast and sugar in warm water and let sit 5 min. Add 2 1/4 cups flour, wheat flour, oil and salt to yeast mixture, stir well until blended.

Turn dough onto floured surface, knead until smooth and elastic about 10 minutes. Add enough of remaining flour 1T at a time to prevent dough from sticking.(dough will be tacky)

Place dough in bowl sprayed with cooking spray, turn to coat top. Let rise in a warm (85 degrees) place away from drafts for 45 minutes or until double.

Punch dough down and let rest 5 minutes. Divide dough in half, roll each into a 12 inch circle. Top and bake according to recipe directions. Yield: 2 (12 inch) pizza crusts

Total for whole crust 847 calories, 9.9 grams fat, 12.7 grams fiber

Notes: Whole wheat flour may be omitted, sub all purpose flour (871 calories, 9.4 grams fat, 6.7 grams fiber)

molly's strawberry cheesecake bars

servings | 32

POINTS per serving | 2

course | snacks

Ingredients

1 1/4 cup + 2 Tbsp white whole wheat flour

1 cup Quaker Oats Quick Oats Cereal

3/4 cup packed light brown sugar

1/2 cup I Can't Believe It's Not Butter! Light Stick Margarine

8 oz Kraft Philadelphia Free Plain Cream Cheese

14 oz fat-free sweetened condensed milk

4 items egg white(s)

1 tsp vanilla extract

16 oz Smucker's Low-Sugar Strawberry Preserves

Instructions

In a bowl, combine 1 1/4 cups flour, oats, brown sugar, and butter. Mix until crumbly. Press 2.5 cups of the mixture into the bottom of a greased (Pam) 13x9x2 baking dish. Bake at 350 for 10 minutes. In a mixing bowl, beat the cream cheese until smooth. Add the condensed milk, egg whites, vanilla, and remaining flour. Mix well. Spoon over prepared crust. Spoon the Strawberry Preserves over cream cheese mixture. Sprinkle with the remaining crumb mixture.

Bake at 350 for 30-35 minutes, or until center is almost set. Cool on a wire rack before cutting.

molly's strawberry cheesecake tort

servings | 24

POINTS per serving | 2

course | cakes

Ingredients

1 small box (1/3 oz) sugar-free strawberry flavored gelatin

1/2 cup Boiling water

8 oz Kraft Philadelphia Free Plain Cream Cheese

1/3 cup fat-free milk

2 Tbsp fresh lemon juice

3 cup Cool Whip Free Whipped Topping

3 1/2 oz fat-free sugar-free instant vanilla pudding mix

1 cups strawberries

1 medium kiwifruit

1/4 cup Smucker's Low-Sugar Strawberry Preserves

2 boxes Sweet 'N Low White Cake Mix

Instructions

Prepare cake mix according to package directions. Spread batter evenly in prepared pan. Bake at 350 for 24-26 minutes, until top is lightly browned. Cover a bread board or large baking sheet with wax paper. Immediately invert cake over baking sheet.

Dissolve gelatin in boiling water. Stir in preserves until melted. With a fork, poke cake at 1/2 inch intervals. Brush with gelatin mixture. Chill for 10 minutes.

In a bowl, beat cream cheese, milk, and lemon juice. Add Cool Whip and pudding mix. Whisk well. Reserve 1 cup. Place remaining mixture into pastry bag with star tip. Trim edges of cake. Cut widthwise into 3 equal rectangles. Place one on serving plate.

Spread 1/3 cup reserved pudding mixture in center of cake. Add 2nd layer of cake and pipe frosting around seam. Add 1/3 cup pudding mixture to top of second cake, add third layer, and pipe at seam. Spread remaining pudding mixture over top of cake. Pipe pudding mixture around the top edge. Fill center with sliced strawberries and kiwifruit.

Special Notes

This cake may also be made using 1 box (16 oz) Angel Food cake mix in place of the 2 boxes of Sweet 'n Low Cake Mix. Points remain the same.

Peanut Chocolate Chip Blondies

Source of original recipe: 2001 Cooking Light Annual

Renovated & posted by: Washu(Molly)-see note at bottom

HU: 2 per serving

Servings: 16

Date: 04/14/03

Ingredients

1 cup white wheat flour

1/4 cup mini chocolate chips

1/4 tsp baking soda

1/8 tsp table salt

3/4 cup sugar

1/4 cup packed light brown sugar

1.25 oz Peanut Butter Chips

1 Tbsp canola oil

1/4 C Better 'n' Eggs (egg substitute)

1 items egg white(s)

1 tsp. vanilla extract (possibly forgotten in the renovation)

Instructions

Preheat oven to 350. Coat bottom only of an 8 x 8 baking pan with cooking spray.

Lightly spoon flour into a dry measuring cup; level with a knife. (DO NOT SCOOP flour and do not pack it in the cup. Use a spoon.) Combine flour, chips, baking soda, and salt in a small bowl. Combine sugars, oil, and eggs in another bowl. Stir until well blended.

Add flour mixture, stirring until just blended. Spread batter (it will be very thick) in bottom of prepared pan. Bake at 350 for 25 minutes or until a wooden pick inserted in the center comes out almost clean. Cool on a wire rack; cut into 16 pieces.

RENOVATED version of Peanut Butter Chocolate Chip Blondies using:

White wheat flour replacing all-purpose flour

Egg substitute replacing whole egg

Light brown sugar replacing the dark brown

Peanut Butter Chips to replace the Peanut Butter.

Slow cooker pot roast

1 pork or beef roast (pts for recipe depend on type of meat and type of roast you choose)

1 envelope Good Seasons dry Italian dressing mix

1 envelope Au Jus mix

1/2 cup water

chopped veggies (potato, carrot, onion, mushrooms, etc.)

Layer veggies in bottom of crock pot. Sprinkle roast with both packets of seasoning. Lay roast over veggies and pour water over top. Cook on High for 3 hours, then switch to low and cook 5 more hours. Stir once or twice over the course of the cooking. (You can tweak the cooking times, this is just what works for me. Also, I kind of pushed the meat down into the liquid so it was really moist)

It almost sounds too easy to be good, but if you try it I'm sure you'll like it!

Mini-Cheesecakes

Serves: 26-30

3/4 cup graham cracker crumbs

1/2 stick margarine

Mix, put 1 teaspoon in each paper cup and press down.

8 ounce package cream cheese, softened

1 egg

1/4 cup sugar

1 teaspoon vanilla

Beat until smooth – fill cups almost to top. Bake at 375 for about 10 minutes.

Shrimp w/penne and squash

INGREDIENTS

2 tablespoons olive oil
4 cups thinly sliced yellow squash (about 4 small)
3 cups thinly sliced zucchini (about 2)
1 pound medium shrimp, peeled and deveined
1/4 cup fresh lemon juice
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon black pepper
3 garlic cloves, minced
4 cups hot cooked penne (about 1/2 pound uncooked tube-shaped pasta)
1/2 cup thinly sliced fresh chives or green onions
1/4 cup (1 ounce) grated fresh Parmesan cheese

INSTRUCTIONS

1. Heat oil in a large nonstick skillet over medium-high heat. Add squash and zucchini, and sauté 10 minutes. Add shrimp; sauté 3 minutes. Add juice and next 5 ingredients (juice through garlic); cook 2 minutes or until shrimp are done. Combine shrimp mixture, pasta, chives, and cheese in a large bowl; toss gently.

YIELD: 5 servings (serving size: 2 cups) / 7 pts each

NUTRITIONAL INFO

CALORIES 351 (24% from fat); FAT 9.2g (sat 2.1g, mono 4.7g, poly 1.4g); PROTEIN 24.1g; CARB 43.7g; FIBER 3.6g; CHOL 107mg; IRON 4.6mg; SODIUM 434mg; CALC 162mg

Mexican Cheesy Beef & Rice Casserole

This recipe came from the Cooking Light website.

Ingredients:

- 1/2 pound ground round (or more to your liking)
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1/4 cup water
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1-1/2 teaspoons sugar
- 1/2 teaspoon dried oregano
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 can (4.5 oz) chopped green chilies, drained
- 3 cups cooked long-grain rice
- 1 cup fat-free sour cream
- 1/2 cup sliced green onions
- 1/4 cup skim milk
- 3/4 cup reduced-fat cheddar or mexican cheese blend

Directions:

Preheat oven to 375.

Cook first 3 ingredients in a large non-stick skillet over medium-high heat until meat is browned, stirring to crumble. Drain if necessary.

Add water and next 6 ingredients (water through chiles); bring to a boil.

Cover, reduce heat, and simmer 10 minutes.

Uncover and simmer an additional 2 minutes. Remove from heat and set aside.

Combine the rice, sour cream, green onions, and milk in a bowl.

Spoon rice mixture into a 9-inch baking dish.

Top with beef mixture; sprinkle with cheese.

Bake at 375 degrees for 10 minutes or until thoroughly heated.

Let stand 5 minutes before serving.

Yield: 4 servings (1-1/4 cups each)

Nutritional information:

Calories - 442; Carbs - 56.7g; Cholesterol - 64 mg; Fat - 13g; Sodium - 394 mg;
Protein - 25.1g; Calcium - 290 mg; Iron - 5 mg; Fiber - 3.9g

WW Points - 9 per serving

Brie-and-Caramelized Onion-Stuffed Chicken Breasts

INGREDIENTS:

1 teaspoon olive oil, divided
1-1/2 cups sliced onion
4 garlic cloves, thinly sliced
2/3 cup dry white wine, divided
2 ounces Brie or Camembert cheese, rind removed and cut into small pieces (about 2 tablespoons)
1/8 teaspoon salt
1/8 teaspoon pepper
4 (4-ounce) skinned, boned chicken breast halves
2 tablespoons minced onion
1 tablespoon chopped fresh or 3/4 teaspoon dried rubbed sage
2 garlic cloves, minced
1 (10-1/2-ounce) can low-salt chicken broth
Sage sprigs (optional)

INSTRUCTIONS:

Although this elegant dish is low on calories, the melted Brie-and-onion combination creates a rich-tasting, buttery consistency.

1. Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat. Add sliced onion; sauté 30 minutes or until golden brown. Add sliced garlic; sauté 5 minutes. Stir in 1/3 cup wine; cook 5 minutes or until liquid almost evaporates. Spoon onion mixture into a bowl; let cool. Stir in Brie, salt, and pepper.
2. Cut a horizontal slit through the thickest portion of each chicken breast half to form a pocket. Stuff about 1-1/2 tablespoons of the onion mixture into each pocket.
3. Heat 1/2 teaspoon oil in skillet over medium-high heat. Add chicken; sauté 6 minutes on each side or until chicken is done. Remove chicken from skillet. Set aside; keep warm.
4. Add 1/3 cup wine, minced onion, sage, and minced garlic to skillet. Cook over medium-high heat for 2 minutes. Stir in broth. Bring to a boil, and cook 7 minutes or until reduced to 3/4 cup. Return chicken to skillet; cover and simmer 2 minutes or until thoroughly heated. Serve sauce with chicken. Garnish with fresh sage, if desired.

NUTRITIONAL INFO: CALORIES 220 (29% from fat); FAT 7.1g (sat 3.2g, mono 2.5g, poly0.7g); PROTEIN 30.8g; CARB 7.1g; FIBER 1g; CHOL 80mg; IRON 1.6mg;SODIUM 263mg; CALC 62mg

YIELD:4 servings (serving size: 1 chicken breast half and 3 tablespoons sauce)

0 Point Spaghetti Sauce (WW)

1 28 oz. can crushed tomatoes
1 28 oz. can diced tomatoes
1 small can tomato paste
1 small can tomato puree
2-4 cloves of garlic
1 T Italian Seasoning

Mix all together in a crockpot and cook on low for at least 8 hours.

I believe it makes about 10-12 cups. I put more garlic and add a bay leaf. It freezes well.

1 cup = 0 points...not sure how much will eventually equal 1 point.

I love this recipe. It tastes better the next day as well

Mango Tango Chicken Salad

This salad is so easy to make, it'll make you want to dance!

INGREDIENTS:

3-1/4 cups chopped ready-to-eat roasted skinned, boned chicken breasts (such as Tyson; about 4 breast halves)
1/2 cup diced peeled mango
1/2 cup diced fresh pineapple
1/2 cup drained, sliced water chestnuts
1/2 cup sliced celery
1/4 cup sliced green onions
1 tablespoon mango chutney
1 tablespoon light mayonnaise
1 tablespoon low-fat sour cream
2 teaspoons lemon juice
1/2 teaspoon salt
1 teaspoon minced peeled fresh ginger
1/4 teaspoon pepper
10 slices peeled papaya (about 1 large)

INSTRUCTIONS:

Estimated Total Time: 30 minutes

Combine the first 6 ingredients in a large bowl. Combine chutney and next 6 ingredients (chutney through pepper) in a small bowl, and stir chutney mixture into chicken mixture. Arrange papaya slices on each of 5 plates, and top with chicken salad.

NUTRITIONAL INFO:

calories: 163 carbohydrates: 16.2 g cholesterol: 51 mg fat: 2.8 g sodium: 685 mg
protein: 8.7 g calcium: 30 mg iron: 0.4 mg fiber: 1.9 g

YIELD:

5 servings (serving size: 1 cup salad and 2 papaya slices).

Barbecue Roasted Salmon

Flavored with pineapple juice, brown sugar, chili powder, and cumin, this easy entree can transform any weeknight meal into something special. Try serving it with steamed basmati rice and a spinach salad tossed with mandarin oranges, sliced red onion, and fat-free poppy seed dressing.

INGREDIENTS:

1/4 cup pineapple juice
2 tablespoons fresh lemon juice
4 (6-ounce) salmon fillets
2 tablespoons brown sugar
4 teaspoons chili powder
2 teaspoons grated lemon rind
3/4 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon ground cinnamon
Cooking spray
Lemon wedges (optional)

INSTRUCTIONS:

Combine first 3 ingredients in a zip-top plastic bag; seal and marinate in refrigerator 1 hour, turning occasionally.

Preheat oven to 400 degrees.

Remove fish from bag; discard marinade. Combine sugar and next 5 ingredients (sugar through cinnamon) in a bowl. Rub over fish; place in an 11 x 7-inch baking dish coated with cooking spray. Bake at 400 degrees for 12 minutes or until fish flakes easily when tested with a fork. Serve with lemon, if desired.

NUTRITIONAL INFO:

calories: 314 carbohydrates: 9 g cholesterol: 111 mg fat: 14.7 g sodium: 405 mg protein: 35.3 g calcium: 30 mg iron: 1.5 mg fiber: 1 g

YIELD:

4 servings

Roasted Asparagus with Balsamic Browned Butter

Posted by: Alleycat

Healthy Units: 1

Servings: 8 of five spears each serving

Source: unknown

Date posted: 04/15/03

INGREDIENTS:

40 asparagus spears, trimmed (about 2 pounds)

Cooking spray

1/4 teaspoon kosher salt

1/8 teaspoon black pepper

2 tablespoons butter

2 teaspoons low-sodium soy sauce

1 teaspoon balsamic vinegar

INSTRUCTIONS:

Preheat oven to 400 degrees.

Arrange asparagus in a single layer on baking sheet; coat with cooking spray. Sprinkle with salt and pepper. Bake at 400 degrees for 12 minutes or until tender.

Melt the butter in a small skillet over medium heat; cook for 3 minutes or until lightly browned, shaking pan occasionally. Remove from heat; stir in soy sauce and vinegar. Drizzle over the asparagus, tossing well to coat. Serve immediately.

NUTRITIONAL INFO:

calories: 45 carbohydrates: 3.9 g cholesterol: 8 mg fat: 3 g sodium: 134 mg protein: 1.9 g calcium: 18 mg iron: 0.7 mg fiber: 1.7 g

YIELD:

8 servings (serving size: 5 spears)

Garlic-Sizzled Mushrooms

1 teaspoon olive oil
Cooking spray
5 cups quartered mushrooms (about 1 pound)
1/4 teaspoon crushed red pepper
1/8 teaspoon salt
10 garlic cloves, chopped
1/2 cup no-salt-added beef broth
Dash of black pepper
2 tablespoons chopped fresh parsley

Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add the mushrooms, crushed red pepper, salt, and garlic to skillet, and sauté for 3 minutes. Reduce heat to medium. Add broth and black pepper, and cook 5 minutes. Remove from heat, and sprinkle with parsley.

NUTRITIONAL INFO:

calories: 48 carbohydrates: 7 g cholesterol: 0 mg fat: 1.7 g sodium: 81 mg protein: 2.4 g
calcium: 21 mg iron: 1.3 mg fiber: 1.4 g

YIELD:

4 servings (serving size: 1/2 cup).

Beef Meatballs

Because the meatballs are baked and not fried, they won't fall apart when turned over.

Published: Cooking Light- 07/08/02

INGREDIENTS

1-1/2 pounds ground round
1/4 cup (1 ounce) finely shredded fresh Parmesan cheese
1/2 cup dry bread crumbs
1/3 cup chopped fresh parsley
1/4 cup tomato sauce
1 teaspoon dry mustard
3/4 teaspoon dried Italian seasoning
1/4 teaspoon salt
1/4 teaspoon crushed red pepper
2 garlic cloves, crushed
Cooking spray

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Combine all ingredients except cooking spray in a bowl; stir well. Shape mixture into 30 (1-1/2-inch) meatballs. Place on a broiler pan coated with cooking spray. Bake at 400 degrees for 15 minutes or until done.

YIELD: 30 meatballs (serving size: 5 meatballs)

NUTRITIONAL INFO

CALORIES 228 (35% from fat); **FAT** 8.8g (sat 3.4g, mono 3.5g, poly0.5g); **PROTEIN** 27.4g; **CARB** 8.2g; **FIBER** 0.8g; **CHOL** 73mg; **IRON** 3.4mg; **SODIUM** 370mg; **CALC** 95mg

Molly's Bbq w/ Mop Sauce

servings | 6

POINTS per serving | 3

course | main meals

Ingredients

2 Tbsp packed light brown sugar

1 Tbsp paprika

1 Tbsp chili powder

1 1/2 tsp ground cumin

1 tsp table salt

1/4 tsp cayenne pepper

1/3 cup ketchup

1/4 cup apple cider vinegar

2 Tbsp molasses

2 tsp Worcestershire sauce

6 serving 4oz Chicken Cutlets

Instructions

Spray the grill rack with nonstick spray. Prepare the grill for indirect heating. To prepare the spice rub - combine brown sugar, paprika, chili powder, cumin, salt, cayenne, and black pepper in a bowl. Rub half of the mixture over the chicken and let stand 15 minutes. Meanwhile, prepare the Mop Sauce - combine ketchup, vinegar, molasses, and Worcestershire sauce in a bowl. Rub the chicken with remaining spice rub. Grill - turning - until meat is completely cooked. Remove from the grill and cover loosely with aluminum foil. Let stand before slicing (if desired) - Serve with mop Sauce

Special Notes

Italian Meat Loaf with Fresh Basil and Provolone

1 cup boiling water
1/2 cup sun-dried tomatoes, packed without oil
1/2 cup ketchup
1 cup seasoned breadcrumbs
3/4 cup finely chopped onion
3/4 cup chopped fresh basil
1/2 cup (2 ounces) shredded sharp provolone cheese
2 large egg whites
2 garlic cloves, minced
1 pound ground round
Cooking spray
1/3 cup ketchup

Combine boiling water and tomatoes in a bowl; let stand 30 minutes or until soft. Drain tomatoes; finely chop.

Preheat oven to 350 degrees.

Combine 1/2 cup ketchup, breadcrumbs, and the next 6 ingredients (breadcrumbs through beef) in a large bowl. Add tomatoes to meat mixture. Shape meat mixture into a 9 x 5-inch loaf on a broiler pan coated with cooking spray. Spread 1/3 cup ketchup over meat loaf. Bake at 350 degrees for 1 hour or until a thermometer registers 160 degrees. Let stand 10 minutes before slicing. Cut into 12 slices.

NUTRITIONAL INFO:

calories: 294 carbohydrates: 30.8 g cholesterol: 53 mg fat: 8.7 g sodium: 893 mg
protein: 24.3 g calcium: 149 mg iron: 3.9 mg fiber: 2.5 g

YIELD:

6 servings (serving size: 2 slices)

Molly's Chocolate Fudge Cake

servings | 24

POINTS per serving | 3

Ingredients

1 tsp unsweetened cocoa
1 1/2 cup 2% reduced fat milk
1 serving(s) Jello Cook & Serve Choc Pudding
1/2 cup milk chocolate chips
1 serving(s) Chocolate Cake Mix w/ Pudding
1 1/3 cup water
1/2 cup unsweetened applesauce
4 serving(s) 1/4 cup Break-Free Egg Sub
3/4 cup powdered sugar
1/4 cup unsweetened cocoa
2 Tbsp water

Instructions

CAKE - Preheat oven to 350. Spray a 10" Bundt pan with non-stick spray and dust with 1 tsp cocoa. Shake out excess and discard. Pour the milk into a medium sauce pan. Whisk in the pudding mix – cook and stir over medium heat until the mixture comes to a boil (about 5 min). Remove from heat and stir in chocolate chips until they melt. Press a piece of plastic wrap directly on the surface to prevent skin from forming. Set aside. With electric mixer on low - beat the cake mix, water, applesauce, egg substitute in a large bowl until moistened. Increase speed and beat until well blended.

Remove 2 cups of the batter and pour the remaining batter into the prepared Bundt pan. Whisk the pudding mixture again and spoon it in a circle along the middle of the top of the batter, making sure it does not touch the sides of the pan. Spoon the reserved 2 cups batter evenly over the top.

Bake until the top springs back and the sides begin to pull away from the side of the pan - about 40 minutes. Cool in pan on rack 20 minutes. Remove from pan and cool completely. Glaze – Stir together powdered sugar, 1/4 cup cocoa, and water in medium bowl until a thick, smooth glaze forms. Spoon the glaze over the top of the cooled cake, allowing it to drip down the sides.

3-point Hershey Cake

servings | 12

estimated POINTS per serving | 3

Ingredients

1&1/4 c flour
1/3 c cocoa
1 t baking soda
6 T reduced fat margarine (40%oil)
1 c sugar
1 c skim milk
1 T vinegar
1/2 t vanilla

Instructions

Heat oven to 350. Spray two 8-inch round or one 13x9 cake pan with cooking spray. Stir together flour, cocoa and baking soda. In saucepan over low heat, melt lowfat margarine, stir in sugar. Remove from heat. Add milk, vinegar and vanilla to mixture in saucepan; stir. Add flour mixture; stir with whisk until well blended. Pour evenly into prepared pans. Bake 20 minutes or until wooden pick comes out clean.

Cake is moist, so a little stain on the toothpick is ok. Cool 10 minutes; remove from pans to wire racks. Cool completely.

Frosting:

In small mixer bowl, stir together 1 envelope dream whip, 1/2 cup cold skim milk, 1 T cocoa, and 1/2 t. vanilla. Beat on high about 4 minutes until soft peaks form. This step takes forever. Don't give up. For variations on the frosting, leave out the cocoa; add 1/4 t. almond extract instead of vanilla; add 1 T very strong coffee for mocha frosting.

Spread one cake layer with half the frosting. Top with other cake layer, spread remaining frosting on top. Refrigerate 2 or 3 hours, until chilled. Keep leftovers in refrigerator, covered.

Mom's Lowfat Chocolate Cake

Recipe By :

Serving Size : 18 Preparation Time :0:00

Categories : Cakes

Amount Measure Ingredient -- Preparation Method

3 c flour
2 1/2 cups sugar
2 1/4 tsp. baking soda
2 1/4 tsp. baking powder
1 c cocoa -- plus 1 Tbsp.
1/2 tsp. salt
3 egg whites
2 ounces vegetable oil
4 ounces applesauce, unsweetened
1 1/2 c skim milk
1 1/2 tsp vanilla
1 1/2 c boiling water

Spray a 9x13" baking pan with nonstick vegetable spray.

Sift all dry ingredients together. Add all other ingredients and mix well. Bake at 350 F. about 30 minutes or until toothpick inserted in center comes out clean.

Per Serving (excluding unknown items): 236 Calories; 4g Fat (14.8% calories from fat); 4g Protein; 48g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 300mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 2 Other Carbohydrates.

Laura's turkey meatloaf

course | main meals

servings | 5

POINTS per serving | 5

Ingredients

1 Tbsp butter

1 cup onion(s), chopped

3 clove garlic clove(s), minced

1 pound lean ground turkey

1/2 cup dried bread crumbs

1 egg

3/4 cup ketchup, divided

2 tsp Lea & Perrins Worcestershire Sauce

3/4 tsp table salt

1/2 tsp black pepper

Instructions

Heat oven to 350*. Melt butter in a small skillet over medium-high heat. Add onion and garlic; cook 5 minutes, stirring occasionally. Transfer mixture to a large bowl; cool 5 minutes. Add turkey, breadcrumbs, egg, 1/4 cup ketchup, Worcestershire, salt and pepper to onion mixture; mix well (use your hands! get messy!). Pack into an 8x4-inch loaf pan. Spread remaining 1/2 cup ketchup over top. Bake for 50 to 55 minutes or until no longer pink in center and internal temperature of loaf reaches 165 degrees. Let stand at room temperature 5 minutes before slicing.

Special Notes

Laura's corn soufflé

course | side dishes

servings | 6

POINTS per serving | 3

Ingredients

14 oz cream-style corn

2 large egg(s)

2 Tbsp all-purpose flour

1 1/2 Tbsp butter

1/2 cup low-fat milk

1/3 cup sugar

1/4 tsp table salt

Instructions

Combine all but butter in large bowl. Pour into buttered casserole dish. Cut up butter into pats and place on top of corn. Bake at 450 degrees for 45 minutes until golden brown on top.

Baked Corn

1 egg
1 can creamed corn
1 can regular corn
4 slices bread
1/2 lb american cheese (half white and half yellow)
milk
salt and pepper to taste

Soak bread in milk and egg (use just enough milk to soak bread) and mash it up. Add cans of corn and diced cheese. Mix thoroughly; add salt and pepper to taste. Bake at 350 degrees. Casserole is done when top is crusty and golden brown.

Points per serving: 8.9

Mac and Cheese

2 cups dried tubular pasta, such as elbow macaroni, penne or rigatoni
2 medium carrots cut into 1/4 inch slices
5 oz. broccoli florets
1 cup lowfat cottage cheese
1 T Dijon mustard
1/4 t Tabasco or to taste
salt and pepper
4 oz. lowfat cheddar (preferably sharp)
4 oz. part skim mozzarella
1 T freshly grated Parmesan

Cook pasta in large pot of boiling water 4 minutes. Add carrots and cook 2 minutes. Add broccoli and cook 2 minutes. Drain pasta and vegetables reserving 1/2 cup cooking liquid. Return pasta and vegetables to pot.

Preheat oven to 400. Spray 1 1/2 quart soufflé dish with non-stick spray. Blend cottage cheese, reserved pasta cooking liquid, mustard and Tabasco in processor until smooth. Stir into pasta and vegetables. Season with salt and pepper. Mix in cheddar and mozzarella. Transfer to prepared dish. Sprinkle with Parmesan. Bake until top begins to brown, about 20 minutes.

Blueberry Pound Cake

This light-textured loaf cake stands out from the crowd with light yogurt and cream cheese proudly making the cut.

INGREDIENTS:

2 cups granulated sugar
1/2 cup light butter
1/2 (8-ounce) 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 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 (8-ounce) carton lemon low-fat yogurt
2 teaspoons vanilla extract
Cooking spray
1/2 cup powdered sugar
4 teaspoons lemon juice

INSTRUCTIONS:

Estimated Total Time: 2 hours

Preheat oven to 350°F.

Beat first 3 ingredients at medium speed of a mixer until well-blended (about 5 minutes). Add eggs and egg white, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife. Combine 2 tablespoons flour and blueberries in a small bowl, and toss well. Combine remaining flour, baking powder, baking soda, and salt. Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture. Fold in blueberry mixture and vanilla; pour cake batter into a 10-inch tube pan coated with cooking spray. Bake at 350°F; for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean.

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.

NUTRITIONAL INFO:

calories: 287 carbohydrates: 53.9 g cholesterol: 57 mg fat: 6.1 g sodium: 227 mg
protein: 5.7 g calcium: 50 mg iron: 1.3 mg fiber: 1.5 g

YIELD:

16 servings (serving size: 1 slice)

Chicken with Pecan Cream and Mushrooms

A simple chicken sauté gets an elegant makeover. You can also serve with rice or orzo to soak up the succulent sauce. This sauce is also great made with roasted almond butter.

INGREDIENTS:

3/4 cup coarsely chopped pecans, toasted
1 cup water
1 1/4 teaspoons salt, divided
6 (4-ounce) skinless, boneless chicken breast halves
1 teaspoon freshly ground black pepper
Cooking spray
1/4 cup finely chopped shallots
1 (8-ounce) package presliced mushrooms
4 cups cooked egg noodles
Chopped parsley (optional)

INSTRUCTIONS:

1. Place pecans in a food processor; process until smooth (about 1 minute), scraping sides of bowl once. With processor on, add water and 3/4 teaspoon salt; process until smooth, scraping sides of bowl once.
2. Sprinkle chicken with 1/2 teaspoon salt and pepper.
3. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken; sauté 3 minutes on each side or until done. Remove chicken from pan; keep warm.
4. Add shallots and mushrooms to pan; sauté 3 minutes or until mushrooms are tender. Stir in pecan cream; bring to a boil. Cook 1 1/2 minutes. Place 2/3 cup noodles on each of 6 plates. Top each serving with 1 chicken breast half and 1/3 cup sauce. Garnish with parsley, if desired.

NUTRITIONAL INFO:

CALORIES 378 (30% from fat); FAT 12.8g (sat 1.6g, mono 6.5g, poly 3.8g); PROTEIN 33.9g; CARB 31.2g; FIBER 3.7g; CHOL 101mg; IRON 3.4mg; SODIUM 573mg; CALC 32mg

YIELD:

6 servings

Southern Sweet Corn Pudding

Serves 8

POINTS per serving | 5

2 (11 oz) cans vacuum packed whole kernel corn (no salt or sugar added) with juices
1/4 C buttermilk
4 egg whites, lightly beaten
1 C ff plain yogurt
1/4 C unsweetened applesauce
1/2 C sugar
1 (8 1/2 oz) package corn muffin mix

1. Preheat oven to 350. Lightly spray a 3 qt casserole with no stick spray.
2. In a blender or food processor, pulse blend one of the cans of corn (with juices) and the buttermilk until creamy but slightly lumpy (the mixture will resemble the texture of cottage cheese). Set the pureed corn mixture aside.
3. In a large bowl, stir together the egg whites, yogurt and applesauce until combined. Drain the remaining can of corn. Stir the drained corn, pureed corn mixture, and sugar into the yogurt mix. Add the muffin mix and stir just until combined.
4. Transfer the mixture to the prepared casserole. Bake about 1 hour or until golden brown and set.

Black-Bottom Cheesecake Cups

Recipe By :

Serving Size : 18 Preparation Time :0:00

Categories : Cakes

1 1/2 cups all-purpose flour
3/4 cup sugar
1/3 cup unsweetened cocoa
1 Tablespoon instant espresso granules
1 teaspoon baking soda
1/2 teaspoon salt
1 cup warm water
1/3 cup prune butter
1 Tablespoon white vinegar
2 teaspoons vanilla extract
8 ounces nonfat cream cheese -- softened
1/2 cup sifted powdered sugar
1 egg
1/2 teaspoon vanilla extract
vegetable cooking spray
1/2 cup semisweet chocolate chips
1/4 cup chopped almonds

Combine first 6 ingredients in a large bowl. Combine water, prune butter, vinegar and vanilla; stir well. Add to dry ingredients, stirring with a wire whisk until blended; set chocolate batter aside.

Beat cream cheese in a bowl at medium speed of a mixer until smooth. Add powdered sugar, egg and vanilla, and beat until well blended; set cream cheese mixture aside.

Place 18 paper muffin cup liners in muffin cups; coat liners with cooking spray. Divide chocolate batter evenly among cups; spoon cream cheese mixture evenly on top of chocolate batter in each cup. Sprinkle chocolate chips and almonds over cream cheese mixture. Bake at 350 F. for 25 minutes or until a wooden pick inserted in the center comes out clean. Let cool in pan 5 minutes on a wire rack; remove from pans and let cool completely on wire rack.

Source:

"Cooking Light, September 1995"

NOTES : Each cupcake has 151 calories, 3.5 gms. fat and 0.7 gms. fiber - 3 WW points.

Norma's Corn Pudding

3 eggs
3 Tablespoons flour
1/4 cup sugar
1/2 cup milk
2 cups creamed corn
1/2 teaspoon salt (or more to taste)
1/2 stick butter

Combine eggs, flour, and sugar. Beat well. Add milk, corn, and salt. Melt butter in 2 qt baking dish. Add corn mixture. Bake at 400 degrees for 45-60 minutes or until firm.

Baked Potato Soup

All the flavors of a loaded baked potato come together in this rich, creamy soup.

INGREDIENTS:

4 baking potatoes (about 2 1/2 pounds)
2/3 cup all-purpose flour
6 cups 2% reduced-fat milk
1 cup (4 ounces) reduced-fat shredded extra-sharp cheddar cheese, divided
1 teaspoon salt
1/2 teaspoon black pepper
1 cup reduced-fat sour cream
3/4 cup chopped green onions, divided
6 bacon slices, cooked and crumbled

INSTRUCTIONS:

1. Preheat oven to 400 degrees.
2. Pierce potatoes with a fork; bake at 400 degrees for 1 hour or until tender. Cool. Peel potatoes; coarsely mash. Discard skins.
3. Lightly spoon flour into a dry measuring cup; level with a knife. Place flour in a large Dutch oven; gradually add milk, stirring with a whisk until blended. Cook over medium heat until thick and bubbly (about 8 minutes). Add mashed potatoes, 3/4 cup cheese, salt, and pepper, stirring until cheese melts. Remove from heat.
4. Stir in sour cream and 1/2 cup onions. Cook over low heat 10 minutes or until thoroughly heated (do not boil). Sprinkle each serving with cheese, onions, and bacon.

NUTRITIONAL INFO:

CALORIES 329 (30% from fat); FAT 10.8g (sat 5.9g, mono 3.5g, poly 0.7g); PROTEIN 13.6g; CARB 44.5g; FIBER 2.8g; CHOL 38mg; IRON 1.1mg; SODIUM 587mg; CALC 407mg

YIELD:

8 servings (serving size: about 1 1/2 cups soup, 1 1/2 teaspoons cheese, 1 1/2 teaspoons onions, and about 1 tablespoon bacon)

Herb-grilled Chicken Breasts – Thai Style

1/3 cup finely chopped fresh basil
1/3 cup finely chopped fresh mint
1/3 cup finely chopped cilantro
3 tablespoons finely chopped peeled fresh ginger
4 garlic cloves
1 1/2 tablespoons soy sauce
1 1/2 tablespoons fish sauce (nam pla)
1 1/2 tablespoons canola oil
1 1/2 tablespoons (packed) dark brown sugar
1 serrano chili, stemmed, chopped

6 skinless boneless chicken breast halves (about 2 1/2 pounds total)

Combine first 10 ingredients in processor. Process until well blended, scraping down sides of bowl occasionally.

Arrange chicken in 13 x 9 x 2-inch glass dish. Spoon herb mixture over chicken, covering completely. Cover dish; chill at least 2 hours, turning chicken occasionally. (Can be made 1 day ahead. Keep chilled.)

Meanwhile, prepare barbecue (medium-high heat). Grill chicken until cooked through, about 5 minutes per side.

Cut chicken crosswise into thin slices. Transfer to plates and serve.

Serves 6.

Per Serving: calories, 291; total fat, 9 g; saturated fat, 2 g; cholesterol, 121 mg.

Bon Appétit
July 1998

Baked Grouper with Chunky Tomato Sauce

course | main meals

servings | 4

POINTS per serving | 6

Ingredients

4 cup tomatoes

1/4 cup scallions

1/4 cup white wine

1 Tbsp basil

1 tsp capers

2 clove garlic clove(s)

1 tsp fresh lemon juice

2 tsp olive oil

4 fillet grouper fillet(s)

Instructions

Combine diced, seeded tomato, scallions, wine, fresh basil, capers, minced garlic and lemon juice in a bowl, season with salt and pepper to taste. Heat oil in an oven-safe skillet and place fish, skin side up in pan. Cook for 2 minutes and then flip. Top with tomato mixture and put pan in oven. Bake for 8-10 min at 425 or until fish is cooked through. Serve with white rice to soak up sauce.

Special Notes

Can substitute halibut, haddock, tilapia or any other firm fleshed white fish.

Roasted Eggplant Dip

By: Licia

WW points: 0 (that's the best part)

2 large eggplants, peeled and cut into 1 inch pieces
1 red bell pepper, cut into 1 inch pieces
1 red onion, cut into 1 inch pieces
6 cloves garlic, finely minced
4 Tbsp basil, finely shredded
2 Tbsp olive oil
1 Tbsp tomato paste
salt and pepper to taste

Place all but the tomato paste in a roasting pan and stir well to coat with oil. Roast in a 350 degrees oven for 40 minutes, tossing several times to prevent from sticking. When vegetables are tender, place in a food processor with the tomato paste and pulse to obtain a coarse puree. Little chunks of vegetables should still be present. Cool and refrigerate.

Serve with toasted pita wedges.

Shanghai Style Fish

Ingredients

1 piece of fish, your choice, 6 - 8 oz.
1/2 T. ground ginger
1/2 tsp. salt & pepper
1 serving sticky rice (cooked)
1 serving blanched fresh spinach
3 oz. ponzu sauce (available at Asian Markets)
1 tsp. scallions
1/2 tsp. sesame seeds

INSTRUCTIONS:

1. Place fish of choice on perforated pan and season with salt and pepper and ginger
2. Place into the steamer to cook, each fish will have a different time, check for doneness every 2 minutes
3. Place rice in the center of a large bowl and surround it with hot spinach
4. Set cooked fish on top of rice in the center of the bowl
5. Ladle ponzu over top of the fish and around the spinach
6. There should be a puddle of sauce in the bottom of the bowl
7. Garnish with scallions and sesame seeds

Serving

Serves one, multiply equally as needed for more servings.

See **Ponzu Sauce**

Ponzu Sauce

Ingredients:

1 cup soy sauce
3/4 cup lemon juice
1/4 cup rice wine vinegar
1/2 cup dried bonito flakes

How to Cook:

Boil soy sauce in a pan.
Slice onion and carrot into thin long pieces.
Add bonito flakes in the pan and cool it.
Drain the soy sauce.
Mix soy sauce, vinegar, and lemon juice.
*Makes 4 servings.

Ponzu Sauce For Dipping

Recipe By :Susan Feniger and Mary Sue Milliken

Juice of 4 lemons
1/3 cup Rice vinegar -- plus
2 tablespoons Rice vinegar
1 cup soy sauce
2 tablespoons Tamari sauce
3 tablespoons Mirin
1/3 ounce Dried bonito flakes
1 Two-inch square giant kelp (konbu)

Combine all ingredients in a bowl and let stand 24 hours. Strain through a cheesecloth and mature for 3 months in a cool, dark place, or in the refrigerator.
This recipe yields 2 1/2 cups of dipping sauce.

Per Serving (excluding unknown items): 168 Calories; trace Fat (1.1% calories from fat); 15g Protein; 31g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 16460mg Sodium.
Exchanges: 6 Vegetable; 1/2 Other Carbohydrates.

Triple-Corn Spoon Bread

WW Points:

Posted by eolmsted

On April 21, 2003

A moist, slightly sweet dish; a cross between corn bread dressing and creamed corn.

Published 11/01/97

INGREDIENTS:

1 cup fat-free sour cream

3 tablespoons stick margarine, melted

1 large egg

1/2 cup chopped onion

1 (15.25-ounce) can no-salt-added whole-kernel corn, undrained

1 (14-3/4-ounce) can no-salt-added cream-style corn

1 (8-1/2-ounce) package corn muffin mix

Cooking spray

INSTRUCTIONS:

Estimated Total Time: 1 hour, 10 minutes

1 hour, 10 minutes

Preheat oven to 350*.

Combine first 3 ingredients in a large bowl; stir well with a whisk. Stir in onion, corns, and muffin mix. Pour into an 8-inch square baking dish coated with cooking spray. Bake at 350* for 1 hour or until pudding is set and lightly browned.

NUTRITIONAL INFO:

calories: 262 carbohydrates: 39.3 g cholesterol: 28 mg fat: 8.6 g sodium: 322 mg

protein: 6.2 g calcium: 15 mg iron: 1.2 mg fiber: 1.6 g

WW Points: 6 per serving

YIELD:

8 servings

Grilled Orange-and-Bourbon Salmon

WW Points:

Posted by Bawstinn32

on April 21, 2003

The marinade/basting sauce for the salmon fillets is a study in contrasts: bright citrus and sweet, smoky bourbon.

1/4 cup bourbon
1/4 cup fresh orange juice
1/4 cup low-sodium soy sauce
1/4 cup packed brown sugar
1/4 cup chopped green onions
3 tablespoons chopped fresh chives
2 tablespoons fresh lemon juice
2 garlic cloves, chopped
4 (6-ounce) salmon fillets (about 1 inch thick)
Cooking spray

Combine first 8 ingredients in a large zip-top plastic bag, and add salmon to bag. Seal and marinate in refrigerator 1-1/2 hours, turning bag occasionally.

Remove salmon from bag, reserving marinade. Place salmon on a grill rack or broiler pan coated with cooking spray. Cook 6 minutes on each side or until fish flakes easily when tested with a fork, basting frequently with reserved marinade.

NUTRITIONAL INFO:

calories: 365 carbohydrates: 18 g cholesterol: 111 mg fat: 14.1 g sodium: 575 mg
protein: 36 g calcium: 34 mg iron: 1.4 mg fiber: 0.3 g

YIELD:

4 servings

Wild Mushroom and Artichoke Dip

2003 Annual Recipes p. 385

WW Points = 1 per 1/4 cup

Posted by [jillyh](#)

On April 21, 2003

- 1 tsp olive oil
- 2 c. sliced shitake mushroom caps (about 4 oz)
- 1 (6 oz) pkg presliced Portobello mushrooms, chopped
- 1/2 c. low fat mayonnaise
- 1/4 c. grated fresh parmesan cheese
- 1/4 c. finely chopped celery
- 1/4 c. finely chopped onion
- 1/4 c. thinly sliced green onion
- 2 T. chopped fresh parsley
- 1 tsp. garlic powder
- 1 tsp. black pepper
- 3/4 tsp. salt
- 1/4 tsp. ground red pepper
- 1 (14 oz) can artichoke hearts, drained and coarsely chopped
- 1 (8 oz) block 1/3 less fat cream cheese
- 1 (8 oz) block fat free cream cheese
- cooking spray

Preheat oven to 350. Heat oil in a large nonstick skillet over medium high heat. Add mushrooms, sauté 5 minutes or until tender. Combine mushrooms, mayonnaise, and remaining ingredients except cooking spray in a large bowl, stirring until well blended. Spoon mixture into a 2 qt. casserole coated with cooking spray. Bake at 350 for 30 minutes or until thoroughly heated.

Yield: 5 cups (serving size 1/4 cup).

Ham with Champagne and Vanilla Glaze

2002 Annual Recipes, p. 351

WW Points = 3 per 3 oz serving

Posted by [jillyh](#)

On April 21, 2003

1 (11 lb) 33% less sodium smoked, fully cooked bone in ham

24 whole cloves

Cooking Spray

1 1/2 c. Champagne or sparkling wine, divided

1 2-inch piece vanilla bean, split lengthwise

1 c. apple jelly

Preheat oven to 350. Trim fat and rind from ham. Score outside of ham in a diamond pattern, and stud with cloves. Place ham, bone end up, in a roasting pan coated with cooking spray. Pour 1 c. Champagne over ham. Bake at 350 for 45 min. Scrape seeds from vanilla bean into a small saucepan. Add vanilla bean and 1/2 c. Champagne to pan. Bring to a boil; cook 2 min. Stir in apple jelly; cook 3 min. or until jelly dissolves, stirring constantly. Remove from heat. Discard vanilla bean. Pour half of Champagne mixture over ham. Bake 3 min; pour remaining Champagne mixture over ham. Bake an additional 30 min or until ham is thoroughly heated. Place ham on a platter; cover loosely with foil. Let stand 15 min. Place a zip top plastic bag into a 2 cup glass measure. Pour drippings into bag; let stand 10 minutes (fat will rise to top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into measure, stopping before fat layer reaches opening. Serve sauce with ham. Yield: 30 servings (serving size = 3 oz ham and 1 1/2 T. sauce.)

Calories 154; Fat 4.7g; Fiber 0g

Spicy Grilled Sweet Potatoes

WW Points: 3

Posted by kate

On April 21, 2003

INGREDIENTS:

3/4 teaspoon ground cumin

1/2 teaspoon garlic powder

1/4 teaspoon salt

1/8 teaspoon ground red pepper

1 tablespoon olive oil

1 pound peeled sweet potatoes, cut into 1/4-inch-thick slices

Cooking spray

2 tablespoons chopped fresh cilantro

INSTRUCTIONS:

Combine the first 4 ingredients in a small bowl.

Combine oil and sweet potatoes in a medium bowl; toss to coat. Heat a large grill pan coated with cooking spray over medium heat. Add potatoes, and cook for 10 minutes, turning occasionally. Place potatoes in a large bowl; sprinkle with cumin mixture and cilantro. Toss gently.

NUTRITIONAL INFO:

calories: 157 carbohydrates: 28.1 g cholesterol: 0 mg fat: 4.3 g sodium: 163 mg protein:
2 g calcium: 31 mg iron: 1.1 mg fiber: 3.5 g

YIELD:

4 servings (serving size 1/2 cup)

Mini Frittatas with Ham and Cheese

2002 Annual Recipes, p. 347

WW Points = 1 (serving = 3 frittatas)

Posted by [jillyh](#)

On April 21, 2003

serve warm or at room temp.

Cooking spray

1/2 c. finely chopped onion

2/3 c. chopped reduced fat ham (about 2 oz)

1/3 c. (about 1 1/2 oz) shredded reduced fat extra sharp cheddar cheese

2 T. chopped fresh chives

1/8 tsp. dried thyme

1/8 tsp. black pepper

4 large egg whites

1 large egg

Preheat oven to 350. Heat a large nonstick skillet coated with cooking spray over medium high heat. Add onion; sauté 2 min or until crisp-tender. Add ham; sauté 3 min. Remove from heat; cool 5 min. Combine cheese and remaining 5 ingredients in a large bowl; stir with a whisk. Add ham mixture, stirring with a whisk. Spoon ham mixture into 24 mini muffin cups coated with cooking spray. Bake @ 350 for 20 min or until set. Yield: 8 servings (serving size: 3 frittatas)

Cal=39; Fat=1.3g; Fiber=.4g

Peanut Butter Fudge Cups

2002 Annual Recipes, p. 340

WW Points = 2

Posted by [jillyh](#)

On April 21, 2003

Crust:

1/4 c. chunky peanut butter
3 T. brown sugar
2 T. chilled butter, cut into small pieces
1 1/2 T. corn syrup
1 c. all purpose flour
1/8 tsp. salt
3 T. cold water
cooking spray

Filling:

2/3 c. packed brown sugar
2 T. unsweetened cocoa powder
2 T. semi sweet chocolate chips
1 T. butter
3 T. 1% low fat milk
2 T. all purpose flour
1 large egg
2 tsp. powdered sugar

Preheat oven to 350. To prepare crust, place first 4 ingredients in a large bowl; beat with a mixer at medium speed until smooth. Lightly spoon 1 c. flour into a dry measuring cup; level with a knife. Add 1 c. flour and salt to peanut butter mixture; cut in flour with a pastry blender or 2 knives until mixture resembles coarse meal. Sprinkle surface with cold water, 1 T. at a time; toss with a fork until combined. Shape flour mixture into 24 balls and place 1 ball in each of 24 muffin cups sprayed with cooking spray. Press dough into bottoms and up sides of muffin cups. To prepare filling, combine 2/3 c. brown sugar and next 4 ingredients in a small saucepan over medium-low heat. Cook 3 to 4 min or until smooth, stirring frequently. Remove from heat; stir in 2 T. flour and egg until well blended. Divide chocolate mixture evenly among muffin cups. Bake at 350 for 10 min or until pastry is lightly browned; cool in pan on wire rack 5 min. Run a knife around outside edges of cups (I found this wasn't necessary). Remove cups from pan; cool completely on wire rack. Sprinkle with powdered sugar. Yield: 2 dozen (serving size = 1 cup).

Cal=92; Fat=3.4g; Fiber=.5g

Polenta-Blueberry Cakes

2002 Annual Recipes, p. 338

WW Points = 1

Posted by [jillyh](#)

On April 21, 2003

1 c. all purpose flour
3 T. yellow cornmeal
1/4 tsp. salt
1/4 tsp. baking powder
1/4 tsp. baking soda
1/2 c. granulated sugar
1/4 c. butter, softened
1 large egg
2 tsp. grated lemon rind
2/3 c. low fat buttermilk
1/2 c. fresh or frozen blueberries
1 T. all purpose flour
Cooking spray
1/2 c. powdered sugar
1 T. fresh lemon juice

Preheat oven to 350. Lightly spoon 1 c. flour into a dry measuring cup; level with knife. Combine 1 c. flour and next 4 ingredients, stirring well with a whisk. Place granulated sugar and butter in a large bowl, and beat with a mixer at medium speed until well blended (about 2 min). Add egg and lemon rind; beat until well blended. Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture. Mix after each addition. Toss blueberries with 1 T. flour, and fold into batter. Spoon batter into 24 miniature muffin cups coated with cooking spray. Bake at 350 for 14 minutes until cakes spring back when lightly touched. Combine powdered sugar and juice, and drizzle over warm cakes. Yield: 2 dozen (serving size: 1 cake).

Cal=75; Fat=2.3g; Fiber=.3g

If you use frozen blueberries in these, you don't need to thaw them first. I didn't drizzle the glaze until the cakes were cooled so that they would have an opaque squiggly glazing.

Asparagus and Tomato Pasta Salad

WW Points: 1.5

Posted by TracerG

On April 21, 2003

INGREDIENTS

2 cups diagonally sliced asparagus (about 1 pound)
1/3 cup orange juice
3 tablespoons white wine vinegar
2 tablespoons water
1 tablespoon olive oil
2 teaspoons Dijon mustard
1/4 teaspoon freshly ground pepper
1/8 teaspoon salt
2 cups cooked small seashell macaroni (about 1 cup uncooked pasta)
1-1/2 cups quartered cherry tomatoes
1 cup diced yellow bell pepper
1/2 cup thinly sliced fresh basil leaves
1/3 cup chopped kalamata olives
1/4 cup thinly sliced green onions
2 tablespoons capers

INSTRUCTIONS

Steam asparagus, covered, 2 minutes; drain, and set aside.

Combine orange juice and next 6 ingredients (orange juice through salt) in a large bowl; stir well with a wire whisk. Add asparagus, pasta, and remaining ingredients; toss well.

YIELD: 6 servings (serving size: 1 cup)

NUTRITIONAL INFO

CALORIES 138 (30% from fat); PROTEIN 4.3g; FAT 4.6g (sat 0.7g, mono 2.9g, poly 0.8g); CARB 21.3g; FIBER 3.2g; CHOL 0mg; IRON 2.1mg; SODIUM 453mg; CALC 39mg

Chocolate Decadence Cake

WW points: 8

Posted by LiciaP

On April 21, 2003

Ingredients

1 pound bittersweet chocolate
2 sticks unsalted butter, cut in small squares
10 eggs, separated
1/4 cup sugar
1/4 cup all-purpose flour

1. Preheat oven to 375 degrees. Butter a 10" springform pan.
2. Place chocolate in a double boiler and simmer water gently. When chocolate is completely melted, add butter and stir until well melted and thoroughly combined. Take off the heat.
3. Place egg yolks and sugar in medium bowl and whip with an electric beater until thick and pale yellow. Add flour and stir in. Add melted chocolate and stir until well blended.
4. Thoroughly clean the beater attachment and beat egg whites until stiff. Incorporate one third of the whites into the egg-yolk/chocolate mixture, and fold very gently. Add the remaining egg whites in two additions, very gently and patiently, until there are no more white streaks left. Pour batter into mold.
5. Bake for 15 minutes in the center of the oven. Immediately remove from oven and place a large plate over the pan and steam the cake for 15 additional minutes. Remove the plate. Do not cover the cake and keep at room temperature for at least 4 hours. Remove sides of springform pan and serve.

The second part of the baking which actually steams the cake is extremely important. I serve this with a raspberry coulis (just a bag of frozen, thawed raspberries, put through the food processor with 2 Tbsp of lemon juice and strained through a fine sieve). Do not put the cake in the refrigerator or it will thicken into a fudge-like consistency.

Calories: 310 – Fat: 30 – Fiber: 4

White Chocolate-Raspberry Cheesecake

WW Points: 7

YIELD: 12 servings (serving size: 1 wedge)

Posted by

April 22, 2003

Comments: Prepare this cheesecake ahead of time because it needs time to chill. Baking it in a water bath keeps it moist and creamy.

INGREDIENTS

Crust:

1-1/3 cups graham cracker crumbs

1/4 cup sugar

1 tablespoon butter or stick margarine, melted

Cooking spray

3 cups fresh raspberries

Filling:

2 (8-ounce) blocks fat-free cream cheese, softened

1 (8-ounce) block 1/3-less-fat cream cheese, softened

1 cup sugar

1/4 cup amaretto (almond-flavored liqueur)

2 tablespoons flour

2 teaspoons vanilla extract

1/4 teaspoon salt

3 ounces white chocolate, melted

3 large eggs

Fresh raspberries (optional)

INSTRUCTIONS:

1. Preheat oven to 325 degrees.

2. Combine first 3 ingredients in a small bowl. Firmly press mixture into bottom and 1 inch up sides of a 9-inch springform pan coated with cooking spray. Wrap outside of pan with foil. Arrange berries in crust; set aside.

3. Place cheeses in a large bowl; beat at medium speed of a mixer until smooth. Add 1 cup sugar and next 5 ingredients (1 cup sugar through chocolate); beat until smooth. Add eggs, 1 at a time, beating well after each addition. Pour cheese mixture into prepared pan. Place cheesecake in a large shallow pan; add hot water to pan to a depth of 1 inch. Bake at 325 degrees for 1 hour and 10 minutes or until almost set. Remove cheesecake from oven; cool to room temperature. Cover and chill at least 4 hours. Garnish with additional raspberries, if desired.

NUTRITIONAL INFO: CALORIES 315; FAT 10.3g; FIBER 2.4g

Roasted Potatoes

WW Points: 4 per serving

YIELD: 4 servings (serving size: 12 wedges)

Posted by Bawstinn32

April 22, 2003

Comments:

INGREDIENTS

6 red potatoes, each cut into 8 wedges (about 1-1/2 pounds)

1 tablespoon grated Parmesan cheese

1 tablespoon olive oil

2 teaspoons bottled real bacon bits

1/8 teaspoon pepper

Cooking spray

INSTRUCTIONS:

1. Preheat oven to 450 degrees.

2. Combine all ingredients except cooking spray in a medium bowl; toss well. Spoon potato mixture into an 11 x 7-inch baking dish coated with cooking spray. Bake mixture at 450 degrees for 35 minutes or until tender, stirring occasionally.

NUTRITIONAL INFO:

CALORIES 214 (21% from fat); FAT 4.9g (sat 1g, mono 3g, poly 0.5g); PROTEIN 6g; CARB 37.8g; FIBER 4.1g; CHOL 2mg; IRON 3mg; SODIUM 63mg; CALC 47mg

Bell Pepper Slaw

Source: MasterCook, also Cooking Light 1994

Healthy Units: 0.6 (1 cup)

Servings: 6

Posted by: LMaybloom (Lesley)

Date: May 18, 2003

Comments:**INGREDIENTS**

1 pound thinly sliced green cabbage (4 cups) (I used broccoli slaw instead)

2 cups julienne-cut red bell pepper

1/4 cup cider vinegar

4 teaspoons sugar

1/2 teaspoon salt

1/4 teaspoon celery seeds

1/4 teaspoon pepper

Combine all ingredients in a large bowl, and toss well. Let stand 15 minutes before serving.

NUTRITIONAL INFORMATION

Per Serving (excluding unknown items): 45 Calories; trace Fat (5.5% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 193mg Sodium.

Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Fajita Salad With Creamy Cilantro-Lime Sauce

WW Points: 11.5 per serving

YIELD: 4 servings (serving size: 1 serving salad, 3 ounces chicken, and 1/3 cup sauce).

