

## **Turkey Hash**

The Complete Step by Step Diabetic Cookbook

Healthy Units: 3

Servings: 6 1/2 cup

Posted by Ehamom (Debbie)

5/21/03

### **Comments:**

#### **INGREDIENTS:**

1/4 cup chopped onion

2 teaspoons reduced-calorie margarine, melted

1-1/2 cups diced cooked potatoes

1 cup diced cooked turkey breast

2/3 cup cooked English peas

1 (10-3/4 oz) can cream of celery soup, undiluted

Vegetable cooking spray

1/4 cup (1 ounce) shredded low fat process American cheese

1/4 teaspoon paprika

#### **Instructions:**

1. Sauté onion in margarine in a nonstick skillet until tender. Add potato and next 3 ingredients.

2. Place mixture in a 1 quart casserole coated with cooking spray. Top with shredded cheese and paprika. Bake at 350 for 30 minutes or until thoroughly heated.

Carbohydrate: 15 gm Protein: 11 gm Fat: 5 gm Calories: 145 Fiber: 2 gm Sodium: 503 mg Cholesterol: 26 mg

## Deck Party Dessert Nachos

Source: Kretschmer/Claudia

Healthy Units: 6

Serves 12

Posted by Claudia (andygrammy)

5/21/03

**Comments:** If you want to go for a "real cheese nacho" look, you can use strawberries and kiwis as the fruit to simulate salsa or use different combinations of summer fruit and berries.

1/2 cup flour  
1 ¼ cups sugar, divided  
1 ½ teaspoons cinnamon, divided  
¼ cup cold butter or margarine (not reduced fat margarine)  
1 cup Kretschmer Honey Crunch Wheat Germ  
butter flavored cooking spray  
10 (7 to 9 inch) fat free flour tortillas  
8 ounces light cream cheese  
¼ cup frozen orange juice concentrate, thawed  
¼ cup honey  
3 cups fresh raspberries  
2 cups fresh blueberries

Preheat oven to 375 degrees. In a food processor or medium bowl, whirl or stir together the flour, ½ cup sugar, and ½ teaspoon cinnamon. Cut the butter or margarine into small pieces and process or cut in by hand until mixture resembles fine crumbs. Stir in the wheat germ. Squeeze mixture into large lumps and coarsely crumble over a large baking sheet that has been coated lightly with cooking spray. Bake for about 10 to 12 minutes, until crisp and golden. With a spatula, loosen crumbs from the pan. Let crumbs cool in the pan on a wire rack. (Crumbs can be prepared in advance and stored loosely covered until ready to serve.)

About 15 minutes before serving time, preheat oven to 500 degrees. Combine the remaining ¾ cup sugar and the remaining 1 teaspoon cinnamon in a shallow bowl.

Spray both sides of a tortilla lightly with cooking spray, then cut into 6 wedges. Dip one side of each wedge in sugar mixture. Arrange wedges, in a single layer, sugared side up, on foil-lined baking sheets that have been sprayed with cooking spray. Repeat with the remaining tortillas. Bake one sheet at a time in preheated oven until wedges are crisp and lightly browned, about 4 minutes. As a sheet comes out of the oven, remove wedges to cool slightly on wire racks.

While tortillas are baking, combine cream cheese, orange juice concentrate and honey in a small bowl and whisk together until smooth. (If you want a warm sauce, this can be heated over low heat in a small saucepan, but do not boil.)

Remove about 1/3 cup each of both blueberries and raspberries to a small bowl, and crush. Place the remaining berries in a large bowl, add back the crushed berries, and toss to combine.

To serve, pile the warm tortilla wedges on a platter, as for nachos. Spoon the berries over them, sprinkle with the crumbs, and drizzle with the cream cheese sauce.

## **Mama's Chicken Stew**

CL Lose Weight Cookbook (pg 79)

Health Units 5

Servings-8

Posted by mundelein68 (Cheryl)

May 22, 2003

**Comments:** I am adding about 1/4 cup wine to the mixture just because we like the taste. Add 1-2 points if you do the same.

### **Ingredients:**

- 1 pound skinned, boned chicken breasts, cut into bite-sized pieces
- 1 pound skinned, boned chicken thighs, cut into bite-sized pieces
- 2 cups water
- 2 cups halved mushrooms
- 1 cup frozen small whole onions
- 1 cup (1/2-inch) sliced celery
- 1 cup thinly sliced carrot
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon rubbed sage
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1 (14 1/4 ounce) can fat-free chicken broth
- 1 (6 ounce) can tomato paste
- 1/4 cup water
- 3 tablespoons cornstarch
- 2 cups frozen English peas

### **Instructions:**

Combine first 14 ingredients in an electric slow cooker. Cover: cook on high-heat setting 4 hours or until carrot is tender. Combine 1/4 cup water and cornstarch in a bowl. Add cornstarch mixture and peas to slow cooker. Yield: 8 (1 1/2 cup servings)

### **Nutrition:**

CALORIES:257; FAT: 3.5G; PROTEIN 30.8G; CARBOHYDRATES: 25.1G;  
CHOLESTEROL: 78MG; SODIUM 359 MG.

## **Buttermilk Corn Sticks**

CL Lose Weight Cookbook (pg 79)

Health Units 2 pts per stick

Yields 1 dozen

Posted by mundelein68 (Cheryl)

May 22, 2003

### **Comments:**

#### **Ingredients:**

2/3 cup yellow cornmeal  
1/2 cup all-purpose flour  
3/4 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/4 teaspoon paprika  
3/4 cup nonfat buttermilk  
2 tablespoons sugar  
2 tablespoons vegetable oil  
1 egg, lightly beaten  
Vegetable cooking spray

#### **Instructions:**

Combine first 6 ingredients in a medium bowl; make a well in center of mixture. Combine buttermilk and next 3 ingredients; add to dry ingredients, stirring just until moistened. Place cast-iron corn stick pans coated with cooking spray in a 425 deg. oven for 3 minutes or until hot. Remove pans from oven; spoon batter into pans, filling two-thirds full. Bake at 425 deg. for 10 minutes or until lightly browned.

#### **Nutrition:**

CALORIES (per stick): 88; FAT: 3.0G; PROTEIN: 2.3G; CARBOHYDRATE 13.0G; CHOLESTEROL 19MG; SODIUM 124MG

## **Kathy's Chocolate Party Cake**

Cooking Light January, 1998 and CL website

Servings 16 (serving size: 1 slice)

Healthy Units 5.4 (The changes I made cut the HU to about 4.5)

Posted by DebMj1

May 21, 2003

**Comments:** Leave time to cool the layers before icing this cocoa, espresso, and strawberry delight.

### **INGREDIENTS**

1 cup boiling water

1-1/2 teaspoons instant espresso or 1 tablespoon instant coffee granules

1-3/4 cups all-purpose flour

2 cups sugar (I cut this to 1 3/4 cups)

3/4 cup unsweetened cocoa

2 teaspoons baking soda

1 teaspoon baking powder

1 teaspoon salt

1 cup low-fat buttermilk (I used soured skim milk)

1/2 cup egg substitute

1/3 cup vegetable oil (I used applesauce)

1 teaspoon vanilla extract

Baking spray with flour

1 (8-ounce) carton frozen reduced-calorie whipped topping, thawed

2 cups sliced strawberries

### **INSTRUCTIONS**

Combine water and espresso in a bowl. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (flour through salt) in a large bowl. Combine espresso mixture, buttermilk, egg substitute, oil, and vanilla; add to sugar mixture, beating at medium speed of a mixer until well-blended (batter will be thin).

Pour batter into 2 (9-inch) round cake pans coated with baking spray. Bake at 350 F; for 45 minutes or until a wooden pick inserted in center comes out clean. Cool layers in pans 10 minutes, and remove from pans. Cool layers completely on wire racks.

Place 1 cake layer on a plate; spread with 1 cup whipped topping, and top with other cake layer. Spread remaining whipped topping over top of cake. Arrange strawberries on top of cake. Store cake loosely covered in refrigerator.

**NUTRITIONAL INFO** calories: 250 carbohydrates: 42.2 g cholesterol: 0 mg fat: 7.4 g sodium: 281 mg protein: 4.3 g calcium: 54 mg iron: 1.5 mg fiber: 0.8 g

## **Creamy Crab-and-Artichoke Dip**

Source: Master Cook/Cooking Light, Nov/Dec 1994, page 153

Healthy Units: 1 per serving

Yields 2 1/2 cups. (Serving size is 1 T., so there are 20 tablespoons)

Posted by LMaybloom (Lesley)

5/21/03

### **Comments:**

#### **Ingredients**

1/2 pound fresh lump crabmeat, shell pieces removed

1/3 cup low-fat sour cream

1/3 cup nonfat mayonnaise

3 tablespoons grated fresh Parmesan cheese

1 tablespoon lemon juice

1 1/2 teaspoons prepared horseradish

1 teaspoon Worcestershire sauce

1 (14-ounce) can artichoke hearts, drained

1 clove garlic, minced

Preheat oven to 375 degrees.

Combine all of the ingredients in a bowl, and stir well.

Spoon mixture into a 1-quart casserole. Cover with heavy-duty plastic wrap, and vent.

Microwave at MEDIUM (50% power) for 6 to 7 minutes, rotating the dish a half-turn after 3 minutes.

(serving size: 1 tablespoon)

## **Adobo Sirloin**

Source: <http://www.beefrecipe.com/az/AdoboSirloin.asp>

Points: 9 (but note these are 8-oz portions)

Servings: 4

Posted by: Carolekm

21 May 03

### **Comments:**

#### **Ingredients**

1 lime, juiced  
1 teaspoon minced garlic  
1 teaspoon dried oregano  
1 teaspoon ground cumin  
1 (7 ounce) can chipotle peppers in adobo sauce  
2 pounds top sirloin steak  
salt and pepper to taste

#### **Directions**

1) In a small bowl, combine the lime juice, garlic, oregano and cumin. Finely chop 2 tablespoons of the chile peppers and add to the mixture. Taste for spice, and add some adobo sauce from the can, as desired.  
2) Puncture the meat with a sharp knife several times. Sprinkle with salt and pepper. Pour sauce over meat, turning to coat evenly, cover and marinate in the refrigerator for 1 to 2 hours.  
3) Preheat an outdoor grill for high heat and lightly oil grate.  
4) Grill steak over high heat until internal temperature reaches at least 145 degrees F (63 degrees C). (Carole's note - might want to scrape off excess marinade or you'll wind up with charcoal on the outside.)

#### **Nutrition, per serving:**

Calories 362 Protein 38g Total Fat 19.7g Sodium 307mg Cholesterol 121mg

Carbohydrates 5.7g

Fiber 2.3g (What? I did not count this in the point calculation. Maybe they were counting the chiles?)

## **Benihana-style Ginger Dressing**

Source: A WW online posting

Serving: 2 T

Healthy Units: 1

Posted by: JoanBorsten

Date May 21, 2003

**Comments:** I love salad dressings and have fond memories of Benihana. Currently I am addicted to this salad dressing which is tangy and liquidy enough to cover a lot of salad.

### **INGREDIENTS**

1/2 cup minced onion

1/3 cup peanut oil

1/2 cup rice vinegar

1/4 cup water

2 tablespoons minced fresh ginger

2 tablespoons minced celery

2 tablespoons ketchup

4 teaspoons soy sauce

2 teaspoons sugar

2 teaspoons lemon juice

1/2 teaspoon minced garlic

1/2 teaspoon salt

1/4 teaspoon black pepper

### **INSTRUCTIONS**

1. Combine all ingredients in a blender. Blend on high speed for about 30 seconds or until all of the ginger is well-pureed. Makes 2 cups= 32 Tablespoons. 1 pt for 2 tablespoons.



## **Cheesy Beef-and-Rice Casserole**

Source : CL recipe via eDiets

Healthy Units: 9

Servings: 4

Posted by MedleyDawn

May 22, 2003

### **Comments:**

#### **Ingredients:**

1/2 pound ground round  
1 cup chopped onion  
1 cup chopped green bell pepper  
1/4 cup water  
1 Tbsp. chili powder  
2 tsp. ground cumin  
1 1/2 tsp. sugar  
1/2 tsp. dried oregano  
1 (14.5 oz.) can diced tomatoes, undrained  
1 (4.5 oz.) can chopped green chiles, 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 cheese

1. Preheat oven to 375 degrees F.

2. Cook first 3 ingredients in a large nonstick skillet over medium-high heat until meat is browned, stirring to crumble. 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; set aside.

3. Combine the rice, sour cream, sliced 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 F for 10 minutes or until thoroughly heated. Let stand 5 minutes before serving.

Makes 4 servings. Nutritional values per serving: 442 calories(26 percent from fat); 13g fat (sat 6.8g, mono 3.g, poly 0.8g); 25.1g protein; 56.7g carbohydrate; 3.9g fiber; 64mg cholesterol; 5mg iron; 394mg sodium and 290mg calcium.

## **Smothered Burgers**

Cooking Light June 2003

Healthy Units: 9

Serves: 4

Posted by: Dawn (dawnt01)

Date: 5/22/03

**Comments:** You can reduce to 6 points each if you make the following changes:

\*Use 93% lean ground beef in place of the round. \*Use a 1 point Texas Toast. Colonial Bread makes a Texas Toast loaf that is 1 point per slice. \*Use Sargento Reduced Fat Swiss Slices in place of the regular swiss. In this case, you can use 1 slice per burger (from the 9 oz package)

### **Ingredients:**

Cooking spray

2 cups onion, vertically sliced

2 teaspoons sugar

$\frac{3}{4}$  teaspoon salt, divided

$\frac{1}{2}$  teaspoon freshly ground pepper, divided

8 ounces sliced mushrooms

2 tablespoons Worcestershire sauce

1 pound ground round

4 ounces Texas Toast

2 ounces (1/2 cup) shredded Swiss cheese

Prepare grill.

Heat a medium nonstick skillet coated with cooking spray over medium heat. Add onion; cover and cook 5 minutes, stirring occasionally. Add sugar, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook, uncovered, 5 minutes or until tender, stirring frequently.

Remove onion from pan, and keep warm.

Heat pan coated with cooking spray over medium-high heat. Add mushrooms and 1/4 teaspoon salt; saute 5 minutes or until tender.

Combine 1/4 teaspoon salt, 1/4 teaspoon pepper, Worcestershire sauce, and beef.

Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.

Preheat broiler. Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side or until done. Place bread on grill rack, grill 1 minute on each side or until toasted.

Arrange bread on a baking sheet. Top each bread slice with 1 patty, 1/4 cup onion, 1/4 cup mushrooms, and 2 tablespoons cheese; broil 2 minutes or until cheese melts.

## **Seasoned Fries**

Cooking Light June 2003

Healthy Units: 4

Serves: 4

Posted by: Dawn (dawnt01)

Date: May 22, 2003

### **Comments:**

#### **Ingredients:**

1 ½ pounds baking potatoes, peeled and cut into thin strips

1 tablespoon vegetable oil

½ teaspoon salt

1/8 teaspoon ground red pepper

1/8 teaspoon black pepper

Preheat oven to 450 degrees.

Combine all ingredients in a bowl; toss well. Arrange potatoes in a single layer on a baking sheet. Bake at 450F 35 minutes or until golden.

#### **Comments:**

I omitted the vegetable oil and sprayed with cooking spray and baked them at a lower temperature since my oven cooks hot, they turned out more chewy than crispy. Also, they were a bit spicy with the ground red pepper, not sure if my kids would have liked them had they tried them.

## **Chicken Burgers with Peanut Sauce**

CL June; page 110

Healthy Units: 7

Servings: 4

Posted by: Courtney

5/22/03

### **Comments:**

#### **Ingredients:**

##### **Sauce:**

2 T peanut butter

2 t low-sodium soy sauce

1 1/2 t dk. sesame oil

1 t water

1 t rice vinegar

1 garlic clove, minced

##### **Burgers:**

1/2 cup finely chopped green onions

1 T chile paste with garlic

2 t peeled, grated fresh ginger

2 t low-sodium soy sauce

1/4 t salt

1 lb. boneless, skinless chicken breast, chopped

cooking spray

4 (2 oz) sandwich rolls w/ sesame seeds

1 cup onion sprouts or alfalfa sprouts

#### **Directions:**

To prepare sauce, combine first six ingredients; stirring well w/ a whisk.

Prepare grill; place onions and next 5 ingredients in food processor; process until coarsely ground. Divide mixture into 4 equal portions, shaping each into a 1/2 inch thick patty.

Grill 4 minutes on each side or until done. Grill rolls, cut side down, for a minute or until toasted. Place 1 patty on each roll, top with 1/4 cup sprouts, 1 T sauce.

## **Grilled-Eggplant Salad with Cilantro-Chile Dressing**

Source: Cooking Light- 07/01/99

Healthy Units: 1 (based on CL nutrition)

Servings: 6 (serving size: 2 eggplant slices, 1 onion slice, and about 1/4 cup tomato mixture)

Posted by: Christy

May 22, 2003

### **Comments:**

#### **INGREDIENTS**

Dressing:

1/4 cup fresh lime juice

2 tablespoons chopped fresh cilantro

1 tablespoon brown sugar

1 tablespoon Thai fish sauce

1 tablespoon minced seeded Thai, hot red, or serrano chile

2 garlic cloves, minced

Salad:

12 cherry tomatoes, quartered

12 (1/2-inch-thick) slices eggplant (about 2 pounds)

1/4 teaspoon salt, divided

Cooking spray

6 (1/2-inch-thick) slices red onion

1/4 cup torn mint leaves

1/4 cup torn basil leaves

To prepare dressing, combine first 6 ingredients in a bowl; stir well with a whisk.

Prepare grill or broiler.

To prepare salad, combine tomatoes and dressing, and set aside. Sprinkle eggplant with 1/8 teaspoon salt. Place eggplant on a grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until eggplant is done. Remove eggplant from grill rack or pan; set aside. Sprinkle onion with 1/8 teaspoon salt. Place onion on grill rack or broiler pan coated with cooking spray; cook for 5 minutes on each side or until onion is tender.

Arrange eggplant and onion slices on 6 plates. Top with tomato mixture; sprinkle with mint and basil.

#### **NUTRITIONAL INFO**

calories: 77 carbohydrates: 18.2 g cholesterol: 0 mg fat: 0.5 g sodium: 326 mg protein: 2.9 g calcium: 75 mg iron: 1.2 mg fiber: 3.6 g

## **Grilled Corn Salad With Tomato and Basil**

Source: Cooking Light magazine – July/August 1996 p 128

Healthy Units: 2.5

Yield: 4 servings

Posted By: shari\_csf

5/25/2003

### **Comments:**

#### **Ingredients:**

1 1/2 teaspoons olive oil

4 ears corn

2 tablespoons fresh lime juice

1 1/2 teaspoons olive oil

2 teaspoons sugar

1/2 teaspoon salt

1/4 teaspoon pepper

1/8 teaspoon garlic powder

1 cup diced seeded tomato

1 cup diced seeded peeled cucumber

1/2 cup thinly sliced fresh basil

#### **Instructions:**

Brush 1 1/2 teaspoons oil over corn. Prepare grill or broiler. Place corn on grill rack or broiler pan; cook 20 minutes or until corn is lightly browned, turning every 5 minutes. Let cool; cut kernels from cobs to measure 2 cups.

Combine lime juice and next 5 ingredients (lime juice through garlic powder) in a medium bowl; stir well. Add corn, tomato, cucumber, and basil; stir well.

Serving size: 1 cup

Nutritional Values per Serving:

Calories: 137 Fat: 5g Carbohydrates: 25g Cholesterol: 0mg Sodium: 312mg Protein: 3g

Fiber: 4g

## **Black Bean Patties with Cilantro and Lime**

The Complete Cooking Light Cookbook, p. 282

Serves: 6

WW Points: 6

Posted by: Jill (jillyh)

5/22/03

### **Comments:**

3/4 c. yellow cornmeal  
2 c. water  
1 tsp. olive oil  
1 c. chopped onion  
1/2 c. chopped green bell pepper  
1/2 c. chopped red bell pepper  
1 T. minced jalapeno pepper  
1 tsp. chili powder  
1/2 tsp. dried oregano  
1/2 tsp. ground cumin  
1/4 tsp. salt  
2 garlic cloves  
1 (15 oz) can black beans, undrained  
1 1/4 c. dried plain breadcrumbs  
2 T. minced fresh cilantro  
1 T. fresh lime juice  
3/4 c. (3 oz) shredded Monterey Jack Cheese (or Sargento light shredded Mexican blend)  
Cooking Spray  
3/4 c. bottled salsa

Place cornmeal in a medium saucepan. Gradually add water, stirring constantly with a whisk. Bring to a boil; reduce heat to medium low. Cover and cook 5 min or until mixture is thick; keep warm. Heat oil in a large nonstick skillet over medium high heat. Add onion and next 8 ingredients; saute 10 min or until onion is tender. Add beans, and cook 1 minutes. Combine bean mixture, cooked cornmeal, breadcrumbs, cilantro, and lime juice in a large bowl. Place 1 c. bean mixture in a food processor; process until smooth. Add pureed bean mixture and cheese to remaining bean mixture; stir well. Divide mixture into 12 equal portions, shaping each into a 3-inch patty. Wipe skillet clean with paper towels. Coat skillet with cooking spray; place over medium high heat until hot. Add 6 patties; cook 6 minutes or until browned, turning after 3 minutes. Repeat procedure with remaining patties. Serve with salsa. Yield: 6 servings (Serving size= 2 patties and 2 T. salsa.)

Cal=317; Fat=7.8g; Protein=14.5g; Carb=49.4g; Fiber=6.6g; Chol=11mg; Iron=4.3mg; Sodium=688mg; Calc=196mg

## **Caponata**

Source: Canyon Ranch Cooking

Posted by: Joan Callaway

Points: Less than 1 per 1/4 cup serving

Servings:12 (serving size 1/4 cup)

May 22, 2003

### **Comments:**

#### **Ingredients**

1 Tbsp. extra virgin olive oil

1/2 cup minced onion

1 medium eggplant, unpeeled and cut into 1 inch cubes

1 cup tomato sauce

1 tsp. anchovy paste

1 tsp. salt

2 Tbsp. capers, drained and rinsed

3 Tbsp. red wine vinegar

1 cup water

1/2 tsp. dried basil

1 Tbsp. sugar

Heat the oil in a skillet. Add the onion and cook, covered over medium-low heat until soft and translucent. Remove the oven from the pan and set aside.

In the same pan over medium high heat, cook the eggplant, stirring frequently, for 10 minutes. Return the onion to the pan and add all the remaining ingredients. Reduce heat to low and simmer, uncovered for about 30 minutes.

Let cool to room temperature and store, covered, in the refrigerator.

This is a Sicilian dish that can be served as an appetizer, salad, side dish, or relish. It is most often served at room temperature, but it can be served hot and is an excellent vegetarian topping for pasta. It's good on any flat bread or thinly sliced bagette.



## **Cervelle de Canut**

Daniel Boulud's Café Boulud Cookbook

Servings 6

Healthy Units 4 (see note)

Posted by LiciaP and JoanCalloway

May 22, 2003

Comments:

1-1/2 cups fromage blanc  
or fresh whole-milk ricotta (By replacing by fat-free yogurt, HU come down to 2)  
1 tablespoon finely chopped chives  
1 tablespoon finely chopped Italian parsley leaves  
1 teaspoon finely chopped tarragon leaves  
1-1/2 teaspoons finely chopped shallots, rinsed and dried  
1 teaspoon finely chopped garlic  
2 tablespoons extra-virgin olive oil  
1-1/2 teaspoons red wine vinegar  
Salt and freshly ground white pepper

For the Salad:

3 heads frisée  
2 tablespoons extra-virgin olive oil  
2 teaspoons red wine vinegar  
Salt and freshly ground white pepper

If you are using fromage blanc, whisk together the cheese, herbs, shallots, garlic, olive oil, and vinegar in a bowl and season with salt and pepper. If you are using ricotta cheese, you'll have to drain it: Put the ricotta in a cheesecloth-lined sieve set over a bowl. Draw up the ends of the cheesecloth and squeeze the cloth to extract some of the liquid from the ricotta. Put the ricotta, still wrapped in cheesecloth, back in the sieve, put the sieve and bowl in the refrigerator, and allow the ricotta to drain for 2 hours. When you are ready to make the cervelle de canut, put the ricotta in the work bowl of a food processor and process until the cheese is smooth, about 30 seconds. Add the remaining ingredients to the processor and pulse just to blend, taking care not to process the mixture too much.

Toss the frisée together with the oil, vinegar, and salt and pepper to taste. The frisée will be very lightly dressed, which is just right-the fromage blanc will finish the dressing.

To serve: Place a mound of frisée on each plate and top with a scoop of the cervelle de canut.

## **Spaghetti with Creamy Gorgonzola Sauce**

Source: Weight Watchers promotional brochure

Servings 4

Healthy Units 6 (MC gave it 5.6 points)

Posted by LMaybloom (Lesley)

May 23, 2003

### **Comments:**

#### **INGREDIENTS**

6 ounces spaghetti  
2 cups skim milk  
2 tablespoons all-purpose flour  
1/4 teaspoon salt  
pinch freshly ground pepper  
pinch cayenne pepper  
1/4 cup crumbled gorgonzola cheese  
1/4 cup grated Parmesan cheese  
2 large dried figs, coarsely chopped  
1/4 cup chives, minced

#### **INSTRUCTIONS**

1. Cook the spaghetti according to package directions. Drain and keep warm in a large bowl.
2. Meanwhile, with a wire whisk, combine the milk and flour in a large skillet, blending until the flour is dissolved. Add the salt, pepper and cayenne; cook over medium heat, whisking constantly, until the mixture is bubbling and thickened, about 5 minutes.
3. Add the Gorgonzola and Parmesan cheeses to the milk mixture; cook, stirring constantly, until the cheese melts. Stir in the figs and chives.
4. Pour the cheese mixture over the warm spaghetti. Toss to combine.

#### **NUTRITIONAL INFORMATION**

Per Serving (excluding unknown items): 288 Calories; 5g Fat (14.3% calories from fat); 14g Protein; 47g Carbohydrate; 3g Dietary Fiber; 12mg Cholesterol; 389mg Sodium.

## **Eggplant Curry**

Source: Rachael Ray's 30-Minute Meals

Servings 4

Healthy Units 6 if you count all of the fiber, 7 if you only count 4 g of fiber

Posted by LMaybloom (Lesley)

May 23, 2003

### **Comments:**

#### **INGREDIENTS**

1 cup couscous  
2 tablespoons extra virgin olive oil  
1 large eggplant, whole  
1 large yellow onion, peeled and chopped  
1 large red bell pepper, seeded and diced  
4 cloves garlic, cracked away from skin  
14 ounces diced tomatoes, drained  
1/4 cup Major Grey's Mango Chutney  
2 tablespoons curry powder  
1 pinch coarse salt  
1 cup low sodium chicken broth  
2 tablespoons cilantro leaves, finely chopped

#### **INSTRUCTIONS**

1. Prepare couscous. While it's simmering, start curry.
2. Heat a deep, heavy bottomed nonstick skillet over medium to medium-high heat. When the pan is hot, add oil, eggplant, onion and bell pepper. Cover pan and cook 6-8 minutes, stirring occasionally.
3. Uncover and add garlic; cook one minute more. Add tomatoes, chutney, curry, salt and broth.
4. Stir to combine and simmer for 1-2 minutes over low heat for flavors to combine. Remove curry from heat and stir in cilantro.
5. Ladle eggplant curry into shallow bowls. Using an ice cream scoop, scoop couscous into the center of bowls. Garnish the curry and rice with lots of toasted sliced almonds and scallions or chives.

#### **NUTRITIONAL INFO**

Per Serving (excluding unknown items): 347 Calories; 8g Fat (21.4% calories from fat); 11g Protein; 56g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 434mg Sodium.

## **Cheesy Polenta casserole with Roasted Red Pepper**

From Cooking Light 2002

Healthy Units: 4

Servings: 4

Posted by Zephyr1

May 23, 2003

### **Comments:**

#### **Ingredients:**

2 cups pasta sauce

1/4 cup kalamata olives pitted and chopped

1 Tbsp balsamic vinegar

black pepper

1 (7 oz) bottle roasted red peppers drained and chopped

1 (16 oz) tube of polenta cut in 12 slices

3/4 cup skim mozzarella cheese

2 Tbsp fresh parmesan grated

Preheat oven to 350 degrees.

Combine first 5 ingredients in a saucepan and simmer 10 minutes. Spread 1/2 cup of the sauce in a 13 x 9-inch pan coated with cooking spray. Arrange polenta slices over sauce and spread remaining sauce on top. Sprinkle with cheeses and bake at 350 for 20 minutes.

Calories 221 fat 6.9 fiber 2.7

## **The Other Spinach and Strawberry Salad**

Source: CL Annual Recipes 2002

Servings 4

Healthy Units 2

Posted by andiduq (Andie)

May 23, 2003

### **Comments:**

#### **INGREDIENTS**

2 cups whole strawberries  
1/3 C champagne vinegar or white wine vinegar  
2 T orange juice  
2 Tbsp extra-virgin olive oil  
1 ½ Tbsp chopped fresh or ½ tsp dried thyme  
1 tsp sugar  
1 tsp Dijon mustard  
¼ tsp salt  
1/8 tsp ground black pepper  
6 C torn spinach  
¾ C diced fennel bulb  
2 C quartered strawberries  
¼ C crumbled feta

#### **INSTRUCTIONS**

1. Place first 9 ingredients in a blender or food processor, process until smooth. Place 2 T dressing, spinach, and fennel in a large bowl, toss gently to coat. Arrange 1 ¼ C spinach mixture on each of 4 plates, and top each serving with ½ C quartered strawberries and 1 T feta. Drizzle each serving with 1 ½ tsp dressing.

NOTES: I didn't use fennel because I couldn't find any at the store (and I wasn't that keen on it anyway). DH said he could do without the feta, but I loved it in it.

#### **NUTRITIONAL INFO**

Per Serving (excluding unknown items): 120 Calories; 4.8g Fat; 4.9g Protein; 7g Dietary Fiber; 6mg Cholesterol; 334mg Sodium.

Another CLC reader's comments: 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.

## **Garlicky Roasted Potato Salad**

Source: CL Annual Recipes 2000

Servings 8 (1 Cup)

Healthy Units 3

Posted by andiduq (Andie)

May 23, 2003

### **Comments:**

#### **INGREDIENTS**

3 lbs medium-size red potatoes, quartered

1T vegetable oil

1 T stone-ground mustard

2 tsp coriander seeds, crushed

6 garlic cloves, halved

½ C chopped fresh parsley

½ C plain low-fat yogurt

1/3 C thinly sliced green onions

¾ tsp salt

¼ tsp black pepper

#### **INSTRUCTIONS**

1. Preheat oven to 400.
2. Combine first 5 ingredients, tossing to coat. Place in a shallow roasting pan. Bake at 400 for 30 min or until tender, stirring occasionally. Cool to room temp.
3. Combine parsley and next 4 ingredients in a large bowl. Add cooled potato mixture, and toss gently. Serve at room temp or chilled. Garnish with green onion, if desired.

NOTES: We ate this at room temp. I used refrigerated garlic and a lot more than called for. I also used a whole bunch (the rubber-banded kind) of the green onions. Finally, I used olive oil, because I don't use vegetable oil for anything other than baking. This was one of the best potato salads I've ever eaten.

#### **NUTRITIONAL INFO**

Per Serving: 159 Calories; 2.3g Fat; 5g Protein; 3.5g Dietary Fiber; 1mg Cholesterol; 270mg Sodium.

## **Tarragon Chicken**

Cooking Light - Light and Easy Menus

Yield: 4 servings

Healthy Units: 4

Posted by Linda (lxn1996)

May 23, 2003

### **Comments:**

#### **INGREDIENTS**

Cooking Spray

4 (4 oz.) skinless, boneless chicken breast halves

1/4 tsp. salt

1/4 tsp. pepper

1/2 cup low-fat sour cream

2 T. honey mustard

1 tsp. dried tarragon

Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.

Sprinkle chicken with salt and pepper. Add chicken to pan; cook 5 minutes each side or until done. Transfer to a platter; keep warm.

Stir sour cream, mustard, and tarragon into pan; cook until thoroughly heated. Spoon over chicken.

## **Strawberry-Buttermilk Ice Cream**

Source: CL website

Healthy Units: 2 (1 if Splenda used)

Servings: 11

Posted by: kimbilly

May 23, 2003

**Comments:** A light ice cream, somewhere between a sorbet and ice cream. Lots of strawberry flavor. I substituted orange juice for the concentrate. Also, I made using electric ice-cream maker -- had ice cream within 1/2 hour!

### **Ingredients**

2 1/4 cups strawberries  
1/2 cup sugar  
1/4 cup frozen orange juice concentrate  
2 tsp vanilla extract  
1 tsp strawberry extract  
1 large ripe banana(s)  
2 cups low-fat buttermilk

### **Instructions**

Place first 6 ingredients in a food processor; process until smooth. Combine strawberry mixture and buttermilk in freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.

CAL: 94; Fat: 0.9g; Fiber: 1.3g



## **Blueberry Breakfast Bread Pudding**

Servings:

Healthy Points: 4

Posted by: Joan Callaway

Date: May 23, 2003

### **Comments:**

Ingredients:

2 slices whole wheat light bread, diced

1/4 - 1/2 c. blueberries or diced apples

1/2 cup milk, 1%

1/4 cup egg substitute

Splenda to sweeten

1/2 tsp. vanilla

1/2 tsp. cinnamon

Combine in baking dish. Bake at 375 degrees for 25 - 30 minutes.

## **Breakfast Bread Pudding with Raisins**

Source: Canyon Ranch Cooking

Serves 12

Healthy Points: 3

Posted by: Joan Callaway

Date: May 23, 2003

### **Comments:**

#### **Ingredients**

1 1/2 cups non-fat milk

2 T. corn oil, melted

4 egg whites

1/4 c. sugar

1 T. ground cinnamon

1 T. vanilla extract

12 slices whole wheat bread, diced into 1/2 inch cubes

2/3 c. dark raisins

Preheat oven to 350 degrees F.

Spray a 9 x 12-inch baking dish with non-stick cooking spray.

Combine all ingredients, except the bread and raisins, in a large bowl and mix well. Stir in the bread and raisins and allow to soak for five minutes.

Spoon the mixture into the prepared dish and bake in the preheated oven for about 30 - 35 minutes or until firm and nicely browned. Cool on a wire rack for at least 10 minutes before cutting into squares 3x4 inches in size.

You can also make this into muffins by mounding the mixture into 12 sprayed muffin tins or custard cups and shorten baking time by about 5 minutes.

It freezes well and can be popped in microwave for a fast and healthy breakfast.

Each of the 12 servings contains approximately:  
143 calories/3 g. fat.

## Thai Noodles w/ Chicken and Vegetables

Source: WW Take Out Tonight!

Healthy Units: 4

Servings: 6

Posted by: LMaybloom (Lesley)

May 23, 2003

**Comments:** I discovered at the last minute that I did not have chicken broth so I subbed the same amount of chardonnay (I always have a jug-o vino cheapo on hand for cooking). Also, I didn't have snow peas so I used red bell pepper.

### Ingredients

- 1/4 pound rice-stick noodles
- 1 t. canola oil
- 1 pound skinless boneless chicken breasts
- 2 cloves garlic, minced
- 1 t. minced peeled fresh ginger
- 1 t. hot chili paste
- 1/2 c. reduced sodium chicken broth (in my case, 1/2 c. of dry white wine)
- 1/4 c. fresh lime juice (I used bottled)
- 2 T. packed light brown sugar
- 1/2 t. Thai fish sauce (nam pla)
- 1 c. fresh snow peas, trimmed
- 3 scallions, thinly sliced
- 1 carrot, cut into matchstick thick strips
- 1/4 c. chopped fresh cilantro

Place the noodles in a large bowl and add enough hot water to cover; let stand until the noodles are soft, about 10 minutes. Drain; transfer the noodles to a large bowl of cold water to cool, and drain again. Set aside. (Note: I just drained everything in cold water once.)

Meanwhile, heat a large nonstick skillet over medium high heat. Swirl in the oil, then add the chicken. Cook until the chicken is browned, 8 minutes. Transfer the chicken to a cutting board; let stand 5 minutes. Slice chicken into 1/4" thick slices; set aside.

Heat the same skillet over low heat. Add the garlic, ginger and chili paste. Cook, stirring until fragrant about 1 minute. Add the broth, lime juice, brown sugar and fish sauce; cook, stirring, until the sugar dissolves, about 30 seconds.

Add the snow peas (peppers), scallions and carrots; cook 1 minute. Stir in the chicken and the drained noodles; cook, tossing gently, until mixed and heated through, 2-3 min. longer. Stir in the cilantro. Serve at once.

CAL: 201; Fat: 3g; Fiber: 2g

## **Minted Corn and Rice Salad**

Source: Goodhousekeeping.com

Yields: About 8 1/2 C. or 12 accompaniment servings

Healthy Units: 3 per serving

Posted by parrell

May 23,2003

### **Comments:**

### **INGREDIENTS:**

1 cup long-grain white rice  
1 1/4 teaspoons salt  
1/4 cup fresh lemon juice  
3 tablespoons olive oil  
1/4 teaspoon coarsely ground pepper  
8 medium ears corn, husks and silk removed  
1 bunch radishes, chopped (about 1 1/4 cups)  
3/4 cup fresh peas or thawed frozen peas  
1/2 cup loosely packed fresh mint leaves, thinly sliced  
2 tablespoons snipped fresh chives

### **DIRECTIONS:**

1. Prepare rice as label directs, but do not add margarine and use only 1/2 teaspoon salt. While rice is cooking, prepare dressing: In large bowl, with wire whisk, mix lemon juice, oil, pepper, and remaining 3/4 teaspoon salt until blended.
2. Add hot rice to dressing and toss to coat. Cool slightly, about 30 minutes, tossing occasionally.
3. Meanwhile, in 5-quart Dutch oven, heat 3 quarts water to boiling over high heat. Add corn and cook 5 minutes. Drain. When corn is cool enough to handle, cut kernels from cobs (you should have about 4 cups kernels).
4. Add corn to rice with radishes, peas, mint, and chives. Toss until evenly mixed. If not serving right away, cover and refrigerate up to 8 hours.

### **NUTRITIONAL INFORMATION:**

Calories: 140 Total Fat: 4 Saturated Fat: 1 Cholesterol: 0 Sodium: 255  
Carbohydrates: 25 Fiber: 2 Protein: 3

## **Seared Zucchini Salad with Cinnamon**

Source: Food & Wine Feb 2003

Servings: 8

Points: 3, but could go lower if you watch the oil

Posted by carolekm (Carole)

May 23, 2003

### **Comments:**

#### **Ingredients**

1 1/2 tablespoons sugar

1 tablespoon distilled white vinegar

1/2 teaspoon cinnamon

Salt

1/4 cup extra-virgin olive oil

2 pounds small zucchini, sliced crosswise 1/3 inch thick

In a small bowl, mix the sugar with the vinegar, cinnamon and a pinch of salt. Heat the olive oil in a large skillet. Add the zucchini, season with salt and cook over moderately high heat, stirring occasionally, until tender and browned, about 10 minutes. Add the dressing and cook, tossing, for 1 minute longer. Serve warm or at room temperature.

## Sour Cream Raspberry Swirl Loaf

Cooking Light Annual Recipes 2003

Serves: 12

WW Points: 4 (see note)

Posted by: Jill (jillyh)

5/23/03

**Comments:** To make this 3 pts per serving, skip the glaze and use half-light butter and half regular butter.

### Ingredients

1/3 c. seedless raspberry jam

3 T. chopped walnuts, toasted

1 1/2 c. all purpose flour

1 tsp. baking powder

1/4 tsp. baking soda

1/8 tsp. salt

3/4 c. sugar

1/4 c. butter, softened

2 tsp. grated lemon rind

1 1/8 tsp. vanilla extract, divided

1 large egg

1 large egg white

3/4 c. fat free sour cream

cooking spray

1/4 c. sifted powdered sugar

1 1/2 tsp. 2% reduced fat milk

Preheat oven to 350 degrees. Combine raspberry jam and walnuts in a small bowl. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, baking soda, and salt in a bowl, stirring with a whisk. Combine sugar, butter, lemon rind, 1 tsp. vanilla, egg, and egg white in a large bowl. Beat with a mixer at medium speed until well blended. Add flour mixture and sour cream alternately to sugar mixture, beginning and ending with flour mixture. Spread half of batter into an 8x4-inch loaf pan coated with cooking spray. Spoon raspberry mixture over top, leaving a 1/4-inch border. Spread remaining batter over raspberry mixture. Bake at 350 for 55 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on a wire rack. Combine 1/8 tsp. vanilla, powdered sugar, and milk in a small bowl, stirring well with a whisk. Drizzle over loaf. Yield: 12 servings (serving size=1 slice.)

Cal=184; Fat=5.4g; Protein=3.2g; Carb=31.2g; Fiber=.7g; Chol=28mg; Iron=1.2mg; Sodium=155mg; Calc=53mg

## **Lemon-Blueberry Muffins**

April 18, 2003 CL Issue

Serves 12 (1 muffin each)

Healthy Units: 4

Posted by Jen (sweetbear75)

May 23, 2003

### **Comments:**

#### **INGREDIENTS**

2 cups all-purpose flour

1/2 cup sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/8 teaspoon ground nutmeg

1/4 cup butter

1 1/4 cups low-fat buttermilk

1 large egg

1 tablespoon grated lemon rind

1 cup blueberries

Cooking spray

1 tablespoon fresh lemon juice

1/2 cup powdered sugar

#### **INSTRUCTIONS**

1. Preheat oven to 400 degrees.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (flour through nutmeg) in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
3. Combine buttermilk, egg, and rind; stir well with a whisk. Add to flour mixture; stir just until moist. Gently fold in blueberries.
4. Spoon batter into 12 muffin cups coated with cooking spray. Bake at 400 degrees for 20 minutes or until the muffins spring back when lightly touched. Remove muffins from pans immediately, and place on a wire rack to cool.
5. Combine lemon juice and powdered sugar in a small bowl. Drizzle glaze evenly over cooled muffins. Readers recommend adding more lemon rind for more zing.

## **Caponata Appetizer**

Source: The Family

Serving 6

Healthy Units: 1

Posted by: joanborsten

Date: May 23, 2003

**Comments:** This recipe for caponata has a truly Mediterranean flavor, probably because of the cumin. It came from my cousin Sherry and has always been a great starter. Chilling before serving is a must. I cut the olive oil in half to 3 T and am going to try baking both eggplant and green pepper first to see if I can cut olive oil (and points) even more.

### **INGREDIENTS**

1 large eggplant, cut in half inch cubes  
1 ½ Tbsp olive oil  
2 cloves garlic, minced  
1 green pepper, cut in half inch cubes  
8 oz can tomato sauce  
a little cayenne  
1 Tbsp cumin  
1-1/2 Tbsp sugar  
pepper  
¼ c wine vinegar  
¼ c chopped parsley

### **PREPARATION**

Brown eggplant. Sauté garlic and green pepper. Add in everything else except parsley. Simmer covered 15-25 minutes covered and uncovered another 15-30 min. Cover and chill. Mix in parsley just before serving.

Served on toasted pita.



## **Chocolate Chip Bundt Cake**

Cooking Light July/August 1998

Healthy Units 5

Number of Servings 16

Posted by DebMj1

May 24, 2003

### **Comments:**

#### **INGREDIENTS**

Cooking spray

2 teaspoons all-purpose flour (I omitted the flour)

1 cup fat-free sour cream (I used lowfat)

3/4 cup plus 1 tablespoon warm water

3 tablespoons vegetable oil (I used Smuckers Baking Healthy oil substitute)

2 teaspoons instant espresso or 4 teaspoons instant coffee granules

1 (8-ounce) carton egg substitute

1 (18.25-ounce) package devil's food cake mix (without pudding in the mix)

1 (3.9-ounce) package chocolate instant pudding mix

1/2 cup semisweet chocolate chips

1 tablespoon powdered sugar

#### **INSTRUCTIONS**

Estimated Total Time: 2 hours

Preheat oven to 350 F.

Coat a 12-cup Bundt pan with cooking spray, and dust with flour; set aside.

Combine the sour cream and next 6 ingredients (sour cream through chocolate pudding mix) in a large bowl, and beat mixture at medium speed of a mixer for 3 minutes. Add the chocolate chips, and beat the mixture for 30 seconds.

Spoon the cake batter into the prepared Bundt pan. Bake cake at 350 F for 1 hour (I pulled it out after 50 minutes) or until a wooden pick inserted in center comes out clean. Cool cake in pan 10 minutes on a wire rack. Invert cake onto a wire rack, and cool completely. Sprinkle cake with powdered sugar.

#### **NUTRITIONAL INFO**

calories: 230 carbohydrates: 36.7 g cholesterol: 0 mg fat: 7.6 g sodium: 397 mg protein: 4.3 g calcium: 44 mg iron: 1.3 mg fiber: 0.8 g

## **Lemon-Buttermilk Ice Cream**

Source: Cooking Light (May 2003)

Healthy Units: 3 (2 if Splenda used)

Servings: 18 (per 1/2 cup)

Posted by: kimbilly

May 24, 2003

**Comments:** Rich and creamy, but it had a bit of a yogurt or cottage cheese flavor. I'm guessing that that's the influence of the lemon juice on the milk products.

### **Ingredients**

1 1/2 cups sugar

1 cup fresh lemon juice -- about 10 lemons

2 cups half and half

2 cups whole milk

2 cups 2% buttermilk

### **Instructions:**

Combine sugar and juice in large bowl, stirring with a whisk until sugar dissolves. Add half-and-half, whole milk and buttermilk. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon into a freezer-safe container. Cover and freeze 1 hour or until firm.

CALS: 130; FAT: 3.6g; FIBER: 0.1g

## **Smoky Turkey Chili**

Source: Food and Wine, Jan 2003

Healthy Units: 8 (but it looks like huge servings. 1 cup would only be about 4.)

Serves: 8

Posted by: Carole (carolekm)

May 24, 2003

### **Comments:**

#### **Ingredients**

2 tablespoons vegetable oil

5 pounds turkey legs with skin (You could try ground turkey, but the chunks are soooo good).

Salt and freshly ground pepper

6 large garlic cloves, finely chopped

2 large onions, finely chopped

3 tablespoons ancho chile powder (or less, it's very spicy)

2 tablespoons chipotle chile powder (or less, it's very spicy)

4 teaspoons ground cumin

1/2 teaspoon ground cloves

One 28-ounce can crushed tomatoes (try Muir Glen Fire Roasted tomatoes in here)

1 quart water

One 2-pound butternut squash, peeled and cut into 1-inch dice

Two 15-ounce cans black beans, drained

4 large poblano chiles--roasted, peeled and cut into 1/2-inch pieces

1/4 cup tomato paste

1. In a large enameled cast-iron casserole, heat the oil. Season the turkey with salt and pepper; cook over moderate heat until browned, 15 minutes. Transfer to a plate. Add the garlic and onions to the casserole and cook over low heat, stirring occasionally, until softened, 10 minutes. Add the ancho and chipotle chile powders, cumin and cloves and cook, stirring, for 5 minutes. Add the tomatoes and water; bring to a simmer.

2. Return the turkey to the casserole; bring to a boil. Cover and simmer over low heat until tender, about 2 hours. Transfer the turkey to a plate and let cool slightly. Discard the bones and skin and cut the meat into bite-size pieces.

3. Skim the fat from the chili. Add the squash and turkey. Simmer over low heat until the squash is tender, 15 minutes. Add the beans and poblanos. Season with salt and pepper. Ladle 1 cup of chili into a bowl. Stir in the tomato paste until dissolved, then stir the chili back into the casserole. Simmer for 5 minutes, then serve in mugs or bowls.

SERVE WITH Cilantro leaves, low-fat sour cream and corn bread.

NOTES One Serving: 398 calories, 9.2 gm total fat, 2.0 gm saturated fat, 42 gm carb.

## Chicken Scallopine with Morels and Spring Vegetables

Cooking Light website (Published: Cooking Light- 05/24/02)

Healthy Units: 6

Servings: 4

Posted by Thana (pt1999)

May 24, 2003

**Comments:** Morels have a spongy texture that's perfect for soaking up the sherry-cream sauce. After rehydrating, be sure to rinse the mushrooms well to remove any grit or dirt.

### INGREDIENTS

1 cup fat-free, less-sodium chicken broth  
1/2 cup dry sherry  
1 ounce dried morels {I used fresh – about 4 ounces, which is quite a few}  
4 (4-ounce) skinless, boneless chicken breast halves  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
2 tablespoons all-purpose flour  
1 tablespoon Porcini Powder {Omitted since I didn't have any and didn't want to go looking for it.}  
1 tablespoon butter  
1 cup (1-inch) sliced asparagus {used 2 cups}  
1 cup fresh or frozen petite green peas, thawed {omitted}  
1/4 cup whipping cream  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh chives  
1 teaspoon chopped fresh tarragon {Omitted since I am averse to tarragon plus I think the taste would have over powered the morels.}

### INSTRUCTIONS

1. Bring chicken broth and sherry to a boil in a small saucepan; add morels. Remove from heat; cover and let stand for 30 minutes. Drain mushrooms in a cheesecloth-lined sieve over a bowl, reserving soaking liquid. Rinse mushrooms; drain.
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 salt and pepper. Combine flour and Porcini Powder in a shallow dish. Dredge chicken in flour mixture. Melt butter in large nonstick skillet over medium-high heat. Add chicken; cook 1 minute on each side or until golden. Remove from pan.
3. Add mushroom soaking liquid {Since I had fresh mushrooms and didn't need to soak them, I added 1/2 cup sherry and 3/4 cup fat-free, less-sodium chicken broth at this point} and asparagus to pan; cook until liquid is reduced to 1/4 cup (about 5 minutes). Add chicken, peas, and remaining ingredients to pan; cook 5 minutes or until sauce thickens.

NUTRITIONAL INFO Cal: 310; Fat 10.5g; Fib. 3.9g

## **Banana Bread Lite**

Source: Cooking Light May 2003

Healthy Units: 3.5

Servings: 16

Posted by LMaybloom (Lesley)

May 24, 2003

### **Comments:**

#### **INGREDIENTS**

1 c. sugar

1 (8 oz.) package fat free cream cheese

1 c. mashed ripe banana (about 2 medium)

2 large eggs

2 c. RF Bisquick (I used regular; I don't think it makes any real point difference in 1/16 of the recipe)

1/2 c. chopped walnuts

Cooking Spray

#### **INSTRUCTIONS**

Preheat oven to 350

Place sugar and cream cheese in a large bowl; beat with a mixer at medium speed until light and fluffy. Add banana and eggs; beat until well blended. Add the baking mix and walnuts and stir just until moist.

Pour batter into a 9" loaf pan coated w/ cooking spray; bake at 350 for 45 minutes. Tent bread with foil and bake an additional 15 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

NUTRITIONAL INFO: CALORIES 161; FAT 4.3; FIBER 0.7

## **Florentine Frittata**

Cooking Light 2001

Servings: 4

Healthy Units: 5

Posted by jang2341

May 25, 2003

**Comments:** Frozen hash browns are great to have on hand and pair well with the feta cheese and spinach. For a new twist next time, try a combination of broccoli and sharp cheddar or Swiss cheese.

### **Ingredients:**

2 T water

½ t dried basil

½ t freshly ground black pepper

¼ t salt

¼ t dried oregano

1 (15-oz) carton egg substitute

1 (10-oz) pkg frozen chopped spinach, thawed, drained, and squeezed dry

2 t butter

2 c thinly sliced Vidalia or other sweet onion

2 c frozen shredded hash brown potatoes

1 (7-oz) bottle roasted red bell peppers, drained and sliced

¾ c (3 oz) crumbled feta cheese

1. Combine the first 7 ingredients in a medium bowl, set aside.
2. Melt butter in a 10-in cast-iron or nonstick skillet over medium heat. Add onion; sauté 5 minutes. Add potatoes; cook 9 minutes or until lightly browned, stirring occasionally. Pour egg mixture over onion mixture. Arrange bell pepper slices on top of frittata. Cook 7 minutes or until set. Sprinkle with cheese. Wrap handle of pan with foil.
3. Preheat broiler
4. Broil 5 minutes or until cheese is lightly browned. Cut into 4 wedges.

Calories 265 (26% from fat); Fat 7.6g (sat 4.6g, mono 1.6 g, poly 0.7g); Protein 19.6g; Carb 31.3g; Fiber 5.7g; Chol 24mg; Iron 5.1mg; Sodium 800mg; Calc 251mg.

## **Saffron Shrimp with Fennel Seeds**

Source: Cooking Light, June 2003

Points/Serving: 4 (serving size: about 5 shrimp, but I think you can get by with more. Go by weight, not quantity)

Serves: 6

Posted by: LMaybloom

May 25, 2003

**Comments:** "This appetizer is great chilled or at room temperature. Be sure to have French bread to sop up the delicious juices, or serve it over rice. The color and flavor of this dish intensify as it stands."

1 c. dry white wine

1 T. fennel seeds

1/2 t. saffron threads

1/2 t. salt

2 garlic cloves, miced

2 # large shrimp, peeled and deveined

1/4 c chopped fresh flat-leaf parsley

Combine first 5 ingredients in a large non-stick skillet; bring to a boil. Cook 5 minutes; add shrimp. Cover and cook 2 minutes or until shrimp are done, stirring occasionally. Spoon mixture into a bowl, and chill. Stir in parsley before serving. Yield: 6 servings (serving size: 5 oz. shrimp)

Calories 193; fat 2.8; fiber 0.5

## Orange-Ginger Shrimp Skewers

Source : the best of CL 4

Healthy Units 2

Servings 8

Posted by CanadianMaria

Date May 22, 2003

### Comments:

### Ingredients

½ cup fresh orange juice (about 2 oranges)  
2 tablespoons minced green onions  
1 tablespoon minced peeled fresh ginger  
1 tablespoon minced fresh cilantro  
2 tablespoons rice vinegar  
2 tablespoons low-sodium soy sauce  
1 tablespoon vegetable oil  
2 teaspoons grated orange rind  
1 hot red chile, minced (optional)  
1 pound large shrimp, peeled and deveined  
2 oranges, peeled, cut in half and quartered.  
Cooking spray

### Instructions

1. Combine first 9 ingredients in a bowl. Add shrimp, toss to coat. Cover and marinate in refrigerator 15 minutes.
  2. Remove shrimp from dish. Reserving marinade.
  3. Heat a large grill pan coated with cooking spray over medium-high heat. Cook skewers 4 minutes on each side or until done, basting with reserved marinade.
- Yield 8 servings (serving size 1 skewer)

Calories 104 (24% from fat); Fat 2.8 g(sat 0.4g, mono 0.6g, poly 1.4g); Protein 12.2 g; Carb 7.4g;Fiber 1g;Chol 86mg;Iron 1.5 mg; Sodium 218 mg;Calc 46 mg.

Note: I made this without the chile and I barbequed the skewers. I used small shrimp and you really need 2 skewers per serving.



## **Ginger Dipping Sauce**

Source: Cooking Light Website

Healthy Units: 0

Servings: 2

Posted by Kate

May 26, 2003

### **Comments:**

#### **Ingredients**

3/4 tsp dry mustard

1/2 tsp water

1 T plum sauce

1 T dry sherry

3/4 tsp minced fresh ginger

Combine in small bowl and stir well

## Steamed Clams, RI Style

Source: Adapted from Recipe\*zaar

Healthy Units: 6

Servings: 3

Posted by Kate

May 26, 2003

**Comments:** Delicious served in bowls as a stew with crusty bread. Or serve the clams as an appetizer, and use the reserved broth as a base for a wonderful red clam sauce.

### Ingredients

1 T olive oil

3 cloves garlic, finely minced

2 links italian turkey sausage, removed from casing

1 large onion sliced into wedges

1 (14.5 oz) can diced tomatoes

1/2 cup dry white wine

1 cup water

3 lbs clams in shells (the smaller the better)

chopped fresh cilantro

In a large stockpot, warm the oil over medium heat. Add the garlic and red pepper, saute until garlic is golden. Add the sausage, onion, tomatoes, wine and water, stir to mix. Cook until sausage is cooked through (break up the sausage with a spoon as it cooks).

Add clams, turn heat to high and cover, steam until clams open (approx 8 minutes). Discard any clams that do not open.

Divide clams and broth into soup bowls, sprinkle with cilantro.

Note: For a spicier option, substitute diced jalapeno chicken sausage for the italian sausage.

## **Mango Coconut Cucumber Salad**

Source: Recipe\*zaar

Healthy units: 1

Servings: 3

Posted by Kate

May 26, 2003

### **Comments:**

#### **Ingredients:**

1 cucumber, peeled, seeded and diced  
1/2 tsp minced fresh chili peppers  
1 T fresh lemon juice  
1 T fresh lime juice  
2 tsp brown sugar  
2 T unsweetened dried shredded coconut  
1 mango peeled and diced  
1 small red pepper, minced

In a large bowl combine all ingredients, toss well. Cover and chill for 20 minutes and serve cold. Garnish with cilantro or spearmint if desired.

Calories: 80, Fat .4 grams, Fiber 2.7 grams

## **Ground Beef Stroganoff**

Source: Cooking Light 5 Ingredient 15 Minute Cookbook

Healthy Units: 7

Servings: 5

Posted by Lissa R

May 26, 2003

### **Comments:**

#### **Ingredients**

8 ounces wide egg noodles, uncooked  
1 pound ground round  
3 green onions, sliced or 1 cup chopped onion  
1 (8 ounce) package sliced fresh mushrooms  
1 (12 ounce) jar fat-free beef gravy  
1 (8 ounce) carton fat-free sour cream  
1/4 teaspoon garlic salt  
1/4 teaspoon freshly ground black pepper  
1 tablespoon sherry (optional)

Prepare noodles according to package directions, omitting salt and fat.

While noodles cook, cook meat, green onions, and mushrooms in a large nonstick skillet until meat is browned, stirring until it crumbles; drain.

Return meat mixture to skillet; add gravy and next three ingredients, stirring well. Cook over medium heat 3 to 5 minutes or until thoroughly heated. Stir in sherry if desired. Serve over drained noodles.

Calories: 367 Fat: 7.6 g Protein: 31.1 g Carbohydrate: 42.9 g Fiber: 3.9 g Cholesterol: 98 mg Sodium: 611 mg

## **Maple-Mustard Pork Tenderloin With Caramelized Apples**

Source: Cooking Light Website

Healthy Units: 6

Servings: 4

Posted by: GES221

May 26, 2003

### **Comments:**

#### **Ingredients**

2 (1/2-pound) pork tenderloins

Cooking spray

1/4 cup Dijon mustard

6 tablespoons maple syrup, divided

1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary

1/2 teaspoon salt

1/4 teaspoon pepper

4 medium Granny Smith apples, each peeled and cut into 16 wedges (about 2-1/2 pounds)

Heat oven to 425 degrees. Trim fat from pork. Place pork on a broiler pan coated with cooking spray. Combine mustard, 2 tablespoons syrup, rosemary, salt, and pepper in a small bowl; brush over pork. Insert meat thermometer into thickest part of pork. Bake at 425 degrees for 25 minutes or until thermometer registers 160 degrees (slightly pink). While pork is baking, heat a nonstick skillet over medium-high heat until hot. Add apples, and sauté 5 minutes or until lightly browned. Reduce heat to low, and add 4 tablespoons maple syrup. Simmer 10 minutes or until apples are tender, stirring occasionally. Cut pork crosswise into slices; spoon cooked apples over pork.

## **Barbecued Asian Flank Steak**

Cooking Light Reader Favorites

Healthy Units: 7 <I have a hard time believing this is 7>

Yield: 4 servings (serving size 3 ounces)

Posted by: Bawstinn32 (Maria)

September 8, 2003

Comments: I have a hard time believing this is 7 points as many other flank steak recipes come out to 5. I received the same nutritional values in MasterCook as CL had. Knowing that MasterCook doesn't account for some fat going away while cooking and it thinks you are consuming all the marinade makes me wonder if this is an earlier recipe and maybe CL did count in all marinade back then. Either way, it was tasty on the grill!

### **INGREDIENTS:**

1 pound flank steak  
1/4 cup sherry  
1/4 cup soy sauce, low sodium  
1/4 cup honey  
2 tablespoons white vinegar  
1 tablespoon ginger, minced  
1 teaspoon dark sesame oil  
2 cloves garlic, crushed

Combine first 8 ingredients in a large zip-top bag; seal; marinate in refrigerator 8 hours, turning bag occasionally.

Prepare grill or broiler

Remove steak from bag, reserving marinade. Place marinade in a small saucepan. Bring to a boil; cook one minute.

Place steak on grill rack or broiler pan coated with cooking spray; cook 8 minutes on each side or until desired degree of doneness, basting frequently with reserve marinade.

Cut steak along grain diagonally into thin slices.

Yield: 4 servings (serving size 3 ounces)

Per Serving (excluding unknown items): 313 Calories; 13g Fat (39.4% calories from fat); 23g Protein; 22g Carbohydrate; trace Dietary Fiber;

## **Farrotto with Greens and Parmesan**

CL May 2003

Serves 4 (1 C per)

WW points-6

Posted by Teri (Atlanticgull)

5/27/03

### **Comments:**

1 T olive oil  
2 1/4 C chopped red onion  
4 garlic cloves  
1 C uncooked spelt (farro), rinsed and drained  
1 C Chardonnay or other dry white wine  
1 (14.5 oz) can vegetable broth  
2 C water  
1/4 t freshly ground black pepper  
4 C chopped gourmet salad greens  
1/2 (2oz) grated Parmigiano-Reggiano cheese

1. Heat oil in a large saucepan over med-high heat. Add onion and garlic, sauté until golden brown, stirring frequently. Add spelt, sauté 2 minutes. Stir in wine, cook 3 minutes. Add broth, cook until liquid is nearly absorbed, stirring frequently. Stir in water and pepper, cook until liquid is nearly absorbed, stirring frequently. Remove from heat and stir in greens and cheese.

Cal 283, Fat 9g, Pro 12.1, Carb 44.8, Fiber 10.2 Chol 15mg, Iron 3.1mg, Sod 605mg, Calc 220mg

## **Baked Rigatoni with Beef**

www.cookinglight.com

8 servings

6 Healthy Units

Posted by Bawstinn32 (Maria)

May 27, 2003

### **Comments:**

#### **INGREDIENTS:**

4 cups Tomato Sauce

1 pound ground round

4 cups cooked rigatoni (about 2-1/2 cups uncooked pasta)

1-1/2 cups (6 ounces) shredded part-skim mozzarella cheese, divided

Cooking spray

1/4 cup (1 ounce) grated fresh Parmesan cheese

#### **INSTRUCTIONS:**

Prepare Tomato Sauce.

Preheat oven to 350°F.

Cook beef in a large nonstick skillet over medium-high heat until browned; stir to crumble. Drain well. Combine beef, rigatoni, Tomato Sauce, and 1 cup mozzarella in an 11x7-inch baking dish coated with cooking spray. Top with 1/2 cup mozzarella and Parmesan. Bake at 350°F for 20 minutes or until thoroughly heated.

#### **NUTRITIONAL INFO:**

calories: 305 carbohydrates: 30.5 g cholesterol: 50 fat: 9.6 g sodium: 438 mg protein: 24 g calcium: 232 mg iron: 3.5 mg fiber: 2.3 g

#### **YIELD:**

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



## **Pork Medallions With Blackberry Sauce**

Source: Southern Living

Healthy Units: 7 (but only 5 with light butter)

Servings: 6

Posted by Kimbilly

May 27, 2003

**Comments:** This has a nice contrast between the spicy rub and the simple sweet fruit/shallot sauce. Recipe works fine with chops. You can get away with much less butter than the recipe requires, since the "sauce" is really just a reduction of wine, shallots, butter and fruit.

### **Ingredients**

2 pounds pork tenderloin  
1 teaspoon salt  
1 teaspoon black pepper -- coarsely ground  
1 teaspoon allspice -- coarsely ground  
1/4 cup butter -- divided  
1/2 cup shallots -- diced  
2/3 cup dry white wine  
3 tablespoons blackberry jam -- like Polaner spread  
blackberries -- for garnish  
thyme -- for garnish

### **Instructions**

Sprinkle pork evenly with salt, black pepper and allspice. Cover and chill for 30 minutes.

Grill pork over medium-high heat 20 minutes or until a meat thermometer inserted into thickest portions registers 160-degrees, turning pork once. Remove from grill, and let stand 10 minutes.

Melt 2 tablespoons butter in small saucepan over medium-high heat while pork stands. Add shallots, and sauté 5 minutes or until tender. Add wine, cook 13 minutes or until liquid is reduced by half. Reduce heat to low; whisk in fruit spread and remaining 2 tablespoons butter. Cook two minutes or until slightly thickened.

Cut pork into 1/4-inch-thick slices. Drizzle blackberry sauce over pork. Garnish if desired.

## Spicy Soba Noodles with Chicken in Peanut Sauce

Source: Cooking Light Annual 2003

Healthy Units: 8

Servings: 6

Posted by Jennifer (skinnymawyaw)

May 27, 2003

**Comments:** The CL directions have the "cooking the chicken" as the third step, but since the chicken needs to cool for 20 minutes after poaching, I recommend cooking the chicken first. The rest of the prep can easily be finished while the chicken cools.

### Ingredients:

- 1 carrot, peeled
- 2 c. fat-free, less-sodium chicken broth, divided
- 1/3 c. reduced-fat peanut butter
- 1 T chopped peeled fresh ginger
- 1 T low-sodium soy sauce
- 2 T honey
- 1-2 t crushed red pepper
- 1 garlic clove, minced
- 1 lb. boneless, skinless chicken breast
- 5 c. cooked soba (10oz uncooked)
- 6 T sliced green onion
- 6 T chopped, unsalted dry-roasted peanuts

1. Shave carrot lengthwise into thin strips using a vegetable peeler.
2. Combine 1/3 cup broth, peanut butter, ginger, soy sauce, honey, pepper & garlic; stir with a whisk until smooth.
3. Place chicken in a large saucepan; add 1 & 2/3 cup broth. Bring to boil. Reduce heat & simmer 4 minutes or until chicken is done. Remove from heat; let stand 20 minutes. Drain; cut chicken into 2" pieces.
4. Combine carrot, peanut sauce, chicken & noodles in a large bowl; toss to coat. Sprinkle with onion & peanuts.

Nutritional Info: Serving Size 1 cup; CALORIES 398; FAT 11.4g; Protein 29.5g; Carb 43.4g; FIBER 4.3g; Chol 44mg; Iron 1.9mg; Sodium 477mg; Calc 40mg

## **Corn and Clam Chowder**

Source: Adapted from Cooking Light Recipe

Healthy Units: 4

Servings: 5

Posted by: Kate

May 28, 2003

### **Comments:**

#### **Ingredients**

1 T light butter

1 medium onion, chopped

1/4 cup all purpose flour

2 1/2 cups skim milk

8 oz bottled clam juice

1 cup chopped red potato (about 6 oz)

1/2 tsp dried thyme

1/2 tsp salt

1/4 tsp black pepper

1 15.25 oz can corn (can substitute 16 oz frozen or fresh approximately 4 ears)

10 oz can whole baby clams (do not drain)

4 T chopped green onions, divided

Prep Time: 5 minutes, Cooking time 18 minutes

Melt the butter in a large Dutch oven over medium high heat, add the onions and sauté for 3 minutes. Gradually add the milk, stirring with a whisk. Add the clam juice, potato and corn, bring to a boil. Stir in the clams and 2 T green onions, cover and reduce heat, simmer for 15 minutes. Ladle into bowls and garnish with green onions. 5 servings, approx 1 3/4 cup per serving

## **Shrimp-and-Squash Penne**

Source: Cooking Light Web site

Number of Servings: 5 (2 cup)

Healthy Units: 7

Posted by: jcanty

Date: May 28, 2003

**Comments:** I lightened this a little w/ olive oil spray and RF cheese to make the points 6 per. I would not sub the cheese again but this was great. It needed and got a lot more seasoning than CL likes!! Huge servings

### **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.

### **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

### **YIELD:**

5 servings (serving size: 2 cups)

## Chicken and Dumplings

Source: Southern Living website

Healthy Units: 6

Posted by: Martha

Date: 28May, 2003

**Comments:** My broth was pretty thick... I also added garlic....

### Ingredients

3 celery ribs, sliced

2 carrots, sliced

Vegetable cooking spray

3(14 1.2oz) cans low-sodium fat-free chicken broth

1/2 tsp. poultry seasoning

1/2 tsp. pepper

1 2/3 cups reduced fat baking mix

2/3 cup fat-free milk

3 cups chopped cooked chicken

Sauté celery and carrots in a large Dutch oven coated with cooking spray over med-high heat 6 min. or until tender. Stir in broth, poultry seasoning, and pepper; bring to a boil.

