

## **Baked Spaghetti**

Source: foodnetwork.com (with revisions)

HU: 6 per serving

Servings: 9

Posted by mclass

October 22, 2003

### **Ingredients:**

2 cups diced tomatoes canned  
2 cups tomato sauce  
1 cup water  
1/2 cup diced onion  
1/2 cup diced green bell pepper  
2 cloves garlic chopped  
1/4 cup fresh parsley chopped  
1 1/2 teaspoons Italian seasoning  
salt & pepper to taste  
1 1/2 teaspoons sugar (I used Splenda)  
2 small bay leaves  
1 1/2 pounds ground beef, 93% lean  
8 ounces angel hair pasta uncooked  
1 cup reduced fat cheddar cheese grated  
1 cup reduced fat Monterey Jack cheese grated

### **Instructions:**

Preheat the oven to 350 degrees F.

In a stockpot, combine the tomatoes, tomato sauce, water, onions, peppers, garlic, parsley, seasoning mixtures, sugar, and bay leaves.

Bring to a boil over high heat, and then reduce the heat and let simmer, covered, for 1 hour.

Crumble the ground beef in a large skillet.

Cook over medium-high heat until fully cooked, with no pink color remaining.

Drain the fat from the meat, and then add the ground beef to the stockpot.

Simmer for 20 more minutes.

Cook the pasta according to the package directions.

Cover the bottom of a 13 by 9 by 2-inch pan with sauce.

Add a layer of pasta and then a little less than 1/2 of each cheese; repeat the layers, ending with the sauce.

Bake in the oven for 30 minutes.

Top the casserole with the remaining cheese, return it to the oven, and continue to cook until the cheese is melted and bubbly, about 5 more minutes.

Cut into squares before serving.

Per Serving: 297 Calories; 8g Fat; 2g Dietary Fiber

## **Moo Goo Gai Pan**

Healthy Units: 4 per serving

Yield: 4

Posted by: sandythecur(Carol)

Posted on: October 23, 2003

Source: WW Take Out Tonight

Comments: I serve with 1/3 c. steamed brown rice per serving.

### **INGREDIENTS:**

- 1 pound skinless boneless chicken breast, cut in 1" pieces
- 2 tablespoons cornstarch
- 1/2 cup chicken broth
- 2 tablespoons soy sauce
- 1 teaspoon dark sesame oil (DON'T substitute for this if you can help it; it really makes the flavor)
- 2 teaspoons Canola oil
- 1 tablespoon fresh ginger, peeled and minced
- 8 ounces fresh mushrooms, sliced
- 1/4 pound fresh snow peas, trimmed and sliced
- 1 red bell pepper, seeded and sliced
- 3 scallions, cut in 1" pieces

### **Instructions**

1. Combine chicken with 1 T. of cornstarch in a medium bowl; toss well to coat and set aside. Combine the remaining 1 T. cornstarch, broth, soy sauce, and sesame oil in a small bowl; set aside.
2. Heat a nonstick wok or large deep skillet over medium-high heat until a drop of water sizzles. Swirl in the oil, and then add the chicken. Stir-fry until lightly browned, 2-3 minutes.
3. Add the ginger and stir-fry until fragrant, about 30 seconds. Add the mushrooms, snow peas, bell pepper, and scallions; stir-fry until crisp-tender, 3-4 minutes.
4. Add the broth mixture and cook, stirring constantly, until the mixture boil and thickens, and the chicken is just cooked through, 1-2 minutes.

### **Nutritionals (from MasterCook 7.0)**

Per Serving (excluding unknown items): 220 Calories; 5g Fat (21.4% calories from fat); 30g Protein; 12g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 445mg Sodium

## **Sweet and Sour Chicken**

Healthy Units: 6 per serving

Yield: 4 servings

Posted by: sandythecur (Carol)

Posted on: October 23, 2003

Source: WW Take Out Tonight

Comments: This was originally a Sweet and Sour Pork Recipe. I am not a big fan of pork, so I subbed chicken and really liked it. I have also played with the points on occasion by putting in less chicken and more veggies -- the snow peas in this are great!

### **Ingredients**

- 1 pound skinless boneless chicken breast, cubed
- 2 tablespoons cornstarch, divided
- 1/3 cup water
- 1/4 cup rice vinegar
- 1/4 cup sugar
- 3 tablespoons ketchup
- 2 tablespoons soy sauce
- 1 tablespoon Canola oil
- 1 tablespoon fresh ginger, peeled and minced
- 2 cloves garlic, minced
- 1 green bell pepper, seeded and chopped
- 8 ounces canned pineapple chunks, drained

### **Instructions**

1. Combine chicken with 1 T. cornstarch in a medium bowl; toss well to coat and set aside.
2. Combine the remaining cornstarch, water, vinegar, sugar, ketchup, and soy sauce in a small bowl; set aside.
3. Heat a nonstick wok or large deep skillet over medium-high heat until a drop of water sizzles. Swirl in the oil, and then add the chicken. Stir-fry until almost cooked through, 2-3 minutes.
4. Add the ginger and garlic. Stir-fry until fragrant, about 30 seconds. Add the bell pepper and pineapple; stir-fry until crisp-tender, about 3 minutes.
5. Add the vinegar mixture and cook, stirring constantly, until the mixture boils and thickens and the pork is just cooked through, 1-2 minutes.

Nutritionals (from MasterCook 7.0)

Per Serving (excluding unknown items): 282 Calories; 5g Fat (15.7% calories from fat); 27g Protein; 32g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 510mg Sodium.

## **Sweet and Sour Red Cabbage**

Healthy Units: 1 per serving

Yield: 6 servings

Posted by: CateWms (Cate)

Posted on: October 23, 2003

Source: Internet and Cate

1 Strip Bacon  
1 Medium red cabbage -- shredded  
1 Medium Onion -- Chopped  
1/2 Cup chicken stock  
1/3 Cup balsamic vinegar  
2 Tablespoons All-Purpose Flour  
2 Tablespoons Brown Sugar  
1/2 teaspoon Salt  
1/8 Teaspoon Pepper  
1/2 teaspoon Garlic Powder -- or to taste  
1/2 Teaspoon Worcestershire sauce

Shred cabbage into 1/4" (approx.) strips. Add water to a large pot, add cabbage and boil until cabbage is crisp-tender (about 10 minutes); drain and set aside.

In a large nonstick skillet cook bacon until crisp. Remove bacon; set aside. Saute onion in drippings over medium heat until tender (about 7 minutes). Add flour and mix well. Cook, stirring constantly, for about a minute to allow flour to cook.

Add chicken stock, vinegar, brown sugar, salt, pepper and Worcestershire sauce. Cook and stir until thickened and glossy. Add cabbage; crumble bacon into pan. Stir, and serve warm.

Can make ahead to let flavors blend. Reheat in microwave.

Per Serving (excluding unknown items): 43 Calories; 1g Fat (12.7% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 381mg Sodium.  
Exchanges: 0 Grain (Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

NOTES: When you drain the red cabbage, save the cooking water (it will be dark purple) to use in a science experiment with the kids. The purple cooking water is a pH indicator solution. Add a tablespoon of white vinegar to a half glass of water, and then drip in some of the cabbage water. The solution will turn pink in the presence of the acidic vinegar. Add 1 tablespoon of baking soda to a glass of water to create a basic environment, and then add cabbage solution. The water will turn blue!

### **Apricot-Hoisin Pork Chops**

Source: Cooking Light (Website)

Serving 4 servings (1 pork chop, 2 T sauce per serving)

Healthy Units: 6

Posted by: joan borsten

Date: October 23, 2003

#### **INGREDIENTS:**

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

1/2 cup apricot preserves

1 tablespoon Hoisin sauce

2 teaspoons dark sesame oil

4 (4-ounce) boneless center-cut loin pork chops (about 1/2 inch thick)

1/4 teaspoon salt

1/4 teaspoon black pepper

#### **INSTRUCTIONS:**

1. Combine broth, preserves, and Hoisin in a medium bowl, stirring with a whisk.

2. Heat sesame oil in a large skillet over medium-high heat.

Sprinkle pork chops with salt and pepper.

Add pork to pan; cook 2 minutes on each side or until browned.

Add broth mixture; bring to a boil, and cook until sauce is reduced to 1/2 cup (about 8 minutes).

Note: Serve with snow peas or broccoli.

NUTRITIONAL INFO: CALORIES 446 (24 percent from fat); FAT 12g (sat 3.8g, mono 5.2g, poly 1.8g); PROTEIN 25.8g; CARB 58.4g; FIBER 2.4g; CHOL 59mg; IRON 1.4mg; SODIUM 505mg; CALC 42mg.

Note: The actual name of the recipe is apricot-Hoisin pork chops with somen, but I eliminated the somen, as I prefer to use couscous.

## **Donna's Salsa**

Source: Heloise's base

Posted by: Donna Mo

Date: Oct. 23, 2003

### **Ingredients:**

3 jalapeno peppers

1 small onion

1 small garlic clove

1 teaspoon cilantro (sometimes called fresh coriander or Chinese parsley)

Salt and pepper to taste

2 teaspoons lime juice

1 large can whole tomatoes

### **Instructions:**

-For Chunky-type salsa, finely chop onion, garlic, cilantro and jalapeno peppers. You may want to remove the seeds from the jalapeno peppers before chopping them, because they more seeds, the hotter the sauce! Mix together and add the tomatoes, limejuice, salt and pepper.

-Mix well until the tomatoes are partially liquefied but lumpy.

-For smoother salsa, one of my secretaries puts all the ingredients in a blender and blends the salsa into a smooth consistency.

-Keep salsa in the refrigerator for two to three hours before service so all the ingredients

## **DONNA'S VERSION**

Add to Heloise's base:

3 medium Serrano peppers

-Pierce the skins of 2 jalapenos and 2 serranos. Place on a piece of foil, and broil (in the top of the oven) the peppers until the skin is brown to almost charred. You will have to turn the peppers to roast them on all sides. Either use plastic gloves or baggies over your hands and split the roasted peppers. Remove most of the seeds. Put the skin of the peppers with the char into a bowl of a small food processor or hand held blender. Split the remaining 1 fresh jalapeno and 1 fresh Serrano and remove the seeds. Again be careful to avoid getting the peppers oil on your hands because it can really burn your eyes or skin. Put into the chopping bowl with other roasted peppers. Add some of the tomatoes and blend to a fairly fine consistency.

-Increase amounts of:

Juice of 1 whole lime

1-2 tablespoons fresh cilantro

-Omit black ground black pepper

\*\*Add to taste:

Ground cumin (1/4 to 1/2 teaspoon)

Ground red pepper (1/4 to 1/2 teaspoon)

Ground chili pepper (1 teaspoon)

### **McCormick Mexican Seasoning**

Texas Gunpowder (ground dried jalapeno pepper)

Tabasco sauce

-Start by chopping the onion, garlic and fresh cilantro in the bowl of the hand held processor.

-In a large mixing bowl use the long blender blade of the hand held unit. Process tomatoes to texture/consistency you like. Add the blended peppers, limejuice, onion and cilantro mixture, and dried seasonings. Be careful with the salt as there will be salt on the chips for dipping but salt is needed to smooth the acid of the tomatoes and limejuice.

-Each time you make this, you can vary it. I am thinking of trying roasted garlic sometime. Recipe is easy to double, too. Just use more tomatoes and a larger onion. This keeps in the refrigerator for up to two weeks.

**\*\*Note:** Add to taste any and all of the items mentioned below. It can get hot and spicy and hotter yet so it is a taste thing. Just go easy at first as the dried spices seem to strengthen once the whole mixture mellows/ages for a few hours.

## **Baked Pasta with Sausage, Tomatoes and Cheese**

Source: Cooking Light, Nov 2003

Yield: 8 servings (1 1/2 c per serving)

Healthy Units: 9

Posted by: Bawstinn32 (Maria)

October 24, 2003

Note: Quick and Easy recipe

Comments: I used 2 cups of the Kraft Italian Blend since fresh mozzarella was extremely expensive here. I counted it as 8 points with the change since it was on the line between 8 and 9 and MasterCook does not account for the fat poured out when cooked. It was easy to put together and tasty. I cooked the sausage mixture a little longer; I didn't want the tomatoes to taste acidic.

1 pound ziti  
1 pound Hot Italian turkey sausage  
1 cup onion -- chopped  
2 whole garlic cloves -- minced  
1 tablespoon tomato paste  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
28 ounces chopped tomatoes  
1/4 cup basil, fresh -- chopped  
1 cup fresh mozzarella, grated  
1 cup Parmesan Cheese, grated

Preheat oven to 350.

Cook pasta according to package directions, omitting salt and fat. Drain the pasta and set aside.

Remove casings from sausage. Cook sausage, onion and garlic in a large nonstick skillet over medium heat until browned, stirring to crumble. Add the tomato paste, salt, pepper and tomatoes and bring to a boil. Cover, reduce heat and simmer 10 minutes, stirring occasionally.

Combine cooked pasta, sausage mixture and basil. Place half the pasta mixture in a 4-quart casserole coated with cooking spray. Top with half the cheese. Repeat layers. Bake at 350 for 25 minutes or until bubbly.

Yield: 8 servings (1 1/2 cups per serving)

Per Serving (excluding unknown items): 413 Calories; 12g Fat (27.3% calories from fat); 23g Protein; 51g Carbohydrate; 3g Dietary Fiber; 51mg Cholesterol; 742mg Sodium. Exchanges: 3 Grain (Starch); 1 Vegetable; 0 Fat.



## **Buffalo Chicken with Blue Cheese Fondue**

Source: CL Website

HU: 7

Servings: 8

Posted by sharpeimommy

10/24/03

Notes: I think you could have about twice as much chicken and still not use all of the fondue.

### **Ingredients:**

4 (4-ounce) skinned, boned chicken breast halves

Cooking spray

1/4 cup bottled wing sauce (such as Crystal), divided

2 cups green beans, trimmed (about 8 ounces)

2 cups (3 x 1/2-inch) carrot sticks

2 cups (3-inch) celery sticks

2 cups red bell pepper strips

12 ounces French bread, toasted and cut into 1-inch cubes

### **Fondue:**

2 cups (8 ounces) crumbled blue cheese

1 tablespoon cornstarch

1 cup dry white wine

2/3 cup 1% low-fat milk

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

1. Preheat oven to 400 degrees.

2. To prepare dippers, place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and flatten to a 1/2-inch thickness using a meat mallet or rolling pin. Place the chicken on a baking sheet coated with cooking spray. Brush with 2 tablespoons wing sauce. Bake at 400 degrees for 5 minutes. Turn chicken over, and brush with 2 tablespoons wing sauce. Bake an additional 5 minutes or until done. Cut chicken into 1-inch pieces.

3. Cook the beans in boiling water for 1 minute or until crisp-tender; drain. Rinse with cold water; drain well. Place beans on a platter with carrot, celery, bell pepper, and bread; set aside.

4. To prepare the fondue, combine the blue cheese and the cornstarch in a large saucepan. Stir in wine, milk, and cream cheese. Bring to a boil over medium heat; cook for 1 minute, stirring constantly. Reduce heat to medium-low; cook 8 minutes or until mixture is smooth, stirring frequently. Pour into a fondue pot. Keep warm over low flame. Serve with dippers.

CALORIES 352 (27% from fat); FAT 10.5g (sat 5.9g, mono 3g, poly 0.8g); PROTEIN 28.7g; CARB 34.1g; FIBER 3.3g; CHOL 60mg; IRON 2.5mg; SODIUM 991mg; CALC 319mg

## **Cranberry Quick Bread with Raisins and Hazelnuts**

Source: Cooking Light, Nov 2002

Healthy Units: 3

Posted by: Bawstinn32(Maria)

October 26, 2003

The batter is a pale tan, but the finished bread is a rich golden brown. The fruit in this easy quick bread helps it stay moist. You can use walnuts in place of the hazelnuts.

1 1/3 cups all-purpose flour  
2/3 cup whole wheat flour  
1 cup sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
3/4 cup apple juice  
3 tablespoons vegetable oil  
1 teaspoon grated orange rind  
1 large egg  
1 1/3 cups chopped fresh cranberries  
1/3 cup golden raisins  
1/4 cup chopped hazelnuts  
Cooking spray

1. Preheat oven to 350°.
2. Lightly spoon flours into dry measuring cups, level with a knife. Combine flours and next 4 ingredients (flours through salt) in a large bowl; make a well in center of mixture. Combine juice, oil, rind, and egg; add to flour mixture, stirring just until moist. Fold in cranberries, raisins, and hazelnuts.
3. Spoon batter into a 9 x 5—inch loaf pan coated with cooking spray. Bake at 350° for 50 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool on wire rack.

Yield: 16 servings (serving size: 1 slice). CALORIES 162 (23% from fat); FAT 4.2g (sat 0.6g, mono 1.6g, poly 1.8g); PROTEIN 2.6g; CARB 29.6g; FIBER 1.6g; CHOL 13mg; IRON 1 mg; SODIUM 112mg; CALC 27mg

## **Apple Bread with Streusel Topping**

Source: Bon Appetit

Healthy Units: 3

Yield: 32 servings (2 loaves)

Posted by: Bawstinn32 (Maria)

October 26, 2003

The original recipe called for 1 cup of oil, so I substituted some drained applesauce. Draining the applesauce helps to make sure the bread is not "too wet." The almond flavor is very strong; if you do not care for almond, I suggest replacing it with vanilla.

4 cups apples

4 large eggs

1/4 cup vegetable oil

3/4 cup applesauce -- drained

2 teas vanilla extract

1 teas almond extract

2 teas baking soda

2 teas salt

2 teas cinnamon

3 cups all-purpose flour

2 cups sugar

### **Topping:**

3/4 cup all-purpose flour

1/4 cup sugar

2 teas cinnamon

6 tablespoons butter

Preheat oven to 350 degrees. Lightly grease two 9x5 loaf pans and set aside.

Peel, core, and cut the apples up in good size chunks, about 1 inch in size.

In a large bowl, beat the eggs with an electric mixer until fluffy. Add the oil and beat until combined. Add the vanilla, almond extract, baking soda, salt, and cinnamon. Beat until thoroughly mixed.

Next add the flour and sugar and mix on low just to blend. Turn mixer to high and beat until mixture is smooth. The batter will be very thick.

Fold in the chopped apples, mixing by hand so the apples do not get too broken up.

Divide the mixture between the two pans. Since the batter is so thick, it is easiest to spoon the batter into the pans.

To prepare the topping, combine flour, sugar, and cinnamon in a small bowl. Cut the butter into the mixture with a fork or pastry blender until moist and crumbly. Sprinkle equal amounts of topping on each loaf.

Bake for about 1 hour. Remove from the oven and place on a cooling rack. Let cool for 5 minutes before removing from the pans.

Per Serving (excluding unknown items): 162 Calories; 5g Fat (25.3% calories from fat); 2g Protein; 28g Carbohydrate; 1g Dietary Fiber

## **Pork with Apricot Sauce**

Source: 5 Ingredient 15 Minute Recipes from Oxmoor House

Healthy Units (WW Points): 6

Servings: 2

Posted by: Dibranchia

Date: 10/26/03

Notes: I cooked 4 chops, and instead of broiling them, I browned them in a skillet and added a can of Kern's apricot nectar (11.75 oz or something) and simmered until done. I also added some fresh ginger and garlic. When I added the cornstarch, I also added a touch of sesame oil and some soy sauce too. I served them with mashed sweet potatoes and some steamed cauliflower and broccoli florets with leftover hollandaise sauce. Tofu chocolate pudding was dessert.

### **Ingredients:**

2 (4 oz each) lean, boneless pork loin chops  
1/4 tsp freshly ground pepper  
vegetable cooking spray  
2 green onions, chopped  
2/3 c apricot nectar  
1/2 tsp beef-flavored bouillon granules  
2 Tbsp water  
2 tsp cornstarch

### **Instructions:**

Sprinkle chops with pepper. Place on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 5 minutes on each side or to desired degree of doneness.

Meanwhile, coat a medium skillet with cooking spray; place over medium-high heat until hot. Add onions, and cook 1 minute or until tender, stirring often. Add apricot nectar and bouillon granules.

Combine water and cornstarch; add to skillet. Bring to a boil; reduce heat, and cook, stirring constantly, 1 minute or until thickened. Spoon apricot mixture over chops.

Per serving (without my changes): calories 268, fat 11.2 g, protein 24.2 g carb 16.6, fiber 1.2 g, cholesterol 74 mg, sod 476 mg  
Exchanges per serving: 3 lean meat, 1 fruit

## **Christine's Apple Torte**

Source: 2001 Cooking Light Annual

HU: 5.9 (as originally written - see below for changes)

Servings: 10

Posted by DebMj1

October 27, 2003

**Notes:** I made some substitutions to the recipe, and omitted the walnuts for the family's benefit. The changes and omission bring the points down to 4.5 per slice. If you use the fat-free cream cheese, which I might try next time, along with the other changes and omitting the nuts, the points drop to 3.6 per slice.

### **INGREDIENTS**

#### **Crust:**

1/2 cup sugar

1/4 cup butter or stick margarine, softened (I used Corman's Light Butter)

4 teaspoons water

1/4 teaspoon vanilla extract

1 cup all-purpose flour

Cooking spray

#### **Filling:**

1/4 cup sugar (I used Splenda here)

1/2 teaspoon vanilla extract

1 (8-ounce) block fat-free cream cheese (I actually used lowfat cream cheese)

1 large egg

4 cups diced peeled Rome apple (about 1-1/2 pounds) (I used Rome as indicated but think it would be better with Cortland or McIntosh)

1/2 cup sugar (I cut this to 1/3 cup)

1/2 teaspoon ground cinnamon

1/2 cup coarsely chopped walnuts (I omitted these)

Cinnamon sticks (optional)

### **INSTRUCTIONS**

-Preheat oven to 450°F.