Posted by kwe730

April 22, 2003

Comments:

INGREDIENTS:

1 tablespoon olive oil
1 teaspoon ground cumin
1 teaspoon paprika
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1 pound skinned, boned chicken breast, cut into thin strips
Cooking spray
6 cups shredded romaine lettuce
1-1/3 cups thinly sliced green bell pepper rings
1 cup sliced red onion, separated into rings
1/2 cup (2 ounces) shredded reduced-fat Monterey Jack cheese
2 tablespoons sliced ripe olives
1 (15-ounce) can pinto beans, rinsed and drained
1 medium tomato, cut into 8 wedges
Creamy Cilantro-Lime Sauce

INSTRUCTIONS:

Prep Time: 20 minutes

Cooking Time: 8 minutes

1. Combine first 6 ingredients in a medium bowl. Add chicken; toss to coat. Place a large nonstick skillet coated with cooking spray over medium heat until hot. Add chicken mixture; sauté 8 minutes or until chicken is done. Set aside.

2. Divide lettuce and next 6 ingredients (lettuce through tomato) among 4 bowls; top with chicken mixture. Serve with Creamy Cilantro-Lime Sauce.

NUTRITIONAL INFO:

calories: 520 carbohydrates: 34.7 g cholesterol: 101 mg fat: 21.9 g sodium: 1061 mg
protein: 3.6 g calcium: 360 mg iron: 5.4 mg fiber: 6.6 g

YIELD: 4 servings (serving size: 1 serving salad, 3 ounces chicken, and 1/3 cup sauce).

Creamy Cilantro-Lime Sauce

WW Points: 3 per serving

YIELD: 1-1/3 cups (serving size: 1/3 cup)

Posted by kwe730

April 22, 2003

Comments: This sauce goes great over a salad of mixed greens and sliced grilled chicken breast.

INGREDIENTS:

1/2 cup fat-free sour cream

1/2 cup light mayonnaise

1/3 cup skim milk

3 tablespoons lime juice

2 tablespoons chopped fresh cilantro

1 tablespoon balsamic vinegar

2 large garlic cloves, minced

INSTRUCTIONS:

Prep Time: 5 minutes

Combine all ingredients, and stir well with a whisk. Cover sauce, and chill.

NUTRITIONAL INFO:

calories: 113 carbohydrates: 6.6 g cholesterol: 10 mg fat: 8.1 g sodium: 254 mg protein:
3.2 g calcium: 32 mg iron: 0.2 mg fiber: 0.1 g

Classic Pesto

WW Points: 1.5 per serving

YIELD: 3/4 cup (serving size: 1 tablespoon)

Posted by kate

April 22, 2003

Comments: Make extra batches so you'll have enough to last all winter.

INGREDIENTS:

2 tablespoons coarsely chopped walnuts or pine nuts

4 garlic cloves, peeled (orig'l recipe changed from 2 to 4 cloves)

3 tablespoons extra-virgin olive oil

4 cups basil leaves (about 4 ounces)

1/2 cup (2 ounces) grated fresh Parmesan cheese

1/4 teaspoon salt

INSTRUCTIONS:

1. Drop nuts and garlic through food chute with food processor on; process until minced. Add oil; pulse 3 times. Add basil, cheese, and salt; process until finely minced, scraping sides of bowl once.

NUTRITIONAL INFO:

CALORIES 58 (82% from fat); FAT 5.3g (sat 1.3g, mono 3g, poly 0.8g); PROTEIN 2.1g; CARB 0.9g; FIBER 0.6g; CHOL 3mg; IRON 0.5mg; SODIUM 125mg; CALC 72mg

Potato, Mushroom, and Pesto Omelet

WW Points: 3 per serving

YIELD: 2 servings

Posted by kate

April 22, 2003

Comments: We packed this omelet so full that it's too thick to fold in half. Serve it open faced with fresh fruit and muffins.

INGREDIENTS:

4 large egg whites

1 large egg

1/8 teaspoon salt

1/8 teaspoon black pepper

Cooking spray

1 cup thinly sliced mushrooms

1/4 cup finely chopped red bell pepper

1/2 cup diced peeled baking potato, cooked

1 tablespoon Classic Pesto

INSTRUCTIONS:

1. Combine first 4 ingredients in a medium bowl, stirring with a whisk.
2. Heat a small nonstick skillet coated with cooking spray over medium-high heat. Add mushrooms and bell pepper; sauté 5 minutes. Pour egg mixture into pan; top with potato (do not stir). Cover, reduce heat to medium-low, and cook 8 minutes or until center is set.
3. Spread Classic Pesto over omelet. Loosen omelet with a spatula, and cut in half. Slide omelet halves onto plates.

NUTRITIONAL INFO:

CALORIES 146 (36% from fat); FAT 5.9g (sat 1.5g, mono 2.6g, poly 1g); PROTEIN 12.7g; CARB 10.8g; FIBER 1.7g; CHOL 112mg; IRON 1.7mg; SODIUM 345mg; CALC 56mg

African Chicken Peanut Soup

CL Annual 2000, p. 235

Yield 11 servings/1 Cup per

WW points=4 per serving

Posted by Atlanticgull

April 22, 2003

Comments:

Ingredients:

1 1/2 C cubed peeled sweet potato

1/2 C chopped onion

1/2 diced red bell pepper

2 garlic cloves, minced

1 jalapeno pepper, seeded and minced

2 C chopped cooked chicken breast (about 8 oz)

1 C bottled salsa

1/2 t ground cumin

2 (16 oz) cans ff less sodium chicken broth

1 (15 oz) cans Healthy Choice Chicken with Rice Soup or any less sodium chicken and rice soup, undiluted

1 (15 oz) can black beans, drained

1/3 C creamy peanut butter

1. Add sweet potato, onion, bell pepper, garlic and jalapeno to a large dutch oven coated with cooking spray over med-high heat. Sauté 5 minutes.

2. Stir in chicken and next 5 ingredients; bring to a boil. Reduce heat; simmer 10 minutes. Add peanut butter, stirring with a whisk; cook 2 minutes.

Cal 188, Fat 5.9g, Pro 15.2g, Carb 19.3, Fiber 3.4, Chol 21 mg, Iron 1.4mg, Sodium 556 mg, Calc 35mg

Broccoli Quiche

servings | 8

POINTS per serving | 3

Posted by MMKC2222

April 22, 2003

Comments:

Ingredients

16 oz fat-free cottage cheese

1 medium onion(s)

1 medium green pepper

1 tsp dried oregano

1 cup Egg Beaters Egg Beaters

1/8 tsp black pepper

1 cup frozen chopped broccoli

2 cup Kraft 2% Milk Reduced Fat Natural Shredded Cheese Shredded Mild Cheddar Cheese

Instructions

Defrost broccoli, mix all ingredients together and put in a 9" pie plate sprayed with non-stick spray. Cook at 350 for 1 hour

Garlic Shrimp in Yogurt Sauce

Yield: 4 servings (about 1 cup each)

WW Points: 4

Posted by 19greazy

April 22, 2003

Comments:

INGREDIENTS:

1-1/2 tablespoons vegetable oil
8 garlic cloves, minced
3/4 cup water
2 teaspoons ground cumin
1 teaspoon ground coriander
1/2 teaspoon ground turmeric
1-1/2 pounds large shrimp, peeled and deveined
2 teaspoons all-purpose flour
2 teaspoons sugar
1/2 teaspoon salt
1 (8-ounce) carton plain fat-free yogurt
3/4 cup (1-inch) sliced green onions

INSTRUCTIONS:

Heat oil in a large nonstick skillet over medium-high heat. Add garlic; cook until golden (about 30 seconds), stirring constantly. Stir in water, cumin, coriander, and turmeric. Cover, reduce heat, and simmer 7 minutes. Add shrimp; cook 3 minutes.

Combine flour, sugar, salt, and yogurt; stir with a whisk. Stir yogurt mixture into shrimp mixture. Cover and cook 4 minutes or until shrimp are done. Stir in onions.

NUTRITIONAL INFO:

calories: 245 carbohydrates: 12.7 g cholesterol: 195 mg fat: 7.8 g sodium: 531 mg
protein: 30.3 g calcium: 216 mg iron: 4.4 mg fiber: 0.7 g

YIELD:

4 servings (serving size: about 1 cup)

I think it came out to 4 points a serving.

Quiche

Serves 8

WW points: Piecrust: 3-Egg/Cream Mixture: 5-Other filling: according to ingredients

Posted by Licia

April 22, 2003

Comments:

Ingredients

Pie crust:

1 stick butter
1 cup + 1 Tbsp all-purpose flour
1 egg yolk
3 Tbsp milk

Filling:

4 whole eggs
2 cups heavy whipping cream
salt and pepper to taste

Process flour and butter in the food processor until it resembles coarse meal. Add egg yolk and milk and pulse until the dough forms a ball. Do not roll out the dough but use small portions to line a pie pan with removable bottom, using palm and fingers to spread the dough. Place in the refrigerator while making the filling.

Filling: Beat eggs and cream together with a wire whisk until well mixed. Place filling in bottom of pan and pour the egg/cream over it.
Bake for 40 minutes until golden. Let stand 10 minutes before cutting and serving.

Favorite fillings to add in bottom of pan:

- bacon (cut in little pieces and cooked crispy) and cheese (either grated or in small pieces - Swiss works better)
- shrimps, crabmeat and 1/4 cup freshly cut green onions - Add 1 tsp of curry powder to the egg/cream mixture.
- mushrooms and ham (cook the sliced mushrooms in a pan coated with PAM so they drain all their juices)
- onions and bacon (put 3 cups thinly sliced onions into a pan coated with PAM and cook, stirring constantly until onions are translucent, without letting them brown) (cook bacon separately) (cheese can be added) (very reminiscent of French Onion Soup)
- leeks ("Flamique")(slice thinly 2 lbs of leek and wash thoroughly. Cook into a pan coated with PAM and cook, stirring constantly until onions are translucent, without letting them brown)
- "leftover" quiche (use all leftover vegetables and cut them in bite-size pieces - use colorful ones as red bell peppers, yellow squash)
- "whatever-you-want" quiche. Use your imagination - the basic egg/whipping cream filling does not change, and the cooking time remains close to the same.

Swiss Chard with Cannelini Beans

WW points: 5 total (divide by # of servings)

Serves 2 or 3 as a side dish

Posted by dbcandoit (debi)

4-22-03

Comments:

Ingredients

1 tsp oil (1 pt)

1 slice bacon, chopped in small pieces (1 pt)

1/2 onion, chopped

2-3 toes of garlic, chopped

1 large bunch of swiss chard, washed and chopped

tabasco, salt & pepper to taste

1 can white cannellini beans with liquid (3 pts)

Spray a bit of Pam in hot skillet, add chopped bacon and cook for a bit (don't let it get crispy). Add olive oil to pan, sauté the onion and garlic. Add washed and chopped chard and stir a bit. Add some tabasco and salt and pepper to taste (remember there's salt in the bacon and probably in the beans so be careful). Add the cannellini beans with liquid from can. Cover and cook on medium to low for about 20 minutes (I've even baked it in the oven from this point, but works fine on top of the stove). If it's soupy after 20 minutes just leave the cover off and cook on a high heat for a few minutes.

Breakfast Pizza

Cooking Light 2003, pg. 285

WW Points: 5

8 servings

Posted by: Patti, HAPPYHOMEMAKER

April 22, 2003

Comments:

Ingredients

1 (8 oz.) can Pillsbury reduced-fat refrigerated crescent dinner roll dough

12 oz. Jimmy Dean 97% fat free sausage

1 cup frozen shredded hash brown potatoes, thawed

1 cup (4 oz.) shredded Kraft 2% cheddar cheese

1/4 cup fat-free milk

1/2 tsp. salt

1/8 tsp. black pepper

1 (8 oz.) carton egg substitute (I prefer Robert's brand)

2 tbsp. grated fresh Parmesan cheese

Preheat oven to 375 degrees.

Separate dough into triangles. Press triangles together to form a single round crust in a deep dish pie plate coated with cooking spray. Pushing all seams together.

Cook sausage in a large nonstick skillet over medium heat until browned, stirring to crumble. Drain.

Top prepared dough with sausage, potatoes and cheese. Combine milk, salt, pepper and egg substitute, stirring with a whisk. Carefully pour milk mixture over sausage mixture. Sprinkle with Parmesan.

Bake at 375 degrees for 25 minutes or until crust is browned.

Lentil Stew with Ham and Greens

CL 2003 Annual Recipes, p. 26

Serves 5

WW points = 6 (5 acc to recipe builder, 6 acc to CL nutritional info)

Posted by Jill (jillyh)

4/22/03

Comments:

Ingredients

1 1/2 T. olive oil (I used 1 T instead and it was plenty)
1 c. chopped onion
3 garlic cloves, minced
5 c. fat free, less sodium chicken broth
1 c. dried lentils
1/2 c. chopped carrot
2 bay leaves
3 c. chopped swiss chard, collard greens, or spinach
1 1/2 c. chopped baking potato
1 c. chopped smoked ham
1 (14.5 oz) can diced tomatoes, drained
1 tsp. dried basil
1/2 tsp. dried thyme
1/2 tsp. black pepper
3 T. chopped fresh parsley

Heat oil in a Dutch oven over medium-high heat. Add onion and garlic; sauté 5 minutes. Add broth, lentils, carrot, and bay leaves; bring to a boil. Partially cover, reduce heat, and simmer 20 minutes. Add swiss chard, potato, and ham; bring to a boil. Reduce heat; simmer 15 minutes or until potato is tender. Stir in tomatoes, basil, thyme, and pepper; simmer 10 minutes. Discard bay leaves. Sprinkle with parsley. Yield: 5 servings (1 1/2 cups per serving).

Calories=320; Fat=8.6g; Fiber=15.1g; Protein=20.4g; Carb=41.7g; Chol=12mg;
Iron=5.6mg; Sodium=943mg; Calc=84mg

Sicilian Cod

www.cookinglight.com

WW Points: 5

Serves: 4 (Serving size: 5oz fish & 1/2 cup topping)

Posted by CrissyBear

March 20, 2003

Comments:

Ingredients:

2-1/2 tsp olive oil, divided

3 cups sliced onion

1/2 cup red bell pepper strips

2 Tbsp golden raisins

2 Tbsp balsamic vinegar

2 tsp brown sugar

1/4 tsp salt

1/8 tsp pepper

24 ounces cod fillets (4 fillets)

olive oil-flavored cooking spray

1 Tbsp Italian-seasoned breadcrumbs

1/8 tsp salt

Preheat oven to 450F. Heat 2 tsp oil in a large nonstick skillet over medium heat. Add onion and the next 6 ingredients (onion through pepper). Cover and cook 10 minutes or until onion is wilted, stirring occasionally. Set aside; keep warm.

Place fillets in a shallow baking dish coated with cooking spray. Brush fillets with 1/2 tsp oil; sprinkle with breadcrumbs and 1/8 tsp salt. Bake for 12 minutes or until fish flakes easily when tested with a fork. Serve the onion mixture with fish.

Nutritional Analysis: -- 230 Calories 4.4g Fat 2.1g Fiber

Citrus Chicken Tagine

Yields 8 servings

WW Points: 7

Posted by jillyth

March 20, 2003

Comments:

Ingredients

1 Tbsp olive oil
2 pound uncooked chicken breast, boneless and skinless, cut into bite size pieces
2 cup onion(s), chopped
1 cup sweet red pepper(s), chopped
1/2 tsp ground ginger
1/2 tsp ground cinnamon
1/4 tsp saffron
4 clove garlic, minced
1 cup Campbell's (U.S.) Healthy Request Chicken Broth
1 cup Tropicana Pure Premium Orange Juice, with Calcium
3/4 tsp kosher salt
1/4 tsp black pepper
2 medium orange(s), chopped (remove membranes)
1/3 cup fresh parsley, chopped
1/3 cup fresh cilantro, chopped
1/4 cup kalamata olive(s), chopped
1 medium lemon(s), chopped (remove membranes)
5 cup cooked couscous

Instructions

Heat oil in a dutch oven over medium heat. Add chicken and next 6 ingredients, and cook 12 minutes. Stir in broth, juice, salt, and black pepper. Bring to a boil; cover, reduce heat, and simmer 30 minutes. Remove from heat and stir in next five ingredients. Serve chicken mixture over couscous and garnish with parsley sprigs, if desired. Yield: 8 servings (serving size = 1 cup of chicken mixture and 3/4 cup of couscous.)

Nutritional Information: Cal=331; Fat=7.8g; Fiber=3.8g; Sodium=459mg; Carb=36.5g; Calc=58mg.

Jamaican Banana Bread

WW Points: 4

Yields 16 slices (serving size: 1 slice)

Posted by Wheateye

March 20, 2003

Comments:

Ingredients:

2 Tbsp butter or margarine

2 Tbsp 1/3 less fat cream cheese, softened

1 c sugar

2 c flour

1 egg

2 teas baking powder

1/2 t baking soda

1/8 t salt

1 c mashed ripe banana

1/2 c fat free milk

2 Tbsp dark rum OR 1/4 t imitation rum extract and 2 TBS water

1/2 t grated lime rind

2 teas lime juice

1 teas vanilla extract

1/4 c chopped pecans, toasted

1/4 c coconut

Topping:

1/4 c brown sugar

2 teas butter or margarine

2 teas lime juice

2 teas dark rum or use the substitute above

2 TBS chopped pecans, toasted

2 TBS coconut

Preheat oven to 375 degrees. Beat 2 TBS butter and cheese at medium speed, add the sugar, beat well, add the egg, beat well-set aside. Combine the flour, baking powder, baking soda and salt, set aside. Combine banana and next 5 ingredients (through vanilla) stirring well. Add flour to sugar mixture alternately with banana mixture, beginning and ending with flour mixture, mix after each addition. Add 1/4 c pecans and 1/4 c coconut. Pour into 8x4 loaf pan coated with spray, bake 1 hour. Cool in pan 10 minutes, remove. Cool slightly.

Topping: Combine b. sugar and 2 teas ea of lime juice, butter and rum in a saucepan, bring to a simmer. Cook 1 min, stirring constantly, remove from heat. Stir in the remaining nuts and coconut, spoon over loaf.

calories 193 fat 5.5g fiber 1.1g protein 2.9 g carbs 32.2g

Hearty Chicken Mushroom Pecan Pilaf

WW Points: 7
Yields 6 servings
Posted by jillyth
March 21, 2003

Comments:

Ingredients

3 cup Campbell's (U.S.) Healthy Request Chicken Broth (or other fat free less sodium broth)
1 cup uncooked Kashi Breakfast Pilaf
1 tsp olive oil
1 serving olive oil cooking spray (5 one second sprays)
1 1/2 cup chopped mushroom
1 cup chopped onion
1 cup chopped carrot
1/2 cup chopped celery
1 tsp ground thyme
1 clove garlic, minced
1/2 tsp kosher salt
1/4 tsp ground nutmeg
1/4 tsp black pepper
6 (4oz each) boneless skinless chicken breasts, trimmed of fat
1/2 cup chopped pecans
1/2 cup fresh parsley, chopped
1/2 oz freshly grated Parmesan cheese

Instructions

Bring 2 c. broth to a boil in a medium saucepan, and stir in pilaf. Cover, reduce heat to medium, and cook 30 minutes or until liquid is absorbed. Heat oil in a lg. nonstick skillet coated with cooking spray over medium high heat. Add chopped mushrooms and next 5 ingredients; sauté 5 minutes or until tender. Add 1 cup broth, salt, nutmeg, pepper, and chicken; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Remove chicken from skillet, and cut into bite size pieces. Bring broth mixture to a boil, and cook until reduced to 1/2 cup liquid (about 5 min). Add cooked pilaf and chicken to pan. Cook 3 min or until thoroughly heated. Stir in pecans and parsley, and cook 1 minute. Sprinkle each serving with cheese. Yield 6 servings (1 1/3 cup per serving).

Nutritional Information: Cal=362; Fat=12.1g; Protein=34.3g; Carb=28.6g; Fiber=6.4g; Chol=68mg; Sodium=567mg; Calcium=83mg

Maple-Glazed Salmon

WW Points: 7

Yields 4 servings

Posted by terriolesen

March 25, 2003

Comments:

Ingredients:

2 tbsp maple syrup
1 1/2 tbsp apple juice
1 1/2 tbsp fresh lemon juice
2 tsp hoisin sauce
1 1/2 tsp grated peeled fresh ginger
1 1/2 tsp country-style Dijon mustard
1/4 tsp five-spice powder
4 (6-ounce) salmon fillets (about 1 inch thick)
Cooking spray

Preheat broiler.

Combine the first 7 ingredients in a large zip-top plastic bag. Add fillets to bag; seal. Marinate in refrigerator 15 minutes.

Remove fillets from bag, reserving the marinade. Place fillets, skin sides down, on a broiler rack coated with cooking spray. Broil for 12 minutes or until fish flakes easily when tested with a fork; baste fillets occasionally with reserved marinade.

Yield: 4 servings (serving size: 1 fillet)

Calories 316 (41% from fat); Fat 14.4g (sat 2.5g, mono 6.9g, poly 3.2g); Protein 35g; Carb 9.3g; Fiber 0.1g; Chol 111mg; Iron 0.9mg; Sodium 184mg; Calc 18mg.

Chipotle - Chicken Stew

WW Points: 3.5

Yields 16 servings (1 serving: 1 cup)

Posted by rosenamy

March 24, 2003

Comments:

INGREDIENTS:

Cooking spray

3 pounds skinned, boned chicken breast, cut into bite-size pieces

1 tablespoon olive oil

3 cups chopped onion

6 garlic cloves, minced

2 cups (1-inch) cubed peeled red potato (about 1 pound)

1-1/2 cups (1-inch-thick) slices carrot

1/4 cup tomato paste

1-1/2 teaspoons ground cumin

3 (16-ounce) cans fat-free, less-sodium chicken broth

3 (14.5-ounce) cans no-salt-added diced tomatoes, undrained

3 drained canned chipotle chiles in adobo sauce, finely chopped

1/2 teaspoon salt

2 tablespoons chopped fresh cilantro

INSTRUCTIONS:

Place a large Dutch oven coated with cooking spray over medium-high heat. Add the chicken; sauté 7 minutes or until browned. Remove chicken from pan; keep warm.

Add oil to pan. Add onion; sauté 7 minutes or until lightly browned. Add garlic; sauté 1 minute. Add potato and the next 6 ingredients (potato through chiles); bring to a boil. Reduce heat, and simmer for 25 minutes or until vegetables are tender. Add chicken and salt; cover and cook for 10 minutes. Stir in cilantro.

NUTRITIONAL INFO:

calories: 173 carbohydrates: 14.6 g cholesterol: 49 mg fat: 2.3 g sodium: 361 mg

protein: 22.7 g calcium: 54 mg iron: 1.6 mg fiber: 1.6 g

Chocolate Mousse

Serves 8 (1/2 cup servings)

WW Points: 3.5

Posted by karey2002

March 26, 2003

Comments:

Ingredients:

3/4 c chocolate chips, melted
1 (12.3 ounce)package reduced fat extra firm tofu
1/4 teaspoon salt
3 large egg whites
1/2 c sugar
1/4 c water
FF cool whip, if desired for garnish

Place chocolate and tofu in food processor or blender and process 2 minutes or until smooth. Place salt and egg whites in separate bowl, and beat with mixer at high speed until stiff peaks form. Combine sugar and water in small saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 238 degrees. Pour the hot sugar syrup in a thin stream over the egg whites, beating at high speed. Gently stir 1/4 of the meringue into the tofu mixture; gently fold in remaining meringue. Spoon 1/2 cup into each of 8 (6 ounce)custard cups. Cover and chill for at least 4 hours. Garnish with cool whip if desired.

Nutritional Information: 147 calories, 5.6 grams fat, 0.2 grams fiber.

Sesame Crusted Salmon

Serves 4

WW Points: 9

Posted by karey2002

March 26, 2003

Serves 4

1/4 c sesame seeds, toasted

1 Tbsp grated orange rind

1 teas sesame oil

1/2 teas salt

4- 6oz salmon filets, about 1 inch thick

Preheat broiler. Combine sesame seeds, rind and salt in shallow dish. Drizzle oil over fish. Dredge fish in seed mixture. Broil on a greased pan for about 12 minutes or until fish flakes easily with fork. Serve with an orange slice to drizzle on fish.

Easy Lemon Squares

Yields 16

WW Points: 3

Posted by: sixe;90

March 26, 2003

Comments:

Ingredients

3/4 cup sugar
5 Tbsp reduced-calorie margarine
3 Tbsp Gold Medal Unbleached Flour
3 egg
3/4 cup sugar
2 tsp raw lemon peel
1/3 cup lemon juice, canned or bottled
3 Tbsp Gold Medal Unbleached Flour
1/8 tsp table salt
1 Tbsp powdered sugar
1/2 tsp baking powder

Instructions

Preheat oven to 350. Prepare an 8" square dish with cooking spray; set aside. To prepare crust (first three ingredients), combine 1\4 cup sugar, margarine, and one cup flour. Mix until crumbly in the palm of your hand. Press mixture onto bottom of prepared pan. Bake for 15 minutes. Meanwhile, to prepare topping, beat eggs until foamy. Add remaining sugar, lemon juice, remaining flour, baking powder, and salt. Mix well. Pour over baked layer. Bake for 20 minutes or until set. Cool. sift powdered sugar over top.

Special Notes

Nutritional Analysis: Calories 107, %CFF 22%, Protein 2 g, Carbohydrates 20 g, Total Fat 3 g, Cholesterol 40mg, Sodium 68 mg, Fiber 0.3g

Oven-Roasted Asparagus With Thyme

Yields 6 servings

WW Points: 0.5

Posted by: CindyHN

March 25, 2003

Comments: Choose the slimmest asparagus available—the slimmest ones are always the most tender.

INGREDIENTS:

1-1/2 pounds asparagus spears
1 large garlic clove, halved
2 teaspoons olive oil
1/2 teaspoon salt
1/4 teaspoon dried thyme
1/4 teaspoon freshly ground pepper

INSTRUCTIONS:

Prep Time: 10 minutes

Cooking Time: 20 minutes

Preheat oven to 400°. Snap off tough ends of asparagus; remove scales with a knife or vegetable peeler, if desired. Set aside. Rub cut sides of garlic over a 13 x 9-inch baking dish; place garlic in dish. Add asparagus; drizzle with oil. Sprinkle asparagus with salt, thyme, and pepper; toss gently. Bake at 400° for 20 minutes, stirring once.

NUTRITIONAL INFO:

calories: 62 carbohydrates: 8.3 g cholesterol: 0 mg fat: 2.6 g sodium: 297 mg protein: 4 g calcium: 42 mg iron: 1.8 mg fiber: 3.7 g

Blueberry Turnovers

Cooking Light Annual Recipes 2002. Page 120

Yields 4 servings (1 turnover)

WW Points: 4

Posted by: Tammy1961

March 25, 2003

Comment: These turnovers are the perfect picnic dessert. No utensils are needed to eat them, and they taste great hot or cold. The dough needs to chill for 15 minutes during prep. time.

Ingredients

Crust:

1/2 cup all-purpose flour

2 tablespoons sugar

2 tablespoons (1 ounce) 1/3-less-fat cream cheese

1 tablespoon butter

Dash of salt

1 tablespoon ice water

Filling:

2/3 cup blueberries

1 1/2 tablespoons sugar

1 teaspoon cornstarch

1 teaspoon grated lemon rind

1 teaspoon fresh lemon juice

1 large egg white, lightly beaten

Cooking spray

1 teaspoon sugar, divided

To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife. Place flour and next 4 ingredients in a food processor; pulse 5 times or until mixture resembles coarse meal. With processor on, add ice water through food chute, processing just until combined (do not form a ball). Press the mixture gently into a 3-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Chill for 15 minutes.

Preheat oven to 400°. Divide dough into 4 equal portions; place each portion between 2 sheets of plastic wrap. Roll each portion into a 5-inch circle. Place dough in freezer for 5 minutes or until the plastic wrap can be easily removed.

To prepare filling, combine blueberries and next 4 ingredients in a bowl. Working with 1 dough portion at a time, remove plastic wrap. Place each circle on a lightly floured surface, and brush with egg white. Spoon about 2 tablespoons blueberry filling onto half of circle. Fold dough over filling, and press the edges together with a fork to seal. Place turnovers on a foil-lined baking sheet coated with cooking spray. Lightly coat turnovers with cooking spray, and sprinkle each with 1/4 teaspoon sugar. Pierce turnovers with a fork.

Bake at 400° for 15 minutes or until lightly browned. Remove from pan, and cool on a wire rack.

Note: Expect the blueberries to ooze out of the crust a little during baking.

Nutrition Facts (per Serving): 177 calories; 28.4 g carbohydrates; 13 mg cholesterol; 5.8 g fat; 108 mg sodium; 3.4 g protein; 11 mg calcium; 0.8 mg iron; 1.1 g fiber

Basic Buttermilk Pancakes

WW Points: 2 pts

Yields

Posted by Atlanticgull

March 27, 2003

Comments:

Ingredients:

1 C all purpose flour
2 T sugar
1 t baking powder
1/2 t baking soda
1/4 t salt
1 C low fat buttermilk
1 T vegetable oil
1 large egg, lightly beaten

1. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 4 ingredients in a large mixing bowl; make a well in center of mixture. Combine buttermilk, oil and egg; add to flour mixture, stirring until smooth.
2. Spoon about 1/4 C batter for each pancake.

2 points each

Cal 99; Fat 2.9g; Pro 3.2g; Carb 14.9g; Fiber 0.4 g; Chol 25mg; Iron 0.8mg; Sod 211mg;
Calc 69mg

Chocolate Cream-Raspberry Tart

Complete Cooking Light Cookbook.

WW Points: 5

Yields 9 servings

Posted by STAR112274

March 27, 2003

Comments:

Graham Cracker Crust (recipe below)

1 1/2 t unflavored gelatin

1 C 1% lowfat milk, divided

1/2 C sugar

2 1/2 T cornstarch

2 T unsweetened cocoa

1/8 t salt

1/4 C semisweet chocolate morsels

3/4 t vanilla extract

1/4 t almond extract

1 1/2 C frozen reduced-calorie whipped topping, thawed

3 C fresh raspberries

1/4 C red currant jelly, melted

1. Preheat oven to 350 degrees

2. Prepare Graham Cracker Crust, pressing mixture into bottom and up sides of a 9-inch round removable-bottom tart pan. Bake at 350 for 10 minutes, cool on a wire rack.

3. Combine gelatin and 1/4 C milk in a bowl. Set aside. Combine 1/2 C sugar, cornstarch, cocoa, and salt in a saucepan. Gradually add 3/4 C milk, stirring with a whisk. Bring milk mixture to a boil over medium heat (about 5 minutes), stirring constantly; cook 1 minute, stirring constantly. Remove from heat; add chocolate morsels, stirring until melted. Stir in extracts.

4. Add chocolate mixture to gelatin mixture, stirring until gelatin dissolves. Place bowl in a large ice-filled bowl for 3 minutes or until chocolate mixture is cool; remove from ice-filled bowl. Add whipped topping, stirring gently until well-blended. Spoon into tart shell. Arrange raspberries on top of tart. Gently brush raspberries with melted jelly. Chill 2 hours.

Calories: 258, Fat: 7.5g, Protein: 3.9g, Carb: 45 g, Fiber: 3.6g, Chol: 8mg, Iron: 1.2mg, Sodium: 190 mg, Calc 61mg

Graham Cracker Crust

Complete Cooking Light Cookbook.

WW Points:

Yields 9 servings

Posted by STAR112274

March 27, 2003

Comments:

Ingredients:

40 Graham crackers (10 full cookies sheets)

2 T sugar

2 T butter or stick margarine, melted

1 large egg white

Cooking spray

1. Preheat oven to 350 degrees
2. Place crackers in a food processor; process until crumbly. Add 2 T sugar, butter and egg white; pulse 6 times or until just moist. Press crumb mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray. Bake at 350 for 8 minutes, Cool on a wire rack.

Strawberry-and-Cream Cake

Cooking Light Annual Recipes 2002 – page 105

WW Points: 7

Yields 18 servings

Posted by TAMMY1961

March 27, 2003

Comments: Strawberries are the main focus of this elegant cake. They're not only between the layers and on top, but they're also pureed and added to the cake batter.

Ingredients

Cake:

Cooking spray

3/4 cup sliced strawberries

2 cups granulated sugar

6 tablespoons butter, softened

1 (3-ounce) package strawberry-flavored gelatin

3 large eggs

2 1/4 cups all-purpose flour

2 1/2 teaspoons baking powder

1 1/4 cups 1% low-fat milk

1 teaspoon vanilla extract

Filling:

1 1/2 cups frozen fat-free whipped topping, thawed

2 tablespoons granulated sugar

1/2 teaspoon vanilla extract

Frosting:

1 (8-ounce) block 1/3-less-fat cream cheese

1/4 cup butter, softened

1/4 teaspoon vanilla extract

1 cup powdered sugar

Remaining ingredients:

3/4 cup sliced strawberries

1 1/2 cups quartered strawberries

Directions

Preheat oven to 350°.

To prepare the cake, coat 2 (9-inch) round cake pans with cooking spray; line bottoms of pans with wax paper. Coat wax paper with cooking spray.

Place 3/4 cup sliced strawberries in a blender; process until smooth.

Place 2 cups granulated sugar, butter, and gelatin in a large bowl; beat with a mixer at medium speed until blended (about 5 minutes). Add eggs, 1 at a time, beating well after each addition.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and baking powder, stirring well with a whisk. Add flour mixture to sugar mixture alternately with milk, beginning and ending with flour mixture. Stir in pureed strawberries and 1 teaspoon vanilla.

Pour the batter into prepared pans; sharply tap pans once on counter to remove any air bubbles. Bake at 350° for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack, and remove from pans. Peel off wax paper, and cool completely on a wire rack.

To prepare filling, combine whipped topping, 2 tablespoons granulated sugar, and 1/2 teaspoon vanilla in a small bowl.

To prepare the frosting, beat cream cheese, 1/4 cup butter, and 1/4 teaspoon vanilla in a medium bowl with a mixer at low speed just until well-blended (do not overbeat). Gradually add powdered sugar, and beat just until well-blended (do not overbeat).

Place 1 cake layer on a plate; spread with 3/4 cup filling. Arrange 3/4 cup sliced strawberries over the filling; top with remaining cake layer. Spread the remaining filling over top of cake. Spread the frosting over sides of cake. Arrange quartered strawberries on top of cake. Store cake loosely covered in refrigerator.

Nutrition Facts (per Serving):

322 calories; 51.6 g carbohydrates; 64 mg cholesterol; 10.6 g fat; 255 mg sodium; 5.1 g protein; 80 mg calcium; 1.1 mg iron; 1 g fiber

Creamy Feta-Spinach Dip

WW Points: 2

Yields 2 cups (serving size ¼ cup)

Posted by MATSEN1

March 27, 2003

Comments:

1 (8-ounce) carton plain low-fat yogurt
¾ cup (3 ounces) crumbled feta cheese
¼ cup (2 ounces) 1/3-less-fat cream cheese, softened
¼ cup low-fat sour cream
1 garlic clove, crushed
1-1/2 cups finely chopped spinach
1 tablespoon minced fresh or 1 teaspoon dried dill
1/8 teaspoon black pepper
Fresh Dill (optional)

INSTRUCTIONS

Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels, and let stand 5 minutes. Scrape into the bowl of a food processor using a rubber spatula. Add the cheeses, sour cream, and garlic, and process until smooth, scraping sides of bowl once. Spoon yogurt mixture into a medium bowl, and stir in the spinach, minced dill, and pepper. Cover and chill. Garnish with fresh dill, if desired.

YIELD: Yield: 2 cups (serving size: 1/4 cup).

NUTRITIONAL INFO

calories: 78 carbohydrates: 3.6 g cholesterol: 20 fat: 5.4 g sodium: 178 mg protein: 4.2 g
calcium: 130 mg iron: 0.4 mg fiber: 0.4 g

Barbecue Chicken and Grape Salad

Source: Cooking Light, June 2002, page 110

Healthy Units: 5.8

Servings: 4 (~ 1 1/4 c.)

Posted by: LMaybloom (Lesley)

Date: May 18, 2003

Comments:

INGREDIENTS

1 t. onion powder (didn't have, used garlic powder)
1 t. paprika
1 t. ancho chile powder (didn't have, used reg. chili powder)
3/4 t. salt, divided
1 pound boneless, skinless chicken breast halves
1 t. olive oil (used olive oil spray)
3/4 c. seedless green grapes, halved
3/4 c. seedless red grapes, halved (didn't have, so used 1 1/2 c. green grapes)
1/2 c. thinly sliced red onion
1/4 c. low-fat mayo (I'm sure FF yogurt could be subbed)
1 T. red wine vinegar
1 T. fresh orange juice
1/4 c. coarsely chopped walnuts, toasted

INSTRUCTIONS

1. Preheat oven to 350.
2. Combine onion powder, paprika, chili powder, and 1/2 t. salt; sprinkle over chicken.
3. Heat oil in a large nonstick skillet over medium-high heat. Add the chicken and sauté 2 minutes on each side or until browned. Wrap handle of skillet in foil (why do I need to do this when the skillet handle is metal?), bake at 350 for 10 minutes or until done. Remove from pan; refrigerate until chilled. Chop into bite-size pieces.
4. Combine 1/4 t. salt, green grapes and next 6 ingredients (green grapes through orange juice) in a large bowl. add chopped chicken; toss to coat. Sprinkle salad w/ walnuts.

NUTRITIONAL INFO

Calories=266, Fat=8.5, Fiber=2

Chicken in White Wine Sauce

Yields 4 servings

WW Points per serving : 7

Posted by terriolesen

March 27, 2003

Comments:

Ingredients

6 Tbsp all-purpose flour
3/4 tsp table salt
3/4 tsp paprika
3/4 tsp black pepper
4 piece Tyson Boneless Skinless Chicken Breasts
1/2 cup fat-free egg substitute
1 Tbsp olive oil
1 cup fat-free chicken broth
1 cup white wine
4 tsp shredded Parmesan cheese

Instructions

Preheat oven to 350 degrees. Combine first 4 ingredients in a shallow dish. Dip chicken in egg substitute, then dredge in flour mixture. Heat oil in an ovenproof skillet over medium heat. Add chicken; cook 2 minutes on each side or until browned. Add broth and wine. Bring to a boil; remove from heat. Cover and bake at 350 degrees for 30 minutes or until chicken is done. Sprinkle with cheese.

Cooking Light info: 160 calories (17% from fat), 3.5 grams fat, 0.2 grams fiber.

Blackberry Jam Cake

Cooking Light Annual Recipes 2003. page 118

WW Points:

Yields 16 Servings

Posted by

March 28, 2003

Comments: Spread blackberry jam on top of each layer of this classic butter cake. Or, if you prefer, use your favorite frosting instead.

Ingredients

Cooking spray

1 tablespoon all-purpose flour

1 cup granulated sugar

1/2 cup butter, softened

1 tablespoon vanilla extract

3 large eggs

2 1/4 cups all-purpose flour (10 ounces)

2 1/2 teaspoons baking powder

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1 1/4 cups fat-free milk

1 cup seedless blackberry jam, divided

1 tablespoon powdered sugar

Preheat oven to 350°. Coat bottoms of 2 (9-inch) round cake pans with cooking spray (do not coat sides of pans); line bottoms with wax paper. Coat wax paper with cooking spray; dust with 1 tablespoon flour.

Place granulated sugar, butter, and vanilla in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Add eggs, 1 at a time, beating well after each addition. Lightly spoon 2 1/4 cups flour into dry measuring cups; level with a knife. Combine 2 1/4 cups flour and next 4 ingredients (2 1/4 cups flour through nutmeg), stirring well with a whisk. Add flour mixture and milk alternately to sugar mixture, beginning and ending with flour mixture.

Pour batter into prepared pans; sharply tap pans once on counter to remove air bubbles. Bake at 350° for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack.

Place jam in a small bowl, and stir with a whisk until smooth. Place 1 cake layer on a plate; spread with 1/2 cup jam. Top with other cake layer; spread remaining jam over top of cake. Sprinkle with powdered sugar.

Nutrition Facts (per Serving): 240 calories; 41.1 g carbohydrates; 56 mg cholesterol; 6.9 g fat; 240 mg sodium; 3.8 g protein; 0 mg calcium; 1.1 mg iron; 0.5 g fiber

Shrimp and Feta With Angel Hair

WW Points: 7

Yields: 6 servings (serving size: 1-1/3 cups)

Posted by [TIKI214](#)

March 28, 2003

Comments:

INGREDIENTS:

Cooking spray

2 pounds medium shrimp, peeled and deveined

2 cups chopped plum tomato (about 3/4 pound)

1-1/2 cups sliced green onions

1/2 cup sliced ripe olives

2 teaspoons dried dill

1 garlic clove, minced

4 cups hot cooked angel hair (about 8 ounces uncooked pasta)

1 cup (4 ounces) crumbled feta cheese

INSTRUCTIONS:

1. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add shrimp; cook 5 minutes, stirring frequently. Stir in tomato and next 4 ingredients (tomato through garlic); cook 4 minutes or until thoroughly heated. Combine shrimp mixture, pasta, and cheese in a large bowl; toss well.

NUTRITIONAL INFO:

CALORIES 346 (21% from fat); FAT 8.2g (sat 3.5g, mono 2.2g, poly 1.4g); PROTEIN 31.7g; CARB 35.7g; FIBER 2.6g; CHOL 189mg; IRON 5.5mg; SODIUM 490mg; CALC 197mg

Fresh Orange Wedding Cake

WW Points: 2 points

Yields: 125 slices

Posted by [TAMMY1961](#)

March 28, 2003

INGREDIENTS FOR BASIC CAKE RECIPE

Vegetable cooking spray
2 1/2 cups sifted cake flour
2 1/4 teaspoons baking powder
1/4 teaspoon salt
1/4 cup plain nonfat yogurt
1/4 cup vegetable oil
2 tablespoons grated orange rind (6 oranges)
2 teaspoons vanilla extract
2 teaspoons orange extract
1 egg yolk
1 1/2 cups sugar, divided
3/4 cup warm 2% low-fat milk (95 to 100 degrees)
4 egg whites

INGREDIENTS FOR APRICOT MOUSSE FILLING

4 1/2 cups fresh orange juice, divided
4 cups dried whole apricots (16 ounces)
4 envelopes unflavored gelatin
4 egg whites
3 cups sugar
1/2 cup water
4 teaspoons light-colored corn syrup
2 teaspoons vanilla extract

INGREDIENTS FOR BUTTERCREAM FROSTING

1/3 cup stick margarine or butter, softened
2 tablespoons nonfat cream cheese, softened
1 1/2 teaspoons vanilla extract
1 Dash salt
4 1/2 cups sifted powdered sugar (17 ounces)
5 teaspoons skim milk

Coat bottom of 1 (10-inch) round cake pan with cooking spray (do not coat sides of pan); line bottom with wax paper. Coat wax paper with cooking spray, and dust with flour; set aside.

Sift together 2-1/2 cups flour, baking powder, and salt; set aside. Combine yogurt and next 5 ingredients (yogurt through egg yolk) in a large bowl; beat at medium speed of a mixer until blended. Add 1 cup sugar, and beat well. Gradually add the milk, beating at medium-low speed 2 minutes or until sugar dissolves.

Beat egg whites (at room temperature) at high speed until foamy. Gradually add the remaining 1/2 cup sugar, beating mixture until stiff peaks begin to form. Add the flour mixture and egg white mixture alternately to the yogurt mixture, beating at low speed.

Pour the batter into prepared pan. Sharply tap pan once on counter to remove air bubbles. Bake at 375 degrees for 10 minutes. Reduce oven temperature to 350 degrees, and bake 28 minutes or until a wooden pick inserted in center comes out clean. Let cool in pan 10 minutes on a wire rack. Loosen cake from sides of pan, using a narrow metal spatula, and turn out onto wire rack. Peel off wax paper, and let cool completely.

Wrap cooled cake in heavy-duty plastic wrap and then in heavy-duty aluminum foil. Refrigerate up to 2 days or freeze up to 2 weeks (to thaw, place the wrapped cake in refrigerator overnight). Yield: 1 (10-inch) cake layer.

You will need 2 (10-inch) cake layers to make our wedding cake.

Note: Substitute dried orange peel for the grated orange rind, if desired. Combine 1/4 cup of orange juice and 1-1/2 tablespoons dried orange peel in a small glass bowl. Microwave at HIGH for 1 minute. Cover and let stand for 10 minutes. Do not drain; add to the yogurt mixture.

INSTRUCTIONS FOR MAKING 1 (14-INCH) CAKE LAYER:

You will need 2 (14-inch) cake layers to make our wedding cake.

Coat bottom of pan with cooking spray (do not coat sides of pan); line bottom with wax paper. Coat wax paper with cooking spray, and dust with flour. Double Basic Cake Recipe; pour into prepared pan.

Bake at 375 degrees for 10 minutes. Reduce oven temperature to 350 degrees, and bake 28 minutes.

INSTRUCTIONS FOR MAKING 2 (6-INCH) CAKE LAYERS:

You will need only 1 (6-inch) cake layer to make our wedding cake.

Coat bottoms of pans with cooking spray (do not coat sides of pan); line bottoms with wax paper. Coat wax paper with cooking spray, and dust with flour. Prepare Basic Cake Recipe; divide batter evenly between pans.

Bake at 375 degrees for 10 minutes. Reduce oven temperature to 350 degrees, and bake 25 minutes.

HIGH ALTITUDE ADJUSTMENT: Follow instructions for Basic Cake Recipe except beat egg whites to soft peaks instead of stiff peaks.

INSTRUCTIONS FOR APRICOT MOUSSE FILLING:

Combine 2-1/2 cups orange juice and the apricots in a large non-aluminum saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until apricots are tender.

Combine 1/4 cup orange juice and half of the apricot mixture in a blender or food processor, and process until smooth; pour into an extra-large bowl. Repeat procedure with remaining apricot mixture and 1/4 cup orange juice, except leave mixture in blender.

Sprinkle the gelatin over remaining 1-1/2 cups orange juice in a saucepan; let stand 1 minute. Cook over low heat 10 minutes, stirring until gelatin dissolves. Add gelatin mixture to apricot mixture in blender, and process until smooth. Add to the apricot mixture in bowl, stirring until well-blended. Place bowl over another extra-large bowl filled with ice; let stand until apricot mixture is chilled and thickened (about 30 minutes), stirring frequently and scraping sides of bowl. (If mixture sets up too much, whisk it until it becomes like pudding again.) Remove bowl from ice.

Combine egg whites (at room temperature), sugar, water, and corn syrup in an extra-large straight-sided bowl. Place bowl over simmering water in a large saucepan (water should not touch bottom of bowl). Beat egg white mixture at medium speed of a mixer 7 minutes. Increase speed to high; beat for 10 minutes or until mixture is smooth and satiny and stiff peaks begin to form. Remove bowl from simmering water; beat in vanilla.

Fold egg white mixture into apricot mixture; cover and chill at least 8 hours or up to 4 days.

Yield: 12 cups.

INSTRUCTIONS FOR BUTTERCREAM FROSTING:

Cream margarine and cream cheese at medium speed of a mixer until light and fluffy. Add vanilla and salt; beat well. Gradually add sugar and milk, beating at low speed. Increase speed to high, and beat until well-blended and spreadable.

Yield: 2 cups.

This cake serves about 125 people. The nutritional analysis is based on a single slice.

Per Serving (excluding unknown items): 86 Calories; 1g Fat (10.7% calories from fat); 1g Protein; 19g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 35mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 0 Fat; 1 Other Carbohydrates.

Layered Zucchini

Cooking Light Annual Recipes 2002. Page 302

WW Points: 4.5

Yields: 10 servings

Posted by Tammy1961

March 29, 2003

Comments: This casserole is made up of layers of zucchini, ground beef, two kinds of cheeses, and tons of flavor.

Ingredients

4 cups water

6 cups sliced zucchini (about 3 medium)

1 pound ground round

2 garlic cloves, minced

2 cups low-fat spaghetti sauce (such as Muir Glen Organic)

1/2 teaspoon salt

1/2 teaspoon dried basil

1/2 teaspoon dried oregano

2 cups fat-free cottage cheese

1 tablespoon dried parsley

2 large eggs, lightly beaten

Cooking spray

1/2 cup dry breadcrumbs, divided

1 3/4 cups (3 1/2 ounces) preshredded part-skim mozzarella cheese, divided

Directions

Preheat oven to 350°.

Bring the water to a boil in a large saucepan. Add zucchini; cook 3 minutes or until crisp-tender. Drain and cool.

Place the beef and garlic in a large nonstick skillet over medium-high heat. Cook until browned, stirring to crumble. Stir in the spaghetti sauce, salt, basil, and oregano; cook for 1 minute. Remove from heat.

Combine the cottage cheese, parsley, and eggs in a medium bowl.

Arrange zucchini slices in a shallow 3-quart casserole coated with cooking spray.

Sprinkle the zucchini with half of the breadcrumbs. Spread half of cottage cheese mixture over breadcrumbs; cover with half of the meat mixture and 1 cup mozzarella.

Repeat the layers with the remaining breadcrumbs, cottage cheese mixture, and meat mixture; reserve the remaining mozzarella. Bake at 350° for 40 minutes.

Sprinkle with remaining mozzarella, and bake an additional 5 minutes or until cheese melts.

Nutrition Facts (per Serving): 210 calories; 14.8 g carbohydrates; 69 mg cholesterol; 7.1 g fat; 554 mg sodium; 20.9 g protein; 153 mg calcium; 2.5 mg iron; 2.3 g fiber

Orange-Glazed Carrots

From www.cookinglight.com

3 Points per serving (from nutritional values)

YIELD: 5 servings (serving size: 1/2 cup)

Submitted by Bawstinn32 (Maria)

April 23, 2003

Comments:

INGREDIENTS:

2 tablespoons butter or stick margarine

1/3 cup honey

2 tablespoons minced fresh parsley

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon imitation orange extract

Dash of dried thyme

1-1/2 pounds baby carrots

INSTRUCTIONS:

1. Preheat oven to 375 degrees.

2. Place butter in a small microwave-safe bowl; microwave at high 20 seconds or until melted. Stir in honey and the next 5 ingredients (honey through thyme).

3. Place carrots in a 1-quart casserole, and pour honey mixture over carrots. Cover and bake at 375 degrees for 1 hour or until tender.

NUTRITIONAL INFO:

CALORIES 169 (26% from fat); FAT 4.9g (sat 2.9g, mono 1.4g, poly 0.3g); PROTEIN 1.5g; CARB 32.6g; FIBER 4.4g; CHOL 12mg; IRON 0.9mg; SODIUM 331mg; CALC 42mg

Pasta with Pomodoro Sauce

Posted by KERBYLD

April 23, 2003

WW Points: 7 (2/3 cup sauce and 1 1/3 cups pasta)

Serves: 6

Comments:

Ingredients:

2 tbsp. olive oil
4 garlic cloves, minced
1/2 tsp black pepper
1/4 tsp salt
1 (28-oz) can whole tomatoes, undrained and coarsely chopped
1/4 cup finely sliced fresh basil
8 cups hot cooked penne (1-pound)

1. Heat oil in large nonstick skillet over medium heat. Add garlic; cook 2 minutes, stirring constantly (do not brown). Stir in pepper, salt and tomatoes; bring to a boil. Reduce heat; simmer 7 minutes or until slightly thick, stirring occasionally. Remove from heat; stir in basil. Serve over pasta.

Chicken with Roasted Red Pepper Sauce

Serves: 4

WW Points: 6 (1 chicken breast half, 3 tbsp sauce, 1 tbsp cheese)

Posted by KERBYLD

April 23, 2003

Comments:

Ingredients:

- 1 tbsp olive oil
- 4 (6-oz) skinless, boneless chicken breast halves
- 1 tsp. Italian seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1/4 cup fat free, chicken broth
- 1 tsp. red wine vinegar
- 1 (7-oz) bottle roasted red bell peppers, drained
- 1/4 cup grated Parmesan cheese (I used Asiago)

1. Heat oil in a large nonstick skillet over medium high heat. Sprinkle chicken with Italian seasoning, salt and black pepper. Add chicken to pan and cook 3 minutes on each side
2. While chicken cooks, place broth, vinegar and bell peppers in food processor; process until smooth. Add bell pepper mixture to pan; bring to a boil. Cover, reduce heat and simmer 3 minutes. Uncover and simmer 3 minutes or until chicken is done. Sprinkle servings evenly with cheese.

Capered Chicken Salad

Servings: 4

POINTS per serving: 6

Posted by JOANBORSTEN

April 23, 2003

Comments:

Ingredients

14 oz cooked light meat chicken, cubed, shredded, or sliced
2 whole hard-boiled egg(s)
6 oz potato(es), red or white, cooked
1/2 serving dill pickle(s)
1/4 cup scallion(s)
2 Tbsp bell pepper(s)
4 medium olive(s)
1/3 cup light sour cream
2 tsp light sour cream
1 Tbsp + 1 tsp reduced-calorie mayonnaise
1 Tbsp capers
2 tsp Dijon mustard

Instructions

In medium mixing bowl combine chicken, eggs, potatoes, pickle, scallion, bell pepper, olives. In small bowl combine remaining ingredients plus salt and pepper. Pour dressing over chicken and mix well. Cover bowl with plastic and refrigerate until chilled, mix again before serving.

Feta Chicken and Vegetables

Cooking Light Website

Yield: 2 servings

WW pts = 5

posted by Kate

April 23, 2003

Comments:

INGREDIENTS:

1 tablespoon all-purpose flour
1/2 teaspoon dried marjoram or thyme
1/4 teaspoon black pepper
1/8 teaspoon salt
2 (4-ounce) skinned, boned chicken breast halves
1 teaspoon olive oil
Cooking spray
2/3 cup red bell pepper strips
1/2 cup vertically sliced red onion
1/3 cup fat-free, less-sodium chicken broth
1 teaspoon white wine vinegar
1/4 cup (1 ounce) crumbled feta cheese, divided
Oregano sprigs (optional)

INSTRUCTIONS:

1. Combine first 4 ingredients in a shallow dish. Dredge chicken in flour mixture. Heat oil in a nonstick skillet coated with cooking spray over medium-high heat. Add chicken, and cook 4 minutes on each side or until browned. Remove chicken from pan; keep warm. Add bell pepper, onion, broth, and vinegar to pan; cook 5 minutes or until vegetables are soft, stirring frequently. Spoon bell pepper mixture into a bowl; stir in 2 tablespoons cheese. Return chicken to pan, and sprinkle with 2 tablespoons cheese. Cover; cook over low heat 2 minutes or until cheese melts. Divide the vegetable mixture evenly between 2 plates, and top each serving with a chicken breast half. Garnish with oregano sprigs, if desired.

NUTRITIONAL INFO:

CALORIES 234 (28% from fat); FAT 7.3g (sat 2.8g, mono 2.7g, poly 0.7g); PROTEIN 29.8g; CARB 8.2g; FIBER 1.3g; CHOL 78mg; IRON 1.8mg; SODIUM 461mg; CALC 95mg

One Dish Chicken Rice Bake

Serves 4
WW Points per serving 6
Posted by Marnaj500
April 23, 2003

Comments:

Ingredients

10 3/4 oz Campbell's (U.S.) 98% Fat-Free Cream Of Mushroom Soup
1 cup water
3/4 cup uncooked brown rice
1/4 tsp black pepper
1/4 tsp paprika
4 piece Tyson Boneless, Skinless Chicken Breast(s)

Instructions

1. In a 2-quart shallow baking dish, mix soup, water, rice, paprika and pepper.
2. Place chicken in rice mixture.
3. Sprinkle with additional paprika and pepper.
4. Cover and bake at 375 degrees for 45 minutes, or until done.

Special Notes

The original recipe called for white rice. We like the brown rice. It could take longer to cook. We added a little onion, carrot, celery and you may add any other vegetables you like. You will then have a one-pot meal. You can also use chicken or vegetable broth instead of the water.

Squash-Rice Casserole

(CL Website)

WW pts-4

YIELD: 8 servings (serving size: 1 cup)

Posted by: michele998

On 4/24/03

INGREDIENTS:

8 cups sliced zucchini (about 2-1/2 pounds)
1 cup chopped onion
1/2 cup fat-free, less-sodium chicken broth
2 cups cooked rice
1 cup fat-free sour cream
1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese
1/4 cup (1 ounce) grated fresh Parmesan cheese, divided
1/4 cup Italian-seasoned breadcrumbs
1 teaspoon salt
1/4 teaspoon black pepper
2 large eggs, lightly beaten
Cooking spray

INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Combine first 3 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender. Drain; partially mash with a potato masher. Combine zucchini mixture, rice, sour cream, cheddar cheese, 2 tablespoons Parmesan cheese, breadcrumbs, salt, pepper, and eggs in a bowl; stir gently. Spoon zucchini mixture into a 13 x 9-inch baking dish coated with cooking spray; sprinkle with 2 tablespoons Parmesan cheese. Bake at 350 degrees for 30 minutes or until bubbly.
3. Preheat broiler.
4. Broil 1 minute or until lightly browned.