Stir together baking mix and milk until blended.

Turn dough out onto a heavily floured surface; roll or pat dough to 1/8-inch thickness. Cut into 3x2 inch strips.

Drop strips, 1 at a time, into boiling broth; stir in chicken. Cover, reduce heat, and simmer, stirring occasionally, 8 minutes.

### Nutritional Info;

per serving- calories 276(21percent from fat); Fat 6.5g; Protein 20.7g;Carb 27.2g; Fiber 1.1g;chol 51mg;Iron 1.2mg; Sodium 476mg; Calc 65mg

Yield: makes 6 servings

## **Portobello Stew**

Source: adapted from recipe in The Morning Call

Healthy Units: 1

Servings: 4

Posted by: kimbilly

May 28, 2003

**Comments:** Original recipe called for cooking mushrooms in olive oil, but olive oil cooking spray works great and brings healthy units to 1. Original recipe intended as a stew, but is great as a sauce over spaghetti squash or polenta.

### **Ingredients**

- 1 large onion(s)
- 12 oz portabella mushroom
- 1 pound mushroom(s)
- 14 1/2 oz canned tomatoes
- 3 Tbsp canned tomato paste
- 2 clove garlic clove(s)
- 1 Tbsp sherry cooking wine
- 1 cup water
- 1 tsp dried rosemary
- 3 serving olive oil cooking spray (5 one-second sprays)

### **Instructions**

Heat a nonstick skillet coated with cooking spray on medium. Add chopped onion and rosemary; cook 12 minutes, or until onion is lightly browned. Remove to a bowl.

Return skillet to stove and spray with cooking spray. Add portabella mushrooms (stems removed, sliced 1/2" thick), and cook 7 minutes or until browned. Add portabellas to onion mixture.

Repeat cooking procedure with white mushrooms (stems removed, sliced 1/4" thick) and cooking spray.

Return onion and mushroom mixture to pan, along with the canned diced tomatoes, tomato paste, garlic, water and sherry; mix well. Bring to a boil; reduce heat to low and simmer 15 minutes. Season with salt and pepper, and add crushed red pepper, if desired.

## **Creamy Coconut-Topped Chocolate Cake**

Source: Cooking Light web site

HU: 6

Servings: 18

Posted by: EHAMOM/Debbie

Date: May 28, 2003

### **Ingredients:**

#### **Cake:**

1-1/4 cups water

3/4 cup egg substitute or 4 egg whites

2 tbsp. vegetable oil

1 (18.25 oz) package chocolate cake mix (pudding in mix)

Cooking spray

#### **Coconut topping:**

1/2 cup fat-free milk

1/2 cup granulated sugar

9 large marshmallows

2 cups flaked sweetened coconut

1/2 tsp. cornstarch

#### **Frosting:**

1 1/2 cups sifted powdered sugar

2 tbsp. unsweetened cocoa

2 tbsp. fat-free milk

2 tbsp. stick margarine or butter

1/4 cup semisweet chocolate chips

1 tbsp. light colored corn syrup

### **Instructions:**

Preheat oven to 350.

To prepare cake, combine first 4 ingredients in a large bowl, and beat at low speed of a mixer until moist. Beat mixture at medium speed for 2 minutes; pour into a 13x9 inch baking pan coated with cooking spray. Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cook cake completely in pan on a wire rack.

To prepare topping, combine 1/2 cup milk, granulated sugar, and marshmallows in a medium saucepan; cook over medium heat 5 minutes or until marshmallows are melted. Stir in coconut and cornstarch; bring to a boil. Cook 1 minute, stirring constantly. Spread topping evenly over cake; cool.

To prepare frosting, combine powdered sugar, cocoa, 2 tbsp. milk, and margarine in a small saucepan; bring to a boil over medium high heat. Remove mixture from heat; add chocolate chips and corn syrup, stirring until chips melt. Spread frosting gently over coconut layer. Cool until set. Nutritional Info: calories: 288 fat: 9/7 g fiber: 0.5 g

## **The CL Pizza Crust Recipe**

Quick-and-Easy Pizza Crust

Source: Cooking Light- 06/01/97

HU: 12

Servings: 2

Posted by: MissVN

Date: May 28, 2003

### **Comments:**

#### **INGREDIENTS**

2 cups bread flour

1/2 teaspoon salt

1/2 teaspoon sugar

1 package quick-rise yeast

3/4 cup warm water (120 to 130 degrees)

1 tablespoon olive oil

Cooking spray

2 tablespoons cornmeal

#### **INSTRUCTIONS**

Combine first four ingredients in a large bowl; make a well in center of mixture. Combine water and oil; add to flour mixture. Stir until mixture forms a ball.

Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 10 minutes). Place the dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85 degrees), free from drafts, 45 minutes or until doubled in bulk. Punch dough down; divide in half. Cover and let dough rest 10 minutes.

Working with one portion at a time (cover remaining dough to keep from drying), roll each portion into a 10-inch circle on a lightly floured surface. Place dough on two baking sheets, each sprinkled with 1 tablespoon cornmeal.

**YIELD:** 2 (10-inch) pizza crusts (serving size: 1 crust)

#### **NUTRITIONAL INFO**

calories: 603 carbohydrates: 108.5 g cholesterol: 0 mg fat: 9.7 g sodium: 589 mg

protein: 18.5 g calcium: 24 mg iron: 7 mg fiber: 1.4 g



## **The CL Grilled Pizza Recipe....**

Grilled American Pizza

Source: Cooking Light- 06/01/97

HU: 7

Servings: 6

Posted by: MissVN

Date: May 28, 2003

**Comments:** Grilling pizza outdoors gives it an authentic smoky, wood-fired taste. And with crusts you've made ahead, it doesn't take an eternity.

### **INGREDIENTS**

4 ounces turkey Italian sausage

2 (10-inch) Quick-and-Easy Pizza Crusts

Cooking spray

1/2 cup marinara sauce

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

1/2 cup thinly sliced mushrooms

1/2 cup vertically sliced onion

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

### **INSTRUCTIONS**

Remove casing from sausage. Cook in a medium nonstick skillet over medium-high heat until browned; stir to crumble. Drain; pat dry with paper towels. Set aside.

Prepare grill.

Place 1 crust on grill rack coated with cooking spray; grill 3 minutes or until puffy and golden. Turn crust, grill-mark side up, and spread with half of marinara sauce. Top with half of sausage, mozzarella, mushrooms, onion, and Parmesan. Cover and grill 4 to 5 minutes or until cheese melts and crust is lightly browned. Repeat with remaining crust and toppings.

**YIELD:** 6 servings (serving size: 1/3 pizza)

**PREPARATION TIME:** 20 minutes

**COOKING TIME:** 15 minutes

### **NUTRITIONAL INFO**

calories: 339 carbohydrates: 40.8 g cholesterol: 29 mg fat: 11.5 g sodium: 678 mg

protein: 17.8 g calcium: 252 mg iron: 3 mg fiber: 1 g

## **Traditional Yankee Pot Roast**

Source: Cooking Light (website)

Healthy Units: 8

Serving: 3 oz beef + ½ cup vegetables

Submitted by: JoanBorsten

Date: May 29, 2003

**Comments:** This recipe has no less than 18 rave reviews on the CL website. I cut it down from a 4 to 3 pound roast, only used 1 pound of potatoes, and added mushrooms (so the CL nutritional info probably does not match). It was delicious and I bet the leftovers disappear already today.

### **INGREDIENTS:**

2 teaspoons olive oil  
1 (3-pound) boneless chuck roast, trimmed  
1 tablespoon kosher salt  
1 tablespoon cracked black pepper  
2 cups coarsely chopped onion  
2 cups low-salt beef broth  
1/4 cup ketchup  
2 tablespoons Worcestershire sauce  
1 cup chopped plum tomato  
1 1/4 pounds small red potatoes  
1 pound carrots, peeled and cut into 1-inch pieces  
2 tablespoons fresh lemon juice  
Chopped fresh parsley (optional)

### **INSTRUCTIONS:**

Any roast from the chuck, which is the shoulder section (arm, 7-bone, or blade), will make great pot roast. Since the shoulder gets lots of exercise, it's riddled with fibrous tissue that melts during slow cooking -- keeping the meat moist and ensuring rich, beefy flavor. 1. Preheat oven to 300 degrees. 2. Heat olive oil in a large Dutch oven over medium-high heat. Sprinkle roast with salt and pepper. Add roast to pan, browning on all sides (about 8 minutes). Remove from pan. Add onion to pan; sauté 8 minutes or until browned. Return roast to pan. Combine broth, ketchup, and Worcestershire; pour over roast. Add tomato; bring to a simmer. 3. Cover and bake at 300 degrees for 2 1/2 hours or until tender. Add potatoes and carrots; cover and bake an additional 30 minutes or until vegetables are tender. Stir in lemon juice. Garnish with parsley, if desired.

**NUTRITIONAL INFO:** CALORIES 290 (26% from fat); FAT 8.4g (sat 2.8g, mono 3.7g, poly 0.5g); PROTEIN 32.9g; CARB 20g; FIBER 3g; CHOL 92mg; IRON 4.3mg; SODIUM 756mg; CALC 36mg

## **Parmesan Potato Bites**

Source: Cooking Light (June 2003, pg. 216)

Healthy Units: 1

Servings: 12 (2 stuffed halves per serving)

Posted by: kimbilly

May 28, 2003

**Comments:** Lots of flavor in a little bite, and 2 stuffed halves are only 1 point. Use a melon baller or small metal measuring spoon(s) to carefully scoop out the potato pulp.

### **Ingredients**

12 small red potatoes -- about 1 pound  
1 1/2 teaspoons olive oil  
3/4 cup onion -- minced  
1/4 cup turkey bacon slices -- uncooked, diced  
1/8 teaspoon freshly ground black pepper  
3 cloves garlic -- minced  
1/2 cup grated parmesan cheese  
1 teaspoon ground sage

### **Instructions**

1. Cook potatoes in boiling water 15 minutes or until tender; drain.
2. Heat oil in a nonstick skillet over medium-high heat. Add onion, bacon, pepper and garlic; sauté 5 minutes or until tender.
3. Preheat broiler.
4. Cut potatoes in half; carefully scoop out pulp, leaving a 1/4-inch shell. Mash potato pulp with a fork; stir in cheese and sage. Add to onion mixture, stirring well. Spoon about 1 tablespoon potato mixture into each shell. Arrange stuffed potatoes on a baking sheet, and broil 3 to 4 inches from heat 3 minutes or until lightly brown.

CAL: 64; FAT: 2.1g; FIBER: 1g

## **Potato Salad with Parsley and Chives**

Cooking Light, June 2003, page 114

Healthy Units: 3

Serves: 5 (1 cup servings)

Posted by: Lissa R

May 28, 2003

### **Comments:**

#### Dressing:

1/4 cup light mayonnaise

1/4 cup fat-free sour cream

2 tablespoons grated Parmesan cheese

1 tablespoon lemon juice

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

#### Salad:

4 cups cubed Yukon gold potato (about 1.5 pounds)

1/2 cup chopped celery

1/3 cup finely chopped fresh flat-leaf parsley

1/4 cup frozen green peas, thawed

1/4 cup chopped fresh chives

1. To prepare dressing, combine the first 6 ingredients in a small bowl.
2. To prepare the salad, place potato in a saucepan and cover with water. Bring to a boil, reduce heat, and simmer 9 minutes or until tender. Drain and cool. Combine the dressing, potato, celery, parsley, peas, and chives in a large bowl and toss well.

Calories: 173 Fat: 4.9g Fiber: 3.1g

## **Smoked Salmon Pasta Salad**

Source: Cooking Light Light and Easy Menus

Healthy Units: 8

Serving: 1 1/2 cups

Submitted by: lxn1996 (Linda)

May 28, 2003

### **Comments:**

#### **INGREDIENTS:**

2 cups uncooked farfelle (bow tie pasta)

1 1/2 cups sliced asparagus (about 12 oz.)

1 (4 oz.) package smoked salmon

1 1/4 cups grape or cherry tomatoes

1/3 cup (1.3 oz.) crumbled feta cheese with basil and sun-dried tomatoes

1/2 cup reduced-fat olive oil vinaigrette

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

#### **INSTRUCTIONS:**

Cook pasta in boiling water 7 minutes, omitting salt and fat. Add asparagus; cook 4 more minutes. Drain pasta mixture. Rinse with cold water; drain well.

Cut salmon into 1/2-inch-wide strips.

Combine pasta mixture, salmon, tomatoes, and remaining ingredients in a large bowl; toss gently.

Per serving: Calories 385 (30% from fat) Fat 12.7g (sat 3.2g) Protein 17.2g

Carbohydrate 53.1g Fiber 3.8g Cholesterol 27mg Sodium 773mg

Exchanges: 3 Starch, 2 Vegetable, 1 Medium-Fat Meat, 1 Fat

## **Baked Rice with Butternut Squash**

CL website.

Servings 6 (Size - 1 cup)

Healthy Units - 3 per serving

Posted by C\_M\_K009

May 29, 2003

### **Comments:**

#### **INGREDIENTS**

1 butternut squash (about 1 1/2 pounds)  
2 cups fat-free, less-sodium chicken broth  
1 cup water  
1 tablespoon chopped fresh or 1 teaspoon dried rubbed sage  
1 teaspoon olive oil  
1 cup diced onion  
2 garlic cloves, minced  
1 cup uncooked Arborio or other short-grain rice  
1/4 cup dry white wine  
1 teaspoon chopped fresh or  
1/4 teaspoon dried thyme  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
Cooking spray  
1/4 cup (1 ounce) grated fresh Parmesan cheese  
Fresh thyme sprigs (optional)

#### **INSTRUCTIONS**

1. Preheat oven to 350 degrees.
  2. Place squash on a baking sheet. Bake at 350 degrees for 30 minutes or until tender; cool. Peel squash; cut in half lengthwise. Discard seeds and membranes; cut into 1/2-inch cubes. Increase oven temperature to 400 degrees.
  3. Bring broth, water, and sage to a simmer in a medium saucepan (do not boil). Heat oil in a large nonstick skillet over medium-high heat. Add onion; sauté 6 minutes. Add garlic; sauté 2 minutes. Add rice; sauté 1 minute. Stir in squash, broth mixture, wine, chopped thyme, salt, and pepper; cook 5 minutes, stirring occasionally.
  4. Place rice mixture in a 13 x 9-inch baking dish coated with cooking spray. Bake at 400 degrees for 30 minutes. Stir mixture gently. Sprinkle with cheese; bake an additional 5 minutes or until cheese melts. Garnish with fresh thyme sprigs, if desired.
- YIELD: 6 servings (serving size: about 1 cup)

#### **NUTRITIONAL INFO**

CALORIES 186; FAT 2.2g FIBER 2.1g;

## **Quinoa Chowder with Spinach, Feta Cheese, and Green Onions**

Published: Cooking Light- 12/01/99

Cooking Light Website

Healthy units: 3 per 1 1/4 cups

servings: 8

Posted by: Zephyr

5-28-03

### **Comments:**

#### **INGREDIENTS**

8 cups water  
3/4 cup uncooked quinoa  
2 teaspoons olive oil  
2 tablespoons finely chopped seeded jalapeno pepper  
1 garlic clove, minced  
2-1/2 cups diced peeled baking potato (about 1 pound)  
1 teaspoon salt  
1 teaspoon ground cumin  
1/4 teaspoon freshly ground black pepper  
2/3 cup thinly sliced green onions, divided  
3 cups thinly sliced spinach  
1 cup (4 ounces) crumbled feta cheese  
1/3 cup chopped fresh cilantro

#### **INSTRUCTIONS**

1. Combine water and quinoa in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Remove from heat. Drain in a sieve over a bowl, reserving cooking liquid; add enough water to cooking liquid to measure 6 cups. Set quinoa aside.

2. Heat oil in pan over medium heat. Add jalapeno and garlic; cook 30 seconds. Stir in potato, salt, cumin, and black pepper; cook 5 minutes, stirring frequently. Stir in 6 cups cooking liquid, quinoa, and 1/3 cup onions; bring to a boil. Reduce heat, and simmer 10 minutes or until potato is tender. Stir in 1/3 cup onions and spinach; cook 3 minutes. Remove from heat. Stir in cheese and cilantro.

## **Maple Mustard Green Beans**

Source: 3 Fat chicks website

Healthy Units: 1

Servings: 8

Posted by: Zephyr

5-29-03

### **Comments:**

#### Ingredients

2 lbs green beans trimmed

2 Tbsp coarse grain mustard Dijon

3 Tbsp. balsamic vinegar

1 1/2 Tbsp. maple syrup we are not talking Aunt Jemima

2 tsp olive oil

2 Tbsp chopped green onions

salt & pepper to taste

Steam green beans until crisp and pour into bowl. Mix remaining ingredients and pour over beans and toss.

Nutrition info:

calories 56

fat 1.5

fiber 2



## **Cheese and Chili Filled Bread**

The Complete Cooking Light Cookbook, p. 91

Serves: 16

WW Points: 2

Posted by: Jill (jillyh)

5//29/03

**Comments:** I used Cracker Barrel 2% Extra Sharp Cheddar instead of regular cheddar, but it did not affect the points.

### **Ingredients**

2 3/4 c. bread flour, divided

1 tsp. sugar

1 tsp. salt

1 package dry yeast (about 2 1/4 tsp)

1 c. very warm water (120-130 degrees)

1 T. extra virgin olive oil

cooking spray

1/4 c. minced fresh parsley

1/4 c. (1 oz) grated sharp cheddar cheese

1/4 c. (1 oz) grated fresh parmesan cheese

3 T. minced jalapeno pepper

3 T. minced green onions

1 T. extra virgin olive oil (I used 2 tsp)

1/8 tsp. black pepper

4 garlic cloves, minced

1 large egg white, lightly beaten

2 tsp. water

Lightly spoon flour into dry measuring cups; level with a knife. Combine 1 c. flour, sugar, salt, and yeast in a large bowl. Add 1 c. very warm water and 1 T. oil; stir until well blended. Add 1 1/2 c. flour; stir until a soft dough forms. (I mixed and kneaded this with the dough hook of my Kitchenaid mixer.) Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 min); add enough of remaining flour, 1 T. at a time to prevent dough from sticking to hands (dough will feel tacky.) (Mine required less than 1 additional T.) Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place, free from drafts, 45 minutes or until doubled in size. (Press two fingers in dough. If indentation remains, the dough has risen enough.) Punch dough down, and roll into a 15 x 10 inch rectangle on a lightly floured surface. Combine parsley and next 7 ingredients in a bowl. Spread parsley mixture evenly over dough, leaving a 1/2 inch border. Roll up rectangle tightly, starting at long side, pressing firmly to eliminate air pockets; pinch seam and ends to seal. Place roll, seam side down, on a large baking sheet, coated with cooking spray (I used parchment paper on the sheet instead). Using a very sharp knife, make a few 1/4 inch deep diagonal cuts across top of loaf. Cover and let rise 35 minutes or until doubled in size. Combine egg white and 2 tsp. water and gently brush over dough. Preheat oven to 375. Bake at 375 for 25-30 minutes or until loaf is golden and sounds hollow when tapped. Cool on a wire rack. Yield: 1 loaf, 16 servings (serving size= 2 [1/2 inch] slices or 1 [1-inch] slice.)

Calories=108; Fat=3.1g; Fiber=.8g;

## **Asparagus Salad**

source: Cooking Light, June 2003, pg. 188.

Servings 4

Healthy Units per serving: 1

Posted by

May 29, 2003

### **Comments:**

### **Ingredients**

4 cup cooked asparagus

1 cup plum tomatoes

1/4 cup red onion(s)

1/4 cup feta cheese

2 Tbsp fresh lemon juice

2 tsp dill

1 tsp olive oil

1/4 tsp table salt

### **Instructions**

Chop asparagus and tomatoes. Mince onion. Combine all ingredients and stir well.

## **Onion Bead Pudding**

Source: Cooking Light, June 2003, page 188.

servings: 4

HU per serving | 7

Posted by tvgirl34

May 29, 2003

### **Comments:**

#### **Ingredients**

1 medium Vidalia onion(s)

2 cup low-fat milk

1/2 tsp table salt

1/2 tsp dried thyme

1/8 tsp black pepper

2 large egg(s)

8 oz French bread

3 oz gruyere cheese

1 serving cooking spray (5 one-second sprays)

#### **Instructions**

Preheat oven to 425 degrees. Heat large nonstick skillet over medium-high heat. Add 1/4-inch wide onion slices (keep slices intact), cook 3 minutes on each side or until browned. Combine milk, salt, thyme, pepper, and eggs in a large bowl, stirring with a whisk. Add the bread cubes and 1/2 cup (approx 1 oz.) shredded Gruyere; toss mixture well. Place the bread mixture in an 8-inch square baking dish coated with cooking spray. Arrange onion slices on top of bread mixture. Sprinkle with 1/4 cup (approx 1 oz.) shredded Gruyere. Bake at 425 degrees for 25 minutes or until set and golden. Yield: 4 servings (serving size: about 1 1/2 cups).

## **Korean-Style Pork Tenderloin**

Source: Cooking Light Annual 2003

Serving size: 6 servings (3 oz.pork and 1 TBL sauce)

HU: 4

Posted by: CindyHN

May 29, 2003

### **Comments:**

#### **Ingredients**

1/3 cup low-sodium soy sauce  
3 Tbsp rice vinegar  
2 Tbsp sugar  
1 Tbsp minced peeled fresh ginger  
1 Tbsp dark sesame oil  
1/4 tsp crushed red pepper  
4 garlic gloves, minced  
1 1/2 pounds pork tenderloin, trimmed  
cooking spray

1. Combine first 7 ingredients in a large zip-top bag; add pork. seal and marinate in refrigerator 8 hours or over night, turning occasionally.
2. Preheat oven 425 degrees.
3. Heat large ovenproof skillet coated with cooking spray over med.-high heat. Remove pork from bag, reserving marinade. Add pork to pan cook 6 minutes browning on all sides.
4. Place pan in oven; bake at 425 for 15 min. or until meat thermometer registers 160 (medium) or until desired doneness. Let stand 5 min. before slicing.
5. Bring reserved marinade to a boil in a small saucepan. Reduce heat, and simmer 5 min.
6. cut pork into 1/4-inch-thick slices; serve with sauce.

Calories 184, Fat 6.2grams, Fiber .2grams

## **Broccoli Salad**

servings 6

Healthy Units 3

Posted by Marnaj500

May 29, 2003

### **Comments**

### **Ingredients**

4 cup broccoli  
1/4 cup red onion(s)  
1/2 cup plum tomatoes  
1/2 cup raisins  
1/2 cup Hellmann's Low-Fat Mayonnaise Dressing  
1/2 cup light sour cream  
3 Tbsp Regina White Wine Vinegar  
2 Tbsp Splenda No Calorie Sweetener  
1/4 cup no-salt toasted sunflower seeds  
2 Tbsp Oscar Mayer Bacon Bits

### **Instructions**

Combine Broccoli Flowerlets, chopped onions, tomatoes and raisin in a small bowl. Whisk Mayonnaise, sour cream, vinegar and Splenda together. Mix together and refrigerate until serving. Just before serving, add Sunflower seeds and bacon bits.

## **Barley, Corn, and Provolone Bake**

Cooking Light Annual Recipes 2001

Serves: 8 (easily halved)

WW Points: 3

Posted by: Jillyh

5/29/03

**Comments:** I skipped the red peppers because I'm not crazy about them and instead added just a little bit of diced carrot for the sweetness (about half the amt of pepper called for). I also used a very sharp provolone; a lot of the flavor of the dish came from the cheese, so I think the dish would lose a lot if a milder cheese (like mozzarella or regular provolone) were used.

3 1/2 c. water

3/4 tsp. salt, divided

1 c. uncooked pearl barley

1 tsp. olive oil

1 1/2 c. chopped sweet onion

1 c. fresh corn kernels (about 2 ears)

1 c. diced red bell pepper

1/4 c. finely chopped fresh parsley

2 tsp. minced fresh or 1/2 tsp. dried thyme

1/4 tsp. freshly ground black pepper

3/4 c. (3 oz) shredded sharp provolone, fontina, or part skim mozzarella cheese

Cooking spray

Combine water and 1/4 tsp. salt in a large saucepan; bring to a boil. Add barley. Return to a boil. Cover, reduce heat, and simmer 45 minutes. Let stand, covered, 5 minutes. Preheat oven to 350. Heat oil in a large nonstick skillet over medium heat. Add onion and corn; sauté 6 minutes. Add bell pepper; sauté 3 min. Stir in cooked barley, 1/2 tsp. salt, parsley, thyme, and black pepper. Remove from heat; stir in cheese. Spoon into a 2-quart casserole coated with cooking spray; cover with lid. Bake at 350 for 40 minutes. Uncover, bake an additional 5 minutes. Yield: 8 servings (3/4 c.)

Calories=166; Fat=4.1g; Protein=6.4g; Carb=27.3g; Fiber=5.6g; Chol=7mg; Iron=1.3mg; Sodium=321mg; Calcium=99mg

## **Balsamic-Glazed Tuna**

Cooking Light 2000 Annual

Healthy Units: 6 per serving

4 servings

Posted by DebMj1

July 6, 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.

**YIELD:** 4 servings (serving size: 1 steak and 1 tablespoon glaze)

### **NUTRITIONAL INFO**

calories: 266 carbohydrates: 4.6 g cholesterol: 65 mg fat: 8.5 g sodium: 366 mg protein: 40.3

## Broiled Tilapia with Thai Coconut-Curry Sauce

www.cookinglight.com

Yield: 4 servings (size: 1 fillet, 1/2 cup sauce, 3/4 cup rice, & 1 lime wedge)

Healthy Units: 8

Posted by Baswtinn32 (Maria)

May 30, 2003

**Comments:** Tilapia's mild flavor allows the bold flavors in this brothy sauce to shine. Serve this dish with rice, which will absorb the sauce.

### INGREDIENTS:

- 1 teaspoon dark sesame oil, divided
- 2 teaspoons minced peeled fresh ginger
- 2 garlic cloves, minced
- 1 cup finely chopped red bell pepper
- 1 cup chopped green onions
- 1 teaspoon curry powder
- 2 teaspoons red curry paste
- 1/2 teaspoon ground cumin
- 4 teaspoons low-sodium soy sauce
- 1 tablespoon brown sugar
- 1/2 teaspoon salt, divided
- 1 (14-ounce) can light coconut milk
- 2 tablespoons chopped fresh cilantro
- 4 (6-ounce) tilapia fillets
- Cooking spray
- 3 cups hot cooked basmati rice
- 4 lime wedges

### INSTRUCTIONS:

Preheat broiler.

Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat. Add ginger and garlic; cook 1 minute. Add pepper and onions; cook 1 minute. Stir in curry powder, curry paste, and cumin; cook 1 minute. Add soy sauce, sugar, 1/4 teaspoon salt, and coconut milk; bring to a simmer (do not boil). Remove from heat; stir in cilantro.

Brush fish with 1/2 teaspoon oil; sprinkle with 1/4 teaspoon salt. Place fish on a baking sheet coated with cooking spray. Broil 7 minutes or until fish flakes easily when tested with a fork. Serve fish with sauce, rice, and lime wedges.

NUTRITIONAL INFO: CALORIES 506 FAT 17.1g FIBER 3.1g;



## **Molly's Homemade Salsa**

Source: Family Recipe J

Healthy Units: 0 per serving

Yield: 6-8 cups

Posted By: washu97 (Molly)

Posted on: May 30, 2003

**Comments:** This is a "runny" salsa (as opposed to chunky) but has a wonderful flavor. Adding a small can of tomato paste might help thicken it slightly. In addition to using it as a dip, it also make a great salad dressing. I frequently cook with this salsa – after browning beef or chicken, I then "simmer" it in the salsa to add some flavor for Mexican meals.

### **INGREDIENTS:**

6 Roma Tomatoes  
3 Jalapeno Peppers (remove vein and seeds for MILD)  
2 Serrano Peppers (omit for MILD)  
1 Cup (unpacked) Fresh Cilantro  
4 tsp White Vinegar  
2 Large Garlic Cloves (cloves, NOT bulbs)  
2 tsp Salt  
Juice from 1 Fresh Lime  
2 – 14.5 oz cans whole or diced tomatoes  
1 – 8 oz can Tomato Sauce

### **INSTRUCTIONS:**

#### **Food Processor Directions**

1. Pour juice from canned tomatoes into processor.
2. Add liquid ingredients.
3. Add all vegetables (except tomatoes) and pulse.
4. Add spices and pulse briefly to blend.
5. Add quartered Roma tomatoes and canned (whole or diced) tomatoes.
6. Pulse to desired consistency.
7. Add tomato sauce and stir.
8. Refrigerate and serve.

**Hand Mixing Directions** 1. Cut all vegetables to desired size. Use food chopper if available to dice into small pieces. 2. Combine all vegetables (except tomatoes) into large mixing bowl. 3. Add liquid ingredients and juice form canned tomatoes. Stir to blend. 4. Add spices and stir. 5. Add diced Roma tomatoes and blend. 6. Add diced canned tomatoes and blend. 7. Add tomato sauce and stir. 8. Refrigerate and serve.

## Quinoa with Sundried Tomatoes

Adapted from an internet recipe

WW Points: 4

Serves: 2 (easily doubled)

Posted by: Jill (jillyh)

5/30/03

**Comments:** Be sure to rinse quinoa very well to remove any bitter taste that may linger in the outer coating. Toasting quinoa before cooking it gives it a slightly more nutty flavor; toasting before cooking is an option with any quinoa recipe, even if the instructions don't require it.

### Ingredients

1/2 cup uncooked quinoa, rinsed well

1/2 tsp olive oil

4 medium sun-dried tomatoes, without oil, chopped

1 medium shallot, chopped

1 clove garlic, minced

1 cup fat free, low sodium chicken broth

1/8 tsp cayenne pepper

2 Tbsp fresh parsley, chopped

1/8 tsp kosher salt

1/8 tsp black pepper

Place quinoa in a fine meshed sieve and rinse under warm running water for 1 min. agitating it with your fingers. Set aside. Heat olive oil in a heavy, medium saucepan over med. heat. Add tomatoes, shallots, and garlic and saute for 3-5 minutes or till shallots are softened. Add stock and bring to a boil. In the meantime, heat a small dry, nonstick frying pan on high heat. Toss quinoa in frying pan for 1 minute, tossing/stirring constantly to toast. Remove from heat. Once stock mixture is boiling, add quinoa and cayenne, and return to a boil. Reduce heat to low and simmer, covered for about 15-30 minutes, or until liquid is absorbed. Let sit for 5 minutes and fluff with fork to separate. Stir in fresh parsley and salt and pepper. (You know quinoa is done when it is tender to the bite and you see little white squiggles pop from some or all of the grains.)

Nutrition info not known. Points calculated by Recipe Builder.

## Quinoa Timbales

Cooking Light Annual Recipes 2001

WW Points: 4

Serves: 6

Posted by: Jill (jillyh)

5/30/03

**Comments:** "Dubbed the supergrain of the future, quinoa (KEEN-wah) is high in fiber and contains all the essential amino acids--which makes it a complete protein. You can serve the dish from a bowl if you don't want to form the timbales." (But the timbales are really pretty with the tomatoes in formation on top!)

### Ingredients

2 c. water  
1 1/2 c. uncooked quinoa, rinsed and drained  
1/3 c. dried currants or raisins  
1/4 c. diced dried apricots  
1 T. olive oil  
2 tsp. fresh lemon juice  
1/2 tsp. salt  
1/4 tsp. freshly ground black pepper  
1/4 tsp. ground cumin  
1/4 c. chopped fresh parsley  
2 T. finely chopped walnuts (I use pecans)  
2 T. minced green onions  
9 cherry tomatoes, halved  
cooking spray

Bring water to a boil in a medium saucepan; add quinoa, currants, and apricots. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Remove from heat; let stand, covered, 5 minutes. Fluff with fork. Combine oil, lemon juice, salt, pepper, and cumin in a large bowl, and stir well with a whisk. Add parsley, walnuts, and green onions; stir well. Stir in quinoa mixture. Place 3 cherry tomato halves, cut sides down, in the bottom of each of 6 (6 oz) ramekins coated with cooking spray. Pack about 1/2 c. quinoa mixture into each ramekin. Immediately invert ramekins onto individual plates. Yield: 6 servings.

Calories=222; Fat=6.4g; Protein=6.5g; Carb=36.1g; Fiber=5.7g; Chol=0mg; Iron=4.6mg; Sodium=207mg; Calcium=59mg

## **Peach and Papaya Salsa**

Healthy Units: 1

Serves: 4

Posted by JoanCallaway

May 30, 2003

### **Comments:**

#### **Ingredients**

4 peaches, diced

1/2 papaya, diced

1 T. lemon juice

2 tomatoes, diced

8 scallions, chopped

1/2 tsp. jalapeno

3 Tbsp. seasoned rice vinegar

Mix all.

## **Cheater's Salsa:**

Healthy Units:

Serves:

Posted by jrsmky

May 30, 2003

**Comments:** I love salsa, but am too lazy to dice tomatoes. So here is my recipe with approximate measurements because I usually make it to taste.

1 (14 oz) can Red Gold diced tomatoes with chilis

2 (14 oz) cans Red Gold diced tomatoes with Mexican spices

2-3 hot peppers (I like to mix bannana, jalapeno, and habanero)

1/4 medium onion

3 garlic cloves

1/2 c cilantro

3 limes

Remove the seeds from the peppers (unless you want really spicy salsa). Place the peppers and onions in a food processor. Pulse until chopped. Place the peppers and onions in a bowl. Use a garlic press and add the garlic. Drain the tomatoes in a collander pressing as much of the liquid out as possible. Add tomatoes to the pepper/onion mix. Add chopped cilantro, juice of limes, and salt to taste.

## **Buffalo Chicken Lasagna**

Source: 3 fat chicks site

Healthy units: 6

Servings: 9

Posted by: Zephyr

Date: 5-30-03

### **Comments:**

12 lasagna noodles uncooked  
1 lb boneless, skinless chicken breast, cubed  
3 cups low fat spaghetti sauce  
1 cup very mild buffalo wing sauce  
1 1/2 cups water  
15 oz nonfat ricotta cheese  
1/2 cup egg substitute  
3/4 cup crumbled bleu cheese

Preheat oven to 350. spray skillet with Pam. Cook chicken over high heat for 4 minutes or until almost done. stir in sauces and water. In small bowl combine ricotta and egg substitute. Spray 9 x 13 pan with Pam. Spread 1 cup of sauce in bottom. arrange 4 noodles over the sauce. Spread more sauce then a layer of ricotta mixture.. Another layer of sauce and then repeat the whole process until you end with a sauce layer. Cover and bake 1 hour and 10 minutes. Uncover and sprinkle with cheese and bake another 5 minutes uncovered. Cover and let stand 15 minutes before serving.

I hope you guys enjoy this as much as we do. Rob requests this quite often.  
Makes 9 servings at 6 points a serving.

## **Sak's BeerBQ Sauce**

My Dad's recipe

Healthy Units: 1

Serves: 11

Posted by: Karey2002

5-30-03

### **Comments:**

Ingredients:

1 cup beer

1 cup ketchup

1/3 cup brown sugar

1/3 cup vinegar (I have tried all kinds)

3 T worcestershire sauce

1 t dried mustard

1 t paprika

1/2 t chili powder

1/2 t salt

Mix all ingredients in saucepan and bring to a boil. Reduce heat and simmer for 10 minutes, stirring to prevent scorching.

## **Honey-Mustard Pork Tenderloin with Kale**

Source: Cooking Light, April 2001

Healthy Units: 6

Servings: 4 (serving size: 3 ounces meat, 3 tablespoons sauce, and 1/2 cup kale)

Posted By: jcanty (Gail)

May 31, 2003

### **Comments:**

#### **INGREDIENTS:**

Pork:

1 (1-pound) pork tenderloin

1/4 cup stone-ground mustard (such as Willamette Valley Stone Ground Mustard)

2 tablespoons honey

1 tablespoon sherry vinegar or white wine vinegar

Cooking spray

Sauce:

2 tablespoons honey

1 tablespoon sherry vinegar or white wine vinegar

3/4 cup fat-free, less-sodium chicken broth

1/4 cup sherry

2 tablespoons minced shallot

1 tablespoon stone-ground mustard

Kale:

6 cups torn kale

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

1 tablespoon stone-ground mustard

1 tablespoon minced shallot

To prepare pork, trim fat from pork. Combine pork and next 3 ingredients (pork through vinegar) in a large zip-top plastic bag. Seal and marinate in refrigerator for 2 hours, turning occasionally. Remove pork from bag, reserving marinade.

Preheat oven to 375°F.

Place pork on a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of pork. Bake at 375°F for 40 minutes or until thermometer registers 160°F (slightly pink). Let stand 10 minutes before slicing.

To prepare sauce, combine reserved marinade, 2 tablespoons honey, and next 5 ingredients (honey through 1 tablespoon mustard) in a small saucepan; bring to a boil. Reduce heat to medium; cook 15 minutes. Set aside.

To prepare kale, combine kale, 1/4 cup chicken broth, 1 tablespoon mustard, and 1 tablespoon shallot in a large skillet over medium heat. Cover and cook 8 minutes or until tender.

NUTRITIONAL INFO: calories: 287 fat: 5.2 g fiber: 1.8 g



## Seafood Fettuccine

Cooking Light, April 2001

Healthy Units: 10

Servings: 8 (serving size: 1-1/2 cups)

Posted By: jcanty (Gail)

5/31/03

**Comments:** I lighted this to 8 HU w/ ICBINB, FF half and half and RF cheese

### INGREDIENTS:

1-1/2 tablespoons butter  
1 cup chopped green onions  
4 garlic cloves, minced  
1 pound medium shrimp, peeled  
1 pound sea scallops  
2 cups half-and-half  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/2 pound lump crabmeat, shell pieces removed  
3/4 cup (3 ounces) grated fresh Parmesan cheese, divided  
8 cups hot cooked fettuccine (about 1 pound uncooked pasta)  
1/4 cup chopped fresh parsley

### INSTRUCTIONS:

The sauce is like a traditional Alfredo, with no flour or other thickener. Don't worry if it looks thin. It's the perfect consistency for coating the pasta. Pat the shrimp and scallops dry before cooking with paper towels so they don't dilute the sauce.

1. Melt butter in a 12-inch nonstick skillet over medium-high heat. Add onions and garlic; saute 1 minute or until tender. Add shrimp and scallops; saute 3 minutes or until done. Reduce heat to medium-low.

2. Add half-and-half, salt, pepper, and crabmeat; cook 3 minutes or until thoroughly heated, stirring constantly (do not boil). Gradually sprinkle 1/2 cup cheese over seafood mixture, stirring constantly; cook 1 minute, stirring constantly. Remove from heat.

Combine pasta and seafood mixture in a large bowl. Top each serving with 1-1/2 teaspoons cheese and 1-1/2 teaspoons parsley.

### NUTRITIONAL INFO:

CALORIES 438 (30% from fat); FAT 14.8g (sat 7.7g, mono 3.6g, poly 0.9g); PROTEIN 38.5g; CARB 38g; FIBER 2.2g; CHOL 160mg; IRON 3.4mg; SODIUM 747mg; CALC 257mg

## **Tangerine and Onion Slaw**

Source: Greene on Greens

Healthy Units: 2

Servings: 8

Posted By: Carole (carolekm)

Date: 5/31/03

**Comments:** The only changes to the original recipe - called for 1/2 cup of olive oil instead of 1/4 cup, and it claimed to serve 4, but those would be pretty hefty servings. You can substitute oranges but it's not as sweet. This is excellent with spicy barbecue food as it's refreshing and sweet. Make it ahead of time and keep it very cold until serving time. Enjoy!

### **Ingredients**

8 tangerines or 6 oranges (works out to 3 cups of sections, but it's pretty forgiving if you want to add more)

1 medium red onion, thinly sliced, rings separated

Peel of 1 lemon, finely slivered

1 clove garlic

1/2 tsp coarse salt

Juice of 1 lemon

1 tsp Dijon mustard

1/4 cup olive oil

Juice of one orange (about 1/4 cup)

Pepper to taste

1 tsp chopped fresh tarragon

1 bunch watercress, leaves only

Peel, remove any white pith, section and trim the center to remove any seeds from the oranges. Place in a serving dish. Layer the onions, and lemon peel on top.

In a medium bowl, using a fork or pestle, mash the garlic and coarse salt until a paste. Stir in the lemon juice and mustard. Very slowly whisk in the olive oil, and thin with orange juice.

Pour dressing over tangerine-onion mixture, sprinkle with black pepper to taste. Chill until serving time.

Just before serving, sprinkle with tarragon and toss. Garnish with watercress.

## Raspberry-Cream Cheese Muffins

CL June 2003

Servings 24 (Size - 1 muffin)

Healthy Units - 3 per serving

Posted by pt1999 (Thana)

May 31, 2003

**Comments:** "Our Test Kitchens staff found that foil muffin or cupcake liners worked better than paper. They released more easily from the muffin without tearing it."  
This recipe was in the 'lighten up' section of the magazine. They are delicious!

### INGREDIENTS

2/3 cup (5 oz) 1/3-less-fat cream cheese, softened  
1/3 cup butter, softened  
1 ½ cups sugar  
1 ½ tsp vanilla extract  
2 large egg whites  
1 large egg  
2 cups all-purpose flour  
1 tsp baking powder  
¼ tsp baking soda  
½ tsp salt  
½ cup low-fat buttermilk [I use buttermilk powder and water.]  
2 cups fresh or frozen raspberries  
½ cup finely chopped walnuts

### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Combine cream cheese and butter in a large bowl. Beat with a mixer at high speed until well blended. Add sugar; beat until fluffy. Add vanilla, egg whites, and egg; beat well.
3. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, baking soda, and salt. With mixer on low speed, add the flour mixture and buttermilk to cream cheese mixture, beginning and ending with flour mixture. Gently fold in raspberries and walnuts.
4. Place 24 foil cup liners in muffin cups. Spoon batter evenly into liners. Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Remove from pans; cool on a wire rack.

YIELD: 2 dozen (serving size: 1 muffin)

### NUTRITIONAL INFO

CALORIES 143 (32% from fat); FAT 4.7g (sat 2.4 g, mono 1.3 g, poly 0.7g); PROTEIN 2.7 g; CARB 22.6g; FIBER 1.1g;

## **Easy Sloppy Joes**

Cooking Light Losing Weight Cookbook (pg 48)

Healthy units: 6

Servings: 8

Posted by mundelein68 (Cheryl)

May 31, 2003

**Comments:** May substitute ground turkey for ground round

### **INGREDIENTS:**

Vegetable cooking spray  
1-1/2 pounds ground round  
1 cup chopped onion  
1/2 cup chopped green pepper  
1 cup ketchup  
1 (8 oz) can no-salt-added tomato sauce  
1-1/2 tablespoons low-sodium Worcestershire sauce  
1-1/2 tablespoons lemon juice  
1-1/2 tablespoons prepared mustard  
1/4 teaspoon garlic powder  
8 reduced-calorie whole wheat hamburger buns

### **INSTRUCTIONS:**

Coat a large non-stick skillet with cooking spray. Place over medium-high heat until hot. Add ground round, onion, and green pepper. Cook until meat is browned, stirring until it crumbles. Drain and pat dry with paper towels. Wipe drippings from skillet with paper towel.

Return meat mixture to skillet. Add ketchup and next seven ingredients; stir well. Cook uncovered, over medium heat 10 minutes or until thoroughly heated and slightly thickened, stirring frequently.

Spoon meat mixture evenly over bottom halves of buns. Top with remaining bun halves.

### **NUTRITIONAL INFORMATION:**

CALORIES (per serving) 272; FAT 6.7g; PROTEIN 22.1g; CARBOHYDRATES 30.0g; CHOLESTEROL 54mg; SODIUM 67mg

## **Sweet Potato Sticks**

Cooking Light Losing Weight Cookbook (pg 48)

Healthy Units: 3

Serves: 8

Posted by: mundelein68 (Cheryl)

May 31, 2003

### **Comments:**

#### **INGREDIENTS:**

4 medium-sized sweet potatoes (about 2 lbs) peeled

1 tablespoon vegetable oil

1/3 cup grated Parmesan cheese

Vegetable cooking spray

#### **INSTRUCTIONS:**

Cut potatoes lengthwise into 1/2-inch-thick slices. Cut slices into 1/4-inch-wide strips.

Place potato strips in a large bowl.

Drizzle oil over potato strips; toss well. Sprinkle with Parmesan cheese, and toss well.

Arrange potato strips in a single layer on baking sheets coated with cooking spray.

Bake at 400 deg. for 35-40 minutes or until potato strips are crisp and lightly browned, stirring every 10 minutes.

#### **NUTRITIONAL INFORMATION;**

CALORIES 139; FAT 3.1g; PROTEIN 3.1g; CARBOHYDRATES 3mg; SODIUM 75mg

## **Yard waste lamb**

Carole's invention

Servings: 4

Points: 5

Posted by carolekm (Carole)

May 31, 2003

**Comments:** Can be made using lamb chops or pork chops, pork tenderloin or chicken

4 cuts of meat (lamb, pork or chicken)

Olive oil

Chopped garlic

Handfuls of fresh lavender and rosemary, about 50-50. Add a handful of sage if using pork or chicken.

Salt and pepper

Marinate lamb, or pork, or chicken in olive oil and chopped garlic for at least a few hours. If you love garlic, poke holes in the meat and stick cloves into the holes.

Light your grill

Preheat an oven to 250

Salt and pepper the meat

When the grill is hot, throw the herbs onto the coals, rest the metal grate on top of that and add the meat. Slam down the lid and cook for about 5-10 minutes, until the meat is seared and brown. Keep the lid closed to keep in that fabulous smoke (and the neighbors from wandering over hoping to join the pot-smoking-orgy they will think you are having.)

The meat should still be rare, even raw in the middle.

Now, put the meat on a cookie sheet and let "rest" in the warm oven for 20-45 minutes. The meat will finish cooking in its own juices and "relax".

To serve, pour the accumulated juices back over the meat and serve.

## **Greek Bean Salad**

Source: --- No idea...I've been making it for years.

Healthy Units: 5

Servings: 6

Posted by: JoanCallaway

May 31, 2003

### **Comments:**

Dressing:

1/4 c. red wine vinegar

3 T. olive oil

1/2 tsp. dill

1/2 tsp. basil

1/4 tsp. oregano

black pepper to taste

1/4 c. chopped parsley

Chop and add to 12 oz. garbanzo beans the following:

1 medium green bell pepper

1 medium tomato

1/2 red onion

Add 1 c. feta cheese, crumbled

1/4 c. sliced stuffed green olives

Marinate in dressing for four hours, minimum.

Serve as a salad on bed of lettuce or in pita bread.

## **Oysters Dunbar**

Created by JC after an appetizer she ate at Corrine Dunbar's in New Orleans in the late 60's.

Healthy Units: 3 per serving if serving 8

Servings: 8 as an appetizer

Posted by: JoanCallaway

May 31, 2003

### **Comments:**

#### **Ingredients**

4 tablespoons butter  
4 green onions  
3 tablespoons flour  
1/2 bottle clam juice  
1 jar oysters  
1 package frozen artichoke hearts  
1/8 teaspoon salt  
1/8 teaspoon pepper  
dash tabasco sauce  
1/2 cup bread crumbs, seasoned  
3 Tablespoons Parmesan cheese  
2 Tablespoons butter or less...just enough to moisten crumbs.

Saute green onions in butter. Add flour to make a roux. Add oyster water and if needed a little additional water or clam juice. Cook a little while to thicken. Add very small oysters or ones that have been cut into bite-sized pieces., boiled artichoke hearts that have been cut into same size as oyster bites, along with some scrapings from leaves if you have cooked the artichokes fresh rather than frozen. Season to taste with salt, white pepper, a bit of Tabasco. Cook all about ten minutes. Then drop this insipid looking goo into a small ramekin. (I use small shells...), cover with buttered Parmesan bread crumb mixture...and place in hot oven for brown and heating through. (You can make ahead and heat through when you plan to serve.)

Per Serving (excluding unknown items): 102 Calories; 7g Fat (57.5% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 337mg Sodium.  
Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.



## Warm Shrimp and Potato Salad

Cooking Light April 2003

Healthy Units: 5

Servings: 4

Posted by OneGrandGirl (Mary Ellen)

Date: 5/31/03

**Comments:** Select the smallest red potatoes you can find for the fastest cooking time. While the potatoes cook, peel and devein the shrimp, and prepare the dressing.

### Ingredients

1 pound small red potatoes, quartered  
¾ pound large shrimp, peeled and deveined  
¼ cup light mayonnaise  
¼ cup 1% low-fat milk  
1 Tablespoon capers, drained  
2 teaspoons white wine vinegar  
½ teaspoon salt  
½ teaspoon Dijon mustard  
¼ teaspoon freshly ground black pepper  
¼ cup thinly sliced red onion  
1 (5-ounce) bag gourmet salad greens

1. Place potatoes in a medium saucepan and cover with water; bring to a boil. Reduce heat, and simmer 12 minutes or until tender. Add shrimp; cook 2 minutes or until done. Drain and rinse with cold water; drain.

2. Combine mayonnaise and the next 6 ingredients (mayonnaise through pepper) in a large bowl, stirring mixture with a whisk. Add potatoes, shrimp and onion; toss to coat. Serve over greens.

Yield: 4 servings (serving size: 1 ¼ cups salad and 1 ¼ cups greens).

Calories 241; Fat 6.9 g; Protein 21.1 g; Carb 23.5 g; Fiber 2.9g; Chol 135 mg; Iron 4.2 mg; Sodium 643 mg; Calc 102mg

## Chili-Roasted Potatoes

Source: Cooking Light Website

Healthy Units: 4

Serves: 4

Posted by Kate

June 1, 2003

**Comments:** This spicy mixture of roasted potatoes, onions, and bell peppers is the perfect accompaniment to grilled flank steak or chicken.

### INGREDIENTS:

2 tablespoons water

2 tablespoons lemon juice

1 tablespoon olive oil

1 teaspoon Worcestershire sauce

1 teaspoon Thai chili paste (such as Dynasty)

1/2 teaspoon dried oregano

1/4 teaspoon salt

1/4 teaspoon ground cumin

1/4 teaspoon ground red pepper

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

1 red onion, cut into 6 wedges

1 red bell pepper, seeded and cut into 1/2-inch strips

8 garlic cloves, peeled

### INSTRUCTIONS:

Prep Time: 20 minutes

Cooking Time: 35 minutes

Preheat oven to 400.

Combine first 9 ingredients in a large bowl; stir with a whisk. Add potatoes, onion, bell pepper, and garlic; toss well to coat. Arrange vegetable mixture in a single layer in a shallow roasting pan; bake at 400 for 35 minutes or until potatoes are tender, stirring after 20 minutes.

### NUTRITIONAL INFO:

calories: 189 carbohydrates: 36 g cholesterol: 0 mg fat: 3.8 g sodium: 206 mg protein: 4.9 g calcium: 48 mg iron: 2.9 mg fiber: 4.3 g

### YIELD:

4 servings (serving size: 1 cup)

## **Scotch Bars**

Cooking Light Annual Recipes 2002, p. 292

Healthy Units: 2

Serves: 16

Posted by: Jill (jillyh)

6/1/03

### **Comments:**

#### **Ingredients**

1/2 c. all purpose flour

1 c. graham cracker crumbs

2/3 packed dark brown sugar

1/3 c. quick-cooking oats

1/3 c. butterscotch morsels

1 tsp. baking powder

1 T. vegetable oil

1 1/2 tsp. vanilla extract

2 large egg whites

Cooking spray

1 T. powdered sugar (I skipped the sprinkle)

Preheat oven to 350. Lightly spoon flour into a dry measuring cup, and level with a knife. Combine flour and next 5 ingredients, stirring with a whisk. Set aside. Combine oil, vanilla, and egg whites; add to flour mixture. Stir just until blended. Lightly coat hands with cooking spray (I used flour). Press batter (it's very thick, like a cookie dough) evenly into an 8x8 baking pan coated with cooking spray. Bake at 350 for 18 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack. Sift powdered sugar over top. Yield: 16 servings (serving size=1 bar)

Calories=118; Fat=2.8g; Protein=1.7g; Carb=21.8g; Fiber=.5g; Chol=0mg; Iron=.8mg; Sodium=90mg; Calcium=29mg

## **Sweet Barbecue Chicken**

Cooking Light Website

Healthy Units: 5

Servings: 12 (serving size: 1 chicken leg quarter)

Posted by: Dawnt01

Date: June 1, 2003

### **Comments:**

#### **Ingredients**

1 cup packed brown sugar

1 cup barbecue sauce

2 teaspoons dried thyme

1 teaspoon chili powder

1 teaspoon ground red pepper

1 6 ounce can apple juice, frozen concentrate -- thawed and undiluted

12 small chicken leg quarters -- (about 5 1/4 pounds) skinned

3/4 teaspoon salt

1/2 teaspoon black pepper

Cooking spray

Combine first 6 ingredients in a saucepan. Cook over medium heat 5 minutes or until thoroughly heated, stirring occasionally.

Prepare grill or broiler. Sprinkle chicken with salt and pepper. Place on a grill rack or broiler pan coated with cooking spray. Cook 10 minutes on each side. Brush chicken with sauce, and cook an additional 15 minutes or until chicken is done, turning and basting frequently.

## **Classic Angel Food Cake**

Cooking Light Magazine April 2003

Servings: 12

Healthy Units: 3

Posted by: Dawnt01

Date: June 1, 2003

### **Comments:**

#### **Ingredients**

1 cup cake flour -- sifted

1 1/2 cups sugar -- divided

12 large egg whites

1 teaspoon cream of tartar

1/4 teaspoon salt

1 1/2 teaspoons vanilla extract

1 1/2 teaspoons fresh lemon juice

1/2 teaspoon almond extract

Preheat oven to 325 degrees.

To prepare cake, lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and 3/4 cup sugar, stirring with a whisk.

Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Add cream of tartar and salt; beat until soft peaks form. Add 3/4 cup sugar, 2 tablespoons at a time, beating until stiff peaks form. Beat in vanilla, juice, and almond extract.

Sift 1/4 cup flour mixture over egg white mixture; fold in. Repeat with remaining flour mixture, 1/4 cup at a time.

Spoon the batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through the batter with a knife. Bake at 325 degrees for 55 minutes or until cake springs back when lightly touched. Invert pan; cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert the cake onto a plate. Yield: 12 servings (serving size: 1 slice).

## **Strawberry Topping**

Cooking Light Jul/Aug 1994, page 78

Servings: 8

Healthy Units: 1

Posted by: Dawnt01

Date: June 1, 2003

### **Comments:**

#### **Ingredients**

4 cups sliced fresh strawberries

1 tablespoon sugar

1/4 cup red currant jelly

2 tablespoons water

Combine strawberries and sugar; let stand 30 minutes. Combine jelly and water in a small saucepan; place over low heat. Cook, stirring until jelly melts. Remove from heat; stir in strawberry mixture. Spoon mixture into a bowl; cover and chill. Yield: 4 cups (serving size: 1/2 cup).

Note: I couldn't find red currant jelly so I substituted strawberry jelly. It was a hit.

## **Black Forest Cherry Cheesecake**

Cooking Light Website

Serves 16

Healthy Units: 6

Posted by Lissa R

June 1, 2003

### **INGREDIENTS**

Cherry topping:

2 cups pitted dark sweet cherries

1/4 cup sugar

1 tablespoon fresh lemon juice

2 teaspoons cornstarch

Crust:

1-1/3 cups chocolate graham cracker crumbs (about 9-1/2 cookie sheets)

1/4 cup sugar

1 tablespoon butter or stick margarine, melted

1 large egg white

Cooking spray

Filling:

1 cup fat-free sour cream

1/2 cup fat-free sweetened condensed milk

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

1 (8-ounce) block fat-free cream cheese, softened

1-1/4 cups sugar

3 tablespoons unsweetened cocoa

2 teaspoons vanilla extract

2 large eggs

1/2 cup semisweet chocolate minichips

36 dark sweet cherries, pitted and halved

### **INSTRUCTIONS**

-To prepare the cherry topping, place 2 cups cherries in a blender or food processor, and process until smooth. Combine the pureed cherries, 1/4 cup sugar, lemon juice, and cornstarch in a small saucepan. Bring to a boil, and cook 1 minute, stirring constantly. Pour cherry topping into a bowl; cover and chill.

-Preheat oven to 350 degrees.

-To prepare the crust, combine crumbs, 1/4 cup sugar, butter, and egg white in a bowl; toss with a fork until well-blended. Press crumb mixture into the bottom of a 10-inch springform pan coated with cooking spray. Bake at 350 degrees for 10 minutes; cool on a wire rack. Reduce oven temperature to 300 degrees.

-To prepare the filling, combine sour cream, milk, and cheeses in a large bowl. Beat at medium speed of a mixer until well-blended. Add 1-1/4 cups sugar, cocoa, vanilla, and eggs; beat well. Stir in minichips. Pour cheese mixture into prepared pan. Bake at 300 degrees for 50 minutes or until almost set (center will not be firm, but will set up as it chills). Turn oven off; cool cheesecake in closed oven 40 minutes.

-Remove from oven; cool on a wire rack. Spread cherry topping over cheesecake. Top with cherry halves. Cover and chill 8 hours. NUTRITIONAL INFO calories: 292 fat: 8.1 g fiber: 1.1 g

## Crawfish Enchiladas

Published: Cooking Light- 01/24/03

Serves 6 (serving size: 2 enchiladas)

Healthy Units: 7

Posted by MissVN

June 1, 2003

**Comments:** You might prefer it with more cheese on the top. If so, switch measurements and use 1/2 cup cheese in the filling and 1 cup on the top. Also, only briefly dip the tortillas in the water or they'll fall apart.

### INGREDIENTS

1 tablespoon butter  
1 cup chopped green onions  
1/2 cup chopped red onion  
1/4 cup chopped red bell pepper  
1/4 cup chopped green bell pepper  
1/4 cup chopped yellow bell pepper  
1/4 cup chopped seeded jalapeno pepper  
3 garlic cloves, minced  
2 teaspoons all-purpose flour  
1 cup 1% low-fat milk  
1/2 teaspoon salt  
1/2 teaspoon dried oregano  
1/2 teaspoon chili powder  
1/2 teaspoon paprika  
1/4 teaspoon black pepper  
1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese  
1/2 cup fat-free sour cream  
2 cups cooked crawfish tail meat (about 12 ounces)  
12 (6-inch) corn tortillas  
Cooking spray  
1/2 cup (2 ounces) shredded Monterey Jack cheese

### INSTRUCTIONS

1. Melt butter in a large nonstick skillet over medium-high heat. Add green onions and next 6 ingredients (green onions through garlic); **sauté** 5 minutes or until tender. Sprinkle flour over vegetables; cook 1 minute, stirring constantly. Gradually add milk, stirring with a whisk. Cook over medium heat until thick (about 8 minutes), stirring constantly. Stir in salt and next 4 ingredients (salt through black pepper). Remove from heat; let stand 3 minutes. Add cheddar cheese and sour cream, stirring until cheese melts. Stir in crawfish.
  2. Preheat oven to 325 degrees.
  3. Add water to a medium skillet to a depth of 1 inch; bring to a simmer. Dip 1 tortilla in water using tongs. Spoon 1/4 cup crawfish mixture into the center of 1 tortilla; roll tightly, and place in a 13 x 9-inch baking dish coated with cooking spray. Repeat procedure with crawfish mixture and remaining tortillas. Spread remaining crawfish mixture over tortillas; sprinkle with Monterey Jack cheese.
  4. Cover and bake at 325 degrees for 10 minutes or until thoroughly heated.
- NUTRITIONAL INFO CALORIES 332; FAT 11g FIBER 4.3g;



## **Jalapeno Poppers**

Source: WW Online

Serves 8

Healthy Units: 2

Posted by MissVN

June 1, 2003

**Comments:** I left the mayo out of the filling. Also, I only breaded the "open" side of the poppers and I used panko rather than cornflake crumbs.

### **Ingredients**

1 serving olive oil cooking spray (5 one-second sprays)

2 oz light cream cheese

1/2 cup low-fat shredded cheddar cheese

1 Tbsp fat-free mayonnaise

8 medium jalapeno pepper(s)

1/4 cup fat-free egg substitute

3/4 cup cornflake crumbs

### **Instructions**

Preheat oven to 350°F. Coat a large baking sheet with cooking spray.

In a medium bowl, combine cream cheese, cheddar cheese and mayonnaise; mix well and set aside. Halve jalapenos lengthwise and remove seeds. (Oil and seeds from the peppers can be irritating — wear gloves or put plastic bags over your hands. And don't rub your eyes.) Stuff jalapeno halves with cream cheese mixture.

Place egg substitute in a shallow dish. Place cereal crumbs in a separate shallow dish. Dip stuffed jalapeno halves into egg substitute and then roll in cereal crumbs to coat.

Transfer jalapenos to prepared baking sheet and coat with cooking spray.

Bake until filling is bubbly, about 30 minutes. Serve hot. Yields 2 poppers per serving.

## Deep-Dish Pizza Casserole

CL 5 Ingredient 15 Minute Cookbook

Servings 6

Healthy Units - 7 per serving

Posted by pt1999 (Thana)

June 1, 2003

**Comments:** "A meaty, cheesy pizza in a casserole dish. It's great with a big tossed green salad." This dinner won rave reviews. If you have a crowd, you might want to make two casseroles. From my perspective it was a good kid-friendly non-fussy dinner to put together easily and quickly after a late afternoon movie.

### INGREDIENTS

1 pound ground round (I added 2 tsps of Penzey's breakfast sausage spice as the meat browned, might do 3 tsps next time.)

1 (15-ounce) can chunky Italian-style tomato sauce {I just used regular tomato sauce with Italian spices since my guys don't care for chunky tomato sauce; and I only used about 1/2 - 2/3 of the can, so if you double the recipe, you could probably get by with just one can.}

Cooking spray

1 (10-ounce) can refrigerated pizza crust dough

6 (1-ounce) slices part-skim mozzarella cheese, divided

### INSTRUCTIONS

1. Cook meat in a medium nonstick skillet over medium-high heat until browned, stirring until it crumbles. Drain, if necessary and return to skillet. Add tomato sauce, and cook until heated.

2. While meat cooks, coat a 13- x 9- 2-inch baking dish with cooking spray. Unroll, pizza crust dough, and press into bottom and halfway up sides of baking dish. Line bottom of pizza crust with 3 slices mozzarella cheese. Top with meat mixture.

3. Bake uncovered, at 425 degrees for 12 minutes. Top with remaining 3 cheese slices and bake 5 additional minutes or until crust is browned and cheese melts. Cool 5 minutes before serving.

YIELD: 6 servings

### NUTRITIONAL INFO

CALORIES 277 (25% from fat); FAT 7.7g (sat 2.1 g); PROTEIN 22.6 g; CARB 28.5g; FIBER 1.6g; CHOL 49mg; SODIUM 667mg

## **Strawberry Muffins**

Source: Jane Brody's Good Food Gourmet

Serves: 12 muffins

Healthy Units: 3 per muffin

Posted by: trishblau

June 1, 2003

**Comments:** I used cake flour because I was out of all purpose, but all purpose would also work

### **INGREDIENTS**

1 1/2 cup cake flour

1/2 cup sugar (brown sugar may also be good)

2 1/4 teaspoon baking powder

3/4 teaspoon cinnamon

pinch of salt

1 egg

1 cup nonfat milk or apple juice

1/4 cup canola oil

1 cup slice strawberries

Preheat oven to 400 degrees.

In a large bowl, combine the flour, sugar, baking powder, cinnamon, and salt.

In a medium bowl, lightly beat the egg and then stir in the milk (or apple juice) and the oil. Add the egg mixture to the flour mixture, stirring the ingredients until they are just moist.

Gently stir in all but 12 slices of the strawberries. Divide the batter between 12 greased muffin cups. Top each muffin with a reserved strawberry slice.

Place the muffin tins in the hot oven, and bake the muffins for about 25 minutes.

## **Crispy Zucchini Coins**

CL Website and Published: Cooking Light- 10/01/97

Number of Servings: 4

Healthy Units: 2

Posted by DebMJ1

June 2, 2003

**Comments:** Here's a great way to use up that bumper crop of zucchini in the summer. Makes a unique side dish for grilled chicken or burgers. (I also added 1/8 tsp. of garlic powder to the breadcrumb mixture.)

### **INGREDIENTS**

1/2 cup Italian-seasoned breadcrumbs

3 tablespoons grated Parmesan cheese (I used 2 Tbsp)

1/4 teaspoon pepper

3 cups sliced (1/4-3/8" thick) zucchini (about 1 pound)

2 egg whites, lightly beaten

Cooking spray

### **INSTRUCTIONS**

Preheat oven to 450 degrees. Combine first 3 ingredients; stir well. Dip the zucchini slices in egg whites; dredge in breadcrumb mixture. Place zucchini in a single layer on a baking sheet coated with cooking spray. Bake at 450 degrees for 20 minutes. Turn zucchini over; bake an additional 15 minutes or until outside is crispy and browned.

**YIELD:** 4 servings.

**PREPARATION TIME:** 10 minutes

**COOKING TIME:** 35 minutes

### **NUTRITIONAL INFO**

calories: 94 carbohydrates: 13.6 g cholesterol: 3 mg fat: 1.8 g sodium: 498 mg protein: 6.5 g calcium: 83 mg iron: 1 mg fiber: 0.6 g

**Cook's Comments:** Be sure to cut them thick enough; I cut mine between 1/4 and 3/8 inch thick.

**Dquilter2 comments:** I would top them with salsa and a little grated cheese and was very happy. It was a tasty way to get in a couple of servings of vegetables

## Slow-Cooker Barbecue-Beef Sandwiches

Servings: 10

Healthy Units: 5 per 1/2 c beef, plus points for roll

Posted by Bawstinn32 (Maria)

June 2, 2003

**Comments:** Cooking these steaks in a slow cooker leaves you plenty of time to relax or to do some other things. Once they're done, you've got a sandwich your family will certainly enjoy. I cut down the points to 6 for the sandwich by using a 'light' wheat roll.

### INGREDIENTS:

5 tablespoons dark brown sugar, divided  
3/4 teaspoon black pepper  
2 (1-pound) flank steaks  
1 cup chopped onion  
1 cup tomato paste  
3 tablespoons Worcestershire sauce  
3 tablespoons molasses  
3 tablespoons cider vinegar  
1 tablespoon chili powder  
1 teaspoon garlic powder  
1 teaspoon dry mustard  
1 teaspoon ground cumin  
1/2 teaspoon salt  
10 (2-1/2-ounce) submarine rolls, halved  
Red onion slices (optional)  
Dill pickle slices (optional)

### INSTRUCTIONS:

Combine 1 tablespoon brown sugar and pepper; rub over both sides of steaks.  
Combine 1/4 cup brown sugar, onion, and next 9 ingredients (onion through salt) in an electric slow cooker.

Add steaks; turn to coat. Cover with lid; cook on high-heat setting for 1 hour. Reduce heat setting to low; cook for 7 hours. Remove steaks; reserve sauce. Shred steaks with 2 forks. Return shredded steak to cooker; stir into sauce. Spoon 1/2 cup steak mixture onto bottom half of each roll; top with onion and pickles, if desired. Cover with tops of rolls.