-To prepare the crust, beat the first 4 ingredients with a mixer at medium speed until well-blended. Lightly spoon flour into a dry measuring cup, and level with a knife. Add the flour to the sugar mixture, beating at medium-low speed until mixture is well blended. Press the crust into the bottom and 3/4 inch up the sides of a 9-inch springform pan coated with cooking spray.

-To prepare the filling, beat 1/4 cup sugar, 1/2 teaspoon vanilla, the cream cheese, and egg at low speed until smooth. Pour cream cheese mixture into prepared crust. Combine apple, 1/2 cup sugar, and ground cinnamon in a bowl. Spread the apple mixture evenly over cream cheese mixture; sprinkle with nuts.

-Bake at 450°F for 10 minutes. Reduce oven temperature to 400°F (do not remove torte from oven); bake an additional 25 minutes or until lightly browned and filling is set. Cool on a wire rack. Garnish with cinnamon sticks, if desired.

NUTRITIONAL INFO (original recipe) calories: 275 carbohydrates: 42.8 g cholesterol: 39 fat: 9 g sodium: 190 mg protein: 6.8 g calcium: 77 mg iron: 0.9 mg fiber: 1.6 g

## **Field Salad with Warm Soy Dressing**

Source: 1997 Cooking Light Annual

HU: 1.1

Servings: 8 (about 2 cups each)

Posted by DebMj1

October 27, 2003

### **INGREDIENTS**

2 (5-ounce) bags gourmet salad greens (about 16 cups)

1 cup red bell pepper strips

1 cup diagonally sliced snow peas

1/3 cup diagonally sliced green onions

2 tablespoons pine nuts, toasted

### **Dressing:**

1/4 cup low-sodium soy sauce

3 tablespoons apple juice

2 tablespoons rice vinegar

1 tablespoon mirin (sweet rice wine)

1 tablespoon dark sesame oil

1 teaspoon minced peeled fresh ginger

1 garlic clove, minced

### **INSTRUCTIONS**

Combine first 5 ingredients in a large bowl.

Combine soy sauce and remaining ingredients in a microwave-safe bowl.

Microwave at high 90 seconds, and stir well.

Pour dressing over salad, tossing gently to coat.

### **NUTRITIONAL INFO**

calories: 52 carbohydrates: 4.3 g cholesterol: 0 fat: 3.2 g sodium: 199 mg protein: 1.8 g

calcium: 13 mg iron: 1 mg fiber: 1.1 g

## **Baked Spaghetti Florentine**

Source: Cooking Light Board

Healthy Units: 9

Servings: 8

Posted by: Kate

October 27, 2003

### **INGREDIENTS:**

12 ounces spaghetti

15 ounces ricotta cheese, part skim milk

2 cups skim milk

3/4 cup Parmesan cheese

1 large egg

1 1/2 teaspoons garlic -- crushed

1/2 teaspoon coarsely ground pepper

1 pinch ground nutmeg

10 ounces frozen chopped spinach -- thawed and drained

2 cups mozzarella cheese, part skim milk

8 slices turkey bacon -- cooked, drained, and crumbled

### **INSTRUCTIONS:**

Cook the spaghetti al dente, drain, and return to the pot.

Combine the ricotta, milk, 1/2 cup of the Parmesan, egg, garlic, pepper, and nutmeg in a large bowl and stir with a wire whisk to mix well.

Add the ricotta mixture to the spaghetti and toss well.

Add the spinach, mozzarella, and bacon and toss again.

Coat a 13x9 pan with spray and spread the spaghetti mixture evenly in the pan.

Sprinkle the remaining 1/4 cup parmesan over the top and then spray the top lightly with cooking spray.

Bake uncovered at 350 for 30 minutes or until the edges are bubbly and the top is lightly browned. Remove the dish from the oven and let sit 10 minutes. Cut into squares.

Nutritional information: 418 Calories; 15g Fat (33.5% calories from fat); 28g Protein; 41g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 607mg Sodium. Exchanges: 2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.

## **Halloween Green Bean Salad**

Source: Cooking Light October 1998

Healthy Units: 1

Servings: 8

Posted by: Kate

October 27, 2003

### **INGREDIENTS:**

#### **Vinaigrette:**

1/4 cup orange juice

1/4 cup white wine vinegar

2 tablespoons water

2 teaspoons vegetable oil

1 teaspoon prepared horseradish

1 teaspoon honey

1 teaspoon Dijon mustard

1/4 teaspoon black pepper

#### **Salad:**

1-1/2 pounds green beans, trimmed

1 cup vertically sliced red onion

1 cup orange slices

1 cup seedless red grapes, halved

### **INSTRUCTIONS:**

To prepare vinaigrette, combine first 8 ingredients in a jar; cover tightly, and shake vigorously. Chill.

To prepare salad, steam green beans, covered, 3 minutes or until tender, and chill. Combine green beans, onion slices, orange slices, and grape halves in a large bowl. Drizzle vinaigrette over salad, tossing gently to coat.

### **NUTRITIONAL INFO:**

calories: 68 carbohydrates: 13.6 g cholesterol: 0 mg fat: 1.4 g sodium: 26 mg protein: 2.1 g calcium: 46 mg iron: 1 mg fiber: 3.2 g

### **YIELD:**

8 servings (serving size: 1 cup)



## **Creamed Scallops, Corn, and Tomatoes**

Source: CL Website

Healthy Units: 6

Servings: 4

Posted by: andygrammy(Claudia)

October 27. 2003

\*\*\*\*\*QUICK AND EASY\*\*\*\*\*

### **Creamed Scallops, Corn and Tomatoes**

Comments: A great last minute meal. I usually have these ingredients on hand. Subbed ff half-and-half for the same points as whole milk, and used shallots instead of green onions. Served over pasta. CL recommends serving alongside garlic mashed potatoes, but I think you need pasta or rice for the yummy sauce. I added a sprinkling of minced parsley and grated Parmesan at the end.

#### **INGREDIENTS:**

1 tablespoon margarine  
1 cup sliced green onions  
1-1/2 pounds bay scallops  
2 tablespoons all-purpose flour  
1 teaspoon dried basil  
1/2 teaspoon salt  
1/2 teaspoon dried thyme  
Dash to 1/4 teaspoon ground red pepper  
1-1/2 cups frozen whole-kernel corn, thawed  
1/2 cup whole milk  
1 (14-1/2-ounce) can diced tomatoes, drained

#### **INSTRUCTIONS:**

Melt margarine over medium-high heat in a large nonstick skillet. Add green onions and scallops; sauté 3 minutes. Add flour, basil, salt, thyme, and red pepper, stirring until blended. Stir in corn, milk, and tomatoes; bring to a boil, and cook 2 minutes or until slightly thick, stirring constantly.

#### **NUTRITIONAL INFO:**

calories: 301 carbohydrates: 30.7 g cholesterol: 60 mg fat: 5.8 g sodium: 797 mg  
protein: 33.5 g calcium: 220 mg iron: 7.8 mg fiber: 3.5 g

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

### **Cranberry-Apple Relish**

Source: 2002 Annual

Posted by Debmj1(Deb)

10/28/03

Comments from softy: Was very happy that Deb found this recipe and posted it for her, as it is an excellent recipe!

1 1/2 c. chopped peeled Granny Smith apple (about 1/2 pound)

1 c. packed brown sugar

1/2 c. white grape juice

1 tsp. ground ginger

1 tsp. ground cinnamon

12 oz. fresh cranberries

Combine all ingredients in a medium saucepan. Bring to a boil; reduce heat and simmer until thick (about 15 minutes), stirring occasionally. Cool completely. Yield 16 servings (3 tbsp. each).

75 calories, .1 gm. fat, 1.2 gms. fiber, 19.3 gms. Carbs and 16 mg. Calcium

## **Green Chile-Chicken Casserole**

CL Nov. 2003, p. 206 (Corrections made by Jill H.)

HUs: 5 per my changes (7 per original)

Servings: 12 (about 3/4 c each)

Posted by Julie

Date: 10/29/03

Comments: Very good. Next time, I'll add more chiles (it has just a very mild spice to it as written) and I deleted one layer of corn tortillas, more because I was afraid I wouldn't have enough sauce if I did it as written than because of the Points, but that deletion plus using 2% cheese instead of full-fat dropped the Points from 7 to 5, according to Recipe Builder. I am posting with my changes.

### **INGREDIENTS:**

- 1 1/3 c. fat-free, less-sodium chicken broth
- 1 c. canned chopped greenchiles, drained
- 1 c. chopped onion
- 1 c. fat-free sour cream
- 3/4 t. salt
- 1/2 t. ground cumin
- 1/2 t. freshly ground black pepper
- 2 (10.5 oz.) cans condensed 98% fat-free cream of chicken soup
- 1 garlic clove, minced
- Cooking spray
- 24 (6-inch) corn tortillas
- 4 c. shredded cooked chicken breast (about 1 lb.)
- 2 cups (8 oz) finely shredded 2% sharp cheddar cheese

### **INSTRUCTIONS:**

1. Preheat oven to 350.
2. Combine the first 9 ingredients in a large saucepan, stirring with a whisk. Bring to a boil, stirring constantly. Remove from heat.
3. Layer as follows: soup mixture, 6 tortillas, 1/3 of the chicken, 1/2 c. cheese, soup mixture, 6 tortillas, 1/3 of the chicken, 1/2 c. cheese, soup mixture, 6 tortillas, 1/3 of the chicken, 1/2 c. cheese soup mixture, 6 tortillas, 1/2 c. cheese, soup mixture

Jill H. comments: Hope this helps! They didn't write their layering properly--only calling for 2 layers and using 12 tortillas even though they site 24 in the ingredients. At least, that is the way I read it. I used the picture and ingredients list as a guide and came up with the layers above. This worked for me! (I halved the recipe though, and made it in an 8x8 pan)

Nutritional information: Calories (from original, calls for 24 tortillas and regular cheese): 335 (29% from fat; fat 10.8g (sat 5.9g, mono 2.7g, poly 1.2g); protein 23.9g; carb 34.3g; fiber 3.2g; chol 66mg; iron 1.5mg; sodium 693 mg; calc 270mg.

## **Grilled Korean-Style Short Ribs**

Source: Epicurious Website – Bon Appetit July 2002

Serving: 8

Healthy Units: 4

posted by: Joan Borsten

October 29, 2003

Bon Appétit Notes: In a Korean home or restaurant, grilled ribs (kalbi kui) would be accompanied by the spicy pickled cabbage called kimchi. It is available in the refrigerated foods section of some supermarkets and at Korean and Asian markets. For the ribs, have the butcher cut the flanken across the bones into 1/3- to 1/2-inch-thick pieces. Begin marinating the ribs one day ahead. What to drink: Asian lager.

### **INGREDIENTS**

1 cup soy sauce

1/2 cup mirin (sweet Japanese rice wine) or sweet Sherry

1/2 cup (packed) dark brown sugar

1/4 cup unseasoned rice vinegar

1/4 cup oriental sesame oil

1/4 cup minced garlic (about 15 cloves)

2 large green onions, chopped

5 pounds Korean-style short ribs (beef chuck flanken, cut 1/3 to 1/2 inch thick across bones; about 20 pieces)

### **INSTRUCTIONS:**

Combine first 7 ingredients in medium bowl; whisk to blend well.

Pour into heavy jumbo resealable plastic bag.

Add ribs; seal bag.

Turn bag over several times to coat ribs evenly.

Refrigerate overnight, turning bag occasionally.

Prepare barbecue (medium-high heat).

Drain ribs; discard marinade.

Working in batches, grill ribs until browned and cooked to medium-rare, about 3 minutes per side.

Mound ribs on platter; surround with chopped spinach and serve.

## **Hot & Sour Shrimp Soup**

Source: Joan C via California culinary show

Healthy Units: 2

Servings: 5

Posted By: Zephyr1

Date posted: 10/30/03

Comments: This is a fantastic 5 minute soup. It uses pantry staples and has so many variations. Next time I will use some fresh spinach at the end along with the scallions. I used chile and garlic pure in place of the pepper and I used crab that was leftover. Cannot wait to try it with shrimp.

### **Ingredients**

4 cups homemade chicken stock

1 1/2 tablespoons cornstarch

1 3/4 teaspoons black pepper, or more to taste

-- freshly ground (I use Asian red hot paste) Make it as hot as you personally like.

1/4 cup rice vinegar

2 teaspoons soy sauce

1 teaspoon sesame oil

1 large carrot, julienned -- cut into 2" strips

5 medium green onions -- cut diagonally

6 ounces tiny (bay) shrimp or crabmeat

### **Instructions:**

1. Heat chicken stock in a saucepan over medium heat.

2. Combine cornstarch and pepper in a small bowl. Whisk in vinegar, soy sauce, and sesame oil.

3. Pour cornstarch mixture into hot chicken stock, whisking to blend. Bring mixture to a boil; boil 1 minute. Remove from heat.

4. Stir carrots into broth and simmer for about 3 minutes.

5. Stir green onions and shrimp into soup. Remove from heat. Adjust flavors to taste.

## **Black Bean and Chorizo Chili**

Cooking Light Website (March, 2003)

Serves: 12 (serving size: 1 cup)

Points: 6

Posted by: Jill H. (jillyh)

10/30/03

COMMENTS: The smoky chipotle chiles and Spanish Chorizo sausage combine to give this chili a kick.

### **INGREDIENTS:**

1 (7-ounce) can chipotle chiles in adobo sauce

Cooking spray

2 1/2 cups chopped onion, divided

1 1/2 cups chopped green bell pepper

1 1/2 cups chopped red bell pepper

5 garlic cloves, minced

3 links Spanish Chorizo sausage, diced (about 6 1/2 ounces) (I used half regular Chorizo and half chicken Chorizo from Whole Foods)

1 1/2 tablespoons chili powder

1 tablespoon ground cumin

1 1/2 teaspoons dried oregano

1 tablespoon fresh lime juice

1/8 teaspoon ground cinnamon

3 (15-ounce) cans black beans, drained

3 (14-ounce) cans whole peeled tomatoes, undrained and chopped

1 (8 1/2-ounce) can no-salt-added whole-kernel corn, drained

1 1/2 ounces semisweet chocolate, chopped

3/4 teaspoon salt

1/2 teaspoon black pepper

3/4 cup fat-free sour cream

Baked tortilla chips (optional)

### **INSTRUCTIONS:**

1. Remove 2 chiles from can; finely chop, reserving remaining chiles and sauce for another use.

2. Heat a large Dutch oven coated with cooking spray over medium-high heat. Add chiles, 1 3/4 cups onion, bell peppers, garlic, and Chorizo; sauté 5 minutes or until tender. Add chili powder and next 7 ingredients (chili powder through corn), stirring to combine. Bring to a boil. Reduce heat, and simmer, covered, 30 minutes, stirring occasionally. Remove from heat; stir in chocolate, salt, and black pepper.

3. Ladle 1 cup chili into each of 12 bowls. Top each serving with 1 tablespoon sour cream and 1 tablespoon onion. Serve with tortilla chips.

### **NUTRITIONAL INFO:**

CALORIES 311 (24 percent from fat); FAT 8. 4g (sat 3. 2g, mono 3. 4g, poly 1g); PROTEIN 16. 5g; CARB 43. 9g; FIBER 12. 9g; CHOL 13mg; IRON 4. 1mg; SODIUM 888mg; CALC 95mg

### **Chocolate Chip Muffins**

Source: My stepsister

Healthy Units: 3

Servings: 12

Posted by: LissaR

October 30, 2003

2 cups RF Bisquick

1/3 cup sugar

1 egg white

2/3 cup skim milk

2 Tbsp unsweetened applesauce

1/2 cup mini chocolate chips

Combine all ingredients until well-mixed. Spoon into 12 lined muffin tins. Bake at 400 for 13-18 minutes.

### **Cream of Green Chile Soup**

Source: modified from El Paso Chile Company Texas Border Cookbook

HU: 3 for 2 cups or 2 for 1 ½ cups

Servings: 4

Posted by Beckyplay

Date: 10/29/03

#### **Ingredients:**

6 Green Chiles -- roasted, peeled and chopped

1 tablespoon olive oil

2 cups onion -- chopped

1 clove garlic -- minced

½ teaspoon oregano

2 bay leaves

4 cups fat-free chicken broth

1 pound potatoes -- peeled and cubed

½ teaspoon salt

½ teaspoon freshly ground pepper

½ cup skim milk

In a 4 quart saucepan over low heat, sauté the onions, garlic, oregano and bay leaves in olive oil. Cook, covered, stirring once or twice, for 10 minutes. Stir in the chicken broth, potatoes, salt and pepper and bring to a boil. Lower the heat and simmer, partially covered, stirring once or twice, until the potatoes are very tender, about 25 minutes.

Cool the soup slightly and then force it through the medium blade of a food mill (or discard the bay leaves and puree it in a food processor). Return the soup to the pan, stir in the green chiles, and set over medium heat. Bring to a simmer and cook, uncovered, stirring occasionally, until the soup has thickened, about 15 minutes. Stir in the milk and adjust the seasoning.

Ladle the soup into wide bowls and top with cheese and strips of toasted corn tortillas. HU not calculated with cheese and tortillas.



## **Whole-Wheat Pizza Dough**

HU: 2

Servings: 8 or ¼ of 2 whole pizza's

Posted by Beckyplay

Date: 10/29/03

Ingredients:

### **SPONGE**

2 teaspoons active dry yeast

¼ cup water -- lukewarm

¼ cup all-purpose flour

### **PIZZA DOUGH**

½ cup skim milk

1 1/3 cups all-purpose flour

½ cup whole wheat flour

¼ teaspoon salt

To prepare the sponge, in large bowl, sprinkle yeast evenly over lukewarm water; when yeast appears wet, add 1/4 cup all-purpose flour and stir hard to make a sponge: cover loosely and set aside at room temperature for 40 minutes.

Stir milk into the sponge. In medium bowl combine all-purpose flour, whole-wheat flour and the salt. Mix well; add flour mixture to the sponge and stir to mix.

Sprinkle work surface with 1 tablespoon reserved flour; turn dough out onto prepared work surface and knead until it becomes elastic and resilient, about 10-12 minutes.

Spray a large bowl with nonstick cooking spray. Place dough in bowl; cover loosely with plastic wrap or a damp towel and let rise in a warm, draft-free place until dough doubles in volume, about 45-60 minutes.

Punch down dough and roll into a circle about 14" in diameter; place on 14" pizza pan or large baking sheet.

Arrange the toppings of your choice on crust and bake at 500 degrees for 10 minutes.

Note: You can create endless pizza variations with this delicious dough. Try the tomato basil or pesto topping. You can also add mushrooms and olives, feta cheese and scallions, sliced cooked turkey, cooked shrimp or any combination of your favorites.

Per Serving: 124 Calories; trace Fat (3.3% calories from fat); 4g Protein; 25g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 76mg Sodium. Exchanges: 1 1/2 Grain (Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat.

### **Green Chile Caldillo**

Source: modified from Epicurious recipe

HU: 5

Servings: 8, but measure to be sure

Posted by Beckyplay

Date: 10/29/03

#### **Ingredients:**

16 ounces lean pork tenderloin -- cubed

18 ounces potato -- cubed

2 cups carrots -- sliced

1 cup celery -- chopped

2 cups onion -- chopped

2 cups canned tomatoes -- diced

1 tablespoon chili powder

3 cloves garlic -- minced

salt and pepper -- to taste

Spray large Dutch oven with Pam.

Brown pork loin; add garlic and onion and sauté until soft.

Cover meat with water and bring to a boil.

Turn down to simmer and cook for 10 minutes.

Add tomatoes, celery, chili powder, salt, pepper and chiles.

Simmer until meat is tender - about 1 hour.

Add carrots and potatoes.

Serve when potatoes are cooked through.

Per Serving: 277 Calories; 4g Fat (12.1% calories from fat); 24g Protein; 38g Carbohydrate; 7g Dietary Fiber; 59mg Cholesterol; 253mg Sodium. Exchanges: 1 1/2 Grain (Starch); 2 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fat.

## **Cocoa Fudge Cookies**

2003 Cooking Light Annual and CL Website

HU: 1.7 per cookie

Servings: 24

Posted by DebMj1

October 29, 2003

### **INGREDIENTS**

1 cup all-purpose flour

1/4 teaspoon baking soda

1/8 teaspoon salt

5 tablespoons butter

7 tablespoons unsweetened cocoa

2/3 cup granulated sugar

1/3 cup packed brown sugar

1/3 cup plain low-fat yogurt (I used nonfat)

1 teaspoon vanilla extract

Cooking spray

### **INSTRUCTIONS**

Preheat oven to 350 degrees.

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

Combine flour, soda, and salt; set aside.

Melt butter in a large saucepan over medium heat.

Remove from heat; stir in cocoa powder and sugars (mixture will resemble coarse sand).

Add yogurt and vanilla, stirring to combine.

Add flour mixture, stirring until moist.

Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.

Bake at 350 degrees for 8 to 10 minutes (I baked for 9 minutes) or until almost set.

Cool on pans 2 to 3 minutes or until firm.

Remove cookies from pans; cool on wire racks.

### **NUTRITIONAL INFO**

calories: 78 carbohydrates: 13.4 g cholesterol: 7 mg fat: 2.7 g sodium: 54 mg protein: 1 g calcium: 12 mg iron: 0.5 mg fiber: 0.5 g

### **Mediterranean Orzo**

Source: WW Two's Company

Healthy Units: 3

Serves: 2

Posted by: LissaR

October 30, 2003

2 tablespoons chopped sundried tomatoes  
boiling water  
1/4 cup diced red pepper  
2 tablespoons (or more!) sliced scallions  
2 tablespoons chopped kalamata olives  
2 tablespoons chopped parsley (never use it)  
2 tablespoons water  
1 tablespoon red wine vinegar  
1/8 tsp salt  
1/8-1/4 tsp black pepper  
1 cup hot cooked orzo

1. Pour boiling water over sundried tomatoes, let sit for 15 minutes, drain off excess liquid.
2. In a small skillet coated with cooking spray, sauté red pepper and scallions until tender (3-4 minutes). Add olives, parsley, and tomatoes, cook for an additional minute. Add water, vinegar, salt, and pepper, bring to boiling and cook for one minute.
3. Toss pepper mixture with pasta.

