

Moosewood Macaroni and Cheese

Moosewood Low-Fat Favorites

HU: 10

Serves: 4, 1 serving 10 oz

Posted by: Scarehair (Carrie)

7-16-03

Comments: I actually have to cook the macaroni somewhat or it is crunchy at the end of baking time. I assume that is because I am high elevation. I need to change the temp and the baking time for my own use. I pair this with a salad when I'm craving something cheesy.

1 1/2 C 1% cottage cheese
1 1/2 C skim milk or buttermilk (I like buttermilk)
1 tsp dried mustard OR 1 Tlbs prepared mustard
pinch of cayenne
1/4 tsp nutmeg
1/2 tsp salt
1/4 tsp fresh ground black pepper
1/4 C grated onions
1 C grated EXTRA-SHARP cheddar cheese (4 oz)
1/2 LB uncooked elbow macaroni
2 Tlbs fine grated Parmesan or Pecorino cheese
1/4 C bread crumbs

Preheat oven to 375. Prepare a 9" or 10" square baking pan with cooking spray. In blender combine cottage cheese, skim milk or buttermilk, mustard, cayenne, nutmeg, salt and pepper and puree until smooth. In a large bowl, combine the pureed mix with the onions, cheddar cheese and uncooked macaroni. Stir well. Pour the macaroni and cheese mix into the baking pan. Combine the Parmesan and breadcrumbs and sprinkle over the top. Bake for about 45 minutes, until the topping is browned and the center is firm.

Cal 471, Fat 13.2g, Fiber 1.9g

Vegetables a la Grecque

Moosewood Low-Fat Favorites

HU: 1

Servings 6-9 (1 servings 9 oz)

Posted by: Scarehair (Carrie)

7-16-03

Comments: Veggies can be prepared up to 2 days in advance and then tossed with the marinade. Veggie choice is up to you. Potatoes, sweet potatoes, carrots and parsnips should be peeled and julienned or thinly sliced. Green beans and sugar snap peas should be stemmed. Bell peppers are best cut into strips. Slice onions and zucchini into rounds. Mushrooms, cauliflower and broccoli florets should be bite-size. Moosewood suggests garnishing with cherry tomatoes and Calamata olives.

1/2 tsp black peppercorns
2 bay leaves
1 large fresh rosemary sprig (1/2 tsp crumbled dried)
2 large fresh tarragon sprigs (1 tsp dried)
2 large fresh thyme sprigs (1/2 tsp dried)
2 C white wine
2 C water
4 garlic cloves, minced
1/4 C cider vinegar
1 tsp salt

vegetables of your choice (8-10 Cups, sliced or chopped)

Place peppercorns and bay leaves in a tea ball. Tie all of the fresh herb sprigs together with kitchen string or, if using dried herbs, add them to the tea ball. In a non-reactive saucepan, bring all of the marinade ingredients to a boil, then reduce heat, cover and simmer for 15 minutes. While marinade simmers, slice or chop the veggies you have chosen. Then blanch each vegetable in succession in the marinade until just tender and remove it to a platter with a slotted spoon or strainer. Begin with blander veggies and end with the strongest flavored ones (such as cauliflower). Potatoes and carrots take about 10 minutes to cook, while bell peppers, onions and mushrooms take only 2-3 minutes. Pour any remaining marinade over the cooked vegetables and serve or chill for later.

cal 94, fat .3g, fiber 3.5g

Fresh Mozzarella, Tomato, and Basil Couscous Salad

Cooking Light Annual Recipes 2001

HU: 4

Serves 5, serving size 1 Cup

Posted by: Andieduq (Andie)

7-16-03

Comments: 1 Cup of this is a HUGE serving. Its pretty light and would be great on a hot day.

2 C diced tomato

3/4 C (3 oz) diced fresh mozzarella cheese

3 T minced shallots

2 tsp extra-virgin olive oil

1/2 tsp salt

1/2 tsp black pepper

1 garlic clove, crushed

1 1/4 C water

1 C uncooked couscous

1/4 C chopped fresh basil

Combine first 7 ingredients in a large bowl, cover and marinate in refrigerator 30 minutes. Bring water to a boil in a medium saucepan, gradually stir in couscous. Remove from heat, cover and let stand 5 minutes. Fluff with a fork, cool. Add couscous and chopped basil to tomato mixture. Toss gently. Garnish with basil leaves, if desired.

Cal 186, fat 6g, fiber 2.1g, sodium 308mg

Lobster (Cauliflower) Imperial

from: family cookbook

HU: 2

Servings 8

Posted by Betsy [BetsyRae](#)

7/17/03

Ingredients:

1 head cauliflower
4 oz light cream cheese
1 1/4 cup milk
1 Tbsp butter
3 Tbsp all purpose flour
salt
1 tsp seasoned salt (spike)
1 tsp saffron (paprika)
Butter Spray
1/4 cup bread crumbs

Instructions:

Beat cream cheese until fluffy and add 1/4 cup milk slowly.
Melt butter in saucepan and add dry ingredients.
Slowly add the rest of the milk. Cook and stir to a boil and remove from the heat.
Add cream cheese mixture and cauliflower
Cook tender crisp (boiled)
Put mixture in a sprayed casserole dish and top with breadcrumbs.
Spray the top and bake at 350 for 20 minutes.

Note: You can also use cooked lobster chunks, hence the name.

Double Onion, Bacon and Sour Cream Dip

<http://www.dailyherald.com/food/recipes.asp>

2 pounds onions (any type but red)
1 tablespoon olive oil
1 teaspoon light brown sugar
1/2 teaspoon salt
Freshly ground black pepper
6 thick-cut slices lean bacon
4 trimmed scallions (green onions), green and white parts minced
3/4 cup reduced-fat sour cream
3/4 cup fat-free sour cream
1 teaspoon apple cider vinegar
Salt
Black pepper

Cut the onions in half from tip to root, peel and then cut into 1/4-inch thick slices. Place the oven rack in the highest position and begin heating to 425 degrees. Heat the oil in a large, heavy-bottomed skillet over high heat until hot but not smoking. Stir in the sugar and salt. Add the onions, stirring to coat. Cook, stirring occasionally, until the onions begin to soften, about 5 minutes. Reduce the heat to medium and cook, stirring frequently, until the onions are deeply browned, slightly sticky and equal to 1 cup, about 40 additional minutes (Adjust the heat to keep the onions from either cooking too fast or not beginning to brown in the first 20 minutes). Remove the skillet from the heat and quickly stir in 1 tablespoon of water. Season to taste with pepper. Cool. While the onions are cooking, line a jellyroll pan with heavy-duty foil and place an oven-safe wire rack in the pan. With a sharp knife, trim most of the fat from the bacon slices; place the slices on the rack and bake for 10-12 minutes. Using tongs, turn the bacon slices over and bake for 10-12 minutes more or until golden brown. Drain on paper towels; when cool, trim, discard most of the remaining fat and mince. Chop the cooked onions and add to a large mixing bowl, along with the scallions, sour cream, vinegar and bacon. Season to taste with salt and pepper and serve. The dip can be refrigerated in an airtight container for up to 3 days.

Makes about 3 cups.

Nutrition values per tablespoon: 33 calories (26.1 percent from fat), 0.9 g fat (0.4 g saturated fat), 2.8 g carbohydrates, 0.4 g fiber, 0.8 g protein, 2.5 mg cholesterol, 37 mg sodium

Barbecue Pulled Chicken with Marinated Cucumbers

CL April 2002

HU 7

Serves 4

Posted by CateWms

7/17/2003

Chicken:

1/4 cup light brown sugar
1 tablespoon chili powder
2 teaspoons ground cumin
1/2 teaspoon salt
1/2 teaspoon paprika
1/4 teaspoon black pepper
1 pound skinless boneless chicken breasts
2 teaspoons olive oil
1 cup thinly sliced onion
1 cup fat-free less-sodium chicken broth
1 tablespoon balsamic vinegar

Cucumbers:

1/4 cup cider vinegar
2 tablespoons light brown sugar
1/4 teaspoon salt
1 cucumber, peeled and sliced

Remaining Ingredients:

4 (2 ounce) hamburger buns

To prepare chicken, combine first 6 ingredients. Rub surface of chicken breasts with brown sugar mixture. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 2 minutes on each side. Remove from pan. Add onion to pan; cook 2 minutes or until tender, stirring constantly.

Return chicken to pan; add broth. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until chicken is done. Remove from heat. Remove chicken from pan; shred with 2 forks. Return chicken to pan. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes or until liquid is absorbed. Stir in balsamic vinegar.

To prepare cucumbers, combine the cider vinegar and next 3 ingredients (cider vinegar through cucumber) in a large zip-top plastic bag; seal and marinate in refrigerator 10 minutes. Remove cucumber from bag; discard marinade.

Spoon 1 cup chicken mixture onto bottom half of each bun. Top each with 1/4 cup cucumber mixture and top half of bun.

Yield: 4 servings (serving size: 1 sandwich). 373 cal, 6.4g fat, 32.7g pro, 45.3g carb, 3g fiber, 66mg chol, 4mg iron, 892mg sod, 113mg calc.

Chinese Long Beans

source: WW take 5 cookbook

HU: 1

Servings: 4

Posted by: Zephyr1

date posted: 7-17-03

Comments: Replicates green beans and garlic sauce from chinese restaurants

Ingredients: Chinese Long Beans with Hot Chili Sauce

This dish uses Asian hot chili sauce for the kick and a touch of brown sugar to help brown the beans. If you can't find Chinese long beans, use an equal amount of green beans. Hot chili sauce is fiery, so start with the lesser amount and then add more if you can take the heat.

1 lb Chinese long beans, trimmed and cut into 6-inch lengths

1 tsp Asian (dark) sesame oil

2 large cloves garlic

1 -1 1/2 tsp Asian hot chili sauce

1 tsp packed light brown sugar

Place the beans in a large steamer basket and set in a large saucepan over 1 inch of water. Cover tightly and steam until bright green and almost tender, 5-6 minutes.

Heat the oil in a large skillet over medium-high heat, then add the garlic. Cook, crushing the garlic with a spoon, until fragrant, 30 seconds. Add the beans and chili sauce; sprinkle with the brown sugar and cook, stirring, until lightly browned and tender 2-3 minutes.

Per serving (1 cup): 51 cal, 1 g fat, 0 g Sat fat, 0 mg chol, 57 mg sod, 10 g carb, 3 g fiber, 2 g prot, 49 mg calc

POINTS: 1

Five-Star tip: Aromatic jasmine or basmati rice works beautifully with these beans. Cook according to package directions for 4 servings. With a fork, toss the rice with one tablespoon finely chopped cilantro and 1/2 tsp grated peeled fresh ginger.

From: WW Take 5: 150 Five-ingredient recipes

Chocolate-Raspberry Layer Cake

Source: Cooking Light Superfast Suppers

Servings: 8

Healthy Units: 6

Posted By: bms2003 (Betty)

July 17, 2003

1-3/4 cups chocolate fudge cake mix (about half of an 18.25 oz. package)

1 large egg

1 large egg white

2/3 cup 1% low-fat milk

1-1/2 tablespoons vegetable oil

Cooking spray

3/4 cup low-sugar raspberry spread, divided

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

1/2 teaspoon unsweetened cocoa

Preheat oven to 350°.

Combine first 5 ingredients in a large bowl; beat with a mixer at low speed 30 seconds or until moistened. Scrape sides of bowl with a rubber spatula; increase to medium speed and beat 1 minute or until well blended. Pour batter evenly into 2 (8-inch) square cake pans coated with cooking spray. (Layers will be thin.)

Bake at 350° for 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 5 minutes. Remove from pans; cool completely on wire rack.

Place one layer on a plate; top with 1/2 cup raspberry spread. Top with second cake layer. Cut cake in half, forming two rectangles. Spread remaining 1/4 cup raspberry spread over top of one rectangle. Place the other rectangle on to of spread to form 4 layers of cake with raspberry spread between the layers. Spread whipped topping over top and sides of cake, and sift cocoa lightly over cake. Slice cake crosswise into 8 slices.

Broiled Sea Bass with Pineapple Chili Basil Glaze

Source: Cooking Light Magazine Not sure which issue old torn out recipe

Healthy Units: 4

servings: 4

Posted by: Zephyr 1

Date Posted: 7-17-03

Comments: simple and delicious dish easily translated to other proteins.

Ingredients:

3 tbsp pineapple preserves

2 tbs. rice vinegar

1 tsp chopped basil I have used cilantro

1/8 tsp red pepper crushed

1 garlic clove minced

3/4 tsp salt divided

4 (6 oz) sea bass or other white fish firm

1/4 tsp black pepper

cooking spray

Instructions:

1. Preheat broiler

2. Combine first 5 ingredients and 1/4 tsp salt in a small bowl.

3. Sprinkle fillets with 1/2 tsp salt and black pepper. Place fillets on a broiler pan coated with cooking spray, broil 5 minutes. Remove from oven; brush fillets with glaze evenly. Return to oven; broil for an additional 5 minutes or until fish flakes easily when tested with a fork.

Red Pepper and Endive Slaw with Soppressata

TOTAL TIME 20 MIN

Posted by (Yaytheyfit) Carol

6 SERVINGS

Points - up to you see notes. I used 3 points worth of oil and 3 points worth of light salami for a total of 6. Not bad and very filling!

2 tablespoons sherry vinegar

1 tablespoon minced shallot

1 tablespoon Dijon mustard

1/3 cup extra-virgin olive oil (just count 3 points per TB per serving. This recipe likes more oil because it balances the sharpness of the endive and the pepper.)

Kosher salt and freshly ground pepper

2 large red bell peppers, very thinly sliced lengthwise

2 large Belgian endives (about 1 pound total), cored and thinly sliced crosswise

3 ounces thick-sliced Soppressata, cut into matchsticks (I subbed in some reduced-fat salami which was good in that it didn't do anything weird to reduce the fat.)

1/4 cup shredded basil

In a large bowl, mix the vinegar with the shallot and let stand for 5 minutes. Whisk in the mustard, then slowly whisk in the olive oil; season with salt and pepper. Add the red peppers, endives, Soppressata and basil and toss to combine. Season the salad with salt and pepper, transfer to a bowl and serve.

WINE The spicy salami suggests an hereby Cabernet Franc from France's Loire Valley, such as the 1998 Olga Rafael Chinon Les Picasses or the 1999 Couly-Dutheil Chinon Clos de l'Echo.

Source: Food and Wine, August 2003.

Greek-Style Scampi

Source: The Complete CL

Healthy Units 4.5

Servings 6

Posted by LMaybloom

07/18/03

1 t. olive oil
5 garlic cloves, minced
2 (28-oz) cans whole tomatoes, drained and coarsely chopped
1/2 c. chopped fresh parsley, divided
1 1/2 # large shrimp, peeled and deveined
1 c. (4 oz) crumbled feta cheese
2 T. fresh lemon juice
1/4 t. freshly ground black pepper

1. Preheat oven to 400.
2. Heat oil in a large Dutch oven over medium heat. Add garlic; sauté 30 seconds. Add tomatoes and 1/4 c. parsley. Reduce heat; simmer 10 minutes. Add shrimp, cook 5 minutes.
3. Pour shrimp mixture into a 13x9" baking dish; sprinkle with cheese. Bake at 500 for 10 min. Sprinkle with 1/4 c. parsley, lemon juice and pepper.

Some notes:

1. I halved the recipe, and then divided the whole thing into 2 portions.
2. I used President FF Feta, which is 1 point for 2 oz, so I got it down to about 3 points per serving.
3. I made it a 1-dish entree by doing everything in a Calphalon wide/low saucepan (what are those called, skillets?) and put the whole thing in the oven. Less clean-up.
4. CL says to serve w/ rice or pasta. It was fine plain, but I would have LOVED some garlic bread with it.

Boston Cream Pie

Source: CL (from the 80's or early 90's)

HU: 5

Servings: 10

Posted by: boys03

date: 7/18/03

1/4 c margarine softened
1/2 c + 3T sugar divided
1 1/2 c sifted cake flour
1 1/2 t baking powder
1/4 t salt
2/3 c 1% milk
1 t vanilla
2 egg whites
vegetable cooking spray
vanilla cream filling
chocolate glaze

Cream margarine; gradually add 1/2 c sugar, beating at medium speed of an electric mixer until light & fluffy (about 5 min). Combine flour, baking powder, & salt. With mixer running at low speed, add to creamed mixture alternately with milk, beginning and ending with flour. Stir in vanilla. Beat egg whites (at room temp) at high speed until foamy. Gradually add remaining 3T sugar, 1T at a time, beating until stiff peaks form. Stir 1/3 of egg whites into batter; fold remaining egg white mix into batter. Pour into an 8-inch round pan coated with cooking spray. Bake at 350 for 35 min or until done. Cool 5 min; remove from pan, and cool completely on a wire rack.

Split cake in half horizontally; place bottom layer, cut side up, on a serving plate. Spread with Vanilla Cream Filling; top with remaining layer. Spread Chocolate Glaze over top of cake. Chill 3 hrs or until glaze is set.

Boston Cream Pie Filling and Glaze

Filling

1/2 c sugar
5t cornstarch
1/8t salt
1 1/4 c. 1% milk
1 egg slightly beaten
1/2 t vanilla

Combine sugar, cornstarch, and salt in a saucepan. Gradually add milk, stirring with a wire whisk until well blended. Bring to a boil over medium heat, and cook 1 minute, stirring constantly. Gradually stir 1/4 of hot milk mix into beaten egg; add to remaining milk mix, stirring constantly. Cook 3 min or until thickened and bubbly, stirring constantly; add vanilla. Pour into a bowl; cover and chill until set.

Chocolate Glaze

2T sugar
1 1/2T unsweetened cocoa
3/4t cornstarch
1/3 c 1% milk
1/2t vanilla

Combine sugar, cocoa, and cornstarch in a small saucepan. Gradually add milk, stirring with a wire whisk until well blended. Bring to a boil over medium heat and cook 1 minute, stirring constantly; stir in vanilla

Dijon-Lemon Vinaigrette

Source: Cooking Light (Website)

Serving: 1 T (11 servings)

Healthy Units: 0-1/serving

Posted by: Joan Borsten

July 19, 2003

Note: Reduce the olive oil to 1-½ Tablespoons and you get 1 T =0 HUs, 2T = 1; we thought it was better than store bought RF vinaigrettes (which are also 1 HU for 2 T).

CL notes: This is the base for our other vinaigrettes, but it also tastes great on its own. Refrigerated, the vinaigrette keeps for about a week.

INGREDIENTS:

3 tablespoons vegetable broth or water
2 tablespoons fresh lemon juice
2 tablespoons extra-virgin olive oil
1-1/2 tablespoons red wine vinegar
1 tablespoon Dijon mustard
2 teaspoons minced garlic
2 teaspoons Worcestershire sauce
1/2 teaspoon black pepper
1/4 teaspoon salt

INSTRUCTIONS:

1. Combine all ingredients in a jar; cover tightly, and shake vigorously. Store in refrigerator.

Yield: 2/3 cup =11 Tbsp (serving size: 1 Tbsp)

NUTRITIONAL INFO: CALORIES 25 (86% from fat); FAT 2.4g (sat 0.3g, mono 1.7g, poly0.2g); PROTEIN 0.1g; CARB 1g; FIBER 0g; CHOL 0mg; IRON 0.1mg; SODIUM93mg; CALC 3mg

Flank Steak-and-Blue Cheese Quesadilla Salad

Source: Cooking Light (Website)

Servings: 4 (2 cups of salad, ½ of a Quesadilla (4 slices) each

Healthy Units: 6

Posted by: Joan Borsten

Date: July 19, 2003

INGREDIENTS:

Vinaigrette:

3 tablespoons Dijon-Lemon Vinaigrette

1-1/2 tablespoons sugar

1-1/2 tablespoons red wine vinegar

1/4 teaspoon freshly ground black pepper

1/4 teaspoon chopped fresh thyme (optional)

Quesadilla:

1/2 pound flank steak

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Cooking spray

1/2 cup (2 ounces) crumbled blue cheese

4 (8-inch) fat-free flour tortillas

Remaining ingredients:

10 cups torn red leaf lettuce

1 cup vertically sliced red onion

2 large tomatoes, each cut into 8 wedges

INSTRUCTIONS:

Prepare grill.

To prepare vinaigrette, combine first 5 ingredients; set aside.

To prepare the Quesadilla, sprinkle steak with salt and 1/4 teaspoon pepper. Place the steak on grill rack coated with cooking spray, and cook 4 minutes on each side or until done. Let stand 5 minutes. Cut steak diagonally across grain into thin slices. Sprinkle 1/4 cup cheese evenly over each of 2 tortillas. Divide steak evenly over cheese; top with the remaining tortillas. Heat a large nonstick skillet coated with cooking spray over medium heat. Cook Quesadilla 4 minutes on each side or until golden brown. Remove the Quesadilla from pan, and cut each into 8 wedges. Combine the vinaigrette, lettuce, onion, and tomato in a large bowl; toss well. Divide salad evenly among 4 plates; top each serving with 4 Quesadilla wedges.

NUTRITIONAL INFO: calories: 338 carbohydrates: 39.5 g cholesterol: 11 mg fat: 10.9 g sodium: 809 mg protein: 20.9 g calcium: 142 mg iron: 4.3 mg fiber: 4.8 g

Lemon-Rosemary Chicken Quesadilla Salad With Shallot-Mustard Vinaigrette

Source: Cooking Light (Website)

Serving 2 cups salad + ½ Quesadilla

Healthy Units: 5

Posted by: Joan Borsten

Date: July 20, 2003

INGREDIENTS:

Vinaigrette:

3 tablespoons Dijon-Lemon Vinaigrette

2 teaspoons minced shallots

1 teaspoon Dijon mustard

1 teaspoon extra-virgin olive oil

1/2 teaspoon grated lemon rind

1/4 teaspoon freshly ground black pepper

Quesadilla:

1/4 cup (2 ounces) goat cheese, softened

2 tablespoons fat-free cottage cheese

1 tablespoon fresh lemon juice

1 teaspoon Dijon mustard

1/2 teaspoon chopped fresh or 1/8 teaspoon dried rosemary

1/4 teaspoon freshly ground black pepper

4 (8-inch) fat-free flour tortillas

2 cups chopped roasted skinless, boneless chicken breasts (about 2 breasts)

Cooking spray

Remaining ingredient:

8 cups gourmet salad greens

INSTRUCTIONS:

1. To prepare the vinaigrette, combine the first 6 ingredients, and stir with a whisk. Set aside. 2. To prepare the Quesadilla, combine the goat cheese and the next 5 ingredients (goat cheese through 1/4 teaspoon black pepper) in a small bowl. Spread 2 tablespoons of the goat cheese mixture evenly over each tortilla. Arrange 1 cup chopped chicken over the goat cheese mixture on each of 2 tortillas, and top with the remaining tortillas.

3. Heat a large nonstick skillet coated with cooking spray over medium heat. Cook the Quesadilla for 4 minutes on each side or until golden brown. Remove the Quesadillas from the skillet, and cut each Quesadilla into 8 wedges. Combine the vinaigrette with the salad greens, and toss well. Arrange 2 cups salad on each of 4 plates, and top each serving with 4 Quesadilla wedges.

NUTRITIONAL INFO: CALORIES 271 (26% from fat); FAT 7.8g (sat 3.1g, mono 3.3g, poly0.9g); PROTEIN 21g; CARB 29.2g; FIBER 3g; CHOL 48mg; IRON 2.6mg; SODIUM 830mg; CALC 129mg

Zucchini Bread

Source: N/A

Healthy Units: 3

Servings: 16

Posted by: MissVN

Date: July 21, 2003

Ingredients

2 cup zucchini, grated
1/2 cup carrot, grated
3 large eggs
1 cup applesauce
1 3/4 cup sugar
1/4 tsp baking powder
2 tsp baking soda
2 tsp ground cinnamon
1 tsp table salt
2 tsp vanilla extract
2 cup all-purpose flour
2 tsp butter

Instructions

Place zucchini and carrots in strainer and press or squeeze with hands to remove excess liquid.

Beat eggs, sugar, and applesauce together. Add flour, baking powder, soda, cinnamon, salt, and vanilla. Mix together by hand. Add drained zucchini & carrots and continue mixing until incorporated. Pour into 2 greased (each with 1 teaspoon butter) floured, loaf pans.

Bake 1 hr. at 350 deg. F., or until a toothpick can be inserted in the loaves and come out clean.

Notes: No nutritional info is available. I've used unsweetened and sweetened applesauce with equally good results, points are figured with sweetened applesauce.

Beet and Raspberry Salad

Source: Food and Wine, August 2003

Points: 6 (as written, but you can cut down oil and avocado)

Serves: 4

Posted By: Carole (yaytheyfit)

NOTES One serving 251 calories, 21.9 gm total fat, 3.2 gm saturated fat, 15 gm carb. (I guessed 4 fiber grams to get to the final point estimate.)

5 small beets (2 ounces each)

1/4 cup extra-virgin olive oil (can whack to 1 tsp per serving without missing much.)

2 tablespoons white wine vinegar

Salt and freshly ground pepper

3 ounces mesclun (6 cups)

1/2 cup small cilantro sprigs

1/2 cup small dill sprigs

1 cup raspberries

1 small Hass avocado—sliced lengthwise 1/4 inch thick (I wound up leaving it out because our avocado was rock-hard. Would have been some nice contrast but we didn't miss it.)

1. Preheat the oven to 350°. Wrap the beets in foil and bake for 1 hour, or until tender. Let cool slightly, then peel and halve or quarter.

2. Combine the olive oil and vinegar and season with salt and pepper. Toss 2 tablespoons of the dressing with the beets. Toss the mesclun, cilantro, dill and 2 tablespoons of the dressing. Mound on plates and top with the raspberries, avocado and beets. Drizzle with the remaining dressing and serve.

--Janie Hibler

This recipe originally appeared in August 2003.

Warm Chicken Spinach Salad with Raspberry-Balsamic Vinaigrette

Posted by Zephyr1

This recipe serves: 4
7 points each serving

Ingredients:

For the dressing:

- 1 Tbsp olive oil
- 1/2 c. red raspberry jam
- 1 Tbsp Dijon mustard
- 1 1/2 Tbsp balsamic vinegar

For the salad:

- 4 grilled boneless, skinless chicken breasts, about 4 to 6 ounces each
- 8 cups baby spinach leaves
- 1 large red pepper, cut into thin strips
- 1 c. sliced mushrooms
- 1/4 red onion, thinly sliced
- 2 hard boiled egg whites, chopped

Cooking Instructions:

To make the dressing, heat the olive oil in a small saucepan. Add the jam, mustard and vinegar and heat thoroughly. In a large salad bowl, toss the chicken, spinach and red pepper with the warm dressing. Divide the chicken and spinach among 4 large serving plates. Arrange the mushrooms, onions, and egg whites on top of each salad.

(The addition of 2 crispy strips of crumbled bacon on top of the salad adds a point to the total making it 8 points per serving)

Pork tenderloin with blueberry-onion sauce

POINTS® | 4

Servings | 4

Preparation Time | 10 min

Cooking Time | 20 min

Level of Difficulty | Easy

main meals | The frozen blueberries paired with balsamic vinegar in this recipe offer a sweet-and-sour flavor that's divine.

Posted by: MRSVENDSEL

Date: 07/22/03

Ingredients

3/4 pound lean pork tenderloin
1 Tbsp margarine
2 small onion(s), sliced
1/2 tsp table salt
1/4 tsp black pepper
1 Tbsp sugar
1/4 cup wine, port
2 Tbsp balsamic vinegar
1 cup unsweetened frozen blueberries
1 cup cherry tomato(es), chopped

Instructions

Heat broiler. Broil pork, turning occasionally until cooked through, about 20 minutes. Remove to platter; cover with foil to keep warm.

Meanwhile, melt margarine in a large skillet over medium-high heat. Add onions, salt and pepper; cook until onions are golden, about 10 minutes. Add sugar; cook until onions are caramelized, 3 minutes longer. Add port, vinegar, blueberries and tomatoes; heat to boil. Remove from heat. Thinly slice pork and serve with sauce.

Here is a recipe I love from the WW board that uses a blueberry sauce. Don't know how it would be with fish... I think the reason it works well with pork is because pork always tastes good with a sweet/fruity flavor. The port wine adds a nice flavor, and the blueberries look really pretty with the tomatoes.

Sweet-Spicy Cucumbers over Tomatoes

Source: Cooking Light

HU: 0

Servings: 8 at 1/3 cup per person

Posted by: Zephyr1

date posted: 7/22/03

Be sure to use pickling cucumbers, which are shorter and thinner-skinned than regular cucumbers. Though 4 days is the maximum, the longer the cucumbers marinate, the spicier and garlickier they'll become.

INGREDIENTS:

2 cups thinly sliced pickling cucumber (about 2 cucumbers)

1 cup thinly sliced Vidalia or other sweet onion

1/2 cup cider vinegar

1/4 cup sugar

1/2 teaspoon salt

1/2 teaspoon mustard seeds

4 garlic cloves, minced

2 whole dried red chilies

16 (1/4-inch-thick) slices tomato

1/8 teaspoon salt

1/8 teaspoon freshly ground black pepper

INSTRUCTIONS:

1. Arrange half of cucumber in a 9-inch pie plate. Top with half of onion. Repeat procedure with remaining cucumber and onion.
2. Combine vinegar and next 5 ingredients (vinegar through chilies) in a small saucepan. Bring to a boil; cook 1 minute or until sugar dissolves, stirring occasionally. Pour hot vinegar mixture over cucumber mixture. Cover and marinate in refrigerator 1 to 4 days.
3. Arrange tomato slices on a platter; sprinkle evenly with 1/8 teaspoon salt and black pepper. Remove cucumber mixture from marinade with a slotted spoon; arrange over tomato slices.

NUTRITIONAL INFO:

CALORIES 32 (6% from fat); FAT 0.2g (sat 0g, mono 0g, poly 0.1g); PROTEIN 0.8g; CARB 7.7g; FIBER 1g; CHOL 0mg; IRON 0.4mg; SODIUM 115mg; CALC 11mg

YIELD:

8 servings (serving size: 2 tomato slices and about 1/3 cup cucumber mixture)

Herbed Pork Tenderloin with Strawberry Salsa

Source: Food and Wine, August 2003

Serves: 4

Points: 6 or 7 - it makes a lot of strawberry salsa. 289 calories, 10.9 gm total fat, not sure about fiber.

Posted by: yaytheyfit (Carole)

Date: 23 July 03

Two 3/4-pound pork tenderloins
Kosher salt and freshly ground pepper
1/3 cup chopped flat-leaf parsley
1 tablespoon minced sage
1 tablespoon minced rosemary
1 tablespoon plus 1 teaspoon extra-virgin olive oil
1 pint strawberries, cut into 1/3-inch dice
1 cup diced papaya (6 ounces)
2 tablespoons chopped cilantro
2 tablespoons minced red onion
1 tablespoon fresh lime juice (might want to add more)

1. Preheat the oven to 400°. Rub each tenderloin with 1/2 teaspoon of salt and 1/4 teaspoon of pepper. On a plate, mix the parsley, sage and rosemary; add the pork and pat to coat. Cover and refrigerate for at least 20 minutes.
2. Heat 1 tablespoon of the olive oil in a large ovenproof skillet. Add the tenderloins and brown over moderate heat, about 4 minutes per side. Transfer the skillet to the oven and roast the pork until an instant-read thermometer inserted in the thickest part registers 145° to 150°, about 15 minutes. Transfer to a carving board to rest for 10 minutes. (I did it on the grill, then let it rest on a piece of foil with the grill turned off).
3. In a medium bowl, mix the strawberries, papaya, cilantro, onion, lime juice and the remaining 1 teaspoon of olive oil. Season with salt. Carve the meat and serve with the strawberry salsa.

Roasted Green Beans

Source: Cooking Light Website

Serves: 4

Healthy Units: 1

Posted by KateWD (Kate)

7/23/2003

This fast dish packs a ton of flavor, and you can substitute any herb for the basil.

INGREDIENTS:

1-1/4 pounds green or wax beans, trimmed

2 tablespoons slivered almonds

1 tablespoon lemon juice

2 teaspoons olive oil

1/2 teaspoon salt

1/4 teaspoon garlic powder

1/4 teaspoon dried basil

1/4 teaspoon freshly ground black pepper

INSTRUCTIONS:

Prep Time: 10 minutes

Cooking Time: 10 minutes

Preheat oven to 450°;

Combine all ingredients in a jelly-roll pan, tossing well. Bake at 450°; for 10 minutes or until beans are tender and browned, stirring occasionally.

NUTRITIONAL INFO:

calories: 83 carbohydrates: 11.3 g cholesterol: 0 mg fat: 4 g sodium: 302 mg protein: 3.2 g calcium: 63 mg iron: 1.6 mg fiber: 3.4 g

YIELD:

4 servings (serving size: 1 cup)

Cinnamon-Scented Raspberry Rice Pudding

from WellatBell.com

Healthy Units: 4

Servings: 6

Posted by: Aerobicmama (Lisa in West Texas)

Date: 7/23/03

Comments: Very yummy, large portion. I did pour a bit of fat free half-and-half over my warm rice pudding.

INGREDIENTS

1 cup uncooked Texmati or regular long grain rice (not converted)*

4 cups fat free skim or 1% low fat milk

1/2 cup sugar

2 teaspoons vanilla extract

1 teaspoon ground cinnamon

1/2 teaspoon salt

1/2 pint fresh raspberries

* Texmati is American Basmati Rice and is available in most supermarkets.

INSTRUCTIONS

Heat oven to 325° F. Rinse rice in a strainer. In a medium saucepan, combine rice, milk, sugar, vanilla, cinnamon and salt. Heat to simmer; simmer uncovered for 5 minutes. Turn mixture into a shallow 2-quart baking dish, coated with nonstick cooking spray. Cover with foil. Bake until rice has absorbed most of liquid, about 35 to 40 minutes. Remove from oven; let stand 10 minutes. Remove foil and fold in raspberries. Serve warm with additional milk, if desired. Yields approximately 5 cups.

NUTRITIONAL INFORMATION

Per serving

Calories: 251

% Calories from fat: 4

Fat (gm): 1

Saturated fat (gm): 0

Cholesterol (mg): 3

Sodium (mg): 280

Protein (gm): 8

Carbohydrate (gm): 53

Fiber (gm): 4

Calcium (mg): 212

Note: Fat free skim milk was used for the nutrition analysis of this recipe.

Cilantro Chicken with Rice

CI Annual 2003 pg 67

HU: 7

Servings: 8 (1 C rice plus 1/4 cup tomato topping)

Posted by andiduq (Andie)

July 23,2003

Comments: I've begun leaving the chicken out because I don't think it adds anything to the recipe. However, the HUs are calculated with the chicken.

Rice:

1 T olive oil

2 C quartered shiitake mushroom caps (about 6 oz)

1/4 C chopped green onion bottoms

1 (1/2 inch_ piece peeled fresh ginger

1 garlic clove, crushed

2 C uncooked long-grain rice

2 tsp ground cumin

6 skinless, boneless chicken thighs (cut into bite-sized pieces)

3 C fat-free, less-sodium chicken broth

Sauce:

2 C loosely packed cilantro leaves

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

2 T chopped green onion tops

1 tsp chopped peeled fresh ginger

1/2 tsp kosher salt

1 garlic clove, peeled

Topping:

1 tsp olive oil

2 C grape or cherry tomatoes, halved

2 T chopped green onion tops

cilantro sprigs (optional).

Preheat oven to 350°.

To prepare rice, heat 1 T oil in a Dutch oven over medium heat. Add mushrooms and next 3 ingredients, cook 5 minutes, stirring frequently. Stir in rice, cumin, and chicken, cook 1 minute. Stir in 3 C broth, bring to a boil. Cover and bake at 350 for 25 minutes. Remove from oven, let stand, covered 10 minutes.

To prepare sauce, place cilantro leaves and next 5 ingredients in a food processor or blender; process until smooth. Stir into rice mixture.

To prepare topping, heat 1 tsp oil in a medium skillet over med-low heat. Add tomatoes, cook 2 minutes. Stir in 2 T green onion tops. Place large mixture in a large bowl, spoon tomato topping over rice. Garnish with cilantro.

Calories 339; Fat 6.8g; Protein 25.3g; Carb 41.5g; Fiber 1.8g; Chol 82mg; Iron 3.9mg; Sodium 416mg; Calc 44mg.

Ginger-Sesame Chicken with Bok Choy and Mushrooms

Source: Food and Wine, August 2003

Serves: 4

Points/Serving: 5

Posted by: Carole (yaytheyfit)

Date: 23 July 2003

1/2 cup chicken stock
3 tablespoons low-sodium soy sauce
1 tablespoon sherry
1 tablespoon sugar
1 teaspoon cornstarch
1/2 teaspoon rice vinegar
1/2 teaspoon sesame oil
1/2 teaspoon crushed red pepper
3 tablespoons Canola oil
3/4 pound oyster mushrooms, sliced
3/4 pound skinless, boneless chicken breast halves, cut into 1-inch pieces
Salt and freshly ground pepper
3/4 pound Bok Choy, sliced crosswise
1 small red bell pepper, cut into 3/4-inch pieces
2 tablespoons finely chopped fresh ginger
1 garlic clove, minced

1. In a medium jar, combine the chicken stock with the soy sauce, sherry, sugar, dissolved cornstarch, rice vinegar, sesame oil and crushed red pepper and shake well.

2. In a large nonstick skillet, heat 2 teaspoons of the Canola oil until shimmering. Add the oyster mushrooms and cook over high heat, stirring occasionally, until browned and tender, about 6 minutes. Transfer to a plate.

3. Add another 2 teaspoons of Canola oil to the skillet. Season the chicken breast pieces generously with salt and pepper, add them to the skillet and cook over high heat, stirring occasionally, until they are golden and just barely cooked through, about 4 minutes. Transfer to the plate.

4. Add 1 tablespoon of Canola oil to the skillet along with the Bok Choy and red pepper and cook over high heat, stirring occasionally, until crisp-tender, about 3 minutes. Transfer to the plate.

5. Add the remaining 2 teaspoons of Canola oil to the skillet along with the ginger and garlic and cook, stirring, just until fragrant, about 1 minute. Return the chicken and vegetables to the skillet. Shake the sauce and add it to the skillet. Bring to a boil and simmer, stirring, until slightly thickened, about 1 minute. Transfer the chicken and vegetables to a bowl and serve.

Cilantro Rice Salad with Olives

Source: Food and Wine

Serves: 8

Points: ?

Posted by: Carole (yaytheyfit)

Date: 23 July 2003

Salt

2 cups basmati rice

1/4 cup plus 1 tablespoon extra-virgin olive oil

1/4 cup white wine vinegar

Freshly ground pepper

2 medium tomatoes, cut into 1/2-inch dice

1 medium red onion, minced

1 cup chopped cilantro

1/2 cup Calamata olives, pitted and finely chopped

1. Bring a large pot of water to a boil and add salt. Stir in the rice and boil over moderately high heat until just tender, about 15 minutes. Drain the rice thoroughly and transfer to a large bowl. Toss the rice with a rubber spatula from time to time to cool it to room temperature.

2. In a small bowl, mix the olive oil and vinegar and season with salt and pepper. Gently fold the tomatoes, onion, cilantro and olives into the rice. Add the vinaigrette and toss well. Season with salt and pepper and serve.

MAKE AHEAD The rice salad can stand at room temperature for up to 1 hour.

--Marcia Kiesel

This recipe originally appeared in August 2003.

Green Beans with Lemon & Brownd Garlic

Source: Cooking Light Website

HU:1

Servings: 4 (1 cup serving)

Posted By: Zephyr1

Date Posted: 7/23/03

Comments: wonderful and easy very flavorful a great accompaniment to Joan B's Penne with Lemon Asparagus sauce.

INGREDIENTS:

3/4 cup water

1 pound green beans, trimmed

2-1/2 teaspoons olive oil

3 garlic cloves, minced

3 tablespoons fresh lemon juice

1/8 teaspoon salt

1/8 teaspoon pepper

INSTRUCTIONS:

Bring water to a boil in a large nonstick skillet; add beans. Cook 3 minutes; drain and set aside. Heat oil in skillet over medium-high heat. Add garlic and beans, and sauté 1 minute. Add juice, salt, and pepper; sauté 1 minute.

NUTRITIONAL INFO:

calories: 66 carbohydrates: 9.9 g cholesterol: 0 mg fat: 2.9 g sodium: 78 mg protein: 2.3 g calcium: 47 mg iron: 1.2 mg fiber: 2.4 g

Spicy Peanut Noodles with Shrimp

Source: CL August page 170

Healthy Units: (9)

Servings: 4-1 ½ c. pasta

Posted by: jcanty (Gail)

Date posted: 07-23-03

Comments: The Udon noodles were worth the hunt. I use rf Jif because that was what we had. The points reflect the recipe as written.

Peanut sauce:

1/3 c. creamy peanut butter

¼ to 1/3 c. water

2 T. low-sodium soy sauce

1 ½ T. rice vinegar

1 to 2 t. chili paste w/ garlic

½ t. sugar

½ t. salt, divided

Shrimp:

1 pound medium shrimp, peeled and deveined

Cooking Spray

Pasta:

4 c. cooked thick udon noodles or linguine (8 oz. uncooked

1 red bell pepper, cut into julienne strips

¾ c. chopped seeded Cucumber

¼ c. diagonally sliced green onions

3 T. chopped peanuts

2 T chopped cilantro

4 lime wedges (optional)

1. to prepare sauce, combine the first 6 ingredients and ¼ t. salt; stir with a whisk

2. To prepare shrimp, toss w/ ¼ t. salt. Sauté' in nonstick skillet over medium high heat for 3 minutes on each side, or until done.

3 To prepare pasta, combine peanut sauce, shrimp, noodles, bell pepper, cucumber and the onions in a large bowl, toss well. Sprinkle w/ peanuts and cilantro. Serve w/ lime wedges, if desired

CALORIES 424(28% from fat) FAT 13.2g (sat 2.6g mono 5.6g poly 3.8) PROTIEN 25g
CARB 51.1g FIBER 3.5g CHOL 129mgIRON 3 mg SODIUM 765mg CALC 66mg

Tomato Soup

Healthy Units: 1

Servings: 2

Posted by: MissVN

Date: July 23, 2003

Ingredients

1 cup fat-free chicken broth

1 1/2 cup canned tomatoes

1 teaspoon salt

4 leave of basil (optional)

1 Tbsp sour cream

Instructions

Combine broth & tomatoes in microwave safe bowl. Add salt and stir to combine. Cover tightly with plastic wrap. Microwave for 7 minutes on high. You can leave it chunky, or process with a stick blender for a smoother consistency.

After you remove from the microwave, slowly stir in the sour cream until combined.

Chile-Lime Roasted Potatoes

Source: Woman's World Magazine

Healthy Units: 4

Serves: 6

Posted by Kate

7/24/2003

Notes: I used only 1 T of oil, this was plenty and reduced the HU's to 3. I diced the potatoes and cooked them in a foil packet on the grill, took about 15 minutes.

2 lbs small red potatoes, quartered

2T olive oil

1/2 tsp salt

1/4 tsp pepper

2 T fresh Cilantro

2 tsp lime juice

1/4 tsp lime zest

lime slices and fresh cilantro springs optional for garnish

Preheat broiler. Toss potatoes, oil, salt and pepper in a roasting pan. Cook until golden brown and tender, turning once, about 20 minutes. Toss with cilantro, lime and zest, garnish if desired.

Makes 6 servings

per serving: 174 Cal; 3 g protein; 5 g fat; (1 g saturated); 0 mg chol; 31 g carbs; 204 mg sodium; 3 g fiber; 2 g sugar

Lettuce Wraps

Source: CL All-Time Favorites From Readers

Number of Servings: 4 (serving size = 3 wraps)

Healthy Units: 4

Posted by: bms2003(Betty)

Date: September 8, 2003

Comment: I used the full amount of crushed red pepper. It did have a kick, but was not "mouth burning hot".

2 t olive oil
2 (4-oz) skinless, boneless chicken breast halves, cut into thin strips
2 T grated peeled fresh ginger
2 T teriyaki sauce
2 T rice vinegar
1 T honey
1/2 to 1 t crushed red pepper
1/2 t cornstarch
1-1/2 c grated carrot
1 c fresh bean sprouts
1 c snow peas, trimmed and cut lengthwise into thin strips
1/2 c sliced green onions
1/4 c sliced almonds, toasted
12 Bibb lettuce leaves

Heat oil in a wok or large nonstick skillet over medium-high heat. Add chicken and ginger; sauté 5 minutes or until chicken is done.

Combine teriyaki sauce, rice vinegar, honey, red pepper, and cornstarch in a small bowl; stir with a whisk. Add teriyaki mixture to chicken mixture in wok; stir in carrot, bean sprouts, snow peas, and onions. Cook 3 minutes or until sauce thickens slightly; stirring often. Stir in almonds.

Spoon 1/4 cup chicken mixture onto each lettuce leaf; roll up.

Nutritional Information: Calories 189; Fat 6.2g; Protein 17g; Carb 17.3g; Chol 33mg; Iron 1.8mg; sodium 403mg; Calcium 53mg; 3.8g of fiber

Grilled Trout with Summer Salad and Basil Oil

Source: Food and Wine, September 2001

Serves: 4

Points: 6 (Calories 292 kcal, Total Fat 14.7 mg, not sure what the fiber credit is but lots of veggies so probably 4).

Posted by: Carole (yaytheyfit)

Date: 24 July 2003

Notes: I sometimes make this and just skip the fish.

4 ears of corn

Olive oil, for brushing

4 medium zucchini, halved lengthwise and seeded

8 scallions

1/2 cup cherry tomatoes, halved

1/2 cup thinly shredded basil leaves

1 tablespoon fresh lemon juice

2 tablespoons plus 2 teaspoons Basil Oil

Salt and freshly ground pepper

4 trout fillets (6 ounces each)

1. Light a grill. Brush the corn with olive oil and grill over a medium-low fire, turning often, for about 20 minutes, or until tender; let cool slightly. In a large bowl, cut the kernels from the cobs.

2. Brush the zucchini and scallions with olive oil and grill, turning, until lightly charred, about 4 minutes for the scallions and 6 for the zucchini. Slice the zucchini on the diagonal 1/2 inch thick and coarsely chop the scallions; add to the corn. Add the tomatoes, basil, lemon juice and 2 tablespoons of the Basil Oil and season with salt and pepper.

3. Brush the trout with olive oil and season with salt and pepper. Grill over a medium-hot fire for 3 minutes per side, or until lightly charred and just cooked through. Drizzle the trout with the remaining 2 teaspoons of the Basil Oil and serve with the salad.

BASIL OIL-Makes about 1/3 cup

2 packed cups basil leaves

1/2 cup extra-virgin olive oil

Prepare a bowl of ice water. In a small saucepan of boiling water, blanch the basil for 15 seconds. Drain and add the basil to the ice water; squeeze dry. In a blender, puree the basil with the olive oil. Scrape into a bowl, cover and refrigerate overnight. Bring the Basil Oil to room temperature and strain.

MAKE AHEAD-The Basil Oil can be refrigerated for up to 5 days

Flatbread with Oven-Dried Tomatoes, Rosemary, and Fontina

Cooking Light Annual Recipes 2003

HU 3 (4 with Recipe Builder)

Serves 12

Posted by DERB63 (Debra)

July 24, 2003

CL NOTES: This bread was a hit in our test kitchens. You can also use basil for the rosemary and provolone for the Fontina. Using the tomatoes you've roasted at home gives the bread a heartier taste.

Debra's notes: This was very tasty. Like Pizza without sauce. I had to add more flour than called for to make the dough elastic. I omitted the sprinkle of salt at the end. I think you could use sun-dried tomatoes if you didn't want to dry your own.

2 tablespoons olive oil

4 sprigs rosemary

2 3/4 cups all-purpose flour

1 package dry yeast -- (about 2 1/4 teaspoons)

1 cup very warm water -- plus 2 tablespoons warm water -- (120° to 130°)

2 teaspoons fresh rosemary -- chopped, or 1/2 teaspoon dried rosemary

1 teaspoon salt -- divided

cooking spray

3/4 cup oven-dried tomatoes -- halved lengthwise (recipe follows)

1 cup Fontina cheese -- diced (4 ounces)

Place oil and rosemary sprigs in a small bowl; microwave on HIGH for 30 seconds. Let stand 15 minutes. Gently squeeze oil from rosemary, discard sprigs.

Lightly spoon flour into dry measuring cups, level with a knife. Combine 1/2 cup flour and yeast in a large bowl; stirring with a whisk. Add 1/2 cup warm water; let stand 20 minutes. Add rosemary, oil, 2 cups flour, 1/2 cup plus 2 tablespoons warm water, chopped rosemary, and 3/4 teaspoon salt; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour; 1 teaspoon 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 (85F), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; form into a ball. Place directly on baking sheet. Let rest 5 minutes.

Preheat oven to 500°.

Roll dough into a 12-inch circle. Arrange tomatoes on top of Flatbread, leaving a 1/2-inch border. Sprinkle with cheese; gently press toppings into dough. Sprinkle with 1/4 teaspoon salt. Bake at 500° for 10 minutes or until golden brown.

CAL 162; FAT 4.5 g; PRO 6 g; CARB 24.2 g; FIBER 1.4 g; CHOL 11 mg; IRON 1.7 mg; SOD 335mg; CALC 59 mg

Oven-Dried Tomatoes for Flatbread recipe

Cooking Light Annual Recipes 2003

HU 0

Serving size: 1/4 cup

Serves 4

Posted by DERB63 (Debra)

July 24, 2003

NOTE: These will keep for a week, covered, in the refrigerator, or for up to a month in the freezer.

1 1/2 pounds plum tomatoes -- cored and cut in half lengthwise (about 10)
1 teaspoon kosher salt

Sprinkle cut sides of tomato halves with kosher salt. Place tomato halves, cut sides down, on paper towels. Let stand 1 hour.

Preheat oven to 300°.

Arrange tomato halves, cut sides up, in a single layer on a baking sheet. Bake at 300° for 3 1/2 to 4 hours or until edges of tomatoes curl (the tomatoes will feel dry to the touch).

CAL 36; FAT 0.6 g ; PRO 1.5 g; CARB 7.9 g; FIBER 1.9 g; CHOL 0 mg; IRON 0.8 mg;
SOD 251 mg; CALC 9 mg

Cook's Comments:

I think it would make a good pizza-type meals with a salad.

Thai Style Tomato and Shrimp Salad

HU - 3

Servings - 4-6 (HU determined on 5)

Posted by - Courtney

7/24/03

Source - Gourmet, Aug. 2003

Comments - I really enjoyed the hot, sour, salty, sweet thing going on in this recipe.. A must for Thai lovers.

Ingredients -

1 LB large shrimp (you could buy pre-cooked)

2 limes

3 small fresh lemongrass stalks, 1 or 2 outer leaves discarded

2 T fresh lime juice

1/2 cup finely diced red bell pepper

3 scallions, sliced crosswise 1/4 inch thick

2 serrano chiles, minced

3-4 t Asian fish sauce

1 T sugar

1/2 t salt

2 LB beefsteak tomatoes, cut into 1 inch wedges

3/4 LB cucumbers, peeled and cut into 1 inch pieces

1/2 cup packed fresh Thai basil leaves (can sub regular basil)

1/2 cup packed fresh cilantro leaves

1/2 cup packed Thai lemon basil leaves (can sub lemon balm or leave it out)

Instructions -

Cook shrimp in boiling salted water until done, about 2 minutes. Cool in colander.

Supreme 2 limes (remove peel and white pith and section off), chop segments.

Mince lemongrass - you should have about 2-3 T.

Stir together limes, lemongrass, lime juice, red pepper, scallions, chiles, fish sauce, sugar, and salt until dissolved.

Toss shrimp, cukes, and tomatoes with dressing and top with herbs.

Sautéed Pork with Shallot-Tarragon Sauce

Source: CL August 2003

Healthy Units: 4

Servings: 3 oz. pork, 2 T sauce

Posted by: jcanty(Gail)

Date posted: July 24, 2003

Comments: If you prefer, substitute fresh thyme for tarragon

Ingredients:

1 ¼ pounds pork tenderloin, trimmed

2 T. all purpose flour

½ t. salt

1/8 t. black pepper

1 T. vegetable oil

½ c. sliced shallots

½ c. dry white wine

½ c. apple juice

1 T. Dijon mustard

1 t. chopped fresh tarragon

Instructions:

1. Cut the pork crosswise into 1" pieces, flatten to ½" thickness with fingertips. Combine flour, salt, and pepper in a large zip-top bag. Add pork to bag. Seal and shake to coat.

2. Heat oil in large skillet over medium-high heat. Add pork, cook 4 minutes on each side or until browned. Remove pork and keep warm.

3. Add shallots to pan, cook 2 minutes or until lightly browned. Stir in wine, juice, mustard, and tarragon, scraping pan to loosen browned bits. Bring to a boil, reduce heat, and simmer 2 minutes. Serve with pork.

4.

Nutritional: CALORIES 196 (30 % from fat)(SAT 1.7MONO2.4POLY1.8G)PROTIEN 24.8GCARB .6GFIBER .3CHOL 74MG IRON 1.9MG SODIUM 74MG CALC 19MG

Creamy Caesar Salad With Spicy Croutons

www.cookinglight.com

Healthy Units:

Servings: 6

Posted by: Bawstinn32 (Maria)

July 25, 2003

INGREDIENTS:

1 garlic clove, halved
1/2 cup fat-free mayonnaise
2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
2 teaspoons white wine Worcestershire sauce
1 teaspoon anchovy paste
1/4 teaspoon black pepper
2 teaspoons olive oil
3/4 teaspoon Cajun seasoning
1 garlic clove, minced
2 cups (3/4-inch) sourdough bread cubes
18 cups torn romaine lettuce
1/3 cup (1-1/2 ounces) grated fresh Parmesan cheese

INSTRUCTIONS:

Drop the garlic halves through the opening in a blender lid with the blender on; process until minced. Add the mayonnaise and the next 5 ingredients (mayonnaise through black pepper); process until well-blended. Cover and chill at least 1 hour.

Preheat oven to 400 degrees.

Combine the olive oil, Cajun seasoning, and minced garlic in a medium microwave-safe bowl. Microwave at high for 20 seconds. Add bread cubes; toss gently to coat. Spread bread cubes in a single layer on a baking sheet; bake at 400 degrees for 15 minutes or until golden brown.

Place lettuce in a large bowl. Add dressing; toss gently to coat. Sprinkle with cheese; top with croutons.

NUTRITIONAL INFO:

CALORIES 137 (27 percent from fat); FAT 4.1g (sat 1.3g, mono 1.6g, poly 0.4g);
PROTEIN 7.7g; CARB 18.2g; FIBER 4.1g; CHOL 4mg; IRON 3mg; SODIUM 836mg;
CALC 176mg

YIELD: 6 servings (serving size: 2 cups)

Curried Coconut Chicken Over Noodles

Source: Cooking Light Web site, published 11/1/99

HU: 10 According to Nutritional Info. (Serving Size 1 cup chicken w/sauce and 1 cup noodles)

Posted by: Linda (LXN1996)

July 25, 2003

COMMENTS: The only noodles I had on hand were angel hair, but I didn't like the taste of the sauce with that. I prefer curry sauce with rice. So I plugged all of the ingredients into recipe builder (minus the noodles) and came up with 5 points per cup. I also didn't have any fresh basil on hand, so I used dried. It was still really good and really easy to prepare.

Ingredients:

2-1/2 cups uncooked Chinese egg noodles or angel hair or vermicelli 2 teaspoons vegetable oil, divided

1 cup thinly sliced onion

2 cups fresh basil leaves

1 garlic clove, crushed

2 teaspoons curry powder

1/2 teaspoon salt

1/8 teaspoon ground red pepper

1/2 pound skinned, boned chicken breast, cut into 1-inch pieces (I used 96% fat free chicken tenders)

3/4 cup light coconut milk (I used A Taste of Thai Lite)

Instructions

Prepare the egg noodles according to the package directions, omitting salt; drain noodles, and keep warm.

Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat until hot. Add onion; stir-fry 1 minute. Add basil, and stir-fry 2 minutes. Remove from pan, and keep warm.

Heat 1 teaspoon oil in skillet over medium-high heat. Add garlic; stir-fry 30 seconds. Add curry powder, salt, and red pepper; stir-fry 10 seconds. Add chicken, and stir-fry 3 minutes. Stir in milk; reduce heat to medium, and cook 2 minutes or until chicken is done. Stir in basil mixture, and toss well. Serve over noodles.

NUTRITIONAL INFO

CALORIES 475 (26% from fat); FAT 13.5g (sat 4.7g, mono 3.6g, poly 3.9g); PROTEIN 35.9g; CARB 51.4g; FIBER 5.3g; CHOL 119mg; IRON 4.7mg; SODIUM 709mg; CALC 122mg

French West Indian Grilled Snapper with Caper Sauce

Healthy Units: 6 per serving

Yield: 4 servings (size: 1 fillet, 2 T. sauce)

Posted by: sedick1 (Stacey)

Posted on: July 25, 2003

Source: www.cookinglight.com

Comments: I used a total of 2 jalapenos – one in the marinade and one in the sauce, so it was mildly hot, not overpowering. I only marinated 2 fillets, and didn't think there was a whole lot of marinade to go around, so you may want to increase it.

INGREDIENTS:

Marinade:

- 1/4 cup fresh lime juice
- 1 teaspoon salt
- 1 teaspoon fresh or 1/4 teaspoon dried thyme
- 1 teaspoon black pepper
- 3 garlic cloves, chopped
- 1 to 2 Scotch bonnet or habanero peppers, minced
- 4 (6-ounce) red snapper or other firm white fish fillets

Caper sauce:

- 2 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 2 tablespoons water
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon capers
- 1 tablespoon red wine vinegar
- 1-1/2 teaspoons minced Scotch bonnet or habanero pepper
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove, chopped
- 1 large shallot, chopped
- Cooking spray

INSTRUCTIONS:

1. To prepare marinade, place first 6 ingredients in a blender; process until smooth.
2. Combine marinade and fish in a large zip-top plastic bag; seal. Marinate in refrigerator 2 to 4 hours, turning bag occasionally.
3. Prepare grill.
4. To prepare caper sauce, place cilantro and next 10 ingredients (cilantro through shallot) in a blender or food processor; process until smooth.
5. Remove fish from marinade, discard marinade.
6. Place fish on grill rack coated with cooking spray; grill 3 minutes on each side or until fish flakes easily when tested with a fork. Serve with caper sauce

NUTRITIONAL INFO: CALORIES 246 FAT 9.6g FIBER 0.2g

Banana-Pecan Biscotti

Healthy Units: 2 per serving

Yield: 24 servings (size: 1 Biscotti)

Posted by: sedick1 (Stacey)

Posted on: July 25,2003

Source: www.cookinglight.com

Comments: I added about 1 teaspoon of cinnamon also. These turned out a bit soft for me, but are a nice accompaniment to coffee or tea.

INGREDIENTS:

1-3/4 cups all-purpose flour

1/2 cup sugar

1 teaspoon baking powder

1/4 teaspoon salt

1/3 cup mashed very ripe banana (about 1 banana)

1 tablespoon vegetable oil

1 teaspoon vanilla extract

1 large egg

1/3 cup chopped pecans, toasted

Cooking spray

INSTRUCTIONS:

1. Preheat oven to 350.

2. Lightly spoon flour into dry measuring cups, and level with a knife. Combine the flour, sugar, baking powder, and salt.

3. Combine banana, oil, vanilla, and egg in a medium bowl; stir in flour mixture and pecans (dough will be sticky).

4. Turn dough out onto a lightly floured surface; shape dough into 2 (8-inch-long) rolls with floured hands. Place rolls on a baking sheet coated with cooking spray; flatten to 1/2-inch thickness.

5. Bake at 350 for 23 minutes. Remove rolls from baking sheet; cool 10 minutes on a wire rack.

6. Cut each roll diagonally into 12 (1/2-inch) slices. Place slices, cut sides down, on baking sheet.

7. Reduce oven temperature to 250; bake 15 minutes.

8. Turn cookies over; bake an additional 15 minutes (cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet; cool completely on wire racks.

NUTRITIONAL INFO:

CALORIES 72 FAT 2g FIBER 0.4g

PESTO SAUCE IDEAS

—

ANNIEB9148

07/25/2003 02:36:41 PM

I sometimes put Pesto on smoked turkey sandwiches with lots of veggies, roasted red peppers, etc. Really good! I used to have a recipe for a spread that used Pesto...I think it was just cream cheese, sun-dried tomatoes, roasted red peppers and all mixed together. I'll see if I can find it for you.

MissVN

07/25/2003 03:24:19 PM

Pesto... that's what I forgot to address. Just last night, was chatting with some friends and a lot of the confessed a "Pesto pizza" was a favorite of theirs... smear it on a crust and sprinkle with a little cheese.

~~ Victoria ~~

SANDRA49

—

KateWD

Love to make grilled pizza spreading the crust with Pesto, topping with fresh tomato slices and asiagio cheese.

Posted by: JUSTDOIT777 (Brenda)
Date posted: 07/25/2003

INGREDIENTS

1 (15 x 6 1/2 x 3/8-inch) oak grilling plank
1/4 cup low-fat mayonnaise
1/4 teaspoon grated orange rind
2 tablespoons fresh orange juice
2 teaspoons chopped fresh chives
4 (6-ounce) Bluefin tuna steaks (about 1 inch thick)
Cooking spray
1/2 teaspoon salt
2 tablespoons mixed peppercorns, crushed

INSTRUCTIONS

1. Immerse and soak plank in water for 1 hour; drain.
2. Prepare grill, heating one side to medium and one side to high heat.
3. Combine mayonnaise, rind, juice, and chives; stir well with a whisk. Chill.
4. Lightly coat top of tuna with cooking spray. Sprinkle the tuna with salt; firmly press peppercorns into tuna.
5. Place plank on grill rack over high heat; grill 5 minutes or until lightly charred. Carefully turn plank over; move to medium heat. Place tuna on charred side of plank. Cover and grill 10 minutes or until desired degree of doneness. Serve tuna with orange mayonnaise.

YIELD: 4 servings (serving size: 1 steak and 1 1/2 tablespoons orange mayonnaise)

NUTRITIONAL INFO

CALORIES 245 (25 percent from fat); FAT 6.7g (sat 1.2g, mono 1.7g, poly 3g);
PROTEIN 40.1g; CARB 3.4g; FIBER 0.7g; CHOL 82mg; IRON 1.4mg; SODIUM 528mg;

CALC 38mg

Notes: I used yellow-fin instead of blue and a cedar plank instead of oak and it still was great.

Brenda

Rigatoni Caprese with Basil

Source: Cooking Light 5/98

HU: 8

Servings: 5 (serving size 2 cups)

Posted by: eolmsted (Liz)

Date: July 26, 2003

This exciting pasta dish is based on the classic salad of tomatoes, fresh mozzarella, and basil, from the Isle of Capri.

Here's a recipe from a few years back that makes perfect use of all those tomatoes and basil you might have coming out of your garden- easy too...

INGREDIENTS:

6 cups hot cooked rigatoni, Penne, or ziti (about 3/4 pound uncooked pasta)

4 cups chopped plum tomato (about 2-1/2 pounds)

1-1/2 cups fresh basil leaves, thinly sliced

1 cup (4 ounces) diced fresh mozzarella cheese

2 tablespoons extra-virgin olive oil

1 tablespoon capers

1 teaspoon salt

1/2 teaspoon freshly ground pepper

1 garlic clove, crushed

1/3 cup (1-1/2 ounces) grated fresh Parmesan or Romano cheese

INSTRUCTIONS:

Combine first 4 ingredients in a large bowl. Combine oil, capers, salt, pepper, and garlic in a small bowl; stir well with a whisk. Pour over pasta mixture; toss gently. Sprinkle with Parmesan cheese; toss well.

NUTRITIONAL INFO:

calories: 390 carbohydrates: 54 g cholesterol: 25 mg fat: 12.5 g sodium: 553 mg protein: 16 g calcium: 233 mg iron: 3 mg fiber: 4.5 g

Blueberry-Pecan Cake

Source: Cooking Light 8/01

Healthy Units: 6

Servings: 10 (1 wedge)

Posted by: eolmsted (Liz)

Date: July 26, 2003

INGREDIENTS:

Cooking spray
2 teaspoons all-purpose flour
5 tablespoons butter
3/4 cup granulated sugar
2 large eggs
2/3 cup low-fat buttermilk
2 teaspoons grated orange rind
1 teaspoon baking powder
1/2 teaspoon salt
1-1/2 teaspoons vanilla extract
1/2 teaspoon almond extract
1/4 teaspoon baking soda
1-1/2 cups all-purpose flour
2 cups fresh or frozen blueberries
1/3 cup finely chopped pecans
2 tablespoons sifted powdered sugar

INSTRUCTIONS:

Preheat oven to 350 degrees.

Coat a 9-inch round springform pan with cooking spray, and dust the pan with 2 teaspoons flour.

Place butter in a large microwave-safe bowl. Cover and microwave at high 1 minute or until butter melts. Add granulated sugar, stirring with a whisk. Add eggs; stir well. Stir in buttermilk and next 6 ingredients (buttermilk through baking soda); stir well. Lightly spoon 1-1/2 cups flour into dry measuring cups; level with a knife. Add flour, stirring just until blended (do not overstir). Stir in blueberries and pecans. Spoon mixture into prepared pan, spreading evenly.

Bake at 350 degrees for 45 minutes or until lightly browned and a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack. Sprinkle with powdered sugar. Cut into wedges.

NUTRITIONAL INFO: calories: 253 carbohydrates: 36.9 g cholesterol: 59 mg fat: 10.1 g sodium: 287 mg protein: 4.5 g calcium: 60 mg iron: 1.3 mg fiber: 1.7 g

Adobado Pork Tenderloin

Source: CL WEB SITE

Healthy Units: (4)

Servings: 8- 3oz

Posted by: jcanty (Gail)

Date posted 7-26-2003

INGREDIENTS:

5 ancho chiles
2 cups boiling water
1 cup fat-free, less-sodium chicken broth
2 tablespoons sugar
3 tablespoons cider vinegar
1 teaspoon dried oregano
2 teaspoons olive oil
1/2 teaspoon salt
1/2 teaspoon ground cumin
1/4 teaspoon black pepper
1/8 teaspoon ground cloves
4 large garlic cloves, halved
2 pounds pork tenderloin
Cooking spray

INSTRUCTIONS:

Heat a large nonstick skillet over medium-high heat until hot. Add chiles; cook 2 minutes, turning frequently. Remove from heat; cool. Discard stems and seeds. Combine roasted chiles and boiling water in a bowl; cover and let stand for 20 minutes or until soft. Drain well. Combine rehydrated chiles, broth, and next 9 ingredients (broth through garlic) in a blender; process until smooth. Cook chile paste in skillet over medium-low heat until very thick (about 8 minutes), stirring frequently. Cool. Trim fat from pork. Slice pork lengthwise, cutting to, but not through, other side. Open halves, laying flat. Place pork in a 13 x 9-inch baking dish; spread chile paste over all sides of pork. Cover and marinate in refrigerator 6 hours or overnight. Prepare grill. Remove pork from dish, reserving chile paste. Insert a meat thermometer into the thickest part of pork. Place pork on a grill rack coated with cooking spray; cook for 8 minutes on each side or until thermometer registers 160°F (slightly pink), brushing with reserved chile paste frequently.

NUTRITIONAL INFO:

calories: 182 carbohydrates: 6.6 g cholesterol: 79 mg fat: 5.7 g sodium: 278 mg protein: 25.5 g calcium: 20 mg iron: 1.8 mg fiber: 1.1 g
YIELD: Yield: 8 servings (serving size: 3 ounces pork).

Mexicali Crab Cakes

Source: (CL web site

Healthy Units: (7) or as appetizers..only smaller, 20, 2/serving @ 3.5 HU each

Servings: 5 -2 crab cakes

Posted by: jcanty(Gail)

Date posted: 7-26-2003

Comments:

An Eastern Seaboard institution heads for the border with the addition of jalapenos and corn.

INGREDIENTS:

1-1/2 tablespoons butter or stick margarine

1/4 cup finely chopped celery

1/4 cup finely chopped red bell pepper

1-1/2 teaspoons chopped seeded jalapeno pepper

1/4 cup light mayonnaise

1 teaspoon chopped fresh cilantro or parsley

1 teaspoon Dijon mustard

1/2 teaspoon garlic salt

1/4 teaspoon pepper

1 large egg, lightly beaten

1/2 cup fresh breadcrumbs

1/4 cup chopped green onions

1 pound lump crabmeat, shell pieces removed

1 (8-3/4-ounce) can no-salt-added whole-kernel corn, drained

1 cup finely crushed cornflakes

Cooking spray

1-1/4 cups cocktail sauce or medium-hot salsa

Cilantro sprigs (optional)

INSTRUCTIONS:

Prep Time: 20 minutes

Cooking Time: 28 minutes

Preheat oven to 450°.

Melt butter in a large nonstick skillet over medium heat. Add celery, bell pepper, and jalapeno; sauté 3 minutes or until tender. Cool.

Combine mayonnaise and the next 5 ingredients (mayonnaise through egg) in a large bowl. Add celery mixture, breadcrumbs, green onions, crabmeat, and corn, and stir well.

Divide crabmeat mixture into 10 equal portions, shaping each into a 1/2-inch-thick patty.

Dredge patties in cornflakes.

Place patties on a baking sheet coated with cooking spray. Bake at 450° for 15 minutes; turn patties over, and bake an additional 10 minutes or until golden. Serve crab cakes with cocktail sauce, and garnish with cilantro sprigs, if desired.

NUTRITIONAL INFO:

calories: 308 carbohydrates: 30.9 g cholesterol: 139 mg fat: 10.2 g sodium: 1 mg protein: 23.2 g calcium: 126 mg iron: 2.3 mg fiber: 1.1 g

Rice Pudding

Source: Cooking Light (Website)

Servings: 16 (a little more than 1/2 cup each) Healthy Units: 5

Posted by: Joan borsten

Date: July 27, 2003

My husband asked for rice pudding and I found 4 on CL online. This was the least exotic. There were about 5 rave reviews. Following posted recommendations I halved the sugar and omitted the sour cream. I also added the raisins while the pudding was still cooking. Finally this recipe makes 9 c of rice pudding, so I recalculated the servings from 12 to 16, which means a little more than 1/2 c each (serving size of all the other rice pudding recipe choices was 1/2 c). Don't know if it is worth the HUs but it was really creamy and tasty and satisfying. My husband loved it.

CL: Although the amaretto and almond flavor is not native to the traditional rice pudding, they don't detract from this one's savory taste.

INGREDIENTS:

8 cups 2% reduced-fat milk

1 cup sugar

2 tablespoons butter or stick margarine

1-1/2 cups uncooked long-grain rice

1/4 teaspoon salt

1 large egg

1/2 cup golden raisins

1/4 cup amaretto (almond-flavored liqueur) or 1/4 cup water and 1/2 teaspoon almond extract
1-1/2 teaspoons vanilla extract

1 (8-ounce) carton low-fat sour cream

Ground cinnamon (optional)

INSTRUCTIONS:

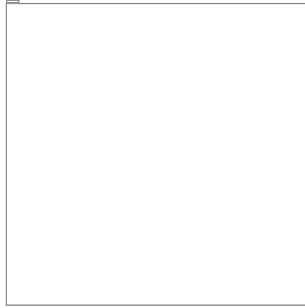
Prep Time: 5 minutes

Cooking Time: 65 minutes

Combine first 3 ingredients in a heavy Dutch oven; bring to a simmer over medium-high heat (about 15 minutes). Stir in rice and salt; reduce heat to medium, and cook 45 minutes or until rice is tender. Stir occasionally, about every 5 to 10 minutes initially, and then as pudding begins to thicken, watch and stir every few minutes to prevent sticking. Do not boil. Place egg in a bowl; gradually add 1 cup hot rice mixture to egg, stirring constantly with a whisk. Return egg mixture to pan; cook 1 minute. Remove from heat. Add raisins, amaretto, vanilla, and sour cream; stir well. Sprinkle with cinnamon, if desired.

NUTRITIONAL INFO: calories: 316 carbohydrates: 50.7 g cholesterol: 44 mg fat: 7.9 g sodium: 165 mg protein: 8.4 g calcium: 231 mg iron: 1.3 mg fiber: 0.6 g

YIELD: 12 servings (serving size: 3/4 cup)



English Muffin Strata with Ham and Cheese-I

Cooking Light Aug 2003

Servings: 4

Healthy Points:

Posted by: Bawstinn32 (Maria)

7/27/03

Comments: I don't like soy milk, so I substituted 1%. I also used 2 slices of 2% cheese and cut down the # of English Muffins to make it 4 servings:

4 whole English muffins, split
3 ounces Canadian bacon
2 slices Swiss cheese, 2%, shredded
2 cups milk, 1% lowfat
4 teaspoons Dijon mustard
1/2 teaspoon dry mustard
1/4 teaspoon salt
1/8 teaspoon black pepper
2 whole eggs
2 whole egg whites, whole
1/8 teaspoon ground red pepper

1. Cut each muffin half into 6 wedges. Arrange half of muffin wedges in bottom of an 8-inch square baking dish coated with cooking spray. Top with bacon. Sprinkle with half of cheese. Arrange remaining muffin wedges over cheese. Top with remaining cheese.

2. Combine milk and remaining ingredients, stirring with whisk until blended. Pour milk mixture over muffin mixture. Cover and refrigerate 8 hours or overnight.

3. Preheat oven to 325.

4. Uncover strata and bake at 325 for 1 hour or until knife inserted in center comes out clean. Let stand 15 minutes before serving.

Per Serving (excluding unknown items): 299 Calories; 9g Fat (26.3% calories from fat); 21g Protein; 33g Carbohydrate; 2g Dietary Fiber; 117mg Cholesterol; 902mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 1/2 Fat; 0 Other

Carbohydrates.

—

Hot Garlic Shrimp and Asparagus

Healthy Units: 7

Servings: 4 servings (serving size: 1 1/2 cups shrimp mixture and 2 bread slices)

Posted by: Oduamy1 (Amy)

Posted on: July 27, 2003

Source: Cookinglight.com

Comments: Delicious and if you buy already de-veined and peeled shrimp, its pretty quick to do too. Next time it will go over angel hair pasta most likely, but was great with the bread as well. With a green salad, it's a perfect, classy dinner.