### NUTRITIONAL INFO:

calories: 435 carbohydrates: 57.2 g cholesterol: 47 mg fat: 10.4 g sodium: 668 mg  
protein: 26 g calcium: 77 mg iron: 4.9 mg fiber: 3.1 g

## **Strawberry Yogurt Scones**

Cooking Light Annual Recipes 2003, p. 294

Healthy Units: 3

Serves: 12

Posted by: Jill (jillyh)

6/2/03

### **Comments:**

#### **Ingredients**

1 1/2 c. all purpose flour  
2/3 c. whole wheat flour  
1/2 c. sugar  
2 tsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. salt  
3/4 c. chopped strawberries  
2/3 c. fat free strawberry yogurt  
3 T. butter, melted  
1/2 tsp. grated orange rind  
1 large egg white, lightly beaten  
cooking spray  
2 tsp. sugar

Preheat oven to 400. Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, 1/2 cup sugar, baking powder, baking soda, and salt in a large bowl. Combine strawberries, yogurt, butter, rind, and egg white; add to flour mixture, stirring until just moist. Turn dough out onto a lightly floured surface; knead lightly 4 times with floured hands. Pat into an 8-inch circle on a baking sheet coated with cooking spray. Cut into 12 wedges, cutting into but not through the dough; sprinkle with 2 tsp sugar. Bake at 400 for 20 minutes or until lightly browned. Yield: 12 scones (serving size=1 scone)

Calories=152; Fat=3.3g; Protein=3.6g; Carb=27.7g; Fiber=1.5g; Chol=8mg; Iron=1.1mg; Sodium=227mg; Calcium=78mg

## **Creamy Potato Salad**

Cooking Light 5 Star Recipes

Healthy Units: 2

Serves 8

Posted by: Pat White (valady 2350)

6/2/03

**Comment:** Point count is based on using Splenda in place of sugar. Nutritional information based on use of sugar.

### Ingredients

2 lbs medium red potatoes

1/4 cup green onions

2 oz diced pimento

1/2 cup fat-free mayonnaise

1/4 cup light sour cream

1 TBS Splenda (original recipe used sugar)

2 TBS mustard

1 TBS white wine vinegar

1/2 tsp salt

1/2 tsp celery seed

1/4 tsp black pepper

1/8 tsp garlic powder

Cut potatoes into 1/2 inch pieces and place in a medium saucepan. Add water to cover and bring to a boil. Cover, reduce heat and simmer 15 minutes or until potatoes are cooked. Drain and cool. Combine potato, chopped green onion, and diced pimento into a bowl and toss gently. Combine mayonnaise and next 9 ingredients together. Stir well, then add to potato mixture, tossing gently to mix. Cover and chill.

(serving size 3/4 cup)

Calorie 88, Protein 3.1g, Fat 1.4g, Carbs 16.8g, Fiber 1.6g, Sodium 405mg.

## Deviled Chicken Breasts

Cooking Light 5 Star Recipes

Healthy Units: 4

Serves 4

Posted by Pat White (valady2350)

6/2/03

**Comments:** These are fantastic and super easy to make! I did not drain the liquid on the mushrooms, but added to the pan. I also found that after simmering the breasts, there was very little liquid left in the pan to add the juice/mustard to, so put more cooking wine in the pan.

### Ingredients

2 TBS Italian style bread crumbs  
4 (4 oz) chicken breast, boneless and skinless  
1 TBS olive oil  
1/2 cup white wine  
1/2 tsp ground savory  
1/4 tsp salt  
1/4 tsp pepper  
4 oz whole mushrooms, jar or can  
1 TBS fresh lemon juice  
1 TBS honey mustard

Place crumbs in a zip lock bag, add chicken, seal and shake till well covered. Add oil to nonstick skillet over medium heat. Add chicken and cook 3 minutes on each side or until browned. Add wine and next 4 ingredients; cover, reduce heat and simmer 15 minutes. Remove chicken and mushrooms to serving dish. Add juice and honey mustard to skillet, stir until heated, about 1 minute. Pour over chicken and serve.

Calories 215; Protein 27.8g; Fat 5.0g; Carbs 8.4g; Fiber .3g; sodium 548mg.



## **Pork au Poivre**

Source: CL website (Published: CL- 06/01/01)

Healthy Units: 4

Servings: 4 (serving = 3oz pork & 2T sauce)

Posted by: packergal2 (Brenda)

Date posted: 6/2/03

**Comments:** Made this over the weekend and there were no leftovers; very quick & easy.

### **Ingredients:**

1 pound pork tenderloin, trimmed

1 tablespoon coarsely ground black pepper

2 teaspoons olive oil

Cooking spray

1/2 cup fat-free, less-sodium chicken broth

1/2 cup dry red wine

1 teaspoon Dijon mustard

1 teaspoon tomato paste

1/4 teaspoon salt

### **Instructions:**

Preheat oven to 425 degrees.

Slice the pork lengthwise, cutting to, but not through, the other side. Open halves, laying pork flat. Sprinkle each side of pork with 1-1/2 teaspoons pepper. Heat oil a large ovenproof skillet coated with cooking spray. Add pork; cook for 2 minutes on each side. Place the pan in oven, and bake at 425 degrees for 12 minutes or until meat thermometer registers 160 degrees (slightly pink). Remove pork from pan; keep warm.

Add broth and remaining ingredients to pan; stir well with a whisk. Bring to a boil over medium heat; cook until reduced to 1/2 cup (for about 3 minutes).

calories: 162 carbohydrates: 1.9 g cholesterol: 74 mg fat: 5.7 g sodium: 303 mg protein: 24.5 g calcium: 18 mg iron: 2.1 mg fiber: 0.5 g

## **Polenta with Tomato-Shiitake Sauce**

Source: Cooking Light (issue date?)

Healthy Units: 4

Servings: 4 (about 2/3C polenta and 1C tomato mixture)

Posted by: kimbilly

June 2, 2003

**Comments:** A surprisingly filling and flavorful vegetarian dish that held its own as a main course. Recipe called for "bottled minced roasted garlic." I used bottle minced garlic. I also supplemented my meager supply of shiitake with button mushrooms (about 50/50 mix), used beef broth to complement the mushrooms, and used Vidalia onions (almost a cup) rather than shallots.

### **Ingredients**

2 teaspoons olive oil  
1/3 cup shallot -- sliced  
3 cups shiitake mushrooms -- thinly sliced  
2 teaspoons dried basil  
1 teaspoon dried oregano  
1 teaspoon minced garlic  
1/4 teaspoon crushed red pepper  
1/4 teaspoon sugar  
29 ounces diced tomato -- 2 cans, drained  
2 cups vegetable broth  
1 cup water  
3/4 cup polenta, dry  
1/2 cup grated parmesan cheese

### **Instructions**

1. Heat oil in a large skillet over medium-high heat. Add shallots; sauté 2 minutes. Add mushrooms sauté 3 minutes or until tender. Stir in basil and next 5 ingredients (basil through tomatoes); cook 3 minutes or until thoroughly heated. Keep warm.

2. Combine vegetable broth and water in a large saucepan, and bring to a boil. Stir in the polenta. Reduce heat, and simmer until thick (about 5 minutes), stirring frequently. Stir in the cheese. Serve the tomato mixture over polenta.

CAL: 221; FAT: 7g; FIBER: 3.8g

## **Rajas Poblanos**

Cooking Light Annual Recipes 2003, p. 87

Healthy Units: 7

Serves: 8

Posted by: Jill (jillyh)

6/2/03

**Comments:** Skip the broiling of the poblanos. Instead, put them right on a burner on your stovetop (whole--don't cut and seed them till they're cooled) and char them, turning them with long handled tongs till they're black and blistered. Then put them in a sealed Ziploc to cool. From CL: "Rajas is a term that refers to both roasted, sliced chiles and the creamy dish in which they are used. Although the degree of heat from the chiles can vary, their warm flavors are unmistakably Mexican. This dish, great for a crowd, is usually served buffet style in large clay bowls. Guests help themselves to the warm tortillas and spoon the rajas onto them."

6 poblano chiles (about 1 1/4 lbs)  
1 tsp. olive oil  
1 lb. flank steak, trimmed and cut into 1/4 inch strips  
1 c. chopped onions  
2 garlic cloves, minced  
1/4 c. plain fat free yogurt  
1/2 c. (4 oz) 1/3 less fat cream cheese, softened  
1 1/2 c. fresh corn kernels (about 3 ears)  
1 tsp. chicken-flavored bouillon granules  
1/2 tsp. black pepper  
1/2 tsp. ground cumin (I used half of that)  
1/3 c. chopped fresh cilantro (optional)  
16 (6 inch) corn tortillas, warmed  
Cilantro sprigs (optional)

Preheat broiler. (See comments above.) Cut chiles in half lengthwise, and discard seeds and membranes. Place chile halves, skin side up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened. Place chiles in a zip top plastic bag, and seal. Let stand 10 minutes. Peel and cut into 1/4 inch strips. Heat oil in a large nonstick skillet over medium high heat. Add steak, onion, and garlic; sauté 6 minutes. Add chiles, and sauté 2 minutes. Add yogurt and cream cheese; stir until cheese melts. Stir in corn, bouillon, black pepper, and cumin. Cover and cook over low heat 10 minutes. Stir in chopped cilantro if desired. Spoon about 1/4 cup steak mixture into center of each tortilla, and fold in half. Garnish with cilantro sprigs, if desired. Yield: 8 servings (serving size=2 tortillas).

Calories=350; Fat=9.2g; Protein=23.7g; Carb=46.9g; Fiber=6g; Chol=40mg;  
Iron=3.9mg; Sodium=343mg; Calcium=188mg

## Hawaiian Chicken

Source: Cooking Light 5 Star Recipes pg 104

Healthy Units: 3.5

Serves: 4 servings (1 breast and 3 tbsp sauce)

Posted on 6/2/03

Posted by: oduamy1 (Amy)

**Comments:** This is an AWESOME summer dinner. I love it hot, so the jalapeno in the salsa was perfect... but it was hot. If you don't like it too hot I suggest using half - and make sure you chop it VERY finely!! The marinade on the chicken (definitely give it 2 hours to soak) made the chicken SO moist! I followed the suggestion in the cookbook to serve this with yellow rice and steamed broccoli! A big hit!

1/4 cup unsweetened orange juice  
2 tablespoons unsweetened pineapple juice (fresh is best!)  
1 teaspoon minced fresh cilantro  
1/4 tsp salt  
4 (4-oz) skinned, boned chicken breast halves (I used skinless boneless and they worked fine)

3/4 cup finely chopped pineapple (again, go fresh!)  
1 tablespoon plus 1 tsp finely chopped sweet red pepper  
1 1/2 tsp minced fresh cilantro  
1 1/2 tsp white wine vinegar  
1 tsp unsweetened orange juice  
1 tsp seeded, finely chopped jalapeno pepper  
cooking spray  
1/2 tsp pepper

-Combine first 4 ingredients in a shallow dish, and stir well. Add chicken, turning to coat. Cover and marinate in refrigerator 2 hours, turning occasionally.

-Combine pineapple and next 5 ingredients; stir well. Cover and let stand at room temperature 2 hours.

-Remove chicken from marinade, reserving marinade. Place marinade in a small saucepan; bring to a boil. Remove from heat; set aside.

-Coat grill rack with cooking spray; place on grill over medium-hot coals (350 - 400 degrees). Sprinkle 1/2 tsp pepper over chicken. Place chicken on rack; grill, covered, 5 minutes on each side, basting with reserved marinade.

-To serve, top each chicken breast w/3 tbsp. pineapple mixture.

Nutritional info: Calories - 175; Protein 26.8g; Fat 3.3g; Carbs 8.3g; fiber .8g; Cholesterol 72mg; Iron 1.2 mg; Sodium 211 mg; Calcium 21 mg

## **Hoisin Marinated Pork Chops Or London Broil**

CL Website and Published: 8/09/02

Number of Servings: 4

Healthy Units: 4

Posted by CrissyBear

June 3, 2003

**Comments:** The chops need to marinate for at least 8 hours, so this is a great make-ahead dinner. Reserve 4 cooked pork chops for Grilled Pork and Rice Noodle Salad.

### **INGREDIENTS:**

1/4 cup low-sodium soy sauce

1/4 cup Hoisin sauce

1/4 cup honey

1 teaspoon crushed red pepper

2 garlic cloves, minced

8 (4-ounce) boneless center-cut loin pork chops (about 3/4 inch thick)

Cooking spray

### **INSTRUCTIONS:**

1. 1. Combine first 5 ingredients in a large zip-top plastic bag; add pork chops. Seal and marinate in refrigerator 8 hours or overnight.

2. Prepare grill.

3. Remove pork from bag; discard marinade. Place pork on grill rack coated with cooking spray; grill 3 minutes on each side or until done.

Note: Store cooked pork in refrigerator for up to 2 days.

### **NUTRITIONAL INFO:**

CALORIES 188 (30% from fat); FAT 6.2g (sat 2.1g, mono 2.8g, poly 0.7g); PROTEIN 25.1g; CARB 6.7g; FIBER 0.2g; CHOL 62mg; IRON 1mg; SODIUM 249mg; CALC 27mg

### **YIELD:**

8 servings (serving size: 1 pork chop)

### **Hoisin Marinated London Broil**

Made Hoisin Marinated London Broil for dinner this evening. We actually liked the sauce better with the beef than with the pork. Raves all around, and we intend to use the rest of the London Broil to make cheesesteaks for lunch tomorrow.

## **Antipasto Lasagna**

Cooking Light Website

Serves 4

Healthy Units: 7

Posted by Lissa R

June 3, 2003

**Comments:** Lasagna in less than an hour from start to finish? Sure, with the help of some no-fuss ingredients. In less time than it takes to tell about your busy day, you can have this tasty lasagna studded with artichoke hearts, roasted red bell peppers, kalamata olives, and pepperoni.

### **INGREDIENTS:**

1 (27.5-ounce) jar fat-free mushroom-and-roasted garlic pasta sauce  
Cooking spray  
6 no-boil lasagna noodles  
1 (14-ounce) can artichoke hearts, drained and coarsely chopped  
1 (7-ounce) bottle roasted red bell peppers, drained and chopped  
1/2 cup chopped turkey pepperoni (such as Hormel), divided  
1/3 cup chopped pitted kalamata olives  
1 cup (4 ounces) pre-shredded part-skim mozzarella cheese, divided  
Oregano sprigs (optional)

### **INSTRUCTIONS:**

Prep Time: 10 minutes

Cooking Time: 35 minutes

Preheat oven to 450°.

Spread 1/2 cup pasta sauce in bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over sauce; top with half of artichokes, half of bell peppers, 1/4 cup pepperoni, and half of olives. Sprinkle with 1/2 cup cheese; top with 3/4 cup sauce. Repeat layers, omitting cheese, ending with noodles. Spread remaining sauce over noodles. Cover and bake at 450° for 30 minutes or until noodles are tender and sauce is bubbly. Uncover and top with 1/2 cup cheese; bake an additional 5 minutes. Let stand 5 minutes. Garnish with oregano sprigs, if desired.

### **NUTRITIONAL INFO:**

calories: 375 carbohydrates: 50.7 g cholesterol: 37 mg fat: 8.4 g sodium: 1 mg protein:  
21.7 g calcium: 285 mg iron: 4.3 mg fiber: 5.5 g

## Cran-Oat Scones

Servings: 14

Healthy Units per scone: 3.2

Posted by DebMj1

June 3, 2003

**Comments:** I make these with cold light butter (stick) with no difficulty. If you use regular butter, the points go to 4.0.

2 cups all-purpose flour  
1/2 cup oatmeal  
6 Tablespoons sugar  
3/4 teaspoon baking powder  
3/4 teaspoon baking soda  
1/4 teaspoon salt  
8 Tablespoons light butter -- cut in pieces  
3/4 cup Craisins  
7/8 cup lowfat buttermilk  
1 Tablespoon turbinado sugar

Preheat the oven to 375°F. In a bowl, combine all the dry ingredients. Using a pastry blender, cut the cold butter into the dry ingredients until the dough is crumbly. Fold in the cranberries. Add the buttermilk and stir lightly until the dough comes together to form a ball. Don't overwork the dough.

On a lightly floured surface, pat the dough into a large circle about 2 inches thick. Cut the dough into wedges and sprinkle the tops with turbinado sugar. With a spatula, transfer the wedges to a baking sheet lined with parchment and bake for 22 minutes, or until the edges are lightly browned. Cool on a wire rack. Or drop by 1/4 cupfuls onto baking sheet instead.

Per Serving (excluding unknown items): 156 Calories; 4g Fat (22.0% calories from fat); 3g Protein; 28g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 188mg Sodium

## Mjaatvedt Family Barbecue

Servings 16 (about 2/3 cup each)

Healthy Units per serving 3

Posted by DebMj1

June 3, 2003

**Comments:** This is an old family recipe that I added extra veggies to. When I have extra tomatoes sitting around, I'll finely dice those and add them as well.

### Ingredients

3 lb 96% lean ground beef

1 c celery -- diced

1/2 c onion -- chopped

1/4 c brown sugar

2 c ketchup

1 c green pepper -- chopped

3 tsp yellow mustard

2 Tbsp vinegar

2 tsp Worcestershire sauce

Brown meat. Put in crock-pot; add all other ingredients and simmer on low at least 4 hours. Serve on hamburger or whole grain rolls.

Per Serving (excluding unknown items): 152 Calories; 4g Fat (20.3% calories from fat); 20g Protein; 12g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 427mg Sodium.



## **Marinated Balsamic Bean Salad**

Cooking Light Website

Serves 7

Healthy Units: 4

Posted by: eolmsted (Liz)

Date: 6/3/03

**Comments:** This is great at lunch, or as a side dish on hot summer nights. It keeps well for quite a long time in the fridge.

### **INGREDIENTS:**

- 1 cup frozen whole-kernel corn
- 1 cup frozen cut green beans
- 1 (16-ounce) can kidney beans
- 1 (15-ounce) can chickpeas (garbanzo beans)
- 1 (15-ounce) can black beans
- 1 cup diced red onion
- 1/2 cup balsamic vinegar
- 1/4 cup water
- 2 tablespoons Dijon mustard
- 1 tablespoon dried basil
- 1 tablespoon olive oil
- 1 teaspoon sugar
- 1 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground white pepper
- 2 garlic cloves, minced

### **INSTRUCTIONS:**

Estimated Total Time: 4 hours, 10 minutes

Combine the first 5 ingredients in a colander; rinse and drain. Combine onion and remaining ingredients in a bowl; add corn and beans, tossing gently to coat. Cover and marinate in refrigerator at least 4 hours, stirring occasionally. Serve with a slotted spoon.

### **NUTRITIONAL INFO:**

calories: 214; carbohydrates: 37 g ; cholesterol: 0 mg ; fat: 3.8 g; sodium: 526 mg ; protein: 10.6 g ; calcium: 74 mg; iron: 3.5 mg; fiber: 6.4 g

### **YIELD:**

7 servings (serving size: 1 cup).

## **Crisp Rosemary Potatoes**

Gourmet May 2000

Servings: 4

Healthy Units: 3

Posted by: Kwe730 (Kim)

Date: June 3, 2003

**Comments:** Think of these as a cross between potato chips and roasted potatoes. They'd be a perfect side dish for a variety of main courses (especially those with sauces — they're made for dipping) or, better still, as a crisp alternative for boiled potatoes in a salade niçoise.

2 lb red potatoes, cut into 1/4-inch-thick slices

2 servings olive oil cooking spray

2 tablespoons chopped fresh rosemary

Preheat oven to 450°F and spray 2 large baking sheets with cooking spray

Arrange potatoes in 1 layer on sheets. Spray tops with oil and sprinkle with rosemary and salt and pepper to taste.

Roast potatoes in upper and lower thirds of oven, switching position of sheets halfway through baking, until golden and edges are crisp, about 20 minutes

## Potato Salad with Olives, Capers and Parmesan

Source: Cooking Light June 2003

Healthy Units: 4

Servings: 8 1 cup servings

Posted by: Zephyr1

Date: 6-3-03

**Comments:** Really loved the flavor of this and it is a huge portion, do not skip the lemon zest it really adds a freshness. Would choose this over regular potato salad any day. I also added fresh ground red pepper.

### Ingredients:

3 pounds small red potatoes- I use larger and diced them

2 tbsp water

1/2 tsp salt

1/4 tsp ground pepper

2 tbsp extra virgin olive oil

1/2 cup chopped red bell pepper

1/2 cup chopped yellow bell pepper

1/2 cup chopped green olive

1/2 cup thinly sliced green onion

3 tbsp capers

1 tbsp grated lemon rind

2 tsp chopped oregano- I skipped dislike oregano used all purpose herb seasoning

2 garlic cloves minced- of course I added 4

2 oz parmigiano reggiano shaved

1. Preheat oven to 375

2. Place potatoes in 13 x 9 dish drizzle with water and salt and pepper cover with foil and bake 55 minutes until tender, uncover and cool 5 minutes cut in half

3. Combine olive oil, bell pepper and next 7 ingredients< pepper through garlic> in a large bowl, add potatoes and cheese to pepper mixture toss to combine

Calories: 210 Fiber 3.5 Fat 7

## **Low Fat White Sauce**

Source: Canyon Ranch

Healthy Units: 1

Servings 5 (serving size: ¼ cup)

Posted by: JoanCallaway

Date: 6/2/03

**Comments:** This one takes a little longer to thicken than white sauce made with higher-fat milk, but I find it worth it for the huge reduction in both calories and fat...especially if I'm using it for a pasta with cheeses such as your ravioli. I add flavoring of choice, depending on what I'm using it for...onion, sautéed with butter, bit of cayenne, curry, basil, tarragon, or cumin...

Basic recipe:

2 tsp. butter (You can use margarine or oil, but I like butter for flavor)

1 T. all purpose flour

12 ounces canned evaporated skim milk

1/4 tsp. salt

Melt the butter. Add flour and cook for two minutes, being careful not to brown the flour. Remove from heat and add the simmering milk, stirring constantly with a wire whisk. Add the salt and return the sauce to low heat. Cook slowly...stirring occasionally...may take 20 minutes to thicken.

It makes about five 1/4 cup servings...1 healthy unit added to your pasta.

## **Molly's Baked Chicken and Ziti**

Source: Adapted from Weight Watchers Simply the Best

Servings: 4

Healthy Units per serving: 6

Posted by: washu97 (Molly)

Date: 6-3-03

### **Comments:**

#### **Ingredients**

8oz Lean (raw) Chicken Breast – cut into small pieces

2 clove garlic clove(s)

14oz Diced Tomatoes

8oz Tomato Sauce

1/2C Tomato Paste

1 tsp Italian seasoning

6oz Mini Penne

1/2C RF Ricotta Cheese

2oz Shredded Mozzarella

#### **Instructions**

Spray a large nonstick skillet with Pam. Add the chicken and cook, turning as needed, until lightly browned. Transfer to a plate or bowl to cool.

Preheat the oven to 375. Spray the same skillet with more Pam. Add the garlic; cook, stirring as needed, until softened. Add the tomatoes (diced, sauce, and paste), Italian seasoning, and ground pepper (to taste). Bring to a boil. Reduce the heat and simmer, uncovered, stirring as needed, until the mixture is slightly thickened (about 8-10 minutes).

Meanwhile, cook the penne according to package directions. Drain and mix with ricotta cheese. Pour 1/2 of the tomato mixture into a 9x 13 baking pan. Layer with the penne mixture, the chicken, and the remaining tomato mixture. Sprinkle with the Mozzarella cheese. Bake until hot and bubbling and the cheese is melted (about 15-20 minutes).

## **Ziti with Tuscan Porcini Mushroom Sauce**

Cooking Light Annual Recipes, 2001, p. 263

Healthy Units: 6 (5 if you use high fiber whole wheat pasta)

Serves: 4

Posted by: Jill (jillyh)

6/3/03

**Comments:** Start your pasta water boiling before you start the sauce. I think the directions for this recipe are a little out of order.

### **Ingredients**

3/4 c. fat free less sodium chicken broth

1/4 c. chopped dried porcini mushrooms (about 1/4 oz)

1 T. olive oil

3 c. sliced button mushrooms (8 oz)

1 tsp. minced fresh or 1/4 tsp dried rosemary

1/8 tsp. salt

2 garlic cloves, minced

4 quarts water

3 c. uncooked ziti (about 8 oz short tube shaped pasta) or other short pasta

1/4 c. (1 oz) grated fresh parmesan cheese

1 T. finely chopped parsley

1/4 tsp. black pepper

Combine broth and porcini mushrooms in a small microwave safe bowl. Cover with wax paper; microwave at high 2 minutes. Let stand 10 minutes. Heat olive oil in a large nonstick skillet over medium high heat. Add button mushrooms, rosemary, salt, and garlic; sauté 3 minutes. Add broth and porcini mushrooms to pan; remove from heat. Bring water to a boil in a large stockpot. Add ziti; return to a boil. Cook, uncovered, 10 minutes or until al dente, stirring occasionally. Drain. Stir ziti into mushroom mixture; cook 3 minutes or until thoroughly heated. Stir in cheese, parsley, and pepper. Yield: 4 servings (serving size=1 1/2 c.)

Calories=295; Fat=6.4g; Protein=11.8g; Carb=47.6g; Fiber=2.5g; Chol=5mg;  
Iron=3.2mg; Sodium=284mg; Calcium=105mg

## Kahlua-Cinnamon Brownies

The Complete Cooking Light Cookbook

Healthy Units: 2.5 each

Serves: 16

Posted by: Lesley (LMaybloom)

6/3/03

**Comments:** If, like me, you don't feel like spending the \$ on a large bottle of liquor just to bake with, get the little airplane bottles. 1 bottle=1/4 c. Perfect for this recipe.

1/4 c. semisweet chocolate chips  
1/4 c. stick margarine or butter  
1/4 c. Kahlua (coffee-flavored liqueur)  
2 t. vanilla extract  
3/4 c. all-purpose flour  
3/5 t. baking powder  
1/4 c. unsweetened cocoa  
1 t. ground cinnamon  
1/4 t. salt  
1/2 c. + 2 T. packed brown sugar  
1 large egg  
Cooking spray  
1 t. granulated sugar

Preheat oven to 350.

Combine chocolate chips and margarine or butter in a small saucepan; place over medium-low heat, and cook until chocolate melts. Remove from heat; stir in Kahlua and vanilla.

Lightly spoon 3/4 flour into dry measuring cups. Level with a knife. Combine flour and next 4 ingredients (baking powder through salt) in a medium bowl.

Beat brown sugar and egg in a large bowl at low speed of a mixer until blended. Add chocolate mixture; mix well. Add flour mixture, beating until smooth. Pour batter into an 8" square baking pan coated w/ cooking spray. Bake at 350 for 25 minutes or until a wooden pick inserted in the center comes out clean. Remove from oven; sprinkle w/ granulated sugar. Cool in pan on a wire rack.

Calories=108; Fat=4.1g; Protein=1.5g; Carb=16.5g; Fiber=0.2g

## **Shrimp Diablo**

Source: Cooking Light June 2003

Healthy Units: 6

Servings: 4

Posted by: jcanty (Gail)

Date posted 6/02/03

**Comments:** Very spicy YUM!!

I added yellow squash sticks and bell pepper slivers for color

### **Ingredients:**

8 ounces uncooked angel hair pasta

2 tsp vegetable oil

1 lb. peeled shrimp

½ tsp salt

¼ tsp black pepper

1 T. bottled minced garlic

1 tsp ground cumin

1 (

14.5 ounce) can diced tomatoes, undrained

½ cup chopped fresh parsley

½ tsp. crushed red pepper

### **Instructions:**

1. Cook pasta according to package directions, omitting salt and fat.

2. While pasta cooks, heat oil in a large nonstick skillet over medium-high heat.

Sprinkle shrimp with salt and pepper. Add the shrimp to the pan, and cook 1 minute on each side until done. Remove shrimp from pan.

3. Add garlic to pan: sauté 1 minute Add chili paste, scraping pan too loosen browned bits. Add cumin and tomatoes: simmer 10 minutes, stirring occasionally.

Remove pan from heat. Stir in shrimp, parsley and red pepper. Toss with pasta. Yield 4 servings (serving size 2 cups)

Calories 332 (15% from fat) protein 31.4carb 40 g, fiber 3.2g,chol 172mg,iron 5.3,sodium 933 mg, calc 95mg



## Crustless Chicken-and-Broccoli Quiche

MasterCook/CL October 1996

Healthy Units: 3 each (4.5 if you do 4 servings)

Serves: 6

Posted by: Lesley (LMaybloom)

6/3/03

**Comments:** This recipe is so low in points you can add some toast, bacon, salad or fruit and have a great breakfast for very few points. Great way to get in calcium and veggies. I'm sure ham or imitation crab would work well, too.

### Ingredients

2 cups coarsely chopped broccoli florets

Cooking spray

2 tablespoons dry breadcrumbs

3 tablespoons all-purpose flour

1 teaspoon dried basil

1/4 teaspoon salt

1/8 teaspoon pepper

1 cup 1% low-fat milk

1 tablespoon Dijon mustard

1 (4-ounce) carton egg substitute

1 1/2 cups chopped leftover roasted chicken

1/2 cup (2 ounces) shredded reduced-fat extra-sharp Cheddar cheese, divided

1. Preheat oven to 350°.
2. Cook broccoli in boiling water 3 minutes or until crisp-tender; drain.
3. Coat a 9-inch pie plate with cooking spray; sprinkle with breadcrumbs. (Do not remove excess breadcrumbs.) Set aside.
4. Combine flour, basil, salt, and pepper in a large bowl; add milk and mustard; stir with a whisk. Stir in egg substitute. Add chicken and 1/4 cup cheese; stir well. Pour mixture into prepared pan. Sprinkle with remaining cheese and paprika. Bake at 350° for 45 minutes or until set. Let cool on a wire rack 15 minutes.

Calories=157; Fat=5g; Protein=18g; Carb=9g; Fiber=1g

## Hearty Lasagna

Source: CL 5 star recipes pg 93

Healthy Units: 8 per serving

Yield: 9 servings

Posted by: oduamy1 (Amy)

June 3, 2003

**Comments:** Yummy yummy classic lasagna. The sauce could stand on its own, that's for sure! Next time I will make it with mushrooms & peppers as well! This makes a HUGE lasagna!

CL Comments: Grate the parmesan as finely as possible to distribute the fresh cheese evenly throughout the filling.

### Ingredients

3/4 lb ground round  
cooking spray  
1 cup chopped onion  
3 cloves garlic, minced  
1/4 cup chopped fresh parsley, divided  
2 tsp dried oregano  
1 tsp dried basil  
1/4 tsp pepper  
1(28-oz) can whole tomatoes, undrained and chopped  
1 (14.5 oz) can italian-style stewed tomatoes, undrained and chopped  
1 (8 oz) can no-salt added tomato sauce  
1 (6 oz) can tomato paste  
2 cups nonfat cottage cheese (I used regular fat)  
1/2 cup freshly grated Parmesan cheese  
1 (15 oz) container nonfat ricotta cheese (I used part skim)  
1 egg white, lightly beaten  
12 cooked lasagna noodles (cooked without salt or fat)  
2 cups (8oz) shredded provolone cheese (I used part-skim mozzarella)  
fresh oregano sprigs (optional)

-Cook ground round in a large saucepan over medium heat until browned, stirring until it crumbles. Drain meat, and set aside. Wipe pan with a paper towel.

-Coat pan with cooking spray; add onion and garlic, and sauté 5 minutes. Return meat to pan.

-Add 2 tablespoons parsley and next 7 ingredients; bring mixture to a boil. Cover, reduce heat, and simmer 15 minutes. Uncover and simmer 20 minutes. Remove from heat.

-Combine remaining 2 tablespoons parsley, cottage cheese, and next 3 ingredients; stir well and set aside.

-Spread 3/4 cup tomato mixture over bottom of a 13x9x2-inch baking dish coated with cooking spray.

-Arrange 4 noodles over tomato mixture; top with half of cottage cheese mixture, 2 1/4 cups tomato mixture, and 2/3 cup cheese. Repeat layers, ending with noodles. Spread remaining tomato mixture over noodles.

-Cover and bake at 350 degrees for 1 hour. Sprinkle with remaining 2/3 cup provolone; bake, uncovered, 10 additional minutes. Let stand 10 minutes before serving. Garnish with oregano sprigs, if desired.

Nutritional info: Calories 380; Fat 10.5 g; Fiber 2.8 g;

## **Creamy Chicken and Mushrooms**

MasterCook

Healthy Units: 6.5 each

Serves: 4 (3/4 c. chicken mixture + 3/4 c. noodles)

Posted by: Lesley (LMaybloom)

6/3/03

### **Comments:**

#### **Ingredients**

2 cups egg noodles -- uncooked  
vegetable cooking spray  
1 pound skinless boneless chicken breast -- cut into bite-sized pieces  
1 teaspoon olive oil  
1/2 cup chopped shallots  
1 8 ounce package sliced mushrooms  
1/2 cup dry white wine  
1 cup skim milk  
2 teaspoons all-purpose flour  
1/3 cup Neufchatel cheese -- with garlic and herbs, such as Alouette  
2 tablespoons chopped fresh parsley  
1/4 teaspoon black pepper  
chopped fresh parsley -- for garnish

Cook pasta according to package directions, omitting salt and fat.

While pasta cooks, heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken; sauté 4 minutes or until done. Remove chicken from the pan.

Heat oil in pan over medium high heat. Add chopped shallots; sauté one minute. Add mushrooms. Sauté 4 minutes. Add wine; cook 3 minutes or until liquid almost evaporates.

Combine milk and flour in a small bowl; stir well with a whisk. Add milk mixture to pan; cook 3 minutes or until slightly thick. Add chicken, cheese 2 tablespoons parsley and pepper. Reduce heat, and simmer 3 minutes or until thoroughly heated. Serve over pasta; sprinkle w/ parsley, if desired.

Per Serving (excluding unknown items): 308 Calories; 6g Fat (18.7% calories from fat); 34g Protein; 24g Carbohydrate; 1g Dietary Fiber; 92mg Cholesterol; 154mg Sodium. Exchanges: 1 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

## **Zucchini with cilantro**

Low-Fat Moosewood

Healthy Units: 0

Serves: 16

Posted by: Carole (carolekm)

6/3/03

Comments:

### **Ingredients**

1.5 pounds zucchini, cut into sticks

2 TB lemon juice

2 TB chopped cilantro

salt, pepper and hot sauce to taste

Steam zucchini

Toss with remaining ingredients

## **Lime Cilantro Vinaigrette**

The Complete Cooking Light Cookbook, p. 424

Healthy Units: 0

Serves: Makes 1 cup (serving=2 T)

Posted by: Jill (jillyh)

6/3/03

### **Comments:**

#### **Ingredients**

3/4 c. tomato juice

1/2 c. cilantro sprigs

1/4 c. fresh lime juice

1/2 tsp. dried oregano

1/4 tsp. salt

1/4 tsp. ground cumin

1 small jalapeno pepper, halved and seeded

Place all ingredients in a blender or food processor; process until blended. Cover and chill. Serve over mixed salad greens. Yield: 1 cup (serving size= 2T.)

Calories=7; Fat=.1g; Protein=.3g; Carb=1.9g; Fiber=.2g; Chol=0mg; Iron=.3mg;  
Sodium=157mg; Calcium=6mg

## Broiled-Shrimp-Over-Black-Bean-and-Corn Salad

Source: Cooking Light- 04/01/00

Healthy Units: 7

Servings: 6 servings (serving size: 3/4 cup salad and 4 ounces shrimp).

posted by: CindyHN

June 4, 2003

**Comments:** I used Trader Joes frozen peeled/deveined shrimp and thawed them in the fridge.

### INGREDIENTS

Marinated shrimp:

1/3 cup fresh lime juice  
1/4 cup thawed orange juice concentrate  
2 tablespoons low-sodium soy sauce  
2 tablespoons Worcestershire sauce  
2 tablespoons honey  
1 garlic clove, minced  
2 pounds large shrimp, peeled  
Cooking spray

Salad:

2 cups coarsely chopped tomato  
1/2 cup sliced green onions  
1/3 cup chopped fresh cilantro  
1 (15-ounce) can black beans, rinsed and drained  
1 (15.25-ounce) can whole-kernel corn, drained  
1 jalapeno pepper, seeded and chopped  
1/4 cup fresh lime juice  
2 tablespoons olive oil  
1/2 teaspoon ground cumin  
1/4 teaspoon salt  
1/8 teaspoon black pepper

### INSTRUCTIONS

To prepare marinated shrimp, combine first 6 ingredients in a large zip-top bag. Add shrimp to bag; seal. Marinate in refrigerator 1 hour, turning occasionally. Remove shrimp from bag; discard marinade.

Preheat broiler.

Place shrimp on a broiler pan coated with cooking spray. Broil 4 minutes or until shrimp are done.

To prepare salad, combine tomato and next 5 ingredients (tomato through jalapeno) in a large bowl.

Combine 1/4 cup lime juice, oil, cumin, salt, and black pepper in a small bowl; stir with a whisk. Pour dressing over bean mixture; toss well. Spoon salad onto each of 6 plates; top with shrimp.

NUTRITIONAL INFO calories: 343 carbohydrates: 42 g cholesterol: 172 fat: 7.6 g sodium: 782 mg protein: 30.2 g calcium: 104 mg iron: 4.9 mg fiber: 3.6 g

## **Black and White Pound Cake**

Source: Cooking Light 4/1/00

Healthy Units: 6

Servings: 18 servings (serving size: 1 slice).

Posted by: Kwe730 (Kim)

Date: June 4, 2003

### **Comments:**

#### **INGREDIENTS**

Cooking spray  
3 tablespoons dry breadcrumbs  
3 cups all-purpose flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
3/4 cup butter or stick margarine, softened  
2 cups granulated sugar  
2 teaspoons vanilla extract  
3 large eggs  
1 cup 2% reduced-fat milk  
3/4 cup chocolate syrup  
1/4 teaspoon baking soda  
1 tablespoon unsweetened cocoa

#### **INSTRUCTIONS**

Preheat oven to 350°F.

Coat a 10-inch tube pan with cooking spray; dust with breadcrumbs.

Lightly spoon flour into dry measuring cups, and level with a knife. Combine the flour, baking powder, and salt in a bowl, and 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 vanilla, beating until well blended. Add the eggs, 1 at a time, beating well after each addition. Add flour mixture to sugar mixture alternately with milk, beating at low speed, beginning and ending with the flour mixture.

Spoon two-thirds of batter (about 4 cups) into prepared pan. Add syrup and baking soda to remaining batter in bowl, stirring just until blended; spoon on top of batter.

Bake at 350°F for 1 hour and 15 minutes or until cake pulls away from sides of pan.

Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Sift cocoa over top of cake.

**NUTRITIONAL INFO** calories: 289 carbohydrates: 47.3 g cholesterol: 59 fat: 9.3 g sodium: 192 mg protein: 4.4 g calcium: 46 mg iron: 1.5 mg fiber: 0.6 g

## **Stuffed Shells Florentine**

Published: Cooking Light Annual Recipes 2002

Healthy Units: 7

Servings: 6 servings (serving size 4 shells).

Posted by: Bliss1970

June 4, 2003

Comments: This was fantastic. Extremely spinachy, which I loved. Serving size is 4 shells - I couldn't eat more than three (although, I may have stuffed mine a bit full.)

### **INGREDIENTS**

2 c. (8 oz.) shredded mozzarella cheese, divided

1/2 c. (2 oz.) grated fresh Parmesan cheese

1/2 c. egg substitute

1/4 c. chopped fresh parsley

2 tsp. dried basil

2 tsp. dried oregano

1/4 tsp. salt

2 garlic cloves, minced

2 (10 oz.) packages frozen chopped spinach,  
thawed, drained and squeezed dry

1 (15 oz.) carton fat-free ricotta cheese

24 cooked jumbo pasta shells (about 8 oz.)

Cooking spray

1 (26 oz.) bottle fat-free marinara sauce  
(such as Muir Glen)(or our 0 point sauce?)

### **INSTRUCTIONS**

Preheat oven to 350 degrees.

Combine 1 cup mozzarella cheese, Parmesan cheese, and next 8 ingredients in a large bowl. Spoon cheese mixture evenly into cooked shells. Arrange stuffed shells in a 13 x 9 inch baking dish coated with cooking spray. Pour marinara sauce over stuffed shells, and sprinkle with 1 cup of mozzarella cheese. Bake at 350 for 30 minutes.

### **NUTRITIONAL INFO**

calories 331; fat 9.8g; protein 30.2g; carbohydrates 30.7g; fiber 6g; chol 51mg; iron 4mg; sodium 627mg; calc 793mg



## **Linguine and Chicken Florentine**

Cooking Light 'Super Fast Suppers'

Healthy Units: 9

Serves 4 (serving size 1 ½ cups)

Posted by: eolmsted (Liz)

Date: June 4, 2003

### **Comments:**

#### **Ingredients:**

8 ounces uncooked linguine

1 tablespoon all-purpose flour

½ pound skinless, boneless chicken breast, cut into bite size pieces

2 teaspoons olive oil

½ cup chopped onion

1 large garlic clove, minced or 1 teaspoon bottled minced garlic

1 cup fat-free, less-sodium chicken broth

8 cups torn spinach

1 cup (4 ounces) shredded reduced-fat, reduced-sodium Swiss cheese (such as Alpine Lace)

¼ cup chopped fresh basil

#### **Instructions:**

1. Cook the pasta according to the package directions, omitting salt and fat.

2. While the pasta is cooking, combine the flour, ¼ teaspoon salt and ¼ teaspoon black pepper in a bowl; add chicken, tossing to coat. Heat the olive oil in a large non-stick skillet over medium-high heat. Add chicken mixture, onion, and garlic; sauté 4 minutes. Add broth; bring to a simmer. Cook over medium-low heat 3 minutes or until the chicken is done.

3. Combine the pasta, spinach, cheese and basil in a large bowl. Add chicken mixture, tossing gently.

Calories: 432 (22% from fat); Fat 10.7g (sat 4.7g, mono 2g, poly .9g); Protein: 32.6g; Carbs 51.8g; Fiber: 6.3g; Chol: 53mg; Iron: 6.1mg; Sodium: 331mg; Calc: 487 m

## **Penne with Creamy Garlic Parmesan Sauce**

Published: WW Great Cooking Every Day

Healthy Units: 9

Servings: 4 servings

posted by: Bliss1970

June 4, 2003

COMMENTS: From WW: "The whole family will love this easy weeknight pasta. To duplicate the flavor and richness of a heavy cream and cheese sauce, we whisked evaporated fat-free milk with flour to thicken it, and added whole garlic cloves - boiled and minced - to pump up the flavor." I only had minced garlic in the jar on hand so I skipped the whole boiling garlic step, but I did add a bit of garlic salt to the water. Also, I didn't have penne, so I used rotini. Finally, I didn't have quite enough evaporated milk, so I used some 2% - it worked, but I bet it would be better as proscribed.

### **INGREDIENTS**

8 garlic cloves, peeled  
3 cups small broccoli florets  
2.25 cups penne  
2 cups evaporated fat free milk  
1 T + 1 tsp. all-purpose flour  
3/4 cup shredded reduced fat cheddar cheese  
1/4 c. grated Parmesan cheese  
Freshly ground pepper  
1/4 tsp. salt

### **INSTRUCTIONS**

Cook the garlic in a large pot of boiling water until softened, 3 minutes. With a slotted spoon, transfer the garlic to a cutting board, reserving the water in the pot. Mince the garlic; set aside.

Cook the broccoli in the same pot of boiling water until bright green and just softened, 3 minutes. With a slotted spoon, transfer the broccoli to a plate, reserving the water in the pot.

Cook the penne in the same pot of boiling water according to package instructions.

Meanwhile, with a wire whisk, combine the milk and flour in a large nonstick skillet, blending until the flour is dissolved. Cook over medium heat, whisking constantly, until the mixture is bubbling and thickened, about 5 minutes. Stir in the minced garlic.

Reduce the heat to low. Add the cheddar and the Parmesan cheeses, the pepper, and salt to the milk mixture; cook, stirring constantly, until the cheeses are melted. Stir in the cooked broccoli and penne. Cook, stirring frequently, just until heated through.

NUTRITIONAL INFO: 446 Calories; 7 g fat; 24 mg cholesterol; 588 mg sodium; 67 g carbohydrate; 4 g dietary fiber; 27 g protein; 642 mg calcium

## Turkey Sausage Couscous

Source: Cooking Light Light and Easy Menus

Healthy Units: 4 pts.

Servings: 4 (1 1/4-cup) servings

Posted by: Linda (LXN1996)

June 4, 2003

**Comments:** Look for turkey breakfast sausage either in the regular sausage section or in the frozen meats section of the supermarket. I used Shady Brook Farms. Everyone in the family liked this one.

### INGREDIENTS:

1 cup water, divided  
1/2 cup uncooked couscous  
5 ounces reduced-fat turkey breakfast sausage  
1 teaspoon fennel seeds  
1 (8-ounce) package presliced mushrooms  
1 red bell pepper, chopped  
1 cup frozen green peas, thawed  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/4 cup crumbled blue cheese (I used feta)

### INSTRUCTIONS:

Bring 3/4 cup water to a boil in a small saucepan; add couscous. Cover and remove from heat; let couscous stand 5 minutes.

Cook sausage and fennel seeds in a Dutch oven over medium-high heat 3 minutes, stirring until sausage crumbles. Stir in mushrooms, chopped bell pepper, and 1/4 cup water; cover and simmer 6 minutes or until bell pepper is tender.

Fluff couscous with a fork. Add couscous, peas, salt, and black pepper to sausage mixture; stir well.

Remove from heat. Sprinkle with cheese; cover and let stand 5 minutes.

Nutritional Info: Calories 219 (31% from fat) Fat 7.5g (sat 2.7g) Protein 13.2g  
Carbohydrate 26.1g Fiber 3.8g Cholesterol 32mg Sodium 504mg

## Blueberry Cobbler

Recipe By: Cooking Light July 2002

Healthy Units: 6 pts

Serving Size: 8

Posted by DiBranchia

June 4, 2003

**Comments:** I used Splenda in the blueberries instead of sugar and soy milk instead of milk. I also used about 1 Tbsp lemon juice since I was out of zest. I used a 9x9 pan with no spillovers, and 2 pints blueberries. (I didn't have an 11x7 pan). My way is 5 pts per serving, normal is 6

### Ingredients

#### Filling:

6 cups fresh blueberries

1/3 cup sugar

2 tablespoons cornstarch

1 teaspoon lemon zest

#### Topping:

1 1/3 cups all-purpose flour

2 tablespoons sugar

3/4 teaspoon baking powder

1/4 teaspoon salt

1/4 teaspoon baking soda

5 tablespoons cold butter, cut into small pieces

1 cup fat-free sour cream

3 tablespoons 2% low-fat milk

1 teaspoon sugar

### Instructions:

Preheat oven to 350.

To prepare filling, combine first 4 ingredients in an 11 x 7 inch baking dish.

To prepare topping, lightly spoon flour into dry measuring cups; level with a knife.

Combine flour and next 4 ingredients in a large bowl, stirring with a whisk. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in sour cream to form a soft dough.

Drop dough by spoonfuls onto blueberry filling to form 8 dumplings. Brush dumplings with milk, sprinkle with 1 teaspoon sugar. Place baking dish on a jelly roll pan. Bake at 350 for 50 minutes or until filling is bubbly and dumplings are lightly browned.

Per serving: 288 calories (26% from fat); fat 8.3 mg (sat 4.9 g, mono 2.2g, poly 0.5g); protein 4.7 g, carb 58.8 g Fiber, 3.5 g, chol 23 mg, Iron 1.3 mg, sodium 265 mg, Calc 90 mg

## **Honey-Marinated Chicken with Grilled Fennel**

Source: Food and Wine

Healthy Units: 7

Servings: 4

Posted by: Carolekm

June 4, 2003

### **Comments:**

#### **Ingredients**

1/2 cup mild honey, such as clover, or dark honey, such as buckwheat

2 teaspoons Worcestershire sauce

1 teaspoon fennel seeds, slightly crushed

Kosher salt

1 1/2 pounds thinly sliced chicken cutlets

Freshly ground pepper

1 large fennel bulb (about 1 1/4 pounds)--halved, cored and sliced lengthwise 1/4 inch thick

Vegetable oil, for brushing

1. In a shallow glass baking dish, mix the honey with the Worcestershire sauce, crushed fennel seeds and 1 teaspoon of kosher salt. Season the chicken cutlets with salt and pepper and add them to the honey marinade. Turn the chicken cutlets to coat well. Let stand at room temperature for 30 minutes, turning once.

2. Heat a large cast-iron grill pan or skillet. Lightly brush the fennel slices with vegetable oil and season with kosher salt and pepper. Arrange the fennel slices in the grill pan, loosely cover with a sheet of foil and cook over low heat, turning once, until nicely browned, about 22 minutes. Transfer the fennel to a platter.

3. Place the chicken in the grill pan and cook over moderate heat, turning once, until golden and just cooked through; reduce the heat if the cutlets brown too quickly. Arrange the chicken over the grilled fennel and serve at once.

Calories 371 kcal, Total Fat 4.7 gm, Saturated Fat 0.7 gm

## **Dilled Chicken Fricassee**

Source: unknown

Healthy Units: 6

Servings: 4

Posted by SRHRSS

06/05/2003

### **Comments:**

#### **Ingredients:**

1 Tbsp vegetable oil

1/3 cup flour

1 tsp salt

1/2 tsp paprika

4-4oz boneless skinless chicken breasts

2 cups chicken broth

1/4 cup chopped fresh dill

1 lb new potatoes

12 oz fresh green beans

1 Tbsp fresh lemon juice

#### **Instructions:**

Combine flour, salt, and paprika. Coat chicken and set the extra aside. Heat oil in skillet and brown chicken on one side for 3 minutes. Flip chicken. Combine leftover flour and chicken broth and add to pan, bring to a boil. Add dill and potatoes, cover and simmer for 10 minutes. Add beans, cover and simmer for an additional 10 minutes. Sprinkle with lemon juice.

## **Garlic Sautéed Shrimp & Spinach**

Source: The Whole Food Markets Website

Healthy Units: 3 per serving

Yield: 4 servings

Posted by: CrissyBear

Posted on: June 5, 2003

**Comments:** My own--I substituted the Whole Foods products with my own good quality olive oil and fresh roasted red peppers (I used 2 peppers). I tossed the finished product w/ 4 ounces of orzo pasta (1/2 cup per serving) for an unbelievably low 5-point meal. With recipe--Shrimp, spinach, and garlic all have natural flavor affinity. But add fresh lemon juice and roasted red peppers to the mix, and the results are irresistible. Serve in smaller portions for a terrific first course.

### **INGREDIENTS:**

1 pound medium shrimp, shelled and deveined

1-1/2 tsp grated lemon zest

1 Tbsp fresh lemon juice

1/4 tsp salt

1/4 tsp black pepper

1 Tbsp + 1 tsp Whole Foods Organic Extra Virgin Olive Oil

6 garlic cloves, sliced

10 cups (loosely packed) stemmed spinach

1 cup Whole Foods Roasted Piquillo peppers, rinsed, drained, and cut into strips

### **INSTRUCTIONS:**

Toss shrimp with lemon zest, lemon juice salt and pepper.

In large deep nonstick skillet, heat oil over high heat. Add garlic and sauté, stirring, until golden, two to three minutes. Immediately transfer garlic with a slotted spoon to a plate.

Add shrimp to skillet and sauté until shrimp are pink and just opaque in center, two to three minutes. With tongs or a spoon, transfer shrimp to the plate.

Add spinach to skillet in handfuls, adding another handful as spinach cooks down; drizzle spinach with 1 Tbsp of water as it cooks. When all of spinach has wilted, add roasted red peppers to skillet and cook, stirring, just until heated. Return shrimp and garlic to skillet and toss to mix with spinach and peppers.

### **NUTRITIONAL INFO:**

Per serving: 161 calories, 6g total fat, 1g saturated fat, 3.8g monounsaturated fat, 1g polyunsaturated fat, 4.5g dietary fiber, 19g protein, 10g carbohydrate, 135mg cholesterol, 659mg sodium

## Seafood Corn Sauté

Source: Jacques Pepin Happy Cooking

Healthy Units: 5

Serves: 2

Posted by: Carole (carolekm)

June 5, 2003

Comments: The original recipe had 4 servings and a higher fish-to-corn ratio. You can use any type of fish in any proportion, but these are the recommended ones per the recipe and very good.

### Ingredients

1 piece white bread  
1 tbsp grated lemon rind  
1 tbsp chopped fresh parsley or chives  
1 tsp olive oil (original recipe was 2 tbsp)  
1 tsp butter (again, original recipe was 2 tbsp)  
1/3 cup chopped shallots  
3 oz scallops (original was 8 oz for 4 servings)  
3 oz shrimp, peeled and deveined (ditto, 8 oz for 4 servings)  
3 oz salmon, trimmed and cut into 1 inch pieces (ditto again, 8 oz for 4 servings)  
salt & pepper to taste  
4 garlic cloves, minced  
Kernels cut from one ear of fresh corn (yes, it's worth it to use fresh corn)

-Crumble the bread, toast on a cookie sheet at 400 for 7-8 minutes until browned. (The original recipe had you rub in 1 tbsp olive oil). Combine crumbs with lemon rind, parsley or chives.

-Heat in a LARGE frying pan or wok the olive oil and butter. Add, and sauté over high heat for 1 minute, the shallots, scallops, shrimp, salmon, and salt & pepper to taste.

-Add garlic and corn, then cover and cook for 1-2 more minutes.

-Divide among 2 plates, sprinkle with bread crumbs and serve.

-You could save 1 point/serving by not adding the breadcrumbs, but they add such a nice lemony flavor and finishing crunch that it is really worth it.

Nutrition info: Calories 278; Fat 9 grams; Fiber 5 grams; Points = 5



## **Balsamic Chicken with Caramelized Onions**

Source: WW Take 5 (pg 116)

Healthy Units: 6

Servings: 4

Posted by: mundelein68 (Cheryl)

Date: June 5, 2003

**Comments:** May substitute fresh thyme or sage for rosemary

### **Ingredients:**

2 large red onions, halved and thinly sliced  
3 teaspoons shopped rosemary  
1/2 teaspoon salt  
1/2 teaspoon fresh ground pepper  
4 (6 oz) skinless boneless chicken breast halves  
1-1/2 tablespoons unsalted butter  
1/4 cup balsamic vinegar  
1/4 cup water

### **Instructions:**

Chop enough of the onions to equal 1/3 cup. Slice remaining onions and set aside. Combine chopped onions, 2 teaspoons of rosemary, 1/4 teaspoon of the salt, and 1/4 teaspoon of the pepper in a large zip-lock bag. Add the chicken. Squeeze out air and seal evenly. Refrigerate 20 minutes.

Meanwhile, melt the butter in a large non-stick skillet over medium heat, then add the reserved sliced onions. Cook, stirring occasionally, until softened and the onions begin to caramelize, 12 minutes. Add the vinegar, water and the 1/4 teaspoon pepper. Bring to a simmer and cook, until liquid is almost evaporated and onions are very tender, 5 minutes.

Spray a ridged grill pan with nonstick spray; heat pan over medium heat. Remove the chicken from the bag and disregard the marinade. Grill chicken, turning occasionally, until cooked through, 10-12 minutes. Serve with the onions.

### **Nutrition:**

based on 1 breast with 1/4 cup caramelized onions  
CALORIES-253; FAT-8G; CHOLESTEROL-106MG; SODIUM-379MG; CARB-8G,  
FIBER-1GM; PROTEIN-35GM; CALCIUM-37MG

## **Molly's "Apple Pie" Spice Mix**

My Creative Imagination in the 18-23 points land ☺

Healthy Units - 0

Servings – Yields about 2/3 cup total

Posted by washu97 (Molly)

June 5, 2005

**Comments:** Last Thanksgiving I was trying to figure out how to make an apple pie that would be points friendly – since I was living in the 18-23 points land – and I mixed up some spices and sweeteners to come up with a winner. The pie itself was only so-so (frozen crust and stuff), but I really liked the spice mix and keep a batch on hand.

I love to peel and chop an apple, then sprinkle this stuff on it and eat it raw. So yummy! Another favorite - core, peel, and chop an apple, spritz it with I Can't Believe it's Not Butter Spray, and then toss some of this seasoning on it. Put it in a microwave safe bowl and microwave for 2 minutes. You have a 1 point baked apple. I will add frozen yogurt and fat free caramel sauce for a low point, decadent treat (points depend on brands of ice cream, yogurt, and sauce – of course!)

### **Ingredients**

1 tsp ground cinnamon

1/4 tsp table salt

1/4 tsp ground nutmeg

1/3 cup Splenda No Calorie Sweetener

1/3 cup Brown Sugar Twin

### **Instructions**

Combine all ingredients in a small bowl and mix to combine. Store in a small jar or plastic container to use as needed for snacks and goodies!

## **Molly's Baked Apple Oatmeal**

My Creative Imagination on a cold, hungry night ☺

Healthy Units - 3

Servings – 1

Posted by washu97 (Molly)

June 5, 2005

**Comments:** This was SO much better than those packets of oatmeal, and much more filling!!!

### **Ingredients**

1 Apple, cored, peel, and chopped into small pieces

I Can't Believe It's Not Butter! Spray

2-3 Tbsp Molly's "Apple Pie" Spice Mix (see above)

1 cup water

½ cup plain, uncooked "Instant" Oatmeal – (I used Kroger store brand, it is 2 points per ½ cup dry)

~ 1 tsp non-fat dry milk

Dash of salt

Dash of vanilla

### **Instructions**

Place the apple in a microwave safe bowl. Spray with 5-6 sprays of ICBINB spray. "Apple Pie" spice mix (to taste). Toss to coat. Place in microwave and heat for 2 minutes. Remove stir, and heat for an additional 15-30 seconds if needed (I like to have the apples pretty soft).

Combine oatmeal, dry milk, and a dash of salt in a small bowl. Stir to mix. Bring 1 cup water to boil in a small pan. Add oatmeal to the pan and cook for approximately 1 minute, stirring continuously. Remove from heat, cover and let stand 1-2 minutes. (These are the directions from the Oatmeal canister – if you use a different type of oatmeal, just adjust the cooking directions as needed).

Pour oatmeal into a cereal bowl. Add a dash of vanilla and stir. Add cooked apples and stir. Sprinkle the top with cinnamon and Splenda if desired. Serve warm!

NOTE – Brown Sugar Twin is a dark sugar substitute. I've found it at Kroger, Meijer, and Scott's grocery stores. I know that some people do not like to use artificial sweeteners. I personally don't have a problem with them. I'm sure that you could use real sugar and brown sugar, just adjust the quantities and points as needed.

## Margarita Grouper Fillets

Published: Cooking Light- 08/09/02

Healthy Units: 4

Servings: 6 (1 fillet)

Posted by: shari\_csf

6/5/03

**Comments:** These are a 2 for 1 dinner from CL. While the grouper fillets are good, they are pretty mild. Well, I used jalapeno not serrano. The fish tacos were awesome. We added diced avocado to ours. I also omitted cilantro and had to sub vodka for tequila.

### Ingredients:

6 (6-ounce) grouper fillets

3/4 tsp salt -- divided

1/4 cup cilantro leaves, whole

1/4 cup onion -- chopped

1 T sugar

1 T serrano chile -- finely chopped seeded

3 T fresh lime juice

1 T tequila

1 T vegetable oil

1 clove garlic -- chopped

Cooking spray

Chopped fresh chives (optional)

Lime wedges (optional)

-Place the fillets in a single layer in a 13 x 9-inch baking dish, and sprinkle with 1/4 teaspoon salt. Combine 1/2 teaspoon salt, cilantro, and the next 7 ingredients (cilantro through garlic clove) in a blender or food processor, and process until smooth. Pour cilantro mixture over the fillets, and turn to coat. Marinate in the refrigerator 30 minutes, turning once.

-Prepare grill.

-Remove fish from dish; discard marinade. Place fish on grill rack coated with cooking spray; grill 5 minutes on each side or until fish flakes easily when tested with a fork.

-Garnish fish with chopped chives and lime wedges, if desired.

### Nutritional analysis based on Master Cook:

Per Serving (excluding unknown items): 277 Calories; 5g Fat (17.1% calories from fat); 50g Protein; 4g Carbohydrate; trace Dietary Fiber; 96mg Cholesterol; 404mg Sodium.

Exchanges: 7 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Description: "These fillets marinate in lime juice and tequila -- the makings of a margarita. Serve with yellow rice or black beans. Grouper is delicate, so turn the fillets carefully to keep them intact. Save 2 cooked fillets for Fish Tacos."

## **Fish Tacos**

Published: Cooking Light- 08/09/02

Healthy Units: 6.5

Servings: 2 (2 tacos and 2 lime wedges)

Posted by: shari\_csf

6/5/03

### **Ingredients:**

1 1/2 T light sour cream

1 T minced fresh cilantro

1 1/2 tsp fresh lime juice

1/2 tsp red wine vinegar

4 (6") corn tortillas

2 cooked grouper fillet -- Use Margarita Grouper Fillet

1/2 cup red onion -- sliced

1 lime

To prepare dressing, combine first 4 ingredients, stirring well with a whisk.

To prepare tacos, place tortillas in a zip-top plastic bag; microwave tortillas at high 40 seconds. Divide Margarita Grouper Fillets and onion evenly over half of each tortilla; drizzle each serving with about 2 teaspoons dressing. Fold tortillas in half. Serve with lime wedges.

### **Nutritional analysis based on Master Cook:**

Per Serving (excluding unknown items): 380 Calories; 4g Fat (10.0% calories from fat); 54g Protein; 31g Carbohydrate; 4g Dietary Fiber; 97mg Cholesterol; 223mg Sodium.

Exchanges: 1 1/2 Grain (Starch); 7 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

### **Description:**

"Serve with chopped tomatoes, onions, jalapeno peppers, bell peppers, and cilantro."

## **The Union Square Cafe's Bar Nuts Spice**

Nigella Bites -- but hers calls for nuts

Healthy Units - barely 1/3 point

Servings – 10

Posted by Imaybloom (Lesley)

June 5, 2003

**Comments:** Sprinkle on popcorn -- it's a weird combo of ingredients, but tastes delicious.

### **Ingredients**

2 tablespoons fresh rosemary, coarsely chopped

1/2 teaspoon cayenne pepper

2 teaspoons dark brown sugar

2 teaspoons Kosher salt, \*\*recommends Maldon or other sea salt

1 tablespoon unsalted butter, melted

Nutritional Info: Per Serving (excluding unknown items): 14 Calories; 1g Fat (71.8% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 377mg Sodium.

## **Mascarpone Stuffed Apricots**

Source: Cooking Light Magazine June 2003

Serving 2 apricot halves

Healthy Units: 1

Posted by: JoanBorsten

Date: June 5, 2003

### **Comments**

#### **Ingredients**

1/3 c (3 oz) block style fat-free cream cheese

2 T (1 oz) mascarpone cheese

2 T honey

1-1/2 t lemon juice, divided

1/8 t ground nutmeg

2 T coarsely chopped walnuts, toasted

10 small apricots, halved and pitted

chopped fresh mint (optional)

1. Combine cheeses, honey, 1/2 t lemon juice and nutmeg, stirring well. Stir in walnuts. Chill 1 hour.

2. Sprinkle cut sides of apricots evenly with 1 T lemon juice.

3. Spoon about 1 t cheese mixture into each apricot half, chill 1 hour. Garnish with chopped mint, if desired.

Calories: 61 (37% from fat) Fat 2.5 g \*sat 0.9g, mono 0.3 gm, poly 0.6g Protein 2.2 g Carb 8.4 g Fiber 0.8 g Chol 4 mg Iron 0.3 mg Sodium 49 mg Calc 26 mg

## **Cheese-and-Bean Enchiladas**

Published: Cooking Light- 10/01/99

Serves: 6

Healthy Units: 6 (might want to check this!)

Posted by Lissa R

June 6, 2003

### **Comments:**

#### **INGREDIENTS**

1 (10-ounce) bag frozen chopped onion

1 (16-ounce) can fat-free refried beans with mild green chiles (such as Taco Bell)

2 cups (8 ounces) preshredded reduced-fat Mexican blend or cheddar cheese, divided

12 (6-inch) corn tortillas

1 (19-ounce) can enchilada sauce

2 tablespoons low-fat sour cream

2 tablespoons chopped ripe olives

6 tablespoons minced fresh cilantro

#### **INSTRUCTIONS**

Preheat oven to 400 degrees.

Place onion in a sieve; rinse with hot water. Drain well. Combine onion and beans in a microwave-safe bowl. Microwave at high 3 minutes or until heated. Stir in 1-1/2 cups cheese.

Stack tortillas; wrap stack in damp paper towels, and microwave at high for 1 minute or until soft. Pour half of sauce in bottom of a 13 x 9-inch baking dish; dip both sides of each tortilla into sauce. Spoon about 1/4 cup bean mixture down center of each tortilla; roll up. Arrange tortillas in baking dish; top with remaining enchilada sauce and 1/2 cup cheese. Bake at 400 degrees for 8 minutes or until thoroughly heated. Top each serving with sour cream, olives, and cilantro.

**YIELD:** 6 servings (serving size: 2 enchiladas, 1 teaspoon sour cream, 1 teaspoon olives, and 1 tablespoon cilantro)

#### **NUTRITIONAL INFO**

calories: 328 carbohydrates: 45 g cholesterol: 15 mg fat: 9.8 g sodium: 987 mg protein: 18.4 g calcium: 400 mg iron: 2.7 mg fiber: 6.7 g



## **Chocolate Raspberry Crème Brulee**

Healthy Units: 4 per serving

Yield: 2 servings

Posted by: CrissyBear

Posted on: June 6, 2003

### **Comments**

#### **INGREDIENTS:**

1 cup 2% milk

1/2 tsp vanilla extract

2 tsp unsweetened cocoa powder

1/4 cup + 1 Tbsp packed brown sugar

2 egg whites

1/2 cup fresh raspberries

#### **DIRECTIONS:**

Preheat the oven to 300F. In a medium bowl, whisk together the milk, vanilla, cocoa and the 1/4 cup brown sugar, then blend in the egg whites.

Divide the raspberries between two 1-cup ovenproof molds and pour in the milk mixture. Place the molds in a baking dish and pour warm water into the dish to halfway up the sides of the molds. Bake in preheated oven for 45 minutes, or just until set. Refrigerate for several hours, or until thoroughly chilled.

Just before serving, preheat the broiler. Sprinkle the 1 Tbsp brown sugar in evenly over the top of each custard. Broil about 2 inches from heat until sugar is melted and crisp, about 20 seconds, being careful not to burn it. Let cool & serve.

NUTRITIONAL INFO: 230 Calories 3g Fat 3g Fiber

## **Tenderloin of Beef with Blue Cheese and Herb Crust**

Source: WW Great Cooking Every Day

HU: 6

Serving Size: 4 (1 medallion and 1/4 of the sauce)

Posted by: Bliss1970

Posted on: June 6, 2003

**Comments:** At first, I had a hard time finding the demi-glace sauce - check gourmet stores. If your grocery store sells wine, they should have the Madeira.

### **INGREDIENTS**

2 slices white bread, crusts removed, toasted  
3 Tbsp. crumbled blue cheese  
2 Tbsp. chopped fresh parsley  
2 Tbsp. chopped fresh chives  
Freshly ground pepper  
1/2 cup prepared demi-glace sauce  
2 Tbsp. Madeira  
1 tsp. vegetable oil  
4 (3-ounce) center-cut beef tenderloin medallions

### **INSTRUCTIONS**

Preheat the oven to 400 degrees. Crumble the toast into a bowl and blend to a coarse paste with the blue cheese, parsley, chives and pepper.

To prepare the Madeira sauce, combine the demi-glace and Madeira in a small saucepan. Bring the sauce to a boil, reduce the heat to low, and keep hot.

Spray the rack of a roasting pan with nonstick spray and place in the pan. Heat a large nonstick skillet over high heat, add the oil, then wipe the pan with a wadded paper towel to absorb the excess. Dry-sear the medallions until just browned, about 1 minute per side.

Arrange the medallions on the roasting rack. Coat the top side of the medallion with the blue cheese mixture. Roast until the crust is golden brown and the meat is done to taste, 3-4 minutes for medium-rare. Serve the medallions on a pool of warm Madeira sauce.

**NUTRITIONAL INFORMATION:** 254 Calories; 13g fat; 77mg cholesterol; 291mg sodium; 7g carbohydrate; 0g fiber; 26g protein; 60mg calcium

## **Summer Shrimp Salad with Cilantro**

Published: Cooking Light 6/2003

Serves 4

Healthy Units: 4

Posted by Chickencoops (Heather)

June 6, 2003

### **Dressing:**

1/2 cup vegetable broth (I used chicken)

1 1/2 tsp cornstarch

3 TBS fresh lime juice

2 tsp olive oil

3/4 tsp sugar

1/4 tsp ground cumin

1/2 tsp salt

1/4 tsp pepper

### **Salad:**

1 pound medium shrimp, cooked and peeled

1 1/2 cups julienne cut yellow squash

1 1/2 cups julienne cut zucchini

1 1/2 cups cherry tomatoes, halved

1 cup fresh corn kernels (I used frozen)

2 TBS minced fresh cilantro

1. To prepare dressing combine broth and cornstarch in small pan stirring with whisk, bring to boil. Cook 1 minute, stirring constantly. Remove from heat, stir in juice and next 5 ingredients. Cool

2. To prepare salad, combine shrimp and remaining ingredients in a large bowl. Add dressing and toss well. 4 servings, 1 3/4 cups each.