## **Pumpkin Dip**

HU: 2 pts per 2 Tbls

Source: CL October 2003

Posted by: alk158

NOTES: NOTE: You can easily make this one better than it already is. You can substitute fat free cream cheese, fake brown sugar, and sugar free maple syrup. I am sure this will easily put it down at 1 pt for 2 tbls. I also added 1/8 teas. of nutmeg....great taste!! My friend used the next day as a spread on her bagel...SO good! We used this as a spread on the Pumpkin Muffins from Nov 03 issue during our supper club;)

¾ cup (6 oz) 1/3 less fat cream cheese

½ cup packed brown sugar

½ cup canned pumpkin

2 teas. Maple syrup

½ teas. Cinnamon

24 apple slices

1. Place first 3 ingredients in a medium bowl and beat with a mixer at medium speed until well blended. Add syrup and cinnamon, and beat until smooth. Cover and chill 30 minutes

Serves 12

Calories 107 Fat 3.2 Fiber 1.4g

### **Frozen Hot Chocolate**

Source: I think it was FC Light and Easy

H.U. 3

Servings: 6 to 7

Posted by: CAROTS(Donna)

October 31, 2003

Prep: 15 minutes

Freeze: at least 8 hours

Note: Need to use unsweetened Dutch process cocoa. "Dutch process" does not refer to place of origin but to a treatment used to neutralize the cocoa's acidity. Had no clue, but that's what the recipe says!

1/2 cup Unsweetened Dutch process cocoa

3/4 Cup Sugar

2 3/4 cups Low fat (1%) Milk

1. In a small saucepan, combine cocoa and sugar.

Stir in just enough milk to form a smooth paste.

Stir in all but 2 tablespoons of remaining milk, stirring over low heat until sugar is completely dissolved.

2. Pour into ice-cube trays, cover well.

Freeze at least 6 hours or overnight. (up to 1 week)

3. Place cubes in food processor bowl fitted with steel blade

Process with remaining 2 tablespoons milk until no lumps remain and mixture is lightened in color.

Serve in frosted goblets as a spoon drink or cover, and refreeze at least 8 hours. Scoop, serve frozen.

Enjoy:)

## **Parmesan Polenta with Sausage and Mushrooms**

Cooking Light Website

Serves: 5

WW Points: 6

Posted By: Jillyh(Jill H)

10/31/03

### **INGREDIENTS:**

3 (3-ounce) links hot turkey Italian sausage  
1 teaspoon olive oil  
1/3 cup dry white wine  
2 (8-ounce) packages pre-sliced mushrooms  
2 tablespoons chopped fresh or 2 teaspoons dried basil  
1 (14.5-ounce) can diced tomatoes, drained  
4 cups water  
1 cup instant Polenta (such as Contadina)  
3/4 teaspoon garlic powder  
1/2 teaspoon sugar  
1/4 teaspoon salt  
1/3 cup grated Parmesan cheese

### **INSTRUCTIONS:**

Prep Time: 5 minutes

Cooking Time: 24 minutes

Pierce sausages; cut each diagonally into 1-inch pieces. Heat the oil in a large nonstick skillet over medium-high heat. Add the sausage; cook 3 minutes or until browned. Add the wine and mushrooms; cover, reduce heat, and cook 10 minutes. Stir occasionally. Remove sausage from pan. Cook the mushroom mixture over medium-high heat 5 minutes or until liquid almost evaporates. Stir in the basil and tomatoes; cook 1 minute or until heated. Return sausage to pan; keep warm.

While sauce is simmering, prepare Polenta. Bring water to a boil in a medium saucepan; stir in Polenta, garlic powder, sugar, and salt. Reduce heat to low; cook until thick (about 5 minutes), stirring frequently. Stir in cheese. Serve with sausage mixture.

### **NUTRITIONAL INFO:**

calories: 288 carbohydrates: 35.1 g cholesterol: 58 fat: 9.5 g sodium: 689 mg protein: 18.2 g calcium: 95 mg iron: 2.5 mg fiber: 1.6 g

### **YIELD:**

Yield: 5 servings (serving size: about 3/4 cup sauce and 3/4 cup Polenta).

## **Mexican Pizzas**

Source: Top Secret Recipes Treasury 2

Healthy Units: 10

Servings: 4

Posted by: MissVN

Date: October 31, 2003

Notes: Sounds like a lot of points, but they pack a lot of bang for the buck. One will leave you stuffed. Way less fat than a Taco Bell fast food version (10g as opposed to 32g by the notes in the recipe), and a great way to use up taco meat leftovers. Can easily be halved for two people, or adapted for a single serving. I used full fat, but using fat free flour tortillas would bring it down to 7 points per serving. Also, salsa can be used in place of the taco sauce. Using leaner turkey makes no point difference.

### **Ingredients**

8 flour tortilla(s), 6-inch

8 servings cooking spray (5 one-second sprays per serving)

1 cup fat-free canned refried beans

8 oz Butterball Fresh 97% Fat Free Ground White Turkey

1 1/3 cup shredded reduced-fat Mexican cheese

8 tbsp Taco Bell Home Originals Taco Sauce, Mild

### **Instructions**

1. Preheat the oven to 375 degrees. Brown up your ground turkey and season with a pre-mixed seasoning blend or your own spices.
2. Take each tortilla and pierce several times with a fork (this will keep the tortillas from puffing up during baking). Spray each side of the flour tortillas with cooking spray.
3. Place the tortillas on a sheet pan and in the oven. Cook for 10-12 minutes, flipping once.
4. To assemble pizzas, take one tortilla and smear 1/4 cup of beans (it's easier if the beans are preheated) and 2 oz of the ground turkey. Top with a second tortilla. Spoon 2 tablespoons of taco sauce on top of tortilla, then top with 1/3 cup cheese. Sprinkle with green onion and chopped tomato if desired.
5. Place pizzas back in oven for 8-12 minutes until cheese has melted.



## **Curried Couscous Salad with Dried Cranberries**

Cooking Light 2002 Annual

HU: 4.6 per serving

Servings: 8

Posted by DebMj1

October 31, 2003

Note: The book says that the flavors will meld as the salad chills. It definitely does need the time to chill and pull together. Give it at least an hour in the fridge. I added salt and pepper before serving.

### Salad:

- 1 1/2 cups uncooked couscous (about 1 10-ounce box)
- 1 cup dried cranberries (about 4 ounces)
- 1 cup frozen green peas, thawed
- 1/2 tsp. curry powder
- 2 cups boiling water
- 1/4 cup thinly sliced green onions
- 1/4 cup finely chopped fresh basil
- 1 15-oz. can chickpeas, rinsed and drained

### Dressing:

- 1/3 cup fresh lemon juice
- 1 Tbsp. grated orange rind (I omitted this)
- 2 tbsp. water
- 1 1/2 tbsp. olive oil (I cut this to 1 Tbsp.)
- 1 Tbsp. thawed orange juice concentrate (I used 2 tbsp. fresh orange juice instead)
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 4 garlic cloves, crushed

### Instructions:

To prepare salad, combine first 4 ingredients in a large bowl.  
Pour 2 cups boiling water over couscous mixture; cover and let stand 5 minutes.  
Fluff with a fork; cool.  
Stir in onions, basil and chickpeas.

To prepare dressing, combine dressing ingredients in a jar; cover tightly, and shake vigorously.  
Pour over couscous mixture and toss well to combine.  
Cover and chill at least 1 hour.

Nutritional information: Each serving has 257 calories, 3.8 gms. fat 4.1 gms. fiber, 47.9 gms. carbs, and 31 mg. calcium.

## **Pesto Lasagna with Spinach and Mushrooms**

Cooking Light, Oct. 2003

H.U. = 9

Serves 8

Posted by debincalif(Debbie)

10-31-03

Notes: I made this in the "traditional" way instead of in the crockpot. I just used a regular-sized lasagna baking dish and baked, covered at 350 degrees. Then I removed the foil and baked an additional 10 minutes. I made my recipe with the frozen spinach and it turned out great. This makes huge servings, and could easily be cut into smaller portions. Very much worth 9 points per serving.

### **Ingredients:**

4 cups torn spinach (or 2-10oz. boxes frozen chopped spinach)  
2 cups sliced cremini mushrooms  
½ cup commercially-prepared pesto sauce  
¾ cup part-skim mozzarella cheese (3 oz.), shredded  
¾ cup provolone cheese (3 oz.), shredded  
1 carton (15 oz.) fat-free ricotta cheese  
1 large egg, slightly beaten  
¾ cup Parmesan cheese (3 oz.), freshly grated  
1 jar (25.5 oz.) fat-free pasta sauce, tomato-basil flavor  
1 can (8 oz.) tomato sauce  
1 package (8 oz.) lasagna noodles (12 noodles), no-boil type work well  
vegetable cooking spray

### **Directions:**

1. Arrange spinach in a vegetable steamer; steam, covered, 3 minutes or until spinach wilts. Drain, squeeze dry, and coarsely chop. (Alternately, squeeze dry 2 10-oz. packages frozen chopped spinach.)
2. Combine spinach, mushrooms, and pesto in medium bowl, stirring to combine; set aside.
3. Combine mozzarella, provolone, ricotta, and beaten egg in a medium bowl, stirring well to combine. Stir in 1/4 cup of the Parmesan, and set aside.
4. Combine pasta sauce and tomato sauce in a medium bowl; set aside.
5. Spread 1 cup pasta sauce mixture into the bottom of 6-quart oval electric cooker coated with cooking spray. Arrange 3 noodles over pasta sauce mixture; top with 1 cup cheese mixture and 1 cup spinach mixture. Arrange 3 noodles over spinach mixture, top with remaining cheese mixture and remaining spinach mixture. Place remaining 3 noodles over spinach mixture; spread remaining sauce mixture over noodles.
6. Sprinkle with the remaining 1/2 cup Parmesan cheese.
7. Bake covered, for 45 minutes at 350, then an additional 10 min. uncovered.

## **Pecan Parmesan Chicken**

Light & Tasty

Healthy Units 5.5

Servings 6

Posted by debincalif (Debbie)

10-31-03

### **Ingredients:**

6 pieces boneless skinless chicken breast halves, flattened to 1/2" thickness

1 1/2 cups soft bread crumbs

1/3 cup Parmesan cheese, grated

1/3 cup pecans, ground

1 teaspoon dried oregano

1/2 teaspoon seasoned salt

1/2 teaspoon dried basil

1/4 teaspoon pepper

2 teaspoons cornstarch

2 egg whites

1 tablespoon olive oil

### **Instructions:**

1. In a shallow bowl, combine the breadcrumbs, Parmesan cheese, pecans, oregano, salt, basil, and pepper.

2. In another bowl, beat the cornstarch and the egg whites.  
Dip chicken into egg white mixture, then coat with crumb mixture.

3. In a large nonstick skillet over medium heat, brown chicken in oil for 3-5 minutes on each side.

4. Transfer to an ungreased 15-in x 10-in. x 1-in. baking pan.  
Bake, uncovered, at 450 degrees for 8-10 minutes or until juices run clear.

## **Baked Risotto with Asparagus, Spinach and Parmesan**

Cooking Light 2003 Annual

HU: 6

Servings: 4

Posted by DebMj1

November 1, 2003

Notes: This made 4 very large servings. You can easily make this 6 side-dish servings at 4 points each. I did the stove-top cooking in a Dutch oven, then transferred it to a 2-quart square covered casserole coated with cooking spray to bake it.

1 Tbsp. olive oil  
1 cup finely chopped onion  
1 cup uncooked Arborio rice  
8 cups chopped spinach leaves (about 4 ounces)  
2 cups fat-free, low-sodium chicken broth  
1/4 tsp. salt  
1/4 tsp. ground nutmeg (I omitted this)  
1/2 cup (2 ounces) grated fresh Parmesan cheese, divided  
1 1/2 cups (1-inch) diagonally sliced asparagus

Preheat oven to 400 F.

Heat oil in a Dutch oven over medium heat. Add onion; cook 4 minutes or until tender. Add rice; stir well. Stir in spinach, broth, salt and nutmeg. Bring to a simmer; cook 7 minutes. Stir in 1/4 cup cheese.

Cover and bake at 400 F. for 15 minutes. Stir in asparagus; sprinkle with 1/4 cup cheese. Cover and bake an additional 15 minutes or until liquid is almost absorbed.

Calories 309; Fat 7.6 (sat 2.9 g, mono 3.7 g, poly 0.6g); Protein 12.3 g; Carb 47.6 g; Fiber 3.7 g; Chol 10 mg; Iron 3.5 mg; Sodium 639 mg; Calc 217 mg.

## Basic Mashed Potatoes

H.U. – 3 per serving

Serving – 8 servings (3/4 cup each)

Posted by – oduamy1(Amy)

Posted on – November 1, 2003

Source- Cooking Light 2002 Annual pg 313

Amy's Rating – 4/5

CL Comments: The fun thing about making mashed potatoes is the different ingredients you can add to them. Chicken broth and sour cream are added here for full-bodied flavor.

Amy's Comments: These are what the title says - basic mashed potatoes. If you are looking for traditional plain old mashed potatoes, these are it! Great creamy texture and good flavor. I used Yukon golds and put the butter IN not on top like the recipe says.

### Ingredients

3 pounds cubed peeled baking potato

1/2 cup 2% reduced-fat milk

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

3 tablespoons reduced-fat sour cream

1 teaspoon salt

1/2 teaspoon black pepper

1/4 cup butter, softened

### Directions

1) Place potato in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.

2) Drain and return potato to pan. Add milk and broth; mash to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly. Stir in sour cream, salt, and pepper. Top with butter.

### Nutritional Info

162 calories; 25.4 g carbohydrates; 15 mg cholesterol; 5.4 g fat; 306 mg sodium; 3.7 g protein; 0 mg calcium; 1 mg iron; 2.2 g fiber

## Chicken Gravy

H.U. – 1 per serving

Serving – 6 servings (2 1/2 tbsp each)

Posted by – oduamy1 (Amy)

Posted on – November 1, 2003

Source- Cooking Light Website

Amy's Rating – 5/5

Quick and Easy - yes!

CL Comments: This is great over mashed potatoes or baked chicken.

Amy's Comments: Super easy to put together and I just loved it. Not too salty (as I find many gravies to be). It tastes just like the gravy you get at Boston Market (which I love!!). Mmmm this is a keeper!

### Ingredients

2 tablespoons reduced-calorie stick margarine

2 tablespoons all-purpose flour

1/4 teaspoon poultry seasoning

1/8 teaspoon salt

1/8 teaspoon paprika

1 cup low-salt chicken broth

### Directions

Melt margarine in a small saucepan over medium heat; add flour, poultry seasoning, salt, and paprika, stirring with a whisk. Gradually add broth, stirring until blended. Cook 2 minutes or until thick, stirring constantly.

### Nutritional Info

calories: 34 carbohydrates: 2.3 g cholesterol: 0 mg fat: 2.7 g sodium: 99 mg protein: 0.7 g calcium: 1 mg iron: 0.3 mg fiber: 0.1 g

## **Sloppy Joe's**

Source: Cooking Light Website

Healthy Units: 6 for 1/2 cup meat and bun

Servings: 6

Posted By: Zephyr1

Date Posted: 11/1/03

Comments: I made this with ground turkey and had it minus the bun. I would bulk it up next time with some more pepper. It is very good. The ratings on the Website were all excellent. All guests wanted the recipe. Will never buy a can sauce again.

### **INGREDIENTS:**

1 pound ground round  
3/4 cup minced fresh onion  
1/2 cup diced green bell pepper  
1/4 cup diced celery  
1 garlic clove, minced  
1/2 cup water  
1/2 cup ketchup  
2 tablespoons brown sugar  
2 tablespoons tomato paste  
1 tablespoon vinegar  
1/4 teaspoon dry mustard  
1/4 teaspoon chili powder  
1/4 teaspoon black pepper  
6 (1 1/2-ounce) hamburger buns

### **INSTRUCTIONS:**

1. Combine first 5 ingredients in a large nonstick skillet. Cook over medium heat until beef is browned, stirring to crumble. Drain well. Wipe drippings from skillet with a paper towel.
2. Combine beef mixture, water, and next 7 ingredients (water through black pepper) in skillet, and bring to a boil. Reduce heat, and simmer mixture 15 minutes, stirring occasionally.
3. Serve on hamburger buns.

### **NUTRITIONAL INFO:**

CALORIES 311 (24% from fat); FAT 8.5g; (sat 2.3g, mono 2.7g, poly 0.9); PROTEIN 20.8g; CARB 37.3g; FIBER 1.6g; CHOL 61mg; IRON 3.1mg; SODIUM 404mg, CALC 43mg

## **Baked Orzo**

Source: Adapted from Low-Fat Italian, Cole's Cooking Companion Series

Posted by: Joyce

Date: November 2, 2003

Servings: 4

Healthy Units per serving: 3

### **Ingredients:**

3/4 tsp. butter or olive oil

1/4 c. minced shallot

1 Tbls. minced garlic

1/4 c. minced carrot

1 c. orzo

1 1/4 c. hot fat free chicken or beef broth

1. Preheat oven to 350 degrees. In an ovenproof skillet or casserole over low heat, melt butter. Add shallot, garlic, and carrot and cook 2 minutes stirring. Add orzo and cook 3 minutes, stirring constantly.

2. Add stock, cover, and transfer skillet to oven. Bake 20 minutes. Serve immediately.

Comments: The original recipe calls for a full Tbs. of butter at the beginning and for stirring in 2 Tbs. Parmesan with a fork at the end, but this adds an extra point per serving. The orzo tastes great as modified.



### **Parmesan Baked Asparagus**

Source: Dining and Dieting with the Duchess (of York), 2003

Healthy Units: 1 per serving

Yield: 4 servings

Posted by: MoOzark /Donna

Posted on: November 2, 2003

Comments:

Ingredients:

1 pound fresh asparagus

2 teaspoons olive oil

$\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon freshly ground black pepper

$\frac{1}{4}$  cup grated Parmesan cheese

Directions:

-Preheat oven to 425°F. Place asparagus on non-stick baking sheet. Drizzle with olive oil, and sprinkle with salt and pepper; toss to coat.

-Bake 10 minutes, then toss again; sprinkle with cheese to bake until the cheese melts, about 5 minutes longer.

Calories 67; total fat 4 g, sat. fat 1g; chol 4 mg; sodium 237 mg; 4 g carb; fiber 2 g ; protein 5 g; cal 90 mg.

## **Basil-Stuffed Chicken**

Source: Unknown

HU: 5

Posted by: CAROTS/Donna

Date: November 3, 2003

Servings: 6

6 boneless, skinned chicken breast halves (about 4 ounces each), lightly pounded.

1/2 teaspoon each salt and pepper

6 slices part-skim mozzarella cheese (about 4 ounces total)

1 tomato, cut into 6 slices

6 basil leaves

1/2 cup seasoned bread crumbs

2 tablespoons grated Parmesan cheese

2 tablespoons Lite mayonnaise

1. Heat broiler. Season chicken with salt and pepper. Slice each breast almost horizontally in half, but leaving one side attached.
2. Arrange a mozzarella slice, tomato slice and basil leaf on the bottom half of each breast, keeping filling in center. Fold top of chicken over filling, pressing around edges to seal.
3. Combine breadcrumbs and Parmesan on waxed paper. Brush both sides of chicken with mayonnaise. Dip chicken into crumbs: press to adhere.
4. Place chicken on large greased broiling pan. Lightly coat both sides of chicken with cooking spray.
5. Broil 8 inches from heat for 8 to 10 minutes, turning once.

Makes 6 servings.

## **Slow-Roasted Garlic and Lemon Chicken**

Source: "Forever Summer", by Nigella Lawson

Healthy Units: 3.0-5.0

Yield: 10 pieces (4-6 servings)

Posted by: MoOzark /Donna

Posted on: November 3, 2003

Comments: Original recipe called for 3 Tablespoons of olive oil. I substituted olive oil cooking spray.

Additional notes: The nutritional count is based on roasting the chicken with the skin on but removing the skin before eating. The chicken breasts would be the lower point count than the dark meat, thus the two-point difference in the calculations.

### **Ingredients:**

1 pkg. Chicken parts: 2 skinless chicken drumstick, 2 skinless chicken wing, 2 skinless chicken thigh, 2 pounds skinless chicken breast  
1 head garlic, separated into unpeeled cloves  
2 unwaxed lemons, cut into chunky eighths  
small handful of fresh thyme  
olive oil cooking spray  
10 Tablespoons white wine  
black pepper

### **Directions:**

Preheat oven to 300°F

-Put the chicken pieces into a roasting pan that has been sprayed with olive oil cooking spray and add the garlic cloves, lemon chunks and the thyme; just roughly pull the leaves off the stalks, leaving some intact for strewing over later. Spray all with olive oil cooking spray and using your hands mix everything together, then spread the mixture out, making sure all the chicken pieces are skin-side up.

-Sprinkle over the white wine and grind on some pepper, then cover tightly with foil and put in the oven to cook, at flavor-intensifyingly low heat, for 2 hours.

-Remove the foil from the roasting pan, and turn up the oven to 400°F. Cook the uncovered chicken for another 30-45 minutes, by which time the skin on the meat will have turned golden brown and the lemons will have begun to scorch and caramelize at the edges.