NUTRITIONAL INFO:

CALORIES 197 (25% from fat); FAT 5.5g (sat 2.7g, mono 1.5g, poly 0.4g); PROTEIN 12.7g; CARB 24g; FIBER 1.4g; CHOL 65mg; IRON 1.5mg; SODIUM 623mg; CALC 209mg

Cinnamon-Apple Cake

WW Points: 6

Yields: 12 servings

Posted by Carots

April 25, 2003

Comments: This cake is usually served at Hanukkah. The cream cheese in the batter gives the cake lots of moisture. Because it's so tender, use a serrated knife for cutting.

Comments from Lesley (Mrscouscous) on 1-20-07: The "new" CL updated recipe calls for butter I/O margarine and Braeburn apples I/O Rome. The cake is delicious, so I support it (the substitutions) whole-heartedly! It is indeed the same point count (as the older recipe)

INGREDIENTS:

1-3/4 cups sugar, divided
1/2 cup stick margarine, softened
1 teaspoon vanilla extract
6 ounces block-style fat-free cream cheese, softened (about 3/4 cup)
2 large eggs
1-1/2 cups all-purpose flour
1-1/2 teaspoons baking powder
1/4 teaspoon salt
2 teaspoons ground cinnamon
3 cups chopped peeled Rome apple (about 2 large)
Cooking spray

INSTRUCTIONS:

Preheat oven to 350 degrees. Beat 1-1/2 cups sugar, margarine, vanilla, and cream cheese at medium speed of a mixer until well-blended (about 4 minutes). Add eggs, 1 at a time, beating well after each addition. Combine flour, baking powder, and salt. Add flour mixture to creamed mixture, beating at low speed until blended. Combine 1/4 cup sugar and cinnamon. Combine 2 tablespoons cinnamon mixture and apple in a bowl, and stir apple mixture into batter. Pour batter into an 8-inch springform pan coated with cooking spray, and sprinkle with remaining cinnamon mixture.

Bake at 350 degrees for 1 hour and 15 minutes or until the cake pulls away from the sides of the pan. Cool the cake completely on a wire rack, and cut using a serrated knife.

NUTRITIONAL INFO:

calories: 281 carbohydrates: 46.3 g cholesterol: 39 mg fat: 8.7 g sodium: 234 mg
protein: 4.8 g calcium: 89 mg iron: 1.1 mg fiber: 1.2 g

Roasted Pork w/ Honeyed Grape Sauce

Serves 4 (3 ounce pork, 1/4 c. sauce)

Points 6

Posted by Michele998

Source: Cooking Light June 2002

Comments: I do not use meat thermometer...and I cook a little longer than recipe calls for. I like to be cautious with pork.

Ingredients

2 tsp olive oil, divided

1/3 c chopped shallots

1 tbsp minced garlic

2 Cups coarsely chopped red grapes

2 tbsp tamari sauce or soy sauce

2 tbsp honey

1 tsp fresh grated peeled ginger

Dash of five-spice powder

1 1/4 pound of pork tenderloin, trimmed

1/2 tsp salt

1/2 tsp pepper

1. Preheat oven to 450 degrees

2. Heat 1 tsp oil in medium saucepan over medium heat. Add shallots and garlic, sauté 3 minutes or until tender. Add grapes and next 4 ingredients. Bring to a boil, reduce heat, and simmer 15 minutes. Cool 10 minutes. Place grape mixture in blender, process until smooth.

3. Heat 1 tsp oil in large cast iron skillet over medium high heat. Sprinkle pork with salt and pepper. Add pork to pan and cook 5 minutes browning all sides. Bake at 450 degrees for 12 minutes or until pork reaches 155 degrees on meat thermometer. Tent with foil, let stand 10 minutes before slicing. Serve with sauce.

Calories 263 Fat 6.6g Protein 25.6 g Carb 26.6g Fiber 1 g Chol 74 mg iron 2.1 mg sodium 759 mg calc 27 mg

Greek Spaghetti With Tomatoes and Feta

CL website

WW points: 7

Yields: 4 servings (1 1/4 cups)

Posted by: 19greazy

April 25, 2003

Comments:

INGREDIENTS:

2 teaspoons olive oil

1 teaspoon dried oregano

1 large clove garlic, minced

3 cups diced tomato

1/2 cup sliced green onions

1/4 cup chopped fresh parsley, divided

2 tablespoons lemon juice

4 cups hot cooked thin spaghetti (cooked without salt or fat)

1 cup (4 ounces) crumbled feta cheese, divided

Freshly ground pepper

INSTRUCTIONS:

Heat oil in a large nonstick skillet over medium-high heat. Add oregano and garlic, and sauté 30 seconds. Add tomato, onions, 2 tablespoons parsley, and juice; cook 2 minutes or until heated.

Combine tomato mixture, spaghetti, and 3/4 cup cheese; toss gently. Top with remaining 1/4 cup cheese and 2 tablespoons parsley, and sprinkle with pepper.

NUTRITIONAL INFO:

calories: 334 carbohydrates: 50.2 g cholesterol: 25 mg fat: 9.8 g sodium: 336 mg
protein: 12.5 g calcium: 179 mg iron: 3.4 mg fiber: 4.8 g

YIELD:

4 servings (serving size: 1-1/4 cups)

Filet Mignon With Mushroom - Wine Sauce

"Quick and Easy"

WW Points: 6

Yields 4 servings

Posted by sagslp

April 25, 2003

Comments:

1 T margarine, divided
Vegetable cooking spray
1/3 c finely chopped shallots
1/2 lb fresh shiitake mushrooms, stems removed
1 1/2 c dry red wine, divided
1 (10 1/2 ounce) can beef consommé, undiluted and divided
Cracked pepper
4 (4 ounce) filet mignon steaks (about 1 inch thick)
1 T low -sodium soy sauce
2 t cornstarch
1 T fresh chopped thyme or 1 t dried thyme
Fresh thyme sprigs (optional)

Melt 1 1/2 teaspoons margarine in a nonstick skillet coated with cooking spray over medium heat. Add shallots and mushrooms; sauté 4 minutes. Add 1 cup wine and 3/4 cup consommé; cook 5 minutes, stirring often. Remove mushrooms, and place in a bowl. Increase heat to high; cook wine mixture 5 minutes or until reduced to 1/2 cup. Add to mushrooms in bowl ; set aside. Wipe skillet with a paper towel.

Sprinkle desired amount of pepper over steaks. Melt remaining 1 1/2 teaspoons margarine in skillet coated with cooking spray over medium heat. Add steaks; cook 3 minutes on each side or until browned. Reduce heat to medium-low, and cook 1 1/2 minutes on each side or to desired degree of doneness. Place on serving platter, and keep warm.

Combine soy sauce and cornstarch; stir well. Add remaining 1/2 cup wine and consommé to skillet; scrape skillet with a wooden spoon to loosen browned bits. bring to a boil; cook 1 minute. Add mushroom mixture, cornstarch mixture, and chopped thyme; bring to a boil, and cook, stirring constantly, 1 minute. Serve with steaks. Garnish with thyme sprigs, if desired. Yield: 4 servings (serving size: 3 ounces steak and 1/2 cup sauce).

Calories 250 (30% from fat) Protein 28.5 g Fat 10.7g (sat 3.6g)Carbohydrate 9.4g Fiber 0.9g Cholesterol 84mg Iron 5.1mg Sodium 712mg Calcium 30mg

Black Bottom Banana Cream Pie (Modified) Cooking Light- 11/01/98

WW Points - 7

Servings - 8

Posted by mjaatvedt (Deb M)

April 25, 2003

Comments:

INGREDIENTS 1 (9-inch) Pastry Crust

3 Tbsp. cornstarch, divided

2 Tbsp. sugar + 1/2 cup sugar

2 Tbsp. unsweetened cocoa

Dash of salt + 1/4 teaspoon salt

1-1/3 cups 1% low-fat milk, divided (I used skim)

1 ounce semisweet chocolate, chopped

2 large eggs (I used egg beaters)

1 Tbsp. stick margarine or butter (I used Corman's light butter)

2 teaspoons vanilla extract

2 ounces block-style fat-free cream cheese, softened

2 cups sliced ripe banana (about 2 large bananas)

1-1/2 cups frozen fat-free whipped topping, thawed

Chocolate curls (optional)

Prepare and bake Pastry Crust in a 9-inch pie plate. Cool completely on a wire rack.

Combine 1 Tbsp. cornstarch, 2 Tbsp. sugar, cocoa, and dash of salt in a small, heavy saucepan; gradually add 1/3 cup milk, stirring with a whisk. Cook 2 minutes over medium-low heat. Stir in chocolate; bring to a boil over medium heat. Reduce heat to low; cook 1 minute, stirring constantly. Spread chocolate mixture into bottom of prepared crust.

Combine 2 Tbsp. cornstarch, 1/2 cup sugar, 1/4 teaspoon salt, eggs, 1 cup milk, and margarine in a heavy saucepan over medium heat, stirring constantly with a whisk. Bring to a boil. Reduce heat to low, and cook 30 seconds or until thick. Remove from heat. Add vanilla. Beat cream cheese until light (about 30 seconds). Add 1/4 cup hot custard to cream cheese, and beat just until blended. Stir in remaining custard.

Arrange banana slices on top of chocolate layer; spoon custard over bananas. Press plastic wrap onto surface of custard; chill 4 hours. Remove plastic wrap. Spread whipped topping evenly over custard. Garnish with chocolate curls, if desired. Chill until ready to serve.

NUTRITIONAL INFO: calories: 315 carbohydrates: fat: 10.1; fiber: 1.6 g

Pastry Crust (for Black-Bottom Banana Cream Pie)

Cooking Light- 11/01/98

INGREDIENTS

1 cup all-purpose flour, divided
3 tablespoons ice water
1/2 teaspoon cider vinegar
1 tablespoon powdered sugar
1/4 teaspoon salt
1/4 cup vegetable shortening

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Lightly spoon flour into a dry measuring cup; level with a knife. Combine 1/4 cup flour, ice water, and vinegar, stirring with a whisk until well-blended.
3. Combine 3/4 cup flour, sugar, and salt in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal. Add mixture of step #2; toss with a fork until flour mixture is moist. Gently press mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Roll dough, still covered, into a 12-inch circle; freeze 10 minutes. Remove 1 sheet of plastic wrap; let stand 1 minute or until pliable. Fit dough, plastic-wrap side up, into a 9-inch pie plate or a 9-inch round removable-bottom tart pan. Remove plastic wrap. Press the dough against bottom and sides of pan. Fold edges under or flute decoratively. Line bottom of dough with a piece of foil; arrange pie weights on foil. Bake at 400 degrees for 20 minutes or until edge is lightly browned. Remove pie weights and foil; cool on a wire rack.

Food Processor variation: Preheat oven to 400 degrees. Lightly spoon 1 cup flour into a dry measuring cup; level with a knife. Place flour, sugar, and salt in a food processor; pulse 2 times or until combined. Add shortening; pulse 10 times or until mixture is combined. Add ice water and vinegar through food chute, pulsing just until combined (mixture won't form a ball). Gently press mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Roll dough, still covered, into a 12-inch circle; freeze 10 minutes. Remove 1 sheet of plastic wrap; let stand 1 minute or until pliable. Fit dough into a 9-inch pie plate or 9-inch round removable-bottom tart pan. Remove top sheet of plastic wrap. Press the dough against bottom and sides of pan. Fold edges under or flute decoratively. Arrange pie weights on a piece of foil in bottom of dough; bake at 400 degrees for 20 minutes or until edge is lightly browned. Remove pie weights and foil; cool on a wire rack.

YIELD: 1 (9-inch) crust.

Mushroom Lasagna

Cooking Light, April 2003

Serves 9

WW points: 5.5 per serving

Posted by Debi (dbcandoit)

April 25, 2003

Comments:

1/4 C all-purpose flour
3 C 1% low-fat milk
1 C (4 oz.) grated fresh Parmesan cheese, divided
3/4 tsp salt
1/4 tsp freshly ground black pepper
1/8 tsp ground nutmeg
1 (10-oz) package frozen chopped spinach, thawed, drained, and squeezed dry or use fresh
2 tsp butter
1/2 C thinly sliced leek (about 2 large)
2 (8 oz) packages button mushrooms, thinly sliced
1/3 C chopped fresh flat-leaf or curly parsley
1/2 tsp dried oregano
2 garlic cloves, minced
Cooking spray (Pam)
1/2 C (2 oz) shredded fontina cheese (or mozzarella or low-fat cheddar)

1. Cook the pasta according to package directions, omitting salt and fat.
2. Preheat oven to 400 degrees.
3. Place the flour in a medium saucepan. Gradually add the milk, stirring with a whisk until blended. Bring to a boil over medium heat, cook until thick (about 5 minutes), stirring constantly. Remove from heat, stir in 1/2 C Parmesan, cottage cheese, and next 4 ingredients (cottage cheese through spinach).
4. Melt butter in a large nonstick skillet over medium heat. Add leek and mushrooms, sauté 7 minutes or until tender. Drain well, and return to pan. Stir in parsley, oregano, and garlic. Spread 1 C spinach mixture onto the bottom of a 13x9-inch baking dish that has been coated with cooking spray (Pam). Arrange 3 noodles over the spinach, and top with 1-1/2 C of the mushroom mixture. Repeat layers, ending with noodles. Top with remaining 1/2 C spinach mixture.
5. Cover and bake at 400 degrees for 25 minutes. Uncover and sprinkle with 1/2 C Parmesan and all of the fontina. Bake an additional 15 minutes or until golden brown. Let stand 10 minutes. Yield: 9 servings.
Calories 262; Fat 8.5g; Fiber 2.8g:

East Asian Pork Strips

CL Magazine, May 2003

WW points: 5 per serving

Number of Servings: 4

Posted by: Karey2002

4/25/03

Comments:

1/2 cup chopped onion

2 T bourbon

1/2 t freshly ground black pepper

4 (4 ounce) boneless center-cut pork loin chops, trimmed and cut into 1/2 inch strips

1/4 c low sodium soy sauce

1 1/2 T white vinegar

4 t sugar

4 t peeled chopped fresh ginger

1/2 t cornstarch

1/2 t honey

3 T thinly sliced green onion

1 1/2 t vegetable oil

Combine first 3 ingredients in large zip top plastic bag, and add pork to bag. Seal and marinate for 30 minutes in fridge. Combine soy sauce through honey in blender, process until smooth. Pour mixture in saucepan and bring to a boil. Cook for 1 minute stirring constantly. Remove from heat and stir in green onions. Heat oil in a large nonstick pan over medium high heat. Add pork mixture to pan and cook, stirring frequently, until pork loses its pink color (about 6 minutes). Serve pork with sauce.

Chicken with Curried Mango Sauce

(CL website)

WW points -- 7

YIELD: 4 servings (1 chicken breast half, 3/4 cup mango sauce, and 1/2 cup rice)

Posted by CateWms

April 26, 2003

Comments:

INGREDIENTS:

4 (4-ounce) skinned, boned chicken breast halves
1/2 teaspoon salt, divided
1 tablespoon vegetable oil, divided
1 cup chopped onion
1/2 cup chopped red bell pepper
2 teaspoons grated peeled fresh ginger
1 teaspoon curry powder
1/2 teaspoon ground coriander
2 garlic cloves, crushed
1-1/4 cups fat-free, less-sodium chicken broth
1-1/2 teaspoons cornstarch
1-1/3 cups cubed peeled mango (about 1 large)
2 cups hot cooked basmati rice
1/4 cup thinly sliced green onions

INSTRUCTIONS:

Prep Time: 20 minutes

Cooking Time: 20 minutes

Sprinkle chicken with 1/4 teaspoon salt. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add the chicken; cook 3 minutes on each side or until done.

Remove from pan; keep warm.

Heat 2 teaspoons oil in pan over medium-high heat. Add chopped onion and bell pepper; sauté 5 minutes, stirring occasionally. Add 1/4 teaspoon salt, ginger, curry, coriander, and garlic, and sauté 30 seconds. Combine broth and cornstarch, and add to pan. Bring to a boil, and cook 1 minute, stirring constantly. Remove from heat. Stir in mango.

Spoon rice onto each of 4 plates; top with chicken. Spoon sauce over chicken; sprinkle with green onions.

calories: 335 fat: 5.3 g fiber: 2.8 g

Farmer's Casserole

www.bhg.com

WW Points: 6

Yields 4 servings

Posted by Bawstinn 32

April 26, 2003

3 cups potatoes, shredded <used Simply Potatoes>

3/4 cup cheddar cheese, lowfat, shredded

3 ounces canadian bacon, chopped

1/2 cup green onion, sliced

4 whole eggs, beaten

12 ounces evaporated skim milk

1/4 teaspoon salt

1/4 teaspoon pepper

1. Spray an 8 by 8 inch pan with cooking spray. Arrange potatoes at the bottom of the dish. Sprinkle with cheese, canadian bacon and green onions. In a large mixing bowl, combine eggs, milk, salt and pepper. Pour egg mixture over potato mixture in dish.
2. Bake, uncovered in a 350 degree oven for 40 minutes or until center appears set. Let stand 5 minutes before cutting.
3. Make ahead tip: The night before, prepare casserole. Cover and chill. Increase baking time to 50 minutes.

Calories: 295 Fiber: 2 grams Fat: 8 grams

Scalloped Potatoes with Cheese

from Cooking light website

WW points / 1 cup = 5

Serves 7 (serving size: 1 cup)

Posted by grannyslap1

April 26, 2003

Comments: This recipe is versatile in every way: use cheddar, Swiss, or provolone cheese, russet potatoes in place of red, and whatever kind of milk you have on hand. Pair it with roasted chicken or pork.

INGREDIENTS:

1 garlic clove, halved

Butter-flavored cooking spray

6 medium peeled red potatoes, cut into 1/8-inch-thick slices

2 tablespoons margarine, melted

1/2 teaspoon salt

1/8 teaspoon pepper

1/2 cup (2 ounces) shredded Gruyere cheese

1 cup skim milk

INSTRUCTIONS: Prep Time: 10 minutes - Cooking Time: 40 minutes

Preheat oven to 425. Rub an 11 x 7-inch baking dish with cut sides of garlic halves; discard garlic. Coat dish with cooking spray. Arrange half of potato slices in dish; drizzle with 1 tablespoon margarine. Sprinkle with 1/4 teaspoon salt and half of pepper; top with 1/4 cup cheese. Repeat layers with remaining ingredients. Bring milk to a boil over low heat in a small saucepan; pour over potato mixture. Bake, uncovered, at 425 for 40 minutes or until potatoes are tender.

NUTRITIONAL INFO: calories: 228 carbohydrates: 36.6 g cholesterol: 10 mg fat: 6.7 g sodium: 262 mg protein: 7.6 g calcium: 142 mg iron: 1.4 mg fiber: 3.2 g

Ham Tetrazzini

Published: Cooking Light- 01/01/98

WW points: 6.5

Yields 5 servings (serving size: 1 cup)

Posted by oden_mi

April 27, 2003

Comments: Bake this dish with a rich, sherry-Parmesan cheese cream sauce until the bread crumbs on top are bubbly and golden brown.

INGREDIENTS

1/4 cup all-purpose flour
1 cup low-salt chicken broth
1 cup 2% reduced-fat milk
1/4 teaspoon black pepper
1 tablespoon stick margarine or butter
2 cups sliced mushrooms
1/2 cup diced green bell pepper
3 cups hot cooked wide egg noodles (about 5 ounces uncooked pasta)
1 cup cubed cooked ham (such as Light and Lean)
1/3 cup grated Parmesan cheese
1 tablespoon dry sherry
1/3 cup dry breadcrumbs

INSTRUCTIONS

Preheat oven to 450°.

Place flour in a bowl; add broth, milk, and Pepper. Stir the flour mixture well with a whisk.

Melt margarine in a nonstick skillet over medium-high heat. Add mushrooms and bell pepper; sauté 3 minutes. Add flour mixture. Cook 2 minutes or until thick and bubbly; stir constantly. Combine sauce, noodles, ham, cheese, and sherry in a 1-1/2-quart casserole or 10-inch round gratin dish; sprinkle with breadcrumbs. Bake at 450° for 10 minutes or until bubbly.

NUTRITIONAL INFO

calories: 293 carbohydrates: 36 g cholesterol: 56 mg fat: 9.3 g sodium: 584 mg protein: 16.3 g calcium: 164 mg iron: 2.9 mg fiber: 1.9 g

Watercress-and-Sprout Salad

Cooking Light Website

WW Points: 1

Yields 4 servings (serving size: 1 cup)

Posted by grannyslap1

April 27, 2003

Comments:

INGREDIENTS:

2 tablespoons low-sodium soy sauce

1 tablespoon rice vinegar

1 tablespoon water

1 teaspoon sesame oil

4 cups trimmed watercress

1 cup bean sprouts

1 tablespoon sesame seeds, toasted

INSTRUCTIONS:

Prep Time: 10 minutes

Combine soy sauce, vinegar, water, and oil in a medium bowl, and stir well with a whisk. Add watercress, sprouts, and sesame seeds; toss gently to coat. Serve immediately.

NUTRITIONAL INFO:

calories: 39 carbohydrates: 3.3 g cholesterol: 0 mg fat: 2.4 g sodium: 258 mg protein: 2.3 g calcium: 68 mg iron: 0.8 mg fiber: 1.2 g

Orange-Basil Chicken

1996 Cooking Light Cookbook

Servings: 4

WW Points: 4

Submitted by Jill (jillyh)

4/27/03

Comments:

Vegetable Cooking Spray

1 tsp. olive oil

4 (4 oz) skinned, boned chicken breast halves

3/4 c. freshly squeezed orange juice

1/4 c. dry white wine

1 T. chopped fresh basil

1/4 tsp. salt

1/4 tsp. freshly ground black pepper

12 (1/2 inch thick) wedges fresh orange

1 clove garlic, minced

2 tsp. cornstarch

1 T. water

Fresh basil sprigs (optional)

Coat large nonstick skillet with cooking spray; add oil. Place over medium heat until hot. Add chicken. Cook 2 minutes on each side, or until browned. Add orange juice and next 6 ingredients; bring to boil. Cover, reduce heat, and simmer 15 minutes or until chicken is done. Remove chicken and orange wedges from skillet, using a slotted spoon; set aside and keep warm. Bring orange juice mixture to boil. Reduce heat, and simmer uncovered, 10 min or until reduced to 3/4 cup. Combine cornstarch and water, stirring well. Add to juice mixture, stirring constantly, until mixture thickens. Transfer chicken and orange wedges to individual serving plates. Spoon sauce over chicken. Garnish with basil sprigs if desired.

Cal=176; Fat=2.8g; Fiber=1.2g; Carb=9.7g; Chol=66mg; Iron=1mg; Protein=26.8;
Sodium=222mg; Calcium=32mg

Caribbean Rice and Beans

www.cookinglight.com

WW Points: 4

YIELD: 4 servings (serving size: 1 cup bean mixture and 2 tablespoons cheese).

Posted by Baswtinn32

April 28, 2003

Comments:

Here's a quick and easy dish that's ready in about a half hour.

INGREDIENTS:

2/3 cup water

2/3 cup uncooked instant rice

1 teaspoon vegetable oil

Cooking spray

1 cup chopped onion

1/2 cup chopped celery

1/2 cup diced green bell pepper

3 garlic cloves, minced

1 cup coarsely chopped tomato

1/8 teaspoon salt

1/4 teaspoon crushed red pepper

1/4 teaspoon ground cumin

1/4 cup chopped fresh cilantro

1 (15-ounce) can black beans, drained

1/2 cup (2 ounces) shredded part-skim mozzarella cheese

INSTRUCTIONS:

Bring water to a boil in a saucepan, and stir in rice. Cover, reduce heat, and simmer 5 minutes or until liquid is absorbed; set aside. Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add onion, celery, bell pepper, and garlic; sauté 5 minutes or until tender. Add chopped tomato, salt, crushed red pepper, and cumin, and sauté 2 minutes. Stir in cooked rice, cilantro, and black beans, and cook for 1 minute or until thoroughly heated. Divide the bean mixture evenly among 4 plates, and sprinkle with cheese.

NUTRITIONAL INFO:

calories: 224 carbohydrates: 36.3 g cholesterol: 8 mg fat: 4.4 g sodium: 326 mg protein: 11.4 g calcium: 140 mg iron: 2.9 mg fiber: 4.9 g

Cate's Springtime Risotto Soup

Cooking Light, May 2003

WW Pts: 6

4 servings

Posted by Allison (alleycat)

04/28/03

Comments:

1 tablespoon olive oil
2 cups chopped onion
2 teaspoons grated lemon rind
3/4 cup Arborio rice or other short-grain rice
3 (14-1/2 oz.) cans fat-free, less sodium chicken broth
2 cups (1-inch) sliced asparagus (about 1 pound)
2 cups coarsely chopped spinach
1/4 teaspoon ground nutmeg
1/2 cup (2 ounces) grated fresh Parmesan cheese

1. Heat oil in large saucepan over medium-high heat. Add onion; sauté 2 minutes. Add lemon rind; sauté 2 minutes. Add rice; sauté 3 minutes.

2. Stir in broth and bring to a boil. Cover, reduce heat, and simmer 10 minutes. Stir in asparagus, spinach and nutmeg; cook, uncovered, 2 minutes or until asparagus is crisp-tender. Top each serving with cheese. Serve immediately.

Serving size: 1-3/4 cups soup and 2 tablespoons cheese

Nutrition info: calories 320; fat 7.5 g; protein 14.9 g; carb 46.2 g; fiber 4.1 g

Notes: I omitted the lemon rind completely. I added a couple dashes of pepper with the nutmeg. This has a nice, simple flavor.

Turkey and Cheese Panini

Cooking Light, May 2003

WW Pts: 5

Serves 4

Posted by Allison (alleycat)

04/28/03

Comments:

2 tablespoons fat-free mayonnaise
4 teaspoons basil pesto
8 (1-oz) thin slices sourdough bread
8 ounces sliced cooked turkey breast
2 ounces thinly sliced provolone
8 (1/8-in thick) slices tomato
cooking spray

1. Combine mayonnaise and pesto, stirring well. Spread 1 tablespoon mayonnaise mixture on each of 4 bread slices; top each slice with 2 ounces turkey, 1/2 ounce cheese, and 2 tomato slices. Top with remaining bread slices.

2. Preheat grill pan or large nonstick skillet coated with cooking spray over medium heat. Add sandwiches to pan; top with another heavy skillet. Cook 3 minutes per side or until golden brown.

Nutritional info: calories 257; fat 8.2 g; protein 18.4 g; carb 30.4 g; fiber 4.1 g

Spicy-Italian Broccoli

Simply Delicious by Weight Watchers

WW Points 1

Serves 4

Posted by Allison (alleycat)

04/28/03

Comments:

6 cups broccoli florets
3 tablespoons fat-free Italian dressing
3 tablespoons shaved Parmesan cheese
1/4-1/2 teaspoon crushed red pepper

1. Bring large pot of lightly salted water to a boil. Add broccoli; return to boil and boil for 3 minutes. Drain broccoli.

2. Toss broccoli and remaining ingredients in a large bowl. Serve immediately or at room temperature.

Notes: Also good chilled!

Oven-Puffed Pancake

www.cookinglight.com

WW Points: 3

Yields 4 servings

Posted by chowie

April 28, 2013

Comments:

INGREDIENTS

1/2 cup all-purpose flour

1/2 cup fat-free milk

2 tablespoons granulated sugar

1/4 teaspoon salt

1 large egg

1 large egg white

1 tablespoon butter

Powdered sugar (optional)

INSTRUCTIONS

Preheat oven to 425 degrees.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 5 ingredients (flour through egg white); stir until moist.

Melt butter in a 10-inch cast-iron skillet over medium heat. Pour batter into pan; cook 1 minute (do not stir). Bake at 425 degrees for 18 minutes or until golden. Sprinkle with powdered sugar, if desired. Cut into quarters; serve immediately.

NUTRITIONAL INFO

calories: 141 carbohydrates: 19.9 g cholesterol: 64 mg fat: 4.4 g sodium: 222 mg
protein: 5.2 g calcium: 48 mg iron: 0.9 mg fiber: 0.4 g

Fresh Tomato - Pesto Pizza

Cooking Light Website

WW Points: 5

Yield: 8 servings

Posted by Kate

April 28, 2003

Comments:

The above was the original recipe from Cooking Light. By substituting CL's Whole Wheat Pizza dough (pg 67) 4 Tablespoons of Classic Pesto (pg 117) and using only 2 oz of provolone (plenty), the points were lowered to 4.5 for 1/6 of the pizza.

INGREDIENTS:

Pesto:

4 cups basil leaves

2 garlic cloves

1/4 cup fat-free, less-sodium chicken broth

1 tablespoon grated fresh Parmesan cheese

1 tablespoon olive oil

Pizza:

1 (1-pound) Italian cheese-flavored pizza crust (such as Boboli)

3 cups chopped seeded tomato (about 2 pounds)

3 garlic cloves, thinly sliced

1 cup (4 ounces) shredded provolone cheese

1/4 cup thinly sliced basil leaves

INSTRUCTIONS:

Preheat oven to 475 degrees.

To prepare pesto, place 4 cups basil leaves and 2 garlic cloves in a food processor, and pulse 5 times or until coarsely chopped. With processor on, add broth, Parmesan, and oil through food chute; process until well-blended.

To prepare pizza, place pizza crust on a baking sheet. Spread pesto over crust, leaving a 1/2-inch border; top with the tomato, garlic slices, and provolone. Bake at 475 degrees for 12 minutes or until the cheese melts. Sprinkle with 1/4 cup basil. Cut the pizza into 8 wedges.

NUTRITIONAL INFO:

calories: 242 carbohydrates: 29.1 g cholesterol: 10 mg fat: 9 g sodium: 458 mg protein: 11 g calcium: 307 mg iron: 2.5 mg fiber: 1.7 g

Mashed Potatoes with Blue Cheese and Parsley

www.cookinglight.com

WW Points: 6 per serving (for 1 cup, or cut down for less points)

Yields 4 servings

Posted by shanana111

April 28, 2003

Comments:

INGREDIENTS:

2 pounds red potatoes, cut into 2-inch chunks

2 garlic cloves, peeled

1 cup (4 ounces) crumbled blue cheese

1/2 cup 1% low-fat milk

2 tablespoons chopped fresh parsley

1/4 teaspoon freshly ground black pepper

INSTRUCTIONS:

Place potatoes and garlic in a large saucepan; cover with water. Bring to a boil; cook 15 minutes or until tender. Drain. Place potato mixture and remaining ingredients in a large bowl. Mash to desired consistency.

NUTRITIONAL INFO:

calories: 284 carbohydrates: 40.5 g cholesterol: 22 mg fat: 8.7 g sodium: 428 mg

protein: 12.2 g calcium: 223 mg iron: 3.2 mg fiber: 4.2 g

Orange-Ginger Chicken

Source: Cooking Light 6/97

WW Points - 6

YIELD: 4 servings

Posted by: Michele998

April 29, 2003

Comments:

INGREDIENTS:

1 teaspoon dark sesame oil
1/2 teaspoon chili oil
4 (4-ounce) skinned, boned chicken breast halves
1/2 cup orange marmalade
3 tablespoons low-sodium soy sauce
1 tablespoon minced peeled fresh ginger
1 tablespoon water
2 garlic cloves, minced

INSTRUCTIONS:

Prep Time: 5 minutes

Cooking Time: 15 minutes

Heat oils in a nonstick skillet over medium heat. Add chicken; cook 6 minutes on each side or until chicken is done. Add marmalade and remaining ingredients; cook 2 minutes or until thick and bubbly. Remove from heat.

NUTRITIONAL INFO:

calories: 247 carbohydrates: 28.3 g cholesterol: 66 mg fat: 3.1 g sodium: 547 mg
protein: 27.1 g calcium: 33 mg iron: 1.2 mg fiber: 0 g

Honey Mustard-Whipped Sweet Potatoes

Source: Cooking Light 10/97

WW Points- 4

YIELD: 4 servings (serving size: 3/4 cup)

Posted by Michele998

April 29, 2003

Comments: I used a little extra broth but drained it off before putting in food processor.

INGREDIENTS:

1 tablespoon margarine

1/2 cup sliced onion

3 medium sweet potatoes, peeled and cut into 1-inch pieces (about 1-1/2 pounds)

1 tablespoon Dijon mustard

1 tablespoon honey

1/4 teaspoon pepper

1 cup low-salt chicken broth

INSTRUCTIONS:

Estimated Total Time: 35 minutes

Melt margarine in a large saucepan over medium heat. Add onion and sweet potatoes; sauté 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. Place sweet potato mixture in a food processor; process until smooth.

NUTRITIONAL INFO:

calories: 198 carbohydrates: 38.3 g cholesterol: 0 mg fat: 4 g sodium: 187 mg protein: 3.1 g calcium: 34 mg iron: 1.2 mg fiber: 4.3 g

YIELD:

4 servings (serving size: 3/4 cup).

Bourbon and Brown Sugar Flank Steak

CL Sept 2002

WW points: 5

Yields 8 Servings

Posted by Bawstinn32 (Maria)

April 29, 2003

Comments: Pork tenderloin will also work in this recipe (4 points per serving). Recipe was originally listed with Garlic-Chive Mashed Potatoes (page 181).

INGREDIENTS:

Steak:

- 1/4 cup packed dark brown sugar
- 1/4 cup minced green onions
- 1/4 cup bourbon
- 1/4 cup low-sodium soy sauce
- 1/4 cup Dijon mustard
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon Worcestershire sauce
- 1 (2-pound) flank steak, trimmed
- Cooking spray
- 1/2 teaspoon cornstarch

INSTRUCTIONS:

1. To prepare steak, combine first 7 ingredients in a large zip-top plastic bag; add steak. Seal and marinate in refrigerator 8 hours or overnight, turning bag occasionally. Remove steak from bag, reserving marinade.
 2. Prepare grill.
 3. Place steak on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness. Let stand 10 minutes. Cut diagonally across grain into thin slices.
 4. Combine reserved marinade and cornstarch in a saucepan. Bring to a boil; cook 1 minute, stirring constantly.
- Mound 3/4 cup potatoes on each of 8 plates; arrange 3 ounces steak around each serving of potatoes. Drizzle 1 tablespoon sauce on each plate; sprinkle with chive pieces, if desired.

Garlic-Chive Mashed Potatoes

WW points: 4

Yields 8 Servings

Posted by Bawstinn32 (Maria)

April 29, 2003

Comments:

Ingredients:

3 pounds small red potatoes

6 garlic cloves, peeled

1/2 cup reduced-fat sour cream

1/3 cup 2% reduced-fat milk

2 1/2 tablespoons butter

1 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/4 cup chopped fresh chives

Garnish:

8 fresh chives, cut into 1-inch pieces

Preparation:

Place potatoes and garlic in a large Dutch oven; cover with water. Bring to a boil.

Reduce heat; simmer 30 minutes or until tender. Drain.

Return potatoes and garlic to pan, and place over medium heat. Add sour cream, milk, butter, salt, and 1/4 teaspoon pepper. Mash potato mixture to desired consistency with a potato masher. Stir in chopped chives.

Strawberry Won-Ton Tartlettes

Cooking Light June, 1996

WW Points: 2

Servings: 12

posted by DebMj1

April 29, 2003

Comments: Fresh raspberries or blueberries can be used in place of strawberries.
(post-cooking update: After making this recipe, I didn't really care for them.)

Vegetable cooking spray
12 won ton wrappers
1 tsp. sugar
1 egg
1 1/2 cups 1% milk (I used skim)
1/4 cup sugar
2 Tbsp cornstarch
1 tsp. vanilla extract
1/4 tsp. almond extract (I omitted this)
24 small strawberries, halved
1 Tbsp. powdered sugar

Preheat oven to 400 F. Coat 12 muffin cups with cooking spray. Gently press 1 won ton wrapper into each muffin cup, allowing ends of wrappers to extend above edge of cups. Lightly coat with spray; sprinkle with 1 tsp. sugar. Bake at 400 F. for 5 minutes or until lightly browned. Let cool completely in pan on wire rack.

Place egg in a medium bowl, stir well with whisk and set aside. Combine milk, 1/4 cup sugar, and cornstarch in a medium saucepan; stir with a whisk until well-blended. Bring to a boil over medium heat; cook 1 minute, stirring constantly. Gradually add hot milk mixture to egg, stirring constantly with a whisk. Return milk mixture to pan; cook over medium heat 1 minute or until thick and bubbly, stirring constantly. Remove from heat; stir in extracts. Pour the custard into a bowl; cover surface of custard with heavy-duty plastic wrap and chill.

Remove won ton cups from pan; place cups on individual plates. Spoon chilled custard evenly into won ton cups; top with strawberries and sprinkle with powdered sugar.

Each tartlette has 77 calories, 1.4 gms. fat and 0.4 gms. fiber.

For presentation, I sprinkled powdered sugar on a plate, then drizzled lowfat chocolate syrup over the plate. To tie in the chocolate, I don't think it would hurt the recipe in any way (plus I don't think it would add many calories) to spread a little chocolate in the bottom of the won ton cup before adding the custard and then proceeding with the recipe.

Balsamic Vinaigrette Chicken Over Gourmet Greens

Published: Cooking Light- 01/01/01

Yields: 4 servings

WW POINTS: 4 (on older pointsfinder)

Submitted by DebMj1

April 29, 2003

Comments:

INGREDIENTS

Balsamic Vinaigrette, divided

4 (4-ounce) skinless, boneless chicken breast halves

Cooking spray

8 cups gourmet salad greens

INSTRUCTIONS

Combine 1/2 cup Balsamic Vinaigrette and chicken in a shallow dish. Cover and marinate in refrigerator 1 hour.

Preheat broiler. Remove chicken from dish; discard marinade. Place chicken on broiler pan coated with cooking spray; cook for 6 minutes on each side or until done.

Combine remaining Balsamic Vinaigrette and salad greens; toss well. Divide the greens mixture evenly among 4 plates; top each serving with 1 chicken breast half.

(Totals include Balsamic Vinaigrette)

NUTRITIONAL INFO

calories: 221 carbohydrates: 14.2 g cholesterol: 66 fat: 5.6 g sodium: 86 mg protein: 28.5 g calcium: 67 mg iron: 2.5 mg fiber: 2 g

Balsamic Vinaigrette

Published: Cooking Light- 04/22/03

Yields: 4 servings (2 Tablespoons)

WW POINTS: 1 (on older pointsfinder)

Submitted by DebMj1

April 29, 2003

Comments:

INGREDIENTS

1/2 cup basil leaves

1/3 cup balsamic vinegar or sherry vinegar

1/3 cup finely chopped shallots

1/4 cup water

2 tablespoons honey

1 tablespoon olive oil

1/4 teaspoon freshly ground black pepper

INSTRUCTIONS

1. Place of the all ingredients in a blender; process until smooth.

Note: Vinaigrette will keep in the refrigerator for up to a week.

NUTRITIONAL INFO

CALORIES 37 (41% from fat); FAT 1.7g (sat 0.2g, mono 1.3g, poly 0.2g); PROTEIN 0.3g; CARB 5.8g; FIBER 0.1g; CHOL 0mg; IRON 0.2mg; SODIUM 1mg; CALC 7mg

Basil-crusted Veal Chops

Bon Appétit December 1999

WW points 8

Yields 2 servings

Posted by LiciaP

April 29, 2003

Comments:

Ingredients

1/4 cup minced fresh basil (you can also use dried one - decrease quantity to 1 Tbsp)

1/4 cup plus 2 tablespoons fresh breadcrumbs made from crustless French bread

1/4 cup (packed) freshly grated Parmesan cheese

2 tablespoons (1/4 stick) butter, room temperature

2 teaspoons coarse-grained mustard

2 8-ounce veal loin chops (each about 1 1/2 inches thick)

1 tablespoon olive oil

Preheat oven to 450°F. Mix basil, 1/4 cup breadcrumbs, Parmesan, butter and mustard in small bowl. Season with salt and pepper.

Pat veal chops dry with paper towels. Sprinkle with salt and pepper. Heat oil in heavy large ovenproof skillet over high heat. Add veal. Cook until brown, about 1 minute per side. Remove from heat. Press basil mixture onto top of veal chops. Sprinkle 1 tablespoon remaining breadcrumbs over each. Roast in oven until cooked to desired doneness, about 15 minutes for medium-rare.

Makes 2 servings.

Baker's Prune Butter

From: Small Batch Preserving

WW Points: 1

Yield: 2 cups (serving size 1 Tbsp)

Posted by: Karey

4/29/03

1 1/2 cups boiling water

2 tea bags

1/2 pound pitted prunes

1/4 cup granulated sugar

1 teaspoon lemon rind, grated

1/2 teaspoon vanilla extract

Pour boiling water over tea bags and steep for 5 minutes, discard bags. Combine tea and prunes in a medium stainless steel or enamel saucepan. Bring to a boil over medium high heat, reduce heat, cover and boil gently for 5 minutes or until prunes are softened. Remove from heat and puree in blender or food processor until smooth. Return prune mixture to saucepan, add sugar and lemon rind, and boil gently, uncovered, for 15 minutes or until thickened, stirring occasionally. Remove from heat and stir in vanilla.

This recipe is in a canning cookbook and may be processed using a Shorter Time Processing Procedure. I think, maybe, it would be OK to keep in the freezer, though.

Celebration Cake

From: WW Message Boards

WW Points: 12 servings, 6 points

16 servings, 4 points

18 servings, 4 points

Posted By: HAPPYHOMEMAKER

April 30, 2003

Comments: Don't use Cool Whip Free in this recipe. It makes the frosting too runny.

Cake:

Betty Crocker Super Moist Yellow Cake Mix

3 Egg Whites

1/3 cup Unsweetened Apple Sauce

1 sm. (8 oz.) can Mandarin Oranges in Juice, do not drain

Frosting:

8 oz Cool Whip Lite

1 sm. pkg Sugar Free/Fat Free Instant Vanilla Pudding Mix (dry)

1 sm. (15 oz.) can Crushed Pineapple in own Juice, do not drain

Preheat oven 350. Spray a 13 x 9 pan with cooking spray. Mix the cake mix, egg whites, apple sauce, and the oranges with their juice; beat 2min. making sure oranges break apart. Pour into the prepared pan. Bake 25-30 minutes until a toothpick comes out clean. Cool the cake completely.

For the frosting, gently fold together the Cool Whip Lite, the pudding mix, and the pineapple with its juice. Frost the cake. The frosted cake should be stored covered in the refrigerator.

Brussels Sprouts with Browned Garlic

WW Points: 1

Yields: 6 servings (serving size: 1/2 cup)

Posted by Bawstinn32

April 30, 2003

Comments:

INGREDIENTS:

6 cups trimmed Brussels sprouts, halved (about 2 pounds)

1 tablespoon olive oil, divided

1/2 teaspoon salt

1/8 teaspoon black pepper

Cooking spray

3 garlic cloves, thinly sliced

1 tablespoon fresh lemon juice

INSTRUCTIONS:

Preheat oven to 425°F.

Combine the Brussels sprouts, 1-1/2 teaspoons oil, salt, and pepper. Place sprouts mixture in a 13 x 9-inch baking dish coated with cooking spray. Bake at 425°F for 25 minutes or until sprouts are crisp-tender. Keep warm.

Heat 1-1/2 teaspoons olive oil in a small skillet over medium-low heat. Add garlic, and cook for 3 minutes or until golden brown, stirring occasionally. Remove from heat; stir in juice. Add to sprouts mixture; toss well.

NUTRITIONAL INFO:

calories: 91 carbohydrates: 14.3 g cholesterol: 0 fat: 3 g sodium: 234 mg protein: 5.2 g
calcium: 67 mg iron: 2.2 mg fiber: 6.5 g

Brussels Sprouts and Carrots With Almonds

WW Points: 1

Yields: 4 servings (serving size: 3/4 cup)

Posted by Bawstinn32

April 30, 2003

Comments: If your Brussels sprouts are really big, you may want to cut them into six wedges.

INGREDIENTS:

1 tablespoon butter or stick margarine

1-1/2 cups julienne-cut carrot

3 cups trimmed Brussels sprouts, quartered (about 3/4 pound)

2 tablespoons minced fresh parsley

1 tablespoon sliced almonds, toasted

1 teaspoon brown sugar

1/4 teaspoon salt

1/8 teaspoon black pepper

INSTRUCTIONS:

1. Melt butter in a large nonstick skillet over medium-high heat. Add the carrot; saute 4 minutes. Reduce heat to medium. Add Brussels sprouts; saute 5 minutes or until crisp-tender. Add parsley and remaining ingredients; cook 30 seconds or until the sugar melts, stirring constantly.

NUTRITIONAL INFO:

CALORIES 84 (42% from fat); FAT 3.9g (sat 1.9g, mono 1.4g, poly 0.4g); PROTEIN 3g; CARB 11.3g; FIBER 4.4g; CHOL 8mg; IRON 1.3mg; SODIUM 208mg; CALC 47mg

Oven Poached Halibut with Chestnut Pancetta Sauce

POINTS per serving | 9

Yields: 4 servings

Posted by snarkygirl

April 30, 2003

Comments:

Ingredients

8 oz fat-free chicken broth

12 oz wine

2 oz pancetta

24 oz halibut fillets

32 chestnuts (You can buy shelled chestnuts packed in water. Drain them and pop them in the toaster oven to toast or broil for a few minutes)

1 Tbsp butter

1/2 tsp table salt

1/4 tsp black pepper

2 Tbsp chopped parsley

Instructions

1. Pre-heat oven to 350 degrees.
2. Using a small knife, make a somewhat large, deep, X shaped slit in each chestnut. Spread chestnuts on a cookie sheet and roast in oven for 30 to 35 minutes. Peel them when they are cool enough to handle.
3. Increase oven temperature to 375 degrees.
4. Combine chicken broth, wine, 1/2 tbsp butter, salt and pepper, in saucepan. Bring to a gentle simmer over medium heat.
5. Place fillets in an ovenproof dish. Pour broth over fillets. Cover dish with heavy foil, sealing edges well. Place in oven. Check after 10-15 minutes and every five minutes thereafter until fillets are barely firm to the touch.
6. Meanwhile, chop pancetta and chestnuts into whatever sized pieces you like, but don't combine them.
7. Melt 1/2 tbsp butter in a skillet. Add pancetta and cook over medium heat until just beginning to brown. Stir in chestnuts and cook until pancetta is brown and chestnuts are well coated. Remove skillet from heat and set aside. Sometimes I make a puree out of this at this point.
8. Transfer fish to an ovenproof platter. Turn off oven. Set fish in oven with the door ajar.
9. Pour poaching liquid into a medium saucepan. Place over medium-high heat and bring to a boil. Let boil until reduced by 2/3. Add parsley and chestnut pancetta mixture.
10. Cover fillets with sauce and serve.

Southwest-Style Stuffed Peppers

Source: Better Homes & Gardens New Dieter's Cookbook

Number of Servings: 4

Healthy Units: 5

Posted by: bms2003(Betty)

Date: September 8, 2003

2 large green sweet peppers
8 oz lean ground beef
1/4 c chopped onion
1 14-1/2 oz can low-sodium tomatoes, undrained and cut up
1/2 c water
1/3 c long grain rice
1 4-1/2 oz can diced green chili peppers, drained
1 t chili powder
1/2 t garlic salt
1/4 t ground cumin
1 c loose-pack frozen whole kernel corn
2 t shredded reduced-fat cheddar cheese

Halve sweet peppers lengthwise, removing stem ends, seeds, and membranes. Immerse sweet peppers into boiling water for 3 minutes. Invert on paper towels to drain well.

In a large skillet cook ground beef and onion until meat is brown and onion is tender. Drain off fat. Stir in undrained tomatoes, water, uncooked rice, chili peppers, chili powder, garlic salt, and cumin. Bring to boiling. Stir in corn. Return to boiling; reduce heat. Simmer, covered, for 15 to 18 minutes or until rice and corn are tender.

Place pepper halves in a 2-quart square baking dish. Spoon meat mixture into peppers. Spoon any remaining meat mixture into the dish around the peppers. Bake peppers, covered, in a 375° oven for 20 minutes or until heated through. Uncover; sprinkle with the cheddar cheese. Bake 2 minutes more.

Nutritional Info: Calories 238; fat 7g (3g saturated); chol 38mg; sodium 406mg; carbs 30g; fiber 2g; protein 15g.

Beef Under Pressure

From: Recipe Czar website

Serving Size: 4 oz beef with sauce

WW Points/serving: 6

Posted by Grannyslap1

April 30, 2003

Comments:

2–3 lbs top sirloin roast (it's a rump by any other name and, tasty as it is, tougher than an old boot if not treated with love)

Marinade---

3 cloves garlic in store bought Italian dressing (I used a light version)

The Rest---

2/3 can diced tomatoes

1/4 cup wine (I used Port even though the books say use a dry Red, I like Port)

2/3 cup mirepoix, fine dice

1/3 cup chopped frozen mixed bell peppers, strips

1/2 teaspoon kosher salt

1/2 teaspoon dry oregano

1/2 teaspoon rosemary

1/4 teaspoon ground black pepper

1 tablespoon flour (heaping for the gravy)

Marinate the beef for at least 8 hours.

1. Get the Pressure cooker hotter than the devil and sear the roast on all sides in a little oil.
2. Then add everything else but the flour.
3. Cook under pressure for 45 minutes.
4. Fast cool under cold water and remove the meat to a plate.
5. Put the open cooker back on the burner.
6. Mix the flour with a little cold water and add to the boiling liquid to thicken.
7. Check for seasoning and smooth out with an immersion blender.

Broccoli With Dijon Vinaigrette

Source: Cooking light website (published 10/5/02)

Points per serving: 1

Servings: 8

Posted by: oduamy1 (Amy)

May 1, 2003

Comments: I made this with about 1.5 lbs of broccoli florets and it worked great. Very tangy but a nice change from regular steamed broccoli!

INGREDIENTS:

2 pounds fresh broccoli spears
4 teaspoons olive oil
1/4 cup finely chopped green onions
1/2 teaspoon dried tarragon
1/2 teaspoon dry mustard
3 garlic cloves, minced
2 tablespoons red wine vinegar
2 tablespoons water
1 tablespoon Dijon mustard
1/4 teaspoon pepper
1/8 teaspoon salt

INSTRUCTIONS:

Steam the broccoli spears, covered, 6 minutes or until crisp-tender. Drain; place in a serving bowl.

Heat olive oil in a small saucepan over medium heat. Add green onions and next 3 ingredients, and sauté for 3 minutes. Remove from heat, and add vinegar and next 4 ingredients, stirring with a wire whisk until blended. Drizzle over broccoli, tossing gently to coat.

NUTRITIONAL INFO:

CALORIES 58 (43% from fat); PROTEIN 3.6g; FAT 2.8g (sat 0.4g, mono 1.7g, poly 0.4g); CARB 6.9g; FIBER 3.7g; CHOL 0mg; IRON 1.1mg; SODIUM 122mg; CALC 60mg

Shredded Chicken in Hot Sauce

Cooking Light Magazine

WW Points: 9

Serves: 4

Posted by Kate

May 1, 2003

Comments: Add sugar snap peas with the chicken for color and crunch. Leftover cooked chicken breast can be subbed for the boneless chicken breast.

INGREDIENTS:

2 tablespoons low-sodium soy sauce
1 tablespoon cornstarch
1 tablespoon rice vinegar
1 tablespoon minced peeled fresh ginger
1/4 teaspoon crushed red pepper
1 pound skinned, boned chicken breast, cut into 1/4-inch-wide strips
2 tablespoons vegetable oil
1 cup coarsely chopped green onions
1 tablespoon minced peeled fresh ginger
3 garlic cloves, minced
3/4 cup (1 x 1/4-inch) julienne-cut red bell pepper
3/4 cup (1 x 1/4-inch) julienne-cut yellow bell pepper
2 tablespoons fresh lemon juice
1/2 to 1 teaspoon white pepper
1/4 teaspoon salt
4 cups hot cooked rice

INSTRUCTIONS:

Estimated Total Time: 55 minutes

Combine the first 5 ingredients in a medium bowl; add chicken. Cover and marinate in refrigerator 30 minutes.

Heat oil in a large nonstick skillet over medium-high heat; add onions, ginger, and garlic. Sauté 1 minute, stirring constantly. Add chicken mixture, and sauté 2 minutes. Stir in bell peppers, lemon juice, white pepper, and salt; cook 1-1/2 minutes or until chicken is done. Serve over rice.

NUTRITIONAL INFO:

calories: 445 carbohydrates: 58 g cholesterol: 66 mg fat: 8.7 g sodium: 469 mg protein: 31.7 g calcium: 61 mg iron: 3.7 mg fiber: 2.3 g

YIELD: 4 servings (serving size: 1 cup chicken mixture and 1 cup rice)

Fettuccine and Tofu With Finger-Licking Peanut Sauce

Source: Cooking Light (published April 2001)

WW Points per serving: 10

Servings: 4

Posted by: kimbilly (Kim)

May 1, 2003

Comments: A very fast dish. The basis of the nutritional information and point calculation (10 pts.) is a serving size of 2 cups. A half-portion is very filling and satisfying.

INGREDIENTS:

1/2 cup fat-free, less-sodium chicken broth
1/4 cup chunky peanut butter
1/4 cup low-sodium soy sauce
3 tablespoons brown sugar
2 tablespoons rice vinegar
2 teaspoons grated peeled fresh ginger
2 teaspoons chile paste with garlic
4 garlic cloves, minced
8 ounces uncooked fettuccine
1 pound firm tofu, drained and cubed
1 cup (2-inch) sliced green onions
1 cup shredded carrots

INSTRUCTIONS:

1. Combine first 8 ingredients in a small saucepan. Cook over medium heat 5 minutes or until smooth, stirring frequently. Remove from heat.
 2. Cook pasta in boiling water 8 minutes, omitting salt and fat. Add tofu, onions, and carrot; drain. Place pasta mixture in a large bowl. Add peanut butter mixture; toss gently.
- Yield: 4 servings (serving size: 2 cups).

NUTRITIONAL INFO:

CALORIES 465 (29% from fat); PROTEIN 23g; FAT 14.5g (sat 2.3g, mono 5.3g, poly 6g); CARB 60.8g; FIBER 4.5g; CHOL 1mg; IRON 9.6mg; SODIUM 713mg; CALC 174mg

Mostaccioli Pizza Salad

Cooking Light Magazine

WW Points: 4

Serves 5

Posted by Kate

May 1, 2003

Comments: Thinly sliced italian or jalapeno chicken sausage makes a nice addition to this pasta salad. This salad keeps well in the fridge, but add the cherry tomatoes just before serving.

1 1/2 cups uncooked mostaccioli pasta (or other tube shaped pasta, such as ziti)

3T wine vinegar

2 T water

1 T olive oil

3/4 tsp dried Italian seasoning

1/4 tsp salt

1/4 tsp pepper

2 garlic cloves, crushed

1 cup sliced mushrooms

3/4 cup cherry tomatoes, halved

1/2 cup chopped green pepper

1/2 cup (2 oz) part skim mozzarella

Cherry tomatoes for optional garnish

Cook pasta according to directions, drain and set aside.

Combine vinegar and next 6 ingredients (vinegar through garlic) in a medium bowl, stirring with wire whisk until blended. Add pasta, mushrooms, tomatoes, bell pepper and cheese, toss gently to coat. Cover and chill. Garnish with tomatoes if desired.

Yield: 5 serving (1 cup)

Calories: 161 Fat: 5.2 grams Fiber: 0.8 grams

Sour Cream Pound Cake

www.cookinglight.com

WW Points: 5.5 per slice

Yield: 24 servings (serving size: 1 slice)

Posted by Alleycat

May 1, 2003

Comments: This cake is very tender, moist, and buttery tasting.

INGREDIENTS:

3 cups sugar

3/4 cup stick margarine, softened

1-1/3 cups egg substitute

1-1/2 cups low-fat sour cream

1 teaspoon baking soda

4-1/2 cups sifted cake flour

1/4 teaspoon salt

2 teaspoons vanilla extract

Cooking spray

Note: Eight egg whites can be used in place of egg substitute.

INSTRUCTIONS:

Preheat oven to 325 degrees.

Beat sugar and margarine at medium speed of a mixer until well blended (about 5 minutes). Gradually add egg substitute, beating well.

Combine sour cream and baking soda. Stir well; set aside. Combine flour and salt. Add flour mixture to creamed mixture alternately with sour cream mixture, beginning and ending with flour mixture. Stir in vanilla.