## Warm Mushroom Salad with Parmesan and Arugula

Source: Food & Wine

Servings: 4

Points/Serving: 1 (Calories 87.0; Fat 5.6 grams; Fiber 7.9 grams)

Posted by: Carole (carolekm)

6 June 2003

Comments: This is a pile of greens, layered with parmesan cheese and sautéed mushrooms. The original recipe had you do the layers the opposite way - mushrooms, cheese, topped with greens, but since I leave the greens "naked" and rely more on the cooking liquid from the mushrooms to dress the greens, reversing the order works a bit better. This recipe can take all sorts of variation. You can use, instead of oil, diced bacon, melted slightly to render the fat, then skip the parmesan cheese. You can add finely chopped shallots, garlic or onion to the heated oil and sauté 30 seconds before adding the mushrooms. If you are really hard up for points, skip the oil, first cooking the mushrooms in a nonstick pan, then skip the parmesan cheese and it's 0 points. Anyway, here goes:

1 Tbsp extra virgin olive oil (original recipe called for 2 Tbsp)

4 cups mushrooms, cut into bite-sized pieces

1 cup stock (original recipe called for 1/4 cup demiglace which I couldn't find in the store so I tweaked the method.)

Salt and pepper to taste

4 cups arugula

4 Tbsp grated parmesan cheese

Heat the oil in a large skillet. Add mushrooms and cook, stirring, until tender and lightly browned, about 5 minutes. (The recipe called for high heat, but since you are using less oil might want to tune that down to medium/low so the mushrooms don't stick).

Add stock and boil over high heat a few more minutes, stirring, so stock reduces and is infused with the mushroom juice. (If using demiglace, cook over moderate heat for 3 minutes).

Divide over 4 serving plates the arugula and parmesan cheese. (The original recipe called for tossing the greens with another 1/2 Tbsp oil and a little more salt, but you don't need it).

Pour over the greens the mushrooms and the cooking liquid.

## **Black-Eyed Pea, Corn & Arugula Salad**

Source: Adapted from Food & Wine

Serves: 4

Points/Serving = 3 (183 calories, 4.7 grams fat, 13 grams fiber)

Posted by carolekm (Carole)

6 June 2003

**Comments:** This is really good with grilled fish. The original recipe was designed to serve 10 people and used lots more olive oil, but the vegetables are so tasty you just don't need it.

- 2 large ears corn
- 1 cup black-eyed peas
- 1 red bell pepper, diced
- 1/3 cup chopped red onion
- 1/3 cup finely chopped cilantro
- 1 jalapeno, seeded and minced
- 3 Tbsp fresh lime juice
- 1 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- salt and pepper to taste
- 4 cups arugula or spinach

Grill corn over medium hot fire for about 5 minutes, until lightly charred and almost tender. Let cool and cut kernels from the cobs. Toss kernels with black-eyed peas, red bell pepper, red onion, cilantro and jalapeno.

Make a dressing of the lime juice, balsamic vinegar and olive oil. Toss with the peas/corn mixture. Season with salt & pepper, and refrigerate for 1-4 hours.

Toss the salad with the greens and serve.

## **Roasted Sweet Potato and Onion Salad**

From: Food & Wine

Serves: 6

Points: 7

Posted by: Carole (carolekm)

June 6, 2003

### **Comments:**

#### **Ingredients**

2 lb. sweet potatoes, peeled, quartered lengthwise and sliced crosswise 1/2 inch thick

1 tsp finely chopped thyme

1 Tbsp + 1 1/2 Tbsp + 3 Tbsp extra virgin olive oil

Kosher salt

1 Tbsp white wine vinegar

1 1/2 tsp honey

1 1/2 tsp molasses

6 small yellow onions ( 1 1/4 lbs) sliced crosswise 1/2 inch thick

1/2 tsp cumin seeds

Pinch of crushed red pepper

2 sliced garlic cloves

3/4 cup orange juice

1/2 pound arugula

Preheat oven to 375. On a rimmed baking sheet, toss the sweet potatoes, thyme, 1 Tbsp extra virgin olive oil and Kosher salt. Spread in an even layer and bake 60 minutes, 30 minutes per side.

Meanwhile, in a large cast-iron skillet, mix 1 1/2 Tbsp olive oil, white wine vinegar, honey, molasses and Kosher salt to taste.

Spread onions over the mix and Barbecue until browned, about 40 minutes, 20 minutes per side. Transfer to a plate, reserving the goop in the skillet. In a small saucepan, toast cumin seeds and crushed red pepper. Transfer to a spice grinder or mortar and pestle, let cool and grind to a powder.

In the same pan, heat 3 Tbsp olive oil. Add garlic and cook until golden. Watch closely and remove the pan from heat, they will still cook a bit in the hot oil and scorch easily.

Set the reserved skillet over moderate heat and add: orange juice, the garlic, garlic oil and ground spices. Simmer for about 5 minutes, scraping up browned bits from the bottom. Season with salt. Mound arugula on 6 salad plates. Top with sweet potatoes, onions, drizzle with vinaigrette and serve.

## **Zucchini Lemon Salad**

Source: Greene on Greens, adapted

Servings 6

Points/Serving 1 (Calories: 72.0; Fat: 5.0; Fiber: 2.6)

Posted by: Carole (carolekm)

6 June 2003

**Comments:** Another barbecue favorite of mine - this and the tangerine-onion slaw are pretty much staples at Casa Meagher.

1/2 Tbsp + 1/2 Tbsp + 1 Tbsp butter  
1/2 Tbsp oil  
3 medium zucchini, trimmed and thinly sliced  
1/2 Tbsp butter  
1 red bell pepper, seeded and cut into thin strips  
1 small onion, halved and thinly sliced  
1 clove garlic, minced  
1 large tomato, peeled seeded and sliced  
Pinch of oregano  
1/4 cup chopped parsley  
1 lemon, PEELED, seeded, thinly sliced  
1 Tbsp red wine vinegar

Melt 1/2 Tbsp butter and oil in a large heavy skillet, over medium heat. Add zucchini. Cook, tossing until just wilted, about 3 minutes. Transfer to a large bowl.

To the same skillet, add another 1/2 Tbsp butter and the red bell pepper. Cook over medium-low heat until almost tender, about 5 minutes. Add to the zucchini.

Now, add to the skillet 1 Tbsp butter and the onion. Cook over medium-low heat for 1 minute. Add garlic and cook 5 minutes. Add to the zucchini mixture.

Toss into the skillet the tomato, peeled seeded and sliced, and a pinch of oregano. Cook for one minute over medium-high heat, then add to the zucchini mixture along with the parsley, lemon, and vinegar. Toss to combine.

Let stand, covered, for 1 hour. Add salt & pepper to taste before serving.

## **Spinach-Apricot Salad**

From: Laurel's Kitchen

Serves: 4

Points/Serving: 7 (Calories 304, Fat grams 17.2, Fiber 15.7)

Posted by: Carole (carolekm)

6 June 2003

**Comments:** This is 7 points per serving with the walnuts, 4 points per serving without. But I recommend leaving the walnuts (almonds, and pecans are good, too) because they add such a great crunch and protein too. If you want to serve 2, just use 1 apple and less oil and walnuts. The dressing is very light and tasty and goes a long way. This recipe also packs 6.25 mg of iron for you vegetarians. (The vitamin C should offset the oxalic acid for those of you paying very close attention to this.)

I served this with a piece of grilled chicken that I had cooked up with a little white wine, lemon juice and olive oil.

1/2 cup dry white wine  
2 Tbsp lemon juice  
1/2 cup dried apricots  
2 Tbsp olive oil  
1/4 tsp salt  
pinch pepper  
4 cups baby spinach leaves  
2 apples, quartered and thinly sliced  
1/2 cup chopped walnuts (or other nuts)

In a small pan, heat wine and lemon juice to a bare simmer. Add dried apricots. Cover and let stand for 1/2 hour, turning if apricots are not completely submerged. Drain apricots over a large bowl. Cut apricots into bite-sized pieces.

To the reserved liquid in the bowl, whisk in olive oil, salt, pinch pepper

Toss spinach and apples into the dressing. Sprinkle with the apricots and nuts.

Calories: 304, Fat grams 17.2, Fiber 15.7



## **Horseradish-Crusted Filet Mignon**

Source: Burt Wolf's Local Flavors, Chicago

Serves: 4

Healthy Units: 9

Posted by MissVN

June 6, 2003

Comments: this coating also makes a great topping for a salmon filet (but can get a little point heavy - brings it up to 12 points for a 6oz salmon filet).

### **Ingredients:**

4 Filet Mignon steaks

6 Tbsp butter

4 Tbsp horseradish sauce

1/2 cup panko (Japanese style) bread crumbs

4 slices bacon

### **Instructions:**

Soften butter to room temperature. Add horseradish and bread crumbs, mix. Form into patties to fit the top of the filets. Place butter patties on waxed paper or cling wrap on a plate.

Refrigerate butter mixture for at least an hour.

Place 1 strip of bacon around each filet. Broil steaks (5-6 minutes for rare, 6-7 minutes for medium) turning halfway through cooking time. When 2 minutes remain, place the butter rounds on top of the steaks and continue to broil until coating turns golden brown.

Serve with Horseradish Sauce.

## **Horseradish Sauce**

Source: Burt Wolf's Local Flavors, Chicago

Servings: 4

Healthy Units: 1

Posted by MissVN

June 6, 2003

### **Comments:**

#### **Ingredients:**

2 Tbsp horseradish sauce

1/2 cup light sour cream

#### **Instructions:**

Combine ingredients and refrigerate for at least an hour.

Can be served with beef or salmon.

## **Cold Spicy Noodles**

Source: Madame Wong's Chinese Cookbook

Serves: 6

Healthy Units: 8

Posted by: Kwe730 (Kim)

June 6, 2003

**Comments:** To save some points, make sure you add the sauce a little at a time tossing the noodles before you make the next addition. This is a great dish to do ahead of time.

### **Ingredients**

8 ounces uncooked vermicelli or angel hair pasta

1 teaspoon sesame oil

1 cup (or more) bean sprouts

1 cup shredded, cooked chicken

1 cucumber peeled, seeded, chopped

1/2 cup celery finely chopped

### **Sauce:**

1/4 cup sesame oil

1 Tablespoon chili paste with garlic

1/4 cup light soy sauce

1/4 cup red wine vinegar

1/2 teaspoon salt (to taste)

Drop noodles in boiling water to cover. Cook until al dente. Drain, rinse with cold water and drain again. Toss with 1 teaspoon sesame oil. Chill.

Plunge bean sprouts into boiling water to cover 1 minute. Drain. Set aside.

Place noodles in large bowl. Add bean sprouts, chicken, cucumber and celery. Mix sauce ingredients in small bowl. Pour over noodles and toss well. Serve cold.

## **Shang Kimchi (Summer, or Raw, Kimchi)**

SOURCE: From Cooking Light 3/03

Yield: 4 cups (1/4 c serving size)

Healthy Units: 0.1

Posted by DiBranchia

June 6, 2003

### **Comments:**

#### **Ingredients**

14 cup coarsely chopped napa cabbage (about 2 lbs)

3 Tablespoons kosher salt

1 Tablespoon sesame seeds, toasted

2 1/2 Tablespoons sambal oelek or Thai Chili paste

2 Tablespoons minced fresh garlic

2 teaspoons dark sesame oil

Place cabbage and salt in a large bowl, tossing gently to combine. Weigh down cabbage with another bowl. Let stand at room temperature 3 hours, tossing occasionally. Drain and rinse with cold water. Drain and squeeze dry.

Combine cabbage with rest of ingredients. Cover and refrigerate at least 4 hours before stirring.

19 cal, 1 g fat, 2.5 g carbs, 1.9 g fiber

## **Raspberry Cornish Hens**

SOURCE: From Cooking Light 3/03

Healthy Units: 3 (as opposed to 11 if you leave skin and visible fat on the birds)

Source: Canyon Ranch Cookbook

Posted by: Joan Callaway

Date: 5-5-03

### **Comments:**

#### **Ingredients**

40 ounces Cornish game hen  
1/2 cup raspberries  
2 garlic clove  
1 tablespoon olive oil  
1 tablespoon soy sauce, low sodium  
1/4 cup raspberry vinegar  
1/4 cup plum vinegar  
2 tablespoons fructose  
2 tablespoons fresh mint -- chopped

1. Preheat the oven to 375 degrees.
2. Wash the game hens, inside and out and pat dry. Place on rack in baking pan with deep sides and salt lightly all over. Place in preheated oven for about 30 minutes.
3. While game hens are roasting, make the sauce. Put the raspberries, garlic, olive oil, soy sauce, vinegars, fructose, and mint in blender and blend until smooth.
4. Remove the game hens from oven and reduce temp to 300 degrees. Allow them to cool until safe to handle, then remove all skin and any visible fat, being careful not to cut the flesh.
5. Place hens back on rack in pan and brush generously with raspberry sauce. Place back in oven and roast for 25 minutes more, brushing them with the sauce every 10 minutes to glaze them evenly.
6. Just before serving top each hen with any of the remaining sauce...garnish with fresh raspberries...serve on bed of wile rice.

Per Serving (excluding unknown items): 425 Calories; 28g Fat (59.1% calories from fat); 30g Protein; 13g Carbohydrate; 1g Dietary Fiber; 175mg Cholesterol; 258mg Sodium.

## **Linguine With Roasted Tomatoes and Garlic**

Source: Cooking Light (website)

Healthy Units: 7

Servings: 4

Posted by: kimbilly

Date posted: June 6, 2003

**Comments:** This is a simple, simple recipe with a great taste. As written, this recipe is 7 HUs. But, I dropped it down to 6 HUs by not adding the second tablespoon of oil -- there was absolutely no need to do so because the roasted tomato mixture had sufficient liquid. A really decadent-tasting version of this can be made by adding in some brie to the pasta and tomato mixture while it is still hot enough to melt. 2 ounces of brie raises the HU's 2 points, but 1 ounce of brie may actually be sufficient for your taste.

### **Ingredients**

2 pounds cherry tomatoes  
2 tablespoons olive oil -- extra-virgin, divided  
1/2 teaspoon salt  
1/4 teaspoon pepper  
5 large garlic cloves  
8 ounces spaghetti, uncooked -- or linguine  
1/4 cup fresh parsley -- chopped  
2 tablespoons fresh basil -- chopped

### **Instructions**

Preheat oven to 450. Combine cherry tomatoes, 1 tablespoon oil, 1/4 teaspoon salt, pepper and garlic in 13x9-inch baking dish; toss gently. Bake at 450 for 45 minutes or until garlic is browned, stirring occasionally. (Tomato skins will pop.)

Squeeze garlic cloves to extract garlic pulp; mash pulp. Discard skins. Add garlic pulp to tomato mixture, stirring gently.

Combine tomato mixture, 1 tablespoon oil, 1/4 teaspoon salt, pasta, parsley and basil in a large bowl; toss gently.

## **Chicken with Charred Red Peppers and Cashews**

(Gong-bao Ji-ding)

Source: The Good Food of Szechuan: Down to Earth Chinese Cooking

Serves: 4

Healthy Units: 5

Posted by: Joan Borsten

June 7, 2003

**Comments:** This is an old favorite which I am posting for those of you who like SPICY. My main renovation was learning to cook it with less oil (1 T instead of 4). If you can do it with 2 t, HU go down to 4.

### **INGREDIENTS**

8 oz boned chicken breast, cut into 1 inch pieces

1 T oil

#### **Marinade**

2 t cornstarch

2 t soy sauce

1 T rice wine or dry sherry

½-1 egg white

½ t salt

10 dried red peppers, or a few more, each about ¾ " long. Cut ends and shake out seeds

2 t finely chopped ginger

1 green onion cut into ¾ " lengths

1 oz cashews or almonds or peanuts

#### **Seasonings**

4 t cornstarch

4 t rice wine or dry sherry

3 T soy sauce

2 t vinegar

1 t salt (omit if using salted nuts)

1 T sugar

1 t sesame oil (optional but I like the taste)

### **INSTRUCTIONS**

1) Make marinade by mixing cornstarch with soy sauce and wine, and then adding salt and egg white.

2) Mix with chicken and marinate at least 15 minutes.

3) In a small bowl mix seasonings, first mixing cornstarch with soy sauce and wine and then mixing in other ingredients.

4) Heat cooking oil in wok. Add red peppers cooking over medium flame until they start to char. Turn fire up as high as possible and as soon as they are black, add marinated chicken. Reduce flame to medium.

5) Stir fry until chicken turns white. Add ginger and green onion. Cook, stirring a few more minutes, then add nuts and seasonings (give a quick stir first). When sauce has thickened slightly remove to serving dish and serve hot.

## Florida Sunshine Muffins

Servings: 24

Heathly Units: 3.1

Posted by SandraDeeBaker

June 7, 2003

### Comments:

#### Ingredients:

1 ½ cup All-Bran Cereal

1 ½ cup unsweetened applesauce

2 bananas-mashed

¼ cup eggbeaters

¼ cup brown sugar

½ cup orange juice (I used 2 fresh oranges to make ½ cup)

2 teaspoons vanilla

2 cups grated carrot (I recommend using a food processor for this, if possible)

2 tbsp. Orange zest, finely grated

2 cups flour

1 cup coconut

6 oz. Chocolate chips

½ cup chopped pecans (I used 2 oz. Which is 10 points)

2 tbsp. Poppy seeds

1 tbsp. Pumpkin pie spice

2 teaspoons baking soda

½ tsp. Salt

Preheat oven to 350 degrees.

Mix together the All-Bran and applesauce in a medium bowl and set aside:

In a separate medium/large bowl combine the following ingredients : Bananas to  
Orange zest

Now to the banana mixture add the following ingredients that you have mixed together,  
flour through salt:

Now add the first bowl of All-Bran and applesauce to your second bowl. Spoon into  
muffin cups lined and sprayed with Pam. Bake until toothpick comes out dry.

Per Serving (excluding unknown items): 143 Calories; 6g Fat (32.4% calories from fat);  
3g Dietary Fiber



## **Mango BBQ Sauce**

Source: Terrific Pacific Cookbook

Healthy Units: 1

Servings: 6

Posted by Kate

June 7, 2003

**Comments:** Works well with pork, chicken and shrimp. Marinate the pork or chicken in the sauce 12 hours or overnight, shrimp 30 minutes, then grill and brush with extra sauce.

1T peanut oil  
1/2 T minced garlic  
1/ 1/2 tsp minced fresh ginger  
1/4 cup mirin or med dry sherry  
1 1/4 cups pureed mango pulp (1 or 2 mangos)  
2 T tomato paste  
1 tsp light brown sugar, or more to taste  
1 1/2 T fresh lime juice  
2 tsp red wine vinegar  
1 1/2 T worcestershire sauce  
2 tsp dijon mustard  
1 tsp Chinese chili paste with garlic (I used Sirachi sauce)  
salt and freshly ground pepper to taste

Heat the oil in a saucepan over low heat. Add the garlic and ginger and stir until aromatic about 30 seconds. ADD the mirin and reduce over high heat for 2 mintues. Add the remaning sauce ingredients and simmer for about 10 minutes, stirring.

## **BBQ Chicken and Corn Pizza**

Source: Old ww magazine

Healthy units: 8

Servings: 6

Posted by: Zephyr

Date: 6-7-03

**Comments:** I like to add sweet onion already sauteed and mess around with the cheese and type used. Trader Joes BBQ sauce is nice and spicy.

### **Ingredients**

1 large Boboli crust

1/2 cup bbq sauce divided

1 {4.69 oz} package of chicken breast diced- I make my own it is cheaper

1/2 cup frozen corn defrosted

1 1/4 cups Monterey Jack cheese shredded

1. Preheat oven to 450

2. Place pizza crust on baking sheet and spread with 1/4 cup bbq sauce. Mix remaining sauce with chicken and put on pizza. Sprinkle with corn, then cheese.

3. Bake at 450 for 10 minutes and allow to sit for 10 minutes as it will be easier to cut.

serves 6

points 8 per slice

## **French Chicken in Vinegar Sauce with Pepper-Spiked Polenta**

Cooking Light, December 1996, p.122

Serving Size : 4

Healthy Units: 4

Posted by DiBranchia

June 8, 2003

### **Comments**

#### **Ingredients**

vegetable cooking spray -- olive oil flavored

2 1/2 cups chopped onion -- coarsely chopped

8 skinless chicken thighs -- 3 oz, boned

1/2 cup dry white wine

1/2 cup fat-free chicken broth

3 tablespoons tomato paste

2 tablespoons balsamic vinegar

1 teaspoon fresh tarragon -- minced OR 1/2 teaspoon dried tarragon

1/2 teaspoon brown sugar

1/2 teaspoon salt

1/4 teaspoon red pepper

1 Dash black pepper

Tarragon sprigs (optional)

Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add onion; cook 5 minutes or until lightly browned. Add chicken; sauté each side 3 minutes or until browned.

Combine wine and next 8 ingredients (wine through black pepper) in a medium bowl; stir well. Add wine mixture to chicken mixture; cover, reduce heat, and simmer 20 minutes. Serve with Pepper-Spiked Polenta. Garnish with tarragon sprigs, if desired.

## **Pepper-Spiked Polenta**

Cooking Light, December 1996, p.122

Serving Size : 4

Healthy Units: 3

Posted by DiBranchia

June 8, 2003

### **Comments:**

#### **Ingredients**

Cooking spray

4 cups water

1 cup yellow cornmeal

1/2 teaspoon salt

1/4 teaspoon crushed red pepper

1/4 cup grated Parmesan cheese

To Make Pepper-Spiked Polenta: Coat a 2-quart casserole with cooking spray. Combine water, cornmeal, salt, and pepper; mix well. Cover with casserole lid; microwave at HIGH 12 minutes or until thick, stirring after 6 minutes. Stir in cheese. Serve immediately.

Per Serving: 363 Calories; 6g Fat; 5g Dietary Fiber

NOTES : Buy boneless, skinless chicken thighs, or ask your butcher to bone and skin them for you.

## **Pollo Rancho Luna (Rancho Luna Chicken)**

Cooking Light Annual Recipes 2003 - pg 139 (originally May 2002 mag).

Healthy Units - 3 per serving

Servings - 4

Posted by: oduamy1 (Amy)

June 8, 2003

**Comments:** Super easy and fast. Great flavor!! The marinade keeps the chicken very moist, too!

CL Notes: In the Havana of the 50's, there was a very popular country restaurant called Rancho Luna. The house specialty: chicken marinated in a secret family recipe. This simple version is a good approximation of the original.

4 (4-oz) skinless, boneless chicken breast halves  
3 tablespoons commercial mojo marinade (such as Goya)  
1/2 cup finely chopped onion  
1/4 cup finely chopped fresh parsley  
1 teaspoon vegetable oil  
4 teaspoons fresh lime juice (about 1-1/2 to 2 limes is what worked for me)  
Lime wedges (optional)

1) Combine chicken and mojo in a large zip-top plastic bag; seal and marinate in refrigerator for 2 hours, turning occasionally.

2) Combine chopped onion and parsley in a small bowl.

3) Remove chicken from bag; pat dry. (I didn't pat dry - liked having a little of the marinade in the pan). Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 4 minutes on each side or until done. Drizzle each breast with 1 tsp lime juice; top each serving with 2 tablespoons onion mixture. Serve with lime wedges, if desired.

Nutritional info:

Calories - 149; Fat - 2.6g; Protein 26.6 g; carbs 3.2g; Fiber .5g; cholesterol - 66mg; Iron - 1.2 mg; Sodium - 279mg; Calcium 45 mg

## **Seafood Lasagna - Gold Medal All-Purpose Flour**

Source: Betty Crocker.com

Healthy Units:6.6

Servings:12

Posted by: Zephyr1

6-9-03

**Comments:** This is the best lasagna recipe I have ever had. Cottage cheese sounds gross but the sauce just makes it disappear the flavor is unreal. I like to use a bit of asiago to rev it up a bit. You will not regret trying this.

### **Ingredients**

1/2 cup butter or margarine  
2 garlic cloves -- finely chopped  
1/2 cup Gold Medal® all-purpose flour  
2 cups milk  
2 cups chicken broth  
2 cups shredded mozzarella cheese (8 ounces)  
4 medium green onions -- sliced (1/4 cup)  
2 tablespoons capers  
1 teaspoon dried tarragon leaves  
1/2 teaspoon lemon pepper  
9 uncooked lasagna noodles  
1 cup small curd creamed cottage cheese  
1 can crabmeat -- (6 ounces) drained and cartilage removed  
1 can tiny shrimp -- (4 ounces) drained  
1/2 cup grated Parmesan cheese

1. Heat oven to 350°F. Melt butter in 3-quart saucepan over low heat. Cook garlic in butter about 1 minute, stirring occasionally, until golden. Stir in flour. Cook, stirring constantly, until bubbly; remove from heat. Stir in milk and broth. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in mozzarella cheese, onions, capers, tarragon and lemon pepper. Cook over low heat, stirring constantly, until cheese is melted.

2. Spread one-fourth of the cheese sauce (about 1 1/4 cups) in ungreased rectangular baking dish, 13x9x2 inches; top with 3 uncooked noodles. Spread cottage cheese over noodles. Repeat with one-fourth of the cheese sauce and 3 noodles. Top with crabmeat, shrimp, one-fourth of the cheese sauce, the remaining noodles and cheese sauce. Sprinkle with Parmesan cheese.

3. Bake uncovered about 40 minutes or until noodles are tender. Let stand 15 minutes before cutting.

Calories 280; Fat 14g; Fiber 1 g.

## **Tex-Mex Black Bean Dip**

Source: Cooking Light.com

Healthy Units: 1

Yield: 1 2/3 cups (serving size 2 Tablespoons)

Posted by: Kwe730 (Kim)

June 9, 2003

### **Comments:**

#### **INGREDIENTS**

1 (15-ounce) can black beans, drained  
1 teaspoon vegetable oil  
1/2 cup chopped onion  
2 garlic cloves, minced  
1/2 cup diced tomato  
1/3 cup mild picante sauce  
1/2 teaspoon ground cumin  
1/2 teaspoon chili powder  
1/4 cup (1 ounce) shredded reduced-fat Monterey Jack cheese  
1/4 cup chopped fresh cilantro  
1 tablespoon fresh lime juice

#### **INSTRUCTIONS**

Prep Time: 15 minutes

Cooking Time: 10 minutes

Place beans in a bowl; partially mash until chunky. Set aside.

Heat oil in a medium nonstick skillet over medium heat. Add onion and garlic, and saute 4 minutes or until tender. Add beans, tomato, picante sauce, cumin, and chili powder; cook 5 minutes or until thick, stirring constantly. Remove from heat; add cheese, cilantro, and lime juice, stirring well. Serve warm or at room temperature with fat-free corn or flour tortilla chips.

YIELD: 1-2/3 cups (serving size: 2 tablespoons)

#### **NUTRITIONAL INFO**

calories: 42 carbohydrates: 6.2 g cholesterol: 2 mg fat: 1 g sodium: 136 mg protein: 2.6 g calcium: 30 mg iron: 0.6 mg fiber: 1 g

## **Jack Daniel's Grilled Roast**

Healthy Units: 6

Servings: 8

Posted by: Packergal2

Date: 6/9/03

### **Comments:**

#### **Ingredients:**

1/3 cup Jack Daniels Whisky  
1/2 cup brown sugar  
1/3 cup soy sauce  
1/3 cup water  
1 Tbsp worchestershire sauce  
1 tsp lemon juice  
1/8 tsp garlic powder  
2 lb beef roast

#### **Instructions:**

1. Combine marinade ingredients. Mix well.
2. Place roast in a plastic bag; add marinade & seal.
3. Place in a dish, refrigerate overnight, turning occasionally.
4. Grill over medium coals, about 20 to 25 min a side for medium.
5. Baste occasionally with marinade.
6. Cut into thin slices to serve.



## **Carrot-Orange Salad**

Moosewood Low-Fat Favorites Cookbook

Healthy Units 1

Servings: 4

Posted by Carrie AKA "Scarehair"

June 9, 2003

### **Comments:**

#### **Ingredients**

3 large carrots, peeled and grated (about 4 cups)

2 navel or blood oranges

2 Tablespoons fresh lemon juice

1 Tablespoon honey

1/2 tsp ground cinnamon (I have been accused of using more)

Place grated carrots in a bowl large enough to hold the completed salad and set aside. Slice off the ends of the oranges, place each one, cut side down, on the working surface, and slice down the curved sides with broad strokes all the way around, positioning the knife just deep enough to remove peel and all of the white pith. Holding each peeled orange over the serving bowl, slip a paring knife between the membrane and one of the sides of each orange section, cut toward the center of the orange, and then cut back out the other side with a motion resembling a V. The orange section will fall into the bowl. Repeat this process around the entire orange and then squeeze the juice from the membrane into the bowl. Combine the lemon juice, honey and cinnamon in a small bowl and pour over the carrot-orange mixture. Before serving, allow the salad to sit at least 10 minutes so that the flavor will mingle

per serving: 61 cal, .2 g fat, 3.0 g fiber

## **Chive Goat Cheese Dip**

Source: Chicago Tribune

Healthy Units: 1

Servings: 14 (Yields 1 1/3 cup)

Posted by: Kwe730 (Kim)

June 9, 2003

### **Comments:**

#### **Ingredients**

1 medium clove garlic  
1 inch-square piece onion  
1/4 cup snipped chives  
3.5 ounces goat cheese  
1/4 cup light cream cheese  
1 teaspoon fresh lemon juice  
1 Tablespoon drained capers  
1/2 teaspoon anchovy paste  
Freshly ground pepper to taste

Process garlic, onion and chives in food processor. Add remaining ingredients and process until smooth. Taste and adjust seasoning. Chill at least 2 hours. Can be made a day ahead and refrigerated, covered. Before serving stir well and adjust seasoning. Serve chilled.

## **Venezuelan Black Beans**

Source: Light & Tasty April/May 2003

Healthy Units: 1.8

Servings: 12 (1/2 c each)

Posted by: Brenda

June 9, 2003

**Comments:** I love refried black beans and this is awesome! I may be eating it all week.

### **Ingredients**

2c (1lb) dried black beans  
1/4 c tomato paste  
1/4 c chopped onion  
1 tsp beef or vegetable bouillon granules  
1 tsp salt  
1/4 tsp dried oregano  
1/4 tsp garlic powder  
1/4 tsp ground cumin  
1/4 tsp pepper

Place beans in a dutch oven or soup kettle; add water to cover by 2in. Bring to boil; boil for 2min. Remove from heat; cover & let stand 1 hr. Drain and rinse beans. Return beans to pan; add water to cover by 2". Bring to boil. Reduce heat; cover & simmer for 1hr or until beans are almost tender.

Drain beans and reserve 2c liquid. Return beans & reserved liquid to kettle. Stir in remaining ingredients. Remove 1/2 of bean mixture and mash well. Return to pan. Bring to a boil. Reduce heat; cover & simmer for 30min or until beans reach desired consistency.

126 cal; 1g fat; 8g fiber

## Lobster Fra Diavolo

Healthy Units: 8

Servings: 4

Posted by: MissVN

Date: 6/9/03

**Comments:** You can also use shrimp for this dish, but the points will change. Also, if you don't count canned tomatoes as 1 point, subtract a point from the HUs. Add red pepper gradually so you can adjust to your tastes.

### Ingredients

- 1 tsp olive oil
- 1 medium onion(s)
- 2 cup canned tomatoes
- 1 Tbsp basil
- 1 1/2 Tbsp dried parsley
- 2 tsp dried oregano
- 2 Tbsp sugar
- 1 tsp red pepper flakes
- 4 - 6oz lobster tails
- 4 cup cooked pasta

### Instructions

Heat the olive oil in a large frying pan or saucepan, and once hot add the onions. Cook until translucent and soft.

Add the tomatoes and stir. Next season with salt, oregano, basil and red pepper flakes. Adjust spices to your own liking. Add sugar and stir. Cook for 15 minutes over low heat, stirring occasionally.

While sauce is simmering, cut the lobsters tails in half lengthwise. While the sauce is still simmer, add lobster tails to the sauce. Cook for 5-10 minutes (depending on the size of the tails) over low heat until the lobsters are cooked through. If serving for company, remove the lobster tails from their shells before serving. Serve lobster tails and sauce over pasta.

## **Corn and Kasha Cakes**

Source: Mayo Clinic--Williams Sonoma Cookbook

Healthy Units: 1 per cake

Yield: 12 cakes

Posted by: CrissyBear

Posted on: June 9, 2003

**Comments:** Serve these as a side dish or appetizer, plain or with a multitude of toppings, including low-fat cream cheese, cottage cheese or fresh tomato salsa.

### **INGREDIENTS:**

1/4 cup kasha, medium grade [I used whole]

1/2 cup boiling water

1-1/4 cup frozen corn kernels, thawed

1 egg

3/4 cup low fat buttermilk

1/8 tsp cayenne pepper [I used Cajun spices]

1/3 cup all-purpose flour

1/3 cup whole wheat flour

1/2 tsp baking powder

1/4 tsp baking soda

### **INSTRUCTIONS:**

In a small bowl, stir together the kasha and boiling water and let stand for 10 minutes.

In a food processor, combine half of the corn kernels and the remaining ingredients (not kasha mixture) and process until the batter is smooth, about 30 seconds. Add the remaining corn and the kasha. Stir briefly to combine.

Coat a nonstick frying pan with cooking spray over medium heat. Spoon a scant 1/4 cup batter for each cake. Cook until the cakes are dry around the edges and a few small bubbles form on top, about 2 minutes. Turn and cook until browned on the other side, about 1-1/2 minutes longer. (Cover with aluminum foil to keep warm while cooking remaining cakes.

### **NUTRITIONAL INFO:**

Per serving: 67 calories, 1g total fat, 1g dietary fiber, 3g protein, 12g carbohydrate, 19mg cholesterol, 76mg sodium

## **Shrimp Scampi**

The Complete Cooking Light Cookbook, p. 214

Healthy Units: 5

Servings: 6

Posted June 9, 2003

By Debra (DERB63)

Comments: This is a quick and delicious way to prepare shrimp. The flavors are mild don't overpower the shrimp. I like this served over Angel Hair Pasta.

2 pounds unpeeled large shrimp (48 shrimp)  
3 tablespoons stick margarine or butter  
1 cup chopped red bell pepper  
8 cloves garlic, crushed  
1/2 cup dry white wine  
1/4 cup minced fresh parsley  
1/4 cup fresh lemon juice  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/8 teaspoon paprika  
6 (2-ounce slices) French bread (optional)

Peel shrimp, leaving tails intact. Butterfly each shrimp, cutting to, but not through, the back of shrimp. Arrange 8 shrimp, cut sides up, in each of 6 gratin dishes (or see note); place dishes on a baking sheet and set aside.

Preheat broiler.

Melt butter in a medium skillet over medium-high heat. Add bell pepper and garlic; sauté 2 minutes. Remove from heat; stir in wine, parsley, lemon juice, salt, and pepper.

Spoon wine mixture evenly over shrimp; sprinkle paprika over shrimp. Broil 6 minutes or until shrimp are done. Serve with crusty French bread (optional)

Note: if you don't have gratin dishes, place shrimp in a 13 x 9-inch baking dish. Pour wine mixture over shrimp, broil as directed.

Nutritional values with bread: Cal-342, fat-9.5g, protein-28.7g, carb 34.4g, fiber-2.3g, chol-172mg, iron-4.7mg, sodium-779mg, calcium-116mg

## **Asian Chicken and Cabbage**

Cooking Light 2003 Annual and November, 2002 magazine

Number of Servings 4

Healthy Units per Serving 3.8

Posted by DebMj1

June 9, 2003

**Comments:** In order to make this for 1 serving, I used 1/2 the amount of the first 3 and last 4 ingredients as opposed to using 1/4. I omitted the vegetable oil. I sauteed the coleslaw mixture for about 3 minutes instead of 1. Calories go to 206, fat is 4 gms. and fiber is 3 gms. - HU remains the same.

### **Ingredients**

2 Tbsps. hoisin sauce  
1 tsp. bottled minced garlic  
1 tsp. bottled ground fresh ginger  
4 4-oz skinless, boneless chicken breast halves  
cooking spray  
1 tsp. vegetable oil  
1/2 cup chopped onion  
4 cups packaged cole slaw vegetable mix  
1 tsp. dark sesame oil  
1/2 tsp. salt  
1/2 tsp. black pepper

Preheat broiler. Combine first 3 ingredients, spread evenly over both sides of chicken. Place chicken on a broiler pan coated with cooking spray; broil 6 minutes on each side or until done. While chicken cooks, heat vegetable oil in a large skillet over medium-high heat. Add onion, saute 2 minutes. Add coleslaw; saute 1 minute or until slaw begins to wilt. Place coleslaw in a medium bowl. Add sesame oil, salt and pepper, tossing to coat. Serve coleslaw mixture with chicken.

Each serving has 189 calories, 4.3 gms. fat, and 2.1 gms. fiber.

## Meatballs and Rice Noodles

CL (February 2003?)

Healthy Units 11

Serves: 4

Posted by: Trish

6/9/03

**Comments:** CL suggests substituting the ground pork with shrimp for a lighter dish. I suggest adding a bit more heat to the sauce, it can be a little sweet.

### Ingredients

3 tablespoons chopped shallots  
2 teaspoons fish sauce  
1 teaspoon lime juice  
2 garlic cloves, minced  
1 bacon slice  
6 ounces ground sirloin  
6 ounces lean ground pork  
Cooking spray  
10 ounces rice vermicelli or thin rice stick noodles  
1/2 cup warm water  
6 tablespoons sugar  
1/4 cup lime juice  
1 1/2 tablespoons fish sauce  
2 teaspoons chili garlic sauce (such as Lee Kum Kee)  
4 garlic cloves, minced  
1 tablespoon chopped fresh basil  
1 tablespoon chopped fresh cilantro  
1 tablespoon chopped fresh mint

1. Combine first 5 ingredients in a food processor; process until smooth. Add beef and pork, pulse to combine.
2. Divide meat mixture into 12 equal portions, shaping each into a (1-inch) ball. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add meatballs; cook 10 minutes or until meatballs are done, browning on all sides.
3. Cook noodles in boiling water 6 minutes, drain. Combine warm water and next 5 ingredients (water through 4 garlic cloves), stirring with a whisk until sugar dissolves. Combine basil, cilantro and mint. Divide noodles evenly among 4 plates; top each serving with 3 meatballs. Drizzle each serving with about 1/3 cup sauce; sprinkle with about 2 teaspoons herb mixture.

Calories 487; fat 15.1 g; protein 19.1g; carb 66.7g' fiber 2.1g; chol 59 mg; iron 1.9 mg; sodium 905 mg; calcium 36 mg.

This recipe is pretty prep-heavy, but comes together quickly at the end so be ready.....



## Shepherd's Pie

The Complete Cooking Light Cookbook

Healthy Units: 5.6

Yield: 4 servings (serving size 2 cups, which is HUGE)

Posted by: Lesley (LMaybloom)

June 9, 2003

**Comments:** I used ground turkey (almost never buy ground beef) and couldn't find an onion so I did without. I also used diced tomatoes because, like Carole, I hate when they call for whole tomatoes and make you chop them anyway. So I used Muir Glen Fire Roasted. I also used Yukon Gold potatoes and did not peel them (I LOVE peels in my mashed potatoes). But I'm posting the original recipe as is.

1 c. (1/2 inch) sliced green beans  
1/2 pound ground round  
1 cup chopped onion  
1 large garlic clove, minced  
1 t. dried oregano  
1 t. dried basil  
1/4 t. dried thyme  
3 c. quartered mushrooms (about 8 oz)  
1/4 c. all-purpose flour  
1/4 c. dry white wine  
1 (14.5 oz can) whole tomatoes, undrained and chopped  
1/4 t. salt  
1/8 t. pepper  
Cooking spray  
1 1/2 pounds baking potatoes, peeled and cubed  
1/4 c. 2% reduced-fat milk.  
1/4 t. salt  
1/4 t. black pepper

-Steam green beans, covered, 5-6 minutes or until crisp-tender.

-Cook beef, onion and garlic in a large nonstick skillet over medium high heat until browned, stirring to crumble. Drain well and return beef mixture to pan. Stir in oregano, basil and thyme; cook over medium high heat 1 minute. Add mushrooms, cook 2 minutes. Stir in flour. Gradually add wine, stirring constantly.

-Add tomato, 1/4 t. salt and 1/8 t. pepper; cook 2 minutes or until thickened stirring frequently. Remove from heat; stir in green beans. Spoon beef mixture into a 2.5 quart casserole coated w/ cooking spray.

-Preheat oven to 375.

-Place potato in large saucepan; cover with water and bring to a boil. Reduce heat and simmer, uncovered, 20 minutes or until very tender. Drain well and return potato to pan. Add milk, 1/4 t. salt and 1/8 t. pepper; beat at medium speed of a mixer until smooth. Spread mashed potatoes over beef mixture, and bake at 375 for 30 minutes or until thoroughly heated.

-Preheat broiler. Broil casserole 5 minutes or until potatoes are browned.

Nutritional Info: Calories=288, Fat=4.6, Fiber=5.3

## **Grilled Vegetable Sandwich**

Weight Watchers Cook It Quick!

Healthy Units 4

servings 6

Posted by DiBranchia

June 9, 2003

### **Comments:**

#### **Ingredients**

- 1 small zucchini, quartered lengthwise
- 1 small crookneck squash, quartered lengthwise
- 1 portobello mushroom, cut into 6 pieces
- 1 (7-ounce) jar roasted red peppers, rinsed and drained
- 1 tablespoon reduced-fat mayonnaise
- 1/2 tablespoon oregano leaves
- 1/2 tablespoon thyme leaves
- 1 garlic clove, peeled
- 1 (8-inch) prebaked pizza crust or focaccia shell, halved horizontally
- 4 slices provolone cheese

1. Preheat the broiler. Arrange the zucchini, squash, and mushroom in a single layer on a baking sheet and spray with non-stick spray. Broil until well browned, about 9 minutes. Remove and set the vegetable aside. Reduce the oven to 450°F.

2. Puree the roasted peppers, mayonnaise, oregano, thyme, and garlic in a food processor. Place one half of the crust on the baking sheet. Spread the roasted pepper puree over it and layer with the vegetables, then the cheese. Top with the other half. Bake until the cheese melts and the sandwich is heated through, about 5 minutes. Cut into 6 wedges and serve.

Per serving: 183 Calories, 5 g Fat, 2 g Saturated Fat, 10 mg Cholesterol, 466 mg Sodium, 27 g Carbohydrates, 2 g Fiber, 8 g Protein, 100 mg Calcium.

## Lighter Lasagna

Source : Moosewood Restaurant Low-Fat Favorites

Healthy Units: 5

Servings: 6 to 8 (nutrition facts per 12 ounce serving)

Posted by Claudia (Andygrammy)

June 10, 2003

**Comments:** this is the best veggie lasagna I've ever made-cooking the veggies in wine before assembling the dish really pumps up the flavor.

### Ingredients:

2 cups cubed zucchini

1 cup cubed bell peppers

1 cup chopped tomatoes

4 cups sliced mushrooms

¼ tsp salt

1/3 cup dry red wine

3 tbsp chopped fresh basil

10 ounces chopped fresh spinach, rinsed

2 cups low-fat cottage cheese

1 cup grated low-fat mozzarella cheese

¼ cup grated Parmesan cheese

1 recipe Tomato-Wine Sauce, or 3 ½ cups prepared fat-free pasta sauce

1 pound uncooked lasagna noodles

-Preheat oven to 350.

-Combine the zucchini, peppers, tomatoes, mushrooms, salt and wine in a saucepan, bring to a boil, cover, and simmer on low heat for about 10 minutes, or until all of the veggies are tender and juicy. Stir in the basil.

-Cover and cook the spinach on high heat in just the water clinging to the leaves for 3 minutes, until wilted but still bright green. Drain and chop coarsely. Combine with the cottage cheese, mozzarella and Parmesan.

-Spread 1 cup sauce evenly on the bottom of a 3 inch deep non-reactive 8 x 12 baking dish. (I use a 9 x 13.)

-Layer with 5 or 6 noodles, 1 generous cup of undrained veggies, and 1 cup of spinach-cheese mixture. Cover with a second layer of noodles, 1 cup sauce, 1 heaping cup of veggies, 1 cup spinach-cheese mixture, and a third layer of noodles. Add the rest of the veggies, remaining spinach cheese mixture, a fourth layer of noodles and the remaining sauce. Cover tightly with foil and bake until the noodles are tender, about 60 minutes.

-Let sit 10 minutes before cutting. ( I sprinkle a little more grated Parmesan over the top when I take it out of the oven. Don't think this raises the healthy units.)

Per 12 oz. serving: 218 cal, 17.7 g protein, 5.8 g fat, 22.9 g carbs, 35 mg cholesterol, 480 mg sodium, 2.9 g fiber.

## **Tomato-Wine Sauce**

Source : Moosewood Restaurant Low-Fat Favorites

Healthy Units: 1

Servings: 6 to 8

Posted by Claudia (Andygrammy)

June 10, 2003

### **Comments:**

#### **Ingredients**

2 tsp olive oil  
1 cup chopped onions  
2 garlic cloves, minced  
¼ tsp salt  
2 tsp ground fennel  
1 tsp dried oregano  
1 tsp dried basil  
½ cup red wine  
3 cups undrained canned tomatoes (28 ounce can)  
salt and pepper to taste

In a saucepan, warm the olive oil. Add onions, garlic, salt, cover and saute on very low heat for 5 to 7 minutes, or until onions are softened. Add fennel, oregano, basil, and cook for one minute. Add wine and bring to a boil. Process tomatoes in blender or food processor just until pureed and add to pan. Cover and simmer for about 20 minutes, stirring occasionally. Season to taste.

**Curried Pork**  
CL March 2003

Healthy Units: 7  
Servings: 4  
Carrie AKA Scarehair  
6-10-2003

**Comments:**

Ingredients:  
Cooking Spray  
1 1/2 Cups finely chopped onion  
1 Cup chopped green bell pepper  
1 1/2 Cups sliced mushrooms  
1/4 Cup all purpose flour  
1 teaspoon curry powder ( I like to use more)  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1 1/2 pounds boneless pork loin, cut into 1/2" cubes  
1 (14.5) oz can diced tomatoes, undrained

Preheat oven to 350.

Heat a large ono-stick skillet coated with cooking spray over med-hi heat. Add onion and bell pepper; saute 3 min, Add mushrooms, and saute 2 min. Place onion mix in an 11x7-inch baking dish coated with cooking spray.

Combine flour, curry powder, salt and black pepper in a bowl, stirring with a whisk. Add pork; toss to coat. REcoat pan with cooking spray; place over med-hi heat. Add pork mix; cook 5 minutes, browning on all sides. Add pork mix to onion mix. Pour tomatoes over all. Cover and bake at 350 for 1 hour or until pork is done. Serving size is 1 1/2 cups.

## **Tortellini with Spinach and Cherry Tomatoes**

Cooking Light Annual Recipes 2003

Number of Servings: 4 (1 ½ cups each)

Healthy Units: 5

Posted by Ishaver5 (Lissa)

June 10, 2003

**Comments:** Use any flavored tortellini or ravioli in this recipe.

### **INGREDIENTS:**

- 1 (9-ounce) package fresh three-cheese tortellini
- 2 teaspoons olive oil
- 2 teaspoons bottled minced garlic
- ½ to ¾ teaspoon crushed red pepper
- 2 cups cherry tomatoes, halved
- ¼ cup fat-free, less-sodium chicken broth or vegetable broth
- 1 tablespoon chopped fresh basil
- ¼ teaspoon salt
- 1 (6-ounce) package fresh baby spinach

### **INSTRUCTIONS:**

1. Cook tortellini according to package directions, omitting salt and fat.
2. While tortellini cooks, heat oil in a large nonstick skillet over medium-high heat. Add garlic and red pepper; sauté 30 seconds.
3. Add tomatoes, broth, basil, salt, and spinach to pan; cook 2 minutes or until spinach wilts. Stir in tortellini; cook 1 minute.

Notes: This is a 20 minutes or less recipe. I've made it in about 12 minutes before, so it's great for those busy nights. I always use DiGiorno (sp?) tortellini. I recently compared its nutrition to another brand, and DiGiorno was much more point friendly, so make sure you take into account the differences between brands. Pair this with a big spinach salad (with leftover spinach if you buy a larger package).

CALORIES 254; FAT 7.4g; PROTEIN 11.6g; CARB 34.8g; FIBER 2.8g; CHOL 24mg; IRON 2.4mg; SODIUM 395mg; CALC 207mg

## Chicken with Sun-Dried Tomato-Mushroom Sauce

Cooking Light Annual Recipes 2003

Number of Servings: 4 (1 breast half and ½ cup sauce)

Healthy Units: 4.3

Posted by Ishaver5 (Lissa)

June 10, 2003

**Comments:** Serve over orzo or bow tie pasta. If you can't find sun-dried tomato sprinkles, you can chop whole sun-dried tomatoes with a knife or kitchen shears.

### INGREDIENTS:

4 teaspoons olive oil, divided  
4 (4-ounce) skinless, boneless chicken breast halves  
½ teaspoon salt  
¼ teaspoon black pepper  
2 cups presliced mushrooms  
⅓ cup finely chopped shallots  
¾ cup fat-free, less-sodium chicken broth  
¼ cup sun-dried tomato sprinkles  
¼ dry white wine  
1 tablespoon chopped fresh parsley

### INSTRUCTIONS:

1. Heat 2 teaspoons oil in a large non-stick skillet over medium-high heat. Sprinkle chicken with salt and pepper. Add chicken to pan; cook 4 minutes on each side or until done. Remove from pan; keep warm.
2. Reduce heat to medium. Add 2 teaspoons oil, mushrooms, and shallots, cook 2 minutes, stirring frequently. Stir in broth, tomato sprinkles, and wine, cook 1 minute. Spoon sauce over chicken, sprinkle with parsley.

Notes: This recipe is very quick – 20 min's or less. I usually eliminate the oil by cooking my chicken in the George Foreman, which also allows me to chop things up and not worry about watching the chicken, and by cooking the mushrooms and shallots in olive oil pam spray. Halving the recipe works great, and it tastes fine without the parsley, as I rarely have fresh parsley on hand.

CALORIES 206; FAT 6.3g; PROTEIN 29.2g; CARB 8.2g; FIBER 1.5g; CHOL 66mg;  
IRON 2.2mg; SODIUM 604mg; CALC 30mg

## **Blueberry Granita with Berry Compote**

Cooking Light June 2003 issue

Yields 8 servings (2/3 c granita, 1/3 cup compote)

Healthy Units: 3

Posted by Ishaver5 (Lissa)

June 10, 2003

### **Comments:**

#### **Ingredients**

##### **Granita:**

2 quarts fresh blueberries ( ~1.5 lbs)

1 1/2 cups water, divided

3/4 cup sugar

3 Tablespoons lemon juice

##### **Compote:**

2 cups quartered small strawberries, divided

1/2 cup water

1/3 cup sugar

1 2-inch piece lemon rind

3/4 cup fresh blueberries (or any other delicate berry)

1 teaspoon lemon juice

1. To prepare granita, place blueberries in a food processor or blender; process until smooth. With food processor still on, slowly pour 1 cup water through food chute; process until well blended. Strain blueberry mixture through a fine sieve into a bowl; discard solids.
  2. Combine 1/2 cup water and 3/4 cup sugar in a small saucepan over high heat, stirring until sugar dissolves. Stir sugar mixture and 3 Tablespoons juice into blueberry mixture. Pour mixture into a 13x9 inch glass baking dish; let cool to room temperature. Freeze 1 1/2 to 2 hours or until ice crystals begin to form. Remove mixture from freezer, stir well with a fork. Freeze 2 hours, stirring every 30 minutes or until slushy. Cover and freeze 1 hour.
  3. To prepare compote, place 1 cup strawberries in a food processor or blender; process until smooth. Strain strawberry mixture through a fine sieve into a bowl; discard solids.
  4. Combine half cup water, 1/3 cup sugar and rind in a medium saucepan over medium-high heat; bring to a boil. Cook 1 minute; remove from heat. Discard rind. Add pureed strawberries, quartered strawberries, blueberries, and 1 teaspoon juice to pan; stir gently to combine. Let cool to room temperature. Cover and chill. Spoon compote into each of 8 bowls; top with granita.
- Calories 174, Fat 0.5 g, Protein 0.9 g, Carb 44.5 g, Fiber 3.5 g, Chol 0 mg, Iron 0.3 mg, Sodium 7 mg, Calc 12 mg.



## **Black Bean Burrito Bake**

Cooking Light March 2003

Healthy Units: 7

Servings: 4 servings (serving size: 1 burrito)

Posted by Labellaluke

June 1, 2003

**Comments:** Half of the beans are finely chopped to give the filling a thick, creamy consistency. This dish can be made up to 8 hours in advance and chilled; just bring it back to room temperature before baking.

### **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.

### **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

## **Chicken and Dumplings**

Source: Cooking Light (issue date?)

Healthy Units: 8

Servings: 8

Posted by: kimbilly

June 10, 2003

### **Comments:**

#### **Ingredients**

1 cup onion -- chopped  
1 clove garlic -- chopped  
1/4 cup sherry  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
2 cans fat-free chicken broth  
1 can cream of mushroom soup, condensed -- reduced-fat  
4 pounds chicken pieces -- skinned  
1 cup frozen peas  
1/4 cup water  
2 tablespoons cornstarch  
  
2 cups Bisquick® baking mix  
2/3 cup skim milk  
chopped parsley

#### **Instructions**

1. Heat a Dutch oven coated with cooking spray over medium-high heat. Add onion and garlic; saute 5 minutes. Stir in sherry and the next 4 ingredients (sherry through soup), and bring to a boil. Add chicken pieces; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until chicken is tender.
2. Remove chicken pieces from cooking liquid. Place chicken in a bowl, and chill 15 minutes.
3. Remove chicken from bones, and cut meat into bite-sized pieces. Discard bones. Add chicken to pan; stir in peas.
4. Combine water and cornstarch in a small bowl; stir with a whisk. Add cornstarch mixture to pan; stir well.
5. To prepare dumplings, combine baking mix and milk. Drop the dough into the chicken mixture to form 16 dumplings. Bring to a simmer; cook 20 minutes, stirring occasionally. Cover and cook for 10 minutes until dumplings are done. Garnish with parsley, if desired.

CAL: 373; FAT: 10.1g; PROTEIN: 35.9g; CARG:31.7g; FIBER: 2.4g; CHOL: 99mg;  
IRON: 2.9mg; SODIUM: 725mg; CALC: 116mg

## **Potlejon (Eggplant and Pepper Relish)**

Source: Family

Servings 4 (approximately 3/4 cup each)

Healthy Units: 1

Posted by: joanborsten

Date: July 5, 2003

**Comments:** This is an old family recipe. My mother says her mother learned it in North Dakota from Romanian emigrants. I think the name is how my grandmother interpreted the original name in Romanian. It is served as a side to roast meats or fish. Not a stand alone salad, which is why I called it a relish. Keep well in refrig for at least several days. Enjoy.

### **INGREDIENTS**

1 large eggplant  
3 large green peppers  
1 small onion grated  
2 cloves of garlic pressed  
1 Tbsp salad oil  
1 Tbsp white wine vinegar  
salt and pepper to taste

### **INSTRUCTIONS**

- 1) Roast for 1 hour at 350 eggplants and peppers or until soft.
- 2) Allow to cool. Peel skins off and remove seeds from peppers.
- 3) Chop finely.
- 4) Add grated onion and garlic, then oil, vinegar, salt and pepper. Mix well.
- 5) Refrigerate for at least an hour before serving so that all the flavors blend.

## **Pineapple-Rum Slush**

Servings: 6 (serving size: 1 cup)

Healthy Units: 3

Posted by Labellaluke

June 11, 2003

### **Comments**

#### **INGREDIENTS:**

3 cups pineapple juice

1 cup fresh lemon juice (about 5 large lemons)

3/4 cup golden or dark rum

3/4 cup water

1/2 cup sugar

Note: Substitute orange juice for rum, if desired

#### **INSTRUCTIONS:**

Combine all ingredients in a large plastic pitcher; cover and freeze at least 4 hours or until slushy.

#### **NUTRITIONAL INFO:**

calories: 228 carbohydrates: 37.4 g cholesterol: 0 mg fat: 0.1 g sodium: 2 mg protein:

0.6 g calcium: 24 mg iron: 0.3 mg fiber: 0.3 g

#### **YIELD:**

6 servings (serving size: 1 cup)

## **Raspberry-Balsamic Chicken**

Source: The Complete Cooking Light Cookbook

Servings: 4 (1 breast + 2 Tbsp sauce)

Healthy Units: 4

Posted by Michele998

June 11, 2003

### **Comments**

#### **Ingredients**

1 tsp vegetable oil  
1/2 cup chopped red onion  
1 1/2 minced fresh or 1/2 tsp dried thyme  
1/2 tsp salt, divided  
4 (4oz) skinned boned chicken breasts  
1/3 cup seedless raspberry preserves ( I used Polanders)  
2 tbsps balsamic vinegar  
1/4 tsp black pepper

1. Heat oil in large nonstick skillet over medium-high heat until hot. Add onion, sautee 5 min. Sprinkle thyme and 1/4 tsp salt over chicken. Add chicken to pan and sautee 6 minutes on each side or until done. Remove chicken from pan; keep warm.

2. Reduce heat to medium. Add 1/4 tsp salt, perserves ,vinegar and pepper to pan. Stir constantly until perserves melt. Spoon sauce over chicken and serve immediately.

Yield: serving size 1 breast and 2 Tbsp sauce

Calories 213 Fat 2.6 g Protein 26.5g Carb 20.1g Fiber 0.6g Chol 66mg Iron 1.2 mg Calc 22mg

## **Baked Spelt Pudding**

Cooking Light, May 2003 p. 220

WW Points: 4

Servings: 6

Posted by: Jill (jillyh)

6/11/03

### **Comments**

#### **Ingredients**

1/2 c. uncooked spelt (farro) rinsed and drained

4 c. 2% reduced fat milk

1/2 c. sugar

1/4 tsp. salt

1/8 tsp. ground cardamom

1 vanilla bean, split lengthwise

Cooking spray

Dash of ground cinnamon

Place spelt in a medium saucepan. Cover with water to 2 inches above spelt; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour. Drain. Place spelt in a food processor; process 45 seconds or until spelt resembles coarse meal. Preheat oven to 275. Combine spelt, milk, sugar, salt, cardamom, and vanilla bean in a 2 quart casserole coated with cooking spray. (Scrape the inside of the vanilla bean and put the contents of the pod in the casserole. I didn't put the whole bean in there, although you probably could; you'd just have to remove it later.) Bake at 275 for 3 1/2 hours, stirring every hour to prevent a skin from forming. Let stand 5 minutes. Sprinkle with cinnamon. Serve warm or chilled. Yield: 6 servings (serving size = 2/3 cup.)

Cal=211; Fat=3.9g; Protein=7.4g; Carb=39g; Fiber=2.6g; Chol=13mg; Iron=.8mg;  
Sodium=185mg; Calcium=185mg

## Honey Peach and Blackberry Cobbler

Source: Cooking Light, July 2003

Healthy Units: 5 pts

Servings: 12 servings (serving size 1/2 cup cobbler and one biscuit)

Posted by: KDLANDRY

June 12, 2003

### Comments:

#### Ingredients

2 1/4 cups all purpose flour, divided  
8 cups chopped peeled peaches (about 4 pounds)  
1/4 cup honey  
3 Tbsp fresh lemon juice  
3/4 tsp salt, divided  
3 cups blackberries  
Cooking spray  
3/4 cup granulated sugar  
1 Tbsp grated lemon rind  
1 tsp baking powder  
6 Tbsp chilled butter, cut into small pieces  
1 1/4 cup low fat buttermilk  
2 Tbsp turbinado sugar

1. Preheat oven to 400 degrees
2. Lightly spoon flour into dry measuring cups. Level with knife.
3. Combine 1/4 cup flour, peaches, honey, juice, and 1/4 tsp salt in a large bowl, toss lightly. Let stand 15 minutes. Fold in blackberries. Spoon mixture into 13 x 9 inch backing dish coated with cooking spray.
4. Combine 2 cups flour, 1/2 tsp salt, granulated sugar, rind and baking powder in a medium bowl, stirring with a whisk. Cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Add buttermilk and stir until just moist.
5. Drop dough onto peach mixture to form 12 mounds. Sprinkle mounds with turbinado sugar. Bake at 400 degrees for 40 minutes or until bubbly and golden.

CALORIES 230 (20% from fat) FAT 6.3 g PROTEIN 4.3 g CARB 56.5 FIBER 4.7 CHOL 17 mg SODIUM 267 mg

## **Lemon Biscotti with Sour Lemon Drizzle**

Cooking Light Magazine: November 1, 2000

Healthy Units: 2

Servings: 30

Posted by: sweetbear75

June 12, 2003

### **Comments:**

#### **INGREDIENTS**

2-3/4 cups all-purpose flour  
1 cup sugar  
2 teaspoons baking powder  
1 tablespoon grated lemon rind  
2 tablespoons fresh lemon juice, divided  
1 tablespoon lemon extract  
1 tablespoon vegetable oil  
3 large eggs  
Cooking spray  
2/3 cup powdered sugar

#### **INSTRUCTIONS**

Preheat oven to 350°F. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, and baking powder in a large bowl. Combine rind, 1 tablespoon lemon juice, extract, oil, and eggs, and add to flour mixture, stirring until well-blended (dough will be dry and crumbly). Turn dough out onto a lightly floured surface; knead lightly 7 to 8 times. Divide dough in half. Shape each portion into an 8-inch-long roll. Place rolls 6 inches apart on a baking sheet coated with cooking spray; flatten each roll to 1-inch thickness.

Bake at 350°F for 30 minutes. Remove the rolls from baking sheet; cool for 10 minutes on a wire rack. Cut each roll diagonally into 15 (1/2-inch) slices. Place the slices, cut sides down, on baking sheet. Reduce oven temperature to 325°F; bake for 10 minutes. Turn cookies over; bake an additional 10 minutes (the cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet, and cool completely on wire rack.

Combine 1 tablespoon lemon juice and powdered sugar, and drizzle over the biscotti.

Hints: dough is really sticky, so use a good heaping of flour for the kneading. Takes about 1.5 hours from start to finish.



**Caputo's Orange Balsamic Chicken**  
the official recipe

Healthy Units: 4  
Serves 4  
Sent by Carrie  
06-12-03

**Comments:**

Ingredients

4 boneless, skinless chicken breasts  
4 Tbsp balsamic vinegar  
4 Tbsp fresh orange juice  
zest from the oranges you just squeezed  
2 garlic cloves minced  
1/2 tsp each salt and fresh ground pepper

Pound the chicken thin. Put all ingredients into gallon size ziplock. Marinate at least 1 hour or preferably all day. Spray grill with cooking spray and cook away.

## **Peach Glazed Barbeque Pork Chops and Peaches**

Cooking Light, July 2003, p. 121

Healthy Units: 6

Serves: 6

Posted by: Jill (Jillyh)

6/12/03

**Comments:** If you use Smithfield Lean Generation Boneless Pork Chops, it lowers the points to 5 per serving.

### **Ingredients**

3 c. chopped peeled peaches (about 1 1/2 lbs)

1 c. dry white wine

1/4 c. sugar

1 tsp. salt, divided

1/4 tsp. pepper, divided

2 T. white wine vinegar

2 T. molasses

1 tsp. chili powder

1/2 tsp. paprika

1/4 tsp. ground red pepper

6 (6 oz) bone in center cut pork chops (about 1/2 inch thick) trimmed

6 peaches, halved and pitted

cooking spray

Combine first 3 ingredients in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Uncover and simmer 5 minutes. Place peach mixture in a food processor; process until smooth. Add 3/4 tsp. salt, 1/8 tsp. black pepper, vinegar, and next 4 ingredients (vinegar through red pepper); pulse to combine. Let stand 5 minutes. Place half of peach mixture in a large heavy-duty zip top bag; reserve other half for basting. Add chops to bag; seal bag and refrigerate 30 min to 4 hours. Preheat grill. Remove pork from bag; discard marinade. Sprinkle pork with 1/4 tsp. salt and 1/8 tsp. black pepper. Place pork and peach halves on grill rack coated with cooking spray, and grill 10 minutes or until the pork is done and the peaches are tender, turning once. (If you use boneless chops, 4 min per side is just right.) Baste pork and peaches with the reserved peach mixture every 2 minutes during the first 6 minutes of cooking. Yield: 6 servings (serving=1 chop and 2 peach halves.)

Cal=301; Fat=7.6; Protein=26.1; Carb=33.1g; Fiber=3.5g; Chol=62mg; Iron=1.7mg; Sodium=449mg; Calcium=34mg

## **Beef Meatballs**

MasterCook-CL version & CL '97 Annual

Healthy Units: 6

Serves: 4 (I scaled the recipe for 2.)

Posted by: Lesley (LMaybloom)

6/12/03

**Comments:** I used 94% ground lean turkey which lowered the units to 5. Quick tip if you're out of breadcrumbs (as I discovered in a panic!) or don't feel like taking up storage space w/ that large a container. Take crackers, put in a ziploc, and bash with a meat tenderizer. Fun, and money- and space-saving. You could even season the breadcrumbs w/ a bit of garlic powder, parsley, basil, whatever.

### **INGREDIENTS**

1 pound lean ground beef  
1/8 cup finely shredded fresh Parmesan cheese (1 ounce)  
1/3 cup dry breadcrumbs  
1/4 cup chopped fresh parsley  
1/8 cup tomato sauce  
2/3 teaspoon dry mustard  
1/2 teaspoon dried Italian seasoning  
1/8 teaspoon salt  
1/8 teaspoon crushed red pepper  
1 1/3 garlic cloves, crushed  
Cooking spray

**DIRECTIONS:** 1. Preheat oven to 400°.

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° for 15 minutes or until done.

Serving Size: 5 meatballs

Nutritional (with turkey): Per Serving (excluding unknown items): 219 Calories; 10g Fat (38.8% calories from fat); 26g Protein; 8g Carbohydrate; 1g Dietary Fiber; 76mg Cholesterol; 368mg Sodium.

## **Peach Glazed Chicken**

Source: CL 5 Ingredients/15 Minutes cookbook

HU: 5

Servings: 4

Posted by: KDLANDRY

Date: 6-13-2003

### **Comments:**

#### **Ingredients**

1 tsp vegetable cooking oil  
1 pound chicken breast tenders  
1/2 cup peach preserves  
2 tbs balsamic vinegar  
1 green onion, chopped  
1/4 tsp pepper  
Cooking spray

1. Coat a large non-stick skillet with cooking spray, add oil, and place over medium-high heat until hot. Add chicken and sauté 5 minutes on each side or until done. Remove chicken, set aside and keep warm.
2. Reduce heat to low, add preserves and remaining 3 ingredients.
3. Cook, stirring occasionally, until preserves melt and onion is tender.
4. Spoon preserves mixture over chicken.

CALORIES 238 (10% from fat) FAT 2.7 g PROTEIN 26.3 CARBS 26.4 FIBER 0.1 g  
CHOL 66 mg SODIUM 95 mg

## **Creamy Fettuccine with Peas and Ham**

Healthy Units: 7

Servings: 4

Posted by: jcanty (Gail)

Date posted: 6/13, 2003

**Comments:** I used 5 oz of ham as that is what I had.(I used FF half and half) I also add 2 oz of part skim mozzarella, salt and red pepper flakes. The points are figured as written

### **Ingredients:**

1 9oz pkg of fresh fettuccine

1 tbl butter

1 tsp bottled minced garlic

1 cup frozen green peas (I used canned)

2/3 c. half and half

¼ c. (1 oz) preshredded fresh parmesan cheese

¼ tsp black pepper

1 cup (4 oz) thinly sliced reduced-fat ham cut into ¼ inch wide strips

### **Instructions;**

1. Cook pasta according to directions, omitting fat and salt. Drain
2. While pasta cooks, melt butter in a large nonstick skillet over medium heat. Add garlic; cook 1 minute, stirring constantly. Add peas, half and half cheese and pepper. Bring to a simmer. Cook 3 minutes, stirring frequently (do not boil.) Stir in pasta and ham.