-Serve straight from the roasting pan; just strew with remaining thyme and dole out.

With 6 servings from this recipe, it comes out to be 5 points/serving of mixed meat portions: 226 Calories; 4g Fat (16.1% calories from fat); 40g Protein; 3g Carbohydrate; 1g Dietary Fiber; 114mg Cholesterol; 130mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat.

### **Cauliflower-Leek Potage**

Source: CL, November 2003

Healthy Units: 1 per serving

Yield: 8 servings (3/4 cup/serving)

Posted by: MoOzark /Donna

Posted on: November 3, 2003

Comments: I used a hand held blender to puree the mixture in the pot in which it was cooked. I have never had much luck using a blender in these cases. If using a blender, process small amounts in batches. Nice, light, pure taste. This is for those who do like cauliflower and leeks as their flavors are evident. Can be made a day ahead and reheated over medium-low heat, stirring frequently.

Ingredients:

2 Tablespoons fresh lemon juice  
7 cups cauliflower florets (about 2 ½ pounds)  
1 ½ Tablespoons butter, divided  
Cooking spray  
3 cups thinly sliced leek (about 2 large)  
¼ teaspoon sea salt  
2 (14 ounce) cans vegetable broth, divided  
1/8 teaspoon white pepper  
dash of ground nutmeg  
4 teaspoons minced fresh chives

Directions:

-Bring 4 quarts water to boil in a Dutch oven, and stir I juice. Add cauliflower, reduce heat, and simmer 15 minutes or until tender. Drain.

-Melt 1 ½ teaspoons butter in a large nonstick skillet coated with cooking spray over medium heat. Add leek and salt; cover and cook 5 minutes, stirring occasionally. Reduce heat to medium-low, cook 5 minutes or until tender (do not brown), stirring occasionally. Combine leek and cauliflower.

-Place half of cauliflower mixture and 1 cup broth in a blender, process until smooth. Pour pureed mixture into a large bowl. Repeat procedure with remaining cauliflower mixture and 1 cup broth.

-Melt 1 Tablespoon butter over medium heat in Dutch oven. Cook 3 minutes or until lightly browned, stirring occasionally. Add cauliflower puree and remaining broth. Simmer 5 minutes. Stir in pepper and nutmeg. Sprinkle each serving with ½ teaspoon chives.

Calories 83 (33% from fat); Fat 3 g (sat. 1.4 g, mono 0.6g, poly 0.3 g); Protein 4.2 g; Carb 13.4 g; Fiber 4.2g; Chol 6mg; Iron 1.3 mg; Sodium 565 mg; Calc 52 mg

## **Turkey Tenderloins with Mushroom Stuffing**

Source: Cooking Light Nov. 2003

Posted by: Joyce

Date: Nov. 3, 2003

Servings: 4

Healthy Units: 7 per serving

1 1/2 c. boiling water  
1 c. dried porcini mushrooms (about 1 oz)  
1 T. butter (I reduced this 1/2 T.)  
1/4 c. chopped shallots  
1 1/2 c. finely chopped cremini or button mushrooms (about 3 oz)  
3/4 tsp. salt, divided  
1/4 t. freshly ground black pepper, divided  
2 Tbs. Madeira or port wine  
1 1/2 tsp. chopped fresh thyme  
2 10-oz turkey tenderloins  
1 1/2 Tbs. all purpose flour, divided  
2 tsp. olive oil  
1/2 c. fat free, less sodium chicken broth  
1/2 c 1% low-fat milk

### **Instructions:**

1. Place 1 1/2 c. boiling water and porcini in a bowl. Cover and let stand 30 minutes or until tender. Drain through a sieve over a bowl, reserving soaking liquid. Finely chop porcini; set aside.
2. Melt butter in a large nonstick skillet over medium-high heat. Add shallots, and sauté 3 minutes. Add cremini; sauté 3 minutes. Sprinkle cremini mixture with 1/4 tsp salt and 1/8 tsp pepper. Add wine, and cook 1 minute or until liquid evaporates. Remove from heat, stir in 1/4 c. porcini and thyme.
3. Cut a horizontal slit through the thickest portion of each tenderloin to form a pocket. Fill the pockets evenly with cremini mixture, and secure at 1-inch intervals with twine. Sprinkle tenderloins with 1/4 tsp salt and 1/8 tsp pepper. Dredge in 1 1/2 tsp flour.
4. Heat oil in a large nonstick skillet over medium-high heat. Add turkey, cook 4 minutes on each side or until browned. Add reserved soaking mixture and broth and bring to a boil. Cover, reduce heat, and simmer 8 minutes. Remove turkey; keep warm. Cook broth mixture until reduced to 3/4 cup (about 5 min). Combine 1 Tbs flour and milk, stirring with a whisk. Add milk mixture to broth mixture, bring to a boil. Reduce heat, and simmer 2 min. Stir in 1/4 tsp salt and remaining porcini.
4. Remove twine from tenderloins, slice turkey diagonally. Serve with sauce. Serving size: 4 oz turkey and 1/4 c. sauce.

Comments: The stuffing and twining is a little tricky, but the stuffing stays inside pretty well. If any falls out, add to sauce.

Calories: 269 (26% from fat); FAT 7.7g (sat. 2.9g, mono 3.4 g. poly 1.g); PROTEIN 37.9g; CARB 10.8g; CHOL 78mg; IRON 2.1mg; SODIUM 620mg; CALC 49mg

## **Bean and Pasta Soup**

Source: Martha Stewart Everyday Food, November 2003

Healthy Units (WW Points): 3 per serving

Servings: 6 – 1-1/2 cup servings

Posted by Nikkie1T

Date: November 3, 2003

Recipe notes: To make a vegetarian version, replace the bacon with two tablespoons of olive oil, and the chicken stock with vegetable stock.

My notes: This was a really filling, delicious soup. I tend to like things a little salty, so I added about a tablespoon of Penzey's chicken soup base to the broth. I used macaroni rings for the pasta, since that is what I had.

1 strip bacon, diced  
1 medium onion, chopped  
2 carrots, chopped  
2 garlic cloves, minced  
½ teaspoon dried rosemary  
coarse salt and ground pepper  
1 tablespoon tomato paste  
2 cans (15 ounces each) beans, such as navy or cannelloni, drained and rinsed  
4 cups chicken broth  
¾ cup tubetti, ditalini, or other short, tubular pasta  
¼ cup chopped fresh parsley  
grated parmesan cheese for garnish

1. In a Dutch oven or stockpot, cook the bacon over medium heat until browned and crisp, stirring occasionally, about 8 minutes.
2. Add onion and carrots; cook until vegetables are soft, about 5 minutes. Add garlic and rosemary; cook until fragrant, about 1 minute. Season with salt and pepper.
3. Stir in tomato paste, beans, broth, and 4 cups water. Bring to a boil, reduce heat, and simmer, partially covered, until soup has thickened slightly, about 10 minutes.
4. With a potato masher, mash some of the beans (still in pot) to thicken soup. Add pasta; cook until al dente, about 10 minutes.
5. To serve, ladle soup into bowls; sprinkle with parsley and grated Parmesan.

Nutrition: Per serving, 205 calories, 3.8 grams fat, 11.4 grams protein, 30.9 grams carbohydrates, 7.2 grams fiber.

## **Szechuan Chicken with Peanuts**

Source: WW Take Out Tonight

Healthy Units: 6

Serving Size: 1 cup

Posted By: Bawstinn32(Maria)

November 3, 2003

Comments: I left off the peanuts because I forgot them (makes it (5 HU) and then cut the oil down (for 4 HU) which I wouldn't do again. Even though I used PAM, it still stuck.

1 pound skinless, boneless breasts, cut into thin strips  
3 tablespoons Hoisin sauce, divided  
2 tablespoons cornstarch, divided  
1/2 cup low-sodium chicken broth  
2 tablespoons rice vinegar  
2 tablespoons sugar  
2 teaspoons chili-garlic sauce  
1 tablespoon Canola oil  
1 tablespoon minced peeled fresh ginger  
2 garlic cloves, minced  
1 green bell pepper, seeded and chopped  
2 medium carrots, thinly sliced on a diagonal  
1/4 cup unsalted, dry-roasted peanuts (or cashews or your favorite nut)

1. Combine the chicken, 1 tablespoon of Hoisin sauce and 1 tablespoon of cornstarch in a medium bowl. Toss well to coat and set aside. Combine the remaining 2 tablespoons hoisin sauce, 1 tablespoon cornstarch, the broth, vinegar, sugar and chili-garlic sauce in a small bowl; set aside.

2. 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 chicken. Stir-fry until almost cooked through, 2-3 minutes. Add the ginger and garlic; stir-fry until fragrant, about 15 seconds. Add the bell pepper, carrots and peanuts; stir-fry until crisp-tender, about 2 minutes. Add the hoisin sauce mixture and cook, stirring constantly, until the mixture boils and thickens, and the chicken is cooked through, about 1 minute.

Per serving (1 cup): 302 cal; 11 g fat, 2 g sat fat, 64 mg chol, 392 mg sod, 24 g carb, 3 g fib, 27 g prot, 38 mg calc.

## **Chocolate Pound Cake**

HU: 4

SOURCE: Light and Easy

Posted: CAROTS(DONNA)

Date: November 4, 2003

Servings: 20 to 24

Notes: This recipe may be divided in half for a smaller cake; best made a day ahead.

Can freeze up to 2 months. Wonderful holiday cake!

\* Sounds like a lot of work, but prep time is only about 30 minutes!

2-1/4 cups sifted all-purpose flour

3/4 cup plus 1 tablespoon "unsweetened" Dutch process cocoa

3/8-teaspoon baking soda

3/8 teaspoon baking powder

1/2-teaspoon salt

2 eggs

4 egg whites

2 tablespoons instant espresso or coffee powder

2 teaspoons vanilla extract

1/4-cup low fat (1%) buttermilk

12 tablespoons "unsalted" butter

2 2/3 cups sugar

1. Have ingredients at room temperature. Place rack in lower third of oven; heat to 350.

Spray 12-cup Bundt or tube pan with nonstick spray.

2. Sift together flour, cocoa, baking soda, baking powder, and salt. Set aside. Whisk whole eggs with whites in a small bowl. Set aside. Dissolve espresso powder in 3 tablespoons warm water and combine with vanilla and buttermilk in small bowl.

3. Cut butter into chunks and place in an electric mixer bowl. Using a stand mixer (I didn't) beat to soften, about 1 minute. Add sugar gradually, beating constantly for about 3 minutes at medium speed. Gradually dribble in eggs, beating a medium-high speed for 2 to 3 minutes. On medium-low speed, beat in a third of the flour mixture, scraping bowl as necessary. On medium speed, gradually dribble in half of the buttermilk mixture, scraping bowl the bowl. On low speed, beat in half of the remaining flour followed by the rest of buttermilk mixture, scraping bowl. Beat in remaining flour mixture until well combined. It is okay if batter looks slightly curdled.

4. Scrape batter into pan and smooth top. Bake at 350 for 50 to 55 minutes or until cake starts to shrink from the sides of the pan and toothpick inserted into center comes out barely clean. Do not over bake.

5. Cool on wire rack for 10 minutes. Invert and remove from pan. Cool completely on rack before storing. Cake stays moist for 4 to 5 days (if it lasts that long!), well wrapped; or freeze for up to 2 months.



## **Frozen White Chocolate Hazelnut Mousse**

Source: Cooking Light, December 2002

Healthy Units: 4

Servings: 8 (3/4 cup each serving)

Posted by: LissaR

November 4, 2003

NOTES: Place a freezer-safe container in the freezer before you start the recipe; a chilled container helps preserve a light, fluffy texture. Also, I've used Godiva white chocolate liqueur before with heavenly results.

2 large egg yolks, lightly beaten  
3 tablespoons water  
1 teaspoon butter  
2 ounces premium white baking chocolate, finely chopped  
1/4 cup Frangelico (hazelnut-flavored liqueur)  
1/2-teaspoon cream of tartar  
Dash of salt  
6 large egg whites  
3/4-cup sugar  
2/3-cup water  
1 1/2 cups frozen fat-free whipped topping, thawed  
3 tablespoons chopped hazelnuts, toasted

Place egg yolks in a medium bowl. Combine 3 tablespoons water, butter, and chocolate in a large, heavy saucepan over medium heat, stirring constantly until chocolate melts. Gradually add chocolate mixture to egg yolks, stirring constantly with a whisk. Return chocolate mixture to pan; cook over medium heat until thick (about 3 minutes), stirring constantly. Remove from heat; stir in liqueur. Cool slightly.

Place cream of tartar, salt, and egg whites in a large bowl; beat with a mixer at high speed until foamy. Combine sugar and 2/3 cup water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 238°. Gradually pour hot sugar syrup in a thin stream into egg white mixture, beating at high speed until stiff peaks form (5 to 7 minutes).

Gently stir one-fourth of egg white mixture into chocolate mixture; gently fold in remaining egg white mixture. Fold in whipped topping and hazelnuts. Spoon mixture into a chilled freezer-safe container; freeze 8 hours or overnight.

### **NUTRITION PER SERVING**

CALORIES 207 (25% from fat); FAT 5.7g (sat 2.2g, mono 2.5g, poly 0.5g); PROTEIN 4.2g; CARB 30g; FIBER 0.3g; CHOL 56mg; IRON 0.3mg; SODIUM 81mg; CALC 25mg;

### **Lemon Macaroon Tartlets**

From Cooking Light

Posted by: KateWD

Date: 11/4/04

#### **INGREDIENTS:**

Macaroon Tart Shells

3/4-cup sugar

1 tablespoon plus 2 teaspoons cornstarch

1/2 teaspoon grated lemon rind

1/3-cup water

1/3-cup fresh lemon juice

1 egg, lightly beaten

2 drops yellow food coloring (optional)

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

2 tablespoons flaked sweetened coconut, toasted

#### **INSTRUCTIONS:**

Prepare Macaroon Tart Shells, and set aside.

Combine sugar, cornstarch, and lemon rind in a saucepan, and stir well. Gradually add water and lemon juice; stir with a wire whisk until blended. Bring to a boil over medium heat, and cook, stirring constantly, 1 minute. Gradually stir one-fourth of hot lemon mixture into egg; add to remaining lemon mixture, stirring constantly. Cook over medium heat, stirring constantly, 1 minute or until thickened. Pour mixture into a bowl; stir in food coloring, if desired. Place plastic wrap on surface, and chill.

Spoon 1 tablespoon plus 1 teaspoon lemon mixture into each prepared shell. Top evenly with whipped topping and coconut.

Yield: 1 dozen (serving size: 1 tartlet)

CALORIES 204 (32% from fat); FAT 7.2g (sat fat 6g, monofat 0.0g, polyfat 0.0g);  
PROTEIN 2.1g; CARBOHYDRATE 34.1g; FIBER 1.1g; CHOLESTEROL 18mg; IRON  
0.6mg; SODIUM 66mg; CALCIUM 9mg;

Cooking Light, JANUARY 1996

### **Macaroon Tart Shells**

(this recipe goes with the Lemon Macaroon Tart recipe posted above.)

Cooking Light Website

Serves: 12

WW Points for entire tartlet: 4

Posted by: jillyh(Jill H.)

11/4/03

"To keep the shells from being tough, spoon the flour into the measuring cup instead of packing it. Use large eggs, and spread the mixture thinly into the muffin cups. Baked shells may be frozen for later use."

2 cups flaked sweetened coconut

1/2 c. sugar

1/4 c. plus 2 T. all purpose flour

1 tsp. vanilla extract

2 egg whites

Cooking spray

Combine first five ingredients in a bowl. Stir well. Spoon mixture evenly into 12 muffin cups coated with cooking spray, pressing mixture into bottom and up sides of muffin cups. Bake at 400 for 15 minutes or until edges are browned. Do not over bake. Cool 2 minutes in pan on a wire rack. Remove from pan; cool completely on wire rack. Yield: 1 dozen.

Calories=133; Fat=6g; Protein=1.4g; Carb=19.2g; Fiber=1g; Chol=0mg; Iron=.5mg; Sodium=53mg; Calcium=3mg

## **Herbed Chicken Parmesan**

CL November 2003

Healthy Units: 6.6

Servings: 4

Posted by debincalif Debbie)

11-04-03

### **Ingredients:**

1/3 cup grated fresh Parmesan cheese, divided (1 ½ oz.)

¼ cup dry breadcrumbs

1 T. minced fresh parsley

½ t. dried basil (I used 2 t. fresh minced)

¼ t. salt, divided

1 large egg white, lightly beaten

1 lb. chicken breast tenders (I used chicken cutlets)

1 T. butter

1-½ cups bottled fat-free tomato-basil pasta sauce

2 t. balsamic vinegar

¼ t. black pepper

1/3 cup shredded provolone cheese (1 ½ oz.)

### **Instructions:**

1. Pre-heat broiler.

2. Combine 2 T. of the Parmesan cheese, breadcrumbs, parsley, basil, and 1/8 t. salt in a shallow dish. Place egg white in a shallow dish. Dip each chicken tender in egg white; dredge in the breadcrumb mixture. Melt butter in a large nonstick skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until done. Set aside.

3. Combine 1/8 t. salt, pasta sauce, vinegar, and pepper in a microwave-safe bowl. Cover with plastic wrap and vent. Microwave sauce mixture at HIGH 2 minutes or until thoroughly heated. Pour the sauce over chicken in pan. Sprinkle evenly with remaining Parmesan and provolone cheese. Wrap handle of pan with foil, and broil 2 minutes or until the cheese melts.

Calories 308; Fat 10.4g; Protein 35.9g; Carb 16.2g; Fiber 1.8g; Chol 88 mg; Iron 2.3mg; Sodium 808mg; Calc 249mg

## **Mushroom Turnovers**

From Cooking Light

Healthy Units: 2 (might check)

Servings: 24 servings (serving size: 1 turnover)

Posted by LissaR

November 5, 2003

NOTES: This recipe makes a great appetizer for a potluck supper any time of year. The turnovers can be made ahead of time, frozen, and baked just before serving.

### **Pastry:**

2 cups all-purpose flour

3/4 cup (6 ounces) block-style fat-free cream cheese

6 tablespoons chilled butter, cut into small pieces

1 teaspoon salt

6 tablespoons ice water

### **Filling:**

1 pound mushrooms, coarsely chopped

Cooking spray

1/4 cup minced shallots

1/8 teaspoon salt

1/8 teaspoon black pepper

2 tablespoons chopped fresh basil

### **Additional ingredients:**

2 teaspoons water

1 large egg white, lightly beaten

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

Combine flour, cream cheese, butter, and 1 teaspoon salt in a food processor; pulse 4 times or until mixture resembles coarse meal.

With processor on, add ice water through food chute, processing until dough forms a ball.

Gently press mixture into a 4-inch circle on plastic wrap. Cover and chill 15 minutes.

To prepare filling, place mushrooms in food processor, and process until finely chopped.

Heat a large nonstick skillet coated with cooking spray over medium-high heat.

Add shallots; cook 1 minute or until soft. Stir in mushrooms, 1/8 teaspoon salt, and pepper.

Cook 10 minutes or until most of liquid evaporates, stirring frequently.

Remove from heat; stir in basil. Cool completely.

Preheat oven to 350°.

Combine 2 teaspoons water and egg white in a small bowl; stir well with a whisk.

Divide dough into 24 equal portions. Shape each portion into a ball; chill.

Working with 1 portion at a time, roll each dough ball into a 4-inch circle on a lightly floured surface.

Lightly brush pastry with egg white mixture.

Spoon about 2 teaspoons mushroom filling onto half of each circle.

Fold dough over filling; press edges together with a fork to seal.

Brush egg white mixture over pastry.

Place on a baking sheet lined with parchment paper.

Repeat procedure with remaining dough, filling, and egg white mixture, placing pastries 1 inch apart.

Bake at 350° for 20 minutes or until lightly browned. Let stand 5 minutes before serving.

Yield: 24 servings (serving size: 1 turnover)

#### NUTRITION PER SERVING

CALORIES 71 (38% from fat); FAT 3g (sat 1.8g, mono 0.9g, poly 0.1g); PROTEIN 2.6g;  
CARB 9.3g; FIBER 0.8g; CHOL 9mg; IRON 0.8mg; SODIUM 190mg; CALC 8mg;

## **Chicken Manicotti w/Red Pepper Cream Sauce**

HU: 7

Source: BHG

Posted by: CAROTS/Donna

Date: November 5, 2003

Servings: 6

Notes: Next time I think I would put the sauce on top of the manicotti before baking. I also used about 3/4 cup of roasted peppers instead of 1/2 cup. Love roasted peppers! Also cooked my own chicken cubes.

12 manicotti or 18 jumbo shells

1 8 ounce package reduced fat cream cheese (Neufchatel), cut up

3/4 cup fat free milk

1/2 of a 7 ounce jar roasted red sweet peppers (about 1/2 cup)

3 Tablespoons grated Parmesan cheese

1 9 ounce package (2Cups) frozen diced cooked chicken, thawed

1 10 ounce package frozen chopped broccoli, thawed and drained

2 Tablespoons thinly sliced green onions. (I used about 3 tablespoons)

1/4 teaspoon ground black pepper

1. Cook pasta according to package directions. Rinse with cold water; drain well.
2. Meanwhile, for sauce, in a heavy small saucepan stir cream cheese and 1/4 cup of the milk over medium-low heat until smooth. Stir in remaining milk. Stir in sweet peppers and Parmesan cheese; heat through.
3. For filling, in a large bowl stir together 3/4 cup of the sauce (set remaining sauce aside), the chicken, broccoli, onion, and black pepper. Using a small spoon, stuff each manicotti with about 1/4 cup of the filling or each shell with 2 to 3 tablespoons filling. Place in a 3 quart rectangular baking dish. Bake, covered, in a 350 degree oven for 30 minutes or until heated through.
4. To serve, cook and stir remaining sauce over low heat until heated through. Note: you might want a small additional amount of fat-free milk to sauce to thin it out. Place 2 manicotti or 3 shells on each serving plate. Spoon sauce over shells. Makes 6 servings.