Amy's Rating: 5/5 - restaurant quality

8 (1/2-inch-thick) slices diagonally cut French bread baguette

2 tablespoons olive oil

2 1/2 cups (1-inch) sliced asparagus (about 1 pound)

2 teaspoons bottled minced garlic

1/2 teaspoon salt

1/4 teaspoon crushed red pepper

1/4 teaspoon freshly ground black pepper

1 1/2 pounds peeled and deveined large shrimp

1 cup Chardonnay or other dry white wine

2 tablespoons lemon juice

INSTRUCTIONS:

1. Preheat oven to 400 degrees.
2. Place bread slices in a single layer on a baking sheet. Bake at 400 degrees for 6 minutes or until toasted.
3. While bread toasts, heat oil in a large nonstick skillet over medium heat. Add asparagus, garlic, salt, and peppers; cook for 2 minutes, stirring frequently. Add shrimp, and cook for 4 minutes, stirring frequently.
4. Stir in wine and juice; bring to a boil. Remove from heat; serve with bread slices.

NUTRITIONAL INFO:

CALORIES 324 (25% from fat); FAT 9.1g (sat 1.5g, mono 5.6g, poly 1.4g); PROTEIN 30.6g; CARB 20.3g; FIBER 2.7g; CHOL 242mg; IRON 5.5mg; SODIUM 747mg; CALC 97mg

***Oh and I also wanted to add, this dish had a little kick to it. I think it's perfectly acceptable to leave the red pepper out or cut it down. I also used fresh garlic vs. the bottled stuff.

Chicken with Fresh Apricots, Ginger and Cracked Almonds

Source: Food and Wine, August 2003

Serves: 4

Points: 9 (381 calories, 14.9 gm total fat, ? fiber).

Posted by: Carole (yaytheyfit)

7/27/03

16 whole blanched almonds (2 ounces)
2 teaspoons unsalted butter
4 ripe apricots, pitted and quartered
1 tablespoon extra-virgin olive oil
Four 6-ounce skinless, boneless chicken breast halves
Salt and freshly ground pepper
1 teaspoon finely grated fresh ginger
1 scallion, white and green parts thinly sliced separately
1/2 teaspoon very finely grated lime zest
1/2 Scotch bonnet or habanero chile, seeded and thinly sliced
1/2 cup dry white wine
2 tablespoons pure maple syrup

1. Preheat the oven to 350°. Put the almonds in a pie plate and bake for 8 minutes, or until fragrant and browned; let cool. Crack the almonds coarsely with the side of a large knife.
2. In a large skillet, melt the butter. Add the apricots, cut side down, and cook over moderate heat, until lightly browned, about 3 minutes. Turn the apricots and cook for 1 minute longer. Transfer to a plate.
3. Add the olive oil to the skillet and heat until shimmering. Season the chicken breasts with salt and pepper and add them to the skillet. Cook over moderately high heat until browned, about 3 minutes. Turn the breasts and cook over moderately low heat until just white throughout, about 7 minutes longer. Transfer the chicken to the plate with the apricots.
4. Add the ginger, scallion whites, lime zest and chile to the skillet and cook, stirring, for 30 seconds. Add the wine and simmer over moderately high heat, scraping up the browned bits from the bottom of the skillet. Add the maple syrup, apricots and chicken and simmer just until heated through; season with salt and pepper.
5. Transfer the chicken to plates and spoon the sauce on top. Sprinkle with the cracked almonds and scallion greens and serve.

Linguine with Grilled Asparagus and Shiitake Mushroom Vinaigrette

Healthy Units (WW Points) ???

Servings: 4

Posted by Abigail

Date 28 July 2003

Ingredients

1-1/2 tablespoons dark sesame oil

1 tablespoon minced peeled fresh ginger

1/4 teaspoon crushed red pepper

3 garlic cloves, minced

1-1/2 cups thinly sliced Shiitake mushroom caps (about 1 [3-1/2-ounce] package)

1 cup sliced button mushrooms (about 3 ounces)

1/4 cup rice vinegar

1/4 cup low-sodium soy sauce

1/4 cup minced fresh parsley

1/4 cup pineapple juice

2 tablespoons water

2 teaspoons sugar

1 pound asparagus spears

4 cups hot cooked linguine (about 8 ounces uncooked pasta)

Instructions

Heat oil in a large nonstick skillet. Add ginger, pepper, and garlic; cook 1 minute. Add mushrooms; cook 2 minutes. Add vinegar and next 5 ingredients (vinegar through sugar); remove from heat.

Snap off tough ends of asparagus; remove scales with a knife or vegetable peeler, if desired. Brush asparagus with mushroom vinaigrette; keep remaining vinaigrette warm.

Prepare grill or broiler. Grill or broil the asparagus 3 minutes or until lightly browned. Place asparagus on pasta, and top with remaining mushroom vinaigrette.

NUTRITIONAL INFO

calories: 300 carbohydrates: 50.9 g cholesterol: 0 mg fat: 6.5 g sodium: 498 mg protein: 10.2 g calcium: 38 mg iron: 3.6 mg fiber: 3.7 g

Sorry I don't have the HU's but I don't have access to the WW tools right now (don't even get me started on the WW customer service, or total lack thereof). I would suggest trying this with soba noodles, it would be more authentically "Asian" and also it might drop the points a bit based on the fiber. Also, I grilled the asparagus and the flavour was great. I will grill them again just for a side dish.

Grilled Mexican Corn with Crema

Healthy Units (3 Points)

Servings 6

Posted by jcanty (Gail)

07-28-2003

Ingredients :

1 tsp. Chipolte Chili powder

1/2 tsp. Salt

1/8 tsp Black Pepper

6 ears of corn

cooking Spray

1/4 c. Crema Mexicana

6 lime wedges

1. Prepare Grill

2. Combine first 3 ingredients

3. Place corn on a grill rack coated w/ cooking spray; cook 12 minutes or until corn is lightly browned, turning frequently. Place corn on a platter; drizzle with Crema. Sprinkle w/ chipolte mixture. Garnish w/ lime wedges.

Substitute for Crema is low fat cream cheese-although not a very good substitute according to some CLC's.

Nutritional: Calories 160(29% from fat); Fat 5.2g (sat 2.5g,mono 1.5g,poly 1g) protein 5g;carb 28.2;Fiber 4g;Chol 8mg;iron 0.8mg;sodium 228mg;calc 24mg

Instructions.

Spicy Pumpkin Bread

Source: Cooking Light All-Time Readers Favorites

HU: 3

Servings: 24 (2 loaves--12 slices each)

Posted by: Jen(Sweetbear75)

Date: September 8, 2003

Ingredients:

3-1/2 cups all-purpose flour
2 tsp baking powder
1 tsp ground allspice
1 tsp ground cinnamon
1 tsp ground nutmeg
3/4 tsp salt
1/2 tsp baking soda
1/2 tsp ground cloves
1 1/3 cups packed brown sugar (I used light brown)
3/4 cup fat-free milk
1/3 cup vegetable oil
2 tsp vanilla extract
2 large eggs
1 (15 oz) can pumpkin
Cooking Spray
1/3 cup chopped walnuts

Instructions:

1. Preheat oven to 350 degrees. Lightly spoon flour into dry measuring cups; level with knife. Combine flour and next 7 ingredients (baking powder through cloves) in a large bowl; make a well in center of mixture.
2. Combine sugar and next 5 ingredients (milk through pumpkin); stir well with a whisk until smooth. Add to flour mixture; stirring just until moist.
3. Spoon batter into 2 (8 x 4 inch) loaf pans coated with cooking spray; sprinkle with walnuts. Bake at 350 degrees for 1 hour or until wooden pick inserted in center comes out clean. Cool loaves in pans 10 minutes on a wire rack; remove from pans. Cool loaves completely on wire rack. Yield: 2 loaves, 12 slices per loaf (serving size: 1 slice).
CL Note: do not fiddle with the spices and substitute-- the test kitchen tried it and it was not as good.

Comment: yummy and filling for 3 pts. The nuts tend to fall off the top of the loaves; I think you can eliminate them entirely, although they add a nice crunch. Would reduce each slice to 2 pts. I reduced the amount of nuts to 1/4 cup, which was plenty, but that does not reduce the points.

Calories: 161; Fat: 4.7g; Protein: 3.1g; Fiber: 1.3g; Chol: 18mg; Iron: 1.4mg; Sodium 138mg; Calc: 46mg

Veal Pizzaiola

From Weight Watchers New Complete Cookbook

Servings: 4

HU per serving: 4

Posted by LissaR

July 29, 2003

4 4-ounce veal cutlets, pounded 1/4 inch thick
4 teaspoons olive oil
1 can diced tomatoes (I like with basil and oregano)
2 tablespoons minced fresh oregano
2 garlic cloves, minced
1/2 cup white wine
1/4 teaspoon salt
pepper to taste

1. Heat oil in frying pan; add cutlets. Sauté until browned (2-3 minutes per side). Remove to plate.

2. Add remaining ingredients to skillet, reduce heat. Cook until tomatoes are slightly soft, about 5 minutes.

3. Add veal and any accumulated juices. Simmer on low heat for 20 minutes, or until veal is tender and sauce has thickened. (Slightly. It never thickens much.)

Biscuits & Gravy

Healthy Units: 8

Servings: 8

Posted by: MissVN

Date: July 29, 2003

NOTE: Points may not be accurate, I have a feeling Recipe Builder doesn't count the cooked off fat, which is crucial to getting the gravy to taste like anything in this recipe. Also, this is an old family recipe so excuse the informality of it!

Ingredients

16 oz Pork Sausage Roll

1 cup onion(s), chopped

2 Tbsp all-purpose flour

2 cup 1% low-fat milk

1 item Pillsbury Grands! Southern Style Biscuit(s)

Instructions

Cook sausage per package directions.

When done, add 1 cup of chopped onions to the pan, scraping up any bits of sausage stuck to the bottom of the pan. Meanwhile, crumble 1 or 2 sausages into the pan with the onions.

When onions are translucent and have slightly browned, add 2 T. of flour to the pan (or enough flour that will cover most of the onions in the pan when sprinkled on top of them) and cook, stirring constantly, for 1-2 minutes or until the "floury" smell is gone. Add milk to pan.

Cook, stirring constantly, over medium high heat until the mixture boils and begins to thicken. Season with salt & pepper.

Serve over biscuits.

Zucchini Bread II

The Complete Cooking Light Cookbook

Healthy Units 4

Servings: 24

Posted by Lesley (LMaybloom)

07/29/03

3 cups shredded zucchini (about 3 medium) (I probably had closer to 4 cups)

4 cups all-purpose flour

1 cup plus 2 tablespoons granulated sugar, divided

1/2 cup chopped walnuts, toasted (I used sliced almonds)

1/4 cup packed brown sugar

5 teaspoons baking powder

1 tablespoon grated lemon rind

1 1/2 teaspoons ground cinnamon

1/2 teaspoon salt

1/4 teaspoon ground nutmeg

1 1/2 cups skim milk

6 tablespoons vegetable oil

2 teaspoons vanilla extract

2 eggs

1. Preheat oven to 350°.

2. Press zucchini on several layers of paper towels. Cover with additional paper towels; set aside.

3. Combine flour, 1 cup granulated sugar, walnuts, and next 6 ingredients (walnuts through nutmeg) in a large bowl; make a well in center of mixture. Combine milk, oil, vanilla, and eggs in a bowl; stir with a whisk. Add zucchini; stir. Add to flour mixture; stir just until moist. Divide batter evenly between 2 (8 × 4-inch) loaf pans coated with cooking spray. Sprinkle each with 1 tablespoon granulated sugar. Bake at 350° for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

Makes 2 loaves, 12 slices per loaf.

Spicy Chicken Breasts with Caramelized Onion-Red Pepper Relish

Source: Cooking Light Annual Recipes 2001

HU: 4

Servings: 4

Posted by: tmartin98

Date: July 29, 2003

- 1 1/2 teaspoons olive oil
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground red pepper
- 4 (4-ounce) skinned, boned chicken breast halves
- 2 cups sliced Vidalia or other sweet onion
- 2 red bell peppers, each cut into 4 wedges
- 1/4 cup chopped fresh basil
- 2 Tablespoons pine nuts, toasted
- 1 Tablespoon balsamic vinegar

Preheat oven to 450. Combine first 7 ingredients in a small bowl. Rub both sides of chicken with spice mixture. Arrange onion and bell pepper in baking dish and top with chicken. Bake at 450 for 20 minutes. Reduce oven temperature to 375 and bake an additional 15 minutes or until chicken is done. Remove chicken from dish and keep warm. Remove onion mixture from dish and chop. Combine onion mixture, basil, nuts, and vinegar. Serve with chicken. Yield: 4 servings (1 chicken breast half and 1/2 cup relish)

Nutritional info: Calories 212; fat 6.1; protein 28.9; carb 11.1; fiber 2.7

Cornmeal-Sage Biscuits with Sausage Gravy

Sage and cornmeal give the biscuits an interesting taste and texture, perfect for the turkey sausage gravy in this southern-style breakfast.

1 cup Original Bisquick® mix
1/4 cup yellow cornmeal
1/3 cup milk
1/2 teaspoon dried sage leaves, crumbled
1/2 package (12 ounces) bulk turkey breakfast sausage
1/8 cup Original Bisquick® mix
1 1/8 cups milk
1/4 teaspoon salt
1/8 teaspoon pepper

1. Heat oven to 450°F. Stir 1 3/4 cups Bisquick mix, the cornmeal, 2/3 cup milk and the sage until soft dough forms; beat 30 seconds. Drop by 12 spoonfuls onto ungreased cookie sheet. Bake 8 to 10 minutes or until golden brown.
2. While biscuits are baking, cook sausage in 2-quart saucepan over medium heat, stirring frequently, until no longer pink; drain. Sprinkle 1/4 cup Bisquick mix over sausage; stir in to blend. Gradually stir in 2 1/4 cups milk until well blended.
3. Cook about 5 minutes, stirring frequently, until thickened. Stir in salt and pepper. Serve biscuits with sausage gravy.

335 cal, 13 fat, 1 fiber. That's w/ original Bisquick and full-fat turkey sausage, according to the Bisquick site.

—

Coconut Macaroons

Martha Stewart Living

Serves: 12 (1 cookie)

Points: 2 (acc to Recipe Builder; no nutri. info)

Posted by: Jillyh

7/29/03

2 1/2 c. sweetened flaked coconut

1 T. sugar

2 large egg whites

1 tsp. pure vanilla extract

pinch of table salt

Preheat oven to 350. Have ready a baking sheet lined with parchment paper. In a large bowl, combine sugar, coconut, egg whites, vanilla, and salt. Using your hands, mix well, completely combining ingredients. Dampen hands with cold water. Form a heaping tablespoon of mixture into a loose haystack shape; place on prepared baking sheet. Repeat with remaining mixture, spacing about an inch apart. Bake until golden brown, about 18 minutes, rotating halfway through. Transfer baking sheet to a wire rack to cool. Store macaroons in an airtight container for up to 3 days. (You can also use 2 1/2 cups of desiccated unsweetened coconut and 3/4 cups of sugar instead of the sweetened coconut and 1 T. of sugar.)

Roasted Garlic Potatoes

Healthy Units: 3 per serving

Yield: 4 svgs (3/4 cup each)

Posted by: 2B@Goal (Linda)

Posted on: July 30, 2003

Source: Complete Book of CL

INGREDIENTS:

1 ¾ lbs. baking potatoes, peeled and cut into 1" cubes

3 tbsp fresh lemon juice

1 tsp. olive oil

½ tsp kosher salt

4 garlic cloves, minced

cooking spray

INSTRUCTIONS:

1. Preheat oven to 425 degrees.

2. Combine first 5 ingredients in a medium bowl; toss well to coat. Let stand 10 mins.

Spoon potatoes into an 11 x 7" baking dish coated with cooking spray. Bake at 425 degrees for 35 minutes or until tender and lightly browned, stirring occasionally.

NUTRITIONAL INFO:

Calories 153; fat 1.5 g (sat 9.2g, mono 0.8 g, poly 0.2g); protein 3.7g; carb 32.5 g; fiber 2.8g; chol 9 mg; iron 1.3 mg; sodium 304 mg; calc 18 mg

If you like garlic, you'll love these!

Summer Squash and Corn Sauté

Healthy Units: 2 per serving

Yield: 6 svgs (1 cup each)

Posted by: 2B@Goal (Linda)

Posted on: July 30, 2003

Source: CL Annual 2002

INGREDIENTS:

1 tsp. olive oil

2 tsp. cumin seeds

2 cups fresh corn kernels (about 4 ears)

1 cup sliced onion

3 garlic cloves, minced

2 cups (1/4" thick) sliced zucchini (about 3/4 lb)

2 cups (1/4" thick) sliced yellow squash (about 3/4 lb)

1/2 tsp. salt

1 (4.5 oz) can chopped green chiles

2 tbsp chopped fresh cilantro

1/2 cup (2 oz.) shredded RF Monterey Jack cheese

INSTRUCTIONS:

1. Heat oil in a large nonstick skillet over medium high heat, cook cumin seeds 30 seconds or until toasted, stirring frequently. Add corn, onion and garlic, sauté 5 minutes or until lightly browned. Add zucchini, yellow squash, salt and chiles and sauté 6 minutes or until tender. Stir in cilantro. Remove from heat; sprinkle with cheese. Cover and let stand 5 minutes or until cheese melts.

NUTRITIONAL INFO:

Calories 109; fat 3.5 g (sat 1.4g, mono 1.5 g, poly 0.6g); protein 6.1g; carb 16.7g; fiber 3.4g; chol 6mg; iron 1.3mg; sodium 517mg; calc 108mg

I didn't have cumin seed so I added some ground cumin instead but the seed probably would have added better flavor. Also, I didn't add the cheese as I really didn't think it needed it. Wonderful combo, great way to use up those summer veggies.

Corn Tomato Relish

Healthy Units: 2 per serving

Yield: 4 svgs (3/4 cup each)

Posted by: 2B@Goal (Linda)

Posted on: July 30, 2003

Source: CL Annual 2002

INGREDIENTS:

1 tsp. olive oil

1 cup chopped Vidalia or other sweet onion

1 ½ cups fresh corn kernels (about 3 ears)

½ cups diced tomato (about ¾ lb.)

1/3 cup thinly sliced fresh basil

1 tbsp fresh lime juice

1 tsp. sugar

¼ tsp. Salt

¼ tsp crushed red pepper

1/8 tsp. black pepper

INSTRUCTIONS:

1. Heat oil in a large nonstick skillet over medium heat. Add onion, and sauté 5 minutes or until tender. Add corn, cook 8 minutes or until tender, stirring frequently. Remove from heat, and cool slightly. Combine corn mixture, tomato, and remaining ingredients in a large bowl; toss gently.

NUTRITIONAL INFO:

Calories 96; fat 2.1g (sat 0.3g, mono 1.1g, poly 0.6g); protein 3g; carb 19.4g; fiber 3.5g; chol 9mg, iron 0.8mg; sodium 163mg; calc 19mg

Wonderful with grilled steak. The recipe was shown with flank steak, but it's a wonderful side for a summer dish.

Coconut Shrimp with Pineapple Salsa

Source: Website

Healthy Units: 9

Serves: 4

Posted by: Lisa Karp

Date: 7-30-03

INGREDIENTS:

Shrimp:

28 large shrimp (about 1-1/2 pounds)

1/3 cup cornstarch

3/4 teaspoon salt

1/2 to 3/4 teaspoon ground red pepper

3 large egg whites

1-1/2 cups flaked sweetened coconut

Cooking spray

Salsa:

1 cup finely chopped fresh pineapple

1/3 cup finely chopped red onion

1/4 cup finely chopped fresh cilantro

1/4 cup pineapple preserves

1 tablespoon finely chopped seeded jalapeno pepper

1-1/2 tablespoons fresh lime juice

1/4 teaspoon black pepper

INSTRUCTIONS:

Eat this shrimp with a fork to ensure that you get some salsa with every bite.

1. Preheat oven to 400 degrees. 2. To prepare shrimp, peel and devein shrimp, leaving tails intact. Rinse shrimp in cold water; drain on paper towels until dry.

3. Combine cornstarch, salt, and red pepper in a shallow dish; stir with a whisk. Place the egg whites in a medium bowl, and beat with a mixer at medium-high speed until frothy (about 2 minutes). Place coconut in a shallow dish. 4. Working with one shrimp at a time, dredge in cornstarch mixture. Dip in egg white; dredge in coconut, pressing gently with fingers. Place shrimp on a baking sheet coated with cooking spray. Repeat the procedure with remaining shrimp, cornstarch mixture, egg white, and coconut. Lightly coat shrimp with cooking spray. Bake at 400 degrees for 20 minutes or until shrimp are done, turning after 10 minutes.

5. To prepare salsa, combine pineapple and remaining ingredients in a medium bowl; stir to combine.

NUTRITIONAL INFO:

CALORIES 397 (26% from fat); FAT 11.4g (sat 8.4g, mono 0.7g, poly1g); PROTEIN 29.9g; CARB 45g; FIBER 2.2g; CHOL 194mg; IRON 3.9mg; SODIUM 753mg; CALC 80mg

YIELD: 4 servings (serving size: 7shrimp and about 1/4 cup salsa)

Caramelized Onion Chicken

Source: insert in a CL subscription renewal notice

Healthy Units: 5

Servings: 4 3 oz chicken 1 T. sauce

Posted by: jcanty(Gail)

Date posted: 7-31-03

Comments: One of those fast and easy things!

Ingredients:

1 lb chicken breast tenders

½ t. salt

¼ t. black pepper

1 t. olive oil

½ c. sliced onion

½ c. seedless raspberry jam

1 T. red wine vinegar

1 T. low-sodium soy sauce

1. t. bottled minced ginger

½ t. dried rosemary

Instructions:

1. Sprinkle chicken with salt and pepper. Heat oil in a nonstick skillet over medium-high heat. Add onion, and sauté 2 minutes. Add chicken to pan; sauté 8 minutes or until chicken is done. Remove onion and chicken from pan.

2. Add jam and remaining ingredients to pan; cook 2 minutes, stirring constantly with a whisk. Return chicken mixture to pan; cook 4 minutes, stirring occasionally.

Calories: 246; 10 % from fat; FAT 2.6g(sat 0.6g mono 1.2g poly .04); protein 26.6g; CARB 28.5g; fiber 0.5g; CHOL 66g; IRON 1.1mg; SODIUM 521mg; CALC 19 mg.

Chicken Pasta Salad

Source: Cooking Light Website

Healthy Units: 5

Servings: 1 cup servings 7

Posted By: Zephyr1

Date posted: 7/31/03

Chicken - Pasta Salad

INGREDIENTS:

2 cups cooked small seashell pasta (about 1 cup uncooked pasta)

1-1/2 cups cubed cooked chicken breast (about 6 ounces)

1 cup diced red bell pepper

1 cup shredded yellow squash (about 1 medium)

1/2 cup sliced carrot

1/2 cup sliced green onions

1/2 cup fresh corn kernels (about 1 ear)

1/2 cup frozen green peas, thawed

1 (15-ounce) can black beans, rinsed and drained

1/4 cup rice vinegar

3 tablespoons olive oil

2 teaspoons Dijon mustard

1/2 teaspoon ground cumin

1/4 teaspoon salt

1/4 teaspoon hot sauce

INSTRUCTIONS:

1. Combine the first 9 ingredients in a large bowl. Combine rice vinegar and remaining ingredients in a small bowl; stir well with a whisk. Pour vinegar mixture over chicken mixture, and toss gently to coat. Serve at room temperature or chilled.

NUTRITIONAL INFO:

CALORIES 229 (29% from fat); FAT 7.5g (sat 1.2g, mono 4.7g, poly 1g); PROTEIN 14.1g; CARB 26.6g; FIBER 3.5g; CHOL 21mg; IRON 2.4mg; SODIUM 219mg; CALC 33mg

YIELD:

7 servings (serving size: 1 cup)

Penne with Tomatoes, Olives, and Capers

Source: Cooking Light June 2003

Healthy Units: 10

Servings: 4

Posted by: Kate

August 1, 2003

This simple dish depends on fresh basil, garlic, and tomatoes to deliver big flavor. I used whole wheat Penne. Leftovers are good cold.

INGREDIENTS:

1 tablespoon olive oil
1/4 teaspoon crushed red pepper
3 garlic cloves, finely chopped
3 cups chopped plum tomato (about 1 3/4 pounds)
1/2 cup chopped pitted kalamata olives
1 1/2 tablespoons capers
1/4 teaspoon salt
6 cups hot cooked Penne (about
4 cups uncooked tube-shaped pasta)
3/4 cup (3 ounces) grated fresh Parmesan cheese
3 tablespoons chopped fresh basil

INSTRUCTIONS:

1. Heat oil in a large nonstick skillet over medium-high heat. Add pepper and garlic; sauté 30 seconds. Add tomato, olives, capers, and salt. Reduce heat, and simmer 8 minutes, stirring occasionally. Add pasta to pan, tossing gently to coat; cook 1 minute or until thoroughly heated. Remove from heat. Sprinkle with cheese and basil.

NUTRITIONAL INFO:

CALORIES 484 (28 percent from fat); FAT 15.1g (sat 4.7g, mono 7.7g, poly 1.7g);
PROTEIN 19.1g; CARB 67.8g; FIBER 4.3g; CHOL 14mg; IRON 3.9mg; SODIUM
870mg; CALC 287mg

YIELD:

Yield: 4 servings (serving size: about 1 3/4 cups)

Buffalo-Style Green Beans

Source: Weight Watchers Website

Healthy Units: 1

Servings: 4

Posted by: Kate

August 1, 2003

Notes: Make this ahead of time, the flavor is better the next day. I decreased the oil to 1 T and increased the amount of green beans to 1 lb with good results.

4 tsp olive oil
1 T Worcestershire sauce
1 T orange or lemon juice
2 tsp hot pepper sauce
2 medium tomatoes (plum) diced
2 medium garlic cloves, minced
3/4 lb green beans, trimmed and cooked crisp tender
1 T basil chopped
1/8 tsp black pepper
1/8 tsp salt

Whisk together oil, Worcestershire, juice and hot pepper sauce.

Stir in vegetables, basil, salt and pepper. Chill for 1 hour or overnight.

Nutr. info not available.

4 Servings

Source of Recipe: Food & Wine, August 2003

Posted by yaytheyfit (Carole)

Date: August 1, 2003

1 tablespoon Dijon mustard

1 tablespoon extra-virgin olive oil

1/2 teaspoon chopped thyme

Four 6-ounce skinless, boneless chicken breast halves

Salt and freshly ground pepper

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

4 cups packed Arugula leaves

1 cup cherry tomatoes, halved

1. Preheat the oven to 475°. In a small bowl, combine 2 teaspoons of the mustard with 2 teaspoons of the olive oil and the thyme. Season the chicken breasts with salt and pepper, then brush them all over with the mustard mixture. Pat 2 tablespoons of the Parmesan all over each breast. Transfer the chicken breasts to a rimmed baking sheet. Bake the chicken on the top shelf of the oven for about 15 minutes or until just cooked through and nicely browned.

2. Meanwhile, in a medium bowl, combine the remaining 1 teaspoon each of mustard and olive oil; stir in 1/2 teaspoon of water. Add the Arugula and tomatoes, season with salt and pepper and toss well. Spoon the salad onto plates, top with the chicken and serve.

NOTES: One serving 288 calories, 9.4 gm total fat, 3.1 gm saturated fat, 4 gm carb.

--Marcia Kiesel

Spinach, Raisin, Pine Nut, and Garlic-Stuffed Pork Loin

Source: Cooking Light (Website)

Serving 8 (1 slice)

Healthy Units: 5 HU/serving

Posted by: Joan Borsten

August 3, 2003

Comments: Everyone liked this. Could definitely be served at a dinner party. Would make again.

CL: Raisins add a bit of sweet, creating a savory taste for this delicious dish.

INGREDIENTS:

1/4 cup finely chopped raisins

2 tablespoons finely chopped pine nuts

2 garlic cloves, minced

2 (10-ounce) packages frozen chopped spinach, thawed, drained, and squeezed dry

3/4 teaspoon salt, divided

1/2 teaspoon black pepper, divided

1 (2-pound) boned pork loin roast

2 bacon slices

Cooking spray

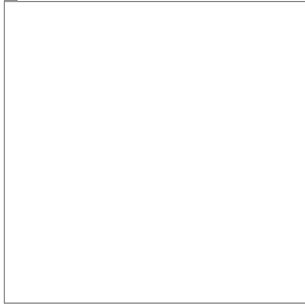
2 cups water

INSTRUCTIONS:

Prep Time: 55 minutes

Cooking Time: 60 minutes

Preheat oven to 400 degrees. Combine chopped raisins, pine nuts, garlic, spinach, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Unroll roast, and trim fat from pork. Slice pork lengthwise, cutting to, but not through, other side. Open the halves, laying pork flat. Slice each half lengthwise, cutting to, but not through, other side, and open flat. Place plastic wrap over pork, and flatten to an even thickness using a meat mallet or rolling pin. Spread spinach mixture down center of pork to within 1/2 inch of sides. Roll up pork, jellyroll fashion, starting with long side. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Place bacon over pork. Secure at 2-inch intervals with heavy string. Place pork on a rack coated with cooking spray. Pour 2 cups water into a shallow roasting pan; place rack in pan. Insert meat thermometer into thickest portion of pork. Bake at 400°; for 1 hour or until the thermometer registers 160°; (slightly pink).



Place pork on a platter; cover and let stand 10 minutes before slicing. Cut into 8 slices; serve warm.

NUTRITIONAL INFO: calories: 231 carbohydrates: 7.1 g cholesterol: 70 mg fat: 10.9 g sodium: 377 mg protein: 26.5 g calcium: 91 mg iron: 2.6 mg fiber: 2.6 g

Note: Each serving provides 91 micrograms of folate.

Pesto -1 point sauce

Original recipe source: a "Brand Name" Olive Oil recipe

"Lightened" by: Jill W.

Healthy Units: 1 per serving

Servings: 17 @1 TBSP per serving

Posted by: Jill7331 (Jill)

Date: 8/3/03

Ingredients:

1/2 cup pine nuts*

4 large garlic cloves, peeled

2/3 cup Parmigiano-Reggiano Parmesan Cheese, coarsely grated

Sprinkling of reduced (33 or 50% sodium) salt

1/2 teaspoon black pepper

3 cups loosely packed fresh basil

1/3 cup extra-virgin olive oil

*Pine nuts may be lightly toasted in a toaster oven or in a frying pan on the stove.

Instructions:

In Food Processor, finely chop the garlic.

Stop processor and add nuts, cheese, salt, pepper, and basil and process until finely chopped.

Slowly add oil to the mixture until mixed well.

Makes about 1 cup.

Comments:

May be frozen in one TBSP quantities and frozen.

The Olive Oil has been decreased by nearly 75% but the taste has not been altered.

This revised, lightened recipe is much more concentrated than the original recipe and in our estimation is much better. Does not require much of this Pesto to season!

Pesto-2 point sauce

Original recipe source: a "Brand Name" Olive Oil recipe

"Lightened" by: Jill W.

Healthy Units: 2 per serving

Servings: 21 @ 1 TBSP per serving

Posted by: Jill7331 (Jill)

Date: 8/3/03

Ingredients:

2/3 cup pine nuts*

4 large garlic cloves, peeled

2/3 cup Parmigiano-Reggiano Parmesan Cheese, coarsely grated

Sprinkling of reduced (33 or 50% sodium) salt

1/2 teaspoon black pepper

3 cups loosely packed fresh basil

1/3 cup + 1 TBSP extra-virgin olive oil

*Pine nuts may be lightly toasted in a toaster oven or in a frying pan on the stove.

Instructions:

In Food Processor, finely chop the garlic.

Stop processor and add nuts, cheese, salt, pepper, and basil and process until finely chopped.

Slowly add oil to the mixture until mixed well.

Comments:

May be frozen

The Olive Oil has been decreased by nearly 75% but the taste has not been altered. This revised, lightened recipe is much more concentrated than the original recipe and in our estimation is much better. One TBSP of this mixture is all that is needed to flavor one large serving of pasta.

Meat and Rice Stuffed Eggplant

Healthy Units: 6

Servings: 4

Source: www.bostonglobe.com

Posted by: Bawstinn32 (Maria)

August 3, 2003

Review note: Not that great according to yaytheyfit

INGREDIENTS:

3/4 cup rice, cooked
2 large eggplants, whole
2 teaspoons olive oil
3/4 pound ground beef, 96% lean
1 medium onion, grated
1 whole egg
2 tablespoons milk, 1% lowfat
1 1/2 teaspoons kosher salt
1/4 teaspoon black pepper
1 clove garlic, crushed
1/4 teaspoon oregano
8 ounces tomato sauce

1. Preheat oven to 375. In a saucepan, combine the rice and water and bring to a boil. Reduce the heat to medium, cover and cook for 8 to 10 minutes or until most of the water is absorbed (the rice will not be cooked through). Drain and let cool slightly.

2. Halve the eggplants lengthwise, score the pulp deeply with a sharp knife (do not pierce the skins) and scoop out the pulp, leaving a 1/2 inch thick shell. Cut the pulp into 1/2 inch pieces. You should have about 7 cups.

3. Coat a skillet with cooking spray and cook the chopped eggplant, stirring frequently, for 5 to 7 minutes or until it is cooked through.

4. In a large bowl, mix the beef, onion, egg, milk, salt, pepper, garlic and oregano. Stir in the partially cooked rice and the chopped eggplant.

5. Place the eggplant shells in one layer in a baking dish. Divide the meat mixture among them. Spoon the tomato sauce over the meat. Bake for 35 minutes or until the eggplant shells and rice are both tender.

Here are the nutritional info for 1 pound 96% beef:

Per Serving (excluding unknown items): 305 Calories; 8g Fat (23.0% calories from fat); 30g Protein; 31g Carbohydrate; 7g Dietary Fiber; 113mg Cholesterol; 1127mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 4 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Nutritional info for 3/4 pounds of 96% beef (5 Healthy Units):

Per Serving (excluding unknown items): 272 Calories; 7g Fat (22.5% calories from fat); 24g Protein; 31g Carbohydrate; 7g Dietary Fiber; 96mg Cholesterol; 1114mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 4 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

I also added some fresh basil to the mixture and the sauce I used had mushrooms in it.

If anyone makes it, let me know how much beef you used and how you thought the portion size was. I think they are big because of all the added eggplant!

Stir-Fried Broccoli with Oyster Sauce

Source: Cooking Light 2002 Annual

Healthy Units: 1

Yield: 8 servings (1 cup)

Posted by: Bawstinn32 (Maria)

September 8, 2003

Comments: I steamed the broccoli instead so I was less likely to overcook it and added a little bit of red pepper for heat.

2 pounds broccoli
6 cups water
1/2 cup chicken broth, less-sodium chicken broth
3 tablespoons oyster sauce
1 1/2 tablespoons rice wine
1 1/2 teaspoons cornstarch
1 1/2 teaspoons sugar
1 teaspoon low-sodium soy sauce
1 teaspoon dark sesame oil
1 tablespoon vegetable oil
1/4 cup green onions, minced
1 1/2 tablespoons ginger root, minced
2 tablespoons garlic, minced

Cut broccoli florets and stems into bite-size pieces to measure 10 cups.

Bring water to a boil in a large Dutch oven; add broccoli; cooking broccoli 4 minutes or until crisp-tender; drain.

Combine broth and next 6 ingredients (broth through sesame oil); stir well with a whisk. Heat the vegetable oil in a large nonstick skillet over medium-high heat. Add onions, ginger, and garlic; sauté 15 seconds. Add broth mixture; bring to a boil; cook 1 minute or until thick, stirring constantly. Add broccoli; cook 30 seconds, tossing to coat.

Per Serving (excluding unknown items): 57 Calories; 3g Fat (39.6% calories from fat); 3g Protein; 6g Carbohydrate; 2g Dietary Fiber;

Zucchini Streusel Bundt Cake

Source: The Complete CL Cookbook

Healthy Units (WW Points) 5

Servings: 18

Posted by 2B@Goal (Linda)

Date 08/04/03

Ingredients

2 cups shredded zucchini
1/3 c packed brown sugar
1/3 c chopped walnuts
1/3 c currants (I used raisins)
1 tbsp ground cinnamon
1/2 tsp ground allspice
3 cups all-purpose flour
1 1/4 c granulated sugar
1 1/2 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1 1/3 cups plain fat-free yogurt
1/3 c vegetable oil
1 tbsp vanilla extract
2 egg whites, lightly beaten
1 egg, lightly beaten
cooking spray
1 tbsp dry breadcrumbs
3/4 c sifted powdered sugar
2 tsp fat-free milk
1 tsp vanilla extract

Instructions.

1. Preheat oven to 350.
2. Place zucchini on several layers of paper towels; cover with additional paper towels. Let stand 5 minutes, pressing down occasionally. Set aside.
3. Combine brown sugar and next 4 ingredients in a bowl; set aside. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients in a large bowl; make a well in center of mixture. Combine yogurt and next 4 ingredients. Add zucchini. Add to flour mixture, stir just until moist.
4. Coat a 12-cup Bundt pan with cooking spray; dust with breadcrumbs. Spoon 1/3 of batter into prepared pan; top with half of brown sugar mixture. Spoon half of remaining batter into pan; top with remaining brown sugar mixture and then top with remaining batter.
5. Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool on a wire rack. Combine powdered sugar, milk and vanilla. Drizzle over cake.

Nutritional Values: Calories 245; fat 6 g (sat 1g, mono 1.6 g, poly 3g); protein 4.8g; carb 43.5g; fiber 0.9g; chol 13 mg; iron 1.5mg; sodium 164mg; calc 80 mg.

Moroccan Chicken with Polenta

Cooking Light.com (online)

Healthy Units: 7

Servings: 4

Posted by: TGifford

Date: 080403

This aromatic chicken with cinnamon and raisins is reminiscent of traditional North African cuisine.

INGREDIENTS:

2 tablespoons all-purpose flour
1-1/2 teaspoons ground cumin
1-1/2 teaspoons ground coriander
1/2 teaspoon ground red pepper
1/4 teaspoon salt
1/4 teaspoon ground cinnamon
1 pound skinned, boned chicken breast, cut into 1-inch pieces
2 teaspoons olive oil
3/4 cup low-salt chicken broth
1/3 cup raisins
1 teaspoon ground turmeric
1 (16-ounce) tube wild-mushroom Polenta, cut crosswise into 12 slices
Cooking spray
1/4 cup plain fat-free yogurt
1/4 cup sliced almonds, toasted
1/4 cup chopped fresh cilantro

INSTRUCTIONS:

Prep Time: 15 minutes

Cooking Time: 25 minutes

Combine the first 6 ingredients in a medium bowl; reserve 1 tablespoon flour mixture. Add chicken to flour mixture in bowl; toss gently to coat. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 5 minutes, stirring frequently. Stir in broth, raisins, and turmeric; bring to a boil. Reduce heat; simmer 8 minutes or until slightly thick. Preheat broiler. Place Polenta slices on a baking sheet coated with cooking spray, and sprinkle with reserved 1 tablespoon flour mixture. Broil 8 minutes or until thoroughly heated. Serve chicken mixture over Polenta; top with yogurt, and sprinkle with almonds and cilantro.

NUTRITIONAL INFO:

calories: 333 carbohydrates: 32.4 g cholesterol: 67 mg fat: 7.6 g sodium: 457 mg
protein: 31.9 g calcium: 84 mg iron: 3.4 mg fiber: 3.8 g

Bittersweet Chocolate Soufflés

Source: Cooking Light Website

Healthy Units: 4

Servings: 8

Posted by: Shanana111

Date posted: 8-4-03

COMMENTS: A chocoholics dream come true. I made the chocolate portion of this rich dessert, a few hours ahead of time, which made it very quick and easy to complete after dinner for guests. I recommend using a high quality cocoa and chocolate such as Scharffen-Berger.

INGREDIENTS

Cooking spray

2 tablespoons granulated sugar

3/4 cup granulated sugar, divided

1/2 cup Dutch process cocoa

2 tablespoons all-purpose flour

1/8 teaspoon salt

1/2 cup 1% low-fat milk

1 teaspoon vanilla extract

2 large egg yolks

4 large egg whites

1/8 teaspoon cream of tartar

3 ounces bittersweet chocolate, finely chopped

1 tablespoon powdered sugar

INSTRUCTIONS

Preheat oven to 350 degrees.

Coat 8 (4-ounce) ramekins with cooking spray, and sprinkle with 2 tablespoons granulated sugar.

Combine 1/2 cup granulated sugar, cocoa, flour, and salt in a small saucepan. Gradually add milk, stirring with a whisk until blended. Bring to a boil over medium heat; cook until thick (about 3 minutes), stirring constantly. Remove from heat; let stand 3 minutes. Gradually stir in vanilla and egg yolks. Spoon chocolate mixture into a large bowl; cool.

Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Gradually add 1/4 cup granulated sugar and cream of tartar, beating mixture until stiff peaks form. Gently stir one-fourth of egg white mixture into chocolate mixture; gently fold in remaining egg white mixture and the chopped chocolate. Spoon into prepared ramekins.

Bake at 350 degrees for 15 minutes or until puffy and set. Sprinkle with powdered sugar.

NUTRITIONAL INFO: calories: 206 carbohydrates: 34.1 g cholesterol: 55 mg fat: 5.5 g sodium: 75 mg protein: 5.2 g calcium: 33 mg iron: 1 mg fiber: 2.3 g

Tuna and White Bean Salad

Source: Cooking Light, August 2003

Healthy Units 5

Servings 4, 1 1/2 c.

Posted by LMaybloom (Lesley)

08/04/03

Ingredients

1 1/2 c. chopped peeled cucumber (1 medium)

1/2 c. chopped fresh parsley

1/2 c. thinly sliced red onion

1 1/2 T. fresh lemon juice (I used Nellie's)

1 T extra virgin olive oil

1/2 t. salt

1/4 t. black pepper

1 (15.5 ounce) can white kidney beans, rinsed and drained

2 (6-oz) cans chunk light tuna (I used white albacore)

1 (2 oz) jar diced pimiento, drained

Instructions

Combine all ingredients in a large bowl; toss well to coat.

Note: I sprinkled 1 tsp. of flaxseeds on this, which gave it a nice crunch. This was really high in protein, so it kept me satisfied. Not bad in the calcium department, either. It's more of a fork salad than your typical tuna sandwich tuna salad.

Nutritional Information:

Calories 278, Fat 4.7, Protein 30.6, Carb 28.2, Fiber 6.2, Chol 26mg, Iron 5.4mg, Sodium 574mg, Calcium 114mg

Beef with Broccoli

WW Take Out Tonight Cookbook

Healthy Units: 4

Servings: 4

Posted by: Carol (sandythecur)

5 August 2003

Comments:

Super-fast and, frankly, as tasty as anything I've had at a Chinese restaurant recently. I served with steamed brown rice for a filling, excellent lunch.

Ingredients

- 3/4 lb. beef top round, cut into thin strips
- 2 T. cornstarch, divided
- 1/2 c. low-sodium beef broth
- 2 T. oyster sauce
- 2 T. honey
- 2 T. soy sauce
- 1 T. dry sherry
- 1 lb. fresh broccoli florets, steamed
- 2 tsp. Canola oil (I used olive oil.)
- 1 T. minced fresh ginger
- 3 garlic cloves, minced

Instructions

1. Combine beef strips with 1 T. cornstarch; toss to coat. Set aside.
2. Combine 1 T. cornstarch, broth, oyster sauce, honey, soy sauce, and sherry in small bowl. Set aside.
3. Heat wok or large, deep skillet over medium-high heat until drop of water sizzles; add beef and cook until just cooked through, 3-4 minutes. Transfer beef to a plate.
4. Add the garlic and ginger to the wok; stir-fry until fragrant, about 20 seconds. Add broth mixture and cook until the mixture boils and thickens, about 1 minute.
5. Add beef and broccoli and cook until heated through, about 1 minute.

Country-French Vegetable Soup

Source: Cooking Light (Website)

Servings: 4 (1-3/4 cup each)

Healthy Units: 2 HU

Posted by: Joan Borsten

Date: August 5, 2003

Easy and tasty.

CL: Serve this tangy soup with crusty sourdough bread.

INGREDIENTS:

2 teaspoons olive oil

2 cups chopped green cabbage

1 cup chopped onion

1 cup (1/2-inch-thick) sliced carrot

1 cup sliced celery

1 cup diced red potato

1 teaspoon caraway seeds

1 cup water

4 cups Fresh Vegetable Broth or 2 (14-1/2-ounce) cans vegetable broth

1 cup drained canned chickpeas (garbanzo beans)

2 tablespoons minced fresh parsley

2 teaspoons chopped fresh or 1/2 teaspoon dried dill

2 teaspoon pepper

INSTRUCTIONS:

Estimated Total Time: 50 minutes

Heat oil in a Dutch oven over medium-high heat until hot. Add cabbage and next 5 ingredients (cabbage through caraway seeds); sauté 2 minutes. Add water and broth; bring to a boil. Reduce heat; cover and simmer 30 minutes. Add chickpeas, parsley, dill, and pepper; cook until thoroughly heated. **NUTRITIONAL INFO:** calories: 184 carbohydrates: 33.1 g cholesterol: 0 mg fat: 4.1 g sodium: 425 mg protein: 5.7 g calcium: 77 mg iron: 1.8 mg fiber: 7.6 g

Note: 2 HUs with chickpeas and 1 HU without.

Pesto (with Penne)

Source: Cooking Light (Website)

Serves 5: 1 Tbsp each

Healthy Units: 4 (not including pasta) 8 with pasta, 7 with whole wheat pasta

Posted by: Joan Borsten

Date: August 5, 2003

My Italian friends had no idea this was a "lightened" Pesto. I like classic basil pestos that include a bit of Romano, and the 2 t of butter makes a worthwhile difference for me. CL has this recipe as 4 servings, but to make it more WW friendly I divide it into 5 servings and am quite satisfied.

INGREDIENTS:

4 cups fresh basil leaves
2 tablespoons pine nuts
2 tablespoons extra-virgin olive oil
1/4 teaspoon salt
2 garlic cloves, peeled
1/2 cup (2 ounces) grated fresh Parmesan cheese
2 tablespoons grated fresh Romano cheese
2 teaspoons butter, softened
2 cups uncooked Penne (about 8 ounces)

INSTRUCTIONS:

We reduced the amount of oil, pine nuts, cheese, and butter usually found in a classic Pesto, cutting 28 grams of fat per serving without losing any flavor. Avoid packing the basil leaves when you measure them so you will not use too much.

1. Combine the first 5 ingredients in a food processor; process until finely minced. Place in a large bowl. Stir in cheeses and butter until blended.
2. Cook pasta according to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving 3 tablespoons cooking liquid. Add pasta and reserved cooking liquid to Pesto, tossing to coat.

NUTRITIONAL INFO: CALORIES 390 (39% from fat); FAT 17g (sat 5.4g, mono 6.5g, poly 2.1g); PROTEIN 14.5g; CARB 45.3g; FIBER 3.2g; CHOL 18mg; IRON 4mg; SODIUM 352mg; CALC 281mg YIELD: 4 servings (serving size: about 1 cup pasta)

Colonel Benjamin's Chicken Curry (as renovated by CL)

HU: 8.5

Servings: 8 (2 thighs, a bit less 1 cup potato mixture, 1/3 c rice)

Posted by: Joan Borsten

June 19, 2003

This is a recipe I have had for years. It comes from the father of my close friend, a former colonel in the Indian army. He got it from his mother. We learned the recipe by capturing and measuring the spices he added by instinct. I asked CL to renovate it as I did not want to lose it from my repertoire of family favorites. CL renovated primarily by replacing the whole chicken (with skin) for 48 oz of skinless chicken thighs = 6 servings, and reduced oil in which the onions are cooked. I made it more WW friendly by changing it to 8 servings (thus reducing a bit the amount of potato mixture and rice per serving) and putting it through RB as two skinless thighs/serving, bringing it to 5 HUs for a filling meal. For 1 more point you can have 1-1/2 T of mango chutney and 1/4 c raita (Indian cucumber-yogurt salad) using LF or FF yogurt. The CL recipe for raita is pretty authentic.

INGREDIENTS

1 teaspoon fresh ginger
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon chili powder
{1/4} teaspoon ground turmeric
1{1/2} teaspoons salt, divided
1 teaspoon vegetable oil
4 cups finely chopped onion
2 garlic cloves, minced
3{1/2} cups coarsely chopped peeled tomato (about 1{1/2} pounds)
2 tablespoons fresh lemon juice
12 (4-ounce) chicken thighs, skinned
1{1/2} pounds peeled baking potato, cut into 1-inch pieces
{1/2} cup plus 2 tablespoons chopped fresh cilantro, divided
3 cups hot cooked rice

:

1. Combine first 5 ingredients in a small bowl; stir in 1 teaspoon salt.
2. Heat oil in a Dutch oven over medium-high heat. Add onion and garlic; cook 15 minutes or until browned, stirring frequently. Add spice mixture, tomatoes, and lemon juice. Reduce heat to medium; cook 10 minutes, stirring occasionally.
3. Sprinkle chicken with remaining {1/2} teaspoon salt. Add chicken and potatoes to pan; stir in 2 tablespoons cilantro. Bring to a boil; reduce heat, cover, and simmer 50 minutes or until chicken is done and potatoes are tender. Sprinkle with remaining {1/2} cup cilantro. Serve over rice. Yield: 6 servings (serving size: 2 thighs, 1 cup potato mixture, and {1/2} cup rice).

CALORIES 449 (14% from fat); FAT 7g (sat 1.6g, mono 2.1g, poly 1.8g); PROTEIN 34g; CARB 62.6g; FIBER 5.8g; CHOL 115mg; IRON 3.9mg; SODIUM 735mg; CALC 67mg

Molten Chocolate Cake

Source: Food & Wine Sept. 2003

Healthy Units: 14

Servings: 4

Posted by: MissVN

Date: August 6, 2003

Ingredients

4 oz butter

6 oz HIGH QUALITY bittersweet chocolate

2 large egg(s)

2 large egg yolk(s)

1/4 cup sugar

dash of salt

Instructions:

1. Preheat the oven to 450. Butter & flour four 6-oz. ramekins, tapping out the excess.
2. In a double boiler set over simmering water, melt the butter with the chocolate. In a medium mixing bowl, using a hand held electric mixer, beat the whole eggs with the egg yolks, sugar and a pinch of salt at high speed until pale and thickened.
3. Whisk the chocolate until smooth. Quickly fold in the egg mixture along with the flour. Spoon the batter into the prepared ramekins. Set the ramekins on a baking sheet and bake for 12 minutes or until the sides of the cakes are firm but the centers are soft.
4. Let the cakes cool for 1 minute. Run a knife around the edge of each cake, cover with an inverted desert plate and turn it over. Let the cakes stand for a few seconds before serving.

MAKE AHEAD The batter can be refrigerated for several hours; bring to room temperature before baking.

WINE Chocolate is too intense and bitter for many sweet wines, but not port. Try this dessert with a Ruby Porto, such as the nonvintage Sandeman Founder's Reserve or the nonvintage Fonseca Bin No. 27.

--Jean-Georges Vongerichten

This recipe originally appeared in July 1999.

Maple Fruit Crisps

Source: www.cookinglight.com

Healthy Units: 5

Servings: 6

Posted by: Bawstinn32 (Maria)

August 6, 2003

A nutty-sweet oat crumble blankets luscious berries and juicy nectarines.

INGREDIENTS:

1/2 cup all-purpose flour
1/2 cup regular oats
1/3 cup packed brown sugar
1 teaspoon baking powder
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
2 tablespoons slivered almonds
1 large egg
2-1/2 cups fresh blackberries or blueberries
1/3 cup maple syrup
4 nectarines, each peeled and cut into 8 wedges
1-1/2 cups vanilla low-fat frozen yogurt

INSTRUCTIONS:

Preheat oven to 350.

Lightly spoon flour into a dry measuring cup; level with a knife. Place flour and next 5 ingredients (flour through nutmeg) in a food processor; pulse 2 times or until blended. Add almonds; pulse 3 times or until almonds are chopped. Add egg; pulse 5 times or until mixture resembles coarse meal.

Combine blackberries, maple syrup, and nectarines in a bowl; toss to coat. Divide fruit mixture evenly among 6 (10-ounce) ramekins or custard cups; crumble oat mixture evenly over fruit mixture. Bake at 350 for 35 minutes or until bubbly. Serve with frozen yogurt.

Note: This recipe may also be made in a 1-1/2-quart casserole and baked for 35 minutes.

NUTRITIONAL INFO:

calories: 289 carbohydrates: 61.2 g cholesterol: 40 mg fat: 3.9 g sodium: 111 mg
protein: 5.8 g calcium: 141 mg iron: 2.1 mg fiber: 6.4 g

YIELD:

6 servings (serving size: 1 ramekin and 1/4 cup frozen yogurt)

Lemon Drop Martini

adapted from StarChefs.com

Posted by: sagslp

August 6, 2003

Ingredients:

2-3 lemon wedges

1 teaspoon sugar

splash of fresh lime juice

3 oz Skyy Citrus Vodka

1 oz Triple Sec

splash of sprite

Put the lemon wedges and sugar in a mixing glass and muddle well. Add limejuice, vodka, and triple sec. Pour into a shaker, add ice and shake vigorously. Strain mixture into a chilled, sugar-rimmed Martini glass. Top with sprite and garnish with a lemon wedge.

It is a different recipe than Amy's but sounds tasty, too.

Coincidentally, this was published in today's Buffalo News

Mighty Lemon Drop

Recipe courtesy Bob Blumer

Posted by: oduamy1

August 6, 2003

Recipe Summary

Prep Time: 5 minutes Yield: 4 servings

Ingredients:

6 ounces lemon-flavored vodka (a.k.a. Citron)

2 ounces Cointreau, or triple sec

4 tablespoons freshly squeezed lemon juice

2 teaspoons simple syrup, or to taste (equal amounts of sugar and water heated until sugar dissolves)

2 cups ice

1 lemon or 4 candy lemon drops or jelly lemon slices

Fill a martini shaker or a large glass with ice. Add vodka, Cointreau, lemon juice and simple syrup and shake or stir. Strain into chilled martini glasses. Garnish with a candy lemon drop or a lemon twist.

Episode#: SG2003

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Chocolate Zucchini Cake

CL Website (2002)

HU: 6

Servings: 16

Posted by: Scarehair (Carrie)

8-7-03

Comments: I leave the nuts out and, more often than not, do not glaze the cake. I don't know if that changes the HU or not. CL suggests checking for doneness by inserting a toothpick in several different places. You might hit a melted chocolate chip and think the cake is not done.

Cooking spray

1 Tbls all-purpose flour

3/4 C granulated sugar

1/2 C packed brown sugar

1/2 C (4 oz) block style fat-free cream cheese, softened

1/3 C vegetable oil

2 large egg whites

2 large eggs

1 tsp vanilla extract

2-1/2 C all-purpose flour

1/2 C unsweetened cocoa

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1/2 tsp ground cinnamon

3/4 C fat-free buttermilk

2 C shredded zucchini

2/3 C semi-sweet chocolate chips

1/4 C walnuts

Glaze:

3/4 C powdered sugar

3 Tbls unsweetened cocoa

8 tsp fat-free milk

2 Tbls semi-sweet chocolate chips

1 tsp instant coffee granules

1/2 tsp vanilla extract

Instructions:

Preheat oven 350 degrees. Coat 12-cup Bundt pan with cooking spray and dust with 1 Tbls flour.

Place sugars, cream cheese and vegetable oil in a bowl, and beat with a mixer at med. speed until well blended (5 min.) Add eggs and egg whites, 1 at a time, beating well after each addition. Beat in 1 tsp vanilla.

Lightly spoon 2 1/2 C flour into dry measuring cups and level with a knife. Combine flour with next 5 ingredients (flour through cinnamon) in med. bowl, stirring well with a whisk.

Add flour mix and buttermilk alternately to sugar mix, beginning and ending with flour mix. Stir in zucchini, 2/3 C chocolate chips and nuts. Pour batter into prepared pan. Bake at 350 degrees for 1 hour or until wooden pick inserted comes out clean. Cool in pan 10 min. on wire rack; remove from pan. Cool completely on wire rack.

To prepare glaze, combine powdered sugar and cocoa in small bowl; stir with a whisk. Combine milk, 2 Tbls chocolate chips, coffee and 1/2 tsp vanilla in a 1 C glass measure. Microwave at med for 45 seconds or until chocolate melts, stirring with a whisk. Drizzle glaze over cake.

Nutritional info: Cal: 281; fat9.5g; protein 6.6g; carb; 45.6g; fiber 2.6g; chol: 27mg; iron: 2.2mg; sodium: 241mg; calc: 96mg

Additional comments: The Moroccan veal shanks with couscous is a recipe to write home about. Exotic. Hearty. It takes time to assemble and prepare. I hope some of you try it.

INGREDIENTS:

Spice rub:

- 2 teaspoons chili powder
- 1 teaspoon ground turmeric
- 1 teaspoon salt
- 1 teaspoon dried marjoram
- 1 teaspoon ground cumin
- 1 teaspoon black pepper
- 4 (16-ounce) veal shanks

Remaining ingredients:

- 1 tablespoon olive oil
- 3 cups chopped onion
- 3/4 cup chopped celery
- 3/4 cup diced carrot
- 2 tablespoons chopped garlic cloves
- 2 teaspoons minced peeled fresh ginger
- 1 teaspoon ground turmeric
- 1 tablespoon paprika
- 1 teaspoon ground coriander
- 3 cups fat-free, less-sodium chicken broth
- 1 cup dry white wine
- 3 tablespoons fresh lemon juice

2 tablespoons tomato paste
3 cups (1/2-inch) cubed peeled butternut squash or sweet potato4 carrots, cut into 1-
inch-thick pieces (about 8 ounces)
1 cup drained canned chickpeas (garbanzo beans)
4 cups hot cooked couscous
4 teaspoons chopped fresh mint (optional)

INSTRUCTIONS:

Preheat oven to 350 degrees.

To prepare spice rub, combine first 6 ingredients in a small bowl.

Trim fat from veal; rub surface of veal with spice rub.

Heat oil in a large Dutch oven or large heavy stockpot over medium-high heat.

Add veal; cook 3 minutes on each side.

Remove from pan.

Add onion, celery, diced carrot, garlic, and ginger; cover, reduce heat, and cook 10 minutes, stirring frequently.

Stir in 1 teaspoon turmeric, paprika, and coriander.

Add broth, wine, juice, and tomato paste, scraping pan to loosen browned bits.

Return veal to pan; bring to a boil.

Cover and bake at 350 degrees for 45 minutes.

Turn shanks; add squash, carrot pieces, and chickpeas.

Cover and bake an additional 45 minutes or until veal shreds easily with a fork.

Remove veal from pan, and remove meat from bones.

Serve veal and vegetable mixture over couscous.

Garnish with mint, if desired.

NUTRITIONAL INFO: calories: 455 carbohydrates: 61 g cholesterol: 97 mg fat: 7.4 g sodium: 811 mg protein: 38.4 g calcium: 112 mg iron: 4.8 mg fiber: 7.9 g

Chicken Thighs with Tomatoes, Olives and Capers

CL August 03

HUs: 3

Servings: 4 (2 thighs each and ¼ cup sauce)

Posted by: Canadian Maria

Date: august 7, 2003

Comment: (from CL) Spread the chicken thighs out in the pan so this dish will cook quickly. My comments: I used olive instead of vegetable oil, used more tomatoes and fresh garlic. I'd add basil and less parsley next time

Ingredients:

8 boneless, skinless chicken thighs
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon vegetable oil
1 tablespoon bottled minced garlic
1 cup chopped fresh parsley
¼ cup chopped pitted Kalamata olives
2 teaspoons capers
1 (14.5 ounce) can no-salt added diced tomatoes, undrained

Instructions:

1. Sprinkle chicken with salt and pepper. Heat oil in a large skillet. Add chicken; cook 4 minutes on each side. Remove chicken from pan; keep warm.
2. Add garlic to pan; sauté 30 seconds. Add remaining ingredients; scrape pan to loosen brown bits. Return chicken and accumulated juices to pan; reduce heat and simmer for 5 minutes or until chicken is done.

Calories 174; fat 5.5 g; protein 23.9 g; chol 94 mg; iron 2.8 mg; sodium 566 mg; calc 61mg

Lemon Drop Martini II

Posted by: CINDYHN

Date posted: 08/07/2003

Ingredients

2 cups frozen vodka

1/2 cup freshly squeezed lemon juice

1/2 cup superfine sugar

1 lemon, thinly sliced

Ice

Instructions

Combine the vodka, lemon juice, and sugar and pour into a cocktail shaker with ice. Pour into martini glasses and garnish with lemon slices.

I made them in a large pitcher and put them in the freezer...I did not use a shaker...the lemon squeezer I used keeps the seeds out...

Some of the quests thought they were strong! So they had them on the rocks!

Enjoy!

Cindy :)

Chocolate Comfort Cookies

Source: "The Grilling Season", a culinary mystery by Diane Mott Davidson

HU: 7 pts each (from Recipe Builder)

Servings: 24

Posted by: DERB63 (Debra)

August 7, 2003

Notes: These cookies are delicious and quite large. I have had success storing them in the freezer. Of course, I've been known to eat a frozen one!

- 1 cup hazelnuts, chopped and roasted
- 2 cup Nestle's mega-morsels (or other semi-sweet chunks)
- 1/2 cup sun-dried cranberries
- 1 cup unsalted butter, softened
- 1 cup sugar
- 1 pkg. (3 oz.) cream cheese, softened
- 1 egg
- 2 Tablespoon milk
- 2 oz. unsweetened chocolate, melted
- 1 1/2 teaspoon vanilla
- 2 cup + 2 Tablespoon flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup Dutch-processed cocoa
- 1 jar (7 oz.) marshmallow cream

In a large bowl, combine the chocolate chips, cranberries and cooled nuts; set aside. In another bowl, beat together the butter, sugar, cream cheese and egg until very creamy and smooth. Beat in milk, melted chocolate and vanilla. Sift together the flour, baking powder, salt and cocoa, and then add to the butter mixture. Blend in the marshmallow cream, stirring until thoroughly combined. Add the chips, cranberries and nuts. Stir until well mixed. Batter will be thick. Measure out 1/4 cup of batter for cookies and place 2 inches apart on cookie sheets, putting no more than 6 cookies per sheet (buttered or sprayed with cooking spray). Bake at 325° for 13-17 minutes, until puffed and cooked through. Cool on sheet 1 minute; transfer to wire racks to cool completely. Makes 2 dozen.

Nutritional: not available

Mexican Caramel Sundaes

Posted by: CINDYHN

Date posted: 08/07/2003

HU: ?

Prep Time: 5 minutes Cook Time: 10 minutes

Yield: 4 BIG sundaes

8 ounces store bought caramel sauce for ice cream

1/4 teaspoon ground cayenne pepper

1 teaspoon cinnamon (1/2 teaspoon for sauce, 1/2 teaspoon for tortillas)

4 (8--inch) flour tortillas

2 tablespoons melted butter

4 teaspoons sugar

2 pints Dulce de Leche caramel ice cream or caramel swirl ice cream

1 canister real whipped cream, from dairy aisle

4 ounces, 1/2 cup, Spanish peanuts

Preheat oven to 400 degrees F.

In a small saucepan, warm caramel sauce over low heat and season with cayenne pepper and 1/2 teaspoon of cinnamon. Place tortillas on a cookie sheet and brush liberally with melted butter. Sprinkle each tortilla with sugar and a pinch of cinnamon and bake until crispy and sugar has melted on the tortillas, 5 minutes. Remove tortillas from oven, let cool to harden and break into large, uneven pieces. Arrange the pieces of 1 tortilla in a sundae dish or on a dessert plate. Top with 2 large scoops ice cream. Drizzle the warm caramel sauce over each sundae using a spatula or wooden spoon. Top each sundae with whipped cream swirls and Spanish peanuts.

NOTES: To lower points, I used light butter on the tortillas, (maybe you could use spray butter?) and I used 1/2 of a tortilla, broke it up into bits, then put on the ice cream, and added a piece to the whip cream topping...the I used light ice cream, and Lt. whip cream...I know there is sugar free caramel syrup available, but I bought the regular...I just made my sundae very small...and for my guests one scoop of ice cream was enough...The sweet with the cayenne pepper REALLY works. Every one couldn't believe how festive and pretty their dessert was...and it was soooooo easy! Oh yes, I didn't use the peanuts either...they weren't needed and just extra calories!

I hope this helps...Cindy :D

Pecan Pie Bars

Source: www.labellecuisine.com

HU: 4 per serving -as originally written

HU: 3.1 after lightening

Number of Servings 32

Posted by DebMj1

August 8, 2003

Comments:

In order to lighten these, I cut the butter in the crust to 6 tbsp. I also decreased the pecans to 1 1/2 cups. These changes bring the nutritional info to 154 calories, 7 gms. fat and 1 gm. fiber or 3.4 HU's.

If you use light butter, specially made for baking, in the crust and the filling (again 6 tbsp. in the crust) and stick with 1 1/2 cups pecans, the HU's go to 3.1 each.

Crust:

2 cups sifted flour

1/4 cup sugar

1/2 tsp. salt

1/2 cup butter, melted

Filling:

3 eggs, slightly beaten

1 cup sugar

1 cup light corn syrup

2 tbsp. butter, melted

1 tsp. vanilla extract

2 cups chopped pecans

Directions:

Heat oven to 350 F. Grease a 13x9 inch baking pan. In a large bowl, combine all crust ingredients. Beat with an electric mixer on medium speed until the mixture resembles corn meal. Press the crust mixture firmly and evenly into the prepared baking pan. Bake 20 minutes or until very light golden brown.

In a medium bowl, combine all filling ingredients and mix well. Pour the filling over the baked crust. Bake 25 to 28 minutes, or until the filling is set. Cool completely. Cut into 32 serving bars. Refrigerate. (Allow to come to almost room temperature before serving, then refrigerate leftovers).

Kung Pao Shrimp with Cashews

Source: Food and Wine

Serves: 4

Points:? Watch the oil and cashews - it's probably okay.

Posted by: Carole (yaytheyfit)

Date: 8-8-03

1/4 cup fresh orange juice
3 tablespoons red wine vinegar
1 1/2 tablespoons soy sauce
1 tablespoon sugar
1 1/2 teaspoons cornstarch
2 tablespoons vegetable oil
8 small dried red chiles, 4 halved
1/2 teaspoon salt
1 small onion, cut into 1-inch pieces
1 1/2 teaspoons minced fresh ginger
2 large garlic cloves, minced
1/2 red bell pepper, cut into 1-inch pieces
1/2 green bell pepper, cut into 1-inch pieces
1 pound shelled and deveined large shrimp
1 cup roasted cashews
1/2 teaspoon Asian sesame oil

1. In a bowl, mix the orange juice, vinegar, soy sauce, sugar and cornstarch.
2. In a wok, heat the oil over high heat until smoking. Add the chiles and salt; stir-fry until browned, 45 seconds. Add the onion, ginger and garlic; stir-fry until fragrant, 15 seconds. Add the peppers and cook until crisp-tender, 30 seconds. Add the shrimp and stir-fry until nearly cooked through, about 5 minutes. Stir the sauce, add to the wok and cook until thickened slightly, 30 seconds. Stir in the cashews and sesame oil; serve.

Junior Mint Brownies

Source: Cooking Light Website

HU Per Serving: 2.7

Number of Servings: 16

Posted by DebMj1

August 8, 2003

INGREDIENTS

Cooking spray

1/4 cup butter or stick margarine

32 (about 3 ounces) creamy, small-size mints in pure chocolate (such as Junior Mints)

1 cup all-purpose flour

1/4 teaspoon baking soda

1/8 teaspoon salt

2/3 cup sugar

1/3 cup unsweetened cocoa

1 large egg

1 large egg white

Note: Two large (1.5-ounce) mints or 6 miniature chocolate-covered peppermint patties (such as York) may be substituted for 32 Junior Mints.

INSTRUCTIONS

Preheat oven to 350 degrees. Coat bottom of an 8-inch square baking pan with cooking spray.

Combine butter and mints in a 2-cup glass measure; microwave at high 30 seconds or until soft. Stir until smooth, and set aside.

Lightly spoon flour into a dry measuring cup, and level with a knife. Combine flour, soda, and salt in a bowl. Combine sugar, cocoa, egg, and egg white in a large bowl; beat at medium speed of a mixer until well blended. Add mint mixture; beat well. Add flour mixture; beat at low speed just until blended. Pour batter into prepared pan. Bake at 350 degrees for 20 minutes or until a wooden pick inserted in center comes out clean; cool completely on a wire rack.

NUTRITIONAL INFO

calories: 121 carbohydrates: 19.5 g cholesterol: 14 mg fat: 3.9 g sodium: 81 mg protein: 2.1 g calcium: 7 mg iron: 0.7 mg fiber: 0.2 g

Cowboy Chicken Fried Steaks

Source: WW boards from a long time ago :)

Healthy Units: 6

Servings 4 = 1 steak and 1/2 c sauce

Posted by Jseeger (Jan)

Date 8/8/03

Ingredients

1 Tbls + 1 tsp reduced calorie margarine (I used 2 tsp olive oil)

6 Tbls flour

1 tsp. chili seasoning (I used cayenne pepper)

2 Tbls milk

4 (4 oz) lean tenderized minute steaks or cube steaks

1 1/2 cups (one 12 oz can) Evaporated skim milk

1/2 cup water

1 tsp. dried parsley flakes (I use fresh - about 1 Tbls)

1/8 tsp fresh ground black pepper

Instructions.

1) In a large skillet sprayed with cooking spray, melt margarine.

2) In a shallow dish, combine 3 Tbls flour and chili seasoning together. Pour 2 Tbls milk into another shallow dish. Coat steaks in milk and then in flour mixture on both sides. Evenly arrange coated steaks in skillet and brown for 3-5 minutes each side or until cooked through. Set aside on a separate plate and keep warm.

3) In covered jar or shaker, combine evaporated skim milk, water and remaining 3 Tbls flour. Shake well to blend. Pour milk mixture into same skillet steaks were cooked in. Stir in parsley and black pepper. Cook over medium heat until gravy has thickened, stirring often. For each serving, place 1 steak on a plate and spoon 1/2 cup gravy over top.

Nutritional info: 262 calories, 6 gm fat, 34 gm protein, 18 gm carbs, 204 mg. sodium, 19 mg. calcium, 0 gm fiber.

Notes: This is a very quick recipe to make - true comfort food. The gravy gets a skin on top when it starts to cool, so this shouldn't sit before serving.

Italian Sausage and White Beans

H.U. - 4

Servings - 6 (serving size 1 cup)

Posted by - Courtney

8/9/02

Source - Cooking Light Jan/Feb 2002

Comments - Original recipe states 4 servings (which would make the H.U. 6) but with the serving size listed as a cup, I got 6 servings easily. Very filling and comforting.

Ingredients -

12 ounces Italian turkey sausage (I used one of the Whole Foods chicken sausage packs)

Cooking spray

1 medium green pepper, chopped

1/2 cup chopped onion

1 t dried oregano (I used fresh)

1 t dried basil (used fresh)

1/2 t bottled minced garlic (used 2 cloves fresh)

1 (15 1/2 oz) can cannellini or other white beans, drained

1 (15 1/2 oz) can diced Italian style tomatoes, undrained (I used the Muir Glen's and the flavor is fantastic)

Directions -

Remove casings from sausage.

Heat non-stick skillet and coat with cooking spray. Add pepper, onion and garlic. Sauté over med. high heat for about three minutes. Add sliced sausage and cook for about 8 minutes, or until beginning to brown. Stir in oregano, basil, beans, and tomatoes - reduce heat to med. low. Cook 5 minutes or until heated through.

Grilled Chicken with Hot 'n' Spicy Tequila-Orange Marinade

Cooking Light Reader Favorites

Healthy Units:

Servings: 4 (1 breast)

Posted by: Bawstinn32(Maria)

September 8, 2003

Comments: This was tasty but didn't have very much heat. The version below is one that I halved. Will make again since I think this has potential but will instead use a habanero since we both like some spice.

Marinade

- 1 tablespoon vegetable oil
- 1 cup onion, chopped
- 2 whole garlic cloves, minced
- 2 whole jalapeno peppers, chopped
- 2 whole oranges, peeled and sliced
- 1/2 cup orange juice
- 1/2 cup tequila
- 1 teaspoon rosemary, chopped
- 1 teaspoon cilantro
- 1 teaspoon balsamic vinegar

Chicken

- 1 pound chicken breast, no skin, no bone, R-T-C
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon black pepper

To prepare marinade

Heat oil in a nonstick skillet over medium-high heat.

Add onion and garlic; sauté 3 minutes.

Add jalapenos and oranges; cook 2 minutes, stirring occasionally.

Add juice; cook 2 minutes.

Add tequila; cook 3 minutes. Add rosemary, cilantro and vinegar; cook 1 minute.

Place marinade in a blender or processor and process until smooth.

Strain mixture through a sieve; discarding solids; Reserving 1/2 cup marinade; place remaining marinade in a large zip-top plastic bag.

To prepare chicken

Pierce with fork.

Add chicken, chili powder, salt and pepper to marinade in bag.

Seal and marinate in refrigerator 2 hours; turning bag occasionally.

Prepare grill.

Remove chicken from bag and discard marinade.

Place chicken on a grill rack coated with cooking spray.

Cook 12 minutes on each side or until chicken is done, basting frequently with reserve marinade.

Per Serving (excluding unknown items): 297 Calories; 7g Fat (26.1% calories from fat); 27g Protein; 16g Carbohydrate; 3g Dietary Fiber.

Citrus Chicken with Habanero Honey

Source: Food & Wine, Sept 03

Serves: 4

Points: 6 (321 calories, 5.8 gm total fat, ? fiber but probably not too much.)

Posted by: Carole (yaytheyfit)

Date: 9 Aug 03

2 oranges

2 pink grapefruits

1 tablespoon extra-virgin olive oil

Four 6-ounce skinless, boneless chicken breast halves

Salt and freshly ground pepper

2 tablespoons honey

1/2 large habanero chile, seeded and minced

Fresh lemon juice, for serving

1. Preheat the oven to 450°. Finely grate 1/2 teaspoon of zest from 1 of the oranges. Using a small, sharp knife, peel all of the oranges and grapefruits, removing all of the bitter white pith. Working over a bowl, cut in between the membranes to release the sections into the bowl. Squeeze the juice from the membranes into a glass measuring cup; you should have 1 cup.

2. In a medium ovenproof skillet, heat the olive oil until shimmering. Add the chicken breasts, season with salt and pepper and cook over moderately high heat until browned, about 2 minutes per side. Transfer the skillet to the oven and roast the chicken for 4 to 5 minutes or until just cooked through.

3. Transfer the chicken to a warmed platter and cover loosely with foil. Add the 1/2 teaspoon of orange zest and the citrus juices to the skillet and simmer over high heat until reduced by one-third, about 4 minutes. Add the honey and habanero and simmer over moderate heat for 2 minutes. Stir in the orange and grapefruit sections and season with salt and pepper. Return the chicken breasts and any accumulated juices to the skillet and warm over low heat for 1 minute. Season with lemon juice. Serve the chicken breasts with the citrus sections and sauce.