Pour batter into a 10-inch tube pan coated with cooking spray. Bake at 325 degrees for 1 hour and 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes; remove from pan. Let cool completely on a wire rack.

NUTRITIONAL INFO:

calories: 250 carbohydrates: 41.9 g cholesterol: 6 mg fat: 7.7 g sodium: 170 mg protein: 3.5 g calcium: 25 mg iron: 1.8 mg fiber: 0 g

Sour Cream-Lemon Pound Cake

from www.cookinglight.com

WW Pts: 7

Serves: 18

Posted by: alleycat (Allison)

May 1, 2003

Comments:

INGREDIENTS:

Cooking spray
3 tablespoons dry breadcrumbs
3-1/4 cups all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
3/4 cup butter or stick margarine, softened
2-1/2 cups granulated sugar
2 teaspoons lemon extract
3 large eggs
1-1/2 tablespoons grated lemon rind (about 2 lemons)
1/4 cup fresh lemon juice, divided
1 (8-ounce) carton low-fat sour cream
1 cup powdered sugar

INSTRUCTIONS:

1. Preheat oven to 350 degrees. Coat a 10-inch tube pan with cooking spray, and dust with the breadcrumbs.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and salt in a bowl; stir well with a whisk. Beat the butter in a large bowl at medium speed of a mixer until light and fluffy. Gradually add the granulated sugar and lemon extract, beating until well blended. Add eggs, 1 at a time, beating well after each addition. Add grated lemon rind and 2 tablespoons lemon juice; beat 30 seconds. Add flour mixture to sugar mixture alternately with sour cream, beating at low speed, beginning and ending with flour mixture.
3. Spoon batter into prepared pan. Bake at 350 degrees for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack. Combine 2 tablespoons of lemon juice and powdered sugar. Drizzle glaze over top of cake.

NUTRITIONAL INFO: CALORIES 323 (29% from fat); FAT 10.4g; FIBER 0.7g

Sicilian Veal Cutlets

Cooking Light website

WW Points: 6 (without pasta)

Serves 4

Posted by Joan (Marcopolo's "Mom")

May 1, 2003

Comments: I added 2 t capers and doubled the olives. Substituted TJ frozen artichoke hearts. Used 2 thick 9 oz veal chops, did not pound, and divided meat into four portions. Served as is and not over pasta. It was really excellent. The CL instructions warn that garlic burns very easily in a hot skillet; cook for no more than 30 seconds until slightly brown before adding wine.

INGREDIENTS:

8 (1-1/2-ounce) veal leg cutlets
2 tablespoons all-purpose flour
1/2 teaspoon black pepper
2 teaspoons vegetable oil, divided
1 garlic clove, minced
1 cup dry white wine
1-1/2 cups chopped seeded plum tomato (about 4)
6 pitted Greek or kalamata olives, chopped
1 (6-ounce) jar marinated artichoke hearts, drained and chopped
2 cups hot cooked angel hair (about 4 ounces uncooked pasta)
Thyme sprigs (optional)

INSTRUCTIONS:

Prep Time: 10 minutes

Cooking Time: 15 minutes

Trim fat from veal. Place each piece between 2 sheets of heavy-duty plastic wrap; flatten to 1/8-inch thickness using a meat mallet or rolling pin. Combine flour and pepper. Dredge veal in flour mixture; shake off excess flour. Heat 1 teaspoon oil in a skillet over high heat until hot. Add half of cutlets to skillet. Cook 2 minutes on each side or until browned. Repeat with 1 teaspoon oil and remaining veal. Remove from pan. Add garlic, and sauté 30 seconds. Add wine, scraping pan to loosen browned bits. Reduce heat to medium-high; boil wine mixture for 3 minutes. Return veal to pan. Add tomato, olives, and artichokes; cover and simmer 1 minute or until thoroughly heated. Serve immediately with the pasta. Garnish with thyme, if desired.

NUTRITIONAL INFO: calories: 293 carbohydrates: 32 g cholesterol: 68 mg fat: 8.2 g sodium: 316 mg protein: 23 g calcium: 49 mg iron: 3.1 mg fiber: 1.8 g YIELD: 4 servings (serving size: 2 pieces veal, 1/2 cup artichoke mixture, and 1/2 cup pasta)

Lemon Poppy Seed Pound Cake

www.cookinglight.com

WW points: 5

Servings: 12 (serving size 1 slice)

Posted by LiciaP

May 1, 2003

Comments:

INGREDIENTS:

Cooking spray

1 teaspoon all-purpose flour

1 cup granulated sugar

1/3 cup butter or stick margarine, softened

2 large egg whites

1 large egg

1 tablespoon grated lemon rind

1 teaspoon vanilla extract

1-2/3 cups all-purpose flour

2 tablespoons poppy seeds

1 teaspoon baking powder

1/4 teaspoon baking soda

1/8 teaspoon salt

3/4 cup low-fat buttermilk

2/3 cup powdered sugar

4 teaspoons lemon juice

INSTRUCTIONS:

Preheat oven to 350°F. Coat an 8 x 4-inch loaf pan with cooking spray; dust with 1 teaspoon flour. Set aside.

Beat granulated sugar and butter at medium speed of a mixer until well blended (about 4 minutes). Add egg whites and egg, 1 at a time, beating well after each addition. Beat in lemon rind and vanilla. Lightly spoon 1-2/3 cups flour into dry measuring cups; level with a knife. Combine 1-2/3 cups flour and next 4 ingredients (flour through salt), stirring well with a whisk. Add flour mixture to sugar mixture alternately with buttermilk, beginning and ending with flour mixture. Pour batter into prepared pan; bake at 350°F for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Poke holes in top of cake using a skewer. Combine powdered sugar and lemon juice in a small bowl; brush over warm cake. Cool completely.

NUTRITIONAL INFO: calories: 226 carbohydrates: 38.2 g cholesterol: 32 fat: 6.7 g sodium: 166 mg protein: 3.8 g calcium: 70 mg iron: 1.1 mg fiber: 0.6 g

S'more Brownies

Cooking Light Family Favorites Cookbook, p. 129

Servings: 16

WW points: 2

Posted by Jill (jillyh)

May 1, 2003

Comments:

1/2 c. sugar
1/3 c. water
2 1/2 T. vegetable oil
1/2 tsp. vanilla extract
2 egg whites, lightly beaten
1/2 c. all purpose flour
3/4 tsp. baking powder
1/8 tsp. salt
1/3 c. graham cracker crumbs (about 5 squares)
1/4 c. unsweetened cocoa
cooking spray
2 c. miniature marshmallows
1 (1 oz) square semisweet chocolate, grated (I used bittersweet)

Combine first 4 ingredients in a medium bowl. Add egg whites, stirring well. Combine flour and next 4 ingredients. Add to sugar mixture; stir well. Pour batter into an 8-inch square pan coated with cooking spray. Bake at 350 for 22 minutes or until a wooden pick inserted in center comes out clean. Sprinkle with marshmallows; bake 1 additional minute or until marshmallows melt. Sprinkle with grated chocolate. Cool completely; cut into squares. Yield: 16 brownies.

Per brownie: Cal=100; Fat=3.1g; Protein=1.6g; Carb=17.2g; Chol=0mg; Sodium=53mg

Molly's BBQ Sauce

Adapted from Best of WW Magazine Recipe Book

Servings: 4

WW POINTS per serving: 1

Posted by washu97

May 1, 2003

Ingredients

1/3 cup ketchup

1/4 cup vinegar

2 Tbsp molasses

2 tsp Worcestershire sauce

Instructions

For WARM BBQ Sauce -

Add ingredients in a small sauce pan. Whisk to blend. Heat on low heat to warm through.

To serve cold - mix ingredients in a bowl and whisk together.

Mocha Fudge Brownies

Cooking Light Annual Recipes 2003, p. 312

Servings: 16

WW Points: 3 (2 if you don't use the glaze, but is delicious!)

Posted by Debra (DERB63)

May 1, 2003

Comments: These luscious brownies are very soft. Use a plastic knife for a cleaner cut.

Brownies:

Cooking spray

1 ounce semisweet chocolate, chopped

3 1/2 tablespoons butter

1 cup sugar

1/2 cup unsweetened cocoa

1 tablespoon instant coffee granules (I use instant espresso powder)

2 tablespoons Kahlua (coffee-flavored liqueur)

2 teaspoons vanilla extract

1 large egg white

1 large egg

3/4 cup all-purpose flour

1/4 teaspoon baking powder

1/4 teaspoon baking soda

1/4 teaspoon salt

Glaze:

2 tablespoons sugar

1 tablespoon water

1 tablespoon dark corn syrup

2 teaspoons butter

1 ounce semisweet chocolate, chopped

1 teaspoon Kahlua (coffee-flavored liqueur)

INSTRUCTIONS

1. Preheat oven to 350 degrees.

2. To prepare brownies, coat bottom of an 8-inch square baking pan with cooking spray (do not coat sides of pan); set aside.

3. Combine 1 ounce chocolate and 3-1/2 tablespoons butter in a microwave-safe bowl. Cover and microwave at high 1 minute or until chocolate almost melts. Stir until completely melted. Stir in 1 cup sugar and next 6 ingredients (1 cup sugar through egg).

4. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, baking powder, baking soda, and salt in a large bowl; stir well with a whisk. Add chocolate mixture; stir just until moist. Spread into prepared pan.

5. Bake at 350 degrees for 22 minutes or until a wooden pick inserted in center comes out almost clean. Cool in pan on a wire rack.

6. To prepare glaze, combine 2 tablespoons sugar, water, syrup, and 2 teaspoons butter in a small microwave-safe bowl. Microwave at high 40 seconds or until sugar dissolves, stirring once. Add 1 ounce chocolate and 1 teaspoon liqueur, stirring until chocolate melts. Spread over brownies; cool 20 minutes or until glaze is set.

Cheese Fries

Cooking Light Family Favorites Cookbook, p. 15

Serves: 4

WW Points: 4

Posted by Jillyh

5/1/03

Comments:

1 1/2 lbs baking potatoes, peeled and cut into thin strips

1 T. grated parmesan cheese

1 T. vegetable oil

1/4 tsp. salt

1/4 tsp. garlic powder

1/4 tsp. paprika

1/4 tsp. pepper

Combine all ingredients in a bowl, and toss well. Arrange potato strips in a single layer on a baking sheet. Bake at 450 for 35 min or until golden. (There's a picture of these in the book and they look really good, but again, I haven't actually tried these!)

Call=200; Fat=4g; Protein=3.9g; Carb=37g; Cholesterol=1mg; Sodium=178mg

Spicy Joes

Cooking Light Family Favorites Cookbook

Servings: 8

WW Points: 6

Posted by Jillyh

5/1/03

Comments:

cooking spray
1/2 c. chopped green pepper
1/4 c. minced onion
1 1/2 lb ground round
1 1/4 c. no salt added tomato sauce
1/4 c. water
1/4 c. reduced calorie chili sauce
1 T. chili powder
1/2 tsp salt
1/4 tsp. freshly ground black pepper
1/4 tsp. ground red pepper
1 (6oz) can no salt added tomato paste
1 (4 oz) can chopped green chiles, drained
8 reduced calorie whole wheat hamburger buns

Coat a large nonstick skillet with cooking spray, and place over medium high heat until hot. Add green pepper and onion; sauté until crisp-tender. Remove pepper mixture from skillet. Add ground round to skillet, and cook over medium heat until meat is browned, stirring until it crumbles. Drain and pat dry with paper towels. Wipe drippings from skillet with a paper towel. Return meat mixture and pepper mixture to skillet. Add tomato sauce and next 8 ingredients; stir well. Cook over medium heat 10 minutes or until thoroughly heated, stirring occasionally. Spoon evenly over bottom halves of buns. Cover with bun tops. Serve immediately. Yield: 8 servings.

Cal=253; fat=6.6; protein=22.2; carb=25.3; chol=69; sodium=479

No Bake Ziti

Cooking Light Family Favorites Cookbook

Serves: 4

WW Points: 7

Posted by Jillyh

5/1/03

Comments:

2 1/2 c. ziti, uncooked

2 c. low fat, low sodium spaghetti sauce

1/4 c. chopped fresh parsley

1 c. light ricotta cheese

1/4 tsp. black pepper

1/8 tsp. salt

1/2 c. (about 2 oz) shredded part skim mozzarella cheese

Cook pasta according to package directions, omitting salt and fat. Drain pasta and set aside. Combine spaghetti sauce and parsley in a medium saucepan; place over medium heat, and cook 12 minutes, stirring occasionally. Remove from heat. Combine pasta, ricotta cheese, pepper, and salt in a large bowl; toss well. Spoon pasta mixture evenly onto individual serving plates; top evenly with spaghetti sauce and mozzarella cheese. Yield: 4 servings.

Cal=338; fat=6.2g; protein=18.8g; carb=53.0g; cholesterol=21mg; sodium=556mg

Pizzaria Pasta

Cooking Light Family Favorites Cookbook

Serves: 6

WW Points: 4

Posted by: Jillyh

5/3/01

Comments:

1 (9 oz) package refrigerated fresh cheese tortellini, uncooked
cooking spray

1/2 c. chopped green pepper

1/3 c. chopped onion

1 (8 oz) can no salt added tomato sauce

1/4 c. sliced ripe olives

1 tsp. dried Italian seasoning

1/8 tsp. garlic powder

Cook pasta according to package directions, omitting salt and fat; drain well. Place in a serving bowl and keep warm. Coat a medium nonstick skillet with cooking spray. Place over medium high heat until hot. Add green pepper and onion; sauté until tender. Stir in tomato sauce and remaining 3 ingredients. Cook over medium low heat until thoroughly heated, stirring occasionally. Add tomato mixture to pasta; toss gently. Serve immediately. Yield: 6 servings (1/2 c. each)

Calories=168; fat=4.2g; protein=7.2g; carb=24.9g; chol=20mg; sodium=246mg

20-Minute Chicken Parmesan

WWW.cookinglight.com

WW Points: 9

Servings: 4

Posted by: Heather (knaebelh)

May 01 2003

Comments: I used diced tomatoes along with the spaghetti sauce, great texture and taste. I also added 1 tsp. of italian seasonings to breadcrumbs and 1 minced clove of garlic to butter in pan.

Ingredients:

4 skinned boned chicken breast halves

1 large egg, lightly beaten

1/2 cup Italian-seasoned breadcrumbs

2 tablespoons butter or margarine, melted

1-3/4 cups spaghetti sauce

1/2 cup (2 ounces) shredded mozzarella cheese

1 tablespoon grated Parmesan cheese

1/4 cup chopped fresh parsley

Instructions:

Place chicken between two sheets of heavy-duty plastic wrap; flatten to 1/4 inch thickness, using a meat mallet or rolling pin. Dip chicken in egg, and dredge in breadcrumbs.

Cook chicken in butter in a large skillet over medium-high heat until browned on both sides. Spoon spaghetti sauce over chicken; bring to a boil. Cover, reduce heat, and simmer 10 minutes.

Sprinkle with cheeses and parsley, cover and simmer 5 additional minutes or until cheeses melt.

Nutritional Info: None given on web site.

Yield: 4 Servings

Turkey-Spinach Lasagna

Cooking Light Magazine-May 2003

Servings: 9

WW points = 7

Posted by Dorothy0831

May 1, 2003

Comments: I had added 8 oz of fresh mushrooms and a container of grape tomatoes sliced in half in one of the layers.

Ingredients

1 pound turkey, ground
1 1/2 cups chopped onion
2 cloves garlic -- chopped
56 oz marinara sauce -- 2-26 oz jars
16 oz cottage cheese -- fat-free
1/4 cup egg substitute
1/4 cup pre-shredded Parmesan cheese -- 1 ounce
1 tablespoon dried parsley -- flakes
1/4 teaspoon black pepper
10 oz chopped spinach -- frozen, thawed & drained
8 lasagna noodles -- cooked
2 cups mozzarella cheese -- shredded part-skim

Preheat oven to 350 degrees

Coat a large skillet with cooking spray, and place over medium-high heat until hot. Add turkey, onion, and garlic; cook until meat is browned, stirring to crumble. Add 5 3/4 cups marinara sauce; cook 5 minutes, stirring occasionally. Remove from heat.

Combine cottage cheese, egg substitute, Parmesan, parsley, pepper, and spinach; stir well.

Spread remaining marinara sauce in bottom of a 13 x 9 inch baking dish coated with cooking spray. Arrange 4 noodles over marinara; top with cottage cheese mixture and half of the mozzarella. Spoon half of the turkey mixture over the mozzarella. Arrange the remaining noodles over turkey mixture. Top with remaining turkey mixture and mozzarella.

Bake at 350 for 50 minutes or until cheese melts and sauce is bubbly. Let stand for 10 minutes before serving.

Calories 352 (27% from fat); Fat 10.6g (sat 4.5g, mono 3.4g, poly 2.2g); Protein 28.3g; Carb 35.6g; Fiber 4.6g; Chol 57mg; Iron 3.5mg; Sodium 969mg; Calc 436mg

Tortilla Soup

Cooking Light 2002

Servings: 6 (1 1/3 cups, 3 TBSP cheddar, 5 chips)

Points: 4

Posted by: chowie

5/1/03

Comments:

Ingredients:

2 cups tomato sauce

1 1/2 cups water

1 cup salsa

1 cup frozen whole-kernel corn

1 tsp oregano

1 tsp basil

1 tsp garlic

15.75 oz can fat-free chicken broth

15 oz can kidney beans, drained and rinsed

1 cup shredded reduced-fat cheddar cheese

30 fat-free tortilla chips

Combine first 9 ingredients in a large saucepan. Bring to a boil, cover and simmer 12 minutes. Serve with cheese and chips.

Calories: 248; Fat: 4.7g; Fiber: 5.5g

Skillet Beef Casserole

Cooking Light Family Favorites Cookbook

Serves 6

WW Points: 4

Posted by Jillyh

5/1/03

Comments:

2 (8 oz) baking potatoes, peeled and cut into 1/8" slices
1 lb lean boneless beef sirloin steak
cooking spray
1/2 cup thinly sliced carrot
1 c. thinly sliced onion
1/2 c. thinly sliced celery
2 cloves garlic, minced
2 T. all purpose flour
1 tsp. coarsely ground pepper
3/4 tsp. dried whole thyme
1 (16oz) can no salt added green beans, drained
1 (14 1/2 oz) can no salt added whole tomatoes, drained and chopped
1 (5 1/2 oz) can no salt added vegetable juice
2 tsp. reduced calorie margarine, melted

Cook potato slices in boiling water to cover 3 minutes or until crisp tender. Drain and set aside. Trim fat from steak; cut steak into 1-inch pieces. Coat a 10-inch ovenproof skillet with cooking spray; place over medium high heat until hot. Add steak; cook until browned on all sides, turning occasionally. Remove from skillet, and set aside. Wipe drippings from skillet with a paper towel. Coat skillet with cooking spray. Add carrot; sauté 4-5 min. Add onion, celery, and garlic, and sauté until vegetables are tender. Combine flour, pepper, and thyme; stir mixture well. Stir flour mixture into vegetable mixture; cook, stirring constantly, 1 minute. Add beef, green beans, tomatoes, and veggie juice. Bring to a boil; reduce heat, and simmer 5 minutes, stirring occasionally. Remove skillet from heat; arrange potato slices over beef mixture to cover completely, overlapping potatoes (the pictures make the potatoes look kind of like a tile roof over the beef mixture). Brush potatoes with margarine. Broil 5 1/2 inches from heat (with oven door partially open) 15 minutes or until golden. Yield: 6 servings.

Cal=197; fat=5.5g; protein=18.4g; carb=19.2g; chol=43mg; sodium=77mg

Crispy Herbed Chicken

Cooking Light Family Favorites Cookbook

Serves: 6

WW Points: 4

Posted by Jillyh

5/1/03

Comments:

1 1/4 c. soft whole wheat breadcrumbs
1 1/2 T. minced fresh parsley
1 1/2 tsp. grated lemon rind
1 T. chopped fresh basil
1/2 tsp. salt
1/2 tsp. pepper
3 T. nonfat buttermilk
3/4 tsp. lemon juice
6 (6 oz) skinned chicken breast halves
cooking spray
lemon slices (optional)
parsley sprigs (optional)

Combine first 6 ingredients in a large heavy duty zip top plastic bag; seal bag, and shake well. Combine buttermilk and lemon juice; brush both sides of chicken with buttermilk mixture. Place chicken in bag; seal bag, and shake until chicken is well coated. Place chicken on a rack in a roasting pan coated with cooking spray. Sprinkle any remaining breadcrumb mixture over chicken. Bake chicken, uncovered, at 400, for 40-45 min or until chicken is tender. If desired, garnish chicken with lemon slices and parsley sprigs. Yield: 6 servings.

Cal=167; fat=2g; protein=29.5g; carb=6.5g; chol=71mg; sodium=345mg

Barbeque Beefwiches

Cooking Light Family Favorites Cookbook

Serves: 12

WW Points per serving: 7

Posted by Jillyh

5/1/03

Comments:

Ingredients

1 (3 lb) lean beef rump roast
cooking spray
1 1/2 c. reduced calorie ketchup
1/4 c. plus 2 T. red wine vinegar
1/3 c. firmly packed dark brown sugar
1 T. dried onion flakes
1 tsp. liquid smoke
1/2 tsp. salt
1/2 tsp. pepper
1/8 tsp. garlic powder
2 1/2 c. finely shredded cabbage
1/2 c. finely shredded carrot
1 1/2 T. sugar
2 T. white vinegar
2 T. minced sweet pickle
1 1/2 tsp vegetable oil
1/8 tsp. celery seeds
12 hamburger buns, split and toasted

Trim fat from roast. Coat a Dutch oven with cooking spray; place over medium heat until hot. Add roast; cook until browned on all sides, turning often. Remove roast from Dutch oven; wipe drippings from Dutch oven with a paper towel. Combine ketchup and next 7 ingredients, stirring well. Return roast to Dutch oven and pour ketchup mixture over roast. Bring to a boil. Cover, reduce heat, and simmer 4 hours or until meat is tender. Remove roast from Dutch oven, reserving sauce in Dutch oven. Let roast cool slightly. Shred meat with two forks, and return to Dutch oven. Cover and cook over medium heat until thoroughly heated, stirring occasionally. Combine cabbage and carrot. Combine sugar and next 4 ingredients in a saucepan; bring to boil, stirring occasionally. Boil 1 minute. Pour over cabbage mixture, and toss gently. Spoon about 1/2 c. meat mixture on bottom half of each bun; top each with 1/4 c. cabbage mixture. Cover with bun tops. Yield: 12 servings.

cal=325; fat=8g; protein=21.1g; carb=39.9g; chol=60mg; sodium=298mg

Chicken and Noodles

Cooking Light Family Favorites Cookbook

Serves: 10

WW Points: 6

Posted by Jillyh

5/1/03

Comments:

1 (3 lb) broiler-fryer, cut up and skinned
7 c. water
1/2 c. chopped fresh parsley
6 cloves garlic
2 medium carrots, scraped and cut into 1 inch pieces
2 medium parsnips, scraped and cut into 1 inch pieces
2 stalks celery, cut into 1 inch pieces
2 medium turnips, peeled and quartered
1 lg. onion, sliced
1 bay leaf
12 oz. medium egg noodles, uncooked
1/2 tsp. salt
1/2 tsp. pepper

Combine first 10 ingredients in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 2 1/2 hours. Remove chicken, veggies, and bay leaf. Bone and coarsely chop chicken. Set aside. Position knife blade in a food processor bowl. Add vegetable mixture. Process until smooth, scraping sides of bowl once. Set aside. Skim fat from broth. Add chicken to broth in Dutch oven. Bring to a boil. Stir in noodles; reduce heat, and simmer, uncovered, 8 min or until noodles are tender. Stir in vegetable puree, salt, and pepper. Cook until thoroughly heated. Yields: 10 (1 cup) servings.

Cal=277; fat=5.5g; protein=21.3g; carb=32.7g; chol=80mg; sodium=202mg

Country Chicken Pot Pie

Cooking Light Family Favorites Cookbook

Serves: 8

WW Points: 8

Posted by Jillyh

5/1/03

Comments:

Ingredients

2 lbs skinned chicken breast halves
4 sprigs fresh parsley
3 stalks celery, cut into 2 inch pieces
1 small onion, quartered
1 bay leaf
5 c. water
cooking spray
1 c. chopped onion
3/4 c. diced celery
1 1/2 c. peeled cubed potato
1 (10 oz) pkg frozen mixed vegetables
2/3 c. all purpose flour
1 (12 oz) can evaporated skimmed milk, divided
1/2 tsp. salt
1/2 tsp. poultry seasoning
1/4 tsp. pepper
1/4 tsp. dried thyme
2 c. low fat biscuit and baking mix
2 T. chopped fresh parsley
3/4 c. 1% low fat milk

Combine first 6 ingredients in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 1 hour. Remove chicken from broth, reserving broth. Let chicken cool. Bone and coarsely chop chicken; set aside. Pour broth through a wire mesh strainer lined with cheesecloth into a bowl, discarding vegetables and herbs remaining in strainer. Skim fat from broth, and set aside 4 c. broth. Reserve remaining broth for another use. Coat Dutch oven with cooking spray; place over medium high heat until hot. Add chopped onion and celery; sauté until tender. Add reserved 4 c. of broth, potato, and frozen mixed vegetables; bring to a boil. Cover, reduce heat, and simmer 15 min or until vegetables are tender. Combine flour and 3/4 c. evaporated milk in a small bowl, stirring until smooth. Add to vegetable mixture in Dutch oven, stirring constantly. Add remaining evaporated milk; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Remove from heat. Stir in chopped chicken and salt and next 3 ingredients. Spoon into a 13x9x2 baking dish coated with cooking spray. Combine baking mix and chopped parsley. Add low fat milk, stirring just until moistened. Drop dough by heaping spoonfuls onto chicken mixture to form 8 biscuits. Bake uncovered at 350 for 35 minutes or until golden. Yield: 8 servings. NOTE: For a lower-sodium biscuit topping, replace low fat biscuit and baking mix with 2 c. all purpose flour, 2 tsp baking powder, and 1/2 tsp salt; add 2 T. parsley. Add 1/2 T. melted margarine and 3/4 c. low fat milk to dry ingredients, stirring just until moistened.

cal=384; fat=3.4g; protein=29.1g; carb=64.6g; chol=55mg; sodium=796mg

Indian Chicken Curry

Cooking Light 2003 Annual Recipes pg 186

WW Points: 6 per serving

Yield: 9 servings (serving size: 1 cup curry mix, 1/2 cup rice, about 1 tablespoon tomato)

Posted by: oduamy1 (Amy)

Posted on: May 2, 2003

Comments: This is SUPER spicy, but if you like the heat, its a GREAT dish! I served it with Garlic Green beans.

Ingredients

- 2 teaspoons ground red pepper
- 2 teaspoons curry powder
- 2 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon ground coriander seeds
- 1 teaspoon ground ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 3 tablespoons butter
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 pound skinless, boneless chicken breast, cut into 1" pieces
- 1 (8-oz) carton plain fat-free yogurt
- 1 (6-oz) can tomato paste
- 5 cups cubed peeled baking potatoes (about 2.5 lbs)
- 4 cups water
- 4 1/2 cups hot cooked basmati rice
- 2/3 cup chopped tomato

1) Combine first 8 ingredients. Melt butter in a Dutch oven over medium heat. Add onion and garlic; cook 5 minutes, stirring frequently. Stir in spice mixture; cook 5 minutes, stirring frequently. Add chicken; cook 10 minutes, stirring frequently.

2) Combine yogurt and tomato paste, stir with a whisk. Add yogurt mixture, potato, and water to pan. Bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally. Serve over rice; top with tomato.

Calories: 315; FAT 5.2 g; Protein 18.2 g; Carb 49g; Fiber 3g; Cholesterol 40 mg; Iron 3.1 mg; Sodium 377 mg; Calcium 96mg

Garlic Green Beans

CL 2003 Annual Recipes pg 186

WW points: 0 (according to Recipe Builder)

Servings: 9

Posted by: oduamy1 (Amy)

Posted on: May 2, 2003

Comments: Easy side dish - I halved it and it worked great!

4 garlic cloves, sliced

6 cups Reduced Sodium Chicken Broth, 99% Fat Free

2 pound fresh green beans

1) Heat a nonstick saucepan over medium high heat.

2) Sauté garlic cloves 2 minutes.

3) Add broth and green beans; simmer 20 minutes.

Brussels Sprouts with Pecans

Published Cooking Light 2003 Annual Recipes

Servings 8

WW Points 1 (on old pointsfinder)

Posted by DebMj1

May 2, 2003

Comments:

2 tsp. butter

1 cup chopped onion

4 garlic cloves, thinly sliced

8 cups halved and thinly sliced Brussels sprouts (about 1 1/2 pounds)

1/2 cup fat-free, less-sodium chicken broth

1 1/2 Tbsp. sugar

1/2 tsp. salt

8 tsp. coarsely chopped pecans, toasted

Melt butter in a large nonstick skillet over medium-high heat. Add onion and garlic; sauté 4 minutes or until lightly browned. Stir in Brussels sprouts; sauté 2 minutes. Add broth and sugar; cook 5 minutes or until liquid almost evaporates, stirring frequently. Stir in salt. Sprinkle with pecans.

Each has 82 calories, 3 gms. fat, 3.9 gms. fiber.

Jill's favorite marinade for grilling

WW Points: 1

Serves 4

Posted by jillyh

May 2, 2003

Comments:

1/4 c. soy sauce

2 tsp. sesame oil

4 tsp. honey

1 1/2 tsp. grated or minced ginger root

2 cloves minced garlic

Mix all ingredients and microwave for 1 min. Soak chicken, fish, or beef (yes, I've used this for all three) for 1/2 to 3 hours.

Fleur-de-Lis Chicken

Cooking Light 2003 Annual Recipes

Servings: 6

WW Points Per Serving: 5

Posted by Jillyh

5/2/03

Comments:

Ingredients

1 c. cooked crawfish tail meat (about 6 oz)
1 c. chopped fresh spinach (uncooked)
1/4 c. finely chopped mushrooms
1/4 c. chopped green onions
1/4 c. part skim ricotta
2 T. grated fresh Parmesan Cheese
1 1/2 tsp. chopped fresh oregano
1/2 tsp. salt
1/2 tsp. pepper
2 garlic cloves, minced
6 (4 oz) skinless, boneless chicken breast halves
1 T. butter

Preheat oven to 350. Combine first 10 ingredients in a medium bowl. Cut a horizontal slit through thickest portion of breast half to form a pocket. Stuff 1/3 c. crawfish mixture into each pocket. Melt butter in a large nonstick skillet over medium high heat. Add chicken; cook 4 min on each side or until browned. Wrap handle of pan with foil; bake at 350 for 35 minutes or until chicken is done. Yield: 6 servings (serving size=1 breast half).

Calories=206; Fat=6.7g; Protein=32.7g; Carb=1.7g; Fiber=.4g; Chol=114mg;
Iron=1.4mg; Sodium=356mg; Calcium=93mg.

Pork Piccata

Cooking Light Magazine

WW Points: 4 per serving

Serving size = 1 pork chop and 2 T. sauce

Posted by: Jillyh

May 3,2003

Comments: This is a nice spin on chicken piccata and is extremely flavorful. I use 97% FF Lean Generation boneless center loin pork chops (pink tray, not blue) by Smithfield. Very good and very little fat to trim. If you use pork with higher fat and calories than these chops, the points value on this meal may change.

Ingredients

1/3 c. italian style breadcrumbs

1 lb 97% lean boneless pork chops (4 ounces each--see note)

2 1/2 tsp olive oil

1/4 cup chopped shallots

1 c. fat free, low sodium chicken broth

1 T. lemon juice

3 T. fresh parsley, chopped

2 tsp. capers

1 tsp. lemon zest

1/8 tsp black pepper

Place breadcrumbs in a shallow dish. Trim pork chops of all fat and dredge in breadcrumbs. Heat olive oil in large nonstick skillet over medium high heat. Cook pork 2 min on each side or until golden brown. Remove pork from pan. Reduce heat to medium. Add shallots to pan; cook 30 sec. Stir in broth and juice, scraping pan to loosen any browned bits. Stir in 1 1/2 T. of parsley, capers, zest, and pepper. Simmer on high heat for 3 - 5 min to reduce slightly. Return pan to medium heat and return pork to pan. Cook 3 minutes or until thoroughly heated. Sprinkle pork with 1 1/2 T. parsley.

Cal = 276; Fat = 14g; Fiber = .7g; Carb = 9.7g; Sodium = 458 mg.

Maryland Crab Cakes

The Complete Cooking Light Cookbook

Servings: 4

WW Points Per Serving: 6

Posted by Jillyh

May 3, 2003

Comments: I used fat free milk instead of 2% and I also would increase the salt slightly next time. I also used less oil than called for.

Ingredients

1 lb lump crabmeat, shell pieces removed (Crawfish tail meat, shrimp, or lobster would work equally well here; I made mine with crawfish)

1 1/3 c. fresh breadcrumbs

1/3 c. minced green onions

1/3 c. chopped fresh parsley

2 T. lemon juice

1 T. 2% reduced fat milk

1 tsp. hot sauce

1/2 tsp. salt

1/4 tsp. black pepper

4 lg. egg whites, lightly beaten

1 1/3 c. fresh breadcrumbs

2 T. vegetable oil, divided

Combine first 10 ingredients in a bowl. Divide mixture into 8 equal portions; shape into a 1/2 inch thick patty. Place remaining 1 1/3 c. breadcrumbs in a shallow dish; dredge patties in breadcrumbs. Heat 1 T. vegetable oil in a large nonstick skillet over medium high heat. (I coated the skillet with cooking spray and used only 2 tsp. oil instead of a tablespoon.) Add 4 patties, and cook 3 min. Carefully turn patties over; cook 3 minutes or until golden. Repeat procedure with 1 T. oil and remaining 4 patties. Serve with lemon wedges, if desired. Yield: 4 servings (serving size=2 patties).

Cal=282; Fat=10g; Protein=29.4g; Carb=17.2g; Fiber=1g; Chol=114mg;
Sodium=830mg; Calc=162mg

Baby Lima Beans with Bacon

Source: Cooking Light Annual 1995

WW Points: 3 per serving

Servings: 5

Posted by: eolmsted (Liz)

5/4/03

Comments: I substituted 1 (14 oz) can of diced tomatoes (drained) for the plum tomatoes.

Ingredients

2 (10 oz) packages frozen baby lima beans

Vegetable Cooking Spray

4 (1/2 oz) slices Canadian bacon, cut into thin strips

2 tablespoons chopped shallots

1 1/4 cups peeled, seeded, and chopped plum tomato

1/4 cup water

1/2 teaspoon chicken-flavored bouillon granules

1/2 teaspoon low-sodium Worcestershire sauce

1/4 teaspoon pepper

1/8 teaspoon hot sauce

Cook beans according to package directions omitting salt; drain and set aside.

Coat a large saucepan with cooking spray over medium heat until hot. Add bacon and shallots; saute until shallots are tender. Add beans, tomato, and remaining ingredients. Bring to a boil. Reduce heat to medium; cook, uncovered until most of the liquid evaporates, stirring frequently.

Calories: 173; Protein: 11.5g; Carbohydrate: 29.6g; Iron: 3.5 mg; Fat: 1.4g; Fiber: 2.8g; Sodium: 418mg; Cholesterol: 6mg; Calcium: 49 mg.

Frozen Margarita Pie

Source: Cooking Light Annual 1995

WW Points: 4 per serving

Servings: 10

Posted by: eolmsted (Liz)

5/4/03

Comments:

Ingredients

2 1/2 cups small pretzels, finely crushed

1/4 cup reduced-calorie margarine, melted

1 tablespoon sugar

6 cups vanilla nonfat frozen yogurt, softened

1/4 cup tequila

3 tablespoons frozen limeade concentrate, thawed and undiluted

1 teaspoon grated fresh lime rind

1 tablespoon fresh lime juice

Lime Slices (optional)

Edible flowers (optional)

Lime rind curls (optional)

Combine first 3 ingredients in a small bowl, stirring well. Press mixture evenly into bottom and up sides of a 9-inch pie plate. Freeze crust 1 hour.

Combine yogurt and next 4 ingredients in a bowl stirring well. Spoon yogurt mixture into prepared crust. Cover and freeze until firm. Let stand at room temperature 5 minutes before slicing. If desired, garnish with lime slices, edible flowers, and lime rind curls.

Calories: 198; Protein: 5.1g; Carbohydrate: 34.5g; Iron: .6mg; Fat: 3.8g; Fiber: 0; Sodium: 263mg; Cholesterol: 0mg; Calcium: 163mg.

Upside-Down Berry Cakes

Cooking Light 1998 Annual

Healthy Units: 4.5 per serving

Number of Servings: 2

Posted by DebMj1

July 5, 2003

Comments:

INGREDIENTS

1/4 cup all-purpose flour

1/4 cup sugar

1/2 tsp. baking powder

Dash of salt

1/4 cup skim milk

1 Tbsp. plus 1 tsp. reduced-calorie stick margarine, melted (I used light butter)

Vegetable cooking spray

1 cup fresh blueberries

INSTRUCTIONS

1. Preheat oven to 375 F. Combine first 4 ingredients in a small bowl; stir well. Add milk and margarine, stirring just until flour mixture is moist. Divide batter evenly between 2 (10-ounce) custard cups coated with cooking spray. Top each with 1/2 cup blueberries.
2. Bake at 375 F. for 35 minutes or until lightly browned and fruit topping is bubbly.

NUTRITIONAL INFORMATION

Calories 237; Fat 4.5 g (sat 0.7 g, mono 1.5 g, poly 1.8 g); Protein 3.1 g; Carb 47.9 g; Fiber 3.7 g; Chol 1 gm; Iron 0.9 gm; Sodium 126 mg; Calcium 90 mg.

Cookie-Crusted Derby Pie

Source: Cooking Light (May 2003)

Servings : 10

WW Points: 6

Posted by: kimbilly

5/4/03

Comments:

Ingredients

Crust

40 pieces reduced fat vanilla wafers
2 tablespoons brown sugar
1 tablespoon butter -- melted
1 large egg white

Filling

1/2 cup pecans -- coarsely chopped
1/3 cup semisweet chocolate chips
2/3 cup dark corn syrup
1/2 cup brown sugar, packed
3 tablespoons bourbon
1 teaspoon vanilla extract
1/4 teaspoon salt
3 large eggs -- lightly beaten

1. Preheat oven to 350 degrees.
2. To prepare crust, place cookies in a food processor, process until finely ground. Add 2 tablespoons brown sugar, butter, and egg white; pulse 2 to 3 times or until just moistened. Press mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray. Bake at 350-degrees for 5 minutes. Cool on a wire rack.
3. To prepare filling, sprinkle pecans and chocolate chips into bottom of prepared piecrust. Combine syrup and remaining ingredients, stirring well with a whisk. Pour over pecans and chocolate chips. Bake at 350-degrees for 27 minutes or until set. Cool on a wire rack.

Strawberry Spring Salad

Source: Cooking Light April 1997

Serving Size: 4 servings (2 cups salad and 1 teaspoon pine nuts)

WW Points-2

Posted by SandraDeeBaker

5/4/03

Comments:

Ingredients

3 tablespoons white wine vinegar

3 tablespoons water

1 tablespoon honey

2 teaspoons extra-virgin olive oil

1/8 teaspoon salt

1/8 teaspoon pepper

3 cups quartered strawberries

1 (10-ounce) bag Italian-blend salad greens (about 6 cups)

4 teaspoons toasted pine nuts

1. Combine first 6 ingredients, and stir well with a whisk.
2. Combine strawberries and greens. Add vinegar mixture; toss to coat. Sprinkle with nuts.

Calories – 98 - Fat - 4.5 grams - Fiber 3.5 grams

Mocha Chocolate Cheesecake

Cooking Light Annual Recipes 2001

Serves: 16

WW Points: 5

Posted by Jill (jillyh)

5/4/03

Comments: I couldn't find Oreo cookie crumbs at my store, so I made my own using Nabisco's Famous Chocolate Wafer cookies. Also, I used only 1 T. sugar in the crust and light margarine. You'd NEVER guess this was a "light" cheesecake!

Crust:

1 c. packaged chocolate cookie crumbs (such as Oreo)

2 T. sugar

1 T. butter or stick margarine, melted

cooking spray

Filling:

1/2 c. Dutch process cocoa powder (such as Droste)

1/3 c. Kahlua

3 (8 oz) blocks fat free cream cheese, softened

1 (8 oz) block 1/3 less fat cream cheese, softened

1/2 c. low fat sour cream

1 1/4 c. sugar

3 T. all purpose flour

2 tsp. vanilla extract

2 large eggs

2 large egg whites

16 chocolate coated coffee beans (optional)

Preheat oven to 325. To prepare crust, combine first 3 ingredients in a bowl; toss with a fork until moist. Press mixture into bottom of a 9-inch springform pan coated with cooking spray. To prepare filling, combine cocoa and Kahlua, and stir well with a whisk. Beat cheeses and sour cream at high speed of a mixer until smooth. Add 1 1/4 c. sugar, flour, and vanilla; beat well. Add eggs and egg whites, 1 at a time, beating well after each addition. Stir in cocoa mixture. Pour mixture into prepared pan; bake at 325 for 1 hour and 5 minutes or until almost set. Cheesecake is done when center barely moves when pan is touched. Remove pan from oven; run a knife around outside edge. Cool to room temperature. (I let it cool in the oven with an open door for 30 min before removing it to a wire rack to cool, to minimize cracking.) Cover and chill at least 8 hours. Garnish with coffee beans, if desired. Yield: 16 servings (serving size: 1 wedge).

Cal=241; Fat=8g; Protein=10.3g; Carb=30.8g; Fiber=.3g; Chol=51mg; Iron=1.2g; Sodium=386mg; Calcium=147mg

Garlic Buttermilk Salad Dressing

Weight Watchers

WW Points: 1

Yields 4 servings

Posted by SandraDeeBaker

May 4, 2003

Comments:

Ingredients

1 C. Low fat Buttermilk

2/3 C. Nonfat Sour Cream (Naturally Yours-Brand)

2 T. White Wine Vinegar

4 t. Dijon Mustard

1 t. Sugar

½ t. Salt

½ t. Freshly ground Pepper

2 Cloves of minced Garlic

Mix all ingredients together.

Stuffed Potatoes

WW Points: 6

Yields 1 serving

Posted by SandraDeeBaker

May 4, 2003

Comments:

Ingredients

1 Baked Potato (8 oz.)

½ C. Lowfat cottage cheese

1/3 oz. Cheddar cheese

Minced garlic

Aromat seasoning

Salt

Bake potato, remove from oven. Scoop out potato from skin and put in bowl. Add cottage cheese, garlic and seasonings.

Put filling back in skins and top with cheddar cheese.

Rebake until heated throughout and cheese is melted.

263 Calories 4.1 Grams Fat Fiber

Blackberry-Lemon Pudding Cake

Source: Cooking Light

Servings: 5 - 1 Cup each

WW Points: 5.5

Posted by SandraDeeBaker

May 4, 2003

Comments: You can buy frozen berries, if fresh are not available and I think it would work just fine. So far I have only made it with fresh.

Ingredients

1/3 Cup all-purpose flour

2/3 cup granulated sugar

1/8 teaspoon salt

1/8 teaspoon ground nutmeg

1 cup low-fat buttermilk

1 teaspoon grated lemon rind

1/4 cup fresh lemon juice

2 tablespoons butter, melted

2 large egg yolks

3 large egg whites

1/4 cup granulated sugar

1 1/2 cups blackberries (I used boysenberries)

Cooking spray

3/4 teaspoon powdered sugar

1. Preheat oven to 350 degrees.
2. Lightly spoon the flour into a dry measuring cup, and level with a knife. Combine the flour, 2/3 cup granulated sugar, salt, and nutmeg in a large bowl, add the buttermilk, lemon rind, lemon juice, butter, and egg yolks, stirring with a whisk until the mixture is smooth.
3. Beat egg whites with a mixer at high speed until foamy. Add 1/4 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into the buttermilk mixture, gently fold in remaining egg white mixture. Fold in berries.
4. Pour the batter into an 8-inch square baking pan coated with cooking spray. Place in a larger baking pan; add hot water to larger pan to depth of 1 inch. Bake at 350 degrees for 35 minutes or until the cake springs back when touched lightly in center. Sprinkle cake with powdered sugar. Serve warm.

Calories: 285, Fat: 7.2, Fiber: 3.3

Mexican-Spiced Pork Tenderloins

Cooking Light Annual 1995

Servings: 6 Servings

WW Points: 3

Posted by: eolmsted (Liz)

May 5, 2003

Comments:

Ingredients

2 (3/4-pound) pork tenderloins

1 teaspoon ground cumin

1 teaspoon chili powder

1/2 teaspoon dried oregano

1/4 teaspoon garlic powder

1/4 teaspoon salt

1/4 teaspoon black pepper

1/8 teaspoon ground red pepper

Vegetable cooking spray

Trim fat from tenderloins. Combine cumin and next 6 ingredients. Rub spice mixture evenly over tenderloins. Place tenderloins on a rack in a roasting pan coated with cooking spray. Insert meat thermometer into the thickest part of tenderloin, if desired. Bake at 375* for 45 minutes or until meat thermometer registers 160*.

Transfer tenderloins to a serving platter. Let stand 10 minutes; slice diagonally across grain into thin slices.

Calories: 153; Protein: 25.9g; Carbohydrate: .6g; Iron: 1.7mg; Fat 4.6g; Fiber: .2g; Sodium: 163mg; Cholesterol: 83mg; Calcium: 15mg.

Great with Fiesta Rice Recipe

Fiesta Rice

Cooking Light Annual 1995

Serves: 6 (1/2 cup servings)

WW Points: 2 per serving

Posted by eolmsted (Liz)

May 5, 2003

Comments: Goes great with Mexican-Spiced Pork Tenderloins

Ingredients

Vegetable Cooking Spray

1 teaspoon vegetable oil

1/2 cup chopped sweet red pepper

1/4 cup chopped onion

1 clove garlic, minced

1 1/4 cup no-salt-added chicken broth, undiluted

1/2 cup long-grain rice, uncooked

1/2 cup frozen whole kernel corn, thawed

1/2 cup commercial no-salt-added salsa

1/2 cup drained canned black beans

1 tablespoon chopped fresh cilantro

1/4 teaspoon salt

Orange slices (optional)

Fresh cilantro sprigs (optional)

Coat a large saucepan with cooking spray; add oil. Place over medium-high heat until hot. Add red pepper, onion, and garlic; sauté until crisp-tender. Add broth and next 3 ingredients. Bring to a boil; cover, reduce heat, and simmer 20 minutes. Remove from heat; let stand 5 minutes or until liquid is absorbed. Stir in beans, chopped cilantro, and salt. If desired, garnish with orange slices and cilantro sprigs. Yield: 3 cups.

Calories: 118; Protein: 3.8g; Carbohydrate: 22.8g; Iron: 1.5mg; Fat: 1.3g; Fiber: 1.6g; Sodium: 201mg; Cholesterol: 0mg; Calcium: 28mg.

Patistio

Cooking Light May 2003

WW Points: 8.5

Servings: 8

Posted by Kate

May 5, 2003

Comments: This freezes and reheats well.

Filling:

1 lb. uncooked bucatini pasta or spaghetti

1 lb. ground sirloin

1/3 cup chopped onion

3 garlic cloves, minced

1/2 cup dry white wine

1 (15 oz) can tomato sauce

1/2 tsp salt

1/2 tsp black pepper

1/2 tsp ground nutmeg

White Sauce:

3 T all purpose flour

1/2 tsp salt

3 cups 2% milk

2 large eggs

2 large egg whites

5 T shredded kasseri or aged white cheddar cheese, divided
cooking spray

1/4 cup (1 oz) grated fresh pecorino Romano cheese

1. Cook pasta according to directions, rinse with cold water, set aside
2. Cook beef, onion and garlic in large nonstick skillet over med-high heat until browned, stir to crumble. Add wine, tomato sauce, 1/2 tsp salt, nutmeg, pepper and bring to boil. Reduce heat, simmer 10 minutes or until thick.
3. Preheat oven to 350 degrees.
4. To prepare white sauce, place flour and 1/2 tsp salt in medium saucepan over medium heat. Gradually add milk stirring constantly with a whisk; bring to a boil. Reduce heat, simmer 10 minutes or until slightly thick, stirring constantly. Remove from heat, set aside. Combine eggs and egg whites in a large bowl. Gradually add hot milk mixture to egg mixture, stirring constantly with a whisk. Stir in 1 T cheddar cheese until blended.
5. Spread 1 cup beef mixture on bottom of 9x13 pan sprayed with cooking spray. Arrange half of pasta over beef mixture, top with 1 1/2 cups beef mixture. Repeat layers with remaining pasta and beef mixture. Top with white sauce. Sprinkle with 4 T cheddar and Romano cheese. Bake at 350 degrees 30 minutes. Let stand 15 minutes before serving. Yield: 8 servings

Cal: 416 Fat: 8.9g Fiber: 2.4grams

Spicy Paella with Chile, Lime, and Cilantro

CL website

WW Points: 8

Number of servings: 8 servings (serving size: 1-1/2 cups paella and 3 shrimp)

Posted by: Karey

5/5/03

Comments: I would recommend cooking at least 10 minutes longer than instructed. The rice was a bit crunchy. We used Tequila Cilantro and Black Bean Chicken Sausages from Whole Foods.

Broth:

- 1 dried New Mexican or Anaheim chile
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 2 garlic cloves, peeled
- 2 (16-ounce) cans fat-free, less-sodium chicken broth

Herb Blend:

- 1/2 cup chopped fresh cilantro
- 1/4 cup fresh lime juice
- 1 tablespoon olive oil
- 2 garlic cloves, minced

Paella:

- 24 unpeeled large shrimp (about 2 pounds)
- 1 teaspoon olive oil
- 2 (3.5-ounce) andouille sausages or chicken sausages with habanero chiles and tequila (such as Gerhard's), cut into 1/2-inch pieces
- 2-1/2 cups finely chopped red bell pepper
- 2 cups finely chopped onion
- 2 cups sliced zucchini
- 1 cup canned diced tomatoes, undrained
- 1 teaspoon hot paprika
- 1/4 teaspoon salt
- 3 garlic cloves, minced
- 2 cups uncooked Arborio rice or other short-grain rice
- 1 cup frozen whole-kernel corn
- 8 lime wedges

INSTRUCTIONS:

To prepare the broth, remove stem and seeds from chile. Combine the chile, cumin, cinnamon, and 2 garlic cloves in a food processor; process until minced. Combine chile

mixture and broth in a saucepan. Bring to a simmer (do not boil). Keep warm over low heat.

To prepare herb blend, combine cilantro, lime juice, olive oil, and 2 garlic cloves; set aside.

To prepare paella, peel and devein shrimp, leaving tails intact; set aside. Heat 1 teaspoon oil in large paella pan or large skillet over medium heat. Add sausages; sauté 3 minutes. Remove from pan. Add shrimp; sauté 2 minutes. Remove from pan. Add bell pepper and onion, and sauté 5 minutes, stirring occasionally. Add zucchini; sauté 5 minutes. Add tomatoes, paprika, salt, and 3 garlic cloves; cook 5 minutes, scraping pan to loosen browned bits. Add rice; cook 1 minute, stirring constantly. Stir in broth, herb blend, sausages, and corn; cook 10 minutes, stirring frequently. Arrange shrimp, heads down, in rice mixture; cook 10 minutes. Remove from heat. Cover with a towel, and let stand 10 minutes. Serve with lime wedges.

Calories: 383, Fat 8.4 g, Fiber 3g

BBQ Pork Tenderloin

Cooking Light May 2003

WW Points: 4

Servings: 8

Posted by Kate

May 5, 2003

Comments: This recipe makes wonderfully moist and tender pork. The ground coffee in the rub was not to my taste, next time I will omit it.

Marinade:

1/2 cup strong brewed coffee

2T cider vinegar

1T spicy brown mustard

1T dark molasses

2 (1 lb) pork tenderloins

Rub:

1/4 cup finely ground coffee

2T sugar

2T paprika

2 T coarsely ground black pepper

1 1/2 tsp kosher salt

1/4 cup BBQ sauce

1T cider vinegar

1. Combine marinade ingredients and marinate tenderloin in fridge 2 hours or overnight, turning occasionally. Remove pork and discard marinade.

2. Prepare grill, heating one side to medium, and one side to hot.

3. Mix together rub ingredients, rub over pork. Let stand at room temp 15 minutes.

4. Mix together BBQ sauce and vinegar, reserve 2T and set aside.

5. Place Pork on grill rack coated with cooking spray and sear on all side over high heat (3 minutes). Grill pork over medium heat 15 minutes turning occasionally. Baste with 3T BBQ sauce mixture, grill 5 minutes or until thermometer registers 160 degrees (slightly pink) turning pork occasionally.

6. Place pork on platter, brush with reserved 2T BBQ sauce mixture. Cover with foil, let stand 5 minutes. Yield: 8 servings (approx 3 oz pork)

Cal: 196, Fat: 4.5 grams, Fiber: 1.3 grams

Almond Crème Caramel

Cooking Light Website

WW Points: 5.5

Serves 9 (1/9th of a 9" cake pan)

Posted by LiciaP

May 5, 2003

Comments:

INGREDIENTS:

1/2 cup sugar
4 large eggs
1 teaspoon vanilla extract
1/2 teaspoon almond extract
1 (14-ounce) can fat-free sweetened condensed milk
1 (12-ounce) can evaporated skim milk
1/4 cup coarsely chopped almonds
Chopped almonds (optional)

INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Pour sugar into a 9-inch round cake pan. Place cake pan over medium heat. Cook 6 minutes or until sugar is dissolved and golden, shaking cake pan occasionally with tongs. Immediately remove from heat; set aside.
3. Place eggs in a medium bowl; stir with a whisk until foamy. Add extracts and milks; stir with a whisk. Stir in 1/4 cup almonds. Pour mixture into prepared cake pan; cover with foil; place in a large hallow roasting pan. Place roasting pan in oven; add water to roasting pan to a depth of 1 inch. Bake at 350 degrees for 55 minutes or until a knife inserted in center comes out clean.
4. Remove cake pan from water; place on a wire rack. Remove foil. Let custard cool in cake pan 30 minutes. Loosen edges with a knife or rubber spatula. Place a serving plate upside down on top of cake pan; invert custard onto plate, allowing syrup to drizzle over custard. Sprinkle with chopped almonds, if desired.

NUTRITIONAL INFO:

CALORIES 253 (15% from fat); FAT 4.3g (sat 0.9g, mono 2.1g, poly0.7g); PROTEIN 9.8g; CARB 43.1g; FIBER 0.4g; CHOL 100mg; IRON 0.6mg;SODIUM 118mg; CALC 131mg

Garlic Roasted Chicken With Gravy

From WW New Complete Cookbook

WW Points: 7 points per serving

Serves: 4

Posted By: HappyHomemaker

Date: May 5, 2003

Comments: Note: To make things not so frantic at the end, while the chicken is roasting, I go on and mix the wine, scallion, soy sauce, sage and 1/4 cup water in a small bowl. Place the bowl in the refrigerator until ready to add to the pan juices. This is fabulous served with Garlic Mashed Potatoes in the Vegetable folder.

One 3 1/2-pound chicken
1 lemon, halved
1 onion, halved
4 rosemary sprigs or 3/4 tsp. dried
4 thyme sprigs or 1/2 tsp. dried
6 garlic cloves, peeled
1 cup low-sodium chicken broth
2 tablespoons fresh lemon juice
1 tablespoon cornstarch
2 tablespoons dry white wine
1 scallion, minced
1 tablespoon reduced-sodium soy sauce
1/4 teaspoon crumbled dried sage leaves

1. Preheat the oven to 400* F; spray the rack of a roasting pan with nonstick cooking spray. Remove the chicken giblets and neck from body cavity; refrigerate or freeze for another use. Rinse the chicken under cold running water inside and out; pat dry with paper towels.
2. Place the lemon, onion, rosemary, thyme and garlic in the body cavity. Place the chicken, breast-side up, on the rack in the roasting pan. Roast 30 minutes; pour the broth and lemon juice over the chicken. Reduce the oven temperature to 325* F. Roast, basting frequently, until cooked through and the juices run clear when the thigh is pierced in the thickest part with a fork, about 1 hour longer. Transfer the chicken to a cutting board; let stand 15 minutes.
3. Meanwhile, pour the pan juices into a medium saucepan, skimming off any fat and reserving 1 tablespoon of the juices in a small bowl. Dissolve the cornstarch in the reserved juices. Add the wine, scallion, soy sauce, sage and 1/4 cup water to the saucepan; bring to a boil and boil 5 minutes. Reduce the heat to low and whisk in the dissolved cornstarch; cook, stirring constantly, until the gravy thickens, about 1 minute. Carve the chicken and serve with gravy. Remove the skin before eating.