Yield 4 servings (serving size 1-1/4 cup.) Nutritional values: Calories; 361(29% from fat)

Fat : 11.8(sat 6.6g mono 2.8g poly .9 g) Protein 19 g. Carb: 42.2 Fiber 4.2 Chol 94 mg

Iron: 3.2mg Sodium:556 mg Calc 148 mg

## **Light Alfredo**

Healthy Units: 4

Servings: 4

Posted by: MissVN

Date posted: 6/13/2003

### **Comments:**

#### **Ingredients**

1 cup grated Parmesan cheese

1/2 cup low-fat milk

1/2 cup Carnation Low-Fat Evaporated Milk

1 Tbsp cornstarch

#### **Instructions**

Heat evaporated milk & milk in a small saucepan over low/medium heat. When hot, add grated fresh parmesan cheese. Stir over low heat until cheese melts and sauce begins to thicken. If you want a thicker consistency, dissolve 1 tablespoon cornstarch in 1 tablespoon of water and add to the sauce. Bring to a boil, stirring constantly.

Note: Yield 1/2 cup per serving.

## **Mocha-Toffee Cheesecakes**

Healthy Units: 3

Servings: 15

Posted by: jrsmky (Stacey)

Date posted: 6/13/2003

### **Comments:**

#### **Ingredients**

30 items wonton wrapper(s)

1 1/2 tsp instant coffee powder

1 tsp hot water

1/8 fl oz kahlua

1/2 cup sugar

8 oz 1/3 less-fat cream cheese

1 Tbsp all-purpose flour

1/4 tsp imitation vanilla extract

1 egg 1 1/2 serving heath candy bar

#### **Instructions**

Spray muffin tin with Pam.

Place a wonton in each cup.

Place in a preheated oven at 350 degrees for 5 to 8 minutes until slightly browned.

Allow to cool and remove from muffin pan.

Combine coffee, water, and kahlua in a small bowl and mix to combine. Using a mixer cream the remaining ingredients with the coffee mixture leaving out the candy bar.

Place wonton shells on a cookie sheet and place about 1 tbsp of cream cheese mixture in each shell.

Bake in preheated oven at 350 degrees for about 10-14 minutes until set. Check shells after 10 minutes for burning. Remove from oven and sprinkle with chopped candy bar.

Special Notes By 1/8 fluid oz of kahlua, I mean 1 tsp. A serving is 2 mini-cheesecakes.

## **Citrus Granita**

Source: Cooking Light website

Healthy Units: 1

Servings: 4 (1 cup each)

Posted by: Sweetbear75 (Jen)

Date: June 13, 2003

### **Comments:**

#### **INGREDIENTS**

1-1/4 cups water

1/3 cup sugar

1/4 cup fresh lemon juice

1/4 cup fresh orange juice

Pirouette cookies (optional)

Mint sprigs (optional)

#### **INSTRUCTIONS**

Prep Time: 15 minutes

Cooking Time: 8 hours, 20 minutes

Combine first 4 ingredients in a saucepan.

Bring to a boil, and cook over medium-high heat 1 minute or until sugar dissolves, stirring constantly.

Remove from heat; cool.

Pour mixture into a 13 x 9-inch baking dish; cover and freeze at least 8 hours or until firm.

Remove mixture from freezer; scrape entire mixture with tines of a fork until fluffy.

Store any remaining granita in a container; cover and freeze up to 1 month. Garnish with a pirouette cookie and a mint sprig, if desired



## **Jalapeno-Lime Marinade**

Cooking Light Annual 1998/July 1997

Healthy Units (WW Points): 0 pts for 1 tbl but just barely

Servings: Makes 1 1/3 cups - enough for 1 1/2 pounds of food

Posted by labellaluke

6/13/03

### **Comments:**

#### **Ingredients**

1/2 cup frozen OJ from concentrate, thawed

1 teaspoon grated lime rind

1/4 cup fresh lime juice

1/4 cup honey

2 tsp ground cumin

1/4 tsp salt

3 garlic cloves, minced

2 jalapeno peppers, seeded & finely chopped

Combine all ingredients.

Yield 1 1/2 cups (serving size is 1 tbl)

CALORIES 26 (3% from fat); FAT .1 g (sat 0g, mono .1g, poly 0g); CARB 6.5 g; FIBER .1g; CHOL 0 mg; IRON .2mg; SODIUM 29mg; CALC 6mg Instructions.

## Mini Mocha Chocolate Cheesecakes

Healthy Units: 1

Servings: 18

Posted by : valady2350

June 13, 2003

### Comments

#### Ingredients:

3/4 tsp coffee, instant or regular, powder

1/2 tsp water

1/3 fl oz kahlua

10 packet McNeil Specialty Products Splenda No Calorie Sweetener

1/4 cup light cream cheese

2 oz fat-free cream cheese

1/2 Tbsp whole-grain wheat flour

1/8 tsp vanilla extract

1 egg

2 Tbsp semi-sweet chocolate chips

18 serving Individual Phyllo shells

#### Instructions

Preheat Oven to 350 degrees.

Place one individual phyllo shell into each of 18 miniature muffin cups.

Combine coffee granules, hot water and Kahlua in a small bowl.

Place coffee mixture, splenda (1/2 cup, not 10 packets!) and the next 5 ingredients (splenda through egg) in a food processor; process until smooth.

Spoon about 1 tablespoon cheese mixture into each shell.

Place approximately 4 chocolate chips on top of each cheesecake.

Bake at 350 degrees for 15 minutes or until set.

Remove from pans, and cool on a wire rack.

When serving, add small amount of fat-free whipped topping. I thought there were pretty good, and easy because of the premade phyllo dough. Put a small amount of whipped topping on them, and three mini chocolate chips

## **Turkey Meatballs**

Source: my Swedish meatballs adapted...

Healthy Units : 5

Servings: 4

Posted by: Joan Callaway

Date: June 13, 2003

### **Comments:**

#### **Ingredients:**

1 pound ground turkey  
1/2 cup oatmeal  
1/4 cup chopped onion  
1/4 cup grated Parmesan cheese -- or Asiago  
2 tablespoons chopped parsley  
2 teaspoons minced garlic  
2 large egg white -- beaten and frothy  
1/2 teaspoon salt  
1/2 teaspoon oregano  
1/2 teaspoon basil  
1/4 teaspoon pepper

Form into meatballs -- small ones for cocktail size to medium and simmer in chicken stock, turning once.. 1 1/2 cups chicken stock In a large bowl combine turkey, oatmeal, onion, Parmesan cheese, garlic, beaten egg whites, salt, oregano, basil and pepper.

Mix lightly, but thoroughly.

With moistened hands, lightly shape mixture into 1 in. balls. You should end up with about 36 balls.

Bring the chicken stock to a simmer and drop meatballs in, leaving space between. Simmer until they are cooked on outside, turning occasionally as needed. Remove from stock and put in baking dish.

Bake in 350 degree oven until lightly browned.

Meanwhile, for a brown sauce for pasta, rice or baked potato, reduce chicken stock or thicken by adding a bit of Chicken gravy mix. You could add a bit of ff. sour cream for a Swedish Meatball sauce or leave with just the chicken stock gravy. Pour over browned meatballs or just use as sauce for baked potato. You could add chopped tomato for a red pasta sauce to go with meatballs. Description: Yield: "9 each

Per Serving (excluding unknown items): 255 Calories; 12g Fat (42.7% calories from fat); 26g Protein; 9g Carbohydrate; 2g Dietary Fiber; 94mg Cholesterol; 1301mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fat.

## Portobello Mushroom and Wild Greens Sandwich

Totally Picnic Cookbook

Healthy Units: 6.5 \*\*see comments\*\*

Yield: 4 (serving size 1 sandwich)

Posted by: shari\_csf

June 14, 2003

**Comments:** You can easily get the points down on this recipe. I use just a tad bit of oil to cook the mushrooms in a non-stick skillet and I drizzle mine with a good quality balsamic instead of more oil. You can probably even find a reduced fat/calorie goat cheese. It's just a heavenly combination of flavors. \*\*(Nutritional Analysis below is based on 4 "rolls" from MC. Without the rolls, calories = 191, fat = 17, and fiber = 2). I know the baguettes I use are more than 1.5pts.

### Ingredients

4T Olive Oil, divided

4 portobello mushroom caps, sliced

salt and freshly ground pepper

1T garlic, minced

4 (4") baguettes or crusty rolls

2 cups mixed salad greens

4T soft goat cheese

Heat oil in a large skillet over high heat. Sautee mushrooms briefly with salt and pepper, just until wilted and darkened. Add garlic and stir-fry less than 1 minute.

Cut bread, drizzle with olive oil. Spoon mushrooms over bottoms. Spread goat cheese on other half. Top mushrooms with 1/2 cup greens, and close sandwich.

### Nutritional Info (through MC):

Per Serving (excluding unknown items): 276 Calories; 19g Fat (58.7% calories from fat); 8g Protein; 22g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 185mg Sodium.

Exchanges: 1 Grain (Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat.

## **Stock for Stir-Fries**

Vegetarian Cooking for Everyone by Deborah Madison

Healthy Units: 1 \*\*see nutritional analysis\*\*

Yield: 6 servings (serving size 1 cup)

Posted by: shari\_csf

June 14, 2003

**Comments:** This is the best tasting stock I have ever made. I've never actually used it for stir-fry. I never use cilantro, so I either omit or sub parsley. I have no idea what kombu is so I omit that too. If I don't have mirin on hand, I'll use regular rice wine vinegar. The dried mushrooms give this such a deep, rich flavor. I freeze in snack-sized zip-loc bags and then put those into larger freezer bags. The snack-size bags hold exactly 1 cup liquid if you are very careful when filling.

- 5 Chinese dried black or shitake mushrooms
- 1 bunch scallions, including the greens
- 1 small onion or leek, finely sliced
- 2 large carrots, thinly sliced
- 1 cup mung bean sprouts
- 1/2 cup cilantro stems and leaves
- 2 ginger slices, chopped
- 3 garlic cloves, chopped
- 1 6" piece kombu
- 1T soy sauce
- 1T rice wine (mirin)
- 1 1/2 tsp salt
- 1 tsp dark sesame oil

Put all the ingredients except sesame oil in a pot with 7 cups cold water. Bring to a boil and cook at a lively simmer for 40 minutes. After 20 minutes, remove the mushrooms and save for another use. Strain and return to the stove. Add the oil and taste for soy sauce and salt. Adding more if needed.

### **Nutritional Analysis:**

When I tried calculating the nutritional analysis with master cook, it came up with 200 calories per cup. I just don't see it. Since everything is strained out, there is only 1 1/2 tsp oil and 1T mirin to add any significant amount of calories. So I went with 1 HU.

## **Sautéed Mushrooms with Spinach and Pepper**

Vegetarian Cooking for Everyone by Deborah Madison

Healthy Units: 3

Yield: 4 (serving size 1/4 recipe)

Posted by: shari\_csf

June 14, 2003

**Comments by Madison:** This is one of those utterly simple dishes that's so easily made it should be part of everyone's repertoire. It makes a fine side dish, but mounded on an English muffin or toasted country bread it quickly becomes an informal main dish. It's the butter that nudges it toward excellence, but you can make quite a good dish with olive oil too.

My notes: I've made this so many times that I just use half oil, half butter and depending on how many points I'm willing to spare, I'll use anywhere from 1/2 tsp each (oil and butter) to following the recipe as is. I've also subbed garlic powder in a pinch and usually don't remove the mushrooms before cooking the spinach. I also use frozen (thawed) spinach when I don't have fresh on hand. It always turns out very tasty.

4T butter or olive oil

8 ounces white mushrooms, sliced 1/4" thick

salt and fresh pepper

1 garlic clove, slivered

1 hefty bunch spinach, about 1lb, stems removed

Melt 2T butter in roomy skillet, add mushrooms and cook over high heat until they've released their juices and browned, about 6 minutes. Season with salt and plenty of black pepper. Remove to plate.

Return the pan to high heat and add the remaining butter and the garlic. When the butter is foaming, add the spinach, sprinkle with salt, and cook until tender and most of the liquid has evaporated, about 4 minutes. Return mushrooms to the pan and toss with the spinach. Taste for salt and check to be sure everything is good and peppery.

Nutritional Info (through MC):

Per Serving (excluding unknown items): 141 Calories; 12g Fat (70.7% calories from fat); 5g Protein; 7g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 209mg Sodium.

Exchanges: 1 1/2 Vegetable; 2 1/2 Fat.

## **Greek Salad**

Cooking Light July 2003 p. 175

Healthy Units: 6

Servings 6 (serving size: 2 cups salad & 8 pita wedge)

Posted by codown2earth

June 15, 2003

### **Comments:**

#### **Ingredients**

1/4 cup parsley

3 Tbsp dill

1 Tbsp olive oil

1 Tbsp fresh lemon juice

1 tsp ground oregano

6 cup romaine lettuce

3 cup tomato(es)

1 cup red onion(s)

3/4 cup feta cheese

1 Tbsp capers

2 1/2 cup cucumber(s)

19 oz canned chickpeas

6 small wheat pita(s)

#### **Instructions**

Combine first 5 ingredients in a large bowl; stir with a whisk; add lettuce and the next 6 ingredients, toss well. Serve with pita wedges.

## **Apple Crisp With Macadamia Nuts**

Source: Cooking Light (Jan/Feb 1995)

Healthy Units: 4

Servings: 6 (Serving size: 3/4 cup)

Posted by: kimbilly

June 15, 2003

**Comments:** I used pecans instead of macadamia nuts, and it still tasted great.

### **Ingredients**

1/4 cup all-purpose flour

1/4 cup sugar

1/4 cup firmly packed brown sugar

2 tablespoons macadamia nut -- chopped

1/8 teaspoon ground cinnamon

2 1/2 tablespoons stick margarine -- chilled, cut into small pieces

5 cups Rome apples -- peeled and sliced

2 tablespoons apricot preserves

cooking spray

### **Instructions**

Combine the first five ingredients in a bowl; stir well. Cut in margarine with a pastry blender until mixture resembles coarse meal; set aside.

Place apple slices in an 8-inch square baking dish coated with cooking spray; drop apricot preserves by teaspoonfuls onto apple slices, and sprinkle evenly with the flour mixture.

Bake at 375 degrees for 35 minutes or until bubbly and golden.

218 Calories; 7g Fat (28.3% calories from fat); 1g Protein; 40g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 62mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 1 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates.



## **Shrimp Salad with Mango and Avocado**

Source: Cooking Light Annual Recipes 2003

Healthy Units: 5.6\*

Servings: 6

Posted by: LMaybloom

June 15, 2003

**Comments:** Based on MC calculations (312 Calories; 11g Fat (30.4% calories from fat); 36g Protein; 19g Carbohydrate; 3g Dietary Fiber; 259mg Cholesterol; 458mg Sodium)=6.9 points per serving

Based on CL calculations, 257 cal, 8.3 fat, 2.6 fiber=5.6 points per serving.  
(I usually go with the recipe source vs. MC if the recipe is published somewhere)

### **INGREDIENTS:**

4 quarts water  
2 1/4 pounds large shrimp, peeled and deveined  
1/2 cup red onion, thinly sliced  
3 tablespoons chopped fresh cilantro  
2 teaspoons grated lime rind  
2 tablespoons fresh lime juice  
1 tablespoon extra virgin olive oil  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 jalapeno pepper, seeded and minced  
2 mangos, ripe, peeled, and cut into 6 wedges  
1 avocado, peeled, seeded and cut into 12 wedges  
6 sprigs cilantro

### **DIRECTIONS:**

1. Bring water to a boil in a large Dutch oven. Add shrimp; cook 2 minutes or until done. Drain and rinse with cold water. Chill
2. Combine onion and next 7 ingredients in a large bowl. Add shrimp; toss to coat.
3. Spoon 3/4 c. shrimp mixture into center of each of 6 salad plates. Arrange 2 mango slices and 2 avocado slices spoke like around each serving. Garnish with cilantro sprigs, if desired.

## **Tomatillo Salsa**

Source: Master Cook/Cooking Light '95-'96

Healthy Units: 1.7

Servings: 6

Posted by: LMaybloom

June 15, 2003

### **Comments:**

#### **INGREDIENTS**

1/2 pound avocado (1 medium) peeled and halved  
1 (11-ounce) tomatillos, drained  
1 cup chopped onion  
2 tablespoons chopped fresh cilantro  
2 tablespoons fresh lime juice  
1 1/2 teaspoons seeded minced serrano chile  
1/8 teaspoon salt  
1/8 teaspoon pepper

#### **DIRECTIONS**

Place the avocado and tomatillos in food processor, and process until smooth.

Spoon mixture into a medium bowl; stir in remaining ingredients. Cover and chill 1 hour.

(serving size: 1/3 cup)

#### **NUTRITIONAL INFO**

Per Serving (excluding unknown items): 74 Calories; 5g Fat (54.0% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 49mg Sodium.  
Exchanges: 0 Grain (Starch); 1 Vegetable; 0 Fruit; 1 Fat.

## **Dulce de Leche Flan**

Source: Cooking Light, June 2003

Healthy Units: 5.3

Servings: 8

Posted by: LMaybloom

June 15, 2003

### **Comments:**

#### **INGREDIENTS**

1 (14 ounce can) fat-free sweetened condensed milk  
1/2 cup sugar  
1/4 cup water  
cooking spray  
2 cups 2% low-fat milk  
3 large eggs  
1 large egg whites  
1/2 teaspoon vanilla extract

#### **DIRECTIONS:**

1. Preheat oven to 425.
2. Pour condensed milk into a 1-quart baking dish; cover and place in bottom of a broiler pan. Add hot water to pan to a depth of 1 inch. Bake at 425 45 minutes or until milk is thick and caramel colored. Remove dish from pan; uncover and cool to room temperature.
3. Reduce oven temp to 325.
4. Combine sugar and 1/4 c. water in a small, heavy saucepan, and cook over medium-high heat until sugar dissolves, stirring frequently. Continue cooking 5 minutes or until golden, stirring constantly. Immediately pour into a 9" round cake pan coated with cooking spray, tipping quickly until caramelized sugar coats bottom of pan.
5. Spoon condensed milk into a large bowl. Add 2% milk, eggs, egg whites, and vanilla extract; stir with a whisk until well blended. Strain the milk mixture through a fine sieve into prepared pan and discard solids.
6. Place cake pan in bottom of broiler pan; add hot water to pan to a depth above about 1". Bake at 325 40 minutes or until a knife inserted in the center comes out clean. Remove from the oven and cook flan to room temp in water bath. Remove cake pan from water bath, and cover and chill at least 3 hours or overnight. Loosen edges of flan with knife or rubber spatula. Place a plate, upside down on top of cake pan; invert flan onto plate. Drizzle any remaining caramelized syrup over flan.

Per Serving (excluding unknown items): 249 Calories; 3g Fat (11.1% calories from fat); 9g Protein; 46g Carbohydrate; 0g Dietary Fiber; 85mg Cholesterol; 112mg Sodium.  
Exchanges: 1/2 Lean Meat; 1/2 Non-Fat Milk; 1/2 Fat; 2 1/2 Other Carbohydrates.

## **Mexican Beans**

Healthy Units: 1

Yield: 8 servings

Posted by: jrsmky (Stacey)

Posted on: June 16, 2003

### **Comments:**

#### **Ingredients**

16 oz canned black beans

14 1/2 oz canned tomatoes with green chilies

1/4 cup chopped onion(s)

1/4 cup chopped chili peppers (I like to mix it up with jalapeno, habenero, banana, etc.)

3 clove garlic clove(s)

1/2 cup cilantro

juice of 2 medium lime(s)

Add everything to a pot. Simmer on low until onions and peppers are cooked, about 1 hour.

Works well with a crockpot also.

## Betty Boyer's Brown Bread

Healthy units: 2

Yield: 12 servings

Posted by: pbkennedy (Paula)

Posted on: June 16, 2003

### Comments:

#### Ingredients:

1 cup whole-grain wheat flour

1/2 cup all-purpose flour

1/2 cup sugar

1 t baking soda

1 egg

3 Tbsp molasses

1 T vinegar + fat-free milk added to make 1 cup, OR 1 cup low-fat buttermilk

1 Tbsp butter, melted

Combine dry ingredients

Combine wet ingredients

Mix together

Bake at 325 (glass loaf pan) or 350 (aluminum or other) for about 45 minutes, or until toothpick comes out clean. Cool on rack.

## **Spinach Calzones with Blue Cheese**

Healthy Units: 6

Yield: 4 servings

Posted by: Lindamarr

Posted on: June 16, 2003

### **Comments:**

#### **Ingredients**

1 10 ounce can refrigerated pizza crust (I used the Trader Joe's in a bag)

4 cloves garlic, minced

4 cups spinach leaves

8 1/8 inch slices Vidalia or other sweet onion

1 1/3 cups slices cremini or button mushrooms

3/4 cup crumbled blue cheese (I used feta)

Unroll dough onto a baking sheet coated with cooking spray. Cut into 4 quarters. Pat each square into a 6x5 inch rectangle. Sprinkle garlic evenly over rectangles. Top each rectangle with 1 cup spinach, 2 onion slices, 1/3 cup mushrooms, and 3 tablespoons cheese. Bring two opposite corners to center, pinching points to seal. Bring remaining 2 corners to center pinching all points together to seal. Bake at 425 degrees for 12 minutes or until golden.

## Quick and Easy Quiche

Source from CL: Family Favorites Cookbook

Healthy Units (WW Points): 4

Servings: 6

Posted by "your name": Dibranchia (JJ)

Date: 6/17/03

**Comments:** I only had FF sour cream, so used that instead, and I used leftover baked ham.

### Ingredients:

1 c Egg Beaters® 99% egg substitute

1 c water

1/2 c reduced fat Bisquick®

1/2 c instant dry milk, nonfat

1/2 c plain nonfat yogurt

2 tbsps grated parmesan cheese

1/2 tsp dry mustard

1/4 tsp hot sauce

1 c shredded reduced fat Cheddar cheese, sharp cheddar

3/4 c ham slice, extra lean, diced, low sodium

1/2 c chopped green onions

vegetable cooking spray

green onions, optional

fresh strawberries, optional

### Instructions:

1. Position knife blade in food processor bowl; add first 8 ingredients.

Process 1 minute or until smooth.

2. Combine egg substitute mixture, Cheddar Cheese, ham and chopped green onions in a medium bowl; stir well. Pour mixture into a 9-inch pieplate coated with cooking spray.

3. Bake at 350 for 40 minutes or until set. Let stand 5 minutes before serving. Cut into wedges. If desired, garnish with green onions and strawberries.

### Nutritional Info:

Per serving (CL): 159 calories (30% from fat) Fat 5.3 g (saturated fat 2.9 g) Protein 18.3 g, carbohydrates 9.2g, cholesterol 25 mg, sodium 437 mg

## **Nonstop, No-chop Chili**

Source: Cooking Light Annual Recipes 2002 (p254)

Healthy Units: 5pts (if using 4g of fiber), 4.5pts (if using 7.2g of fiber)

Yield: 6 servings (serving size about 1 cup)

posted by: shari\_csf

5/16/2003

**Comments:** Not the best chili I've ever made, but it sure was quick so I'd give it a 3.5 out of 5 rating. It aged well, I had it for lunch several days in a row. I used 1lb 99% ff ground turkey and came up with 3pts per serving (at least 1cup). I count ALL fiber. I used medium chipotle-lime salsa and added a can of chopped chiles. I didn't pay much attention to measuring the seasonings either. Didn't know what chili beans are so I used kidney. Oh, and because I had one on hand and because of the salsa I used I added the juice of one lime. The recipe says it takes 45 minutes, but it didn't. Unless they were including clean up.

### **Ingredients:**

3/4lb ground round

2 cups water

1 1/2 cups whole-kernel corn

1 cup bottled salsa

2T chile powder

1T sugar

2 1/2 tsp ground cumin

1 1/2 tsp dried oregano

1/4 tsp salt

1 (16oz) can chili beans, undrained

1 (15oz) can no-salt added diced tomatoes, undrained

Brown meat in dutch oven coated with cooking spray over medium-high heat 4 minutes or until browned, stirring occassionally. Add remaining ingredients. Bring to a boil. Reduce and simmer 25 minutes.



## **Hoisin Barbeque Sauce**

Source: Thrill of the Grill

Serves: makes one cup, serves approximately 8

Healthy Units: 1

Posted by: trishblau

Date: June 16, 2003

**Comments:** This is a very easy sauce to make. It is just a little twist on your basic barbeque sauce.

### **Ingredients**

6 Tablespoons hoisin sauce

6 tablespoons ketchup

2 tablespoons rice vinegar

2 tablespoons soy sauce

Combine all ingredients and mix well. This sauce keeps 3 weeks, covered, in the refrigerator.

No nutritional info available.

## **Asian Slaw**

Source: Thrill of the Grill

serves: makes 2.5 cups, serves approximately 6

Healthy Units: 1 per serving

Posted by: trishblau

Date: June 16, 2003

**Comments:** We made this slaw as a side dish with our hoisin BBQ oysters. I think it would also be good as a base for a main dish salad if you added a few more veggies and some protein, like grilled chicken.

### **Ingredients**

1 pound red or green cabbage, julienned in strips

1 red bell pepper, cut into long fine strips

2 scallions, cut thin on a sharp bias

1/2 cup rice vinegar

1 tablespoon sugar

1 teaspoon finely grated fresh ginger

1 tablespoon sesame seeds, toasted

1 tablespoon sesame oil

salt and pepper to taste

In a large bowl, combine the cabbage, red pepper, and scallion.

In a separate bowl, vigorously mix together all the remaining ingredients.

Just before serving time, combine the cabbage mixture with the dressing and mix well.

No nutritional info available.

## **Puerto Rican Black Bean Soup**

Healthy Units: 3.59 plus 3 points for brown rice

Posted by Joan Callaway

Serving Size : 8 Preparation Time :3:00

Date: June 16, 2003

### **Comments:**

#### **Ingredients**

6 cups chicken broth -- 4-6 cups  
2 cups black beans -- rinsed  
1/2 cup celery -- chopped  
2 large carrots -- diced  
1 medium onion -- diced  
1/4 cup vinegar  
1 teaspoon orange peel -- or lemon zest  
1/2 teaspoon cinnamon  
1 pinch cayenne  
2 teaspoons garlic -- finely minced  
salt and pepper to taste

Start with four cups of stock...add more as needed, depending on whether you want a soupy soup or a side dish to use over brown rice. Put all ingredients together in a stock pot and cook slowly for three hours. Serve with cooked brown rice in bottom of bowl with the following garnishes to be added to taste: non-fat sour cream or yogurt, chopped green onions, chopped red onions, diced tomatoes, chopped parsley, salsa. Serve with loaf of French bread or warm tortillas or tostadas..

Per Serving (excluding unknown items): 211 Calories; 2g Fat (7.5% calories from fat); 15g Protein; 35g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 588mg Sodium. Exchanges: 2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

## Hot & Spicy Pesto Ramen noodles

Source: unknown came from a friend

Healthy Units: 7

Servings:4

Posted by: Zephyr1

Date Posted:6-17-03

**Comments:** Ok please do not turn your nose up at this recipe it is a standing favorite in our house. It originaly contained oil and used chicken but I found I saute in pam and I like to substitute vegie crumble for the chicken if you enjoy scheszwaun food it is fantastic and pretty easy to get on the table quick. Do not forget to adjust points if using chicken. I also like to double the garlic chile puree we like things hot here.

### Ingredients:

6 oz Ramen Noodles- it is 2 packs

1 cup water

1/2 cup prepared pesto- I like safeway select

2 tsp. cornstarch

2 tsp garlic chile puree- we use 2 extra tsp.

1 bag Morningstar farms vegie crumble

1 cup shredded carrot

1/2 cup sliced scallions

### Instructions:

While sauteing the vegie crumble boil water and cook ramen noodles and drain . Add carrot and scallion to the cooked vegie crumble. While those are cooking mix remaining ingredients in bowl and stir well. Pour over the vegie crumble mixture and bring to a boil for 1 minute. Add noodles and stir to combine.

## Chicken Fried Steaks & Gravy

Source: WW

Healthy Units: 6

Servings: 4

Posted by: MissVN

Date Posted: 6/17/03

**Comments:** This creates a pretty light crust on the steaks. If you prefer a thicker crust, you can double coat the steaks in the buttermilk and flour.

### Ingredients

2 4 oz. lean beef steaks  
1/4 cup low fat buttermilk  
1/2 cup all-purpose flour  
1 tsp table salt  
1 tsp black pepper  
1 tsp olive oil  
1/4 cup onion, chopped  
1 cup fat-free skim milk

### Instructions

Cut 2 steaks in half to get 4 pieces. Pound out steaks until they are 1/4 inch thickness.

Dip steaks into buttermilk to coat all sides. Combine flour, salt, and black pepper. Measure out 1 tablespoon and set aside. Dip buttermilk-coated steaks into flour mixture. Set aside on wax paper for 20 minutes.

Heat a nonstick skillet over medium heat with 1 teaspoon oil. When oil is hot, add coated steaks and cook on each side until golden (5 to 6 minutes). Be careful when turning so that coating does not stick to pan. Remove from pan and keep warm.

Add chopped onions to pan and cook until slightly golden. Use the onions to scrape up any pieces of crust stuck to bottom. Add flour and cook for 1 minute. Add milk to skillet.

Raise heat and bring mixture to a boil. Lower heat and simmer until gravy thickens (about 3 to 5 minutes). Continue stirring and adjust seasoning to taste with salt and pepper. Serve gravy over steaks.

## **Miso Glazed Salmon**

CL Nov. 2002

Healthy Units: 7

Serves 4

Submitted by Carrie

6-17-03

### **Comments:**

#### **Ingredients**

1/4 C packed brown sugar  
2 Tbls low-sodium soy sauce  
2 Tbls hot water  
2 Tbls miso paste  
4 (6 oz) salmon filets 1" thick  
cooking spray  
1 Tbls chopped fresh chives

Preheat broiler. Combine first 4 ingredients, stirring with a whisk. Arrange fish in a shallow baking dish coated with cooking spray. Spoon miso mix evenly over fish. Broil 10 minutes until fish flakes easily with a fork, basting twice with miso mixture. Sprinkle with chives.

## **Mocha Pudding Cake**

Source- Cooking Light 5 Star Recipes

Healthy Units- 5

Servings- 9 ( 1 3x3-inch piece and 1/4 cup low- fat ice cream)

Posted By- NancyOW

Date Posted- 6-17-03

### **Comments:**

The cake makes a liquid pudding layer on the bottom. You may want to flip the slices when you serve them.

### **INGREDIENTS**

1 cup all-purpose flour  
1 cup sugar, divided  
6 tablespoons unsweetened cocoa, divided  
1-1/2 tablespoons instant coffee granules  
2 teaspoons baking powder  
1/4 teaspoon salt  
1/2 cup 1% low-fat milk  
3 tablespoons vegetable oil  
1 teaspoon vanilla extract  
Cooking spray  
1 cup boiling water  
1 cup plus 2 tablespoons vanilla low-fat ice cream

### **INSTRUCTIONS**

Estimated Total Time: 45 minutes

Preheat oven to 350 degrees

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, 2/3 cup sugar, 1/4 cup cocoa, coffee granules, baking powder, and salt in a bowl. Combine milk, oil, and vanilla in a bowl; add to flour mixture, and stir well. Spoon batter into an 8-inch square baking dish coated with cooking spray.

Combine 1/3 cup sugar and 2 tablespoons cocoa. Sprinkle over batter. Pour 1 cup boiling water over batter (do not stir). Bake at 350° for 30 minutes or until the cake springs back when touched lightly in the center (cake will not test clean when a wooden pick is inserted in center). Serve warm with ice cream.

### **NUTRITIONAL INFO**

calories: 221 carbohydrates: 38.2 g cholesterol: 3 mg fat: 6.1 g sodium: 154 mg protein: 3.5 g calcium: 90 mg iron: 1.3 mg fiber: 0.4 g

## **Linda's Tomato and Herb Pizza Crust**

Source- Linda

Healthy Units- 5 for 1/4 of one crust

Servings- 8

Posted By- Linda (lindammarr)

Date Posted- 6-17-03

**Comments:** This makes great pizzas or calzones, and works well when kneaded with a dough hook and mixer

### **INGREDIENTS**

1 1/2 cups warm water  
1 Tablespoon honey  
1 3/4 teaspoons active dry yeast  
2 1/2 cups all-purpose flour  
3/4 cups whole wheat flour  
1/4 cup corn flour  
1 teaspoon salt  
1 teaspoon black pepper  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1 teaspoon dried rosemary  
1/2 cup tomato sauce  
2 Tablespoons olive oil

### **INSTRUCTIONS**

Pour warm water into a small bowl. Dissolve honey and yeast in water. Let stand until creamy, about 10 minutes. In a mixer bowl, combine the flours, salt, black pepper, oregano, basil, and rosemary. Add the yeast mixture, tomato sauce, and olive oil; stir well to combine.

When the dough has pulled together, turn it onto a lightly floured surface and knead until smooth and elastic (or use that dough hook!). Lightly oil a large bowl, place dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

Preheat oven to 450 degrees. Deflate dough and turn it out into two equal pieces and form rounds. Cover and let rest 10 minutes. Roll out the rounds to crust size (makes a pretty big crust about 14-16 inches). Spread crust with desired pizza sauce and cover with desired toppings. Bake about 12 minutes.

I calculated the points by hand. Someone may want to run this through the recipe builder to check my math!



## **Fruit-and-Honey Spinach Salad**

The Complete Cooking Light Cookbook, p. 396 (includes photo)

Healthy Units: 3

Servings: 6 (serving size 2 cups)

Posted by DERB63 (Debra)

June 17, 2003

**Comments:** This is a very pretty and delicious salad. I thought there was more dressing than needed. I recommend dressing individual servings if you expect to have leftovers.

### **Ingredients**

8 cups spinach leaves

2 cups cantaloupe balls

1 1/2 cup halved strawberries

1 cup fresh blackberries

1/4 cup seedless raspberry jam

1/4 cup raspberry vinegar

2 Tablespoons honey

2 teaspoons olive oil

1/4 cup chopped macadamia nuts

Combine spinach, cantaloupe, strawberries, and blackberries in a large bowl and toss gently. Combine jam, vinegar, honey, and oil in a small bowl; stir well with a whisk.

Drizzle dressing over spinach mixture; toss gently to coat. Sprinkle spinach mixture with chopped macadamia nuts.

## **Zucchini and Feta Gratin**

Cooking Light March, 1998, p. 101

Healthy Units: 3 (see note)

Serves: 8 (serving size=1 wedge)

Posted by: Jillyh (Jill)

6/17/03

**Comments:** Think POTENTIAL with this recipe. The rice crust is bland (compared to that of the Artichoke Quiche with Rice Crust), but it can be doctored up with what I think will be great results. I will make this again because I like the filling, but next time, I will add a clove of minced garlic, some salt, and a sprinkle of parmesan to the crust. If you use 1/2 c. eggbeaters plus 1 egg (instead of 3 eggs), brown rice, and reduced fat feta, this is 2 pts per serving or 6 servings for 3 pts.

### **Ingredients**

2 1/2 c. hot cooked long grain rice

1 c. (4 oz) crumbled feta cheese, divided  
cooking spray

4 c. (1/4 inch) sliced zucchini (about 1 1/2 lb)

1/2 tsp. salt

1/8 tsp. pepper

1 tsp. dried mint flakes (I used fresh)

dash ground nutmeg

3 large eggs, lightly beaten

Preheat oven to 375. Combine rice and 1/2 c. feta cheese in a bowl, and press into a 10 inch quiche dish or pie plate coated with cooking spray. Steam zucchini slices, covered, for 5 minutes. Press zucchini gently between paper towels until barely moist. Combine zucchini, 1/2 c. feta, salt, and pepper in a medium bowl, and arrange zucchini mixture evenly over rice. (I just layered it all.) Combine mint flakes, nutmeg, and eggs, and stir well with a whisk. Pour over zucchini mixture. Bake at 375 for 40 minutes. Cut into 8 wedges. Yield: 8 servings.

Cal=146; Fat=5.2g; Protein=6.5g; Carb=18.2g; Fiber=.6g; Chol=95mg; Iron=1.2mg;  
Sodium=331mg; Calcium=96mg

## **Bulgur Pilaf with Pine Nuts**

Cooking Light April 2003, p. 190

Healthy Units: 12 for the whole recipe

Servings: none listed and I have not measured it

Posted by: DERB63 (Debra)

June 17, 2003

Comments:

### **Ingerdients**

2 teaspoons olive oil

1 cup coarse bulgur

1/3 cup sliced green onions

1/3 cup chopped shitake mushrooms

1/8 teaspoon salt

1 (14 ½-ounce) can less-sodium, fat-free chicken broth

2 tablespoons pine nuts

2 tablespoons chopped fresh parsley

Heat olive oil in a medium skillet over medium-high heat. Add bulgur, green onions, shitake mushrooms, and salt; sauté 5 minutes. Stir in chicken broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Remove from heat, let stand, covered, 5 minutes. Stir in pine nuts and parsley.

## Hot Licks Chicken

Cooking Light, June 1997, p. 162

Healthy Units: 4

Serves: 4 (serving size=1 breast and about 2 tsp. sauce)

Posted by: Jillyh (Jill)

6/17/03

**Comments from CL:** Prep time=12 min/Cook time=13 min. "The slightly sweet orange glaze tames some of the heat in the spicy rub. Serve this dish with roasted potato wedges and fresh broiled pineapple. We also garnished the pineapple with chopped green onions."

### Ingredients

2 tsp. poultry seasoning  
1/2 tsp. salt  
1/2 tsp. ground cumin  
1/2 tsp. ground coriander  
1/4 tsp. ground allspice  
1/4 tsp. ground red pepper  
1/4 tsp. black pepper  
4 (4 oz) boneless skinless chicken breast halves  
1 T. olive oil (2 tsp was plenty)  
cooking spray  
1/4 c. water  
1/4 c. dry white wine  
1 T. lemon juice  
1/8 tsp. salt  
1 T. orange marmalade

Combine first 7 ingredients in a small bowl; stir well. Rub chicken with spice mixture; let stand 5 minutes. Heat oil in a large nonstick skillet coated with cooking spray over medium high heat. Add chicken; cook 1 minute on each side or until lightly browned. Add water and wine to skillet; cover, reduce heat, and simmer 6 minutes or until chicken is done. Remove chicken from skillet. Set aside; keep warm. Add lemon juice and 1/8 tsp. salt to skillet. Bring to a boil; cook 4 minutes or until reduced to about 3 tablespoons. Remove from heat; stir in marmalade. Spoon sauce over chicken. Yield: 4 servings

Calories=174; Fat=5.1g; Protein=26.4g; Carb=4.6g; Fiber=.2g; Chol=66mg; Iron=1.3mg; Sodium=445mg; Calcium=27mg

## **Tomato Pie II**

Recipe By Paula Deen, Paula's Home Cooking

Serving Size : 6

Points: 2 Per Serving

Posted by AlDente

June 18, 2003

### **Comments:**

#### **Ingredients**

4 tomatoes -- peeled and sliced  
10 fresh basil leaves -- chopped  
1/2 cup chopped green onion  
1 prebaked deep dish pie shell -- (9-inch)  
1 cup fat-free mozzarella cheese -- grated  
1 cup fat-free cheddar cheese -- grated  
1 cup fat-free mayonnaise  
Kosher salt & freshly ground pepper -- to taste

Preheat oven to 350 degrees F.

Place the tomatoes in a colander in the sink in 1 layer. Sprinkle with salt and allow to drain for 10 minutes.

Layer the tomato slices, basil, and onion in pie shell. Season with salt and pepper. Combine the grated cheeses and mayonnaise together. Spread mixture on top of the tomatoes and bake for 30 minutes or until lightly browned.

To serve, cut into slices and serve warm.

-----

Per Serving (excluding unknown items): 103 Calories; trace Fat (2.3% calories from fat); 13g Protein; 13g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 798mg Sodium.  
Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Other Carbohydrates.

NOTES : This recipe has been adjusted to make points friendly. Original was about 8 points per serving. I've made this recipe three times since it appeared on her show and it is a keeper.

## **Boka Dushi (Dutch West Indian Chicken Kebabs)**

Cooking Light Web Site

Healthy Units: 5 (6 including sauce)

Servings: 6 (serving size 3 kababs)

Posted by: eolmsted (Liz)

Date: 6/18/03

**Comments:** Kebabs should be accompanied by the Dutch West Indian Peanut Sauce. Recipe is also included in the compilation. I've also used bottled Peanut Sauce to save a bit of time.

### **INGREDIENTS:**

1/4 cup kecap manis or 2 tablespoons soy sauce plus 2 tablespoons molasses

1 tablespoon fresh lime juice

1 teaspoon ground cumin

2 teaspoons grated peeled fresh ginger

1 teaspoon sambal ulek or Thai chile paste

1/2 teaspoon ground turmeric

1-1/2 pounds skinless, boneless chicken breast, cut into 1/2-inch-wide strips, or 1-1/2 pounds chicken tenders

Cooking spray

Dutch West Indian Peanut Sauce

### **INSTRUCTIONS:**

Combine first 7 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator 30 minutes.

Prepare grill.

Remove chicken from bag, and discard marinade. Thread chicken strips onto 18 (8-inch) skewers.

Place kebabs on grill rack coated with cooking spray; grill 2 minutes on each side or until done. Serve with Dutch West Indian Peanut Sauce.

### **NUTRITIONAL INFO:**

calories 212; carbohydrates 9.5 g; cholesterol 66 mg; fat 6.1 g; sodium 676 mg; protein 29.5 g; calcium 40 mg; iron 1.9 mg; fiber 0.9 g

## **Dutch West Indian Peanut Sauce**

Cooking Light Web Site

Healthy Units: 1

Servings: yield  $\frac{3}{4}$  cup. Serving size: 2 Tablespoons

Posted by: eolmsted (Liz)

Date: 6/18/03

### **Comments:**

#### **INGREDIENTS:**

1/3 cup fat-free, less-sodium chicken broth  
3 tablespoons creamy peanut butter  
1/2 cup chopped seeded tomato  
2 tablespoons minced green onions  
2 tablespoons chopped fresh cilantro  
1 tablespoon fish sauce  
1 tablespoon fresh lime juice  
1 teaspoon grated peeled fresh ginger  
1 teaspoon minced seeded Thai chile  
1 teaspoon honey  
1 garlic clove, crushed

#### **INSTRUCTIONS:**

1. Combine broth and peanut butter in a small saucepan; cook over low heat 5 minutes or until smooth, stirring with a whisk. Pour peanut butter mixture into a bowl; stir in the remaining ingredients. Serve at room temperature.

#### **NUTRITIONAL INFO:**

CALORIES 60 (63% from fat); FAT 4.2g (sat 0.7g, mono 2g, poly 1.3g); PROTEIN 2.9g;  
CARB 3.8g; FIBER 0.8g; CHOL 0mg; IRON 0.4mg; SODIUM 301mg; CALC 9mg

## **Tuna Vera Cruz**

Source: Favorite Brand Name Grilling

Healthy Units: depends on the fish (5 for tuna & 6 for swordfish)

Servings: 4

Posted by: kimarent

Date: 6/18/03

### **Comments:**

#### **Ingredients**

3 Tb tequila, rum or vodka

2 Tb lime juice

2 tsp grated lime peel

1 piece (1-inch cube) fresh ginger, minced

2 cloves garlic, minced

1 tsp salt

1 tsp sugar

½ tsp ground cumin

¼ tsp cinnamon

¼ tsp black pepper

1 Tb vegetable oil

1 ½ lbs fresh tuna, halibut, swordfish or shark steaks

Combine tequila, lime juice, lime peel, ginger, garlic, salt, sugar, cumin, cinnamon and pepper in 2 qt glass dish; stir in oil. Add tuna; turn to coat. Cover and refrigerate at least 30 mins. Remove tuna from marinade & discard marinade. Grill tuna until fish flakes easily when tested with fork.

Makes 4 servings

Notes- when I ran this through the recipe builder, tuna came to 5 HU's and swordfish came out to 6 HU's. I have tried both and it is wonderful- very tropical and summerish. You get a nice size piece of fish- 6 oz each serving.



## **Baked Sweet Potato Salad**

from the Moosewood Low-Fat Favorites Cookbook

Healthy Units: 3

servings: 6 (1 serving 8 oz.)

submitted by Carrie (Scarehair)

6-18-03

### **Comments:**

#### Ingredients

2 1/2 lbs sweet potatoes

1 C. Cilantro Lime Yogurt Dressing (recipe to follow)

1 red bell pepper, chopped

1 C. chopped celery

1/4 red onion, thinly sliced

1 fresh chile, seeded and minced

Preheat oven to 400. Wash and pierce sweet potatoes. Bake until soft 40-60 min depending on size. Meanwhile, prepare the Cilantro Lime dressing and store in fridge. Put red pepper, celery, onion and chile in bowl and set aside. Cool baked potatoes enough to handle. Peel and cube. Toss with other veggies. Carefully stir in dressing. Serve warm or chilled.

## **Cilantro Lime Yogurt Dressing**

Healthy Units: 1

servings: 6 (1 serving 8 oz.)

submitted by Carrie (Scarehair)

6-18-03

### **Comments:**

#### **Ingredients**

1 C. non-fat yogurt

1 Tbls. minced fresh cilantro

1 Tbls. minced scallions or chives

2 tsp fresh lime juice

salt to taste

Combine all and set aside for at least an hour to allow flavor to meld.

## **Grilled Chicken with Caramelized Onion Glaze**

Source: wwfoodies yahoo group, though rumour has it that it was originally a CL recipe

WW Points: 5

Servings: 4

Posted by Carole (carolekm)

Date: 6-18-03

### **Comments:**

#### **Ingredients**

1/2 cup raspberry spreadable fruit

1.5 tsp grated ginger root (as finely grated as you can get it - a microplane grater is excellent for this.)

1 Tbsp red wine or balsamic vinegar

1 Tbsp soy sauce

2 tsp oil

1/2 cup chopped onion (or more if you like to give it a more savory oniony flavor)

4 bone in chicken breast halves, skin removed (bone in has more flavor. I leave the skins on - sorry, an addiction.)

Heat grill. In small bowl, combine fruit, ginger, vinegar and soy sauce. Beat with wire whisk until well blended. Set aside (or if you are Lesley, stand there holding it.)

Heat oil in nonstick skillet over high for 1 minute. Add onion, cook and stir 2 minutes.

Reduce heat to medium, cook additional 2 minutes

or until onion is tender and rich dark brown. Reduce heat to low, stir in the sauce. Cook, stirring constantly, for 1 minute. Remove from heat, set aside (or if you are Lesley, fling it over your head and see if it will stick to the ceiling.)

Grill chicken until fork tender and juices run clear.

Spoon onion-fruit mixture over meaty side of chicken, cook uncovered for an additional 2 minutes.

## **Pimento-Cheese Spoon Bread**

The Complete Cooking Light Cookbook, p.78

Healthy Units: 4

Serving Size: 1/4 of casserole

Posted by: DERB63 (Debra)

June 18, 2003

### **Comments:**

#### **Ingredients**

1 cup water

1/2 cup yellow cornmeal

1/2 cup 1% low-fat milk

1/2 cup (2 ounces) shredded extra-sharp cheddar cheese

1/4 cup grated fresh onion

1/4 teaspoon salt

1/8 teaspoon ground red pepper

1/8 teaspoon black pepper

2 garlic cloves, minced

1 (2-ounce) jar diced pimento, drained

3 large egg whites (at room temperature)

1 tablespoon sugar

Roasted Summer Squash (recipe below)

Cooking spray

Preheat oven to 375 degrees.

Combine water and cornmeal in a medium saucepan; stir well. Bring to a boil. Cook 1 minute; stir frequently. Remove from heat; stir in milk and next 7 ingredients (milk through pimento). Set cornmeal mixture aside.

Beat egg whites at high speed of a mixer until foamy. Add sugar, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into cornmeal mixture; gently fold in remaining egg white mixture. Fold in Roasted Summer Squash.

Spoon mixture into a 1-1/2-quart casserole dish coated with cooking spray. Bake at 375 degrees for 50 minutes or until set.

calories: 189 carbohydrates: 23.7 g cholesterol: 16 mg fat: 6.4 g sodium: 367 mg  
protein: 9.7 g calcium: 162 mg iron: 1.4 mg fiber: 2.4 g

## **Roasted Summer Squash**

The Complete Cooking Light Cookbook, p. 78

Healthy Units: 0

Serving Size: 1/2 cup

Posted by: DERB63

June 18, 2003

### **Comments:**

#### **Ingredients**

2 cups thinly slice yellow squash (about 3/4 pound)

1/2 teaspoon vegetable oil

1/4 teaspoon paprika

1/8 teaspoon salt

1/8 teaspoon garlic powder

1/8 teaspoon ground red pepper

Cooking Spray

Preheat oven to 450 degrees. Combine first 6 ingredients in a zip-top plastic bag. Seal bag; shake to coat squash. Place squash on baking sheet coated with cooking spray. Bake at 450 degrees for 20 minutes, turning after 10 minutes.

Calories-22, Fat-0.9g, Protein-0.9g, Carb-3.3g, Fiber-1.3g, Chol-0mg, Iron-0.4mg, Calcium-15mg.

## **Summer Succotash Salad with Mustard-Thyme Dressing**

Source: Food & Wine

Serves: 12

Healthy Units: 3

Posted by: Carolekm

6-18-03

### **Comments:**

#### **Ingredients**

1/4 cup red wine vinegar  
2 tablespoons whole-grain mustard  
2 tablespoons minced shallot  
1/4 cup extra-virgin olive oil  
1/4 cup vegetable oil  
1 tablespoon chopped thyme  
1 tablespoon chopped tarragon  
Kosher salt and freshly ground pepper  
1 pound yellow wax beans, cut into 1 1/2-inch lengths  
1 pound green beans, cut into 1 1/2-inch lengths  
1 cup shelled fresh or frozen lima beans or edamame (about 1 pound unshelled)  
2 tablespoons extra-virgin olive oil  
4 ears of corn, shucked and kernels cut from the cobs  
2 pints cherry tomatoes, halved (4 cups)  
3 scallions, minced  
Salt and freshly ground pepper

In a food processor, combine the vinegar, mustard and shallot and process until smooth. With the machine on, slowly add the olive and vegetable oils and process until emulsified. Add the thyme and tarragon and pulse just until combined. Transfer to a bowl and season with salt and pepper.

In a large pot of boiling salted water, cook the yellow wax and green beans until crisp-tender, about 7 minutes. Using a slotted spoon, transfer the beans to a colander and refresh under cold water. Drain and pat dry. Add the limas to the pot and boil until tender, about 4 minutes. Drain and refresh under cold water. Drain well and pat dry.

In large skillet, heat the olive oil until shimmering. Add the corn and cook over moderate heat, stirring often, until crisp-tender, about 3 minutes. Transfer the corn to a plate to cool.

In a very large bowl, combine the yellow wax and green beans with the lima beans, corn, tomatoes and scallions. Add the dressing and toss to coat. Season with salt and pepper and serve.

## **Grilled Sea Scallops with Corn Salad**

Source: Food & Wine

Serves: 6

Healthy Units: 6

Posted by: Carolekm

6-18-03

### **Comments:**

#### **Ingredients**

6 ears of corn, shucked  
1 pint grape tomatoes, halved  
3 scallions, white and light green parts only, thinly sliced  
1/3 cup basil leaves, finely shredded  
Salt and freshly ground pepper  
1 small shallot, minced  
2 tablespoons balsamic vinegar  
2 tablespoons hot water  
1 teaspoon Dijon mustard  
1/4 cup plus 3 tablespoons safflower oil  
1 1/2 pounds sea scallops (about 30)

1. In a large pot of boiling salted water, cook the corn until tender, about 5 minutes. Drain and cool. Stand the corn in a large bowl and slice off the kernels. Add the tomatoes, scallions and basil and season with salt and pepper.

2. In a blender, puree the shallot with the vinegar, hot water and mustard. With the blender on, slowly add 6 tablespoons of the safflower oil until combined. Season the vinaigrette with salt and pepper, then toss with the corn salad.

3. In a large bowl, toss the remaining 1 tablespoon of oil with the scallops; season with salt and pepper. Heat a large grill pan. Add half of the scallops at a time to the pan and grill over moderately high heat, turning once, until browned, about 4 minutes per batch. Mound the corn salad on plates, top with the scallops and serve.

## Watermelon Salad with Grilled Shrimp

Source: Food & Wine

Healthy Units: 7

Serves: 4

Posted by: Carolekm

6-18-03

### Comments:

#### Ingredients

##### CUCUMBER WATER

2 large cucumbers (about 1 1/4 pounds)--peeled, seeded and coarsely chopped

2 tablespoons sugar

2 tablespoons rice vinegar

1 tablespoon kosher salt

##### SALAD

2 cups diced (1/2 inch) seedless red watermelon

2 cups diced (1/2 inch) seedless yellow watermelon

1 1/2 pounds red tomatoes, seeded and cut into 1/2-inch dice

One large cucumber--peeled, seeded and cut into 1/2-inch dice

1/2 cup minced shallots

1/4 cup extra-virgin olive oil

3 1/2 tablespoons fresh lemon juice

2 tablespoons chopped tarragon

1 pound large shrimp, shelled and deveined

1/4 cup pure olive oil

Salt and freshly ground pepper

2 cups baby salad greens

1. Make the cucumber water: In a blender, puree the cucumbers with the sugar, rice vinegar and salt. Strain the puree through a fine sieve set over a medium bowl. Refrigerate the cucumber water until chilled.
2. Make the salad: In a large bowl, toss the red and yellow watermelon with the tomatoes, cucumber, shallots, extra-virgin olive oil, lemon juice and tarragon. Cover and refrigerate for at least 2 hours and for up to 6 hours.
3. Shortly before serving, light a grill or heat a grill pan. In a large bowl, toss the shrimp with the pure olive oil and season with salt and pepper. Grill the shrimp over high heat until browned and just cooked, about 3 minutes per side.
4. Spoon the watermelon salad into 4 shallow bowls. Arrange the grilled shrimp on top. Ladle the cucumber water into each bowl, top with the baby salad greens and serve.

**MAKE AHEAD** The cucumber water can be made up to 1 day ahead. Stir before adding to the salad.



## **Savory Red Pepper and Cornmeal Scones**

Cooking Light Annual Recipes 1998, p. 371

Healthy Units: 4

Servings: 4 (serving size=1 scone)

Posted by: Jillyh (Jill)

6/18/03

### **Comments:**

#### **Ingredients**

2/3 c. all purpose flour

1/3 c. yellow cornmeal

1 T. sugar

1/2 tsp. ground cumin (use 1/4 tsp. unless you LOVE cumin)

1/2 tsp. baking powder

1/4 tsp. baking soda

1/8 tsp. salt

2 T. chilled stick margarine, cut into small pieces (I used butter)

1/3 c. diced red bell pepper

1/3 c. fat free buttermilk (I used 1%)

cooking spray

Preheat oven to 400. Combine first 7 ingredients in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Add bell pepper and buttermilk; stir just until moist. Pat dough into a 6-inch circle on a baking sheet coated with cooking spray, and cut into 4 wedges. Bake at 400 for 20 minutes or until golden. Serve warm. Yield: 4 servings.

Calories=193; Fat=6.4g; Protein=4.1g; Carb=29.9g; Fiber=1.4g; Chol=1mg; Iron=1.8mg; Sodium=239mg; Calcium=67mg

## **Pineapple Buttermilk Sherbet**

Moosewood Low-Fat Favorites

Healthy Units: 3

serves 8 (1 serving 4.5 oz)

submitted by Carrie (Scarehair)

6-18-03

### **Comments:**

#### **Ingredients**

2 C nonfat buttermilk

2 C undrained crushed pineapple (20 oz can)

2/3 C sugar

Stir together in bowl until sugar is dissolved. Cover bowl with plastic wrap and place in freezer. After an hour, when the mix has begun to harden, stir it with a fork until it becomes slushy. Cover and return to freezer for another hour or two, until very stiff but not frozen solid. Stir again with a fork and serve. If sherbet has frozen hard, remove it from freezer to soften for about 30 minutes before serving or whirl it in a food processor.

## Spicy Thai Coconut Shrimp

www.cookinglight.com

Healthy Units: 9

Servings: 4

Posted by Bawstinn32 (Maria)

June 19, 2003

**Comments:** To save more time, purchase shrimp that has already been peeled and de-veined.

### INGREDIENTS:

2 cups uncooked rice  
1-1/2 tablespoons water  
1-1/2 teaspoons red curry paste (such as Maesri) or chile paste with garlic  
1-1/2 pounds medium shrimp, peeled and deveined  
Cooking spray  
2-1/2 cups (1-inch) sliced asparagus (about 3/4 pound)  
1-1/2 cups sliced green onions  
1/2 teaspoon salt  
1 (14-ounce) can light coconut milk

### INSTRUCTIONS:

Cook the rice according to package directions, omitting salt and fat. While the rice is cooking, combine the water and curry paste in a medium bowl; add shrimp, tossing to coat.

Place a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add the shrimp mixture, and saute for 4 minutes.

Add sliced asparagus and green onions; cover and cook for 3 minutes or until the asparagus is crisp-tender. Stir in salt and coconut milk. Cook for 3 minutes or until thoroughly heated, stirring occasionally. Serve over rice.

### NUTRITIONAL INFO:

calories: 457 carbohydrates: 57.8 g cholesterol: 194 mg fat: 8.1 g sodium: 646 mg  
protein: 32.9 g calcium: 135 mg iron: 6.9 mg fiber: 3.9 g

### YIELD:

4 servings (serving size: 1-1/4 cups shrimp sauce and 1 cup rice)

## **Jillybean's Taco Pasta Skillet**

Source: Jilly's original

Healthy Units 5 per cup

Servings 8 cups

Posted by Jillybean03... Jill

6/19/03

### **Comments:**

#### **Ingredients**

8 oz (you can use more, just count the points) very lean ground beef or ground turkey breast

1 pkg taco seasoning

1 can corn

1 can black beans

1 cup salsa

2.5 cups water

8 oz mini-penne

4 oz ff cream cheese

4 oz 50% less fat pepper jack cheese

brown meat. Drain. Add taco seasoning, corn, beans, salsa, pasta and water. Simmer ~15 minutes until pasta is cooked. Add cheeses and stir til melted.

## **Skillet Potatoes**

Healthy Units: 3

Servings: 4

Posted by: MissVN

June 19, 2003

### **Comments:**

#### **Ingredients**

4 large potato(es), red or white

1/2 medium onion

1 tsp olive oil

salt and pepper to taste

#### **Instructions**

Chop up potatoes into small pieces (about 1/2 inch). Slice up onion.

Put the potatoes and the onions in a bowl and pour the olive oil over. Mix until everything is coated.

Put potatoes and onions in a hot skillet over medium heat. Cook until browned, flipping potatoes frequently for 20-30 minutes.

If the potatoes are browned to your liking but still hard, put them in a bowl and cook in the microwave for 1-2 minutes until done.

## **Polenta Gratin with Mushrooms and Fontina**

Yields: 3

HU: 4 per serving

Posted by C\_M\_K009

June 19, 2003

### **Comments:**

#### **INGREDIENTS**

1 (16-ounce) tube of polenta, cut into 1/4-inch-thick slices

Cooking spray

1 (8-ounce) package presliced mushrooms

1 teaspoon bottled minced garlic

1/4 teaspoon salt

1/3 cup sun-dried tomato Alfredo sauce (such as Classico)

1/4 cup chopped fresh basil

1/4 cup (1 ounce) shredded fontina cheese

#### **INSTRUCTIONS**

1. Preheat oven to 500 degrees.
2. Arrange polenta slices in an 11 x 7-inch baking dish coated with cooking spray, allowing slices to overlap.
3. Heat a medium nonstick skillet coated with cooking spray over medium-high heat. Add mushrooms; cook 2 minutes, stirring frequently. Stir in garlic and salt. Cover, reduce heat, and cook 2 minutes. Stir in Alfredo sauce and basil.
4. Spoon mushroom mixture evenly over polenta. Top with cheese. Bake at 500 degrees for 7 minutes or until thoroughly heated.

YIELD: 3 servings

#### **NUTRITIONAL INFO**

CALORIES 221 (30% from fat); FAT 7.4g (sat 3.9g, mono 1.7g, poly 1.2g); PROTEIN 8.3g; CARB 28.7g; FIBER 4.2g; CHOL 29mg; IRON 2.4mg; SODIUM 739mg; CALC 82mg

## **Creamed spinach**

Source: Cooking light website (01/01/98)

Healthy Units - 2 per serving

Yield - 4 servings (2/3 cup each)

Posted by: oduamy1 (Amy)

Posted on: June 19, 2003

**Comments:** If you are not accustomed to steaming your own spinach (I know I'm not!) then this will seem like a TON of fresh spinach. It reduces to a very small amount... trust me! This recipe is easy and mmmmm so good! I love the shallots in it!

2 (10-ounce) bags fresh spinach  
Cooking spray  
2 tablespoons minced shallots  
2 teaspoons all-purpose flour  
1/8 teaspoon salt  
1/8 teaspoon ground nutmeg  
1/2 cup fat-free milk  
1/2 cup tub-style light cream cheese, softened

Remove large stems from spinach, and rinse with cold water; drain. Place a large Dutch oven over medium heat, and add spinach. (Spinach will need to be tightly packed into the pan to cook all of it in one batch). Cover and cook 5 minutes or until spinach wilts; stir spinach well after 2 minutes. Place spinach in a colander, and drain well, pressing spinach with the back of a spoon to remove as much moisture as possible.

Place pan coated with cooking spray over medium heat until hot. Add shallots; sauté 2 minutes. Combine flour, salt, and nutmeg; add to pan, stirring well. Cook 30 seconds. Add milk and cheese, stirring with a whisk; cook 1 minute or until thick. Add spinach; cook 30 seconds or until thoroughly heated.

### **NUTRITIONAL INFO**

calories: 110 carbohydrates: 9.5 g cholesterol: 17 mg fat: 5.4 g sodium: 346 mg protein: 7.9 g calcium: 204 mg iron: 3.6 mg fiber: 5.2 g

## Italian Spinach-Cheese Swirls

The Complete Cooking Light Cookbook, p. 95 (photo instructions included)

Healthy Units: 1 per slice

Servings: 20 serving per loaf (recipe makes 2 loaves)

Posted by: DERB63 (Debra)

June 19, 2003

**Comments:** This bread is great! I will make a bit more stuffing next time. When you cut the loaf before twisting the halves, cut from the folded end, not the end where the two ends meet. This makes a pretty loaf. If you own the cookbook, see the diagrams on page 95. I knead the dough in my mixer with the dough hook.

3 tablespoons olive oil

1 large clove garlic, minced

2 packages dry yeast (about 4 ½ teaspoons)

1 tablespoon sugar

2 cups warm water (100° - 110°)

5 ¼ cups bread flour, divided

1 ½ teaspoon salt

Cooking Spray

1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry

½ cup (2 ounces) grated fresh Parmesan cheese

1 teaspoon dried Italian seasoning

1 large egg white, lightly beaten

1 tablespoon water

Combine oil and garlic in a small bowl. Microwave at HIGH 1 minute; set aside. And cool, Dissolve yeast and sugar in warm water; let stand 5 minutes.

Lightly spoon flour into dry measuring cups; level with a knife. Combine 3 cups flour and salt in a large bowl. Add garlic mixture and yeast mixture; stir until well blended. Add 2 cups flour, stirring until soft dough forms.

Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)



Punch dough down; cover and let rest 5 minutes. Divide in half. Working with one portion at a time (cover remaining dough to keep from drying), roll each portion into a 15 x 10-inch rectangle on a lightly floured surface. Combine chopped spinach, Parmesan cheese, and Italian seasoning. Spread each portion of dough with half of spinach mixture, leaving a ½-inch border. Roll up each rectangle tightly, starting with a long edge, pressing to eliminate air pockets; pinch seam and ends to seal. Place rolls, seam side up, on opposite ends of a large baking sheet coated with cooking spray ( I placed mine on two separate baking stones).

Working with one roll at a time, fold roll in half, placing one half directly on top of other half; pinch ends to seal. Using kitchen shears, cut through folded end of roll, cutting through roll to within 1 inch of opposite end. Twist cut halves of dough outward so filling faces up. Repeat procedure with remaining roll. Cover and let rise 30 minutes or until doubled in size.

Preheat oven to 350°. Combine egg white and 1 tablespoon of water. Uncover dough, and brush egg white mixture lightly over loaves. Bake at 350° for 27 minutes or until loaves are lightly browned and sound hollow when tapped. Remove loaves from pan, and cool in wire racks.

Calories-74, Fat-1.6g, Protein-2.6g, Carb-12g, Fiber-0.8g, Chol-1mg, Iron-0.9mg, Sodium-111mg, Calc-23mg

## Grilled Adobo Pork

Source: Cooking Light March, 2003

Healthy Units: 5

Servings: 4 (1 chop & 1.5 T sauce)

Posted by: Jen (Sweetbear75)

Date: June 19, 2003

**Comments:** the sauce cooks down very fast, so keep an eye on it. Tastes better than it smells.

### INGREDIENTS

Cooking spray

3 ancho chiles

1 garlic clove

1/4 small onion, peeled

1 cup fat-free, less-sodium chicken broth

1/4 teaspoon ground oregano

1/4 teaspoon freshly ground black pepper

1/8 teaspoon ground cumin

Dash of ground allspice

2 tablespoons cider vinegar, divided

1/2 teaspoon brown sugar

1/4 teaspoon salt

4 (6-ounce) bone-in center-cut pork chops (about 1/2 inch thick), trimmed

2 tablespoons fresh orange juice

1 tablespoon fresh lime juice

### INSTRUCTIONS

1. Heat a large skillet coated with cooking spray over medium heat. Remove stems and seeds from chiles. Tear chiles into large pieces; place in skillet. Cook 15 seconds or until thoroughly heated, turning pieces occasionally (be careful not to burn chiles); remove from pan. Add garlic and onion to pan; cook 5 minutes or until browned, turning frequently.

2. Combine chiles, garlic, onion, broth, and next 4 ingredients (broth through allspice) in a small saucepan over medium heat. Stir in 1 tablespoon vinegar. Bring to a simmer; cook 5 minutes or until chiles are soft. Remove from heat; cool slightly. Place half of chile mixture in a blender; process until smooth. Pour pureed mixture into a small bowl; repeat procedure with remaining chile mixture.

3. Heat skillet coated with cooking spray over medium-high heat. Add chile mixture; cook 5 minutes, stirring constantly. Remove from heat; stir in sugar and salt. Cool completely.

4. Combine 1/2 cup chile mixture and 1 tablespoon vinegar in a large zip-top plastic bag. Add the pork chops to bag; seal bag. Marinate pork in refrigerator 8 hours or overnight, turning bag occasionally. Combine remaining chile mixture with orange juice and lime juice; cover and refrigerate.

5. Prepare grill.

6. Place the reserved sauce in a small saucepan; cook over medium heat 5 minutes or until thoroughly heated.

7. Remove pork from bag, reserving marinade. Place pork on grill rack coated with cooking spray; grill 4 minutes on each side or until thermometer registers 160 degrees (slightly pink), basting frequently with reserved marinade. Remove from heat; top with warm sauce.

## **Chocolate Chip Meringue Cookies**

Source: Cookinglight.com

Healthy Units: 1 for two cookies

Yields 54 cookies (serving size: 2 cookies)

Posted by: Jen (Sweetbear75)

Date: June 19, 2003

### **INGREDIENTS**

3 large egg whites

1/4 teaspoon cream of tartar

1/4 teaspoon salt

1 cup sugar

3 tablespoons unsweetened cocoa

3 tablespoons semisweet chocolate minichips

### **INSTRUCTIONS**

1. Preheat oven to 300 degrees.

2. Beat egg whites, cream of tartar, and salt with a mixer at high until soft peaks form. Add sugar, 1 tablespoon at a time, beating until stiff peaks form. Sift cocoa over egg white mixture; fold in. Fold in minichips.

3. Cover a baking sheet with parchment paper; secure to baking sheet with masking tape. Drop batter by level tablespoonfuls onto prepared baking sheet. Bake at 300 degrees for 40 minutes or until crisp. Cool on pan on a wire rack. Repeat procedure with remaining batter, reusing parchment paper. Store in an airtight container.