Spicy Fish and Vegetable Stew

Source: Food & Wine, Sept 2003

4 SERVINGS

Points: (3 or 4: 219 calories, 3.9 gm total fat, ? fiber but lots of veggies so probably some good fiber credit)

Posted by: Carole (yaytheyfit)

Date: 9 Aug 2003

Comments: I loved this - very fresh and light and flavorful, like a warm salad. DH was underwhelmed - thought it didn't hang together well. We served it with Almost Fat-Free Cornbread.

Ingredients:

3 1/2 cups water

1/2 cup chicken stock or low-sodium broth (didn't have any so used more water, spices, soy sauce and a bay leaf)

3/4 pound Yukon Gold potatoes, peeled and cut into 1/4-inch dice

1 small onion, thinly sliced

12 baby carrots (6 ounces)

2 celery ribs, sliced crosswise 1/4 inch thick

1 jalapeño, seeded and thinly sliced

2 medium tomatoes, seeded and chopped (Pomi brand chopped)

8 heads of baby bok choy (10 ounces), halved lengthwise

Four 5-ounce skinless black bass fillets

Salt and freshly ground pepper

1/2 cup thinly sliced basil leaves

Instructions:

In a medium saucepan, bring the water and stock to a boil. Add the potatoes and onion, cover and simmer over low heat for 10 minutes. Add the carrots, celery and jalapeño, cover and simmer for 8 minutes. Stir in the tomatoes and bok choy. Season the fish fillets with salt and pepper and lay them on the vegetables. Cover and simmer for 2 minutes. Carefully turn the fish fillets and simmer uncovered until just cooked through, 1 to 2 minutes longer. Using a slotted spatula, carefully transfer the fish fillets to shallow bowls. Season the stew with salt and pepper and add the basil. Ladle the stew over the fish and serve.

Roasted Garlic-White Bean Chili

Source: "366 Delicious Ways to Cook Rice, Beans, and Grains" and wwfoodies

Serves: 6

Points/Serving: 5 (Calories 276; Fat 6 gm; Dietary fiber 15 gm.

Posted by: Carole (yaytheyfit)

Date: 10 Aug 03

Comments: 146 grams of calcium if you are looking for non-dairy sources. It's also quite... "gasular" so keep your portions small (and the beano handy) if your stomach isn't used to this sort of thing.

1-1/2 cups white beans, soaked
8 cups water
1 dried ancho or Chipotle chile
2 large garlic bulbs, cloves peeled
1 onion, slivered
1 red bell pepper, sliced
12 tomatillos, husked, washed, and quartered
2 tablespoons olive or Canola oil
2 teaspoons ground cumin
Salt and freshly ground black pepper

Drain the beans. Combine the beans with the 8 cups fresh water and the chile in a large saucepan. Cover and bring to a boil. Then reduce the heat and simmer, partially covered, until the beans are tender, 1 1/2 to 2 hours. Skim off any foam that rises to the top of the pot. The cooked beans should be just covered by the cooking liquid. If there is excess liquid, increase the heat to high and boil off the extra.

(Note - I don't drain the beans to preserve Vitamin B, and throw the chile in to soak with the beans.)

Meanwhile, preheat the oven to 400 degrees. Coat a large baking dish with nonstick cooking spray. Combine the garlic cloves, onion, bell pepper, and tomatillos in the baking dish. In a small bowl, combine the oil and cumin. Drizzle over the vegetables and toss to coat. Roast in the oven until well browned, 30 to 45 minutes.

Remove the chile from the beans and peel, seed, and chop the flesh. Return to the pot and add the roasted vegetables. Add salt and pepper to taste. Simmer for at least 30 minutes to blend the flavors before serving.

Daeji Bulgogi (Spicy Korean Pork Barbecue)

Source: Cooking Light, March 2003

Healthy Units: 5

Servings: 4 (3 ounces)

Posted by: Bawstinn32 (Maria)

August 11, 2003

Comments: I used the Thai Chile Paste as I'm lucky enough to be able to find that here! Next time will add a bit more red pepper as I was unsure how spicy it would actually be!

The caramel notes of brown sugar balance the heat of sambal oelek and crushed red pepper.

INGREDIENTS:

1 pound pork tenderloin, trimmed
2 tablespoons brown sugar
2 tablespoons low-sodium soy sauce
1 1/2 tablespoons sambal oelek or Thai chile paste
1 teaspoon minced peeled fresh ginger
1 teaspoon dark sesame oil
1/2 teaspoon crushed red pepper
3 garlic cloves, minced
Cooking spray

INSTRUCTIONS:

1. Wrap pork in plastic wrap; freeze 1 1/2 hours or until firm. Remove plastic wrap; cut pork diagonally across grain into 1/16-inch-thick slices.
2. Combine pork, sugar, and next 6 ingredients (sugar through garlic) in a large zip-top plastic bag. Seal and marinate in refrigerator 1 hour, turning bag occasionally.
3. Prepare grill.
4. Place a wire grilling basket on grill rack. Remove pork from bag; discard marinade. Place pork on grilling basket coated with cooking spray; grill 5 minutes or until desired degree of doneness, turning frequently.

NUTRITIONAL INFO:

CALORIES 205 (29 percent from fat); FAT 6.6g (sat 2.1g, mono 2.7g, poly 1g);
PROTEIN 26.5g; CARB 8.9g; FIBER 0.3g; CHOL 80mg; IRON 1.6mg; SODIUM 471mg;
CALC 16mg

Seasoned Spinach

www.cookinglight.com

Healthy Units: 1

Servings: 6 1/4 c servings

Posted by: Bawstinn32 (Maria)

August 11, 2003

You will need to steam the raw spinach in two batches, since there is so much of it. Combining the cool ingredients with your hands is easiest.

INGREDIENTS:

2 (10-ounce) packages fresh spinach, divided
1/4 cup finely chopped green onions
1 teaspoon sesame seeds, toasted
2 teaspoons low-sodium soy sauce
1/2 teaspoon dark sesame oil
1/4 teaspoon kosher salt
2 garlic cloves, minced

INSTRUCTIONS:

1. Steam half of spinach, covered, for 5 minutes or until the spinach wilts; place steamed spinach in a colander. Repeat procedure with remaining spinach. Cool slightly, and squeeze dry.
2. Place spinach in a bowl. Add onions and remaining ingredients; toss mixture well to combine. Serve chilled or at room temperature.

NUTRITIONAL INFO:

CALORIES 31 (26 percent from fat); FAT 0.9g (sat 0.1g, mono 0.3g, poly 0.4g);
PROTEIN 2.9g; CARB 4.2g; FIBER 2.8g; CHOL 0mg; IRON 2.7mg; SODIUM 214mg;
CALC 96mg

YIELD:

6 servings (serving size: about 1/4 cup)

Blueberry-Peach Galettes

www.cookinglight.com

Healthy Units: 5

Servings: 16

Posted by: Bawstinn32 (Maria)

August 11, 2003

Comments: I cut this in half and only made one. I ran this through MasterCook and the nutritional values were considerably lower than the ones from Cooking Light, so after I triple-checked what I input, I cut it into 6 (better serving!) for 5 points each.

INGREDIENTS:

1 (15-ounce) package refrigerated pie dough (such as Pillsbury)

6 cups fresh or frozen peeled and sliced peaches, thawed

1 cup fresh or frozen blueberries, thawed

1/4 cup sugar

2 tablespoons apricot preserves, melted and divided

1 tablespoon turbinado or granulated sugar

INSTRUCTIONS:

Preheat oven to 425 degrees.

Line a baking sheet with foil or parchment paper. Roll 1 dough portion into a 12-inch circle; place on foil. Combine peaches, blueberries, and 1/4 cup sugar. Arrange half of peach mixture in center of dough, leaving a 3-inch border. Fold edges of dough toward center, pressing gently to seal (dough will only partially cover peach mixture). Brush half of melted preserves over peach mixture and edges of dough.

Bake at 425 degrees for 10 minutes. Reduce oven temperature to 350 degrees (do not remove galette from oven); bake an additional 20 minutes or until lightly browned. Repeat procedure with remaining dough, peach mixture, and preserves. Sprinkle with 1 tablespoon of sugar. Serve warm or at room temperature. Cut each galette into 8 wedges.

NUTRITIONAL INFO:

calories: 232 carbohydrates: 40.6 g cholesterol: 0 mg fat: 7.6 g sodium: 124 mg protein: 2.1 g calcium: 6 mg iron: 1 mg fiber: 2.8 g

YIELD: 2 Galettes, 16 servings (serving size: 1 wedge)

NOTES: Oh yeah ... almost forgot. I followed CL's directions and placed the galette on parchment paper. Not a good idea. Lots of smoke. Smoke causes smoke alarms to go off. Smoke alarms cause dogs to cower.

Parmesan-Eggplant Crisps

Healthy Units: 3

Servings -4

Posted by jcanty- Gail

8-11-03

Chilling the coated slices before baking makes the eggplant extra-crispy.

INGREDIENTS:

1/4 cup fat-free mayonnaise

1 (3/4-pound) eggplant, cut crosswise into 24 slices

1/2 cup crushed saltine crackers (about 12 crackers)

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

Cooking spray

INSTRUCTIONS:

1. Spread about 1/2 teaspoon mayonnaise over both sides of eggplant slices using a rubber spatula. Combine crackers and cheese in a shallow dish; dredge eggplant in cracker mixture. Place eggplant in a single layer on a baking sheet coated with cooking spray; chill 2 hours.

2. Preheat oven to 425 degrees.

3. Bake eggplant at 425 degrees for 15 minutes; turn eggplant slices over, and bake an additional 5 minutes or until crisp.

NUTRITIONAL INFO:

CALORIES 124 (33% from fat); FAT 4.6g (sat 2.6g, mono 1.4g, poly 0.2g); PROTEIN 6.4g; CARB 14.4g; FIBER 2g; CHOL 10mg; IRON 0.5mg; SODIUM 545mg; CALC 183mg

Posted by: jang2341

Date: 08/11/2003

POINTS® | 2

Servings | 24

Preparation Time | 15 min

Cooking Time | 25 min

Level of Difficulty | Easy

cakes | These chewy, moist blondies are so rich in flavor, you would never know they're low in fat.

Ingredients

2 cup all-purpose flour

2 tsp baking powder

1/2 tsp table salt

1 1/2 cup unpacked brown sugar

6 Tbsp light butter, softened

2 large egg white(s)

1 tsp vanilla extract

1/3 cup water

6 oz mini chocolate chips, about 3/4 cup

Instructions

Preheat oven to 350°F. In a small bowl, combine flour, baking powder and salt.

In a large bowl, beat brown sugar and butter until fluffy. Add egg whites and vanilla. Gradually beat in flour mixture alternating with water. Stir in chips.

Spread into a foil-lined 9- x 13-inch baking pan. Bake until golden, about 20 to 25 minutes. Cool on wire rack. Remove foil and cut into 24 two-inch squares.

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Summer-Squash Gratin With Gruyere

Cooking Light Website and 2001 Annual, p 177

HU: 4 (for 8 servings, but these are very generous servings)

Posted by DERB63 (Debra)

8/11/03

1-3/4 pounds Yukon gold or red potato (about 9 potatoes)

1/3 cup all-purpose flour

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

1-1/2 cups 1% low-fat milk

1/4 cup dry white wine

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon ground nutmeg

2 garlic cloves, minced

1 cup (4 ounces) grated Gruyere cheese

Cooking spray

1 cup thinly sliced onion

2 tablespoons chopped fresh oregano

2 cups thinly sliced zucchini (about 1 pound)

2 cups thinly sliced yellow squash (about 1 pound)

1/3 cup Italian-seasoned breadcrumbs

2 teaspoons olive oil

Preheat oven to 375 degrees.

Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven; cover with wax paper. Microwave at high 5 minutes or until crisp-tender; cool. Thinly slice potatoes.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and broth in a medium saucepan; stir with a whisk. Stir in milk and next 5 ingredients (milk through garlic). Bring mixture to a boil over medium heat, and cook until thick (about 10 minutes), stirring constantly with a whisk. Remove from heat; add cheese, stirring until cheese melts.

Arrange half of potato slices in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Top with half of the onion, oregano, zucchini, yellow squash, and cheese sauce. Repeat procedure with remaining potato, onion, oregano, zucchini, squash, and cheese sauce.

Bake at 375 degrees for 1 hour or until gratin is tender. Combine breadcrumbs and oil in a small bowl; toss well. Sprinkle breadcrumb mixture over gratin.

Broil gratin 30 seconds or until breadcrumbs are lightly browned. Let stand 10 minutes.

NUTRITIONAL INFO: CAL 222; FAT 6.8g; PROTEIN 10.4g; CARB 30.9g; FIBER 3g; CHOL 17mg; IRON 2.3mg; SODIUM 388mg; CALC 241mg

Apricot Bites with Goat Cheese and Almonds

Serves 4

Lesley Maybloom, Schaumburg, IL

11 August 2003

12 dried apricot halves

2 oz. goat cheese, room temperature

24 sliced almonds, toasted

About 3 T. chives, cut into 3/4" pieces

Arrange apricot halves on a plate. Using a pastry bag or a spreader, place a small amount of goat cheese on each apricot half. Top the cheese with almonds in a criss-cross fashion. Garnish each with two chive pieces.

Italian Vegetable Pie

Complete Cooking Light Cookbook

HU = 5

Servings = 8

Posted by: Carol (sandythecur)

11 August 2003

Comments: Very tasty vegetarian dish; good flavors. My biased DH liked it a lot, even after he found out there is tofu in it. Freezes well, even for quite a period of time.

Ingredients

2 tsp. olive oil
1 c. green bell pepper, chopped
1 c. onion, chopped
1 c. mushrooms, chopped
3 garlic cloves, minced
3 T. tomato paste
1 tsp. dried Italian seasoning
1 tsp. fennel seeds
1/4 tsp. crushed red pepper
1 12.3 oz. pkg. firm tofu, drained and crumbled
1 25.5 oz. bottle fat free marinara sauce
6 lasagna noodles, cooked and cut in half crosswise
cooking spray
1 1/2 c. shredded part skim mozzarella cheese
1/4 c. grated Parmesan cheese

Instructions

1. Preheat oven to 375 degrees.
2. Heat oil in a large nonstick skillet over medium-high heat. Add bell pepper, onion, mushrooms, and garlic; sauté 3 minutes or until vegetables are tender. Stir in tomato paste and next 5 ingredients; bring mixture to a boil. Reduce heat, and simmer, uncovered, 10 minutes.
3. Arrange lasagna noodles spoke-like in the bottom and up the sides of a 9-inch deep dish pie plate coated with cooking spray. (I got away with a reg. 9" pie plate.) The noodles will hang off the edge of the pie plate. Spread 3 c. tofu mixture over noodles. Fold ends of noodles over tofu mixture; top with remaining tofu mixture, covering ends of noodles. Sprinkle with cheeses. Bake at 375 degrees for 20 minutes. Let stand 5 minutes.

Calories 226 (31% from fat), Fat 7.9 g (Sat. 3.2 g, mono 2.5 g, poly 1.6 g) protein 13.4 g, carb 26.8 g, fiber 1.9 g, chol 14 mg, iron 4.7 mg, sodium 344 mg, calcium 252 mg

RIOJA CHICKEN

Cooking Light Annual Recipes 1999, p. 294

Servings: 4

Healthy Units: 8

Posted by: Jill (jillyh)

8/11/03

If you don't want to use Rioja wine, replace it with another cup of either orange juice or chicken broth. [Jill's comment: I can't imagine this without the wine; it's where the flavor comes from in large part!] Also if you're short on time, this chicken dish can be cooked on the high heat setting for 4 hours.

3 T. all purpose flour
¼ tsp. salt
¼ tsp. black pepper
8 chicken thighs (about 3 lbs), skinned
5 garlic cloves, thinly sliced
½ c. pitted prunes (about 3 ¼ oz.)
¼ c. pimento stuffed olives
2 T. minced fresh or 2 tsp. dried thyme
1 T. grated lemon zest
1 bay leaf
1 c. orange juice
1 c. Rioja or other dry red wine
2 T. honey
2 c. hot cooked wild rice blend or long grain rice
½ c. chopped fresh parsley

Combine first 3 ingredients in shallow dish. Dredge chicken in flour mixture. Place garlic in bottom of an electric slow cooker. Arrange chicken over garlic; add prunes and next 4 ingredients. Combine orange juice, wine, and honey; pour over chicken. Cover with lid; cook on high heat setting for 1 hour. Reduce heat setting to low; cook 7 hours. Discard bay leaf. Serve over rice. Sprinkle with parsley. Yield: 4 servings (serving size=2 thighs, 1 c. sauce [includes prunes and olives], ½ c. rice, and 2 T. parsley.)

Calories=379; Fat=7.3g; Protein=33g; Carb=46.3g; Fiber=2.7g; Chol=126mg;
Iron=3.8mg; Sodium=1009mg; Calcium=67mg

Add'l comments from another cook: This was one of the most flavorful slow cooker meals I have made. It was delicious, and the meat was meltingly tender. It reminds me a lot of Chicken Marbella from the Silver Palate cookbook. I didn't have Rioja wine- do not even know how to pronounce it- LOL! So I used one of my little bottles of cabernet sauvignon that I keep on hand for cooking. Otherwise made it just as written. I did have to add more flour mixed in a little water at the end to thicken it up. Next time I'll increase the flour in the beginning. It makes a lot of wonderful sauce- I think it would be good over pasta, but it was great with the more earthy wild rice mix as written. Don't be afraid of the prunes- they fall apart and you can't even find them, but I think they add a lot to the flavor. This was a very good dish.

Sichuan-Style Stir-fried Chicken With Peanuts

Source of recipe: Cooking Light web site

Healthy Units-13 (Original recipe)

Healthy Units after Lightened: 9

Posted by jcanty- Gail

Servings 6

8-11-03

Note: I eliminated the vegetable oil and reduced the sesame oil for a total of 9 HU

INGREDIENTS

: Marinade:

2 tablespoons low-sodium soy sauce

2 tablespoons rice wine or sake

1 teaspoon cornstarch

1 teaspoon dark sesame oil

1-1/2 pounds skinless, boneless chicken breasts, cut into bite-size pieces

Stir-frying oil:

2 tablespoons vegetable oil, divided

Sauce:

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

2 tablespoons sugar

2-1/2 tablespoons low-sodium soy sauce

2 tablespoons rice wine or sake

1 tablespoon Chinese black vinegar or Worcestershire sauce

1-1/4 teaspoons cornstarch

1 teaspoon dark sesame oil

2 tablespoons minced green onions

1-1/2 tablespoons minced peeled fresh ginger

1-1/2 tablespoons minced garlic (about 7 cloves)

1 teaspoon chile paste with garlic

Remaining ingredients:

1-1/2 cups drained, sliced water chestnuts

1 cup (1/2-inch) sliced green onion tops

3/4 cup unsalted, dry-roasted peanuts

6 cups hot cooked long-grain rice- I used Udon noodles

INSTRUCTIONS: Also known as Kung Pao chicken, this Sichuan classic, with its multidimensional hot-sweet and salty-sour flavors, reflects the regional style. Serve with rice and a steamed vegetable. 1. To prepare marinade, combine first 5 ingredients in a medium bowl; cover and chill 20 minutes.

2. Heat 1 tablespoon of the vegetable oil in a wok or large nonstick skillet over medium-high heat. Add the chicken mixture; stir-fry 4 minutes or until chicken is done. Remove from pan; set aside.

3. To prepare sauce, combine broth and next 6 ingredients (broth through 1 teaspoon sesame oil); stir well with a whisk. Heat 1 tablespoon vegetable oil in pan. Add 2 tablespoons green onions, ginger, garlic, and chile paste, and stir-fry for 15 seconds. Add broth mixture, and cook 1 minute or until thick, stirring constantly

4. Stir in cooked chicken, water chestnuts, sliced onion tops, and peanuts; cook for 1 minute or until thoroughly heated. Serve over rice.

It is very good. Adjust the chili paste to suite your spice tolerance

Mandarin Cream Delight

Cooking Light Reader Favorites

Healthy Units: 6

Yield: 16 servings

Posted by: Bawstinn32 (Maria)

September 8, 2003

Comments: Using light butter reduces the points to 5 per serving. I used light and the crust was slightly hard; I don't know if it was from the butter or because I over cooked it! I cut this recipe in half and made it in a pie plate; fit just right!

Crust

9 tablespoons butter

1/2 cup sugar

1 teaspoon vanilla extract

1 1/2 cups flour, all-purpose

1/8 teaspoon salt

Filling

30 ounces mandarin oranges in light syrup (2 11 oz-cans)

1/4 cup sugar

24 ounces sour cream, light

6 3/4 ounces vanilla pudding mix, 2 3.4-ounce boxes

8 ounces Cool Whip®

To prepare crust:

Combine first 3 ingredients in a large bowl.

Beat with a mixer at medium speed until light and fluffy.

Lightly spoon flour into a dry measuring cup and level with a knife.

Add flour and salt to butter mixture, beating at low speed until well blended.

Preheat oven to 400.

Pat dough into a 13x9-inch baking dish coated with cooking spray; pierce bottom of dough with fork.

Bake at 400 degrees for 12 minutes or until lightly browned.

Cool on a wire rack.

To prepare filling:

Drain mandarin oranges over a large bowl, reserving 1/2 cup juice.

Combine juice, 1/4 sugar, sour cream and pudding mix in a large bowl; stir in orange segments.

Spoon orange mixture over crust, spreading evenly.

Top with whipped topping; Chill 1 hour.

Garnish

with mint, if desired.

Per Serving (excluding unknown items): 273 Calories; 10g Fat (33.5% calories from fat); 2g Protein; 43g Carbohydrate; 1g Dietary Fiber;

Peanutty Noodles

HU pt 6

Source- Cooking light Web site

Posted by jcanty(Gail)

Serving size 1 cup

Date posted: 8-11-03

INGREDIENTS:

2 carrots, peeled

1 tablespoon vegetable oil, divided

2 teaspoons grated peeled fresh ginger

3 garlic cloves, minced

1 cup fat-free, less-sodium chicken broth

1/2 cup natural-style peanut butter (such as Smucker's)

1/4 cup low-sodium soy sauce

3 tablespoons rice or white wine vinegar

1 teaspoon chili garlic sauce (such as Lee Kum Kee)

1/4 teaspoon salt

Cooking spray

2 cups red bell pepper strips

1 pound snow peas, trimmed

8 cups hot cooked linguine (about 1 pound uncooked pasta)

1/2 cup chopped fresh cilantro

INSTRUCTIONS:

Shave the carrots lengthwise into thin strips using a vegetable peeler, and set aside.

Heat 1 teaspoon oil in a small saucepan over medium heat. Add the ginger and minced garlic; sauté 30 seconds. Add chicken broth and the next 5 ingredients (broth through salt); stir until well blended. Reduce heat, and simmer 7 minutes, stirring occasionally. Remove from heat, and keep warm.

Heat 2 teaspoons oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add bell peppers and snow peas; sauté 5 minutes or until tender. Remove from heat. Combine carrot, peanut butter mixture, bell pepper mixture, and linguine in a large bowl; toss well. Sprinkle with cilantro. Serve warm or at room temperature.

NUTRITIONAL INFO:

calories: 296 carbohydrates: 43.1 g cholesterol: 1 mg fat: 8.8 g sodium: 400 mg protein: 11.7 g calcium: 44 mg iron: 3.6 mg fiber: 3.4 g

YIELD: 10 servings (serving size: 1 cup)

Double-Cheese Meat Loaf

www.cookinglight.com

Healthy Units: 8 (as posted below)

YIELD: 6 servings (serving size: 2 slices)

Posted by: Bawstinn32 (Maria)

August 12, 2003

The American classic goes a bit upscale with the addition of mozzarella and Parmesan cheeses. Substitute lean ground beef for the ground veal and pork, if desired.

INGREDIENTS:

Cooking spray

1 cup chopped onion

6 tablespoons ketchup, divided

2 tablespoons Dijon mustard, divided

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

1/2 cup Italian-seasoned breadcrumbs

1/4 cup chopped fresh parsley

2 tablespoons grated Parmesan cheese

1 teaspoon dried oregano

1/4 teaspoon black pepper

1 large egg, lightly beaten

1/2 pound lean ground beef

1/2 pound lean ground pork

1/2 pound lean ground veal

INSTRUCTIONS:

Preheat oven to 375 degrees.

Place a medium nonstick skillet coated with cooking spray over medium-high heat. Add the chopped onion, and sauté for 3 minutes. Combine the onion, 1/4 cup ketchup, 1 tablespoon mustard, mozzarella, and next 6 ingredients (mozzarella through egg) in a large bowl. Crumble ground meats over cheese mixture; stir just until blended.

Pack mixture into an 8 x 4-inch loaf pan coated with cooking spray. Combine 2 tablespoons ketchup and 1 tablespoon mustard; spread over top of loaf. Bake at 375 degrees for 1 hour or until meat thermometer registers 160 degrees. Let meatloaf stand in pan 10 minutes.

Remove meat loaf from pan, and cut into 12 slices.

NUTRITIONAL INFO: CALORIES 329 (38% from fat); FAT 13.9g (sat 5.6g, mono 5.3g, poly 1.2g); PROTEIN 33.8g; CARB 15.1g; FIBER 1g; CHOL 133mg; IRON 2.4mg; SODIUM 801mg; CALC 196mg

Comments: 8 points seems too high to me for meatloaf. I would make again, using all lean ground beef (92%) to drop the Healthy Units. I am sure 96% would drop it further, but I wonder if it would be too dry.

Chopped Salad with Bleu Cheese Dressing

CL.Com

Healthy Units: 1

Servings: 12 (1 cup per)

Posted by: Kwe730 (Kim)

August 12, 2003

INGREDIENTS

Salad:

6 cups chopped iceberg lettuce (I used romaine)

2 cups sliced cucumber

1 cup diced plum tomato

1 cup sliced celery

1 cup sliced radishes

1 cup diced red bell pepper

1/2 cup diced carrot

1/2 cup thinly sliced green onions

1/4 cup chopped fresh parsley

3 tablespoons capers, drained

1 teaspoon dried oregano

Dressing:

1/3 cup low-fat buttermilk

1/4 cup (1 ounce) crumbled blue cheese

1 tablespoon light mayonnaise

1 tablespoon red wine vinegar

1 teaspoon Worcestershire sauce

1/2 teaspoon salt

1/4 teaspoon black pepper

INSTRUCTIONS

To prepare salad, combine first 11 ingredients in a large bowl.

To prepare dressing, combine buttermilk and remaining ingredients, stirring with a whisk. Just before serving, drizzle salad with dressing, and toss gently to coat.

Note: One reviewer on the web site suggested adding a little RF sour cream to this and using it as a dip.

YIELD: Yield: 12 servings (serving size: 1 cup).

NUTRITIONAL INFO: calories: 36 carbohydrates: 4.8 g cholesterol: 2 fat: 1.4 g sodium: 334 mg protein: 1.8 g calcium: 45 mg iron: 0.7 mg fiber: 1.3 g

Smoked Turkey, Brie, Green Apple and Watercress Sandwich

Cooking Light August, 2003

HU: 7 per serving

Servings: 4

Posted by DebMj1

August 12, 2003

1 1/2 tbsp. honey
1 1/2 tbsp. mustard
1 (8-ounce) French bread baguette
6 ounces thinly sliced smoked turkey
1/4 pound Brie cheese, thinly sliced
1 cup trimmed watercress (I used baby spinach)
1 cup thinly sliced peeled Granny Smith apple
1/8 tsp. freshly ground black pepper

Preheat oven to 350 F. Combine honey and mustard in a small bowl. Cut bread in half lengthwise; place on a baking sheet. Spread honey mixture on bottom half of loaf; top with turkey and cheese. Bake at 350 F. for 5 minutes or until cheese begins to melt.

Arrange watercress and apple slices onto melted cheese; sprinkle with pepper. Cover with top half of loaf and cut into four portions.

Nutritional: Calories 337 (29% from fat), Fat 10.7 g (sat. 5.3 g, mono 3.1 g, poly 0.7 g) Protein, 19.4 g; Carb 40.8 g; Fiber 2.5 g; Chol 45 mg; Iron 3.5 mg; Sodium 926 mg; Calc 114 mg.

Southwest Garden Sauté

Source: Pace Picante Recipe book

H.U.: 1

Servings: 6

Posted by: Sheri R

August 12, 2003

4 slices of bacon, cut into 1/2 in pieces

2 medium onions, chopped

2 cups diced zucchini

1 cup diced unpeeled new potatoes

1/4 cup Picante sauce

2 tsp sugar

1/2 tsp ground cumin

1 cup diced tomato

Fry Bacon in a 10 inch skillet until crisp. Remove from skillet and reserve. Add Onions to skillet and cook until tender but not brown. Add zucchini, potatoes, Picante sauce, sugar and cumin. Cook over medium high heat stirring frequently, until vegetables are crisp tender, 5 to 7 minutes. Stir in tomatoes and reserve bacon heat through. Makes six servings, about 3 cups of vegetables.

This can also be used as filling for flour tortillas or you can top this with sour cream or Monterey Jack cheese.

Per Serving (excluding unknown items): 79 Calories; 2g Fat (25.6% calories from fat); 3g Protein; 12g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 153mg Sodium.

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

Cheese Enchilada Casserole

Source: Cooking Light Annual 2003 (orig. pub. October 2002)

Healthy Units: 6

Servings: 4

Posted by: Carol (sandythecur)

August 12, 2003

Comments: Very fast and easy, taste okay but underwhelming. Could use some extra spice and perhaps some peppers to add some oomph.

- 1 c. shredded reduced fat extra sharp cheddar cheese
- 1 c. chopped tomato
- 1 c. fat free cottage cheese
- 1/3 c. sliced green onions
- 2 tsp. chili powder
- 2 garlic cloves, minced
- 9 (6") corn tortillas (I used La Tortilla brand, garlic and onion flavor)
- 1 c. taco sauce
- 1/4 c. shredded Monterey Jack cheese

1. Preheat oven to 375 degrees.
2. Combine first 6 ingredients in a medium bowl. Arrange 3 tortillas in the bottom of an 11x7 baking dish coated with cooking spray. Spread half of cheese mixture over tortillas. Repeat procedure with 3 tortillas and remaining cheese mixture; top with 3 tortillas.
3. Pour taco sauce over tortillas; sprinkle with Monterey Jack cheese. Bake at 375 degrees for 20 minutes or until cheese melts.

Calories 299 (18% from fat), fat 6g, (sat 2.8g, mono 1.7g, poly 0.9g) protein 19.1g, carb 42.3g, fiber 4.3g, chol 15mg, iron 1.4mg, sodium 1029mg, calc 332mg

SPICY GRILLED CHICKEN AND GREEN ONIONS

Epicurious.com

Healthy Units: 8?

Servings: 2 (easily doubled, tripled, whatever)

Posted By: kwe730 (Kim)

August 12, 2003

Note: I marinated the chicken for much longer and I really think it helped the flavor.

- 2 tablespoons vegetable oil
- 1 tablespoon hot pepper sauce
- 2 teaspoons honey
- 1 teaspoon paprika
- 7 green onions
- 2 skinless boneless chicken breast halves

Prepare barbecue (medium-high heat). Whisk oil, hot sauce, honey and paprika in 9-inch glass pie dish to blend. Mince one green onion; mix into marinade. Transfer 2 tablespoons marinade to small bowl and reserve. Add chicken to marinade in pie dish and turn to coat. Let stand 10 minutes, turning occasionally.

Sprinkle chicken and remaining whole green onions with salt. Grill chicken and whole onions until chicken is cooked through and onions soften, turning occasionally, about 10 minutes. Transfer chicken and onions to plates. Drizzle with reserved 2 tablespoons marinade.

Shrimp Po'boy with Spicy Ketchup

Cooking Light May 2003

Healthy Units: 8

Servings: 4

Posted by: kwe730 (Kim)

August 13, 2003

Ingredients:

3 Tablespoons dry breadcrumbs
1/4 teaspoon salt
1/4 teaspoon black pepper
1 garlic clove, minced
1 Tablespoon olive oil
1 pound large shrimp, peeled and deveined
1/4 cup ketchup
1 1/2 teaspoon fresh lemon juice
1/2 teaspoon Worcestershire sauce
1/4 teaspoon chili powder
1/4 teaspoon hot sauce
2 submarine rolls (10 inch)
2 cups torn curly leaf lettuce
1/2 cup thinly sliced red onion

1. Prepare broiler
2. Line a baking sheet with aluminum foil. Combine breadcrumbs, salt, pepper, and garlic in a medium bowl stirring with a fork. Combine oil and shrimp; toss well. Place half the shrimp in the breadcrumb mixture; toss well to coat. Place breaded shrimp in a single layer on prepared baking sheet. Repeat procedure with remaining shrimp and breadcrumb mixture. Broil 4 minutes or until shrimp are done.
3. Combine ketchup, Worcestershire, chili powder, hot sauce in a small bowl, stirring with a whisk.
4. Spread 2 Tablespoons ketchup mixture over cut sides of each roll half. Place 1 cup lettuce over bottom half of each roll; top with 1/4 cup onion. Arrange 1 cup shrimp on each roll half; top with remaining roll half. Cut sandwiches in half.

Jason's Grilled Mahi-Mahi with Chives

Source- meals.com
Healthy Units 9 (per recipe builder)
servings 6
posted by Sandra49
Aug. 13, 2003

6 Tab chopped, fresh chives
1 1/2 plum tomato, peeled and minced
3 cloves garlic, minced
6 Tab olive oil
1 1/2 lemons, juiced
6 (8oz) Mahi-Mahi fillets
3 oz feta cheese, crumbled

Directions: In a bowl, mix chives, tomato, garlic, olive oil, and lemon juice.

Place fillets in a bowl and coat with marinade, then cover and refrigerate about 20 minutes.

Place fillets on grill for 3-5 minutes and baste with marinade. Turn fillets and top with feta cheese and any remaining ingredients in the marinade cover for 3-5 minutes or until done. Remove from grill and garnish with a single chive per fillet. Add freshly ground black pepper to taste and serve.

Comments: The flavor on this is fantastic!! Have been making it for several years. Works just as well broiled if it's not grill weather. Serving size is huge 8-oz portion so I'm sure HU could be reduced by cutting that in half and you could probably cut some of the oil as well.

Chicken with Spinach & Cheese

Source: www.wholefoods.com.

HU: 4 per serving

Serves 4

Posted by: beckyplay

Prep Time: 30 minutes

Date: August 13, 2003

Ingredients:

4 thin chicken breast cutlets (3/4 pound total)

1 TB flour

1/2 cup chopped scallions

2 garlic cloves, minced

1/3 cup chicken broth, canned or homemade

1 tsp oregano

1/4 tsp salt

1/4 tsp pepper

1/2 cup chopped mushrooms

1 pound spinach, stemmed

3 oz part-skim mozzarella, shredded

1. Lightly dredge chicken in flour; reserve excess. Preheat broiler.
2. In a large nonstick skillet, heat oil over medium-high heat. Add chicken and brown on both sides, about six minutes. Transfer to a plate and cover loosely.
3. Add scallions, garlic, and 2 TB of broth to skillet, and cook, stirring, until fragrant, about one minute. Sprinkle on reserved flour and cook, stirring, until flour is no longer visible, about 30 seconds. Add remaining broth, oregano, salt, and pepper, and bring to a boil, stirring frequently.
4. Add mushrooms and spinach, then cover and cook for 30 seconds. Uncover and stir until spinach is just wilted, about one minute. Pour in any juices that have collected under chicken on plate.
5. Place chicken on broiler pan. Dividing evenly, spread spinach-mushroom mixture on top. Sprinkle cheese on top and broil 4" from heat for three minutes or until cheese is bubbly.

Béchamel Sauce

Cooking Light.com

Healthy Units: 2

Servings: 9 (1/4 cup each)

Posted by kwe730 (Kim)

August 13, 2003

INGREDIENTS

2-1/2 cups 1% low-fat milk

8 black peppercorns

1 (1/2-inch-thick) slice onion

1 bay leaf

2 tablespoons stick margarine

1/4 cup all-purpose flour

1/4 teaspoon salt

1/8 teaspoon ground white pepper

Dash of ground nutmeg

INSTRUCTIONS

Estimated Total Time: 18 minutes

1. Combine first 4 ingredients in a heavy saucepan; cook over medium-high heat to 180 degrees or until tiny bubbles form around edge (do not boil). Remove from heat. Cover; let stand 10 minutes. Strain mixture through a sieve into a bowl; discard solids. Set aside.

2. Melt margarine in saucepan over medium heat. Add flour, stirring with a whisk until blended. Cook 1 minute, stirring constantly. Gradually add milk mixture; cook over medium-low heat 5 minutes or until thick. Stir in salt, pepper, and nutmeg.

NUTRITIONAL INFO

calories: 64 carbohydrates: 5.9 g cholesterol: 3 mg fat: 3.3 g sodium: 129 mg protein: 2.6 g calcium: 85 mg iron: 0.2 mg fiber: 0.1 g

Stuffed Portabello Mushroom Caps (summertime)

From: Joanne's kitchen

HU: 3 per cap

Serves: 4

Posted by: Superjojo7 (Jo)

August 13, 2003

Ingredients:

4 large portabello mushrooms

26 oz frozen chopped spinach (1 bag and 1 box in my area)

1 small red/purple onion

8 ounces feta cheese

4-8 leaves fresh basil (dried can be used if necessary)

2 plum tomatoes

4 tbsp breadcrumbs

Directions:

-Preheat oven to 350*

-De-stem and clean mushrooms, leaving only caps to fill, gills are OK as is

-Defrost spinach in a large bowl

-While spinach is defrosting: de-seed and finely chop the tomatoes, finely chop the onion, and shred the basil as well

-Combine spinach, tomatoes, onion, basil and 6 ounces of feta, mix well

-Top each cap with at least 1c of the spinach mixture, but try to distribute it evenly among the 4 caps

-Use the remaining 2 ounces of feta and sprinkle on the tops of mushrooms along with 1 tbsp of breadcrumbs per mushroom

-Bake at 350* for about 15 minutes or until cooked through

Notes:

-Use a spatula when transferring from baking pan to plate, they are top heavy and will need the extra stability

-Goat cheese and/or bleu cheese can be substituted for the feta, or a combination as well

-Tomato basil infused feta cheese can also be used, and therefore eliminates the fresh basil and tomatoes in mix...it becomes too overpowering with all of it

-Winter stuffed caps include bleu cheese and walnuts instead of feta, basil and tomatoes

-Can be made into smaller caps for appetizers by sautéing the ingredients in a skillet, stuffing individual caps, and barely broiling the mushrooms

Whole Wheat Oatmeal Buttermilk bread

Posted by: KelticWm (Kel)

Date: Aug. 13, 2003

Ingredients:

3/4 cup buttermilk

1 Table S. honey

1 1/2 teaspoons Margarine or butter

1 cup Bread flour

3/4 cup whole wheat flour

1/2 teaspoon Salt

1 teaspoon active dry yeast or bread machine yeast

add ingredients to you bread machine as directed. Bake

Thai Chicken with Mushrooms, Green Beans and Basil

Source: Food and Wine

Serves: 4

Points: 4-ish?

Posted by: Carole (yaytheyfit)

Date: 13 Aug 2003

1 1/2 tablespoons oyster sauce
1 tablespoon Asian fish sauce
1 teaspoon sugar
2 1/2 tablespoons vegetable oil
1/2 pound green beans, cut into 2-inch lengths
3 scallions, white and light green parts only, cut into 1-inch lengths
2 large garlic cloves, minced
1/2 teaspoon salt
3/4 pound skinless, boneless chicken breast cutlets, pounded thin and cut into strips
1/4 pound small mushrooms, stemmed and quartered
1/2 cup drained canned baby corn, cut into 1-inch lengths
2 large jalapeños—halved, seeded and thickly sliced lengthwise
1 cup torn basil leaves

1. In a small bowl, mix the oyster sauce with the fish sauce and sugar.
2. In a wok, heat 1/2 tablespoon of the oil over high heat. Add the beans and cook, stirring occasionally, until crisp-tender, about 5 minutes. Transfer to a plate.
3. Add the remaining 2 tablespoons of oil to the wok and heat until smoking. Add the scallions, garlic and salt and stir-fry until the garlic is lightly golden, about 45 seconds. Add the chicken in 3 batches, waiting a few seconds between additions, and stir-fry until it barely turns white, about 2 minutes. Add the mushrooms, corn, jalapeños and green beans and stir-fry until the vegetables are crisp-tender, 2 to 3 minutes. Add the oyster sauce mixture and stir-fry until the chicken is cooked through, about 2 minutes longer. Stir in the basil, transfer to a platter and serve.

--Joyce Jue

This recipe originally appeared in March 2002.

Chicken-Cashew Stir-Fry

H.U: as written - 9.5, with only 1/2 cup rice: 7.5

Yield: 6 servings (serving size: 1-1/3 cups stir-fry and 1 cup rice).

Posted by: Oduamy1 (Amy)

Posted on: august 13, 2003

Source: CL Website

Comments: 1 cup rice was too much for me so I did just 1/2 cup and that was fine. The stir-fry is slightly spicy slightly sweet. Good stuff!! I will add water chestnuts next time and probably bulk up with more of the veggies in the recipe as well. Yummy and filling!!

INGREDIENTS:

1/2 cup fat-free, less-sodium chicken broth
3 tablespoons oyster sauce (such as Kame)
1-1/2 tablespoons cornstarch
1-1/2 tablespoons honey
1 tablespoon low-sodium soy sauce
2 teaspoons rice or white wine vinegar
1/2 teaspoon salt
2 tablespoons oil, divided
1 cup chopped green onions, divided
1 small onion, cut into 8 wedges
1 cup (3 x 1/4-inch) julienne-cut red bell pepper
1/2 cup diagonally sliced carrot
1 cup sliced mushrooms
1 cup snow peas
1 pound skinned, boned chicken thighs, cut into bite-size pieces
1/4 cup canned pineapple chunks in juice, drained
1/3 cup cashews
1/2 to 1 teaspoon crushed red pepper
6 cups hot cooked long-grain rice

INSTRUCTIONS:

Combine first 7 ingredients in a small bowl; set aside.

Heat 1 tablespoon oil in a stir-fry pan or wok over medium-high heat. Add 1/2 cup green onions and onion wedges; stir-fry 1 minute. Add bell pepper and carrot; stir-fry 2 minutes. Add mushrooms and peas; stir-fry 2 minutes. Remove vegetable mixture from pan. Keep warm.

Heat 1 tablespoon oil in pan over medium-high heat. Add chicken; stir-fry 5 minutes. Add broth mixture, vegetable mixture, pineapple, cashews, and crushed red pepper; bring to a boil, and cook 1 minute or until thick. Stir in 1/2 cup green onions. Serve with rice.

NUTRITIONAL INFO: calories: 474 carbohydrates: 68.5 g cholesterol: 60 fat: 11.8 g sodium: 553 mg protein: 22.5 g calcium: 67 mg iron: 4.3 mg fiber: 3.8 g

Baked Egg Rolls

Source: CL Annual 2002 pg 68

Posted by: Oduamy1 (Amy)

Posted on: August 13, 2003

Yield: 14 servings (serving size: 1 roll and about 1 tablespoon sauce).

Amy's Comments: These were pretty tasty for baked egg rolls. Don't expect them to taste like the ones from the Chinese restaurant! They are crispy!! They are a bit time intensive but not too difficult to make (Skill-wise). They don't need to cook the entire time in the oven so watch them. The sauce was a bit oily for my taste so I would half the sesame oil.

CL Comments: These low fat egg rolls contain, perhaps unexpectedly, ground turkey as well as the cabbage, celery, and carrots that you would usually expect to find in egg rolls.

Ingredients

Egg rolls:

2/3 cup coarsely chopped celery
2/3 cup coarsely chopped carrot
2 cups shredded cabbage
1/2 teaspoon vegetable oil
2/3 cup chopped onion
1/2 teaspoon minced peeled fresh ginger
1 garlic clove, minced
1/2 pound ground turkey breast
1 1/2 tablespoons low-sodium soy sauce
1/4 teaspoon black pepper
14 egg roll wrappers
1 large egg white
Cooking spray

Sauce:

3/4 cup low-sodium soy sauce
6 tablespoons rice vinegar
2 tablespoons dark sesame oil
1 tablespoon minced peeled fresh ginger
1/3 cup thinly sliced green onions (optional)

Directions

Preheat oven to 425°.

To prepare egg rolls, combine celery and carrot in a food processor; pulse 10 times or until finely chopped.

Combine celery mixture and cabbage in a medium bowl. Cover with plastic wrap; vent. Microwave at high 5 minutes; drain.

Baked Egg Roll (continued)

Heat vegetable oil in a large nonstick skillet over medium-high heat. Add chopped onion, 1/2 teaspoon ginger, and garlic; sauté 2 minutes. Add turkey; cook 5 minutes. Remove from heat; stir in cabbage mixture, 1 1/2 tablespoons soy sauce, and pepper. Cover and chill 15 minutes.

Place 1 egg roll wrapper at a time onto work surface with one corner pointing toward you (wrapper should look like a diamond). Trim 1 inch off right and left corners of wrapper. Spoon 3 tablespoons turkey filling into center of wrapper. Fold lower corner of wrapper over filling. Fold in trimmed corners. Moisten top corner of wrapper with egg white; roll up jellyroll fashion. Repeat procedure with remaining wrappers, turkey mixture, and egg white.

Lightly coat egg rolls with cooking spray, and place, seam side down, on a baking sheet coated with cooking spray. Bake at 425° for 18 minutes or until golden brown.

To prepare sauce, combine 3/4 cup soy sauce, vinegar, sesame oil, and 1 tablespoon ginger; serve with egg rolls. Garnish with green onions, if desired.

Preparation Time: 39 minutes

Cooking Time: 30 minutes

Nutrition Facts (per Serving):

79 calories; 8 g carbohydrates; 11 mg cholesterol; 2.5 g fat; 532 mg sodium; 5.7 g protein; 18 mg calcium; 0.9 mg iron; 0.7 g fiber

Bubble Up Pizza Casserole

Weight Watchers, with modifications to make it tastier

Serves: 8

Healthy Units: 6

Posted by: sandythecur (Carol)

Date: Aug. 14, 2003

Ingredients:

- 1 lb. lean ground beef
- 1 onion, chopped
- 8 oz. fresh mushrooms, sliced
- 1 bell pepper, chopped
- 16 oz. canned tomato sauce, no salt added
- basil to taste
- 3 cloves garlic, minced OR garlic powder to taste
- ½ tsp. Italian seasoning
- 15 oz. refrigerated buttermilk biscuits quartered
- 1 ¼ c. (5 oz.) shredded mozzarella cheese

Instructions

1. Preheat oven to 350 degrees.
2. In skillet, coated with cooking spray, brown meat over medium high heat until browned, stirring to crumble. Drain well; return to pan.
3. Add onions, mushrooms, and bell pepper; sauté until vegetables are tender.
4. Stir in tomato sauce, basil, garlic, and Italian seasoning.
5. Add quartered biscuits; stir gently until biscuits are covered with sauce.
6. Spoon mixture into a 9X13 inch baking dish coated w/ cooking spray.
7. Bake for 25 minutes.
8. Sprinkle with cheese; bake an additional 10 minutes or until biscuits are done. Let stand 5 minutes before serving.

Grilled Pork Chops with Sweet Peach Sauce

A spice mixture is rubbed on these pork chops before grilling them. The Sweet Peach Sauce is a separate recipe on the next page (933) of this compilation.

Grilled Pork Chops with Sweet Peach Sauce

Cooking Light Annual 2002-Page 172

Healthy Units: 6

Serves 4

Posted By: Butterfly1961

Date: August 15, 2003

Ingredients

3 tablespoons ground coriander

3 tablespoons paprika

3 tablespoons cracked black pepper

2 tablespoons kosher salt

2 tablespoons ground cumin

1 tablespoon brown sugar

4 (6-ounce) bone-in center-cut pork chops (about 1/4-inch thick)

Cooking spray

1 cup Sweet Peach Sauce

Directions

Prepare grill.

Combine the first six ingredients in a bowl. Rub the pork chops with 1/4 cup spice mixture, and reserve the remaining spice mixture for another use. Place the pork chops on a grill rack coated with cooking spray. Cook the pork chops for 4 minutes on each side or until done. Serve with Sweet Peach Sauce.

Preparation Time: 4 minutes

Cooking Time: 8 minutes

Servings/Serving Size: Yield: 4 servings (servings size: 1 chop and 1/4 cup sauce).
(Totals include Sweet Peach Sauce)

Nutrition Facts (per Serving):

266 calories; 17 g carbohydrates; 72 mg cholesterol; 10.3 g fat; 1083 mg sodium; 26.5 g protein; 44 mg calcium; 3.1 mg iron; 2.5 g fiber

Sweet Peach Sauce

This sauce is a sub-recipe to Grilled Pork Chops with Sweet Peach Sauce found on page 932 of this compilation.

The sauce's sweet, citrus flavor complements the spice-rubbed pork chops.

This recipe can be found on page 172 of Cooking Light Annual Recipes 2002.

Cooking Light Annual 2002-Page 172

Healthy Units: 6

Serves 4

Posted By: Butterfly1961

Date: August 15, 2003

Ingredients

- 1 tablespoon olive oil
- 2 cups sliced red onion
- 3 cups chopped peeled peaches
- 2 cups chopped tomato
- 2 tablespoons minced peeled fresh ginger
- 1/2 cup cider vinegar
- 1/2 cup fresh orange juice (about 1 orange)
- 1/3 cup packed brown sugar
- 1 teaspoon ground allspice
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper

Directions

Heat the olive oil in a large nonstick skillet over medium-high heat. Add the onion, and sauté for 10 minutes, stirring frequently. Add peaches, tomato, and ginger, and cook for 2 minutes. Add the vinegar and remaining ingredients, and bring to a boil. Reduce heat, and simmer for 20 minutes. Place the peach mixture in a food processor, and process until smooth.

Preparation Time: 17 minutes

Cooking Time: 32 minutes

Servings/Serving Size: Yield: 3 cups (serving size: 1 tablespoon).

Nutrition Facts (per Serving):

16 calories; 3.4 g carbohydrates; 0 mg cholesterol; 0.3 g fat; 11 mg sodium; 0.2 g protein; 3 mg calcium; 0.1 mg iron; 0.4 g fiber

Bistro Potatoes

Chicago Tribune Food Section

Healthy Units: 4

Servings: 6

Posted By: kwe730 (Kim)

August 15, 2003

Note: Make sure you use a dish that is at least as big as what they call for. The potatoes need to spread out so they get nice and crisp, not mushy.

6 large red potatoes, about 1.5 lbs total, peeled

5 large garlic gloves, minced

2 large shallots, about 1.5 oz., minced

2 Tablespoons olive oil

1 1/4 teaspoons salt

Freshly ground pepper

1/2 cup freshly grated Parmesan cheese

1. Put rack in upper third of oven. Heat to 450 degrees. Spray 7-inch-round shallow baking dish (use olive oil spray if you have it).
2. Thinly slice potatoes. As sliced, put in bowl of cold water. Drain slices. Wipe out bowl with paper towel. Dry slices as thoroughly as possible with paper towels. Transfer back to bowl.
3. Toss slices with garlic, shallots, oil, salt and pepper until evenly coated.
4. Arrange slices neatly in prepared dish. Cover with foil and bake 20 minutes. Remove foil. Press potatoes down with spatula. Bake, uncovered 20 minutes. Press down again with spatula. Sprinkle cheese evenly over. Bake until golden brown and crusty, about 20 minutes. Serve hot in wedges.

Thai Curry Paste

Source: Moosewood Low-Fat Favorites

Healthy Units: 0

Servings: 4

Posted by: Kate (KateWD)

August 15, 2003

Here is an intensely flavored spice blend that can be used in a variety of dishes. Tightly sealed and refrigerated, the paste will keep for at least a week, and it may also be frozen for extended storage. I used regular basil and lime peel and juice, and two red chile peppers.

1/4 cup chopped scallions

1/4 chopped fresh cilantro, basil or Thai basil

2 T minced garlic cloves

2 T grated fresh ginger root

1 T fresh grated lemon or lime peel or minced tender inner stalk of fresh lemongrass

1 T brown sugar

1 or 2 fresh red or green chiles, minced

3 T fresh lemon or lime juice

1 T ground coriander

1 tsp tumeric

1/2 tsp salt

Combine all ingredients in a blender or food processor and puree until quite smooth.

Makes a generous 1/2 cup. Per 1 oz serving: 25 calories, .8 g protein, .1 g fat, 6.1 g carbs, 0 g sat fat, 0 mg cholesterol, 176 mg sodium, .6 gr fiber

Salad dressing-Ranch

HU: .5

Posted by: Victoria

Date: 8/15/03

My favorite all around pleasure salad dressing is good old tasty ranch. 3 parts fat free plain yogurt to 1 part low fat buttermilk plus a package of ranch dip/dressing mix (example... 1 1/2 cups yogurt & 1/2 cup buttermilk). Never had anyone go "eww.... light dressing" at that, it tastes so much like the real thing and you can get like 3 tablespoons of it for half a point. You can also mix in a tablespoon or two of light Mayo with it if you think it still needs something. Victoria

Salad dressing-Balsamic Brown Sugar

HU: 2 Tbsp=1 point

Posted by: LANET68

Guess I'll emerge from the woodwork and share a favorite salad dressing recipe. It's especially good on fresh, ripe tomatoes or on a spinach salad. There are only two ingredients: 2 tablespoons brown sugar, 2 tablespoons balsamic vinegar. Combine in a small bowl, microwave at 50 % power for about 1 minute or until sugar is melted. Let cool 5 minutes or so. 2 Tbsp=1 point
Enjoy! LANET68

Fresh Tomato Salsa

Source: Better Homes & Garden Website

Healthy Units: 1

Servings: 12 (1/4 cup)

Posted by judyj1967

Date August 15, 2003

Ingredients

1-1/2 cups finely chopped tomatoes (3 medium)

1 fresh Anaheim pepper seeded and finely chopped or one 4-ounce can diced green chili peppers, drained

1/4 cup chopped green sweet pepper

1/4 cup sliced green onions (2)

3 to 4 tablespoons snipped fresh cilantro or parsley

2 tablespoons lime juice or lemon juice

1 to 2 fresh jalapeno, serrano, fresno, or banana peppers, seeded and finely chopped

1 clove garlic, minced

1/8 teaspoon salt

1/8 teaspoon pepper

Instructions:

In a medium mixing bowl stir together chopped tomatoes, Anaheim pepper or canned chili peppers, sweet pepper, green onions, cilantro or parsley, lime juice or lemon juice, jalapeno pepper, garlic, salt, and pepper.*

Cover and chill 1 to 24 hours before serving. Makes about 3 cups (12, 1/4-cup servings).

Note: For a slightly smoother salsa, place 1 cup of the salsa in a food processor bowl or blender container. Cover and process or blend just until smooth. Stir into remaining salsa.

Make-ahead tip: Spoon the salsa into a storage container. Cover and chill for up to 3 days.

Nutritional Information

Nutritional facts per serving calories: 11, total fat: 0g, saturated fat: 0g, cholesterol: 0mg, sodium: 28mg, carbohydrate: 3g, fiber: 0g, protein: 1g, vitamin A: 6%, vitamin C: 56%, calcium: 1%, iron: 2%, vegetables: .5diabetic exchange

Halibut with Red Bell Pepper & Olive Relish

Source: Bon Appétit (Feb. 2003)

Posted by: judybw

Serves: 4

HU: I calculate about 6 points (for a 6 oz. halibut fillet)

Date posted: August 15, 2003

Ingredients:

3 T. olive oil (I only used 1 TBSP)

1-1/2 C. coarsely chopped red bell pepper

1/2 C. chopped red onion (I used Vidalia)

3 large garlic cloves, minced

1 T. chopped fresh thyme (I omitted this)

1/2 C. coarsely chopped pimiento-stuffed green olives

1 T. balsamic vinegar

1 T. tomato paste

S, P, and Cayenne pepper

4 8-10 oz. halibut fillets

Instructions:

Preheat oven to 375 (I used convection at 400 - 425 OR a VERY hot grill)

Brush large rimmed baking sheet with olive oil.

Heat oil in large skillet over med-hi heat. Add bell pepper, onion, garlic and thyme.

Sauté until pepper is soft, about 6 minutes. Remove from heat. Mix in olives, vinegar and tomato paste. Season relish to taste with cayenne, salt & pepper.

Place fish on prepared baking sheet and brush with olive oil. Sprinkle with S & P. Spoon enough relish over each fillet to cover. Reserve remaining relish. Bake fish until just opaque in center (about 10 min). Transfer to serving platter. Serve with reserved relish.

Chocolate-Banana Trifle

From CL Website

Healthy Units: 6

Servings: 16 - (1 cup each)

Posted by - Jill (Stephplum)

Date: 8/16/03

INGREDIENTS:

2/3 cup sugar

2/3 cup evaporated fat-free milk

3 tablespoons unsweetened cocoa

1 tablespoon cornstarch

1/4 cup Kahlua (coffee-flavored liqueur)

1 (16-ounce) angel food cake, cut into 1-inch cubes

2 (1.4-ounce) English toffee candy bars, chopped (such as Skor or Heath bars)

3 cups fat-free milk

3 (3.4-ounce) packages vanilla instant pudding mix (not sugar-free)

2 cups sliced banana, divided

1 (12-ounce) container frozen reduced-calorie whipped topping, thawed and divided

INSTRUCTIONS:

Combine first 4 ingredients in a medium saucepan; bring to a boil. Cook until sugar is dissolved and mixture is thick (about 3 minutes), stirring frequently. Remove from heat; stir in Kahlua. Cool.

Combine chocolate mixture and cake in a large bowl; stir in chopped candy bars, reserving 1 tablespoon for topping. Set aside.

Beat 3 cups milk and pudding mix at medium speed of a mixer until well blended. Stir in cake mixture. Cover; chill 15 minutes.

Spoon half of cake mixture into a trifle dish or bowl. Arrange 1 cup bananas evenly over cake mixture; top with half of whipped topping. Repeat layers; end with whipped topping. Sprinkle with reserved 1 tablespoon chopped candy bar. Chill 1 hour.

NUTRITIONAL INFO:

calories: 306 carbohydrates: 60 g cholesterol: 4 fat: 4.7 g sodium: 473 mg protein: 5.5 g calcium: 134 mg iron: 0.4 mg fiber: 0.5 g

YIELD:

Yield: 16 servings (serving size: 1 cup).

Salad dressing- Orange Soy Vinaigrette

CL Website

HU: 1

Serving: 2 Tablespoons

8-16-03

posted by Scarehair (Carrie)

Comments: I tweaked this just a little bit. My additions are noted. This was a good dressing. This would also make a good marinade. I would add 1 Tablespoon minced garlic if using as a marinade

- 1/2 c orange juice
- 1/2 c pineapple juice
- 1 Tablespoon minced fresh parsley
- 1 Tablespoon minced fresh ginger (my addition)
- 2 Tablespoons fresh lime juice
- 1 teaspoon fresh lime zest (my addition)
- 2 Tablespoons low-sodium soy sauce
- 1 Tablespoon extra-virgin olive oil
- 1 Tablespoon dark sesame seed oil
- 2 teaspoons sugar
- 1 teaspoon lemon pepper

Combine all ingredients in a jar. Cover tightly and shake thoroughly.

cal 43, carb 4.3g, chol 0mg, fat 2.7g, sodium 79mg, protein 0.2g, calcium 5mg, iron 0.1mg, fiber 0.1mg

Spiced Shrimp with Peach Salsa

HU:?

Serves: 4

Posted by: yaytheyfit (Carole)

Date posted: 8/16/03

Peach Salsa:

3 C. coarsely chopped, peeled peaches

1 jalapeno pepper, seeded & chopped

1 C. coarsely chopped red bell pepper

1/4 C. fresh cilantro leaves

1 C. coarsely chopped green bell pepper

1 Tbs. lime juice

1/3 C. coarsely chopped red onion

1/4 tsp. salt

Shrimp:

1/4 tsp. ground black pepper

1/4 tsp. salt

1-1/2 lbs. large shrimp, peeled & deveined

2 tsp. brown sugar

1 Tbs. vegetable oil

1 tsp. cumin

Salsa: place salsa ingredients in food processor; pulse 8 (what, not 9?) times. Set aside. (Or if you are Lesley, stand there holding it.)

Shrimp: combine shrimp, salt, sugar, cumin, & pepper in large bowl. Toss to coat. Heat oil in skillet over med. heat. Add shrimp mixture; sauté 4 min. or until shrimp are done. Serve with peach salsa.

Yield: 4 servings.

Points:?

Grilled Swordfish with Monterey Bay Pesto

Cooking Light Magazine, June 2003, p. 200

Healthy Units (WW Points): 5.5

Servings: 6 - (1 piece of fish + about 1 T. sauce)

Posted by - Lesley (LMaybloom)

Date: 8/16/03

SAUCE:

1/2 cup fresh parsley

1/4 cup chopped fresh basil

2 1/2 tablespoons fat-free chicken broth

2 tablespoons fresh lemon juice

1 tablespoon extra virgin olive oil

1 tablespoon water

1/8 teaspoon salt

1/8 teaspoon freshly ground black pepper

3 cloves garlic

FISH

6 (6 oz) swordfish steaks (about 1" thick)

1 t. extra virgin olive oil

1 1/2 t. sesame seeds

1 t. coarse sea salt

Cooking spray

Directions

1. Prepare grill.

2. To prepare sauce, combine the first 9 ingredients in a food processor; process until minced.

3. To prepare fish, rub fish with oil. Rub seeds and salt evenly over the fish. Place fish on grill rack coated w/ cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork.

NUTRITIONAL INFO: calories: 236 carbohydrates: 1.4 g cholesterol: 64 fat: 9.6 g sodium: 594 mg protein: 32.8 g calcium: 21 mg iron: 2.8 mg fiber: 0.3 g

COMMENTS:

The salmon filets I buy at Costco are 9 points for 7 oz. Since I broil them or put them on the GF, I deduct a point for fat that drips out in the broiler pan, so I call them 8 points.

Plus, I almost never finish them! ;-)

The Pesto was delicious with the salmon; however, it needed a little bit more basil for my taste. It is not your cheesy, nutty Pesto, but more of lemony basil Pesto. You might want to cut back on the lemon if it's not to your liking.

Since I just made this for myself, I brushed a teensy bit of oil on the fish with a pastry brush, sprinkled some sesame seeds, and broiled it. Delicious!

Lesley's Saturday Night Salad

Source: Random stuff in the fridge and cupboards

Healthy Units (WW Points): 2

Servings: 4 (about 1/2 c.)

Posted by -LMaybloom (Lesley)

Date: 8/16/03

Ingredients:

1/2 cup cherry tomatoes, halved
1/2 cup hearts of palm, chopped
1/2 cup chopped fresh basil
1/2 cup sliced mushrooms
1/3 cup reduced-fat mozzarella cheese
2 teaspoons extra virgin olive oil
1 TBSP. Balsamic Vinegar

Directions:

Combine everything in a bowl. Enjoy!

Nutritional Info (per MC):

Per Serving (excluding unknown items): 84 Calories; 4g Fat (40.2% calories from fat); 4g Protein; 10g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 56mg Sodium.

Lesley's Buttermilk Dressing

Lesley's Home Kitchen

Healthy Units 0

Servings 6 (approx. 2 T.)

Posted by Lesley (LMaybloom)

08/17/03

Ingredients

1/3 cup lowfat buttermilk

1 tablespoon Dijon mustard

1 tablespoon minced garlic

2 teaspoons sugar

1 teaspoon dried dill

1 tablespoon balsamic vinegar

Instructions

Combine all ingredients in a bowl with a whisk.

Nutritional Info:

Per Serving (excluding unknown items): 16 Calories; trace Fat (13.1% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 46mg Sodium.

Cool Lime Cheesecake

HU: 5

Serves: 8

Source: altered from a Equal recipe

Posted by: adrienneclamp

Date: August 18, 2003

Categories: Desserts

CRUST

3 1/2 oz reduced fat graham cracker crumbs

3 tablespoons light butter -- melted

2 tablespoons Splenda

FILLING

16 ounces reduced fat cream cheese -- softened

2/3 cup Splenda

2 Egg whites

1 egg

1 lime peel -- grated finely

3 tablespoons fresh lime juice

CRUST: combine the graham cracker crumbs with the melted butter and Splenda. Slide the bottom and up the sides of an 8-inch springform pan and bake in a preheated oven for minutes.

FILLING: beat the cream cheese and Splenda in a medium sized bowl until fluffy. Beat in the rest of the ingredients until smooth and well blended. Pour into the prepared crust.

Bake at 325 degrees for 35-40 minutes until the center is almost set. Cool on a wire rack and refrigerate at least 3 hours before serving.

Description:

"We loved this lighter version of the high fat cheesecake and it tasted just as good!"

Yield: 1 cake

NOTES: recipe builder gives this version 5 points

Grape Tomato Salad

H.U. – 0 per serving if 8 servings; 1 per serving if 4 (through RB)

Yield – 8 servings at 1/3 cup each

Posted on: 9/8/03

Posted by: oduamy1 (Amy)

Source: CL September 2003 pg 150

Comments: This was the sidebar recipe to go with the Greek steak pitas with dill sauce. I thought it would make 4 servings, but a 1/3 cup serving (8 total servings) was plenty. This is a nice fresh but tart side dish! I made this and put in the fridge to allow the flavors to meld some.

2 cup grape tomatoes
1 1/2 cups chopped English cucumber
2 tbsp chopped green onions
1/4 cup balsamic vinegar
1 tsp sugar
2 tsp olive oil
1/4 tsp black pepper
1/8 tsp salt

- 1) Place tomatoes, cucumber and green onions in a medium bowl – toss gently to combine.
- 2) Combine balsamic vinegar, sugar, olive oil, pepper, and salt in a small bowl and stir with a whisk.
- 3) Drizzle vinaigrette over salad; toss gently to coat

No nutritional info available

Spicy Garlic Shrimp & Tomato Spaghetti

Healthy Units: 8

Servings: 4

Source: Food & Wine, July 2003

Posted by: MissVN

Date: 8/18/03

Ingredients

1 Tbsp dried bread crumbs

2 tsp olive oil

3/4 pound uncooked spaghetti

1/2 pound shrimp

2 cup grape tomatoes

2 clove garlic clove(s)

1 tsp red pepper flakes

Instructions

1. In a small skillet, cook the breadcrumbs in 1 Tablespoon of the olive oil over moderate heat, stirring constantly, until golden and crisp, 2 to 3 minutes. Scrape the breadcrumbs on to a plate.

2. In a large pot of boiling salted water, cook the spaghetti until just barely al dente. Drain, reserving 1/2 cup of the cooking water.

3. Meanwhile, in a large, deep skillet, combine the remaining 1 tablespoon of olive oil with the shrimp, tomatoes, garlic and red pepper flakes. Add the spaghetti and the reserved cooking water to the skillet and season with salt & pepper. Cook over moderately high heat, tossing the pasta a lightly crushing the tomatoes, until the sauce is slightly thickened and the shrimp are cooked through, about 4 minutes. Transfer the spaghetti to bowls, sprinkle with the breadcrumbs and serve.

Smoked Gouda Macaroni and Cheese

Cooking Light, March 2003

Healthy Units: 8

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

Posted by: bawstinn32 (Maria)

8/18/03

This American classic has been updated for heightened flavor. You can use regular Gouda or any other cheese that melts well.

Comments: I used regular Gouda since it was all I could find. I added extra garlic and used 1% rather than skim. Needed a little more salt and pepper when it came out of the oven. Paired well as a side dish with grilled pork.

INGREDIENTS:

1 (1-ounce) slice whole wheat bread
1 tablespoon butter
1/4 cup thinly sliced green onions
2 garlic cloves, minced
2 tablespoons all-purpose flour
2 cups fat-free milk
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 cup (2 ounces) shredded smoked Gouda cheese
1/3 cup (about 1 1/2 ounces) grated fresh Parmesan cheese
5 cups coarsely chopped fresh spinach
4 cups hot cooked elbow macaroni (about 2 cups uncooked)
Cooking spray

INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Place bread in a food processor, and pulse 10 times or until coarse crumbs measure 1/2 cup.
3. Melt butter in a large saucepan over medium heat. Add onions and garlic; cook 1 minute. Add flour; cook 1 minute, stirring constantly. Gradually add milk, salt, and pepper, stirring constantly with a whisk until blended. Bring to a boil; cook until thick (about two minutes). Add cheeses; stir until melted.
4. Add spinach and macaroni to cheese sauce, stirring until well blended. Spoon mixture into a 2-quart baking dish coated with cooking spray. Sprinkle with breadcrumbs. Bake at 350 degrees for 15 minutes or until bubbly.

NUTRITIONAL INFO:

CALORIES 399 (25 percent from fat); FAT 10.9g (sat 6.2g, mono 3g, poly 0.8g); PROTEIN 20.1g; CARB 54.9g; FIBER 3.7g; CHOL 33mg; IRON 3.6mg; SODIUM 725mg; CALC 421mg

Green Bean and Cherry Tomato Salad

www.cookinglight.com

Healthy Units: 1

Servings: 8 servings (serving size: 1 cup)

Posted by: Bawstinn32 (Maria)

August 18, 2003

Cook's Comments: Use assorted colors of cherry tomatoes in this vibrant salad. Nice and quick way to use up an abundance of cherry tomatoes (and green beans). Added a bit more oregano than called for. Would probably add a touch of garlic next time as well.

INGREDIENTS:

1-1/4 pounds green beans, trimmed
1-1/4 pounds cherry tomatoes, quartered
1 teaspoon chopped fresh oregano
1 tablespoon minced shallots
2 tablespoons red wine vinegar
2-1/2 teaspoons extra-virgin olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

INSTRUCTIONS:

1. Cook beans in boiling water 7 minutes or until tender. Drain. Place beans, tomatoes, and oregano in a large bowl; toss gently to combine.
2. Combine shallots and vinegar, stirring with a whisk. Let vinegar mixture stand 10 minutes. Add oil, salt, and pepper to vinegar mixture, stirring with a whisk until well blended. Pour vinaigrette over bean mixture; toss well.

NUTRITIONAL INFO:

CALORIES 51 (30% from fat); FAT 1.7g (sat 0.2g, mono 1.1g, poly 0.3g); PROTEIN 1.9g; CARB 8.7g; FIBER 3.2g; CHOL 0mg; IRON 1.1mg; SODIUM 158mg; CALC 32mg

YIELD: 8 servings (serving size: 1 cup)

Lasagna-Chicken Florentine

Source: Complete Cooking Light

Serves: 4

Healthy Units: 9 as posted

Posted by: Allison (Alleycat)

Date: August 18, 2003

Comments: Think of lasagna, and most likely you will envision it with tomato sauce. Broaden your horizons a bit and try this version, with a creamy white sauce of butter, flour, and milk as its base. (My comments: I used Hodgson Mill whole-wheat lasagna noodles. I believe these are only 3 points per servings, versus 4. Servings are huge - could serve 5 or 6, with a nice salad and loaf of crusty bread.)

INGREDIENTS:

1-1/2 tablespoons butter or stick margarine

3 tablespoons all-purpose flour

2 (12-ounce) cans evaporated skim milk

1/2 teaspoon salt

1/8 teaspoon ground nutmeg

Cooking spray

6 no-boil lasagna noodles

1-1/2 cups shredded cooked chicken breast (about 6 ounces)

1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry

1/2 teaspoon freshly ground black pepper, divided

3/4 cup (3 ounces) pre-shredded reduced-fat pizza-blend cheese or cheddar cheese

Preheat oven to 450°F.

Melt butter in a medium saucepan over medium heat. Add flour; cook 30 seconds, stirring constantly. Gradually add milk, stirring with a whisk until blended. Stir in salt and nutmeg; cook until thick, stirring constantly (about 3 minutes).

Spread 1/2 cup sauce in bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over sauce; top with half of chicken and half of spinach. Sprinkle with 1/4 teaspoon pepper; top with 3/4 cup sauce. Repeat layers, ending with noodles. Spread remaining sauce over noodles. Cover and bake at 450°F for 25 minutes or until noodles are tender and sauce is bubbly. Uncover and top with cheese; bake an additional 5 minutes. Let stand 5 minutes.

NUTRITIONAL INFO:

calories: 450 carbohydrates: 48.4 g cholesterol: 57 mg fat: 11 g sodium: 782 mg protein: 38.7 g calcium: 755 mg iron: 3.9 mg fiber: 3.2 g

Celery Salad

Cooking Light Annual 2003 (orig. Nov. 2002)

Healthy Units: 3

Servings: 2

Posted by: Carol(sandythecur)

Date: August 18, 2003

Cook's Comments: Very good, light addition to a lunch. I enjoyed the tart vs. sweet tastes, and will definitely make this again!

3/4 c. sliced celery

1/3 c. dried sweet cherries (I subbed cherry flavored dried cranberries)

1/2 c. frozen green peas, thawed

3 T. chopped fresh parsley

1 1/2 T. fat free mayonnaise

1 1/2 T. plain low fat yogurt

1 T. chopped pecans, toasted

1 1/2 tsp. fresh lemon juice

1/8 tsp. salt

1/8 tsp. black pepper

1. Combine all ingredients; chill.

Calories 160 (21% from fat), Fat 3.7g (sat. 0.4g, mono 1.7g, poly 1.3g), protein 4.1g, carb 27.5g, fiber 4.5g, chol 0mg, iron 1.3mg, sodium 332mg, calc 71mg

Chicken Marsala

Better Homes & Garden's new Dieter's Cookbook

Healthy Units: 3

Servings: 4

Posted by: LISAHUGHES(Lisa)

Date: August 18, 2003

4 small, skinless, boneless chicken breast halves, (12 oz total)

Nonstick spray

1 1/2 cups sliced fresh mushrooms

2 tablespoons green onions, sliced

2 tablespoons water

1/4 t. salt

1/4 c dry Marsala or dry Sherry

1. Flatten each chicken breast between two sheets of wax paper until 1/4 inch thickness.
2. Spray large skillet with Pam. Preheat skillet over medium heat. Add chicken and cook for 4-6 minutes or until tender and no longer pink, turning halfway to brown evenly. Remove from skillet and keep warm.
3. Add mushrooms, green onions, water and salt to skillet. Cook over medium about three minutes until mushrooms are tender and most of liquid has evaporated. Add Marsala or sherry. Heat through. Spoon vegetable and liquid over chicken.

Nutritional info: 117 calories, 3g fat, 0g fiber

Note: I substitute a teaspoon of butter for the Pam. It still comes out to 3 points by my calculations and improves the flavor dramatically...Enjoy!