## **The New Chocolate Decadence Cake**

HU: 4

Source: Chocolate and the Art of Low Fat Desserts by Alice Medrich.

Posted By: CAROTS/Donna

Date: November 5, 2003

Servings: 12

Notes: Medrich says in her cookbook that the success of her desserts depends on the cocoa powder used. Her pick for this cake would be a cocoa called Valrhona: intense, a bit pricey, but she thinks is essential in this recipe. Other cocoas she would pick for her recipes would be Bensedorp: Delicious, mid-priced Dutch process cocoa from Holland. DeZaan: Another very good cocoa from Holland.

\*When a recipe calls for "Dutch process" does not refer to place of origin, but to a treatment used to neutralize cocoa's acidity.

Prep: 30 minutes

Best made a day ahead.

5 ounces bittersweet or semisweet chocolate, chopped fine

1 whole egg

1 egg, separated

1 teaspoon vanilla extract

1 egg white

1/8 teaspoon cream of tartar

1/2 cup plus 1/2 tablespoon unsweetened \*"Dutch process cocoa"

2 tablespoons all purpose flour

2/3 cup plus 1/4 cup sugar

3/4 cup low fat (1%) milk

1 1/2 cups or more Raspberry Sauce (recipe to follow)

Enlightened Whipped Cream (optional) (recipe to follow)

1. Position rack in lower third of oven and heat to 350. Spray sides of 8 inch round cake pan (not springform) with nonstick spray and line the bottom with parchment paper. In kettle, bring water to boil.

2. Place chocolate in large bowl. Combine whole egg and 1 yolk in small bowl with vanilla. Place 2 egg whites in medium bowl with cream of tartar.

3. Combine the cocoa, flour, and 2/3-cup sugar in a 1 to 1/2 quart heavy bottom saucepan. Whisk in about half the milk to form a smooth paste. Mix in remaining milk. Cook over medium heat, stirring constantly with a wooden spoon to prevent burning (especially around the bottom edges), until mixture begins to simmer. Simmer very gently, stirring constantly, for 1 1/2 minutes. Pour hot mixture immediately over chopped chocolate. Stir until chocolate is completely melted and smooth. Whisk in egg-vanilla



mixture. Set aside.

4. Beat egg whites and cream of tartar at medium speed until soft peaks form. Gradually sprinkle in the remaining 1/4-cup sugar, beating at high speed until stiff but not dry. Fold a quarter of the egg whites into chocolate mixture to lighten it. Fold in remaining egg whites.

5. Scrape mixture into cake pan and smooth the top. Set cake pan in baking pan and place on oven rack. Pour enough boiling water into the baking pan to come about a third to halfway up the sides of the cake pan. Bake at 350 for exactly 30 minutes. The surface of the torte will spring back when very gently pressed but it will still be quite gooey inside.

6. Remove the cake pan and water pan from the oven. Remove the cake pan from the water and cool completely on a wire rack. Wrap the pan in plastic wrap and refrigerate overnight before serving. The dessert may be refrigerated for up to 2 days or frozen for up to 2 months.

7. To serve: Slide a thin knife or metal spatula around the sides of pan to release the torte. Place a piece of waxed paper on top of the torte. Invert a plate on top of the waxed paper and invert the torte onto the plate. Remove pan and peel away paper liner. Cut into wedges with a sharp thin knife. Dip the knife in hot water and wipe it dry between each slice. \*Serve each slice with about 2 tablespoons of Raspberry Sauce, and dollop of Enlightened Whipped Cream, if desired.

\*Note: Recipes for Raspberry Sauce and Enlightened Whipped Cream on page 1258 of Comp

## Raspberry Sauce

Thaw two 10 or 12 ounce packages frozen raspberries. Drain, reserving juice. Puree berries briefly in a food processor. Sieve to remove seeds. Thin with some of reserved juice, if desired. If the puree seems too tart, sweeten with sugar to taste. Cover, refrigerate until serving or up to 3 days. Can be frozen for 6 months or longer.

## ENLIGHTENED WHIPPED CREAM

(Only 19 calories per tablespoon!)

Prep 10 minutes

1/8 cream of tartar  
2 Egg whites; at room temperature  
1/4-cup sugar  
1-cup heavy cream  
1-teaspoon vanilla extract

1. Bring 1 inch of water to a simmer in a large skillet. Combine cream of tartar and 2 teaspoons water in 4 to 6-cup stainless steel bowl. Whisk in whites and sugar.
2. Place instant read thermometer near stove in a mug of very hot tap water. Set bowl in skillet. Stir mixture constantly with rubber spatula, scraping bottom and sides often to avoid scrambling whites. After 45 seconds, remove bowl. Quickly insert thermometer, tilting bowl to cover stem by at least 2 inches. If less than 160 degrees, rinse thermometer in skillet water and return it to mug. Replace bowl in skillet. Stir until temperature reaches 160 degrees when bowl is removed. Beat on high until whites are cool and stiff. Set aside.
3. Whip heavy cream with vanilla until it holds soft peaks but is not too stiff. Fold egg white mixture into cream. Cover, and chill. Refrigerate up to 8 hours.

## **Oatmeal Molasses Bread**

Cooking Light Website

Serves: 24 (2 loaves of 12 slices)

Points: 2

Posted by: Jill H.(jillyh)

11/5/03

2 c. fat free buttermilk (I used 1% b/c it's all I can find)

1/2 c. regular oats

1/4 c. unsulfured molasses

2 T. vegetable oil

2 3/4 c. all purpose flour

1 c. whole wheat flour

2 T. sugar

1 1/2 tsp. salt

1 tsp. baking powder

1 tsp. baking soda

1 c. raisins (I skipped them b/c I forgot them!)

1 T. yellow cornmeal

"Because it contains no yeast, this dark quick bread only takes a minute to knead and does not require rising time. The dough will be sticky and wet as you knead it. The loaves brown quickly and may appear done before they really are."

Preheat oven to 400 degrees. Combine first 4 ingredients in a medium bowl. Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, sugar, salt, baking powder, and baking soda in a large bowl; make a well in center of mixture. Add buttermilk mixture to flour mixture, stirring just until moist; stir in raisins. Stir with a wooden spoon until dough pulls together in a shaggy mass. Let rest 2 minutes. Turn half of dough onto a lightly floured surface. Knead 1 minute with floured hands (dough will feel very tacky.) Shape dough into a 6 inch round loaf. (It will not shape nicely; mine was kind of craggy wet-ish). Place on a baking sheet dusted with cornmeal. Repeat procedure with remaining dough. Make 3 diagonal cuts 1/4 inch deep across each loaf with a sharp knife. (This was hard. The dough is WET, not like a yeast bread.) Bake at 400 degrees for 20 minutes. Reduce oven temperature to 375 degrees (do not remove loaves from oven); bake an additional 15 minutes or until bottom of each loaf sounds hollow when tapped. Let stand 15 minutes before slicing.

Yield: 2 loaves (12 servings per loaf). I cut the slices as wedges.

Calories: 126; Fat=1.5g; Protein=3.4g; carb=25.2g; Fiber=1.6g; Chol=0mg; Iron=1.3mg; Sodium=243mg; Calcium=50mg

## **Sausage Soup with Spinach and Wild Rice**

Cooking Light Annual Recipes 2001, p. 284

Servings: 9

HU: 3

Posted by: Jill H (jillyh)

11/6/03

"This soup freezes well. Store it in the freezer in an airtight container for up to 2 months."

1 1/2 cups water  
1/2 c. uncooked wild rice  
1 lb turkey Italian sausage  
1 tsp. olive oil  
1 c. chopped onion  
3 garlic cloves, crushed  
3 c. water  
3 T. tomato paste  
1 tsp. dried oregano  
1 tsp. dried basil  
3 (16 oz) cans fat free, less sodium chicken broth  
1 (14.5 oz) can diced tomatoes, undrained  
3 c. torn spinach  
1/4 tsp. salt  
1/4 tsp. black pepper  
3 T. grated fresh Parmesan cheese

Bring 1 1/2 c. water to a boil in a medium saucepan. Add wild rice; cover, reduce heat, and simmer 1 hour or until tender. Set aside. Cook sausage in a Dutch oven over medium high heat until browned; stir to crumble. Drain sausage; set aside. Heat oil in Dutch oven over medium high heat. Add onion, and sauté 3 minutes. Add garlic, and sauté 1 minute. Add sausage, 3 c. water, and next 5 ingredients; simmer 20 minutes. Stir in cooked wild rice, spinach, salt, and pepper. Ladle soup into bowl; sprinkle with cheese. Yield: 9 servings. (Serving size=1 1/3 c. and 1 tsp. cheese.)

Cal=161; Fat=5.9g; Protein=13.8g; Carb=13.4g; Fiber=2.3g; Chol=40mg; Iron=2mg; Sodium=797mg; Calcium=82mg

## **Caramel Apples**

**NOT a WW or CL recipe!**

Posted by: Carrie(scarehair)

Date posted: 11/06/03

### Instructions:

Line a cookie sheet with parchment and sprinkle with powdered sugar. Place in fridge to cool before making caramel. Place sticks in 12 medium tart apples and keep in fridge until ready to dip.

### Ingredients:

2 Cups brown sugar  
1 Cup light corn syrup  
1/2 Cup butter  
1 can sweetened condensed milk  
1 tsp vanilla  
chopped nuts  
toasted coconut  
candies  
melted chocolate  
melted white chocolate  
Christmas sprinkles

Bring sugar, syrup, and butter to a boil in a large sauce pan. Add sweetened condensed milk, simmering and stirring constantly until mix reaches softball stage. Do not stop stirring. Test doneness by placing a small amount of mix into a cup of ice water. A soft, but firm ball will form if the mix is ready. Remove from heat and add vanilla. Quickly dip apples in caramel (and garnishes if you want to decorate now) and transfer to fridge. Let cool

Now melt your dipping chocolate. Dip cooled caramel apples into dipping chocolate (I only do half so the caramel shows through. Roll chocolate half in nuts if desired. Cool. Melt white chocolate. Put into Ziploc and cut tiny bit off corner to make a decorating bag. Squeeze design of white chocolate onto caramel apple. Sprinkle with candies if desired.

I don't do nuts and other decorations together. I like the caramel - dark chocolate - white chocolate and then nuts or candies. My favorite is doing silver candies (edible ones) over the white chocolate or even large crystal sugar over the chocolate. Go crazy, make them ornate. Put one apple on small dish. Wrap with clear plastic gathered around stick. Tie with colorful (or gold and silver) ribbon and give away (if you can!)

Carrie

## **Roasted Squash Soup with Turkey Croquettes**

CL magazine

Posted by: DERB63(Debra)

Date posted: November 6, 2003

Leftover turkey, breadcrumbs, and egg combine to make crisp croquettes that nestle in velvety squash soup. Panko breadcrumbs are extra crisp, but you can use plain dry breadcrumbs, if you prefer.

### **Soup:**

2 pounds butternut or kabocha squash, or pumpkin

1 tablespoon honey

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1 teaspoon canola oil

3/4 cup finely chopped onion

1/2 cup finely chopped carrot

1/4 cup finely chopped celery

3 garlic cloves, minced

4 cups fat-free, less-sodium chicken broth

1 cup 2% reduced-fat milk

1/4 teaspoon kosher salt

Dash of freshly ground black pepper

### **Croquettes:**

2 cups leftover cooked turkey, finely chopped

1 3/4 cups Panko breadcrumbs, divided

2 tablespoons 2% reduced-fat milk

1 1/2 teaspoons chopped fresh sage

1/2 teaspoon salt

Dash of freshly ground black pepper

1 large egg, lightly beaten

1 egg white

2 1/2 tablespoons canola oil, divided

Fresh sage leaves (optional)

### **INSTRUCTIONS:**

Preheat oven to 400 degrees.

2. To prepare soup, cut squash in half lengthwise. Discard seeds and membrane. Place squash, cut-sides up, on a foil-lined baking sheet. Drizzle with honey; sprinkle with 1/2-teaspoon salt and 1/4 teaspoon pepper. Bake at 400 degrees for 1 hour or until tender; cool. Scoop out squash with a spoon; discard skin.

3. Heat 1-teaspoon oil in a saucepan over medium-high heat. Add onion, carrot, celery,

and garlic; sauté 10 minutes or until tender. Remove 3/4 cup vegetables; set aside. Add broth to pan; cook over medium heat 12 minutes. Stir in squash. Reduce heat; simmer 15 minutes. Place soup in food processor; process until smooth. Add 1 cup milk, 1/2 teaspoon salt, and dash of pepper; set aside.

4. To prepare croquettes, combine reserved vegetables, turkey, 1/4 cup breadcrumbs and next 6 ingredients (1/4 cup breadcrumbs through egg white). Cover and refrigerate 30 minutes or until firm. Shape into 12 (1-inch-thick) patties; press 1 1/2 cups breadcrumbs onto patties.

5. Heat 3 3/4 teaspoons oil in a nonstick skillet over medium heat. Add 6 patties to pan; cook 3 minutes on each side or until golden brown. Remove croquettes from pan; keep warm. Repeat procedure with remaining oil and patties.

6. Reheat soup. Divide evenly among 4 bowls; top with croquettes. Garnish with fresh sage leaves, if desired.

Yield: 4 servings (serving size: about 1 1/2 cups soup and 3 croquettes).

CALORIES 602 (28% from fat); FAT 18g (sat 3.5g, mono 8.6g, poly 4.6g); PROTEIN 33g; CARB 77g; FIBER 11g; CHOL 100mg; IRON 4.5mg; SODIUM 1,375mg; CALC 282mg

## **Pomegranate Pound Cake**

Cooking Light Website (originally published 11/99)

Serves: 12

WW Points: 5 (4 if you make 14 servings instead of 12)

Posted by: Jill H. (jillyh)

11/7/03

3/4 c. sugar  
6 T. butter or margarine  
2 large eggs  
1 large egg white  
3/4 c. low fat buttermilk  
2 tsp. grated lime rind  
2 tsp. vanilla extract  
1/2 tsp. baking soda  
2 1/2 c. flour  
1/4 tsp. salt  
3/4 c. pomegranate seeds (about 1 large)  
cooking spray

Jill's comments: It was somewhere between a quick bread and a pound cake, I think. The cake part was delicious, moist, and not overly sweet, but next time I will throw fresh blueberries or cranberries in there instead of pomegranate seeds. The seeds' crunchy inside just did not seem to match the bread; felt like there were nuts in there, but not really. At 5 points per slice, it's a little pricey.

Preheat oven to 350. Beat sugar and butter at medium high speed of a mixer until well blended (about 7 min). Add eggs and egg white, 1 at a time, beating well after each addition. Combine buttermilk, rind, vanilla, and baking soda. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and salt, stirring well with a whisk. Add flour mixture to sugar mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Fold in pomegranate seeds. Spoon batter into an 8x4 inch loaf pan coated with cooking spray. Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. (I had to bake for about 70 min.) Cool in pan 10 min on a wire rack; remove from pan. Cool completely on wire rack.

Yield: 12 servings (serving size=1 slice)

Calories=223; Fat=7.2; Protein=4.7g; Carb=34.5; Fiber=. 7g; Chol=52mg; Iron=1.4mg; Sodium=184mg; Calcium=30mg



### **Four-Bean 'N Sausage Chowder**

Source: The Morning Call

Healthy Units: 4

Servings: 8

Posted by: kimbilly

Date: 11/7/03

#### **INGREDIENTS:**

2 teaspoons olive oil  
1 medium onion -- chopped  
1 clove garlic -- minced  
1 can (~15 oz) green beans, canned  
1 can (~15 oz) kidney beans, canned  
1 can (~15 oz) garbanzo beans, canned  
1 can (~15 oz) black beans  
1 can (~14 oz) chicken broth  
1 jar (~8 oz) picante sauce (I use salsa)  
1 can (6 oz) Spicy V-8® vegetable juice  
1 can (4 oz) green chiles  
1/2 teaspoon celery seeds  
1/2 teaspoon black pepper  
1/2 teaspoon basil  
3 drops hot pepper sauce  
2/3 pound smoked turkey sausage or kielbasa (fully cooked)  
2 tablespoons fresh parsley -- chopped

#### **INSTRUCTIONS:**

Place the olive oil in a large pot over medium heat and sauté the onion and garlic for about two minutes.

Rinse the beans in a colander under running water and add to the pot.

Add all of the other ingredients except the sausage and parsley. Bring to a boil, lower the heat and simmer for about 20 to 30 minutes.

Remove 3 to 4 cups of vegetables and liquid from the chowder and place in a food processor or blender. Cover and process until almost smooth.

Return to the pot and stir well. Taste and adjust seasonings, if necessary. Stir in the sausage and heat through. Stir in the parsley and serve.

NOTES: This freezes really well, and makes a great lunch on a fall day.

## **Orange Mandarin Chicken**

Cooking Light Annual Recipes 2003

Serves: 4

Serving size: 1 chicken breast half and 6 tablespoons sauce

Healthy Units: 4

Posted by: Jill H. (jillyh)

11/7/03

Note: "Serve with Asian noodles--such as soba, somen, or udon--and steamed snow peas."

### **INGREDIENTS:**

2 teaspoons dark sesame oil

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

1/2 teaspoon salt

1/4 teaspoon black pepper

1 (11-ounce) can mandarin oranges in light syrup, undrained

1/2 cup chopped green onions

1 tablespoon finely chopped seeded jalapeño pepper

1 teaspoon bottled minced garlic

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

1 tablespoon low-sodium soy sauce

2 teaspoons cornstarch

### **INSTRUCTIONS:**

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.

While chicken cooks, drain oranges in a colander over a bowl, reserving 2 tablespoons liquid.

Add oranges, 2 tablespoons liquid, onions, jalapeño, and garlic to pan.

Reduce heat; simmer 2 minutes.

Combine broth, soy sauce, and cornstarch; add to pan.

Bring to a boil; cook 1 minute or until slightly thickened.

CALORIES 212 (16% from fat); FAT 3.8g (sat fat 0.7g, mono fat 1.3g, polyfat 1.3g);  
PROTEIN 27.2g; CARBOHYDRATE 15.2g; FIBER 0.7g; CHOLESTEROL 66mg; IRON  
1.9mg; SODIUM 562mg; CALCIUM 27mg

## **Pork Saltimbocca with Polenta**

Cooking Light, November 2003, p. 126

Serves: 6

Healthy Units: 9

Posted by: Jill H. (jillyh)

11/9/03

6 (4 oz) boneless center cut loin pork chops, trimmed  
6 very thin slices prosciutto (about 2 oz)  
6 large fresh sage leaves  
1/3 c. (about 1 1/2 oz) shredded fontina cheese  
1/4 tsp. freshly ground black pepper  
1/8 tsp. salt  
2 T. all purpose flour  
1 T. olive oil  
1/2 c. dry white wine  
1 c. fat free less sodium chicken broth  
1 T. thinly sliced fresh sage

Polenta:

2 c. 2% reduced fat milk (I used skim)  
1 (14 oz) can fat free less sodium chicken broth  
1 c. instant Polenta  
1/2 tsp. salt

To prepare pork, place each chop between 2 sheets of heavy duty plastic wrap; pound to 1/4 inch thickness using a meat mallet or rolling pin. Arrange 1 prosciutto slice over each chop; top with 1 sage leaf and about 1 T. cheese. Fold chops in half to sandwich filling, and secure with wooden picks. Sprinkle both sides of chops with pepper and 1/8 tsp. salt. Place flour in a shallow dish; dredge stuffed chops in flour. Heat oil in a large nonstick skillet over medium high heat. Add chops; cook 3 minutes on each side or until done. Remove from pan; cover and keep warm. Add wine to pan, scraping pan to loosen browned bits; cook until reduced to 1/4 c (about 2 minutes). Add 1 c. broth; bring to a boil. Cook until reduced to 1/2 c. (about 5 minutes). Stir in 1 T. sage. Reduce heat to medium. Return chops to pan; cook 2 minutes or until thoroughly heated, turning once. To prepare polenta, bring milk and 1 can broth to a boil. Gradually stir in polenta and 1/2 tsp. salt. Cover and reduce heat to medium low; cook 2 minutes. Serve polenta immediately with chops and sauce. Yield: 6 servings (1 chop, about 4 tsp. sauce, and 1/2 c. polenta).

Cal=404; fat=13.3g; protein=34.9g; carb=30.8g; fiber=2.8g; chol=85mg; iron=1.6mg; sodium=733mg; calcium=172mg

## **Greek Lamb Chops**

Source: Cooking Light (website)  
Serving 4 servings, 2 chops each  
Healthy Units: 5  
Posted by: JoanBorsten  
Date: November 9, 2003

Comments: This absolutely simple rub rated three rave reviews on the CL online site so I decided to try it and liked it a lot. DH thought it was tasty but that there was too much oregano. Would definitely make again. I did not serve with couscous but did have a salad of tomato, cucumber and feta cheese.

CL NOTES: Try this with couscous tossed with chopped tomato, cucumber, and feta cheese.

### **INGREDIENTS**

1 tablespoon dried oregano  
2 tablespoons lemon juice  
1 tablespoon bottled minced garlic  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
8 (4-ounce) lamb loin chops, trimmed  
Cooking spray

Preheat broiler.

Combine first 5 ingredients; rub over both sides of chops. Place chops on a broiler pan coated with cooking spray; broil 4 minutes on each side or until desired degree of doneness.