Fat: 10.0 g, Calories: 293, Fiber: 0

Garlic Mashed Potatoes

From: WW New Complete Cookbook

WW Points: 2 points per serving

Serves: 4

Posted By: HappyHomemaker

Date: May 5, 2003

Comments: This recipe is fabulous served with Garlic Roasted Chicken With Gravy in the chicken folder.

Ingredients

1 1/4 lbs. all-purpose potatoes, peeled and thinly sliced

8 garlic cloves, peeled

1 bay leaf

1/2 tsp. salt

3 Tbsp. fat-free buttermilk

1. In a large pot, combine the potatoes, garlic, bay leaf, 1/4 teaspoon of the salt and cold water to cover; bring to a boil. Reduce the heat and simmer and cook until the potatoes are tender, 10 - 15 minutes. Drain, reserving the cooking liquid; discard the bay leaf.

2. With a potato masher or an electric mixer at low speed, mash the potatoes and garlic with the buttermilk and the remaining 1/4 teaspoon salt; thin with the cooking liquid, if needed.

Fat: 0.0 g Calories: 135 Fiber: 3 g

Pan-Seared Tuna w/Onion-Soy Vinaigrette

Mastercook Cooking Light

(Note: I scaled this in MC for one serving, so adjust accordingly.)

WW Points: 5

Servings: 1

Posted by Lmaybloom

May 5, 2003

Comments:

Ingredients:

1/8 cup rice vinegar
1/16 cup grated fresh onion
1/16 cup low-sodium soy sauce
1/4 teaspoon vegetable oil
dash pepper
1/2 cup (2-inch) julienne-cut carrot
1/2 cup (2-inch) julienne-cut celery
1/2 cup (2-inch) julienne-cut cucumber
1/4 teaspoon vegetable oil
1 (6-ounce) tuna steaks
1/16 teaspoon salt
1/16 teaspoon coarsely ground pepper
Red onion slices (optional)

1. Combine first 5 ingredients in a small bowl. Stir well, and set aside. Combine carrot, celery, and cucumber in a bowl, and toss well.
2. Brush oil over tuna, and sprinkle with salt and pepper. Place a large nonstick skillet over medium-high heat until hot. Add tuna, and cook 3 minutes on each side or until desired degree of doneness. Remove from skillet, and cool. Cut tuna diagonally across grain into thin slices.
3. Arrange 1 1/2 cups carrot mixture on each of 4 plates; top with tuna slices. Drizzle 2 tablespoons vinaigrette over each serving. Garnish with red onion slices, celery leaves, and lemon slices, if desired.

7 points per serving.

Chewy Chocolate Chip Cookies

Cooking Light, April 1998, p.150

WW Points: 1

Servings: 60 (Serving size: 1 cookie)

Posted by Imaybloom

May 5, 2003

Comments:

Ingredients

1 (18.25-ounce) package light devil's food cake mix

2 tablespoons stick margarine or butter, softened

2 tablespoons water

2 large egg whites

1 large egg

3/4 cup semisweet chocolate chips

Cooking spray

1. Preheat oven to 350°.

2. Combine first 5 ingredients in a large bowl; beat at medium speed of a mixer 2 minutes. Stir in chocolate chips. Drop by rounded tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 10 minutes. Remove from pans; cool on wire racks. Store in an airtight container.

Serving Size: 1 cookie

Servings: 60

Yield: 5 Dozen

Baking Time: 10 minutes

Tortellini with Prosciutto and Peas in a Creamy Sauce

From WW "Make it in Minutes" cookbook.

WW Points: 6

Servings: 4

Posted by LissaR

May 5, 2003

Comments:

Ingredients:

½ pound refrigerated fresh cheese tortellini

1 cup frozen peas

¼ pound deli-sliced prosciutto, chopped

2 Tbsp all-purpose flour

1 cup whole milk (do not go for skim!)

½ cup grated Parmesan cheese (I use Kraft's reduced fat Parm here and it works fine)

½ Tsp ground black pepper

1. Bring a large pot of water to a boil. Add the tortellini and cook according to the package directions. Stir in the peas during the last two minutes of cooking; drain.

2. Meanwhile, coat a large non-stick skillet with a nonstick spray and heat over medium heat. Add the prosciutto and cook, stirring occasionally, until lightly browned, 2-3 minutes. Remove and reserve the prosciutto. Dissolve the flour in the milk in a small bowl and add to skillet. Cook, stirring constantly, until thickened. (They say 8-10 minutes. Mine never seems to take that long.) Remove from the heat and stir in the Parmesan cheese and pepper. Add the prosciutto, tortellini, and peas and toss to coat.

Variation: I like to make this with mushrooms. I sauté the mushrooms with a teaspoon of minced garlic until they're tender, and then add the prosciutto and proceed from there. The points are the same, and it's a slightly different taste.

Baked Cornmeal Crusted Grouper Sandwich with Tartar Sauce

Cooking Light, May 2003, p. 194

Servings: 4

WW Points: 10 (see comments)

Posted by Jill (jillyh)

5/5/03

Comments: I used 7 1/2 oz. cod per sandwich (6 1/2 oz cooked) instead of grouper and used a light bun. Without tartar sauce, that came to 6 points per sandwich, instead of 10. You can buy low fat tartar sauce (1 pt per 2 T.) or you can make your own ala Barbara (Vino49) by mixing 1 T. light mayo with a little minced onion and sweet relish. Thus the recipe can be considerably further lightened.

Grouper:

1/2 c. yellow cornmeal

1/2 tsp. salt

1/4 tsp. ground red pepper

1/4 c. 2% reduced fat milk (I used skim)

4 (6 oz) grouper fillets

cooking spray

Tartar Sauce:

1/2 c. low fat mayonnaise

2 T. chopped green onions

1 T. sweet pickle relish

1 1/2 tsp. capers

1 1/2 tsp. fresh lemon juice

1/2 tsp. Worcestershire sauce

Additional Ingredient:

4 (1 1/2 oz) hamburger buns, split

Preheat oven to 450. To prepare grouper, combine cornmeal, salt, and red pepper in a shallow dish, stirring well with a fork. Place milk in a shallow bowl. Dip each fillet in milk; dredge in cornmeal mixture. Place fish on a baking sheet coated with cooking spray. Bake at 450 for 10 minutes or until fish is done, turning once. To prepare tartar sauce, combine mayonnaise and next five ingredients, stirring with a whisk. Spread about 2 T. tartar sauce over cut sides of each bun; place one fish fillet on bottom half of each bun. (Use a nice wide spatula--it's easy to break!) Top fillets with remaining bun halves. Yield: 4 servings.

Cal=443; Fat=14.3; Protein=38.5; Carb=38.3; Fiber=2.5; Chol=75mg; Iron=3.2mg; Sodium=961mg; Calcium=110mg

Beef Stroganoff

Source: WW Boards

Servings: 6

Points: 4

Poster: kimbilly

Post date: 5/5/03

Comments:

Ingredients

1 pound beef tenderloin -- or boneless sirloin or boneless round steak
1/2 teaspoon black pepper
1 teaspoon canola oil
3 cups fresh mushrooms -- sliced
1 medium onion -- sliced
2 tablespoons all-purpose flour
2 cups low sodium beef broth
2 tablespoons tomato paste
2 tablespoons dry sherry
1 teaspoon dry mustard
1/4 teaspoon dried oregano
1/4 teaspoon dried dill weed
1/3 cup light sour cream

Put meat in freezer for 30 minutes for easier slicing. Slice meat into thin strips about 2 inches long. Sprinkle with pepper. Heat oil in a large, heavy skillet over medium high heat, swirling to coat bottom. Sauté mushrooms until tender, 2 to 3 minutes. Transfer to a plate. Sauté onion in same skillet until brown, 3 to 4 minutes. Add to mushrooms.

Add meat to skillet and brown quickly on all sides until rare, 2 to 3 minutes for tenderloin, 3 to 5 minutes for round steak or sirloin. Add to mushrooms.

Add flour to skillet. Gradually pour in broth, whisking constantly. Cook over medium high heat for 2 to 3 minutes, or until thickened, whisking constantly. Reduce heat to low. Whisk in remaining ingredients except sour cream. Stir in mushrooms, onions and meat. Cook for 15 minutes.

Pour sour cream in a small bowl. Stir in a small amount of meat mixture. Add sour cream mixture to skillet and cook for 5 minutes, or until heated through, stirring occasionally.

Serve over egg noodles or rice, but remember to add points.

Chicken Scallopini

Cooking Light April 2003

Servings: 4

WW Points: 4 (calculated on slide)

Posted by OneGrandGirl (Mary Ellen)

May 6, 2003

Comments

Ingredients

4 (6-ounce) skinless, boneless chicken breast halves

2 teaspoons fresh lemon juice

¼ teaspoon salt

¼ teaspoon black pepper

1/3 cup Italian-seasoned breadcrumbs

Cooking spray

½ cup fat-free, less-sodium chicken broth

¼ cup dry white wine

4 teaspoons capers

1 Tablespoon butter

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, pound to ¼-inch thickness using a meat mallet or rolling pin. Brush chicken with juice, and sprinkle with salt and pepper. Dredge chicken in breadcrumbs.

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken to pan, cook 3 minutes on each side or until chicken is done. Remove from pan; keep warm.

Add broth and wine to pan, and cook 30 seconds, stirring constantly. Remove from heat. Stir in capers and butter. (Serving size: 1 chicken breast half and 1 Tablespoon sauce)

Calories: 206; Protein: 29.2g; Carbohydrate: 7.7g; Iron: 1.6mg; Fat: 4.6g; Fiber: 0.6g; Sodium: 657mg; Cholesterol: 76 mg; Calcium: 27mg.

Orzo, tomato and zucchini toss

Cooking Light April 2003

Servings: 4

WW Points: 3 (calculated by hand)

Posted by OneGrandGirl (Mary Ellen)

May 6, 2003

Comments:

Ingredients

- 1 tsp olive oil
- 1 cup cherry tomatoes, halved
- 1 cup chopped zucchini
- 2 garlic cloves, minced
- ½ tsp Italian seasoning
- ¼ tsp red pepper flakes
- 3 cups cooked orzo, hot
- ¼ teaspoon salt

Heat olive oil in a medium skillet over medium-high heat. Add cherry tomatoes, zucchini, and garlic cloves; sauté 2 minutes. Stir in Italian seasoning and red pepper flakes; sauté 1 minute or until zucchini is crisp-tender. Combine tomato mixture, orzo, and salt; toss well.

Field Salad with Snow Peas, Grapes and Feta

Cooking Light April 2003

Servings: 6

WW Points: 3 (calculated on slide)

Posted by OneGrandGirl (Mary Ellen)

May 6, 2003

Comments:

Ingredients

5 Tablespoons white wine vinegar

5 Tablespoons fresh orange juice

2 Tablespoons extra-virgin olive oil

2 ½ teaspoons sugar

½ teaspoon salt

¼ teaspoon freshly ground black pepper

8 cups gourmet salad greens

2 cups snow peas, trimmed and cut lengthwise into strips

2 cups seedless red grapes, halved

½ cup (2 ounces) crumbled feta cheese

Combine first 6 ingredients in a small bowl; stir well with a whisk. Combine remaining ingredients in a large bowl. Drizzle dressing over salad; toss well.

Calories: 151; Protein: 4.3g; Carbohydrate: 18.6g; Iron: 2mg; Fat: 7.9g; Fiber: 3.0g; Sodium: 354mg; Cholesterol: 11 mg; Calcium: 123mg.

Raspberry Strippers

Source: www.cookinglight.com

WW Pts: 2 per cookie

Servings: makes 2 dozen cookies

Posted by: alleycat (Allison)

May 6, 2003

Comments: Consider these treats a modification to the traditional thumbprint cookies. These butter cookies are filled with fruit preserves and drizzled with a powdered sugar glaze. Need we say more?

INGREDIENTS:

1/3 cup granulated sugar
5 tablespoons butter, softened
1-1/2 teaspoons vanilla extract
1 large egg white
1 cup all-purpose flour
2 tablespoons cornstarch
1/4 teaspoon baking powder
1/4 teaspoon salt
Cooking spray
1/3 cup raspberry or apricot preserves
1/2 cup powdered sugar
2 teaspoons fresh lemon juice
1/4 teaspoon almond or vanilla extract

INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. Beat granulated sugar and butter with a mixer at medium speed until well blended (about 5 minutes). Add 1-1/2 teaspoons vanilla and egg white; beat well. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cornstarch, baking powder, and salt, stirring well with a whisk. Add flour mixture to sugar mixture, stirring until well blended. (Dough will be stiff.)
3. Turn dough out onto a lightly floured surface. Divide dough in half. Roll each portion into a 12-inch log. Place logs 3 inches apart on a baking sheet coated with cooking spray. Form a 1/2-inch-deep indentation down the length of each log using an index finger or end of a wooden spoon. Spoon preserves into the center. Bake at 375 degrees for 20 minutes or until lightly browned. Remove logs to a cutting board.
4. Combine powdered sugar, lemon juice, and almond extract; stir well with a whisk. Drizzle sugar mixture over warm logs. Immediately cut each log diagonally into 12 slices. (Do not separate slices.) Cool 10 minutes; separate slices. Transfer slices to wire racks. Cool completely.

NUTRITIONAL INFO: calories: 75 carbohydrates: 12.4 g cholesterol: 6 mg fat: 2.5 g sodium: 56 mg protein: 0.7 g calcium: 4 mg iron: 0.3 mg fiber: 0.2 g

YIELD: 2 dozen (serving size: 1 cookie)

Tuscan Chickpea Soup

Cooking Light 2001

Servings: 6

WW Points: 7

Posted by jang2341

May 6, 2003

Comments: Garlic, rosemary, balsamic vinegar, and Parmesan cheese deliver authentic Mediterranean flavors.

INGREDIENTS:

2 T olive oil
2 cups finely chopped onion
8 garlic cloves, minced
4 cups water
1 t minced fresh or
1/4 t dried rosemary
3/4 t salt
1/4 t black pepper
3 (15 1/2-ounce) cans chickpeas (garbanzo beans), rinsed and drained
1 (14 1/2-ounce) can diced tomatoes, undrained
1 to 2 tablespoons balsamic vinegar
6 tablespoons (1 1/2 ounces) grated fresh Parmesan cheese

INSTRUCTIONS:

1. Heat the olive oil in a Dutch oven over medium heat. Add onion and garlic, and cook for 10 minutes, stirring frequently. Stir in the water and the next 5 ingredients (water through tomatoes), and bring to a boil. Reduce heat, and simmer 20 minutes.

2. Place 2 cups soup in a blender or food processor, and process until smooth. Pour the pureed soup into a bowl. Repeat procedure with 2 cups soup. Return all pureed soup to pan. Stir in the vinegar, and bring to a boil. Remove from heat.

Spoon 1 1/2 cups soup into each of 6 bowls; sprinkle each serving with 1 T cheese.

NUTRITIONAL INFO:

CALORIES 373 (22 percent from fat); FAT 9.1g (sat 2.1g, mono 4.5g, poly 1.6g);
PROTEIN 15g; CARB 59.7g; FIBER 11.4g; CHOL 5mg; IRON 3.7mg; SODIUM 955mg;
CALC 197mg

Chiles Rellenos Casserole

The Complete Cooking Light Cookbook, p. 346

Servings: 6

WW Points: 7 (I got it down to 5 by making two changes; see below)

Posted by Jill (jillyh)

5/6/03

Comments: by substituting 97% lean ground turkey breast for the ground chicken and 2% cheese for the colby jack, I was able to get this down to 5 points per serving. I used 1/2 Sargento Light Mexican blend and 1/2 c. Cracker Barrel 2% Reduced Fat Extra Sharp Cheddar.

1/2 lb ground chicken
1 c. chopped onion
1 3/4 tsp. cumin
1 1/2 tsp. dried oregano
1/2 tsp. garlic powder
1/4 tsp. salt
1/4 tsp. black pepper
1 (16 oz) can fat free refried beans
2 (4 oz) cans whole green chiles, drained and cut lengthwise into quarters.
1 c. (4 oz) preshredded Colby Jack cheese
1 c. frozen whole kernel corn, thawed and drained
1/3 c. all purpose flour
1/4 tsp. salt
1 1/3 c. fat free milk
1/8 tsp. hot sauce
2 large eggs, lightly beaten
2 large egg whites, lightly beaten

Preheat oven to 350. Cook chicken and onion in a nonstick skillet over medium high heat until browned; stir to crumble. Combine chicken mixture, cumin, and next 5 ingredients in a bowl. Arrange half of green chile strips in an 11 x 7 inch baking dish; top with 1/2 c. of cheese. Spoon mounds of chicken mixture onto cheese; spread gently, leaving 1/4 inch border around edge of dish, and top with corn. Arrange remaining chile strips over corn; top with 1/2 c. cheese. Combine flour and salt in a bowl; gradually add milk and hot sauce, stirring with a whisk until blended. Stir in eggs and egg whites; pour over casserole. Bake at 350 for 1 hour and 5 minutes or until set; let stand 5 minutes. (I would recommend letting it sit more like 15 min. My servings weren't "pieces" yet after 5 min. Cooling it longer set them more.) Yield: 6 servings (serving size=1 3 1/2 inch square).

Calories=333; Fat=10.6; Protein=25.5g; Carb=34.1g; Fiber=5.1g; Chol=113mg; Iron=3.7mg; Sodium=831mg; Calcium=274mg

Macadamia Butter Cookies with Dried Cranberries

Cooking Light Annual Recipes 2003, p 316

Servings: 30

WW Points: 2 pts each(2 cookies = 3 pts)

Posted by Debra (DERB63)

May 6, 2003

Comments: We love these thick, satisfying cookies--as humble as peanut butter cookies but not as crumbly. Dried cranberries provide a slightly tart counterpoint to the macadamia nuts' richness. The dough is somewhat sticky; chilling it briefly makes handling easier.

INGREDIENTS:

2/3 cup macadamia nuts
1/2 cup granulated sugar
1/2 cup packed light brown sugar
1 teaspoon vanilla extract
1 large egg
1-1/4 cups all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
1/2 cup sweetened dried cranberries, chopped
1 tablespoon granulated sugar

INSTRUCTIONS:

Preheat oven to 375 degrees. Place nuts in a food processor; process until smooth (about 2 minutes), scraping sides of bowl once. Combine macadamia butter, 1/2 cup granulated sugar, and brown sugar in a large bowl; beat with a mixer at medium speed. Add vanilla and egg; beat well.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, salt, and ground nutmeg, stirring with a whisk. Add flour mixture to sugar mixture; beat at low speed just until combined (mixture will be very thick). Stir in chopped cranberries. Chill 10 minutes. Divide chilled dough into 30 equal portions; roll each portion into a ball. Place 1 tablespoon granulated sugar in a small bowl. Lightly press each ball into sugar; place each ball, sugar side up, on a baking sheet covered with parchment paper. Gently press the top of each cookie with a fork. Dip the fork in water; gently press the top of each cookie again to form a crisscross pattern. Place 15 cookies on each of 2 baking sheets. Bake cookies, 1 baking sheet at a time, at 375 degrees for 9 minutes or until golden. Remove cookies from pan; cool on a wire rack. Repeat procedure with remaining cookies.

Calories=76, Fat=2.5g, Protein=1g, Carb=13.2g, Fiber=0.6g, Chol=7mg, Iron=0.5mg, Sodium=44mg, Calc=7mg

Green Beans with Caramelized Onions

Cooking Light Annual Recipes 2003, p 350

Servings: 10 (serving size 1 cup)

WW Points: 1

Posted by Debra (DERB63)

5/6/03

Comments: I cooked the beans a few minutes longer with a lid on the skillet. Watch the heat on your onions or they will burn!

2 tbsp olive oil, divided
2 (16-ounce) packages frozen pearl onions, thawed
1 tbsp sugar
1 tsp salt, divided
2 pounds green beans, trimmed
1/2 tsp black pepper

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Pat onions dry with paper towels; add to pan. Increase heat to medium-high; saute onions 5 minutes. Add sugar and 1/2 teaspoon salt; saute 15 minutes or until onions are tender and golden brown. Spoon into a bowl. Heat 1 tablespoon oil in pan over medium-high heat. Add beans; saute 8 minutes or until crisp-tender. Add onions, 1/2 teaspoon salt, and pepper; cook 2 minutes or until mixture is thoroughly heated.

Cal=89, Fat=2.9g, Protein=2.5g, Carb=15.4g, Fiber=4.6g, Chol=0mg, Iron=1.4mg, Sodium=249mg, Calc=67mg

Grilled Tomato, Smoked Turkey, and Muenster Sandwich

Cooking Light July 2001

10 Healthy Units per sandwich

Servings 2

Posted by Sandra Dee

May 6, 2003

Comments: This is an extra special sandwich, mouthwatering and very filling.

Ingredients

- 1 tablespoon minced red onions
- 3 tablespoons fat free sour cream
- 1 tablespoon dijon mustard
- 1 teaspoon chopped fresh or 1/4 teaspoon dried thyme
- 4 teaspoons butter, softened
- 4 - 1 1/2 ounce slices sourdough bread
- 6 - 1 ounce slices fat free, honey-roasted smoked turkey breast
- 4 - 1/2 thick slices tomato (I used vine ripened)
- 2 - 1/2 ounce slices Muenster cheese

Combine the first 4 ingredients in a small bowl. Spread 1 teaspoon butter on one side of each bread slice. Spread 2 tablespoons mustard mixture over unbuttered side of each of 2 bread slices; top each with 3 turkey slices, 2 tomato slices, 1 cheese slice, and 1 bread slice (with buttered side out).

Heat a large nonstick skillet over medium heat until hot. Add the sandwiches; cover and cook for 3 minutes on each side or until golden brown.
I watch carefully as not to burn the bread.

Turnip Greens with Caramelized Onions

Healthy Units: 1.4

Servings: 6 (3/4 C.)

Posted by: LMaybloom (Lesley)

Date: May 18, 2003

Comments:

INGREDIENTS

2 teaspoons stick margarine

4 cups vertically sliced onion

2 tablespoons brown sugar

1/2 teaspoon pepper

Cooking spray

1 (2-pound) bag prepackaged turnip greens, coarsely chopped

Hot pepper sauce (optional)

INSTRUCTIONS

1. Melt margarine in a large Dutch oven over medium-high heat. Add onion; sauté 7 minutes. Stir in sugar and pepper. Cover, reduce heat to medium-low, and cook 20 minutes or until golden, stirring frequently. Remove onion mixture from pan; set aside.

2. Place pan coated with cooking spray over medium-high heat until hot. Gradually add turnip greens, and cook 10 minutes or until wilted, stirring frequently. Add onion mixture to turnip greens; stir gently. Sprinkle with hot pepper sauce, if desired. Serve immediately.

NUTRITIONAL INFO

Per Serving (excluding unknown items): 93 Calories; 2g Fat (16.1% calories from fat); 3g Protein; 18g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 79mg Sodium.

Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Greek Stuffed Flank Steak

Source: The Complete Cooking Light Cookbook

Healthy Units: 4

Servings: 8

Posted by: alleycat (Allison)

May 7, 2003

Comments:

Ingredients

1 (10-oz) package frozen chopped spinach, thawed, drained and squeezed dry
1/3 cup finely chopped red onion
1/3 cup chopped pickled pepperoncini peppers
2 tablespoons dried bread crumbs
1/4 tsp. garlic powder
1/4 tsp. salt
1 (1-1/2 pound) flank steak
Cooking spray
1 (14-1/2 oz) can beef broth
1/2 cup dry red wine
1/2 cup water
1/2 tsp. dried oregano

1. Combine first 6 ingredients in a bowl; set aside.
2. Trim fat from steak. Cut horizontally through center of steak, cutting to, but not through, other side; open flat as you would a book. Place steak between 2 sheets of heavy-duty plastic wrap; flatten to an even thickness, using a meat mallet or rolling pin.
3. Spread spinach mixture over steak, leaving a 1-inch margin around outside margins. Roll up steak, jelly-roll fashion, starting with short side. Secure roll at 2-inch intervals with heavy string.
4. Coat a large Dutch oven with cooking spray, and place over medium-high heat until hot. Add steak, browning well on all side. Add broth, wine, water, and oregano to pan; bring to a boil. Cover, reduce heat, and simmer 1 hour and 30 minutes or until tender, turning meat once. Add additional water during cooking if necessary. Remove string and cut steak into 8 slices. Serve with cooking liquid.

Yield: 8 servings (1 steak slice and about 2 tablespoons cooking liquid)

Nutrition info: cal 177; fat 8.3 g; protein 20.6 g; carb 4.4 g; fiber 1.3 g

Feta Mashed Potatoes

Source: The Complete Cooking Light Cookbook

Healthy Units: 2

Servings: 8

Posted by: alleycat (Allison)

May 7, 2003

Comments:

2 pounds baking potatoes, peeled and cubed (about 5-1/4 cups)

1/4 cup fat-free milk

3 tablespoons crumbled feta cheese

2 tablespoons fat-free sour cream

1/2 tsp. salt

1/2 tsp. dried oregano

1/4 tsp. black pepper

1. Place potato in a large saucepan; cover with water, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until potato is very tender.

2. Drain potato; return to pan. Beat at high speed of a mixer until smooth. Add milk, feta cheese, sour cream, salt, oregano, and pepper; beat well.

Yield: 8 servings (1/2 cup)

Nutritional info: cal 94; fat 0.9g; protein 3.1 g; carb 18.7 g; fiber 1.6 g

Vanilla-Poached Peaches

Source: The Complete Cooking Light Cookbook

Healthy Units: 2

Servings: 4

Posted by: alleycat (Allison)

May 7, 2003

Comments:

Ingredients

1 cup water

1/3 cup sugar

1 (3-1/2 inch) piece vanilla bean, split lengthwise

3 large ripe peaches, peeled, pitted and quartered

2 tablespoons strawberry preserves

4 tsp. chopped pistachios

Whole strawberries (optional)

1. Combine first 3 ingredients in a medium nonaluminum saucepan; bring to a boil. Reduce heat; add peaches, and simmer 7 minutes or until tender. Remove peaches with a slotted spoon; place in a shallow dish. Bring cooking liquid to a boil, and cook until reduced to 1/2 cup (about 7 minutes). Discard vanilla bean; pour syrup over peaches. Cool to room temperature.

2. Combine strawberry preserves and 4 teaspoons peach syrup; stir with a whisk. Place 3 peach quarters and 1-1/2 tablespoons syrup in each of 4 dishes; top each serving with 2 teaspoons strawberry mixture and 1 teaspoon pistachios. Garnish with strawberries, if desired.

Yield: 4 servings

Nutritional info: cal 132; fat 1.4 g; protein 1.1 g; carb 31 g; fiber 1.5 g

Pesto

Gourmet

WW points:3

Servings 21 (1 Tablespoon)

Posted by LiciaP

May 6, 2003

Comments:

Ingredients:

3 large garlic cloves

1/2 cup pine nuts

2 oz Parmigiano-Reggiano, coarsely grated (2/3 cup)

1 teaspoon salt

1/2 teaspoon black pepper

3 cups loosely packed fresh basil

2/3 cup extra-virgin olive oil

With food processor running, drop in garlic and finely chop. Stop motor and add nuts, cheese, salt, pepper, and basil, then process until finely chopped. With motor running, add oil, blending until incorporated.

Makes about 1 1/3 cups.

Hot Crab Dip

Source: The Complete Cooking Light Cookbook

Healthy Units: 1 per 2 tablespoons

Servings: roughly 30 (yields 3-2/3 cups)

Posted by: alleycat (Allison)

May 7, 2003

Comments: I bake this in the crock from my small crock pot. When it's done, I place the crock into the heating element and set it to "low." This keeps it warm throughout the party. Also good with a few shots of hot sauce, and/or chopped hot peppers for extra kick.

3/4 cup fat-free sour cream

2 tablespoons fresh lemon juice

1 tablespoon grated fresh onion

1 tsp. Worcestershire sauce

3/4 tsp. dry mustard

1/4 tsp. garlic powder

1 (8-oz) tub light cream cheese, softened

1/2 cup (2 oz) shredded reduced-fat sharp cheddar cheese

1 pound lump crabmeat, drained and shell pieces removed

Cooking spray

Paprika

1. Preheat oven to 325.

2. Combine first 7 ingredients in a bowl; stir well with a whisk. Stir in cheddar cheese and crabmeat.

3. Spoon crabmeat mixture into a 1-1/2 quart casserole coated with cooking spray, and sprinkle with paprika. Bake at 325 for 30 minutes or until thoroughly heated. Serve warm with crackers or breadsticks.

Yield: 3-2/3 cups

Nutritional info: cal 43; fat 2 g; protein 4.8 g; carb 1.2 g; fiber 0g

Sweet Fruit Scones

Source: Colorado Colore

WW Pts: 3 per scone

Servings: 8

Posted by: bms2003 (Betty)

May 7, 2003

Comments: I needed just over $\frac{3}{4}$ c of the Half-and-Half to make the dough.

INGREDIENTS

2 cups flour

$\frac{1}{3}$ cup sugar

1 Tablespoon baking powder

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup dried cranberries

2 teaspoons orange zest

$\frac{3}{4}$ - 1- $\frac{1}{4}$ cup fat free Half-and-Half

$\frac{1}{4}$ c fat free Half-and-Half

Cinnamon-sugar to taste

INSTRUCTIONS

Combine the flour, sugar, baking powder and salt in a large bowl and mix well. Stir in the cranberries and orange zest. Add $\frac{3}{4}$ to 1- $\frac{1}{4}$ cups Half-and-Half gradually, mixing constantly until the dough is moistened and forms a ball; knead gently if necessary.

Place the dough on a lightly floured surface. Pat gently into a 1-inch-thick circle. Place the circle on a greased baking sheet. Brush top with $\frac{1}{4}$ c Half-and-Half and sprinkle with cinnamon-sugar. Score into 8 equal wedges. Bake at 425° for 12-15 minutes or until light brown. Cut into wedges and serve warm.

Calories: 178; Protein: 3g; Carbohydrate: 37 g; Dietary Fiber: 1 g; Cholesterol: 0 mg; Fat: trace; Sodium: 362 mg; Calcium: 109 mg

Shrimp Vindaloo

From Take Out Tonight

WW Points:3

Servings: 6 (1 cup per serving)

Posted by hmclaugh

May 6, 2003

Comments:

Ingredients

- 1 tbs olive oil
- 2 onions, chopped
- 1 tbs fresh lemon juice
- 2 tsp Madras curry powder
- 1 tsp cumin seeds
- 1/8 tsp cayenne
- 1 1/2 lbs plum tomatoes, chopped
- 2 tbs sugar
- 1 tbs minced peeled fresh ginger
- 2 garlic cloves, minced
- 1 1/2 lbs medium shrimp, peeled and devined
- 3/4 teaspoon salt

Heat a large nonstick skillet over medium-high heat. Swirl in the oil, then add the onion, lemon juice, curry powder, cumin seeds, and cayenne. Cook, stirring occasionally, until onions soften. Stir in tomatoes, sugar, ginger and garlic; cook until tomatoes soften, 5-6 minutes. Add the shrimp and cook until opaque in the center, 4-5 minutes. Stir in the salt and serve at once.

Double-Chocolate Chews

Source: www.cookinglight.com

Published: Cooking Light- 03/01/96

WW Points: 1 per cookie

Servings: 4 dozen (1 cookie per)

Posted by: tvgirl34

Posted on: 5/7/03

Comments:

INGREDIENTS

1-3/4 cups all-purpose flour
2/3 cup sifted powdered sugar
1/3 cup unsweetened cocoa
2-1/4 teaspoons baking powder
1/8 teaspoon salt
1 cup semisweet chocolate mini-morsels, divided
3 tablespoons vegetable oil
1 cup firmly packed brown sugar
2-1/2 tablespoons light-colored corn syrup
1 tablespoon water
2-1/2 teaspoons vanilla extract
3 egg whites
Vegetable cooking spray

INSTRUCTIONS

Preheat oven to 350 degrees.

Combine first 5 ingredients in a bowl; stir well, and set aside.

Combine 3/4 cup chocolate morsels and oil in a small saucepan; cook over low heat until chocolate melts, stirring constantly. Pour the melted chocolate mixture into a large bowl, and let cool 5 minutes. Add brown sugar, corn syrup, water, vanilla extract, and egg whites to chocolate mixture; stir well. Stir in flour mixture and remaining chocolate morsels.

Drop dough by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake at 350 degrees for 8 minutes. Let cool 2 minutes or until firm. Remove cookies from pans; let cool on wire racks.

NUTRITIONAL INFO: calories: 64 carbohydrates: 11.8 g cholesterol: 0 mg fat: 1.6 g sodium: 13 mg protein: 0.9 g calcium: 19 mg iron: 0.5 mg fiber: 0.1 g

Chicken Souvlaki Salad

Cooking Light Website

Servings 4 Serving Size: 2 cups

Healthy Units: 5

Posted by: Emwitt

May 8, 2003

Comments: The elements of a classic Greek salad and a chicken souvlaki sandwich combine in this piquant dish. You can also use lamb in place of the chicken.

INGREDIENTS:

2 teaspoons bottled minced garlic, divided
1 teaspoon fresh lemon juice
1 teaspoon extra-virgin olive oil
1/2 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon black pepper
1 pound skinless, boneless chicken breast
3 cups cubed peeled cucumber (about 3 cucumbers)
1/2 cup vertically sliced red onion
1/2 cup (2 ounces) crumbled feta cheese
2 tablespoons chopped pitted kalamata olives
2 ripe tomatoes, cored and cut into 1-inch pieces (about 1 pound)
1/2 cup plain fat-free yogurt
1/4 cup grated peeled cucumber
1 teaspoon white wine vinegar
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon ground red pepper
1/4 teaspoon black pepper

INSTRUCTIONS:

1. Preheat grill or broiler.
2. Combine 1 teaspoon garlic and the next 6 ingredients (1 teaspoon garlic through chicken breast) in a large zip-top plastic bag. Seal the bag and shake to coat. Remove chicken from the bag. Grill or broil chicken 5 minutes on each side or until done. Cut chicken into 1-inch pieces.
3. Combine chicken, cubed cucumber, and the next 4 ingredients (cubed cucumber through tomatoes) in a large bowl. Combine yogurt and remaining ingredients in a small bowl. Pour over chicken mixture; toss well.

NUTRITIONAL INFO: CALORIES 259 FAT 8.2g FIBER 2.9g;

Amy's Garlic Mashed Red Potatoes

Source: Cooking Light Website

Healthy Units: 4 per serving

Yield: 1 serving (approx 3/4 cup)

Posted by: Oduamy1 (Amy)

Posted on: May 8, 2003

Comments: If you like your mashed potatoes smooth, a hand mixer works well. Otherwise, a potato masher or the back of a spoon or fork will do the trick!

Ingredients

1/2 pound small red potatoes, quartered

1 teaspoon butter

1 garlic clove, minced

3 tablespoons fat-free milk

1/8 teaspoon salt

1) Place potatoes in a small saucepan and cover with water. Bring to a boil. Reduce heat; simmer 13 minutes or until tender. Drain

2) Combine butter and minced garlic in a medium microwave-safe bowl. Microwave at high 30 seconds or until butter melts (cover your bowl with a napkin, or your microwave will be a mess!). Add potatoes, milk, and salt. Mash mixture with a potato masher or fork to desired consistency.

Calories - 208; Fat - 3.9 g; Protein 7.9g; carb 43.1 g; fiber 4.7g; chol 11 mg; iron 1.7 mg; sodium 357 mg; calcium 94 mg

Spanakopita

Licia's Kitchen

Healthy Units: 2 per item

Servings: 30 pastries

Posted by LiciaP

May 7, 2003

Comments:

Ingredients:

1 (10 oz) bag frozen spinach leaves
1 bunch green onions, sliced
1 bunch parsley
1 bunch fresh mint
1/2 lb feta, crumbled
1 package (17- by 12-inch) phyllo sheets, thawed
Cooking Spray

Preheat oven to 375°F. Remove stems from parsley and mint bunches. Chop green onions. Thaw spinach in colander, pressing out as much liquid as possible. Transfer to a food processor bowl, and add parsley, mint, onions, 1/2 teaspoon salt, 1/2 teaspoon pepper and feta. Process by pulsing several times, until all ingredients are mixed but not pureed.

Cover phyllo stack with 2 overlapping sheets of plastic wrap and then a dampened kitchen towel. Take 1 phyllo sheet from stack and arrange on a work surface with a long side nearest you (keeping remaining sheets covered) and spray with cooking spray. Top with another phyllo sheet and spray again. Cut buttered phyllo stack crosswise into 6 (roughly 12- by 2 3/4-inch) strips.

Put a heaping teaspoon of filling near 1 corner of a strip on end nearest you, then fold corner of phyllo over to enclose filling and form a triangle. Continue folding strip (like a flag), maintaining triangle shape. Put triangle, seam side down, on a large baking sheet and spray with more cooking spray. Make more triangles in same manner, using all of phyllo.

Bake triangles in middle of oven until golden brown, 20 to 25 minutes, then transfer to a rack to cool slightly.

Comments

- Pastry triangles can be formed, but not baked, 3 days ahead. Arrange in 1 layer in heavy-duty sealed plastic bags, then freeze. Bake frozen pastries (do not thaw) in same manner as above.

The same mixture can be used to make a spinach pie. Use phyllo dough in the same manner to line a round or square pan. Line bottom of pan with 2 sheets, spray, then add 2 more sheets in the opposite direction. Place half of the spinach mixture on top of the phyllo. Add 2 more phyllo sheets on top of the spinach mixture, then add 2 more sheets in the opposite direction. Place remaining half of spinach mixture. Top with another 2 phyllo sheets, then again, 2 more in the opposite direction. Trim all overhangs, coat with more cooking spray, and bake 1 hour in a 375-degree oven. Let slightly cook before cutting into squares or pie slices.

BBQ Chicken Pizza

Cooking Light Website

Healthy Units: 6.5
Servings: 6 (serving size 1 wedge)
Posted by Tammi1961
May 8, 2003

Comments: We love the contrast of flavors provided by sweet tomato chutney, savory chicken, and sharp cheddar cheese.

INGREDIENTS:

1 (10-ounce) Italian cheese-flavored thin pizza crust (such as Boboli)
3/4 cup tomato chutney
2 cups chopped roasted skinless, boneless chicken breasts (about 2 breasts)
2/3 cup diced plum tomato
3/4 cup (3 ounces) shredded extra-sharp white cheddar cheese
1/3 cup chopped green onions

INSTRUCTIONS:

1. Preheat oven to 450 degrees.
2. Place crust on a baking sheet. Bake at 450 degrees for 3 minutes. Remove from oven; spread chutney over crust, leaving a 1/2-inch border.
3. Top chutney with chicken. Sprinkle diced tomato, cheese, and green onions evenly over chicken. Bake at 450 degrees for 9 minutes or until cheese melts. Cut pizza into 6 wedges.

Note: If you can't find tomato chutney, make your own. Combine 2 cups diced plum tomato, 3 tablespoons brown sugar, 3 tablespoons cider vinegar, 1/8 teaspoon Jamaican jerk seasoning, and 1 minced garlic clove in a small saucepan; bring to a boil. Reduce heat to medium; cook 20 minutes or until thickened.

NUTRITIONAL INFO: CALORIES 300 (26% from fat); FAT 8.5g (sat 3.9g, mono 2.9g, poly 1g); PROTEIN 21.3g; CARB 35.2g; FIBER 1.2g; CHOL 48mg; IRON 1.7mg; SODIUM 622mg; CALC 247mg

Barbecued Chicken Hash

Healthy Units: 6

6 servings (serving size: 1 cup)

Posted by Tammi1961

May 8, 2003

Comments:

INGREDIENTS:

1 1/2 tablespoons olive oil
1 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped green bell pepper
1/2 cup chopped carrot
4 cups chopped roasted skinless, boneless chicken breasts (about 4 breasts)
3 1/2 cups frozen hash browns
3/4 cup water
1/2 cup barbecue sauce
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon minced garlic
1/4 teaspoon salt
1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese
1 jalapeno pepper, seeded and minced

INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. Heat oil in a large cast-iron or heavy skillet over high heat. Add onion, celery, bell pepper, and carrot; sauté 1 1/2 minutes. Add chicken and next 7 ingredients (chicken through salt); bring to a boil. Reduce heat, and simmer for 2 minutes. Bake at 375 degrees for 10 minutes. Sprinkle with cheese and jalapeno; bake an additional 5 minutes or until cheese melts.

NUTRITIONAL INFO:

CALORIES 279 (30% from fat); FAT 9.3g (sat 3.3g, mono 4.3g, poly 1g); PROTEIN 25.1g; CARB 23.9g; FIBER 1.9g; CHOL 59mg; IRON 1.4mg; SODIUM 816mg; CALC 212mg

Cranberry Cheesecake Bars

Source: Light and Tasty Feb/Mar 03

Healthy Units: 2

Servings: 36

Posted by : Sheri R (slrobn)

Date: 5/8/03

Comments:

Ingredients

2 cups flour, all-purpose
2 tablespoons flour, all-purpose
1 cups quick cooking oats
3/4 cup brown sugar, packed
1/2 cups margarine, Blue Bonnet Light
8 ounces cream cheese, fat free
14 ounces condensed milk, sweetened fat free
4 egg whites
1 teaspoon vanilla extract
16 ounces cranberry sauce
2 tablespoons cornstarch

In a bowl, combine 2 cups flour, oats, brown sugar and butter; mix until crumbly. Press 2 1/2 cups of the crumb mixture into a greased 13 x 9 x 2 baking dish. Bake at 350 for 10 minutes.

In a mixing bowl, beat the cream cheese until smooth. Add the milk, egg whites, vanilla and remaining flour; mix well. Spoon over prepared crust. In a bowl combine the cranberry sauce and cornstarch; mix well. Spoon over cream cheese mixture. Sprinkle with remaining crumb mixture. Bake at 350 for 30 - 35 min or until center is almost set. Cool on a wire rack before cutting.

The Best Stir-Fry with Spicy Sauce

Source - adapted from Fine Cooking

WW POINTS - depends on the meat (or lack of) that you use; usually between 4-6

Servings - 4

Posted by - COURTNEY

May 8, 2003

Comments:

INGREDIENTS:

2 T sesame oil (divided)

1 Pound meat, chicken, or seafood (I've used chicken and shrimp and both were excellent)

1 Pound (or more) vegetables (asparagus, mushrooms, broccoli, red peppers, snowpeas, etc.)

1 recipe sauce (recipe follows)

1 recipe aromatic base (2 T finely sliced scallion, 2 t grated fresh ginger, 2 t minced garlic)

DIRECTIONS:

Heat a big skillet with 1 T sesame oil for a minute. Season meat or fish with salt and white pepper. Add to skillet and cook for a few minutes until almost cooked through. Remove and set aside. Add last T of sesame oil and add veggies with a 1/4 cup of water. Cook until crisp-tender or whatever you prefer. Add aromatics. Add meat or seafood and cook an additional 2-3 minutes or until done. Add sauce and heat through.

Spicy Sauce:

2 t cornstarch

2 t soy sauce

1/4 cup chicken broth or water

2 T dry sherry

1 T chile paste (I used green curry paste)

1 T honey

1 T hoisin sauce

1/2 t grated fresh ginger

1/2 t minced garlic

1 T sliced scallion

Make slurry with cornstarch and soy sauce - add all other ingredients.

Rum-Marinated Chicken Breasts with Pineapple Relish

Source: Cooking Light, May 2003

Healthy Units: 6 Per Serving

Servings: 4

Posted by: Bawstinn32 (Maria)

May 8, 2003

Comments: The skin helps keep the chicken moist while grilling and can easily be removed before serving or at the table. Keep the thinner edges of the breast toward the cooler edge of the fire. The chicken is done when the juices near the bone run clear.

Chicken:

½ cup dark rum

¼ cup barbecue sauce

3 tablespoons fresh lime juice

1 tablespoon Caribbean hot sauce (such as Pickapeppa Sauce)

1 teaspoon sea or kosher salt

2 teaspoons vegetable oil

4 (8-ounce) bone-in chicken breast halves

Relish:

1 small pineapple, peeled, cored and cut into (1/2 inch) rings (about 12 ounces)

Cooking spray

½ cup finely chopped red pepper

1 teaspoon grated lime rind

2 tablespoons fresh lime juice

1 teaspoon dark rum

¼ teaspoon Caribbean hot sauce

1/8 teaspoon sea or kosher salt

4 lime wedges

To prepare chicken, combine first 6 ingredients in a large zip-top plastic bag. Add chicken to bag; seal.

Marinate in refrigerator 1 to 2 hours, turning bag occasionally. Remove the chicken from the bag, reserving marinade, set chicken aside. Let marinade stand at room temperature 10 minutes. Strain into a sieve into a bowl; discard solids. Set marinade aside.

Prepare grill to medium heat.

To prepare relish, place pineapple on grill rack coated with cooking spray; grill three minutes on each side or until soft and browned around the edge. Cook slightly; chop. Combine pineapple, bell pepper and next 5 ingredients (bell pepper through 1/8 teaspoon salt); set aside.

Place chicken on grill rack coated with cooking spray; grill 30 minutes or until done, turning occasionally. Remove and discard skin.

Bring reserved marinade to a boil in a small saucepan; cook one minute. Drizzle cooked marinade over chicken. Serve chicken with relish and lime wedges.

NUTRITIONAL INFORMATION: Calories 288 (14% from fat); Fat 4.5 g; Fiber 1.9 g; Protein 29.6 g; Chol 72mg

Pommes Anna (Potatoes Anna)

Source: Cooking Light, April 2001

Healthy Units: 4

Servings: 8

Posted By: kimbilly

Date: 5/8/03

Comments:

Ingredients

1 teaspoon kosher salt
1/2 teaspoon black pepper
2 1/2 tablespoons unsalted butter
3 pounds baking potatoes -- peeled, 1/8 in slice

1 tablespoon unsalted butter -- melted and divided
1 tablespoon fresh flat-leaf parsley -- chopped

1. Preheat oven to 450 degrees.
2. Combine salt and pepper in a small bowl.
3. Melt 2 1/2 tablespoons butter in 10-inch cast-iron or ovenproof heavy skillet over medium heat. Arrange a single layer of potato slices, slightly overlapping, in a circular pattern in pan; sprinkle with 1/4 teaspoon salt mixture. Drizzle 1/2 teaspoon melted butter over potatoes. Repeat layers 5 times, ending with butter. Press firmly to pack. Cover and bake at 450 degrees for 20 minutes.
4. Uncover and bake an additional 25 minutes or until potatoes are golden. Loosen edge of potato with a spatula. Place a plate upside down on top of pan; invert potatoes onto plate. Sprinkle with parsley, if desired.

CALORIES: 208; FAT: 5.2g; PROTEIN: 3.4g; CARB: 36.7g; FIBER: 2.6g; CHOL: 14mg;
IRON: 0.7mg; SODIUM: 353mg; CALC: 11mg

Roasted Poblano Guacamole with Garlic and Parsley

Source: Cooking Light Supper Clubs Dinner, Chicago, IL

Healthy Units: 3.7

Servings: 8: 1/4 c. guac, about 3/4 c. chips

Posted by "Imaybloom" (Lesley)

Date 05/08/03

Comments:

Ingredients:

2 poblano chiles, about 6 oz.

2 plum tomatoes, about 6 oz.

2 garlic cloves, unpeeled

1 1/3 c. ripe peeled avocado (about 3), seeded and coarsely mashed

3 T. chopped fresh flat-leaf parsley

2 T. fresh lime juice (chef rec'd squeezing lime into mixture b4 adding the avocado)

1/4 t. salt

2 T. grated queso an~ejo or Parmesan cheese

2 T. sliced radishes

7 oz. baked tortilla chips, about 7 c.)

1. Preheat broiler.

2. Cut poblanos in half, lengthwise and discard the seeds and membranes. Place poblano halves (skin sides up), tomatoes and garlic on a foil-lined baking sheet. Broil for 12 min or until poblanos are blackened, turning the tomatoes once. Place the poblanos in a zip-top plastic bag and seal. Let stand 10 minutes. Peel poblanos, tomatoes and garlic.

3. (This is where the chef's directions conflicted w/ the printed recipe.) Place the poblanos and garlic cloves in a food processor (chef rec'd a zig-zag potato masher), and pulse until coarsely chopped. Combine the poblano mixture, tomato, avocado, parsley, juice and salt in a bowl. Sprinkle with cheese and radishes. Serve w/ tortilla chips.

Notes: The parsley was a nice refreshing change in the guac. Cilantro is great, but it's so overpowering that it masks the other flavors in guac. Parsley had the right texture and just enough flavor.

Peruvian Salsa Salad

Source: Cooking Light Supper Clubs Dinner, Chicago, IL

Healthy Units: 1.7

Servings: 6: 1/2 c.

Posted by "Imaybloom" (Lesley)

Date 05/08/03

Comments:

Ingredients

1 c. thinly sliced red onion

1/2 c. sliced radishes

1/2 c. frozen lima beans, thawed

1/2 c. canned white hominy, drained

1/4 c. (1 oz.) crumbled feta cheese

1/4 c. chopped bottled roasted red bell peppers

2 T. chopped fresh mint

2 T. chopped fresh cilantro (chef says most of the flavor in cilantro is in the stems, so don't leave them out!)

3 T. fresh lemon juice

1 T. olive oil

1/4 t. salt

1/4 t. freshly ground black pepper

3 garlic cloves, minced

Combine first 8 ingredients in large bowl. Combine lemon juice and the remaining ingredients; stir w/ a whisk. Drizzle dressing over salad and toss gently to combine.

Notes: This was REALLY yummy, and was served on a bed of mixed greens, so it looks like much more than 1/2 c. of salad.

Grilled Chicken with Chilean Cilantro Sauce

(Churasco with Pebre)

Source: Cooking Light Supper Clubs Dinner, Chicago, IL

Healthy Units: 3.7

Servings: 6: 1 chicken breast, 1/2 c. onion mixture, and 1 T. Pebre

Posted by "Imaybloom" (Lesley)

Date 05/08/03

Comments:

Cooking Spray

4 c. sliced onion

1/2 t. sugar

1/2 t. salt

1/2 t. garlic powder

1/2 t. dried oregano

1/2 t. black pepper

1/4 t. ground cumin

6 (6 oz) skinned chicken breasts

Pebre (Chilean Cilantro Sauce)

Place a large skillet coated w/ cooking spray over medium heat until hot. Add sliced onion and sugar; cover and cook 10 minutes or until golden brown, stirring frequently.

Prepare grill. (Lesley's note: I bet this would work well on a GF or other indoor grill.)

Combine salt and next 4 ingredients (salt through cumin). Rub salt mixture over both sides of chicken. Place chicken on a grill rack coated w/ cooking spray. Cook 10 minutes on each side, or until done. Top each chicken breast w onion mixture; drizzle each w/ 1 T. Pebre.

Notes: 3.7 HUs seems low for 6 oz. of chicken, but that's what it says here, and I'm too lazy to MasterCook it right now.

Nutrition info incl. 1 T. of Pebre per serving.

Chilean Cilantro Sauce

(Pebre)

Source: Cooking Light Supper Clubs Dinner, Chicago, IL

Healthy Units: 0.5

Servings: 2 c. Serving size, 1 T.

Posted by "Imaybloom" (Lesley)

Date 05/08/03

Comments:

Ingredients

2/3 c. canned vegetable broth

1/2 c minced fresh cilantro

1/2 c. minced onion

1/2 c. minced red bell pepper

1/4 c. white vinegar

1/4 c. extra-virgin olive oil

1 t. salt

1 t. dried oregano

1 t. crushed red pepper

1/2 t. black pepper

4 garlic cloves, minced

Combine all ingredients, stirring with a whisk until well-blended.

Ecuadorean Potato-and-Cheese Patties

(Llapingachos Ecuatorianos)

Source: Cooking Light Supper Clubs Dinner, Chicago, IL

Healthy Units: 3.7

Servings: 6: 1 patty

Posted by "Imaybloom" (Lesley)

Date 05/08/03

Comments:

Ingredients

1 1/2 t. K. salt

2 medium peeled baking potatoes, quartered (about 1 1/4 pounds)

6 T. (1 1/2 oz.) shredded queso fresco or Mont Jack cheese

2 T. minced green onions

1/4 t. K. salt

1/4 t. freshly ground black pepper

1 T. olive oil

1/4 c. diced tomato

1/2 c. julienne-cut red onion

Place 1 1/2 t. salt and potatoes in saucepan and cover with water. Bring to a boil; reduce heat, and simmer 15 minutes or until tender. Drain, and mash w/ a potato masher until smooth. Cool.

Add cheese, green onions, 1/4 t. salt, and pepper to potato mixture, stirring well. Divide potato mixture into 6 balls (about 1/2 c. per ball). Flatten balls into 1/2" thick pattie (about 3" diameter). Place on a baking sheet; cover and refrigerate 20 minutes or until firm.

Heat oil in a large skillet over medium heat. Place patties in pan; cook 5 minutes, or until bottoms are browned. Turn patties; cook 3 minutes. Top patties w/ tomato and red onion.

Notes: This was the best part of the meal, bar none. Thankfully, they gave us each only one of these. I could have eaten 10 of them.

Honeyed Mangoes

Source: Cooking Light Supper Clubs Dinner, Chicago, IL

Healthy Units: 2.1

Servings: 6: 3/4 c.

Posted by "Imaybloom" (Lesley)

Date 05/08/03

Comments:

Ingredients

3 T. dark rum

2 T. honey

1/2 t. grated lime rind

1 T. fresh lime juice

1/8 t. ground cinnamon

5 c. sliced peeled mango (about 3 #s)

Combine first 5 ingredients in a med. nonstick skillet; cook over medium high heat 1 minute, stirring occasionally. Add mango; cook 3 minutes, stirring occasionally. Divide mango evenly among 6 bowls; spoon remaining rum mixture over mangoes. Serve warm.

Notes: These were awesome. Mangoes are really in season now, so if you're going to make this side dish, now's the best time!

Angelas Flan

Source: Cooking Light Supper Clubs Dinner, Chicago, IL

Healthy Units: 5.9

Servings: 8

Posted by "Imaybloom" (Lesley)

Date 05/08/03

Comments:

Ingredients

1/2 c. sugar

1T. water

Cooking spray

2 c. 2% reduced fat milk

1 T. white rum

1/2 t. vanilla extract

1/2 t. almond extract

1/8 t. ground cinnamon

4 large eggs

1 (14 oz) can low-fat sweetened condensed milk

Preheat oven to 350.

Combine sugar and water in a small heavy saucepan, and cook over MH heat until sugar dissolves, stirring frequently. Continue cooking 3 minutes or until golden, stirring constantly. Immediately pour into 8 (6oz) custard cups coated w/ cooking spray, tipping quickly until caramelized sugar coats the bottoms of the cups.

Combine milk and remaining ingredients in a blender; process until smooth. Divide the mixture evenly among prepared custard cups. Place cups in the bottom of a broiler pan, add hot water to pan to a depth of 1". Bake at 350 for 55 minutes or until a knife comes out clean. Remove cups from pan; cool completely on a wire rack. Cover and chill at least 8 hours.

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 remaining caramelized sugar over custards.

Maple-Glazed Salmon (2nd version)

Cooking Light Magazine, May 2003, p. 152

Healthy Units: 7

Servings: 4

Posted by Debra (DERB63)

5/8/03

Comments:

Ingredients

2 tsp paprika

1 tsp chili powder

1 tps ground ancho chili powder

1/2 tsp ground cumin

1/2 tsp brown sugar

1 tsp sea salt or kosher salt

4 (6 ounce) salmon fillets

Cooking spray

1 tsp maple syrup

Prepare grill, heating to medium. Combine first 5 ingredients. Sprinkle fish with salt and rub with paprika mixture. Place fish on grill rack coated with cooking spray; grill 7 minutes. Drizzle fish with syrup; grill 1 minute or until fish flakes easily when tested with a fork.

Cal=286, fat=13.5g, protein=36.5g, carb=2.9g, fiber=0.6g, Chol=87mg, Iron=1.1mg, Sodium=670mg, Calc=30mg

Comments: My fillets were skinless. I turned them after about 4 minutes. I used more than 1 tsp of maple syrup.

Lemongrass Beef

Source: Cooking Light 4 (best of)

Healthy Units: 4

Serves: 8 (3 oz serving)

Posted by: Trish

Date: 5/8/03

Comments: Freezing the beef makes slicing it easy.