Cook's Comments: Afternoon everyone! I will jump in here with an incredible Chicken Marsala dish that I am fixing for dinner tonight. It's not CL, but definitely worthy! It's from Better Homes & Garden's New Dieter's Cookbook. The recipes I have tried are very good and very points friendly!

Paula's comments: Promised I'd post DH's chicken Marsala recipe, but there's one very similar on page 953 of the compilation. Differences - DH dredges the chicken in flour before browning, uses beef broth instead of water, and uses any white wine we have on hand. He serves it on a bed of egg noodles.

Salmon with Maple Syrup and Toasted Almonds

CL magazine August 2003

Healthy Units: 9

Servings: 6

Posted by: Rayne

August 18, 2003

INGREDIENTS:

6 (6-ounce) salmon fillets

Cooking spray

¼ c. packed brown sugar

¼ c. maple syrup

3 TBSP. Low-sodium soy sauce

1 TBSP. Dijon mustard

¼ tsp. black pepper

4 tsp. sliced almonds, toasted

INSTRUCTIONS:

1. Preheat oven to 425 degrees

2. Place fillets in 13 x 9" baking pan coated with cooking spray. Combine sugar, syrup, soy sauce, mustard & black pepper; pour sugar mixture over fillets. Cover with foil; bake for 10 minutes. Remove foil, sprinkle fillets with almonds. Bake an additional 10 minutes or until fish flakes easily when tested with a fork. Serve with sugar mixture.

Yield: 6 servings (serving size: 1 fillet & about 2 TBSP. sugar mixture).

COMMENTS: I used sugar free maple syrup & salmon fillets from Schwan's, which are only 3 oz. Brought point down to 3.

NUTRITIONAL INFO: Calories: 396 (44% from fat), Fat: 10.4 g (sat. 3.8g, mono 7.1g, poly 6.9g), Protein: 34.7g, Carb: 19.1g, Fiber: 0.3g, Chol: 100mg, Iron: 1.2mg, Sodium: 435mg, Calc: 46mg

Gratin of Zucchini & Tomatoes

Eating Well magazine Summer 2003

Healthy Units: 6

Servings: 4

Posted by: Rayne

August 18, 2003

INGREDIENTS:

3 cloves garlic, crushed

2/3 c. fresh basil leaves

1 tsp. fresh thyme leaves

2 c. fresh whole-wheat breadcrumbs divided

(Trim crusts from firm sandwich bread. Tear bread into pieces & process in food processor until coarse crumbs form. One slice of bread makes about 1/3 c. crumbs).

1/2 c. finely chopped sweet onion, such as Vidalia

3 large ripe tomatoes, diced

1 TBSP. re-wine vinegar

1/4 tsp. salt divided

3 TBSP. extra-virgin olive oil, divided

3 medium zucchini (about 1 3/4 pounds total), sliced on the bias about 1/4 inch thick

Freshly ground pepper to taste

3/4 cup freshly grated Parmesan cheese

INSTRUCTIONS:

1. Preheat oven to 400 degrees. Coat 9 x 13" baking dish with cooking spray.

2. Mince garlic, basil & thyme. Spread half the breadcrumbs evenly in the prepared baking dish. Strew onion over the breadcrumbs. Distribute half the diced tomato over the onion, and then sprinkle with half the garlic-herb mixture. Sprinkle with vinegar & 1/8 tsp. salt.

3. Heat 2 tsp. oil in large nonstick skillet over medium-high heat. Add 1/3 of the zucchini; you want it to sauté, not stew, so don't crowd it. Sauté, turning the pieces once, until golden and not quite tender, 1-1 1/2 minutes per side. When slices are done, use a fork to transfer them to the gratin, overlapping the slices. Cook the remaining zucchini in two batches, each time using 2 tsp. oil. Strew remaining tomatoes & garlic-herb mixture over the zucchini. Season with the remaining 1/8 tsp salt & a grinding of pepper. Toss the remaining 1 c. breadcrumbs with the remaining 1 TBSP. oil and sprinkle over the gratin.

4. Bake the gratin until bubbly hot, 20-25 minutes. Remove from oven & immediately sprinkle with Parmesan.

NUTRITIONAL INFO: Calories: 302, Total fat: 15g (sat 3g, mono 9g), Chol: 7g, Carb: 35g, Protein: 11g, Fiber: 7, Sodium: 532mg

Rosemary-Lemon Cornish Hens with Roasted Potatoes

HU: 8 per serving

Servings: 2

Source: CL Annual 2003 pg 361

posted by: Oduamy1

Posted on: 8/18/03

CL Comments: You can easily vary this recipe by using thyme in place of rosemary or sprinkling ground red pepper and garlic powder over the potatoes.

Amy's Comments: Elegant yet simple. Use kitchen scissors to get the skin off easily. I used thyme because I prefer it to rosemary. Delicious!

INGREDIENTS:

2 teaspoons crushed dried rosemary
1/2 teaspoon salt, divided
1/4 teaspoon black pepper, divided
2 (1 1/4-pound) Cornish hens
1/2 lemon, halved and divided
Cooking spray
2 cups cubed Yukon gold or red potato
2 teaspoons olive oil

INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. Combine crushed dried rosemary, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
3. Remove and discard giblets from hens. Rinse hens with cold water; pat dry. Remove skin; trim excess fat. Working with one hen at a time, place 1 lemon piece in the cavity of hen; tie ends of legs together with twine. Lift wing tips up and over back; tuck under hen. Repeat procedure with remaining hen and lemon piece. Rub hens with rosemary mixture. Place hens, breast sides up, on a broiler pan coated with cooking spray.
4. Toss potato with oil; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Arrange the potato around hens.
5. Insert a meat thermometer into meaty part of a thigh, making sure not to touch bone. Remove twine. Bake at 375 degrees for 1 hour or until thermometer registers 180 degrees.

NUTRITIONAL INFO: CALORIES 372 (28% from fat); FAT 11.4g (sat 2.4g, mono 5.5g, poly 2.1g); PROTEIN 41.8g; CARB 24.1g; FIBER 2.7g; CHOL 180mg; IRON 3mg; SODIUM 702mg; CALC 47mg

Zucchini with Garlic

HU: 1 per serving

Servings: 2 (3/4 cup each)

Posted on: 8/18/03

Posted by: oduamy1 (Amy)

Source: CL Superfast Suppers pg 323

CL Comments: There's nothing better than garden-fresh zucchini, simply seasoned with butter and garlic.

Amy's Comments: Insanely easy and what a great flavor! I used more like 1.25 lbs of zucchini to bulk it up. Great flavor and really easy. A keeper!

1 tablespoon light butter

3 garlic cloves, minced

2 cups cubed zucchini (about 3/4 lb)

1/4 tsp salt

1/4 tsp freshly ground black pepper

1) Melt butter in a large nonstick skillet over medium-high heat.

2) Add garlic, and sauté 1 minute.

3) Add zucchini, and cook, stirring occasionally, 6-7 minutes or until crisp tender.

4) Stir in salt and pepper. Enjoy!

Calories 55; Fat 3.3 g; Protein 2.2g; Carb 6.6g; Fiber 2.3g; Cholesterol 10 mg; Iron .7 mg; Sodium 331 mg; calcium 32 mg

Mushroom and Fennel dusted Pork Tenderloin

Healthy Units: 4.5

Servings: 6

Source: Cooking Light (August 2003)

Posted by: shari_csf

Posted on: August 18, 2003

Comments: I served mine with the bean salad below. I didn't realize how well fresh tarragon and fennel were together but it was a perfect choice.

Ingredients:

2 tablespoons dried porcini mushrooms

1 tablespoon fennel seeds

1/2 teaspoon salt

1 clove garlic -- large

2 pounds pork tenderloin

1 teaspoon olive oil

1/4 cup chicken broth

Directions:

Preheat oven to 425.

Combine mushrooms and fennel in a food processor or spice grinder; process until finely ground. Combine salt and garlic to make a paste. Rub pork with garlic paste; sprinkle with mushroom mixture.

Heat oil in a large cast-iron skillet (or another oven safe skillet) over medium-high heat. Add pork; cook 5 minutes or until browned, turning occasionally.

Place pan in oven; bake at 425 for 15 minutes or until a thermometer registers 160 (medium) or desired doneness. Transfer to a jellyroll pan and let stand 10 minutes.

Place pork on a cutting board, reserving juices. Combine juices and broth in cast-iron skillet; bring to a boil, scraping to loosen browned bits. Drizzle broth mixture over pork. Yield: 6 servings (serving size: 4 ounces pork).

Per Serving (excluding unknown items): 198 Calories; 6g Fat (28.8% calories from fat); 32g Protein; 2g Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol; 286mg Sodium. Exchanges: 0 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

Bean Salad w/green olives and tarragon

Healthy Units: 2.4 / 2.8 (depending on fiber count 4 / 6)

Servings: 6 (~ 1 cup)

Source: Vegetarian Cooking for Everyone

Posted by: Shari_csf

Posted On: August 18, 2003

Comments: I used canned black beans and the original recipe called for 4-5 T olive oil, but 1 T gave it enough flavor.

Ingredients:

3 cups white beans, cooked (or equal amount canned)

2 each celery ribs -- thinly sliced

15 each Spanish green olives -- pitted, sliced

2 tablespoons fresh tarragon -- chopped

1 tablespoon sherry vinegar

1 clove garlic -- minced

1/2 teaspoon paprika

salt -- to taste

pepper -- to taste

1 tablespoon olive oil

Directions:

Mix all ingredients together.

Per Serving (excluding unknown items): 165 Calories; 4g Fat (20.3% calories from fat); 9g Protein; 25g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 114mg Sodium.

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

Asian Slaw

CL 2003 Annual

Healthy Units (WW Points) 1

Servings 4

Posted by Lisa Karp

Date 8/18/03

Ingredients

4 cups coleslaw mix of cabbage and carrots

(I looked for some broccoli slaw but couldn't find it)

1 Tablespoon sugar

2 teaspoons dark sesame oil

3 Tablespoons Rice Vinegar

1 Tablespoons Soy Sauce (I used the Tameri)

green onions sliced thin

1 teaspoon toasted sesame seeds

Instructions

Mix sugar, oil, vinegar and soy sauce. Pour over slaw mix and toss. Chill until ready to serve. Sprinkle with green onions and sesame seeds.

No nutritional info...sorry about that. Hope you like it! I thought I could make a real meal out of it with some grilled chicken added.

Kiwi and Asian Pear in Lemon Sauce

Healthy Units: 3

Servings: 2

Posted by Condiment (Elizabeth)

August 20, 2003

Ingredients:

2 Tbsp lemon zest

1/4 cup fresh lemon juice

2 Tbsp sugar

1/4 tsp table salt

1/2 tsp sesame oil

2 large kiwifruit

1 asian pear(s)

1/2 medium sweet red pepper(s)

1/2 average kirby cucumber

1 Tbsp sesame seeds

Instructions

--Whisk first five ingredients together in a the serving bowl and set aside. --Add kiwi, pear, peppers, cucumber, and sesame seeds to the bowl of lemon sauce, toss, cover, and chill for about an hour. Enjoy!

Cook's comments: I prefer to toast the sesame seeds lightly before adding them- I think it adds depth to the flavor.

Grands Little Pies

Source: Pillsbury Bake-Off Winner

HU: 3

Number of Servings: 16

Posted by DebMj1

August 20, 2003

Notes: This was a Pillsbury Bake-Off Winner from about 2 years ago. I revised the recipe to cut the amount of fat and calories by using light butter, reduced fat biscuits and light pie filling. The effect is to almost halve the calories of the original recipe. You can substitute apple pie filling if you prefer.

1/2 cup all-purpose flour
2 tbsp. quick cooking oats
1/3 cup brown sugar
1 tsp. cinnamon
3 tbsp. light butter for baking (I use Corman's)
8 Reduced Fat Pillsbury Grand Buttermilk Biscuits
1 can light cherry pie filling

Heat oven to 350 F. Lightly spoon flour into measuring cup, level off. In medium bowl, combine flour, oats, brown sugar and cinnamon. With pastry blender or fork, cut in butter until mixture resembles coarse crumbs.

Separate dough into 8 biscuits. Split each biscuit in half to make 16 rounds. With floured fingers, flatten each to form a 4-inch round. Press each biscuit round in ungreased muffin cup. Spoon 2-tbsp. pie filling into each biscuit-lined cup. Sprinkle each with about 2 tbsp. flour mixture. (Cups will be full.)

Bake at 350 F. for 15 to 20 minutes or until golden brown. Cool 5 minutes. Remove from muffin cups; place on wire rack. Cool 10 minutes. Store in refrigerator.

Nutritional Information (from MasterCook): 145 Calories; 4g Fat (42.5% calories from fat); 1g Protein; 12g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 20mg Sodium.

Sugar Spot Banana Muffins

Cooking Light Annual 2003

Healthy Units - 4 per muffin

Servings - 12

Posted by andiduq(Andie)

8/21/03

Ingredients

2/3 C packed light brown sugar

1/4 C vegetable oil

1 large egg

1 large egg white

3/4 C mashed ripe banana

1/3 C fat free milk

1 1/3 C flour

2/3 C honey-crunch wheat germ

1 1/2 tsp baking powder

1/4 tsp baking soda

1/4 tsp salt

cooking spray

Comments: These are a little high in points, but are very good and moist.

Instructions.

Preheat oven to 350.

Combine first 4 ingredients in a large bowl; beat with a mixer at medium speed until well blended. Add banana and milk; beat well.

Combine flour and next 4 ingredients in a medium bowl; stirring well with a whisk. Add to sugar mixture; beat just until moist.

Spoon batter evenly into 12 muffin cops coated with cooking spray. Bake at 350 for 22 minutes or until muffins spring back when touched lightly in center. Cool in pan 5 minutes on a wire rack. Remove from pan and cool on wire rack.

Cal 183; fat 5.7g; protein 4.3g; carb 30g; fiber 1.4g; chol 18mg; sodium 155mg

Pasta Carbonara With Asparagus

Source: 1998 Annual (p. 124) and CL Website

HU: 6.2

Servings: 4-1-1/2 cup servings

Posted by DebMj1

August 22, 2003

Comments: I used fat-free half and half in place of the skim milk to ensure that the sauce would be thick enough. I also added 4 oz. of sliced mushrooms (sautéed with the onion and garlic), and will probably double that next time.

2-1/2 cups (1-inch) diagonally sliced trimmed asparagus

6 tablespoons grated fresh Parmesan cheese, divided

1/4 cup skim milk (I used fat-free half and half)

1/4 cup egg substitute

2 tablespoons chopped chives

1/4 teaspoon salt

8 ounces uncooked farfalle (bow tie pasta)

2 bacon slices

3/4 cup chopped onion

2 garlic cloves, minced

Freshly ground pepper

Chopped chives (optional)

Bring water to a boil in a medium saucepan; add asparagus. Cook 3 minutes or until crisp-tender. Drain; set aside.

Combine 2 tablespoons cheese, milk, egg substitute, 2 tablespoons chives, and salt in a small bowl; set aside.

Cook pasta according to package directions, omitting salt and fat. Drain well; set aside.

Cook bacon in a large nonstick skillet over medium-high heat until crisp. Crumble bacon; set aside. Add onion and garlic (I added the mushrooms here) to bacon drippings in pan; sauté 5 minutes or until tender. Remove from heat; stir in asparagus and bacon.

Combine pasta, milk mixture, and asparagus in a large bowl; toss well. Divide evenly among 4 shallow bowls; top each serving with 1 tablespoon cheese. Sprinkle with pepper; top with chives, if desired.

Comments: Skip the broiled tomatoes; they did nothing for either of us. The Pasta Carbonara was very good though. Next time, I will grill a chicken breast, slice it and lay it atop the pasta...

NUTRITIONAL INFO calories: 321 carbohydrates: 50.8 g cholesterol: 10 mg fat: 6.2 g sodium: 437 mg protein: 15.8 g calcium: 188 mg iron: 3.4 mg fiber: 3.8 g

Lamb Burgers with Fennel Salad

Source: page 182 of Cooking Light Annual Recipes 2003.

Healthy Units: 6

Serves: 8

Posted by Butterfly1961

Date: August 23, 2003

Cooking Time: 8 minutes

Ingredients:

Salad:

2 cups thinly sliced fennel bulb (about 1 [8-ounce] bulb)

1/2 cup fat-free sour cream

1/2 cup plain fat-free yogurt

1/4 cup finely chopped red onion

2 tablespoons chopped fresh mint

1 tablespoon grated lemon rind

1 tablespoon honey

1/4 teaspoon salt

1/4 teaspoon black pepper

1 garlic clove, minced

Burgers:

1/2 cup (2 ounces) crumbled feta cheese with basil and garlic

1/4 cup chopped pimiento-stuffed olives

2 tablespoons Greek seasoning (such as McCormick)

1/4 teaspoon salt

1 pound lean ground lamb

1 pound ground turkey breast

Cooking spray

4 (6-inch) pitas, cut in half

Directions

Prepare grill or broiler.

To prepare salad, combine first 10 ingredients (fennel through garlic).

To prepare burgers, combine cheese and next 5 ingredients (cheese through turkey) in a large bowl. Divide mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.

Place patties on a grill rack or broiler pan coated with cooking spray; cook 4 minutes on each side or until done.

Cut patties in half. Place 2 patty halves and 1/4 cup salad in each pita half.

Nutrition Facts (per Serving): 316 calories; 24.7 g carbohydrates; 81 mg cholesterol; 10.7 g fat; 616 mg sodium; 29 g protein; 0 mg calcium; 2.1 mg iron; 1.5 g fiber

Oven Roasted Tomatoes

Healthy Units: Depends on the amount of olive oil used.

Source: With Love from Cynthia, cookbook from the Peach Tree Tea Room, Fredricksburg, TX

Serves: 4

Posted by: lanet68

Date posted: 8/23/03

Notes from the recipe: These are a real treasure to have on hand in your refrigerator. Use them in pastas or sandwiches. The juice is also great as a salad dressing or a flavor enhancer—once you taste it—it will inspire you

Cook's comments: I'm posting the original recipe. The changes I made: I didn't use olive oil at all, I just put the tomato slices on non-stick foil on a baking pan, sprayed them with olive oil cooking spray and added the pepper and garlic. I baked them a little longer to dry them out a bit.

Ingredients:

6 Roma tomatoes, sliced in ½ inch thick slices

3 tablespoons olive oil

3 to 4 cloves garlic, sliced thinly

1 teaspoon black pepper, freshly ground

2 teaspoons balsamic vinegar

Directions:

Preheat oven to 350 degrees

Place tomatoes in mixing bowl, with remaining ingredients and toss to distribute ingredients.

Spread on baking sheet in a single layer.

Place in oven for 15 to 20 minutes until the tomatoes are bubbly and just tender.

Remove from oven and let cool.

Store in container in the refrigerator—be sure to keep the juices too.

Zucchini-Easy Zucchini Bread

Source: N/A (family recipe)

Healthy Units: 3

Servings: 16

Posted by: MissVN(Victoria)

Date: August 23, 2003

Notes: The bread may fall a bit when you remove it from the oven.

Ingredients

2 cups grated zucchini

1/2 cup grated carrots

3 large eggs

1 cup applesauce

1 3/4 cups sugar

1/4 tsp baking powder

2 tsp baking soda

2 tsp ground cinnamon

1 tsp table salt

2 tsp vanilla extract

2 cups all-purpose flour

2 tsp butter

Instructions

Beat eggs, sugar, and applesauce together.

Add flour, baking powder, soda, cinnamon, salt, and vanilla.

Mix together by hand.

Add zucchini & carrots.

Beat mixture.

Pour into two greased (each with 1 teaspoon butter) floured, loaf pans.

Bake 1 hr. at 350 deg. F.

The above bread has been the recipe my family (OK... me, I've been making it since I was a kid) has used for years, complete with the applesauce used rather than oil. I had to giggle at the complexity of WW's zucchini bread recipe when I'm so used to this one. Shoot... forgot to add to the notes that you can use sweetened or unsweetened applesauce (I've never adjusted for sugar based on which I use). Turned out great and now the whole place smells like zucchini bread. Mmmmm. Gives you a nice big slice (about an inch) for three points. I've never tried substituting Eggbeaters for the eggs.

Additional note from lanet68: I tried MsVN's zucchini bread recipe except I used pumpkin in place of the carrots and applesauce. Worked great!

Banana Nut Bread

Healthy Units: 2 per serving

Yield: 1 loaf of 14 slices

Posted by: kyowp (Colleen)

Posted on: August 23, 2003

Source: Conscious Cuisine, Author Chef Car Neff (Owner of Miraval Life in Balance Resort and Spa)

Ingredients:

1 cup unbleached all purpose flour
1 cup whole wheat pastry flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon sea salt
1 cup mashed, very ripe banana
1 cup raw cane sugar (Turbinado)
1/4 cup plain, fat free yogurt
1/4 cup unsweetened applesauce
2 large egg whites
1 teaspoon pure vanilla extract
1/4 cup chopped pecans

Preparation:

Preheat oven to 350 degrees. Lightly coat a 9x5-inch loaf pan with cooking spray and dust with flour.

Combine the flours, baking soda, baking powder and salt. In separate bowl, combine remaining ingredients (EXCEPT PECANS). Stir the dry ingredients into the banana mixture until moist. Spoon mixture into loaf pan, sprinkle pecans on top of batter.

Bake for 1 hour or until a wooden pick inserted in the center comes out clean. Cool in the pan on a wire rack for 10 minutes; remove from pan and cool completely. Cut in 14 slices to serve.

Nutritional Info Per Slice: Calories 120; Protein 3 g; Total Fat 1.4 g; Saturated Fat 0 g; Carbs 24g; Dietary Fiber 1 g; Cholesterol 0 mg; Sodium 115 mg.

Pinchos Morunos

Source: Cooking Light Website

H.U.: 2

Servings: 6 (one Kebab)

Posted by: eolmsted (Liz)

Date: August 24, 2003

Comment: Flavorful kebabs reminiscent of Spanish tapas we have eaten on vacation. Best to double recipe if planning on it as a main dish.

INGREDIENTS:

1/4 cup chopped fresh parsley
1 tablespoon paprika
1 tablespoon olive oil
1 teaspoon dried oregano
1 teaspoon ground cumin
1 teaspoon ground coriander
3/4 teaspoon salt
1/4 teaspoon saffron threads, crushed
1/4 teaspoon ground red pepper
2 garlic cloves, minced
1 (1-pound) pork tenderloin, trimmed and cut into 18 cubes
2 small red onions, each cut into 6 wedges
2 red bell peppers, each cut into 6 wedges
2 yellow bell peppers, each cut into 6 wedges
Cooking spray

INSTRUCTIONS:

Prepare grill.

Combine first 10 ingredients in a large bowl; add pork, tossing to coat.

Thread 3 pork pieces, 2 onion pieces, 2 red bell pepper pieces, and 2 yellow bell pepper pieces alternately onto each of 6 (12-inch) skewers. Place kebabs on a grill rack coated with cooking spray; grill 6 minutes on each side or until pork is done.

NUTRITIONAL INFO:

calories: 143 carbohydrates: 8.2 g cholesterol: 49 mg fat: 4.7 g sodium: 336 mg protein: 17.2 g calcium: 34 mg iron: 2.5 mg fiber: 4.7 g

Jamaican Jerk Beef Kebabs

Source: Cooking Light Website

H.U.: 5

Servings: 6 (serving size 1 Kebab)

Posted by: eolmsted (Liz)

Date: August 24, 2003

INGREDIENTS:

1/2 cup chopped green onions
1 tablespoon ground allspice
2 tablespoons red wine vinegar
1 teaspoon salt
1 teaspoon chopped fresh or 1/4 teaspoon dried thyme
2 teaspoons low-sodium soy sauce
1/2 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
2 habanero or serrano peppers, seeded
1-1/2 pounds boneless sirloin, trimmed and cut into 30 cubes
1 red bell pepper, cut into 18 pieces
2 black-ripe plantains, peeled, and each cut into 9 pieces
Cooking spray
Diagonally cut green onions (optional)
Lime wedges (optional)

INSTRUCTIONS:

Prepare grill.

Combine first 9 ingredients in a food processor or blender; process until smooth. Place onion mixture, beef, and bell pepper pieces in a large zip-top plastic bag; seal. Marinate in refrigerator 20 minutes.

Remove beef and bell pepper pieces from bag; discard marinade. Place beef, bell pepper pieces, and plantain pieces in a large bowl; toss well to coat.

Thread 5 beef cubes, 3 red pepper pieces, and 3 plantain pieces alternately onto each of 6 (12-inch) skewers. Lightly coat kebabs with cooking spray. Place kebabs on grill rack coated with cooking spray. Cook 4 minutes on each side for medium-rare or until desired degree of doneness. Garnish with green onion pieces and serve with lime wedges, if desired.

NUTRITIONAL INFO:

calories: 260 carbohydrates: 21.3 g cholesterol: 76 mg fat: 7.1 g sodium: 358 mg
protein: 26.9 g calcium: 20 mg iron: 3.4 mg fiber: 2.4 g

Wengyachen Baharit

(curried eggplant)

Serves: 4

Healthy Units: 2 per serving

Source: Some old Indian cookbook I picked up at a thrift store.

Posted by: trishblau

date: 8/24/03

Ingredients

2 pounds of eggplant
1 tablespoon olive or vegetable oil
3 medium onions, chopped
4 garlic cloves, crushed
2 inch piece of fresh ginger, peeled and chopped
2 green chilis, seeded and chopped
1/2 bunch cilantro
1 teaspoon tumeric
1 teaspoon cumin
1 teaspoon salt
3/4 cup plain lowfat or nonfat yogurt
2 teaspoons sugar

Preheat oven to 350 degrees. Make three cuts in each eggplant and arrange on a baking sheet. Put the sheet in the oven and bake eggplants for 45 min or 1 hour, until soft. Remove from oven and set aside until they are cool enough to handle. Peel and discard skins and transfer the pulp to a bowl. Mash to a smooth puree.

Heat oil in a sauté pan. Add the onions and sauté until they are golden brown. Stir in the garlic, ginger and chilis and sauté another 3 minutes. Stir in the tumeric, cilantro and cumin. Cook for 1 minute. Add the eggplant puree and salt; cook for 5 minutes, stirring frequently.

Stir in the yogurt and sugar, then transfer to a warmed serving dish and serve at once.

No nutritional info available.

Thai Beef Salad

Source: Cooking Light, September, 2003 p. 152

Healthy Units: 5

Servings: 6

Serving size: 3 oz steak

Posted by: Jseeger(Jan)

Date: August 25, 2003

Comments: Great light dinner or lunch –very refreshing and good. I doubled the amount of onions and they were great with the tomato.

INGREDIENTS

1/2 cup fresh lime juice
1/4 cup chopped fresh cilantro
2 Tbls brown sugar
2 Tbls Thai fish sauce
2 Tbls chile paste with garlic
2 garlic cloves, minced
1 (1 1/2 lb) flank steak, trimmed
Cooking spray
1 1/2 cups vertically sliced red onion
4 plum tomatoes, each cut into 6 wedges
6 cups torn romaine lettuce
1 1/4 cups thinly sliced English cucumber
2 Tbls chopped fresh mint

Instructions:

1. Prepare grill or broiler
2. Combine first 6 ingredients stirring until sugar dissolves; set half of lime mixture aside. Combine other half of lime mixture and steak in a large zip-top plastic bag; seal. Marinate in refrigerator 10 minutes, turning once. Remove steak from bag, discard marinade.
3. Place steak on grill rack or broiler pan coated with cooking spray, cook 6 minutes on each side or until desired degree of doneness. Let stand 5 minutes. Cut steak diagonally across grain into thin slices.
4. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 3 minutes. Add tomatoes, sauté 2 minutes. Place onion mixture lettuce, cucumber and mint in a large bowl. Toss gently to combine. Divide salad evenly among 6 plates. Top each serving with 3 ounces steak. Drizzle each serving with 1 Tbls reserved lime mixture.

Nutritional Info: Calories 219 (35% from fat), Fat 8.6 (sat 3.6, mono 3.3 g poly 0.5 g), Protein 24.1, Carb 12.3 g, Fiber 2.2g, Chol 54 mg, Iron 3.1 mg, Sodium 456 mg, Calc 44 mg

Real Texas Chili

HU -6 points

CL Website

Servings: 8- 1 cup servings

Posted by jcanty(Gail)

8-25-03

In the Lone Star state, purists insist that chili has no beans. Any beef stew meat will work in this dish: top or bottom round, rump roast, or chuck.

INGREDIENTS:

Cooking spray

2 pounds beef stew meat

1/2 teaspoon kosher salt

1/2 teaspoon cracked black pepper

3 cups chopped onion

1 tablespoon cumin seeds

3 tablespoons finely chopped jalapeno pepper

6 garlic cloves, minced

1 cup dry red wine

1/4 cup white vinegar

2 tablespoons chili powder

2 tablespoons dried oregano

1 (14 1/4-ounce) can low-salt beef broth

1 (12-ounce) can beer

1/2 cup chopped fresh cilantro

1/2 cup chopped onion

1/2 cup fat-free sour cream

INSTRUCTIONS:

1. Heat a large Dutch oven coated with cooking spray over medium-high heat. Sprinkle beef with salt and pepper. Place half of beef in pan; cook 8 minutes or until browned.

Remove from pan. Repeat procedure with remaining beef; remove from pan.

2. Add 3 cups onion to pan; sauté 5 minutes or until lightly browned. Add cumin, jalapeno, and garlic; sauté 1 minute. Add wine, scraping pan to loosen browned bits. Return beef to pan.

3. Stir in vinegar and next 4 ingredients (vinegar through beer); bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beef is tender, stirring occasionally. Uncover and simmer 1 hour, stirring occasionally. Stir in cilantro. Serve with onion and sour cream.

NUTRITIONAL INFO:

CALORIES 268 (30% from fat); FAT 9g (sat 3.3g, mono 3.7g, poly 0.6g); PROTEIN 25.1g; CARB 13.8g; FIBER 2.7g; CHOL 72mg; IRON 4.3mg; SODIUM 218mg; CALC 85mg

Brown Sugar-Peach Pie with Coconut Streusel

Source: CL Website and 2001 Annual (see notes)

HU: 6.7

Servings: 8

Posted by DebMj1(Deb)

August 25, 2003

Notes: This is quite high in points, but I would probably have to say that it is the best pie I have ever made (and it's gorgeous too!) The recipe in the Annual differs slightly from this (it uses tapioca as a thickening agent). I used the flour as indicated on the Website and it worked beautifully. I also did not fold the crust under; I cut the excess off instead before fluting, so I saved a little bit on the points that way.

INGREDIENTS

1/2 (15-ounce) package refrigerated pie dough (such as Pillsbury)
2/3 cup packed brown sugar, divided
3 tablespoons all-purpose flour
1/2 teaspoon ground cinnamon
8 cups sliced peeled ripe peaches (about 3-1/2 pounds or 12 peaches)
1/3 cup regular oats (I used quick-cooking)
1/4 cup flaked sweetened coconut
1-1/2 tablespoons butter or stick margarine, melted

INSTRUCTIONS

Preheat oven to 425°F.

Fit dough into a 9-inch pie plate. Fold edges under; flute. Line dough with a piece of foil, and arrange pie weights or dried beans on foil. Bake at 425°F for 10 minutes. Reduce oven temperature to 350°F. Remove pie weights and foil. Bake at 350°F for 5 minutes. Cool crust on a wire rack.

Combine 1/3 cup sugar, flour, and cinnamon in a bowl; sprinkle over peaches. Toss gently. Spoon into prepared crust. Bake at 350°F for 30 minutes. Combine 1/3 cup sugar, oats, coconut, and butter; sprinkle over peach mixture. Shield edges of crust with foil. Bake an additional 30 minutes or until golden. Cool on a wire rack.

NUTRITIONAL INFO: calories: 320 carbohydrates: 55.8 g cholesterol: 11 fat: 10.6 g sodium: 137 mg protein: 2.1 g calcium: 29 mg iron: 0.9 mg fiber: 3.1 g

Cook's Comments: This is an excellent pie, but it does not do well beyond a day or two; the crust and topping get quite soggy. I had to keep it until a third day and refrigerated it, and while it still tasted good, it lost all real consistency.

Tomato-Basil Tart

Source: Cooking Light August 2002

Healthy Units: 6

Servings: 6

Posted by Kate (KateWD)

August 25, 2003

Comments: I found this a bit bland for my taste, however I think the addition of fresh minced garlic to the filling would greatly improve the dish. Great crust, you'd never guess it's from a can.

Its good served cold, at room temperature, or hot. If your tomatoes are watery after cooking, blot them with a paper towel. (I used fresh garden tomatoes and extra salt and they drained beautifully).

1 (11 oz) can refrigerated soft breadstick dough
8 plum tomatoes
1 1/4 tsp salt
1 cup loosely packed basil leaves
3/4 cup part skim mozzarella
2/3 cup fat free ricotta cheese
1/2 cup grated fresh parmesan
1/4 tsp black pepper
2 large egg whites
2 tsp olive oil

Preheat oven to 425. Unroll dough separating into strips. Working on flat surface, coil 1 strip of dough around itself in a spiral pattern, add second strip to end of first and pinch ends to seal. Continue coiling all remaining strips. Let rest 10 minutes.

Roll dough into 10-inch circle, and fit into bottom and sides of 9 inch round removable-bottom tart pan coated with cooking spray. Cover dough with foil; arrange pie weights or dried beans on foil. Bake at 425 for 15 minutes; remove weights and foil, bake 5 additional minutes.

Reduce oven temperature to 350. Core and slice tomatoes into 1/4 slices. Sprinkle tomatoes with salt; place slices flat side down on several layers of paper towels. Cover with additional paper towels; let stand 10 minutes pressing occasionally.

Place basil, cheeses, pepper and egg whites in blender and process until smooth. Pout mixture over crust, arrange tomato slices over cheese mixture, brush with olive oil, and bake for 40 minutes or until cheese mixture is set. Let stand 10 minutes before serving. Yield: 6 servings.

Per serving: Calories 283; Fat 9.3 g; Protein 15.5g; Carb 32.5 g; fiber 1.8 g; Chol 19 mg; Iron 2.1mg; Sodium 863 mg; calc 273mg

Dip-Opposing-Sides Two-Bean Dip

Source CL Website

Healthy Units: 3

Servings: 12

Serving size: about 3 tablespoons dip and 4 chips

Posted by: jillybean03(Jill)

Date August 25, 2003

Just because you've gathered your pals to watch the big game is no reason to sit and inhale meat sticks, processed cheese, and potato chips. Root your team on instead with healthier snacks like this high-protein dip.

INGREDIENTS:

1 (16-ounce) can Great Northern beans, drained

1/2 cup chopped onion, divided

3 tablespoons grated Parmesan cheese

1/2 teaspoon salt, divided

1/2 teaspoon black pepper, divided

2 small garlic cloves, divided

1 (15-ounce) can black beans, drained

1 (4.5-ounce) can chopped green chiles, drained

1/4 teaspoon ground cumin

1/2 cup (2 ounces) finely shredded reduced-fat cheddar cheese

1/4 cup sliced green onion tops

Garlic Pita Chips

INSTRUCTIONS:

Combine the Great Northern beans, 1/4 cup chopped onion, Parmesan cheese, 1/4 teaspoon salt, 1/4 teaspoon pepper, and 1 garlic clove in a food processor; process until smooth. Spoon white bean mixture into a bowl on one side; set aside.

Combine the black beans, 1/4 cup chopped onion, 1/4 teaspoon salt, 1/4 teaspoon pepper, 1 garlic clove, chiles, and cumin in a food processor; process until smooth. Spoon black bean mixture into other side of bowl containing white bean mixture.

Sprinkle cheddar cheese and green onions between 2 bean dips. Serve with Garlic Pita Chips.

NUTRITIONAL INFO:

calories: 179 carbohydrates: 29.9 g cholesterol: 4 mg fat: 2.5 g sodium: 272 mg protein: 7.8 g calcium: 111 mg iron: 2.2 mg fiber: 5.4 g

PREP TIME: 18 minutes

Chicken Marsala Casserole

Healthy Units 7 Points

Servings 6 (1 cup)

Posted by alcleary

Date 08/25/03

Ingredients

3/4 cup all-purpose flour
1 (8-ounce) carton low-fat sour cream
1 cup fat free milk 1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 (16-ounce) can fat free less sodium chicken broth
1/2 cup Marsala wine
1/3 cup chopped celery
1/8 teaspoon ground cardamon
1 pound skinless, boned chicken breast, cut into bite-size pieces
1 (8-ounce) package pre-sliced mushrooms
2 cups hot cooked angel hair pasta (about 4 ounces uncooked)
Cooking spray
1/2 cup (2 ounces) shredded Cheddar cheese

Instructions

Pre heat oven to 350 degrees.

Lightly spoon flour into dry measuring cups, level with a knife.

Combine flour and sour cream in a medium saucepan, stirring with a whisk. Add milk, salt, pepper, and chicken broth. Bring to a boil; reduce heat, and simmer 2 minutes, stirring constantly. Remove from heat.

Place a large non-stick skillet over medium high heat until hot. Add wine and next 4 ingredients (celery, cardamon, chicken, and mushrooms), and cook 10 minutes or until liquid almost evaporates.

Spray 13 x 9-inch baking dish with cooking spray. Combine cream sauce, chicken mixture, and pasta; spoon into prepared baking dish. Sprinkle with cheese and bake for 30 minutes.

Marbled-Chocolate-Banana Bread

Cooking light Magazine Sept.03

HU: 4 BUT I used Splenda and got it down to 3

posted by: CindyN

08/25/03

I used Splenda instead of sugar and Blue Bonnet Margarine instead of butter.

2 cups of all-purpose flour

3/4 tsp baking soda

1/2 tsp salt

1 cup sugar (I used 1 cup Splenda)

1/4 cup butter, softened

1 1/2 cups mashed ripe bananas (about 3)

1/2 egg substitute

1/3 cup plain low-fat yogurt

1/2 cup semi sweet chocolate chips

cooking spray

Preheat oven 350

1.) Lightly spoon flour into dry measuring cups, level with a knife. Combine flour, baking soda, and salt, stir with a whisk.

2.) Place sugar and butter in a large bowl, beat med. speed until blended. (About 1 min.) Add banana, egg substitute, and yogurt, beat until blended. Add flour mixture, beat at low speed until moist.

3.) Place chocolate chips in a med. microwave safe bowl and microwave HIGH 1 min. or until almost melted, stirring until smooth, Cool slightly. Add 1 cup of batter to chocolate, stirring until combined. Spoon chocolate batter alternately with plain batter into

8 1/2 X 4 1/2-inch loaf pan coated with cooking spray. Swirl batters together using a knife.

Bake 350 for 1 hour 15 minutes or until wooden toothpick inserted in center comes out clean.

Cool 10 min. in pan on wire rack; remove from pan, cool completely on wire rack.

Yield 1 loaf, 16 slices

Calories* 183, fat 4.7g, protein 3.1g, fiber 1.3g, sodium 180 mg, calc 18 mg

*using Splenda instead of sugar brought it down to 128 calories per slice.

Black Strap Pork Chops

Source: Cooking Light Magazine

Serving size: 1 pork chop and 1-1/2 T. sauce

HU: 4

Posted by: Jill W. for JillyH

Date: 8/25/03

Ingredients:

4 (4 oz) boneless Lean Generation 97% lean center cut pork chops (see note)

1/3 c. molasses

1 1/2 T apple cider vinegar

3 T A1 steak sauce

1/4 tsp ground allspice

1/8 tsp red pepper flakes

1/4 tsp kosher salt

1/4 tsp black pepper

Cooking spray

Comments: These are sweet and tangy, and match well with the creamy chive mashed potatoes and steamed veggies.

Instructions:

Combine the first five ingredients in a small bowl.

Mix with a whisk and set aside.

Sprinkle pork chops with salt and black pepper.

Heat a large nonstick skillet coated with cooking spray over medium high heat.

Add pork; cook 2 min on each side.

Pour molasses mixture over chops and cook 2 more minutes.

Note: I use 97% lean center cut boneless self-basting pork chops (the 100 cal per servings ones). The original Cooking Light recipe calls for 4 (6 oz) center cut bone-in chops, about 1/2 inch thick. If you use different pork chops than the Lean Generation, be sure to run this through recipe builder again, as it may change the points.

Savory Pot Roast

Source: WW Two's Company

Healthy Units: 5

Serves: 8

Posted by: Allison(alleycat)

Date: August 26, 2003

Comments: This is from a section that suggests 3 meals from one. I will post the Shepherd's Pie that uses the meat, too. It is good!

Ingredients:

1 (2-1/2 lb) lean bottom round roast

Cooking spray

2 teaspoons olive oil

2 cups beef broth

2 tablespoons minced garlic

2 tablespoons fresh lemon juice

1 teaspoon pepper

2 bay leaves

1 (8-oz) can tomato sauce

2 large carrots, peeled and quartered

2 celery stalks, quartered

1 large onion, peeled and cut into 8 wedges

Instructions:

1. Trim fat from roast. Coat a Dutch oven with cooking spray; all oil, and place over medium-high heat until hot. Add roast, browning on all sides. Add beef broth and next 5 ingredients; bring to a boil. Cover, reduce heat, and simmer 1 hour and 45 minutes. Add carrots, celery, and onion and cook 45 minutes or until meat is tender. Discard bay leaves. (Serve vegetables immediately or reserve vegetables for another use, if desired).

2. Remove meat from broth mixture, and cut into 4 (6-oz) portions. Place in 4 labeled heavy-duty, zip-top plastic bags. Store meat in refrigerator up to 4 days or in freezer up to 3 months. Strain broth, and reserve for another use, if desired.

Yield: 8 servings (serving size: 3 ounces meat, 1 piece carrot, 1 piece celery, and 1 onion wedge)

Per serving: 230 cal; 28.4g protein; 9.5g fat; 6.9g carb; 1.3g fiber; 478mg sodium

Shepherd's Pie II

Source: WW Two's Company

Healthy Units: 6

Serves: 2

Posted by: Allison(alleycat)

Date: August 26, 2003

Comments: I have never used turnips in this. Just increase the amount of green beans.

1-1/4 cups beef broth
1/2 cup peeled sliced carrot
1/2 cup sliced celery
1/2 cup peeled cubed turnip
1/2 cup sliced fresh green beans
Cooking spray
1/2 teaspoon olive oil
1/4 cup sliced onion, separated into rings
1 tablespoon all-purpose flour
2 teaspoons tomato paste
1/2 teaspoon Worcestershire sauce
1/4 teaspoon pepper
1/8 teaspoon salt
6 ounces Savory Pot Roast, cubed
1-1/2 cups peeled cubed baking potato
3 tablespoons fat-free milk
1 tablespoon 30%-less-fat sour cream
1-1/2 teaspoons chopped fresh chives, divided
1/8 teaspoon salt
2 tablespoons shredded sharp cheddar cheese

1. Combine first four ingredients in a saucepan; bring to a boil. Reduce heat, and simmer 4 minutes. Add green beans; simmer 5 minutes.
2. Coat a nonstick skillet with cooking spray; add oil, and place over medium-high heat until hot. Add onion; sauté 5 minutes. Sprinkle flour over onion, stirring well. Gradually add broth mixture, tomato paste, Worcestershire sauce, pepper and salt to onion, stirring constantly. Cook over medium heat until thick, stirring frequently. Stir in cubed Savory Pot Roast; cook 2 minutes.
3. Preheat oven to 350 degrees.
4. Cook potato in boiling water to cover 10 minutes or until tender. Drain; mash. Add milk; beat at medium speed of mixer until smooth. Stir in sour cream, 1 teaspoon chives, and 1/8 teaspoon salt. Spoon beef mixture into 1 (1-quart) baking dish or 2 (1-1/2 cup) casseroles coated with cooking spray. Spread potato mixture over beef mixture. Bake, uncovered, at 350 for 20 minutes. Sprinkle with cheese and remaining chives; bake an additional 5 minutes.

Nutritional: Per serving: 319 cal; 22g protein; 9.8g fat; 37.4g carb; 5.8g fiber; 1,154mg sodium

Chocolate Raspberry Layer Cake II

Source: Fitness magazine, December 2002

Healthy Units: 6 as written

Serves: 10

Posted by: Allison (alleycat)

Date: August 26, 2003

Comments: So moist and rich! Posted as written. However, I used light butter (Corman's). I do not think all of the glaze needs to be used. Could substitute Splenda for the 1 cup of sugar.

Cake:

Butter-flavored cooking spray

1 cup all-purpose flour

1/2 teaspoon baking powder

1/4 teaspoon baking soda

4 tablespoons butter, softened

1 cup granulated sugar

1/3 cup unsweetened cocoa powder

1 egg

1 teaspoon vanilla extract

2/3 cup skim milk

1/2 cup raspberry preserves

Glaze:

1-1/2 cups sifted confectioner's sugar

1/2 cup unsweetened cocoa powder

3-1/2 tablespoons water

3/4 cup (about 20) fresh raspberries.

1. Heat oven to 350. Coat an 8'1/2" round cake pan with cooking spray; line with waxed paper and coat paper with spray.
2. Sift together flour, baking powder and baking soda. Beat together next 5 ingredients until smooth. Alternately beat in milk and flour mixture until well blended.
3. Pour batter evenly into prepared pan. Bake 35 to 40 minutes, or until toothpick comes out clean. Cook in pan on wire rack 10 minutes. Remove cake from pan, peel off waxed paper, and cool completely on rack.
4. Meanwhile, prepare glaze. In a large bowl, beat together first 3 ingredients until smooth and creamy.
5. Slice cake horizontally in half to make 2 layers. Place bottom layer on serving plate; spread with preserves. Cover with remaining layer, top side up. Glaze top and sides and garnish with raspberries.

Per slice: 313 cals; 4g protein; 63g carb; 7g fat; 3g fiber

Blueberry-Lemon Banana Bread with Cream-Cheese Glaze

Source: Cooking Light Magazine September, 2003

Healthy Units: 3 (2 using Splenda)

Servings: 1 loaf/16 servings

Posted by judyj1967

August 26, 2003

Ingredients:

2 cup all-purpose flour

3/4 tsp baking soda

1/2 tsp table salt

1 cup sugar

1/4 cup Parkay Light Stick Margarine

1 cup banana(s)

1/2 cup fat-free egg substitute

1/3 cup fat-free sour cream

1 tsp vanilla extract

1 cup blueberries

1 Tbsp lemon zest

Glaze:

1/4 cup fat-free cream cheese

3 Tbsp powdered sugar

1 Tbsp fresh lemon juice

2 tsp water

Preheat oven to 350 degrees.

To prepare the banana bread, lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, baking soda, and salt, stirring with a whisk to combine. Place granulated sugar and butter in a large bowl, and beat with a mixer at medium speed until mixture is well blended (about 1 minute).

Add mashed banana, egg substitute, sour cream, and vanilla; beat until blended.

Add flour mixture; beat at low speed just until moist.

Gently fold in blueberries and lemon rind.

Spoon batter into an 8-½ x 4-¼ inch loaf pan coated with cooking spray.

Bake at 350 degrees for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean.

Cool completely on wire rack.

To prepare glaze, combine cream cheese, powdered sugar, lemon juice, and water; stirring with a whisk until smooth.

Drizzle the glaze over cooled bread.

Calories 176 using sugar; Fat 4.6g Protein 3.2g; Carb 31.3g; Fiber 1.1g; Chol 13mg; Iron 1 mg; Sodium 194mg; Calc 19mg

Garlic and Herb Roast Chicken and Vegetables from Shape magazine

healthy units: 6

serving size: (4) 1 chick breast half and 1 c vegetables

posted by Dawn F

8/26/03

1.5 lbs red potatoes cut into 1 inch cubes

1/2 lb baby carrots

4 large shallots, peeled & halved

2 tsp olive oil

1/4 tsp salt

cooking spray

3 Tbs. Dijon mustard

1.5 Tbs. chopped fresh basil

1.5 Tbs. chopped fresh parsley

1.5 Tbs. chopped fresh rosemary

1/2 tsp freshly ground black pepper

3 garlic cloves minced

4 4oz skinless boneless chick breast halves

rosemary sprigs optional

Preheat oven 400 degrees

combine first 5 ingredients in shallow roasting pan coated with cooking spray. Bake at 400 degrees for 25 minutes.

Combine mustard and next 5 ingredients (mustard through garlic). Toss 2-Tbs. mustard mixture with vegetables spread remaining mustard mixture over chicken evenly. Arrange chicken in pan with vegetables. Bake an additional 20 minutes or until chicken is done.

Calories 314; fat 5.1g; protein 32.8g; carb 39.6g; fiber 5.2g; cholesterol 66 mg; iron 3.2mg; sodium 528mg;calcium 81mg

Note: I tend to mix in the mustard mixture & then bake the veggies for 10 minutes before I put in the chicken & cook for an additional 20 but we like crispy potatoes. I also have cheated & bought the precut bags of red potatoes cubed & all to cut down on prep time. Enjoy!

Coconut Banana Bread with Lime Glaze

HU-4 as written

Sept 03 Cooking Light magazine

Posted by: jcanty Gail

08-26-03

Serving Size: 16

Comments: I, of course, lightened this in every 'lightenable' area. Probably not a good thing for a first run through.

This was very good. I baked it only 52 min. I used Splenda, ICBINB, and sliced it into 12 servings for 3 pts. 16 slices would have been 2 points but very small.

Ingredients

2 cups all-purpose flour

3/4 teaspoon baking soda

1/2 teaspoon salt

1 cup granulated sugar

1/4 cup butter -- softened

2 large eggs

1 1/2 cups mashed ripe bananas (about 3 bananas)

1/4 cup plain low-fat yogurt

3 tablespoons dark rum

1/2 teaspoon vanilla extract

1/2 cup flaked sweetened coconut

cooking spray

1 tablespoon flaked sweetened coconut

1/2 cup powdered sugar

1 1/2 tablespoons fresh lime juice or lemon juice

Preheat oven to 350 degrees.

Lightly spoon the flour into dry measuring cup, and level with a knife. Combine the flour, baking soda, and salt, stirring with a whisk to combine.

Place granulated sugar and butter in a large bowl, beat with a mixer at medium speed until well blended (about 1 minute). Add the eggs, 1 at a time, beating well after each addition. Add banana, yogurt, rum, and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist. Stir in 1/2 cup coconut. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; sprinkle with 1 Tablespoon coconut. Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean.

Cool 10 minutes in pan on a wire rack; remove from pan. Combine powdered sugar and juice, stirring with a whisk; drizzle over warm bread. Cool bread completely on wire rack.

• Nutritional CALORIES 193(21% from fat) FAT 4.6 (sat 2.8g mono 1.1g poly .03g) PROTIEN 2.9g CARB 35g FIBER 1.1g CHOL 35mg IRON 1mg SODIUM 179mg 15mg

MEXICAN PASTA SALAD

Source: Moosewood Restaurant Low-fat Favorites (Moosewood Collective)

Healthy Units: 5

Servings: 4-6 (HU's are based on 4 servings)

Posted by CrissyBear

August 26, 2003

INGREDIENTS

1/2 pound short, chunky pasta

1 cup fresh or frozen corn kernels

3 scallions, minced

1 cup chopped bell peppers (red, green, yellow or a mixture)

1 can (15 oz) beans, drained and rinsed (kidney, pinto, pink or black)

1 cup chopped tomatoes

1/4 cup sliced Spanish olives

2 tsp olive oil

3 Tbsp fresh lemon juice, lime juice or a combination

2 tsp ground cumin

2 Tbsp chopped fresh cilantro

1/2 tsp ground black pepper

salt to taste

grated low-fat Cheddar cheese, optional

prepared salsa, optional

INSTRUCTIONS.

Cook the pasta until al dente. Add the corn during the final 2 minutes of cooking. Drain the pasta and corn, rinse with cold water, and set aside to drain for a few minutes.

Meanwhile, combine the scallions, bell peppers, beans, tomatoes, olives, olive oil, lemon or lime juice, cumin, cilantro and black pepper in a large bowl. Mix in the pasta and corn and add salt to taste. If desired, tip each serving with a Tbsp of grated cheese and a spoonful of salsa. Serve immediately or chill to serve later.

Per 10oz (1-1/2 cup) serving: 289 Calories, 12.2g Protein, 4.7g Fat, 52.2g

Carbohydrates, 357mg Sodium, 4.1g Fiber

PERSONAL COMMENTS:

This recipe yields about 6 cups of salad and can easily serve 12 for BBQ's & potlucks at 3 HU's per serving.

Tiramisu Anacapri

Source: Cooking Light's All Time Favorites from Readers cookbook (2003, although I first found it in a Dec issue several years ago.

HU: 7

Servings: 12

Posted by: justdoit777(Brenda)

Date: August 26, 2003

Comment: Not your traditional Tiramisu. Quite a few points per serving, but very good.

INGREDIENTS

1 cup cold water
1 (14 oz) can fat-free sweetened condensed milk
1 (1.4 oz) pkg. sugar-free instant vanilla pudding mix
1 (8 oz) block 1/3-less-fat cream cheese, softened
1 (8 oz) tub reduced-calorie whipped topping, thawed
1 cup hot water
½ cup Kahlua
1 T. instant espresso or 2 T. instant coffee granules
24 ladyfingers
3 T. unsweetened cocoa

INSTRUCTIONS

1. Combine first 3 ingredients in large bowl, stir well with whisk. Cover surface with plastic wrap, chill 30 mins or until firm.
2. Remove plastic wrap, add cream cheese. Beat with a mixer at medium speed until well blended. Gently fold in whipped topping.
3. Combine hot water, Kahlua, and espresso. Split ladyfingers in half lengthwise. Arrange 16 ladyfinger halves, flat sides down, in trifle bowl or large glass bowl. Drizzle with ½ cup Kahlua mixture. Spread one-third pudding mixture over ladyfingers; sprinkle with 1 T. cocoa. Repeat the layers twice, ending with cocoa. Cover and chill at least 8 hours. Yield: 12 servings (serving size: about 2/3 cup).

NUTRITIONAL INFO:

Calories: 310, Fat: 9 g, Fiber: 0

Note: I always take mine out of the refrigerator and let it warm up a bit before serving so the filling is soft and creamy.

Classic Banana Bread

Source: September 2003 Cooking Light

HU: 3.9 (original recipe)

Servings: 14

Posted by DebMj1

August 27, 2003

Cook's Comments: Classic Banana Bread is out of the oven and terrific! I did add 1/4 cup of miniature chocolate chips in order to keep the kids super-happy. See my notes for all the different configurations and point counts.

Notes: With my Splenda and yogurt substitutions and 1/4 cup miniature chocolate chips added, the points drop to 3.6. If using light butter as well, points drop to 3.3. If you keep all these substitutions and do not add the chocolate chips, the points drop to 2.9.

2 cups all-purpose flour
3/4 tsp. baking soda
1/2 tsp. salt
1 cup sugar (I used 1/2 cup sugar and 1/2 cup Splenda)
1/4 cup butter, softened
2 large eggs
1 1/2 cups mashed ripe bananas (about 3 bananas)
1/3 cup plain low-fat yogurt (I used nonfat)
1 tsp. vanilla extract
Cooking Spray

Preheat oven to 350 F. Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour, baking soda, and salt, stirring with a whisk.

Place sugar and butter in a large bowl, and beat with a mixer at medium speed until well blended (about 1 minute). Add the eggs, 1 at a time, beating well after each addition. Add banana, yogurt and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist. Spoon batter into an 8-1/2 x 4-1/2 inch loaf pan coated with cooking spray. Bake at 350 for 1 hour (52 minutes for a glass pan) or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Info (original recipe): 187 Calories, 4.3 gms. fat, 3.3 gms. Protein, 34.4 gms. Carbohydrates, 1.1 gms. fiber, 40 mg. cholesterol, 1 mg. iron, 198 mg. sodium, 20 mg. calcium

Rosemary Chicken Breasts, Brown Butter and Balsamic Ravioli, Warm Spinach Salad with Pancetta and Sweet Vinaigrette

Source: www.foodtv.com, Rachel Ray's 30 Minute Meals "Express Lane Dinner"

Serves: 4

Healthy Units: ?

Posted by: Allison (alleycat)

Date: August 27, 2003

Comments: I am posting the recipe as it is written. Will follow with my modifications.

Chicken:

- 4 pieces boneless, skinless chicken breast, 6 to 8 ounces each
- 2 tablespoons balsamic vinegar, eyeball it, just enough to coat chicken lightly
- 2 tablespoons extra-virgin olive oil
- 3 stems rosemary, leaves stripped and chopped, about 2 tablespoons
- Salt and coarse black pepper
- 4 cloves garlic, cracked away from skin with a whack against the flat of your knife

Ravioli:

- 1 package, 12 to 16 ounces, fresh ravioli, any flavor filling
- 3 tablespoons butter, cut into small pieces
- 2 tablespoons balsamic vinegar
- 2 handfuls grated Parmigiano-Reggiano
- Salt and pepper
- 1/4 cup chopped flat-leaf parsley, a couple of handfuls

Spinach Salad:

- 6 slices Pancetta, chopped
- 2 tablespoons extra-virgin olive oil, 2 turns of the pan
- 1 small shallot, finely chopped
- 2 teaspoons sugar
- 2 tablespoons balsamic vinegar, eyeball it
- 1 bunch, about 10 ounces flat-leaf spinach
- Salt and pepper

Coat chicken in balsamic vinegar, then olive oil.

Season chicken with rosemary, salt and pepper and let stand 10 minutes.

Bring a large pot of water to a boil for ravioli.

Salt water and drop ravioli in water.

Cook 8 minutes or until raviolis expand, float to top of water, and are al dente.

Heat a medium nonstick skillet over medium high heat.

Add chicken breasts and cracked garlic to the pan.

Cook chicken 12 minutes, or until juices run clear, turning occasionally.

The balsamic vinegar will produce a deep brown, sweet finish on the chicken as it cooks.

When the chicken is 2 or 3 minutes away from done, heat a second skillet over medium low to medium heat.

To the second skillet, add butter to the pan and let it begin to brown.

Remove chicken from the first skillet and transfer to a warm platter.

In a skillet over medium high heat and add the Pancetta.

Brown the Pancetta bits, about 2 or 3 minutes, then transfer to paper towels to drain and return pan to heat, reducing heat to medium.

Add oil and shallots to the pan and let the shallots Saute 2 minutes.

When the butter for the ravioli has browned, add cooked ravioli to the pan and turn in butter to heat through.

Add balsamic vinegar to the ravioli and cook a minute or 2 longer to reduce the vinegar and glaze the ravioli.

The vinegar will become thick and syrup like.

Add cheese, parsley, salt and pepper to the pasta and remove the pan from the heat.

To the sautéed shallots for the spinach salad, add sugar and cook sugar with shallots 1 minute. Add vinegar to the pan, scraping up pan drippings.

Add spinach to the dressing and turn to wilt and coat it evenly in sweet vinaigrette.

Add crisp Pancetta to the salad.

Serve chicken along side ravioli and spinach salad, all on the same dinner plate.

Chicken:

I used five, 4-oz. chicken breasts (20 pts. raw, 15 pts. cooked). I used 1 tablespoon oil instead of 2.

Ravioli:

I used 1 tablespoon light butter. The cheese filling and added cheese are rich enough for us. I used 1/4 cup grated Parm-Reggiano (4 pts.).

Spinach Salad:

I used the Oscar Meyer bacon pieces that you buy precooked (25 calories, 1.5 g fat per serving). I added the bacon pieces and shallots to the chicken pan and cooked them in the left over balsamic mixture, eliminating the 2 tablespoons of olive oil.

With my changes and eliminations, I get the following point totals:

For 4 servings (1 piece chicken, tortellini, and spinach):

roughly 10 points (3.5 pts for chicken, 5.25 points for tortellini, .75 points for spinach)

The pasta is very rich; you could lighten the servings of pasta easily.

It was a very good meal, very fast, and very comforting.

Cuban Black Bean and Monterey Jack Cheese Casserole

Source: Backporch Restaurant Cookbook

Healthy Units: 12

Servings: 8

Posted by: ctj3036 (Cathy)

Date: 8/27/03

Ingredients:

2 cups dried black beans, washed and soaked in water overnight

1-1/2 gal water

1 tsp salt

1 bay leaf

2 tsp dried oregano leaves

2 tsp dried thyme leaves

2 tsp fresh minced garlic

1-1/4 cup water

1/2 cup white rice

dash salt

olive oil cooking spray

1-1/2 cup onion, diced

1 cup green bell pepper, diced

1 cup red bell pepper, diced

2 tsp fresh minced garlic

1 cup dry white wine

1 cup chicken or vegetable broth

1/4 tsp salt or more to taste

2 dashes coarse black pepper

1/4 tsp crushed red pepper flakes

4 tsp ground cumin

1 cup golden raisins

1 cup blanched, slivered almonds

4 cups, about 1 pound, shredded 2% Monterey Jack cheese

1/4 cup dry bread crumbs

Instructions:

1 - Drain soaking water from beans, rinse thoroughly, and put in a heavy bottomed soup pot with 1/2 gallon water. Bring to a boil; skim off the foam that forms on the top, then add salt, bay leaves, oregano, thyme and garlic. Cook, covered, for about 2 hours or until beans are soft and the liquid is thick. Check and stir often.

2 - Bring 1-1/4 cups water to boil in a small saucepan. Add rice and dash of salt. Cover and lower heat. Cook until rice is soft and all water is absorbed. Set aside.

3 - Spray large Saute pan with cooking spray. Heat pan and add onions, bell peppers, and garlic. Saute until onion and peppers are soft.

4 - When beans are done, add the cooked rice, sautéed onion and pepper mix, wine, broth, salt, black pepper, red pepper flakes, cumin, raisins, and almonds. Stir well to completely blend and cook over low heat for 8-10 minutes or until mixture begins to thicken. Correct salt if necessary.

5 - Butter a deep 10x13 or 2-8x8 casserole dishes and cover bottom and sides with the grated cheese, reserving 3/4 cup for the top. Fill with bean mixture. Sprinkle reserved cheese and breadcrumbs over the top.

6 - Bake in a 375 degree oven for 30-35 minutes or until top is crusty and beans are bubbling.

Cook's comments: Tastes better the second day. Freezes very well. 8 very generous servings.

Huckleberry Coffee Cake

Source: CL 5 Star Recipes

Healthy Units: 4

Yield: 10 servings

Posted by: Linda (LXN1996)

Aug. 27, 2003

Comments: This was either 3rd or 4th place in the 5 Star Cookbook. It is very moist and delicious. Also very easy to make. Very good served warm with some vanilla ice cream.

Ingredients:

1/4 cup Light Butter

1/2 (8 oz.) package fat-free cream cheese (I used 1/3 less fat)

1 cup sugar

1 egg

1 cup all-purpose flour

1 tsp baking powder

1/4 tsp salt

1 tsp vanilla extract

2 cups fresh or frozen huckleberries or blueberries (I used frozen blueberries)

Cooking Spray

2 Tbsp sugar

1 tsp ground cinnamon

Instructions

Beat butter and cream cheese at medium speed of an electric mixer until creamy; gradually add 1 cup sugar, beating well. Add egg; beat well.

Combine flour, baking powder, and salt; stir into butter mixture. Stir in vanilla; fold in berries. Pour batter into 9-inch round cake pan coated with cooking spray. Combine 2 tablespoons sugar and cinnamon; sprinkle over batter.

Bake at 350 for 1 hour; cool on a wire rack.

Calories 209 (23% from fat); Protein 3.7g; Fat 5.3g (sat 1.0g) Carb 36.9 g; Fiber 1.7g; Cholesterol 24 mg; Iron 0.8mg; Sodium 188mg; Calcium 70mg.

Strausa's comments: Made the huckleberry coffee cake, substituting raspberries for non-existent huckleberries, and I can recommend the recipe. It's moist, flavorful, and one slice for 4 points keeps me satisfied.

Thai Shrimp & Papaya Salad II

Source: The Healthy Kitchen

Healthy Units: 5

Servings: 4

Posted By: JoanB-original post by Zephyr1

Modified by JoanB for a main Fish/Seafood dish

Original Date Posted: 7-1-03 as a side dish/salad

Comments from Zephyr: 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:

36 large raw cleaned and deveined shrimp

1 Tbsp toasted sesame oil

1/4 tsp chile garlic puree (like Zephyr I added 1 tbsp).

Salad:

6 cups washed field greens

1/4 tsp salt

1/4 cup fresh lemon juice

1 Tbsp olive oil

Papaya salsa:

1/2 cup cilantro

1=2 cup cubed papaya (part papaya part mango is also good)

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 and marinade shrimp broiled in.

Sweet Corn Risotto

Cooking Light, August 2003

HU: 7

Serving Size: 1 c.

Servings 6

Posted by Carol (sandythecur)

August 28, 2003

Ingredients

- 3 ½ c. water
- 1 tsp. salt
- 1 14 oz. can fat free less sodium chicken broth
- 1 ½ c. fresh corn kernels (about 3 ears)
- 2 T. butter, divided
- 1 c. sliced fresh mushrooms
- 2 garlic cloves, minced
- ¾ c. finely chopped onion
- 1 ½ c. medium grain rice
- 10 T. dry white wine, divided
- ½ c. (2 oz.) finely shredded Asiago cheese (none in the house -- I used Parmesan)
- 2 T. fresh basil
- ¼ tsp. black pepper

Instructions

1. Bring water, salt, and broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
2. Place ½ c. corn in a food processor; process until smooth. Set aside.
3. Melt 1 T. butter in a large Dutch oven over medium-high heat.
4. Add 1 c. fresh corn kernels and mushrooms; sauté 3 minutes.
5. Add garlic; sauté 1 minute. Remove mushroom mixture from pan; set aside.
6. Melt 1 T. butter in pan over medium-high heat. Add onion to pan; sauté 2 minutes.
7. Add rice; sauté 3 minutes or until rice is lightly browned.
8. Stir in ½ c. wine; cook 1 minute or until liquid is nearly absorbed, stirring constantly.
9. Add broth mixture, ½ c. at a time, stirring frequently until each portion of broth mixture is absorbed before adding the next (about 22 minutes).
10. Add pureed corn and mushroom mixture to pan; cook 3 minutes, stirring constantly.
11. Remove from heat; stir in 2 T. wine, cheese, basil, and black pepper.

Oven-Fried Catfish

Source: CL Website

Healthy Units: 4

Servings 4

Posted by: bms2003 (Betty)

Date August 28, 2003

INGREDIENTS

1 T reduced-calorie mayonnaise
1 T low-fat sour cream
1 t lemon juice
1/2 c very finely crushed corn flakes
1 T dried parsley flakes
1/2 t paprika
1/4 t pepper
1/4 t garlic powder
4 (4-oz) farm-raised catfish fillets
Cooking spray

INSTRUCTIONS

Combine mayonnaise, sour cream and lemon juice; stir well. Combine cereal and next 4 ingredients. Brush mayonnaise mixture evenly over fillets; dredge in cereal mixture.

Place fillets on rack of a broiler pan coated with cooking spray. Bake at 450° for 12 to 15 minutes or until fish flakes easily when tested with a fork.

NUTRITIONAL INFO

calories: 192 carbohydrates: 10.2 g cholesterol: 68 mg fat: 6.5 g sodium: 234 mg
protein: 21.8 g calcium: 51 mg iron: 2.1 mg fiber: 0.2 g

Chicken - and - Brie Sandwich with Roasted Cherry Tomatoes

Healthy Units: 9 (8 cutting oil back to 1 tsp total)

www.cookinglight.com

Posted by: Bawstinn32 (Maria)

August 28, 2003

INGREDIENTS:

- 1 teaspoon olive oil
- 2 cups halved cherry tomatoes (about 1 pound)
- 2 tablespoons balsamic vinegar
- 1 tablespoon chopped fresh thyme
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1/4 cup low-fat mayonnaise
- 1 tablespoon whole-grain Dijon mustard
- 1 garlic clove, minced
- 1 (16-ounce) loaf French bread, cut in half horizontally
- 3 ounces Brie cheese, sliced
- 3 cups shredded cooked chicken breast (about 1 pound)
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon balsamic vinegar
- 1/8 teaspoon kosher salt
- 2 cups fresh spinach

INSTRUCTIONS:

Preheat oven to 300 degrees.

Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add tomatoes; cook 4 minutes, stirring once. Remove from heat; stir in 2 tablespoons vinegar. Sprinkle tomatoes with thyme, 1/4 teaspoon salt, and pepper. Wrap handle of pan with foil; bake at 300° for 15 minutes. Keep warm.

Combine mayonnaise, mustard, and garlic in a small bowl. Spread mayonnaise mixture evenly over top half of bread loaf. Spoon tomatoes evenly over bottom half of loaf. Arrange Brie over tomatoes; top with chicken. Combine 2 teaspoons oil, 1 teaspoon vinegar, and 1/8 teaspoon salt in a medium bowl, stirring with a whisk. Add spinach, tossing gently to coat. Top chicken with spinach mixture; replace top half of bread. Cut loaf into 6 pieces.

NUTRITIONAL INFO:

calories: 440 carbohydrates: 46.7 g cholesterol: 78 mg fat: 12.3 g sodium: 826 mg
protein: 34.3 g calcium: 119 mg iron: 3.7 mg fiber: 3.9 g

Huevos Rancheros

The Complete Cooking Light Cookbook, p. 291

Healthy Units 5.3

2 (1 egg, 1/2 of tomato/bean mixture, 1 T. cheese and 1 T. green onions)

Posted by LMaybloom(Lesley)

08/30/03

Comments: I made this SBDable, so no tortilla for me. It is probably 4 points w/o the tortilla, but I played it safe and counted it as 5. I also did not have diced green chiles on hand, so I used the Muir Glen Fire-Roasted tomatoes w/ green chiles. YUM! It is the perfect recipe for a single person; the tomato/bean mixture makes enough for 2 servings. Just heat the rest up with the egg on top when you're ready to eat it. Full of protein and fiber, and all ingredients are SBD-friendly. (In case anyone's following that plan!) It whips up in a flash, since there's virtually no chopping.

Ingredients

- 1 (14.5 oz) can no-salt added tomatoes, undrained and chopped
- 1 (15-oz) can no-salt added black beans, drained
- 1 (4.5 oz) can chopped green chiles, undrained
- 2 T. chopped fresh cilantro
- 2 t. chili powder
- 1/2 t. ground cumin
- 1/4 t. salt
- 1/8 t. black pepper
- 2 (6") corn tortillas
- 2 large eggs
- 2 T (1/2 oz.) shredded reduced-fat sharp cheddar cheese
- 2 T. chopped green onions

Instructions

1. Combine first 8 ingredients in a nonstick skillet; bring to a boil. Cover, reduce heat to low, simmer 10 minutes.
2. Warm tortillas according to package directions.
3. Break each egg into a custard cup and slip egg from cup into tomato mixture. Cover and simmer 7 minutes or until eggs are done; remove eggs with a slotted spoon. Place tortillas on individual plates; top with half of tomato mixture and 1 egg. Sprinkle each with 1 T. cheese and 1 T. green onions.

Nutritional Info (figured w/ tortilla):

Calories=312, Fat=8 g, Protein=19.6, Carb=44 g, Fiber=7.9 g, Chol=217 mg, Iron=4.9 mg, Sodium=1472mg (not good), Calcium=226 mg

Note on Lesley's Huevos rancheros. I suggest turning this into a 3 serving recipe by adding an egg and a tortilla, but dividing the bean mixture into 3. Brings the HUs down to 5 and is still very hearty.

Marinated Carrot Salad

Source: Food & Wine (Feb. 2003)

Healthy Units: 4

Servings: 4

Posted by: MissVN

Date: August 31, 2003

NOTE: Points are calculated on a serving having 4g fiber (based on other web sources).

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.

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.

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.

Mustard-Maple Salmon

Source: Cooking Light Website

Healthy Units- 8 (for a 6oz fillet)

Serves: 4

Posted By: NancyOW

Date posted: 8/31/03

The marinade for the salmon captures just the right balance of sweet and sour. Grilling adds a smoky third facet of flavor.

INGREDIENTS:

3 tablespoons Dijon mustard

3 tablespoons maple syrup

1 tablespoon balsamic vinegar

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

4 (6-ounce) salmon fillets (about 1 inch thick)

Cooking spray

INSTRUCTIONS:

Prep Time: 25 minutes

Cooking Time: 12 minutes

Combine first 5 ingredients in a large zip-top plastic bag; add salmon. Seal and marinate in refrigerator 20 minutes.

Prepare grill or broiler.

Remove salmon from bag, reserving the marinade. Place salmon on a grill rack or broiler pan coated with cooking spray, and cook for 6 minutes on each side or until the fish flakes easily when tested with a fork; baste salmon occasionally with the reserved marinade.

NUTRITIONAL INFO:

calories: 329 carbohydrates: 10.8 g cholesterol: 111 mg fat: 14.9 g

sodium: 566 mg protein: 34.8 g calcium: 19 mg iron: 0.9 mg fiber: 0 g

Cook's comments: Very good and very easy.

Nice blend of tastes, light enough to make a great summer dish.

Suggest more marinade on the fish while grilling.

Possibly, prepare a second batch of the marinade to heat and use as a sauce.

Crab Manicotti (with Herbed Tomato Béchamel Sauce)

Source: N/A

Healthy Units: 3

Servings: 12

Posted by: MissVN

Date: August 31, 2003

Ingredients:

12 items manicotti shells, dry

1 1/2 cup part-skim ricotta cheese

2 cup canned crabmeat

2 items egg white(s)

Instructions:

Cook manicotti shells according to package directions.

Combine ricotta, crab and egg whites and mix. Fill manicotti shells with the crab filling (you can place filling in a plastic freezer bag, cut off an end and squeeze filling into tubes).

Spoon half a cup of Herbed Tomato Béchamel Sauce into bottom of baking dish. Arrange filled manicotti on top of sauce. Top with remaining sauce.

Baked at 325 degrees for 30 minutes.

Cook's Comments: This dish with the Herbed Tomato Béchamel Sauce is a bit on the point heavy side, I'm sure you could shave some off if you tried, but I figured it was worth it to only cut some of the fat.

NOTE: Herbed Tomato Béchamel Sauce is on page 1002 of this CLC compilation.

Herbed Tomato Béchamel Sauce

Source: Bon Appétit Archives

Healthy Units: 2

Servings: 12

Posted by: MissVN

Date: August 31, 2003

Ingredients

1/4 cup butter

1/4 cup all-purpose flour

1 tbsp basil

1/8 tsp dried thyme

1/8 tsp dried oregano

1 tbsp butter

2 cup 2% reduced fat milk

1 cup tomato puree

Instructions

Melt 1/4 cup butter in a heavy saucepan until it is bubbly. Remove from heat and whisk in flour, basil, thyme and oregano. Cook, stirring constantly, about 3 to 5 minutes being careful not to let the flour brown.