Tips: these are yummy and quite addictive. Trace amount of fat, 23 calories each.

## Spinach And Mushroom Lasagna

Cooking Light Annual Recipes 1998, p. 101

Healthy Units: 8

Serves: 9 (serving size=1/9th of pan)

Posted by: Jillyh (Jill)

6/19/03

**Comments:** This lasagna has more calcium per serving than an 8 oz glass of milk. I didn't have Italian Seasoning, so I used 1/4 tsp each of basil, parsley, oregano, and garlic powder.

1 (8-oz) package uncooked lasagna noodles  
1 tsp. olive oil  
7 c. sliced mushrooms (2 8-oz packages)  
3 c. sliced shiitake mushroom caps (2 3.5 oz packages)  
1/2 tsp. ground nutmeg  
3 garlic cloves, minced  
2 (15 oz) containers light ricotta cheese  
2 (10 oz) packages frozen chopped spinach, thawed, drained, and squeezed dry  
1/4 c. grated parmesan cheese  
1 tsp. dried Italian Seasoning  
1 tsp. black pepper  
3 large egg whites  
1 (25.5 oz) bottle fat free marinara sauce  
cooking spray  
3 c. (12 oz) shredded part skim mozzarella cheese, divided  
2 T. grated Parmesan cheese

Cook lasagna noodles according to package directions, omitting salt and fat. Drain, set aside 9 noodles. Heat oil in a nonstick skillet over medium heat. Add mushrooms; saute 3 minutes. Add nutmeg and garlic; saute 5 min. Set aside. Combine ricotta and next 5 ingredients. Set aside. Preheat oven to 375. Spread 1/2 c. marinara in bottom of a 13x9 inch baking pan coated with cooking spray. Arrange 3 lasagna noodles over sauce; top with half of the ricotta cheese mixture, half of mushroom mixture (drain it!), 1 1/2 c. sauce, and 1 c. mozzarella cheese. Repeat layers, ending with noodles. Spread 1/2 c. sauce over noodles. Cover and bake at 375 for 40 minutes. Uncover; sprinkle with 1 c. mozzarella cheese and 2 T. parmesan cheese. Bake 10 minutes. Let stand 10 min before serving. Cut into 9 pieces.

Calories=392; Fat=12.2g; Protein=30g; Carb=38.6g; Fiber=5g; Chol=38mg; Iron=3.9mg; Sodium=617mg; Calcium=494mg

## **Hummus Club Sandwiches**

Healthy Units : 7

Serves 4

submitted by Scarehair

6-20-03

**Comments:** This makes a great lite lunch in summer and it is quick if you already have the hummus made. Sometimes I like to replace the hummus with Romesco sauce. Great served with watermelon.

3 Tlbs fat-free yogurt  
2 Tlbs water  
1 Tlbs lemon juice  
1 Tlbs tahini  
1/2 tsp ground cumin  
1/4 tsp salt  
2 garlic cloves, peeled  
1 (15 1/2 oz) can chickpeas, drained  
12 (1 oz) slices whole wheat bread  
2 C shredded Bibb lettuce  
8 (1/4" thick) slices tomato  
4 (1/4" thick) slices red onion  
1 C (1/8" thick) slices cucumber  
4 C alfalfa sprouts (4 oz)

Combine first 8 ingredients in food processor. Process until smooth. Spread 2 Tlbs chick mix over 1 bread slice. Top with 1/2 C lettuce, 2 tomato slices, 1 onion slice, 1 bread slice, 1/4 C cucumber, 1 C sprouts, and 1 bread slice. Cut sandwich diagonally into quarters; secure with wooden picks. Repeat with remaining ingredients. Yield 4 sandwiches

Cal 382, Fat 6.8, Fiber 7.7

## **Grilled Zucchini and Summer Squash Salad with Basil-Parmesan Dressing**

Source: Bon Appetit

Healthy Units: 2

Servings: 4

Posted by Kate WD (Kate)

June 20, 2003

**Comments:** The original recipe called for 5 T of oil, I found 2 was plenty. I also substituted tomatoes and onions for some of the squash, and added some fresh rosemary with the basil. Different variations of vegetables and cheese would work well with this recipe.

4 medium-large zucchini, trimmed, halved lengthwise

4 medium-large yellow crookneck squash, trimmed, halved lengthwise

2 tablespoons olive oil

1/2 cup chopped fresh basil

1/3 cup freshly grated Parmesan cheese (about 1 ounce)

2 tablespoons balsamic vinegar

Prepare barbecue (medium heat). Place zucchini and crookneck squash on large baking sheet; brush all over with 1 tablespoon oil. Sprinkle with salt and pepper. Grill vegetables until tender and brown, turning occasionally, about 10 minutes. Transfer to plate and cool.

Cut vegetables diagonally into 1-inch-wide pieces. Place in large bowl. Add basil, Parmesan cheese, balsamic vinegar and remaining 1 tablespoon oil and toss to blend. Season to taste with salt and pepper and serve.

## **Green Beans with Bacon-Balsamic Vinaigrette**

The Complete Cooking Light Cookbook

Healthy Units: 1

Servings: 8 (Serving Size: 3/4 cup)

Posted by DERB63

June 20,2003

### **Comments:**

#### Ingredients

2 pounds green beans, trimmed

2 bacon slices

1/4 cup minced shallots

3 tablespoons coarsely chopped almonds

2 tablespoons brown sugar

1/4 cup white balsamic vinegar

Cook green beans in boiling water for 2 minutes. Drain and rinse under cold water. Drain well; set aside.

Cook bacon in a small skillet over medium-high heat until crisp. Remove bacon from skillet. Crumble; set aside. Add shallots to bacon fat in skillet; saute 1 minute. Add almonds; saute 1 minute. Remove and let cool. Add sugar and vinegar; stir until sugar dissolves. Add crumbled bacon.

Pour vinaigrette over beans, tossing gently to coat.

calories: 75, carb: 11.8g, chol: 0mg, fat: 2.6g, sodium: 50mg, protein: 3.4g, calcium: 54mg, iron: 1.4mg, fiber: 2.8g

## **Grilled Stone Fruit Antipasto Plate**

Source-Published: Cooking Light- June 2003

Points: 2 (129 cal, 4.1 g fat, 2.9 g fiber)

Servings: 8

Posted by: Carolekm

06/20/03

**Comments:** White balsamic is key because brown would make the dish look muddy. I used apricots but they got too mushy. Also the skins of the fruit got a bit scorched so I peeled off the black bits after grilling. I tossed the dressed fruit with salad greens and feta cheese for a total salad that was insanely good.

Dressing:

1 tb brown sugar

3 tb white balsamic vinegar

2 tb extra virgin olive oil

2 tb lime juice, 2 tsp vanilla extract

1/4 tsp black pepper

1/8 tsp salt

1/8 tsp hot sauce

Fruit:

1 lb firm black plums

1 lb firm peaches

1/2 lb firm nectarines

1/2 lb firm pluots (a cross b/w apricots and plums)

Cooking spray

Whisk together dressing ingredients.

Halve and pit the fruit.

Spray with cooking spray or olive oil and grill 3 minutes on each side.

Drizzle with dressing, garnish with mint and serve.



## **Veracruz-Style Red Snapper**

Cooking Light August 2001

Healthy Units: 4 per serving

4 servings (serving size: 1 fish fillet, 1/2 cup salsa, and 1 lime wedge)

Posted by: jang2341 (Jan)

June 20, 2003

**Comments:** We used cod. Very quick and easy, as well as delicious!

### **INGREDIENTS:**

4 (6-ounce) red snapper or tilapia fillets

Cooking spray

1/2 teaspoon ground cumin

1/4 teaspoon salt

1/4 teaspoon ground red pepper

1/4 cup chopped fresh cilantro

1/4 cup chopped pitted green olives

1/4 cup bottled salsa

1 (16-ounce) can pinto beans, drained

1 (14.5-ounce) can diced tomatoes, drained

4 lime wedges (optional)

### **INSTRUCTIONS:**

Prepare grill or broiler.

Coat both sides of fish with cooking spray. Sprinkle fish with cumin, salt, and pepper. Place fish on grill rack or broiler pan coated with cooking spray; cook for 5 minutes on each side or until fish flakes easily when tested with a fork.

Combine cilantro and remaining ingredients except lime. Serve fish with the salsa mixture and lime wedges, if desired.

### **NUTRITIONAL INFO:**

calories: 202 carbohydrates: 14.6 g cholesterol: 42 mg fat: 3.2 g mg sodium: 571 mg  
protein: 28.2 g calcium: 94 mg iron: 1.9 mg fiber: 5.2 g

## Apple-Oatmeal Crumb Cake

Published: Cooking Light- 05/01/98

Healthy Units 4.5 per serving **(3.5 using my changes)**

8 Servings (Serving size: 1 wedge)

Posted by DebMj1

6/20/03

**Comments:** I used light butter, and used 1 large Granny Smith apple (about 1 1/4 cups) instead of the 2 McIntosh. I microwaved the chopped apple for about 1 1/2 minutes to make sure it would be soft enough after baking. I also used 3/4 tsp. cinnamon instead of the nutmeg. (These changes drop the points to 4.0 per serving.)

### INGREDIENTS

1 cup all-purpose flour

1/3 cup regular oats

1/3 cup granulated sugar **(I used Splenda)**

1/3 cup packed dark brown sugar

1/8 teaspoon salt

1/8 teaspoon ground nutmeg **(Add 1/8 teaspoon of cinnamon too)**

1/4 cup chilled stick margarine or butter, cut into small pieces **(I used light butter)**

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/3 cup apple juice **(I have used cider)**

1 teaspoon vanilla extract

1 large egg

1-1/2 cups coarsely chopped peeled McIntosh apple (about 2 apples)

Cooking spray

Preheat oven to 350 F.

Lightly spoon flour into a dry measuring cup, and level with a knife. Combine the flour and next 5 ingredients (flour through nutmeg) in a bowl, and cut in the margarine with a pastry blender or 2 knives until the mixture resembles coarse meal. Reserve 1/2 cup flour mixture for topping; set aside.

Combine the remaining flour mixture, baking powder, and baking soda, and add the apple juice, vanilla extract, and egg. Beat the mixture at medium speed of a mixer until blended, and fold in the chopped apple.

Spoon the batter into an 8-inch round cake pan coated with cooking spray, and sprinkle the reserved 1/2 cup flour mixture over the batter. Bake at 350° for 30 minutes or until cake springs back when touched lightly in center. Cool the cake on a wire rack.

NUTRITIONAL INFO calories: 204 fat: 6.9 g fiber: 1.3 g

**169 calories, 4g fat, 2g fiber**

## **Balsamic Pasta Salad**

Source Cooking Light Five Star Recipes, page 98

Healthy Units: 4

Servings: 5 – 1 cup ea. serving

Posted by: Jseeger (Jan)

June 21, 2003

**Comments:** I increased the amount of broccoli and cauliflower to 1 cup each, which will also increase the serving size proportionately. I also added a 1/3 cup of chopped red onion. This is a light salad – perfect for a side dish with grilled meat, or as a light lunch by itself. Next time I make this, I think I'll add some quartered artichoke hearts. The sliced basil gives it a really good flavor along with the balsamic vinegar. Ingredients:

1/4 cup balsamic vinegar

3 Tbsp water

1 1/2 tsp olive oil

1/4 tsp salt

1/4 tsp pepper

1 large clove garlic, minced

1/2 cup small broccoli flowerets

1/2 cup small cauliflower flowerets

1/2 cup julienne sliced carrot

1/2 cup julienne sliced sweet red pepper

4 cups cooked farfalle (bow tie pasta)

2 Tbsp thinly sliced fresh basil

1/4 cup grated Asiago cheese (can use parmesan or romano)

### **Instructions:**

Combine first 6 ingredients in a jar; cover tightly and shake vigorously – set aside. Drop broccoli, cauliflower and carrot into large saucepan of boiling water; cook 30 seconds. Drain. Pour cold water over vegetables and drain. Combine drained vegetables, red pepper, cooked pasta, basil and cheese in a large bowl. Add vinegar mixture; toss gently. Cover salad and chill.

### **Nutritional Info:**

Calories: 199 (15% from fat) Protein 7.7g Fat 3.4 g (sat 1.1G) Carbohydrate 34.3 g  
Fiber 2.9 Cholesterol 3 mg Iron 2 mg Calcium 81 mg

## **Loaded Baked Potatoes**

Source CL online

Healthy Units: 3

Servings: 8 – 1/2 potato each

Posted by: JoanBorsten

June 21, 2003

**Comments:** You might not think of stuffed potatoes as healthy, but these have only 19% calories from fat. The secret is trading sour cream for a just-as-flavorful blend of reduced-fat cream cheese and feta.

JB NOTE: I put this through the recipe builder using FF cream cheese I had on hand and RF feta. It might be more Healthy Units if you use light cream cheese and regular feta. Please check.

### **INGREDIENTS:**

4 large baking potatoes (about 12 ounces each)

1/2 cup 1% low-fat milk

1/3 cup (3 ounces)

1/3-less-fat cream cheese, softened

1/2 cup (2 ounces) crumbled feta cheese

2 tablespoons minced fresh or 2 teaspoons dried oregano

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 cup thinly sliced green onions

2 bacon slices, cooked and crumbled

### **INSTRUCTIONS:**

Prep Time: 15 minutes

Cooking Time: 80 minutes

Preheat oven to 400. Pierce potatoes with a fork; bake at 400; for 1 hour or until tender. Cool slightly. Cut each potato in half lengthwise; scoop out pulp into a large bowl, leaving a 1/4-inch-thick shell. Mash pulp with a potato masher. Add milk and cream cheese to mashed potato; stir with a whisk. Add feta cheese, oregano, salt, and pepper; stir well. Spoon potato mixture into shells. Place on a baking sheet; bake at 400; for 15 minutes or until thoroughly heated. Sprinkle each serving with 1-1/2 teaspoons green onions; top with bacon.

**NUTRITIONAL INFO:** calories: 251 carbohydrates: 44.7 g cholesterol: 17 mg fat: 5.3 g sodium: 320 mg protein: 7 g calcium: 87 mg iron: 2.7 mg fiber: 3.2 g

## **Chicken Butter**

Source: Family

Healthy Units: 7

Servings: 4

Posted by: JoanBorsten

June 21, 2003

**Comments:** Don't let the name of the recipe scare you. It comes from a lady named Mrs. Butter. I have used this recipe for years and gotten many compliments. The combination of tastes is wonderful and unique. Enjoy,

### **Ingredients**

1 10 oz jar of red currant jelly

1 T cornstarch

1-2 t allspice

2 t worchestershire

2 T lemon juice

½ t salt

¼ t pepper

1 lb skinless split chicken breasts or 1 lb skinless breasts and thighs

Dissolve and melt first 7 ingredients in a sauce pan. Pour over chicken. Bake at 450 for fifteen minutes and 375 for 1 hour in uncovered pan. Baste regularly. Serve with wild rice.

## **Dark Chocolate Soufflé Cake**

Cooking Light Annual Recipes 1998, p. 352

Healthy Units: 5

Servings: 12

Posted by: jillyh (Jill)

6/21/03

### **Comments:**

#### **Ingredients**

cooking spray

1/2 c. granulated sugar

1/2 c. packed dark brown sugar

3/4 c. water

1 T. instant espresso or 2 T. instant coffee granules

2/3 c. Dutch process cocoa powder

1/4 tsp. salt

2 oz semisweet chocolate, chopped

2 oz unsweetened chocolate, chopped

2 Tbsp Kahlua

3 large egg yolks

1/3 c. sifted cake flour

6 large egg whites (at room temp)

1/4 tsp. cream of tarter

1/3 c. granulated sugar

1 T. powdered sugar

1/4 c. raspberries, optional

Chocolate curls, optional

Preheat oven to 300. Coat bottom of a 9-inch springform pan with cooking spray. Combine 1/2 c. granulated sugar and next 3 ingredients in a large saucepan, stirring well; bring to a boil. Remove from heat; add cocoa and next 3 ingredients, stirring with a whisk until chocolate melts. Stir in Kahlua and egg yolks. Stir in flour; cool to room temp. Beat egg whites and cream of tarter at high speed of an electric mixer until foamy. Add 1/3 c. granulated sugar, 1 T. at a time, beating until stiff peaks form. Gently fold on fourth of egg white mixture into chocolate mixture; repeat with remaining egg white mixture one-fourth at a time. Spoon into pan. Bake at 300 for 1 hour or until a wooden pick inserted in the center comes out almost clean. Cool completely on a wire rack. Remove sides from pan; sift powdered sugar over cake. If desired, garnish with berries and chocolate curls. Yield: 12 servings. Note: you can substitute 1/4 c. of all-purpose flour for the cake flour.

Calories=205; Fat=6.1g; Protein=5g; Carb=34.2g; Fiber=.2g; Chol=55mg; Iron=2mg; Sodium=91mg; Calcium=31mg

## **Lemon-Olive Chicken with Minted Couscous**

Cooking Light Annual Recipes 2000

Healthy Units: 5

Serves: 2 (1 chicken breast half, 1 c. sauce)

Posted by: Jillyh (Jill)

6/21/03

### **Comments:**

#### **Ingredients**

1 tsp. olive oil, divided

2 (6 oz) skinned chicken breast halves (I used 2 4-oz skinless boneless breast halves instead)

1/2 c. thinly sliced onion, separated into rings

1 large garlic clove, minced

1 tsp. all purpose flour

1/2 tsp. ground cumin

1/2 tsp. cinnamon

1/4 tsp. paprika

1 (16 oz) can fat free less sodium chicken broth

1/2 c. water

4 lemon slices

2/3 c. drained canned chickpeas

1/4 c. sliced green olives

Minted Couscous (recipe below)

2 tsp. thinly sliced fresh mint leaves (optional)

Heat 1/2 tsp. oil in a large nonstick skillet over medium high heat. Add chicken; cook 4 minutes on each side or until browned. Remove chicken from pan. Set aside. Heat 1/2 tsp olive oil in pan over medium heat. Add onion and garlic, and sauté 3 min. Stir in flour, cumin, cinnamon, and paprika; sauté 30 sec. Add broth and water, bring to a simmer. Add chicken and lemon slices; cover and simmer 30 minutes or until chicken is done. (If you use boneless breasts, it will not take anywhere near 30 min.) Stir in chickpeas and olives, and cook until thoroughly heated. Serve over Minted Couscous. Garnish with sliced mint leaves, if desired. Yield: 2 servings

Nutritional Info with Minted Couscous: Calories=390; Fat=7.9g; Protein=42.5g; Carb=38.1g; Fiber=4g; Chol=81mg; Iron=4.4mg; Sodium=1136mg; Calcium=96mg

## **Minted Couscous**

Cooking Light Annual Recipes 2000

Healthy Units: 1.7

Serves: 2 (1 c. couscous)

Posted by: Jillyh (Jill)

6/21/03

### **Comments:**

#### **Ingredients**

3/4 c. water

1/2 tsp. butter or stick margarine

1/4 tsp. salt

2/3 c. uncooked couscous

1 T. chopped fresh mint

Bring water, butter, and salt to a boil in a medium saucepan, and gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork, and stir in mint. Yield: 2 servings.

Cal=72; Fat=1.1g; Protein=2.4g; Carb=13.4g; Fiber=.7g; Chol=3mg; Iron=.4mg;  
Sodium=305mg; Calcium=1mg



## Potato Rolls

Cooking Light Oct 2002

Healthy Units: 2

Servings: 24

Posted by x\_kritter

June 22, 2003

### Comments:

#### Ingredients

2 cups cubed peeled baking potato  
4 teaspoons sugar, divided  
1 package dry yeast (about 2 1/4 teaspoons)  
4 1/4 cups bread flour, divided  
3 tablespoons butter, melted  
1 1/2 teaspoons salt  
1 large egg  
Cooking spray  
2 tablespoons bread flour

#### Instructions

1. Place potato in a medium saucepan; cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain in a colander over a bowl, reserving 1 cup cooking liquid. Mash potatoes with a fork.
2. Cool reserved cooking liquid to 105 degrees to 115 degrees. Stir in 1 teaspoon sugar and yeast. Let stand 5 minutes.
3. Lightly spoon 4 1/4 cups flour into dry measuring cups; level with a knife. Combine mashed potato, yeast mixture, 1 tablespoon sugar, 4 cups flour, butter, salt, and egg in a large bowl, stirring until well blended.
4. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add up to 1/4 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
5. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85 degrees), free from drafts, 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 10 minutes.
6. Divide dough in half; divide each half into 12 equal portions. Working with 1 portion at a time (cover remaining dough to keep from drying), shape portion into a 2-inch-long oval on a floured surface. Roll up tightly, starting with a long edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal. Place roll, seam side down, on a baking sheet coated with cooking spray.
7. Repeat procedure with remaining dough portions, placing 12 rolls on each of 2 baking sheets. Sift 2 tablespoons flour over rolls to lightly coat. Cover rolls and let rise 45 minutes or until doubled in size.
8. Preheat oven to 350 degrees.
9. Bake at 350 degrees for 10 minutes with 1 baking sheet on the bottom rack and 1 baking sheet on the second rack from the top. Rotate baking sheets; bake an additional 10 minutes or until rolls are browned on bottom, lightly browned on top, and sound hollow when tapped. Remove from pan; cool on wire racks.

## **Banana Stuffed French Toast**

Healthy Units: 5

Servings 2

Posted by Joyous\_5

06/22/03

### **Comments:**

#### **Ingredients**

2 slices whole wheat/grain bread

1 egg + 3 Tbsp. liquid egg whites

2 Tbsp. light cream cheese

1/2 tsp. cinnamon

1/4 tsp. nutmeg

1/2 large banana

2 Tbsp Maple Syrup

Cream together the cream cheese, and spices. Spread on one slice of bread. Slice the 1/2 banana and lay slices on top of cream cheese. Place other slice of bread on top (to make a sandwich) and press down lightly.

Wisk egg and whites together. Heat frying pan and spray with cooking spray. Dip the sandwich into the egg mixture and let the bread absorb the egg mixture/flip and do this on the other side as well. Cook in the hot pan until golden brown on each side.

Slice the sandwich in half diagonally, and serve with maple syrup.

If you use 2 slices Light Wheat Bread, the HU decrease to 4 points per half sandwich.

## **Ginger Peach Crumble**

Source: Moosewood Low Fat Favorites

Healthy Units: 3

Servings: 4 (approx 1 very generous cup)

Posted by: Kate WD (Kate)

June 22, 2003

**Comments:** Super easy delicious dessert. I figured the points using the nutrition labels from Trader Joes frozen peach slices and store brand ginger snaps.

1 lb frozen unsweetened sliced peaches or 3 cups peeled fresh peach slices

2 T packed brown sugar

1/2 tsp ground cinnamon

1 T fresh lemon juice

1/2 cup (about 8) crumbled gingersnaps

Pre heat oven to 425. Evenly distribute peach slices in the bottom of an ungreased, non-reactive 9" pie pan or 8" baking dish. Sprinkle the peaches with the brown sugar, cinnamon and lemon juice. Top with crumbled gingersnaps and bake for about 20 minutes, until the peaches are bubbling and tender when pierced with a fork.

Serve warm or at room temp, plain or with vanilla frozen yogurt.

## **Jamaican Jerk Pork Tenderloin**

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

Healthy Units: 5

Servings: 4-3 oz servings (serving size: 3 ounces pork)

Posted by Bawstinn32 (Maria)

June 23, 2003

### **Comments:**

#### **INGREDIENTS:**

2 cups coarsely chopped green onions  
1/2 cup coarsely chopped onion  
2 tablespoons white vinegar  
1 tablespoon soy sauce  
1 tablespoon vegetable oil  
2 teaspoons kosher salt  
2 teaspoons fresh thyme  
2 teaspoons brown sugar  
2 teaspoons chopped peeled fresh ginger  
1 teaspoon ground allspice  
1/4 teaspoon ground nutmeg  
1/4 teaspoon black pepper  
1/8 teaspoon ground cinnamon  
2 garlic cloves, minced  
1 to 4 Scotch bonnet or habanero peppers, seeded and chopped  
1 (1-1/2-pound) pork tenderloin, trimmed  
Cooking spray

#### **INSTRUCTIONS:**

Place first 15 ingredients in a blender or food processor, and process until smooth.

Slice pork lengthwise, cutting to, but not through, other side. Open halves, laying each side flat. Slice each half lengthwise, cutting to, but not through, other side; open flat. Combine pork and green onion mixture in a dish or large zip-top plastic bag. Cover or seal; marinate in refrigerator 3 to 24 hours. Remove pork from dish or bag; discard remaining marinade.

Prepare grill. Place pork on grill rack coated with cooking spray; grill 8 minutes on each side or until meat thermometer registers 160° (slightly pink).

NUTRITIONAL INFO: calories 248; fat 7.5 g; fiber 1.5 g

## **Mediterranean Chicken**

Healthy Units: 6

Serve: 6

Posted by LiciaP

June 23, 2003

### **Comments:**

#### **Ingredients**

2 slices of bacon (cut in small bits)  
1 lb chicken breasts, skinless, boneless, cut into 1-inch pieces  
1 lb eggplants, skin on, cut into 1-inch pieces  
2 (14-oz) cans of tomato sauce  
8 oz white wine  
1 lb zucchini, cut into 1-inch pieces  
4 cloves garlic, minced  
1 cup basil, torn in small strips  
1 can pitted olives, halved  
8 oz mushrooms  
1 bunch parsley, chopped  
salt and pepper to taste

Put bacon over high heat in a large dutch oven pan. When bacon is melted but not yet browned, remove with slotted spoon and set aside in a bowl, leaving bacon drips in pan.

Add chicken and sauté over high heat until browned on all sides. Remove and add to bacon.

Add eggplant to the pan and to remaining drippings and sauté for 3 minutes until all bacon drippings have been absorbed.

Add tomato sauce, wine, zucchini, basil, garlic and reserved chicken/bacon mixture to the pan. Bring to a simmer and cover. Let cook 1 hour, stirring occasionally.

Add drained olives and whole mushrooms, and let cook an additional 30 minutes. Taste sauce and add salt and pepper according to taste. Be careful not to put too much salt, depending on how salty your bacon was.

At the last minute before serving, add chopped parsley. Serve over couscous.

## **Vegetable Chili**

CL Cookbook 1995

Healthy Units 3

Servings 1 ½ c. (Yields 3 quarts)

Posted by ShellBee01 (Shelby)

Date June 23, 2003

### **Coments:**

#### **Ingredients**

2 cups chopped onion

1 cup chopped green pepper

1 (13 ¾ oz.) can no-salt added beef broth

1 eggplant, cubed

2 (15 oz.) cans kidney beans, drained

2 (10 ¾ oz.) cans low-sodium tomato soup

¼ cup sliced ripe olives

2 T. chili powder

1-teaspoon ground coriander

1 teaspoon dried oregano

1-teaspoon pepper

½ cup (2 oz.) finely shredded reduced fat sharp cheddar cheese.

#### **Instructions:**

Combine first 3 ingredients in a Dutch oven. Bring broth to a boil; cover, reduce heat, and simmer 15 minutes.

Add eggplant and next 7 ingredients; cover and cook an additional 50 minutes or until vegetables are tender, stirring occasionally. Ladle chili into individual bowls. Sprinkle 1-tablespoon cheddar cheese over each serving.

195 calories, Protein 10.2 g, Carbohydrates 33.5 g, Iron 3.2 mg, Fat 3.5 g, Fiber 5.5 g, Sodium 456 mb, Cholesterol 5 mg, Calcium 137 mg.

Comments: I served this with Pita Chips. I took 1 pita and cut it into triangles and sprinkled with some basil, garlic powder and a touch of cumin and baked for about 5 minutes.

## **Steamed Fish with Ginger-Wine Sauce**

Cooking Light Website

Healthy Units: 3

Servings: 8

Posted by SHEILASQUILL (Sheila)

Date: 6/25/03

### **Comments:**

#### **INGREDIENTS**

3/4 cup thinly sliced green onions  
1/4 cup fresh orange juice  
3 tablespoons minced peeled fresh ginger  
2 tablespoons sake (rice wine)  
1-1/2 tablespoons fish sauce  
1 tablespoon finely chopped peeled fresh lemon grass  
1/2 teaspoon dark sesame oil  
1/2 teaspoon finely chopped hot red chile pepper  
1/4 teaspoon salt  
1/4 teaspoon white pepper  
4 (6-ounce) trout fillets  
1/4 cup red bell pepper, cut into 1/8-inch strips  
6 cilantro sprigs

#### **INSTRUCTIONS**

Combine first 11 ingredients in a 13 x 9-inch baking dish. Marinate fish in refrigerator 2 hours, turning occasionally.  
Preheat oven to 350 degrees.

Bake fish mixture (including marinade) at 350 degrees for 17 minutes or until fish flakes easily when tested with a fork. Garnish with bell pepper and cilantro.

#### **NUTRITIONAL INFO**

calories: 113 carbohydrates: 2.5 g cholesterol: 37 mg fat: 4.6 g sodium: 369 mg protein: 13.8 g calcium: 38 mg iron: 1.2 mg fiber: 0.4 g

NOTE: I substituted lemon zest (2 tbsp) for the lemon grass and soy sauce for fish sauce (BF can't stand the taste) and the flavor was still wonderful!

## Island Beef Stew

Source: Cooking Light Website

Healthy Units: 6

Servings: 9 (1 cup)

Posted by: Andygrammy (Claudia)

Date: 6/24/03

**Comments:** I have never shredded the meat for this. I cut the meat into cubes before dredging it and browning it. I also like to use fresh grated ginger (a couple of teaspoons) rather than ground dry ginger. We like this over rice.

### INGREDIENTS:

3 pounds lean, boned chuck roast, trimmed  
3 tablespoons all-purpose flour  
1 tablespoon olive oil  
2 (14.5-ounce) cans no-salt-added whole tomatoes, undrained and chopped  
3 cups vertically sliced onion  
1-1/4 teaspoons pepper  
1 teaspoon salt  
2 cups water  
1/3 cup molasses  
1/3 cup white vinegar  
2-1/2 cups thinly sliced carrot (about 1 pound)  
1/2 cup raisins  
1/2 teaspoon ground ginger

### INSTRUCTIONS:

Dredge beef in flour. Heat oil in a large Dutch oven; add beef, browning on all sides. Add tomatoes, onion, pepper, and salt. Combine water, molasses, and vinegar; stir into beef mixture. Cover, reduce heat, and simmer 1 hour and 15 minutes or until beef is tender. Stir in carrot, raisins, and ginger; simmer an additional 30 minutes or until carrot is tender.

Remove roast from pan. Separate roast into bite-size pieces, and shred with 2 forks. Return shredded roast to pan.

### NUTRITIONAL INFO:

calories: 277 carbohydrates: 27.3 g cholesterol: 68 fat: 7.3 g sodium: 365 mg protein: 26.1 g calcium: 82 mg iron: 4.3 mg fiber: 2.2 g



## **Tortilla Soup**

Published: Cooking Light- 11/01/98

Healthy Units 2

Servings 10 cups (serving size: 1 cup)

Posted by AMK7097

Date 06/24/2003

**Comments:** I love to add a bit of cheddar cheese and some sour cream. Don't forget to add the points.

### **INGREDIENTS**

2 (4-ounce) skinned and boned chicken breast halves, cubed  
2 cups frozen whole kernel corn, thawed  
1 large onion, chopped  
2 garlic cloves, pressed  
2 (14-1/2-ounce) cans low-sodium fat-free chicken broth  
1 (10-3/4-ounce) can tomato puree  
1 (10-ounce) can diced tomatoes and green chiles  
1 teaspoon salt  
2 teaspoons ground cumin  
1 teaspoon chili powder  
1/8 teaspoon ground red pepper  
1/8 teaspoon ground black pepper  
1 bay leaf  
4 (5-1/2-inch) corn tortillas

Garnish: chopped fresh cilantro

### **INSTRUCTIONS**

Combine first 13 ingredients in a 4-quart slow cooker. Cover and cook at HIGH 6 hours. Discard bay leaf. Cut tortillas into 1/4-inch-wide strips; place on a baking sheet. Bake at 375 degrees for 5 minutes. Stir and bake 5 more minutes or until crisp. Serve with soup; garnish, if desired.

### **NUTRITIONAL INFO**

calories: 112 carbohydrates: 0 g cholesterol: 13 mg fat: 0.8 g sodium: 513 mg protein: 0 g calcium: 0 mg iron: 0 mg fiber: 0 g

## **Citrus Gazpacho with Honey-Lime Cream**

Source: Pillsbury Bake-Off (Ashley Shepardson)

Healthy Units: 5

Servings 4

Posted by: andygrammy (Claudia)

Date: 6/24/03

**Comments:** This makes huge servings at 4- could easily reduce the H.U. by making more servings.

### **Ingredients:**

- 1 (26-oz.) jar refrigerated citrus salad
- 1 (16-oz.) jar Old El Paso® Thick 'n Chunky Salsa
- 1 1/2 cups chopped green bell pepper
- 1 1/2 cups chopped seeded cucumber
- 2 cups tomato juice
- 1 cup chicken broth
- 1 tablespoon olive oil
- 1/2 cup chopped fresh cilantro
- 2 limes
- 1/2 to 1 cup reduced-fat sour cream
- 1 tablespoon honey

Prep Time: 25 Minutes (Ready in 2 Hours 25 Minutes)

### **Instructions:**

1. Place citrus salad in large nonmetal bowl. With fork, break up fruit into small pieces. Add salsa, bell pepper, cucumber, tomato juice, broth and oil. Reserve 2 tablespoons cilantro. Add remaining cilantro to mixture in bowl; stir to mix.
2. Grate the peel from 1 lime; set aside. Squeeze juice from lime into small bowl. Add to fruit mixture in bowl; mix well. Refrigerate at least 2 hours to blend flavors.
3. In small bowl, combine sour cream, honey and grated lime peel; mix well. Refrigerate until serving time.
4. To serve, cut remaining lime into thin slices; quarter each slice. Ladle gazpacho into individual shallow bowls. Top each serving with sour cream mixture. Sprinkle with reserved cilantro. Garnish with quartered lime slices. Store in refrigerator.

4 (1 3/4-cup) servings

Nutrition Information: 218 calories, 4.2 g fat, 4 g fiber

## **Carrot-Cake Bars**

Cooking Light Annual Recipes 1999

Healthy Units: 2 (per nutrition info) or 3 (per recipe builder)

Serves: 12 (1 bar)

Posted by: Jillyh (Jill)

6/24/03

**Comments: DON'T USE LIGHT BUTTER! (Regular)**

### Ingredients

2/3 c. packed brown sugar  
2 Tbsp. stick margarine or butter, softened  
3/4 c. low fat buttermilk  
1 tsp. vanilla extract  
2 large egg whites  
3/4 c. whole wheat flour  
1 1/2 c. regular oats  
2 tsp. baking powder  
1 tsp. ground cinnamon  
1/4 tsp. baking soda  
1/4 tsp. salt  
1 c. shredded carrot  
1/2 c. raisins  
Cooking spray

Preheat oven to 350. Beat sugar and margarine at medium speed of a mixer until well blended (about 5 minutes). Add buttermilk, vanilla, and egg whites; beat well. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 5 ingredients; gradually add to sugar mixture, beating just until combined. Stir in carrot and raisins. Pour batter into an 11x7 baking dish coated with cooking spray. Bake at 350 for 33 minutes or until a wooden pick inserted in center comes out almost clean. Cool in pan on a wire rack. Yield: 1 dozen (serving size=1 bar.)

Calories=121; Fat=2.3g; Protein=3.1g; Carb=23.3g; Fiber=2g; Chol=0mg; Iron=1mg; Sodium=138mg; Calcium=68mg

## Orzo Salad with Chickpeas, Dill, and Lemon

Cooking Light Website

Healthy Units: 6.5

Servings: 4

Posted by DirtDiva56

June 24, 2003

**Comments:** If you're not a big dill fan, use half the amount. Quick-cooking couscous can replace the orzo.

### INGREDIENTS:

1 cup uncooked orzo (rice-shaped pasta)  
1/2 cup thinly sliced green onions  
1/2 cup (2 ounces) crumbled feta cheese  
1/4 cup chopped fresh dill  
1 (19-ounce) can chickpeas (garbanzo beans), drained  
3 tablespoons fresh lemon juice  
1-1/2 tablespoons extra-virgin olive oil  
1 tablespoon cold water  
1/2 teaspoon salt  
1/2 teaspoon bottled minced garlic

### INSTRUCTIONS:

1. Cook pasta according to package directions, omitting salt and fat. Drain and rinse with cold water; drain.
2. Combine pasta, onions, cheese, dill, and chickpeas in a large bowl, tossing gently to combine.
3. Combine juice and remaining ingredients in a small bowl, stirring with a whisk. Drizzle over pasta mixture; toss gently to coat.

### NUTRITIONAL INFO:

CALORIES 327 (29% from fat); FAT 10.4g (sat 2.9g, mono 5.1g, poly 1.8g); PROTEIN 10.8g; CARB 47.6g; FIBER 4.9g; CHOL 13mg; IRON 3mg; SODIUM 641mg; CALC 107mg

### YIELD:

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

## **Steak with Spicy Chili Sauce**

Source: Weight Watchers "Make It In Minutes"

Healthy Units: 5

Servings 4

Posted by LissaR

Date: 6/24/03

### **Comments:**

#### Ingredients

4 1/4 lb filet steaks

1/2 cup red wine vinegar

3 Tbsp packed light brown sugar

2 shallots, minced

1 Tbsp Thai red chili paste

1 clove garlic, minced

Comments: I'm typing this from memory. The real instructions are for pan frying. However, when I tried this, the center of the steaks didn't get cooked and the edges were crusty- I hate that. I use the grill, and it's SO much better!

Combine all ingredients except steak, stirring until sugar dissolves completely. Add steak, stirring to coat. (I usually let it sit for a good 5 minutes, minimum) Remove steaks to grill, reserving marinade, and grill until done.

Heat the marinade in a small saucepan over medium high heat until boiling. Boil for three minutes or until sauce is thick and syrupy. Serve sauce with steaks.

## **Buckeye Inspirations**

Fat-free Desserts, page 168

Healthy Units: 2

Servings: 40

Posted by: Sandra Dee

6/24/03

### **Comments:**

Ingredients:

#### **FILLING**

1 4.5-ounce box fat-free sugar cones

75 fat-free wheat crackers (should equal 14 healthy units)

1/4 cup fat-free margarine

1/2 cup skim milk

4 cups powdered sugar

1 tablespoon vanilla extract

2 tablespoons reduced-fat peanut butter

#### **CHOCOLATE COATING**

4 tablespoons unsweetened cocoa powder

2 cups powdered sugar

1/8 teaspoon salt

1/2 teaspoon vanilla extract

1/3 cup plus 1-2 tablespoons skim milk

Use a food processor to make crumbs from cones and crackers. Combine margarine, milk, powdered sugar, vanilla, and peanut butter in a large bowl and mix well. Use your hands to press filling into 1"-1 1/4" balls.

Combine chocolate coating ingredients in a medium-sized bowl and mix well. Dunk each filling ball in the chocolate coating and set on a sheet of foil to dry.

Notes: Put cones and crackers in your food processor a few at a time.

I used a reduced fat whole wheat cracker because I couldn't locate fat free.

I also used regular peanut butter because there is not healthy unit difference.

I thought that these were very different and very good. The original recipe called for making 80 balls. I thought getting 40 at 2 healthy units each was better. I am planning on making these again soon and I will be using whole wheat matzo crackers because they were the lowest in fat that I could find. I hope that they will be as good as the first batch.

## **Yellow tomatoes in Spiced Balsamic Vinaigrette**

Source: Cooking Light July 2003 Magazine

Healthy Units:1 per 3/4 cup

Servings:10 3/4 cup servings

Posted By: Zephyr1

Date posted: 6-24-03

**Comments:** this is wonderful and especially if you have a bounty of tomatoes, would definitely serve for guests. I did mix some red in there for color.

### **Ingredients:**

1/2 cup sliced scallions  
1 tbsp minced seeded jalepeno pepper  
8 medium yellow tomatoes each cut in 6 wedges  
1 1/2 tbsp olive oil  
1/4 cup grated peeled ginger  
1 tbsp ground cumin  
1 tbsp fresh cracked pepper  
2 tsp paprika  
1 tsp tumeric  
4 garlic cloves minced  
3/4 cup balsamic vinegar  
3 tbsp brown sugar  
1 tsp kosher salt

### **Instructions:**

1. Combine first 3 ingredients in large bowl.
2. Heat oil over medium heat add ginger through garlic and saute 1 minute. Add vinegar,sugar and salt bring to a boil and cook 1 minute.Pour over tomato mixture and toss to coat. Serve room temperature.

## **Minnesota Wild Rice Pilaf**

Cooking Light Annual Recipes 2001

Healthy Units: 3

Serves: 8 (serving size=1 cup)

Posted by: Jillyh (Jill)

6/24/03

### **Comments:**

#### **Ingredients**

1 1/4 c. water  
2 (16 oz) cans fat free, less sodium chicken broth  
1 1/2 c. uncooked wild rice  
1 T. butter or margarine  
3 c. sliced mushrooms  
1 c. chopped onion  
1/2 c. finely chopped fresh parsley  
1/3 c. chopped pecans, toasted  
3/4 tsp. poultry seasoning  
1/2 tsp. salt  
1/4 tsp. black pepper  
cooking spray

Bring water and broth to a boil in a medium saucepan. Add wild rice; cover, reduce heat, and simmer 1 hour or until tender. Drain any remaining liquid. Preheat oven to 325. Melt butter in a large nonstick skillet over medium high heat. Add mushrooms and onion; saute 6 minutes. Remove from heat; stir in parsley and next 4 ingredients. Combine rice and mushroom mixtures in a 2 quart casserole coated with cooking spray. Cover and bake at 325 for 25 minutes. Yield: 8 servings.

Calories=177; Fat=5.4g; Protein=6.9g; Carb=27.2g; Fiber=2.8g; Chol=4mg; Iron=1.4mg; Sodium=347mg; Calcium=21mg



## **Spicy Thai Chicken Salad**

Cooking Light May 2003

Healthy Units: 3

Servings: 5 (3 cups of salad)

Posted by: Sweetbear75 (Jen)

Date: June 24, 2003

### **Comments:**

#### Ingredients

##### Salad:

2 cups chopped cooked chicken breast (about 1 pound)  
2 cups red bell pepper strips  
1 cup sliced celery  
1 cup thinly sliced red onion  
1 cup sliced cucumber  
1/2 cup coarsely chopped fresh cilantro leaves  
1 (7 ounce) package Italian-blend salad greens

##### Dressing:

3 tablespoons fresh lemon juice  
2 tablespoons fish sauce  
1 tablespoon sesame seeds, toasted  
1 teaspoon sugar  
1 teaspoon ground ginger  
1/2 teaspoon crushed red pepper

1. To prepare salad, combine first 7 ingredients in a bowl.
2. To prepare dressing, combine lemon juice and remaining ingredients, stirring with a whisk. Drizzle the dressing over salad, and toss well. Yield: 5 servings (about 3 cups per serving).

Comments: very spicy, but a nice crunch. I will reduce the crushed red pepper and the ginger next time. I also used spinach instead of the italian greens, and I think they would be a good substitute.

## **Apple Crisp**

Source: Family Recipe

Healthy Units: 4

Servings: 10

Posted by Joan Borsten

June 24, 2003

### **Comments:**

#### **Ingredients**

4 medium apples, pared and sliced in thin wedges

$\frac{3}{4}$  cup oats

$\frac{3}{4}$  cup brown sugar

$\frac{1}{2}$  cup flour

1 tsp cinnamon

$\frac{1}{2}$  cup butter

- 1) Arrange apples in a 8 x 1x  $\frac{1}{2}$ " round pan.
- 2) Mix oats with brown sugar, flour and cinnamon.
- 3) Cut in butter.
- 4) Sprinkle mixture over apples.

Bake 300 degrees for 35-40 min.

Serve warm.

## Asian Barbecue Chicken

The Best of Cooking Light 4

Healthy Units: 7

Serves: 4 (2 thighs per serving)

Posted by: CanadianMaria

6/24/03

**Comment:** I used skinless, boneless thighs. I threw out the cooked marinade – it looked disgusting.

### Ingredients

¼ cup packed brown sugar

¼ cup low sodium soy sauce

1 tablespoon fresh lime juice

½ teaspoon crushed red pepper

¼ teaspoon curry powder

3 garlic cloves, minced

8 (6 – ounce) chicken thighs skinned

Cooking spray

Lime wedges (optional)

Green onion tops (optional)

1. Combine first 6 ingredients in a large zip top plastic bag; add chicken. Seal and marinate in refrigerator 4 hours or overnight, turning occasionally.
2. Prepare grill.
3. Remove chicken from bag reserving marinade. Place marinade in a small saucepan. Bring to a boil; cook 1 minute.
4. Place chicken on grill rack coated with cooking spray; grill 20 minutes or until done, turning and basting frequently with cooked marinade. Garnish with lime wedges and green onion tops, if desired.

Calories 297 (23% from fat) 7.7 g fat, protein 39.2 g;carb 16.1 g;fiber 0.4 g;chol 161 mg;iron 2.7mg;sodium 706 mg;calc 39 mg

## Mushroom-Stuffed Chicken Breasts

Cooking Light June, 2003

Healthy Units: 5

Servings: 4

Posted by DebMj1

June 25, 2003

**Comments:** If you prefer to serve this over pasta, I would suggest not draining the tomatoes, which will produce more sauce. You'll still need to reduce the sauce for about 5 to 8 minutes to thicken it. I used 4 oz. of chopped fresh spinach instead of the frozen, & sautéed it for about a minute before adding the cheese and seasonings.

### Ingredients

2 tsp. olive oil, divided

1/2 cup chopped onion

1 cup sliced mushrooms

1 10-oz package frozen chopped spinach, thawed, drained and squeezed dry

2 Tbsp. grated Asiago or Parmesan cheese

1/2 tsp. dried Italian seasoning

1/4 tsp. salt

1/4 tsp. black pepper

4 6-oz. skinless, boneless, chicken breast halves

1/2 cup fat-free, less-sodium chicken broth

1 14.5-oz can diced tomatoes with basil, garlic and oregano, drained

Heat 1 tsp. oil in a large nonstick skillet over medium heat. Add onion, sauté 2 minutes. Add mushrooms, sauté 3 minutes. Stir in spinach; sauté 1 minute. Remove from heat. Stir in cheese, Italian seasoning, salt and pepper.

Cut a horizontal slit through the thickest portion of each chicken breast half to form a pocket. Stuff 1/4 cup mushroom mixture into each pocket. Close opening with a wooden pick.

Heat 1 tsp. oil in a large nonstick skillet over medium-high heat. Add chicken; cook 2 minutes on each side or until browned. Stir in broth and tomatoes, bring to a boil. Cover, reduce heat, and simmer 12 minutes or until chicken is done. Remove chicken from pan. Cook sauce until reduced to 1 cup (about 5 minutes.)

263 calories, 5.1 g fat (1.4 g saturated), 37.4 g protein, 15.4 g carb., 4.2 g fiber

## **Mexican Ham and Bean Soup**

Source from CL: October 2002

Healthy Units: 6

Servings: 8 (serving size: 1 1/2 cups soup, 1 Tbsp cheese, and 1 Tbsp cilantro).

Posted by : Dibbranchia (JJ)

Date: 6/25/03

**Comments:** I made in the crockpot instead, worked wonderfully!

### **Ingredients:**

1 lb dried pinto beans  
8 cups fat-free, less-sodium chicken broth  
2 cups chopped onion  
2 cups water  
1 1/2 cups cubed smoked ham steak (about 8 ounces)  
1 tablespoon chili powder  
2 teaspoons ground cumin  
2 teaspoons dried oregano  
3 bay leaves  
3 garlic cloves, crushed  
1 (14.5 ounce) can diced tomatoes, undrained  
1 chipotle chile (or dried ancho or pasilla chile)  
1/2 cup (2 ounces) shredded Manchego cheese or Monterey Jack Cheese  
1/2 cup minced fresh cilantro

### **Instructions:**

1. Sort and wash beans, place in a large Dutch oven. Cover with water to 2 inches above beans, bring to a boil. Cook 2 minutes, remove from heat. Cover and let stand 1 hour. Drain.

2. Combine beans, broth, and next 8 ingredients in a Dutch oven, bring to a boil. Partially cover, reduce heat to medium-low. Simmer 1 1/2 hours or until beans are tender.

3. Stir in tomatoes and chile, simmer 30 minutes. Discard bay leaves and chile. Ladle soup into 8 bowls. Top with cheese, sprinkle with cilantro.

Calories: 303 (12% from fat); fat 4.2 g (sat 1.8 g, mono 1.3 g, poly 0.5 g); protein 20.3 g, carb 46.8 g; fiber 16.1 g, Chol 22 mg; iron 4.3 mg; sodium 958 mh, calc 153 mg

## **Chicken Satay**

Source from CL: Light and Easy Menus

Healthy Units: 5

Servings: 4

Posted by Dibbranchia (JJ)

Date 6/25/03

**CL Comments:** If you don't have time to thread chicken on skewers, brush 1/3 cup of the peanut sauce mixture over 4 (4 ounce) skinless boneless chicken breast halves and grill. My Comments: I grilled the whole breasts. I then took the leftover marinade and added some sesame seeds and more rice wine vinegar to make a dressing. I put the chicken (sliced) over top a green salad (spinach and other greens) with carrot slices, sliced green onions and if they were still good I would have added some bean sprouts. Wonderful!

### **Ingredients:**

3 tablespoons peanut sauce mix (such as Taste of Thai)  
3 tablespoons low-sodium soy sauce  
2 tablespoons hoisin sauce  
2 tablespoons rice wine vinegar  
1 tablespoon pineapple juice  
1 tablespoon dark sesame oil  
1 pound chicken breast tenders  
cooking spray

### **Instructions:**

Prepare grill.

Combine first 6 ingredients in a large bowl. Reserve 1/3 cup sauce mixture for dipping.

Add chicken tenders to remaining sauce mixture, tossing to coat.

Thread chicken onto 10-inch wooden skewers.

Place chicken on grill rack with cooking spray; grill, covered 3 to 5 minutes on each side or until done. Serve with reserved sauce mixture.

If desired, serve with coconut-ginger rice (prepared mix) and grilled pineapple rings.

Nutrition: Per serving: Calories 211 (30% from fat), fat 7.0 g (sat 1.5 g), protein 27.2 g, carbohydrates 8.1g, fiber 0.8 g, cholesterol 70 mg, sodium 816 mg

## **German-Style Potato Salad**

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

Healthy Units: 2 per 1/2 cup serving

Servings: 11

Posted by: andygrammy (Claudia)

Date: 6/25/03

**Comments:** This was quite good, although it didn't have that oily mouth feel of traditional German potato salad. Lots of bacon flavor- I wouldn't assemble it too far ahead of serving, because the potatoes absorb the dressing as it stands. Also, I would peel the potatoes next time- long strips of peel tended to separate from the potato slices.

### **Ingredients:**

2 pounds red potatoes, cut into 1/8-inch-thick slices (about 5 cups)

8 bacon slices, cut into 1/2-inch pieces

1/3 cup cider vinegar

2-1/2 teaspoons sugar

3/4 teaspoon salt

1/4 teaspoon black pepper

1/2 cup finely chopped onion

1/4 cup finely chopped red bell pepper

1/4 cup finely chopped fresh parsley

### **INSTRUCTIONS:**

Steam potatoes, covered, 10 minutes or until tender.

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 2 teaspoons drippings.

Combine drippings, vinegar, sugar, salt, and black pepper in a large bowl; stir well with a whisk. Add the potatoes, onion, and bell pepper; toss gently to coat. Cover and let stand 1 hour, stirring occasionally. Add the bacon and parsley; toss gently.

### **NUTRITIONAL INFO:**

calories: 108 carbohydrates: 15.9 g cholesterol: 5 mg fat: 3.6 g sodium: 253 mg protein: 3.6 g calcium: 14 mg iron: 1.3 mg fiber: 1.7 g

## Grilled Stuffed Portobello Mushrooms

www.cookinglight.com

Healthy Units: 1

Servings: 4 (1 mushroom)

Posted by: Bawstinn32 (Maria)

June 25, 2003

### Comments:

### INGREDIENTS:

2/3 cup chopped plum tomato  
1/4 cup (1 ounce) shredded part-skim mozzarella cheese  
1 teaspoon olive oil, divided  
1/2 teaspoon finely chopped fresh or 1/8 teaspoon dried rosemary  
1/8 teaspoon coarsely ground black pepper  
1 garlic clove, crushed  
4 (5-inch) portobello mushroom caps  
2 tablespoons fresh lemon juice  
2 teaspoons low-sodium soy sauce  
Cooking spray  
2 teaspoons minced fresh parsley

### INSTRUCTIONS:

Prepare grill.

Combine the tomato, cheese, 1/2 teaspoon oil, rosemary, pepper, and garlic in a small bowl.

Remove brown gills from the undersides of mushroom caps using a spoon, and discard gills. Remove stems; discard. Combine 1/2 teaspoon oil, juice, and soy sauce in a small bowl; brush over both sides of mushroom caps. Place the mushroom caps, stem sides down, on grill rack coated with cooking spray, and grill for 5 minutes on each side or until soft.

Spoon 1/4 cup tomato mixture into each mushroom cap. Cover and grill 3 minutes or until cheese is melted. Sprinkle with parsley.

calories: 83 carbohydrates: 10.1 g cholesterol: 4 mg fat: 3.5 g sodium: 123 mg protein: 5.4 g calcium: 60 mg iron: 2.2 mg fiber: 2.5 g



## Green Bean Salad with Cilantro and Soy-Glazed Almonds

Source: Epicurious Website

Healthy Units: 1.5

Servings: 8

Posted by KateWD (Kate)

June 25, 2003

**Comments:** I used sliced almonds toasted in the microwave and tossed them with the salad rather than sautéing them with the soy sauce, they soaked up the dressing beautifully.

An easy-to-make salad, perfect for a picnic.

1/4 cup whole almonds (about 1-1/2 ounces)

4 teaspoons low-sodium soy sauce

2 pound green beans, trimmed, cut into 1-inch pieces

2 tablespoons rice vinegar

1 tablespoon vegetable oil

1 large garlic clove, pressed

1 teaspoon minced peeled fresh ginger

2 tablespoons thinly sliced green onions

1/3 cup fresh cilantro leaves

Place almonds in small nonstick skillet. Stir over medium heat until almonds are lightly toasted, about 5 minutes. Increase heat medium-high. Add 3 teaspoons soy sauce and stir until soy sauce evaporates and coats almonds, about 1 minute. Transfer to plate and cool. Chop almonds. Cook beans in large pot of boiling salted water until just tender, about 5 minutes. Drain. Rinse beans under cold water. Drain well.

Whisk vinegar, oil, garlic, ginger and remaining 1 teaspoon soy sauce in large bowl to blend. Add beans and toss to coat. Sprinkle green onions, cilantro and almonds over salad and serve.

Per serving: calories, 72; total fat, 4 g; saturated fat, 1 g; cholesterol, 0

## **Edamame Humus with Pita Crisps**

Cooking Light Jan/Feb 2003

Healthy Units: 3

Servings: 12(2 Tablespoons humus, 6 pita crisps)

Posted by: Tracey (tmartin98)

6/25/03

### **Comments:**

#### **Ingredients**

6 pitas, cut into 6 wedges and split horizontally  
1 1/2 cups frozen blanched shelled edamame  
4 teaspoons olive oil, divided  
1/2 teaspoon salt  
1/2 teaspoon ground cumin  
1/4 teaspoon ground coriander  
2 garlic cloves  
1/2 cup Italian parsley  
3 Tablespoons tahini (sesame seed paste)  
3 Tablespoons water  
3 Tablespoons fresh lemon juice  
1/2 teaspoon paprika

1. Preheat oven to 350.
2. Arrange pitas in single layer on baking sheet. Bake at 350 for 15 minutes or until crisp. Cool on wire rack.
3. Prepare edamame according to package directions, omitting salt. Place 1 Tablespoon oil, salt, cumin, coriander and garlic in food processor and pulse until coarsely chopped. Add the edamame, parsley, tahini, water and lemon juice; process 1 minute or until smooth. Spoon humus into a serving bowl. Drizzle with 1 teaspoon oil and sprinkle with paprika. (I always use smoked paprika for some smoke and spice and process it with the other ingredients).

nutritional information: Calories 147; fat 4.9; protein 5.6; carb 20.3; fiber 2.2

## **Roasted Sesame Pork**

WW Take-out Tonight!

Healthy Units: 4

Servings: 4(4 oz. pork)

Posted by: Lesley (LMaybloom/Mightymighty)

6/25/03

### **Comments:**

#### **Ingredients**

1 T. reduced-sodium soy sauce

1 T. honey

1 t. Asian sesame oil

1 t. minced peeled fresh ginger

1 clove garlic, minced

1 (1-pound) pork tenderloin, trimmed of all visible vat

1 T. sesame seeds

1. Preheat oven to 425. Spray a shallow roasting pan w/ nonstick spray.

2. Combine the soy sauce, honey, sesame oil, ginger and garlic in a large bowl. Pat pork dry w/ paper towels; add it to the soy mixture and turn to evenly coat.

3. Place the pork in the roasting pan; press in the sesame seeds. Roast until an instant-read thermometer inserted into the thickest part of the pork registers 160, 20-25 minutes. Transfer the pork to a carving board and let stand 10 min before slicing.

Calories: 181; Fat; 2g; Fiber 0

## Grilled Arugula Stuffed Swordfish Steaks

Cooking Light Annual Recipes 1998, p. 135

Healthy Units=5

Serves 4

Posted by: Jillyh (Jill)

6/26/03

### Comments:

#### Ingredients

4 (6 oz) swordfish steaks (1 1/2 in. thick)  
1/4 c. dry white wine  
1/4 c. fresh lime juice (I used bottled)  
1/4 c. low sodium soy sauce  
1 tsp. Dijon mustard  
1 tsp. peeled, grated fresh gingerroot  
1/2 tsp. coarsely ground pepper  
1/2 tsp. dark sesame oil  
1 garlic clove, minced  
1/4 tsp. salt  
4 c. trimmed arugula  
cooking spray

Cut a horizontal slit through one side of each steak to form a deep pocket; set aside. Combine wine and next 7 ingredients in a large shallow dish; stir well. Add steaks, turning to coat. Cover and marinate in refrigerator 30 minutes. (I marinated for over an hour and would recommend it.) Prepare grill. Remove steaks from marinade, reserving marinade. Sprinkle salt into the pockets of steaks; set aside. Add arugula to marinade; toss well. Remove arugula from marinade; discard marinade. Stuff about 3/4 c. arugula into each pocket; secure each pocket with wooden pick (this was unnecessary.) Place swordfish steaks on grill rack coated with cooking spray, and grill 5 minutes on each side or until fish flakes easily when tested with a fork. Yield: 4 servings.

Cal=234; Fat=7.6g; Protein=35.3g; Carb=3.4g; Fiber=0g; Chol=66mg; Iron=1.6mg; Sodium=573mg; Calcium=84mg

## **Garlic Chicken Kiev**

From Betty Crocker's New Eat and Lose Weight Cookbook

Healthy Units: 4 pts per serving

Serves 6

Posted by PARTEEGIRL

June 26, 2003

### **Comments:**

#### **Ingredients**

3 Tbsp reduced calorie spread, softened  
1 Tbsp chopped fresh chives or parsley  
1/8 Tbsp garlic powder  
6 skinless, boneless chicken breast halves  
2 cups cornflakes, crushed  
2 Tbsp chopped fresh parsley  
1/2 tsp paprika  
1/4 cup low fat buttermilk or skim milk

Mix the spread, chives, and garlic powder; shape into rectangle 3x2 inches. Cover and freeze about 30 minutes or until firm.

Trim fat from Chicken. Flatten each chicken breast half to 1/4 inch thickness between plastic wrap or waxed paper.

Heat oven to 425 F Spray square pan w/ nonstick cooking spray. Cut chive mixture crosswise into 6 pieces. Place 1 piece on center of each chicken breast half. Fold long sides of chicken over chive mixture, fold up ends and secure w/ toothpick.

Mix cornflakes, parsley, and paprika. Dip chicken into milk, then lightly and evenly coat w/ cornflake mixture. Place chicken seam sides down in pan. Bake uncovered about 35 minutes or until chicken is no longer pink.

Calories190, Fat 6 g, fiber 0 g

## **Adobo Marinated Pork Tenderloin with Grilled Pineapple Salsa**

Cooking Light Annual Recipes, 2000, p. 206

Healthy Units: 4 + 1 for the salsa

Serves: 8 (3 oz pork + 1/3 c. salsa)

Posted by: Jillyh (Jill)

6/26/03

**Comments:** I mixed the marinade right in a measuring cup and marinated the pork in a large ziploc freezer bag for about 2 hrs. **DON'T SKIP THE SALSA IN THIS RECIPE!** It's delicious and complements the pork perfectly!

### **Ingredients**

1 c. fresh lime juice (about 8 limes) (I used bottled)

2 tsp. black pepper

2 tsp. dried oregano

2 tsp. ground cumin

1 1/2 tsp. salt

6 garlic cloves, crushed

2 lbs. pork tenderloin

1 1/2 tsp. olive oil

cooking spray

1/4 c. coarsely chopped fresh cilantro

2 T. finely chopped green onions

Grilled Pineapple Salsa

Combine first 6 ingredients in a 2 quart baking dish. Trim fat from pork. Place pork in a dish, turning to coat; cover and marinate in refrigerator 1 hour, turning pork occasionally. Prepare grill. Remove pork from dish; discard marinade. Brush pork with oil. Insert a meat thermometer into thickest portion of pork. Place on a grill rack coated with cooking spray; grill 25 minutes or until thermometer registers 160 (slightly pink). Cut into 1/4 inch slices. Sprinkle with cilantro and green onions. Serve with grilled pineapple salsa.

Yields: 8 servings. (3 oz pork and 1/3 c. salsa). Calories=194; Fat=5.6g; Protein=25.5g; Carb=10.5g; Fiber=1.5g; Chol=79mg; Iron=2.8mg; Sodium=306mg; Calcium=42mg

## **Grilled Pineapple Salsa**

Cooking Light Annual Recipes, 2000, p. 206

Healthy Units: 1

Serves: 8 (1/3 c. salsa)

Posted by: Jillyh (Jill)

6/26/03

### **Comments:**

#### **Ingredients**

5 (1 inch) slices fresh pineapple

1 red bell pepper

1 yellow bell pepper

cooking spray

1/2 c. finely chopped red onion

1/2 c. chopped fresh cilantro

3 Tbsp fresh lime juice

1 Tbsp brown sugar

1 1/2 tsp. minced crystallized ginger

2 jalapeno peppers, seeded and minced

1 drained, canned chipotle chili in adobo sauce, minced

Preheat grill. Place first 3 ingredients on a grill rack coated with cooking spray; grill 3 minutes on each side. Discard stems and seeds from bell peppers; dice pineapple and bell peppers. Combine pineapple, bell peppers, onion, and remaining ingredients; toss gently. Yield: 3 cups. Serving size=1/3 c.

Cal=36; Fat=.4g; Protein=.6g; Carb=8.7g; Fiber=1.1g; Chol=0mg; Iron=.7mg;  
Sodium=11mg; Calcium=13mg

## **Chicken with Olives and Lemon**

Cooking Light January/February 2003

Healthy Units: 6.5

Serves: 4 (2 thighs, about 1/3 c. sauce)

Posted by: Lesley (LMaybloom)

6/26/03

**Comments:** Didn't have chicken thighs, so I used chicken breasts. I think it works out about the same, points wise. I used 1 pound of chicken and cut the other ingredients in half, so I have 2 servings.

### **Ingredients**

1/2 cup chopped fresh cilantro

1 tablespoon ground cumin

2 teaspoons paprika

1 teaspoon ground ginger

1 teaspoon ground turmeric

1 teaspoon ground red pepper

1/4 teaspoon salt

4 cloves garlic, minced

8 chicken thighs, about 2#, skinned

1/2 cup all-purpose flour

1/4 cup fresh lemon juice (I used Key West brand, bottled)

1 (14.5 ounce) can FF less sodium chicken broth

24 pimiento-stuffed olives, coarsely chopped

8 lemon wedges

Combine first 8 ingredients in a large bowl, stirring well. Add chicken; toss to coat.

Arrange chicken in a single layer in a 13x9" baking dish coated w/ cooking spray. Lightly spoon flour into a dry measuring cup, level with a knife.

Combine flour, juice and broth, stirring well with a whisk until smooth. Sprinkle flour mixture over chicken, tossing to coat. Top chicken with olives and lemon. Bake at 325 for 1 hour or until thermometer registers 180.

### **Nutritionals:**

297 cal, 10g fat, 2.1g fiber



## **Barbecued Flank Steak**

Cooking Light 2000 pg. 198

Healthy Units: 4

Servings: 6

posted by Scarehair (Carrie)

6-28-03

**Comments:** Used London Broil (isn't that the same as flank steak?) Used orange-pineapple juice in place of the sherry. I let this marinate over night. Served with corn on the cob, steamed asparagus and fresh cherries.

### **Ingredients**

1 1/2 lb flank steak

1/3 cup sherry

1/3 cup low sodium soy sauce

1/4 cup packed brown sugar

2 tsp dark sesame oil

1/2 tsp crushed red pepper

3 cloves garlic, minced

### **Instructions:**

Combine ingredients in gallon size ziplock. Marinate 2- 8 hours. Grill 8 minutes on each side.

## **Bourbon-Glazed Salmon**

cookinglight.com

Healthy Units: 7

Servings: 8 (1 fillet each)

Posted by: Sweetbear75

Date: June 27, 2003

### **Comments:**

#### **INGREDIENTS**

1 cup packed brown sugar  
6 tablespoons bourbon  
1/4 cup low-sodium soy sauce  
2 tablespoons fresh lime juice  
2 teaspoons grated peeled fresh ginger  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
2 garlic cloves, crushed  
8 (6-ounce) salmon fillets (about 1 inch thick)  
Cooking spray  
4 teaspoons sesame seeds  
1/2 cup thinly sliced green onions

#### **INSTRUCTIONS**

Combine the first 8 ingredients in a large zip-top plastic bag; add salmon fillets. Seal bag, and marinate in refrigerator 30 minutes, turning bag once. Remove fillets from bag; discard marinade.

Preheat broiler.

Place fillets on broiler pan coated with cooking spray. Broil 11 minutes or until fish flakes easily when tested with a fork. Sprinkle each fillet with 1/2 teaspoon sesame seeds and 1 tablespoon onions.

## **Cold Gazpacho Soup**

Source: WW Community Recipes - SARCHLOS

Healthy Units: 1

Servings:8

Posted by: Paula (pbkennedy)

Date: June 27, 2003

### **Comments:**

#### **INGREDIENTS**

1 large cucumber(s)  
29 oz (2 14 1/2 oz cans) Stewed Tomatoes  
28 oz can Diced Tomatoes  
1 medium sweet red pepper  
1 medium onion  
4 garlic cloves  
1 Tbsp honey  
1 Tbsp olive oil  
2 Tbsp balsamic vinegar  
Hot pepper sauce

#### **INSTRUCTIONS**

Dice the vegetables and the garlic finely. Place them into a bowl, including the juices from the cans. (Depending on the consistency you like, you may want to puree some of the vegetables in a blender.) Add honey, oil, vinegar & the amount of hot pepper sauce that appeals to you. Chill for at least 2 hours.

If using fresh tomatoes, you may want to add some V-8 or tomato juice to get the right "soupiness".

## **Green Beans with Caramelized Shallots**

WeightWatchers.com

Healthy Units: 1

Serves: 4 (1 Cup per Serving)

Posted by: cmluck (Cheryl)

Date: 6/27/03

### **Comments:**

#### **Ingredients**

1 pound green beans, trimmed  
2 Tbsp light butter  
4 medium shallots, thinly sliced  
1/8 tsp salt, or to taste  
1/8 tsp black pepper, or to taste  
1 tsp lemon zest

#### **Instructions**

1. Steam green beans until tender, about 5 minutes. Run under cold water for 30 seconds; set aside.
2. Melt butter in a nonstick skillet over medium heat. Add shallots and cook, stirring often, until golden brown, about 5 minutes (add a bit of water if necessary to prevent burning). Add green beans and toss until hot; season with salt and pepper, sprinkle with lemon zest and serve.