INGREDIENTS

2 pounds sirloin tip roast
1/2 cup chopped peeled fresh lemongrass
1/3 cup chopped shallot
3 tablespoons fish sauce
1 1/2 tablespoons sugar
1 teaspoon dark sesame oil
1 teaspoon peanut oil
1/4 teaspoon salt
6 garlic cloves, crushed
2 serrano chiles, seeded and chopped
Cooking Spray

1)Cover roast with plastic wrap; freeze 30 minutes. Remove from freezer and cut beef horizontally into 1/8-inch thick slices.

2)Combine lemongrass and remaining ingredients except cooking spray in a food processor; process until smooth (about 1 minute). Combine beef and marinade in a large zip-top plastic bag. Place in refrigerator 2-4 hours.

3) Prepare grill.

4)Remove beef from bag; discard marinade.Place beef on grill rack coated with cooking spray; grill 1 minute on each side or until desired doneness.

Calories 158; fat 5.1g; protein 24.8g; carb 2g; fiber 0.1g; chol 69 mg; iron 2.8mg; sodium 353 mg; calc 10 mg.

I marinated this for 24 hours with no problem.

Caper Sauce

It's not CL, but it is cooking light:

1 point per 2 Tablespoons of sauce

Makes 1 cup

Posted by JoanCallaway

May 8, 2003

Comments:

Ingredients

Caper Dressing

1/4 cup rice vinegar

1/4 tsp. salt

1/4 tsp. pepper

1 shallot, finely chopped

1 T. capers, drained and chopped

1 tsp. dijon mustard

1/2 c. water

2 T. canola oil

Combine vinegar and salt and stir until salt is completely dissolved. Add the remaining ingredients, except oil...mix well. Slowly whisk in the oil. Mix well again just before using.

Note: This is great on green, vegetable, or salads made of grains, but it is superb on a piece of grilled fish or a skinless chicken breast.

Hollandaise Sauce

Canyon Ranch

Serving: 4 (2 Tablespoons)

Healthy Units: 1

Posted by JoanCallaway

May 8, 2003

Comments:

Ingredients

4 teaspoons butter

1/2 cup water

1 egg yolk

1 tablespoon fresh lemon juice

1/2 teaspoon Dijon mustard

1/2 tablespoon flour

1/2 teaspoon salt

lemon zest

Melt the butter in a small saucepan over medium heat. Whisk the water, egg yolk, lemon juice, mustard and salt in a small bowl. Gradually add the flour. Whisk this mixture into the butter, stirring constantly. Bring to a boil and stir about 45 seconds. Remove from heat and stir in the lemon zest.

Per Serving (excluding unknown items): 54 Calories; 5g Fat (84.8% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 316mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

NOTES : This is terrific for Eggs Benedict. Just top a toasted English muffin with some l.f. Canadian bacon and a poached egg and spoon 2 T. sauce over top. WW. - 1 point for 2 T. -- + egg (2) and muffin (2) bacon (1?)

Pepper Steak

Source: Cooking Light, April 2003

Healthy Units: 4

Servings: 4

Posted by: Mary Ellen (OneGrandGirl)

Date: May 9, 2003

Comments: You can toss in other vegetables, such as sliced onion or water chestnuts, when you add the green bell pepper. I added sliced mushrooms and snow pea pods.

Cooking spray

2 Tablespoons all-purpose flour

2 Tablespoons bottled minced garlic

2 Tablespoons bottled ground fresh ginger

¼ teaspoon salt

1/8 teaspoon black pepper

1 pound sirloin steak, trimmed and cut across the grain into ¼-inch thick strips

1 cup green bell pepper strips

½ cup beef consommé

1 teaspoon low-sodium soy sauce

1 teaspoon dark sesame oil

Heat a large nonstick skillet coated with cooking spray over medium-high heat.

Combine flour and next 5 ingredients (flour through steak), tossing to coat. Add beef mixture to pan; sauté 3 minutes. Add bell pepper and remaining ingredients to pan; cover and cook 7 minutes or until the peppers are crisp-tender, stirring occasionally.

Serving size: 1 cup

Calories: 197; Fat: 6.2g; Protein: 26.5g; Carbohydrate: 7.7g; Fiber: 0.9g; Cholesterol: 69 mg; Iron: 3.7mg; Sodium: 419mg; Calcium: 22mg.

Chocolate Toffee Puffs

Source: 2002 Cooking Light Annual

Healthy Units: 1

Servings: 2 dozen cookies

Posted by: alleycat (Allison)

May 9, 2003

Comments:

Ingredients

4 large egg whites

1/3 cup granulated sugar

1 cup sifted powdered sugar

1/2 cup unsweetened cocoa

2 (1.4-oz) English toffee candy bars (such as Skor or Heath), crushed

Cooking spray

1. Preheat oven to 350.

2. Beat egg whites in a large bowl with a mixer at high speed until soft peaks form. Gradually add granulated sugar, beating until soft peaks form.

3. Combine powdered sugar, cocoa, and crushed candy bar in a small bowl; stir well. Gently fold half of cocoa mixture into egg whites (egg whites will deflate quickly). Gently fold in remaining cocoa mixture until smooth. Drop mixture by rounded tablespoonfuls onto a baking sheet coated with cooking spray. Bake at 350 for 15 minutes (cookies will be soft in center). Cool cookies on pan on wire rack 2 minutes. Remove cookies to rack; cool completely.

Yield: 2 dozen cookies (serving size: 1 cookie)

Nutritional info: cal 52; protein 1.1 g; fat 1.4 g; carb 10g; fiber 0.7 g

Alfredo Sauce (with fettuccine)

Servings: 6 servings (serving size: 1-1/2 cups)

Healthy Units: 9

Posted by Marnaj500

May 9, 2003

Comments: We used half-and-half instead of whipping cream and decreased the amount of butter and cheese ever so slightly to lower the fat by about 10 grams per serving.

INGREDIENTS:

1 pound uncooked fettuccine

1 tablespoon butter

1-1/4 cups half-and-half

3/4 cup (3 ounces) grated fresh Parmesan cheese

1/2 teaspoon salt

1/4 teaspoon black pepper

INSTRUCTIONS:

1. Cook pasta according to package directions, omitting salt and fat.
2. Melt butter in a large skillet over medium heat. Add half-and-half, cheese, salt, and pepper; cook 1 minute, stirring constantly. Reduce heat; add pasta, tossing gently to coat.

NUTRITIONAL INFO:

CALORIES 427 (31% from fat); FAT 14.6g (sat 7.8g, mono 4.2g, poly 1.3g); PROTEIN 17.2g; CARB 56.5g; FIBER 2.1g; CHOL 105mg; IRON 3.6mg; SODIUM 479mg; CALC 245mg

Raspberry Sour Cream Tart

Healthy Units: 4

Servings - 8

Posted by - Courtney

May 9, 2003

Comments:

INGREDIENTS -

Crust

8 whole broken graham crackers, coarsely chopped

1/4 cup (packed) brown sugar

1/2 stick melted margarine

Filling and topping

6 oz fat-free cream cheese (room temp)

1/3 c sugar

1/2 c fat-free sour cream

2 t lemon juice

1/2 t vanilla ext.

Topping

2 1/2 pint fresh raspberries

1/4 c seedless sugarless raspberry jam

DIRECTIONS:

Preheat oven to 375; Grind crackers and sugar till crumbs form, add margarine until moist. Press into a 9" tart pan w/ removable bottom (up the sides, also). Bake about 8 minutes and cool crust on rack.

Using electric mixer, beat CC and sugar until smooth. Add sour cream, lemon juice and vanilla. Spread filling on chilled crust. Chill for at least 4 hours.

Arrange berries over filling. Whisk jam until loose; drizzle over berries. Can be chilled like this for 3 hours.

Alsatian Potato Salad

servings:10

Healthy Units 2

Posted by Marnaj500

May 9, 2003

Comments:

Ingredients

16 oz potato(es), red or white, cooked

1/2 cup white wine vinegar

1/4 cup fat-free beef broth

1 cup Dole Green Onions

1 cup cucumber(s)

1/4 cup sweet red pepper(s)

1/4 cup green pepper

1/4 cup olive oil

3 Tbsp Oscar Mayer Bacon Bits

Instructions

Boil potatoes in jackets for 25-35 minutes. Drain. Add vegetables to potatoes. Heat vinegar, broth, oil, pour over potato mixture. Sprinkle with chives and bacon bits.

Eggplant Parmesan

The Complete Cooking Light Cookbook, p. 284

Servings: 8

Healthy Units: 6

Posted by: Jill (Jillyh)

5/9/03

Comments: I halved the recipe (except for the garlic) to make an 8x8 pan, and I made two minor changes. I added 1/4 cup of light ricotta to the bottom layer (1 T. per quadrant of an 8x8 pan), which added one point per serving to the recipe (worth it), and I used about half of the oregano, which was plenty.

1/2 c. dry white wine
1 T. dried basil
1 T. dried oregano
4 (8 oz) cans no salt added tomato sauce
1 (28 oz) can no salt added whole tomatoes, undrained and chopped
1 (6 oz) can tomato paste
2 garlic cloves, minced
1/4 c. water
1/4 tsp. salt
3 large egg whites, lightly beaten
1 1/4 c. Italian seasoned breadcrumbs
1/4 c. grated parmesan cheese
2 eggplants (about 1 3/4 lbs)
cooking spray
3 c. (12 oz) pre-shredded part skim mozzarella cheese

Combine first 7 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes. Preheat broiler. Combine 1/4 c. water, salt, and egg whites in a shallow bowl. Combine breadcrumbs and parmesan cheese in shallow dish. Dip eggplant slices in egg white mixture, and dredge in breadcrumb mixture. Place half of eggplant on a baking sheet coated with cooking spray; broil 5 minutes on each side or until browned. Repeat procedure with remaining eggplant. Set aside. Preheat oven to 350. Spread half of tomato mixture in a 13x9 inch baking dish coated with cooking spray. Arrange half of eggplant over tomato mixture; top with half of the mozzarella cheese. Repeat layers with remaining tomato mixture, eggplant, and cheese (it's a good idea to save a little tomato sauce for the top before you sprinkle the second half of mozzarella). Bake at 350 for 30 minutes or until bubbly. Let stand 5-10 minutes before cutting. Yield: 8 servings.

Calories=303; Fat=8.6g; Protein=19.3g; Carb=39.7g; Fiber=6.4g; Chol=27mg;
Iron=3.5mg; Sodium=892mg; Calcium=414mg

Sugar Snap Pea and Hearts of Palm Salad

Source: Cooking Light Annual 1997

Healthy Units: 1 per 1 cup serving

Servings: 6 (1 cup)

Posted by: eolmsted (Liz)

Date: May 10, 2003

Comments:

Ingredients

1 cup fresh Sugar Snap Peas

2 cups torn Boston Lettuce

2 cups torn Romaine Lettuce

1 cup sliced canned hearts of palm, drained

1/4 cup sliced green onions

Honey-Orange Vinaigrette (below)

Arrange peas in a vegetable steamer over boiling water. Cover and steam 1 minute or until peas are crisp-tender. Set aside and let cool.

Combine peas and next 4 ingredients in a large bowl; toss well. Pour Honey-Orange Vinaigrette over lettuce mixture; toss gently.

Honey-Orange Vinaigrette

2 tablespoons cider vinegar

2 tablespoons unsweetened orange juice (I just used regular OJ)

1 tablespoon honey

2 teaspoons vegetable oil

1/8 teaspoon onion powder

1/8 teaspoon ground red pepper

Combine all ingredients in a small bowl, stirring well with a wire whisk. Yield: 1/4 cup.

Per Serving:

Protein: 1.3g; Fat: 1.6g; Saturated Fat: .3g; Carbohydrate: 11.3g; Fiber: .9g;

Cholesterol: 0mg; Iron: .8mg; Sodium: 5mg; Calcium: 15mg.

Healthy Macaroni and Cheese

Martha Stewart Website

Servings 8

Healthy Units 7.5

Posted by svgrl

May 10, 2003

Comments:

Ingredients

1 small butternut squash (about 1 pound), peeled, seeded, and cut into 1-inch cubes (about 3 cups)

1 cup Homemade Chicken Stock, or low-sodium canned, skimmed of fat

1 1/2 cups nonfat milk

Pinch of freshly grated nutmeg

Pinch of cayenne pepper

3/4 teaspoon coarse salt, plus more for water

Freshly ground black pepper

1 pound elbow macaroni

4 ounces reduced fat extra-sharp cheddar cheese, finely grated (about 1 cup)

1/2 cup part-skim ricotta cheese

4 tablespoons finely grated Parmesan cheese (1 ounce)

2 tablespoons fine breadcrumbs

1 teaspoon olive oil

Olive-oil cooking spray

1. Preheat oven to 375°. Combine squash, stock, and milk in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium; simmer until squash is tender when pierced with a fork, about 20 minutes. Remove from heat. Mash contents of saucepan; stir in nutmeg, cayenne, and salt, and season with black pepper. Stir to combine.

2. Meanwhile, bring a large pot of water to a boil; add salt. Add noodles; cook until al dente, according to package instructions, about 8 minutes. Drain, and transfer to a large bowl; stir in squash mixture, cheddar, ricotta, and 2 tablespoons Parmesan.

3. Lightly coat a 9-inch-square baking dish (4 inches deep) with cooking spray. Transfer noodle mixture to dish. In a small bowl, combine breadcrumbs, the remaining 2 tablespoons Parmesan, and oil; sprinkle evenly over noodle mixture.

4. Cover with aluminum foil, and bake 20 minutes. Remove foil, and continue baking until lightly browned and crisp on top, 30 to 40 minutes more. Serve immediately.

Note: 350 calories, 6 g fat, 18 mg cholesterol, 57 g carbohydrate, 505 mg sodium, 16 g protein, 2 g fiber.

Debbie's Mashed Potatoes

Cooking Light - March, 1998

Healthy Units: 3 per serving

Servings: 4 (1 cup each)

Posted by DebMj1

May 10, 2003

Comments:

Ingredients

4 cups cubed peeled baking potato (about 1-1/2 pounds) (I left 2 of the potatoes unpeeled)

1 garlic clove, sliced (I used 3)

3/4 cup 1% low-fat milk (I used skim)

2 tablespoons grated Parmesan cheese

1 tablespoon stick margarine or butter (I used Corman's light butter)

1/2 teaspoon salt

1/8 teaspoon pepper

INSTRUCTIONS

Place potato and garlic in a medium saucepan; add water to cover. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until tender. Drain. Return potato to pan. Add milk and remaining ingredients; mash with a potato masher.

YIELD: Yield: 4 servings (serving size: 1 cup).

NUTRITIONAL INFO

calories: 176 carbohydrates: 29.5 g cholesterol: 4 fat: 4.2 g sodium: 405 mg protein: 5.7 g calcium: 104 mg iron: 1.2 mg fiber: 2.4 g

Honey-ginger chicken bites

Source: Cooking Light 3/03 and website

Healthy Units: 4

Servings:12

Posted by: Michele998

Date: May 10, 2003

Comments:

INGREDIENTS:

2/3 cup honey
2 tablespoons minced peeled fresh ginger
2 tablespoons fresh lemon juice
2 tablespoons cider vinegar
2 tablespoons low-sodium soy sauce
2 teaspoons dark sesame oil
1 teaspoon grated orange rind
1 teaspoon Worcestershire sauce
4 garlic cloves, minced
1 1/4 pounds skinless, boneless chicken thighs, cut into bite-sized pieces (about 16 thighs)
Cooking spray
1 teaspoon salt
1/4 teaspoon black pepper
2 teaspoons cornstarch
2 teaspoons water
2 teaspoons sesame seeds, toasted (optional)

INSTRUCTIONS:

1. Combine first 9 ingredients in a large zip-top plastic bag; seal and shake well. Add chicken; seal and toss to coat. Refrigerate at least 2 hours or overnight, turning occasionally.

2. Preheat oven to 425 degrees.

3. Remove chicken from bag, reserving marinade. Arrange chicken in a single layer on the rack of a broiler pan coated with cooking spray. Sprinkle chicken with salt and pepper. Bake at 425 degrees for 20 minutes, stirring once.

4. While chicken is cooking, strain marinade through a sieve into a bowl; discard solids. Place marinade in a saucepan; bring to a boil. Cook 3 minutes; skim solids from surface. Combine cornstarch and water in a small bowl; stir with a whisk. Add cornstarch mixture to pan, stirring with a whisk; cook 1 minute. Remove from heat; pour glaze into a large bowl.

5. Preheat broiler.

6. Add chicken to glaze; toss well to coat. Place chicken mixture on a jelly roll pan; broil 5 minutes or until browned, stirring twice. Sprinkle with sesame seeds, if desired.

NUTRITIONAL INFO:

CALORIES 179 (22 percent from fat); FAT 4. 4g (sat 1g, mono 1. 4g, poly 1. 2g); PROTEIN 18. 2g; CARB 17g; FIBER 0. 1g; CHOL 76mg; IRON 1. 1mg; SODIUM 430mg; CALC 14mg

Mary Mac Tea Room Cornbread

Healthy Units: 2 without Honey Butter

Servings: 12

Posted by: Joan C.

May 10, 2003

Comments:

Ingredients

1 1/2 cups white cornmeal

1/2 cup flour

1 Tablespoon baking powder

1 teaspoon salt

2 eggs -- beaten until light yellow

1 1/2 cups buttermilk

1 Tablespoon vegetable shortening -- melted

Stir together the dry ingredients. Beat the eggs until light yellow. Add buttermilk to eggs and add cornmeal mixture and mix lightly. Stir in melted shortening.

Pour batter into hot skillet (sprayed with Pam) and bake at 350 degrees until top is golden brown - about 30 minutes. Invert skillet over plate to remove. Cut into wedges and serve with Honeyclove butter. (see recipe in Notes)

Description:

"2 points per serving (without honey butter)"

Per Serving (excluding unknown items): 116 Calories; 2g Fat (19.0% calories from fat); 4g Protein; 19g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 342mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

NOTES : Honeyclove Butter:

1/2 stick unsalted butter, softened (Imagine you could add honey, cloves and salt to Brummel and Brown or Take Control)

1 tsp. honey

1/8 tsp. ground cloves

pinch of salt

Fettucine Alfredo

Cooking Light January 1997

Healthy Units: 9

Number of Servings 6

Posted by DebMj

May 11, 2003

Comments: This fettucine alfredo was almost restaurant quality - I made it a primavera by using 10 oz. of fettucine and added about 3 cups of cooked veggies (I used what I had on hand - red peppers, carrots, zucchini and broccoli), and added 8 ounces of sliced grilled chicken breast. This cut the points to 7.

The substitutions reduce the points to 8. I also added a clove of garlic to the sauce. I cooked the sauce for longer than a minute and sprinkled in about a tablespoon of flour to thicken. It was terrific.

INGREDIENTS

1 pound uncooked fettuccine

1 tablespoon butter (I used light butter)

1-1/4 cups half-and-half (I used fat-free)

3/4 cup (3 ounces) grated fresh Parmesan cheese (I used half Parmesan out of the green container and half fresh grated Romano)

1/2 teaspoon salt

1/4 teaspoon black pepper

INSTRUCTIONS

1. Cook pasta according to package directions, omitting salt and fat.
2. Melt butter in a large skillet over medium heat. Add half-and-half, cheese, salt, and pepper; cook 1 minute, stirring constantly. Reduce heat; add pasta, tossing gently to coat.

YIELD: 6 servings (serving size: 1-1/2 cups)

NUTRITIONAL INFO

CALORIES 427 (31% from fat); **FAT** 14.6g (sat 7.8g, mono 4.2g, poly 1.3g); **PROTEIN** 17.2g; **CARB** 56.5g; **FIBER** 2.1g; **CHOL** 105mg; **IRON** 3.6mg; **SODIUM** 479mg; **CALC** 245mg

Cherry Cheesecake

Cooking Light website and 2003 Annual

Healthy Units 5 per serving

Number of Servings 12

Posted by DebMj1

May 11, 2003

Comments: A combination of cream cheese, sour cream, and beaten egg whites gives this lightened version of a classic the look, feel, and taste of its heavier cousin.

Cooking spray

3/4 cup graham cracker crumbs (I used 1 cup)

2 tablespoons sugar (I used 1 Tbsp)

2 tablespoons reduced-calorie stick margarine, melted

2/3 cup sugar

1/3 cup all-purpose flour

1 tablespoon cornstarch

1 teaspoon vanilla extract

1 (8-ounce) block 1/3-less-fat cream cheese (Neufchatel)

1 (8-ounce) tub fat-free cream cheese

2 large eggs

1/2 cup fat-free milk

1/3 cup fat-free sour cream

3 large egg whites

1/4 cup sugar

1 (20-ounce) can light cherry pie filling

INSTRUCTIONS

Preheat oven to 300 degrees

Coat a 9-inch springform pan with cooking spray. Combine crumbs, 2 tablespoons sugar, and margarine. Firmly press crumb mixture into bottom and 2 inches up sides of pan.

Combine 2/3 cup sugar, flour, and next 5 ingredients (flour through eggs) in a large bowl; beat at high speed of a mixer until smooth. Add milk and sour cream to cheese mixture; beat until smooth.

Beat egg whites (at room temperature) at high speed of a mixer until soft peaks form. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form using clean, dry beaters. Gently fold egg white mixture into cheese mixture.

Pour into prepared pan. Bake at 300° for 55 minutes or until almost set. Remove from oven, and cool completely on a wire rack; cover and chill 8 hours. Top with pie filling.

NUTRITIONAL INFO

calories: 230 ; fat: 7.1 g ; fiber: 0.1 g

Honey Gelato

Source: CL April 2003

Healthy Units: 3 per 1/2 cup serving

Servings: 8

Posted by: Trish

May 11, 2003

Comments: Honey is a natural choice for gelato because its resistance to freezing ensures creaminess. Store the gelato in an airtight container in the freezer for up to a week. It won't freeze solid, but will maintain a soft, stretchy texture.

1/2 cup honey

1/3 cup nonfat dry milk

1 (12-oz) can evaporated fat-free milk

1/8 teaspoon salt

4 large egg yolks

1 cup 2% reduced-fat milk

Mint springs (optional)

Combine first 3 ingredients in a medium, heavy saucepan. Heat mixture over medium heat until honey dissolves, stirring frequently (do not boil). Remove from heat.

Combine salt and egg yolks in a large bowl, stirring with a whisk. Gradually add honey mixture to egg mixture, stirring constantly with a whisk. Place honey mixture in pan; cook over medium heat until mixture reaches 180 degrees (about 3 minutes), stirring constantly (do not boil). Remove from heat, stir in 2% milk. Cool completely.

Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's directions. Spoon gelato into a freezer-safe container. Cover and freeze 2 hours or until firm. Garnish with mint springs, if desired.

calories 153 (19% from fat); fat 3.3g; protein 6.7g; carb 25.4 g; fiber 0g; chol 111mg; iron 0.5mg; sodium 121mg; calc 208mg

After heating to 180 degrees, remove the pan directly from the heat and pour through a fine-mesh strainer into a bowl. If some of the egg has curdled or some of the milk powder has not dissolved, the strainer will catch it with no loss of flavor to the gelato.

Chiles Rellenos Gratin (Vegetarian stuffed poblanos)

Cooking Light May p. 182

Healthy Units 4 per serving

Number of Servings 8

Posted by Jillybean03 (Jill)

May 11, 2003

Comments:

☐ Ingredients

8 poblano chiles
cooking spray
1 c. finely chopped red bell pepper
1.5 c. corn kernels (fresh if avail)
1/2 c. chopped green onion
2 T. toasted pine nuts
2 garlic cloves, minced
3 oz. Queso Fresco (crumbled) divided
2 T. chopped frsh cilantro
1 t. salt, divided
1/4 t. red pepper, divided
1 (15 oz) can black beans, drained, divided
2 T. butter
1/2 t cumin
1/8 t ground nutmeg
2 T. all-purpose flour
2 c. 2% milk
1 T. fresh lime juice
1/2 c. dry breadcrumbs

- ☐ Roast poblanos over a burner or under broiler until skins are charred. Place in zip-top bag; seal, let stand 15 min. Peel/discard skins. Cut a slit lengthwise in each chile; seed, but leave stems intact.
- ☐ Preheat to 350degrees.
- ☐ Sauté bell pepper over med heat w/ cooking spray (4 min). Add corn, onion, nuts, garlic; cook 2 minutes. Remove from heat, stir in 2 oz cheese, cilantro, 1/2 tsp salt, 1/8 tsp red pepper.
- ☐ Mash half beans with a fork. Add mashed and whole beans to skillet. Spoon about 1/3 c. mixture into each chile; fold sides of chile over filling. Arrange stuffed chiles in an 8" square baker sprayed with PAM.
- ☐ Melt butter in med saucepan over med-low heat; add 1/8 tsp red pepper, cumin and nutmeg, and stir with a whisk. Cook 30 seconds, stirring constantly. Gradually add flour, whisk for 5 minutes.
- ☐ Gradually add milk, stir until blended.
- ☐ Increase heat to med. Cook 8 minutes or until thick. Remove from heat; stir in 1/2 tsp salt and lime juice. Pour mixture over chiles.
- ☐ Combine remaining cheese and breadcrumbs; sprinkle over milk mixture. Bake 350 for 20 minutes or until bubbly.
- ☐ Broil 1 minute or until top is golden.

NUTRITIONAL INFO CALORIES 216 (30% from fat); FAT 7.1g (sat 3.3g, mono 1.9g, poly 0.8g);
PROTEIN 9.1g; CARB 33.1g; FIBER 5.9g; CHOL 16mg; IRON 2.3mg; SODIUM 574mg; CALC 148mg

Cold Cucumber Soup with Cherry Tomato Confetti

Source: Cooking Light, June 2002, page 110

Healthy Units: 1.4

Servings: 4 (~ 1 c. soup and 1/4 c. tomatoes)

Posted by: LMaybloom (Lesley)

Date: May 18, 2003

Comments: I used FF sour cream and 1/3 less fat buttermilk. I doubt this changed the nutritional much.

INGREDIENTS

1/2 c. chopped fresh cilantro

1/4 c. chopped onion

1/4 c. fresh lime juice

1/4 c. fat-free buttermilk

1/4 c. reduced-fat sour cream

1 t. salt

1/2 t. freshly ground black pepper

5 cucumbers (about 2 1/2 pounds) peeled, halved lengthwise, seeded and coarsely chopped)

1 jalapeno pepper, halved and seeded (didn't have)

1 c. cherry tomatoes, halved

INSTRUCTIONS

Place first 9 ingredients in a food processor. Process until smooth. Top with tomatoes.

NUTRITIONAL INFO:

Calories=74, Fat=2.4, Fiber=2.5

Mocha Fudge Pie

Source: Cooking Light 5 Star Recipes Cookbook

Healthy Units: 6 per serving

Yield: 8 servings

Posted By: NancyOW

Posted on: 5-12-2003

Comments: Easy to make, but the "crust" must be baked several hours ahead of time to allow it to cool before adding the filling.

INGREDIENTS

1/3 cup hot water

4 teaspoons instant coffee granules, divided

1/2 (20.5-ounce) box light fudge brownie mix (about 2 cups)

2 teaspoons vanilla extract, divided

2 large egg whites

Cooking spray

3/4 cup 1% low-fat milk

3 tablespoons Kahlua or other coffee-flavored liqueur, divided

1 (3.9-ounce) package chocolate-flavored instant pudding mix or 1 (1.4-ounce) package sugar-free chocolate-flavored instant pudding mix

3 cups frozen reduced-calorie whipped topping, thawed and divided

Chocolate curls (optional)

INSTRUCTIONS

Preheat oven to 325°F.

Combine hot water and 2 teaspoons coffee granules in a bowl; stir well. Add 2 cups brownie mix, 1 teaspoon vanilla, and egg whites; stir until well-blended. Pour mixture into a 9-inch pie plate coated with cooking spray. Bake at 325°F for 22 minutes (brownie will be fudgy when tested with a wooden pick). Let cool completely on a wire rack.

Combine milk, 2 tablespoons Kahlua, 1 teaspoon coffee granules, 1 teaspoon vanilla, and pudding mix in a bowl; beat at medium speed of a mixer 30 seconds. Gently fold in 1-1/2 cups whipped topping. Spoon pudding mixture into brownie crust; spread evenly.

Combine 1 tablespoon Kahlua and 1 teaspoon coffee granules in a bowl; stir well. Gently fold in 1-1/2 cups whipped topping. Spread whipped topping mixture evenly over pudding mixture. Garnish with chocolate curls, if desired. Serve immediately or store loosely covered in refrigerator.

NUTRITIONAL INFO

calories: 297 carbohydrates: 51.6 g cholesterol: 1 fat: 6.5 g sodium: 399 mg protein: 4.9 g calcium: 50 mg iron: 1.4 mg fiber: 1.2 g

Stuffed Chicken Breasts with Artichoke Hearts and Goat Cheese

Source: 2000 Cooking Light Annual

Healthy Units: 4

Servings: 4 (serving size: 1 chicken breast half and 2 tablespoons sauce)

Posted by: alleycat (Allison)

May 12, 2003

Comments: I used marinated artichoke hearts, drained. Omitted the oil when sauteeing the hearts and shallots. Also, I used herbed goat cheese and thyme.

INGREDIENTS:

2 teaspoons olive oil, divided

3/4 cup frozen artichoke hearts, thawed and chopped

1/4 cup minced shallots (about 3)

1/4 cup (1 ounce) crumbled goat or feta cheese

1 teaspoon dried herbes de Provence or thyme, divided

1/4 teaspoon salt, divided

1/4 teaspoon black pepper, divided

4 (4-ounce) skinned, boned chicken breast halves

1 cup fat-free, less-sodium chicken broth

2 tablespoons fresh lemon juice

2 teaspoons cornstarch

Chopped fresh parsley (optional)

Lemon rind strips (optional)

INSTRUCTIONS:

Prep Time: 10 minutes

Cooking Time: 20 minutes

Heat 1 teaspoon oil in a nonstick skillet over medium heat. Add artichokes and shallots; saute 4 minutes. Remove from pan; cool. Stir in cheese, 1/2 teaspoon herbes de Provence, 1/8 teaspoon salt, and 1/8 teaspoon pepper.

Cut a horizontal slit through thickest portion of each breast half to form a pocket. Stuff 2 tablespoons artichoke mixture into each pocket.

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add chicken, and sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper; saute 6 minutes on each side or until done. Remove from pan; keep warm. Add 1/2 teaspoon herbes de Provence and broth to pan; bring to a boil. Combine juice and cornstarch; add to broth mixture, stirring with a whisk. Cook 1 minute or until thick. Return chicken to pan; cover and cook 2 minutes or until thoroughly heated. Garnish with parsley and lemon strips, if desired.

NUTRITIONAL INFO:

calories: 194 carbohydrates: 6.2 g cholesterol: 72 mg fat: 5.3 g sodium: 437 mg protein: 29.2 g calcium: 61 mg iron: 1.4 mg fiber: 0.4 g

Three-Pepper Feta Roll-Ups

Source : Cooking Light Website

Health Units: 4

Yield: 8 Servings

Posted by: MedleyDawn

May 12, 2003

Comments: Cut these roll-ups in half, put a wooden pick through the tops, and serve them as an hors d'oeuvre at your next get-together.

INGREDIENTS:

1 cup (4 ounces) crumbled feta cheese
2 tablespoons chopped fresh or 2 teaspoons dried dill
2 tablespoons red wine vinegar
4 red bell peppers, roasted, peeled, and cut into thin strips
2 yellow bell peppers, roasted, peeled, and cut into thin strips
2 orange bell peppers, roasted, peeled, and cut into thin strips
4 garlic cloves, minced
8 (8-inch) flour tortillas
8 curly leaf lettuce leaves

INSTRUCTIONS:

Combine first 7 ingredients. Line each tortilla with a lettuce leaf. Spoon 1/2 cup bell pepper mixture down center of each tortilla; roll up.

NUTRITIONAL INFO:

calories: 213 carbohydrates: 31.5 g cholesterol: 13 mg fat: 6.7 g sodium: 386 mg
protein: 7 g calcium: 141 mg iron: 2.7 mg fiber: 2.8 g

PREP TIME:

30 minutes

White Russian Tiramisu

Cooking Light Website

WW points: 3

Servings 12

Posted by LiciaP

May 12, 2003

Comments: I doubled the filling recipe to have more of the cheese filling. Probably made the points go up to 5, but definitely worth it.

INGREDIENTS:

1/2 cup ground coffee beans
1-3/4 cups cold water
1/4 cup Kahlua (coffee-flavored liqueur), divided
1/2 cup (3-1/2 ounces) mascarpone cheese
1 (8-ounce) block fat-free cream cheese, softened
1/3 cup packed brown sugar
1/4 cup granulated sugar
24 ladyfingers (2 (3-ounce) packages)
2 teaspoons unsweetened cocoa, divided

INSTRUCTIONS:

Assemble drip coffeemaker according to manufacturer's directions. Place the ground coffee in the coffee filter or filter basket. Add cold water to coffee maker and brew to make 1-1/2 cups. Combine the brewed coffee and 2 tablespoons Kahlua in a shallow dish, and cool.

Combine cheeses in a large bowl. Beat at high speed of a mixer until smooth. Add sugars and 2 tablespoons Kahlua, and beat until well-blended.

Split ladyfingers in half lengthwise.

Quickly dip 24 ladyfinger halves, flat sides down, into coffee mixture; place, dipped sides down, in the bottom of an 8-inch square baking dish, slightly overlapping ladyfinger halves. Spread half of cheese mixture over ladyfingers; sprinkle with 1 teaspoon cocoa. Repeat procedure with remaining ladyfinger halves, coffee mixture, cheese mixture, and 1 teaspoon cocoa.

Place 1 toothpick in each corner and 1 in the center of tiramisu (to prevent plastic wrap from sticking to cheese mixture); cover with plastic wrap. Chill 2 hours.

NUTRITIONAL INFO:

calories: 134 carbohydrates: 21.7 g cholesterol: 31 mg fat: 4.5 g sodium: 139 mg
protein: 3.3 g calcium: 77 mg iron: 0.3 mg fiber: 0 g

Cavatappi with Spinach, Beans, and Asiago Cheese

The Complete Cooking Light Cookbook, p. 263

Servings: 4

WW Points: 8

Posted by: Jill (Jillyh)

5/12/03

Comments:

Ingredients

8 c. coarsely chopped spinach leaves

4 c. hot cooked cavatappi (about 6 oz uncooked pasta)

2 T. olive oil

1/4 tsp. salt

1/4 tsp. black pepper

1 (19 oz) can cannellini beans or other white beans, drained

2 garlic cloves, minced

1/2 c. (2 oz) shredded Asiago cheese

Freshly ground black pepper (optional)

Combine first 8 ingredients in a large bowl; toss well. Sprinkle with freshly ground pepper, if desired. Yield: 4 servings (2 cups each).

Calories=401; Fat=12g; Protein=18.8f; Carb=54.7g; Fiber=6.7g; Chol=10mg; Iron=6.4g; Sodium=464mg; Calcium=306mg

Updated Baked Corn

Source: Jill's Gram and Mom

Serves: 8

WW Points: 4

Posted by: Jill (jillyh)

updated 5/12/03

Comments:

Ingredients

1 egg

1 14.75 oz can of cream style corn

1 15 oz can corn, drained or 1 11-oz vacuum packed corn

4 slices bread (see note)

1/2 lb. American cheese, half white and half yellow (see note)

About 1/8 c. milk

salt and pepper to taste

Soak bread in milk and egg (use just enough milk to soak bread) and mash it up. Add cans of corn and diced cheese. Mix thoroughly; add salt and pepper to taste. Bake at 350. Casserole is done when top is crusty and golden brown.

Note: When I ran this through Recipe Builder, I ran it through with Wonder Light Italian Bread, but any regular white bread will do. Also, as gross as this sounds, the casserole is best when half the cheese is processed cheese (like Kraft singles) and half is deli American cheese. What can I say? It sounds gross, but it tastes good.

Mediterranean Chicken with Potatoes

Source: CL Annual Recipes 2003 pg 219-220

Healthy Units: 6.5/serving

Serves: 8 (serving size = 1 1/4 cup)

posted by: Oduamy1 (Amy)

May 12, 2003

Comments: if you dont like spicy, cut back on the pepperoncinis (or eliminate them). Its got a kick but got 2 thumbs up from me!! I served a greek salad with it. It's also easiest to cut everything up and cook the chicken while the potatoes are roasting!

Ingredients

4 teaspoons minced garlic, divided
1 tablespoon olive oil
1 teaspoon salt, divided
1/2 teaspoon black pepper, divided
1/4 tsp dried thyme
12 small red potatoes, halved (about 1.5 lbs)
cooking spray
2 lbs skinless, boneless chicken breast, cut into bite-sized pieces
1 cup vertically sliced red onion
3/4 cup dry white wine
3/4 cup fat-free, less-sodium chicken broth
1/2 cup chopped pepperoncini peppers
1/4 cup pitted kalamata olives, halved
2 cups chopped plum tomatoes
2 tablespoons chopped fresh basil
1 (14-oz) can artichoke hearts, drained and quartered
1/2 cup (2 oz) grated fresh parmesan cheese
thyme sprigs (optional)

- 1) Preheat oven to 400 degrees.
- 2) Combine 2 tsp garlic, oil, 1/4 tsp salt, 1/4 tsp black pepper, thyme, and potatoes on a jelly roll pan coated with cooking spray. Bake at 400 degrees for 30 minutes or until tender.
- 3) Heat a large Dutch oven coated with cooking spray over medium-high heat. Sprinkle chicken with 1/2 tsp salt and 1/4 tsp black pepper. Add half of chicken to pan; saute 5 minutes or until browned. Remove chicken from pan. Repeat procedure with remaining chicken; remove from pan.
- 4) Add onion to pan; sauté 5 minutes. Stir in wine, scraping pan to loosen browned bits. Bring wine to a boil; cook until reduced to 1/3 cup (about 2 mintues). Add potatoes, chicken, broth, pepperoncini, and olives; cook 3 minutes, stirring occasionally. Stir in 2 tsp garlic, 1/4 tsp salt, tomato, basil, and artichokes; cook 3 minutes or until thoroughly heated. Sprinkle with cheese. Garnish with thyme sprigs, if desired.

Calories- 331; fat 7.3g; protein 33.5g; carb 32.5g; fiber 3.6g; chol 71mg; iron 2.9 mg; sodium 87 mg; calc 124mg

Penne With Vodka Cream Sauce

WW Simply the Best Italian

Serves: 4

Points: 7

Posted By: LissaR

5/12/03

Comments:

Ingredients:

2 cups penne
4 teaspoons olive oil
3 shallots, minced
1/4 cup low-sodium chicken broth
1 tablespoon tomato paste
1/4 teaspoon crushed red pepper
1/4 cup heavy cream
2 tablespoons vodka
2 tablespoons minced flat-leaf parsley
4 teaspoons grated Parmesan cheese

1. Cook penne according to package directions. Drain and put in a serving bowl.
2. Meanwhile, heat the oil in a nonstick skillet, then add shallots. Saute until softened. Stir in the broth, tomato paste, and crushed red pepper. Reduce the heat to low, then add the cream and vodka. Cook, stirring constantly, until heated through; do not boil. Pour the sauce over the penne and toss to coat. Serve, sprinkled with the parsley and the cheese.

Gratin Dauphinois

Source: CL 5 Star Recipes, pg 168

Healthy Units: 3 per serving

Yield: 7 servings (1 cup)

Posted by NancyOW

Posted on 5/12/03

Comments:

Ingredients

1 clove garlic, halved

Butter-Flavored vegetable cooking spray

6 medium-size red potatoes, peeled and cut into 1/8-inch-thick slices (about 2 pounds)

2 tablespoons margarine, melted

1/2-teaspoon salt

1/8-teaspoon pepper

1/2 cup (2 ounces) grated Gruyere Cheese

1-cup skim milk

Rub inside of a 1 1/2 quart casserole with the cut sides of garlic. Discard garlic. Coat dish with cooking spray.

Arrange half of potato slices in casserole. Drizzle with 1-tablespoon margarine. Sprinkle with half of salt, half of pepper, and half of cheese. Repeat procedure with remaining potato slices, margarine, salt, pepper, and cheese.

Bring milk to a boil in a small saucepan over low heat. Pour milk over potato mixture.

Bake potato mixture, uncovered at 425* for 40 minutes or until potato is tender. Let stand 10 minutes before serving.

Yield: 7 servings (serving size: 1 cup)

Calories: 165 (33% from fat) Protein 6.0g Fat 6.1g (sat 2.2g) Carbohydrate 22.2g

Fiber 1.8g Cholesterol 10mg Iron 0.9 mg Sodium 258mg Calcium 134 mg.

Easy Greek Casserole

www.cookinglight.com

Healthy Units: 10

Servings: (serving size: 2 thighs and 2 cups potato mixture)

Posted by Baswtinn32 (Maria)

May 13, 2003

Comments:

INGREDIENTS:

1 tablespoon olive oil
2 cups chopped onion (about 1 large)
2 tablespoons dried thyme
1 to 2 teaspoons black pepper
10 garlic cloves, minced
6 cups (1/2-inch) cubed red potato (about 2 pounds)
2 cups (1-inch) cut green beans (about 1/2 pound)
1/4 cup water
2 tablespoons anchovy paste or finely chopped olives
2 (14.5-ounce) cans no-salt-added diced tomatoes, undrained
8 skinned, boned chicken thighs (about 1 pound)
1/2 cup (2 ounces) crumbled feta cheese

INSTRUCTIONS:

Preheat oven to 375 degrees. Heat olive oil in a large Dutch oven over medium heat. Add the onion, and saute for 3 minutes. Add the thyme, pepper, and garlic; saute 1 minute. Increase heat to medium-high. Add potato; saute 8 minutes or until potato begins to brown. Stir in green beans, water, anchovy paste, and tomatoes. Remove mixture from heat. Nestle chicken thighs into potato mixture. Top with feta cheese. Cover and bake at 375 degrees for 45 minutes.

NUTRITIONAL INFO:

calories: 488 carbohydrates: 62 g cholesterol: 134 mg fat: 12.6 g sodium: 775 mg
protein: 34.5 g calcium: 250 mg iron: 7.8 mg fiber: 7.3 g

Per Serving: 460 Calories; 12g Fat (22.5% calories from fat); 27g Protein; 66g Carbohydrate; 10g Dietary Fiber; 70mg Cholesterol; 591mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 4 Vegetable; 1 1/2 Fat.

Steamed Boston Brown Bread

Source: Healthy Cooking for Two or Just You (By Frances Price, RD.)

Serves: 12

WW Points: 2

Posted by: Jill (jillyh)

5/13/03

Comments: Don't try baking this in the oven! It will be as dry as can be and like a rock. The steaming provides the moisture that the ingredients lack, yielding a very moist texture. (There are baked Boston brown bread recipes on the internet, but the time it takes to steam is worth it.) If you don't like rye, don't worry about the rye flour. Boston Brown Bread doesn't taste of rye.

Ingredients

1 tsp vegetable shortening (1/2 tsp was fine)

1/2 c. whole wheat flour

1/2 c. rye flour

1/2 c. yellow cornmeal

1/2 tsp. salt

1/2 tsp. baking soda

1 c. nonfat buttermilk (I used 1%)

1/2 c. molasses

1/2 c. raisins, optional (I used 1/4c)

Grease a 13 oz. coffee can (or 4 inch Bundt pan) with shortening. Set aside. Into a large mixing bowl, sift the whole wheat flour, rye flour, cornmeal, salt, and baking soda. Beat in buttermilk and molasses; fold in raisins (if using.) Fill the prepared container no more than 3/4 of the way full with batter and cover with a double thickness of aluminum foil. Secure the foil tightly with two heavy rubber bands or butcher's twine. Set a steamer rack (or a small circular wire cake rack) in a stockpot or deep saucepan and place the filled container on it. Add enough water to reach halfway up the sides of the container. Remove the container, bring the water to a boil over high heat, then carefully lower the container onto the steamer rack. Cover the pot. Reduce heat to low and steam the bread in gently simmering water for 3 hours, adding boiling water as necessary to maintain the same water level. (You'll only have to do this if your lid isn't tightly-fitting.) After 3 hours, remove the container from water. Unmold the bread onto a rack. (If using a can, puncture the bottom of each can with a can opener. The bread should slide out easily.) Cut each loaf into 12 slices (10 slices also yields a 2 pt serving) and serve warm or at room temperature. Yield: 12 servings (1 slice per serving).

Cal=118; fat=.7g; fiber=12.g; protein=2.8g; cholesterol=0

Baked Barley with Shiitake Mushrooms and Caramelized Onions

Source: Cooking Light Magazine (date?)

Healthy Units: 5

Servings: 6

Posted by: kimbilly

Date: 5/13/03

Comments:

Ingredients

2 tablespoons butter
4 1/2 cups onion -- chopped
1 teaspoon sugar
3 cups button mushrooms -- sliced
3 cups shiitake mushrooms -- sliced
1 1/2 cups uncooked pearl barley
1 tablespoon low-sodium soy sauce
1/4 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon dried thyme
4 cups vegetable broth
fresh thyme -- optional

1. Melt butter in Dutch oven over medium heat. Add onion and sugar; cover and cook 25 minutes or until golden brown, stirring frequently. Add mushrooms; cook 10 minutes or until browned, stirring frequently. Add barley; cook 2 minutes, stirring frequently. Remove from heat. Stir in soy sauce, salt, pepper and thyme.

2. Preheat oven to 350-degrees.

3. Bring broth to a boil in a medium saucepan. Pour broth over barley mixture and bake at 350-degrees for 1 hour or until barley is tender. Let stand 10 minutes. Garnish with thyme sprigs, if desired.

NOTES : Serving size: about 1 2/3 cups.

CALORIES: 292; FAT: 5.4g; PROTEIN: 9.5g; CARB: 55.1g; FIBER 10.7g; CHOL: 10.4g;
IRON: 2.4mg; SODIUM: 908 mg; CALC: 42 mg

Lazy Lasagna

Source: www.cookinglight.com

Serves: 9

Healthy Units: 6

Posted by: MedleyDawn

May 13, 2003

Comments:

Ingredients:

1 pound ground round

1 (26-ounce) jar low-fat spaghetti sauce

1 (16-ounce) carton fat-free cottage cheese 2 tablespoons grated Parmesan cheese

Cooking spray

1 (8-ounce) package precooked lasagna noodles

1 cup (4 ounces) pre-shredded reduced-fat mild cheddar cheese

Chopped fresh parsley (optional)

INSTRUCTIONS:

Prep Time: 15 minutes

Cooking Time: 35 minutes

Preheat oven to 350°. Cook meat in a large nonstick skillet over medium-high heat until browned, stirring to crumble. Drain well, and return meat to pan. Add sauce; bring to a boil. Reduce heat, and simmer 5 minutes. Combine cottage and Parmesan cheeses in a bowl; set aside. Spread 1/2 cup meat mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles over meat mixture; top with half of cottage cheese mixture, 1 cup meat mixture, and 1/3 cup cheddar cheese. Repeat layers, ending with noodles. Spread remaining meat mixture over noodles. Cover and bake at 350° for 30 minutes. Uncover; sprinkle with 1/3 cup cheddar cheese, and bake 5 more minutes or until cheese melts. Let stand 10 minutes before serving. Garnish with parsley, if desired.

NUTRITIONAL INFO: calories: 275 carbohydrates: 26.1 g cholesterol: 43 mg fat: 6.2 g sodium: 584 mg protein: 28.1 g calcium: 181 mg iron: 2.8 mg fiber: 1.9 g **YIELD:**9

Spinach and Feta Pie

Servings: 8
Healthy Units 3
Posted by LiciaP
May 12,2003

Comments:

Ingredients

10 sheet fillo dough
10 oz chopped frozen spinach
1 cup parsley
1 cup mint leaves
8 oz feta cheese

Instructions

Preheat oven to 400 degrees.

Unwrap fillo dough and keep covered with a slightly wet kitchen towel. Spray one sheet with cooking spray, then lay another sheet on top. Place in a pie pan with removeable bottom, letting the excess overhang. Repeat with two other sheets, and letting the excess hang in the opposite direction. Repeat with 2 more sets of sheets, untill the whole pie pan is covered. Place the frozen spinach in a hot pan and let it cook over high heat, stirring constantly until completely thawed and most water has evaporated. Place in a colander and squeeze out remaining water.

Place spinach, parsley and mint in food processor bowl and pulse to mix well. Add salt and pepper to taste and feta, and pulse until just combined. Spread into the lined pie-pan, and fold the overhangs over the filling to completely cover the top of the filling.

Spray the last two sheets and fold one to cover the top of the pie. Roll the last sheet of dough and, with scissors, cut small slices of dough. Unroll the dough, ribbon-like, to cover completely the top of the pie. Spray with cooking spray.

Bake for 20 to 30 minutes until golden. Let stand 5 minutes before serving.

Chicken Cordon Bleu

from the WW Web site.

Healthy Points: 5

Servings: 4

Posted by Kwe730 (Kim)

Posted on 5/13/03

Ingredients

1 pound boneless, skinless chicken breast(s), four 4 oz pieces
3 oz smoked ham, four 3/4 oz slices
3 oz low-fat Swiss cheese, four 3/4 oz slices
1/4 cup all-purpose flour
1/4 cup honey mustard
1/2 cup seasoned bread crumbs, Italian-style
4 serving olive oil cooking spray, or enough to coat chicken

Instructions

Preheat oven to 400°F. Coat a baking sheet with olive oil cooking spray.

Place chicken breasts between two pieces of plastic wrap and pound to 1/4-inch thickness; remove plastic wrap. Arrange 1 slice of ham and 1 slice of cheese on each chicken breast.

Starting from shorter end of chicken, roll up breast into a tight pinwheel. Tuck in ends. Secure with toothpicks.

Place flour, honey mustard and bread crumbs in 3 separate shallow bowls. Add chicken to flour; turn to coat. Transfer chicken to honey mustard; turn to coat. Place chicken in bread crumbs; turn to coat.

Transfer chicken to prepared baking sheet and coat with cooking spray. Bake until chicken is golden brown and cooked through, about 40 minutes. Remove toothpicks and serve.

Mango Mousse

Colette's Slim Cuisine

Serves: 5

Points/serving: 2

Posted by carolkm

May 13, 2003

Comments:

Ingredients

2 large ripe mangoes, peeled and seeded

3/4 cup yogurt

2 Tbsp orange liqueur

2 egg whites

1 lime sliced thinly.

Puree mango, yogurt and liqueur in food processor. Beat egg whites until stiff. Gently fold in the mango puree. Pour into 5 wineglasses and place in freezer for 1/2 hour. Garnish each with the lime slices.

My notes said that I thought it tasted a tiny bit eggy, but everyone else thought I was being paranoid. So, taste-test as you go, maybe adding a little extra mango juice if it needs more sweetness?

Salmon Hash

Healthy Points: 7

Servings: 4

Posted by LiciaP

May 13, 2003

Comments:

Ingredients:

2 Tbsp olive oil

16 oz Atlantic salmon fillet(s) cut into 1 inch squares

1 pound leek(s)

1 pound endive

1 medium fennel bulb(s)

1 Tbsp ginger root, minced

1/4 cup fresh lemon juice

2 Tbsp Dijon mustard

1 Tbsp fresh dill (optional)

Remove green parts from leeks. Slice into 1/4 inch chunks. Wash and drain well. Put 1 Tbsp oil in pan and put the leeks to cook, over medium heat. When they begin to heat, turn the heat to low. Watch them constantly as they develop a bitter taste if allowed to brown. Cook until soft. Add the endives, cut into 1/4 inch slices and keep cooking on low heat.

Cut all leafy parts off the fennel and cut the bulb into very thin slices. Heat the remaining oil in a pan and add the ginger. Cook until it sizzles. Add the fennel and cook until almost translucent. Add the salmon and cook over high heat until browned on all sides. Add the leek/endive mixture.

Mix together the lemon juice and mustard and pour over the salmon, scraping the bottom of the pan to collect the browned bits.

Sprinkle with fresh dill and serve immediately.

Orange and Arugula Salad

Cooking Light Annual Recipes 2002

Servings: 6

WW Points: 2

Posted by: Jill (jillyh)

5/13/03

Comments: I added a little more arugula and the smallest bit of spinach to bulk it up a bit, but I love arugula, so I didn't want to overpower it, so 8 spinach leaves, max.

3 T. fresh lemon juice

1 T. olive oil

3/4 tsp. honey

2 garlic cloves, minced

6 naval oranges

3 c. trimmed arugula

6 T. crumbled feta cheese (about 1 1/2 oz.)

Combine first 4 ingredients in a small bowl, stirring with a whisk. Peel oranges, and cut each crosswise into 6 slices. Arrange 6 orange slices on each of 6 arugula lined plates. Sprinkle 1 T. feta over each salad, and drizzle each with 1 T. dressing. Yield: 6 servings.

Cal=118; Fat=4.4g; Protein=3.1g; Carb=18.8g; Fiber=3.6g; Chol=8mg; Iron=.4mg;
Sodium=109mg; Calcium=121mg

Mushroom Soup

Cooking Light Annual Recipes 2003, p. 254

Serves: 7

WW Points: 4

Posted by: Jill (jillyh)

5/13/03

Comments: Adding bread thickens the soup. Because she enjoys its earthy flavor, Martha [this soup was submitted by a reader] adds 1 T. brewer's yeast with the parsley and garlic.

2 c. boiling water
1 (2 oz) package dried porcini mushrooms
2 T. olive oil
4 c. sliced yellow onion
5 T. chopped fresh flat leaf parsley, divided
6 garlic cloves, minced
1 c. dry white wine
4 c. (about 8 oz) chopped portobello caps
3 (8 oz) packages presliced button mushrooms
4 c. water
2 (14 1/2 oz) cans vegetable broth
4 (1 oz) sliced French bread
1/2 tsp. black pepper
1/4 c. half and half
1/4 c. fat free sour cream

Combine boiling water and porcini in a bowl. Cover and let stand 30 minutes or until tender. Heat oil in a stockpot over medium-high heat. Add onion; saute 5 minutes. Add 2 T. parsley and garlic, and saute 5 minutes. Add wine, bring to a boil. Cook 5 minutes. Add portobello and button mushrooms; cook 15 minutes, stirring occasionally. Add porcini mixture, 4 c. water, broth, and bread; bring to a boil. Reduce heat; simmer 30 minutes. Stir in pepper; let stand 5 minutes. Place one-fourth of mushroom mixture into a food processor or blender; process until smooth. (Heed your blender! Mine advises only 1 c. hot liquid at a time--it's written right into the glass.) Pour soup into a large bowl. Repeat procedure with remaining mushroom mixture. combine half and half and sour cream. Ladle about 2 cups soup into each of 7 bowls. Top each serving with about 1 T. sour cream mixture and 1 tsp. parsley. Yield: 7 servings.

Cal=230; Fat=6.7g; Protein=9.7g; Carb=30.5g; Fiber=5.4g; Chol=4mg; Iron=4mg;
Sodium=629mg; Calc=72mg

Online user--Pittsburgh, PA.

Spaghetti Carbonara

Source: CL website

Healthy Units: 8

Servings: 4 (serving size: 1 cup)

Posted by: kimbilly

May 13, 2003

Comments:

Ingredients

8 ounces spaghetti, uncooked

1 cup cooked ham -- chopped

1/3 cup parmesan cheese -- grated

1/4 cup light sour cream

1/2 teaspoon salt

2 large egg -- lightly beaten

1 clove garlic

1/4 teaspoon coarsely ground pepper

1. Cook pasta according to package directions, omitting salt and fat. Drain the pasta in a colander over a bowl, reserving 1/2 cup liquid.

2. Heat a large nonstick skillet over medium heat. Add the ham, and cook for 2 minutes or until thoroughly heated. Add pasta, and stir well. Combine cheese and the next 4 ingredients (cheese through garlic), stirring with a whisk. Add the reserved pasta liquid to the egg mixture, stirring with a whisk. Pour egg mixture over pasta mixture; stir well. Cook over low heat 5 minutes or until sauce thickens, stirring constantly (do not boil). Sprinkle with pepper.

NOTES : I sauteed sliced mushrooms along with the ham. I also cooked/warmed the garlic with this mixture, rather than adding it with the final egg mixture. Next time, to shave a point or two, I'll probably replace the reduced-fat sour cream with FF sour cream, and replace the eggs with egg beaters. Finally, I used a good quality Parmigiano-Reggiano and the flavor really came through.

Easy Enchiladas

Source: WW New Complete Cookbook

Healthy Units: 4

Servings: 4

Posted by: Bendy1212

May 13, 2003

Comments:

Ingredients

2 t. canola oil
1/2 hot Italian turkey sausage, casings removed
1 red bell pepper, seeded and chopped
6 scallions, sliced
1 t. chili powder
1/2 t. ground cumin
1 cup canned stewed tomatoes
3/4 c. canned black beans, rinsed and drained
3/4 c. chick peas, rinsed and drained
1/8 t. ground white pepper
4 - 6" flour tortillas
1/2 c. shredded reduced-fat Monterey Jack cheese

1. Preheat the oven to 350 degrees F. spray a two-quart casserole with nonstick cooking spray. In a large nonstick skillet, heat the oil. Sauté the sausage, bell pepper and scallions, stirring frequently to break up the sausage until browned, 6 - 8 minutes. Add the chili powder and cumin; cooking, stirring, one minute. Stir in tomatoes, beans, chickpeas and white pepper. Reduce heat and simmer 5 minutes.