CALORIES 192 (39% from fat); FAT 8.4g (sat fat 3g, monofat 3.6g, polyfat 0.6g);  
PROTEIN 25.8g; CARBOHYDRATE 1.7g; FIBER 0.1g; CHOLESTEROL 81mg; IRON  
1.8mg; SODIUM 367mg; CALCIUM 36mg;

## **Orange Cake**

Healthy Units: 5

Servings: 12

Posted by Carol (sandythecur)

November 10, 2003

### **NOTES:**

- Very quick and easy. Nice orange flavor, but not overpowering or fake-y.
- You can reduce HUs to 4 per serving if you use light butter and egg whites.
- Instead of a square pan, I used a single round cake pan and spread the icing over the top, letting it drizzle down sides. A small difference, but I like a slice instead of a square.

- 1/2 cup butter
- 3/4 cup sugar
- 2 eggs
- 1/2 cup orange juice
- 2 tablespoons water
- 1 1/2 teaspoons orange peel
- 1 1/4 cups cake flour
- 1 3/4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/4 cups confectioner's sugar
- 1 tablespoon butter
- 1 tablespoon orange juice

1. In a mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Add the orange juice, water, orange peel, and almond extract; mix well.

2. In another bowl, combine the flour, baking powder, and salt; add to creamed mixture. Beat for two minutes.

3. Pour batter into 8" square baking dish coated with cooking spray.

4. Bake at 350 degrees for 30-35 minutes or until a toothpick inserted near the center comes out clean.

5. Remove to a wire rack to cool completely.

6. Combine the confectioner's sugar, butter, and enough orange juice to achieve spreading consistency.

7. Frost cake.

Per Serving (excluding unknown items): 231 Calories; 9g Fat (36.4% calories from fat); 2g Protein; 35g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 258mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 0 Fruit; 2 Fat; 1 1/2 Other Carbohydrates.

## **Spicy Black and Red Bean Soup**

Cooking Light Annual Recipes 1999, p. 296

Servings: 10

Healthy Units: 2

Posted by: Jill H. (jillyh)

11/10/03

Jill's comments: This is a super lunch soup. A very hearty cup at only 2 points, and making this thing is a no-brainer.

I recommend skipping the 2 tsp. added sugar. It adds a touch too much sweetness, which the corn and carrot already contribute.

CL comments: "To use a slow cooker, combine everything in the pot, and cook on high for the first hour; then turn the temperature to low and cook no more than 7 hours."

### **INGREDIENTS:**

Cooking spray

1 1/2 c. chopped onion

1 1/4 c. sliced carrots

2 garlic cloves, minced

3 c. fat free, less-sodium chicken broth

2 tsp. sugar

1 (16 oz) package frozen shoe peg white corn

1 (15 oz) can red beans or kidney beans, drained

1 (15 oz) can black beans, drained

1 (14.5 oz) can Mexican style stewed tomatoes with jalapeno peppers and spices, undrained

1 (14.5 oz) can no salt added diced tomatoes, undrained

1 (4.5 oz) can chopped green chiles, undrained

Place a large Dutch oven coated with cooking spray over medium high heat until hot. Add onion, carrot, and garlic. Sauté 5 minutes. Stir in broth and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 2 hours. Yield: 10 servings (1 cup)

Cal=152; Fat=.8g; Protein=7.8g; Carb=30.8g; Fiber=4.2g; Chol=0mg; Iron=1.9mg; Sodium=374mg; Calcium=52mg

## **Onion Pie**

Cooking Light Annual Recipes 2003, p. 196

Serves: 6

Healthy Units: 4

Posted by: Jill H. (jillyh)

11/10/03

Jill's comments: This was one of those recipe renovations that CL does. The crust is only so-so, but the filling was delicious. This is not eggy like a quiche; it is more custardy.

Notes: "This custardy savory pie makes a great brunch or light supper served with a spinach salad."

### **INGREDIENTS:**

1 c. low fat baking mix (such as reduced fat Bisquick)

1/3 c. 2% reduced fat milk

cooking spray

1 T. butter (I used 1/2 T. with no problem)

2 c. chopped onion

1 (8 oz) block fat free cream cheese, softened

1 large egg

1/2 c. 2% reduced fat milk

1/2 tsp. salt

dash of hot sauce

### **INSTRUCTIONS:**

Preheat oven to 350. Combine baking mix and 1/3 c. milk. Lightly coat hands with cooking spray. Press dough into bottom and up sides of a 9-inch pie plate coated with cooking spray. (This was tricky. I found it worked better if I let it rest in the pie plate for a few minutes at a time.) Melt butter in a large nonstick skillet over medium heat. Add onion; cook 5 minutes or until tender (do not brown), stirring occasionally. Spoon onion into prepared crust. Place cream cheese and egg in a medium bowl; beat with a mixer at medium speed until smooth. Stir in 1/2 c. milk, salt, and hot sauce. Pour cream cheese mixture over onion. Bake at 350 for 45 minutes or until set. Let stand 10 minutes before serving. Yield: 6 servings (serving size=1 wedge).

Cal=177; Fat=4.8g; Protein=10.1g; Carb=22.8g; Fiber=1.2g; Chol=46mg; Iron=1mg; Sodium=660mg; Calcium=191mg

## **Herb, Garlic, and Mustard-Crusted Tenderloin of Pork**

Source: adaptation from Cooking Light, Nov. 2003

Healthy Units: 3.5 (4 ounce serving)

Servings: 8

Posted by: MoOzark /Donna

Date: November 10, 2003

Comments: This recipe originally called for beef tenderloin, trimmed. I did not have beef in the freezer but did have pork so substituted and it was great. I cooked one tenderloin (about 14 ounces) and adjusted the crust ingredients by half. I also reduced the amount of salt. Serve with baked sweet potatoes or roasted red potatoes with onion.

### **Ingredients:**

1 (2-pound) pork tenderloin (usually will be two tenderloins to equal 2 pounds)

Cooking spray

$\frac{3}{4}$  teaspoon salt (or salt to taste)

$\frac{1}{4}$  teaspoon black pepper

3 tablespoons Dijon mustard (I used half Grey Poupon and half Mailles Old Style whole grain)

$\frac{1}{4}$  cup chopped fresh basil

$\frac{1}{4}$  cup chopped fresh parsley

1 tablespoon chopped fresh thyme

1 Tablespoon chopped fresh oregano

3 garlic cloves, minced

### **Instructions:**

1. Preheat oven to 400°F

2. Place pork on broiler pan coated with cooking spray, and sprinkle with salt and pepper. Spread the mustard evenly over pork. Combine remaining ingredients, pat evenly over beef

3. Insert a meat thermometer into thickest portion of pork. Bake at 400°F for 45-50 minutes or until thermometer registers 180-185°.

4. Transfer pork to cutting board. Cover loosely with foil, and let stand 10 minutes before slicing.

Nutritionals: Per Serving (excluding unknown items): 152 Calories; 4g Fat (26.0% calories from fat); 25g Protein; 3g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 329mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.



## Coffee Cheesecake

Cooking Light Five Star Recipes, p. 208

Serves: 12

Healthy Units: 5

Posted by: Jill H. (jillyh)

11/10/03

Jill's comments: This has a lighter, creamier (less dense) texture than some other CL cheesecakes I've tried. Also, while most CL cheesecakes are 16 slices at 5 or 6 pts each, this one is 12 slices for 5 pts each. Very good!

Vegetable cooking spray

3/4 cup graham cracker crumbs

2 tablespoons sugar

2 tablespoons reduced-calorie stick margarine, melted

1 tablespoon unsweetened cocoa

2/3 cup sugar

1/3 cup all-purpose flour

1 tablespoon cornstarch

1 teaspoon vanilla extract

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

1 (8-ounce) carton nonfat cream cheese

2 eggs

1/2 cup skim milk

2 1/2 tablespoons instant coffee granules

1/3 cup nonfat sour cream

3 egg whites

1/4 cup sugar

Coat a 9-inch spring form pan with cooking spray. Combine crumbs and next 3 ingredients, and stir well. Firmly press crumb mixture into bottom and 2 inches up sides of pan; set aside.

Combine 2/3 cup sugar and next 6 ingredients in a large bowl; beat at high speed of a mixer until smooth. Combine milk and coffee granules; stir well. Add milk mixture and sour cream to cheese mixture; beat until smooth.

Beat egg whites (at room temperature) at high speed of a mixer until soft peaks form.

Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form.

Gently fold egg white mixture into cheese mixture.

Pour into prepared pan. Bake at 300° for 1 hour or until almost set. Turn oven off; loosen cake from sides of pan, using a narrow metal spatula or knife. Let cheesecake stand in oven with door slightly opened for 1 hour. Remove from oven; cover and chill 8 hours.

CALORIES 211 (30% from fat); FAT 7g (sat fat 3.4g, monofat 2.2g, polyfat 0.8g); PROTEIN 8.2g; CARBOHYDRATE 27.8g; FIBER 0.1g; CHOLESTEROL 53mg; IRON 0.7mg; SODIUM 286mg; CALCIUM 90mg;

## **Thai Scallops with Asparagus**

Cooking Light Web Site

Healthy Units: 7

Servings: 4 (1 cup scallop mixture and 1/2 cup rice)

Posted by Shanana111

November 11, 2003

Comments: I doubled the asparagus to bulk it up a bit.

Comments (Kate): I added sliced red pepper with the asparagus for color

### **Ingredients**

1 1/2 pounds sea scallops  
1 tablespoon cornstarch  
1 1/2 tablespoons olive oil  
1 1/2 teaspoons minced peeled fresh ginger  
2 garlic cloves, minced  
2 cups (2-inch) sliced asparagus (about 1/2 pound)  
1/2 cup fat-free, less-sodium chicken broth  
1 tablespoon fresh lemon juice  
1 tablespoon low-sodium soy sauce  
1 teaspoon chile puree with garlic sauce  
2 tablespoons chopped fresh basil  
1/2 teaspoon grated lemon rind  
2 cups hot cooked long-grain rice  
Basil sprigs (optional)

### **Instructions**

Combine the scallops and cornstarch. Heat olive oil in a large nonstick skillet over medium-high heat. Add scallops, and stir-fry 4 minutes. Remove scallops from pan. Add minced ginger and garlic, and stir-fry 10 seconds. Stir in sliced asparagus and next 4 ingredients (asparagus through chile puree), and cook, uncovered, 2 minutes. Return the scallops to pan; cover and cook 1 minute. Remove from heat, and stir in chopped basil and grated lemon rind. Serve with rice. Garnish with basil sprigs, if desired.

Nutritional Info: CALORIES 338 (18% from fat); FAT 6.6g (sat fat 0.9g, monofat 3.8g, polyfat 0.9g); PROTEIN 32.9g; CARBOHYDRATE 35.3g; FIBER 2.1g; CHOLESTEROL 56mg; IRON 2.1mg; SODIUM 474mg; CALCIUM 72mg;

## **Honey and Spice-Glazed Pork Chops**

Source: CL web site

Healthy Units: 7

Servings: 4

Posted by MedleyDawn

Date: 11/11/03

Note: I added about 1/4 cup hot water at the very end to thin the glaze so I could use it as a topping for baked sweet potatoes. Super quick and easy!!

1/4 cup honey

2 tablespoons Dijon mustard

1/2 teaspoon ground ginger

1/4 teaspoon ground cinnamon

1/8 teaspoon ground cloves

Cooking spray

4 (4-ounce) boneless center-cut loin pork chops (about 1/2 inch thick)

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

Combine first 5 ingredients in a bowl.

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Sprinkle pork with salt and pepper; cook 2 minutes on each side or until browned. Reduce heat to medium-low; add honey mixture. Cook 10 minutes or until done, turning pork once.

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

CALORIES 321 (34% from fat); FAT 12.1g (satfat 4.1g, monofat 5.5g, polyfat 0.9g);  
PROTEIN 34g; CARBOHYDRATE 18.7g; FIBER 0.3g; CHOLESTEROL 92mg; IRON  
1.3mg; SODIUM 557mg; CALCIUM 50mg;

**Wild Rice Salad**

HU: 4 (3 if you don't use the almonds)

Source: Old recipe that I dug up again

Serves: 8

Posted by: CAROTS(Donna)

Date: November 12, 2003

Prep time: 10 minutes

Cook time: 20 minutes

\*Notes: Would make a great side dish for Thanksgiving. Next time I'm going to add the almonds.

2 boxes (6 ounces each) long grain and wild rice mix

1 1/4 cups thinly sliced mushrooms

2/3 cups thinly sliced green onions

2/3 cup chopped fresh parsley

1/4 cup sliced almonds (I didn't use)

1/3 Lite Italian dressing

Cook rice, without seasoning packet, according to package directions.

Transfer to bowl. Let Cool. Add remaining ingredients.

## **Frozen Orange Souffle**

HU: 2

SERVINGS: 8

SOURCE: Light and Tasty magazine

POSTED BY: CAROTS/Donna

DATE: November 13, 2003

Prep Time: 20 minutes

Freeze Time: 3 Hours

\*Note: Egg white powder (pasteurized dried egg whites) is found in the baking section of supermarkets.

1 pint fat-free orange sorbet, sherbet or frozen yogurt, softened

1 container (8 ounces) frozen lite nondairy whipped topping.

1/4 cup egg white powder\*

3/4 warm water

1 Tablespoon orange zest (optional)

1. Make collar for dish by cutting piece of waxed paper long enough to go around shallow (2 1/4 inch deep) 1 quart souffle dish, overlapping ends of paper slightly. Fold paper lengthwise in half. Wrap around outside of dish, pulling tight so filling can not run down between the paper and dish. Secure ends of paper together with tape.

2. Gently stir together sorbet and whipped topping in large bowl until blended.

3. Stir together egg white powder and warm water in medium-bowl for 2 minutes or until completely dissolved. Beat with mixer until soft peaks form.

4. Gently fold beaten whites into sorbet mixture. Spoon into prepared dish. Freeze until firm, about 3 hours. Let stand at room temperature 10 minutes before serving. Garnish with orange zest, if desired.

### **Italian White Bean Soup**

Source: American Institute for Cancer Research

Healthy Units: 1 per cup

Yield=8 cups

Posted by: MoOzark /Donna

Posted on: November 13, 2003

Comments: Hearty, filling soup made with pantry ingredients. I used my hand-held blender in the soup pot rather than a blender or food processor. Love that gadget. I forgot to drain the beans so you might get less yield if you follow the recipe. Thus possibly 2 points/ cup.

Also this site has some great looking recipes:

<http://www.aicr.org/information/recipe/index.lasso>

#### **Ingredients:**

2 cans (15.5 oz. each) white kidney beans (cannellini) or Great Northern beans, drained and rinsed

4 cups non-fat, reduced sodium chicken broth, divided

1/2 cup chopped onion

2 cloves garlic, minced

1 can (16 oz.) whole tomatoes with no salt, undrained, chopped or 4-6 fresh plum tomatoes

2 tsp. dried basil

1/2 tsp. dried thyme leaves

1/8 tsp. white pepper

#### **Instructions:**

Combine one can of beans with two cups of the broth in a blender or food processor and blend until a smooth puree. Transfer to a large saucepan. Stir in remaining ingredients. Bring to a boil over high heat, then reduce heat and simmer, covered, about 10 to 15 minutes, or until beans and tomatoes reach desired tenderness.

#### **Nutritional Information:**

Makes 8 servings. Per serving: 103 calories, 1 g. total fat (<1 g. saturated fat), 37 g. carbohydrate, 12 g. protein, 5 g. dietary fiber, 744 mg. sodium.

## **Cranberry Glazed Pork**

CL Web Site

Yields 6 servings -3oz of pork and 2 Tbsp sauce

HU-5 points

Posted by jcanty(Gail)

November 15,2003

1 cup fresh cranberries  
1 cup coarsely chopped peeled cooking apple  
2/3 cup packed dark brown sugar  
1/2 cup water  
1/4 cup chopped onion  
1 tablespoon minced peeled fresh ginger  
1 teaspoon curry powder  
1/8 teaspoon ground red pepper  
2 (3/4-pound) pork tenderloins  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
Cooking spray

Preheat oven to 350°.

Combine first 8 ingredients in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Uncover; simmer 2 minutes or until thick. Cool 10 minutes. Place in a blender or food processor, and process until smooth. Divide cranberry sauce in half. Trim fat from pork; sprinkle with salt and black pepper. Brush pork with half of cranberry sauce. Place pork on a broiler pan coated with cooking spray; bake at 350° for 30 minutes or until thermometer registers 160° (slightly pink). Serve pork with remaining cranberry sauce.

Yield: 6 servings (serving size: 3 ounces pork and 2 tablespoons sauce)

### **NUTRITION PER SERVING**

CALORIES 243 (11% from fat); FAT 3.1g (sat 1g, mono 1.3g, poly 0.3g); PROTEIN 24g;  
CARB 29.5g; FIBER 1g; CHOL 74mg; IRON 2.1mg; SODIUM 164mg; CALC 34mg;

## **Sweet Potato Casserole with Praline Topping**

CL Web Site

Yields 8 servings (serving size  $\frac{3}{4}$  cup)

HU-7 points

Posted by jcanty(Gail)

November 15,2003

My notes: The serving size is really large and could be reduced. The streusel is both stirred into the casserole and sprinkled on top.

1 cup all-purpose flour  
2/3 cup packed brown sugar  
1/4 cup chopped pecans, toasted  
1/4 cup stick margarine, melted  
1/2 teaspoon ground cinnamon  
4 medium sweet potatoes, peeled and halved (about 2 1/2 pounds)  
1/2 cup granulated sugar  
1 1/2 teaspoons vanilla extract  
1 large egg white  
1 (5-ounce) can fat-free evaporated milk  
Cooking spray

Preheat oven to 350°.

Combine first 5 ingredients in a small bowl, stirring to form a streusel. Set aside.

Place potatoes in a Dutch oven; add water to cover. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until very tender. Drain well; mash in a large bowl. Stir in 1 cup streusel, granulated sugar, vanilla, egg white, and milk. Spoon into a 2-quart casserole coated with cooking spray; top with remaining streusel. Bake at 350° for 45 minutes.

Yield: 8 servings (serving size:  $\frac{3}{4}$  cup)

### **NUTRITION PER SERVING**

CALORIES 376 (21% from fat); FAT 8.8g (sat 1.4g, mono 4.1g, poly 2.6g); PROTEIN 5.4g; CARB 70.1g; FIBER 3.8g; CHOL 1mg; IRON 1.9mg; SODIUM 115mg; CALC 97mg;



## **Oats and Buttermilk Snack Cake**

serves: 12

HU: 4

Posted by: Carrie(Scarehair)

11/15/03

Comments: Very kid friendly. CL suggests serving with a maple glaze for dessert or with powdered sugar for after school snack. I let the oat soak for 6 hours instead of 8. Great after school snack. Will experiment using ad-ins like blueberries, shredded carrot or zucchini, coconut, etc. Also will experiment bringing down HU's with ff buttermilk and egg substitute. Stored in zip lock. Tasted great the next day.

1 1/2 Cups buttermilk  
1/2 Cup steel-cut oats  
1/2 Cup oat flour  
1 Cup all purpose flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2/3 cups packed brown sugar  
1/4 cup butter, softened  
1 1/2 teaspoons vanilla extract  
1 large egg  
cooking spray  
1 tablespoon powdered sugar (optional)

Combine buttermilk and oats. Cover and refrigerate 8 hours.

Preheat oven to 375 degrees.

Lightly spoon flour into dry measuring cup; level with a knife. Combine flours, baking powder and soda, and salt; stir with a whisk.

Place brown sugar and butter in a bowl. Beat with mixer at medium speed until light and fluffy. Add vanilla and egg; beat until well blended. Add flour mixture, beating just until moist.

Spoon batter in to a sprayed 9x13 pan. Bake at 375 degrees for 30 minutes or until a wooden pick inserted in the middle comes out clean. Cool 10 minutes in pan on wire rack. Cut into squares. Garnish with powdered sugar, if desired.

cal 176, fat 5.2g, protein 4.1g, carb 28.9g, fiber 1.4g, chol 29mg, iron 1.3mg, sodium 266mg, calc 69 mg

### **Thai Cabbage Slaw**

Source: Cooking Light Magazine November 2003

Serving 8 (3/4 cup/serving) – I served it as 4 almost 2 cup servings

Healthy Units: 0 (only 1 HU if you have 2 cups)

Posted by: JoanBorsten

Date: November 15, 2003

Make sure you let it sit in the refrigerator for at least an hour so all the tastes can blend.  
Served with black beans and chorizo chili – talk about a mishmosh of cultures.

CL: Serve with grilled flank steak, roast chicken or fajitas.

- 1 T fresh lime juice
- 3 T rice vinegar
- 2 T fish sauce
- 1 T water
- 1 T creamy peanut butter
- 1 garlic clove, minced
- 6 cups shredded Napa (Chinese) cabbage
- 2 cups shredded red cabbage
- 1 cup red bell pepper strips
- 1 cup shredded carrots
- 2 T chopped dry roasted peanuts
- 1 T chopped fresh cilantro
- 1 T chopped fresh mint

Combined first 7 ingredients in a large bowl, stirring with a whisk until blended. Add cabbages, pepper and carrots. Toss gently to coat. Cover and marinate in refig 1 hour. Stir in peanuts, cilantro and mint.

Calories 66 (34% from fat). Fat 2.5 g (sat 0.4g, mono 1.1g, poly 0.8g). Protein 2.9g, Carb 10 g, fiber 3.2g, chol 0mg; iron 0.9mg, sodium 540 mg, calc 55 mg

## **Dutch Split Pea Soup**

Source: The Good Food Book, Jan Brody

Servings: 8 <2 cups each>

Healthy Units: 6

Posted by: Bawstinn32(Maria)

Date: 11/15/2003

Comments: I increased the ham from 1/4 pound to 6 oz as that was as big as the ham steak that I purchased was. Rather than broth, I used the ham base I bought from Penzey's mixed with the water.