## **Courtney's Thai Soup**

Healthy Units - 2

Servings - about 5 (1 1/2 cups)

Submitted by - Courtney

6/27/03

### **Comments:**

### **Ingredients:**

4 cups fat-free chicken broth  
1 Tbsp soy sauce  
3 Tbsp fish sauce  
1 Tbsp sugar  
1 tsp Thai curry paste  
2 Tbsp rice vinegar  
1 Tbsp white pepper  
2 serrano chiles, sliced  
1 block light firm tofu, cubed  
2 stalks lemongrass, halved and split  
big hunk o' ginger, peeled and cubed  
about 5 kaffir lime leaves  
1 can straw mushrooms, drained  
1 lime, juiced  
cilantro - garnish

### **Instructions:**

Throw everything together in a large pot, and let simmer for about 10 minutes. Do not eat the lemongrass, ginger, or lime leaves. Shrimp also works well in this, but you would need to adjust the HU. Garnish with cilantro and lime wedges.

## **Spicy Red Lentil Dal w/ Pita Wedges**

Cooking Light July 2003, p.96

Healthy Units 3.5

Servings 5 (1/2 c. dal and 8 pita wedges)

Posted by LMaybloom (Lesley)

06/28/03

### **Ingredients**

2 cups FF, less-sodium chicken broth

1 cup diced small red lentils

1 Tbsp. vegetable oil

1 1/2 cup chopped onion

1 Tbsp. minced fresh garlic

1 tsp yellow mustard seeds

1/2 tsp crushed red pepper

1 t.sp ground cumin

1 t.sp ground turmeric

1/2 tsp. ground coriander

1/2 tsp. freshly ground black pepper

1 T Tbsp tomato paste

1/2 cup light coconut milk

1/2 tsp. salt

2 t.sp fresh lime juice

5 (6") pitas, each cut into 8 wedges

### **Instructions**

Combine the broth and lentils in a medium saucepan; bring to a boil. Reduce heat, partially cover, and simmer 10 min or until lentils are tender. Remove from heat, cover and set aside.

Heat oil in a large non-stick skillet over medium heat. Add onion, garlic, mustard seeds and red pepper, and cook 5 minutes or until onions are tender and seeds start to pop, stirring constantly. Add cumin, turmeric, coriander and black pepper; cook 3 minutes, stirring constantly. Add tomato paste and cook 3 minutes, stirring constantly. Add lentils, coconut milk and salt; cook 3 minutes, stirring frequently. Remove from heat, stir in lime juice. Cool to room temperature. Serve dal w/ pita wedges.

With pita, acc. to CL: 375 cal, 14.8 fiber, 5.5 fat

Dal only, acc. to MC: 206 Calories; 5g Fat 13g Dietary Fiber

## **Whole-Wheat Pasta Salad with Grilled Zucchini and Olives**

Gourmet July 1994

Serves: 8 very large portions

Points/Serving: 5

Posted by: Carole (yaytheyfit, carolekm)

Date: 6-28-03

**Comments:** I roasted the zucchini in the oven, flipping it occasionally until browned on both sides rather than grilling.

### **Ingredients**

1 1/2 pounds vine-ripened tomatoes chopped

1/2 cup red onion, chopped fine

2 garlic cloves, minced and mashed to a paste with 1 teaspoon salt

2 tablespoons red-wine vinegar

1/4 cup olive oil (preferably extra-virgin) plus additional for brushing zucchini

1 1/2 pounds zucchini, cut diagonally into 1/3-inch-thick slices

1 pound whole-wheat penne or other tubular pasta

2/3 cup Kalamata or other brine-cured black olives, chopped coarse

6 ounces ricotta salata or feta cheese, diced

1 1/2 cups whole small or torn large fresh basil leaves

In a large bowl gently stir together tomatoes, onion, garlic paste, vinegar, and 1/4 cup oil.

Brush one side of zucchini slices lightly with additional oil and season with salt and pepper. Heat a well-seasoned ridged grill pan over moderate heat until hot and grill zucchini, oiled sides down, in batches, brushing tops with more oil before turning, 1 to 2 minutes on each side, or until just tender but not soft. Transfer zucchini as grilled to a small bowl.

In a kettle of salted boiling water cook pasta until just tender and drain well. Add hot pasta to tomato mixture and toss well. Cool pasta slightly and stir in zucchini, olives, cheese, basil, and salt and pepper to taste. Pasta may be made 4 hours ahead and kept covered at room temperature.

## **Poached Pears with Blue Cheese & Toasted Walnuts**

CL Cookbook 1995

Healthy Units 2

Serves 8

Posted by ShellBee01 (Shelby)

June 28, 2003

### **Comments:**

#### **Ingredients**

4 firm ripe Bartlett pears

1 cup water

1/2 cup Burgundy or other dry red wine

1/4 cup lemon juice

2 ounces crumbled blue cheese

2 1/2 tablespoons coarsely chopped walnuts, toasted

Watercress springs (optional)

Freshly ground pepper (optional)

Peel and core pears; cut each in half lengthwise. Combine water, wine, and lemon juice in a skillet; bring to a boil. Place pear halves, cut side down, in the skillet. Cover, reduce heat, and simmer 20 minutes, turning and basting once with wine mixture.

Remove pears from wine mixture, using a slotted spoon. Place pear halves on a serving platter; sprinkle evenly with cheese and walnuts. If desired, garnish with watercress springs, and sprinkle with pepper.



## **Zesty Black Bean and Corn Salad**

Cooking Light, July 2003

Healthy Units: 3

Servings: 6

Posted by: Lovemy3girls

June 28, 2003

### **Comments:**

#### **Ingredients**

2 tsp vegetable oil  
cooking spray  
2 garlic cloves, minced  
2 1/2 cups fresh corn kernels (about 4 large ears)  
1/4 cup fresh lime juice (about 2 limes)  
1 Tbsp extra virgin olive oil  
2 Tbsp red wine vinegar  
3/4 tsp ground cumin  
1/4 tsp salt  
1 cup halved grape tomatoes  
1 cup diced red bell pepper  
3/4 cup diced red onion  
2 Tbsp chopped fresh cilantro  
2 Tbsp minced seeded jalapeno pepper  
1 Tbsp chopped fresh oregano  
1 (19-ounce) can black beans, rinsed and drained

1. Heat 2 tsp vegetable oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add garlic; sauté 30 seconds. Add corn; sauté 8 minutes or until browned. Remove from pan; cool completely.

2. Combine juice and next 4 ingredients (lime juice through salt), stirring with a whisk. Combine corn mixture, tomatoes, and remaining ingredients. Drizzle juice mixture over corn mixture and toss gently to coat.

Calories 164; Fat 4.8g; Protein 6.5g; Fiber 7.3g; Chol 0mg; Iron 2.1mg; Sodium 359mg; Calc 46mg

## **Key Lime Pie**

From Gourmet Magazine April 2003 (?) it was on the cover

Healthy Units 5

Servings | 8

Posted by Grannyslap1

June 28, 2003

### **Comments:**

### **Ingredients**

1 item Ready Crust 25% Less-Fat Graham Cracker Ready pie crust

14 oz (1 can) Borden Eagle Brand Fat Free

Sweetened Condensed Milk

2 large egg(s)

1/2 cup + 2 Tbsp fresh key lime juice - if using bottled, use Manhattan brand.

### **Instructions**

Mix everything together and pour into crust. Bake at 350 for 15 minutes. Chill at least 8 hours. Serve with whipped cream.

## General Tsao's Chicken

From WW online

Healthy Units | 6

Servings | 4

Posted by Joan Borsten

June 28, 2003

**Comments:** You can enjoy this Asian classic once again by sautéing – instead of deep-frying – it. Serve it over rice to sop up every drop of the sauce.

### Ingredients

3/4 cup canned chicken broth, reduced-sodium

2 Tbsp cornstarch

2 Tbsp sugar

2 Tbsp low-sodium soy sauce

1 Tbsp white wine vinegar

1/2 tsp ground ginger

2 tsp peanut oil

2 medium scallion(s), chopped

2 medium garlic clove(s), minced

1/2 tsp red pepper flakes, or 1 dried chili pepper, minced

1 pound uncooked chicken breast, boneless and skinless, cut into 2-inch pieces

2 cup cooked white rice, kept hot

### Instructions

In a medium bowl, whisk together broth, cornstarch, sugar, soy sauce, vinegar and ginger; set aside.

Heat oil in a wok or large skillet over medium-high heat. Add scallions, garlic and pepper and cook 2 minutes. Add chicken and cook until browned all over, about 5 minutes.

Add reserved sauce and simmer until sauce thickens and chicken is cooked through, about 3 minutes.

Serve chicken and sauce over rice. Yields about 1 cup of chicken and sauce and 1/2 cup of rice per serving.

## **Authentic Beef and Broccoli**

From WW Community Board (MYFANNWY150)

Healthy Units | 5

Servings | 6

Posted by Joan Borsten

June 28, 2003

### **Comments:**

#### Ingredients

3 Tbsp. oyster sauce

1 Tbsp low-sodium soy sauce

1 Tbsp. dry sherry

1 Tbsp water

2 tsp. sugar

1 tsp. cornstarch

1 pound flank steak (I buy a package of ready-cut beef stir-fry)

1 Tbsp cornstarch

2 Tbsp water

1 Tbsp low-sodium soy sauce

1 Tbsp vegetable oil (divided)

1/3 cup diagonally sliced green onions

1 Tbsp peeled and minced gingerroot

6 cups broccoli florets (@ a pound)

1/4 water

#### Instructions

1. Combine first 6 ingredients; stir until well blended, and set aside.

2. Trim fat from steak. Cut steak diagonally across the grain into 1" thick slices. Cut slices into thin strips. (much quicker to use pre-cut beef). Combine steak, 1 Tbsp cornstarch, 2 Tbsp water, 1 Tbsp soy sauce and 2 tsp. sugar in a medium bowl; stir until well blended. Cover and marinate in refrigerator for 15 minutes.

3. Heat 2 tsp. oil in a wok or non-stick skillet over high heat. Add steak mixture; stir-fry 2 minutes. Remove steak from pan; set aside. Add remaining 1 tsp. oil, green onions, and gingerroot; stir-fry over medium-high heat for 30 seconds. Stir in broccoli and 1/4 cup water; cover and cook 3 minutes. Return steak to pan, and stir in oyster sauce mixture; stir-fry 2 minutes or until thick and bubbly.

Serve over rice.

Special Notes: Make sure you have all ingredients ready to add because the cooking moves along very quickly! It's best to start rice before you start cooking the beef and broccoli everything should be finished at approx. the same time.

## **Chicken Salad with Olive Vinaigrette**

Source: Cooking Light July 03

Healthy Units:7

Servings:4 ( 1 1/2 cup servings)

Posted By: Zephyr1

Date Posted: 6-29-03

**Comments:** When I first put this together, I did not think too much of it, as I ate it it really grew on me. I added extra garlic and seasoning to the broth I cooked the cous cous in. Do not omit any of the ingredients as each is important to the flavor. We liked it and it was quick and easy to put together. I did use chicken breast, not canned, not a fan of the canned and dh will not touch it.

### **Ingredients:**

1 cup uncooked Israeli couscous- I used whole wheat to increase the fiber  
1/4 cup chopped kalamata olives  
2 tbsp chopped fresh parsley  
1 tbsp chopped capers- 1 did not chop I mean what is to chop they are tiny  
2 tbsp olive oil  
1 tbsp fresh lemon juice  
1/4 tsp salt  
1/4 tsp black pepper  
1 garlic clove minced- I used 4  
2 packages ff chicken breast in water or 2 cups cooked chicken breast chopped.

### **Instructions:**

1. cook cous cous according to package directions and allow to cool.
2. Combine olives and next 7 ingredients in a large bowl stir with a wisk, add cous cous and toss then add chicken just before serving.

## Asian Lettuce Wraps

Source from: Desperation Dinners in Newspaper

Healthy Units : 6

Servings: 4

Posted by: Dibbranchia (JJ)

Date: 6/29/2003

### Comments:

#### Ingredients:

- 1 pound 93 percent-lean ground beef
- 16 Boston OR Butter lettuce leaves
- 1 (8 ounces, 5 ounces drained) sliced water chestnuts
- 1 large onion (for about 1 cup chopped)
- 2 tablespoons bottled minced garlic
- 1 tablespoon reduced-sodium soy sauce
- 1/4 cup hoisin sauce
- 2 teaspoons bottled fresh ginger (see Cook's Notes)
- 1 tablespoon rice wine vinegar or red wine vinegar
- 2 teaspoons Asian chili pepper sauce (see Cooks notes)
- 1 bunch scallions (for about 3/4 cup sliced)
- 2 tsp Asian (dark) sesame oil

#### Instructions:

Rinse the lettuce leaves, making sure to leave them whole, and set them aside to drain in a colander or on paper towels. Drain the water chestnuts, and use a chef's knife to finely chop them. Set aside . Place the beef over high heat in a 12-inch nonstick skillet. Cook, turning and stirring to break up the meat. While the meat cooks, peel and coarsely chop the onion, adding it to the skillet as you chop. Reduce the heat to medium-high and continue to cook, stirring frequently, while adding the garlic, soy sauce, hoisin sauce, ginger, vinegar and chili pepper sauce. Cook until most of the meat is crumbled and browned. Add the reserved water chestnuts and reduce the heat to medium. Rinse the scallions and trim away the roots. Thinly slice the scallions, using all of the white part and enough of the tender green tops to make about 3/4 cup. Add them to the skillet. Add the sesame oil. Stir and cook just until the scallions begin to wilt, about 2 minutes. Remove the skillet from the heat.

Arrange the lettuce leaves around the outer edge of a large serving platter. (If the leaves are not dry either spin dry in a lettuce spinner or pat them dry with paper towels.) Pour the meat mixture in the middle of the serving platter. To serve, allow each person to spoon some of the meat mixture (about 1/4 cup) into the middle of each lettuce leaf and wrap the leaf around the meat, taco style. (Like tacos, the wraps are eaten out of hand.) Cook's Notes: Bottled fresh ginger is a relatively new ingredient that is a perfect replacement for the time-consuming fresh ginger. Called crushed, ground, minced or chopped, depending on the brand, bottled fresh ginger is available in the produce section of larger supermarkets. Two teaspoons of finely minced fresh ginger can be substituted. Asian chili pepper sauce sometimes contains garlic, and this type will work fine too. Two teaspoons produces a hint of spiciness, and feel free to add more or less to taste. Cayenne pepper (1/8 teaspoon) or red pepper flakes (1/2 teaspoon) can be substituted for the pepper sauce. Serve with: sliced cucumber spears and bread sticks

Nutritional Info per serving: 285 calories, 11 grams fat , 3 grams fiber

## Rum-Pepper Steak Sandwiches

www.cookinglight.com

HU: 7 per sandwich

Yield: 8 servings (1 sandwich)

Posted by: Maria (Bawstinn32)

June 30, 2003

### Comments:

#### INGREDIENTS:

Marinade:

1/2 cup dark rum

2 tablespoons brown sugar

1 tablespoon coarsely ground black pepper

1/4 teaspoon salt

5 garlic cloves, crushed, or 2-1/2 teaspoons bottled minced garlic

1 (1-1/2-pound) flank steak

Flavored mayonnaise:

1/2 cup fat-free or light mayonnaise

2 teaspoons prepared horseradish

Remaining ingredients:

8 (1/2-inch-thick) slices red onion (about 2 onions)

16 (1-ounce) slices sourdough bread

2 cups thinly sliced romaine lettuce

16 (1/4-inch-thick) slices tomato (about 3 tomatoes)

#### INSTRUCTIONS:

To prepare marinade, combine first 5 ingredients in a large zip-top plastic bag. Trim fat from steak, and add steak to bag. Seal and marinate in refrigerator at least 2 hours, turning bag occasionally. Remove the steak from bag, reserving marinade. Pour the marinade into a microwave-safe dish. Microwave marinade at HIGH 1 minute or until mixture boils.

To prepare flavored mayonnaise, combine mayonnaise and horseradish, and set aside. Prepare grill.

Place steak and red onion slices on a grill rack, and grill onions 4 minutes on each side, basting with the reserved marinade. Remove onions from grill. Turn the steak, and grill an additional 8 minutes or until steak is desired degree of doneness. Remove steak from grill. Place bread slices on grill rack, and grill 2 minutes on each side or until toasted.

Cut steak diagonally across grain into thin slices. Spread 1 tablespoon flavored mayonnaise on one side of each of 8 toasted bread slices. Divide steak, onion slices, lettuce, and tomato slices evenly among 8 bread slices. Top with remaining bread slices.

calories: 345; fat: 11 g; fiber: 2.6 g

## **Tortellini Salad**

Cooking Light 5 Star Recipes

Healthy Units: 4 (3 if you use DiGiorno 3 Cheese Tortellini)

Yield: 6 1-cup servings

Posted by Bawstinn32 (Maria)

June 30, 2003

### **Comments:**

#### **Ingredients**

9 ounces DiGiorno 3 Cheese Tortellini, cooked

2 cups zucchini, julienned

1 cup cherry tomato, cut in half

1/2 cup red pepper, chopped

1/3 cup green onion, chopped

2 tablespoons parmesan cheese, grated

1/3 cup fat-free red wine vinegar salad dressing

1 1/2 tablespoons dillweed

1/4 teaspoon black pepper

Cook tortellini in boiling water according to directions; drain and rinse. Combine tortellini, zucchini and next 4 ingredients in large bowl.

Combine vinegarette, dillweed and black pepper. Stir well. Pour over tortellini mixture; toss gently.

Yield: 1 cup servings

Per Serving (excluding unknown items): 162 Calories; 4g Fat (20.5% calories from fat);

8g Protein; 26g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 358mg Sodium.

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



## **Rigatoni with Goat Cheese, Sun-Dried Tomatoes, and Kale**

Healthy Units: 7.5

Servings 4 servings (serving size: 1-1/2 cups)

Posted by [CateWms](#)

June 30, 2003

**Comments:** This pasta dish contains kale, a member of the cabbage family proven to be rich in antioxidants.

### **INGREDIENTS:**

1/2 cup sun-dried tomato sprinkles  
2 cups boiling water  
1/2 teaspoon chili oil (or vegetable oil)  
1/4 cup minced shallots  
6 garlic cloves, minced  
4 cups coarsely chopped kale  
1/2 teaspoon dried oregano  
1/8 teaspoon salt  
1/8 teaspoon freshly ground pepper  
6 cups cooked rigatoni (about 12 ounces uncooked pasta)  
1/2 cup (2 ounces) crumbled goat cheese

### **INSTRUCTIONS:**

Estimated Total Time: 45 minutes

Combine tomato sprinkles and boiling water in a bowl; let stand 30 minutes. Drain tomatoes in a sieve over a bowl, reserving 1/2 cup liquid.

Heat oil in a large nonstick skillet over medium-high heat. Add shallots and garlic; sauté 1 minute. Add kale; sauté 3 minutes or until wilted. Add tomatoes; sauté 2 minutes. Add reserved 1/2 cup liquid, oregano, salt, and pepper. Reduce heat; simmer 3 minutes or until kale is tender.

Combine the pasta, kale mixture, and goat cheese in a large bowl, and toss well.

### **NUTRITIONAL INFO:**

calories: 396 carbohydrates: 72.3 g cholesterol: 13 mg fat: 5.8 g sodium: 484 mg  
protein: 15.7 g calcium: 200 mg iron: 4.4 mg fiber: 4.4 g

## **Slow Cooker Shredded Pork**

Healthy Units: 2 per 1/4 cup serving

Yield: Enough for a large army

Posted by: MissVN

June 30, 2003

### **Comments:**

#### **Ingredients**

4-5 pound pork roast  
2 medium onions  
2 cups water  
3 bay leaves  
1 tsp black peppercorns  
1 tsp red pepper flakes

#### **Instructions**

Slice up onions. Place one onion in bottom of the slow cooker. Place pork roast on top of onion. Top with remaining onion.

Pour in water until it is about 2/3 up the side. Add spices. Place cover on slow cooker and cook for at least 12 hours. Allow to cool.

When pork is cool enough to handle, remove it from the pot and remove any leftover fat, bones, etc. Shred pork with your fingers or using a fork. If the pork seems dry, add some strained cooking liquid to the pork for moisture.

At this point you can mix the pork with your favorite barbeque sauce, salsa, or use it as is.

Yield 1/4 cup per serving.

## **Bourbon Fudge Brownies**

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

Healthy Units: 3

Servings: 20

Posted by: Sweetbear75

Date: June 30, 2003

**Comments:** the recipe suggests hot milk as a substitute for the bourbon. I used the bourbon, and didn't taste too much of it. The batter will be very thick and not as easy to spread as brownies from a mix, but it's doable. These pair well with a glass of cold milk.

### **INGREDIENTS**

1/4 cup bourbon  
1/4 cup semisweet chocolate chips  
1 1/2 cups all-purpose flour  
1/2 cup unsweetened cocoa  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 1/3 cups sugar  
6 tablespoons butter, softened  
1/2 teaspoon vanilla extract  
2 large eggs  
Cooking spray

### **INSTRUCTIONS**

1. Preheat oven to 350 degrees.
2. Bring bourbon to a boil in a small saucepan; remove from heat. Add chocolate chips, stirring until smooth.
3. Lightly spoon flour into dry measuring cups, and level with a knife. Combine the flour, cocoa, baking powder, and salt, stirring with a whisk.
4. Combine sugar and butter in a large bowl; beat with a mixer at medium speed until well combined. Add vanilla and eggs; beat well. Add flour mixture and bourbon mixture to sugar mixture, beating at low speed just until combined.
5. Spread batter into a 9-inch square baking pan coated with cooking spray. Bake at 350 degrees for 25 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan on wire rack.

## Pear, Walnut, and Blue Cheese Salad with Cranberry Vinaigrette

Page 349 of Cooking Light Annual Recipes 2002

Healthy Units: 3

Servings: 6

Posted by: chowie

Posted on: 6/30/03

**CL Comments:** Cranberry sauce is the base for the vinaigrette for this pretty salad. You can make the vinaigrette up to a week ahead; be sure to store it in the refrigerator.

### Ingredients

#### Vinaigrette:

1/2 cup canned whole-berry cranberry sauce

1/4 cup fresh orange juice (about 1 orange)

1 tablespoon olive oil

2 tablespoons balsamic vinegar

1 teaspoon sugar

1 teaspoon minced peeled fresh ginger

1/4 teaspoon salt

#### Salad:

18 Bibb lettuce leaves (about 2 heads)

2 cups sliced peeled pear (about 2 pears)

2 tablespoons fresh orange juice

1 cup (1/8-inch-thick) slices red onion, separated into rings

1/3 cup (2 ounces) crumbled blue cheese

2 tablespoons coarsely chopped walnuts, toasted

### Directions

To prepare the vinaigrette, place the first 7 ingredients in a medium bowl; stir well with a whisk.

To prepare the salad, divide the lettuce leaves evenly among 6 salad plates. Toss pear with 2 tablespoons orange juice. Divide pear and onion evenly among leaves. Top each serving with about 1 tablespoon cheese and 1 teaspoon walnuts. Drizzle each serving with about 2 1/2 tablespoons vinaigrette.

### Nutrition Facts (per Serving):

148 calories; 22.3 g carbohydrates; 5 mg cholesterol; 6.3 g fat; 205 mg sodium; 2.7 g protein; 60 mg calcium; 0.4 mg iron; 2.4 g fiber

## **Sundried Tomato Pesto**

Rachel Ray's 30 minute meals cookbook

Healthy Units: 5

8 servings

Posted by srhrss

Date: 6/30/2003

### **Comments:**

#### Ingredients:

2 oz pine nuts (toasted)

20 leaves fresh basil

1 handful sundried tomatos (reconstituted in hot water)

3 cloves garlic

1/2 cup Extra Virgin Olive Oil

combine all together in the food processor and mix until combined well.

## Dry Rub for Chicken

Number of Servings - One chicken

Healthy Units - 0

Posted by- Betty (bms2003)

Date - June 30, 2003

**Comments:** Use this rub on chicken to be grilled or cooked in the crockpot on foil balls. The rub itself has no points so just figure the points for the oil used and the chicken itself. I leave the skin on if cooking on the grill, but skin the chicken first if cooking in the crockpot.

### INGREDIENTS

1 teaspoon dry mustard

1 teaspoon paprika

1 teaspoon kosher salt

1 teaspoon very finely minced onion

1 teaspoon very finely minced garlic

1/2 teaspoon coarsely ground black pepper

1/2 teaspoon ground coriander

1/2 teaspoon ground cumin

### DIRECTIONS

Mix all ingredients together. Lightly coat the chicken with tiny amount of olive oil and then season the outside of chicken and inside the cavity with the rub. Cook either on the grill or in the crockpot.

## **Mediterranean Goat-Cheese Sandwiches**

Source: Cooking Light (website)

Servings: 4 sandwiches

Healthy Units: 4 per sandwich

Posted by: Joan Borsten

Date: June 30, 2003

**Comments:** I used two pieces/sandwich of Nature's Oven bread, which comes to either 1.5 or 2 points depending on which type you use. It was great without the olive paste as well.

CL: Create this truly fabulous, no-bake sandwich with olive paste in minutes.

**INGREDIENTS:** 1 (8-ounce) loaf French bread

2 ounces goat cheese

1 tablespoon olive paste (such as Oliva da Sanremo)

1 cup trimmed arugula or fresh spinach

4 (1/8-inch-thick) slices red onion, separated into rings

4 (1/8-inch-thick) slices tomato

6 basil leaves, thinly sliced

1/2 teaspoon chopped capers

1 teaspoon balsamic vinegar

1/2 teaspoon olive oil

1/8 teaspoon freshly ground pepper

**INSTRUCTIONS:**

Estimated Total Time: 20 minutes

Slice the loaf in half lengthwise. Spread the goat cheese evenly over cut side of bottom half of loaf, and spread the olive paste evenly over goat cheese. Arrange arugula, onion rings, tomato slices, basil, and chopped capers on top. Drizzle with vinegar and olive oil. Sprinkle with pepper. Replace with the top half of the loaf. Cut crosswise into 4 pieces.

**NUTRITIONAL INFO:** calories: 225 carbohydrates: 35.3 g cholesterol: 15 mg fat: 5.2 g sodium: 570 mg protein: 7.8 g calcium: 112 mg iron: 1.5 mg fiber: 1.8 g

## **Watermelon Sorbet**

Source: Southern Living -- July 2003 issue

Healthy Units: 1 per 1/2 cup serving

Servings: about 16

Posted by: durdendb (Deb in S.C.)

Date: July 5, 2003

### **Comments:**

#### **Ingredients:**

3 cups water

1 cup sugar

4 cups seeded, chopped watermelon

1/4 cup lime juice

#### **Instruction:**

1. Bring water and sugar just to a boil in medium saucepan over high heat, stirring until sugar dissolves. Remove from heat. Cool.
2. Process sugar syrup and watermelon in batches in a blender until smooth. Stir in lime juice. Cover and chill 2 hours.
3. Pour mixture in freezer container of ice-cream maker and freeze accoring to manufacturer's instructions.

Notes: For Raspberry sorbet substitute 5 cups fresh or frozen raspberries for watermelon and lime juice. For Strawberry, substitute 5 cups fresh or frozen strawberries and 2 tablespoons lemon juice for watermelon and lime juice. For lemon, substitute 1/2 cup fresh lemon juice and 2 teaspoons grated lemon rind for watermelon and lime juice.



## Chickpea and Corn Patties

The Complete Cooking Light Cookbook, p. 285

Healthy Units: 5

Serves: 4 (serving size=2 patties, 1 T each sour cream and salsa)

Posted by: jillyh (Jill)

6/30/03

### Comments:

#### Ingredients

2 tsp. olive oil, divided  
1 1/2 c. fresh corn kernels (about 2 large ears)  
1 c. chopped onion  
1 tsp. minced fresh thyme or 1/4 tsp. dried  
1 (19 oz) can chick peas, rinsed and drained  
1/2 c. fresh breadcrumbs  
2 Tbsp. cornmeal  
1/2 tsp. salt  
1/4 tsp. ground red pepper  
4 tsp. cornmeal  
Cooking spray  
1/4 c. fat free sour cream  
1/4 c. bottled salsa  
thyme sprigs (optional)

Heat 1 tsp oil in a large nonstick skillet over medium high heat. Add corn, onion, and minced thyme; saute 2 min. Place onion mixture, chickpeas, breadcrumbs, 2 T. cornmeal, salt, and red pepper in a food processor. Pulse 8 times or until combined and chunky. Divide chickpea mixture into 8 equal portions, shaping each into a 1/2 inch thick patty; dredge patties in 4 tsp. corn meal. Heat 1/2 tsp. oil in skillet coated with cooking spray over medium heat. Add 4 patties; cook 5 minutes. Carefully turn patties over; cook 4 minutes or until golden. Repeat procedure with 1/2 tsp. oil and remaining 4 patties. Serve with fat free sour cream and salsa. Garnish with thyme sprigs if desired. Yield: 4 servings

Cal=261; Fat=5.7g; Protein=11g; Carb=46.7g; Fiber=6.1g; Chol=0mg; Iron=3.1mg; Sodium=570mg; Calcium=78mg

## Strawberry Romaine Salad

Healthy Units: 2

Servings: 6 (1 serving: 1 1/2 cups)

Posted by Scarehair (Carrie)

07-01-03

**Comments:** I changed the lowfat mayo to fat free. I really like this with grilled chicken on top and either sugared pecans or crumbled blue cheese if I am making this a 1 dish meal. I always toss the salad and dressing together before dishing it out.

### Ingredients

3 Tbls sugar

3 Tbls lowfat mayo

2 Tbls fat-free milk

1 Tbls poppy seed

1 Tbls white-wine vinegar

1 (10 oz) bag romaine lettuce leaves

1 C. sliced strawberries

2 Tbls toasted slivered almonds

Combine first 5 ingredients in a small bowl, stirring with a wire whisk. Place lettuce in a large bowl; add strawberries and almonds, tossing to combine. Divide salad evenly among 6 plates. Drizzle 1 Tbls dressing over each serving.

cal 78, fat 3.3, fiber 1.8

## **Peanut Butter Spread**

Source: Canyon Ranch

Serves: 12 (2 Tbs)

Healthy Units: 1

Posted by: Carole (yaytheyfit)

1 July 2003

### **Comments:**

#### **Ingredients**

1 cup part-skim ricotta cheese

1/4 cup peanut butter (does this include licking the PB off the knife...)

2 Tbs skim milk

2 1/4 tsp vanilla extract

1/2 tsp cinnamon

2 Tbs sugar (honey was also good)

Mix in the blender and store in the refrigerator. Lasts about a week.

## Grilled Chicken with Whiskey-Ginger Marinade

Healthy Units 4

Servings 4 (serving size: 1 chicken breast half, about 1 T sauce, 1/4 tsp. sesame seeds)

Posted by CateWms

7/1/03

**Comments:** The chicken browns over the hottest part of the grill (direct heat), then moves to the cooler side (indirect heat) to finish. The result: tender chicken, perfectly cooked.

### INGREDIENTS:

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

1/3 cup bourbon

1/3 cup low-sodium soy sauce

3 tablespoons brown sugar

2 tablespoons hoisin sauce

1 teaspoon grated lime rind

2 tablespoons fresh lime juice

2 teaspoons grated peeled fresh ginger

2 teaspoons dark sesame oil

1/4 teaspoon crushed red pepper

2 garlic cloves, minced

Cooking spray

1 tablespoon water

1/2 teaspoon cornstarch

1 teaspoon sesame seeds, toasted

### INSTRUCTIONS:

1. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.

2. Combine bourbon and next 9 ingredients (bourbon through garlic). Reserve 1/3 cup marinade. Pour remaining marinade into a zip-top plastic bag; add chicken. Seal and marinate in refrigerator 1 hour, turning occasionally.

3. Preheat grill to medium-hot using both burners.

4. Turn left burner off (leave right burner on). Remove chicken from bag; discard marinade. Coat grill rack with cooking spray. Place chicken on grill rack over right burner; grill 2 minutes on each side or until browned. Move chicken to grill rack over left burner. Cover and cook 5 minutes or until done. Slice each breast diagonally into thin strips; place chicken on a platter. Cover loosely with foil.

5. Combine water and cornstarch, stirring well with a whisk. Place reserved 1/3 cup marinade in a small saucepan; stir in cornstarch mixture. Bring to a boil; cook 15 seconds, stirring constantly. Drizzle sauce over chicken; sprinkle with sesame seeds.

CALORIES 202; FAT 3.6g; FIBER 0.3g;

## Chicken Cutlets with Peppers and Mushrooms

Cooking Light 5 Star Recipes

Healthy Units: 4

Yield: 2 servings (serving size: 1 chicken breast half and 2 ½ tablespoons sauce)

Posted by: Bawstinn32 (Maria)

July 1, 2003

**Comments:** This was very light and quick to make; I doubled it with no problem because I had more than 2 chicken breasts.

### INGREDIENTS:

2 (4-ounce) skinned, boned chicken breast halves

1 tablespoon seasoned bread crumbs

Vegetable cooking spray

½ teaspoon salt

1 cup fresh mushrooms, sliced

½ cup plus 3 tablespoons low-sodium chicken broth, undiluted and divided

8 strips sweet red pepper

2 teaspoons lemon juice

¼ teaspoon dried Italian seasoning

1/8 teaspoon salt

1/8 teaspoon dried, crushed red pepper

1 clove garlic, minced

1 teaspoon cornstarch

### INSTRUCTIONS:

Place each piece of chicken between 2 sheets of heavy duty plastic wrap; flatten to ¼-inch thickness using a meat mallet or a rolling pin. Place breadcrumbs in a shallow dish; dredge chicken in breadcrumbs.

Coat a nonstick skillet with vegetable spray and add oil. Place skillet over medium heat until hot. Add chicken; cook 3 minutes on each side or until done. Remove chicken from skillet and keep warm.

Add mushrooms, 1 tablespoon chicken broth and pepper strips to skillet; sauté 3 minutes. Add ½ cup chicken broth, lemon juice and next 4 ingredients; bring to a boil. Cover, reduce heat and simmer 10 minutes.

Combine remaining 2 tablespoons cornstarch; stir well and add to skillet. Bring to a boil and cook, stirring constantly, 1 minute. Serve Sauce over chicken.

### NUTRITIONAL INFORMATION:

Calories 211 (24% from fat); Protein 28.9g; Fat 5.7 g (sat 1.3g); Fiber 1.8g

## **Thai Shrimp & Papaya Salad**

Source: The Healthy Kitchen

Healthy Units: 4

Servings: 6

Posted By: Zephyr1

Date Posted: 7-1-03

**Comments:** Great flavor to this dish, do not skip the sesame oil, it really pulls it all together. I would make 3 servings from it if just cooking for family. This is a beautiful salad and would do well to serve to company. I added extra chile paste.

### **Ingredients:**

#### **Shrimp:**

12 large raw cleaned and deveined shrimp

1 tbs toasted sesame oil

1/4 tsp chile garlic puree (I added 1 tbsp.)

#### **Salad:**

6 cups washed field greens

1/4 tsp salt

1/4 cup fresh lemon juice

1/4 cup olive oil

#### **Papaya salsa:**

1/2 cup cilantro

1 cup cubed papaya

1/4 cup cubed red bell pepper

1/4 cup diced red onion

1 small jalapeno minced

2 tbsp fresh lime juice

### **Instructions:**

Preheat broiler

Put shrimp in a bowl and add sesame oil and chile paste and toss. Lay on baking tray and broil for 1 minute or until cooked

Toss the greens with the salt, lemon juice and oil.

Mix salsa ingredients.

Spoon salsa over greens and top with shrimp.

See: Thai Shrimp & Papaya Salad II as a main course on page 994 by Joan B.

## Field Salad with Citrus Vinaigrette and Sugared Pecans

Cooking Light Annual Recipes 2000, p. 157

Healthy Units: 1

Serves: 8

Posted by: jillyh (Jill)

7/1/03

### Comments:

#### Ingredients

Cooking spray

1/4 c. chopped pecans

2 tsp. sugar

1/8 tsp. ground red pepper

10 c. gourmet salad greens

3/4 c. Citrus Vinaigrette

2 naval oranges, peeled and sectioned (I cut them too)

1/4 c. sweetened dried cranberries (Craisins)

Heat small nonstick skillet coated with cooking spray over medium low heat. Add pecans; cook 6 minutes or until lightly toasted, stirring frequently. Sprinkle with sugar and red pepper, and cook 1 minute, stirring constantly. Remove pecans from skillet. Cool on wax paper. Combine greens, citrus vinaigrette, and orange sections in a large bowl; toss well. Place 1 c. greens mixture on each of 8 plates. Top each serving with 1 1/2 tsp. pecans and 1 1/2 tsp. cranberries. Serve immediately. Serves 8.

Calories=90; Fat=3.8g; Protein=1.9g; Carb=13.5g; Fiber=3.1g; Chol=0mg; Iron=.9mg; Sodium=72mg; Calcium=41mg

#### Citrus Vinaigrette

1/2 c. fresh orange juice

1/3 c. fresh grapefruit juice

2 Tbsp. fresh lemon juice

1 Tbsp. extra virgin olive oil

1 Tbsp. honey

1 Tbsp. Dijon mustard

1 Tbsp. low sodium soy sauce (I'd use half next time)

2 tsp. fresh minced peeled fresh ginger

Combine all ingredients in a blender; process till smooth. Pour into a bowl. Cover and chill. Yield 1 1/3 c. Serving size=1 T. Store in airtight container in refrigerator up to 1 week.

Cal=15; Fat=.7g; Fiber=0g;

## Strawberry Pavlova

Source: Silver Palate

Serves: 6

Healthy Units: 4 Points/serving EXCLUDING your "creamy layer"

Posted by: Carole (yaytheyfit)

2 July 2003

**Comments:** It's a meringue layered with something creamy and strawberries marinated in Grand Marnier and sugar. Meringue can be persnickety depending on the type of oven you have, so you might decide to just buy meringues and make little mini-Pavlovas. The original recipe called for 1 cup lightly whipped heavy cream, unsweetened, which adds 4 points/serving -

### Ingredients

4 egg whites, at room temperature

1/4 tsp salt

1/4 tsp cream of tartar

1 cup superfine sugar

4 tsp cornstarch

3 cups sliced strawberries

1.5 tb Grand Marnier

1.5 tb sugar

2 tsp white wine vinegar

1 tsp vanilla extract

A little butter and flour

3 cups sliced strawberries

1.5 tb Grand Marnier

1.5 tb sugar

Your "creamy layer" as decided above, which will add 0-4 points per serving

Preheat oven to 275

Beat, until at a stiff peak: the egg whites, salt, and cream of tartar.

Add sugar, a few tablespoons at a time. Continue beating until stiff and glossy then add cornstarch, white wine vinegar, 1 tsp vanilla extract.

Butter and lightly flour a loose-bottomed 8-inch cake pan and fill gently with the meringue mixture, spreading it higher around the edges than in the center of the pan to form a depression. Bake 1-1 1/4 hours until the meringue is firm and lightly browned. It will remain moist inside. Cool slightly, unmold, slide onto a serving plate and cool completely.

Combine strawberries, Grand Marnier, sugar.

Just before serving, spread with your "creamy layer" as decided above, and strawberries.



## **Spiced Chicken with Couscous** (NOT TBC w/ Jilly's recipe)

CL June 2003

Healthy Units 7

4 (I halved it for 2 servings) 3 oz. chicken, 3/4 c. cous, 2/3 c. sauce

Posted by LMaybloom (Lesley)

07/02/03

**Comments:** This was today's lunch, which I cooked while coffee brewed this morning. I give it 3.5 forks -- not something I'd make all the time, but it was easy, filling, full of tasty, savory flavors and I had everything on hand. I broke down and cut up boneless, skinless chicken breasts, rather than buying "tenders". Also, I didn't have allspice so I used pumpkin pie spice, which was really good in this! I used golden raisins, and omitted the cloves. I hate cloves; they remind me of the dentist's office.

It chilled and reheated nicely for a quick, portable, protein and grain-filled lunch today. This was in the "Superfast" section, and it was Superfast to put together.

### **Ingredients**

1 c. water  
3/4 c. uncooked couscous  
2 t. olive oil  
1 pound chicken breast tenders  
1 t. bottled minced garlic (sad but true...)  
1 c. FF, less-sodium chicken broth  
1/2 c. raisins (I used golden)  
1 t. dried thyme  
1/2 t. ground cumin  
1/4 t. salt  
1/4 t. ground red peper  
1/4 t. allspice  
1/4 t. ground cloves  
1 (14.5 oz) can diced tomatoes, drained

### **Instructions**

1. Bring the water to a boil in a small saucepan; gradually stir in the couscous. Remove mixture from heat; cover and let stand 5 minutes or until done. Fluff couscous w/ a for.
2. Heat the olive oil in a large, nonstick skillet over medium-high heat. Add the chicken, chopped onion and minced garlic, and cook 3 minutes, stirring mixture frequently.
3. Add broth and remaining ingredients to chicken mixture in pan; bring to a boil. Reduce heat, and simmer mixture, uncovered, 15 minutes. Serve with couscous.

### **Nutritionals:**

360 cal, 4.1 fat, 4.9 fiber

## **Five-Bean Pot**

Source: CL June 2003 Magazine

Healthy Units: 5

Servings: 10

Posted by: TracerG

Date: July 3, 2002

### **Comments:**

#### **Ingredients:**

1 (16-ounce) can cannellini beans or other white beans, undrained  
1 (16-ounce) can chickpeas (garbanzo beans), undrained  
1 (16-ounce) can lima beans, undrained  
1 (16-ounce) can kidney beans, undrained  
1 (16-ounce) can baked beans, undrained  
6 bacon slices  
2 cups chopped onion  
1/2 c packed brown sugar  
1/2 c cider vinegar  
1 teaspoon dry mustard  
1 garlic clove, minced  
Cooking spray

1. Preheat oven to 350 degrees.
2. Drain beans in a colander over a bowl, reserving 1 cup of liquid. Set beans and liquid aside.
3. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 3 tablespoons drippings in pan. Crumble bacon. Add onion to drippings in pan, and cook 10 minutes over medium heat or until golden brown, stirring frequently. Stir in bacon, sugar and remaining ingredients; cook over medium-low heat until thick and bubbly (about 15 minutes) stirring occasionally.
4. Combine beans, reserved bean liquid, and the onion mixture in a 3-quart casserole coated with cooking spray. Cover and bake at 350 degrees 45 minutes, stirring every 15 minutes.

## **Fresh Fruit Salad**

Healthy Units: 4.5

Serves 2

Posted by: SandraDeeBaker

July 3, 2003

### **Comments:**

#### **Ingredients**

1 Mango, cut into 1/2" cubes

1 Granny Smith apple, cut into 1/2" cubes

1 Sliced Banana

1 Cup Red seedless grapes, cut in halves

2 T. Fresh Lime juice

2 T. Honey

Mix lime juice and honey until smooth and pour over fruit. This is such a simple salad and yet the flavors are so good

## **Frozen Fruit Crème**

Healthy Units: 3.5

Serves: 4

Posted by SandraDeeBaker

July 3, 2003

### **Comments:**

#### **Ingredients**

1 - 32oz. carton, plain nonfat yogurt

Drain this overnight to make yogurt cheese. This can be done with a strainer and cheesecloth over a bowl. Let sit overnight 12 to 24 hours. It will then become the consistency of whipped cream cheese.

Put the yogurt cheese into a food processor and add the following ingredients:

2 C. Frozen peaches

3/4 C. Splenda

1 t. Vanilla

2/3 C. Dry Milk Powder

Blend until smooth. Makes 4 servings at 3.5 healthy units each. Optional: add 1 Tablespoon of fruit-juice sweetened preserves to each serving. Swirl in. This adds 1 healthy unit per serving.

Note: If you freeze in individual portions, just set out for about 10 to 15 minutes before eating. (If you can wait that long!) Stir and eat!

## **Creamed Spinach Gratin**

Source: CL website

Healthy Units - 2 per serving

Servings: 4

Posted by: oduamy1 (Amy)

Posted on: 7/3/03

**Comments:** Fantastic side dish!! It was a little runny going in the oven, but it turned out ok!! Very very verrrrrrrryyy good (but i love creamed spinach anyway, so i might be biased :) )

### **Ingredients**

1 (10-ounce) bag fresh spinach

Cooking spray

2/3 cup chopped onion

1/4 cup tub-style light cream cheese

1/2 teaspoon dried oregano

1/4 teaspoon salt

1/4 teaspoon pepper

1 cup (1/4-inch-thick) sliced tomato

1/4 cup dry breadcrumbs

2 tablespoons finely grated fresh Parmesan cheese

Preheat oven to 375 degrees. Remove large stems from spinach. Tear spinach into 1-inch pieces; place in a colander. Rinse spinach under cold water; drain. Set aside. Place a large Dutch oven coated with cooking spray over medium heat until hot.

Add onion; saute 3 minutes. Add spinach; cover and cook 2 minutes or until spinach wilts. Add cream cheese, oregano, salt, and pepper. Uncover and cook an additional minute or until cream cheese melts. Spoon spinach mixture into a 1-quart gratin dish or shallow casserole coated with cooking spray. Arrange tomato slices in a single layer on top of spinach and sprinkle with breadcrumbs and Parmesan cheese.

Bake at 375 degrees for 30 minutes or until golden brown.

Nutritional info (if this was a 6 serving dish):

calories: 72 carbohydrates: 8.5 g cholesterol: 7 mg fat: 2.8 g sodium: 265 mg protein: 4.2 g calcium: 105 mg iron: 1.8 mg fiber: 2.8 g

## Chicken Français

Source: CL Annual 2003 - pg 17

Healthy Units - 5 per serving

Yield - 8 servings (serving size: 1 chicken breast half and 2 teaspoons sauce)

Posted on: 7/3/03

Posted by: oduamy1 (Amy)

**CL Comments:** This is a classic French favorite. For more lemon flavor, serve the chicken with lemon slices.

**Amy's comments:** This was very easy to put together and has a nice light flavor. I served it with the creamed-spinach gratin and herbed basmati for a fantastic dinner!

### Ingredients

3/4 cup egg substitute  
1/4 cup (1 ounce) grated fresh Parmesan cheese  
1/4 cup chopped fresh parsley  
1/4 cup dry white wine  
2 tablespoons fresh lemon juice  
1/4 teaspoon salt  
1/8 teaspoon hot pepper sauce  
3 garlic cloves, minced  
8 (4-ounce) skinless, boneless chicken breast halves  
1/4 cup all-purpose flour  
1 tablespoon olive oil, divided  
Cooking spray  
2 tablespoons butter  
1/4 cup dry white wine  
3 tablespoons fresh lemon juice

### Directions

-Combine first 8 ingredients in a shallow dish.  
-Place each chicken breast half between 2 sheets of plastic wrap, and pound to 1/4-inch thickness using a meat mallet or rolling pin. Dredge chicken in flour, and dip in the egg substitute mixture.  
-Heat 1 1/2 teaspoons oil in a large nonstick skillet coated with cooking spray over medium heat. Add 4 chicken breast halves; cook 4 minutes on each side or until done.  
--Remove chicken from pan; keep warm. Wipe the drippings from pan with a paper towel. Repeat the procedure with 1 1/2 teaspoons oil and the remaining chicken.  
Melt butter in pan; add 1/4 cup wine and 3 tablespoons juice. Bring to a boil; cook for 10 seconds. Serve immediately over chicken.

Nutrition Facts (per Serving): 211 calories; 5 g carbohydrates; 76 mg cholesterol; 7 g fat; 269 mg sodium; 30.3 g protein; 70 mg calcium; 1.6 mg iron; 0.2 g fiber

## Herbed White-Bean Spread Open Faced Sandwiches

Source: Cooking light July 2003 issue

Healthy Units: 7

Servings: 5 (serving size: 2 open faced sandwiches)

Posted By: Zephyr1

Date Posted: 7-4-03

**Comments:** Initial recipe calls for 2 additional tbsp olive oil in the process, it is not necessary. I would leave the tsp in the beginning as you really need it to add the herbs and such and have it all come together. This is incredibly flavorful and has an infinite number of uses as a sandwich spread and as a dip. Well worth the effort the asiago and garlic is a little reminiscent of pesto yet it is like a hummus. A definite hall of fame for us.

### Ingredients:

- 1 tsp olive oil
- cooking spray- I used butter flavor
- 2/3 cup coarsely chopped shallots
- 1 tbsp chopped sage
- 1 tbsp thyme
- 1 tsp fresh ground black pepper
- 2 garlic cloves - I used 3 cloves
- 1 cup chicken broth
- 1 19 oz can cannellini beans rinsed and drained
- 1/4 cup shredded asiago- do not substitute it really makes the spread
- all purpose herb seasoning
- 1 tbsp fresh lemon juice
- 10 1 oz slices diagonally cut french bread 1 inch thick
- 20 slices red onion

### Instructions:

1. heat oil in a skillet large nonstick also coat with cooking spray. Add shallots and cook for 10 minutes until tender. Stir in herbs and garlic, cook 2 minutes stirring constantly. Add broth and beans and reduce to almost no liquid about 5 minutes it took me longer. Cool to room temp.
2. Place beans, cheese and lemon juice in food processor and process until smooth.
3. Place about 3 tbsp spread on each bread slice, top with onion slices. Another great topper would be roasted red peppers we used avocado which was delicious but very creamy.

## **Marinated Carrot Salad**

Source: Food & Wine

Healthy Units: 4 (based on nutrition info plus carrot fiber info)

Servings: 4

Posted by MissVN

July 4, 2003

**Comments:** This garlicky salad travels well. Pack it in a container for a potluck supper or serve it as a side dish with anything from pork and steak to chicken and fish.

### **Ingredients**

Salt

1 pound carrots, thinly sliced on the diagonal or julienned

1/4 cup extra-virgin olive oil

2 tablespoons sherry vinegar or red wine vinegar

2 garlic cloves, minced

1 tablespoon fresh lemon juice

1 tablespoon minced shallot

1 tablespoon chopped parsley

1 teaspoon Dijon mustard

1 teaspoon sugar

Freshly ground pepper

1. Bring a medium saucepan of water to a boil. Salt the water, then add the carrots and cook until they are barely tender, about 3 minutes; drain them. (You can also microwave the carrots, I did them for about 3-4 minutes on high in a covered bowl with 1 tablespoon of water added).

2. In a large bowl, whisk the olive oil with the vinegar, garlic, lemon juice, shallot, parsley, mustard and sugar and season with salt and pepper. Add the carrots and toss to coat. Refrigerate for at least 4 hours or overnight. Serve the carrot salad chilled or at room temperature.

**MAKE AHEAD** The marinated carrots can be refrigerated for up to 2 days.

**NOTES** One Serving: 183 calories, 14.3 gm total fat, 2.0 gm saturated fat, 14 gm carb.



## Lemon Pudding Cake

Source: Family

Servings: 8

Healthy Units: 4

Posted by: JoanBorsten

Date: July 4, 2003

**Comments:** This recipe is made like a custard, cooked in a pan of water. I renovated it with Licia's help from 6 HU to 4 HU by eliminating 2 egg yolks, 1/3 of the original sugar, and using 2% milk. The batter separates into cake (top) and pudding (bottom). Be careful not to overcook so the pudding will be the right consistency. You could top it with mint leaves although my family loves the lemon-y flavor. Licia also suggested serving in individual ramequins which worked well, instead of the loaf pan.

### Ingredients

4 egg whites, 2 yolks, separated  
3 Tbsp softened butter  
2/3 cup sugar  
3 Tbsp flour  
½ tsp salt  
1 cup lemon juice  
2 tsp grated lemon rind  
1 cup 2% milk

### Instructions

- 1) Cream butter.
- 2) Gradually add sugar and whip until fluffy.
- 3) Beat in yolks one at a time.
- 4) Combine dry ingredients (flour, salt).
- 5) Add milk, a small amount at a time.
- 6) Add lemon juice and rind.
- 7) Beat whites into meringue. Fold into lemon mixture.
- 8) Pour into eight ramequins sitting in pan of hot water or a 9 x 4 x 3" deep loaf pan.
- 9) Bake 30 min at 325 or until lightly browned and then 10 min at 350. Bake 40 min at 325 and 10 min at 350 if using loaf pan.

## **Crusty Whole-Grain Flaxseed Rolls**

Healthy Units: 2

Servings: 18 (serving size 1 roll)

Posted by [marisany](#)

July 6, 2003

**Comments:** My alterations: I used flaxseed meal from Trader Joe's. I skipped the egg wash and the sprinkled flaxseeds. Because I used the bread machine, I didn't have to worry about temps of water and milk, and I just threw everything in in the right order. I use King Arthur's 100% WHITE whole-wheat flour.

Ingredients:

1/3 cup flaxseed

3 tablespoons brown sugar

1 package dry yeast (about 2-1/4 teaspoons)

1 cup warm water (100 degrees to 110 degrees)

1 cup warm 2% reduced-fat milk (100 degrees to 110 degrees)

2 cups whole-wheat flour

2 cups all-purpose flour, divided

2 teaspoons salt

2 teaspoons vegetable oil

Cooking spray

1 tablespoon water

1 large egg white

2 tablespoons flaxseed

1. Place 1/3 cup flaxseed in a blender or clean coffee grinder, and process until ground to measure 1/2 cup flaxseed meal; set aside.
2. Dissolve sugar and yeast in warm water and warm milk in a large bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups; level with a knife. Add flaxseed meal, whole-wheat flour, 1-1/2 cups all-purpose flour, salt, and oil to yeast mixture; stir to form a soft dough. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
3. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85 degrees), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If the indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
4. Divide dough into 18 equal portions, shaping each portion into a ball (cover remaining dough while working to prevent it from drying). Place balls 2 inches apart on a large baking sheet coated with cooking spray. Cover and let rise 45 minutes or until dough is doubled in size.
5. Preheat oven to 425 degrees.
6. Uncover rolls; cut a 1/4-inch-deep "X" in top of each roll. Combine 1 tablespoon water

and egg white, and brush over rolls. Sprinkle rolls with 2 tablespoons flaxseed. Bake at 425 degrees for 15 minutes or until rolls are browned on the bottom and sound hollow when tapped. Remove rolls from pan.

## **Banana-Split Cheesecake**

From Cooking Light website

Healthy Units: 7

Servings: 16 (serving size: 1 wedge with toppings)

Posted by LissaR

July 7, 2003

### **Comments:**

### **Ingredients:**

#### **Crust:**

1 cup packaged chocolate cookie crumbs (such as Oreo)

2 tablespoons sugar

1 tablespoon butter or stick margarine, melted

#### **Filling:**

3 (8-ounce) blocks fat-free cream cheese, softened

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

1 (8-ounce) carton low-fat sour cream

1-1/2 cups sugar

1-1/2 cups mashed ripe banana

3 tablespoons all-purpose flour

2 teaspoons vanilla extract

4 large eggs

#### **Toppings:**

1/3 cup canned crushed pineapple in juice, drained

1/3 cup strawberry sundae syrup

1/3 cup chocolate syrup

1/4 cup chopped pecans, toasted

16 maraschino cherries, drained

-Preheat oven to 325 degrees. -To prepare crust, combine first 3 ingredients in a bowl; toss with a fork until moist. Press into bottom of a 9-inch springform pan coated with cooking spray.

-To prepare filling, beat cheeses and sour cream at high speed of a mixer until smooth. Add 1-1/2 cups sugar, banana, flour, and vanilla; beat well. Add eggs, 1 at a time; beat well after each addition.

-Pour cheese mixture into prepared pan; bake at 325 degrees for 1 hour and 10 minutes or until almost set. Cheesecake is done when the center barely moves when pan is touched. Remove cheesecake from oven; run a knife around outside edge. Cool cheesecake to room temperature. Cover and chill for at least 8 hours. Top each serving with 1 teaspoon pineapple, 1 teaspoon strawberry syrup, 1 teaspoon chocolate syrup, 3/4 teaspoon pecans, and 1 cherry.

NUTRITIONAL INFO: Calories: 317; fat: 10.6 g; fiber: 1 g

## **Heartthrob Salad**

Source: Jan/Feb 2003 Cooking Light Magazine

H.U: 1 per serving

Servings: 2 servings

Posted by: Oduamy1 (Amy)

Posted on: 9/7/03

Amy's Comments: Yum! Next time I am going to add some olives on top as well. This would also be great with the salsa mix doubled and served over pasta as a cold pasta salad!!

CL Comments: A zesty salsa-like mixture of tomato, kalamata olives, and hearts of palm flavors this salad. Hearts of palm, which taste similar to artichoke hearts, come from the cabbage palm tree. Look for jars of hearts of palm near the artichoke hearts in your market.

- 1 1/2 cups chopped plum tomato
- 2 tablespoons minced fresh parsley
- 1 tablespoon chopped pitted kalamata olives
- 1 tablespoon white wine vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 small garlic clove, minced
- 1 (14.8-ounce) jar hearts of palm
- 1 1/2 cups thinly sliced Bibb lettuce leaves
- 1 teaspoon grated fresh Parmesan cheese

1. Place first 9 ingredients in a medium bowl; toss gently to combine. Remove 3 hearts of palm from jar; reserve remaining hearts of palm for another use. Dice 1 heart of palm; add to tomato mixture. Cover and chill at least 2 hours.

2. Cut remaining 2 hearts of palm in half lengthwise. Arrange 2 hearts of palm halves, 3/4 cup lettuce, and 3/4 cup tomato mixture on each of 2 salad plates. Top each serving with 1/2 teaspoon cheese.

### **NUTRITIONAL INFO:**

CALORIES 66 (40 percent from fat); FAT 2.9g (sat 0.4g, mono 1.5g, poly 0.5g);  
PROTEIN 2.8g; CARB 9.7g; FIBER 2.8g; CHOL 0mg; IRON 2mg; SODIUM 378mg;  
CALC 56mg

## **Sundried Tomato and Olive Dip**

WW Website a few years ago

Healthy Units: 3

Servings:6

Posted by: Lisa in NE

7/7/03

### **Comments:**

#### **Ingredients**

10 Sundried Tomatoes

15 Kalamata Olives, pitted

3 cloves Garlic

1-8oz pkg Light Cream Cheese

1-8oz pkg FF Cream Cheese

Pour boiling water over tomatoes and let stand for a few minutes so that they plump up a little bit.

Drain water off tomatoes, and put in food processor with olives and garlic and mince for 1 minute, add soft cream cheese and process until blended.

Refrigerate for several hours. Serve with homemade pita chips or favorite light tortilla chips. Be sure to add points for chips

## **White Bean and Bacon Dip**

www.cookinglight.com

Healthy Units: 1

Servings: 12 (Serving size = 2 T of Dip)

Posted by: Annieb9148 (Annie)

7/7/03

### **Comments:**

#### **Ingredients**

2 slice bacon, uncooked  
2 tsp minced garlic  
1/3 cup fat-free chicken broth  
19 oz canned cannellini beans  
1/4 cup Dole Green Onions  
1 Tbsp fresh lemon juice  
1/2 tsp hot pepper sauce  
1/8 tsp table salt  
1/8 tsp paprika

#### **Instructions**

Chop raw bacon. Drain cannellini beans. Finely chop onion.

Cook bacon in a small saucepan over medium heat until crisp. Remove bacon from pan with a slotted spoon; set aside. Add garlic to drippings in pan; cook 1 minute, stirring frequently. Add broth and beans; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes.

Combine bean mixture, onions, and remaining ingredients in a food processor, and process until smooth. Spoon mixture into a bowl; stir in 1 tablespoon reserved bacon. Sprinkle dip with remaining bacon just before serving.

## Portobello Burgers

Cooking Light, May 2003, p. 158

Healthy Units: 5

Servings: 4 (Serving size: 1 burger)

Posted by DERB63 (Debra)

July 7, 2003

**Comments:** Notes from Magazine: Meaty and versatile, marinated Portobello mushrooms make great burgers. Half of a roasted bell pepper is stirred into mayonnaise for the sandwich spread. Use leftover bell pepper as a pizza topping, in salad, or tossed with pasta.

### Ingredients

1/4-cup low-sodium soy sauce  
1/4-cup balsamic vinegar  
2 tablespoons olive oil  
3 garlic cloves, minced  
4 Portobello mushroom caps, 4 inch  
1 small red bell pepper  
Cooking spray  
1/4-cup low-fat mayonnaise  
1/2-teaspoon olive oil  
1/8 teaspoon ground red pepper  
4 2-ounce hamburger bun, onion  
4 tomato slices, 1/4" thick  
4 lettuce leaves, curly

-Combine first 4 ingredients in a large zip-top plastic bag; add mushrooms to bag. Seal and marinate at room temperature for 2 hours, turning bag occasionally. Remove mushrooms from bag; discard marinade.

-Prepare grill to medium heat.

-Cut bell pepper in half lengthwise; discard seeds and membranes. Place pepper halves on grill rack coated with cooking spray; grill 16 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel. Reserve 1 pepper half for another use. Finely chop 1 pepper half, place in a small bowl. Add mayonnaise, 1/2 teaspoon oil, and ground red pepper; stir well.

-Place mushrooms, gill side down, on grill rack coated with cooking spray; grill 4 minutes on each side. Place buns, cut sides down, on grill rack coated with cooking spray; grill 30 seconds on each side or until toasted. Spread 2 tablespoons mayonnaise mixture on top half of each bun. Place 1 mushroom on bottom half of each bun. Top each mushroom with 1 tomato slice and 1 lettuce leaf; cover with top halves of buns.

Calories 251 (30% from fat); Fat 8.4g; Protein 7.3g; Carbohydrates 37.9g;  
Fiber 2.4g; Chol 60mg; Iron 2.2mg; Sod 739mg; Calc 81mg



## **Creamy Potato Salad**

Source: Cooking Light Lose Weight Cookbook pg 47

Healthy Units: 2

Servings: 6

Posted by: Mundelein68 (Cheryl)

July 7, 2003

### **Comments:**

#### **Ingredients:**

3 cups cooked, peeled, & cubed red potato  
2 tbsp. chopped green onions  
1 (2-oz) jar diced pimento, drained  
1/4 cup nonfat mayonaise  
1/4 cup plain nonfat yogurt  
1 tbsp prepared mustard  
1-1/2 tsp sugar  
1-1/2 tsp white wine vinegar  
1/4 tsp salt  
1/4 tsp celery seeds  
1/8 tsp garlic powder  
1/8 tsp pepper

#### **Instructions:**

Combine potato, green onions, and pimento in a large bowl, tossing gently to combine. Combine mayonnaise and next 8 ingredients in a small bowl; stir well. Add mayonnaise mixture to potato mixture; toss gently. Cover and chill thoroughly. Yield 6 (1/2-cup) serving.

#### **Nutrition:**

Calories: 85; Fat: 0.3g; Protein: 2.0g; Carbohydrate: 19.1g; Cholesterol: 0.0mg; Sodium: 269mg.

## **Borscht (Cold Beet Soup)**

Source: "Vegan Deli - Wholesome Ethnic Fast Food"

Healthy Units: 3

Serving Size : 4 - 6 (larger amounts are for 6)

Posted by: Dibranchia (JJ)

7/7/03

**Comments:** Good with roasted, baked or grilled beets too. Use canned if short on time. Beets stain, the skins just slip off when cooked, but watch that juice! Pan fry potatoes with onions and serve in cold soup!

### **Ingredients**

1 pound fresh beets (3-4 2" beets) with greens, if available

8 cups water

salt and pepper, to taste

2-4 tablespoons fresh lemon juice

1-2 tablespoons sugar

4-6 peeled and boiled potatoes, optional

1 cup nonfat sour cream

Trim the beets and scrub well. Wash and chop the greens, if available, and set aside. Bring the water and beets to a boil in a large soup pot. Reduce heat, cover and simmer until the beets are fork tender, about 40 minutes. Remove the beets with a slotted spoon, and let cool. Peel (using your hands), dice, and return to the cooking water.

Add the greens and a pinch of salt and pepper, and simmer for 15 minutes. Add the lemon juice, and sugar, and chill thoroughly. Serve with boiled potatoes, if desired, and sour cream on the side.

Per Serving (excluding unknown items): 203 Calories; trace Fat (1.1% calories from fat); 8g Protein; 45g Carbohydrate; 5g Dietary Fiber; 6mg Cholesterol; 122mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Other Carbohydrates.

## Mexican Salmon - Barbecue

Healthy Units 8

Servings 4

Posted by CanadianMaria

Date July 7, 2003

**Comments:** don't cut back on the cayenne – it isn't as hot as you think! I used regular chili powder.

### Ingredients

- 1 small red onion
- 6 plum tomatoes
- 1 tablespoons butter
- 3 tablespoons Dijon mustard
- 2 tablespoons dark brown sugar
- 1 tablespoon honey
- 1 tablespoon cayenne pepper
- 1 tablespoon ancho chili powder
- 1 tablespoon paprika
- 1 tablespoon Worcestershire sauce
- 4 salmon filets, about 6 ounces each

### Instructions.

1. Using a sharp knife, finely chop the red onion and finely dice the garlic
2. Next, dice the plum tomatoes finely and set aside.
3. Melt the butter in a large, heavy saucepan and gently cook the onion and garlic until translucent.
4. Add the tomatoes to the saucepan and allow to simmer for 15 minutes.
5. Add the remaining ingredients, excluding the salmon, simmer for another 20 minutes. Pour the mixture into a food processor and blend until smooth. Set aside to cool.
6. Brush salmon with the sauce, and chill for at least 2 hours. Cook on a hot grill for 6 minutes, basting with the sauce and turning once.

## Provençal Fish Kabobs

[Al\\_Dente](#) 07/07/2003 01:08:54 PM

Serving Size : 6

Points: 3.5 Per Serving

-----  
1/2 cup red wine vinegar  
1 tablespoon vegetable oil  
2 teaspoons chopped fresh tarragon leaves  
OR  
1/2 teaspoon dried tarragon leaves  
2 teaspoons chopped fresh thyme  
OR  
1/2 teaspoon dried thyme leaves  
1 pound tuna or swordfish steaks -- cut into 2-inch pieces  
1 small eggplant (1 pound)  
2 cups cherry tomatoes  
1/2 pound medium whole mushrooms  
6 large cloves garlic -- peeled

Mix vinegar, oil, tarragon and thyme in shallow nonmetal dish or heavy-duty resealable plastic bag. Add fish, stirring to coat with marinade. Cover dish or seal bag and refrigerate 20 minutes.

Brush grill with vegetable oil. Heat coals or gas heat for direct heat. Remove fish from marinade; reserve marinade. Cut eggplant into 1-inch slices; cut slices into fourths. Thread fish, eggplant, tomatoes and mushrooms alternately on each of six 15-inch skewers, leaving space between each. Thread 1 clove garlic on end of each skewer.

Cover and grill kabobs 5 to 6 inches from medium heat 12 to 15 minutes, turning and brushing 2 to 3 times with marinade, until fish flakes easily with fork. Discard any remaining marinade.

-----  
Per Serving (excluding unknown items): 177 Calories; 6g Fat (32.0% calories from fat); 20g Protein; 11g Carbohydrate; 3g Dietary Fiber; 29mg Cholesterol; 39mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

## **Fettucini Alfredo II**

Five Star Cookbook

HU: 7 (I think)

Serves: 4

Posted by LissaR

July 8, 2003

7.2 healthy units

### **Ingredients:**

1 tablespoon butter

2 small cloves of garlic, minced

1 tablespoon flour

1-1/3 cups skim milk

2 tablespoons light cream cheese

1-1/4 cup fresh grated Parmesan, divided

2 tsp. chopped parsley

4 cups hot cooked fettucini

1. Melt butter in saucepan over medium heat. Add garlic and saute for one minute. Sprinkle flour over the mixture and stir, cooking for one minute. Gradually add skim milk, stirring with a wire whisk. Cook for eight minutes until thickened and bubbly, stirring constantly.

2. Add cream cheese, stirring with a whisk. Cook for two minutes.

3. Add 1 cup of Parmesan, stirring until cheese is melted.

4. Pour sauce over the fettucini, tossing to coat. Add 1/4 cup of Parmesan and the parsley, toss and serve.

### **NUTRITIONAL INFO**

CALORIES 345 (25% from fat); PROTEIN 16.8g; FAT 9.7g (sat 4.4g, mono2.7g, poly 1.4g); CARB 46.7g; FIBER 2.3g; CHOL 18mg; IRON 2.3mg; SODIUM 401mg; CALC 333mg

## **Lemon Ginger Chicken Stir-Fry**

Source: Cooking Light Magazine

Serving size: 1 cup chicken mixture and 3/4 cup rice

HU 5 points per serving without rice, 8 HU with the rice

[JOANBORSTEN](#) 07/08/2003 12:00:53 PM

I am posting another GREAT recipe copied from Jill's website that is not in the compilation.