2. Place the tortillas on a work surface; spoon the turkey sausage mixture down the center of the tortillas, then roll into cylinders. Place seam-side down in the baking dish; sprinkle with the grated cheese. Bake until heated through and the cheese is melted, 30-35 minutes. Let stand 10 minutes before serving.

Per serving: 404 calories, 14 g Total Fat, 3 Saturated Fat, 49 mg cholesterol, 1,265 mg Sodium, 48 g Total Carbs, 7 g fiber, 23 grams of Protein, 140 mg Calcium.

My notes: I couldn't find reduced-fat monterey jack so I used regular, and skipped the canola oil. I couldn't find turkey sausage crumbled so I bought Jenny-O links and then chopped it up. It worked fine. I used whole-wheat flour tortillas to increase the fiber a bit. I think 30 to 35 minutes is a bit long; I would say more like 15 or 20; my tortillas came out a little crunchy.

Pecan Crusted Tilapia

Servings: 4
Healthy Units 9
Posted by JCBeach
Date 5/14/03

Comments:

Ingredients

1/2 cup Progresso Plain Breadcrumbs
1 oz Fisher Chopped Pecans
1/4 tsp garlic powder
1/2 cup buttermilk
1/2 tsp hot pepper sauce
3 Tbsp all-purpose flour
4 fillet snapper fillet(s)
1 Tbsp vegetable oil

Combine breadcrumbs, finely chopped pecans, salt, pepper (to taste) and garlic powder in shallow bowl. Place flour in shallow bowl. Mix buttermilk and hot sauce in shallow bowl. Dredge fish fillets in flour, then buttermilk, then breadcrumb mixture. Heat oil in large nonstick skillet until hot. Add fillets and cook approx 3 min per side or until done.

Special Notes: I used tilapia (couldn't find it in recipe builder). Also, might try Cajun seasoning in breadcrumb mixture to spice it up a bit.

Fennel and Apple Salad with Blue Cheese and Pecans

Food and Wine – June 200?

Healthy Units: 7.2

Servings: 6

Posted by Carolkem

May 14, 2003

Comments:

Ingredients

1 1/2 tablespoons fresh lemon juice

1 1/2 teaspoons white wine vinegar

1 teaspoon Dijon mustard

1/4 cup extra-virgin olive oil

Kosher salt and freshly ground pepper

1 large fennel bulb—halved lengthwise, cored and sliced crosswise paper thin

1 tablespoon finely chopped fennel fronds

1 Granny Smith apple, peeled and cut into matchsticks

1 cup crumbled blue cheese (about 4 ounces)

3/4 cup pecan halves, toasted

In a large bowl, whisk the lemon juice, vinegar and mustard. Gradually whisk in the oil and season with salt and pepper. Add the fennel, fennel fronds and apple and season with salt and pepper and toss. Garnish with the blue cheese and pecans and serve right away.

--Dave Arnold

Chicken Thighs with Sweet Red Onions and Balsamic Vinegar

Cooking Light Annual Recipes 2002 pg 136

Servings: 2 (serving size: 2 thighs and 1 C onion mixture)

Healthy Units: 8

Posted by Andydug

May 14, 2003

Comments:

Ingredients

2 tsp olive oil
1 lb red onions, cut into 1/2" slices and separated into rings
1/2 tsp coarsely ground black pepper, divided
1/4 tsp salt, divided
4 (6oz) chicken thighs, skinned
1/4 tsp dried oregano
1/4 tsp dried marjoram
4 tsp balsamic vinegar, divided
2 T chopped fresh flat leaf parsley (I omitted)
4 lemon wedges (I omitted)

Heat oil in a large nonstick skillet over medium heat. Add onion, 1/4 tsp pepper and 1/8 tsp salt. Sauté 5 minutes.

Add 1/4 tsp pepper, 1/8 tsp salt, chicken, oregano and marjoram to pan and sprinkle with 3 tsp vinegar. Cover, reduce heat, and simmer 25 minutes or until chicken is done. Uncover, increase heat and cook 2 minutes or until liquid almost evaporates. Stir in 1 tsp vinegar and sprinkle with parsley. Serve with lemon wedges.

Cal 371, fat 12.8 g, fiber 4.6 g, 474 mg sodium

White Chili

Cooking Light, April 1997, p.174

Serving Size: 9

Healthy Units: 4

Posted by KarenDTM

May 14, 2003

Comments:

Ingredients

Cooking spray

1 tablespoon vegetable oil

1 pound skinned, boned chicken breast halves -- chopped

1/2 cup chopped shallots

3 garlic cloves -- minced

1 (14.5-ounce) can no-salt-added whole tomatoes -- undrained and coarsely chopped

1 (14 1/4-ounce) can fat-free chicken broth

1 (11-ounce) can tomatillos -- drained and coarsely chopped

1 (4.5-ounce) can chopped green chiles -- undrained

1/2 teaspoon dried oregano

1/2 teaspoon coriander seeds -- crushed

1/4 teaspoon ground cumin

2 (16-ounce) cans cannellini beans or other white beans

3 tablespoons lime juice

1/4 teaspoon pepper

9 tablespoons (about 4 ounces) shredded reduced-fat

sharp Cheddar cheese

Coat a large saucepan with cooking spray. Add oil; place over medium-high heat until hot. Add chicken; sauté 3 minutes or until done. Remove chicken from pan; set aside.

Add shallots and garlic to pan; sauté 2 minutes or until tender. Stir in tomatoes and next 6 ingredients (tomatoes through cumin). Bring to a boil; reduce heat, and simmer 20 minutes. Add chicken and beans; cook 5 minutes or until thoroughly heated. Stir in lime juice and pepper. Ladle into bowls; top with cheese.

Serving Size: 1 cup chili and 1 tablespoon cheese

Per Serving (excluding unknown items): 236 Calories; 3g Fat (12.4% calories from fat); 24g Protein; 30g Carbohydrate; 6g Dietary Fiber; 31mg Cholesterol; 181mg Sodium.

Exchanges: 1 1/2 Grain (Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.

White Bean and Squid Salad with Marjoram

Food & Wine

Servings: 6

Healthy Units: 6

Posted by Carolkem

April 14, 2003

Comments:

Ingredients

2 cups dried cannellini beans, soaked overnight and drained

4 whole cloves

1 small onion

2 garlic cloves, lightly smashed

2 bay leaves

Kosher salt

1/4 cup fresh lemon juice

1 teaspoon finely grated lemon zest

1/4 cup plus 1 tablespoon extra-virgin olive oil

1/2 small red onion, thinly sliced

2 tablespoons minced marjoram

Freshly ground pepper

1 1/2 pounds cleaned small squid (note - I used calamari steaks which were much more easily available and not so... tentacly.)

1/2 teaspoon crushed red pepper

1. In a large saucepan, cover the beans with 4 inches of cold water. Stick the cloves into the onion and add it to the saucepan, along with the garlic and bay leaves, and bring to a boil. Reduce the heat to moderate and cook until the beans are tender, about 45 minutes. Add 1 tablespoon of salt and simmer for 5 minutes longer. Let the beans cool in the liquid for 30 minutes, then drain. Discard the onion, bay leaves and garlic.

2. In a large bowl, whisk the lemon juice and lemon zest with 1/4 cup of the olive oil. Add the beans, red onion and marjoram and season with salt and pepper.

3. Meanwhile, light a charcoal grill. In a bowl, toss the squid with the remaining 1 tablespoon of olive oil and the crushed red pepper. Grill the squid over high heat until charred and cooked through, about 3 minutes. Transfer the squid to a work surface. Cut the bodies into 1/2-inch rings and the tentacles in half. Add the squid to the beans, toss and serve. (If using calamari steaks, cook a little longer and cut into strips before adding to the white bean salad.)

Cheese-and-Chicken Enchiladas

Originally from CL '98, scored in MasterCook

Servings: 8

Healthy Units: 3.3 (see note)

Posted by Imaybloom

April 14, 2003

Comments:

Ingredients

Cooking spray

1 cup chopped onion

1 1/2 cups shredded cooked chicken breast (about 1/2 pound)

1 cup (4 ounces) shredded reduced-fat sharp Cheddar cheese, divided

1 cup bottled picante sauce

3 ounces 1/3-less-fat cream cheese (about 1/3 cup)

1 teaspoon ground cumin

8 La Tortilla Factory tortillas, whole wheat*

1 1/2 cups bottled green taco sauce

1. Preheat oven to 350°.

2. Place a large nonstick skillet coated with cooking spray over medium heat until hot. Add onion, and sauté 6 minutes or until tender. Add chicken, 1/2 cup Cheddar cheese, picante sauce, cream cheese, and cumin. Cook 3 minutes or until cheese melts. Spoon about 1/3 cup chicken mixture down center of each tortilla, and roll up. Place enchiladas in a 13 × 9-inch baking dish; drizzle with taco sauce, and sprinkle with 1/2 cup Cheddar cheese. Cover and bake at 350° for 15 minutes or until cheese melts. Serve enchiladas immediately.

Serving Size: 1 enchilada

Per Serving (excluding unknown items): 213 Calories; 7g Fat (25.6% calories from fat); 21g Protein; 26g Carbohydrate; 15g Dietary Fiber; 31mg Cholesterol; 1080mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

3.3 HU if you count all 15g of fiber. 4.4 if you stop at 4g of fiber.

Notes: *I figured out how to enter the nutritional. info for new ingredients, so this is factored for LTF tortillas, which have a LOT of fiber. Original recipe calls for 6" flour tortillas -- add 2 points per serving if you use those.

Rigatoni with Three Cheeses

WW Simply the Best Italian Cookbook

Serves: 4

Points: 5

Posted by: LissaR

Date: 5/14/03

Comments: I doubled the fontina cheese. It raises the points, but it was worth it!

Ingredients

3 cups rigatoni (or any other pasta)

1/2 cup fat-free milk

1/3 cup shredded skim-milk mozzarella cheese

1.25 ounces fontina cheese, grated (about 1/4 cup)

1/4 cup minced flat-leaf parsley

1 tablespoon fresh thyme leaves, or 1 teaspoon dried

1/4 teaspoon grown white pepper

2 tablespoons grated Parmesan cheese

1. Preheat the oven to 425. Spray a 1-quart baking dish with non-stick cooking spray.
2. Cook the rigatoni according to package directions. Drain and return to pot. Stir in the milk, mozzarella, fontina, parsley, thyme, and pepper. Spoon into the baking dish and sprinkle with the Parmesan. Bake until golden and bubbling, 15-18 minutes. Let stand 5 minutes before serving.

Spicy Cucumber Salad with Peanuts

Cooking Light Annual Recipes 2002

Serves: 4

WW Points: 1

Posted by: Jill (jillyh)

5/14/03

Comments:

Ingredients

1 1/2 lb cucumber, peeled, halved lengthwise, and thinly sliced (about 4 c.)

2 tsp. kosher salt

1/2 c. rice vinegar

1/2 c. water

3 T. sugar

1/4 tsp. crushed red pepper

2 T. minced red onion

1 T. chopped dry roasted peanuts

Place cucumber slices in a colander; sprinkle with salt. Toss well. Drain 1 hour. Place cucumber slices on several layers of paper towels; cover with additional paper towels. Let stand 5 minutes, pressing down occasionally. Rinse and pat dry. Combine vinegar, water, sugar, and pepper in a small saucepan. Bring to a boil. Reduce heat; cook until reduced to 1/3 cup (about ten min.) Remove vinegar reduction from heat; cool. Stir in onion. Combine cucumbers and vinegar reduction in medium bowl. Toss well. Sprinkle with peanuts. Yield: 4 servings (3/4 cup each).

Cal=76; Fat=1.4g; Protein=1.6g; Carb=14.6g; Fiber=1.5g; Chol=0mg; Iron=.3mg;
Sodium=247mg; Calcium=27mg

Cream of Asparagus Soup

Cooking Light 2003 Annual Recipes

Servings 4 (1 1/4 cups each)

Healthy Units 2 per serving

Posted by DebMj1

May 15, 2003

Comments:

INGREDIENTS

3 cups (1/2-inch) sliced asparagus (about 1 pound)

2 cups fat-free, less-sodium chicken broth

3/4 teaspoon fresh thyme, divided

1 bay leaf

1 garlic clove, crushed

1 tablespoon all-purpose flour

2 cups 1% low-fat milk (I didn't have 1% so I used 1 1/2 cups of skim and 1/2 cup of fat-free half and half)

Dash of ground nutmeg (omitted this)

2 teaspoons butter

3/4 teaspoon salt

1/4 teaspoon grated lemon rind

INSTRUCTIONS

For a vegetarian version, use vegetable broth in place of chicken broth. Garnish with thin asparagus spears for a graceful presentation.

1. Combine asparagus, broth, 1/2 teaspoon thyme, bay leaf, and garlic in a large saucepan over medium-high heat; bring to a boil. Reduce heat, cover, and simmer 10 minutes. Discard bay leaf. Place asparagus mixture in a blender; process until smooth.

2. Place flour in pan. Gradually add the milk, stirring with a whisk until blended. Add pureed asparagus and ground nutmeg; stir to combine. Bring to a boil. Reduce heat; simmer 5 minutes, stirring constantly. Remove from heat, and stir in 1/4 teaspoon thyme, butter, salt, and lemon rind. Yield: 4 servings (serving size: 1-1/4 cups).

NUTRITIONAL INFO

CALORIES 117 (27% from fat); FAT 3.5g (sat 2g, mono 0.8g, poly 0.2g); PROTEIN 8.9g; CARB 14g; FIBER 2.5g; CHOL 13mg; IRON 1.1mg; SODIUM 748mg; CALC 163mg

Italian Chicken with Chickpeas

Source: Cooking Light Annual 2003 pg 43

Healthy Units: 6/serving

Servings: 4 (1 1/2 cups each)

posted by: oduamy1 (Amy)

May 15, 2003

Comments: Delicious and fast!! Great flavors and a recipe that can be made with just what you have on hand.

Ingredients

1 pound chicken breast tenders

1/4 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon olive oil

1 1/3 cups sliced onion

1 cup green bell pepper strips

1/2 teaspoon bottled minced garlic

1 (15 1/2-ounce) can chickpeas, drained

1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano, undrained

Fresh flat-leaf parsley leaves (optional)

Directions

Sprinkle chicken with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 2 minutes on each side or until browned. Add onion and bell pepper; sauté 4 minutes. Reduce heat to medium. Add garlic, chickpeas, and tomatoes; cover and cook 8 minutes or until thoroughly heated. Garnish with parsley leaves, if desired.

296 calories; 28.2 g carbohydrates; 66 mg cholesterol; 6.1 g fat; 637 mg sodium; 32 g protein; 0 mg calcium; 2.9 mg iron; 5.6 g fiber

Cherry Almond Cake

Source: Cooking Light Annual 2003 pg 351

Healthy units: 4/slice

Yield: 12 slices

posted by: Oduamy1 (Amy)

May 15, 2003

Comments: This easy coffee cake is suited to many occasions. A light dusting of powdered sugar after it cools finishes it off.

Ingredients

1 cup all-purpose flour

1 teaspoon baking powder

1/8 teaspoon salt

1/8 teaspoon ground cloves

2/3 cup granulated sugar

3 & 1/2 tablespoons butter, softened

3 tablespoons fat-free cream cheese

2 tablespoons almond paste

1/4 teaspoon almond extract

1 large egg

1/3 cup 1% low-fat milk

Cooking spray

2 tablespoons chopped almonds, toasted

2 tablespoons granulated sugar

1 (14.5-ounce) can pitted tart red cherries in water, drained

1 teaspoon powdered sugar

Directions

Preheat oven to 350°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, baking powder, salt, and cloves in a bowl, stirring with a whisk. Combine 2/3 cup granulated sugar and next 5 ingredients (2/3 cup granulated sugar through egg) in a large bowl; beat with a mixer at medium speed until blended.

Add flour mixture and milk alternately to sugar mixture, beginning and ending with flour mixture. Pour batter into a 9-inch round cake pan coated with cooking spray.

Combine almonds and 2 tablespoons granulated sugar; sprinkle over batter. Arrange cherries on top. Bake at 350° for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Sift powdered sugar over top of cake.

Kim's Best Pumpkin Bread

Cooking Light Annual Recipes, 2001, p. 281

Serves: 24 (2 loaves of 12 slices)

WW Points: 3 pts per slice

Posted by: Jill (jillyh)

5/15/03

1/3 c. fat free milk
2 1/2 T. vegetable oil
2 large eggs
2 large egg whites
1 (15 oz) can pumpkin
2 c. all purpose flour
1 c. quick cooking oats
1 c. sugar
2 tsp. baking powder
2 tsp. cinnamon
1/2 tsp. baking soda
1/2 tsp. salt
1 c. raisins
1/4 c. chopped pecans
cooking spray

Preheat oven to 350. Combine first 5 ingredients in a medium bowl; stir well with a whisk. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 6 ingredients in a large bowl, make a well in center of mixture. Add pumpkin mixture to flour mixture, stirring just until moist. Fold in raisins and pecans. Spoon batter into 2 (8 x 4 inch) loaf pans coated with cooking spray. Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on rack. Yield: 2 loaves, 12 slices per loaf (serving size=1 slice).

Note: To freeze individual slices, place in heavy-duty zip top plastic bags. Remove excess air from bags; seal and freeze up to four months. To thaw, let stand at room temperature.

Calories=134; Fat=2.8g; Protein=2.9g; Carb=25.2g; Fiber=1.7g; Chol=18mg;
Iron=1.2mg; Sodium=103mg; Calcium=39mg

Strawberry Rhubarb Cobbler with Cornmeal Biscuit Topping

Adapted from Bon Appetit magazine (date unknown)

Servings: 8

Healthy Units: 5

posted by: ChezLouise

May 15, 2003

Comments: I think this provides 8 adequate sized servings for dessert, however, someone with more of a taste for desserts may disagree. If you serve only 6, the healthy units increase to 7 per serving. I also do not think it needs whipped cream or ice cream - my mother disagrees I also think it tastes better at room temp than warm.

INGREDIENTS

Filling

1/2 cup sugar

2 tablespoons all purpose flour

1/4 teaspoon ground ginger

2 12-ounce baskets strawberries, hulled, halved

1 1/2 cups, 1/2-inch-thick slices fresh or frozen rhubarb

Topping

1 cup all purpose flour

1/3 cup sugar

1/4 cup yellow cornmeal

1 tablespoon baking powder

1 teaspoon baking soda

Pinch of salt

3 tablespoons chilled unsalted butter, diced

1/2 cup fat free or low fat buttermilk

INSTRUCTIONS

For Filling:

Preheat oven to 400°F. Mix sugar, flour and ginger in large bowl. Add strawberries and rhubarb and toss to coat with sugar mixture. Transfer filling to 10-inch-diameter glass pie dish.

For Topping:

Mix flour, sugar, cornmeal, baking powder, baking soda and salt in medium bowl. Add butter and rub in with fingertips until mixture resembles coarse meal. Gradually add buttermilk, tossing gently with fork until moist clumps form (do not overmix). Spoon topping evenly over filling.

Bake until topping is golden brown and filling is tender, about 35 minutes. Serve warm or at room temperature.

Avocado Sauce

servings: 3
Healthy Units 4
Posted by MissVN
May 15, 2003

Comments

Ingredients

1 medium avocado
1 cup low-fat milk
1 medium lime(s)
20 clove garlic clove(s)
3 Tbsp chives

Instructions

Place flesh from avocado in a blender. Add 1/2 cup milk and blend until smooth. Add more milk to reach the desired consistency. Add ROASTED garlic cloves and blend. Add chives and blend. Add some lime zest (about 1 tsp) and then juice from half the lime, tasting to adjust as you like it. When done, heat sauce over low/medium heat until warmed thru.

Special Notes

Serve over pasta, salmon, with shrimp, chicken, etc. Not too point friendly but YUM... worth it!!!

To roast garlic, I normall rub heads with a little olive old, wrap them in foil and stick them in a 350 degree oven for anywhere from 30 minutes to an hour, until the cloves are very soft.

Pineapple Sorbet

Source: Cooking Light (April 2003)

Number of Servings: 9

Healthy Units: 2

Posted by: kimbilly

Date: May 15, 2003

Comments:

Ingredients

1 small pineapple

2 tablespoons fresh lemon juice

1 cup sugar

2 tablespoons sugar

mint sprigs -- optional

1. Cut pineapple into 2-inch pieces. Place pineapple and lemon juice in food processor; process until smooth. Add sugar; process 1 minute or until sugar dissolves.

2. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer safe container. Cover and freeze 1 hour or until firm. Garnish with mint sprigs, if desired.

CALORIES: 116; FAT: 0.2g; PROTEIN: 0.2g; CARB: 30g; FIBER: 0.5g; CHOL: 0 mg; IRON: 0.2mg; SODIUM: 1mg; CALC: 3mg

NOTES : Serving Size: 1/2 cup

Scallops with Tangerine Sauce

Food & Wine

Serves: 4

Points: 3

Posted by Carolekem

May 15, 2003

Comments:

Ingredients

- 1 tsp cornstarch
- 1/2 tsp salt
- 1 lb scallops
- 1 tb minced tangerine zest
- 1 large garlic clove, chopped
- 1 tsp finely grated ginger
- 3 tb tangerine juice
- 1 tb hoisin sauce
- 1 tb red wine vinager
- 1 tb soy sauce
- 1 tsp dark brown sugar
- 1 tsp chile garlic paste
- 3 tb vegetable oil, divided
- 1 medium zucchini, thinly sliced
- 1 yellow summer squash, thinly sliced
- 1 carrot, thinly sliced

In a large bowl, mix cornstarch and salt. Toss in the scallops to coat. In a separate bowl, mix together the tangerine zest, garlic and ginger. In another bowl, mix the juice, hoisin sauce, vinagre, soy sauce, brown sugar and chile paste. To a large wok, add the vegetable oil and heat until smoking. Add the scallops in a single layer and cook without stirring until golden on the bottom, about 3 minutes. Turn and cook until firm, about another 1 1/2 minutes and transfer to a plate.

Add the zest mixture and sauté until fragrant, about 30 seconds. Add the zucchini, squash and carrot, and cook until tender-crisp, about 4 minutes. Stir in the Tangerine sauce and cook until slightly thickened, about 30 seconds. Return the scallops to the wok, stirring until just heated through.

Calories 155, Fat 14 grams, Fiber 4 grams

Rosemary Pork Chops

Cooking Light, June 2003, p. 220

Servings: 4

WW Points: 4

Posted by: Jill (jillyh)

5/15/03

Comment: If you have access to 97% lean Lean Generation chops, this is 3 points.

2 tsp. minced garlic

1 1/2 tsp. chopped fresh rosemary

1/2 tsp. salt

1/4 tsp. black pepper

4 (4 oz) boneless center cut loin pork chops (about 1/2 inch thick.)

Cooking spray

Preheat broiler. Combine first 4 ingredients. Rub the mixture over both sides of pork chops. Place the pork chops on a broiler pan coated with cooking spray; broil 3 minutes on each side or until desired degree of doneness. Yield: 4 servings. (Serving size=1 chop).

Cal=166; Fat=6.1g; Protein=25g; Carb=1.4g; Fiber=.5g; Chol=62mg; Iron=1.1mg;
Sodium=342mg; Calcium=32mg

Cilantro-Peanut Sauce

Source: Cooking Light (website)

Serving 4

Healthy Units: 2

Posted by: kimbilly

Date: May 15, 2003

Comments:

Ingredients

1/4 cup balsamic vinegar
2 1/2 tablespoons granulated sugar
2 tablespoons brown sugar
2 tablespoons low-sodium soy sauce
1/2 teaspoon crushed red pepper
1/8 teaspoon salt
1 clove garlic -- minced
2 tablespoons creamy peanut butter
1/2 cup fresh cilantro -- chopped
2 tablespoons fresh mint -- chopped

Combine first 7 ingredients in a small saucepan, and bring to a boil, stirring frequently. Remove from heat. Add peanut butter, and stir with a whisk until smooth. Cool, and stir in cilantro and mint.

NOTES : Yield: 3/4 cup

Southwest Dressing

Marna Jordan 2003

Healthy Units 0

Number of Servings 6

Posted by Marna Jordan

May 15, 2003

COMMENTS: Great on Broccoli Slaw and any Green Salad.

INGREDIENTS

1 Cup Mild Salsa

1/2 Cup Low Fat Italian Dressing

INSTRUCTIONS

Mix well. Use as you like.

YIELD: 6 servings (serving size 1/4 cup)

Polenta with Fontina and Spinach

Cooking Light Annual Recipes, 2003, p. 134

Serves: 8

WW Points: 2

Posted by: Jill (jillyh)

5/15/03

Comments: "Fontina is one of the great cheeses of Italy. It has a mild, creamy flavor and melts well, making it super versatile. You can use almost any cheese in this side dish, though; try Parmesan for a sharper, nutty flavor."

Ingredients

Olive oil flavored cooking spray

2 garlic cloves, minced

3 c. chopped spinach (about 3 1/2 oz)

2 c. water

1 (14 oz) can fat free less sodium chicken broth

1 c. polenta

1/2 tsp. salt

1/4 tsp. pepper

1/2 c. (2 oz) shredded fontina or Parmesan cheese

Heat a medium nonstick skillet coated with cooking spray over medium high heat. Add garlic, saute 1 minute. Add spinach, cook 1 minute or until spinach wilts. Remove from heat. Combine water and broth in a large saucepan over medium high heat; bring to a boil. Gradually add polenta, stirring constantly with a whisk. Reduce heat to medium, cook 20 minutes, stirring frequently. Remove from heat; stir in spinach mixture, salt, and pepper. Spoon polenta mixture evenly into a 9-inch springform pan coated with cooking spray. Press plastic wrap onto surface of polenta; chill 2 hours or until firm. Preheat oven to 400. Remove polenta from pan, place on a baking sheet coated with cooking spray. Sprinkle cheese evenly over polenta. Bake at 400 for 15 minutes or until cheese melts and begins to brown. Remove from oven; cool 5 minutes. Cut polenta into wedges using a sharp knife. Serve immediately. Yield: 8 servings (serving size=1 wedge.)

Calories=126; Fat=4.2g; Protein=5.7g; Carb=16.9g; Fiber=1.9g; Chol=9mg; Iron=1.8mg; Sodium=419mg; Calcium=106mg

Farfalle, Zucchini and Bell Peppers in Pesto

Source: Cooking Light (May 2003)

Number of Servings: 4 (2 c. pasta + 1 T. cheese)

Healthy Units: 7.4

Posted by: LMaybloom

Date: May 15, 2003

Comments: I am using the CL Pesto recipe, which I believe is in the compilation, so this probably lowers the recipe a bit. I will also make this w/ whole wheat pasta, which might lower it some more. But I like the fact that it's still 7.4 points. That means I can have some light garlic bread and a salad and keep my carbo-load under 10 points.

Ingredients:

8 oz. uncooked farfalle (bow-tie pasta, about 4 cups)

3 T commercial pesto

2 c. shredded zucchini

1 c. diced red bell pepper

1/2 c. thinly sliced red onion

1 T. fresh lemon juice

3/4 t. salt

1/4 t. crushed red pepper

1/4 t. freshly ground black pepper

1/2 c. (2 oz.) grated Parmagiano-Reggiano cheese, divided

Cook pasta acc. to package directions, omitting salt and fat. Drain pasta, return to pan. add pesto, stir well. Add zucchini and next 6 ingredients (zucchini through black pepper); toss well. Stir in 1/4 c. cheese. Top with remaining cheese.

Asian Pork-and-Broccoli Stir-Fry

Source: Cooking Light (website)

Serving 1-1/2 cups

Healthy Units: 5

Posted by: joan borsten

Date: May 15, 2003

Comments: "Bring Indian flair to dinner with spicy mango chutney, stir-fried with the 'other white meat.' " – CL

INGREDIENTS:

1/3 cup mango chutney
2 tablespoons low-sodium soy sauce
1 tablespoon dry sherry
2 teaspoons dark sesame oil, divided
1 pound pork tenderloin, cut into 1-inch strips
4 cups broccoli florets
1 tablespoon water
2 cups fresh bean sprouts
2 garlic cloves, minced
1 (8-ounce) can sliced water chestnuts, drained

INSTRUCTIONS:

Estimated Total Time: 30 minutes

Combine first 3 ingredients; set aside.

Heat 1 teaspoon oil in a nonstick skillet over medium-high heat. Add pork; stir-fry 3 minutes.

Remove the pork from pan with a slotted spoon. Add 1 teaspoon oil, broccoli, and water to skillet; stir-fry 5 minutes. Add chutney mixture, bean sprouts, garlic, and water chestnuts; stir-fry 2 minutes. Return pork to skillet; stir-fry 30 seconds.

NUTRITIONAL INFO: calories: 267 carbohydrates: 27.3 g cholesterol: 74 mg fat: 5.5 g sodium: 373 mg protein: 29 g calcium: 69 mg iron: 3.5 mg fiber: 3.6 g **YIELD:** 4 servings (serving size: 1-1/2 cups)

Molly's Oatmeal Cookies

Source: Parkview Health Systems (recipe given out at Health Fair)

Healthy Units per serving 2

servings 20

Posted By: washu97 (Molly)

May 16, 2003

Comments:

Ingredients

1 Cup Quaker Quick Oats

3/4 cup all-purpose flour

1/8 cup whole wheat flour

1/2 tsp baking soda

1/2 tsp table salt

1/4 cup fat-free milk

1 tsp vanilla extract

1/2 cup raisins OR 1/2 cup mini chocolate chips

1/3 cup Light Butter

1 cup packed light brown sugar

Instructions

Preheat oven to 325. Combine 2 cups oats, 3/4 cup all-purpose flour, 2 Tbs whole wheat flour, baking soda, and salt in a medium bowl. (Note – Can add cinnamon to taste if desired) Mix well.

In a large bowl, combine brown sugar, butter or margarine, milk, and vanilla. Beat with electric mixer on low for 1-2 minutes until well blended. Add oat mixture to sugar mixture. Stir until dry ingredients are moistened. Stir in raisins or chocolate chips.

Shape dough into 20 balls using dough-scoop. Place 2 inches apart on non-stick baking sheet that has been sprayed with cooking spray. Flatten cookies to 1/4 inch thickness using the back of a spoon. Dip the spoon in water to prevent it from sticking to the cookies. Bake for 13-14 minutes until the tops of the cookies are dry to the touch and the bottoms are golden brown. DO NOT OVERBAKE. Remove from tray immediately and let cool.

Special Notes

Points remain the same if you use mini chocolate chips or raisins.

If you use Brown Sugar Twin in place of Brown sugar – cookies become 1 point each.

Broccoli Salad

Source: Cooking Light (June 2002)

Number of Servings: 8 (1 c.)

Healthy Units: 3.6

Posted by: LMaybloom

Date: May 15, 2003

Comments: I omit the celery, use FF mayo, and I've used pine nuts for the sunflower seeds. All have yielded stellar results. FF mayo lowers this about a point, I think.

4 c. small broccoli florets (about 1 1/2 pounds)

1 1/2 c. seedless green grapes, halved

1 c. chopped celery

1 c. raisins

1/4 c. salted sunflower seed kernels

1/3 c. light mayonnaise

1/4 c. plain FF yogurt

3 T. sugar

1 T. white vinegar

Combine first 5 ingredients in a large bowl.

Combine mayonnaise and remaining ingredients, stirring with a whisk. Pour dressing over broccoli mixture and toss well. Chill for one hour.

Grilled Asparagus

Cooking Light 5/7/02

Servings 3

Healthy Units 1

Posted by Missy1364

Date 5/16/03

Comments:

INGREDIENTS

1 pound asparagus
3 tablespoons balsamic vinegar
2 tablespoons fresh lemon juice
1 tablespoon olive oil
1 tablespoon low-sodium soy sauce
1/8 teaspoon black pepper
Cooking spray

INSTRUCTIONS

Prepare grill.

Snap off tough ends of asparagus. Combine all ingredients except cooking spray in a large zip-top plastic bag; seal and marinate for 30 minutes. Remove asparagus from bag, and discard marinade. Place asparagus on grill rack coated with cooking spray; grill 5 minutes on each side or until asparagus is done.

Chicken with Lemon Caper-Sauce

Source-Published: Cooking Light- 06/01/97

Healthy Units: 3

Servings: 4

Posted by Lynbat

05/16/03

Comments:

INGREDIENTS

1/4 teaspoon salt, divided

1/4 teaspoon pepper, divided

4 (4-ounce) skinned, boned chicken breast halves

1 tablespoon olive oil

Cooking spray

1/3 cup extra-dry vermouth

3 tablespoons fresh lemon juice

1-1/2 tablespoons capers

1 tablespoon chopped fresh parsley

INSTRUCTIONS

Prep Time: 5 minutes

Cooking Time: 15 minutes

Sprinkle 1/8 teaspoon salt and 1/8 teaspoon pepper evenly over chicken. Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken; cook 6 minutes on each side or until chicken is done. Remove from skillet. Set aside; keep warm.

Add 1/8 teaspoon salt, 1/8 teaspoon pepper, vermouth, lemon juice, and capers to skillet, scraping skillet to loosen browned bits. Cook until reduced to 1/4 cup (about 2 minutes). Stir in parsley. Spoon sauce over chicken.

Beef-and-Chicken Fajitas with Peppers and Onions

Cooking Light June 2000

Healthy Units: 8.5

Servings: 8

Posted by: Kate

May 16, 2003

Comments: Good make ahead recipe as all the prep can be done the night before. This recipe is easily halved. You can cut down on the points by substituting all chicken

INGREDIENTS:

Marinade:

- 1/4 cup olive oil
- 1 teaspoon grated lime rind
- 2-1/2 tablespoons fresh lime juice
- 2 tablespoons Worcestershire sauce
- 1-1/2 teaspoons ground cumin
- 1 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon coarsely ground black pepper
- 2 garlic cloves, minced
- 1 (14.25-ounce) can low-salt beef broth

Fajitas:

- 1 (1-pound) flank steak
- 1 pound skinned, boned chicken breast
- 2 red bell peppers, each cut into 12 wedges
- 2 green bell peppers, each cut into 12 wedges
- 1 large Vidalia or other sweet onion, cut into 16 wedges
- Cooking spray
- 16 (6-inch) fat-free flour tortillas
- 1 cup bottled salsa
- 1/4 cup low-fat sour cream
- 1/2 cup chopped fresh cilantro
- Fresh cilantro sprigs

INSTRUCTIONS:

To prepare marinade, combine first 10 ingredients in a large bowl; set aside.

To prepare fajitas, trim fat from steak. Score a diamond pattern on both sides of the steak. Combine 1-1/2 cups marinade, steak, and chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 4 hours or overnight, turning occasionally. Combine remaining marinade, bell peppers, and onion in a zip-top plastic bag. Seal and marinate in refrigerator for 4 hours or overnight, turning occasionally.

Prepare grill.

Remove steak and chicken from bag; discard marinade. Remove vegetables from bag; reserve marinade. Place reserved marinade in a small saucepan; set aside. Place steak, chicken, and vegetables on grill rack coated with cooking spray; cook 8 minutes on each side or until desired degree of doneness.

Wrap tortillas tightly in foil; place tortilla packet on grill rack the last 2 minutes of grilling time. Bring reserved marinade to a boil. Cut steak and chicken diagonally across the grain into thin slices. Place the steak, chicken, and vegetables on a serving platter; drizzle with reserved marinade.

Arrange about 1 ounce steak, about 1 ounce chicken, 3 bell pepper wedges, and 1 onion wedge in a tortilla; top with 1 tablespoon salsa, about 1 teaspoon sour cream, and 1/2 tablespoon cilantro. Fold sides of tortilla over filling. Garnish with cilantro sprigs, if desired. Serve immediately.

NUTRITIONAL INFO:

calories: 407 carbohydrates: 40.6 g cholesterol: 64 mg fat: 14.2 g sodium: 841 mg
protein: 31.1 g calcium: 79 mg iron: 3.9 mg fiber: 5.3 g

YIELD:

8 servings (serving size: 2 fajitas)

Chocolate Éclair Icebox Cake

Cooking Light - The Complete Book

Healthy Units 3.5 (I think)

Servings 24

Posted by Lynbat

May 16, 2003

Comments:

Ingredients:

1 box of Low-Fat Honey Grahams (14 oz), divided

3 cups fat-free milk

2 boxes fat-free (not sugar-free) vanilla pudding mix (standard size)

1 8oz. tub fat-free cream cheese

1 8 oz. container of lite or fat-free Cool Whip (I used fat-free; shaves 7-8 points off the total!)

2 oz. unsweetened chocolate, melted

2 T. butter or margarine

2 T. honey

$\frac{1}{4}$ cup fat-free milk

1 $\frac{1}{2}$ c. powdered confectioner's sugar

In a 13x9 pan, layer the 7 $\frac{1}{2}$ graham crackers on the bottom of the pan.

In a large bowl, combine 3 c. milk, pudding mix and the cream cheese. Beat with an electric mixer. Fold in the cool whip. Layer $\frac{1}{2}$ of this mixture on top of the graham crackers.

Put another layer (7 and a half) graham crackers on top of the pudding mix. Put the rest of the pudding mix on top of that and then top with 7 $\frac{1}{2}$ more graham crackers.

In a medium bowl, combine the melted chocolate, butter, honey and milk. Mixing with electric mixers. Gradually add the one and a half cups of confectioner's sugar.

Spread over the top of the graham crackers and chill for at least 4 hours. (It was actually better the next day).

Italian Cream Cake

Cooking Light Annual Recipes 1998

Servings: 20

Healthy Units: 7

Posted by: Sandra Dee

May 15, 2003

Comments: 1. The lemon rind is very pretty on this cake, but will dry out. So just make sure to put it on the top of the cake right before serving.

2. Make sure that you don't nibble on the icing, you will need every teaspoon of it to cover this cake properly.

Cream Cheese Icing (see following recipe)

Vegetable cooking spray

2 cups sugar

½ cup light butter

2 large egg yolks

2 cups all-purpose flour

1 teaspoon baking soda

1 cup low-fat buttermilk

½ cup chopped pecans

1 teaspoon butter extract

1 teaspoon coconut extract

1 teaspoon vanilla extract

6 large egg whites (at room temperature)

Lemon rind (optional)

1. Prepare Cream Cheese Icing; cover and chill.

2. Preheat oven to 350 degrees.

3. Coat bottoms of 3 (9-inch) round cake pans with cooking spray (do not coat sides of pans), and line bottoms of pans with wax paper. Coat wax paper with cooking spray. Dust with flour; set aside.

4. Combine sugar and butter in a large bowl; beat at medium speed of an electric mixer until well blended. Add egg yolks, 1 at a time, beating well after each addition. Combine flour and baking soda; stir well. Add flour mixture to creamed mixture alternately with buttermilk, beginning and ending with flour mixture. Stir in pecans and extracts.

5. Beat egg whites at high speed until stiff peaks form (do not overbeat). Fold egg whites into batter; pour batter into prepared pans. Bake at 350 degrees for 23 minutes. Let cake layers cool in pans 5 minutes on wire racks. Loosen cake layers from sides of pans using a narrow metal spatula; turn out onto wire racks. Peel off wax paper; let cake layers cool completely.

6. Place 1 cake layer on a plate. Spread with 2/3 cup Cream Cheese Icing, and top with another cake layer. Repeat with 2/3 cup icing and remaining cake layer. Spread remaining icing over sides and top of cake. Garnish with lemon rind, if desired.

Cream Cheese Icing

Cooking Light Annual Recipes 1998

Servings: 20

Healthy Units: (7 with cake)

Posted by: Sandra Dee

May 15, 2003

- 1 tablespoon light butter, chilled
- 1 (8-ounce) package Neufchatel cheese, chilled
- 1 (1-pound) package powdered sugar, sifted
- 1 teaspoon vanilla extract

1. Beat butter and cheese at high speed of an electric mixer until fluffy. Gradually add sugar and vanilla; beat at low speed just until blended (do not overbeat or icing will become runny). Cover and chill. Yield: 2 2/3 cups.

Caramelized Onion and Horseradish Mashed Potatoes

CL magazine, October 2002

Healthy Units: 4

Number of Servings: 10

Posted by: Karey2002

5-16-03

Comments:

Ingredients

1/4 C butter, divided

4 C chopped onion

2 teaspoons brown sugar

1 T white balsamic vinegar (optional)

2 1/2 pounds cubed, peeled baking potato

1/2 C whole milk

1/4 C Dijon mustard

1 T fresh lemon juice

2 T prepared horseradish

1 T light mayonnaise

1/2 t salt

Melt 1 tablespoon butter in medium non stick skillet over medium-high heat. Add onions and sugar; sauté 10 minutes or until caramelized. Remove from heat and stir in vinegar, if desired.

Place potato in sauce pan and cover with water, bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain and return potato to pan. Add 3 T butter and milk; mash to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly.

Combine remaining ingredients in a small bowl, stirring with a wire whisk until well blended. add this mixture, along with the caramelized onions, to the potato mixture. Stir to combine.

Notes: this makes a lot- but these are so good you'll want to eat the leftovers until they are gone!! They are very flavorful, if you do not like mustard you may want to reduce the amount of Dijon. This would be great with steak or tuna. I made Jill's Curry- Orange Pork recipe and it went great with this recipe.

Orecchiette with Sausage, Peppers and Feta

Source: Cooking Light (May 2003)

Healthy Units: 8

Servings: 4

Posted by: kimbilly

Date: May 16, 2003

Comments:

Ingredients

8 ounces uncooked orecchiette

1 teaspoon olive oil

3 cups red bell pepper -- sliced & cut in half

1/2 teaspoon salt -- divided

8 ounces turkey Italian sausage

1 teaspoon dried oregano

1 clove garlic -- minced

3/4 cup feta cheese -- crumbled

1/4 cup pitted kalamata olives -- sliced

1/4 teaspoon freshly ground black pepper

1. Cook the orecchiette according to package directions, omitting salt and fat. Drain the pasta in a colander over a bowl, reserving 1/2 cup cooking liquid.

2. Heat oil in a large nonstick skillet over medium-high heat. Add the bell pepper and 1/4 teaspoon salt; saute 2 minutes. Remove casings from the sausage. Add sausage, oregano, and garlic to pan; cook 4 minutes or until sausage is done, stirring to crumble sausage. Add pasta, reserved cooking liquid, 1/4 teaspoon salt, cheese, olives and black pepper; cook for 2 minutes or until thoroughly heated, stirring frequently.

CALORIES: 393; FAT: 12.8g; PROTEIN: 21.6g; CARB: 48.6g; FIBER: 3.6g; CHOL: 67mg; IRON: 3.4mg' SODIUM: 947mg; CALC: 137 mg

NOTES : Serving size: 1 1/2 cups

Algerian Stuffed Dates

Cooking Light May 2001

Healthy Units - 1 per Date

Servings: 24

Posted by: Sandra Dee

May 17, 2003

Comments: If you enjoy dates and like marzipan this is a very good recipe.

24 Medjool dates (about 1 pound)

2 drops green food coloring (optional)

2/3 cup marzipan (almond paste)

2 teaspoons powdered sugar

1. Cut a lengthwise slit down the center, but not through, each date.
2. Sprinkle food coloring over marzipan, if desired; gently knead 4 to 5 times or until color is incorporated into marzipan. Divide marzipan mixture evenly among dates; stuff into slits. Sprinkle with powdered sugar. Yield: 24 dates (serving size: 1 stuffed date).

Lentil Salad with Feta Cheese

The Complete Cooking Light Cookbook

Healthy Units-4

6 Servings (serving size:1 cup)

Posted by Joni(gdnr77)

May 17,2003

Comments:

1 1/4 cups dried lentils
3 tablespoons fresh lemon juice
1 1/2 tablespoons olive oil
1/2 teaspoon dried thyme
1/4 teaspoon salt
1/8 teaspoon coarsely ground black pepper
1 garlic clove, crushed
1 1/2 cups quartered cherry tomatoes
1 cup diced cucumber
1/2 cup crumbled feta cheese
1/3 cup thinly sliced celery
romaine lettuce leaves, optional

Place lentils in a large saucepan, and cover with water to 2 inches above lentils. Bring to a boil: cover, reduce heat, and simmer 20 minutes or until tender. Drain well. Combine lemon juice and next 5 ingredients in a medium bowl, stir well with a whisk. Add lentils, tomato, cucumber, cheese, and celery to coat. Serve on lettuce lined plates, if desired.

I like to add some dried marjoram as well, and you can also improvise with some chopped red onion, or some chopped shallots.

Herbed Chicken Piccata

Cooking Light 2003 Annual and CL Website

Servings 4

Healthy Units 3.4

Posted by DebMj1

May 17, 2003

Comments:

INGREDIENTS

2 tablespoons dry breadcrumbs (I used seasoned)
1 teaspoon dried basil
1 teaspoon grated lemon rind
1/8 teaspoon pepper
2 garlic cloves, minced
4 (4-ounce) skinned, boned chicken breast halves
Cooking spray
1 teaspoon margarine
8 thin lemon slices
1/4 cup low-salt chicken broth
2 tablespoons chopped fresh parsley
2 tablespoons lemon juice

INSTRUCTIONS

1. Combine first 5 ingredients in a shallow dish; set aside.
2. Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a meat mallet or rolling pin. Lightly coat both sides of chicken with cooking spray; dredge chicken in breadcrumb mixture.
3. Melt margarine in a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken; cook 4 minutes on each side or until done. Remove chicken from skillet. Set aside; keep warm. Add lemon slices to skillet; sauté 30 seconds. Add broth, parsley, and lemon juice; cook 1 minute. Spoon sauce over chicken.

YIELD: 4 servings

PREPARATION TIME: 15 minutes COOKING TIME: 12 minutes

NUTRITIONAL INFO

CAL: 160 (16% from fat); FAT 2.9g (sat 0.6g, mono 0.8g, poly 0.7g); PROTEIN 27.3g;
CARB 6.9g; FIBER 0.4g; CHOL 66mg; IRON 1.4mg; SODIUM 115mg; CALC 46mg

Pizza Dough Recipe for Food Processor

Source: Cuisinart Cookbook

Healthy Units: 4

Servings: 8

Posted by: Kwe730 (Kim)

May 16, 2003

Comments:

Makes 1-1/2 pounds of dough, 4 9-inch crusts or
2 14-inch crusts

Ingredients

1 package active dry yeast

1 teaspoon sugar

1-1/4 cups warm water (105-115F)

3-31/3 cups unbleached all-purpose flour

1-1/2 teaspoons salt

1 teaspoon extra virgin olive oil

In a 2 cup liquid measure, dissolve yeast and sugar in warm water. Let stand until foamy, about 3-5 minutes. Insert dough blade. Add flour and salt.

With machine running on dough speed, pour liquid through small feed tube as fast as flour will absorb it. Process until dough cleans sides of work bowl and forms a ball. Then process 30 seconds to knead dough. Dough will be slightly sticky. Coat dough evenly with olive oil; transfer to plastic food storage bag and seal the top. Let rise in a warm place for about 45 minutes.

Place dough on a lightly floured surface and punch down, let rise another 5-10 minutes. Roll into desired crust size and place on baking pans lightly sprayed with cooking spray. Follow pizza recipe.

Calories: 199, Protein 6g, Carbohydrates 41g, Fat 1g, Saturated Fat 0g, Cholesterol 0 mg, Fiber 2g

Spicy Asian Style Pork

Source: WW Web site

Healthy Units: 5

Servings: 12

Posted by: Kwe730 (Kim)

May 15, 2003

Comments: This is actually a big favorite at our house. WW suggests you serve it with steamed snow peas but we like it with asparagus roasted with a little sesame oil and some steamed basmati rice.

Ingredients

- 1 Tbsp five-spice powder
- 2 1/2 tsp toasted sesame oil
- 2 medium garlic clove(s), minced
- 3 pound lean pork loin
- 2 Tbsp orange marmalade
- 1/3 cup reduced-sodium, fat-free chicken broth
- 1 Tbsp soy sauce
- 4 tsp sesame ginger salad dressing, or marinade
- 2 tsp orange marmalade
- 6 cup snow peas, steamed

Preheat oven to 450°F.

In a small bowl, combine five-spice powder, 2 teaspoons of sesame oil and garlic; coat pork with mixture. Place pork in a roasting pan. Cook 10 minutes; reduce temperature to 325°F and cook until internal temperature is 145°F, about 1 hour and 15 minutes. Remove from oven.

Increase oven temperature to broil. Coat pork with 2 tablespoons of marmalade. Cook until glaze begins to brown, about 4 minutes. Remove to cutting board and cover with foil. Allow to stand 10 minutes before slicing.

Place same pan over medium-high heat. Add broth, soy sauce, dressing or marinade, remaining 2 teaspoons of marmalade and remaining 1/2 teaspoon of sesame oil. Scrape up remaining food bits on bottom of pan. Stir to combine; heat through, about 2 minutes. Serve over pork. Yields about 3 ounces pork and 1/2 cup snow peas per serving.

Au Gratin Potatoes

Source: WW Web Site

Healthy Units: 3

Servings: 8

Posted by: Kwe730 (Kim)

May 16, 2003

Comments:

Ingredients

1 Tbsp butter
1 medium onion(s), thinly sliced
2 Tbsp all-purpose flour
2 cup fat-free milk
2 pound potato(es), all-purpose, thinly sliced
1 cup low-fat shredded cheddar cheese
1 tsp table salt
1/4 tsp black pepper

Instructions

Preheat oven to 375°F. Coat a 2-quart covered baking dish with cooking spray.

Melt butter in a large pot over medium heat. Add onion and cook, stirring occasionally, until onion begins to brown, about 5 minutes. Stir in flour; add milk slowly, stirring. Add potatoes (if you can find Yukon Gold potatoes, use them instead of all-purpose ones for a richer, more buttery taste). Stir to mix. Bring to a boil. Stir in 3/4 cup of cheese, salt and pepper.

Pour mixture into prepared baking dish and level out surface. Bake for 1 hour, uncovered. Cover and bake until potatoes are fork-tender, about 20 minutes more.

Change oven temperature to broil. Sprinkle remaining cheese over potatoes. Broil 6 inches from the heating element until the cheese is golden brown, about 1 to 2 minutes. Allow to cool for 5 minutes before slicing into 8 pieces.

Avocado and Lobster Salad

Food & Wine, June 2001

Servings: 4

Points: 7*

Posted by: carolekm

May 17, 2003

Comments: I tossed peeled jumbo prawns in a little of the salad dressing, grilled them for a few minutes and cut into bite-sized pieces. : Instead of watercress I used a big pile of salad greens. Tossed the avocado and prawns in the dressing, divided over piles of salad greens on plates, drizzled on the extra dressing at the bottom of the bowl.

Two 1 1/2-pound lobsters (I used jumbo prawns)

3 tablespoons rice vinegar (I used mirin and skipped the sugar)

1/2 teaspoon soy sauce

1/4 teaspoon finely grated fresh ginger

Pinch of sugar

3 tablespoons canola oil (You could probably use less and save some points if your vinegar is mild)

Salt and freshly ground pepper

1 bunch watercress (6 ounces), large stems discarded

1 Hass avocado, peeled and cut into chunks

1. In a large pot of boiling water, cook the lobsters until they turn bright red, about 13 minutes. Drain and let cool. Twist off the tails and claws. Crack the claws and remove the meat; cut into large pieces. Using kitchen scissors, slit the tail shells lengthwise up the center and remove the tail meat. Remove the black intestinal tract and discard. Cut the tail meat into 1-inch medallions. Cover and refrigerate the lobster meat.

2. In a large bowl, combine the vinegar with the soy sauce, ginger and sugar. Whisk in the oil until emulsified, then season with salt and pepper. Add the watercress and lobster and toss gently, then add the avocado and toss just until dressed. Serve chilled.

Gruyere, Arugula and Prosciutto-Stuffed Chicken Breasts with Caramelized Shallot Sauce

Source: Cooking Light - September 2002, page 244

Servings 6

Healthy Units 7

Posted by LMaybloom

May 18, 2003

INGREDIENTS

CHICKEN

6 4 oz boneless skinless chicken breast halves

6 1/2 oz prosciutto, sliced

6 1/2 oz Gruyere cheese slices

1 1/2 cups arugula, trimmed

1/2 teaspoon salt

1/2 teaspoon black pepper

3 tablespoons all-purpose flour

1 tablespoon extra virgin olive oil

Caramelized Shallot Sauce

INSTRUCTIONS

1. Preheat oven to 350

2. To prepare the chicken, place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4" thickness using a meat mallet or rolling pin. Discard plastic wrap. Top each chicken breast half with one slice prosciutto, one slice cheese and 1/3 c arugula, leaving a 1/4" border around the edges. Fold in half, pinching edges together to seal; sprinkle with salt and pepper. (The chicken can be prepared up to a day ahead and refrigerated at this point.)

3. Dredge chicken in flour, shaking off excess. Heat oil in a large nonstick skillet over medium-high heat. Add chicken, cook 5 minutes on each side. Place chicken in a shallow baking pan; bake at 350 for 5 minutes or until done. Keep warm.

Prepare Caramelized Shallot Sauce (see recipe)

NUTRITIONAL INFO

Per Serving (excluding unknown items): 329 Calories; 10g Fat (30.2% calories from fat); 40g Protein; 10g Carbohydrate; trace Dietary Fiber; 91mg Cholesterol; 891mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 1 Fat.

Caramelized Shallot Sauce

Source: Cooking Light - September 2002, page 244

Servings 6

Healthy Units 2

Posted by LMaybloom

May 18, 2003

Comments:

Ingredients:

1 cup shallots, thinly sliced

2 teaspoons tomato paste

2 cups dry white wine

2 1/4 cups fat-free chicken broth

1 1/2 teaspoons water

1 teaspoon cornstarch

1.To prepare sauce, add shallots to skillet, sauté 5 minutes over MH heat, or until browned. Add tomato paste; cook one minute, stirring constantly. Stir in wine; bring to boil over high heat. Cook until reduced to 1 cup (about 6 minutes). Add broth; bring to a boil. Cook until reduced by half, about 8 minutes.

2.Combine water and cornstarch in a small bowl, stirring with a fork until smooth. Add cornstarch mixture to sauce; bring to a boil. Cook one minute, stirring constantly.

Yield: 6 servings. One chicken breast half + 1/4 c. sauce.

Macaroni and Cheese (aka Orgasmaroni)

Source: Cooking Light 1993

Servings 6

Healthy Units 4

Posted by LMaybloom

May 18, 2003

Comments:

INGREDIENTS

1 3/4 cups medium elbow macaroni, uncooked

1 tablespoon margarine

2 tablespoons all-purpose flour

1 1/4 cups skim milk

1/2 teaspoon dry mustard

1/8 teaspoon pepper

1 teaspoon 72%-less-sodium, Worcestershire sauce

1/8 teaspoon hot sauce

1 1/2 cups reduced-fat sharp Cheddar cheese, shredded (6 ounces)

3 tablespoons grated Parmesan cheese

INSTRUCTIONS

Cook macaroni according to package directions, omitting salt and fat. Drain and set aside.

Melt margarine in a saucepan over medium heat; add flour, and cook 1 minute, stirring constantly with a wire whisk. Gradually add milk, stirring constantly. Bring to a boil; cook 1 minute. Remove from heat; stir in dry mustard and next 3 ingredients. Add cheeses; stir until melted.

Combine cheese sauce and macaroni in a bowl; stir well.

(serving size: 3/4 cup)

NUTRITIONAL INFO

Per Serving (excluding unknown items): 219 Calories; 5g Fat (21.9% calories from fat); 14g Protein; 28g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 281mg Sodium.

Balsamic-Glazed Tuna

Source: Cooking Light Super Fast Suppers

Healthy Units: 6

Servings: 4

Posted by: eolmsted (Liz)

Date: May 18, 2003

Comments: A tangy glaze of balsamic vinegar and soy sauce complements the rich flavor of tuna steaks. Try serving them with couscous and steamed sugar snap peas for a complete meal.

INGREDIENTS:

Cooking spray

1-1/4 teaspoons coarsely ground black pepper

1/4 teaspoon salt

4 (6-ounce) tuna steaks (about 3/4 inch thick)

1/4 cup fat-free, less-sodium chicken broth

1 tablespoon balsamic vinegar

4 teaspoons dark brown sugar

1 tablespoon low-sodium soy sauce

1/2 teaspoon cornstarch

1/4 cup diagonally sliced green onions

INSTRUCTIONS:

Prep Time: 15 minutes

Cooking Time: 10 minutes

Place a grill pan coated with cooking spray over medium-high heat until hot. Sprinkle pepper and salt over fish. Place fish in grill pan; cook 3 minutes on each side until medium-rare or desired degree of doneness. Remove from heat.