### **Ingredients**

1 lb dried green split peas

6 c water

4 cups broth (chicken or beef) or ham base from Penzey's mixed with water

6 oz ham, diced (amount was increased from 4 oz.)

3/4 c celery, with some leaves; chopped

2 leeks, white part only, thinly sliced

1 large onion; chopped (1 cup)

3 1/2 cups potatoes; diced

2 cups carrots; diced (2 large)

1/2 teas salt

1/4 teas freshly ground black pepper

1 dash Tabasco or other hot pepper sauce; or to taste

### **Instructions**

In a large saucepan, combine the peas and water. Bring the water to a boil, and cook the peas for 2 minutes. Remove the peas from the heat, cover, and let stand for 1 hour.

Add the broth, ham, celery, leeks, and onion. Bring the soup to a boil, reduce the heat, cover the pan, and simmer the soup for 1-1/2 hours.

Add the potatoes and carrots, and cook the soup for another 15 to 30 minutes (the peas should disintegrate). If the soup gets too thick, thin it with additional broth.

Season the soup with salt, pepper, and hot pepper sauce.

## **Pear Cranberry Crisp**

Source: CL November 2003 page 154

Healthy Units: 4

Serve: 12 servings (about 1/2 cup each)

Posted by Joan Borsten

November 16, 2003

CL: This seasonal desert doesn't take a lot of work. Preparing the topping earlier in the day and refrigerate in a zip top plastic bag.

### **Fillings**

6 cups sliced peeled pear (about 3 pounds)

1 t cornstarch

½ cup fresh cranberries (I will double this next time)

½ cup apple juice

¼ cup maple syrup

1 tsp vanilla extract

½ tsp ground ginger

1/8 tsp sea salt

Cooking Spray

### **Topping**

¾ cup regular oats

¾ cup whole wheat pastry flour

¼ cup sugar

¼ cup chopped pecans

¼ cup butter, melted

1 tsp vanilla extract

¼ t sea salt

1. Preheat oven to 375

2. To prepare filling, place pears in a large bowl. Sprinkle with cornstarch, toss well to coat. Stir in cranberries and the next five ingredients (cranberries through 1/8 tsp sea salt). Spoon pear mixture into a 2-quart baking dish coated with cooking spray.

3. To prepare topping, combine oats and remaining ingredients, tossing until moist. Sprinkle topping in an even layer over pear mixtures. Cover with foil. Bake at 375 for 40 minutes. Uncover and bank an additional 20 minutes or so until topping golden and fruit mixture bubbly. Yield 8 servings (¾ cup each).

Calories 310 (30% from fat). Fat: 10.2g (sat 3.0g, moo 3.4 g, poly 1.3 g); Protein 4.2 g, carb 55.4 g, fiber 4.8g,. chol 15mg, iron 1.1mg, sodium 168mg, calc 40 mg)

## **Unstuffed Cabbage Casserole**

Source: Jim Fobel's Casseroles

Servings: 8

Healthy Units: 7

Posted by: Bawstinn32 (Maria)

November 17, 2003

Comments: The original recipe called for 3/4 pound ground beef, 3/4 pound ground pork and 3/4 cup rice. I only had ground beef and I had 2 pounds of it, so upped the rice by 1/4 cup. Next time I'll increase the amount of tomato sauce as well. Good comfort food that reminded me of my grandma!

4 pounds green cabbage leaves  
1 cup white rice  
2 pounds ground beef, 92% lean  
2 whole eggs  
16 ounces tomato sauce  
1 tablespoon paprika  
1 1/2 teaspoons basil  
2 teaspoons salt  
1/2 teaspoon black pepper  
1 cup water

Quarter the head of cabbage through the core (the core portion will be attached to the quarters and holds the leaves together. Choose a large pot that will hold all 4 pieces and half-fill with water. Cover and bring to a boil over high heat. Add the cabbage, partially cover and boil until tender, about 15 minutes. Drain and let cool slightly.

Bring about 2 quarts of water to a boil in a large saucepan over high heat. Gradually add the rice so the boil does not stop and boil until firm-tender, about 12 minutes. Drain in a sieve and shake out any excess water. Turn the rice into a large bowl and let cool for 10 minutes.

Crumble in the ground beef. Add the eggs and 8 ounces tomato sauce. Add the paprika, basil, salt, pepper and 1/2 cup water. Mix thoroughly with your hands or large spoon.

Preheat the oven to 350.

In a bowl, combine the remaining can of tomato sauce with the remaining 1 cup water. Spread 1/2 cup of the diluted tomato sauce in the bottom of a glass or ceramic baking dish.

Slide off and discard the core portion of each cabbage quarter. Peel off all of the largest outer leaves (there will be 6 or 7 from each quarter). Finely chop enough of the heart of the cabbage to measure about 2 cups lightly packed.

Begin lining the casserole with the largest leaves, overlapping them all around the sides of the pan so the wide ends are on the bottom of the pan, the leaves run up the sides and the points hang over the sides (these will fold inward over the casserole later). Fill in the bottom of the casserole with a double layer of leaves. Spoon in half of the meat mixture and spread into an even layer. Add all of the chopped cabbage and press lightly. Spoon 1/2 cup of the diluted tomato sauce over the chopped cabbage. Spoon on the remaining meat and pat to make an even layer. Arrange the remaining leaves over the top; fold in the overhanging leaves all around. The casserole will be full. Prick all over with a long fork - about 50 times. Spread the remaining diluted tomato sauce over the top.

Cover with a sheet of parchment or wax paper; top that with a sheet of aluminum foil and crimp the edges all around tightly. Place on a sheet of aluminum foil to catch any spills. Bake in the center of the oven for 1 1/2 hours. Remove from oven and let stand, covered for 30 minutes before serving. Cut into 8 squares and serve hot, spooning some of the juices from the casserole over each portion.

Reheat: If at room temperature, cover and bake at 350 for 40 to 50 minutes. If cold, pour 1/4 cup of water over the top. Cover as before and reheat for 1 1/4 hours.

Per Serving (excluding unknown items): 350 Calories; 12g Fat (30.0% calories from fat); 28g Protein; 36g Carbohydrate; 7g Dietary Fiber

## Pad Thai

Source: CL.com

Servings: 6

Healthy Units: 7

Posted by: EJWyatt (Emily)

November 17, 2003

### INGREDIENTS:

6-3/4 cups water, divided  
1/2 pound uncooked rice sticks (rice-flour noodles) or vermicelli  
2 tablespoons oil, divided  
1/4 cup low-sodium soy sauce  
1/4 cup Thai fish sauce  
2 tablespoons brown sugar  
2 large eggs, lightly beaten  
3/4 pound skinned, boned chicken breast, cut into 1-inch strips  
2 garlic cloves, minced  
1/2 pound medium shrimp, peeled and deveined  
1/2 cup (1-inch) sliced green onions  
2 teaspoons paprika  
2 cups fresh bean sprouts  
1/2 cup chopped fresh cilantro  
2 tablespoons chopped peanuts  
6 lime wedges

### INSTRUCTIONS:

Place 6 cups water in a stir-fry pan or wok; bring to a boil. Add noodles; cook 4 minutes. Drain and rinse with cold water; drain well. Place cooked noodles in a large bowl. Add 1 teaspoon oil; toss well. Set aside.

Combine 3/4 cup water, soy sauce, fish sauce, and brown sugar; set aside.

Heat 1 teaspoon oil in a stir-fry pan or wok over medium heat. Add eggs; stir-fry 1 minute. Add eggs to noodle mixture. Heat 1 teaspoon oil in pan over medium-high heat. Add chicken and garlic; stir-fry 5 minutes. Add to noodle mixture. Heat 1 tablespoon oil in pan. Add shrimp, onions, and paprika; stir-fry 3 minutes. Add the soy sauce mixture and noodle mixture to pan; cook 3 minutes or until thoroughly heated.

Remove from heat; toss with sprouts and cilantro. Sprinkle with peanuts. Serve with lime wedges.

### NUTRITIONAL INFO:

calories: 347 carbohydrates: 41.6 g cholesterol: fat: 9.3 g sodium: 1364 mg protein: 24.5 g calcium: 57 mg iron: 2.6 mg fiber: 1.2 g

### YIELD:

6 servings (serving size: 1 1/3 cups noodle mixture, 2 teaspoons cilantro, about 1 teaspoon peanuts, and 1 lime wedge)

### **Cranberry Salad Revised**

Source: My mom's home ec class circa 1940

Healthy Units: 0.5

Servings: 14 (at 1/4 cup each)

Posted by: MoOzark(Donna)

Posted on: November 18, 2003

Comments: Since cranberries now come in 12 ounce packages rather than 16 ounce packages (my sister calls them "cranberry pounds") I have calculated the ratio for 12 ounce packages. Also I have substituted Splenda in place of the sugar to make it Weight Watcher friendly. If you don't want to use Splenda, continue to use sugar in the recalculated amounts. Just be sure to change the points if you use real sugar.

1 7/8 cups Splenda

3/4 cup water

1 1/8 tablespoons gelatin soaked in 3/8 cup cold water

1 12 ounce package raw cranberries, ground

1/2 to 3/4 medium-sized orange, ground with rind

3/4 cup chopped nuts\* (optional)

-Heat water to boiling and add Splenda to dissolve.

-Add soaked gelatin and stir until dissolved.

-Cool.

-Add remaining ingredients. Chill

Note:

-cranberries can be ground using a food mill, a food processor, or a blender.

-if cranberries are juicy, use more gelatin. Up to 1 1/2 Tablespoons total. Seems that early cranberries are crisp and later season cranberries are juicy.

Yield: approx 3 1/2 cups 14 servings

Salad with nuts at 1/4 cup servings=1.5 points

Salad without nuts at 1/4 cup serving= .5 points



## **Panda Express Orange Chicken - reduced version**

Source WW boards

Healthy Units 5

Servings 4

Posted by "Beckyplay"

11/18/03

### **Ingredients**

#### **SAUCE**

3 tablespoons water

2 tablespoons orange juice

1/2 cup dark brown sugar, not packed

1/2 cup Splenda

1 tablespoon dry sherry, or rice vinegar

2 1/2 tablespoons low sodium soy sauce

1/4 cup lemon juice+2 tablespoons lemon juice (total of 6 tablespoons)

orange zest, from whole orange

1 teaspoon fresh ginger, minced

3/4 cup green onion, chopped

1/2 teaspoon red pepper flakes

#### **REMAINING INGREDIENTS**

2 tablespoons cornstarch

3 tablespoons water

1 pound skinless boneless chicken breast, cut in 1" pieces

1 teaspoon peanut oil

4-5 cups frozen broccoli, chopped

### **Directions**

1. Combine all of the sauce ingredients in a medium saucepan. Stir often while bringing mixture to a boil. When sauce reaches a boil, remove it from heat and allow it to cool a bit, uncovered. (I added an additional 1/4 cup of water to stretch the sauce).

2. Slice chicken breasts into bite-size chunks. Remove a scant 1 cup of the marinade from the pan and pour it over the chicken in a large resealable plastic bag or other container which allows the chicken to be completely covered with the marinade. The chicken should marinate for at least a couple hours. Cover the remaining sauce and leave it to cool until the chicken is ready.

3. When chicken has marinated, preheat a non-stick skillet on high heat.

4. Put cornstarch in a small bowl, then add 3 tablespoons of water. Stir until cornstarch has dissolved. Pour this mixture into the sauce and set the pan over high heat. When sauce begins to bubble and thicken, cover and remove it from heat. (I used 3 tablespoons of cornstarch and added sufficient water (1/4 c roughly) to make the sauce an appropriate consistency.)

5. Remove chicken from marinade and brown over high heat in skillet sprayed with cooking spray and 1 tsp oil. Discard marinade. As the chicken cooks, reheat the sauce left covered on the stove. Stir occasionally.

6. When all of the chicken is done, add frozen broccoli and cover. Stir occasionally until broccoli is heated through - about 5 minutes. Cover with the thickened sauce. Stir gently until all of the pieces are well coated.

Serve over 1/2 cup rice for a 7 pt meal.

Nutritional Information without the Broccoli

Per Serving: 279 Calories; 3g Fat (8.5% calories from fat); 27g Protein; 36g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 464mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 2 Other Carbohydrates.

## **Chunky Chipotle-Chicken Chili**

Cooking Light Website

Serves: 6

Healthy Units: 6

Posted by: Jill H (jillyh)

11/19/03

3 bacon slices

1 pound skinned, boned chicken breasts, cut into 1-inch pieces

1/2 cup chopped red onion

1 teaspoon ground coriander

5 garlic cloves, minced

1 drained canned chipotle chile in adobo sauce, seeded and minced

1 cup frozen whole-kernel corn, thawed

1 (16-ounce) bottle salsa

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

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

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan; crumble. Add chicken to drippings in pan; saute 4 minutes. Remove from pan; keep warm. Add the onion, coriander, garlic, and chile to pan; saute 3 minutes. Add corn, salsa, beans, and bell peppers; cover and cook 5 minutes. Return the chicken and bacon to pan; cook 5 minutes or until thoroughly heated.

Yield: 6 servings (serving size: 1 cup)

### **NUTRITION PER SERVING**

CALORIES 293 (30% from fat); FAT 9.8g (sat 3.4g, mono 4.1g, poly 1.5g); PROTEIN 24.7g; CARB 26g; FIBER 4.2g; CHOL 53mg; IRON 2.9mg; SODIUM 686mg; CALC 69mg

### **Garden Salad with Creamy Lemon Dressing**

Cooking Light Annual Recipes 1999, p. 245

Serves: 4

Healthy Units: 1

Posted by: Jill H. (jillyh)

11/19/03

7 cups torn romaine lettuce  
2/3 c. thinly sliced seeded peeled cucumber  
1/2 c. thinly sliced carrot  
1/3 c. sliced green onions  
6 cherry tomatoes, halved  
1/2 c. fat free sour cream  
2 T. grated Parmesan cheese  
1 1/2 T. lemon juice  
1 1/2 tsp. water  
1 1/2 tsp. vegetable oil  
1/4 tsp. salt  
1/8 tsp. black pepper

Combine first 5 ingredients in a large bowl. Combine sour cream and remaining 6 ingredients in a small bowl; stir well with a whisk. Spoon dressing over salad, tossing gently to coat. Yield: 4 servings. (Serving size= 2 cups).

Calories=80; Fat=2.8g; Protein=5.3g; Carb=8.7g; Fiber=2.7g; Chol=2mg; Iron=1.5mg; Sodium=230mg; Calcium=86mg

## **Individual Beef Wellingtons**

Cooking Light Five Star Recipes, p. 78

Serves: 6

Healthy Units: 7

Posted by: Jill H. (jillyh)

11/19/03

3/4 lb. fresh mushrooms, quartered  
butter flavored vegetable cooking spray  
1/4 c. chopped shallots  
2 cloves garlic, minced  
2 tsp. all purpose flour  
1/2 tsp. dried marjoram  
1/8 tsp. pepper  
1 (10 1/2 oz) can beef consommé, undiluted and divided  
2 T. minced fresh parsley  
6 (4 oz) beef tenderloin steaks (1 inch thick)  
1 1/2 tsp. 72% less sodium Worcestershire sauce (I used regular)  
6 sheets frozen phyllo pastry, thawed in refrigerator  
1/2 c. Marsala  
1 1/2 tsp. cornstarch

Calories=297; Protein=28.6g; Fat=9/4g; Carbohydrate=18.4g; Fiber=.9g;  
Cholesterol=71mg; Iron=4.7mg; Sodium=497mg; Calcium=20mg

Position knife blade in food processor bowl; add mushrooms, and process until finely chopped. Coat a large skillet with cooking spray; place over medium high heat until hot. Add mushrooms, shallots, and garlic; sauté 2 minutes or until tender. Stir in flour, marjoram, and pepper. Gradually add 1/4 c. consommé; stir well. Cook, stirring constantly, 5 minutes or until liquid evaporates (mixture will be very thick). Remove from heat, and stir in parsley; set aside. Trim fat from steaks. Coat skillet with cooking spray, and place over medium high heat until hot. Add steaks and cook 1 1/2 minutes per side or until browned. Drain on paper towels. Place steaks on a rack coated with cooking spray, and place rack in a shallow roasting pan. Drizzle 1/4 tsp. Worcestershire sauce over each steak; top each with 3 T. mushroom mixture. Place 1 phyllo sheet on a work surface (keeping remaining phyllo covered); lightly coat phyllo sheet with cooking spray. Fold rectangle in half crosswise to form a 13x5 1/2 inch rectangle; lightly coat with cooking spray. Fold rectangle in half crosswise to form a 6 1/2 x 5 1/2 inch rectangle; lightly coat with cooking spray. Cut a 1/4 inch strip from short side of rectangle; set aside. Drape phyllo rectangle over a steak, tucking all edges under the steak. Lightly coat with cooking spray. Crumple the 1/4 inch strip of phyllo into a ball and place on top of phyllo wrapped steak. Return steak to rack in roasting pan. Repeat procedure with remaining phyllo sheets and cooked steaks.

Bake at 425 for 15 minutes or to desired degree of doneness. (I had to bake slightly longer to get the phyllo to the golden color I wanted.) Combine remaining consommé, wine, and cornstarch in a small saucepan; stir well. Bring to a boil; cook, stirring constantly, 1 minute. Stir with steaks. Yield: 6 servings. (serving size: 1 individual Wellington and 1/4 c. sauce.)

## **Shrimp, Peppers, and Cheese Grits**

Cooking Light Website

Serves: 4

Healthy Units: 9

Posted by: Jill H. (jillyh)

11/19/03

1/2 cup chopped Canadian bacon  
1 cup red bell pepper strips  
1 cup green bell pepper strips  
1 (10-ounce) can diced tomatoes and green chiles, drained  
1 1/2 pounds medium shrimp, peeled and deveined  
1/2 cup chopped green onions  
1 2/3 cups fat-free milk  
1 (16-ounce) can fat-free, less-sodium chicken broth  
1 cup uncooked quick-cooking grits  
1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese

Cook bacon in a skillet over medium heat 3 minutes or until lightly browned, stirring frequently. Add bell peppers; cook 10 minutes, stirring occasionally. Add tomatoes; cook 5 minutes. Add shrimp; cook 3 minutes. Stir in green onions; keep warm.

Combine milk and broth in a saucepan. Bring to a boil, and stir in grits. Bring to a boil; reduce heat, and cook for 5 minutes or until thick, stirring occasionally. Stir in cheese. Serve shrimp mixture over grits.

Yield: 4 servings (serving size: 1 cup grits and 1 1/4 cups shrimp mixture)

### **NUTRITION PER SERVING**

CALORIES 452 (19% from fat); FAT 9.4g (sat 4.1g, mono 2.5g, poly 1.4g); PROTEIN 46.5g; CARB 42.7g; FIBER 3.3g; CHOL 223mg; IRON 5.7mg; SODIUM 1058mg; CALC 467mg;

## **Korean Buns**

Source: Food and Wine (Dec 2003)

Healthy Units: 2.5

Servings: 5

Posted by: MissVN

Date: Nov. 19, 2003

### **Ingredients**

1 package (10 oz) biscuit dough  
1/4 pound low-fat sausage  
1/4 cup kimchi, drained and chopped  
1 chopped scallion (green and white part)

### **Instructions**

1. In a medium bowl, combine the sausage meat, kimchi, and scallion. On a work surface, flatten each biscuit to a 3-inch round. Place 1 tablespoon of the filling in the center of each biscuit, moisten the edges and pinch the seam to seal.
2. Line a bamboo or metal steamer with a sheet of lightly oiled wax paper. Place the buns on the wax paper, seam side up. Cover and steam for 10 minutes. Serve the steamed buns at once, passing soy sauce on the side.

Notes: Could very easily be adapted by other seasonings to go with any Asian dish. Fairly quick & easy to prepare. Also, watch out, if you use waxed paper in a metal steamer, you will get some melted wax on your steamer. Next time I'll probably use cabbage leaves.

Kimchi (or kim chee) can normally be found in the produce section of your grocer near the tofu & Asian foods.



## Old Fashioned Caramel Cake

Source: Cooking Light, December 1999

Healthy Units: 7

Servings: 18

Posted by: Carol (sandythecur)

Date: November 19, 2003

1 tablespoon flour  
1 1/2 cups granulated sugar  
1/2 cup butter, softened  
2 eggs  
1 egg white  
2 1/4 cups flour  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 1/4 cups milk, 1% lowfat  
2 teaspoons vanilla  
1 cup packed brown sugar  
1/2 cup evaporated milk, fat free  
2 1/2 tablespoons butter  
2 teaspoons corn syrup, light  
dash salt  
2 cups powdered sugar  
2 1/2 teaspoons vanilla

Preheat oven to 350°. Coat 2 (9-inch) round cake pans with cooking spray; line bottoms with wax paper. Coat wax paper with cooking spray; dust with 1 tablespoon flour.

Beat granulated sugar and 1/2 cup butter at medium speed of a mixer until well-blended (about 5 minutes). Add eggs and egg white, 1 at a time, beating well after each addition. Lightly spoon 2 1/4 cups flour into dry measuring cups; level with a knife. Combine 2 1/4 cups flour, baking powder, and salt; stir well with a whisk. Add flour mixture to sugar mixture alternately with 1 1/4 cups milk, beginning and ending with flour mixture. Stir in 2 teaspoons vanilla.

Pour batter into prepared pans, and sharply tap pans once on counter to remove air bubbles. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pans. Carefully peel off wax paper; cool completely on wire rack.

To prepare frosting, combine brown sugar and next 4 ingredients (brown sugar through salt) in a medium saucepan, and bring to a boil over medium-high heat, stirring constantly. Reduce heat, and simmer until thick (about 5 minutes), stirring occasionally. Remove from heat. Add powdered sugar and 2 1/2 teaspoons vanilla; beat at medium speed of a mixer until smooth and slightly warm. Cool 2 to 3 minutes (frosting will be thin but thickens as it cools).