Gradually whisk in the half-and-half. Increase the heat slightly and cook, stirring constantly until the sauce has thickened. Stir in the tomato purée. Remove from heat and add 1 tbsp cold butter to sauce, stir in. Season with salt, pepper, and nutmeg to taste.

Note: Recipe for Crab Manicotti is on page 1001 of this Compilation.

Turkish Gozleme

Source: "Greene on Greens"

Healthy Units 4

Servings: 4 (4 pieces)

Posted by LMaybloom (Lesley)

09-01-03

Comments: They remind me of a cross between a falafel and a zucchini coin.

Ingredients:

1/2 pound zucchini, trimmed, grated,

salt

1 teaspoon canned jalapeno pepper, chopped

1 small shallot, minced

1 large clove garlic, minced

1/2 teaspoon curry powder

2 tablespoons olive oil

1/2 teaspoon baking powder

2/3 cup stone ground WW flour (I used soy flour)

1 tablespoon vegetable oil (original recipe calls for 3 T., but this is probably what actually gets absorbed into the pieces when frying them)

Instructions.

1. Place zucchini in a colander and lightly sprinkle with salt. Let stand 20 minutes. Gently press the zucchini with your hands to remove the excess liquid.

2. Place the zucchini in a large bowl. Add the peppers, shallot, garlic, curry, olive oil and salt to taste. Mix well. Stir in the baking powder and flour.

3. Heat the oil in a 12" skillet over medium heat. Add the zucchini cakes and sauté until golden on the bottom, about 1 minute. Turn over and sauté 30 seconds. Reduce the heat to medium-low. Continue to cook the cakes, covered, 15 minutes, turning once.

Nutritional Information:

Per Serving (excluding unknown items): 163 Calories; 13g Fat (69.2% calories from fat); 6g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 74mg Sodium.

Orange Banana-Nut Bread

Cooking Light Sept '03

Healthy Units: 4 (for 16 or 14 servings)

Yield: 1 loaf (16 servings)

Posted by: Bawstinn32 (Maria)

September 2, 2003

Comments: I like a full stomach in the morning, so I cut this into 14 slices instead of 16. Still 4 points per slice.

2 cups flour, all-purpose
3/4 teaspoon baking soda
1/2 teaspoon salt
1 cup sugar
1/4 cup butter, softened
2 whole eggs
1 1/2 cups bananas, mashed
1 1/2 tablespoons orange peel, grated
3 tablespoons orange juice
1/3 cup walnuts, chopped

Preheat oven to 350.

Lightly spoon flour into dry measuring cups and level with a knife. Combine the flour, baking soda and salt, stirring with a whisk.

Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended. Add eggs, one at a time, beating well after each addition. Add banana, peel and juice; beat until blended. Add flour mixture; beat at low speed until just moist. Stir in walnuts. Spoon into an 8 1/2 by 4 1/2-inch loaf pan coated with cooking spray.

Bake at 350 for one hour and 5 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

16 servings: 176 Calories; 5g Fat (25.7% calories from fat); 3g Protein; 30g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 163mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates.

For 14 servings: 202 Calories; 6g Fat (25.7% calories from fat); 4g Protein; 35g Carbohydrate; 1g Dietary Fiber; 36mg Cholesterol; 186mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates.

Molasses Oat Banana Bread

Cooking Light, Sept '03

Healthy Units: 4 (for 14 or 12 servings)

Posted by: Bawstinn32(Maria)

September 2, 2003

Comments: This one I had for breakfast this morning, heated up with 1 Tbls of light cream cheese and a glass of milk. Once again, since I like a full stomach in the am, I cut into 12 slices, which has the same number of points as 14 servings. Nice molasses flavor that reminds me of fall!

1 cup flour, all-purpose
1/2 cup whole wheat flour
2/3 cup Quaker Oats
1 teaspoon baking soda
1 teaspoon cinnamon, ground
1/2 teaspoon salt
2/3 cup sugar
1/4 cup butter, softened
1/3 cup molasses
2 whole eggs
1 cup banana, mashed
1/3 cup plain yogurt
1 teaspoon vanilla extract

Preheat oven to 350.

Lightly spoon flours into dry measuring cups; level with a knife. Combine flour, oats baking soda, cinnamon and salt, stirring with a whisk.

Place sugar, butter and molasses in a large bowl, beat with a mixer until well blended. Add eggs, 1 at a time, beating well after each addition. Add banana, yogurt and vanilla. Beat until blended. Add flour mixture, beating at low speed just until moist. Spoon batter into an 8 1/2 by 4 1/2-inch loaf pan coated with cooking spray.

Bake at 350 for one hour and 5 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Per Serving (excluding unknown items): 177 Calories; 5g Fat (22.4% calories from fat); 3g Protein; 32g Carbohydrate; 2g Dietary Fiber; 36mg Cholesterol; 215mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates.

For 12 servings: 206 Calories; 5g Fat (22.4% calories from fat); 4g Protein; 37g Carbohydrate; 2g Dietary Fiber; 42mg Cholesterol; 250mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates.

Vanilla Bean Creme Brulee

Source: Cooking Light Jan/Feb 2001

Healthy Units: 4

Serves: 6

Posted by Kate (KateWD)

September 2, 2003

Comments: Melting the brown sugar in the microwave was tricky and didn't work very well. I sprinkled the sugar on top of the Creme Brulee and popped it under the broiler for a minute instead.

4 large egg yolks
1 tsp sugar
2 cups 2% milk
1 (3 inch) vanilla bean, split (or 1 tsp vanilla extract)
3 T sugar
3/4 cup nonfat dry milk
1/4 cup packed light brown sugar
1 1/2 tsp water

Pre heat oven to 300.

Combine first 3 ingredients in medium bowl, stir well with whisk. Set aside.

Pour milk in to med. saucepan. Scrape seeds from vanilla beans; add seeds, bean, 3 T sugar and dry milk to pan. Heat mixture over med heat to 180 degrees or until tiny bubbles form around edge (do not boil), stirring occasionally with a whisk. Discard bean.

Gradually add hot milk mixture to egg mixture, stirring constantly with whisk. Divide mixture into 6 (4-oz) ramekins. Place ramekins in 13x9 baking pan, add hot water to pan to a depth of one inch. Bake at 300 for 1 hour or until center barely moves when ramekin is touched. Remove ramekins from pan, completely cool on wire rack. Cover and chill 4 hours or overnight.

Combine brown sugar and water in 1 cup glass measure. Microwave on high for 30 seconds, stir until sugar dissolves. Microwave at high for 60 seconds; pour evenly over each dessert, quickly tipping ramekins to coat tops of Brulees. Yield 6 servings.

Cal 185; Fat 5.2 gr; Protein 10 gr; carb 24.7 gr; fiber 0 gr; chol 155 mg; sodium 177 mg; Calc 309 mg

Fruit-and-Bulgur Salad

Source: CL Website

HU: 5

Servings: 5 (1 cup salad, 1 tbsp almonds)

Posted by: Naomi

Sept. 2, 2003

INGREDIENTS

3 cups water

1/2 cup yellow split peas

3/4 cup uncooked Bulgur or cracked wheat

3/4 cup boiling water

1 cup chopped Red Delicious apple

1/4 cup dried cranberries

1/4 cup chopped pitted dates

1/4 cup plain low-fat yogurt

2 tablespoons lemon juice

1/4 teaspoon salt

1/4 teaspoon curry powder

1 (11-ounce) can mandarin oranges in light syrup, drained

5 tablespoons chopped almonds, toasted

INSTRUCTIONS

Prep Time: 45 minutes

Cooking Time: 30 minutes

Bring 3 cups water and split peas to a boil in a saucepan. Reduce heat; cook, uncovered, 30 minutes or just until split peas are tender. Drain well; set aside.

Combine Bulgur and 3/4 cup boiling water in a large bowl. Cover and let stand 30 minutes. Add peas, apple, cranberries, and dates; stir well.

Combine yogurt, lemon juice, salt, and curry, and add to Bulgur mixture, stirring well.

Gently stir in oranges. Top salad with toasted almonds.

NUTRITIONAL INFO

calories: 275 carbohydrates: 53.3 g cholesterol: 1 mg fat: 4.1 g sodium: 140 mg protein:

10.6 g calcium: 84 mg iron: 2.6 mg fiber: 8.4 g

Three Cheese Pizza with Mushrooms and Basil

Healthy Units: 7.5 per 1/4 of pizza

Servings: 4

From September 2003 Cooking Light

Posted by Lissa R

September 3, 2003

1 10-ounce pizza crust, such as Boboli
1.5 cups fat-free chunky pasta sauce
1/2 cup ff (or reduced fat) ricotta cheese
1/4 shredded Parmesan cheese
1 8 oz package pre-sliced mushrooms
1/2 cup part skim mozzarella
2 Tbsp thinly sliced basil

1. Preheat oven to 450
2. Saute mushrooms in a skillet sprayed with nonstick cooking spray for 5 minutes; remove from heat.
3. Spread pasta sauce over crust. Mix together ricotta and Parmesan cheeses; dab evenly over the pizza. Sprinkle mushrooms evenly, then sprinkle mozzarella cheese.
4. Bake at 450 for 12 minutes.
5. Sprinkle with basil and slice into wedges to serve.

Nutritional info: 356 Calories, 10.1 gms. fat (sat 4g, mono 1.8g, poly 0.2g), 19.4 gms. protein, 42 gms. carb, 2 gms. fiber, 21 mg. cholesterol, 2.2 mg. iron, 1033 mg. sodium and 445 mg. calcium

Curried Butternut Squash Soup

Source: Cooking Light December 1998

Servings: 8

Healthy Units: 1.5

Posted by: Kate(KateWD)

September 3, 2003

Comments: I used two cans of pumpkin instead of the squash, added an additional cup of water and skim milk. I also cut the olive oil to 1 T and added minced garlic, grated fresh ginger and cinnamon. The result was 4 hearty servings at 2 pts per serving.

INGREDIENTS:

2 tablespoons olive oil
2 cups chopped onion
2 tablespoons chopped seeded jalapeno pepper
1 teaspoon curry powder
6 cups cubed peeled acorn or butternut squash (about 3 pounds)
4 cups water
1 teaspoon salt
1 cup 2% reduced-fat milk
2 tablespoons dry sherry

INSTRUCTIONS:

Prep Time: 25 minutes

Cooking Time: 45 minutes

Heat olive oil in a Dutch oven over medium heat. Add onion; cover and cook onion 5 minutes. Stir in jalapeno and curry, and cook 2 minutes. Stir in squash, water, and salt, and bring to a boil over medium-high heat. Cover, reduce heat, and simmer 30 minutes or until squash is tender. Place half of the squash mixture in a blender; process until smooth. Pour the pureed squash mixture into a bowl. Repeat procedure with the remaining squash mixture. Return the pureed squash mixture to pan, and stir in the milk and sherry; cook 5 minutes or until soup is thoroughly heated.

NUTRITIONAL INFO:

calories: 91 carbohydrates: 16.6 g cholesterol: 2 mg fat: 2.4 g sodium: 313 mg protein: 2.4 g calcium: 83 mg iron: 0.9 mg fiber: 2.2 g

YIELD:

8 servings (serving size: 1 cup)

Pumpkin wild rice soup

Source: Denise B. a client

Healthy units: 2

Servings: 8

Posted By: Zephyr1

Date posted: 9/3/03

Comments: I like to spice it up with whatever strikes my fancy usually add some extra bouillon granules and no salt herb seasoning.

Ingredients:

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

Instructions:

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.

Onion Soup

Recipe Source: James Beard's American Cookery

Healthy Units: 6

Servings: 6

Posted by pbkennedy(Paula)

Date: 09/03/03

Ingredients:

1 tbsp butter

5 medium onions

1 cup red wine

6 cups fat-free beef broth

6 oz Italian bread

2 oz Parmesan cheese

4 oz Alpine Lace Swiss Cheese

Instructions:

Saute the onions in butter over medium heat until they are soft and take on color. Add boiling broth and wine. Blend over medium heat. Ladle soup into ovenproof dishes and add slices of toast sprinkled with Switzerland cheese and some Parmesan. Place in a 350 oven for 10 minute or so until the cheese melts and bubbles. Serve at once.

Always Ready Bran Muffins

Source: unknown

HU 2

Servings | 36

Posted by Elizabeth (condiment)

22 Sept 2003

breakfast | These muffins are mixed, stored in the refrigerator and baked whenever you want, so you have just enough and aren't tempted by leftovers! When preparing to bake, preheat oven to 400 F, stir batter well (very important) and spoon into mini muffin tins, about 2/3 full. Bake 10-12 minutes and serve. You can make 2 muffins or enough for a large family.

Ingredients

3 cup uncooked wheat bran
1 cup unpacked brown sugar
2 1/2 cup white all-purpose flour
2 1/2 tsp baking soda
1 cup water
1 tsp table salt
1/2 cup hard corn margarine
2 cup buttermilk
4 items egg white(s)

Instructions

Combine 1 c. wheat bran and 1 c. boiling water, stir and let steep.
In a separate bowl, cream sugar and 100% corn oil margarine (note: do not use other type of margarine or batter will spoil).
Beat eggs or egg substitute (lowers points!)
Combine flour, soda and salt.
Combine the 1c of steeped bran with the rest of the bran, the eggs, flour mixture and buttermilk, creamed margarine and sugar. Mix well.
Store in a tightly covered PLASTIC container (metal will spoil batter).
Let stand at least 12 hours before baking.

Notes: Batter will keep in refrigerator for up to 6 weeks.
Chemical action will cause batter to turn dark on top. No problem! Just stir before using.

Spinach Salad with Nectarines and Spicy Pecans

HU- 2

Source- CI Sept 03

Servings Yield: 12 servings (1 cup salad, 1 TBSP. prosciutto, and 1-1/2 teaspoons pecans).

Posted by: Jcanty(Gail)

Date posted: 09-06-03

This recipes has variations galore. Use almonds or walnuts in place of pecans, and use bacon or ham in place of prosciutto. Substitute any kind of greens, including Arugula, field mix, or romaine lettuce. Pecans:

1/4 cup powdered sugar

1/2 teaspoon salt

1/4 teaspoon ground allspice

1/8 teaspoon ground nutmeg

1/8 teaspoon ground red pepper

1/3 pecan halves

Cooking spray

Vinaigrette:

3 tablespoons finely chopped shallots

3 tablespoons balsamic vinegar

1 teaspoon sugar

2 teaspoons fresh lemon juice

2 teaspoons extra virgin olive oil

1 teaspoon Dijon mustard

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

Salad:

3/4 cup very thin slices prosciutto, coarsely chopped (about 2 ounces)

2 (6-ounce) packages fresh baby spinach (about 12 cups)

2 nectarines, cut into 1/4-inch wedges (about 3/4 pound)

1. Preheat oven to 350.

2. To prepare pecans, combine first 5 ingredients in a small bowl. Rinse pecans with cold water; drain (do not allow pecans to dry). Add pecans to the sugar mixture, and toss well to coat. Arrange pecan mixture on a jelly roll pan coated with cooking spray. Bake at 350 for 10 minutes, stirring occasionally. Coarsely chop pecans. Set aside.

3. To prepare vinaigrette, combine the shallots and next 7 ingredients (shallots through black pepper) in a small bowl, stirring with a whisk until blended.

4. To prepare salad, heat a large non-stick skillet coated with cooking spray over medium-high heat. Add prosciutto; sauté 5 minutes or until crisp, and finely chop.

Sprinkle with the pecans and prosciutto.

Nutritional Info: Calories 75 (48% fat); Fat 4g (sat 0.6g, mono 2g poly 0.8g); Protein 2.7g; Carb 8.2g; Fiber 1.5g; Cholesterol 4mg; Iron 1.1mg; Sodium 369mg; Calcium 36mg

Sheila's Fish w/ Tequila Sauce

Source: Reader's All time Favorites 2003

Healthy Units: 7 as written 5 w/o oil using cooking spray

Servings: 2

Posted by: jcanty(Gail)

Date posted: 09-05-03

Comments: The tequila does matter one way or the other. The lime is the flavor you taste

Ingredients

½ tsp black pepper, divided

1-1/2 c. chopped tomato

½ c. green onion

1 tsp grated lime rind

¼ c. fresh lime juice

1 T. tequila

¼ c. all purpose flour

½ tsp salt

2 (6 oz) filets striped sea bass-1 ½ " thick- I used snapper

1 T. olive oil- I used cooking spray

Instructions:

1. Combine ¼ tsp pepper, tomato, and next 4 ingredients (tomato through tequila) in a small bowl. Cover and chill for 2 hours

2. Preheat oven to 350

3. Combine ¼ tsp pepper, flour and salt in a shallow bowl.

Dredge fish in flour mixture.

Heat oil in a medium nonstick skillet over medium-high heat.

Add fish; cook 5 minutes on one side until browned.

Turn fish over; top w/ tomato mixture.

Wrap handle of skillet with foil.

Bake at 350 for 15 minutes or until fish flakes easily when tested w/ a fork.

Nutritional information: Cal 320, fat 10.8g (sat 2, mono 5.9, poly 2.4), protein 34.7g, carb 20.6g, fiber 2.7g, chol 70 mg, iron 2.4 mg, sodium 718 mg, calc 48 mg

Broiled Salmon over Parmesan Grits

Source: CL Website and 2001 Annual

HU: 8.5

Servings: 4

Posted by DebMj1

9/6/03

NOTES: I sprinkled 1 tsp. of sesame seeds on salmon before cooking. Instead of broiling, I baked them for 10 minutes at 400 F, then finished them under the broiler for 2 minutes to toast the seeds.

3/4 cup fat-free, less-sodium chicken broth
1/2 teaspoon salt
2 tablespoons minced fresh onion
1 garlic clove, minced
1-1/2 cups water
1/2 cup regular grits
1 teaspoon olive oil (I used cooking spray instead)
2/3 cup sliced mushrooms (I used 3/4 cup of crimini mushrooms)
2 tablespoons grated Parmigiano-Reggiano or fresh Parmesan cheese
4 (6-ounce) salmon fillets (about 1 inch thick)
1/4 teaspoon salt
1/4 teaspoon dried thyme
1/4 teaspoon black pepper
Cooking spray
2 teaspoons finely chopped fresh parsley

Combine first 4 ingredients in a small saucepan. Bring to a boil; reduce heat, and simmer 5 minutes or until onion is tender. Add water; bring to a boil. Gradually add grits, stirring with a whisk until blended. Cover, reduce heat, and simmer 10 minutes or until done.

Preheat broiler.

Heat the oil in a small nonstick skillet over medium-high heat. Add the mushrooms, and sauté for 5 minutes or until golden. Stir mushrooms and cheese into grits. Set aside.

Sprinkle fillets with salt, thyme, and pepper; place the fillets, skin sides down, on a broiler pan coated with cooking spray. Broil for 10 minutes or until fish flakes easily when tested with a fork. Remove skin from fillets; discard skin. Spoon 1/2 cup grits on each of 4 plates; top each serving with a fillet. Sprinkle with parsley.

NUTRITIONAL INFO calories: 379 carbohydrates: 16.7 g cholesterol: 113 fat: 16.4 g sodium: 672 mg protein: 38.8 g calcium: 57 mg iron: 1.8 mg fiber: 1.3 g

Deb's Big Batch Chili

Source: Created by DebMj1

Servings: 36 1-cup servings

HU: 1.7

Posted by DebMj1

Date posted: 9/6/03

Cook's comments: This makes a ton of chili, but it freezes very well. I usually put 6 cups in a gallon bag to freeze. Gail added a can of corn to this for color. You can use any combination of beans that you like. You can also cut the recipe if you prefer; however, as stated, this seems to be the right proportion of ingredients. I serve this with shredded cheddar cheese and diced jalapenos on the side. That is not figured in the HU count.

2 lbs 96% lean ground beef
1 lb ground turkey breast
2 1/2 c chopped green pepper
10 cloves minced garlic
5 med onions, chopped
5 28-oz cans tomatoes, undrained (I use 3 crushed and 2 pureed, but you can use whatever you prefer)
8 ounces tomato sauce
2 Tbsp Worcestershire sauce
10 Tbsp chili powder -- or to taste
2 Tablespoons Tabasco sauce
3 cans red kidney beans, drained
2 cans black beans, drained
salt to taste

Saute ground beef, turkey, green pepper, garlic and onion together until beef and turkey are cooked.

Place, along with all ingredients except kidney beans, in stockpot, **cover** and simmer at least 4 hours over low heat. Add beans and heat until ready.

Hot Asiago Spread

WW Simply the Best

Healthy Units 1

Serves: 8 (v. generous servings)

Posted by Lesley(LMaybloom)

09/06/03

Ingredients

1 c. nonfat cottage cheese

1/4 c. + 2 T. nonfat cream cheese

1 1/2 t. Dijon mustard

1/4 c. grated Asiago or parmesan cheese

2 scallions, diced

1 jalapeno pepper, seeded, deveined and minced

1. In a blender or food processor, puree the cottage and cream cheese; add the mustard. Add the Asiago cheese, scallions and jalapeno. Pulse to combine.

2. Transfer the mixture to a 2-c. microwavable dish. Microwave on high until heated through, 3 minutes. Serve at once.

Nutritional Info:

49 cal, 1 fat, 0 fiber, 3 carb, 6 protein

Great with Melba toast or bagel chips.

Pan-Roasted Pork Loin with Leeks

Source: CL Annual 2002

HU 6 Pts

Servings: 6

Posted by: Susan(winningthewalk)

9/6/03

4 large leeks (about 2 1/4 lbs)

1/2 cup water

1 T butter, divided

1/2 t salt, divided

1/2 t black pepper, divided

2LB boneless pork loin, trimmed

1/2 cup dry white wine

Chopped fresh parsley

Remove roots and tough upper leaves from leeks. Cut each leek in half lengthwise. Cut each half crosswise into 1/2-inch-thick slices. Soak in cold water to loosen dirt.

Place sliced leek, 1/2 c. water, 1 t butter, 1/4 t salt, and 1/4 t pepper in a large Dutch oven and place over med-high heat. Cook 10 minutes or until leek is wilted. Pour leek into a bowl.

Heat 2 tsp. butter in pan. Add pork; cook 5 min browning all sides. Add 1/4 t salt, 1/4 t pepper and wine; cook 15 seconds, scraping bits. Return leeks to pan. Cover, reduce heat and simmer 2 hours. Garnish with parsley.

Mango-Mustard Glazed Chicken

Source: The Complete CL Cookbook

HU: 5

Servings: 6

Post: Susan(winningthewalk)

9/7/03

Ingredients:

1 cup chopped peeled mango
1 cup pineapple juice
1/2 cup apricot or peach preserves
1/2 cup dry white wine
1 1/2 T stone-ground mustard
1 T cornstarch
1 T water
6 (4 ounce) skinned, boned chicken breast halves
1/4 t salt
1/4 t black pepper
Cooking Spray

Note: I first dredged it in a flour/herb combo.

Instructions:

1. Combine first 7 ingredients in a bowl; stir well.
2. Sprinkle chicken with salt & pepper.
Heat a skillet coated with cooking spray over medium-high.
Add chicken; cook 3 minutes on each side or until browned.
Remove chicken from pan.
Add mango mixture; bring to a boil.
Return chicken to pan; reduce heat, and simmer 15 minutes or until chicken is done and sauce is thick, stirring occasionally.

Coffee-Nut Scones

Source: 2001 CL Annual

HU: 4.5 as written, 3.1 with changes

Servings: 10

Posted by DebMj1

9/7/03

Notes: Next time I make these, I will increase the Splenda to 1/2 cup as I like a little more sweetness in scones.

2/3 cup 1% low-fat milk (I used skim)
2 1/2 tbsp. instant coffee granules
1 tsp. vanilla extract
1 large egg, lightly beaten
2 1/4 cups all-purpose flour (I used 1 1/2 cups all-purpose flour and 3/4 cup whole wheat flour)
1/3 cup sugar (I used Splenda)
2 1/2 tsp. baking powder
3/4 tsp. salt
1/4 tsp. ground cinnamon
1/4 cup chilled butter or stick margarine, cut into small pieces (I used Corman's light baking butter)
3 tbsp. finely chopped walnuts
cooking spray
2 tsp. 1% low-fat milk (I used 1 tsp. skim)
2 tsp. sugar

Combine 2/3 cup milk and coffee granules in a microwave-safe bowl. Microwave on High 1 minute; stir until coffee dissolves. Cover and chill completely. Stir in vanilla and egg.

Preheat oven to 425 F. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next four ingredients in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in walnuts. Add milk mixture, stirring just until moist (dough will be sticky).

Turn dough out onto a lightly floured surface; knead lightly 4 times with floured hands. Pat dough into an 8-inch circle on a baking sheet coated with cooking spray. Cut dough into 10 wedges; do not separate. Brush dough with 2 tsp. milk; sprinkle with 2 tsp. sugar. Bake at 425 for 20 minutes or until browned. Serve warm.

Southwestern Pumpkin Soup

Source: Unknown WW board

Healthy Units 0 for 1 cup

servings: 7

Posted by: Zephyr1

date posted: 9/7/03

Comments: I used fajita seasoning I did not have southwestern seasoning nor did I know what it was. This whips up in 5 minutes and paired with a salad is a nice hearty meal. Great source of Vitamin A with all that pumpkin.

Ingredients:

1 can unsweetened pumpkin

3 or four cups beef, chicken or veg. fat free broth (depends on thickness you want to achieve)

1 cup or more of your favorite salsa

2 TB or more McCormick Mexican Seasoning

Dash Tobasco

Salt & Pepper

Instructions:

Combine all in a pot and stir well to mix.

Simmer until warm.

You can add fresh corn kernels off the cob for a point...beans for a point...grilled chicken...tofu...cilantro fresh on top...possibilities are endless . . .

Notes: Finally tried that new southwestern pumpkin soup very tasty and easy. Nice if you like spicy. It is not very gourmet but is a nice different version of the zero point soup. I paired it with a big salad of spinach, red pepper avocado and tuna with Lite salsa dressing this made a great light Tex. Mex. meal for a small amount of points.

Brushetta Pomodora

Source: Cooking Light 9/97

Healthy Units: 2

Servings: 10

Posted By: Zephyr1

Date posted: 9/7/03

Comments: This was excellent. I usually find these tasteless. This was not. Tons of flavor. In addition, I would not substitute the olives use the kalamata it really adds to the overall flavor. A definite make-again.

INGREDIENTS

2 cups minced plum tomato (about 3/4 pound)
1-1/2 teaspoons capers
2 tablespoons chopped kalamata olives
1 tablespoon chopped red onion
1 tablespoon chopped fresh basil
1 tablespoon extra-virgin olive oil
1/4 teaspoon salt
1/4 teaspoon balsamic vinegar
1/8 teaspoon pepper
10 (1/2-inch-thick) slices diagonally cut French bread
baguette, toasted

Estimated Total Time: 60 minutes

INSTRUCTIONS:

Combine all the ingredients except French bread; cover and let stand 30 minutes.
Drain the tomato mixture.
Top each bread slice with 1 tablespoon of tomato mixture.

YIELD: 10 servings.

NUTRITIONAL INFO

calories: 95 carbohydrates: 15.8 g cholesterol: 1 mg fat: 2.6 g sodium: 255 mg protein:
2.2 g calcium: 15 mg iron: 0.8 mg fiber: 1.1 g

Grilled Lemon-Basil Snapper with Roasted Peppers

H.U. – 5

Servings: 4 (main course)

Source: CL Reader's Favorites

Posted by: oduamy1(Amy)

Posted on: 9/7/03

Ratings: 3 (maybe 4)

Comments: nice light supper. Nothing to do cartwheels over but has a nice flavor.

3 large red bell peppers
2 tablespoons minced fresh basil
3 tablespoons water
2 tablespoons balsamic vinegar
1 tablespoon extra-virgin olive oil
2 teaspoons grated lemon rind
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 (6-ounce) red snapper fillets or other firm white fish fillets
Cooking spray

1) Preheat broiler. Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 12 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and cut into 1/2-inch-wide strips.

2) Combine the basil and next 6 ingredients (basil through black pepper) in a medium bowl; stir well with a whisk. Add pepper strips; toss well. Let stand 1 hour. Drain peppers, reserving marinade.

3) Prepare grill.

4) Brush both sides of fillets with the reserved marinade. Place fish on a grill rack coated with cooking spray. Grill 5 minutes on each side or until the fish flakes easily when tested with a fork, basting frequently with remaining basil mixture.

5) Divide pepper mixture evenly among 4 plates. Top each serving with a fillet.

Calories: 241 carbohydrates: 6.5 g cholesterol: 67 fat: 6.5 g sodium: 231 mg protein: 38.3 g calcium: 68 mg iron: 1.8 mg fiber: 1.8 g

Greek Steak Pitas with Dill Sauce

H.U. – 8

Yield – 4 servings (2 stuffed pita halves)

Posted by: oduamy1 (Amy)

Source: CL September 2003 pg 150

Posted on: 9/8/03

CL Comments: The lemon-juice marinade quickly penetrates the steak, so a 10-minute soak is enough to flavor the meat. Try crumbled goat or blue cheese in place of the feta.

Amy's Comments: I was pleasantly surprised at how filling and good this was! The dill sauce was fantastic! Can't wait for the leftovers!! (I made the dill sauce first and let it sit in the fridge a while to kind of mesh flavors)

Sauce:

1/2 cup plain fat-free yogurt

2 teaspoons chopped fresh dill

1/4 teaspoon salt

1/4 teaspoon black pepper

1 garlic clove, minced

Steak:

1/2 cup fresh lemon juice

1 teaspoon dried oregano

1/2 tsp black pepper

2 garlic cloves, minced

1 (1-pound) flank steak, trimmed

Remaining:

Cooking spray

4 (6-inch) pitas, cut in half

4 romaine lettuce leaves, halved

1/4 cup (1 oz) crumbled feta cheese

1) Prepare grill or broiler.

2) To prepare sauce, combine first 5 ingredients, stirring with a whisk.

3) To prepare steak, combine juice and next 4 ingredients (juice through steak) in a large zip-top plastic bag; seal. Marinate in refrigerator 10 minutes, turning once. Remove steak from bag; discard marinade.

4) Place steak on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness. Let stand 5 minutes. Cut steak diagonally across grain into thin slices. Line each pita half with 1 lettuce leaf half. Divide steak evenly among pita halves. Spoon 1 tablespoon sauce and 1 ½ teaspoons cheese into each pita half.

Nutritional information: Calories 386; Fat 10.9g; Protein 31.6g; Carbs 38.6; Fiber 1.7g; Cholesterol 64 mg; Iron 4.2 mg; Sodium 643 mg; Calcium 165 mg

Shiitake Mushroom and Gorgonzola Pizza (Part I)

CL Website

HU: 6 (including the dough recipe on the following page)

Servings: 4 (2 wedges each)

Posted by andygrammy(Claudia)

September 9, 2003

Comments: I will post the dough recipe separately. It is not the same as the CI recipe currently in the comp. I have made this in both regular and ventilated pizza pans, and it has come out great either way. Don't skimp on the sour cream- I don't think a little extra raises the HU's any, and it keeps it from being dry. Good gorgonzola really makes a difference here- I tried it once with the crumbles in the plastic container and it wasn't as good as with the wedge of good cheese you crumble on yourself. I usually use Shiitake and cremini mushrooms.

INGREDIENTS:

1/2 recipe Pizza Dough

Cooking spray

1 tablespoon cornmeal

1 teaspoon olive oil

1-1/2 cups thinly sliced button mushrooms

1-1/3 cups thinly sliced Shiitake mushrooms

1 cup vertically sliced red onion

1/8 teaspoon salt

1/8 teaspoon black pepper

3 tablespoons low fat sour cream

1/2 cup (3 ounces) crumbled Gorgonzola or other blue cheese

INSTRUCTIONS:

Preheat oven to 450 degrees.

Roll the dough into a 12-inch circle on a lightly floured surface. Place the dough on a 12-inch pizza pan or a baking sheet coated with cooking spray and sprinkled with cornmeal. Crimp the edges of the dough with your fingers to form a rim.

Heat the oil in a large nonstick skillet over medium heat. Add mushrooms and onion; sauté for 5 minutes. Cover, reduce heat to medium-low, and cook for 3 minutes or until the onion is very tender. Stir in the salt and pepper.

Spread the sour cream over pizza crust, leaving a 1-inch border. Top with mushroom mixture; sprinkle with cheese. Bake at 450 degrees for 15 minutes or until lightly browned. Cut into 8 wedges.

NUTRITIONAL INFO:

Calories: 296 carbohydrates: 44.4g cholesterol: 16mg fat: 8.7gmg sodium: 382mg protein: 10.3g calcium: 118mg iron: 3.1mg fiber: 2.7g

Pizza Dough (Pizza con't Part II)

CL Website

HU ?

Servings 2 (12 inch crusts)

Posted by andygrammy (Claudia)

September 9, 2003

Comments: I am not sure if these nutritionals are for the whole recipe or per each half.
But the HU's on the pizza recipe include the crust.

INGREDIENTS:

1 teaspoon sugar

1 teaspoon dry yeast (about 2 1/4 teaspoons)

1 1/4 cups warm water (100 to 110 degrees)

3 cups all-purpose flour, divided

1 tablespoon olive oil

1 teaspoon salt

Cooking spray

INSTRUCTIONS:

1. Dissolve sugar and yeast in warm water in a large bowl; let stand 5 minutes.

Lightly spoon flour into dry measuring cups, and level with a knife.

Add 2 3/4 cups flour, oil, and salt to yeast mixture; stir until blended.

Turn the dough out onto a floured surface; knead until smooth and elastic (about 10 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

2. 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, 1 hour or until doubled in size. (Press two fingers into the dough. If indentation remains, the dough has risen enough.)

Punch dough down; cover and let rest for 5 minutes.

Divide dough in half.

Shape dough according to recipe directions.

NUTRITIONAL INFO:

CALORIES 761 (11% from fat); FAT 8.8g (sat 1.2g, mono 5.2g, poly 1.3g); PROTEIN 20.7g;

CARB 146.5g; FIBER 5.8g; CHOL 0mg; IRON 9.3mg; SODIUM 1,179mg; CALC 32mg

Streusel-Oat Scones

CL Website

HU: 4 as written, 3 using my subs

Servings: 12 (my subs are 10 for 3pts)

Posted by Sharpeimommy(Linda)

9/9/03

Notes: I used half all-purpose and half whole wheat flour. I subbed light butter for the stick margarine and fat free buttermilk for the low fat. I also added 2 tsp. cinnamon to the batter, and 1 tsp. to the streusel. Next time I'd use brown sugar in the batter, too.

Ingredients

2 cup all-purpose flour

1/4 cup sugar

2 tsp baking powder

1/4 tsp baking soda

1/4 tsp salt

1/4 cup chilled stick margarine, cut into small pieces

3/4 cup low fat Buttermilk

1/4 cup Quick cooking oats

1/4 cup packed light brown sugar

1 tbsp margarine, melted

1 tbsp all-purpose flour

Instructions

1. Preheat oven to 450 degrees.
2. Combine first 5 ingredients in a medium bowl; cut in 1/4 cup margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Add buttermilk, stirring just until flour mixture is moist. Turn dough out onto a baking sheet coated with cooking spray. Pat dough into an 8-inch circle; set aside.
3. Combine oats, brown sugar, 1 tablespoon margarine, and 1 tablespoon flour, forming a streusel. Gently pat oats mixture into surface of dough. Cut dough into 12 wedges (do not separate wedges). Bake at 450 degrees for 15 minutes or until lightly browned. Serve warm.

CALORIES 169 (29% from fat); FAT 5.4g (sat 1.2g, mono 2.2g, poly 1.6g); PROTEIN 3.1g; CARB 27.2g; FIBER 0.8g; CHOL 0mg; IRON 1.2mg; SODIUM 141mg; CALC 74mg

Banana-Coconut Apple Crisp

CL Website

HU 4

Servings 9

Posted by andygrammy (Claudia)

September 10, 2003

This was a different spin on the standard apple crisp. The bananas and coconut add another dimension, and the flavor combination is somewhat tropical. We topped it with a spoonful of vanilla yogurt and thought it was very good. I might try some rum or rum extract in it next time. One note- there is no way you could use 3 pounds of apples in this: they would not fit in an 8 inch square dish.- I used about 2/3 of a three pound bag.

INGREDIENTS:

1/2 cup all-purpose flour

1/4 cup granulated sugar

1/4 cup packed light brown sugar

1/4 cup chilled butter or stick margarine, cut into small pieces

1/3 cup flaked sweetened coconut

7 cups sliced peeled Rome apple (about 3 pounds)

3/4 cup diced ripe banana

1/4 cup apricot preserves

3 tablespoons orange juice

INSTRUCTIONS:

Preheat oven to 375°F.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and sugars in a bowl; cut in butter with a pastry blender or 2 knives until mixture is crumbly. Stir in coconut.

Combine apple and remaining ingredients in a bowl; toss well. Spoon apple mixture into an 8-inch square baking dish or 1-1/2-quart casserole. Sprinkle with crumb mixture.

Bake at 375°F for 45 minutes or until golden.

NUTRITIONAL INFO:

calories: 216 carbohydrates: 40.3 g cholesterol: 14 fat: 6.7 g sodium: 67 mg protein: 1.2 g calcium: 15 mg iron: 0.7 mg fiber: 2.4 g

YIELD:

Yield: 9 servings.

WHOLE WHEAT CRANBERRY SCONES

Healthy Units: 3 per scone

Yield: 10

Posted by: CrissyBear

Posted on: Sep. 10, 2003

Source: WW Take Out Tonight

Comments: I made these a 2nd time for company -- adding an additional 1/4 cup of mixed dried fruit and cutting 8 wedges, which changed the points to 4 but the scone was more impressive.

INGREDIENTS:

1-1/3 cups all-purpose flour

2/3 cup whole wheat flour

1/4 cup sugar

2 1/2 tsp baking powder

1/4 tsp baking soda

1/4 tsp salt

3 Tbsp butter, cut into small pieces

1/4 cup sweetened dried cranberries

2 tsp grated orange rind

1 large egg, lightly beaten

1/2 cup fat-free buttermilk

1 tsp confectioner's sugar

Preheat oven to 375F. Line a baking sheet with parchment or wax paper.

Combine the flours, sugar, baking powder, baking soda and salt in a large bowl. Cut in the butter until the mixture is crumbly.

Add the cranberries and orange rind and stir with a fork. Add the egg and buttermilk and stir with a fork until the dry ingredients are just moistened. Gather the mixture into a ball, place on the baking sheet and pat into a 7-inch circle. Cut into 10 wedges with a knife dipped in flour. Do not separate the wedges. Bake until golden brown and a toothpick inserted in the center comes out clean, about 20 minutes. Transfer to a rack. Sift the confectioner's sugar over the top. Cut with a serrated knife and serve warm.

NUTRITIONAL INFO:

Per serving (1 wedge): 165 Calories, 4g Fat, 2g Fiber.

Ginger-Peanut Chicken-Salad Wraps

HU: 6

Source: CL Website

Serves: 8

Posted by: Lynn (LaNet68)

Comments: Very nice blend of flavors. I made half a recipe and may have accidentally put in the full amount of pepper---loved it!

Date: Sept. 10, 2003

INGREDIENTS:

1 teaspoon olive oil
6 (4-ounce) skinned, boned chicken breast halves
1 cup chopped seeded peeled cucumber
3/4 cup chopped red bell pepper
1-1/2 tablespoons sugar
1 tablespoon minced peeled fresh ginger
3 tablespoons fresh lime juice
1 tablespoon low-sodium soy sauce
1/4 teaspoon salt
1/4 teaspoon ground red pepper
1 garlic clove, crushed
1/4 cup creamy peanut butter
2 tablespoons water
3 tablespoons chopped fresh cilantro
8 (8-inch) fat-free flour tortillas
4 cups chopped romaine lettuce

INSTRUCTIONS:

Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 5 minutes on each side or until done. Remove the chicken from pan; cool. Shred the chicken into bite-size pieces. Place chicken, cucumber, and bell pepper in a large bowl; set aside.

Place sugar and the next 6 ingredients (sugar through garlic) in a blender, and process until smooth. Add peanut butter and water; process until smooth, scraping sides. Add peanut butter mixture to chicken mixture; stir well. Add cilantro, and toss well. Warm tortillas according to package directions. Spoon 1/2 cup chicken mixture onto each tortilla; top each serving with 1/2 cup lettuce, and roll up.

NUTRITIONAL INFO:

calories: 280 carbohydrates: 30.5 g cholesterol: 49 mg fat: 5.9 g sodium: 572 mg
protein: 25.8 g calcium: 29 mg iron: 2.5 mg fiber: 2.4 g

YIELD: 8 servings (serving size: 1 wrap)

Garlic Shrimp Stir-Fry

HU: 6

Source: (I think a Light and Tasty long ago)

Serves: 48

Posted by: Lisa(Aerobicmama)

Comments: Nice quick meal, fresh basil makes this!

Date: Sept. 10, 2003

INGREDIENTS:

4-6 cloves of garlic pressed
2 Tbsp. butter
1 pound shrimp (medium-large)
6-8 oz. snow peas
½ cup sweet red peppers sliced
2 cups sliced mushrooms
3 Tbsp. snipped basil
½ tsp. salt
¼ tsp. pepper
8 oz fat free chicken broth
2 cups cooked Texmati rice

Instructions:

In a large skillet, sauté garlic in butter until tender. Add the Shrimp, snow peas, peppers, basil, salt and pepper. Stir-fry for 5 minutes or until shrimp turn pink and vegetables are crisp-tender. Add broth and cook 1 minute longer or until heated through. Serve over rice.

Nutritionals: I will try to find.

Ultimate Quick and Easy Pasta Sauce

Source: The Complete Cooking Light Cookbook

Healthy Units: 2

Servings: 3 1-cup servings

Posted by: Linda(LXN1996)

Date: Sept. 10, 2003

CL Comments: You can substitute crushed or whole tomatoes for the diced. Crushed will give you a smooth, thick sauce; whole adds a nice chunkiness. Serve this sauce with your favorite pasta.

My comments: This was a really fast and easy pasta sauce. I used the balsamic vinegar and Muir glen fire roasted tomatoes. I also added some extra lean ground beef for the carnivores in the family. Very tasty.

Ingredients

- 1 tsp olive oil
- 1 cup onion(s)
- 4 clove garlic clove(s)
- 1/2 cup dry red wine or
- 2 tbsp balsamic vinegar
- 1 tbsp sugar
- 2 tsp dried basil
- 2 tbsp canned tomato paste
- 1/2 tsp Italian seasoning
- 1/4 tsp black pepper
- 29 oz canned diced tomatoes
- 2 tbsp parsley

Instructions

Heat oil in a saucepan or large skillet over medium-high heat. Add onion and garlic; sauté 5 minutes. Stir in wine and next 6 ingredients, and bring to a boil. Reduce heat to medium, and cook, uncovered, about 15 minutes. Stir in parsley.

Yield: 3 cups (serving size 1 cup)

Calories 126 (16% from fat); Fat 2.3g (sat0.4g, mono1.3g, poly0.5g); Protein 4.1g; Carb 25.2g; Fiber 3.7g; Chol 0mg; Iron 2.8mg; Sodium 461mg; Calc 110mg.

Asian Style Turkey Burgers

Cooking Light, March 1998, p.102

HU: 7

Servings: 4

Posted by: Savasana(Shannon)

Date: 9/10/03

CL Comments: This recipe calls for ground turkey, which includes both light and dark meat. You can trim the fat even more by substituting ground turkey breast, though the burgers will not be quite as flavorful.

Comments: I like the Natural Ovens "better buns" for these. I toast them in the toaster oven before serving. (Buns are included in the points.) I also like to crumble fat free feta on the top...that is not included in the points. These are terrific!

1 pound ground turkey
1/3 cup finely chopped onion
3 tablespoons finely chopped fresh parsley
2 tablespoons Worcestershire sauce
2 tablespoons minced green bell pepper
1 tablespoon low-sodium soy sauce
1 tablespoon cold water
2 teaspoons grated peeled fresh ginger
1/2 teaspoon salt
1/4 teaspoon pepper
2 garlic cloves, minced
Cooking Spray
4 (1 1/2-ounce) hamburger buns

Instructions:

Combine the first 11 ingredients in a large bowl. Divide turkey mixture into 4 equal portions, shaping each into a 3/4-inch-thick patty. Place a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add patties; cook 5 minutes on each side or until done. Serve on buns.

Cal 309 (35% from fat) Fat 12 Sat. Fat 3 Chol 90 Sodium 837 Carbs 25 Dietary Fiber 2 Protein 25

Turkey Meatballs Marsala

CL Website

HU: 9

Servings: 4

Posted by: andygrammy(Claudia)

September 11, 2003

Cook's Comments: I made this over the summer, and we really liked it. The meatballs and sauce re-heat very well also, so I think it will be a good freezer meal. The sauce is quite sweet- if you don't like sweet flavors with meat, you probably will not care for this dish. I used shallots instead of leek, because they were what I had on hand. Some minced parsley is nice sprinkled over the top for color.

Published: Cooking Light- 02/06/03

INGREDIENTS

2 tablespoons sweet breadcrumbs
2 tablespoons chopped green onions
1 teaspoon sweet Marsala wine
1/4 teaspoon salt
1/4 teaspoon black pepper
1 pound ground turkey
1 garlic clove, minced
2 teaspoons olive oil
1/2 cup chopped leek
1 cup water
1/2 cup 2% reduced-fat milk
2 tablespoons golden raisins
1/2 teaspoon grated lemon rind
1/4 teaspoon dried thyme
1/2 cup sweet Marsala wine
1 tablespoon cornstarch
1/4 teaspoon salt
3 cups hot cooked linguine (about 6 ounces uncooked pasta)

INSTRUCTIONS

1. Combine first 7 ingredients in a bowl; shape mixture into 24 (1-inch) meatballs. Heat oil in a large nonstick skillet over medium-high heat. Add meatballs; cook 10 minutes or until done. Remove meatballs from pan; set aside.

2. Add leek to pan, and sauté 3 minutes or until tender. Stir in water and next 4 ingredients (water through thyme), and bring to a boil.

3. Combine 1/2 cup Marsala, cornstarch, and 1/4 teaspoon salt, stirring with a whisk.

Add Marsala mixture to leek mixture, and cook over medium heat for 6 minutes or until slightly thick.

Return meatballs to pan; cook 3 minutes or until thoroughly heated.

Serve over linguine.

NUTRITIONAL INFO

CALORIES 416 (29% from fat); FAT 13.2g (sat 3.4g, mono 5.5g, poly 2.8g); PROTEIN 27.2g; CARB 45.5g; FIBER 1.6g; CHOL 92mg; IRON 4.1mg; SODIUM 454mg; CALC 89mg

Barbecue Baked Lentils

Source: Cooking Light Web site

Healthy Units: 4

Yield: 8 servings (3/4 cup each)

Posted by: Linda (LXN1996)

Sept. 12, 2003

Ingredients

3 cup water

2 cups dried brown lentils

1/2 tsp salt

1 cup chopped onions

2/3 cup ketchup

1/3 cup maple syrup

1/4 cup prepared mustard

1/2 tsp ground ginger

1/2 tsp vanilla extract

1/4 tsp ground allspice

1/4 tsp black pepper

Instructions

Preheat oven to 350.

Combine water, lentils, and 1/4 teaspoon salt in a large saucepan. Bring to a boil; cover, reduce heat to medium-low, and simmer 20 minutes. Drain lentils in a colander over a bowl, reserving 1 cup cooking liquid.

Combine lentils and diced onion in an 11x7-inch baking dish. Combine 1/4 teaspoon salt, reserved cooking liquid, ketchup, and the remaining ingredients. Pour the ketchup mixture over the lentil mixture, stirring to combine. Bake at 350 for 1 hour.

Nutritional Info: calories 233; carbohydrates 44.2g; cholesterol 0mg; fat 1g; sodium 488mg; protein 14.4g; calcium 49mg; iron 4.9mg; fiber 6.2g

Roasted Chicken with Wild Rice Soup

Source: CL All Time Favorites From Readers

Number of Servings: 8 (Serving size = 1-1/2 cup)

Healthy Units: 5

Posted by: bms2003 (Betty)

Date: September 12, 2003

1 (6-ounce) box long-grain and wild rice mix (such as Uncle Ben's)
1 T olive oil
1-1/2 c chopped red onion
1 c chopped celery
1 c chopped carrot
2 garlic cloves, chopped
1 (8-ounce) package mushrooms, halved (I sliced them)
1/4 c all-purpose flour
1/2 t dried tarragon
1/4 t dried thyme
2 c water
2 T dry sherry
2 (15.75) cans fat-free, less sodium chicken broth
1 (12-ounce) can fat-free evaporated milk
3 c shredded roasted skinless chicken

Prepare wild rice mix according to package directions; set aside.

Heat oil in a large Dutch oven over medium-high heat. Add onion and next 4 ingredients (onion through mushrooms); sauté for 6 minutes or until onion is tender. Lightly spoon flour into a dry measuring cup; level with knife. Stir flour, tarragon and thyme into onion mixture; cook 1 minutes, stirring frequently. Add 2 cups water, sherry, chicken broth, and evaporated milk; bring the mixture to a boil. Reduce heat, and simmer 20 minutes or until slightly thick.

Stir in cooked rice and chicken; cook 10 minutes or until thoroughly heated.

jillybean03 (Jill)'s Comments of 9/15/03: I halved the recipe, and used leftover roast chicken from the "crockpot/foil balls" deal. I had enough "juice" from the crockpot (de-fatted) to substitute for the canned broth. I omitted tarragon (hate it) This is delicious and "creamy". Very hearty.

Calories 246; Fat 6g; Protein 16.4g; Carb 31.2g, Fiber 2.1g, Chol 43mg; Iron 2.2mg; Sodium 690mg; Calc 173mg

Blueberry Crumb Cake

Source: CL Website and 1999 Annual

HU: 5.5 as written, 4.1 with changes

Servings: 8 (serving size: 1 wedge).

Posted by DebMj1

9/12/03

Notes: I think next time I might use all Splenda in the cake portion, not the crumbs. If you do that, and keep the rest of the changes I made, the points will drop to 3.4. I think this would also make terrific blueberry muffins. While I'm not sure, I think you could probably get 6 decent sized muffins out of this recipe. If you were to get 6 muffins, with all the changes noted (and all Splenda in the batter), it would be 4.5 points per muffin.

Cooking spray

2/3 cup sugar (I used 1/3 cup sugar and 1/3 cup Splenda)

1/4 cup stick margarine or butter, softened (I used Corman's light baking butter)

1 teaspoon vanilla extract

1 large egg

1-1/3 cups all-purpose flour

1 teaspoon baking powder

1/4 teaspoon baking soda

1/8 teaspoon salt

3/4 cup low-fat buttermilk (I used soured skim milk)

1 cup blueberries

3 tablespoons sugar

3 tablespoons all-purpose flour

1 tablespoon stick margarine or butter, melted (I used Corman's here too)

1 teaspoon ground cinnamon

Preheat oven to 350°F.

Coat a 9-inch round cake pan with cooking spray; line bottom with wax paper. Coat wax paper with cooking spray.

Beat 2/3 cup sugar and 1/4 cup margarine at medium speed of a mixer until blended (about 5 minutes). Add vanilla and egg; beat well. Lightly spoon 1-1/3 cups flour into dry measuring cups; level with a knife. Combine 1-1/3 cups flour, baking powder, baking soda, and salt. Add flour mixture to creamed mixture alternately with buttermilk, beginning and ending with flour mixture. Stir in blueberries.

Pour into prepared pan. Combine 3 tablespoons sugar and remaining ingredients in a bowl; stir until mixture resembles coarse meal. Sprinkle sugar mixture over batter. Bake at 350°F for 40 (I baked for 37) minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.

NUTRITIONAL INFO (of original CL recipe) calories: 264 carbohydrates: 43.7 g cholesterol: 28 fat: 8.2 g sodium: 193 mg protein: 4.3 g calcium: 75 mg iron: 1.4 mg fiber: 1.5 g

Lemon Rosemary Custard Cakes

The Complete Cooking Light Cookbook, p. 166

Healthy Units 5

Servings 6

Posted by Lesley (LMaybloom)

09/14/03

Ingredients

3 large egg whites (at room temperature)

3/4 cup sugar, divided

2 tablespoons stick margarine, softened

1/4 cup all-purpose flour

1 teaspoon grated lemon rind

1/4 cup fresh lemon juice

1 teaspoon minced fresh rosemary

Dash salt

3 large egg yolks

1 1/2 cups 1% low-fat milk

Cooking spray

1 tablespoon sifted powdered sugar

Rosemary sprigs (optional)

Instructions

1. Preheat oven to 350°.

2. Beat egg whites at medium-high speed of a mixer until foamy. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Set aside.

3. Beat 1/2 cup sugar and margarine at medium speed of a mixer until well blended (about 5 minutes). Add flour, rind, juice, rosemary, and salt, and beat well. Add egg yolks and milk, and beat well. Gently stir one-fourth of egg white mixture into batter; gently fold in remaining egg white mixture. Spoon into 6 (6-ounce) custard cups coated with cooking spray. Place cups in a baking pan, and add hot water to pan to a depth of 1 inch. Bake cakes at 350° for 45 minutes or until set. Remove cups from pan, and sprinkle with powdered sugar.

Per Serving (excluding unknown items): 220 Calories; 7g Fat (28.4% calories from fat); 6g Protein; 34g Carbohydrate; trace Dietary Fiber; 109mg Cholesterol; 107mg Sodium.

Comments: When they come out, they have a light angel-food cake texture on top and a lemony custard on the bottom. I sampled one for quality control, of course. YUM!

Pork 'n' Slaw Sandwiches

Source: In Good Time, a WW cookbook

Healthy Units: 7

Servings: 15

Posted By: HappyHomemaker

Date: 9/14/03

1 (3-lb.) lean boneless pork loin roast
1 c. water
1 (18-oz.) bottle bbq sauce
2 tbsp. brown sugar
1 1/2 tbsp. hot sauce
1/2 tsp. salt
1/2 tsp. pepper
2 1/2 c. prepackaged cabbage-and-carrot coleslaw
1/3 c. light coleslaw dressing (such as Marzetti)
15 (2-oz.) hamburger buns

Note: I don't follow the instructions for the coleslaw. This is how I make my coleslaw for this:

1-16 oz. bag of coleslaw mix
1/2 bottle of Marzetti's Light Coleslaw Dressing
1/2 green pepper, diced
1/2 bunch of green onions, chopped
2 tbsp. sugar or Splenda

Mix all ingredients together. Refrigerate until ready to serve. I normally double everything and just use the whole bottle of Marzetti's Dressing.

1. Trim fat from roast. Place roast and water in a 4-quart electric slow cooker. Cover with lid; cook on high-heat setting 7 hours or until meat is tender. Drain pork, discarding cooking liquid. Return pork to slow cooker, and shred with 2 forks.

2. Add bbq sauce and next 4 ingredients to pork in slow cooker; stir well. Reduce to low-heat setting; cover and cook 1 hour.

3. Combine coleslaw and dressing in a bowl; toss well. Serve bbq on buns with coleslaw.

Makes 15 servings (serving size: 1 bun, 1/3 c. bbq, and about 2 tbsp. coleslaw).

Per serving: Cal 331 (26% from fat); Pro 22.2g; Fat 9.7g (sat 2.8g); Carb 38.1g; Fib 2.3g; Chol 51mg; Iron 2.4mg; Sod 835mg; Calc 75mg

Stuffed Shrimp with Lemon-Pomegranate Glaze

Source: Cooking Light (Website)

Serving As appetizer 12 (2 shrimp each), as light meal 4 (6 shrimp each)

Healthy Units: 2 HU in appetizer format, 6 HU in light meal format

Posted by: JoanBorsten

Date: September 14, 2003

NOTE: If I make this again, I will decrease cumin and coriander.

This sweet-tart appetizer goes best with a classic pilsner, such as Pilsner Urquell from the Czech Republic, Redhook esb, or a Thai beer, such as Singha.

INGREDIENTS:

Sauce: 1-1/2 teaspoons grated lemon rind

1/3 cup fresh lemon juice

3 tablespoons pomegranate molasses

3 tablespoons olive oil

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 garlic clove, minced

Shrimp:

24 unpeeled jumbo shrimp (about 1 1/2 pounds)

1/2 cup finely chopped onion

3/4 pound skinless, boneless chicken breast

1 tablespoon Hungarian sweet paprika

1 tablespoon chopped fresh cilantro

1 tablespoon chopped fresh mint

2 teaspoons tomato paste

1 teaspoon ground cumin

1 teaspoon ground coriander

3/4 teaspoon salt

1/2 teaspoon ground turmeric

1/2 teaspoon freshly ground black pepper

1/4 teaspoon grated peeled fresh ginger

1/4 teaspoon ground red pepper

2 garlic cloves, minced

Cooking spray

Cilantro sprigs (optional)

INSTRUCTIONS:

1. To prepare sauce, combine first 7 ingredients, stirring with a whisk. Remove 2 tablespoons sauce; set aside. Reserve remaining sauce for dipping.

2. Preheat oven to 425 degrees.
3. To prepare shrimp, peel and devein shrimp, leaving tails intact.
4. Cook chopped onion in boiling water for 2 minutes or until tender. Drain and rinse with cold water; drain. Place onion in a large bowl.
5. Place chicken in a food processor; process until coarsely chopped. Add chicken, paprika, and next 11 ingredients (paprika through 2 garlic cloves) to onion; stir well.
6. Place the shrimp in a single layer on a large baking sheet coated with cooking spray. Arrange shrimp on their sides, so that each forms a "C" shape. Spoon a heaping tablespoon of chicken mixture into the center of each shrimp. Gently press the chicken mixture until it touches sides of shrimp.
7. Brush shrimp with 2 tablespoons sauce. Bake at 425 degrees for 10 minutes or until shrimp are done and stuffing is firm. Serve with remaining 1/2 cup sauce. Garnish with cilantro sprigs, if desired.

NUTRITIONAL INFO: CALORIES 145 (30 percent from fat); FAT 4.9g (sat 0.8g, mono 2.7g, poly 0.8g); PROTEIN 18.4g; CARB 6.4g; FIBER 0.6g; CHOL 103mg; IRON 2.2mg; SODIUM 263mg; CALC 52mg YIELD: 12 servings (serving size: 2 shrimp and 2 teaspoons sauce)

Heuvos Rancheros Casser-Olé

H.U.: 2 per serving

Posted by: Amy (oduamy1)

Posted on: September 15, 2003

Servings: 12

Source: Amy's kitchen! An experiment gone right!! I couldn't resist the name! LOL

Comments: I used the original Rotel, but if you don't like it spicy, go for the milder (or if you like it HOT go for spicier!)

3 cups egg substitute
1 cup skim milk
1 teaspoon salt
1 teaspoon dry mustard
6 slices whole wheat bread
1 1/2 cups shredded reduced fat cheddar cheese
2 cans tomatoes with green chiles (Rotel)

1) Cube bread and spread over bottom of a 13x9" pan that has been sprayed with Pam.

2) Sprinkle with 3/4 cup cheese.

3) Drain tomatoes (but keep the liquid!) and sprinkle them over the bread.

4) Sprinkle with remaining 3/4 cup cheese.

5) Combine tomato liquid (should be about a cup) and skim milk to make 2 cups liquid. Pour in eggbeaters, dry mustard, and salt. Whisk together.

6) Pour liquid over top of casserole dish.

7) Cover and put in the refrigerator overnight.

8) In the morning - uncover and cook at 350 degrees for 45 minutes (or until firm to the touch!)

Per Serving (excluding unknown items): 99 Calories; 2g Fat (15.3% calories from fat); 11g Protein; 10g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 623mg Sodium.
Exchanges: 1/2 Grain (Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat.

Mediterranean Hummus

Source: Cooking Light Community Board

Healthy Units: 1

Serves: 14

Posted by: Kate (KateWD)

September 15, 2003

1/4 cup chopped bottled roasted red bell peppers

1/4 cup pitted kalamata olives

3 tablespoons fresh lemon juice

2 teaspoons extra-virgin olive oil

1/4 teaspoon salt

1/8 teaspoon black pepper

2 garlic cloves

1 (15-oz) can chickpeas (garbanzo beans), rinsed and drained

Place all ingredients in a food processor; process until smooth, scraping sides of processor bowl once. Store in an airtight container in refrigerator. Yield: 1 3/4 cups (serving size: 2 tablespoons).

French Dip Sandwich

Source: Community Recipe Swap

Healthy Units: 6

Serves: 6

Posted by: Kate (KateWD)

September 15, 2003

Comments: The healthy units for this recipe were calculated using 1 pt rolls. Using different rolls will change the healthy units

1.5 lbs sliced cooked roast beef
1 1/2 cups water
2 beef bouillon cubes
1 tsp. instant minced onions
1/2 tsp. soy sauce
6 light buns or crusty hoagie buns
1.5 cups low fat mozzarella cheese

- 1.combine beef, water and bouillon in a medium sauce pan and cook over medium heat until heated through. Stir occasionally.
2. Then add onion and soy sauce and continue cooking another 2-3 minutes.
- 3.While beef is warming slice hoagie buns in 1/2 and sprinkle 1/4c cheese on each bun (1/8 c on each 1/2) place on cookie sheet and bake until cheese is melted and bun is toasted.
4. Serve 4oz of beef in each sandwich and serve juice in separate bowl for dipping.

Spinach and Cheese Quiche

Recipe Source: WW Complete Cookbook (1994)

Healthy Units: 2 for custard only

Servings: 6

Posted by: pbkennedy (Paula)

Date: 09/15/2003

Ingredients:

10 oz frozen chopped spinach, thawed and squeezed dry

1 1/2 cup Skimmed Evaporated Milk

1 1/2 oz Parmesan cheese

2 large egg(s)

3 items egg white(s)

1/3 cup 1% low-fat cottage cheese

1/4 tsp black pepper

Comments: I sometimes bake this in 6 custard cups placed in a hot water bath and sometimes use a pre-baked pie shell. Since pie shells vary, I have not included those points here.

Instructions:

1) Preheat oven to 425. In medium bowl, whisk together evaporated milk, cottage cheese, Parmesan cheese, eggs, egg whites and pepper. Spread spinach evenly in bottom of pie plate or custard cups.

2) Place pie shell on jellyroll pan, or custard cups in 1 inch of boiling water in deep dish. Bake 15 minutes. Reduce heat to 350 and bake 20 minutes longer or until knife inserted comes out clean. Cool 10 minutes before serving.

Chicken Stroganoff

Cooking Light Magazine April? 2003

Healthy Units: 11

Servings: 4

Posted by: trishblau

date: September 15, 2003

Cook's comments: This is a little on the high side, but was a great dinner when you feel like a splurge. I used 2 pieces of regular bacon instead of 4 pieces of turkey bacon. I also added 8 ounces of sliced mushrooms with the chicken and onions.

Ingredients

- 4 turkey bacon slices
- 1 1/2 cups chopped onion
- 1 pound skinless, boneless chicken breasts, cut into 1/4 inch strips
- 1 1/2 cups fat-free chicken broth
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon paprika
- 2 garlic cloves, minced
- 1 (8-ounce) container reduced-fat sour cream
- 2 tablespoons all-purpose flour
- 4 cups hot cooked medium egg noodles

Instructions

Cook bacon in a large nonstick skillet over medium heat until crisp.
Remove bacon from pan, crumble.
Add onion and chicken (mushrooms if using) to drippings in pan, sauté 6 minutes.
Add bacon, broth, salt, pepper, paprika, and garlic; bring to a boil.
Cover, reduce heat, and simmer 10 minutes.

Combine the sour cream and flour, stirring until smooth.
Add sour cream mixture to pan, and bring to a boil.
Reduce heat and simmer 2 minutes, stirring constantly.
Serve over egg noodles.

Calories 514; fat 14.1 g; protein 41.1g; carb 53.3g; fiber 3.1g; chol 162 mg; iron 2.4 mg; sodium 770 mg; calc 154 mg

Balsamic Vinegar Chicken with Almond Peppers

Source: Cooking Light (Website)

Servings: 6 (1 chicken breast half plus 1/2 cup almond pepper mixture)

Healthy Units: 6/serving

Posted by: joan borsten

Date: September 15, 2003

JB comments: Pretty easy and very tasty. A little labor intensive. Will make again. Love the balsamic vinegar-bell pepper combination, and the nuts and raisins are a great touch. Some of the CL reviewers substituted cherries and cranberries for the raisins. Next time will use chicken tenders to eliminate pounding. Used red and yellow peppers, which was really pretty. Doubled the vinegar and water at the end.

INGREDIENTS:

2 large red bell peppers (about 3/4 pound)

2 large green bell peppers (about 3/4 pound) 2 teaspoons olive oil

1/3 cup raisins

1/4 cup balsamic vinegar

1-1/2 teaspoons sugar

1/4 teaspoon salt

1/8 teaspoon black pepper

1/4 cup slivered almonds, toasted

6 (4-ounce) skinned, boned chicken breast halves

3 tablespoons dry breadcrumbs

3 tablespoons grated Parmesan cheese

1/4 cup all-purpose flour

2 egg whites

2 teaspoons olive oil

2 tablespoons balsamic vinegar

2 tablespoons water

INSTRUCTIONS:

Cut bell peppers into 2 x 2-1/2-inch strips. Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat. Add peppers; sauté 8 minutes. Add raisins; sauté 1 minute. Add 1/4 cup vinegar, sugar, salt, and black pepper; cook 1 minute. Remove from heat; stir in almonds. Set aside, and keep warm.

Place each piece of chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin. Combine breadcrumbs and cheese in a shallow dish. Place flour in a shallow dish; dredge each chicken piece in flour, and dip in egg whites. Dredge chicken in breadcrumb mixture. Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat. Add the chicken, and cook for 3 minutes on each side or until done. Remove from heat. Place the chicken and bell pepper mixture on a serving platter; set aside, and keep warm. Add 2 tablespoons vinegar and water to pan; stir with a wooden spoon to loosen browned bits. Spoon mixture over chicken and bell pepper mixture.

NUTRITIONAL INFO: calories: 288 carbohydrates: 19.4 g cholesterol: 74 fat: 9.5 g sodium: 253 mg protein: 31.3 g calcium: 73 mg iron: 2.8 mg fiber: 2.6 g

Macaroni Salad

www.cookinglight.com

Points: 4 per serving

Posted by: Bawstinn32 (Maria)

September 16, 2003

A Cooking Light reader asked us to lighten one of her favorite recipes--a homey melange of pasta, diced ham, and fresh veggies. We did it by using reduced-fat sour cream, mayonnaise, and cheddar, plus lean ham. The result was so good, it stumped our crackerjack taste-testers when it was served next to the original heavy version.

INGREDIENTS:

2/3 cup low-fat sour cream

1/3 cup light mayonnaise

2 tablespoons chopped fresh parsley

2 tablespoons sweet pickle relish

1 tablespoon spicy brown mustard

1/4 teaspoon white pepper

4 cups cooked elbow macaroni (about 8 ounces uncooked pasta)

1 cup sliced green onions

1 cup frozen green peas, thawed

3/4 cup (3 ounces) diced reduced-fat sharp cheddar cheese

1/2 cup diced carrot

1/2 cup diced green bell pepper

1/2 cup sliced celery

1/2 cup diced lean ham (about 2 ounces)

INSTRUCTIONS:

Prep Time: 10 minutes

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

NUTRITIONAL INFO:

calories: 229 carbohydrates: 28.8 g cholesterol: 15 mg fat: 7.5 g sodium: 203 mg
protein: 9.9 g calcium: 123 mg iron: 1.8 mg fiber: 1.9 g

YIELD:

8 servings (serving size: 1 cup)

Chicken Stuffed with Fontina, Prosciutto and Basil

Source: www.foodandwine.com

Healthy Units: 6 (as is)

Servings: 4

Posted By: Ishaver5(Lissa B)

Date Posted: 9/15/03

Comments: This one was really good – It's kind of like a fancier Cordon Bleu. I substituted one slice of Healthy Choice Ham instead of the Proscuitto b/c I do not like Proscuitto at all. I also only used a teaspoon of regular olive oil, which brought the points down too. With my changes and using 4oz uncooked chicken breast rather than 6oz, it was only 4.5 healthy units – I do not have MasterCook and did this in my own excel file so you may want to double check. There was enough oil left in the pan that I did not add any with the shallots.

Ingredients

Four 6-ounce skinless, boneless chicken breast halves, tenders removed and reserved for another use

Salt and freshly ground pepper

1 ounce Fontina, Manchego or fresh Pecorino Romano cheese, shaved with a vegetable peeler

1 ounce thinly sliced prosciutto (about 4 slices), trimmed of all visible fat

4 basil leaves

1 tablespoon extra-virgin olive oil

1 small shallot, minced

1 1/2 cups grape tomatoes, halved

2 tablespoons balsamic vinegar

1/4 cup chicken stock or canned low-sodium broth

Chicken Stuffed with Fontina, Prosciutto and Basil continued..

1. Using a knife, cut into the side of each chicken breast half to create a pocket; do not cut all the way through. Season the pockets with salt and pepper and stuff them with the Fontina, prosciutto and basil leaves. Close the chicken pockets, tucking in any filling. Pound with a meat pounder to flatten slightly.

2. In a large nonstick skillet, heat 2 teaspoons of the olive oil until shimmering. Season the chicken with salt and pepper and cook over moderately high heat, turning once, until golden and cooked through and the cheese is beginning to melt, about 12 minutes. Transfer to plates, cover loosely and keep warm.

3. Add the remaining 1 teaspoon of olive oil to the skillet along with the shallot and cook over moderate heat until softened. Add the tomatoes and cook, tossing, until heated through, about 2 minutes. Add the vinegar and cook until nearly evaporated, about 30 seconds. Add the stock, season with salt and pepper and simmer until slightly reduced, about 2 minutes. Spoon the tomato sauce over the chicken and serve.

Per serving 270 calories, 9.8 gm total fat, 3.4 gm saturated fat, 7 gm carb and I estimated 1g Fiber

Halibut with Citrus Couscous, Red Onion Marmalade, and Cilantro Almond sauce

Source: CL Website

Healthy Units: 9

Servings: 4

Posted by: andygrammy(Claudia)

September 16, 2003

Comments: The predominant flavors here are spicy-sweet. The only change I would make when I do this again would be maybe to decrease the honey in the sauce, or increase the lime juice. It was quite sweet, which I like, but might be too much from some. This is so pretty, with the variations in color and texture, It would make a great dish for company, because all the fussy parts of the recipe could be done ahead, leaving a quick and easy preparation at the last minute.

INGREDIENTS:

Marmalade:

1/4 cup fresh orange juice
1/4 cup port or other sweet red wine
2 tablespoons sugar
2 tablespoons red wine vinegar
1 cup vertically sliced red onion
1 teaspoon grated orange rind
1/8 teaspoon salt
Dash of black pepper

Sauce:

1-1/2 cups chopped fresh cilantro
1/2 cup sliced almonds, toasted
1/4 cup finely chopped seeded jalapeno pepper (about 2 large)
1/4 cup fresh lime juice
3 tablespoons water
2 tablespoons honey
1 teaspoon ground cumin
1/4 teaspoon salt
1/8 teaspoon black pepper
2 garlic cloves, peeled

Couscous:

3/4 cup water
1/4 teaspoon grated lemon rind
1/4 teaspoon grated orange rind
2 tablespoons fresh lemon juice
2 tablespoons fresh orange juice
1 teaspoon chile paste
1/4 teaspoon salt
1/4 teaspoon curry powder
1/4 teaspoon black pepper
2 garlic cloves, minced
1 cup uncooked couscous

Halibut:

1 tablespoon curry powder
1/2 teaspoon salt
4 (6-ounce) skinned halibut fillets (about 1 inch thick)
Cooking spray
2 cups gourmet salad greens

INSTRUCTIONS:

To prepare marmalade, combine first 4 ingredients in a small non-aluminum saucepan. Bring to a boil; cook until reduced to 1/2 cup (about 5 minutes). Add onion and 1 teaspoon orange rind; cook 5 minutes. Sprinkle with 1/8 teaspoon salt and dash of black pepper; set aside.

To prepare sauce, combine cilantro and next 9 ingredients (cilantro through peeled garlic) in a blender or food processor; process until smooth.

To prepare couscous, bring 3/4 cup water and next 9 ingredients (water through minced garlic) to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand for 5 minutes. Fluff with a fork.

To prepare the halibut, combine curry and 1/2 teaspoon salt. Rub the fillets with curry mixture. Lightly coat with cooking spray. Heat a large nonstick skillet over medium-high heat until hot. Add fillets, and sauté 4 minutes on each side or until fish flakes easily when tested with a fork.

Place 1/2 cup salad greens on each of 4 plates, and top each serving with 1 cup couscous. Arrange fillets on top of couscous, and top with 2 tablespoons marmalade. Spoon 1/4 cup sauce around plate.

NUTRITIONAL INFO:

calories: 428 carbohydrates: 42.4 g cholesterol: 80 fat: 11.1 g sodium: 804 mg protein: 42.1 g calcium: 192 mg iron: 5.2 mg fiber: 4.9 g

YIELD:

Yield: 4 servings

Cheese Pie

Source: Cooking Light (Website)

Serves 10: 1 wedge of pie + 3 T of sauce

Healthy Units: 5

Posted by: JoanBorsten

Date: September 16, 2003

Cook's comments: Very good. Lighter than cheesecake. Flavorful. Dinner party quality. For portion control I baked in 8 large and 4 smaller ramekins and used the graham cracker crumbs only on the bottom and a few sprinkled on the top. I am sure you could substitute low cal butter and Splenda to lower the HUs.

INGREDIENTS:

Crust: 1 1/4 cups low-fat graham cracker crumbs (about 8 cookie sheets)

2 1/2 tablespoons melted butter, 1/4 cup sugar, Cooking spray

Filling:

1/2 cup sugar

1-1/2 cups fat-free cottage cheese

1/2 cup (4 ounces) 1/3-less-fat cream cheese

1/4 cup vanilla fat-free yogurt

2 tablespoons all-purpose flour

1 teaspoon vanilla extract

1/8 teaspoon salt

2 large eggs 2 large egg yolks

2 large egg whites

2 tablespoons sugar

Sauce:

2 cups chopped strawberries

3 tablespoons sugar

1/2 teaspoon cornstarch

INSTRUCTIONS:

1. Preheat oven to 325 degrees.

2. To prepare crust, combine first 3 ingredients; toss with a fork until moist. Press into bottom and up sides of a 10-inch pie plate coated with cooking spray; chill.

3. To prepare filling, combine 1/2 cup sugar and next 8 ingredients (1/2 cup sugar through egg yolks) in a blender, and process until smooth. Place cheese mixture in a large bowl. Place egg whites in a second large bowl; beat until soft peaks form. Add 2 tablespoons sugar, beating until stiff peaks form. Gently fold egg white mixture into cheese mixture; pour into prepared crust. Bake at 325 degrees for 45 minutes or until center barely moves when pan is touched. Cool to room temperature. Cover and chill at least 4 hours.