Combine broth, vinegar, sugar, soy sauce, and cornstarch in a small saucepan. Bring to a boil; cook 1 minute, stirring constantly. Spoon glaze over fish; top with green onions.

NUTRITIONAL INFO:

calories: 266 carbohydrates: 4.6 g cholesterol: 65 mg fat: 8.5 g sodium: 366 mg protein: 40.3 g calcium: 11 mg iron: 2.2 mg fiber: 0.3 g

YIELD:

4 servings (serving size: 1 steak and 1 tablespoon glaze)

Spiced Chicken and Couscous Pilaf

Source: Cooking Light Magazine

Healthy Units: 8

Servings: 4

Listed by: JillyH

Date: May 17, 2003

Comments: This is one of my favorite recipes, and the bonus is that it's cooked all in one pan for easy cleanup! Anthony and I agree that this is the most flavorful couscous we've ever had - JillyH.

Serving size = 1 piece of chicken and 1 cup couscous

- 2 1/2 tsp paprika
- 1 tsp dried thyme
- 3/4 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp dried oregano
- 1/4 tsp black pepper
- 1/8 tsp cayenne
- 4 (4 oz each) boneless skinless chicken breast halves
- 1 T vegetable oil, divided
- 1/2 c. chopped onion
- 1 clove garlic
- 1 c. uncooked plain couscous
- 1 c. fat free, low sodium chicken broth
- 1 c. frozen whole kernel corn
- 2 T. minced fresh cilantro
- 1 T. lime juice

Combine first seven ingredients in a shallow dish and dredge the chicken breasts in the mixture. Heat 2 tsp of the oil in a large nonstick skillet over medium heat. Add chicken and cook five minutes on each side or until done. Remove chicken from pan and keep warm. Heat 1 tsp oil in pan over medium high heat. Add onion and garlic; sauté 1 minute. Stir in couscous and broth, bring to a boil. Remove from heat. Stir in corn. Cover and let stand 5 min or until liquid is absorbed. Stir in minced cilantro and lime juice. Serve with chicken.

Calories = 398; Fat = 8g; Fiber = 4.1 g.

Tortellini with Cherry Tomatoes and Corn

Source: Cooking Light, May/June 1993, page 109

Healthy Units: 3

Servings: 6

Posted by: Joshmom43(Vicki)

Date: May 18, 2003

Comments:

Ingredients

9 ounces fresh cheese tortellini -- uncooked

10 ounces frozen whole kernel corn

1 clove garlic -- halved

2 cups quartered cherry tomatoes

1/4 cup sliced green onions

1/4 cup chopped fresh basil

2 tablespoons grated Parmesan cheese

1 teaspoon olive oil

1/8 teaspoon pepper

Cook tortellini in boiling water 3 minutes, omitting salt and fat. Add frozen corn, and cook an additional 3 minutes; drain well.

Rub the inside of a large serving bowl with garlic halves; discard garlic.

Add tortellini mixture, tomatoes, and remaining 5 ingredients, tossing gently to coat. Yield: 6 servings (serving size: 1 cup).

Spring Vegetable Lasagne

Cooking Light 04/01

Healthy units: 6

Servings: 6

Posted by: Karey2002

5-17-03

Comments:

INGREDIENTS

Cooking spray

8 cups torn Swiss chard (about 3/4 pound)

2 cups chopped yellow squash

1-1/2 cups chopped onion

1 cup chopped red bell pepper

1 cup shredded carrot

1/2 teaspoon salt

1 tablespoon butter

4 garlic cloves, crushed

2 tablespoons all-purpose flour

1-1/2 cups fat-free milk

6 tablespoons (1-1/2 ounces) grated fresh Parmesan cheese, divided

1 cup fat-free ricotta cheese

1 cup fat-free cottage cheese

1 cup (4 ounces) grated Asiago cheese, divided

1/2 teaspoon dried oregano

6 no-boil lasagna noodles (such as Barilla or Vigo)

INSTRUCTIONS

1. Preheat oven to 375 degrees.

2. Heat a Dutch oven coated with cooking spray over medium-high heat. Add chard, squash, onion, bell pepper, carrot, and salt; sauté 10 minutes or until tender.

3. Melt butter in a saucepan over medium heat. Add garlic; sauté 30 seconds. Add flour, and cook 1 minute. Stir constantly with a whisk. Gradually add milk, stirring with a whisk until blended. Cook until thick (for about 4 minutes). Remove from heat; add 1/4 cup Parmesan. Stir until cheese melts.

4. Combine ricotta, cottage cheese, 1/2 cup Asiago, and oregano in a bowl.

5. Spread 2 tablespoons milk mixture in the bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over milk mixture; top with half of ricotta mixture, half of vegetable mixture, and 1/2 cup milk mixture. Repeat layers, ending with noodles. Spread remaining milk mixture over noodles. Sprinkle with 1/2 cup Asiago cheese and 2 tablespoons Parmesan. Bake at 375 degrees for 45 minutes. Let stand 15 minutes.

NUTRITIONAL INFO: CAL 308 (30% from fat); FAT 10.3g FIB 3.3g

Potato, Green Bean and Venison Sausage Salad

Source: Food & Wine, June 2003

Healthy Units: 8*

Servings: 6

Posted by: carolekm (Carole)

Date: May 18, 2003

Comments: Disbrowe uses smoky venison sausage from Broken Arrow Ranch in Ingram, Texas (800-962-4263), but a mild andouille or kielbasa sausage would be delicious as well.

1 tablespoon pure olive oil
1/2 teaspoon dried thyme
Kosher salt
6 medium plum tomatoes, halved lengthwise
3 pounds medium new potatoes, scrubbed
1 1/2 tablespoons sherry vinegar
1 pound haricots verts
1 garlic clove, chopped
1/4 cup mayonnaise (I used more EV olive oil since I hate mayonnaise - excellent.)
2 tablespoons extra-virgin olive oil
Freshly ground pepper
1/2 pound smoked venison sausage, sliced 1/3 inch thick (I used andouille)
1/4 cup coarsely chopped basil

1. Preheat the oven to 250°. Drizzle the pure olive oil on a rimmed baking sheet and sprinkle with the thyme and a pinch of salt. Arrange the tomatoes, cut side down, on the sheet and roast for 1 hour. Pull off the skins. Turn the tomatoes and roast for 30 minutes longer, until slightly dried. Let cool, then coarsely chop. (I grilled the tomatoes with just a short spray of olive oil. You could also just use reconstituted sun-dried tomatoes.)

2. Meanwhile, in a large pot of cold water, bring the potatoes to a boil. Cook over moderately high heat until tender, about 20 minutes. Drain and let cool. Peel the potatoes and quarter them. Transfer the potatoes to a large bowl and toss with 1 tablespoon of vinegar. (I used baby red potatoes, didn't peel them but cut them in half.)

3. Bring a medium saucepan of salted water to a boil. Add the haricots verts and boil until tender, about 5 minutes. Drain and rinse under cold water; pat dry.

4. On a work surface, mash the garlic to a paste with a pinch of salt. Transfer the garlic paste to a mini food processor, along with the mayonnaise and the remaining 1/2 tablespoon of vinegar, and puree until smooth. Add the extra-virgin olive oil in a thin stream and process until blended. Add the tomatoes and pulse several times, stopping while the dressing is still slightly chunky. Season with salt and pepper.

5. Set a medium skillet over high heat. Add the sausage and cook, turning once, until browned and crisp, about 2 minutes. Using a slotted spoon, transfer the sausage to the potatoes. Add the beans, basil and tomato dressing, season with salt and pepper and toss well. Transfer to a bowl and serve.

Lentil Dal

The Complete Cooking Light Cookbook, p. 286

Serves: 6 (easily halved)

WW Points: 7

Posted by: Jill (jillyh)

5/18/03

Comments from CL: "Lentils are in the legume family and are tiny, typically brownish green disk shaped dried seeds. Lentils have a bean-like texture when cooked and offer a mild, nutty flavor. Lentil Dal is a traditional Indian dish with lentils, tomatoes, onions, and spices. The amount of ginger may seem like a lot, but it adds just the right amount of flavor to the volume of lentils and vegetables."

Ingredients

- 1 T. olive oil
- 1 c. chopped onion
- 1 T. minced peeled fresh ginger
- 1 tsp. cumin seeds (I used half the amt of ground cumin instead of seeds, as that's what I had on hand)
- 1 tsp. ground turmeric
- 1/2 tsp. crushed red pepper
- 4 garlic cloves, minced
- 2 c. chopped cauliflower florets
- 2 c. chopped tomato
- 2 1/2 c. water
- 1 c. dried lentils
- 2 T. fresh lime juice
- 1 T. minced fresh cilantro
- 3/4 tsp. salt
- 6 c. hot cooked basmati rice or long grain rice

Heat oil in a large saucepan over medium-high heat. Add onion and next 5 ingredients; sauté 2 minutes. Add cauliflower and tomato; sauté 1 minute. Stir in water and lentils; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until lentils are tender. Stir lime juice, cilantro, and salt into lentil mixture. Serve over rice. Yield: 6 servings (serving size = 1 c. lentil mixture and 1 c. rice.)

Calories=385; Fat=3.2g; Protein=14.7g; Carb=75.3g; Fiber=6.6g; Chol=0mg;
Iron=5.6mg; Sodium=314mg; Calcium=60mg

Sautéed Green Beans and Onions With Bacon

Source: Cooking Light 'What's for Dinner'

Healthy Units: 1 per ½ cup serving

Servings: 8

Posted by: eolmsted (Liz)

Date: May 18, 2003

Comments:

INGREDIENTS:

1 pound green beans, trimmed and halved crosswise
4 bacon slices
1 (16-ounce) bottle cocktail onions, drained
2 teaspoons sugar
1/2 teaspoon dried thyme
1-1/2 tablespoons cider vinegar
3/4 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS:

1. Cook beans in boiling water 4 minutes or until crisp-tender. Rinse with cold water; drain and pat dry.
2. Cook bacon in a large nonstick skillet over medium-high heat until crisp. Remove bacon from pan, reserving 2 tablespoons drippings in pan; crumble bacon, and set aside. Add onions to drippings in pan; cook for 3 minutes, stirring occasionally. Add sugar and thyme; cook for 3 minutes or until onions are golden brown, stirring occasionally. Add the beans; cook 2 minutes or until thoroughly heated. Add vinegar, salt, and pepper; toss to coat. Stir in crumbled bacon just before serving.

NUTRITIONAL INFO:

CALORIES 59 (46% from fat); FAT 3g (sat 1.1g, mono 1.4g, poly 0.4g); PROTEIN 2.2g; CARB 6.5g; FIBER 1.2g; CHOL 4mg; IRON 0.8mg; SODIUM 621mg; CALC 24mg

YIELD:

8 servings (serving size: 1/2 cup)

Vegetarian Pad Thai

Source: Cooking Light (issue date?)

Healthy Units: 7

Servings: 6 (1 1/3 cups noodle, 2 tsp cilantro, 1 tsp peanuts & 1 lime wedge)

Posted by: kimbilly

May 18, 2003

Comments: I only used 3 teaspoons of oil (as opposed to the 4 called for in the recipe), and might try to use even less in the future. It took about 13 minutes to brown the tofu, not the 7 minutes noted in the recipe.

Ingredients

2/3 cup chili sauce -- (such as Heinz)
1/4 cup brown sugar -- packed
2 tablespoons water
2 tablespoons fish sauce
1 1/2 teaspoons fresh ginger -- grated, peeled
1 teaspoon serrano pepper -- chopped, seeded
1/2 pound rice noodles -- (banh pho)
4 teaspoons vegetable oil -- divided
1 package firm tofu -- cut in 1/2" cubes
2 large egg whites
1 large egg
3 cloves garlic -- minced
2 cups bean sprouts
3/4 cup green onion -- diagonally sliced
1/2 cup fresh cilantro -- minced, divided
1/3 cup dry-roasted peanuts -- coarsely chopped
1 lime -- cut in 6 wedges

Instructions

1. Combine first 6 ingredients; set aside.
2. Cook noodles in boiling water 5 minutes or until done. Drain and rinse with cold water; drain well.
3. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add tofu; cook 7 minutes or until browned, stirring occasionally. Remove from pan.
4. Combine egg whites and egg, stirring well with a whisk.
5. Heat 2 teaspoons vegetable oil in pan over medium-high heat. Add garlic, and sauté for 10 seconds. Add egg mixture, and cook for 30 seconds or until soft scrambled, stirring constantly. Stir in chili sauce mixture and noodles; cook for 2 minutes. Stir in tofu, bean sprouts, onions and 1/4 cup cilantro, and cook 3 minutes or until thoroughly heated.
6. Sprinkled 1/4 cup cilantro and peanuts evenly over each serving of noodle mixture. Serve with lime wedges. CAL: 347; FAT: 9.6g; FIBER: 2.5g;

The Best Ratatouille

Source: Jane Brody's Good Food Book

Healthy Units: 1.5 per 1 cup serving (calculated by hand)

Servings: 9

Posted by: OneGrandGirl (Mary Ellen)

Date: May 18, 2003

Comments:

INGREDIENTS:

1 ½ pounds eggplant (if possible, use 2 small eggplants), unpeeled
Salt
¼ cup olive oil, divided
2 large onions, thickly sliced
1 large green pepper, seeded and cut into 2-inch strips ¼ inch thick
1 large sweet red pepper, seeded and cut into 2-inch strips ¼ inch thick
1 tablespoon finely minced garlic (3 large cloves)
2 ½ pounds ripe tomatoes, peeled, seeded, and coarsely chopped
1 ½ pounds zucchini (small or seeded, if large), halved lengthwise and cut crosswise into ½-inch slices
½ teaspoon thyme
½ teaspoon oregano
2 teaspoons minced fresh basil or ½ teaspoon dried basil
½ teaspoon freshly ground black pepper
¼ teaspoon salt, if desired
1/8 teaspoon cayenne
2 tablespoons minced fresh parsley

INSTRUCTIONS:

1. Cut the eggplant into ¾-inch cubes. Place the diced eggplant in a colander, sprinkle the eggplant well with salt, weight the pieces down with a plate or bowl, and let the eggplant drain for 30 minutes.
2. Heat 1 tablespoon of the oil in a large, heavy skillet or Dutch oven. Add the onions and green and red peppers, and sauté them until the onions are translucent. Add the garlic and tomatoes. Cook the vegetables, stirring them, for about 3 minutes. Transfer the mixture to a bowl, and wipe out the pan.
3. Heat another tablespoon of oil in the pan, and sauté the zucchini for about 10 minutes. Add the zucchini to the other vegetables in the bowl, leaving behind as much oil as possible.
4. Rinse, drain, and dry the diced eggplant with paper towels. Add the remaining 2 tablespoons of oil to the pan, and sauté the eggplant for about 10 minutes.
5. Return the reserved vegetables to the pan, and mix them well with the eggplant. Heat the ratatouille, and cook it for about 5 minutes. Stir in the thyme, oregano, basil, pepper, salt, cayenne and parsley.

Smothered Pork Chops with Onions and Cheddar Grits

Source: Cooking Light, May 2003, p. 236

Healthy Units: 9.2, 1 chop, 1/2 c. grits

Servings: 4

Posted by: LMaybloom (Lesley)

Date: May 18, 2003

Comments:

INGREDIENTS

2 2/3 cups water
2/3 cup quick-cooking grits
1/4 cup reduced fat cheddar cheese, shredded
1/2 teaspoon salt, divided
1/8 teaspoon garlic powder
dash ground red pepper
4 4 ounce boneless center-cut loin chops, trimmed
1/2 teaspoon garlic powder
1/8 teaspoon black pepper
3 Tablespoons all-purpose flour
2 teaspoons butter (I used olive oil cooking spray instead)
1 cup chopped onion
1/2 cup fat-free chicken broth
1/4 cup water

INSTRUCTIONS

1. Bring water to a boil; stir in grits. Reduce heat and cook 5 minutes, stirring frequently. Remove from heat. Stir in cheese, 1/4 teaspoon salt, 1/8 teaspoon garlic powder and red pepper.

2. While grits cook, sprinkle pork with 1/4 t. salt, 1/2 t. garlic powder and black pepper. Dredge in flour. Melt butter in a large NS skillet over MH heat. Add the pork and onion, sauté 6 minutes, turning pork over after 3 minutes. Add broth and water; bring to a boil. Cover, reduce heat, and simmer 4 minutes. Serve with grits.

NUTRITIONAL INFO

Per Serving (excluding unknown items): 394 Calories; 17.6g Fat (27.0% calories from fat); 28g Protein; 29g Carbohydrate; 1.4g Dietary Fiber; 73mg Cholesterol; 451mg Sodium.

Sunset Chicken With Grilled Vegetable-Rice Pilaf

Cooking Light May 2002

Healthy Units: 7

Servings: 6 (serving size: 1 chicken breast half and 1cup pilaf)

Posted by Kate

May 19, 2003

Comments:

INGREDIENTS:

Marinade:

1/2 cup fresh lime juice (about 4 limes)

2 tablespoons hot sauce

3 garlic cloves, minced, or 1-1/2 teaspoons bottled minced garlic

6 (4-ounce) skinned, boned chicken breast halves

Rice:

1/2 cup golden raisins

1 (16-ounce) can fat-free, less-sodium chicken broth

1 cup uncooked basmati or long-grain rice

Spice mix:

2 teaspoons chili powder

1 teaspoon ground cumin

3/4 teaspoon salt

1/2 teaspoon black pepper

Remaining ingredients:

1 large onion, cut into 12 wedges

1 cup (1-inch) pieces red bell pepper

1 cup (1-inch) pieces green bell pepper

Cooking spray

2 tablespoons chopped cashews

2 teaspoons olive oil

INSTRUCTIONS:

1. To prepare marinade, combine first 3 ingredients in a shallowdish, and add chicken, turning to coat. Cover and chill 1 hour.Drain; discard marinade.

2. To prepare rice, bring raisins and broth to a boil in a mediumsaucepan. Add rice. Cover; reduce heat. Simmer 20 minutes or untilliquid is absorbed. Keep warm.

3. To prepare spice mix, combine chili powder, cumin, salt, and blackpepper in a small bowl. Rub 1 tablespoon spice mix over chicken.Combine remaining spice mix, onion, and bell peppers in a bowl,tossing to coat. Thread vegetables alternately onto 3 (12-inch)skewers.

4. Prepare grill.

5. Place kebabs and chicken on a grill rack coated with cookingspray; grill 7 minutes on each side or until chicken is done andvegetables are tender.

6. Remove the vegetables from skewers. Combine cooked rice,vegetables, cashews, and oil in a large bowl; toss well. Serve with chicken.

NUTRITIONAL INFO: CAL 348; FAT 5.1g; FIB 2.9g

Fettuccine with Prosciutto and Asparagus

CookingLight.com

Healthy Units: 7

Servings: 4 (serving size: 1-1/4 cups)

Posted by Lynn

May 19, 2003

Comments: Serve with a tossed garden salad or sliced tomatoes sprinkled with basil and feta.

INGREDIENTS:

3 cups (1-inch) diagonally cut asparagus

1 (9-ounce) package fresh fettuccine

1 tablespoon olive oil

1 cup chopped onion

2 teaspoons bottled minced garlic

1/2 cup chopped prosciutto (about 2 ounces)

2 teaspoons balsamic vinegar

1/2 teaspoon salt

1/8 teaspoon crushed red pepper

1/8 teaspoon black pepper

1/4 cup (1 ounce) preshredded fresh Parmesan cheese

INSTRUCTIONS:

1. Cook asparagus and pasta in boiling water 3 minutes or until the pasta is done. Drain asparagus and pasta in a colander over a bowl, reserving 1/2 cup cooking liquid.

2. Wipe pan dry with a paper towel. Heat oil in pan over medium heat. Add onion and garlic; cook 2 minutes, stirring frequently. Add prosciutto; cook 2 minutes, stirring frequently. Stir in asparagus and pasta, reserved cooking liquid, vinegar, salt, red pepper, and black pepper; toss well. Sprinkle with Parmesan cheese.

NUTRITIONAL INFO:

CALORIES 335 (27% from fat); FAT 10g (sat 3.4g, mono 4.3g, poly 1.2g); PROTEIN 17.7g; CARB 44.6g; FIBER 5.4g; CHOL 64mg; IRON 3.4mg; SODIUM 722mg; CALC 211mg

Teriyaki Shrimp and Scallop Kebabs

Source: Cooking Light Website

Healthy Units: 5 per serving

Yield: 4 servings (serving size= 2 kebabs)

posted by: oduamy1 (Amy)

posted on: 5/19/03

Comments: Has a little kick to it. Leave the red pepper out (or cut it down) if you don't like it spicy! Also, next time I make this, I'm going to double the glaze. The entire glaze recipe has 4 healthy units in it, so it would make each serving 6 H.U. not 5, but it's worth it to me. I served it with rice seasoned with the leftover green onions and some soy sauce! I will also DEFINITELY use this glaze on chicken in the future!

INGREDIENTS:

- 1/4 cup low-sodium soy sauce
- 3 tablespoons dark brown sugar (i used light brown)
- 1-1/2 tablespoons rice wine vinegar
- 1 tablespoon minced peeled fresh ginger
- 1/4 teaspoon crushed red pepper
- 1 garlic clove, minced
- 1-1/2 teaspoons cornstarch
- 1-1/2 teaspoons water
- 16 jumbo shrimp, peeled and deveined (about 12 ounces)
- 16 sea scallops (about 12 ounces)
- 16 mushrooms, halved
- 24 (1-1/2-inch) pieces green onions
- 1 tablespoon vegetable oil
- Cooking spray

Prepare grill.

Combine first 6 ingredients in a small saucepan over medium-high heat. Bring to a boil, and cook for 2 minutes. Combine cornstarch and water. Stir cornstarch mixture into soy sauce mixture. Bring to a boil; cook 1 minute.

Thread 2 shrimp, 2 scallops, 4 mushroom halves, and 3 green onion pieces alternately onto each of 8 (12-inch) skewers. Brush kebabs with oil, and place on a grill rack coated with cooking spray; cook for 3 minutes. Turn kebabs, and brush with half of soy sauce glaze; cook for 1 minute. Turn kebabs. Brush with remaining glaze; cook 1 minute or until seafood is done.

NUTRITIONAL INFO:

calories: 248 carbohydrates: 14.8 g cholesterol: 166 mg fat: 4.9 g sodium: 881 mg
protein: 33.4 g calcium: 50 mg iron: 3 mg fiber: 1.8 g

Tabbouleh

www.cookinglight.com

Healthy Units: 3

Yield: 6 servings (serving size = 1 cup)

posted by: Naomi

posted on: 5/19/03

Comments: I let this sit overnight, and added a bit of water to it later on to moisten it a little more.

INGREDIENTS:

4 cups fresh parsley sprigs
1/4 cup fresh mint leaves
2 cups diced seeded cucumber
2 cups diced seeded tomato
1 cup uncooked bulgur or cracked wheat
3/4 cup diced onion
1/3 cup fresh lemon juice
2 tablespoons extra-virgin olive oil
1/2 teaspoon salt
1 garlic clove, minced

INSTRUCTIONS:

Prep Time: 4 hours, 15 minutes

Place parsley and mint in a food processor; process until finely minced. Combine parsley mixture, cucumber, and remaining ingredients in a large bowl; toss well. Cover and marinate in refrigerator at least 4 hours.

NUTRITIONAL INFO:

calories: 164 carbohydrates: 27.3 g cholesterol: 0 mg fat: 5.4 g sodium: 229 mg protein: 5.2 g calcium: 79 mg iron: 3.5 mg fiber: 7.5 g

Caramelized-Onion Lasagna with Gorgonzola Sauce

CL April 2001

Healthy units: 8

Servings:8

Posted by: Karey2002

5-19-03

Comments:

Ingredients:

3 T butter, divided

8 C thinly sliced onions (about 2 pounds)

1/2 t dried thyme

1/4 t salt

1/4 t black pepper

1/2 c dry white wine

1 1/2 pounds zucchini, cut lengthwise into 1/4-inch thick slices

2 T all-purpose flour

2 (12-ounce) cans FF evaporated milk

1 1/4 c (5 ounces) crumbled gorgonzola cheese

1/8 t nutmeg

Cooking Spray

12 cooked lasagne noodles

1/4 c (1 ounce) grated fresh parmesan cheese

Preheat oven to 375 degrees.

Melt 2 teaspoons butter in large non stick skillet over medium heat. Add onion, thyme, salt, and pepper; cook for 20 minutes, stirring occasionally. Add the wine, cook 2 minutes or until wine evaporates. Spoon into bowl, cool.

Melt 1 teaspoon butter in a pan over med-high heat. Add half of the zucchini, cook 2 minutes or until crisp-tender. Remove from pan. add remaining zucchini and repeat. Set aside.

Melt 2 tablespoons butter in medium saucepan over medium heat. Add flour and cook 1 minute, stirring constantly with a whisk. Gradually add milk, stirring with whisk. Cook 5 minutes or until thick, stirring constantly. Remove from heat and stir in gorgonzola and nutmeg until cheese melts.

Spread 1/4 cup of cheese sauce in bottom of a 13x9 inch baking dish coated with cooking spray. Arrange 4 noodles, slightly overlapping cheese sauce, top with half of onion mixture, half of zucchini, and 1 cup cheese sauce. Repeat layers, ending with noodles. Spread remaining cheese sauce over noodles, sprinkle with parmesan. Cover and bake at 375 for 30 minutes. Uncover and bake for an additional 15 minutes. Let cool for 5 minutes.

Nutritional Information: calories 407, fat 11.8g, fiber 3.6g

Black Bean Salad

Weight Watchers Annual Recipes for Success 2003

Healthy Units: 1

Servings: 6

Posted by judyj1967

May 19, 2003

Comments:

Ingredients

1 (15 ounce) can black beans, rinsed and drained
1 1/2 cups chopped seeded tomatoes (about 2 large)
1/4 cup fresh limejuice
2 tablespoons olive oil
1/3 cup chopped fresh cilantro
2 tablespoons minced shallot
1 teaspoon minced garlic
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 teaspoon crushed red pepper

Combine all ingredients, stirring well. Cover and let stand 1 hour. Yield: 3 cups

Points free up to 1/4 cup; per tablespoon: CAL 12; PRO .5 g; FAT .6g; CARB 1.7g; FIB .5g; CHOL 0mg; IRON .2mg; SOD 50mg; CALC 4mg.

Black Bean-Mango Burritos

From The Washington Post, May 17, 2000

Healthy Units: 7

Servings: 4

Posted by: Ann

May 19, 2003

Comments: To cut fat, I use reduced fat cheddar cheese and about 1/2 tablespoon oil, which lowers the points to 6 per.

Ingredients

Four 7-inch low-fat flour tortillas

1 tablespoon olive oil

1 cup chopped yellow onions

2 medium cloves garlic, minced

1 teaspoon ground cumin

1/8 teaspoon freshly ground black pepper

Pinch red pepper flakes

Dash hot pepper sauce, such as Tabasco

15-ounce can black beans, rinsed and drained

1 1/2 cups diced mango, peeled and seeded (about 1 mango)

1 tablespoon light brown sugar

1 tablespoon fresh lemon juice

1/2 cup shredded cheddar cheese (about 2 ounces)

1/4 cup chopped cilantro

Preheat the oven to 350 degrees. Wrap the tortillas in aluminum foil, place in the oven and heat until warm, about 5 minutes.

Meanwhile, in a large, heavy skillet over medium-high heat, heat the oil until ripples appear, about 2 minutes. Add the onions and cook, stirring frequently, until softened, 3 to 5 minutes. Add the garlic, cumin, black pepper, red pepper flakes, hot pepper sauce and black beans and cook, stirring and mashing the beans slightly, just until heated through, about 2 minutes. Remove the pan from the heat; cover to keep warm and set aside.

In a small skillet over medium-high heat, combine the mango, brown sugar and lemon juice and cook just until the mango softens and releases its juices, about 2 minutes. Remove from the heat.

To serve, place about 1/2 cup of the black-bean mixture in the center of 1 tortilla and sprinkle with the cheese. Spoon about 1 tablespoon of the mango mixture over the beans, sprinkle with 1 tablespoon of cilantro and roll the tortilla around the filling. Place the burrito seam-side down on a dinner plate and repeat with the remaining ingredients.

Per burrito: 355 calories, 12 gm protein, 58 gm carbohydrates, 11 gm fat, 15 mg cholesterol, 4 gm saturated fat, 674 mg sodium, 9 gm dietary fiber

Almost Fat-Free Cornbread

From: Moosewood Restaurant Low-Fat Favorites

Healthy Units: 3 (1/8 recipe)

Servings: 8

Posted by: Carolekm

May 19, 2003

Comments:

Ingredients:

2 tb brown sugar

2 egg whites

3/4 c buttermilk

1/2 c pureed cooked pumpkin, sweet potato or winter squash (or just get baby food! A 4- or 6-oz jar is perfect for this recipe).

1 c cornmeal

1 c flour

1/2 tsp salt

1 tb baking powder

Method:

Preheat the oven to 350

Prepare an 8-inch square or 9-inch round baking pan with cooking spray or a light coating of canola oil. Set it aside (or if you are Lesley, stand there holding it.)

In a large bowl, beat the brown sugar, egg whites, buttermilk, and puree until frothy.

Sift the cornmeal, flour, salt, and baking powder into the mixing bowl.

Gently fold the dry ingredients into the wet ingredients until just mixed - you should still have lumps.

Pour the batter into the pan and bake, uncovered, for 20-25 minutes, until a knife inserted in the center comes out clean. Serve hot or at room temp.

Per serving: 156 calories, 0.5 grams fat, 1.4 grams fiber.

Ham and Swiss-Stuffed Burgers

Cooking Light, June, 2003, p. 111

Serves: 4

WW Points: 10 (see changes for 6 pts)

Posted by: Jill (jillyh)

5/19/03

Comments: 1. I used 95% lean ground beef, despite CL's well-reasoned explanation for why ground round would be better. 95% lean was fine for me.

2. I used 98% fat free Dietz and Watson Gourmet Lite Virginia Ham, shaved, from the deli.

3. I used Light Jarlsberg Swiss cheese (which I sliced thinly instead of shredded) from Whole Foods Market.

4. I used light wheat bread (1 pt per 2 slices) instead of regular sourdough.

Ingredients

1 T. dried parsley

1 T. Worcestershire sauce

1/4 tsp. salt

1/4 tsp. garlic powder

1/4 tsp. freshly ground black pepper

1 lb. ground round

1/2 c. (2 oz) shredded Swiss cheese

2 oz. thinly sliced 33% less sodium smoked deli ham
cooking spray

8 (1 oz) slices sourdough bread

4 curly lettuce leaves

8 (1/4 inch thick) slices red onion

8 (1/4 inch thick) slices tomato

Prepare grill. Combine first 6 ingredients. Divide mixture into 8 equal portions, shaping each into a 5-inch oval patty. Top each of 4 patties with 2 T. cheese (1/2 oz) and 1/2 oz. ham, leaving a 1/2 inch border; top with remaining patties. Press edges together to seal. (There's a note in the mag that mentions to press firmly to prevent cheese leakage!)

Place patties on grill rack coated with cooking spray; grill 3 minutes on each side or until done. Place bread slices on grill rack; grill 1 minute on each side or until toasted. Top each of 4 bread slices with one lettuce leaf, 2 onion slices, 1 patty, 2 tomato slices, and 1 bread slice. Yield: 4 servings.

Calories: 468; Fat=19mg; Protein=35.2g; Carb=37.2g; Fiber=2.6g; Chol=98mg;
Iron=4.8mg; Sodium=808mg; Calcium=208mg

Chop-As-You-Go Pasta With Mushrooms and Ham

Source: Cooking Light website

Healthy Units: 7

Servings: 4 (Serving size: 1 1/2 cups)

Posted By: kimbilly

May 19, 2003

Comments:

Ingredients

1 1/2 teaspoons olive oil
1 cup onion -- chopped
1/2 cup red bell pepper -- chopped
2 cloves garlic -- crushed
3 1/2 ounces shiitake mushrooms -- sliced
1 cup button mushrooms -- sliced
3/4 cup dry white wine
1/2 cup ham -- diced
3 tablespoons all-purpose flour
3/4 cup 2% low-fat milk
4 cups cooked pasta -- farfalle, penne, etc
1/2 cup frozen peas -- thawed
1/4 cup fresh basil -- chopped
1/4 teaspoon salt
1/4 teaspoon black pepper

Instructions

Heat oil in a large nonstick skillet over medium heat. Add onion, bell pepper and garlic; cook 10 minutes, stirring frequently. Stir in mushrooms; cook 5 minutes.

Stir in wine and ham. Bring to a boil; cook 4 minutes.

Place flour in bowl; gradually add milk, stirring with a whisk until blended. Add to vegetables; cook until thick (about 3 minutes), stirring frequently.

Stir in pasta and remaining ingredients.

Calories: 361; carbohydrates: 59.7g; cholesterol: 16g; fat: 6g; sodium: 417mg; protein: 15.3g; calcium: 93 mg; iron: 4.1mg; fiber: 4.4g

Angel Hair Pasta with Shrimp and Spinach

Source: Cooking Light Magazine, June 2003

Healthy Units: 8

Servings: 4

Posted by: Rivvers (Tammy)

Date: May 19, 2003

Comments:

Ingredients

8 ounces uncooked angel hair pasta
1 1/2 pounds peeled and deveined large shrimp
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
1/4 cup finely chopped shallots
1/2 cup fat-free, less-sodium chicken broth
2 tablespoons lemon juice
6 cups coarsely chopped spinach
2 tablespoons capers

1. Cook pasta according to package directions, omitting salt and fat. Drain.
2. While pasta cooks, sprinkle shrimp with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add shallots; saute 30 seconds. Add shrimp; saute 3 minutes. Remove shrimp mixture from pan. Add chicken broth and lemon juice to pan, scraping pan to loosen browned bits. Add cooked pasta, shrimp, spinach, and capers, and heat 1 minute or until spinach wilts, stirring frequently. Yield; 4 servings (serving size 1 1/2 cups)

Calories: 377; Fat 8g; Protein 39g; Carb 46g; Fiber 3g; Cholesterol 180mg; Sodium 879mg

Smoky Baba Ghanouj

The Complete Cooking Light Cookbook, p. 24

Servings: 24

WW Points: 1 (0 without pita)

Posted by: Jill (jillyh)

5/19/03

Comments:

Ingredients

6 (6 inch) pitas

Cooking Spray

2 eggplants, cut in half lengthwise (about 2 lb)

1 garlic clove

1/4 c. tahini

3 T. fresh lemon juice

1/2 tsp. salt

Dash of paprika

Preheat oven to 400. Split pitas; cut each half into 4 wedges. Place wedges in a single layer on a baking sheet. Bake at 400 for 9 minutes or until crisp and browned. Set aside. Coat a grill rack with cooking spray, and place on grill over medium hot coals (350-400 degrees). Place eggplant halves, cut side up, on rack; grill covered, 20 minutes or until very tender. Remove from grill, and cool slightly. Peel eggplant. Set aside. (See note.) Drop garlic through food chute with food processor on; process until minced. Add eggplant, tahini, lemon juice, and salt; process 45 seconds or until smooth, scraping sides of bowl once. Transfer to a bowl; cover and chill. Sprinkle with paprika. Serve with toasted pita bread wedges. Yield: 24 servings (serving size=2 T. dip and 2 pita chips.)

Note: An easier way to grill the eggplant, ala Alton Brown: Coat the eggplant, rather than the grill rack, with cooking spray. Place on grill rack for 20-30 min, turning occasionally, or until skin is blistered and starts to crack slightly. When done, roll the eggplant up in plastic wrap, twisting the ends of the plastic. Let cool 20 minutes. Cut--plastic and all--off about 2 inches of the stem end with kitchen scissors. Squeeze eggplant meat out of its skin like a tube of toothpaste. It will slide right out of its skin.

Calories=72; Fat=1.6g; Protein=2.4g; Carb=12.4g; Fiber=1.6g; Chol=0mg; Iron=.8mg; Sodium=143mg; Calc=28mg

Jalapeño-and-Fresh-Corn Bread

MasterCook/Cooking Light, May/June 1993, page 146

Serves: 16 (serving size: 1 [2-1/4-inch] square)

WW Points: 2

Posted by: LMaybloom (Lesley)

5/19/03

Comments:

Ingredients

1/2 cup hot water

1/4 cup sun-dried tomato bits

1 cup all-purpose flour

1 cup yellow cornmeal

2 tablespoons sugar

1 teaspoon baking soda

3/4 teaspoon salt

1 cup nonfat buttermilk

2 tablespoons vegetable oil

2 egg whites, lightly beaten

1 egg, lightly beaten

1 cup fresh corn cut from cob (2 ears -- canned or frozen is fine)

1/2 cup sliced green onions

3 tablespoons minced jalapeño pepper

1 clove garlic, minced

Vegetable cooking spray

Combine hot water and tomato bits in a bowl; cover and let stand 10 minutes. Drain and set aside.

Combine flour and next 4 ingredients in a large bowl; make a well in center of mixture. Combine buttermilk and next 3 ingredients; stir well. Add tomato bits, corn, and next 3 ingredients to buttermilk mixture; stir well. Add to dry ingredients, stirring just until moistened.

Spoon batter into a 9-inch square baking pan coated with cooking spray. Bake at 375 degrees for 30 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack.

Per Serving (excluding unknown items): 103 Calories; 2g Fat (20.5% calories from fat); 3g Protein; 17g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 200mg Sodium.

Cinnamon-Apricot Glazed Salmon

Source: www.cookinglight.com

Healthy Units: 8

Servings: 4

Posted by Bawstinn32 (Maria)

May 20, 2003

Comments: These broiled salmon fillets will be swimming pretty in this tasty ginger, soy, and cinnamon-apricot sauce.

INGREDIENTS:

2 tablespoons low-sodium soy sauce
1 tablespoon minced peeled fresh ginger
2 (3-inch) cinnamon sticks
1 (12-ounce) can apricot nectar
4 (6-ounce) salmon fillets (about 1 inch thick)

INSTRUCTIONS:

Estimated Total Time: 1 hour

Combine the first 4 ingredients in a saucepan, and bring to a boil. Reduce heat, and simmer mixture until reduced to 3/4 cup (about 30 minutes). Strain the apricot mixture through a sieve over a bowl, and discard solids.

Preheat broiler. Place salmon fillets on a broiler pan lined with foil; broil 5 minutes. Brush fish with 1/4 cup apricot mixture. Broil for 3 minutes or until lightly browned and fish flakes easily when tested with a fork. Serve the fish with the remaining apricot mixture.

NUTRITIONAL INFO:

calories: 357 carbohydrates: 12.2 g cholesterol: 123 mg fat: 15.6 g sodium: 291 mg
protein: 39 g calcium: 16 mg iron: 1.1 mg fiber: 0.5 g

YIELD:

4 servings (serving size: 5 ounces fish and about 2 tablespoons sauce)

Southwestern Potato Salad

Cooking Light Web Site

Servings 8 (serving size: about 1 cup)

Healthy Units 4

Posted by jcanty (Gail)

May 20, 2003

Comments:

INGREDIENTS:

1 (7-ounce) can chipotle chiles in adobo sauce
2 pounds small red potatoes
Cooking spray
1 1/2 cups fresh corn kernels (about 3 ears)
1/2 cup chopped celery
1/2 cup finely chopped red onion
1/2 cup chopped red bell pepper
1/4 cup chopped fresh cilantro
1 (15-ounce) can black beans, rinsed and drained
1 jalapeno pepper, seeded and finely chopped
1/4 cup fresh lime juice
3 tablespoons canola oil
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

INSTRUCTIONS:

1. Remove 1 chipotle chile from can. Chop chile to measure 2 teaspoons. Reserve remaining chiles and adobo sauce for another use.
2. Place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 10 minutes or until tender. Drain; cool. Cut potatoes into 1/4-inch cubes. Place potatoes in a large bowl.
3. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add corn; saute 5 minutes or until lightly browned. Add corn, celery, and next 5 ingredients (celery through jalapeno) to potatoes; toss gently.
4. Combine 2 teaspoons chopped adobo chile, lime juice, oil, salt, and black pepper, stirring with a whisk. Drizzle the lime juice mixture over potato mixture, and toss gently. Cover and chill 1 to 24 hours.

NUTRITIONAL INFO:

CALORIES 209 (25% from fat); FAT 5.8g (sat 0.4g, mono 3.1g, poly 1.8g); PROTEIN 5.1g; CARB 37.9g; FIBER 5.7g; CHOL 0mg; IRON 2.3mg; SODIUM 413mg; CALC 33mg

Potato Salad 101

Cooking Light Website, Originally Published: Cooking Light- 06/19/02

Healthy Units: 4.5

Yields: 7 servings (serving size: about 1 cup)

Posted By: Ishaver5

May 20, 2003

Comments:

INGREDIENTS:

2 pounds small all-purpose white or red potatoes
3 tablespoons white vinegar
1 tablespoon canola oil
1/2 cup chopped celery
1/2 cup finely chopped red onion
2 tablespoons sweet pickle relish, drained
3 hard-cooked large eggs, chopped
3/4 cup low-fat mayonnaise
2 tablespoons prepared mustard
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

INSTRUCTIONS:

1. Place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 10 minutes or until tender. Drain. Cool and peel. Cut potatoes into 1/2-inch cubes. Place potatoes in a large bowl; sprinkle with vinegar and oil. Add celery, onion, pickle relish, and eggs; toss gently.
2. Combine mayonnaise, mustard, salt, and pepper. Spoon mayonnaise mixture over potato mixture; toss gently to coat. Cover and chill 1 to 24 hours.

NUTRITIONAL INFO

CALORIES 215 (26% from fat); FAT 6.1g (sat 1.1g, mono 2.5g, poly 2g); PROTEIN 4.9g; CARB 35.9g; FIBER 1.9g; CHOL 91mg; IRON 0.9mg; SODIUM 536mg; CALC 26mg

Puffed-up Chocolate-Chip Cookies

Healthy Units: 1.8

Servings: 36

Posted by Aviation18

May 20, 2003

1 1/4 C AP Flour
1 1/2 tsp baking powder
3/4 tsp salt
1/2 cup applesauce
1 cup packed brown sugar
1/4 cup butter, softened
1 Tbs vanilla extract
1 large egg
1 cup semisweet choc chips
cooking spray

1. Preheat oven to 375
2. lightly spoon flour into dry meas cups, level w/ knife. Combine flour, baking powder and salt in small bowl, stir well w/whisk.
3. Spoon applesauce into fine sieve over bowl, let stand 15 min. Discard liquid. Scrape drained applesauce into large bowl. Add sugar & butter, beat w/ a mixer at med speed until light and fluffy (abt. 2 min.) Beat in vanilla and egg. Add flour mixture, beat at low speed until well blended. Fold in chips.
4. Drop by level tablespoons 2 inches apart onto baking sheets coated w/cooking spray. Bake at 375 for 10 minutes or until almost set. Cool on pan 2 to 3 minutes or until firm. Remove from pan, cool on wire racks. Yield: 3 dozen (serving size 1 cookie)

78 cal, 2.9 g fat, 0.2 g fiber

Pork Medallions with Olive-Caper Sauce

Healthy Units: 5 per serving

Servings: 4 (serving size: 2 medallions and 2 tablespoons sauce)

Posted by jang2341

May 20, 2003

Comments: CL suggested serving with Vermicelli with garlic and herbs, and steamed fresh (or frozen) green beans.

INGREDIENTS:

1 pound pork tenderloin, trimmed
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 cup all-purpose flour
1 tablespoon olive oil, divided
1/2 cup dry white wine
1/2 cup fat-free, less-sodium chicken broth
1/2 cup coarsely chopped pitted kalamata olives
2 tablespoons capers
2 tablespoons chopped fresh flat-leaf parsley

INSTRUCTIONS:

Cut pork crosswise into 8 pieces.
Place each pork piece between 2 sheets of heavy-duty plastic wrap, and pound to 1/4-inch thickness using a meat mallet or rolling pin.
Sprinkle both sides of the pork with salt and pepper.
Place the flour in a shallow bowl.
Dredge pork in flour, turning to coat; shake off the excess flour.
Heat 1-1/2 teaspoons olive oil in a nonstick skillet over medium-high heat.
Add half of pork, and cook 2 minutes on each side or until done.
Remove pork mixture from pan, and keep warm.
Repeat procedure with the remaining oil and pork. Return pork to pan.
Add wine and broth; bring to a boil.
Stir in olives and capers; cook 4 minutes. Sprinkle with parsley.

NUTRITIONAL INFO:

calories: 212 carbohydrates: 8.1 g cholesterol: 74 mg fat: 8.1 g sodium: 894 mg protein: 25.5 g calcium: 30 mg iron: 2.7 mg fiber: 0.9 g

Clinton's Chips

Healthy Units 2

Yields 90 cookies (see note)

Posted by lxn1996

May 20, 2003

INGREDIENTS

1 and ½ cups flour

1 tsp baking soda

1 tsp salt

½ cup Crisco shortening

1 cup packed brown sugar

½ cup (white) sugar

1 tsp vanilla

2 eggs

2 cups oatmeal

1 12 oz. bag chocolate chips

Preheat oven to 350. Combine flour, baking soda and salt on a piece of waxed paper. Beat shortening, sugars and vanilla until creamy. Add eggs and beat until light and fluffy. Gradually add flour mixture and oatmeal and mix in. Add chocolate chips and mix in. "Drop by teaspoon" onto nonstick baking sheets. Bake 8-11 minutes. Cool for a minute or two on the baking sheet, then move cookies to a wire rack to finish cooling.

NOTE: Recipe says it makes up to 90 cookies (7½ doz.). But you have to make them really small for that many. For this batch I made nice sized cookies, and got about 64 (5 dozen plus).

Spicy Apple-Glazed Chick 'n' Grits Gorgonzola

Source: Cooking Light 12/01

Healthy Units: 8

Serves: 4 (1 cup grits, 3 ounces chicken, and 1-1/2 teaspoons green onions)

Posted by Claudia (andygrammy)

Date 5/20/03

Comments: Sweet apples and savory grits make a tantalizing team

INGREDIENTS

4 (4-ounce) skinned, boned chicken breast halves

Cooking spray

1/4 cup apple butter

1/4 cup spicy brown mustard

1/4 teaspoon salt

1/4 teaspoon ground red pepper

1/8 teaspoon black pepper

Gorgonzola Cheese Grits (recipe below)

2 tablespoons chopped green onion tops

Fresh oregano (optional)

INSTRUCTIONS

Preheat oven to 350

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/2-inch thickness using a meat mallet or rolling pin. Place chicken in a baking pan coated with cooking spray.

Combine apple butter, mustard, salt, red pepper, and black pepper; brush over chicken.

Bake at 350 for 20 minutes. Cut chicken into 1/2-inch-thick slices.

Spoon Gorgonzola Cheese Grits into each of 4 shallow serving bowls. Top with chicken; sprinkle with green onions. Garnish with oregano, if desired.

NUTRITIONAL INFO WITH GRITS

calories: 371 carbohydrates: 21.5 g cholesterol: 94 mg fat: 12.4 g sodium: 1 mg protein: 41.8 g calcium: 190 mg iron: 6.8g fiber: 1 g

Gorgonzola Cheese Grits

Source: Cooking Light 12/01

Healthy Units: 5

Serves: 4 (1 cup grits)

Posted by Claudia (andygrammy)

Date 5/20/03

INGREDIENTS

2 (14-1/4-ounce) cans fat-free chicken broth

3/4 cup uncooked quick-cooking grits

1 cup (4 ounces) crumbled Gorgonzola cheese

1/3 cup fat-free sour cream

1/4 teaspoon ground nutmeg

1/4 teaspoon freshly ground pepper

INSTRUCTIONS

Bring broth to a boil in a medium saucepan; gradually add grits, stirring constantly.

Reduce heat to low; simmer, covered, 5 minutes or until thick, stirring occasionally.

Remove from heat; stir in remaining ingredients.

Butter Pecan-Toffee Brownies

Cooking Light Annual Recipes 2001, p. 180

Healthy Units: 3

Servings: 16

Posted by Debra (DERB63)

May 21, 2003

Comments: These are not chocolate brownies, more of a blondie. Very sweet!

Brownies:

Cooking Spray

1 cup packed brown sugar

3 Tbsp butter or margarine, melted

1 tsp vanilla extract

1 large egg

3/4 cup all purpose flour

2 Tbsp chopped pecans

1/2 tsp baking powder

1/8 tsp salt

Topping:

2/3 cup powdered sugar

2 Tbsp semi-sweet chocolate mini-chips, melted

1 Tbsp hot water

2 Tbsp almond brickle chips (such as Heath or Skor)

Preheat oven to 350°.

To prepare brownies, coat bottom of an 8-inch square baking pan with cooking spray (do not coat sides of pan). Combine brown sugar and next 3 ingredients; stir well with a whisk. Lightly spoon flour into dry measuring cup and level with a knife. Combine flour, pecans, baking powder, and salt; stir into brown sugar mixture. Spread in bottom of prepared pan. Bake at 350° for 22 minutes or until a wooden pick inserted in center comes out almost clean. Cool on a wire rack.

To prepare topping, combine powdered sugar, mini-chips, and hot water; stir until smooth. Spread over brownies; sprinkle with brickle chips. Chill 30 minutes or until topping is set.

Cal-141, Fat-4.3g, Protein-1.2g, Carbs-25g, Fiber-0.2g, Chol-20mg, Iron-0.7, Sodium-75mg.

Fried Chicken with Cucumber and Fennel Raita

Cooking Light Magazine May 2003

Yields 4 servings

Healthy Units 5

Posted by Lxn1996

May 21, 2003

Comments: I'm not a big fan of fat-free yogurt. I couldn't find any low-fat at the store last night, or I would have used that instead. I think the next I make it I will use low-fat.

INGREDIENTS

1 cup plain fat-free yogurt
1/2 cup (1/2 inch) diced cucumber
1/2 cup (1/2 inch) diced fennel bulb
1 tsp. Finely chopped mint
1/4 tsp. Salt
1/4 tsp. Coarsely ground black pepper
4 (6 oz.) skinless, boneless chicken breast halves
1/8 tsp. Salt
cooking spray
1/3 cup Italian-seasoned breadcrumbs
1 T. olive oil

1. Combine first 6 ingredients in a medium bowl. Cover and chill.
2. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Sprinkle chicken with 1/8 tsp. salt; lightly coat both sides of chicken breast halves with cooking spray. Dredge in Italian-seasoned breadcrumbs.
3. Heat oil in a large nonstick skillet over medium-high heat. Add chicken, cook 2 minutes on each side or until done. Serve with yogurt mixture. Yield: 4 servings (serving size: 1 chicken breast half and about 1/3 cup raita.)

Calories 213 (26% from fat); Fat 6.1 g (sat 1.5g, mono 3.3 g, poly 0.7 g); Protein 30 g; Carb 7.9 g; Fiber 0.6 g; Chol 70 mg; Iron 1.1 mg; Sodium 358 mg; Calcium 140 mg

Sweet and Sour Shrimp

Source: Weight Watchers 5 Ingredient 15-Minute Cookbook

Healthy Units: 3

Servings: 4

Posted by: gentilcl (Charity)

Date: May 21, 2003

Comments:

This is really good over brown rice or jasmine rice, but remember to add the points.

INGREDIENTS

- 1 8 ounce can pineapple chunks in juice
- 1 teaspoon cornstarch
- 3 teaspoons chili sauce
- 1 tablespoon low-sodium soy sauce
- ½ teaspoon garlic powder
- 2 teaspoons sesame oil
- 1 green bell pepper chopped coarsely
- ½ onion sliced
- ¾ pound peeled and deveined fresh shrimp

INSTRUCTIONS

1. Drain pineapple, reserving juice. Set chunks aside. Combine juice, cornstarch, and next 3 ingredients in small bowl; set aside.
2. Coat large skillet with cooking spray and add oil. Place over medium-high heat until hot. Add green pepper and onion; stir-fry 2-3 minutes or until crisp tender. Add Shrimp; Stir-fry 2-3 minutes until shrimp turn pink.
3. Stir in cornstarch mixture and pineapple chunks into shrimp mixture. Cook over medium heat, stirring constantly until mixture is thickened and bubbly. Serve immediately

NUTRITIONAL INFO

Per Serving: 139 Calories; 3.1g Fat; 14.1g Protein; 13.8g Carbohydrate; 1.5g Dietary Fiber; 121mg Cholesterol; 652mg Sodium.

Pasta Salad with Shrimp and Basil

Source: The Complete Cooking Light Cookbook

Healthy Units: 4

Servings: 8 (Serving size is one cup)

Posted by: gentilcl (Charity)

Date: May 21, 2003

Comments:

INGREDIENTS

1 pound medium shrimp, cooked and peeled
4 cups cooked seashell pasta (about 2 cups uncooked)
2 cups chopped plum tomatoes (about 1 lb.)
½ cup chopped green bell pepper
1/3 cup fresh lime juice
¼ cup chopped shallots
¼ cup chopped fresh or 4 teaspoons dried basil
2 tablespoons extra-virgin olive oil
½ teaspoon salt
½ teaspoon black pepper
1 minced garlic clove

INSTRUCTIONS

1. Combine all ingredients in a large bowl. Cover and chill at least 8 hours.

NUTRITIONAL INFO

Per Serving: 197 Calories; 4.5g Fat; 13.2g Protein; 25.7g Carbohydrate; 1.5g Dietary Fiber; 83mg Cholesterol; 249mg Sodium.

Citrus Garlic Pork Loin

www.WeightWatchers.com

Healthy Units 5

Servings 4

Posted by Lynbat

05/21/03

Comments

Ingredients

3 medium garlic clove(s)

1/2 cup fresh lime juice

1/2 cup grapefruit juice, not cocktail

1/2 cup soy sauce

1/2 tsp hot pepper sauce

1 pound center loin pork, lean only

4 cup cooked green beans

Instructions

Mince garlic and mix with lime and grapefruit juices, soy sauce and pepper sauce. Allow to sit at room temperature for 30 minutes to 1 hour so flavors can blend.

Place tenderloin in marinade and turn to coat evenly. Cover and put in refrigerator to marinate for at least 1 1/2 hours but no more than 5. Turn occasionally. Outside of meat may lighten in color from citrus juices.

Preheat oven to 450°F. Drain pork and reserve juices. Roast pork for 10 minutes, then turn reduce heat to 325°F and continue to roast until internal temperature of pork reads 145-150°F.

Boil marinade for 3 minutes, then reduce heat and simmer for 10 more minutes. Serve sliced pork with cooked marinade on top accompanied by green beans. Yields 3 ounces pork, 2 tablespoons sauce and 3/4 cup green beans per serving.

Lemon-Garlic Chicken Thighs

Cooking Light - August 2002

Healthy Units: 6

Servings: 4 (serving size: 2 chicken thighs)

Posted by: deb

Date: May 21, 2003

Comments: A satisfying weeknight meal, this recipe calls for everyday ingredients you're likely to have on hand. The elements of the marinade combine for a spicy-sweet taste that's a tangy foil for the tender chicken. Yet the palate-pleasing flavors in this dish belie the ease of its marinate-and-bake preparation. Pair it with a simple starchy side, such as roasted potatoes, to offset the slightly elevated fat content, as we did in our story "Balancing Act" (September 1998, Page 106), where this recipe first appeared. You'll have a deliciously healthful dinner with little effort.

1/4 cup fresh lemon juice
2 tablespoons molasses
2 teaspoons Worcestershire sauce
4 garlic cloves, chopped
8 chicken thighs, skinned (about 2 pounds)
Cooking spray
1/4 teaspoon salt
1/4 teaspoon black pepper
Lemon wedges (optional)
Parsley sprigs (optional)

1. Combine first four ingredients in a dish; add chicken. Cover and marinate in refrigerator 1 hour, turning occasionally.
2. Preheat oven to 425 degrees.
3. Remove chicken from dish, reserve marinade. Arrange chicken in a shallow roasting pan coated with cooking spray. Pour reserved marinade over chicken; sprinkle with salt and pepper.
4. Bake at 425 degrees for 20 minutes; baste chicken with marinade. Bake an additional 20 minutes or until chicken is done. Serve with lemon wedges and garnish with parsley, if desired.

CALORIES: 258 (40% from fat); FAT: 11.6g (sat 3.3g, mono 4.4g, poly 2.6g); CARB: 9.9g; FIBER: 0.1g; CHOL: 98mg; IRON 1.9g; SODIUM: 268mg; CALC: 43mg