Joan B

Posted by: Joan B for JillyH

Date: July 7, 2003

This has a nice strong lemon/ginger/garlic flavor. If you like that flavor combo, you're sure to like this!

- 1 lb. boneless, skinless chicken breast, cut into 1 inch strips
- 1/4 tsp. freshly ground black pepper
- 1 tsp. canola oil
- 3/4 c. thinly sliced onion
- 2 T. minced peeled fresh ginger, divided
- 1 tsp. dark sesame oil
- 2 c. julienne-cut yellow summer squash
- 1 c. red bell pepper strips
- 1 T. grated lemon zest
- 1 T. minced fresh garlic
- 3 T. honey
- 3 T. low sodium soy sauce
- 3 T. fresh lemon juice
- 2 T. water
- 2 tsp. cornstarch
- 3 c. hot cooked jasmine rice

Sprinkle chicken with black pepper. Heat canola oil in a large nonstick skillet over medium high heat. Add chicken, onion, and 1 T. ginger, and stir fry 4 min. Remove from pan and keep warm. Heat sesame oil in pan over medium high heat. Add squash and bell pepper, and stir fry 3 min. Combine 1 T. minced ginger, lemon rind, and next 6 ingredients in a small bowl. Add chicken and honey mixture to pan, and stir fry 4 min or until chicken is done. Serve with rice

Yield: 4 servings

Cal=395; Fat=4.3g; Fiber=3g

## **Wild Mushroom and Spinach Lasagna with Goat Cheese Sauce**

Cooking Light Annual Recipes, 2002, p. 118

Healthy Units: 8, acc to nutrition info, but I can't get it to work out to fewer than 11 in RB

Serves: 4

Posted by: Jillyh (Jill)

7/9/03

Jill's Rating: 5

1 ½ c. boiling water

1 c. dried porcini mushrooms (about 1 oz)

2 (3 ½ oz) packages shiitake mushrooms

Cooking spray

1 (8 oz) package presliced button mushrooms

½ tsp. salt, divided

¼ tsp. dried thyme

¼ tsp. black pepper, divided

¼ c. dry white wine

1 Tbsp. butter

2 Tbsp. all purpose flour

1 ½ c. fat free milk

½ c. (2 oz) crumbled goat cheese

¼ c. grated fresh Parmesan cheese, divided

6 no boil lasagna noodles (such as Vigo or Barilla)

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

2 c. chopped plum tomato

¾ c. (3 oz) shredded part-skim mozzarella cheese

Preheat oven to 375. Combine water and porcini in a medium bowl; cover and let stand 15 minutes. Drain in a sieve over a bowl, reserving 1 c. liquid. Bring liquid to a boil in small saucepan; reduce heat to medium, and cook until reduced to ¼ cup (about 5 minutes). Remove stems from shiitakes; discard stems. Slice caps. Heat a large nonstick skillet coated with cooking spray over medium high heat. Add porcini, shiitake, and button mushrooms, ¼ tsp. salt, 1/8 tsp. pepper, and thyme; sauté 12 minutes or until soft.

Add wine, and cook 2 minutes or until liquid almost evaporates. Melt butter in a medium saucepan over medium heat. Add flour, and cook 30 seconds, stirring constantly with a whisk. Gradually add ¼ c. porcini mushroom liquid and milk, stirring with a whisk until blended. Cook until thick (about 4 min.) Remove from heat. Add goat cheese, 2 Tbsp. Parmesan, ¼ tsp. salt, and 1/8 tsp. pepper, and stir until cheese melts. Spread ½ c. cheese sauce in bottom of an 8-inch square pan coated with cooking spray. Arrange 2 noodles over cheese sauce, and top with half of mushroom mixture, half of spinach, ¾ c. tomato, and ½ c. cheese sauce, and ¼ c. mozzarella. Repeat layers, ending with noodles. Spread remaining cheese sauce over noodles. Sprinkle with ¼ c. mozzarella, ½ c. tomato, and 2 Tbsp. parmesan. Cover and bake at 375 for 25 minutes. Uncover and bake an additional 25 minutes. Let stand 5 minutes. Yield: 4 servings. Calories=375; Fat=13.8g; Protein=22.3g; Carb=44.4g; Fiber=6.1g; Chol=65mg; Iron=4.6mg; Sodium=699mg; Calcium=479mg

## **Sicilian Stuffed Chicken Breasts with Marsala Wine Sauce**

Cooking Light, 2002, p. 91

Healthy Units: 5 by nutrition info, 6 by Recipe Builder

Serves: 4

Posted by: Jillyh (Jill) 07/09/2003 07:48:46 AM

Jill's Rating: 5/5

.  
1 T. olive oil  
1/2 tsp red pepper flakes  
1/2 tsp dried oregano  
1/4 tsp kosher salt  
10 oz. chopped frozen spinach, defrosted, and squeezed dry  
3 cloves garlic, minced  
3 T. freshly grated parmesan or romano cheese  
2 T. golden raisins  
2 T. capers  
4 (4 oz each) boneless, skinless chicken breast halves  
1/4 cup seasoned bread crumbs  
2 T. balsamic vinegar  
1 c. Marsala wine, divided  
2 T. water  
1/2 tsp cornstarch

Heat 1 tsp. oil in a medium skillet over medium heat. Add red pepper, salt, oregano, spinach, and garlic. Cook 3 minutes. Place spinach mixture in medium bowl. Stir in 1 T. Marsala and the cheese, raisins, and capers. Cut a horizontal slit through the thickest part of each chicken breast to form a pocket. Stuff about 1/3 cup of spinach mixture into each pocket. Secure each breast with wooden picks. Dredge breasts in breadcrumbs, turning to coat; shake off excess. Heat 2 tsp. oil in skillet over medium heat. Add chicken breasts; cook 12 minutes or until chicken is nicely browned, turning after 6 minutes. Remove from pan and keep warm. Add remaining Marsala and the vinegar to the pan. Combine water and cornstarch in a small bowl. Add cornstarch mixture to the pan and bring to a boil. Cook 1 minute, stirring constantly. Add chicken back to pan. Cover, reduce heat to medium low and simmer 6 minutes or until chicken is cooked through. Drizzle sauce over chicken. Yield: 4 servings (serving size=1 chicken breast half.)

Cal = 262; Fat = 6.8g; Protein=18.5; Carb=16.7g; Fiber = 2.5 g; Chol=91mg; Sodium = 696mg; Calcium = 170mg.

Online



## **Greek Style Skillet Supper**

Source: [www.mccormick.com](http://www.mccormick.com)

Healthy units:

Serves: 4 (very generous servings. with my changes, serves 6-7)

Posted by: Allison (alleycat)

July 9, 2003

Comments: I made a few changes to make it more Points-friendly. I used 93% Lean Ground Beef; 2-1/2 cups fresh green beans; whole wheat rotini pasta (Hodgkin's Mill?); and real garlic. I also added a diced zucchini and some spinach for extra veggies/fiber. Substituted fat-free feta cheese for regular (President's brand - 30 cals per serving). It is good, very fast, and doesn't heat up the kitchen too much on a hot, humid night.

### **Ingredients:**

1/2 pound ground beef  
1/2 cup chopped onion  
1 can (14 1/2 ounces) beef broth  
1 1/2 cups penne pasta, uncooked  
1 can (14 1/2 ounces) diced tomatoes  
1 1/2 cups frozen cut green beans  
2 tablespoons tomato paste  
2 teaspoons McCormick® Oregano Leaves  
1/2 teaspoon McCormick® Ground Cinnamon  
1/2 teaspoon McCormick® Garlic Powder  
3/4 cup crumbled feta cheese, divided

1. In large skillet, brown beef with onion over medium-high heat. Drain fat.
2. Add broth; bring to a boil. Stir in pasta. Return to a boil and simmer, covered, 8 minutes.
3. Stir in remaining ingredients except cheese. Return to a boil. Stir in 1/2 cup feta cheese. Simmer, uncovered, 7-10 minutes, until sauce thickens slightly. Sprinkle with remaining feta cheese.

—

## **Barbecued Pork Chops**

Cooking Light Website

H.U.: 6

Servings: 6 (1 Pork Chop and 1 ½ Tbs Sauce)

Posted by: eolmsted (Liz) 07/09/2003 09:42:55 AM

Date: July 9, 2003

### **INGREDIENTS:**

Sauce:

1/4 cup packed brown sugar

1/4 cup ketchup

1 tablespoon Worcestershire sauce

1 tablespoon low-sodium soy sauce

Remaining ingredients:

6 (6-ounce) bone-in center-cut pork chops (about 1/2 inch thick)

1 teaspoon dried thyme

1 teaspoon garlic salt

1/4 teaspoon ground red pepper

Cooking spray

### **INSTRUCTIONS:**

Prepare grill or broiler.

To prepare sauce, combine the first 4 ingredients in a small bowl. Place 1/4 cup sauce in a small bowl, and set aside.

Trim fat from pork. Combine the thyme, garlic salt, and pepper; sprinkle over pork. Place pork on a grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side, basting with remaining sauce. Serve pork chops with reserved 1/4 cup sauce.

### **NUTRITIONAL INFO:**

calories: 244 carbohydrates: 9.9 g cholesterol: 77 mg fat: 11.3 g sodium: 649 mg

protein: 24.6 g calcium: 22 mg iron: 1.5 mg fiber: 0.2 g

## **Greek Feta Burgers**

Source: CL website

Healthy Units: 7 (with bun)

Serves: 4

Posted by: Allison (alleycat) 07/09/2003 09:43:48 AM

July 9, 2003

Comments: These are soooo good!! I use ground beef or turkey in place of lamb, and skip the mint. I also throw dill into the burger itself. Skip the bun, eat with the cucumber-dill sauce (on page 757) and cucumber and tomatoes slices.

### **INGREDIENTS:**

1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry  
1 tablespoon lemon juice  
1/4 teaspoon pepper  
1 egg white, lightly beaten  
3/4 pound lean ground lamb  
1/2 cup (2 ounces) crumbled feta cheese  
1/4 cup chopped fresh mint or 4 teaspoons dried mint flakes  
Cooking spray  
4 (1-1/2-ounce) hamburger buns with onions  
1/2 cup diced tomato  
Cucumber-Dill Sauce

### **INSTRUCTIONS:**

1. Substitute ground round for the ground lamb, if desired.
2. Combine first 4 ingredients in a bowl; stir well. Add lamb, cheese, and mint; stir well. Divide mixture into 4 equal portions, shaping into 1/2- inch-thick patties.
3. Prepare grill. Place patties on grill rack coated with cooking spray; grill 5 minutes on each side or until done. (I've cooked them in a skillet)
4. Place patties on bottom halves of buns; top each with 2 tablespoons tomato, 2 tablespoons Cucumber-Dill Sauce, and top half of bun.

### **NUTRITIONAL INFO:**

calories: 336 carbohydrates: 29.2 g cholesterol: 74 mg fat: 11.4 g sodium: 425 mg  
protein: 28.9 g calcium: 208 mg iron: 3.8 mg fiber: 2.7 g

—

## **Cajun Black-Eyed Pea Soup**

Source: Joy of Cooking: All About Vegetarian Cooking

Healthy Units: 2 (fiber not in calculation)

Servings: 10

Posted by: MissVN

Date: July 9, 2003

### **Ingredients**

1 pound dried black-eyed peas (about 2 1/2 cups)  
3 medium stalks celery, diced (about 1 1/2 cups)  
2 medium onions, diced (about 2 cups)  
1 medium green pepper, diced (about 1 cup)  
1 medium red pepper, diced (about 1 cup)  
2 cloves garlic, minced  
3 tablespoons vegetable oil  
10 cups cold water  
2 tablespoons Worcestershire sauce  
2 to 3 teaspoons hot red pepper sauce, or to taste  
1 tablespoon salt  
Slice scallion greens (optional)

### **Instructions**

1. The night before, rinse, sort and soak the beans in enough water to cover by two inches.
2. In a soup pot gently cook the celery, onions, peppers, garlic and oil. Keep the pot covered and stir occasionally, cooking until tender but not brown.
3. Drain the beans and add them to the pot with 10 cups of fresh, cold water. Simmer, partially covered, until the beans are tender, about 1 hour. Using a potato masher, mash just enough beans in the pot to slightly thicken the soup.
4. Season with the Worcestershire sauce, hot pepper sauce and salt.
5. Ladle into warmed soup bowls and garnish with sliced scallion greens.

Cook's Note: If you wish to substitute fresh or frozen black-eyed peas for dried, use triple the cup amount called for and cook just until the beans are tender, 15 to 30 minutes depending on the maturity and whether they are frozen. The same is true of canned beans, except the cooking time would be shorter, until the beans are just heated through.

Makes 8 cups of soup.

### **Nutrition Info:**

Calories: 94, Total Fat: 4 g, Carbohydrates: 13 g, Protein: 2 g

## **Beef Tenderloin or Filet Mignon with Horseradish-and-Roasted Garlic Crust**

Source: CL website

Healthy Units: 4

Serves: 12

Posted by: Allison (alleycat)

07/09/2003 10:12:40 AM

This flavorful entree is elegant enough for a dinner party or holiday meal. Try serving the robust dish with a side of mashed potatoes.

### **INGREDIENTS:**

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

### **INSTRUCTIONS:**

Preheat oven to 350 degrees.

Remove white papery skin from garlic head (do not peel or separate the cloves). Coat with cooking spray; wrap in foil. Bake at 350 degrees for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Mash garlic pulp, horseradish, salt, basil, thyme, and pepper with a fork until blended.

Preheat oven to 400 degrees.

Trim fat from tenderloin; fold under 3 inches of small end. Rub garlic mixture over roast. Place tenderloin on a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of tenderloin. Bake at 400 degrees for 40 minutes or until thermometer registers 145 degrees (medium-rare) to 160 degrees (medium).

Place tenderloin on a platter. Cover and let stand 10 minutes before slicing.

### **NUTRITIONAL INFO:**

calories: 179 carbohydrates: 2.5 g cholesterol: 70 mg fat: 7.5 g sodium: 117 mg protein: 24 g calcium: 22 mg iron: 3.3 mg fiber: 0.2 g

Cooks Note: This is for beef tenderloin, but I make it using filet mignon. It's very good, very flavorful. My BF gave this five thumbs up, and claimed it as a superior "please make this again" dish. I scaled it back to serve 4. We like spice, so I was generous with the rub.

## **Shrimp Pad Thai**

WW Take Out Tonight

Healthy Units - 5

Servings - 4

Posted by ckroll

Date 7/9/03

### **Ingredients**

1/4 pound rice-stick noodles  
1 tsp canola oil  
1/2 pound large shrimp, peeled and deveined  
4 scallions-chopped  
2 cloves garlic minced  
2 egg whites, lightly beaten  
2 Tbs thai fish sauce  
2 Tbs sugar  
1 Tbs hot chili sauce  
1 Tbs soy sauce (red. Na++)  
2 cups bean sprout  
3 Tbsp dry-roasted peanuts, chopped  
1/4 cup cilantro

### **Instructions:**

- 1) Place noodles in large bowl and add enough hot water to cover, let stand until noodles are soft (about 10 minutes). Drain and transfer to lg bowl of cold water to cool, drain and set aside.
- 2) 2) Heat large nonstick skillet over med-high heat. Swirl in oil and then add shrimp. Cook until opaque in center (about 3 min). Add scallions and garlic and cook about 30 seconds. Add egg whites until begin to set (about 30 sec).

Add fish sauce, sugar, chili sauce, soy sauce, and cook/stir until sugar dissolves, about 30 seconds. Add noodles and bean sprouts, cook while tossing gently for 2-3 min., sprinkle with nuts and cilantro.

I often don't use the bean sprouts or peanuts and have started using rice instead of the noodles. The portions are pretty small, so I actually serve 2 servings per person, but decrease points with less rice and no nuts.

Tip - this recipe moves quickly so be prepared with all ingredients. I mix the fish sauce, etc in a little bowl while eggs cook and then put in pan together.



## **SAUCY POTATO SALAD (SOUTHERN FAVORITES)**

SOUTHERN LIVING SUMMER TIME 1995

HEALTHY UNITS: 2

Servings | 8

POSTED BY: MARNA JORDAN

HAROLD JORDAN'S RATING 5/5 MARNA TOO

### **COMMENTS:**

THE ONION, CELERY GREEN OR RED BELL PEPPER, SHOULD BE CHOPPED FINE. GRATE THE CARROT. DILL PICKLE IS 1/4 CUP RELISH. THE AMOUNT OF DICED OR SLICED PIMIENTO IS 2 OZS. YOU CAN USE YOGURT OR SOUR CREAM. SERVING SIZE 1/2 CUP.

### **Ingredients**

3/4 pound potato(es), red or white, cooked  
1/2 cup onion(s)  
1/2 cup celery  
1/2 cup green pepper  
1/4 cup carrot(s)  
1/4 serving dill pickle(s)  
1/4 cup sweet pickle relish  
2 serving SLICED PIMIENTO  
1/4 cup light sour cream  
1/4 cup reduced-calorie mayonnaise  
2 Tbsp Grey Poupon Dijon Mustard  
1/8 tsp black pepper  
1/8 tsp ground red pepper

### **Instructions:**

1. CUT POTATOES INTO SMALL CUBES; COOK IN BOILING WATER TO COVER 8 MINUTES OR UNTIL TENDER. DRAIN AND COOL.  
2. COMBINE POTATOES AND THE NEXT 7 INGREDIENTS; STIR WELL, AND POUR OVER POTATIO MIXTURE. TOSS GENTLY; COVER AND CHILL. YIELD: 8 SERVINGS

CALORIES 74, FAT 2.4, CHOL 3MG, SODIUM 232MG,CARB'S 12G, FIBER 1.3G, PROTEIN 1.9G.

## **Steaks with Cranberry Port Sauce and Gorgonzola**

Source: [www.epicurious.com/run/recipe/view?id=102864](http://www.epicurious.com/run/recipe/view?id=102864)

HU: 12(According to RB, but if you calculate the points by hand, it comes to 7-8, quirky RB!)

Servings = 4

Posted By Annieb9148

July 9, 2003

Comments: I re-vamped the original, which was very high in fat (ie loads of butter, lol). But, IMHO, it was great. I served the steaks with garlic mashed potatoes and steamed asparagus.

### **Ingredients**

2 Tbsp I Can't Believe It's Not Butter! Light Soft Margarine

2 clove garlic clove, sliced

1 medium shallot, sliced

1 1/4 cup College Inn 99% Fat-Free Beef Broth

1 cup ruby Port wine

1/4 cup dried cranberries

16 oz raw lean tenderloin beef (4 steaks)

1/2 tsp minced fresh rosemary

2 oz crumbled gorgonzola cheese

### **Instructions**

Melt 1 tablespoon butter in saucepan over medium-high heat. Add garlic and shallot, then 1 cup broth, Port and cranberries. Boil liquid until reduced to 1/2 cup, about 8 minutes. Set sauce aside.

Melt remaining 1 tablespoon butter in large skillet over medium-high heat. Sprinkle steaks with salt and pepper. Add steaks to skillet; cook to desired doneness, about 5 minutes per side for medium-rare. Transfer steaks to plate; cover loosely with foil. Add rosemary to skillet, then sauce and remaining 1/4 cup broth. Boil 1 minute, scraping up browned bits. Season with salt and pepper; spoon sauce over steaks. Top each with cheese.

—

## **Aw Maw's Potatoes**

Healthy Units: 4

Servings: 12

Posted by Carol (sandythecur)

September 8, 2003

Comments: Excellent side dish. Very cheesy and comfort-food-y (what a word). My company loved it! (NOTE: When I entered this into MasterCook, I got nutritional info that made it only 2.5 POINTS/serving. However, I'm not that good with MasterCook yet, and I think I might have made a mistake on the ingredient list, so I posted the CL nutritional information, as they seem to know what they're doing more than I do.)

### **Ingredients**

4 pounds baking potatoes -- unpeeled

1/3 cup butter

3 cups milk, skim

1 cup cheddar cheese, lowfat -- shredded

2 teaspoons salt

1/4 teaspoon freshly ground black pepper

### **Instructions**

1. Place potatoes in a Dutch oven, and cover with water. Bring to a boil; reduce heat, and simmer 20 minutes or until tender. Drain. Cover and chill.
2. Preheat oven to 350 degrees.
3. Peel and shred potatoes. Place in a 9x13 baking dish coated with cooking spray.
4. Melt butter in a large saucepan over medium heat. Stir in milk, 1/2 c. cheese, salt, and pepper. Cook 8 minutes or until cheese melts, stirring occasionally. Pour over potatoes, and stir gently.
5. Bake at 350 degrees for 45 minutes.
6. Sprinkle with 1/2 c. cheese, and bake an additional 15 minutes or until cheese melts.

Calories 213 (30% from fat); Fat 7g (sat 4.5g, mono 1.9g, poly 0.3g); Protein 8g; Carb 30.2g; Fiber 2.4g; Chol 20mg; Iron 1.2mg; Sodium 541mg; Calc 174mg

## **GRILLED PARMESAN BREADED SCALLOPS WITH LEMON GARNISH**

Recipe from: Weber's Big Book of Grilling

Healthy units: 5

Servings: 4

Posted by jill7331 (Jill W.)

Date: 7/10/03

Rated: 5/5

Clean, refreshing flavors just meant for a balmy summer evening. A simple recipe like this gets its' strength from the quality of the ingredients so use the real Parmigiano-Regiano from Pormo, Italy.

### **INGREDIENTS:**

#### **FOR THE COATING:**

1/2 CUP FINE DRY PLAIN BREAD CRUMBS

¼ Cup FRESHLY GRATED PARMIGIANO REGGIANOCHEESE

1/2 TEASPOON KOSHER SALT

1/2 TEASPOON FRESHLY GROUND BLACK PEPPER

20 LARGE SEA SCALLOPS (ABOUT 1 ¼ POUNDS)

3/4 TABLESPOONS EXTRA-VIRGIN OLIVE OIL (\*Originally called for 2 TBSP)

#### **FOR THE GARNISH:**

½ CUP LOOSELY PACKED FRESH ITALIAN PARSLEY LEAVES

2 TABLESPOONS LEMON ZEST

1/2 TABLESPOON EXTRA-VIRGIN OLIVE OIL (\*Originally called for 1 TBSP)

1 TEASPOON LEMON JUICE

### **INSTRUCTIONS:**

To make the coating: Combine the coating ingredients on a plate and mix with your fingers.

Wash the scallops and remove the small, tough side muscle.

Pat the scallops dry with paper towels and place in a small bowl.

Add the olive oil and mix to coat.

Dip the scallops in the coating, turning to coat evenly.

Gently press the crumbs onto the scallops.

Place the scallops in a single layer on a clean plate.

Cover with plastic wrap and refrigerate for 30 minutes to set the crumbs.

To make the garnish:

Finely chop the garnish ingredients and mix together.

Brush or spray the scallops with olive oil. (Recommend spray)

Place on the grate 1 to 2 inches apart and grill over Direct/high heat until just opaque in the center, 4 to 6 minutes, turning once halfway through grilling time.

Remove from the grill, sprinkle with the garnish, and serve warm.

Cook's note: The original recipe was made lighter by the reduction of Olive Oil being used for both the coating of the scallops as well as the spraying prior to putting on the grill.

## Steak and Bleu Cheese Wraps

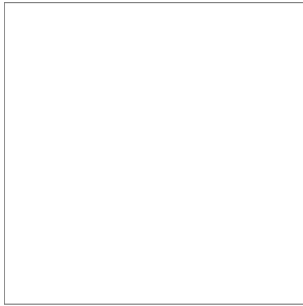
Cooking Light Web Site

Healthy Units: 6

Servings: 4

Posted by LissaR

July 11, 2003



### INGREDIENTS

12 ounces boned top round steak  
2 teaspoons dry mustard  
1/2 teaspoon black pepper  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
Cooking spray  
2 cups sliced mushrooms  
1 onion, cut into 1/4-inch-thick wedges  
1 medium red bell pepper, seeded and cut into 1/4-inch strips  
2 tablespoons water  
1-1/2 tablespoons red wine vinegar  
1/2 cup (2 ounces) crumbled blue cheese or feta cheese  
4 (8-inch) fat-free flour tortillas  
2 cups chopped romaine lettuce

### INSTRUCTIONS

Trim fat from beef; slice into 1/4-inch strips. Set aside.

Combine the mustard, black pepper, garlic, and salt in a large bowl. Add beef, tossing to coat.

Place a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add beef mixture; sauté 4 minutes or until done. Remove from pan; keep warm. Add mushrooms, onion, and bell pepper to pan; sauté 2 minutes. Add water; cover and cook 5 minutes, stirring occasionally. Stir in beef mixture and vinegar. Remove from heat; stir in cheese.

Warm tortillas according to package instructions. Spoon 1 cup mixture onto each tortilla;

top each serving with 1/2 cup lettuce, and roll up.

YIELD: 4 servings (serving size: 1 wrap)

#### NUTRITIONAL INFO

calories: 310 carbohydrates: 32.4 g cholesterol: 56 mg fat: 8.1 g sodium: 732 mg  
protein: 26.3 g calcium: 103 mg iron: 4.1 mg fiber: 3.3 g

## **Roasted Vidalias**

The Complete Cooking Light Cookbook, p. 496

HU: 1

Servings: 4 (3/4 cup servings)

Posted by DERB63 (Debra)

July 11, 2003

Debra's rating 5/5

Comments: These are delicious! If you don't care for Balsamic Vinegar, just leave it out.

4 Vidalia or other sweet onion, each peeled and cut into 8 wedges (about 2 pounds)

Olive Oil-flavored Cooking Spray

1 teaspoon dried thyme

1 teaspoon dried tarragon flakes

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1 tablespoon balsamic vinegar

Preheat oven to 450°.

Arrange onion wedges on a jelly-roll pan coated with cooking spray; sprinkle with thyme, salt, and pepper. Bake at 450° for 20 minutes. Turn onion wedges over; bake an additional 20 minutes or until onions are tender.

Spoon onions into a serving dish, and drizzle with vinegar.

Calories 92; Fat 0.9; Protein 2.7g; Carb 20g; Fiber 4.3g; Chol 0mg; Iron 1 mg; Sodium 300mg; Calc 53mg.



## CAJUN SHRIMP TACOS

Healthy Units: 7

Servings: 4

Posted by: MissVN

Date: July 11, 2003

Note: The original recipe for this is slightly different. Serves more, more oil and no low-fat sour cream. Easily changed with no problems to make it more health friendly. Also, the original was served with a Tomatillo Salsa, but any freshly made salsa should work.

### Ingredients

For Chili Sour Cream:

1/2 cup light sour cream

1 tsp chili powder

1/8 tsp cayenne pepper

For Cajun Shrimp Tacos:

1 pound shrimp

1 tsp chili powder

1 tsp paprika

1 tsp olive oil

1 cup watercress

1 medium avocado, sliced

8 corn tortilla(s)

### Instructions

For Sour Cream:

Whisk all ingredients in medium bowl to blend. Season with salt. (Can be made 1 day ahead. Chill.)

For Shrimp:

Combine chili powder and paprika in large bowl. Add shrimp; toss to coat. Let stand 5 minutes. Heat oil in heavy large skillet over high heat. Add garlic and sauté until fragrant, about 1 minute. Add shrimp; sauté until opaque in center, about 5 minutes. Season with salt and pepper. Transfer to a small bowl.

Arrange half of watercress on platter. Top with shrimp. Chop remaining watercress. Place in small bowl. Place sour cream, avocados and chopped watercress in separate bowls. Serve with warmed tortillas.

~~ Victoria ~~

### **Citrus Salsa-for fish or salmon**

Source: Calphalon Culinary Center demo at Taste of Chicago 2003

Healthy Units - minimal, maybe 1

Servings - 6 to 8

Posted by: 2B@Goal (Linda)

Date - July 11, 2003

#### **Ingredients**

1 naval orange, peeled and cut in segments

1 lemon, peeled, and cut in segments

1 lime, peeled, and cut in segments

2 roma tomatoes, diced

2 cloves garlic, minced

1/4 red onion, chopped

1/4 red pepper, diced small

1/2 jalapeno pepper, minced

1/4 cup chopped cilantro

salt and black pepper to taste

#### **Instructions:**

Mix all at least an hour before serving for flavors to meld. This is a wonderful mixture of flavors and textures.

Great with grilled salmon or fish, you may want to play with the ingredients somewhat. For example if your lime and lemon is extremely tart, you may prefer to add more oranges and tomatoes or reduce the lemon/lime included. Also the amount of jalapeno should be adjusted to your tastes and the heat of your jalapeno as well.

### **Shrimp- Garlic-Lover's Shrimp**

CL Annual 1999 pg 53

HU: 4

Serves 4

7-11-03

posted by Scarehair (Carrie)

1 Tbls olive oil

1/4 tsp dried crushed red pepper

8 garlic cloves, minced

1 bay leaf

1 1/2 lbs large shrimp, peeled and deveined

1/4 tsp salt

1/2 C dry white wine

2 Tbls fresh minced parsley (I really like fresh basil, too)

1/4 tsp dried thyme (I like 1 Tbls fresh)

Heat oil in large non-stick skillet over med-hi heat. Add pepper, garlic and bay leaf; sauté 30 seconds. Add shrimp and salt; sauté 3 minutes. Remove shrimp from skillet. Add wine, parsley and thyme; bring to boil. Cook until reduced to 1/4 cup (About 1 minute). return shrimp to skillet; toss to coat. Discard bay leaf. Yield 4 servings.

Cal: 177, Fat: 5.6g Fiber: 0.2g

## **Grilled Vegetable Sandwich with Romesco Sauce**

CL Annual 2000 pg 237

HU: 5

Serves 2

7-11-03

posted by Scarehair (Carrie)

- 1 (3/4 lb) eggplant
- 1 small zucchini
- 2 (1/4" thick) slices onion
- 1 red bell pepper, halved and seeded
- 1 yellow bell pepper, halved and seeded
- olive oil cooking spray
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 Tbls Romesco Sauce (recipe to follow)
- 4 (1" thick) slices diagonally cut country or peasant bread, toasted

Prepare grill or broiler

Cut eggplant lengthwise into 4 (1/2") slices. Reserve remaining eggplant and zucchini for another use.. Coat both sides of eggplant, zucchini, onion and bell peppers with cooking spray. Place veggies on grill rack coated with cooking spray. Cook 5 minutes on each side or until tender. Remove from grill. Sprinkle with salt and pepper. Spread 1 1/2 tsp Romesco Sauce over each bread slice; ;layer each of two slices with 2 eggplant, 2 zucchini, 1 onion, half a red bell pepper, and half a yellow bell pepper. Top with remaining slices of bread. Cut each sandwich in half and secure with wooden toothpicks.

Cal: 261, Fal: 5.4g, Fiber: 6.3g

## **Romesco Sauce**

Source: CL Annual 2000

HU: 1

makes 2 C. (Serving size 1 Tbls)

posted by Scarehair (Carrie)

7-11-03

1 large red bell pepper

1/3 C blanched almonds (about 1 1/2 oz)

1 tsp paprika

1/2 tsp salt

1/4 tsp ground red pepper

4 plum tomatoes, quartered and seeded

1 (1" thick) slices Italian bread, toasted

3 garlic cloves, peeled

1/4 C extra virgin olive oil

2 Tbls sherry vinegar or white wine vinegar

Preheat broiler. Cut bell pepper in half lengthwise; discard seeds and membranes.

Place pepper halves, skin sides up, on a foil lined baking sheet; flatten with hand. Broil

15 minutes or until blackened. Place in a zip-top plastic bag and seal. Let stand 15

minutes. Peel. Combine bell pepper, almonds, and next 6 ingredients in a food processor; process until minced. Add oil and vinegar; process until smooth.

2 Cups, serving size 1 Tbls

Cal: 35 Fat: 2.6g, Fiber: 0.5g

## **Baby Spinach Salad with Goat Cheese and Dried Cherries**

F&W-May 2001.

4 SERVINGS

HU-5 (or less by decreasing oil and butter)

Posted by [yaytheyfit](#) (Joanne Weir)

1 teaspoon unsalted butter

1/3 cup sliced almonds

2 tablespoons extra-virgin olive oil

2 tablespoons balsamic vinegar

Salt and freshly ground pepper

One 10-ounce bag baby spinach

1/2 cup dried sour cherries

4 ounces mild goat cheese, crumbled

1. Melt the butter in a small skillet. Add the almonds and cook over moderately high heat, stirring constantly, until golden, about 3 minutes. Drain on paper towels and let cool completely.

2. In a small bowl, whisk the olive oil with the vinegar and season the vinaigrette with salt and pepper. In a large bowl, toss the spinach with the sour cherries and almonds. Add the vinaigrette and toss well. Add the goat cheese, toss the salad lightly and serve.

## Garlic-Studded Mahimahi with Sage Butter

Recipe By : Cooking Light - March 2003

Serving Size : 4

Posted by: [Rapunzel64](#) (Rapunzel)

Date posted: 07/11/2003

### Ingredients:

4 garlic cloves -- thinly sliced  
4 (6 ounce) Mahimahi or other firm whitefish fillets  
cooking spray  
5 teaspoons butter -- softened  
1 1/2 tablespoons finely chopped fresh sage  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper

### Instructions:

1. Preheat oven to 475°.
2. Place garlic in a small saucepan, and cover with water. Bring to a boil; remove from heat. Drain and cool slightly. Make several small slits on outside of fillets; stuff with garlic. Place fillets on a broiler pan coated with cooking spray.
3. Combine butter, sage, salt, and pepper; spread evenly over fillets. Bake at 475° for 13 minutes or until fish flakes easily when tested with a fork.

Calories 193 (28% from fat); Fat 6g (sat. 3.3g; mon 1.6g; poly 0.5g); Protein 31.8g; Carb 1.2g; Fiber 0.1g; Chol 137mg; Iron 2mg; Sodium 294mg; Calc 38mg

## La Bamba Casserole

Recipe By: Cooking Light, October 02

Serving Size: 6

Categories: Beans Casseroles

Cooking Light Ground Turkey

Posted by: [Rapunzel64](#) (Rapunzel)

07/11/2003

### Ingredients

1 5.25 oz can whole green chilies -- drained  
cooking spray  
1 pound ground turkey breast  
1 cup chopped onion  
2 teaspoons chili powder  
1/2 teaspoon ground cumin  
1/4 teaspoon salt  
2 garlic cloves -- minced  
1 10 oz can diced tomatoes and green chilies -- undrained  
2 cups frozen whole kernel corn -- thawed  
1 16 oz can fat-free refried beans  
1 1/2 cups shredded cheddar cheese -- (6 ounces)  
1 cup chopped tomato  
1/2 cup chopped green onions

### Instructions:

1. Preheat oven to 375°.
2. Cut green chilies in half lengthwise. Arrange chilies in a single layer in an 8-inch square baking dish coated with cooking spray.
3. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add turkey, onion, chili powder, cumin, salt, and garlic; sauté 5 minutes, stirring to crumble. Add diced tomatoes; cook 5 minutes or until liquid evaporates.
4. Spoon turkey mixture over chilies. Top with corn. Carefully spread beans over corn. Sprinkle cheese over beans. Bake at 375° for 30 minutes. Let stand 5 minutes; top with chopped tomato and green onions.

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

Calories 344; Fat 10.7; Fiber 7.4g



## **PENNE WITH ASPARAGUS LEMON SAUCE**

Source: Red, White and Greens by Faith Willinger

Serving 6

Healthy Units: 7

Posted by: Joan Borsten

Date: July 11, 2003

Couldn't let asparagus season go by without sharing this great recipe. PS Faith cooks her pasta until before it reaches al dente stage, drains saving some of the starchy water, and then adds sauce and some of the reserved and starchy water to complete cooking. I eliminated this step because I didn't want the extra starch (and anyway had no idea how to explain this to the Recipe Builder).

### **INGREDIENTS**

1 lb fresh asparagus  
5-6 quarts water  
2-3 T sea salt  
1 t minced lemon zest  
¼ c quality extra virgin olive oil  
freshly ground pepper  
12 oz. Penne or short pasta  
¼ c parmesan

### **preparation**

1. Snap tough butt ends off asparagus or peel to the tender core. Cut stems into 1 inch pieces. Reserve asparagus tips.
2. Bring 5-5 quarters water to a rolling boil, add 2-3 T salt, and cook asparagus stems 6-8 minutes until soft and totally tender. Remove stems with slotted spoon, refresh in cold water and drain.
3. cook tips in the boiling water for 3-5 minutes until tender. Remove with slotted spoon, refresh in cold water, and drain. Reserve asparagus cooking water.
4. Puree stems in food processor with lemon zest, extra virgin olive oil, ½ c asparagus cooking water, and salt and pepper to taste. Transfer sauce to 3 quart pan.
5. Cook pasta until al dente. Drain. Return to pot. Add asparagus tips, asparagus stem puree, and mix well. Sauce should surround pasta but be slightly liquid since cheese will thicken it. Add a few Tablespoons of hot water if necessary to get the right consistency.
6. Add grated Parmesan, heat for an additional minute to melt cheese and serve immediately.

I have died and gone to heaven that Penne was delightful and I will now return the favor and tell you must pair it with the Green Beans with lemon & browned Garlic, the flavor combo is outstanding. The Penne is such a delicate flavor and then the green beans pack a punch of the lemon and garlic to tell the truth I loved having a little of each dish on my fork as I ate it. DELISH!!!! I will check now to see if the green beans are in the comp and will post if not.

## **Crab- Baked Soft Shelled**

10 Points

Posted by Betsy

Servings 2

July 11, 2003

### **Ingredients**

1/2 cup flour

1 tbsp oil or spray butter

1/4 cup Eggbeaters

2 Tbsp Old Bay Seasoning

8 Soft shell crabs

### **Instructions:**

Clean and pat dry crabs. Dip in eggbeaters and roll in the Old Bay & flour mixture. Place on oiled cookie sheet and spray with butter spray.

Cook at 350 for about 15 minutes turning once.

I tend to dress the flour heavily with Old Bay but I'm a spice freak! I'm still working on a sauce to replace tartar or brown butter sauce.

Any ideas? I modified the recipe from one I found at Crab Place.

## **Stuffed Mushrooms**

[TAMMY1961](#)

07/11/2003

Onion, bell pepper, cottage cheese, and seasonings make these stuffed mushrooms a favorite for family as well as guests.

This recipe can be found on page 47 of Cooking Light Annual Recipes 2003.

### **Ingredients**

1 tablespoon butter  
1/2 cup finely chopped onion  
1/2 cup finely chopped green bell pepper  
2 garlic cloves, minced  
2/3 cup fat-free cottage cheese  
2 teaspoons Worcestershire sauce  
1/3 cup Italian-seasoned breadcrumbs  
24 button mushroom caps  
Cooking spray  
1/2 teaspoon paprika  
3 tablespoons grated fresh Parmesan cheese

### **Directions**

Preheat oven to 350°.

Melt butter in a nonstick skillet over medium-high heat. Add onion, bell pepper, and garlic; sauté 5 minutes or until tender. Stir in cottage cheese and Worcestershire sauce, stirring until cheese melts. Remove from heat; stir in breadcrumbs. (Mixture will be thick.) Spoon mixture evenly into mushroom caps.

Place the mushroom caps in an 11 x 7-inch baking dish coated with cooking spray. Sprinkle mushrooms evenly with paprika. Bake at 350° for 20 minutes or until tender. Sprinkle with Parmesan cheese.

Preparation Time: 25 minutes

Cooking Time: 25 minutes

Servings/Serving Size: Yield: 6 servings (serving size: 4 mushrooms).

### **Nutrition Facts (per Serving):**

104 calories; 11.4 g carbohydrates; 10 mg cholesterol; 3.4 g fat; 358 mg sodium; 8.2 g protein; 0 mg calcium; 1.3 mg iron; 1.7 g fiber

## **Broccoli and Cranberry Salad**

Source: Unknown

Number of Servings 10 (about 1/2 to 2/3 cup)

HU - 4 per Serving

Submitted by DebMj1

July 12, 2003

NOTE: I cooked the broccoli in the microwave for about a minute and a half. It doesn't soften it per se, but it takes the real "hardness" out of it.

5 cups broccoli florets, cut in 1/2" pieces

1/2 cup chopped red onion

1/2 cup shredded lowfat cheddar cheese

1/2 cup bacon, cooked and crumbled

1/4 cup sunflower seeds

1/2 cup sweetened dried cranberries, like Craisins (I lightly chop the cranberries)

1/2 cup light mayonnaise

2 Tablespoons sugar

1/2 Tablespoon cider vinegar

1/4 teaspoon salt

pinch ground black pepper

Combine first 6 ingredients in a large mixing bowl; mix well. Combine dressing ingredients in a small mixing bowl. Mix until thoroughly combined. Add dressing to salad and mix well. Refrigerate at least 1 hour.

Per Serving (excluding unknown items): 169 Calories; 10g Fat (54.1% calories from fat); 7g Protein; 13g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 347mg Sodium.

Healthy Units: 2  
Serving Size: 4  
Posted by: Joan C.  
June 12, 2003  
Categories: Brunch, light supper, potato side dish

Amount Measure Ingredient -- Preparation Method  
3 1/2 cups potato -- grated  
1/2 cup onions -- minced  
2 tablespoons flour  
1/2 cup egg beaters® 99% egg substitute -- or 2 large eggs, beaten

In a 10-inch non-stick pan sprayed with a bit of Pam or a tiny bit of oil, add mixture and spread evenly. Pat down firmly. Cook for 10 minutes over medium heat (high enough to brown, but not to burn!) Invert on baking sheet or plate and slide back into pan carefully. Cook for 10 minutes longer. Will now be attractively brown on both sides. Serve as a potato side dish or with Peach, Papaya, Tomato Chili Salad as a luncheon, brunch, or light supper entree.

-----  
Per Serving (excluding unknown items): 138 Calories; trace Fat (1.3% calories from fat); 6g Protein; 29g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 51mg Sodium.  
Exchanges: 2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable.

## **Peach, Papaya, Tomato Chili Salad**

H. U. 1

Source: Can't remember

Serving Size: 4 (if entree) 6 if side dish

Posted by: Joan C.

July 12, 2003

Amount Measure Ingredient -- Preparation Method

-----  
4 peaches -- diced  
1/2 papaya -- diced  
1 tablespoon lemon juice  
2 tomatoes -- cut into 8 wedges  
8 scallion -- chopped  
1/2 teaspoon jalapeno Chile peppers -- diced  
3 tablespoons seasoned rice vinegar

Combine and chill until ready to serve. I serve this with Potato Rosti. This is amazing when fruits are at their prime!

- - - - -  
Per Serving (excluding unknown items): 82 Calories; trace Fat (3.6% calories from fat); 2g Protein; 21g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 12mg Sodium.  
Exchanges: 1 Vegetable; 1 Fruit; 0 Fat; 0 Other Carbohydrates.

## **Caramelized Garlic**

Healthy Units: 2 (accounting for small amount of oil)

Source: Slow Cooker Cooking by Lora Brody

Servings: 2

Posted by: MissVN

Date: July 12, 2003

Every trendy restaurant, at one time or another, has set out roasted garlic along with slices of crust bread on which to smear it. Using the oversized elephant garlic gives a milder flavor, but the regular variety is just as tasty if a little more pungent. If you are only cooking 1 bulb, it's best to use a small (1-quart) slow cooker.

### **Ingredients:**

1 bulb elephant garlic or 2 bulbs regular garlic, intact.

Olive Oil or Vegetable Oil

### **Instructions:**

To prepare the garlic, use a serrated knife to cut off one fourth of the top of the bulb, exposing just the tops of the cloves. Place the garlic, cut side up, in the insert of the slow cooker. Pour in oil to come about one third of the way up the sides of the garlic bulb. Cover and cook on HIGH 4 to 6 hours or until the garlic is very soft when pierced with the point of a sharp knife. Cool the garlic bulb in the oil. Drain garlic. Can be served warm with crusty bread, or you can cool it to use with other recipes.

NOTE: The fragrant garlic oil can be stored in the refrigerator in a tightly covered container for 1 month. Use it in salad dressings, to baste broiled fish, and drizzle it over soup, pasta, or grilled vegetables.

## **Caramelized Onions**

Healthy Units: 2 (accounting for small amount of butter)

Source: Slow Cooker Cooking by Lora Brody

Servings: N/A

Posted by: MissVN

Date: July 12, 2003

### **Ingredients:**

3 pounds Vidalia or other sweet onions, peeled and cut into 1/8 inch thick to 1/4 inch thick slices.

8 tablespoons (1 stick) butter

### **Instructions:**

Place the onions and butter in the insert of the slow cooker, cover, and cook on LOW for 12-14 hours, until the onions are deep brown and very soft. It's almost impossible to overcook these. Make sure to let the onions cook until they are mahogany colored.

NOTES: If you have a large slow cooker, you can double the amount of onions. It is not necessary to increase the amount of butter.

When you chill the onions, the onion-flavored butter will congeal on the surface of the cooking liquid. Skim it and use it when you sauté other vegetables, over pasta, or in risotto.



## **Mushroom Polenta Pie**

Healthy Units: 3

Source: Low-Fat Moosewood

Servings: 6

Posted by: LMaybloom (who got it from CaroleKM)

Date: July 12, 2003

### **Ingredients:**

3 cups water

1 cup cornmeal

1/2 tsp. salt

3 tsp. extra-virgin olive oil

1 large onion, chopped

1 large clove garlic, minced or pressed

3 cups thinly sliced mushrooms [about 10 ounces]

4 cups stemmed and chopped Swiss Chard leaves, lightly packed

dashes of salt and ground pepper

1/2 cup freshly grated parmesan cheese

### **Directions:**

Bring 2 cups of the water to a boil in a medium saucepan. While the water heats, stir the remaining cup of water into the cornmeal. When the water boils, whisk the wet cornmeal into it. Add the salt and 1 tsp. of the oil, cover, and simmer on very low heat for 20-25 minutes, stirring often to prevent sticking. Remove from the heat. Prepare a 7x12-inch non-reactive baking dish with cooking spray or a very light coating of oil. Spread the Polenta evenly over the bottom of the baking dish and set aside.

Notes: Yummy and delicious and really easy. I don't like Swiss chard, so I used spinach when I made this the first time and kale when I attempted to make it yesterday. I'd recommend kale; it's a little sturdier.

## **Orange, Spiced Walnut and Dried Cranberry Salad**

Source: Central Market Foodie Fall 2003

Posted by: GRLYGIRL30

HU: 4 per serving

Servings | 8

This is absolutely delicious with chicken or fish and is a very refreshing side for a spicy dish also. I did try the recipe below for a brunch side with some poached eggs and Canadian bacon

### **Ingredients**

6 tbsp honey

1 1/2 tbsp water

3/4 tsp ground allspice

1/2 tsp table salt

1/4 tsp ground ginger

1 cup walnut halves

2 tsp sugar

3/4 cup water

3/4 cup Ocean Spray Light Cranberry Juice Cocktail

1/2 cup dried cranberries

8 medium orange(s)

8 piece mint leaves

### **Instructions**

Preheat oven to 325 Degrees.

Line a baking sheet with parchment paper.

Combine the honey, 1-1/2 tbsp water allspice, salt, and ginger in a large bowl; mix well.

Add the walnuts and toss well to coat.

Strain out the walnuts, reserving the liquid.

Place the walnuts on the prepared baking sheet; sprinkle with the sugar.

Bake for 16 minutes or until golden brown.

Cool completely.

Whisk 3/4 cup water, cranberry juice, and reserved liquid in a medium sauce pan.

Stir in the dried cranberries; bring to a boil.

Reduce heat to medium-low; simmer for 20 minutes or until the cranberries are soft and the liquid is reduced to a thin syrup.

Peel the oranges and remove the white pith. (I prefer to do them in the shape of an octagon for presentation)

Cut them into 1/2 slices and arrange on a platter.

Spoon the sauce over the oranges evenly and then sprinkle with the walnuts

Garnish with the mint leaves.

Notes: From the Central Market Foodie Fall 2003. I take quite a few cooking classes with them and always love the recipes.

## **Pumpkin wild rice soup**

Source: Mary Zotz

Healthy units: 2

Servings: 8

Posted by: Zephyr1

Date posted: 7-13-03

Comments: This is very rich tasting and simple to prepare, the flavor is awesome, I like to add a bit of fresh tarragon. It also freezes well.

Pumpkin Wild Rice Soup

Servings: 8

Points per serving: 2

2 cups cooked wild rice  
2 tablespoons margarine  
1 cup chopped onion  
4 cups fat-free chicken broth  
15 ounces canned pumpkin  
1/8 teaspoon white pepper  
1 cup fat free half-and-half  
Chives or parsley for garnish

Cook wild rice according to package directions. Melt butter in large saucepan. Add onion and cook until light brown. Stir in broth and pumpkin. Cook 10 to 15 minutes, stirring occasionally. Add wild rice and pepper; cook 10 minutes longer. Stir in cream; heat to boiling. Serve garnished with chives or parsley. Makes 8 servings

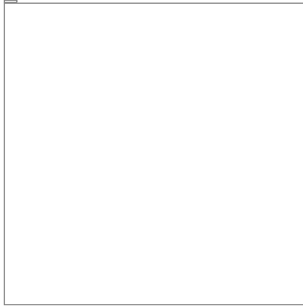
Per Serving: 121 Calories; 3g Fat; 8g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 317mg Sodium. Exchanges: 1/2 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Using Butter (unsalted)...

Per Serving: 121 Calories; 3g Fat; 8g Protein; 19g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 285mg Sodium. Exchanges: 1/2 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Using Butter Flavor Pam...

Per Serving: 96 Calories; trace Fat; 8g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 284mg Sodium. Exchanges: 1/2 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 0 Fat.



## **Risotto with Vidalia green onions & Blue cheese**

Source: Cooking Light Website

Healthy units: 7

Serving: 4 (3/4 cup servings)

Posted By: Zephyr1

Date posted: 7/14/03

Comments: The flavors are tremendously creamy. DO NOT SKIMP and use low fat butter. I would serve as a side and increase the servings to six by decreasing the serving size. The blue cheese is subtle and simply lends a creaminess. Definitely worth the effort and a try.

### **INGREDIENTS:**

- 4 cups fat-free, less-sodium chicken broth
- 1 tablespoon olive oil
- 1-1/2 cups thinly sliced Vidalia green onions
- 1/2 cup chopped carrot
- 1 cup Arborio rice
- 1 teaspoon minced garlic
- 1 bay leaf
- 1/4 cup dry vermouth
- 1/4 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 cup (1 ounce) crumbled blue cheese
- 1 teaspoon butter
- 1/2 teaspoon fresh lemon juice
- 1/8 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh parsley

### **INSTRUCTIONS:**

1. Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onions and carrot; sauté 5 minutes or until tender, stirring frequently. Stir in rice, garlic, and bay leaf; cook 3 minutes, stirring constantly. Stir in 1 cup broth; cook 5 minutes or until the liquid is

nearly absorbed, stirring frequently. Stir in 1/2 cup broth, vermouth, salt, and oregano. Add remaining broth, 1/2 cup at a time, stirring frequently until each portion of broth is absorbed before adding the next (about 25 minutes). Stir in cheese and remaining ingredients.

NUTRITIONAL INFO:

CALORIES 366 (22% from fat); FAT 8.8g (sat 3.9g, mono 4g, poly 0.5g); PROTEIN 12.2g; CARB 52.6g; FIBER 3.2g; CHOL 14mg; IRON 0.9mg; SODIUM 869mg; CALC 181mg

## **Grilled Eggplant With Sesame Marinade**

Published: Cooking Light- 05/14/03

HU: 1

Servings: 4

Posted by: Annieb9148

Date: 07/14/03

### **INGREDIENTS**

1 (1-pound) unpeeled eggplant, cut diagonally into 1-inch slices

1/2 teaspoon salt

1 teaspoon sesame seeds

1/8 teaspoon crushed red pepper

1 tablespoon rice vinegar

2 teaspoons dark sesame oil

1/2 teaspoon lemon juice

2 cloves garlic, crushed

Vegetable cooking spray

### **INSTRUCTIONS**

Place eggplant slices on several layers of paper towels; sprinkle salt over cut sides of eggplant. Let stand 15 minutes; blot dry with paper towels.

Combine sesame seeds and next 5 ingredients; stir well. Brush over eggplant; let stand 10 minutes. Coat grill rack with cooking spray, and place on grill over medium-hot coals.

Place eggplant on rack, and cook 5 minutes on each side, basting with remaining sesame seed mixture.

YIELD: 4 servings (serving size: 1 slice)

### **NUTRITIONAL INFO**

CALORIES 58 (45% from fat) / PROTEIN 1.5g / FAT 2.9g (SAT 0.4g, MONO 1.1g, POLY 1.2g) / CARB 8.1g / FIBER 1.8g / CHOL 0mg / IRON 0.8mg / SODIUM 152mg / CALCIUM 53mg

## **Lobster Mango Salad**

[julsters](#) 07/14/2003 11:51:12 AM

I have not figured out the points, but it is WW friendly, 95% of it can be made ahead of time, and it presents beautifully!

### Six Servings

6 1 1/2 pound lobsters

3 ripe mangos

3 ripe avocados

6 cups spring mix

### Dressing

1/2 Cup Rice Wine Vinegar

1/4 Cup Canola Oil

Juice of 2 lemons

4 Tbsp chopped Shallot

Kosher salt & Pepper to taste

1. Boil/steam the lobster until done (you can buy the lobster cooked at many stores.
2. Clean the lobster, chopping the tail and leaving the claws in place. Chill.
3. Mix the shallot, lemon juice and rice wine vinegar. Slowly add the Canola oil. Season with salt & pepper to taste.

This can all be done ahead of time.

### Last minute prep:

1. Slice the mango.
2. Slice the avocado.
3. Lightly dress the spring mix with a small amount of dressing.
4. Place a cup of the spring mix on one half of a large dinner plate.
5. Arrange the slices of mango and avocado one slightly on top of the other on the other side of the plate, so that you see orange/green/orange/green.
6. Take the remaining dressing and toss with the lobster.
7. Place the lobster on top of both the greens and the mango/avocado, making sure that you can see the mango/avocado peeking out. Place the lobster claws on top.

## **Cranberry Pistachio Biscotti**

Adapted from allrecipes.com

HU: 1

Servings: 36

Posted by: Annieb9148

Date: 7/14/03

Comments: If you use regular sugar and eggs, each Biscotti is around 95 calories. I have made them both ways, and they are just as good either way.

### **Ingredients**

1/4 cup olive oil  
3/4 cup Splenda No Calorie Sweetener  
2 tsp vanilla extract  
1/2 tsp almond extract  
1/2 cup fat-free egg substitute  
1 3/4 cup all-purpose flour  
1/4 tsp table salt  
1 tsp baking powder  
1/2 cup dried cranberries  
1 1/2 cup Lance Long Tube Pistachios

### **Instructions**

1. Preheat the oven to 300 degrees F (150 degrees C).
2. In a large bowl, mix together oil and sugar until well blended. Mix in the vanilla and almond extracts, then beat in the eggs. Combine flour, salt, and baking powder; gradually stir into egg mixture. Mix in cranberries and nuts by hand.
3. Divide dough in half. Form two logs (12x2 inches) on a cookie sheet that has been lined with parchment paper. Dough may be sticky; wet hands with cool water to handle dough more easily.
4. Bake for 35 minutes in the preheated oven, or until logs are light brown. Remove from oven, and set aside to cool for 10 minutes. Reduce oven heat to 275 degrees F (135 degrees C).
5. Cut logs on diagonal into 1/2 inch thick slices. Lay on sides on parchment covered cookie sheet. Bake approximately 8 to 10 minutes, or until dry; cool.



## **Turkey Enchilada Casserole**

Source: WW Take-out Tonight

Healthy Units: 6

Servings: 8

Posted by: jhoulih

Notes: I made this with boneless, skinless chicken breast that I ran through the meat grinder since I am not a huge fan of ground turkey. Points are the same with the chicken.

### **Ingredients:**

2 t. olive oil  
1 lb. Ground skinless turkey breast  
1 large onion, chopped  
2 garlic cloves, minced  
½ t. salt  
1 t. dried oregano  
¼ t. ground cumin  
2 (10-ounce) cans enchilada sauce  
1 (4 ½ ounce) can chopped mild green chilies  
1 t. red wine vinegar  
¼ t. chopped fresh cilantro  
8 (6-inch) corn tortillas, halved  
1 cup shredded reduced-fat cheddar cheese

Preheat oven to 375. Spray a 7 x 11 inch baking dish with nonstick cooking spray; set aside.

Heat a large nonstick skillet over med-high heat. Swirl in 1 t. of oil, then add the turkey, half of the onions, half of the garlic, and ¼ t. salt. Cook, breaking up the turkey with a wooden spoon until browned, about 8 minutes.

Meanwhile, heat a medium nonstick saucepan over medium heat. Swirl in the remaining oil, then add the remaining onions, garlic, ¼ t. salt, the oregano, and cumin. Cook, stirring occasionally, until well softened, about 8 minutes. Stir in the enchilada sauce, chills and vinegar; bring to a boil. Reduce the heat and simmer, covered, until the flavors are blended, about 10 minutes. Remove from the heat and stir in the cilantro.

Arrange one-third of tortilla halves in an overlapping layer on the bottom of the dish. Spoon one-third of the turkey mixture over the top; top with one-third of the sauce and sprinkle with one-third of the cheese. Repeat the layering twice. Cover the pan loosely with foil and bake 20 minutes. Remove the foil and bake 5 minutes longer or until the cheese is bubbly. Let stand 10 minutes before serving.

Nutrition (Per serving): 218 Cal, 6 g Fat, 2 g Sat Fat, 49 mg Chol, 588 mg Sod, 20 g Carb, 2 g Fiber, 21 g Prot, 168 mg Calc

## **Potato Salad With Peas**

CL Annual Recipes 1998

Healthy Units 2

Servings: 6 Serving Size: 1 cup

Posted by Burnadette

Date 7/14/03

2 pounds red potatoes (about 7 medium)

1 cup shelled green peas

3 tablespoons chopped fresh parsley

2 tablespoons chopped fresh chives

2 tablespoons chopped fresh basil

1/2 cup tarragon vinegar

1 tablespoon sugar

1/2 teaspoon salt

1/8 teaspoon cracked pepper

1 garlic clove minced

1. Place potatoes in a large saucepan. Cover with water; bring to a boil. Reduce heat; simmer; partially covered 25 minutes or until tender. Add peas; cook 1 minute. Drain; let cool slightly. cut potatoes into 1/4 inch slices.

2. Combine potatoes, peas, parsley, chives and basil in a large bowl. Combine vinegar and remaining 4 ingredients in a small bowl and stir with a whisk. Pour over potato mixture, tossing gently to coat.

Calories: 152; Fat 0.3; Protein 4.6g; Carb 33.2g; Fiber 3.4g

## **Broiled Red Snapper with Sicilian Tomato Pesto**

Healthy Units: 6 per serving

Source: Cooking Light, July 2003

Posted by: Bawstinn32 (Maria

July 14, 2003

2 cups basil leaves  
2 tablespoons pine nuts, toasted  
2 tablespoons olive oil  
2 whole garlic clove, minced  
1/4 cup romano cheese, grated  
1/8 teaspoon red pepper flakes, crushed  
1 1/2 cups plum tomatoes, diced  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
30 ounces cod fillets  
1/4 teaspoon salt  
3 cups cooked pasta

1. To prepare Pesto, combine first 4 ingredients in a food processor and process until smooth. Add cheese and red pepper; process until blended. Transfer mixture to a bowl. Add chopped tomato, salt and pepper, stirring gently to combine.

2. Preheat broiler.

3. To prepare fish, sprinkle fish with 1/4 teaspoon salt. Arrange fish on broiler pan coated with cooking spray and broiled 8 minutes or until fish flakes easily when tested with fork. Place 1/2 cup of orzo on each plate, and top each serving with one fillet and 1/4 cup of Pesto.

Per Serving (excluding unknown items): 302 Calories; 9g Fat (26.6% calories from fat); 31g Protein; 23g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 404mg Sodium. Exchanges: 1 1/2 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

## **Tenderloin with Grilled Antipasto Vegetables**

Healthy Units: 7

Servings: 6 servings (serving size: 3 ounces beef, 1 1/3 cups Grilled Antipasto Vegetables, 2/3 cup arugula, and 2 teaspoons cheese)

Posted by: Emily (emwitt17)

July 15, 2003

### **INGREDIENTS**

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1/4 teaspoon dried thyme

1/8 teaspoon garlic powder

1 1/2 pounds beef tenderloin, trimmed

Cooking spray

2 1/2 tablespoons Chile-Garlic Vinaigrette (see next post)

4 cups trimmed arugula

8 cups Grilled Antipasto Vegetables (see next post)

1/4 cup (1 ounce) shaved Parmesan cheese

### **INSTRUCTIONS**

Round out this meal with a loaf of crusty bread served with red pepper jelly or flavored olive oil. The recipes for Chile-Garlic Vinaigrette and Grilled Antipasto Vegetables yield enough for this dish and the Garlicky Vegetable Pasta Salad, which you can quickly toss together later.

1. Prepare grill.

2. Combine first 4 ingredients; rub over beef. Place beef on grill rack coated with cooking spray; grill 6 minutes on all 4 sides or until desired degree of doneness. Cover loosely; let stand 5 minutes.

3. Drizzle 2 1/2 tablespoons Chile-Garlic Vinaigrette over arugula; toss gently to coat. Cut beef across grain into thin slices. Arrange beef, 8 cups Grilled Antipasto Vegetables, and arugula on a platter; top with cheese.

## **Grilled Antipasto Vegetables**

Healthy Units: 1

Servings: 11

Posted by: Emily (emwitt17)

Date: July 15, 2003

Published: Cooking Light- 08/09/02

### **INGREDIENTS**

4 red bell peppers, halved and seeded  
4 red onions, each peeled and cut into 6 wedges  
Cooking spray  
2 teaspoons olive oil  
6 (4-inch) portobello caps  
2 pounds asparagus  
1/3 cup Chile-Garlic Vinaigrette

### **INSTRUCTIONS**

1. Prepare grill.
2. Coat bell peppers and onions with cooking spray. Place bell peppers and onions on grill rack coated with cooking spray; grill 15 minutes or until peppers are blackened, turning occasionally. Place peppers in a zip-top plastic bag; seal. Let stand 15 minutes.
3. Chop onions into 1-inch pieces; place in a large bowl. Peel and slice peppers into 1/2-inch strips; add to onions.
4. Combine the oil, mushrooms, and asparagus; toss well to coat. Place mushrooms and asparagus on grill rack; grill 3 minutes on each side or until tender.
5. Chop mushrooms into 1-inch pieces; add to onion mixture. Slice asparagus diagonally into 1 1/2-inch pieces; add to onion mixture. Drizzle 1/3 cup Chile-Garlic Vinaigrette over mixture; toss to coat.

Note: Store cooked vegetables in refrigerator for up to 3 days.

## **Chile-Garlic Vinaigrette**

Healthy Units: 1

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

Posted by: Emily (emwitt17)

Date: July 15, 2003

### **INGREDIENTS**

1 tablespoon chopped serrano Chile  
3/4 teaspoon salt  
6 garlic cloves, crushed  
3 tablespoons red wine vinegar  
2 tablespoons water  
2 tablespoons fresh lemon juice  
1 1/2 tablespoons extra-virgin olive oil  
1 1/2 tablespoons anchovy paste

### **INSTRUCTIONS**

1. Combine first 3 ingredients in a mortar; mash to a paste with a pestle. Combine garlic paste mixture, vinegar, and remaining ingredients in a small bowl, stirring with a whisk.

Note: Store vinaigrette in refrigerator for up to 1 week.

## California Pizza Kitchen LIGHTENED Barbecue Chicken Pizza

Source CPK Cookbook

Healthy Units 4 per 1/8

8 Servings

Posted by "jillybean03"

Date July 15, 2003

### Ingredients

Frozen Pizza Dough (mine was 130 cal per 1/8)

1/2 cup bulls eye barbecue sauce

8 oz diced cooked chicken breast, run through the bulls eye

1/2 c. chopped red onion

1/2 c. shredded low moisture part skim Mozzarella

1 oz shredded 50% less fat Pepper Jack

1/4 c. chopped cilantro

### Instructions.

Preheat oven and pizza stone to 500 degrees

Roll out pizza dough

spread sauce on pizza

top with chicken, onions, cheese and cilantro

Bake 12-15 minutes or until desired done-ness

NOTES: This is also yummy with leftover pulled pork. This is a GREAT way to use leftover barbecued chicken... or plan ahead when you grill chicken breasts and make this later in the week.

Good Morning from a frequent lurker. I have modified CPK's Barbecue Chicken Pizza to be ~4 pts for 1/8 of the pizza. I apologize in advance for not using the "prescribed" format, and hope you will forgive me.

I used a frozen pizza crust dough from MEIJERS - 130 calories per 1/8 of the crust. It made a very thick ~14" pizza. I baked it on a 500 degree stone for about 12 minutes for a perfect chewy/crispy crust. I may try just using 2/3 of the dough next time for a thinner crust.

Here is the BBQ Chicken Pizza in the correct (I hope) format. I hope you all enjoy it as much as I do.

## **Volcano Salmon Salad**

Healthy Units 6

Servings 5

Posted by Snow-bunny (Angela)

7/15/03

Dressing:

1/4 c fresh lemon juice

1/2 tsp kosher salt

2/3 tsp Asian chile sauce or

1 tsp dried hot red pepper flakes

1 tbl olive oil

Salad:

3 C cooked couscous

18 oz of baby spinach

18 cherry tomatoes, halved

1/4 C minced fresh cilantro

1/2 C finely chopped green onion

1 lb cooked salmon (I buy the packed smoked stuff at Costco)

Stir together the lemon juice, salt, chile sauce & oil for the dressing. In large bowl toss spinach, tomatoes, cilantro & onions. Add couscous to salad, stir, add dressing, toss well to coat. Break salmon into large chunks and add to salad. Gently toss & serve.

This is a great salad, very tasty and always tastes better the next day. I usually add more chile sauce to make it hotter but feel free to leave it out if you don't like spice. If you buy the cooked smoked salmon in the stores this recipe goes together real quick. If you do 4

servings its 8 points, these are large servings.



## **Orange-Poppyseed Dressing**

HU: 0

Cooking Light Five-Star Recipes

Serving: 1 Tbls (makes 3/4 C + 2 Tbls)

Posted by: Scarehair (Carrie)

7-15-03

2/3 C unsweetened orange juice

3 TBS water

2 TBS white wine vinegar

2 tsp cornstarch

2 tsp sweet-hot mustard

2 tsp honey

3/4 tsp poppy seed

Combine first 6 ingredients in a medium saucepan; stir well. Bring to boil over medium heat. Cook, stirring constantly, one minute or until thickened and bubbly. Stir in poppy seeds. Cover and chill thoroughly. Serve over Salad greens or fruit.

Cal: 12, Fat: 0.1g, Fiber 0

## **Chicken-Penne Salad with Green Beans**

Source: CL Website

Healthy Units 8

Servings 4

Posted by Megan

July 16 2003

### **Ingredients**

2 cups uncooked Penne (tube-shaped) pasta  
2 cups (1-inch) cut green beans (about 1/2 pound)  
2 cups shredded cooked chicken breast  
1/2 cup vertically sliced red onion  
1/4 cup chopped fresh basil  
1-1/2 teaspoons chopped fresh flat-leaf parsley  
1 (7-ounce) bottle roasted red bell pepper, drained and cut into thin strips  
2 tablespoons extra-virgin olive oil  
2 tablespoons red wine vinegar  
1 tablespoon cold water  
1/2 teaspoon salt  
1/2 teaspoon bottled minced garlic  
1/4 teaspoon black pepper

### **Instructions**

1. Cook pasta in boiling water 7 minutes. Add green beans; cook 4 minutes. Drain and rinse with cold water; drain.
2. Combine pasta mixture, chicken, onion, basil, parsley, and bell pepper in a large bowl, tossing gently to combine.
3. Combine oil and remaining ingredients in a small bowl, stirring with a whisk. Drizzle over pasta mixture; toss gently to coat.

Notes: I made this with marinated chicken that I had left over. The points are a little high but it makes 4 HUGE servings! I think I added some extra green beans too!