4. To prepare sauce, combine strawberries, 3 tablespoons sugar, and cornstarch in a saucepan; bring to a boil. Cook 1 minute, stirring constantly. Cool slightly. Place strawberry mixture in a blender; process until smooth. Strain. Serve with pie.

NUTRITIONAL INFO: CALORIES 259 (30 percent from fat); FAT 8.7g (sat 4.2g, mono 2.8g, poly 0.9g); PROTEIN 8.9g; CARB 36.6g; FIBER 1.1g; CHOL 103mg; IRON 0.9mg; SODIUM 328mg; CALC 58mg

Spaghetti Pie

Source: The Best of Cooking Light 2

Healthy Units: 9 per serving (the servings are LARGE)

Serves 8

Posted by: shelbylaw

September 16, 2003

1 pound ground round (I have substituted venison burger)

¼ teaspoon salt

¼ teaspoon black pepper

2 (8-oz) cans tomato sauce with garlic

1-1/2 cups low-fat sour cream (I have used fat free sour cream)

½ cup chopped green onions

¼ cup (2 oz) 1/3 less fat cream cheese, softened

4 cups hot cooked spaghetti (about 8 oz dry)

Cooking Spray

1-1/3 cups (about 5 ounces) shredded reduced-fat extra-sharp cheddar cheese

Pre-heat oven to 350.

Cook meat in a large nonstick skillet over medium heat until browned; stirring to crumble.

Drain well and return meat to pan.

Stir in salt, pepper, and tomato sauce.

Bring to a boil; reduce heat, and simmer for 20 minutes.

Combine the sour cream, onions, and cream cheese in a small bowl; set aside.

Place spaghetti noodles in 2-quart casserole dish coated with cooking spray.

Spread sour cream mixture over spaghetti noodles.

Top with meat mixture; sprinkle with cheddar cheese; cover and bake at 350 for 25 minutes. Uncover, bake an additional 5 minutes or until cheese is bubbly.

Calorie 408 (30% from fat); FAT 13.7g (sat 7.3g, mono 4.2g, poly 0.8g); PROTIEN 28.4g; CARB 39.9g; FIBER 2.9g; CHOL 67mg; IRON 3.4mg; SODIUM 849mg; CALC 376mg

Revisionist Mole

Source: A New Way to Cook

Healthy Units: 1 per 1/4 cup serving

Servings: Makes 1 quart

Posted by: trishblau

date: September 16, 2003

Ingredients:

6 dried ancho chiles

5 garlic cloves, unpeeled

1 teaspoon ground cinnamon

1/4 teaspoon dried basil

1/4 teaspoon dried oregano

1/4 teaspoon cumin seeds

1 1/2 cups chicken broth

1 tablespoon balsamic vinegar

1 1/2 teaspoon vegetable oil or rendered bacon fat

2 medium onions, chopped

One 28-ounce can of crushed tomatoes

On 1-ounce chunk of smoked ham, cut into 4 pieces

3/4 ounce Mexican chocolate or 1 tablespoon unsweetened cocoa powder

1 to 2 teaspoons sugar

salt

With scissors, split open the chiles and discard the stems and seeds. Cut the chiles into large flat pieces. In a heavy skillet, toast the chile strips over moderate heat, turning occasionally, until they begin to darken and smell pungent, about 3 minutes. Transfer to a medium bowl. Cover with about 2 cups boiling water and let soak for 20 minutes or until softened.

Meanwhile, add the garlic cloves to the skillet and toast about 15 minutes, turning occasionally, until the skins have blackened in spots and the garlic has softened somewhat. Remove from the heat.

In a blender, combine the garlic, cinnamon, basil, oregano, cumin seeds, chicken broth, and vinegar. Drain the ancho chiles and add to the mixture. Blend until smooth, about 1 minute.

In a large nonstick skillet, combine the oil and onions, cover and cook over low heat until the onions have begun to release some liquid, about 5 minutes. Uncover; increase the heat to moderate, and sauté onions until golden brown, 10-15 minutes.

Add the ancho chile mixture and cook, stirring, for 5 minutes. Stir in the tomatoes and ham, partially cover, and simmer until the sauce is very thick, about 25 minutes.

Add the chocolate and simmer until the sauce is very thick and has reduced to about 4 cups,

Chicken Stuffed with Goat Cheese and Garlic

September 2003 Issue p.138

HU: 10

Servings: 4 (1 chicken roll, 3/4 c. pasta, and 1/2 c. sauce)

Posted by sharpeimommy(Linda)

9/17/03

Notes: I thought the chicken rolls were very good. They might be a little better served with something a little jazzier than plain pasta. DH gave it a 7 out of 10.

Joan B. notes: RB brings it in at 8 HU if you use 0-point spaghetti sauce.

Ingredients:

4 ounces goat cheese, softened

3 Tbsp. thinly sliced fresh basil, divided

1 Tbsp. minced garlic

4 (6 ounce) skinless, boneless chicken breast halves

1 (25.5 ounce) jar fat-free Italian herb pasta sauce

3 whole garlic cloves

3 cups hot cooked fettuccine (about 6 ounces uncooked pasta)

1. Combine goat cheese, 2 Tbsp basil, and minced garlic. Set aside

2. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap and pound each half to a 1/4 inch thickness using a meat mallet or rolling pin.

Divide cheese mixture evenly among breast halves. Roll up jellyroll fashion. Tuck in sides; secure each roll with wooden picks.

3. Heat the pasta sauce and whole garlic cloves in a large skillet over medium heat, add chicken.

Cover and cook 25 minutes or until chicken is done.

Serve over pasta.

Garnish with 1 Tbsp. basil.

Calories: 503, Fat 8.3g; Protein: 57.2 g; Carb 48.1g; Fiber 5.5g; Chol: 112mg; Iron: 3.8mg; Sodium: 785mg; Calc 137mg

APRICOT SCONES

Cooking Light Website

Healthy Units: 4

Servings: 12

Posted by "Aerobicmama"

Date: 9-17-03

Comments: I used 1 $\frac{3}{4}$ cup flour and $\frac{3}{4}$ cup WW flour, and used $\frac{1}{4}$ cup sugar and $\frac{1}{3}$ cup Splenda because I like them a bit sweeter.

INGREDIENTS:

2-1/2 cups all-purpose flour

1/2 cup sugar

2 teaspoons baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1/4 cup chilled butter or stick margarine, cut into small pieces

1/2 cup finely chopped dried apricots

1/2 cup low-fat buttermilk

2 large eggs

Cooking spray

2 teaspoons sugar

1/2 teaspoon ground cinnamon

INSTRUCTIONS:

Preheat oven to 400 degrees.

Lightly spoon flour into dry measuring cups; level with a knife.

Combine flour and the next 4 ingredients (flour through salt), and cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal.

Stir in the apricots.

Combine the buttermilk and eggs, stirring with a whisk.

Add to flour mixture, stirring just until moist (dough will be sticky).

Turn dough out onto a lightly floured surface; knead lightly 4 times.

Pat dough into a 9-inch circle on a baking sheet coated with cooking spray.

Cut dough into 12 wedges, cutting into but not through dough.

Combine 2 teaspoons sugar and cinnamon, and sprinkle over dough.

Bake at 400 degrees for 20 minutes or until golden.

Serve warm.

NUTRITIONAL INFO:

CALORIES 196 (24% from fat); FAT 5.2g (sat 2.8g, mono 1.5g, poly 0.4g); PROTEIN 4.4g; CARB 33.7g; FIBER 1.3g; CHOL 47mg; IRON 1.8mg; SODIUM 239mg; CALC 71mg

YIELD:

1 dozen (serving size: 1 scone)

Honey Cake

Source: CL Website

HU: 5 (without changes, see comments)

Servings: 12

Posted by: littlechi92

Date: 9/17/03

Comments: I used 1/4 cup Splenda, 1/4 cup sugar. I also did not care for the raisins and walnuts in this so I just sprinkled sliced almonds on the top of the batter before baking. Those changes cut the points by quite a bit. To make the cake more moist and less dense, I added 1/4 tsp baking soda to the sugar and eggs and whisked for a very long time. I also sifted the flour. My cake was finished baking in 1 hour and 5 minutes.

Ingredients:

Cooking spray

1 tablespoon dry breadcrumbs

1/4 cup hot water

2 teaspoons instant espresso granules or 4 teaspoons instant coffee granules

1/2 cup sugar

2 large eggs

1/2 cup honey

3 tablespoons stick margarine, melted

1-3/4 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon ground cinnamon

1/4 teaspoon salt

1/2 cup chopped walnuts

1/2 cup golden raisins

Instructions

Preheat oven to 325 degrees.

Coat an 8 x 4-inch loaf pan with cooking spray, and dust with breadcrumbs; set pan aside.

Combine water and coffee granules, and set aside.

Combine sugar and eggs in a medium bowl; stir well with a whisk.

Add honey and margarine; stir well.

Combine flour, baking powder, cinnamon, and salt.

Add half of flour mixture to sugar mixture; stir well.

Add coffee mixture; stir well.

Add remaining flour mixture, and stir just until flour mixture is moist.

Stir in walnuts and raisins.

Spoon cake batter into prepared loaf pan, and bake at 325 degrees for 1 hour and 20 minutes or until a wooden pick inserted in center of cake comes out clean.

Cool cake in pan 10 minutes on a wire rack, and remove from pan.

Cool cake completely on wire rack.

Nutritional Info:

calories: 236 carbohydrates: 40.9 g cholesterol: 37 mg fat: 7 g sodium: 100 mg protein: 4.7 g calcium: 42 mg iron: 1.5 mg fiber: 1.3 g

Morosy Cristianos

Source: CL All-Time Readers' Favorites

HU: 5

Servings: 6 (1.5 cups each)

Posted by: Jen(Sweetbear75)

Date: September 17, 2003

Ingredients:

3 tbsp olive oil
1/2 cup chopped reduced-fat ham
1 cup chopped onion
3 garlic cloves, minced
1/2 cup tomato sauce
1 (15.75 oz) can less-sodium, fat-free chicken broth
2 cups long grain parboiled rice (such as Uncle Ben's)
1 tsp ground cumin
1 tsp ground oregano
1/2 tsp black pepper
2 (15 oz) cans black beans, rinsed & drained
1 bay leaf
1/2 cup finely chopped green bell pepper
Cilantro sprigs (optional)

Instructions:

1. Heat oil in a large Dutch oven over medium-high heat. Add ham, sauté 1 minute. Add onion and garlic; sauté 2 minutes. Stir in tomato sauce and broth; bring to a boil. Add rice and next 5 ingredients (rice through bay leaf), and bring to a boil.
2. Cover, reduce heat, and simmer 20 minutes, stirring occasionally. Discard bay leaf. Sprinkle each serving evenly with bell pepper. Garnish each serving with a cilantro sprig, if desired. Yield: 6 servings (serving size: 1.5 cups).

Calories: 276; Fat: 8.2g (sat 1.4g, mono 5.3g, poly 0.7g); Protein: 11.7g; Carb: 43.8g; Fiber: 8.1g; Chol: 7mg; Iron: 2.8 mg; Sodium: 870mg; Calc: 74mg

Comments: Basically, a black bean & rice recipe. It's good and incredibly filling for the 1.5 cup serving, but I didn't think it was out of this world. It would make a nice warm meal on a damp

Anzac Biscuits

Source: CL All-Time Readers' Favorites

HU: 2

Servings: 1 cookie (24 total)

Posted by: Jen (Sweetbear75)

Date: September 17, 2003

Comments: I can see why they consistently make the "Best of" lists. Moist, chewy, and just delicious!

Liz's comments: The Anzac Biscuits- we love them in our house! If I remember correctly, Anzac is really ANZAC for Australia New Zealand Army Corps and Biscuits- the proper British for cookies. These were the early versions of Powerbars for the troops. Cookie recipe date back to WW1.

Ingredients:

1 cup all-purpose flour

1 cup regular oats

1 cup firmly packed brown sugar

1/2 cup shredded sweetened coconut

1/2 tsp baking soda

1/4 cup butter, melted (I used light butter)

3 tbsp water

2 tbsp golden cane syrup or light-colored corn syrup (I used Karo)

Cooking Spray

Instructions:

1. Preheat oven to 325 degrees.

2. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, oats, sugar, coconut, and baking soda; stir well. Add butter, water, and syrup; stir well. Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.

3. Bake at 325 degrees for 12 minutes or until cookies are almost set. Remove from oven; cool on pans 2 to 3 minutes or until firm. Remove from pans; cool completely on wire racks. Yield: 2 dozen cookies. (Serving size: 1 cookie).

Note: Cane syrup can be found in cans next to the jellies and other syrups or in Caribbean markets.

Calories 92; Fat 2.7g(sat 1.7g, mono 0.7g; poly 0.2g); Protein 1g; Carb 17g; Fiber 0.5g; Chol 5 mg; Iron 0.6mg; Sodium 55mg; Calc 10mg

New Orleans-Style Barbecued Shrimp w/Cane-Syrup Glaze

CL web site

HU: 6 according to nutritional; **3 according to RB**; 2 using 1 T ICBINB

Serves: 8, 1 serving 6 shrimp

Posted by: jcanty(Gail)

9/17/03

Comments: There is no way this is 6 points. Use butter if you want, I used 1 TBLS. I Can't Believe it's Not Butter. 2 Tbls are not necessary. This smells yummy cooking but it is extremely hot, even for an indoctrinated Cajun palette. Fore-warned is Fore-armed! I hope the spicy folks like the shrimp. They were excellent but WOWZER!!

INGREDIENTS:

48 extra-large shrimp, peeled and deveined (about 3 pounds)

1 c. water

1/2 c. sliced green onions

1/2 c. cane syrup (such as Lyle's Golden Syrup)(I used Steins Dark Cane Syrup)

2 Tbls butter or stick margarine (or 1 TBLS ICBINB)

1 Tbls hot sauce

1 Tbls Worcestershire sauce

2 tsp paprika

2 tsp dried thyme

2 tsp dried oregano

1 to 2 tsp ground red pepper (I used 1-1/2 tsp)

1/2 tsp salt

1/2 tsp black pepper

6 garlic cloves, minced

2 bay leaves

Cooking spray

INSTRUCTIONS:

Peel shrimp, reserving shells; cover and chill shrimp.

Combine reserved shrimp shells and water in a medium saucepan.

Bring to a boil; reduce heat, and simmer 10 minutes, stirring occasionally.

Strain broth through a sieve into a large bowl; discard shells.

Combine reserved broth, onions, and next 12 ingredients (onions through bay leaves) in a large saucepan.

Bring to a boil; reduce heat, and simmer 10 minutes.

Cool to room temperature.

Combine shrimp and syrup mixture in a dish; cover and marinate in refrigerator 1 hour.

Prepare grill. (I broiled them)

Remove shrimp from dish, reserving marinade.

Place reserved marinade in a small saucepan; bring to a boil.

Cook 1 minute; remove from heat.

Thread 6 shrimp onto each of 8 (12-inch) skewers. Place kebabs on a grill rack coated with cooking spray, and grill for 6 minutes, turning once.

Serve with reserved marinade, if desired.

NUTRITIONAL INFO: calories: 225 carbohydrates: 16.9 g cholesterol: 202 fat: 5.4 g sodium: 398 mg protein: 26.5 g calcium: 106 mg iron: 4.3 mg fiber: 0.5 g

Sweet & Sour Pork or Chicken

Source: WW Web site

HUs: 7 (see my changes)

Servings: 6 (1 cup pork or chicken, 1/2 cup rice)

Posted by: Linda (LXN1996)

Date: September 17, 2003

WW Comments: Enjoy this Chinese favorite from the comfort of your home and without the calories of the restaurant version. Quick tip: Keep the pork slightly frozen so it's easier to slice.

My Comments: I used chicken instead of pork. I plugged the whole thing into RB with the chicken and minus the rice and it came to 3 pts. per serving. I'm trying not to eat so many carbs at lunch, so I served it over broccoli. So RB says only 3 pts. for 1 cup of this mixture. I'll have to double check that I can actually get 6 cups out of the batch. But it was very good and very easy to put together.

Ingredients:

1 serving cooking spray (5 one-second sprays per serving)

1 1/2 pound lean pork tenderloin, cut into thin strips

15 oz canned unsweetened pineapple chunks

1/2 cup water

1/4 cup packed brown sugar

2 tbsp cornstarch

1/2 tsp table salt

1 tbsp low-sodium soy sauce

2 medium green pepper(s), sliced

1 small onion(s), sliced

3 cup cooked brown rice

1/3 cup rice-wine vinegar

Instructions:

1.Heat a nonstick skillet coated with cooking spray over medium-high heat.

2.Add pork and cook until golden brown. Remove from skillet and set aside. Drain any remaining fat from skillet.

3.Drain pineapple chunks, reserving juice; set aside.

4.Combine water, vinegar, sugar, cornstarch, salt, soy sauce and reserved pineapple juice in a small bowl; add to skillet and cook until sauce is slightly thickened, about 2 minutes.

Add pork; cook covered over low heat until meat is tender, stirring occasionally, about 30 minutes.

5.Add peppers, onion and pineapple chunks; cook 5 minutes. Serve over rice.

Chicken-Apple Crunch Salad

Cooking Light Annual Recipes 2003

Healthy Units: 4

Servings: 4

Posted by: JillyH

9/17/03

Joan B's comments: This is a really good chicken salad. CL does some wonderful taste combinations and the pinch of cinnamon was great with the apples. Served it on baby greens.

2 c. cubed cooked chicken breast

1 c. chopped Granny Smith apple

½ c. chopped celery

¼ c. raisins

2 T. chopped green onions

1/3 c. low fat mayonnaise

1 T. reduced fat sour cream

1 tsp. fresh lemon juice

¼ tsp. salt

¼ tsp. freshly ground black pepper

1/8 tsp. ground cinnamon

Combine first 5 ingredients in a large bowl. Combine mayonnaise and remaining 5 ingredients, stirring well with a whisk. Add mayonnaise mixture to chicken mixture, tossing well to coat. Yield: 4 servings (serving size = 1 cup.)

Calories=207; Fat=4.4g; Protein=22.4g; Carb=18.4g; Fiber=1.1g; Chol=61mg;
Iron=1.2mg; Sodium=402mg; Calcium=32mg

Overnight Oatmeal Muffins

Source: CL Website

Healthy units per serving | 2

Servings | 24

Posted by Shannon

9/18/03

CL Comments: The buttermilk and oats soak together overnight, which gives these muffins a creamy texture. You can use any dried fruit in place of the blueberries -- or none at all.

CrissyBear's comments: The muffins were very good (moist, creamy texture), but the dried fruit sank to the bottom. Next time I will use dried cranberries, which are quite a bit lighter. I'll do a full batch and freeze them!!

Jillybean03's modifications: Brown sugar reduced to 1/2 cup, added 1/4 c. Splenda. ELIMINATED OIL. I used CRAISINS, and added 1/3 c. pecans, chopped. With the reduction in oil and sugar, I "bought" the pecans and bigger muffins (they are still rather small- but quite good).

INGREDIENTS

1 cup regular oats
2 cups low-fat buttermilk
1 2/3 cups whole wheat flour
3/4 cup packed dark brown sugar
2 tablespoons vegetable oil
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
2 large eggs, lightly beaten
2/3 cup dried blueberries
Cooking spray

INSTRUCTIONS

1. Combine oats and buttermilk in a medium bowl; cover and refrigerate overnight.
2. Preheat oven to 350 degrees.
3. Lightly spoon flour into dry measuring cups; level with a knife. Place buttermilk mixture, flour, and next 6 ingredients (flour through eggs) in a large bowl; beat with a mixer at medium speed until smooth. Fold in blueberries.
4. Spoon 1/4 cup batter into each of 24 muffin cups coated with cooking spray. Bake at 350 degrees for 15 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; place on a wire rack.

NUTRITIONAL INFO

CALORIES 105 (19% from fat); FAT 2.2g (sat 0.5g, mono 0.6g, poly 0.9g); PROTEIN 3.1g;
CARB 19.4g; FIBER 1.7g; CHOL 19mg; IRON 0.9mg; SODIUM 201mg; CALC 49

SEARED SCALLOPS IN SWEET CHILI SAUCE

Source: Truffles and Trifles

HU: 5.5 points

Servings: 6 servings

Posted by: Hallebe(Hollie)

09/18/03

INGREDIENTS:

1 lb. large sea scallops
3 Tbsp. fresh lime juice
4 ½ Tbsp. extra virgin olive oil
Salt and freshly ground pepper, to taste
¾ cup sweet chili sauce (recipe below)
6 tsp. reduced fat sour cream
¼ cup chopped fresh cilantro leaves

INSTRUCTIONS:

1. Toss scallops with lime juice and 1 ½ tbsp. olive oil.
2. Season with salt and pepper and marinate for 15 minutes.
3. Drain scallops and pat dry.
4. Place remaining olive oil (3 Tbsp.) in nonstick skillet over medium-high heat and sear scallops in small batches until cooked through, about 2 minutes on each side.
5. To serve, drizzle scallops with Chili Sauce and dollop each serving with 1 tsp. of sour cream.
6. Sprinkle with cilantro.

SWEET CHILI SAUCE

INGREDIENTS:

½ cup rice wine vinegar
1/3 cup sugar
¼ cup ketchup
2 Tbsp. plum sauce
½ tsp. salt
1 Tbsp. peeled, minced fresh ginger
2 tsp. finely minced garlic
1 tsp. cornstarch mixed with 1 tsp. water
½ tsp. Crystal sauce or Tabasco sauce

INSTRUCTIONS:

1. Bring all ingredients to a boil in medium saucepan. Reduce heat and simmer for 5 minutes, stirring occasionally.
2. Cool to room temperature.

Canyon Ranch Guacamole

Source: Truffles and Trifles

HU: 0.5

Servings: 6

Posted by: Hallebe(Hollie)

09/18/03

INGREDIENTS:

2 cups lightly chopped lightly steamed asparagus

2 ¼ tsp. fresh lemon juice

3 Tbsp. chopped onion

1 large tomato, chopped

¾ tsp. salt

½ tsp. chili powder

¼ tsp. ground cumin

¼ tsp. freshly ground black pepper

1 garlic clove, minced

Dash of Tobasco sauce

1/3 cup light sour cream

INSTRUCTIONS:

1. Combine all ingredients in blender and blend until smooth.
2. Transfer guacamole to a bowl.
3. Cover tightly and refrigerate several hours or overnight before serving.

Texas Sheet Cake

Source: Cooking Light All-Time Readers Favorites

HU: 7

Servings: 20

Posted by: Jen(Sweetbear75)

Date: September 18, 2003

Comments from KateWD: too sweet and not chocolatey enough

Cake:

Cooking spray

2 tsp all-purpose flour

2 cups all-purpose flour

2 cups granulated sugar

1 tsp baking soda

1 tsp ground cinnamon

1/4 tsp salt

3/4 cup water

1/2 cup butter

1/4 cup unsweetened cocoa

1/2 cup low-fat buttermilk

1 tsp vanilla extract

2 large eggs

Icing:

6 tbsp butter

1/3 cup fat-free milk

1/4 cup unsweetened cocoa

3 cups powdered sugar

1/4 cup chopped pecans, toasted

2 tsp vanilla extract

1. Preheat oven to 375 degrees.

2. To prepare cake, coat a 15 x 10 inch jellyroll pan with cooking spray; dust with 2 teaspoons flour. Set prepared pan aside.

3. Lightly spoon 2 cups flour into dry measuring cups; level with a knife. Combine 2 cups flour and next 4 ingredients (2 cups flour through salt) in a large bowl; stir well with a whisk. Combine water, 1/2 cup butter, and 1/4 cup cocoa in a small saucepan; bring to a boil, stirring frequently. Remove from heat; pour into flour mixture. Beat with a mixer at medium speed until well blended. Add buttermilk, 1 tsp vanilla, and eggs; beat well. Pour batter into prepared pan. Bake at 375 degrees for 17 minutes or until wooden pick inserted into center comes out clean. Place pan on a wire rack.

4. To prepare icing, combine 6 tbsp butter, milk, and 1/4 cup cocoa in a medium saucepan; bring to a boil, stirring constantly. Remove from heat; gradually stir in powdered sugar, pecans and 2 tsp vanilla. Spread over hot cake. Cool completely. Yield: 20 servings (1 serving size: 1 slice).

Note: You can also make this recipe in a 13 X 9 inch baking pan. Bake at 375 degrees for 22 minutes.

Calories 298; Fat 10g (sat 5.5g; mono 3.2g; poly 0.7g); Protein 3.1g; Carb 49.8g; Fiber 0.5g; Chol 44mg; Iron 1.1mg; Sodium 188mg; Calc 25mg

Veal Chops with Sage-Balsamic Sauce and Warm Mushroom Salad

Source: Cooking Light Sept. 2003

Serves: 4

Serving Size: 1 chop, 1 cup salad, and 1 tablespoon sauce

Healthy Units: 8

Posted by Kate(KateWD)

September 19, 2003

INGREDIENTS:

Veal:

1/4 cup balsamic vinegar
2 tablespoons fresh lemon juice
1/4 teaspoon freshly ground black pepper
2 teaspoons extra virgin olive oil
1 teaspoon grated lemon rind
2 tablespoons chopped fresh sage
2 cloves garlic, minced
4 (8 ounce) veal chops, trimmed
cooking spray
1/8 teaspoon salt

Salad:

1 large Walla Walla or other sweet onion, cut into
1/2-inch-thick slices (about 1/2 pound)
1 pound portabello mushrooms, stemmed
1/4 cup low-sodium soy sauce or tamari
1 tablespoon fresh lemon juice
1 teaspoon honey
1 tablespoon chopped fresh chives
1 tablespoon chopped fresh flat-leaf parsley
1/4 teaspoon freshly ground black pepper

Sauce:

1 cup fat-free, less-sodium chicken broth
1 teaspoon red currant jelly

PREPARATION:

Veal:

Combine first 7 ingredients in a large heavy-duty plastic bag.

Add chops; seal bag, tossing gently to coat. Refrigerate for at least 2 hours, turning occasionally.

Preheat broiler.

Heat a large nonstick skillet coated with cooking spray over medium-high heat.

Remove chops from marinade, reserving marinade. Sprinkle chops with salt.

Add to pan; cook 4 minutes on each side or until desired degree of doneness. Remove chops from pan.

To prepare salad

Place onion and mushrooms, gill side up, on a broiler pan coated with cooking spray.

Combine soy sauce, 1 tablespoon juice, and honey, stirring with a whisk.

Spoon soy sauce mixture evenly over mushrooms and onions.

Broil 3 minutes; turn onion. Broil an additional 3 minutes or until onion is tender.

Cut the mushrooms into thick slices.

Combine, mushroom, onion, chives, and parsley.

Sprinkle with 1/4 teaspoon pepper; toss gently.

To prepare sauce

Combine reserved marinade, broth, and jelly; add to pan, scraping pan to loosen browned bits.

Bring to a boil; cook until reduced to 1/4 cup (about 6 minutes), stirring frequently.

Serve sauce with chops and mushrooms salad.

Serving size: 1 chop, 1 cup salad, and 1 tablespoon sauce - 391 cal, 12.7g fat, 48.2g pro, 18.8g carb, 3.1g fiber, 123mg chol, 4.7mg iron, 721mg sod, 90mg calc.

Mom's Banana Bread (Lightened version)

Source CL Website

Healthy Units 2

Servings 18

Posted by Jillybean03(Jill)

Date 9/21/03

Note: I used 3 slightly larger mini-loaf pans (disposable foil ones), and cut each loaf into 6 slices to get 18 servings. If you make 4 loaves X 4 slices each, the HUs are 3 per slice. If you omit either the chocolate chips OR pecans, you are back to 2 per slice.

Ingredients:

1 cup Splenda

1/4 cup light butter

3 each banana -- mashed - about 1 2/3 cup

1/4 cup skim milk

1/4 cup sour cream, light

2 large egg white

2 cups flour

1 teaspoon baking soda

1/2 teaspoon salt

2 tablespoons molasses

1/4 cup pecans -- chopped

1/4 cup mini-chocolate chip

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

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

Spoon batter into 4 (5x 2.5) miniature loaf pans coated with cooking spray. Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Let cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire racks.

Description:

"2 points with 1/4 c mini chocolate chips and chopped pecans"

Per Serving 111 Calories; 3g Fat (26.0% calories from fat); 3g Protein; 19g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 156mg Sodium.

Chicken Pot Pie

Source CL 5 star recipes, p 112

Healthy Units 9

Servings 8

Posted by jillybean03(Jill)

Date 9/21/03

Note: I have been making this recipe to rave reviews for close to 10 years. I usually substitute fresh carrots, celery and chopped onion for the frozen mixed veggies (sometimes use frozen pearl onions). I've subbed leftover chicken and chicken broth for the fresh with great results.

Ingredients:

9 cups water
1 tablespoon black peppercorn
2 1/2 pounds chicken pieces
3 stalks celery -- cut in 1" pieces
1 small onion -- quartered
1 each bay leaf
1 1/2 cups potato -- peeled and diced
1 cup mushroom -- sliced
16 ounces mixed vegetables, frozen
1 clove garlic -- minced
1/4 cup flour
2 tablespoons flour
1 teaspoon poultry seasoning
3/4 teaspoon salt
1/4 teaspoon pepper
1 cup 1% low-fat milk
2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon sugar
1/8 teaspoon garlic powder
1 cup 1% low-fat milk
1 1/2 tablespoons margarine -- melted

Combine first 6 ingredients in a Dutch oven; bring to a boil.

Reduce heat, and simmer, uncovered, 1 hour.

Remove chicken from broth, reserving chicken broth.

Let chicken cool.

Skin and bone chicken.

Coarsely chop; set aside.

Pour chicken broth through a wire-mesh strainer lined with a layer of cheesecloth into a bowl; discard vegetables and bay leaf remaining in strainer.

Skim fat from chicken broth; set aside 4.5 cups of broth. Use remaining broth for another use.

Chicken Pot Pie (continued)

Combine reserved chicken broth, mixed vegetables, potato, mushroom and garlic in Dutch oven.

Bring to boil; cover, reduce heat, and simmer 15 minutes or until vegetables are tender.

Combine 1/4 cup plus 2 T. flour, poultry seasoning, salt and pepper.

Add milk, stirring with a wire whisk until smooth.

Add flour mixture to vegetable mixture; cook over medium heat, stirring constantly, 5 minutes

or until mixture is thick and bubbly.

Stir in chopped chicken.

Spoon into 13x9 pan coated with PAM.

Prepare Biscuit Topping:

Combine 2c flour, baking powder, salt, sugar, and garlic powder; stir well.

Add milk and margarine, stirring until moist.

Drop heaping tablespoons of topping over chicken mixture, forming 16 biscuits.

Bake at 400 for 25 minutes or until topping is golden.

Per Serving 448 Calories; 12g Fat ; 27g Protein; 48g Carbohydrate; 5g Dietary Fiber

Red Snapper with Roasted Red Pepper and Onion Sauce

Source: Martha Stewart Living Cookbook

HU per serving: 3

Serves: 4

Posted by: Grannyslap1(Carolyn)

Posted: Sept. 21, 2003

Notes: My DH, who has a repertoire of ~3 meals that he will cook for us, found this recipe in my cookbook and now makes it frequently. He always omits the pearl onions, serves it with white rice and it is delicious. I calculated the HU's in the recipe builder using 6 oz portions of tilapia, as red snapper was not an option, figuring 8 oz fillets would be 6 oz after cooking.

Ingredients:

1 large red pepper, roasted
1 med. yellow onion cut in 1/4 inch thick rounds
1 1/2 t. kosher salt
1/2 t. freshly ground black pepper
2 t. Balsamic Vinegar
4 8 ounce Red Snapper Fillets
8 ounces red and white pearl onions, thinly sliced
1/4 t. ground cumin
Olive oil, for brushing

1. Preheat oven to 400° F. Place the roasted red pepper and the onion on a large piece of aluminum foil and fold the foil into a package. Place the package in the oven, and cook until the onion is very soft and golden, about 1 hour.
2. Transfer the contents of the package to the bowl of a food processor. Add 1/4 t. salt, 1/4 t. black pepper, and the vinegar. Pulse until smooth, about 2 1/2 minutes. Set the sauce aside.
3. Preheat the broiler. Place the snapper fillets on a 12x16 baking sheet. Layer the red and white pearl onions in a scale like pattern over the fillets. Sprinkle the remaining 3/4 t. salt, 1/4 t. black pepper and the cumin over the onions, and brush lightly with olive oil.
4. Broil until the fillets are cooked through and the onions are slightly brown, about 10 minutes. If the onions start to brown too rapidly, cover the baking sheet with a piece of aluminum foil.
5. Transfer the snapper to individual serving plates. Drizzle the reserved sauce over the fillets and serve immediately.

Lindrusso's Marinara

Source: CL Bulletin Board

Yield: 9 1-cup servings

Points: 1 per 1/2 cup

Posted by: Bawstinn32 (Maria)

September 22, 2003

Comments: Rather than cooking on the stove, I cooked in the crockpot on low all day. The moisture from cooking that way helped mine not get too thick. I think the caramelizing of the onions is a good idea and it added an interesting dimension. Since acidity results from lower quality tomatoes, I used Italian, whole plum tomatoes rather than the crushed. Put them through my blender and food mill. Was not acidity at all. Also called for an additional Tbls of oil in the sauce, but I skipped it.

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon sugar
- 3 medium onions, chopped (3 to 4)
- 1/2 cup dry red wine
- 6 cloves garlic, crushed with the blade of a knife
- 28 ounces diced tomatoes
- 56 ounces crushed tomatoes
- 12 ounces tomato paste (6-ounce)
- 2 teaspoons oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon thyme
- 1/2 teaspoon marjoram
- 1 pinch crushed red pepper

Instructions:

Heat oil in a Dutch Oven over medium heat. Add chopped onions and 1 tablespoon sugar. Sauté onions for 30-45 minutes or until sweet and caramelized. As the pan dries while onions are cooking, add red wine as needed. Once onions are done, continue to add the rest of the ingredients. Stir until well combined.

Simmer over low heat for 4-6 hours (you can simmer for less, but I would simmer for at least 1-2 hours). Stir often to keep the sauce from burning or being overcooked.

Makes about 9 cups of sauce.

Per Serving (excluding unknown items): 152 Calories; 3g Fat (14.1% calories from fat); 6g Protein; 30g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 549mg Sodium. Exchanges: 0 Grain (Starch); 5 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

SKILLET BEEF & BEER STEW

Source: <http://www.weightwatchers.com>

HU: 5

Serves: 4 (Serving size: 1-1/2 cup)

Posted By: CrissyBear

Date: September 22, 2003

Comments: Here's the amazing WW beef & beer stew recipe - a hearty Fall meal I paired w/ some broccoli cheddar cornmeal muffins--

INGREDIENTS:

12 ounces lean beef round, roast, cut into cubes

1 medium onion, chopped

1 medium bell pepper, chopped

2 medium cloves garlic, minced

2 medium potatoes, peeled and diced

1/2 pound baby carrots, about 24 carrots

8 ounces fat-free beef broth

8 ounces light beer

1/4 cup fat-free evaporated milk

2 Tbsp cornstarch

1 tsp paprika

INSTRUCTIONS:

Coat a large nonstick skillet with cooking spray and heat over medium-high heat. Add beef, onion, pepper and garlic; cook until beef is browned, stirring, about 3 minutes.

Stir in potatoes, carrots, broth and beer; bring to a boil, reduce heat, cover and simmer until meat is tender, about 30 minutes.

Stir together evaporated milk, cornstarch and paprika in a small cup; add to beef mixture and stir to combine. Cook until slightly thickened and bubbly, about 5 minutes; cook, stirring occasionally, for 2 minutes more.

NUTRITIONAL DATA:

302 Calories; 11g Fat (32.7% calories from fat); 23g Protein; 27g Carbohydrate; 3g Dietary Fiber; 51mg Cholesterol; 206mg Sodium.

Mexican-Grilled Shrimp With Smoky Sweet Sauce

Source: Cooking Light Community Boards

Healthy Units: 7

Servings: 4

Posted by Kate (KateWD)

Ingredients:

- 2 pounds unpeeled, large fresh shrimp
- 20 (12-inch) skewers
- 1/2 cup firmly packed dark brown sugar
- 6 garlic cloves, pressed
- 1 canned chipotle pepper in adobo sauce, minced
- 1 tablespoon adobo sauce
- 2 tablespoons rum
- 2 tablespoons water
- 1/4 teaspoon salt
- 1 tablespoon tamarind paste
- 1 tablespoon olive oil

Note: These are great as is, or serve with Trader Joe's Peach Salsa

Instructions:

Peel shrimp, leaving tails on; devein, if desired. Thread 4 shrimp onto each skewer. Set aside.

Cook brown sugar in a small heavy saucepan over low heat until melted. Add garlic and next 6 ingredients. Cook 5 minutes or until tamarind paste melts. Remove from heat.

Brush shrimp with olive oil. Grill, without grill lid, over medium-high heat (350° to 400°) for 4 to 6 minutes or until shrimp turn pink, turning once, and basting with tamarind glaze.

Black Beans with Chipotle and Tomatoes

Source: Vegetarian Cooking for Everyone

Healthy Units: 2.5

Servings: 4

Posted by: Kate (KateWD)

Note: Healthy Units are for the beans only, it does not include garnishes

1 Tablespoon Safflower Oil

1/2 onion, finely diced

28 ounce can Black Beans, rinsed

1 teaspoon Chipotle chile in adobo sauce or ground Chipotle chile to taste

1 cup chopped tomatoes

4 cilantro sprigs

Salt

For Garnish: crumbled feta cheese, chopped cilantro, and diced serrano or jalapeno chile

Heat the oil in a roomy skillet or saucepan over fairly high heat. Add onion and sauté until soft. Add beans, chiles, tomatoes, and cilantro, lower the heat, and simmer for 15-30 minutes. If the beans are dry add 1 cup or so of water. Taste for salt. Garnish and serve.

Pan-Seared Cod Over Vegetable Ragout

Published: Cooking Light- 05/01/00

Posted By: Jennifer Zalewski, Olney, MD

WW Points: 6 pts. per serving

YIELD: Yield: 4 servings (serving size: 1 fillet and about 1 cup ragout)

INGREDIENTS

2-1/2 teaspoons olive oil, divided
1/2 cup diced prosciutto (about 2 ounces)
3 garlic cloves, minced
4 cups thinly sliced Shiitake mushroom caps (about 10 ounces)
1-1/2 cups chopped leek
3 cups diced plum tomato (about 1 pound)
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 (10-ounce) package fresh spinach, coarsely chopped
1 cup torn fresh basil leaves
4 (6-ounce) cod or other firm white fish fillets (1 inch thick)
1 tablespoon all-purpose flour

INSTRUCTIONS

Heat 1/2 teaspoon olive oil in a large nonstick skillet over low heat. Add the prosciutto; sauté 5 minutes. Stir in garlic; remove from pan. Set aside.

Heat 1 teaspoon olive oil in pan over medium-high heat. Add mushrooms and leek; sauté 8 minutes. Stir in tomato, salt, and pepper. Gradually add the spinach to pan, and stir until spinach is wilted (about 3 minutes). Stir in the prosciutto mixture and basil. Remove from pan; cover and keep warm.

Heat 1 teaspoon olive oil in pan over medium-high heat. Dredge fillets in flour. Add fillets to pan; sauté 3 minutes on each side. Cover and cook 2 minutes or until fish flakes easily when tested with a fork. Divide spinach mixture among 4 plates; top with fillets.

NUTRITIONAL INFO

calories: 287 carbohydrates: 20 g cholesterol: 82 fat: 6.4 g sodium: 525 mg protein: 39.1 g calcium: 146 mg iron: 5.3 mg fiber: 5.9 g

Juicy Apple Crisp

Source: Cooking Light Annual 2002

Servings: 6

HU: 4 per one cup serving

Posted by: Lanet68 (Lynn)

September 22, 2003

NOTES: As the name implies, this is juicy. It has a great apple flavor. It has less 'crisp' than some of the apple crisp recipes, but we felt it was adequate and the serving size is very generous.

Ingredients

1/2 cup regular oats

1/3 cup packed brown sugar

1 tablespoon all-purpose flour

1 tablespoon apple juice, frozen concentrate -- thawed

1/2 teaspoon ground cinnamon

2 tablespoons granulated sugar

1 tablespoon cornstarch

1/2 teaspoon cinnamon

1/8 teaspoon salt

8 cups sliced apples, peeled -- (Granny Smith preferred)

1/4 cup apple juice, frozen concentrate -- thawed

2 tablespoons water

Preheat oven to 425 degrees.

Combine first 6 ingredients.

Combine granulated sugar, cornstarch, 1/2 teaspoon cinnamon, and salt.

Place apple slices in an 11x7 baking dish, and sprinkle with cornstarch mixture.

Pour 1/4 cup juice concentrate and water over apple mixture.

Top with oat mixture.

Bake at 425 for 25 minutes or until bubbly and golden brown.

Let stand 15 minutes.

Serve with 2 tablespoons vanilla light ice cream (not included in nutrition info)

Per Serving (excluding unknown items): 231 Calories; 1g Fat (5.3% calories from fat); 3g Protein; 55g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 54mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 2 Fruit; 0 Fat; 1 Other Carbohydrates.

Lemony Shrimp-and-Couscous Salad

Source: Cooking Light (Website)

Serving 4 = 1 cup + 2 T Parmesan. WW satisfying portion = 6 servings

Healthy Units: 8 as 4 servings, 5 as 6 servings

Posted by: joan borsten

Date: September 22, 2003

Notes: I used pre-cooked shrimp (and extra chicken broth instead of liquid from cooking shrimp), which made this super fast to prepare, and TJ Whole Wheat couscous which has 7 gr of fiber. Portions were hearty so I served 6 = 5 HU/each which made it more WW friendly. Tasted even better after a few hours in the fridge.

CL: This is plenty quick, but you can get it on the table even quicker with store-bought cooked shrimp.

INGREDIENTS:

1-1/2 cups water
1 pound medium shrimp, peeled and deveined
1 cup uncooked couscous
1-1/2 cups diced plum tomatoes
1/4 cup thinly sliced green onions
1/4 cup chopped fresh basil
1/4 cup low-salt chicken broth
3 tablespoons fresh lemon juice
1 tablespoon olive oil
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup (2 ounces) grated fresh Parmesan cheese

INSTRUCTIONS:

Bring water to a boil in a medium saucepan. Add shrimp; cook 3 minutes.

Drain shrimp in a colander over a bowl, reserving cooking liquid.

Add couscous to reserved cooking liquid; cover and let stand 5 minutes; and fluff with a fork. Combine couscous, shrimp, tomatoes, green onions, and basil in a large bowl.

Combine broth, lemon juice, oil, salt, and pepper.

Pour dressing over salad; toss gently to coat.

Sprinkle with cheese. NUTRITIONAL INFO: calories: 186 carbohydrates: 18.9 g
cholesterol: 79 mg fat: 5.3 g sodium: 301 mg protein: 16.2 g calcium: 135 mg iron: 2.2
mg fiber: 1.7 g

BROCCOLI CHEDDAR MUFFINS

Source: Secrets of Fat-Free Cooking Collection by Sandra Woodruff

Healthy Units: 1 per muffin

Yield: 16 muffins

Posted by: CrissyBear

Posted on: September 22, 2003

Personal Comment: recipe produces a very hearty (grainy) muffin. If you prefer less cornmeal flavor, try using 1/2 cornmeal & 1/2 whole wheat or all-purpose flour.

INGREDIENTS:

2 cups whole grain cornmeal

1 tablespoon sugar

1 tablespoon baking powder

1/2 teaspoon baking soda

1 1/2 cups nonfat buttermilk

3 large egg whites -- lightly beaten

10 ounces frozen chopped broccoli -- thawed and squeezed dry

1 cup lowfat cheddar cheese -- shredded

DIRECTIONS:

Combine the cornmeal, sugar, baking powder and baking soda in a large bowl and stir to mix well.

Add the buttermilk and eggs and stir just until the dry ingredients are moistened.

Fold in the broccoli and cheese.

Coat muffin tins with cooking spray and fill 3/4 full with the batter.

Bake at 350F for 16-18 minutes, or just until a wooden toothpick inserted in the center of a muffin comes out clean.

Remove the muffin tins from the oven, and allow them to sit for 5 minutes before removing the muffins. Serve warm.

Nutritional information: Per Serving (excluding unknown items): 88 Calories; 1g Fat (12.9% calories from fat); 5g Protein; 15g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 218mg Sodium.

Amy's Mexican Dip

H.U: 3/serving (if 10 servings) or 2/serving (if 14 servings)

Source: Amy's Kitchen

Posted on: 9/22/03

Posted by: oduamy1 (Amy)

Comments: Points do not include whatever you choose to dip with!

16 ounce can refried beans
8 ounces light sour cream
1 ounce taco seasoning mix
1 cup shredded cheddar cheese
2.25 ounce can olives -- sliced
6 ounces guacamole
1/2 cup salsa
4 Roma tomatoes -- diced
1 bunch green onion -- diced

Combine sour cream and taco seasoning. Set aside (I let it sit overnight)

Spread refried beans in bottom of a platter or 13x9" or 11x7" baking dish.

Top beans with guacamole (I used the frozen/refrigerated stuff from the supermarket. I don't remember how many ounces, but 6 sounds right).

Spread salsa over top of guacamole (use more than 1/2 cup if you need to/like to)

Sprinkle cheese over top.

Top with diced tomatoes, green onions, and olives

Refrigerate until cold all the way through! Enjoy!

For 10 servings:

Per Serving (excluding unknown items): 158 Calories; 8g Fat (43.9% calories from fat); 7g Protein; 16g Carbohydrate; 4g Dietary Fiber; 14mg Cholesterol; 593mg Sodium.
Exchanges: 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Thai-Style Pork Stew

Source: CL WEB SITE

Healthy Units: (9)

Servings: 8 servings (serving size: 1 cup stew, 1 tablespoon green onions, about 1/2 teaspoon peanuts, and 1 lime wedge)

Posted by: jcanty(Gail)

Date posted: 9-22-03

Comments :I served this over thin Chinese Noodles

Peanut butter melds with classic Asian flavors to lend this one-dish meal a Thai flair.

Lime makes a perfect accent.

INGREDIENTS:

Stew:

2 pounds boned pork loin, cut into 4 pieces

2 cups (1 x 1/4-inch) julienne-cut red bell pepper

1/4 cup teriyaki sauce

2 tablespoons rice or white wine vinegar

1 teaspoon crushed red pepper

2 garlic cloves, minced

1/4 cup creamy peanut butter

Remaining ingredients:

6 cups hot cooked basmati rice

1/2 cup chopped green onions

2 tablespoons chopped dry-roasted peanuts

8 lime wedges

INSTRUCTIONS:

1. To prepare stew, trim fat from pork. Place pork and next 5 ingredients (pork through garlic) in an electric slow cooker. Cover with lid, and cook on low-heat setting for 8 hours. Remove pork from slow cooker, and coarsely chop. Add peanut butter to liquid in slow cooker; stir well. Stir in pork.

2. Combine stew and rice in a large bowl. Top each serving with onions and peanuts; serve with lime wedges.

NUTRITIONAL INFO:

CALORIES 412 (30% from fat); FAT 13.6g (sat 3.6g, mono 6.2g, poly 2.5g); PROTEIN 28.9g; CARB 42.3g; FIBER 2.1g; CHOL 64mg; IRON 2.9mg; SODIUM 425mg; CALC 37mg

Apple and Blackberry Crumble

Source: Cooking Light Annual Recipes 2003, Page 116

HUs: 6

Posted by Grannyslap1 (Carolyn)

Serves: 8

Posted on September 22, 2003

Notes: Watch this while in broiler. It quickly goes from a light color to scorched. I sprayed the pie pan with Pam, and used frozen blackberries.

Ingredients:

6 cups sliced peeled Rome apples (About 1 1/2 pounds)

1/3 cup packed brown sugar

1 T lemon juice

1T water

1 cup blackberries

1 1/4 cups all-purpose flour

6 T chilled butter, cut into small pieces

1/2 cup granulated sugar

1/4 t ground ginger

Directions:

1. Preheat oven to 350°

2. Combine first 4 ingredients in a medium saucepan, cook 10 minutes over medium heat or until apples are soft. Place apple mixture in an 8-inch pie plate. Sprinkle blackberries over apple mixture.

3. Lightly spoon flour into dry measuring cups, level with a knife. Place flour in a medium bowl, cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Add granulated sugar and ginger, toss well. Sprinkle flour mixture over fruit. Bake at 350° for 30 minutes or until bubbly.

4. Preheat broiler.

5. Broil crumble 1minute or until lightly browned.

Calories 287 (29% from fat); Fat 9.2g (sat. 5.5g, mono 2.6g poly 0.5g); Protein 2.4g; Carb 51.1g; Fiber 3.1g; Chol 23mg; iron 1.3mg; sodium 92 mg; calc 23 mg.

Penne with Italian Turkey Sausage and Vegetables

CL Website

HU: 7

Servings: 4

Posted by: andygrammy (Claudia)

Date September 23, 2003

I used chicken sausage and increased the amount of vegetables for very generous servings. An easy weeknight meal.

INGREDIENTS:

1/2 pound hot Italian turkey sausage

Cooking spray

1/2 cup chopped red onion

1 garlic clove, minced

1 cup mushrooms, quartered

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

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

1 small zucchini, halved lengthwise and sliced

1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano, undrained

1/4 cup fat-free sour cream

4 cups hot cooked Penne (about 1/2 pound uncooked tube-shaped pasta)

1/4 teaspoon black pepper

INSTRUCTIONS:

1. Remove casings from sausage. Cook sausage in a large nonstick skillet coated with cooking spray over medium-high heat until browned, stirring to crumble. Add onion and garlic; sauté 2 minutes. Add mushrooms, bell peppers, and zucchini; sauté 5 minutes or until vegetables are tender and sausage is done. Stir in tomatoes; cover and cook over medium-low heat 10 minutes. Remove from heat; stir in sour cream. Add pasta and black pepper; stir well. Cook over medium-low heat 3 minutes or until thoroughly heated.

NUTRITIONAL INFO:

CALORIES 373 (18% from fat); FAT 7.6g (sat 2g, mono 2.5g, poly 2.1g); PROTEIN 22.1g; CARB 53.4g; FIBER 4.1g; CHOL 56mg; IRON 5.1mg; SODIUM 983mg; CALC 91mg

YIELD:

4 servings (serving size: 1-1/2 cups)

Chile-Cheese Chowder

CL.com

HUs: 5

Servings: 10

Posted By: Kwe730 (Kim)

September 23, 2003

INGREDIENTS

2 bacon slices

1 cup chopped carrot

1 cup chopped seeded poblano chiles (about 3 large)

1 cup chopped onion

2 tablespoons minced seeded jalapeno peppers

1/2 teaspoon ground cumin

3 garlic cloves, minced

2 (16-ounce) cans fat-free, less-sodium chicken broth

5 cups diced peeled baking potato (about 1-1/2 pounds)

1/2 teaspoon salt

1/3 cup all-purpose flour

2-1/2 cups 1% low-fat milk

3/4 cup (3 ounces) shredded Monterey Jack cheese with jalapeno peppers

1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese

2/3 cup sliced green onions

INSTRUCTIONS

Cook the bacon in a Dutch oven over medium-high heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan. Crumble bacon; set aside.

Add carrot and the next 5 ingredients (carrot through garlic) to the drippings in pan; sauté 10 minutes or until browned. Stir in the broth, scraping pan to loosen browned bits. Add potato and salt. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until potato is tender.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and milk in a small bowl, stirring with a whisk. Add to pan. Cook over medium heat until thick (about 12 minutes), stirring frequently. Remove from heat. Add cheeses, stirring until cheeses melt. Ladle into soup bowls; top with green onions and crumbled bacon.

YIELD: Yield: 10 servings (serving size: 1 cup soup, about 1 tablespoon green onions, and about 1 teaspoon

NUTRITIONAL INFO

calories: 198 carbohydrates: 25.1 g cholesterol: 18 fat: 6.7 g sodium: 442 mg protein: 9.7 g calcium: 202 mg iron: 1.4 mg fiber: 2.5 g

Spicy Orange Beef and Vegetables

Source: CL Bulletin Board (I think originally WW though)

Yield: 6 servings (1 cup per serving)

Healthy Units: 5

Posted by: Bawstinn32 (Maria)

Date posted: September 23, 2003

Comments: Nice light orange flavor that was not overwhelming. I would add a little more red pepper though as we like the heat. Right on the line between 4 and 5 points; could probably reduce to 4 by leaving out some of the oil.

Ingredients:

- 1 pound beef top round, R-T-C, fat trimmed
- 2 tablespoons cornstarch
- 2 teaspoons orange rind
- 1/2 cup low sodium beef broth
- 1/4 cup orange juice
- 2 tablespoons soy sauce, low sodium
- 1 tablespoon Worcestershire sauce
- 1 tablespoon sugar
- 1 1/2 teaspoons chili garlic sauce, or 1/4 tsp. red pepper
- 4 teaspoons Canola oil
- 1 tablespoon fresh ginger, peeled
- 1/4 pound green beans, halved lengthwise
- 1 whole red bell pepper, seeded and cut in thin strips
- 1 whole carrot, cut into matchstick strips

Instructions:

Combine the beef, 1 T. of the cornstarch and the orange rind in a medium bowl; toss well to coat and set aside.

Combine the remaining 1 T. cornstarch, broth, orange juice, soy sauce, Worcestershire sauce, sugar and chili-garlic sauce or crushed red pepper in a small bowl; set aside.

Heat a nonstick wok or a large, deep skillet over medium-high heat until a drop of water sizzles.

Swirl in 2 tsp of the oil, then add the beef.

Stir-fry until cooked through, 2 - 3 minutes; transfer to a plate.

Swirl the remaining 2 tsp. oil, then add the ginger.

Stir-fry until fragrant, about 10 seconds.

Add the green beans, bell pepper, and carrot.

Stir-fry until crisp-tender, about 2 - 3 minutes.

Add the broth mixture and cook, stirring constantly, until the mixture thickens and boils, about 1 minute. Add the beef and cook until hot, about 1 minute.

Shrimp Fried Rice

Source: CL Bulletin Board (I think originally a WW recipe)

Yield: 6 servings (1 cup each)

Healthy Units: 6

Posted by: Bawstinn32 (Maria)

September 23, 2003

Ingredients:

- 4 teaspoons Canola oil
- 1 pound large shrimp, peeled and deveined
- 2 whole eggs, lightly beaten
- 6 whole scallions, chopped
- 1 tablespoon fresh ginger, grated
- 1 cup frozen peas and carrots, thawed
- 4 cups cooked white rice
- 2 tablespoons soy sauce
- 1 tablespoon Hoisin sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon salt

Per Serving (excluding unknown items): 322 Calories; 7g Fat (20.3% calories from fat); 22g Protein; 41g Carbohydrate; 2g Dietary Fiber; 177mg Cholesterol; 718mg Sodium. Exchanges: 2 1/2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Best-Ever Beef Stew

Source: Cooking Light BB

Healthy Units: 5

Serving Size: 6

Posted by Kate (KateWD)

September 23, 2003

Note: I used 1/2 lb of beef, and added a lb of sliced portabello mushrooms, this brought the healthy units down to 4 per serving. I also omitted the rutabaga.

Ingredients:

- 1 large onion -- halved and thinly sliced
- 2 carrots -- peeled and thinly sliced
- 2 large potatoes -- peeled and cut into 1/2-inch chunks
- 1 cup rutabaga -- peeled and diced (about 1/2 small rutabaga)
- 1 cup green beans -- in bite-size pieces
- 1 pound beef stew meat -- cut in 1" cubes
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 1 clove garlic -- crushed
- 3 cups beef stock
- 2 tablespoons brown sugar
- 1/4 teaspoon salt
- 2 teaspoons Worcestershire sauce
- pepper to taste
- 3 tablespoons all-purpose flour
- 2 teaspoons tomato paste

Instructions:

Put everything but the flour and the tomato paste in a slow cooker; stir to combine.

Cover and cook on the low setting for 8 to 9 hours or on high for 4 to 5, until the beef is tender and the potatoes are just fork tender.

Stir the stew once as it cooks, if possible.

About 30 minutes before serving, transfer a ladle-full of the broth to a small mixing bowl.

Add the flour and the tomato paste and whisk until smooth.

Stir the mixture into the stew and cook on high for the remaining half-hour.

Per Serving: 232 Calories; 7g Fat; 19g Protein; 22g Carbohydrate; 3g Dietary Fiber

15-minute Skillet "Cassoulet"

Source: WW web site

HU: 8 per 4 servings (about 1 ¾ cups per serving))

Posted by: Melody

September 23, 2003

Comments: A quick and filling meal. I added one can of diced tomatoes, drained, to add more veggies (no points). I used jarred chopped roasted garlic. I did not use the dried bread crumb topping. It was great without it. The next time I will play with the seasonings. I was not crazy about the thyme.

Ingredients:

2 servings cooking spray (enough to coat skillet)

1 medium onion, chopped

1 clove garlic

8 oz. turkey polish sausage

¼ tsp dried thyme

¾ cup canned chicken broth

30 oz. canned great northern beans, rinses and drained

1 ½ tbs. canned tomato paste

Instructions:

1. Preheat broiler.

2. Coat non-stick ovenproof skillet with cooking spray and heat. Add onion, garlic, and polish sausage. Saute until onion is tender. Add thyme, broth, beans, and tomato paste. Simmer 10 minutes.

3. Sprinkle breadcrumbs over beans. Place skillet under broiler until breadcrumbs are browned, about 30 seconds.

Bulgur Chili

Source: WW Simply Light Cooking

HU: 6 points

Servings: 2

Posted by: hallebe

Comments: To bulk it up for a filling meal, I double the onions and red peppers and use an entire 15.5 oz. can of Italian tomatoes. I was leery of the olives, but included them anyway and was pleasantly surprised to find that it is an excellent combination of flavors.

INGREDIENTS:

¼ cup chopped onion
¼ cup chopped red bell pepper
1 jalapeno, seeded and chopped
2 garlic cloves, minced
¾ cup canned Italian tomatoes with reserved liquid, seeded and pureed
½ cup uncooked Bulgur
1 tsp. chili powder
4 oz. rinsed drained canned black beans
10 small pimento-stuffed green olives, halved lengthwise
dash pepper
1 ½ oz. reduced fat cheddar cheese, shredded

INSTRUCTIONS:

1. In large, non-stick skillet sprayed with cooking spray, cook onion, bell pepper, jalapeno and garlic with 1 Tbs. water, until onion is translucent.
2. Add tomatoes and reserved liquid, Bulgur, chili powder, and 1 ¼ cups of water. Cover and cook, stirring occasionally, until the liquid is absorbed.
3. Add the beans, olives and pepper, and stir to combine. Continue cooking, stirring frequently, until all ingredients are heated and liquid is absorbed.
4. Sprinkle with cheese to serve.

NUTRITIONAL INFO: 284 Calories, 15 g. protein, 7 g. fat, 42 g. carbs, 269 mg. calcium, 855 mg. sodium, 15 mg. cholesterol, and 10 g. fiber.

Cranberry Orange Scones

HUs: 2 per scone

Yield: 12 scones

Posted by: Colleen (kyowp)

Posted on: September 24, 2003

Source: Conscious Cuisine by Chef Cary Neff, p. 88

Notes: It says to bake for 12 minutes. I actually baked more towards 15. Just watch it closely and bake until golden brown.

INGREDIENTS:

1 c. unbleached all-purpose flour
1 c. whole-wheat pastry flour
2/3 c. plus 2 tsp raw cane sugar (Turbinado)
2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. sea salt
3 tbsp. butter, chilled, cut into small pieces
1/2 c. chopped dried cranberries
2 tsp. freshly grated orange zest
1 c. plain, fat-free yogurt
1/4 c. fat-free milk

PREPARATION:

Preheat oven to 400 degrees. Coat a baking sheet with cooking spray.

In a mixing bowl, combine the flours, 2/3 c. sugar, baking powder, baking soda, and salt.

Using a pastry blender or two knives, cut in the butter until mixture resembles coarse meal. Add the cranberries and orange zest; toss well to distribute.

In a separate bowl, mix together the yogurt and milk. Add the yogurt mixture to the flour mixture, stirring until the dry ingredients are just moistened (dough will be sticky).

Turn the dough out onto a lightly floured surface, and with floured hands; knead four or five times.

Pat the dough into an 8-inch circle on prepared baking sheet. Cut the dough into 12 wedges (do not separate the wedges). Sprinkle the 2 tsp. sugar over the dough. Bake for 12 minutes or until golden.

Nutritional Info: Cals 120; Protein 3g; Total Fat 3g; Sat Fat 2g; Carbs 22g; Fiber 3g; Cholesterol 10 mg; Sodium 190mg.

Rugelach

Source: Allrecipes.com

HU's: 3 as written

Servings: 48

Posted by: littlechi92

Date: 9/25/03

Comments: I used all Splenda instead of sugar, and cut each disk into more than 12 wedges. I also used light butter (used margarine once, and it did not turn out as good) and light cream cheese. I also subbed chocolate chips instead of raisins for some of the disks. The other comments I have read on this say Nutella (sp?) is also very good as a filling. I had to cook them a little longer than stated.

Ingredients:

2 c all-purpose flour

1/4 tsp salt

1 c unsalted butter

1 (8 oz) package cream cheese

1/2 c white sugar

1 tbs ground cinnamon

1 cup finely chopped walnuts

1/2 c raisins

Directions:

1 Cut cold butter or margarine and cream cheese into bits. In food processor pulse flour, salt, butter or margarine, cream cheese and sour cream until crumbly.

2 Shape crumbly mixture into four equal disks...wrap each disk and chill 2 hours or up to 2 days.

3 Roll each disk into a 9-inch round keeping other disks chilled until ready to roll them.

4 Combine sugar, cinnamon, chopped walnuts, and finely chopped raisins (may substitute miniature chocolate chips for raisins).

5 Roll each disk into a 9-inch round keeping other disks chilled until ready to roll them. Sprinkle round with sugar/nut mixture. Press lightly into dough. With chef's knife or pizza cutter, cut each round into 12 wedges. Roll wedges from wide to narrow, you will end up with point on outside of cookie. Place on ungreased baking sheets and chill Rugelach 20 minutes before baking. (Note: I floured the board before rolling, otherwise, the dough stuck)

6 Preheat oven to 350 degrees F (180 degrees C).

7 After Rugelach are chilled, bake them in the center rack of your oven 22 minutes until lightly golden. Cool on wire racks. Store in airtight containers...they freeze very well.

8) Variations: Before putting the filling on the dough, use a pastry brush to layer apricot jam as well as brown sugar. Then add the recommended filling. You may also make a mixture of cinnamon and sugar and roll the Rugelach in this prior to putting them on the cookie sheets.

Nutrition: Calories: 102; Protein 1.4g; Total Fat: 7.5; Sodium: 28mg; Cholesterol: 16mg; Carbs: 7.9; Fiber: .4g

Eggplant Parmesan

Source: Moosewood Lowfat Favorites

Healthy Units: 5

Servings: 8

Posted by: Kate

September 25, 2003

Notes:

I made the tomato wine sauce in the crockpot-page 580 of Comp

You could sub your favorite marinara.

The recipe is easy to halve and bake in an 8x8 pan.

Leftovers freeze well.

Note: Tomato Wine Sauce found on Page 580 of this compilation

2 large eggplants, cut crosswise into 1/2" slices (about 2 lbs)

4 egg whites

1/4 t salt

2 cups whole wheat bread crumbs

1/3 cup finely grated Parmesan cheese

1 large garlic clove, minced or pressed

2 t dried basil

3 1/2 c Tomato Wine Sauce

1 cup nonfat ricotta cheese

2 cups grated part skim mozzarella (8 oz)

1. Preheat oven to 350.

2. Slice eggplant and set aside. Find a bowl in which the eggplant rounds can lie flat and lightly beat the egg whites and salt in it. In another large bowl, combine the breadcrumbs, Parmesan cheese, garlic, and basil.

3. Dip the eggplant slices in the egg whites, then dredge them in the bread crumb mixture to coat both sides evenly. Place breaded slices on a baking sheet coated with cooking spray. Should you have any leftover bread crumb mixture, set it aside. Bake eggplant for about 20 minutes on each side, until tender and easily pierced with a fork.

4. Spread about half the sauce in the bottom of an 8x12" glass baking dish. Layer about half the eggplant slices on top of the sauce. Spread all the ricotta cheese evenly on the eggplant and top with about 1 1/2 cups mozzarella. Use the rest of the eggplant slices for a second layer. Cover them with remaining sauce and any extra bread crumb mixture. Sprinkle top with the final 1/2 cup mozzarella and bake, uncovered, for 25-30 minutes, until the cheese is melted and bubbly.

Per serving: 270 calories, 19.8g protein, 9.9g fat, 28.3g carbs, 21mg cholesterol, 760mg sodium, 4.9g fiber

Hearty Mushroom Soup

serves 4

HU's: 1

1 medium onion, chopped
1 pound of mushrooms, sliced
4 cups of fat free beef broth
1/3 cup minced parsley
3 T tomato paste
1 clove of garlic, minced
1/4 teaspoon of pepper
1/2 cup dry white wine

Saute onions in a pan (sprayed with Pam). Add mushrooms and sauté for a few minutes. Stir in the beef broth, parsley, tomato paste, garlic and pepper. Bring soup to a boil, then reduce and add wine. Cover and simmer for 5 minutes.

source-www.soupsong.com

Hi everyone! I made this soup for my husband, after he kept telling me he had the best mushroom soup at the "Trainwreck" It is a local restaurant. This soup hit the spot!

Crisp-And-Spicy Cheese Twists

H.U.-1 per breadstick

Source-Cooking Light-not sure which issue or year

Posted on: 9/25/03

Posted by: Alicia

Comments: Use a pizza cutter to cut strips more easily.

Ingredients:

1/4 cup grated Parmesan Cheese

1 tsp Paprika

1/8 tsp ground red pepper

1 10oz can refrigerated pizza crust dough

Butter-flavored vegetable cooking spray

Instructions:

Preheat oven to 425. Combine first 3 ingred in a small bowl, stir well and set aside.

Unroll pizza dough and roll into an 8 x 12 inch rectangle. Lightly coat surface of dough with cooking spray and sprinkle with 2 tbsp cheese mixture.

Fold the dough in half to form a 6 x 8 rectangle. Roll dough into a 12 x 8 rectangle. Lightly coat the surface again with cooking spray and sprinkle remaining cheese mixture. Using fingertips, press cheese mixture into dough.

Cut the dough into 16 (8-inch long) strips. Gently pick up both ends of each strip and twist dough. Place the twisted strips 1/2 inch apart on a sheet coated with cooking spray.

Bake @ 425 for 8 min or until lightly brown. Remove from pan and let cool on wire racks.

Nutritional (per serving): 68 Calories; 2.7gm Protein; 1.1g Fat; 11.9g Car; 0.6g Fiber; 1mg Chol; 0.3mg Iron; 189mg Sodium; 25mg Calc

Chile Con Queso Dip

Source CL Website

Healthy Units 2

Servings 14

Posted by jillybean03

Date 9/26/03

Notes (CL): This lightened version of the popular cheese dip is more flavorful than the original. It is great to snack on while watching your favorite games on TV.

INGREDIENTS:

1 (14.5-ounce) can diced tomatoes, undrained
1 (10-ounce) can diced tomatoes and green chiles, undrained (I used 14.5 oz "generic")
1 teaspoon olive oil (I subbed PAM)
1/2 cup chopped onion
2 garlic cloves, minced
1 (8-ounce) block fat-free cream cheese, softened
1 teaspoon chili powder
6 ounces light processed cheese, cubed (such as Velveeta Light)
Cilantro sprigs (optional)

INSTRUCTIONS:

Prep Time: 10 minutes

Cooking Time: 15 minutes

Drain tomatoes and tomatoes with chiles in a colander over a bowl, reserving 1/3 cup liquid; set tomatoes and reserved liquid aside. (I did not bother to drain - mine was a bit "looser" than it probably should have been)

Heat oil in a medium saucepan over medium heat. Add onion and garlic; sauté 4 minutes. Add cream cheese; cook until cheese melts, stirring constantly. Add tomatoes, reserved liquid, and chili powder; bring to a boil. Add processed cheese; reduce heat and simmer 3 minutes or until cheese melts, stirring constantly. Garnish with cilantro, if desired. Serve warm with baked tortilla chips.

NUTRITIONAL INFO:

calories: 63 carbohydrates: 6.4 g cholesterol: 7 mg fat: 1.7 g sodium: 400 mg protein: 5.5 g calcium: 132 mg iron: 0.3 mg fiber: 0.3 g

YIELD:

3-1/2 cups (serving size: 1/4 cup)

Pork Chops with Mustard Crust

Epicurious.com

Healthy Units: 8

Servings: 6

Posted by: kwe730 (Kim)

September 26, 2003

Ingredients:

2 tablespoons (1/4 stick) butter, melted

2 tablespoons chopped fresh parsley

3 tablespoons prepared hot English mustard (such as Colman's)

2 cups fresh breadcrumbs from French bread

6- 6 to 8-ounce center-cut pork chops (each about 3/4 inch thick)

Instructions:

Preheat oven to 350°F. Oil 13x9x2-inch roasting pan.

Mix melted butter, parsley and 2 tablespoons mustard in medium bowl.

Mix breadcrumbs.

Spread remaining 1 tablespoon mustard on both sides of pork chops.

Sprinkle pork chops with salt and pepper.

Arrange in prepared roasting pan.

Press 1/4 of breadcrumb mixture atop each pork chop.

Bake pork chops until cooked through, about 35 minutes.

Preheat broiler.

Broil pork chops, crust side up, until golden brown, watching closely to avoid burning, about 2 minutes.

Serve immediately.

Chicken Breasts with Cornmeal-Coriander Crust and Black Bean Mango Salsa

Source: Bon Appétit 4/97

HU: 6

Servings: 4

Posted by: andygrammy (Claudia)

September 26,2003

Comments: This is a good recipe for advance preparation. Everything can be done ahead of time except cooking the chicken, which only takes a few minutes. I like to pound the chicken first, so it cooks more quickly and stays tender. Coating it only on the top is a little different, but it works really well- the chicken is very crispy on the top and tender and juicy underneath. BA recommends serving it with Three-Pepper Slaw with Chipotle Dressing, which I will post separately. They go well together and make a filling meal without any starch component.

INGREDIENTS:

2 cups 1/2-inch pieces peeled pitted mangoes
1 15- to 16-ounce can black beans, drained, rinsed
3/4 cup fresh white corn kernels
3/4 cup finely chopped red onion
1/2 cup chopped fresh cilantro
3 tablespoons fresh lime juice
1 teaspoon chili oil*
1 teaspoon sugar
1/3 cup yellow cornmeal
1 tablespoon ground coriander
8 5-ounce skinless boneless chicken breasts, excess fat trimmed
Nonstick vegetable oil spray

Instructions:

Place first 8 ingredients in large bowl. Toss to combine. Season salsa with salt and pepper. Cover; let stand 1 hour.

Preheat oven to 250°F. Mix cornmeal and coriander in shallow bowl. Sprinkle chicken with salt and pepper. Generously spray large nonstick skillet with nonstick spray. Place skillet over medium-high heat. Coat one side of each chicken breast with cornmeal mixture. Place 4 chicken breasts, cornmeal side down, in skillet; cook until golden on bottom, about 5 minutes. Reduce heat to medium-low. Turn chicken over. Cook chicken until cooked through, about 5 minutes longer. Transfer chicken to baking sheet. Keep warm in oven. Wipe out skillet, then spray with more nonstick spray. Repeat with remaining 4 chicken breasts.

Cut chicken breasts diagonally into 1/2-inch-thick slices. Transfer to plates. Spoon salsa atop chicken and serve.

Serves 8.

Per serving: calories, 296; total fat, 6 g; saturated fat, 1 g; cholesterol, 96 mg.

Three-Pepper Slaw with Chipotle Dressing

Source: Bon Appétit 4/99

HU: 1

Servings: 8

Posted by: andygrammy (Claudia)

September 26, 2003

Comments: This comes out to 1 HU without figuring for fiber, which is not given, but there must be a lot, so I imagine it is practically point-free. As written, this is WAY too hot for our tastes. I use a scant teaspoon of the chipotles, and do not use the seeds, but it can be varied to suit individual tastes. Another good make-ahead recipe.

INGREDIENTS

5 tablespoons fresh lemon juice
3 tablespoons fat-free mayonnaise
2 tablespoons honey
5 garlic cloves
2 teaspoons minced canned chipotle chilies
1 1/2 teaspoons chili powder
1 large red bell pepper, cut into thin strips
1 large green bell pepper, cut into thin strips
1 large yellow bell pepper, cut into thin strips
12 ounces jicama, peeled, cut into thin strips
1/3 cup chopped fresh Italian parsley

INSTRUCTIONS:

Purée first 6 ingredients in blender. Season to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)

Toss bell peppers, jicama and dressing in large bowl to coat. Season slaw with salt. Cover and refrigerate until vegetables soften slightly but are still crunchy, about 4 hours.

Mix chopped parsley into coleslaw. Serve at room temperature.

Serves 8.

Per serving: calories, 48; total fat, 1 g; saturated fat, 0; cholesterol, 0.

Calcutta Chicken with Apple-Pepper Relish

Source: Gold Kist Farms Chicken

HU: 6

Servings: 4

Posted by: andygrammy (Claudia)

September 26,2003

Comments: This was the grand prize winner several years ago in the Gold Kist Chicken Annual Recipe Contest. I don't usually have fresh mint available, so I often sub cilantro for the mint. A great combination of flavors here, for very few HU's.

Ingredients:

Chicken:

4 boneless, skinless, split chicken breasts
1 tablespoon vegetable oil
1/4 cup frozen apple juice concentrate, thawed
1 teaspoon minced garlic
1 teaspoon minced fresh ginger
1/2 teaspoon ground cumin

Sauce:

1 cup plain low fat yogurt
1/2 cup chopped mango chutney
2 teaspoons lemon juice
2 teaspoons curry powder

Apple-Pepper Relish:

1 cup unpeeled and finely chopped tart green apple
1/3 cup finely chopped red bell pepper
1/3 cup finely chopped red onion
2 teaspoons finely chopped mint leaves
1 tablespoon each lemon juice and honey

Instructions:

Place chicken in shallow non-metallic dish. Combine oil, apple juice, garlic, ginger, and cumin in a 1-cup measure and pour over chicken. Cover and refrigerate 20 minutes, turning once.

To make sauce place yogurt, chutney, and lemon juice in a small bowl. Stir to combine and set aside. Place curry powder in small, dry skillet over medium heat. Toast curry powder just until fragrant, about 1 minute. Add toasted curry powder to yogurt mixture and stir to combine. Cover and refrigerate until serving time.

(Continued next page)

Calcutta Chicken with Apple-Pepper Relish (Cont'd)

To make relish, place apple, red pepper, onion, mint, lemon juice and honey in a small bowl. Stir to combine and set aside.

Remove chicken from marinade, discarding marinade, and place in a large non-stick skillet. Cook over medium heat until lightly browned and no longer pink inside, about 10 to 12 minutes. Remove chicken to a serving platter, top each piece with relish and spoon a small amount of sauce over top. Pass remaining sauce separately.

ROASTED GARLIC SOUP

Source: The Roasted Vegetable Cookbook

Healthy Units: 1/2

Servings 4

Posted by CrissyBear

Date: September 26, 2003

Personal Comments: I often add leftover chicken or cheese tortellini to make this a meal in itself & topping w/ a little grated Parmesan cheese is also a plus.

Ingredients

2 heads garlic

2 tsp extra virgin olive oil

5 cups chicken or vegetable broth

4 cups chopped fresh spinach leaves, tough stems removed

Instructions

Preheat oven to 425F. Remove papery covering of garlic. Slice off the top of each head so most of the cloves are exposed.

Place garlic heads in a small baking dish. Drizzle 1 tsp oil over each head. Cover dish with aluminum foil and roast for 45 minutes, until garlic is completely soft and lightly browned.

When cool enough to handle, squeeze garlic pulp into a medium saucepan. Add broth, stir well to combine. Simmer 15 minutes. Before serving, stir in spinach; simmer until wilted, about 4 minutes. Stir vigorously. Serve hot.

Beef, Beer, and Barley Stew

Posted by: Oduamy1 (Amy)

Posted on: 9/26/03

Yield: 6 servings (2 cups each)

H.U.: (as written its 8, but I just cant NOT count all that fiber - so I say 6.5)

Source: CL Annual 2003 and CL.com

Amy's Comments: Incredibly hearty and delicious soup! I did not do the topping part. I do not do beets. I just skipped the parsley/garlic/horseradish all together. With a nice crusty roll - this is a great meal!! Oh and I don't do bay leaves, so I left that out too...

CL Comments: You can use barley groats rather than pearl barley in this stew to give the dish a little more texture. Substitute rutabagas, parsnips, or other root vegetables of your choice for the carrots and turnips.

INGREDIENTS:

- 2 tablespoons olive oil
- 1 pound beef stew meat
- 1 teaspoon salt, divided
- 1/4 teaspoon black pepper
- 3 cups coarsely chopped onion
- 2 bay leaves
- 2 thyme sprigs
- 2 tablespoons tomato paste
- 2 cups (1-1/2-inch-thick) slices carrot
- 2 cups chopped peeled turnips (about 1 pound)
- 3/4 cup uncooked pearl barley
- 5 garlic cloves, minced and divided
- 2 (8-ounce) packages mushrooms, quartered
- 3 cups water
- 3 cups low-salt beef broth
- 2 tablespoons Worcestershire sauce
- 1 (12-ounce) bottle dark beer (such as stout)
- 3 small beets
- 3 tablespoons chopped fresh parsley
- 1 teaspoon thyme leaves
- 2 tablespoons prepared horseradish

INSTRUCTIONS:

1. Heat oil in a stockpot over medium-high heat. Sprinkle beef with 1/2 teaspoon salt and pepper. Add beef to pan; sauté 10 minutes or until browned. Remove from pan. Add onion, bay leaves, and thyme sprigs to pan. Cover, reduce heat, and cook 10 minutes, stirring occasionally.

2. Uncover; stir in tomato paste. Increase heat to medium-high. Add carrot, turnips, barley, 4 garlic cloves, and mushrooms; sauté 3 minutes. Add beef, 1/2 teaspoon salt, water, broth, Worcestershire, and beer; bring to a boil. Reduce heat; simmer, covered, for 1-1/2 hours. Discard bay leaves and thyme sprigs.

3. While stew is simmering, trim beets, leaving root and 1 inch stem on each; scrub with a brush. Place in a medium saucepan, and cover with water; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until tender. Drain; rinse with cold water. Drain; cool. Leave root and 1 inch stem on each beet; rub off skins. Cut each beet into 6 wedges.

4. Combine parsley, thyme leaves, and 1 garlic clove. Ladle about 2 cups stew into each of 6 bowls. Top each serving with 3 beet wedges, about 1-1/2 teaspoons parsley mixture, and 1 teaspoon horseradish.

NUTRITIONAL INFO:

CALORIES 379 (27% from fat); FAT 11.4g (sat 2.9g, mono 6g, poly 1.1g); PROTEIN 24.5g; CARB 45.2g; FIBER 10.2g; CHOL 47mg; IRON 4.8mg; SODIUM 654mg; CALC 85mg

Passover Pear-Ginger Crisp

Source: Cooking Light (Website)

Serving 10 servings

Healthy Units: 5 with matzo cake meal or oatmeal

Posted by: Joan Borsten

Date: September 25, 2003

Found this looking for a Jewish New Year recipe and made with oatmeal instead of matzoh cake meal. The combination of tastes were great. This gets made in a 13 x 9 baking dish - I had less than 1/10th to cut down on HUs. Next time will try with the Corman Lite butter as well. Already have requests for another round.

INGREDIENTS:

Filling:

1/4 cup sugar

1-1/2 teaspoons grated lemon rind

1 tablespoon fresh lemon juice

1-1/2 teaspoons grated peeled fresh ginger

1/2 teaspoon ground cinnamon

10 peeled Bosc or Bartlett pears, cored and coarsely chopped (about 3-3/4 pounds)

Cooking spray

Topping: 1 cup matzo cake meal

3/4 cup packed brown sugar

1/4 teaspoon ground ginger

1/8 teaspoon salt

1/8 teaspoon ground nutmeg

1/8 teaspoon ground allspice

1 large egg white

6 tablespoons chilled butter, cut into small pieces

INSTRUCTIONS:

1. Preheat oven to 400 degrees.
2. To prepare filling, combine first 6 ingredients in a large bowl; toss well. Spoon filling into a 13 x 9-inch baking dish coated with cooking spray.
3. To prepare topping, combine matzo cake meal and next 5 ingredients (matzo cake meal through allspice) in a medium bowl, stirring with a whisk. Add egg white; stir well with a whisk. Cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal; sprinkle topping over filling.
4. Bake at 400 degrees for 30 minutes or until pears are soft and topping is golden.

NUTRITIONAL INFO: CALORIES 270 (25% from fat); FAT 7.5g (sat 4.3g, mono 2.1g, poly 0.4g); PROTEIN 2.5g; CARB 50.5g; FIBER 0.2g; CHOL 19mg; IRON 1.1mg; SODIUM 112mg; CALC 26mg

Chicken in a Fried Onion Sauce (Murghi rasedar)

Servings: 6

Healthy Units: 4* (using breast halves) to 7 per serving

Source: Indian Cooking by Madhur Jaffrey

Posted by: trishblau

date: September 27, 2003

Madhur Jaffrey calls this her "everyday" chicken.

Ingredients

1 2.4 pound whole chicken, skinned, cut into parts (breast halves split in two pieces*)

4 medium onions

1 1/2 inch piece fresh ginger, coarsely chopped

6 cloves garlic, peeled

1 Tablespoon vegetable oil

1 tablespoon ground coriander

1 tablespoon ground cumin

1/2 teaspoon ground tumeric

1/4-1/2 teaspoon cayenne pepper

4 Tablespoons plain lowfat yogurt

1 cup chopped, peeled tomatoes (you can substitute canned tomatoes)

2 teaspoons salt

1/2 teaspoon garam masala

1 Tablespoon chopped cilantro

Instructions:

Chop half of the onions coarsely. Cut the remaining onions into halves lengthwise, and then crosswise into thin slices.

Put the chopped onions, ginger, and garlic into the container of an electric blender.

Blend to a paste.

Put the oil in a large, wide sauté pan (preferably nonstick). When hot, put in the sliced onions. Stir and sauté the onions until they are a deep reddish brown color. Remove the onions with a slotted spoon. Put on a plate and set aside.

Take the pan off the heat. Put in the paste. Put the pan back on the heat. Stir the paste until it is brown, about 3-4 minutes. Now put in the coriander, cumin, tumeric, and cayenne and stir once. Put in 1 tablespoon of the yogurt. Stir for about 30 seconds until it is incorporated. Add the remaining yogurt in the same way. Add the chicken pieces and stir them around for a minute.

Add the tomatoes and salt. Stir to mix and bring to a simmer. Cover, turn heat to low, and cook for 20 minutes. Sprinkle in the garam masala and the fried onions. Mix. Cook uncovered on medium heat for 7-8 minutes, or until the sauce reduces and thickens.

Sprinkle the fresh cilantro over the top and serve.

*Using chicken breasts: 208 Calories; 5g Fat (20.0% calories from fat); 30g Protein; 11g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 804mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Oven Baked Beef Stew

Source: CL Bulletin Board

Healthy Units: 7

Yield: 8 servings (2 cups per serving)

Posted by: Bawstinn32 (Maria)

September 29, 2003

Comments: The original recipe did not have green beans or portabello mushrooms; they were my own addition. I also upped the amount of vegetables and increased the # of servings since 1 cup of each didn't seem like a whole lot of vegetables to me. Used fresh garlic not garlic powder; decreased the amount of oil. We liked it and I will make again, however, I don't think tomatoes belong in beef stew. Next time I'll leave them out.

INGREDIENTS:

- 1 1/2 teaspoons oil
- 2 pounds beef stew meat -- cut in 1½" cubes
- 1/3 cup flour, all-purpose
- 2 teaspoons black pepper
- 1 teaspoon salt
- 2 teaspoons garlic powder
- 1 teaspoon marjoram
- 14 ounces diced tomatoes undrained
- 14 ounces beef broth <I used onion flavored>
- 1/2 cup dry red wine
- 4 cups potatoes -- cubed
- 1 cup sliced celery
- 1 pound baby carrots
- 3 whole onions -- quartered
- 12 ounces portabello mushrooms -- sliced
- 2 cups green beans

Preheat oven to 325°. Heat oil in 4 quart Dutch oven over medium heat. Brown beef cubes in oil. Add flour, salt, garlic powder, marjoram and pepper. Stir in tomatoes, broth and wine; mix well. Bring to a boil, stirring frequently. Add remaining ingredients, mix well. Cover; bake for 2 hours or until meat is tender, stirring twice during baking.

Yield: 16 cups

Per Serving (excluding unknown items): 373 Calories; 11g Fat (28.3% calories from fat); 31g Protein; 34g Carbohydrate; 6g Dietary Fiber; 62mg Cholesterol; 648mg Sodium. Exchanges: 1 Grain (Starch); 4 Lean Meat; 3 Vegetable; 0 Fat.

Peanut Butter-Chocolate Chip Banana Bread or Muffins

Source: Cooking Light Board

Healthy Units: 3

Serves: 12 per loaf

Posted by: Kate

September 29, 2003

Note: I used Splenda for the 1/2 cup of sugar and eliminated the Canola oil entirely, and figured the points with my changes.

1 1/4 cups all-purpose flour

1 1/4 cups whole wheat flour (can use all white flour)

1/2 cup sugar

1/2 cup packed brown sugar

1 tablespoon baking powder

3/4 teaspoon salt

1/4 teaspoon cinnamon

2 to 3 ripe large bananas -- mashed

1 cup skim milk

3/4 cup smooth peanut butter (I used chunky)

1 tablespoon Canola oil (original recipes uses 3 T., can also omit all together)

1 teaspoon vanilla

1 large egg

1 cup milk chocolate chips

In a large bowl stir together flour, sugars, baking powder, salt, and cinnamon. In another bowl combine mashed bananas, milk, peanut butter, oil, vanilla and egg. Add to flour mixture, stirring until just combined. Stir in chocolate chips. Pour batter into two greased loaf pans or muffin tins. Bake at 350 F for 50 to 55 minutes or until a toothpick inserted near the center comes out clean.

Makes 2 loaves, 12 slices per loaf or 24 muffins

Chock-Full Chicken Noodle Soup

www.cookinglight.com

Healthy Units: 6

Servings: 5 servings (serving size: 2 cups)

Posted by: Bawstinn32(Maria)

September 4, 2003

INGREDIENTS:

1/2 teaspoon olive oil
1 cup chopped onion
1 teaspoon dried oregano
1 garlic clove, minced
6 cups Chicken Stock, divided
2 cups diced peeled baking potato
1 cup chopped celery
1 cup (1/4-inch-thick) sliced carrot
3 cups chopped cooked chicken
2 cups chopped spinach
1 teaspoon salt
3 ounces uncooked medium egg noodles (about 1-1/2 cups)
2 tablespoons all-purpose flour
1/4 teaspoon black pepper

INSTRUCTIONS:

Heat olive oil in a Dutch oven over medium-high heat. Add onion, and sauté 3 minutes. Add oregano and garlic, and sauté 30 seconds. Add 5-3/4 cups Chicken Stock and potato. Bring to a boil; reduce heat, and simmer for 15 minutes or until the potato is tender. Mash potato in stock mixture. Add celery and carrot; bring to a boil, reduce heat, and simmer for 5 minutes. Add the chicken, spinach, and salt; bring to a boil, reduce heat, and simmer 3 minutes. Add noodles; bring to a boil, and cook 5 minutes.

Combine 1/4 cup stock and flour in a small bowl; stir well with a whisk. Stir flour mixture into soup; simmer 3 minutes. Stir in pepper.

NUTRITIONAL INFO:

calories: 332 carbohydrates: 32.7 g cholesterol: 96 mg fat: 8.1 g sodium: 1 mg protein: 31.6 g calcium: 75 mg iron: 3.5 mg fiber: 4.2 g

YIELD:

5 servings (serving size: about 2 cups)

Chicken Stock

www.cookinglight.com

Healthy Units: 1

Yield: 6 cups stock

Posted by: Bawstinn32 (Maria)

September 4, 2003

The vinegar lends a kick to the stock, but it may be omitted, if desired. A 3-1/2-pound chicken will yield about 4 cups of cooked chicken.

INGREDIENTS:

- 1 (3-1/2-pound) chicken (broiler-fryer)
- 1 tablespoon black peppercorns
- 1 teaspoon salt
- 10 parsley sprigs
- 6 garlic cloves, sliced
- 3 bay leaves
- 2 carrots, cut into 2-inch-thick pieces
- 1 medium onion, unpeeled and quartered
- 8 cups water
- 1 tablespoon cider vinegar (optional)

INSTRUCTIONS:

1. Combine first 8 ingredients in a large Dutch oven; add water. Bring to a boil over medium heat. Reduce heat; simmer, uncovered, 40 minutes or until chicken is done. Remove chicken from cooking liquid; cool. Remove meat from bones, and reserve for use in the following recipes. Return bones to cooking liquid; stir in vinegar, if desired. Partially cover and simmer 1 hour.

2. Strain the stock through a sieve into a large bowl, and discard the solids. Cover and chill the stock for 8 hours. Skim the solidified fat from the surface of the stock, and discard.

Note: Reserved meat from chicken will keep 3 days in an airtight container in refrigerator or 3 months in freezer.

NUTRITIONAL INFO:

CALORIES 35 (33% from fat); FAT 1.3g (sat 0.4g, mono 0.5g, poly 0.3g); PROTEIN 5.4g; CARB 0.1g; FIBER 0g; CHOL 16mg; IRON 0.2mg; SODIUM 405mg; CALC 3mg

YIELD: 6 cups stock (serving size: 1 cup)

JUICEY APPLE CRISP

www.cookinglight.com

HU: 5

Yield: 6

Posted: alk158 (Amy W.)

Date: 9/29/03

NOTES: I upped the topping by 25% while decreased my apples to only 6 (one cup was roughly one apple). The yield went to 8 (6 servings was WAY too big to eat) and threw away the ice cream. Points went to 3. Excellent my way :) I suppose Splenda can be substituted no problem...I just forgot!! My DH used some Turkey Hill Light Vanilla Bean Ice Cream for 2 points...so this is a pretty healthy, and LARGE dessert for the fall!!

INGREDIENTS:

1/2 cup regular oats

1/3 cup packed brown sugar

1 tablespoon all-purpose flour

1-1/2 tablespoons butter, melted

1 tablespoon thawed apple juice concentrate

1/2 teaspoon ground cinnamon

2 tablespoons granulated sugar

1 tablespoon cornstarch

1/2 teaspoon ground cinnamon

1/8 teaspoon salt

8 cups sliced peeled Granny Smith apple (about 2 pounds)

1/4 cup thawed apple juice concentrate, undiluted

2 tablespoons water

3/4 cup vanilla light ice cream

INSTRUCTIONS:

Preheat oven to 425°F. Combine first 6 ingredients; set aside.

Combine the granulated sugar, cornstarch, 1/2 teaspoon cinnamon, and salt. Place the apple slices in an 11 x 7-inch baking dish, and sprinkle with the cornstarch mixture. Pour 1/4 cup juice concentrate and water over the apple mixture. Top with the oat mixture. Bake at 425°F for 25 minutes or until bubbly and golden brown. Let stand for 15 minutes. Serve with ice cream.

NUTRITIONAL INFO:

calories: 258 carbohydrates: 55.2 g cholesterol: 10 fat: 4.6 g sodium: 101 mg protein: 2.2 g calcium: 56 mg iron: 1.2 mg fiber: 3.4 g

YIELD:

Yield: 6 servings. (Serving size: 1 cup apple crisp and 2 tablespoons ice cream).

Garlicky Lemon Broccoli

Source: Cooking Light October 2003

Healthy Units: 1

Serves: 4

Posted by: Kate

September 29, 2004

1-1/2 pounds broccoli spears

1/2 cup water

2 teaspoons butter

1/4 teaspoon salt

1/4 teaspoon black pepper

2 garlic cloves, chopped

1 teaspoon grated lemon rind

2 teaspoons fresh lemon juice

1. Peel broccoli stems using a vegetable peeler. Combine broccoli and water in a large nonstick skillet; cover and cook over medium-high heat 6 minutes or until crisp-tender. Remove broccoli from pan; wipe pan with a paper towel.

2. Melt butter in pan over medium heat. Add salt, pepper, and garlic; cook 2 minutes, stirring frequently. Add broccoli, and toss to coat. Sprinkle broccoli mixture with rind, drizzle with lemon juice. Yield: 4 servings (serving size: 1 cup).

CALORIES 67 (34% from fat); FAT 2.5g (sat 1.4g, mono 0.6g, poly 0.4g); PROTEIN 5.2g; CARB 9.6g; FIBER 5.1g; CHOL 5mg; IRON 1.5mg; SODIUM 212mg; CALC 85mg

Acorn Squash with Apricot Glaze

Source: Better Homes and Gardens

Healthy Units:

Servings: 4

Posted by: MedleyDawn

Date: 9/29/03

Ingredients

2 medium acorn squash

1 medium apple, sliced (I use Granny Smith)

2 medium apricots sliced, or 1 peach, peeled and sliced 2/3 cup (I have used nectarines)

1/4 c. apricot nectar

2 tbsp. honey

1/4 tsp ground nutmeg (I add allspice and cinnamon)

1 tbsp. margarine or butter (I splurge and use real butter for this one)

Instructions

1. Halve squash, remove and discard seeds. Place squash, cut side down in a 2-quart rectangular microwave-safe baking dish. Microwave, uncovered, on high for 12 to 16 minutes or until just tender. Turn once during cooking.

2. Combine fruit, nectar, honey and spices. Turn squash over when cooked and spoon fruit mixture equally into squash cavities. Dot with butter. Microwave, covered with wax paper, for 4 to 7 minutes or until fruit is hot. Sprinkle with additional spices, if desired.

201 calories, 6 g. fat, 5 g. fiber

Wild Mushroom--Barley "Risotto" with Sage

Source CL Website

Healthy Units 3 (gotta love the fiber)

Servings 8 (serving size: about 2/3 cup)

Posted by jillybean03 (Jill)

Date 9/29/03

CL Comments: If you like creamy risotto, you'll love this dish--its rich texture is similar to regular risotto, but it's easier to make.

My comments: This was fantastic. Would make a great side dish OR can stand on it's own as a main dish. Keep it Veggie by using veg broth, or you can sub chicken broth. I used the butter at the end, but my opinion? You could probably lose it without a significant loss of flavor. I don't believe it adds significant points.

INGREDIENTS:

1 cup uncooked pearl barley

2 cups water

4 cups Rich Porcini Stock (No such recipe on the Website - I used "Roasted Vegetable Broth" from the grocery store.

1 tablespoon olive oil

1 cup finely chopped onion

8 cups thinly sliced Shiitake mushroom caps (about 1 pound) OR any kind of mushrooms is fine

1-1/2 teaspoons sea salt

2 teaspoons chopped fresh sage

1/3 cup (about 1-1/2 ounces) grated fresh Parmesan cheese

1 tablespoon butter

1/8 teaspoon freshly ground black pepper

INSTRUCTIONS:

1. Combine barley and water in a bowl. Let stand for 2 hours; drain.

2. Bring Rich Porcini Stock to a simmer in a saucepan. Heat oil in a Dutch oven over medium heat. Add onion; cook 5 minutes or until tender. Add mushrooms and salt; cook 3 minutes.

3. Add barley, Rich Porcini Stock, and sage to the onion mixture. Bring to a boil over medium heat; reduce heat, and simmer 30 minutes or until most of the liquid is absorbed. Remove from heat; stir in cheese, butter, and pepper.

Note: The Rich Porcini Stock recipe can be found in the Recipe Finder

NUTRITIONAL INFO:

CALORIES 191 (22% from fat); FAT 4.7g (sat 2g, mono 2.1g, poly 0.4g); PROTEIN 6.1g; CARB 26g; FIBER 5.1g; CHOL 7mg; IRON 2mg; SODIUM 448mg; CALC 75mg

Cheddar Chicken Chowder

Source CL Website

HU: 6 per serving

Servings: 7 (1-1/2 cup size)

Posted by Jillybean03

Date 9/30/03

Comments: Amy says it's GREAT, GREAT, GREAT! Yes, put it in the comp, I'll vouch for it!

INGREDIENTS:

2 bacon slices

Cooking spray

1 pound skinned, boned chicken breast, cut into bite-size pieces

1 cup chopped onion

1 cup diced red bell pepper

2 garlic cloves, minced

4-1/2 cups fat-free chicken broth

1-3/4 cups diced peeled red potatoes

2-1/4 cups frozen whole-kernel corn

1/2 cup all-purpose flour

2 cups 2% low-fat milk

3/4 cup (3 ounces) shredded cheddar cheese

1/2 teaspoon salt

1/4 teaspoon pepper

INSTRUCTIONS:

Cook bacon in a Dutch oven coated with cooking spray over medium-high heat until crisp. Remove bacon from pan. Crumble; set aside. Add chicken, onion, bell pepper, and garlic to bacon fat in pan; sauté 5 minutes. Add broth and potatoes; bring to boil. Cover, reduce heat, and simmer 20 minutes or until potatoes are tender. Add corn; stir well.

Place flour in a bowl. Gradually add milk, stirring with a whisk until blended; add to soup. Cook over medium heat 15 minutes or until thick, stirring frequently. Stir in cheese, salt, and pepper. Top with crumbled bacon.

NUTRITIONAL INFO:

calories: 306 carbohydrates: 33.7 g cholesterol: 58 fat: 7.5 g sodium: 376 mg protein: 25 g calcium: 193 mg iron: 1.6 mg fiber: 2.9 g

YIELD:

Yield: 7 servings (serving size: 1-1/2 cups).

Garlic Sesame Pork Tenderloin

Source: Cooking Light Board

Healthy Units: 5

Servings: 8

Posted by: Kate

September 30, 2003

Comments: I used a 2 lb boneless pork loin, marinated it overnight, and cooked in crock pot on low for 7 hours.

Ingredients:

1 tsp honey

4 T soy sauce

2 T sesame oil

4 cloves garlic, minced

2 T brown sugar

1 T dry sherry

3-4 scallions, chopped

Instructions:

whisk all ingredients together.

Put in ziplock bag w/the pork tenderloin (2 lb) and marinate 3 hours +

Cooking method after marinating:

1) Grill or bake in a 500* oven for 20-25 minutes

2) Or cook in the crockpot

a) on high for two hours and low for two hours

b) on low for 5 (cooking time is for 2 lb tenderloin)

Nutritional info: per 4 oz serving: Cal: 235, Fat: 9; Fiber 0.

Barefoot Contessa Perfect Roast Chicken

Source: Cooking Light Board
Healthy Units: 5.66
Servings: 6 (4 oz chicken per serving)
Posted by: Kate
September 30, 2003

Comments: Nutritional info is for chicken without skin. This smelled heavenly in the oven.

1 (5 lb pound) roasting chicken
Kosher salt
Freshly ground black pepper
1 large bunch fresh thyme, plus 20 sprigs
1 lemon, halved
1 head garlic, cut in half crosswise
2 tablespoons (1/4 stick) butter, melted (I used light butter, 1 pt per T)
1 large yellow onion, thickly sliced
4 carrots cut into 2-inch chunks (used 8 carrots)
1 bulb of fennel, tops removed, and cut into wedges (optional, I omitted this and added extra carrots)
Olive oil (I used 1T)

Preheat the oven to 425 degrees F.

Remove the chicken giblets. Rinse the chicken inside and out. Remove any excess fat and leftover pin feathers and pat the outside dry. Liberally salt and pepper the inside of the chicken. Stuff the cavity with the bunch of thyme, both halves of lemon, and all the garlic. Brush the outside of the chicken with the butter and sprinkle again with salt and pepper. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken. Place

the onions, carrots, and fennel in a roasting pan. Toss with salt, pepper, 20 sprigs of thyme, and olive oil. Spread around the bottom of the roasting pan and place the chicken on top.

Roast the chicken for 1 1/2 hours, or until the juices run clear when you cut between a leg and thigh. Remove the chicken and vegetables to a platter and cover with aluminum foil for about 20 minutes. Slice the chicken onto a platter and serve it with the vegetables.

Nutritional info based on above:

Cal 257; Fat 11 g; Protein 30 g; Carbs 9 g; Fiber 2 g; Cholesterol 100 mg; Iron 2 mg; Sodium 139 mg; Calcium 44 mg;

Pork Loin Chops with Cinnamon Apples

Source: CL October 2003

Healthy Units:

Yield: 4 servings (1 pork chop and 3/4 cup apple mixture)

Posted by: Bawstinn32 (Maria)

October 1, 2003

Comments: Quick, easy and tasty. Served with mashed potatoes. Was on the table in less than 30 minutes!

Ingredients:

1 teaspoon dried rubbed sage

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

4 (4-ounce) boneless center-cut loin pork chops (about 1/2 inch thick)

1/2 teaspoon vegetable oil

cooking spray

1 teaspoon butter

4 cups (1/2-inch) sliced peeled Granny Smith apples (about 4 medium)

1 tablespoon brown sugar

1 teaspoon fresh lemon juice

1/2 teaspoon ground cinnamon

dash of salt

Instructions:

Combine first 3 ingredients, and sprinkle over the pork.

Heat oil in a large nonstick skillet coated with cooking spray over medium heat.

Add pork; cook 3 minutes on each side or until done.

Remove the pork from pan.

Cover and keep warm.

Melt butter in pan over medium heat.

Add apples and remaining ingredients, and cook 5 minutes or until tender, stirring frequently. Serve the apples with pork.

Nutritional values: 251 calories, 8.3g of fat (3.1g sat)

Fiber for Pork Loin Chops w/ apples is 2.3 grams

Chicken Potpies

CL October 2003

HU: 8 (using CL nutritionals, I didn't put it through the recipe builder)

3 Servings

Posted by Sharpeimommy

10/1/2003

Ingredients:

½ (15 oz) package refrigerated pie dough

Cooking Spray

1/8 tsp. Salt

2 Tbsp. All Purpose flour

1 tsp. Dried rubbed sage

¼ tsp. Salt

¼ tsp. Black pepper

8 ounces chicken breast tenders; cut into bite sized pieces

1 ¼ c. water

1 ½ c. frozen mixed vegetables

1 c. mushrooms quartered

1 (10.5 oz) can condensed reduced-fat, reduced-sodium cream of chicken soup

Directions:

1). Preheat oven to 450

2). Cut 3 (4-inch) circles out of dough; discard remaining dough. Place dough circles on a baking sheet coated with cooking spray. Lightly coat dough with cooking spray; sprinkle evenly with 1/8 tsp. Salt. Pierce top of dough with fork. Bake at 425 for 8 minutes or until golden

3). Combine flour, sage, ¼ tsp. Salt and pepper in zip top bag; add chicken. Seal bag, and toss to coat. Heat a large non-stick skillet coated with cooking spray over med-high heat. Add chicken mixture; cook 5 minutes, browning on all sides. Stir in water, scraping pan to loosen browned bits. Stir in vegetables, mushrooms, and soup; bring to a boil. Reduce heat, and cook 10 minutes. Spoon 1 cup chicken mixture into each of 3 (1-cup) ramekins or bowls; top each serving with 1 pie crust.

Calories: 374; Fat: 11.4g; Protein: 24.1g; Carb: 42.6g; Fiber: 4.6g; Chol: 58mg; Iron 1.9mg; Sodium: 882mg; Calc: 38mg.

Fall Pear Galette

CL October 2003

HU: 6 (using CL nutritionals, not recipe builder)

8 servings

Posted by sharpeimommy

10/1/03

Notes: next time I would leave out the caramel. In my opinion, it did not add anything.

Ingredients:

Galette:

Cooking Spray

½ (15 oz) package of refrigerated pie dough

½ c. (2 oz.) shredded aged cheddar cheese

5 ripe Bartlett or D'Anjou pears, peeled, cored, and cut into 1 inch slices

1 Tbsp. Lemon juice

1/8 tsp. Ground nutmeg

¼ c. brown sugar

3 Tbsp. All-purpose flour

Caramel:

1/3 c. granulated sugar

Directions:

1). Preheat to 400

2). Line jellyroll pan with foil, and coat foil with cooking spray. Roll dough to 11-inch circle, place on baking sheet. Sprinkle crust with cheese, leaving 1-inch border

3). Combine pears, juice, and nutmeg in a large bowl; toss well. Add brown sugar and flour. Toss gently. Arrange fruit on dough leaving a 2 inch border (pears will be piled very high). Fold edges of dough toward center, pressing gently to seal. Dough will only partially cover pears. Bake at 400 for 30 minutes or until crust is lightly browned. Cool on wire rack.

4). To prepare caramel, heat granulated sugar in a small heavy saucepan over medium heat until sugar dissolves, stirring as needed to dissolve sugar evenly (about 4 min). Cook 1 minute or until golden. Remove from heat. Drizzle over galette.

Calories: 292; Fat 9.7g; Protein 4g; Carb 50g; Fiber 3g; Chol 12 mg; Iron .6mg; Sodium 146mg; Calc 71mg

Chocolate Zucchini Bread

Source: Prevention's Guide Quick and Healthy Cooking June 1995

Healthy Units: 1.5

Yield: 1 loaf 14 servings

Posted by: thinmeplease(Diane)

Posted October 2, 2003

Notes: The healthy units and 14 slices is what I come up with using 2-5x9 pans instead of the 4x8 and using applesauce instead of Canola oil. I like to substitute almond flavoring for the vanilla.

I handed this out at our meeting and have gotten rave reviews from the gals that made it.

I also like to use either Saco or Droste cocoa. Much better then plain Hershey cocoa unless of coarse you like Hershey cocoa.

Comments: Has a great chocolate flavor and dense moist texture.

2 ½ c. unbleached flour

½ c. unsweetened cocoa

1 t. baking soda

1 t. ground cinnamon

¼ t. baking powder

2 c. sugar

¾ c. fat-free egg substitute

1/3 c. Canola oil

2 T. water

1 T. vanilla

2 ½ c. shredded zucchini

Preparation:

Preheat the oven to 350°. Coat two 2x8 inch loaf pans with nonstick spray.

In a medium bowl, combine the flour, cocoa, baking soda, cinnamon and baking powder.

In a large bowl, beat the sugar, egg substitute, oil, water and vanilla until well blended. Stir in zucchini.

Add the dry ingredients and stir just until they are moistened.

Divide the batter between the pans.

Bake until a toothpick inserted near the center of each loaf comes out clean, 50 to 60 minutes.

Cool the loaves in the pans on wire rack for 10 minutes.

Remove the loaves from the pans and let them cool completely.

2 loaves (12 slices each)

Per slice: 147 cal., 3.2 g fat, (20% of calories), 0 mg cholesterol, 68 mg sodium, 0.5 g dietary fat

Shrimp Scampi

Source- Cooking Light Oct 03

Healthy Units- 5 Points

Servings 4

Posted by jcanty (Gail)

10-02-03

Comments: This was excellent restaurant quality and done in 5 minutes!! Have your pasta water boiling before you start and be sure to add your pasta points! TOO GOOD!!!

Ingredients:

2 tsp olive oil

28 large shrimp peeled and deveined (abt 1-1/2 pounds)

3 Garlic cloves (I used 5)

1/3 c Sauvignon Blanc or other white wine

1/2 tsp salt

1/4 tsp freshly ground pepper

1/4 cup chopped flat leaf Italian parsley

1 Tbls. Fresh lemon juice

Instructions.

Heat oil in a large skillet over medium high heat.

Add Shrimp: sauté' 1 minute.

Add garlic; sauté' 1 minute.

Stir in wine, salt, and pepper; bring to a boil.

Reduce heat to medium; cook 30 seconds.

Add parsley and juice; toss well to coat.

Cook 1 minute or until shrimp are done.

Nutritional: Calories 220(21% from fat); Fat 5.2g (sat 0.9g,mono 2.1g,poly 1.3g) protein 34.9g;carb 3.1;Fiber 0.2g;Chol 2598mg;iron 4.5mg;sodium 564mg;calc 100mg

Victoria (Miss VN) said: I was making it as more of a sauce for pasta so I increased to 2 tablespoons, used one of oil and one butter (would use more butter next time). Also, as soon as the butter was melted, I turned off the heat, then added the wine, garlic & spices, let that heat a minute, and then added the shrimp (pretty small ones). That REALLY helped the flavor get into the shrimp. This one is DEFINATLY on the make again list. Might try it with some scallops next week.

Banana Crunch-Top Muffins

Source: "Light Muffins" by Beatrice Ojakangas

Serves: 12

Healthy Units: 3-4 (it's right on the line!)

Posted by: Allison (alleycat)

Date: October 2, 2003

1-1/2 cups all purpose flour
1/2 cup wheat germ
1/2 cup packed brown sugar
3 teaspoons baking powder
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 teaspoon salt
2 medium, ripe bananas, mashed (about 3/4 cup)
3/4 cup skim milk
3 tablespoons unsalted butter, melted
2 large egg whites, lightly beaten

WHEAT GERM TOPPING

3 tablespoons wheat germ
2 tablespoons packed brown sugar
1 tablespoon all-purpose flour
1 tablespoon unsalted butter, melted
1/8 teaspoon ground cinnamon

1. Preheat oven to 400. Lightly grease 12 regular-sized muffin cups, or coat with nonstick spray.
2. In a large mixing bowl, combine the flour, wheat germ, brown sugar, baking powder, cinnamon, nutmeg, and salt.
3. In a small bowl, mix together the mashed bananas, milk, butter, and egg whites. Stir in liquid ingredients into the dry ingredients just until the dry ingredients are moistened, about 20 strokes.
4. Spoon batter into muffin cups, dividing batter evenly.
5. For wheat germ topping, in a small bowl, combine all topping ingredients and mix until blended. Sprinkle over muffins, dividing mixture equally, and pat down gently onto muffins.
6. Bake for 20-22 minutes, or until muffins are browned and a wooden skewer inserted in center of muffins comes out clean. Cool 1 minute, then remove from tin and transfer to wire rack to cool or to a basket to serve warm.

Per muffin: 182 cal, 4 g fat, 1.6 g fiber

Herb and Onion Wheat Biscuits

H.U.: 2.5 per biscuit

Yield: 10 servings (serving size: 1 biscuit)

Source: CL.com

Posted by: oduamy1 (Amy)

Posted on: 10/2/03

CL Comments: The onion is pureed so that its flavor carries throughout the biscuits. You can make and freeze the biscuits up to a week ahead. When ready to serve, thaw, wrap in foil, and heat in a 325 degree oven for 10 to 12 minutes or until thoroughly heated.

Amy's Comments: The onion and the herb flavor are both very subtle and give these biscuits a great flavor. Mine were just not going to roll so I just did them as drop biscuits and cooked an extra 2 minutes. Delicious!

INGREDIENTS:

Cooking spray

1 cup chopped onion

3/4 cup fat-free milk

1-1/2 cups all-purpose flour

1/2 cup whole wheat flour

2 teaspoons baking powder

1/2 teaspoon salt

1/4 teaspoon sugar

1/4 teaspoon dried oregano

1/4 teaspoon dried basil

1/4 cup chilled butter, cut into small pieces

INSTRUCTIONS:

1. Preheat oven to 425 degrees.

2. Heat a small skillet coated with cooking spray over medium heat. Add onion; cook 6 minutes or until tender, stirring frequently. Spoon onion into a blender. Add milk; process until smooth. Cool.

3. Lightly spoon flours into dry measuring cups, and level with a knife. Combine flours and next 5 ingredients (flours through basil) in a large bowl; cut in the butter with a pastry blender or 2 knives until the mixture resembles coarse meal. Add onion mixture; stir just until moist. Turn dough out onto a heavily floured surface (dough will be sticky), and knead lightly 5 times with floured hands. Roll dough to a 1/2-inch thickness; cut into 10 biscuits with a 3-inch biscuit cutter. Place on a baking sheet coated with cooking spray. Bake at 425 degrees for 12 minutes or until golden.

NUTRITIONAL INFO:

CALORIES 119 (31% from fat); FAT 4.1g (sat 2.4g, mono 1.2g, poly 0.3g); PROTEIN 3.1g; CARB 17.9g; FIBER 1.3g; CHOL 11mg; IRON 1.1mg; SODIUM 227mg; CALC 73mg

Grits Casserole with White Beans and Rosemary

H.U.: 6

Yield: 8 servings

Source: Cooking Light, Annual 2003

Posted by: Carol (sandythecur)

Posted on: 10/2/03

Comments: If you're not a grits fan in the first place, this probably isn't for you. However, my husband and I both really enjoyed a savory take on this dish we usually eat for breakfast. The combination of flavors is excellent, and the servings are VERY filling; I could not finish mine.

INGREDIENTS:

4 ounces french bread -- cubed
1/2 cup Parmesan cheese -- grated
2 tablespoons fresh parsley -- finely chopped
7 cups boiling water -- divided
3 ounces sun-dried tomatoes -- chopped
1 tablespoon olive oil
2 cups red onion -- sliced
1 tablespoon fresh rosemary -- chopped
1/8 teaspoon red pepper -- crushed
2 cloves garlic -- minced
1 1/2 teaspoons sea salt -- divided
1/4 teaspoon black pepper
19 ounces cannellini beans -- drained
1 1/2 cups grits -- uncooked
2 tablespoons butter

INSTRUCTIONS:

1. Place bread in a food processor; pulse until coarse crumbs form to measure 1 c. Combine breadcrumbs, cheese, and parsley in a small bowl; set aside.
2. Combine 3 c. boiling water and tomatoes in a bowl; let stand 10 minutes. Drain tomatoes over a bowl, reserving 1 c. liquid.
3. Heat oil in a nonstick skillet over medium high heat. Add onion, rosemary, red pepper, and garlic; sauté 3 minutes. Add tomatoes and reserved liquid. Bring to a boil; cook 7 minutes or until most of liquid evaporates. Add 1/2 tsp. salt, black pepper, and beans.
4. Preheat oven to 400 degrees.
5. Combine 4 c. boiling water, 1 tsp. salt, grits, and butter in a large saucepan. Cook 8 minutes over medium heat, stirring constantly.
6. Pour grits mixture into an 11x7 baking dish coated with cooking spray. Spoon tomato mixture evenly over grits; top with breadcrumb mixture.
7. Bake at 400 degrees for 20 minutes or until golden.

NUTRITIONAL INFO:

CALORIES 303 (22% from fat); FAT 7.5g (sat 3.4g, mono 2.9g, poly 0.9g); PROTEIN 10.2g; CARB 47.2g; FIBER 5.2g; CHOL 13mg; IRON 2.5mg; SODIUM 781mg; CALC 146mg

Beef-Broccoli Lo Mein

H.U: 7 per serving

Yield: 6 servings (1.5 cups each)

Source: October 2003 Cooking Light, Page 140

Posted by: Amy (oduamy1)

Posted on: October 2, 2003

Comments: WOW! Super impressed with this recipe. It's spicy, so for you non-spicy lovers out there, half the chili sauce with garlic. Seriously, this is something I would expect to get in a restaurant. Served it with frozen eggrolls for a speedy dinner. Ready from start to finish in a little more than 30 mins. A definite keeper!

Ingredients:

- 4 cups hot cooked spaghetti (about 8 oz uncooked)
- 1 tsp dark sesame oil
- 1 tablespoon peanut oil
- 1 tablespoon minced peeled fresh ginger
- 4 garlic cloves, minced
- 3 cups chopped broccoli
- 1 1/2 cups vertically sliced onion
- 1 (1-pound) flank steak, trimmed and cut across the grain into long, thin strips
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon oyster sauce
- 1 tablespoon chile paste with garlic

Directions:

- 1) Combine pasta and sesame oil, tossing well to coat.
- 2) Heat peanut oil in a large nonstick skillet over medium-high heat. Add the ginger and garlic; sauté 30 seconds. Add broccoli and onion; sauté 3 minutes. Add steak, and sauté 5 minutes or until done. Add pasta mixture, soy sauce, and remaining ingredients; cook 1 minute or until lo mein is thoroughly heated, stirring constantly.

Calories 327; Fat 9.3g; Protein 21.7 g; Carbs 39.1g; Fiber 2.9g; Chol 36mg; Iron 3.6 mg; Sodium 382 mg; Calcium 47mg

Chunky Potato-Crab Chowder

H.U: 5 per serving

Yield: 6 servings (1.5 cups each)

Source: October 2003 Cooking Light, Page 170

Posted by: Amy (oduamy1)

Posted on: October 2, 2003

Comments: This is a solid 4 out of 5.... at a cup and a half, this was a satisfying main meal. Think clam chowder but with crab instead. I loved it as did Larry. I used half vitamin D milk and half skim since I did not have any 2% and wanted to get rid of the rest of the D. I think using skim entirely might make it too watery? Not sure.. anyway next time I will leave the parsley out. It was too strong a flavor for me in this soup. Definitely a keeper.

Ingredients:

2 tablespoons butter
1 cup chopped onion
3/4 cup chopped celery
1 garlic clove, minced
3 1/2 cups (1-inch) cubed red potato (about 1 lb)
3 tablespoons all-purpose flour
2 1/2 cups 2% reduced-fat milk
2 teaspoons chopped fresh thyme
1/2 teaspoon freshly ground pepper
1/4 tsp grated whole nutmeg
1 (14.75 oz) can cream-style corn*
1 (14 oz) can fat-free, less-sodium chicken broth
8 oz lump crab meat, shell pieces removed
3 tablespoons chopped fresh parsley
1 tsp salt

Directions:

- 1) Melt butter in a large saucepan over medium heat. Add onion, celery, and garlic; sauté 4 minutes. Sprinkle with flour; cook 1 minute, stirring constantly.
- 2) Stir in milk, thyme, pepper, nutmeg, corn, and broth.
- 3) Bring to a simmer over medium heat, stirring frequently. Cover, reduce heat, and simmer 20 minutes or until potato is tender, stirring occasionally.
- 4) Stir in crab, parsley, and salt; cook 5 minutes, stirring occasionally.

Calories 265; Fat 6.8g; Protein 16.3 g; Carbs 36.5g; Fiber 3.1g; Chol 47mg; Iron 1.5 mg; Sodium 968 mg; Calcium 176mg

*The creamed corn has a lot of sweetness to it. For texture reasons, I would do the juice of the corn in the can with one potato (peel, cube and cook, then puree! otherwise, it won't puree!!!) into the food processor or mixer, in order to get the starch and consistency, then at the last "pulse" add the corn to break it up but not mash it. This way, you have the texture and the thickening agent with the corn (but not the sweetness).

*OR, just use the corn and juice without the potato and puree in the food processor or blender.

Caesar Salad

Source: Cooking Light Oct. 2003

Healthy Units: 1.5

Servings: 12

Posted by Kate

October 3, 2003

1/4 cup egg substitute
1 tablespoon fresh lemon juice
3 tablespoons extra virgin olive oil
3 tablespoons red wine vinegar
1-1/2 teaspoons anchovy paste
1 teaspoon Worcestershire sauce
1/2 teaspoon freshly ground black pepper
1/4 teaspoon fine sea salt
2 garlic cloves, minced
18 cups torn romaine and hearty field greens
2 cups Crisp Croutons
1/4 cup (1 ounce) grated fresh Parmesan cheese

1. Combine egg substitute and juice; gradually add oil, whisking constantly. Stir in vinegar and next 5 ingredients (vinegar through garlic). Place greens, croutons, and cheese in large bowl. Add dressing, and toss well to coat. Yield: 12 servings (serving size: 1-1/2 cups).

(Totals include Crisp Croutons) CALORIES 75 (48% from fat); FAT 4.4g (sat 0.9g, mono 2.8g, poly 0.5g); PROTEIN 3g; CARB 6g; FIBER 2g; CHOL 2mg; IRON 2mg; SODIUM 210mg; CALC 63mg

Crisp Croutons

6 cups (1/2-inch) cubed sourdough or French bread (6 ounces)
1 tablespoon butter, melted
1 teaspoon paprika
1 teaspoon onion powder

1. Preheat oven to 350°F.
2. Combine all ingredients in a roasting or jelly roll pan; toss well to coat. Bake at 350°F for 20 minutes or until toasted, turning once. Yield 6 cups.
CALORIES 24 (26% from fat); FAT 0.7g (sat 0.4g, mono 0.2g, poly 0.1g); PROTEIN 0.7g; CARB 4g; FIBER 0.2g; CHOL 1mg; IRON 0.3mg; SODIUM 48mg; CALC 6mg

Apple Granola Bread

Source: www.kelloggs.com

Yield: 16 servings

Healthy Units: 3

Posted By: Bawstinn32 (Maria)

October 3, 2003

1 cup flour, all-purpose
1 cup wheat flour
1 teaspoon baking soda
1 1/2 teaspoons cinnamon
1/4 teaspoon salt
1 cup Kellogg's low fat granola with raisins
3/4 cup buttermilk
1/2 cup brown sugar, packed
1/4 cup honey
1/4 cup orange juice, frozen concentrate, thawed, undiluted
2 whole egg whites
1/4 cup vegetable oil
1 whole apple, peeled, finely chopped
1 tablespoon granulated sugar

In medium mixing bowl, combine flours, baking soda, cinnamon and salt. Set aside.

In large mixing bowl, combine KELLOGG'S Low-Fat Granola cereal, buttermilk, brown sugar, honey and orange juice concentrate. Let stand 5 minutes or until cereal is slightly softened.

Add egg whites and oil; mix well. Stir in flour mixture only until combined. Stir in chopped apple. Spread evenly in 9 x 5 x 3-inch pan coated with cooking spray. Sprinkle top of batter with 1 tablespoon granulated sugar.

Bake at 350° 50 minutes or until wooden pick inserted near center comes out clean. Let cool 10 minutes. Remove from pan. Cool completely before slicing.

Per Serving (excluding unknown items): 169 Calories; 4g Fat (23.1% calories from fat); 3g Protein; 27g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 149mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

Broccoli with Garlic Sauce

Source: WW Take Out Tonight

Serving: 3/4 cup

Healthy Units: 2

Posted by: Bawstinn32 (Maria)

October 3, 2003

Comments: I steamed the broccoli ahead of time since I don't like it crunchy unless it is in a salad. 1 tablespoon of oil could probably be cut down; I do not think it needed so much.

1/2 cup chicken broth
3 tablespoons rice wine
2 tablespoons soy sauce
2 tablespoons oyster sauce
1 tablespoon cornstarch
2 teaspoons sugar
1 tablespoon oil
3 whole garlic cloves, minced
4 cups broccoli florets

Combine the broth, sake or rice wine, soy sauce, oyster sauce, cornstarch and sugar in small bowl, set aside.

Heat a nonstick wok or large deep skillet over medium-high heat until a drop of water sizzles. Swirl in the oil, then add the garlic. Stir-fry until fragrant, about 10 seconds. Add the broccoli and stir-fry until crisp-tender, about 3 minutes. Add the broth mixture and cook, stirring constantly, until the mixture thickens, about 1 minute.

Per Serving (excluding unknown items): 96 Calories; 4g Fat (38.7% calories from fat); 3g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 685mg Sodium. Exchanges: 0 Grain (Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Frosted Pumpkin Cake

Cooking Light October 2003

HU 4.1 (3 with my changes)

Servings 24

Posted by DebMj1

October 3, 2003

Note: I cut the amount of frosting in half and it was more than sufficient.

1 Tablespoon all-purpose flour
3/4 cup egg substitute
1/3 cup sugar (I used Splenda)
1/3 cup applesauce (I used unsweetened)
15 ounces canned pumpkin
2 teaspoons pumpkin pie spice
18 1/4 ounces yellow cake mix (I used one with pudding in the mix)
2/3 cup light cream cheese -- tub-style (I used 1/3 cup)
1 1/4 teaspoon vanilla extract (I used 1/2 tsp.)
3 1/2 cups powdered sugar (I used 1 3/4 cups)

Preheat oven to 350 F. Coat a 13x9-inch baking pan with cooking spray; dust with flour.

To prepare cake, place the egg substitute, granulated sugar, applesauce and pumpkin in a large bowl; beat with a mixer at high speed for 1 minute. Add pie spice and cake mix, beating at high speed for 2 minutes. Pour batter into prepared pan. Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool cake completely on a wire rack.

To prepare frosting, place the cream cheese and vanilla in a large bowl, beat at medium speed until smooth. Gradually add the powdered sugar, beating just until blended. (Do not overbeat). Spread frosting evenly over top of cake.

Nutritional information per Serving (without my changes): 205 Calories; 5g Fat (17.5% calories from fat); 3g Protein; 47g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 306mg Sodium. Exchanges: 0 Grain (Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 0 Fat; 1 Other Carbohydrates.

Chicken Picata

Source-zephyr, Joan c, and ivananet

Healthy units-4

Servings-4

Posted by-Zephyr

Date posted-10/3/03

Comments- Made this last night ended up combining 2 recipes and adding a little of my own touches to it. Joan C added in her touches as well. It tasted awesome and DH agreed, as he does not even like capers but loved this dish. Was super easy to prepare. Originally, I was going to pound the chicken but DH cut it into small chunks before I had a chance. So I improvised and it came out so moist and tender I was glad I had not.

Ingredients:

12 oz chicken raw breast cut into small chunks

1/2 tsp garlic powder

1/4 cup flour

1/4 tsp salt

1/4 tsp pepper

2 tsp oil

juice of 2 lemons fresh

2 tsp butter

1 tbsp honey

fresh garlic minced

1/3 cup capers

1 can water packed artichoke hearts diced

1 jar hearts of palm diced- or mushrooms I dislike those so sub hearts of palm

Instructions-

Mix flour and spices and toss chicken to coat.

Heat oil in large skillet with lid.

Brown chicken for 2-3 minutes then add garlic and juice of 1 lemon and butter.

Toss in rest of ingredients; cover and cook on low for about 20 minutes or until chicken is done.

Poulet en Croute (Chicken in Pastry)

From the kitchen of KAILEIGHV

Serves: 4

HU: 6.5 POINTS each

Posted by: ?

NOTE: This is the "Chicken Baseballs" or "Chicken Bundles" recipe that has floated around the WW boards. Many people are quite skeptical of the recipe because of the name, but it has many devotees on the CL thread. It is a very successful recipe and very flexible. Therefore, we took the liberty of including it and changing the name

Ingredients:

3 oz. light cream cheese, softened

2 tsp light margarine, melted

1/4 tsp salt

1/4 tsp pepper

2 Tbsp chopped onion (suggest increasing this amount)

1/4 cup chopped celery (Poster added this ingredient to the original recipe)

2 cups cubed, cooked chicken

1 8oz can reduced fat crescent rolls

2 Tbsp milk

bread crumbs

Instructions:

In a blender (or by hand) combine cream cheese, butter, salt, pepper, milk, onion. Blend.

Pour mixture over chicken and stir.

Separate crescent roll dough into four rectangles and seal perforations.

Spoon 1/2 cup mixture into center of each.

Pull opposite corners of dough to center and seal-sprinkle each chicken bundle with breadcrumbs and place on ungreased cookie sheet or pizza stone.

Bake at 350 degrees for 20 minutes.

2) I also use light onion and chive cream cheese. There are so many variations to this recipe.

3) I always add 1 c. chopped broccoli to mine, but decrease the chicken to 1 cup also. I also add a little Picante sauce and a little grated cheddar cheese.

5) Re: Chicken Baseballs. I have had the recipe for those from a dear friend's mother for years. We call them chicken bundles. According to the recipe, you only use one crescent roll per bundle. I cut one reduced fat crescent roll dough piece into 2 pieces; line them up; roll it between 2 pieces of plastic wrap to make it big enough for 1/2 cup of chicken mixture; and just bring the edges up to the top of the bundle and press them together. This saves you 2 points per bundle! I use a reduced fat herbed cheese spread from Trader Joe's and some extra seasoning and these are so tasty! The kids and DH love to see these on the menu.

6) How about renaming it Poulet en Croute (Chicken in Pastry) or something like Chicken a Fromage En Croute?

7) I used 9 oz frozen TJ shrimp, a little chopped red pepper, chopped celery, chopped onion, and 1/2 T. Old Bay, couple dashes of hot sauce. MMMMM.....Doesn't get any easier.

8) I have also used two Pillsbury Country Biscuits per "baseball" which brings each down 2 points. The biscuits are 1 point apiece.

9) Another revision: I rolled together two triangles of the crescent roll dough into a rectangle; put the chicken filling down the center (the long ways); make diagonal slits in the outside of the dough folding the pieces over towards the center...making like a braid. I made 4 braids same points as the ball shapes but it is much more attractive, I don't use the bread crumbs to top them. I also think that next time I make them I will add to them some chopped broccoli.

10) Another substituted shrimp (and Old Bay Seasoning) for the chicken and calls them Shrimp Crescent Squares.

- 11) Was perusing the Pillsbury site for more ideas on things to do with Crescent Rolls, when lo and behold what do I find but TA DA..The winning recipe of the 1974 Bake Off was none other then the forerunner of our 'Hicken 'Haseballs. I found that interesting. Makes me wonder why I never heard of the recipe before.
- 12) I used 2 T fat free ricotta instead of the milk, and about half the cubed chicken. Then I added a half of a package of frozen chopped spinach (well drained), Mrs. Dash Basil, Tomato & Garlic and 2 T of Parmesan cheese.
- 13) I have also never once used the breadcrumbs on top, not many people do.....
- 14) I always use boursin light in place of cream cheese; add extra onion & always use the food processor to process them.
- 15) You could double this recipe. You can use a garlic and chive cream cheese, Laughing cow soft cheese, or low fat velveeta. You do not need the breadcrumbs at all. Just gather up all the edges to make a little packet and lightly press down. They will look like little presents.
- 16) FF cream cheese can be used for this recipe instead of the light.
- 17). I used Alouette Light Garlic and Herb rather than the cream cheese. Next time I would not add the milk or butter. Also, think some sautéed mushrooms would be a great addition.
- 18) I was thinking of other names for versions of the infamous chicken recipe that everyone loves. How about Creamy Chicken Wellingtons? How about using goat cheese and calling it Montrachet Poulet Croissant? Or Chevre Chicken Strudels? How about Enrobed Chicken Fromage? Poulet Fromage Blanc? Poulet Pain Petit? How about Pollo con Pane al Forno, for an Italian flair? Whatever you want to call them, they are good!
- 19) I used fat free cream cheese and omitted the butter.

Vietnamese-Spiced Pork Chops

Cooking Light October 2003

Healthy Units 4

Serves 4

Posted by Lesley(LMaybloom)

10/04/03

Comments: This is in the "Superfast" section, so it would qualify as Q&E.

Ingredients

4 (4 oz) boneless center-cut loin pork chops (about 1/2" thick)

2 T. brown sugar

2 t. paprika (which didn't sound very Vietnamese to me...)

2 t. ground coriander

1 T. bottled minced ginger

2 t. bottled minced garlic

1/2 t. crushed red pepper

3/4 t. salt

Cooking spray

Sliced green onions (optional)

Instructions

1. Lightly score a diamond pattern on both sides of pork. Combine sugar and next 6 ingredients (sugar through salt); rub evenly over pork.

2. Heat a large nonstick skillet coated with cooking spray over medium-high heat.

Add pork; cook 4 minutes on each side or until done. (WATCH THE SMOKE!)

Garnish with sliced green onions if desired.

Nutritional Info: Cal=199, Fat=6.4, Fiber=1.1, Protein=25.3, Carb=9.2, Sodium=491mg, Calc=42mg

Chiles Rellenos

Source: silver10456

POINTS® | 4

Servings | 8

Posted by: silver10456 (Carol)

Date: Oct. 4, 2003

Comments: It is pretty easy and tastes like On The Border chiles.

Ingredients

8 poblano chiles, roasted and peeled
1 1/2 cup part-skim ricotta cheese
1/2 cup shredded Cheddar Cheese, Sharp
10 oz Enchilada Sauce
1 cup Medium Taco Sauce
4 oz reduced-Fat Feta Cheese
2 tablespoons cilantro
garlic powder to taste
chili powder to taste
1 large egg yolk(s)
3 items egg white(s)
1/4 cup White Corn Meal

Directions:

Combine taco and enchilada sauce in a saucepan and simmer over low heat. Combine cheeses, spices, and cilantro. Stuff peppers with cheese mixture. Refrigerate peppers for at least 30 minutes. After time has passed, preheat oven to 375; lightly beat egg yolk; in a separate bowl, beat egg whites until they are foamy. Combine yolk and whites. Dredge chiles in corn meal and then dip in egg mixture. Place chiles in a sprayed baking dish. Bake, uncovered, in oven for 30 minutes or until browned.

Curried Butternut Squash and Cauliflower Soup

Food and Wine 2001 Annual

Healthy Units 5

Servings 12

Posted by LMaybloom (Lesley)

10/05/03

Comments: Original recipe called for "heavy cream" but half-and-half worked just fine. If you like curried/squash/fall soup, make this recipe. I nearly cried, it was soooo good.

Ingredients:

5 pounds butternut squash, halved, peeled and seeded (about 3 medium squash)
2 tablespoons unsalted butter
1 large onion, coarsely chopped
1 tablespoon curry powder
Salt and freshly ground pepper
2 tablespoons honey
1 teaspoon cinnamon
2 pounds cauliflower, cut into 1" florets
3 quarts Vegetable Stock
1 cup half and half

Instructions:

1. Cut 4 of the butternut squash halves into 1-inch chunks; cut the remaining 2 squash halves into 1/4-inch dice.
2. Melt the butter in a large, heavy saucepan. Add the onion. Cover with a piece of crumpled wax paper and cook over moderately low heat until the onion is softened, about 10 minutes. Remove the wax paper. Add the curry powder and season with salt and pepper; cook, stirring, until fragrant, about 1 minute. Raise the heat to high, add the honey and cinnamon and bring to a boil. Stir in the large chunks of squash and the cauliflower until coated with the spices. Add the Vegetable Stock and bring to a simmer. Cook over moderately low heat until the vegetables are very tender, about 40 minutes.
3. Working in batches, puree the soup in a blender until smooth. Return the soup to the saucepan. Add the heavy cream, cover partially and simmer over moderately low heat for 10 minutes, stirring occasionally. Season the curried squash soup with salt and pepper.
4. Meanwhile, in a steamer basket set over boiling water, steam the finely diced squash until just tender, about 8 minutes. Lightly season the diced squash with salt.
5. Ladle the soup into shallow bowls. Garnish the soup with the diced squash and a dollop of crème fraîche

Per Serving (excluding unknown items): 312 Calories; 8g Fat (23.0% calories from fat); 10g Protein; 54g Carbohydrate; 8g Dietary Fiber; 15mg Cholesterol; 1664mg Sodium*
Note: Used low sodium chicken broth so am sure this amt. is much lower.

Warm You Up Beef Stew

www.thelowcarbblife.com

Healthy Units 5-6, depending on how you count fiber

Servings 8

Posted by LMaybloom (Lesley)

10/05/03

INGREDIENTS:

1 tablespoon olive oil
1 medium onion, chopped
3 large cloves garlic, minced
6 scallions, white part and 1 inch green, thinly sliced
12 ounces fresh mushrooms, sliced
1 pound beef stew meat, R-T-C
2 tablespoons all-purpose flour
1 1/2 teaspoons dried thyme
1/2 teaspoon dried oregano
1/4 teaspoon dried rosemary
1 28 ounce stewed tomatoes
3 chipotle chiles canned in adobo, minced
2 cups low sodium beef broth
1/2 cup dry red wine
2 tablespoons chopped parsley, optional
1 15 ounce can garbanzo beans

INSTRUCTIONS:

Heat oil in a large nonstick skillet over medium-low heat. Add onion, garlic, scallions, and mushrooms. Sauté, stirring often, until vegetables are wilted and most of the liquid is absorbed. Using a slotted spoon transfer vegetables to a bowl and set aside. Dredge the steak cubes with flour, thyme, oregano, and rosemary. Lightly coat the skillet with cooking spray and place over medium-high heat. Add steak pieces and brown on all sides, about 6 minutes total cooking time. Transfer steak and reserved vegetables to a large soup pot or Dutch oven. Top with stewed tomatoes, chipotle chiles, beef broth, and wine. Stir to combine. Partially cover and simmer for about 1 hour, until steak is tender. Stir in garbanzo beans and cook, covered, until beans are just heated through, about 5 minutes. If using, sprinkle with parsley and serve hot

Note: Original recipe called for 2 # of beef stew meat, and peas instead of garbanzos. I realized I only had 1 # of beef in the freezer, and garbanzos are more SBD-legal, so I adjusted. Nutritional information and HU's are according to the recipe as made above.

Per Serving (excluding unknown items): 387 Calories; 9g Fat (21.6% calories from fat); 30g Protein; 46g Carbohydrate; 12g Dietary Fiber; 36mg Cholesterol; 117mg Sodium.

Pumpkin Apple Bread

Source Cooking Light BB

Servings: 24 (2 loaves)

Healthy Units: 3 (WITHOUT crumb topping)

Posted by: Bawstinn32 (Maria)

October 6, 2003

Comments: I subbed applesauce for part of the oil and I cut the sugar for 1/2 cup. There was enough sweetness from the apples and it was VERY moist. I left off the crumb topping

INGREDIENTS:

3 cups flour, all-purpose

2 teaspoons baking soda

2 teaspoons ground cinnamon

1 teaspoon nutmeg

1 teaspoon cloves

1 teaspoon allspice

1 teaspoon salt

1 1/2 cups sugar

4 large eggs

2 cups pumpkin puree

1/4 cup vegetable oil

1/2 cup applesauce, unsweetened

1 1/2 tsp. vanilla extract

2 cups apples

CRUMB TOPPING:

3 tablespoons flour

3/4 cup sugar

2 teaspoons cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon cloves

3 tablespoons unsalted butter

INSTRUCTIONS:

Preheat oven to 350 F

Combine spice crumb ingredients, cut in butter, set aside. Sift dry ingredients together in one bowl.

Mix eggs, pumpkin, oil, applesauce and vanilla in another. Stir dry ingredients into the moist, then stir in apples. Don't over-mix. Divide between greased pans, sprinkle crumb mixture over generously. Bake 50-60 minutes, test with toothpick. Cool 5-10 min in the pans, then turn out and cool on racks.

Per Serving (excluding unknown items): 170 Calories; 5g Fat (24.9% calories from fat); 3g Protein; 29g Carbohydrate; 2g Dietary Fiber; 35mg Cholesterol; 205mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates.

Potato Tomato Gratin

Source: Cuisine at Home

Serving Size: 6

Healthy Units: 3

Posted by: Bawstinn32 (Maria)

October 6, 2003

1 medium onion -- minced
2 tablespoons garlic -- minced
28 ounces diced tomatoes
2 teaspoons rosemary -- minced
4 medium potatoes -- sliced 1/8" thick
1 cup Swiss cheese

Preheat oven to 450; spray a large casserole dish with nonstick spray.

Saute onions in a skillet over medium-high heat with olive oil until just soft.

Stir in garlic; cook another minute, just until aromatic.

Add the tomatoes and rosemary. Continue to cook until all moisture is evaporated, about 10 minutes.

Layer half the sliced potatoes in prepared casserole; season with salt and pepper. Now top the potatoes with half the tomato mixture and half the cheese.

Cover the gratin with foil and bake 30 minutes. Remove foil and bake 15 minutes longer, until cheese browns. Let stand for 5 minutes to set the cheese before slicing.

Per Serving (excluding unknown items): 175 Calories; 6g Fat (28.5% calories from fat); 9g Protein; 24g Carbohydrate; 3g Dietary Fiber; 17mg Cholesterol; 67mg Sodium. Exchanges: 1 Grain (Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.

Psycho Chicken

Source: Cooking Light Favorites
Healthy Units: 3 (per 3 oz chicken)
Posted by: Baswtinn32 (Maria)
October 6, 2003

Comments: The title refers to the method of cooking. I would like to experiment with different herbs. The chicken came out very moist and tender.

3 1/2 pounds whole chicken
1 tablespoon cider vinegar
1 1/2 teaspoons thyme
1/4 teaspoon salt
1/4 teaspoon black pepper
3 whole garlic cloves -- minced
1/2 cup dry white wine

Preheat oven to 325.

Remove and discard giblets and neck from chicken. Rinse chicken; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. With a knife, slash chicken every 2 inches, making 1/2" deep slits.

Combine vinegar, thyme, salt pepper and garlic. Rub under loosened skin and over breasts and drumsticks. Place breast side up on a broiler pan. Pour wine over chicken.

Bake at 325, 1 hour and 45 minutes, or until thermometer registers 180, basting occasionally with the drippings. Let stand 10 minutes before carving.

Yield: 5 servings (about 3 ounces chicken)

Per Serving (excluding unknown items): 488 Calories; 33g Fat (63.6% calories from fat); 40g Protein; 2g Carbohydrate; trace Dietary Fiber; 197mg Cholesterol; 262mg Sodium. Exchanges: 0 Grain (Starch); 5 1/2 Lean Meat; 0 Vegetable; 3 Fat; 0 Other Carbohydrates

Ginger Chicken Pot Stickers

Healthy Units: 3

Serving Size: 8 - (4 Potstickers)

Posted: Winningthewalk (Susan)

10/06/03

Notes: I precook ground chicken and freeze it, so I have it for this recipe when needed.

3 cups cabbage -- finely shredded
1 egg white -- lightly beaten
1 tablespoon light soy sauce
1/4 teaspoon crushed red pepper
1 tablespoon ginger -- minced
4 green onion with tops -- finely chopped
1/4 pound ground chicken -- cooked and drained
24 won-ton wrappers
cornstarch
SAUCE:
1/2 cup water
1 tablespoon oyster sauce
1/2 teaspoon honey
1/8 teaspoon crushed red pepper
2 teaspoons grated lemon peel
1 tablespoon peanut oil

Steam cabbage 5 minutes, then cool to room temperature. Squeeze out any excess moisture; set aside.

To prepare filling, combine egg white, soy sauce, 1/4 teaspoon red pepper, ginger and green onions in large bowl; blend well. Stir in cabbage and chicken

To prepare pot stickers, place 1 tablespoon filling in center of 1 wonton wrapper. Gather edges around filling, pressing firmly at top to seal. Repeat with remaining wrappers and filling. Place pot stickers on large baking sheet dusted with cornstarch. Refrigerate 1 hour or until cold.

Meanwhile, to prepare sauce, combine remaining ingredients except oil in small bowl; mix well. Set aside.

Heat oil in large nonstick skillet over high heat. Add pot stickers and cook until bottoms are golden brown. Pour sauce over top. Cover and cook 3 minutes. Uncover and cook until all liquid is absorbed. Serve warm.

Zuppa di Proscuitto

Source: WW Simply the Best Italian

Servings: 6

Healthy Units: 2

Posted By: LissaR

Date: October 6, 2003

Comments: Very rich, warming soup and GREAT for a cold. We usually use a 1/4 tsp of red pepper.

1 medium red potato, peeled and chopped
4 cups chicken broth
2 garlic cloves, peeled
2 slices Proscuitto, chopped
1/8 tsp crushed red pepper
1/2 cup Italian bread cubes

Place potato in pot over medium-medium high heat, cover with chicken broth. Press in garlic. Cook until potatoes are fork tender, about 15 minutes. Add Proscuitto, pepper, and bread. Cook for an additional ten minutes, until bread and potatoes fall apart when soup is whisked. Serve with freshly grated Parmesan cheese, if desired (add points).

Picnic Oven-Fried Chicken

Source: Eating Well Summer 2003

Healthy Units: 5

Serves: 6

Posted by: Kate

October 6, 2003

Comments: I used a combination of skinned chicken legs and thighs

Amount Measure Ingredient -- Preparation Method

1/2 cup buttermilk

1 tablespoon Dijon mustard

2 cloves garlic -- minced

1 teaspoon hot sauce -- such as Tabasco

2 1/2- 3 lbs pounds chicken legs -- skin removed, fat trimmed

1/2 cup whole-wheat flour

2 tablespoons sesame seeds

1 1/2 tsp. paprika

1 teaspoon dried thyme leaves

1 tablespoon baking powder

1/8 teaspoon salt -- or to taste

freshly ground black pepper to taste

olive oil cooking spray

Whisk buttermilk, mustard, garlic, and hot sauce in a shallow glass dish until well blended. Add chicken and turn to coat. Cover and let marinate in the refrigerator for at least 1/2 hour or for up to 8 hours.

Preheat the oven to 425 degrees. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.

Whisk flour, sesame seeds, paprika, thyme, baking powder, salt and pepper in a small bowl. Place the flour mixture in a paper bag or large sealable plastic bag. Shaking off excess marinade, place one or two pieces of chicken at a time in the bag and shake to coat. Shake off excess flour and place chicken on the prepared rack. (Discard any left over flour mixture and marinade.) Spray chicken pieces with cooking spray.

Bake the chicken until golden brown and no longer pink in the center, 40 to 50 minutes. An instant-read thermometer should register 180 degrees.

per serving: 227 cal, 7g fat, 130mg chol, 5g carb, 34g pro, 1 g fiber, 262mg sod

New England Clam Chowder

Source CL Website

Healthy Units 2.5/cup or 4/1.5 cups

Servings 9 cups

Posted by jillybean03

Date 10/07/03

Comments: I made half a recipe to be more manageable in my 1-2 person household. Very satisfying. I subbed 2 cans of clams, and used their liquid as part of the liquid required. (I did not modify the HU's for this sub - figured it was pretty close)

INGREDIENTS:

2 (44-ounce) cans steamer clams in shells, undrained

Vegetable cooking spray

3 cups chopped onion

2 cups cubed red potato (about 1-1/2 pounds)

1 cup diced celery

2 slices turkey bacon, chopped

2 cups water

1/2 teaspoon salt

1/2 teaspoon dried thyme

1/4 teaspoon coarsely ground pepper

3 fresh parsley sprigs

1 bay leaf

3 tablespoons all-purpose flour

2 cups 2% low-fat milk

INSTRUCTIONS:

Drain clams, reserving 1 cup clam liquid. Remove clams from shells; discard shells. Slip black skin off foot of each clam, and discard. Set clams aside.

Coat a Dutch oven with cooking spray; place over medium-high heat until hot. Add onion and next 3 ingredients, and sauté 7 minutes. Add reserved clam liquid, water, and next 5 ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until potato is tender. Discard parsley and bay leaf.

Place flour in a bowl. Gradually add milk, blending with a whisk; add to pan. Cook over medium heat 10 minutes or until thickened, stirring frequently. Stir in clams; cook 2 minutes or until heated. Note: Substitute 2 pounds fresh clams in shells and (8-ounce) bottle of clam juice for the 2 cans of steamer clams and 1 cup drained clam liquid, if desired.

NUTRITIONAL INFO:

CALORIES 130 (21% from fat); PROTEIN 8.4g; FAT 3.1g (sat 1.1g, mono1.1g, poly 0.6g); CARB 16.6g; FIBER 1.9g; CHOL 21mg; IRON 4.2mg; SODIUM 398mg; CALC 103mg

Grilled Lemon-Soy Salmon

October 03 Cooking Light

HU: 5

Servings: 4

Posted by DebMj1

10/8/03

Notes: I didn't grill this, but baked it at 400 F. for 10 minutes, then broiled it for 2. No turning necessary. (I like my fish on the well-done side.)

3 tbsp. dry white wine

3 tbsp. fresh lemon juice

1 1/2 tbsp. low-sodium soy sauce

1/2 tsp salt

1 1/2 tsp. olive oil

1 garlic clove, minced

4 6-oz salmon fillets

cooking spray

Sliced green onions (optional)

Combine the first 6 ingredients in a large zip-top plastic bag. Add salmon to bag; seal. Marinate in refrigerator 40 minutes, turning once.

Prepare grill. Remove fish from bag, and reserve marinade. Place fish on grill rack coated with cooking spray, skin side down; grill 5 minutes. Brush fish with reserved marinade; discard remaining marinade. Lightly coat fish with cooking spray. Turn fish over; grill 3 minutes or until fish flakes easily when tested with a fork. Garnish with onions, if desired.

216 calories; fat 10.6 gms (sat 2.4g; mono 4.9 g; poly 2.5 g); protein 27.4g; carb 10.1g; fiber 0g; chol 65 mg; iron 0.5 mg; sodium 308 mg; calc 18mg.

Makeover Holiday Pumpkin Bread

Source Taste of Home's Light & Tasty

Healthy Units 5 (See Notes)

Servings 24

Posted by Judy(judyj1967)

Date 10/8/03

Notes: I used half Splenda & half sugar. Made it 4 Points. If use all Splenda and Twin Brown Sugar (Non-caloric substitute) cuts it down to 3 Points. May try suggestion of applesauce next. It was very moist.

INGREDIENTS:

2 cups all-purpose flour
1-1/2 cups plus 4 teaspoons sugar, divided
1 cup whole wheat flour
1/2 cup packed brown sugar
2 teas baking powder
1 teas ground cinnamon
1 teas ground allspice
1/2 teas baking soda
1/2 teas salt
1/2 teas ground nutmeg
2 eggs
1 can (15 ounces) solid-pack pumpkin
1/2 cup Canola oil
1/2 cup water
1 teas vanilla extract
1/2 cup chopped pecans

INSTRUCTIONS:

In a bowl, combine all-purpose flour, 1-1/2 cups sugar, whole wheat flour, brown sugar, baking powder, cinnamon, all-spice, baking soda, salt and nutmeg.

Combine the eggs, pumpkin, oil, water and vanilla; mix well.

Stir into dry ingredients just until moistened.

Fold in pecans.

Spoon into two-8 in. X 4 in. baking pans coated with nonstick cooking spray.

Sprinkle with remaining sugar.

Bake at 350 degrees for 50-60 minutes or until a toothpick inserted near the center comes out clean.

Cool for 15 minutes before removing from pans to wire racks.

Yield 2 loaves (12 slices each).

Nutritional Analysis. One slice equals 197 calories, 7 g fat, 2 g fiber, 3 g protein.

Vegetable Couscous Salad

Source: Cooking Light, October 2003, p 160

Healthy Units: 3

Servings: 8

Posted by: kimbilly

Date: 10/8/03

Comments: This cold pasta salad is a winner. Nothing wilts or waters out, and it travels well. I've made it only with the balsamic -- haven't tried it with sherry vinegar yet. Also, I omitted olives (out of preference) and red peppers (out of inventory!).

Ingredients:

DRESSING:

1/3 cup water

1/4 cup balsamic vinegar -- or sherry vinegar

1 tablespoon olive oil

1 (.6-ounce) envelope Italian dressing mix

SALAD:

1 1/2 cups water

1 cup uncooked couscous

2 cups red bell pepper -- chopped

2 cups tomato -- chopped

1/2 cup feta cheese -- crumbled

1/2 cup green onion -- finely chopped

1/4 cup kalamata olive -- pitted and chopped

1/4 cup fresh parsley -- chopped

Instructions:

Combine the first 4 ingredients in a jar. Cover tightly and shake vigorously.

Bring 1 1/2 cups water to a boil in a medium saucepan; gradually stir in couscous. Remove from heat. Cover and let stand 5 minutes. Fluff with fork.

Combine couscous, bell pepper and remaining ingredients in a large bowl. Add the dressing mixture. Toss couscous mixture gently to coat.

CAL: 169; FAT: 5.6g; FIBER: 2.7g;

Shrimp and Mango Quesadillas

serves 8

total time-45 minutes

from "Moosewood Restaurant Celebrates"

healthy units-about 3

Posted by: august21(Leslie)

Date: 10/8/03

Notes-to save time, I used frozen shrimp. Also, I have made this with fresh sliced mushrooms instead of the mango. My husband likes the Quesadillas with hot taco sauce instead of the salsa. He likes it hot!

INGREDIENTS:

2 large fresh chiles, seeded and minced (I used a can of chopped green chili)

1 cup chopped onions

2 garlic gloves, minced

2 tablespoons of vegetable oil

1 pound of raw shrimp, peeled and cleaned

1/4 cup of fresh lime juice

1 teaspoon of salt

1/4 cup fresh cilantro

2 cups peeled and cut into 1" cubes ripe mango

8 fat free flour tortillas (8")

2 cups low fat cheddar and/or Monterey jack cheese (Note- I used 1 cup and it was fine)

1 cup of your favorite store-bought salsa

INSTRUCTIONS:

In a skillet sauté the onions, garlic and chiles in 1 tablespoons of vegetable oil for about 5 min. or until soft.

Stir in the shrimp, lime juice, salt and cilantro and cook for 2 minutes.

Add the mango and cook for another 1 or 2 minutes, until the shrimp turns pink.

Remove from heat and drain off excess liquid.

Spread 1/2 cup of shrimp mixture on one half of the tortilla, leaving a 1/2 inch border around the outer edge.

Top the shrimp mixture with 1/4 cup of the grated cheese (1/8 cup is plenty)

Fold the tortilla in half to form a semi circle.

Fill the remaining tortillas to make 8 Quesadillas in all.

Heat in a lightly oiled (I used Pam) large skillet-Place 2 Quesadillas in the skillet and cook for 1 or 2 minutes on each side, until golden brown.

Remove from pan and keep warm while you cook the rest.

Serve with a generous spoonful of salsa.

Oven Fried Chicken

Source: unknown

Healthy Units: 4 per serving

Servings: 6

Posted by: Carots

Date: October 8, 2003

Notes: *Bake on a Pampered Chef stone if you have one. Comes out very crispy. I soaked the chicken overnight in the buttermilk, and made the coating mixture the night before. Seasonings blended well overnight.

2 1/2 lbs chicken thighs, drumsticks, and breast halves, skin removed

1 Cup buttermilk (I used FF)

4 Cups corn flakes, crushed

1/2 Cup minced fresh dill

1 TBS + 1 tsp grated lemon zest

1 1/2 Tsp. salt

2 egg whites

1/2 Cup all-purpose flour

Cooking spray

2/3 Cup lemon juice

In a large bowl or plastic food storage bag combine chicken with buttermilk. Refrigerate, turning chicken once, at least 2 hours or overnight.

Preheat oven to 425.

In another plastic food storage bag combine corn flakes with dill, zest, salt and pepper, set aside.

Lightly beat egg whites with 1/4 cup water. Remove chicken from marinade, allowing excess to drip off, discard marinade.

Coat chicken in flour; dip into egg white mixture. Coat chicken pieces, 1 at a time, in corn flake mixture in bag. Place pieces on a jellyroll pan; coat with thin layer of cooking spray. Drizzle chicken with lemon juice.

Bake until juices run clear when pierced with fork. 40-45 minutes.

Cranberry-Walnut Pumpkin Bread

Source: CL Bulletin Board

Yield: 1 loaf

Healthy Units: 4 (for 12 servings without walnuts)

Healthy Units: 4 (for 16 servings with walnuts)

Posted by: Bawstinn32 (Maria)

October 9, 2003

Comments: My change from the original recipe was to substitute light butter for regular. I also left out the nuts so I could slice into bigger pieces. Next time, I will see how much I can increase the Craisins by to keep it at 4 points, as they were a little lonely without the nuts. Next time I will not use pumpkin pie spice, but will instead use the individual spices since I think they give the bread better flavor. Very moist and filling.

2 cups all-purpose flour
2 teaspoons pumpkin pie spice
1 teaspoon baking powder
3/4 teaspoon salt
1/2 teaspoon baking soda
6 tablespoons butter, light -- at room temperature (3/4 stick)
1 cup sugar
2 whole eggs
1 cup canned pumpkin
1 teaspoon vanilla extract
2/3 cup buttermilk
1/2 cup Craisins <dried cranberries>
1/2 cup walnuts

Preheat oven 350°F.

Butter 9 1/4 X 5 1/4 X 3 inch loaf pan. Line bottom and 2 long sides with waxed paper. Whisk flour, pumpkin pie spice, baking powder, salt, and baking soda in medium bowl to blend.

Using electric mixer, beat butter in large bowl until fluffy. Gradually add 1 cup sugar, beating until blended. Beat in eggs, 1 at a time. Beat in pumpkin, then vanilla. Beat in dry ingredients alternately with buttermilk in 2 additions each. Fold in cranberries and nuts. Transfer to pan and sprinkle with 1 tablespoon sugar.

Bake about 70 minutes or until tester comes out clean. Cool bread in pan on rack 15 minutes. Cut around bread at short ends to loosen from pan. Turn bread out onto rack; peel off waxed paper. Cool completely.

For 16 servings, with walnuts: Per Serving (excluding unknown items): 179 Calories; 5g Fat (26.1% calories from fat); 4g Protein; 30g Carbohydrate; 1g Dietary Fiber;

Bacon Cheddar Cheese Puffs

Posted by alk158

Points: 2

Servings: 30

Oct. 9, 2003

- These are SO good. I didn't think they looked so good going into the oven, but they really puff out and the mustard gives it such a smooth taste!

1 pound cooked crisp turkey bacon

2 1/2 cup Kraft 2% Milk Reduced Fat Natural Shredded Cheese Shredded Mild Cheddar Cheese

2 tbsp mustard

1 cup Kraft Free Fat-Free Mayonnaise Dressing

8 slice pumpernickel bread

1. Cook bacon until very crispy. Place in food processor and process until little crumbles form.
2. Preheat oven to broil
3. In a medium bowl, combine bacon crumbles, cheese, mustard, and mayonnaise. Stir.
4. Spray cookie sheet with PAM and whip off excess.
5. If using bread slices, cut each slice into 4 little party pieces. If using party bread, place 30 slices on a cookie sheet.
6. Spoon roughly a Tbls on each slice of bread
7. Broil for 5 minutes, until bubbly.

NOTE: 1. These stay very tasty cold.

2. Use party bread to make it easier :) Same calorie content.

Veggie Pizza

(Not sure of points)

Posted by alk158

Date: Oct. 9, 2003

1 tube of Crescent rolls
1 fat free or reduced fat cream cheese
1 packet of dried Hidden Valley Ranch Dressing
1 bag of reduced fat cheddar cheese
3 small carrots chopped width-wise (to get circles)
Any other veggies you want to put on there!

1. Remove the crescent rolls from paper tube and instead of breaking them apart, roll it out and fit it into a baking/cookie sheet.
2. Cook according to product directions.
3. While baking, soften cream cheese in a microwave.
4. Combine cream cheese and dried ranch dip in a medium bowl.
5. Place cream cheese mixture on cooled crust.
6. Add cheese and then top it off with your veggies!

NOTE: Points all depend on how many servings you make it and what products you use!! This is a hit at my parties and always have people request it for theirs :)

REUBEN BITES:

Posted by alk158

Date: Oct. 9, 2003

This is another one that I made up. So I am not sure how much of what to use, so please bear with me :)

- 1 Package of party pumpernickel bread
- 1 small package of sauerkraut (boar's head)
- 1 lb of lean corned beef, shaved
- 1 cup of fat free Russian dressing
- 1/4 lb reduced fat swiss cheese

1. Preheat oven to 400.
2. Spray PAM on cookie sheets. Lie bread down on cookie sheets.
3. Spread FF dressing on the bread, top it with corned beef.
4. Place sauerkraut on top of beef. Top it off with a small slice of swiss cheese.
5. Bake until cheese has melted and started to brown.

NOTE: When I made this the first time, I swear that they were gone in about 5 minutes. I burnt a batch by accident, and the guys still ate them (I mean SCORCHED lol).

I hope these work out for you...always through a Veggie platter in there along with spinach dip. That's always a huge hit too!!

Raspberry Coffee Cake

Light & Tasty (October/November 2001)

Healthy Units=4

Servings=8

Posted by HeatherAnne03

October 10, 2003

Ingredients:

1 cup all purpose flour

1/3 cup sugar

1/2 tsp. baking powder

1/4 tsp. baking soda

1/4 tsp. salt

1 egg

1/2 cup reduced fat yogurt

2 Tbsp butter, melted

1 tsp vanilla extract

3 Tbsp. brown sugar

1 cup unsweetened fresh or frozen (do not thaw) raspberries

1 Tbsp sliced almond

Glaze:

1/4 cup confectioner's sugar

1 tsp. fat free milk

1/4 tsp almond extract

In a bowl, combine the flour, sugar, baking powder, baking soda and salt. Combine the egg, yogurt, butter and vanilla; add to dry ingredients just until moistened. Spoon two-thirds of the batter into an 8-inch round baking pan coated with nonstick spray. Combine the brown sugar and raspberries; sprinkle over batter. Spoon remaining batter over the top. Sprinkle with almonds.

Bake at 35 degrees for 35-40 minutes or until cake springs back when lightly touched and is golden brown. Cook for 10 minutes before removing from pan to a wire rack. In a small bowl, combine the glaze ingredients. Drizzle over coffee cake. Serve warm or at room temperature.

Nutrition: 178 calories

4 g fat

2 g fiber

I use various flavors of yogurt which enhances the taste of the cake. I also use almond extract in the glaze rather than vanilla. Haven't experimented with changing any ingredients but you might try...

CREAMY ARTICHOKE VINAIGRETTE

Source: Lowfat-Low Cholesterol Cookbook

Healthy Units 2 borderline 3 (I count as 3)

Serving Size: 2 tbsp.

Servings: Makes 3/4 cup

Posted by: Carots

Date: October 10, 2003

Pureeing the artichoke hearts makes this dressing wonderfully smooth. You can toss the remaining artichokes in with your salad.

1/2 14 ounce can artichoke hearts, rinsed and drained.

1/4 Cup olive oil (extra-virgin preferred)

2 Tablespoons fresh lemon juice

2 cloves garlic, minced, or 1 teaspoon bottled minced garlic

1/2 teaspoon Dijon mustard

1/4 teaspoon freshly ground pepper

In a blender or food processor, process all the ingredients until silky smooth.

Cover and refrigerate. Serve over salad greens.

Elizabeth's Jambalaya

Source: Elizabeth's (condiment's) kitchen

HU 6

Servings 4

Posted by Condiment(Elizabeth)

10 October 2003

Main Meals | Key to this dish in part is allowing the rice to cook at a low heat and for a long time- don't try to rush the dish. Try stirring every 10 minutes. My rice cooks about 40 minutes- takes longer because of all the stuff in the pot. It may seem thick, but try not to add more liquid

Ingredients

4 oz Louis Rich Turkey Polska Kielbasa, sliced

16 large shrimp, cleaned/deveined

1 large onion(s), chopped

1 medium celery, chopped fine

1/2 small green pepper(s), sliced

1/2 small yellow pepper(s), sliced

1/2 small sweet red pepper(s)

1/4 tsp cayenne

1 tsp table salt

1/2 tsp dried thyme

1/2 tsp white pepper, or to taste

2 clove garlic clove(s)

1 tsp Old Bay Seasoning, or to taste

28 oz canned tomatoes

2 cup fat-free chicken broth

1 cup uncooked milagrosa rice (found in my store with Asian products, labeled "Sweet Sticky Rice")-- or use short-grained rice, like Arborio.

Instructions

Slice sausage, clean and devein shrimp (leave tail on). Slice peppers.

Coat a large, nonstick saucepan with cooking spray. Over medium heat sauté shrimp until JUST done. Remove to plate. Increase heat; over high heat, sauté sausage until crispy on edges. Add onion, celery and red, green, and yellow pepper; sauté until tender.

Reduce heat and stir in cayenne, thyme, salt, pepper and garlic; sauté until garlic is fragrant.

Stir in tomatoes, broth, rice, and Old Bay seasoning. Bring to a LOW simmer, cover and let cook until rice is tender, about 30 minutes. About 5-10 minutes before serving, stir in shrimp to warm and meld flavors.

Pumpkin Swirl Bread

CL Bulletin Board

Servings: 16

Healthy Units: 4 per slice

Posted by: Bawstinn32 (Maria)

Comments: I really liked the flavor of this bread. I used light butter rather than regular and cut out 1/2-cup sugar. I thought there was too much "swirl" though and will make a double batch of the bread next time but one batch of swirl. 8-oz cream cheese makes an awful lot for one batch.

8 oz cream cheese, light, softened
1 whole egg, beaten
1/4 cup sugar
1 cup pumpkin
1/2 cup butter, light, melted
1 cup sugar
1 whole egg, beaten
1/3 cup water
1 3/4 cups flour
1 teaspoon cinnamon
1/2 teaspoon salt
1 teaspoon baking soda
1/4 teaspoon nutmeg

Mix first three ingredients, cream well and set aside.
Mix pumpkin, melted butter, sugar, one egg, and water.
Now add dry ingredients to pumpkin mixture.
Pour about half of pumpkin into greased loaf pan.
Pour cream cheese mixture on top and swirl with fork.
Top with remaining pumpkin mixture.

Bake at 350* for one hour. Cool before slicing

Per Serving (excluding unknown items): 181 Calories; 7g Fat (33.3% calories from fat); 4g Protein; 27g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 259mg Sodium.
Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 0 Fat; 1 Other Carbohydrates.

Slow Cooker Meat Loaf with Shiitake Mushrooms

Source: Cooking Light, October 2003 (p. 189)

Healthy Units: 6

Servings: 6

Posted by: kimbilly

Date: 10/10/03

Comments: The ground turkey and the slow cooking gave the meatloaf a different texture (for some reason, it reminded me of the consistency of corned beef hash). I was a little leery of the cooking time because of the ground turkey, so I extended the cooking time by an hour.

Ingredients:

2 slices whole wheat bread
3/4 pound ground round
3/4 pound ground turkey
1 1/2 cups Shiitake mushrooms -- sliced
1/2 cup onion -- grated
1 teaspoon dried Italian seasoning
3/4 teaspoon salt
2 large egg -- lightly beaten
1 clove garlic -- minced
2 tablespoons ketchup
1 1/2 teaspoons Dijon mustard
1/8 teaspoon ground red pepper

Instructions:

Place bread in food processor, and pulse 10 times or until crumbs measure 1 1/3 cups. Combine the crumbs, beef, and next 7 ingredients (beef through garlic) in a large bowl, and shape meat mixture into a 9x6-inch loaf. Place loaf in an electric slow cooker.

Combine ketchup, mustard and pepper in a small bowl, stirring with a fork. Spread ketchup mixture evenly over top of loaf. Cover with lid; cook on LOW for 5 hours.

CAL: 265; FAT: 12.7g; FIBER: 1.9g

Stuffed Peppers

www.cookinglight.com

Healthy Units: 7

Yield: 4 servings

Posted by Bawstinn32 (Maria)

October 12, 2003

INGREDIENTS:

1 (3 1/2-ounce) bag boil-in-bag long-grain rice
4 medium red bell peppers
3/4 pound ground sirloin
1 cup chopped onion
1/2 cup chopped fresh parsley
1 teaspoon paprika
1/2 teaspoon salt
1/8 teaspoon ground allspice
2 cups bottled tomato-and-basil pasta sauce (such as Classico), divided
1/2 cup (2 ounces) grated fresh Parmesan cheese
1/2 cup dry red wine
Cooking spray

INSTRUCTIONS:

1. Preheat oven to 450 degrees.
2. Cook rice according to package directions, omitting salt and fat. Set aside.
3. While rice cooks, cut tops off bell peppers; reserve tops. Discard seeds and membranes. Place peppers, cut sides down, in an 8-inch square baking dish; cover with plastic wrap. Microwave at high 2 minutes or until peppers are crisp-tender. Cool.
4. Heat a large nonstick skillet over medium-high heat. Add beef and the next 5 ingredients (beef through allspice); cook 4 minutes or until beef is lightly browned, stirring to crumble. Remove from heat. Add rice, 1/2 cup pasta sauce, and cheese to beef mixture, stirring to combine.
5. While beef cooks, combine 1-1/2 cups pasta sauce and wine in a small saucepan; bring to a boil.
6. Spoon about 3/4 cup beef mixture into each pepper. Place peppers in a 2-quart baking dish coated with cooking spray; add wine mixture to pan. Cover with foil.
7. Bake at 450 degrees for 20 minutes. Uncover; bake an additional 5 minutes or until lightly browned. Serve peppers with sauce. Garnish with pepper tops.

NUTRITIONAL INFO:

CALORIES 347 (20 percent from fat); FAT 7.9g (sat 3.9g, mono 2.6g, poly 0.7g);
PROTEIN 26.6g; CARB 39.9g; FIBER 4.6g; CHOL 55mg; IRON 4.1mg; SODIUM
747mg; CALC 284mg

YIELD:

4 servings (serving size: 1 stuffed pepper and 1/3 cup sauce)

Pumpkin Swirl Bread - Jilly's mods

CL Bulletin Board

Servings: 14

Healthy Units: 3 per slice

Posted by: Jillybean03

October 13, 2003

Comments: I subbed FF cream cheese, reduced the 2 whole eggs to 1 egg, and 1/4 eggbeaters. I swapped 1/2 the sugar for Splenda. Got it to 3 points per 14 slices... rather than 4 for 16 in the "original". I also kept the amount of "Swirl" the same, although Maria thought that half the swirl would be fine (I like the swirl)

8 oz cream cheese, fat free, softened
1 whole egg, beaten
1/4 cup eggbeaters
2 Tablespoons sugar
2 Tablespoons Splenda
1 cup pumpkin
1/2 cup butter, light, melted
1/2 cup sugar
1/2 cup Splenda
1/3 cup water
1 3/4 cups flour
1 teaspoon cinnamon
1/2 teaspoon salt
1 teaspoon baking soda
1/4 teaspoon nutmeg

Mix egg & eggbeater. beat together.

Mix 1/2 of egg mixture, cream cheese, 2 T. each Splenda and sugar, cream well and set aside. Mix pumpkin, melted butter, remaining spend and sugar, remaining egg, and water. Now add dry ingredients to pumpkin mixture. Pour about half of pumpkin into greased loaf pan. Pour cream cheese mixture on top and swirl with fork. Top with remaining pumpkin mixture.

Bake at 350* for one hour. Cool before slicing

Cantonese Roast Pork

Source: The Good Carb Cookbook

Healthy Units: 4

Yield: 8 servings (3 oz per serving)

Posted by: Bawstinn32 (Maria)

October 13, 2003

INGREDIENTS:

2 lbs pork tenderloin -- (2 pork tenderloins, 1 pound each)

Marinade

1/2 cup orange juice

3 tablespoons reduced sodium soy sauce

3 tablespoons Hoisin sauce

2 tablespoons crushed garlic

1 1/4 teaspoons freshly grated ginger root or 3/4 teaspoon ground ginger

INSTRUCTIONS:

Combine marinade ingredients in a small bowl and stir to mix well.

Remove 3 tbsp of the marinade to a small bowl and refrigerate until ready to cook the pork. Place the tenderloins in a shallow nonmetal container and pour the remaining marinade over the meat.

Lift the meat to allow the marinade to flow underneath.

Cover and refrigerate 6 to 24 hours, turning occasionally.

Coat the rack of a broiler pan with spray and fill the bottom of the pan with a 1/2 inch of water. Lay the tenderloins on the pan, spacing them 3 inches apart.

Discard marinade.

Bake at 450 for 25 to 30 minutes or until a thermometer reads 155 to 160.

Baste with reserved marinade several times during the last 15 minutes of cooking.

Remove the tenderloins and cover loosely with foil.

Let sit for 5 minutes before slicing thinly at an angle and serving.

Nutritional information: 149 cal, 2 g carbohydrates, 3.9 g fat, 0 g fiber, 24 g protein

Apple-Glazed Carrots With Bacon

Source: www.cookinglight.com

Healthy Units: 2

Posted by: Bawstinn32 (Maria)

October 13, 2003

Apple cider and smokey bacon liven up this easy side dish.

INGREDIENTS:

2 bacon slices
1 cup chopped onion
2 (16-ounce) packages baby carrots
1-1/2 cups apple cider
1/4 cup packed brown sugar
1/4 teaspoon ground red pepper
2 tablespoons chopped chives

INSTRUCTIONS:

Estimated Total Time: 18 minutes

Cook bacon slices in a small skillet over medium heat until crisp.
Remove bacon from skillet, and crumble.
Add onion to bacon drippings in skillet, and sauté 3 minutes.
Add carrots, cider, sugar, and pepper, and bring to a boil.
Cook mixture 10 minutes over medium heat or until carrots are tender.
Do not drain.
Place carrot mixture in a large serving bowl.
Sprinkle with the reserved bacon and chives.

NUTRITIONAL INFO:

calories: 115 carbohydrates: 26 g cholesterol: 2 mg fat: 1.2 g sodium: 86 mg protein: 2.1 g calcium: 45 mg iron: 0.9 mg fiber: 4.2 g

YIELD:

8 servings (serving size: 3/4 cup)

Chicken Cacciatore Pronto

Cooking Light, October 2003

Healthy Units 5

Servings 4

Posted by debincalif

10-14-03

Ingredients:

1 pkg. (1/2 oz) dried porcini mushrooms
1 c. hot water
2 t. olive oil
8 skinless, boneless chicken thighs (about 1 lb.)
1 t. salt
½ t. freshly ground black pepper
3 cloves garlic, minced
3 T. minced fresh parsley, divided
¾ c. canned crushed tomatoes
½ c. fat-free, less-sodium chicken broth
½ c. water

Instructions:

1. Combine mushrooms and hot water in a bowl; cover and let stand 30 minutes. Remove mushrooms with slotted spoon. Finely chop mushrooms; set aside. Strain the soaking liquid into a bowl through a sieve lined with cheesecloth or a paper towel. Discard solids; reserve liquid.

2. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle chicken with salt and pepper. Add chicken to pan; cook 4 minutes on each side or until browned. Remove chicken from pan. Reduce heat to medium. Add garlic to pan; cook 2 minutes or until golden, stirring constantly. Add 2 T. parsley; cook 30 seconds, stirring constantly. Add chopped mushrooms; cook 30 seconds, stirring constantly. Stir in the reserved soaking liquid, tomatoes, broth, and water; bring to a simmer. Return chicken to pan, and reduce heat to low. Cover and cook 10 minutes or until the chicken is done.

3. Remove chicken; keep warm. Increase heat to medium-high; cook until sauce is reduced to 1 cup (about 5 minutes). Spoon sauce over chicken; sprinkle with 1 T. parsley.

Yield: 4 servings (serving size: 2 chicken thighs and ¼ c. sauce).

Calories 263; Fat 8.5 g; Protein 33.6 g; Carbohydrate 11.7 g; Fiber 3.5 g; Cholesterol 115 mg; Iron 5.7 mg; Sodium 771 mg; Calcium 31.6 mg

Mustard Potatoes and Green Beans (revised)

Inspired by KUGER5 on WW boards

Healthy Units 2

Servings 6

Posted by debincalif

10-14-03

Ingredients:

- 1 ½ lb. small red potatoes, quartered
- 1 lb. green beans, trimmed and cut into 2" lengths
- ½ c. fat-free, reduced-sodium chicken broth
- 2 T. coarse-grained mustard
- 2 T. regular prepared mustard
- 2 T. balsamic vinegar
- 2 t. fresh minced rosemary
- ½ t. salt
- ¼ t. freshly ground black pepper

Instructions:

1. Place potatoes in small stock pot, add water to cover by 2". Bring to a boil and cook about 5 minutes. Add green beans and return to a boil. Reduce heat and cook 5 minutes, or until potatoes and beans are tender. Drain and set aside.
2. In same pot, combine remaining ingredients and bring to a boil. Reduce heat to low and simmer until sauce is reduced by half.
3. Return potatoes and beans to pot and toss gently to coat.

Thyme-Leek Braised Pork Tenderloin

H.U. - 6 per serving

Yield - 8 servings (3 oz pork, 1/4 cup leek mixture, 1 slice bread)

Posted by: Oduamy1 (Amy)

Posted on: 10/14/03

Source: CL October 2003 pg 160

CL Comments: The pork can marinate from 2 to 12 hours, but the longer you allow it to marinate, the better it will taste.

Amy's Comments: Loved this! Did it in the oven in a foil bag. Very easy. If you don't like a strong onion flavor, use the leeks in the bag, but don't put any on your plate! Also, if you are not a horseradish fan, only use 1 tbsp instead of 2. It's a very prominent flavor. I didn't serve with bread, subbed egg noodles and some zucchini with garlic!

Ingredients:

- 2 cups chopped leek
- 1 cup Riesling or other slightly sweet wine
- 2 tbsp butter
- 2 tbsp honey
- 2 tbsp Dijon mustard
- 1 tbsp olive oil
- 3 garlic cloves, minced
- 3/4 tsp freshly ground black pepper
- 1/2 tsp salt
- 4 thyme sprigs
- 2 tbsp prepared horseradish
- 2 (1-pound) Pork tenderloins, trimmed
- 8 (1-ounce) slices french bread

Instructions:

1) At home, combine first 11 ingredients in a large zip-top plastic bag; add pork. Seal and marinate in cooler 2 to 12 hours.

2) At campsite, place pork and marinade in a foil oven bag. Place on hot coals (or in a 450 degree oven if at home) for 25 minutes. Serve with bread.

Nutritional information: Calories 295; fat 9.7g; Protein 27.1g; Carb 24g; Fiber 1.5g; Chol 81 mg; Iron 2.9mg; Sodium 519 mg; Calcium 54 mg

Chicken Tetrazzini With Broccoli

www.cookinglight.com

Healthy Units: 9

Servings: 8

Posted by: Bawstinn32 (Maria)

October 15, 2003

Comments: We prefer sharp provolone in this dish, but any strong cheese, such as Asiago, Gruyere, Swiss, or Parmesan, will do.

INGREDIENTS:

4 cups broccoli florets (about 2 bunches)
12 ounces uncooked spaghetti
2 tablespoons butter or stick margarine
3 cups sliced mushrooms (about 8 ounces)
1 teaspoon dried oregano
1 teaspoon dried basil
2 garlic cloves, crushed
1/2 cup all-purpose flour
3 cups Chicken Stock
1 cup 2% reduced-fat milk
3/4 cup (3 ounces) shredded sharp provolone or grated fresh Parmesan cheese
2 tablespoons dry sherry
3/4 teaspoon salt
1/8 teaspoon black pepper
4 cups chopped cooked chicken
Cooking spray
1/4 cup dry breadcrumbs

INSTRUCTIONS:

Cook broccoli in boiling water 5 minutes or until tender; remove broccoli with a slotted spoon, and drain. Return water to a boil; add spaghetti. Cook pasta according to package directions, omitting salt and fat. Drain; set aside.

Preheat oven to 450 degrees.

Melt the butter in a large nonstick skillet over medium-high heat. Add the mushrooms, oregano, basil, and garlic; sauté 4 minutes. Lightly spoon flour into a dry measuring cup; level with a knife. Stir flour into mushroom mixture. Gradually add Chicken Stock and milk; stir well with a whisk. Bring to a boil, and cook 5 minutes or until thick, stirring occasionally. Add cheese, sherry, salt, and pepper; stir well. Remove from heat, and stir in chicken.

Arrange 3 cups spaghetti in a 13 x 9-inch baking dish coated with cooking spray. Top with 2 cups broccoli and half of chicken mixture. Repeat layers. Sprinkle with breadcrumbs. Bake at 450 degrees for 15 minutes or until golden brown.

NUTRITIONAL INFO:

CALORIES 422 (26% from fat); FAT 12.3g (sat 5.5g, mono 3.7g, poly 1.8g); PROTEIN 30.8g; CARB 46.2g; FIBER 3.1g;

Danish Fruit Soup

From the kitchen of Eleanor LaPoint

Healthy Units: 3.3

Servings: 20

Posted by: peacharini(Pauletta)

October 15, 2003

Comments: This is a recipe my late Danish MIL refined over many years and all of the credit belongs to her, its real name is suess soup (sp). The recipe fills a four quart dutch oven. WARNING: Do not call this a soup until your loved ones have tried it at least once. Call it "mixed fruit". I have had more people turn up their noses when offered this dish because they think it is going to be something awful.

INGREDIENTS:

1 7 oz. pkg. pearl tapioca, soaked

1 orange (thin skinned), washed

1 lemon, washed

1 bottle cranberry juice cocktail

4 cinnamon sticks

1 lb prunes

16 oz. sweet cherries in syrup, Queen Anne

16 oz. sour cherries in light syrup

16 oz. plums in light syrup

32 oz. peach halves in light syrup

32 oz. pear halves in light syrup

INSTRUCTIONS:

Cover tapioca with 1" of warm water and soak overnight. In the morning drain tapioca.

In dutch oven, bring 1 1/2 cups of water and 3 cups of cranberry juice to a boil. Add tapioca, 6 thin lemon slices, 6 thin orange slices and 4 cinnamon sticks. Simmer until done. (Do not cook tapioca completely, watch very carefully, cook just until center is still not quite done. (Approximately 8 - 10 minutes.) If you need more liquid, add more cranberry juice.

Cook 1 lb. prunes (dried plums) in a little water 2 minutes or until done.

Add to tapioca mixture: Prunes, plums and juice, cherries and juices, peaches and juice, pears and juice. Add juices of remaining orange and lemon.

Heat, but do not boil.

Add sugar to taste, soup is supposed to be a little tart.

Serve cold, with holiday pastries.

NOTES:

Mixture will thicken when cool. It should be of medium to light thickness. If needed, add more cranberry juice just before serving.

The choice of fruits has to do with color. This holiday soup should be as red as possible.

With all of the flavor combinations of cranberry juice on the market, some of them might be worth trying.

In step 3, I am experimenting with the ratio of water/juice. The tapioca should not taste bland, but have a hint of the cranberry flavor.

I have also discovered that I love the flavor of frozen dark sweet cherries added to all of the above ingredients.

Note: The fruit soup will keep for at least a week in the refrigerator; although, we have used it beyond that amount of time.

NUTRITIONAL INFO: CALORIES 204; FAT, trace; PROTEIN 1 g.; CARB 53 g; FIBER 5 g.; SODIUM 13 mg.

Zucchini Pie

Healthy units-4

Serves-6

recipe from a friend

August21 (Leslie)

5-7 med. zucchini

2 Tbls. dill weed

1/4 cup light margarine

2 gloves chopped fresh garlic

1 package of light refrigerated crescent roll dough

1/4 cup eggbeaters

3/4 cup reduced fat Monterey jack cheese-grated

Chop zucchini into 1/2 inch rounds. In a large fry pan, add zucchini, dill, garlic and margarine. Saute until zucchini is browned. In a 9-inch pan, spray with Pam. Arrange dough in pie pan like a piecrust. Make sure you drape it over the sides, because it will shrink when cooked. Add zucchini mixture-including the juice. Pour eggbeaters over the top. Sprinkle with cheese over the top. Bake at 375 for 25-35 mins, or until crust is browned.

This is a good side dish or for a brunch. Hope you enjoy it! I like my zucchini not over cooked so I lightly sauté it. Add pepper if you want it spicier. Leslie

Turkey in a Pot

"Quick Cooking Sept/Oct 2003"

5 points per 4 ounce of turkey and 2 tablespoon of sauce

Serving Size: 16

Posted by: TMARUHN

Date: 10/15/03

Ingredients:

4 pounds turkey breast

16 ounces cranberry sauce

1/2 cup Sugar Twin

1/2 cup apple juice

1 tablespoon cider vinegar

2 cloves garlic -- minced

1 teaspoon mustard powder

1/2 teaspoon cinnamon

1/2 teaspoon cloves, ground

1/2 teaspoon allspice

2 tablespoons all-purpose flour

1/4 cup water -- cold

1/4 teaspoon browning sauce

Instructions:

Remove giblets and rinse out turkey; Pat down but does not need to be dry; Place turkey skin side up in cooking bag; Place bag in 5 qt slow cooker

Combine the cranberry sauce, sugar, apple juice, vinegar, garlic, mustard, cinnamon, cloves, and allspice; Pour over turkey

Fold cooking bag over top of turkey but it does get seal as you want to let the steam escape.

Cover and cook on low for 5-6 hours or until meat thermometer reads 170

Remove turkey to a cutting board, keep warm.

Strain cooking juices

In a saucepan, combine flour and water until smooth

Gradually stir in strained juices

Bring to a boil

Cook and stir for 2 minutes or until thickened

Stir in browning sauce

Serve with sliced turkey

Per Serving (excluding unknown items): 212 Calories; 7g Fat (31.5% calories from fat); 23g Protein; 13g Carbohydrate; trace Dietary Fiber; 66mg Cholesterol; 70mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 0Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

It was wonderfully moist and the sauce is sweet, not like milk gravy, which I don't like. In fact, I could eat the sauce without the turkey. We also did an apple dressing in another crockpot but it was a bit high in points. However, the combination of the sauce and the dressing was awesome. Now DH doesn't want to have one without the other. Actually, he said it was the best dressing he had ever had & Mom is from the South where dressing was invent - according to her. The best thing about this is that after putting the ingredients in the pot you can just forget it until you are ready to serve. The finishing touch on the sauce only takes about 5 minutes. Plus the oven is free for all those dessert and/or casseroles. One additional note: the turkey was so tender it literally fell off the bone. So, if presentation is an issue you many want to check for doneness a bit earlier.

Sausage Dressing in Crock-pot

"Quick Cooking Sept/Oct 2003"

4 points per 1 cup serving

Serving Size: 12

Posted by: TMARUHN

Date: 10/15/03

Ingredients:

1 pound 50% Reduced Fat Sausage

1 cup onion -- chopped

1 cup celery rib -- chopped

10 ounces seasoned croutons

1 can chicken broth

1 cup tart apple -- chopped

1/2 cup pecan -- chopped

1/2 cup egg substitute, liquid

1/4 cup reduced-calorie margarine

1 1/2 teaspoons sage

1/2 teaspoon black pepper

Instructions:

In a large skillet, cook the sausage, onion and celery over medium heat until meat is no longer pink

Drain

Place in 5 qt slow cooker

Stir in the remaining ingredients

Cover and cook on low for 4-5 hours or until heated through

Special Note: You may want to stir well after a couple of hours to prevent sticking.

French Onion with Beef and Barley soup

www.cookinglight.com

Healthy Units: 7

Servings: 6

Posted by: Jillybean03 (Jill)

October 15, 2003

Comments: I added 2 big spoonfuls of Demi Glace - I think an additional can of consommé or some bouillon would also work. It just deepened the flavor and added a nice saltiness. This is loaded with fiber and is a good hearty MEAL with a quick green salad.

INGREDIENTS:

- 1 cup boiling water
- 1/2 ounce dried Shiitake mushrooms
- 1 tablespoon dark sesame oil, divided
- 2 medium onions, each cut into 8 wedges (about 4 cups)
- 1/2 cup chopped shallots or onion
- 2 teaspoons chopped peeled fresh ginger
- 4 garlic cloves, minced
- 3 cups sliced button mushrooms
- 1 teaspoon brown sugar
- 1 (12-ounce) lean boneless sirloin steak, cut into 2-inch strips
- 4 cups water
- 2/3 cup uncooked pearl barley
- 1/4 cup dry sherry
- 3 tablespoons low-sodium soy sauce
- 1 (10-1/2-ounce) can beef consommé
- 12 (1/4-inch-thick) slices diagonally cut French bread baguette
- 3/4 cup (3 ounces) shredded Gruyere or Swiss cheese

INSTRUCTIONS:

Combine boiling water and shiitakes in a bowl; cover and let stand 30 minutes. Drain the shiitakes in a colander over a bowl, reserving liquid. Slice shiitakes, discarding stems. Heat 2 teaspoons oil in a large Dutch oven over medium-high heat. Add onion, shallots, ginger, and garlic; sauté 10 minutes or until lightly browned. Add the shiitakes, button mushrooms, sugar, and beef. Saute 10 minutes, scraping pan to loosen browned bits. Add reserved mushroom liquid, 4 cups water, and the next 4 ingredients (water through consommé); bring to a boil. Cover, reduce heat, and simmer 50 minutes or until barley is tender. Stir in 1 teaspoon sesame oil.

Preheat broiler.

Ladle 1-1/2 cups soup into each of 6 ovenproof soup bowls; top each serving with 2 bread slices and 2 tablespoons cheese. Broil 3 inches from heat 1 minute or until cheese melts. Serve immediately.

NUTRITIONAL INFO: calories: 351 carbohydrates: 40 g cholesterol: 50 mg fat: 10.7 g sodium: 676 mg protein: 24.6 g calcium: 196 mg iron: 3.7 mg fiber: 6.2 g

Curried* Corn-Crab Cakes

Published: Cooking Light- 07/01/00

HU: 3 (for one, light meal, or 6 for two, full meal)

Servings 8/4 see above

Posted by Elizabeth (Condiment)

16 October 2003

Notes: If you don't like curry, you can substitute the curry powder for $\frac{1}{4}$ t. coriander and $\frac{1}{4}$ t. dry mustard

INGREDIENTS

3/4 cup fresh corn kernels (about 2 ears)
1/4 cup finely chopped onion
1/4 cup diced red bell pepper
1/2 teaspoon curry powder
1 garlic clove, minced
1 pound lump crabmeat, shells removed
1/3 cup low-fat mayonnaise
3 tablespoons minced fresh cilantro
2 tablespoons chopped fresh mint
2 tablespoons fresh lime juice
1 tablespoon low-sodium soy sauce
2 large egg whites
10 tablespoons dry breadcrumbs, divided
4 teaspoons vegetable oil
Lime wedges

INSTRUCTIONS

Heat a large nonstick skillet over medium-high heat. Add first 5 ingredients; sauté 4 minutes or until vegetables are soft. Place mixture in a large bowl; cool completely. Stir in crabmeat; set aside.

Combine mayonnaise and the next 5 ingredients (mayonnaise through egg whites) in a small bowl. Gently fold mayonnaise mixture into crab mixture. Stir in 7 tablespoons breadcrumbs. Divide mixture into 8 (3/4-inch-thick) patties. Dredge patties in 3 tablespoons breadcrumbs.

Heat oil in pan over medium-high heat. Place patties in pan; cook 4 minutes. Turn patties, and cover pan; cook 4 minutes or until done. Serve with lime wedges.

YIELD: 8 servings (serving size: 1 patty)

NUTRITIONAL INFO

calories: 151 carbohydrates: 13.1 g cholesterol: 57 mg fat: 4.6 g sodium: 400 mg
protein: 14.1 g calcium: 84 mg iron: 1.4 mg fiber: 0.9

Asiago-Pepper Bread

Source: CL Website

HU: 3

Servings: 16

Posted by: andygrammy(Claudia)

10/16/03

Comments: Absolutely delicious- one of the best breads I've made in the ABM. Great when first baked and great toasted. Would be wonderful with soup. I had no green onions, so used dried chives.

INGREDIENTS:

3 cups bread flour

1 cup warm water (100 to 110 degrees)

1/2 cup nonfat dry milk

1/2 cup (2 ounces) grated Asiago cheese

1-1/2 tablespoons minced green onions

1 tablespoon sugar

1 tablespoon butter, melted

2-1/2 teaspoons bread-machine yeast

1-1/4 teaspoons salt

1/2 teaspoon coarsely ground black pepper

1 large egg

INSTRUCTIONS:

Lightly spoon flour into dry measuring cups; level with a knife.

Follow manufacturer's instructions for placing flour and the remaining ingredients into bread pan, and select bake cycle; start bread machine.

NUTRITIONAL INFO:

calories: 136 carbohydrates: 21.9 g cholesterol: 20 mg fat: 2.5 g sodium: 258 mg

protein: 6.2 g calcium: 92 mg iron: 1.3 mg fiber: 0.2 g

YIELD:

1 (1-1/2-pound) loaf, 16 servings (serving size: 1 slice)

Zucchini Alfredo

Source: Better Homes and Garden

HU: ? (Needs to be put thru the builder)

Posted: Carots

Date: October 16, 2003

5 large zucchini (about 2 1/2 lbs)
1 tsp Salt
2 to 3 cloves garlic, minced (I used 3)
2 Tbsp olive oil
1 8oz pkg. cream cheese, cubed and softened.
3/4 cup half and half or light cream
1/2 Cup finely shredded Parmesan cheese
Coarsely ground black pepper (sprinkle)
Ground nutmeg (sprinkle)
Finely shredded Parmesan (sprinkle)

1. Cut zucchini in half crosswise. Cut lengthwise into 1/4 inch slices, and then lengthwise into long, thin strips about 1/4 inch (resembling strips of fettuccine). You should have about 8 cups. In a large colander, toss the zucchini with the salt. Allow to drain for 1 hour. Rinse and drain. Pat dry.
2. In a 12 inch skillet cook the zucchini and garlic in hot oil over medium high heat for 2 to 4 minutes or until crisp-tender. Transfer mixture from skillet to a large bowl.
3. In the skillet, heat the cream cheese and half-and-half over medium low heat until smooth. Stir in the 1/2 cup Parmesan cheese. Stir in zucchini; heat through. Transfer to a serving dish. Sprinkle with pepper, nutmeg, and additional Parmesan cheese.

Makes 8 side-dish servings

Chicken Satay with Spicy Peanut Sauce

From Debbie's Kitchen

Healthy Units 4 for chicken + 3 for 1/6 of sauce

Servings 6

Posted by debincalif(Debbie)

10-16-03

Ingredients for chicken:

1 ½ lb. boneless, skinless chicken breast, cut into 1 ½" cubes

2 cloves garlic, minced

2 T. Lite soy sauce

1 T. lemon juice

2 t. olive oil

1 t. ground cumin

1 t. ground coriander

pinch white pepper

Ingredients for basting sauce:

3 T. lemon juice

2 T. Lite soy sauce

½ t. ground cumin

½ t. ground coriander

Ingredients for peanut sauce:

¾ c. water

½ c. crunchy peanut butter (or use creamy if you prefer)

2 cloves garlic, minced

2 T. brown sugar

2 T. lemon juice

1 T. soy sauce

¼ - ½ t. chili paste (or use crushed red pepper) to taste

Instructions:

1. In a bowl, stir together marinade ingredients listed with chicken; add chicken and toss to coat well. Cover and refrigerate 1 ½ - 2 hours.

2. Meanwhile, prepare basting sauce by combining ingredients; set aside.

3. Make peanut sauce by combining water, peanut butter, and garlic. Cook over medium heat, stirring, until mixture boils and thickens. Remove from heat and stir in brown sugar, lemon juice, soy sauce, and chili paste or red pepper. Let cool to room temperature before serving.

4. To cook chicken, thread meat onto bamboo skewers. Place on grill 4-6" over medium glowing coals (or place on a rack in a broiler pan about 4-6" below heat). Cook, turning often, and basting with basting sauce, until no longer pink when slashed, about 10-12 minutes. Brush generously with basting sauce before serving.

Cornmeal Crusted Scallops with Corn Relish

Source: Emeril Live (Food Network)

Healthy Units: 8

Servings: 4

Posted by: MissVN

Date: Oct. 16, 2003

Ingredients

1 teaspoon olive oil
1 1/2 cups corn kernels
1 1/2 teaspoons minced garlic
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander
1/4 cup red onions, chopped and blanched
1/2 cup tomatoes, chopped seeded
1 tablespoon white wine vinegar
4 teaspoons minced fresh cilantro
1 whole avocado, peeled, seeded, and cut into small dice
1 pound sea scallops, tough side mussels removed and patted dry
2 whole egg white, whole
1 tablespoon water
6 teaspoons Cajun seasoning, plus more for dusting, recipe follows
1/2 cup masa harina
1/4 cup all-purpose flour
2 teaspoons olive oil

INSTRUCTIONS:

1. Corn Relish: In a medium skillet, heat 1 teaspoon of the oil over medium-high heat. Add the corn and cook, stirring until starting to caramelize, about 4 minutes. Add the garlic, 1/4 teaspoon of the salt, 1/8 teaspoon of the pepper, the cumin, and coriander, and cook, stirring, until fragrant and the corn is caramelized, about 1 minute. Remove from the heat and let cool slightly.

In a bowl, combine the corn and the remaining ingredients. Adjust the seasoning, to taste, and let rest for 1 hour before serving

2. Scallops: Lightly season both sides of the scallops with salt and pepper. In a medium bowl, beat the egg whites with the water and 2 teaspoons of the Cajun seasoning. In another bowl, combine the masa harina, flour and the remaining 4 teaspoons of Essence. One at a time, dip the scallops in the egg wash, letting the excess drip off, then dredge in the masa mixture to coat evenly.

In a medium saucepan, heat 1 teaspoon olive oil medium-high heat. Add the scallops in batches and cook until golden brown, about 2 minutes (adding more oil for each batch as needed). Transfer to paper towels to drain. Divide the corn relish among 4 plates and arrange 6 scallops on top. Garnish with the chopped herbs and serve immediately.

Calories: 374; Total fat: 13g; Dietary Fiber: 5g

Buffalo Chicken Bites

Healthy Units: 5

Servings: 4

Source: WW Make It In Minutes

Posted by LissaR

October 17, 2003

1 lb boneless skinless chicken breast, cut into 1 inch cubes

2 Tbsp butter

1/4 Louisiana style hot sauce

1 tsp Tabasco sauce

1 tsp Worcheshire sauce

celery

carrots

ff bleu cheese dressing

Put hot sauce, Tabasco sauce, and W-sauce into a small saucepan. Heat over medium until boiling; boil one minute. Remove from heat and stir in 5 tsp butter.

Melt the remaining tsp butter over med-high heat in a large skillet; add chicken. Saute until chicken is browned, 8-10 minutes. Add hot sauce mixture and cook 1 additional minute. Serve with carrots, celery, and bleu cheese dressing.

Pumpkin Pecan Coffee Cake

Healthy Units: 5 per serving

Yield: 8 servings (1 wedge)

Posted by: CrissyBear

Posted on: October 17, 2003

Source: Cooking Light, January/February 1999, p.145

Ingredients:

1 teaspoon butter or stick margarine
1/4 cup regular oats
3 tablespoons brown sugar
3 tablespoons chopped pecans
3 tablespoons butter or stick margarine -- softened
1/3 cup granulated sugar
1/4 cup packed brown sugar
1 large egg
1 1/4 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon pumpkin-pie spice
1/2 teaspoon baking soda
1/2 cup canned pumpkin
1/2 cup low-fat buttermilk

Directions:

Preheat oven to 350°.

Melt 1 teaspoon butter in bottom of a 9-inch round cake pan. Combine oats, 3 tablespoons brown sugar, and pecans. Sprinkle oat mixture over bottom of pan, and set aside.

Beat 3 tablespoons butter, granulated sugar, and 1/4 cup brown sugar at medium speed of a mixer until mixture is well-blended (about 4 minutes). Add the egg, and beat well. Lightly spoon the flour into dry measuring cups, and level with a knife. Combine flour, baking powder, pumpkin-pie spice, and baking soda. Add the flour mixture to the butter mixture alternately with the pumpkin and buttermilk, beginning and ending with the flour mixture.

Spoon batter evenly over oat mixture. Bake at 350° for 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes, and invert cake onto a serving plate. Serve warm or at room temperature.

Nutritional Info:

Per Serving (excluding unknown items): 242 Calories; 8g Fat (28.9% calories from fat); 4g Protein; 39g Carbohydrate; 2g Dietary Fiber; 24mg Cholesterol; 223mg Sodium.

Brandied Turkey with Cheese

Source: revised from Betty Crocker

Healthy Units 6

Servings 4

Posted by sharpeimommy (Linda)

Date 10/17/03

Notes: you can sub chicken broth for the brandy to lower points a bit.

Ingredients

4 breast turkey breast

1/4 tsp salt

1/4 tsp black pepper

1/4 cup all-purpose flour

2 tbsp light butter

1/4 c. brandy

2 slice provolone cheese

Instructions

1. Sprinkle turkey with salt and pepper. Coat turkey with flour.

2. Melt butter in 12-inch skillet over medium heat. Cook turkey in butter about 2 minutes on each side until browned.

3. Add brandy (Yell "BAM"!). Cook uncovered until liquid has evaporated and turkey is no longer pink in center. Top turkey breasts with 1/2 slice of provolone; remove from heat. Let stand about 2 minutes before serving

Gingersnap Pumpkin Pie

Source: Complete Cooking Light

HU: 6

Posted by: Linda(LXN1996)

Oct. 17, 2003

My comments: This was my first pumpkin pie and it was extremely good. I will always make this and it was very easy to put together.

The gingersnap crust complements the spicy pumpkin filling, and it is easy if you are timid about making pastry.

INGREDIENTS:

1-3/4 cups gingersnap crumbs (about 43 cookies, finely crushed)

2-1/2 tablespoons reduced-calorie stick margarine, melted

2 tablespoons granulated sugar

Cooking spray

1-1/2 cups fresh or canned pumpkin puree

3/4 cup packed brown sugar

1 tablespoon cornstarch

1 teaspoon ground cinnamon

1 teaspoon vanilla extract

1/4 teaspoon salt

1/4 teaspoon ground nutmeg

2 large egg whites

1 large egg

1 (12-ounce) can evaporated skim milk

INSTRUCTIONS:

Preheat oven to 325 degrees.

Combine first 3 ingredients in a bowl; toss with a fork until moist.

Press into bottom and up sides of a 9-inch pie plate coated with cooking spray.

Bake at 325 degrees for 5 minutes; cool on a wire rack.

Combine pumpkin and remaining ingredients in a bowl.

Pour into prepared crust.

Bake at 325 degrees for 1 hour or until a knife inserted in center comes out clean.

Cool on a wire rack.

NUTRITIONAL INFO:

calories: 295 carbohydrates: 50 g cholesterol: 36 mg fat: 8.2 g sodium: 195 mg protein:
6.6 g calcium: 189 mg iron: 3 mg fiber: 0.6 g

YIELD:

10 servings (serving size: 1 wedge)

Veggie Bruschetta

Posted by: alk158

Date: Oct. 17, 2003

Ingredients:

1/8 cup olive oil
1 clove garlic, chopped
1 medium eggplant, cubed
1 zucchini, cubed
1 medium tomato - peeled, seeded and chopped
1 teaspoon salt
2 teaspoons minced fresh oregano
2 teaspoons minced fresh basil (optional)
1 French baguette
4 teaspoons garlic powder
6 teaspoons butter, softened

Directions

1 Place olive oil and garlic in a large skillet.

Fry (stirring occasionally) over a medium heat until the garlic is golden brown; approximately 2 minutes.

2 Add eggplant and zucchini to the skillet, fry until the eggplant is brown and tender; approximately 5 to 7 minutes.

3 Add the tomato chunks to the skillet, stir the mixture until the tomato becomes a pulp. Mix in salt, oregano, and basil.

Stir the entire mixture over the heat for 2 minutes, then remove pan from heat and let the mixture cool.

4 Preheat oven to 325 degrees F (165 degrees C).

5 Slice the bread into 12 (1-inch thick) slices.

Distribute garlic powder and butter evenly over the top of each slice.

Place the slices directly onto the oven rack (do not use a cookie sheet, the bread will get crisper this way).

Let the bread heat for 3 to 5 minutes.

6 Remove the bread from the oven and arrange them on a serving platter.

Spread the vegetable mixture over the 12 bread slices; distribute the topping as evenly as you can.

Serve immediately.

Turkey Piccata

4 servings, 4 points each

Source: Eating Well March, 1998

Posted by: Joyce

Date: October 19, 2003

Ingredients:

1 lemon

1/3 c. all purpose flour

1/2 t. salt

1/2 t. freshly ground pepper

4 turkey cutlets (about 1 lb. total) each cutlet cut in half

2 t. olive oil

1 clove garlic minced

1/2 c. ff chicken broth

1 T. capers

1/2 t. sugar

2 t. butter

1 T. chopped fresh parsley

1. With sharp knife, remove skin and white pith from lemon and discard. Working over a bowl, cut lemon segments from their surrounding membranes. (I have gone to cutting out the segments with a grapefruit knife to avoid the hassle of peeling the lemon). Chop segments coarsely and reserve with the juice.

2. In a shallow dish, combine flour, salt and pepper. Lightly dredge turkey in flour mixture, shaking off excess. In a large nonstick skillet, heat oil over medium high heat. Add turkey and cook until golden brown on the outside and no longer pink on the inside, 2-3 minutes per side. Transfer to a platter and keep warm.

3. Add garlic to the skillet and cook, stirring for several seconds. Add chicken broth and bring to a boil, stirring and scraping up any browned bits. Cook for 1 minute. Stir in reserved lemon segments and juice, capers and sugar; cook for 30 seconds. Add butter.

4. Spoon sauce over turkey; sprinkle with parsley and a grinding of black pepper. Serve immediately.

Shrimp En Croute

Source: lots of input from all over

Healthy units: 6.5

Servings: 4

Posted By: Zephyr1

Date posted: 10/19/03

Comments: Had lots of input and original inspiration from this board. Worked with this one to get it to be nice and tasty. Whips together in no time flat. I use the food processor simply because I love the consistency of all the ingredients but it does not have to be used, just my recommendation.

Ingredients: 1/2 pound cooked shrimp shells off

1 small onion diced

2-3 cloves fresh garlic minced

1 oz Asiago grated finely

3 oz light boursin herb cheese spread

1 regular size can reduced fat crescent rolls

generous amount of old bay seasoning or Emeril's seafood seasoning

Instructions: 1. Combine all ingredients except crescent rolls in food processor and process for a minute.

2. Form four squares using 2 crescents and put 1/4 of the mixture in the center of each one.

3. Bring sides up and squeeze together to get them to stick. Will look like a baseball.

4. Bake at 350 degrees for 1/2 hour, I cook on my baking stone.

Harvest Loaf

Source: CL Board with my renovations

Healthy Units: 3.5

Serves: 12

Posted by Kate

October 20, 2003

Comments: The glaze on this bread is wonderful, don't skip it.

1 3/4 cup flour
1 tsp baking soda
1 tsp cinnamon
1/2 tsp salt
1/2 tsp nutmeg
1/4 tsp ground ginger
1/4 tsp cloves
1/2 c light butter
1 cup Splenda
1 egg and 1 egg white
3/4 cup canned pumpkin
6 T chocolate chips
1/4 cup chopped pecans

spice glaze:

1/2 cup powdered sugar
1/8 tsp nutmeg
1/8 tsp cinnamon
2 T fat free half and half

Preheat oven to 350. Grease bottom of loaf pan.

Combine flour, soda, salt and spices

Cram butter, gradually add Splenda, cream well.

Stir in chips and nuts. Turn into pan.

Bake for 65-75 minutes (mine was done in 45 minutes). Cool and drizzle with glaze.

Spicy Beans with Coconut Milk

Source: Southern living July issue

HU's: 6

Servings: 6

Posted By: Zephyr1

Date Posted: 10/20/03

Comments: A surprisingly different take on rice and beans if you are a Thai fan you will love this. Very simple to get on the table. Ingredients:

1 sweet onion chopped
cooking spray
4 garlic cloves minced
1-2 tbsp red curry paste- I used 2
2 15 oz cans kidney beans rinsed and drained
1 14.5 oz can diced tomatoes not drained
1 13.5 oz can light coconut milk
1 tsp grated lime rind I did 1 -1 /2 tsp
2-3 tbsp fresh lime juice, I used 3
2 tablespoons sugar- I think this would be better suited for brown but I used regular
1 to 1 1/2 tsp salt
4 cups cooked basmati rice
toppings: green onions diced and fresh cilantro

Instructions: sauté chopped onion for 5 minutes over medium heat. Add garlic and sauté 1 minute, add curry paste and sauté 1 minute more. Stir in beans, tomatoes, coconut milk and next 4 ingredients. Bring to a boil, reduce heat and simmer 30 minutes- I found it needed more like 45. Serve over basmati rice with toppings.

Calories: 335 fat 4.2 grams, protein 11 gr carb 64 gr, fiber 11 grams

Lemon-Shallot Scallops

Points: 7 for two large servings (based on Recipe Builder). Could be 3 servings if you are not so hungry.

Source: CL Simple Suppers (magazine currently in newsstands)

Posted by: Joyce

Date: October 20, 2003

Ingredients:

2 tsp. olive oil

1 lb sea scallops

1/2 tsp. salt

1/2 tsp. pepper

2 tsp. butter

2 Tbs. minced shallots

1/2 tsp. minced garlic

1/4 c. dry white wine

1 Tbs. fresh lemon juice

1. Rinse scallops and pat dry with paper towels.

Heat olive oil in a large nonstick skillet over medium-high heat (I used high heat to get the scallops well browned)

Sprinkle scallops with s&p.

Add scallops to pan and sauté 2 min. on each side.

Do not overcook!

Remove from pan and keep warm.

2. Melt butter in pan.

Add shallots and garlic, sauté 20 sec.

Add wine and juice, cook 1 minute.

Return scallops to pan, toss to coat.

Remove from heat.

Sprinkle with parsley.

Chicken Thighs with Garlic and Lime

Source CL 2002 Annual

Healthy Units 6 or 7 depending on thigh size

Servings 2

Posted by jillybean03

October 21, 2003

Comments: This is on the table in under 40 minutes - with only 10 minutes "active" time and 30 minutes oven time. QUICK AND EASY by my book. VERY VERY VERY Flavorful with few ingredients right out of the pantry.

Ingredients

1 T. Minced garlic
1 1/2 t. ground cumin
1/2 t. dried oregano
1/4 t. salt
1/8 t. ground pepper
2 T. fresh lime juice, separated
4 (6 oz) skinned chicken thighs (I used de-boned as well)
3 T. chicken broth
1 T. white vinegar (I used red with no problem)
2 t. chopped cilantro (I didn't use)
2 lime wedges

1. Make paste with garlic, cumin, oregano, salt, pepper and 1 T. lime juice. Spread on chicken thighs. Put thighs in an oven safe sauté pan
2. Put remaining limejuice, broth and vinegar in pan. Over med-high heat, bring to a boil. Cover and place in 350 degree oven.
3. Bake 30 minutes or until temperature reads 180. Remove from oven. Take thighs out and keep warm.
4. Bring liquid to a boil and reduce to about 1/4 cup - it should thicken and become "syrupey".
5. Serve 2 thighs with sauce... sprinkle with cilantro and serve with a lime wedge.

Nutritionals (from CL) 326 cal, 10.4g fat, .5g fiber (7 HU)

Note: I would weigh your thighs before saucing and just take the points from there - nothing else in the recipe adds points.

This is awesome with plain or brown rice.

Garden Fresh Tomato Soup

Source: Allrecipes.com

Healthy Units: 2 per 1 cup serving

Servings: 6

Posted by: Nikki (nikkie1t)

Date: October 21, 2003

Comments: This is not a creamy tomato soup, but I did splash a little FF half-and-half in my bowl before I ate it, and it was great.

Ingredients

4 cups chopped fresh tomatoes, or diced canned tomatoes

½ onion

4 whole cloves (I omitted this)

2 cups chicken broth

2 T. butter (I used less)

2 T. flour

1 t. salt

2 t. sugar, or to taste

In a stockpot, over medium heat, combine the tomatoes, onion, cloves and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and puree in a food processor or blender.

In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to taste.

Nutrition per serving: 88 calories, 2.1 g. protein, 5 g. fat, 773 mg. Sodium, 10.2 g. carbohydrates, 1.7 g. fiber

Comments: With the soup, I served a tossed salad and Pesto pinwheels. This recipe is on page 1192.

Pesto Pinwheels

Posted by Nikki (nikkie1t)

Date: Oct.21, 2003

HU: 1.6 each

Ingredients:

reduced fat crescent rolls

2 T. of homemade Pesto (page 872)

shredded parm

Instructions:

Spread the crescent roll into a rectangle, sealing any holes.

Spread 2 T. of my homemade Pesto from the comp (page 872) over the dough, and roll it up to form a log.

Slice into 12 pinwheels, and set them on a baking stone or pan.

Add a pinch of shredded parm on each pinwheel.

Bake for 11 minutes at 375 degrees. I figured them to 1.6 points each, and they were GOOD.

Donna's Family Minestrone Soup

Source: Revised family recipe

Healthy Units: 1 (per 1 cup)

Servings: 32-36 (depends on how much water/broth you add)

Posted by: MoOzark(Donna)

Date: October 21, 2003

Soup freezes, too, so making a big batch means giving it away or freezing it for future use. If you do not like the texture change that occurs when the potatoes freeze, then make soup, freeze without potatoes, and add cooked potatoes when thawed for use.

1/4 cup olive oil

1 large onion, diced

2 large carrots, diced

2 medium potatoes, peeled and diced (if new red potatoes I leave some of the peel on)

2 stalks celery, diced

½ pound fresh green beans cut into one inch pieces

8 cups water (adjust here to your taste if you want more or less liquid in your soup)

½ small head of cabbage, shredded

½ of a 10 ounce bag of fresh spinach, coarsely shredded

6 medium tomatoes, peeled (if not fresh tomatoes, then a large can of tomatoes with juice)

2 medium zucchini, diced

4 beef bouillon flavored cubes or envelopes

1 tsp salt

1 16 ounce can white kidney beans, drained. Canellini is the Italian name. If not available great northern beans can be substituted

1 16-ounce can red kidney beans, drained.

-In one large stock pot or two 5-6 quart sauce pots over medium heat in hot oil, cook onions, carrots, celery, potatoes, and green beans until vegetables are lightly browned (about 20 minutes), stirring occasionally.

-Add water, cabbage, spinach, tomatoes, zucchini, bouillon, and salt.

-Over high heat bring to a boil; stirring to break up fresh tomatoes.

-Reduce heat to low simmer, cover, for 40 minutes or until vegetables are very tender, stirring occasionally.

-Stir in white and red beans. Cook 15 minutes longer or until soup is slightly thickened. (this won't thicken if you use more water as I do)

-Pass grated cheese to sprinkle over each serving. This counts as extra points.

-Yield=8-9 quarts of soup.

-1 point per cup of soup

One suggestion from another CLC was to substitute pasta for the potatoes for a more freezer-friendly recipe.

Veggie Stuffed Chiles Rellenos

HU: 0-2 depending on add-ons

Yield: 2

Posted by: KODIAKID

Date: 10/21/03

Comments: This is delicious, very filling, and beautiful to look at. It is my interpretation of a dish I had at an authentic Mexican restaurant in San Jose, CA, and it is similar to chiles Rellenos I've had in Mexico.

Ingredients:

2 Pasilla Chiles (use Anaheim for no heat)

Variety of vegetables of your choice. I used:

1 zucchini

1 yellow squash

1/2 onion

2 shallots

2 carrots

1/2 red pepper

1 cup thickly sliced mushrooms

Instructions:

Preheat oven to 450.

Wash veggies, peel carrots.

Cut a slit lengthwise in Pasilla.

Cut some of the pepper out in the center so you will have a place to stuff the chile.

Peel and quarter the onion; peel the shallots but leave whole; cut the rest of the vegetables into small chunky pieces.

Spray with Pam or a teaspoon of olive oil, toss, and spread out in a single layer on a parchment paper covered cookie sheet. (Don't have to use parchment paper but it will make your life easier.)

Roast until done, but not mushy, about 20 minutes.

Chop veggies (except Pasilla) into small cubes.

The restaurant tossed the veggies with a little Cotija cheese. I think it would be fine with no cheese or delicious with a little goat cheese, but I had only had some Velveeta Light so I tossed an ounce or less of cubed cheese to the hot veggies to bind them together.

Peel Pasilla peppers if you want to (very easy at this point to just pull off the charred skin).

Plate them, then spoon 1/2 veggie mixture into each Pasilla chile.

Add a dollop of FF sour cream. Delicioso!

Donna's Marinated Salad

Source: Donna

Healthy Units: 0

Servings: 4 at 3/4 cup per serving

Posted by: MoOzark(Donna)

Date: October, 21, 2003

½ English cucumber, sliced (approx. 5 ounces)

15 cherry tomatoes, cut in half (approx. 6 ounces)

½ cup sliced sweet onion, Vidalia (approx. 2-3 ounces)

1/3 green bell pepper (approx. 2 ounces)

Dressing:

1 teaspoon olive oil

3 packets of Splenda®

2 tablespoons plus 2 teaspoons white wine vinegar

1 tablespoon water

1/4 teaspoon kosher salt

1/8 teaspoon fresh ground black pepper

1/2 to 1 teaspoon mustard. (Vary the brand and style. Lately I have been using Maille's coarse ground Dijon mustard. Also regular mustard, dry mustard (use less), hot and spicy mustard. All make for subtle changes.)

Store in covered container in refrigerator.

Yield: 3-½ cups or four ¾ cup servings

POINTS: 0

Per Serving (excluding unknown items): 39 Calories; 2g Fat (37.9% calories from fat);

1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 179mg Sodium.

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

Chocolate Chip Bundt Cake

Source: Eating Well, 1999

HU: 5

Servings: 16

Posted by: shelbylaw

October 21, 2003

Note: This is not the same as the one Deb has posted in the Comp.

Comments: This is so yummy. Be careful when you make it! Everyone in my house loves this recipe.

Ingredients:

3 large egg white(s)

1/4 tsp cream of tartar

1 1/2 cup sugar

2 1/2 cup all-purpose flour

2 tsp baking powder

1 1/2 tsp baking soda

1 tsp table salt

1 1/2 serving low fat buttermilk

1/4 cup vegetable oil

1 tbsp imitation vanilla extract, no alcohol

1/2 cup mini chocolate chips

1/3 cup mini chocolate chips

2 tbsp fat-free skim milk

Instructions:

Beat Egg whites until foamy. Add cream of tartar and beat until begins to stiffen. Add 1/2 cup of sugar and beat until stiff peaks form.

Mix remaining sugar, flour, baking powder, baking soda and salt. Add buttermilk, oil, vanilla, and a spoonful of egg whites. Mix until blended. Fold in remaining egg whites and 1/2 cup of mini chocolate chips. Bake in oven 350 degree, 50 minutes, or until toothpick comes out clean.

Cool cake in pan 10 minutes, remove and finish cooling on wire rack.

Mix 2 tbsp milk and 1/3 cup mini chocolate chips. Melt in microwave in 30 second intervals until melted. Drizzle over top of cake.

Two Cheese Oregano Bread

CL March 2000

Healthy Units: 5 (for two slices)

Servings: 8 (2 slices each serving)

Posted by: thinmeplease(Diane)

Date: 10-22-03

1 All Purpose Pizza Dough
2 ounces shredded provolone cheese
1/2 ounce grated parmesan cheese
1/4 teaspoon dried oregano
1/8 teaspoon crushed red pepper
1 tablespoon yellow cornmeal
1 teaspoon extra virgin olive oil

Roll prepared dough into a 12x8 inch rectangle. Combine cheeses, oregano, and red pepper; sprinkle over dough, leaving a 1/2-inch border. Beginning with a long side, roll up jelly-roll fashion, pressing firmly to eliminate air pockets; pinch seam and ends to seal. Place roll, seam-side down, on a baking sheet sprinkled with cornmeal. Cut slits in top of dough using a sharp knife. Cover and let rise in a warm place 40 minutes or until doubled in size.

Preheat oven to 450°.

Brush loaf with oil. Bake at 450° for 20 minutes or until loaf sounds hollow when tapped. Yield 8 serving 2 slices each.

Description:

"You can shape this bread as two baguettes or boules (round loaves).
Vary the cheese and herbs for different versions on the bread."

Two Cheese Oregano Bread

Cal. 230 (14% from fat); Fat 3.6 (sat.1.7g, mono 1.2g, poly 0.4g) Protein 8.2g;
Carbs40.2g; Fiber 1.7g; Chol 6 mg; Iron 2.6mg; Sodium 243mg; Calc 88mg

With this calculation for the bread the points should be 5 points for 2 pieces.

All-Purpose Pizza Dough

CL March 2000

Healthy Units: need help calculating this

Servings: Calculations for the whole dough.

Posted by: thinmeplease (Diane)

Date: 10-22-03

Ingredients:

1 package dry yeast -- about 2 1/4 t.
1 1/4 cups warm water -- 100° to 110°
3 1/4 cups all-purpose flour -- divided
1/2 teaspoon salt
cooking spray

Directions:

Dissolve yeast in warm water in a large bowl and let stand 5 minutes.

Lightly spoon flour into dry measuring cups, and level with a knife.

Add 1 cup flour and salt to yeast mixture, and stir well.

Stir in 2 cups flour, 1 cup at a time, stirring well after each addition.

Turn the dough out onto a floured surface.

Knead until smooth and elastic (about 10 minutes), and add enough of the remaining flour, 1 tablespoon at a time, to prevent the dough from sticking to hands (dough will feel tacky).

Place the 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, 1 hour or until doubled in size. (press two fingers into the dough. If an indentation remains, the dough has risen enough.)

Punch dough down, cover and let rest 5 minutes.

Shape dough according to the recipe directions.

Calories: 1505 for the entire batch. (3% from fat), Fat 5 g. (sat. 0.8g. mono. 0.7g. poly 2.1 g.), Protein 44.6 g. Carbs. 312.7g., fiber 12.9g., Chol. 0mg., Iron 20mg., Sodium 1.184mg., Calc. 66mg.

Streusel-Topped Apple Muffins

Source: Family Circle 10/1/03 (with major revisions)

HU: 3.7 per muffin

Servings: 12 (1 muffin each)

Posted by DebMj1

October 22, 2003

Comments: I thought these muffins were very, very good.

Ingredients:

1 3/4 cups flour

1/2 cup whole wheat flour

1 Tablespoon baking powder

3/4 teaspoon ground cinnamon

1/2 teaspoon salt

1 large egg

1/4 cup granulated sugar

1/3 cup Splenda sugar substitute

1/4 cup Baking Healthy Oil Replacement for Baking

1/2 teaspoon vanilla extract

1 cup unsweetened applesauce

2 cups peeled & diced apples, cut in 1/4 inch dice (the recipe called for Rome apples, but I used Gala)

2 Tablespoons light butter, cold, chopped in small pieces

1/4 cup chopped walnuts

1/3 cup packed light brown sugar

1/3 cup all-purpose flour

Instructions:

1. Heat oven to 375 F. Coat standard size muffin pan with cooking spray.

2. To make Muffins: In a large bowl, mix flour, baking powder, cinnamon and salt. In medium-size bowl, whisk egg, sugar, Splenda, oil replacement and vanilla. Add applesauce

3. Make well in center of dry ingredients. Pour egg mixture into well; stir just until dry ingredients are moistened. Fold in diced apple. Divide among 12 muffin cups.

4. Topping: In clean bowl, using pastry blender or mixer, mix butter, nuts, sugar and flour until crumbly. Sprinkle over tops of muffins.

5. Bake at 375 for 22 to 25 minutes, until toothpick inserted in centers comes out clean. Let cool in pan 5 minutes. Remove muffins to wire rack to cool. Sprinkle with confectioner's sugar just before serving, if desired.

Nutritional Information per MC: Per Serving (excluding unknown items): 194 Calories; 3g Fat (14.6% calories from fat); 4g Protein; 38g Carbohydrate; 2g Dietary Fiber; 19mg Cholesterol; 232mg Sodium

Glazed Julienne Carrots

Source: CL Web Site

Healthy Units: 1

Servings: 8

Posted by: andygrammy (Claudia)

Date: October 23, 2003

Comments: These were different and very good. Pretty sweet- I think you could get away with reducing the sugar some. Quite easy, except for julienning the carrots. You could make it very quick by just slicing them, but I think the texture of the dish is part of what makes it appealing. And the serving size is a bit unrealistic for me. We ate double servings. And don't leave out the parsley- I think it's really necessary.

INGREDIENTS:

2 tablespoons reduced-calorie margarine

1/4 cup firmly packed brown sugar

4 cups (2-inch) julienne-cut carrot

1/4 teaspoon salt

1/4 teaspoon pepper

1/4 cup chopped fresh parsley

INSTRUCTIONS:

Melt margarine in a large nonstick skillet over medium heat; add sugar, stirring until melted.

Add carrots, salt, and pepper and cook 10 minutes, or until carrots are crisp-tender, stirring occasionally. Remove from heat. Stir in parsley.

NUTRITIONAL INFO:

calories: 57 carbohydrates: 10.1 g cholesterol: 0 fat: 1.9 g sodium: 123 mg protein: 0.6 g
calcium: 22 mg iron: 0.5 mg fiber: 1.9 g

YIELD:

Yield: 8 servings (serving size: 1/2 cup).