Place 1 cake layer on a plate; spoon 1/2 cup frosting on to cake layer spreading to cover. Top with remaining cake layer. Frost top and sides of cake. Store cake loosely covered in refrigerator.

Per Serving (excluding unknown items): 307 Calories; 8g Fat (21.9% calories from fat); 4g Protein; 57g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 228mg Sodium.

## **Pumpkin Cheesecake**

Source CL web site

HU-6 points

Posted by: jacanty(Gail)

Nov 19,2003

Cheesecakes are best when they're made ahead of time. You can prepare this one up to three days before the party; just cover and chill it until time to serve.

### **CRUST:**

56 reduced-fat vanilla wafers (about 8 ounces)

1 tablespoon butter or stick margarine, melted

Cooking spray

### **FILLING:**

3 (8-ounce) blocks fat-free cream cheese, softened

2 (8-ounce) blocks 1/3-less-fat cream cheese, softened

1/2 cup granulated sugar

1/2 cup packed brown sugar

3 tablespoons all-purpose flour

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon ground ginger

1/4 teaspoon salt

Dash of allspice

2 teaspoons vanilla extract

4 large eggs

1 (15-ounce) can pumpkin

Preheat oven to 400°. To prepare crust, place wafers in a food processor; pulse 2 to 3 times or until finely ground. Add butter; pulse 10 times or until mixture resembles coarse meal. Firmly press mixture into bottom of a 9-inch springform pan coated with cooking spray. Bake at 400° for 10 minutes; cool on a wire rack.

Reduce oven temperature to 325°.

To prepare filling, beat cheeses with a mixer at high speed until smooth. Add the granulated sugar and next 8 ingredients (granulated sugar through vanilla), beating well.

Add eggs, 1 at a time, beating well after each addition. Add pumpkin; beat well.

Pour cheese mixture into prepared crust; bake at 325° for 1 1/2 hours or until almost set. (Cheesecake is done when the center barely moves when pan is touched.) Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature; cover and chill at least 8 hours.

NUTRITION PER SERVING CALORIES 256 (34% from fat); FAT 9.8g (sat 5.3g, mono 2.9g, poly 0.5g); PROTEIN 11.4g; CARB 29.3g; FIBER 1.4g; CHOL 86mg; IRON 1.2mg; SODIUM 479mg; CALC 172mg;

## **Brussel Sprouts with Bacon**

Adapted from Rachael Ray's 30-Minute Meals

Servings: 4

HU: 0.5 (with my changes)

Posted by Debmj1(Deb)

November 21, 2003

Note: I used Hatfield sliced bacon, a local brand that has 70 calories for three slices, and calculated points based on that brand. I was going to use 1 tsp. of oil instead of the 1 Tbsp., but felt any oil was unnecessary. 3 slices bacon, chopped

1 Tbsp. olive oil (I completely omitted this)

1 shallot, chopped

1 1/2 pounds Brussels sprouts, trimmed, small sprouts left whole, larger sprouts halved

1 cup chicken broth (I used 2/3 cup and it was more than enough)

Brown bacon in a medium skillet over medium high heat. Remove bacon to a paper towel lined plate. Add olive oil to the pan. Add shallots and saute 1 to 2 minutes. Add Brussels sprouts and coat in oil. Season with salt and pepper. Cook Brussels sprouts 2 to 3 minutes to begin to soften, then add broth. Bring broth to a bubble, cover and reduce heat to medium low. Cook 10 minutes, until tender. Transfer sprouts to a serving dish with a slotted spoon and top with cooked bacon bits.

**Creamy Mashed Potatoes**

Source: Cooking Light Critics with a twist

Healthy Units: 4

Servings: 7/ 1 Cup per serving

Posted By: Dianne (Dianeee)

Date 11/22/2003

side dishes | Serving is 1 Cup

**Ingredients**

4.4 oz. pkg. Light Boursin Cheese  
3 pound uncooked yukon gold potatoes  
2/3 cup fat-free skim milk  
1 tsp table salt  
4 tbsp light butter

Instructions Boil Potatoes covered in water until tender, drain. Melt butter add milk, salt and Cheese. Mix together until melted. Add potatoes and whip.

## **Chocolate Espresso Brownies**

Holly Clegg, Trim & Terrific Home Entertaining the Easy Way

Servings: 72

HU: 1.7

Posted by Debmj1(Deb)

November 23, 2003

Comments: Here is the brownie recipe. The recipe is especially for entertaining, and as such, they designate 72 quite tiny servings. I cut these into 48 brownies at 2.4 points per brownie with my changes. Next time, I may decrease the sugar in the brownies even further to 1 1/4 cups, and increase the cocoa powder to 1/2 cup.

### **Ingredients**

1 cup water

1/3 cup Canola oil

2 tablespoons espresso powder

2 cups all purpose flour

1 3/4 cups sugar (I used 1 1/2)

1/3 cup cocoa

1/2 cup buttermilk

1 teaspoon baking soda

1 egg, beaten

Chocolate Espresso Icing (recipe follows)

### **Instructions**

Preheat oven to 400 degrees. Coat a 15x10x1-inch baking pan with nonstick cooking spray.

In a small pot, combine water and oil; bring to a boil. Remove from heat and stir in espresso powder until dissolved. In a large bowl, mix together the flour, sugar and cocoa. Add hot water mixture to the flour mixture, and stir well. In a small bowl mix together, the buttermilk and baking soda, stir until baking soda dissolves. Add buttermilk mixture and egg to batter, stirring well.

Transfer the batter to the prepared baking pan. Bake for 15 minutes, or just until the top springs back when touched. Remove from oven and immediately pour the Chocolate Espresso Icing on top and spread. Cool the brownies completely at room temperature, and cut into squares.

**Chocolate Espresso Icing**

6 tablespoons margarine (I used 3 Tbsps. regular butter and 3 Tbsps. light butter)

1/3 cup buttermilk

1/4 cup cocoa

1 tablespoon espresso powder (instant espresso coffee)

1 (16-ounce) box confectioners' sugar

1 teaspoon vanilla extract

In a medium pot, combine margarine, buttermilk, cocoa, and espresso powder; and bring to a boil. Add confectioners' sugar and vanilla, mixing until smooth. Set aside until ready to use.

## **Chicken and Wild Rice with Smoked Sausage**

Cooking Light, December 2002

Healthy Units 10

Servings 8 (1 1/2 c.)

Posted by Lesley(LMaybloom)

11/23/03

vegetable cooking spray

1 pound boneless skinless chicken breast, cut into bite-sized pieces

1 14 ounce package smoked sausage, cut into 1/2" thick slices

4 cups Portobello mushroom caps, sliced 1/2" thick

2 cups chopped onion

2 whole garlic cloves, minced

2 14 1/2 ounce lowfat chicken broth

2 6.2 ounce Uncle Ben's fast-cooking long grain & wild rice

1/2 cup chopped green onions

1 14 ounce can artichoke hearts, quartered

1 2 1/4 ounce black olives

### **Instructions**

1. Heat a Dutch oven coated w/ cooking spray over medium high heat. Add chicken; saute 4 minutes or until done. Remove from pan; keep warm. 2. Re-coat pan w/ cooking spray. Add sausage; saute 5 minutes or until browned. Add mushrooms, 2 c onion and garlic; saute 3 minutes. Add broth and rice, omitting seasoning packets; bring to a boil. Cover, reduce heat and simmer 20 minutes or until liquid is absorbed.



## **Linguine and Spinach with Gorgonzola Sauce**

Cooking Light December 2003

Servings: 4 (1 1/4 cups each)

HU: 7.7

Posted by Debmj1(Deb)

November 23, 2003

Note: I added 2 cloves of minced garlic to this, quickly sautéing them in the butter before adding the flour. This would be even better with about a Tablespoon of toasted walnuts sprinkled over each serving.

1 9-oz. package fresh linguine

1 Tbsp. butter

1 Tbsp. all-purpose flour

1 12-oz. can evaporated low-fat milk (I used evaporated skim milk)

3/4 cup (3 oz.) crumbled Gorgonzola cheese

3/4 tsp. salt

1/4 tsp. black pepper

1 6-oz bag fresh baby spinach (about 6 cups) (I lightly chopped mine)

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

While pasta cooks, melt butter in a medium saucepan over medium heat. Add flour; cook 1 minute, stirring constantly with a whisk. Gradually add the milk, stirring constantly with a whisk. Increase heat to medium-high; bring to a boil, stirring constantly. Reduce heat, simmer 3 minutes or until sauce thickens slightly, stirring frequently. Remove from heat, and stir in cheese, salt and pepper. Combine the sauce, pasta and spinach, tossing gently to coat.

Calories 379; fat 12.2g (sat 7.5g, mono 1.5 g, poly 0.8g); protein 19.6g; carb 48.3g; fiber 4.6g; chol 80 mg; iron 3.7mg; sodium 898mg; calc 411mg.

## **Oniony Vegetable Beef Soup**

Cooking Light Soups and Stews Cookbook, p. 45

Serves: 10

Healthy Units: 2

Posted by: Jill H. (jillyh)

11/23/03

Comments: Made this for lunch today. The recipe is from the CL Soups and Stews Cookbook, which does not list fiber info, so the points below have been calculated without fiber. This is an old-fashioned, basic vegetable beef soup recipe, but it's a good one and super low points. I will definitely make again. Good for cold winter lunches and sick kids. :) Don't skip the 1 hour simmer--it's what tenderizes the beef so well.

1/2 lb lean boneless top round steak  
Vegetable cooking spray  
1 tsp. olive oil  
1 1/2 c. thinly sliced onion  
1 tsp. sugar  
3/4 tsp. salt  
1 T. minced garlic  
1 1/2 c. water  
2 (14 1/2 oz) cans no salt added beef broth  
1 (14 1/2 oz) can no salt added whole tomatoes, undrained and chopped  
1/2 tsp. dried thyme  
1/2 tsp. pepper  
1 bay leaf  
1 1/2 c. coarsely chopped cabbage  
1 c. chopped celery  
1 c. sliced carrot  
1 medium size yellow squash, cut into 1 inch chunks  
1 small zucchini, cut into 1 inch chunks

Trim fat from steak; cut steak into 1 inch pieces. Coat a Dutch oven with cooking spray; place over medium high heat until hot. Add steak; cook until browned on all sides, stirring frequently. Remove steak from pan; drain and set aside. Add oil to pan. Place over medium high heat until hot. Add onion; sauté 5 minutes or until tender. Reduce heat to medium low; add sugar and salt. Cook 15 to 20 minutes, or until golden, stirring occasionally. Add garlic; cook 1 minute. Add steak, water, and next 5 ingredients to onion mixture. Bring to a boil; cover, reduce heat, and simmer 1 hour. Add cabbage and remaining ingredients. Cover and simmer 25 to 30 minutes or until vegetables are tender. Remove and discard bay leaf. Yield: 10 (1 cup) servings.

Cal=79; Fat=1.6g; Protein=6.8g; Carb=9g; Cholesterol=13mg; Sodium=216mg

## **Beef And Green Bean Stir Fry**

Source: FC Light and Easy

HU: 6\*

Serves: 6

Posted by: CAROTS/Donna

Date: November 24, 2003

\*Note: Can be reduced by subbing reduced-fat peanut butter. Next time will try that. A quick and easy dish. The peanut butter is the surprise ingredient in this dish. If you love peanut butter, and who doesn't..... try this! Prep Time: 15 minutes

Cook Time: 12 minutes

1 pound green beans, trimmed and left whole  
1 flank steak (about 14 ounces), cut into thin strips  
1 Tablespoon grated fresh ginger; OR 1 teaspoon ground ginger  
1 clove garlic, minced  
2 teaspoon oil  
1/2 cup reduced-sodium beef broth  
1/4 cup creamy peanut butter\*  
3 Tablespoons red wine vinegar  
3 Tablespoons light soy sauce  
2 Tablespoons dark Asian sesame oil  
1 Tablespoon chopped peanuts

1. Cook beans in large pot boiling water until tender, about 6 minutes; drain
2. Stir-fry beef, ginger and garlic in hot oil in skillet 3 to 5 minutes
3. Whisk broth, peanut butter, vinegar, soy and sesame oil in small bowl. Add to beef; cook until mixture boils and thickens slightly. Add beans; heat. Transfer to platter; sprinkle with peanuts.

## **Crisp Potato Hash Browns**

Cooking Light December 2003

Servings: 8

HU: 1.7 per round

Posted by Debmj1(Deb)

11/24/03

Notes: I would suggest spraying just the areas on the foil where you'll place the rounds. I found that any cooking spray elsewhere on the sheet burned and made the house smell like something was burning.

4 cups shredded peeled baking potato (about 1 1/4 pounds)  
1/4 cup thinly sliced green onions (I used sweet onions)  
1/4 cup chopped green bell pepper  
2 Tbsps. cornstarch  
1/4 tsp. salt  
1/4 tsp. black pepper  
1/4 tsp. onion powder  
Cooking spray

Preheat oven to 475. Place potato in a large bowl, and cover with cold water. Let stand 5 minutes. Drain and rinse potato. Dry thoroughly in a salad spinner or pat dry with paper towels. Combine potato, onions and bell pepper in bowl. Add the cornstarch, salt, black pepper and onion powder; toss well to coat.

Line a baking sheet with nonstick aluminum foil; coat thoroughly with cooking spray. Place a 3-inch biscuit cutter on prepared baking sheet. Fill biscuit cutter with 1/2 cup potato mixture (do not pack). Carefully remove cutter, leaving potato patties intact. Repeat the procedure with remaining potato mixture. Coat tops of potato patties with cooking spray. Bake at 475 for 20 minutes. Turn and bake for an additional 15 minutes or until golden brown.

Calories 97; fat 0.7 g (sat 0.2g, mono 0g, poly 0.3g); protein 2.2g; carb 21.1g; fiber 1.7g; chol 0mg; iron 1.1mg; sodium 97mg; calc 12mg.

## **Ginger Spiced Pumpkin Pie**

WW - online

Servings: 12

HU: 2

Posted by: lbdqt34(Cynthia)

11-24-03

### **Ingredients:**

1 large egg  
1/3 cup sugar  
1/4 tsp. table salt  
1 tsp. ground cinnamon  
1/2 tsp. vanilla extract  
1/2 tsp. ground ginger  
1/4 tsp. ground nutmeg  
15 oz. canned pumpkin  
3/4 cup fat-free evaporated milk  
1 average pie crust, 9-inch, unbaked

### **Instructions:**

1. Preheat oven to 425 degrees. In a large bowl, lightly beat egg. Stir in sugar, salt, cinnamon, vanilla, ginger and nutmeg. Add pumpkin and evaporated milk. Stir well combined. Pour into pie shell.
2. Bake for 20 minutes. Reduce heat to 350 degrees and bake until toothpick inserted into center comes out clean, about 20 minutes. Cool for 1 hour before serving.

## **Chicken or Crab Rangoon**

WW-online

Servings: 6

HU: 4

Posted by: lbdqt34(Cynthia)

11-24-03

NOTE: I made this with 5 oz. of chicken instead of the crabmeat. Perhaps it could be called CHICKEN RANGOON.

### **Ingredients:**

2 servings cooking spray (5 one-second sprays per serving)  
2 tsp. olive oil  
2 medium garlic cloves, minced  
2 medium scallions, minced  
2 tbsp. snow peas, chopped  
5 oz. canned chicken (usually 6 oz. crabmeat if you fix the "crab rangoon")  
4 oz. light cream cheese (I used ff cream cheese)  
2 tsp. low-sodium soy sauce  
24 items wonton wrappers

### **Instructions:**

1. Preheat oven to 350 degrees. Coat a large baking sheet with cooking spray.
2. Heat oil in a small skillet over medium-high heat. Add garlic, scallions and snow peas and saute until just tender, about 2 minutes. Remove from heat and stir in crabmeat, cream cheese, and soy sauce with a wooden spoon; mix gently to combine.
3. Place wonton wrappers on a flat surface. Drop crab mixture by teaspoonfuls onto the center of each wrapper. Dip a finger into water and use it to moisten edges of wrapper; fold over one corner of wrapper to make a triangle and press sides together to seal. Create decorative lines along the edges of the wontons by pressing the tines of a fork along the bottom edge of each wonton.
4. Transfer the filled wontons to prepared baking sheet and coat with cooking spray. Bake until wontons are golden brown about 15-20 minutes. Yields 4 crab rangoon per serving.

**Banana Muffins:**

WW-on-line

Servings: 12

HU: 1

Posted by: lbdqt34(Cynthia)

11-24-03

**Ingredients:**

1 cup flour

1 tbsp. baking powder

1/2 tsp. baking soda

1/4 tsp. salt

1 cup mashed bananas

1/4 cup sugar

1/4 cup fat free sour cream

1 egg

1 tsp. vanilla

**Ingredients:**

Combine ingredients and put into muffin sprayed with PAM.

Bake at 350 degrees for 15-20 minutes

It's best to put the muffins in an air tight container and eat the next day or so.

Yields 12 muffins - 1 point each!

## **Cranberry-Chocolate Chip Biscotti**

www.cookinglight.com

Healthy Units 2 per Biscotti (1.5 with my changes)

2 dozen

Posted by Lesley(LMaybloom)

11/24/03

### **Ingredients**

2 3/4 cups all-purpose flour (1 1/2 cups all-purpose and 1 1/4 whole wheat pastry flour)

1 cup sugar (1/2 cup sugar / 1/2 cup Splenda)

1/2 cup dried cranberries

1/3 cup semisweet chocolate chips

2 teaspoons baking powder

1/8 teaspoon salt

1 tablespoon vegetable oil

1 teaspoon almond extract

1 teaspoon vanilla extract

3 large eggs

Cooking spray

### **Instructions**

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups, and level with a knife. Combine the flour and the next 5 ingredients (flour through salt) in a large bowl. Combine oil, extracts, and eggs; add to flour mixture, stirring until well blended (dough will be dry and crumbly).

Turn the dough out onto a lightly floured surface; knead lightly 7 to 8 times. Divide the dough in half. Shape each portion into an 8-inch-long roll. Place rolls 6 inches apart on a baking sheet coated with cooking spray; flatten each roll to 1-inch thickness.

Bake at 350° for 35 minutes. Remove rolls from baking sheet; cool 10 minutes on a wire rack. Cut each roll diagonally into 15 (1/2-inch) slices. Place the slices, cut sides down, on baking sheet. Reduce oven temperature to 325°, and bake for 10 minutes. Turn cookies over; bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet; cool completely on wire rack.

Yield: 2 1/2 dozen (serving size: 1 Biscotti)

### **NUTRITION PER SERVING**

CALORIES 98 (17% from fat); FAT 1.8g (sat 0.7g, mono 0.6g, poly 0.4g); PROTEIN 2g; CARB 18.6g; FIBER 0.4g; CHOL 22mg; IRON 0.7mg; SODIUM 50mg; CALC 24mg;



### **Butternut Squash Soup with Pears and Maple Bacon**

Source: Raley's Supermarket Weekly Ads

Healthy Units: 4 per serving

Servings: approximately 8 (1 cup servings)

Posted by: Colleen (kyowp)

Date: November 25, 2003

Note: The blender worked fine with mixture divided in half.

#### **INGREDIENTS:**

6 strips maple bacon  
1 small onion, chopped  
1 large or 2 small butternut squash (4 cups)  
2 large Bartlett Pears, peeled, cored and cubed  
1 large stalk celery, chopped  
2 (14 oz) cans chicken broth  
1/2 tsp. thyme  
1/2 tsp. basil  
1/2 cup half-and-half  
chopped fresh thyme for garnish

#### **INSTRUCTIONS:**

Saute bacon in a large stockpot until crisp; remove from pan, drain on paper towels and crumble. Remove all but 1 tbsp. bacon grease from pot; add onion and saute until browned. Meanwhile, cut squash in half and scoop out seeds. Remove peel and cut squash into cubes (approx 4 cups). Add squash, pears, celery and broth to pot. Bring to a boil; reduce heat and simmer, covered, for 30 minutes. Let cool slightly and place in a blender or food processor and puree until smooth. Return to pot and add herbs and bacon. Simmer for ten minutes more. Stir in half-and-half. Ladle into bowls and sprinkle with fresh thyme.

**NUTRITIONAL INFO:** 178 cal, 6g protein, 11g fat, 15g carbs, 3g fiber, 22mg cholesterol, 696mg sodium

## **Caramel-Swirl Apple Cheesecake**

Source: CL Website

HU's: 6

Posted by: littlechi

11/25/03

### **Ingredients:**

1 (32-ounce) carton vanilla low-fat yogurt  
1/4 cup sugar  
1 tablespoon stick margarine, softened  
1 egg white  
1 1/4 cups graham cracker crumbs (about 40 crackers)  
1 teaspoon ground cinnamon  
Vegetable cooking spray  
1/4 cup firmly packed brown sugar  
1/4 cup orange juice  
3 cups cubed peeled Golden Delicious apple (about 1 1/4 pounds)  
1/2 cup sugar  
3 tablespoons cornstarch  
1 tablespoon vanilla extract  
1/4 teaspoon salt  
1 (8-ounce) block Neufchatel cheese, softened  
1 (8-ounce) block nonfat cream cheese, softened  
2 eggs  
1/3 cup fat-free caramel-flavored sundae syrup  
2 tablespoons fat-free caramel-flavored sundae syrup  
Cinnamon sticks (optional)

### **Instructions**

Place colander in a 2-quart glass measure or bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over edge of bowl. Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours. Spoon yogurt cheese into a bowl; discard liquid. Cover and refrigerate.

Preheat oven to 350°. Combine 1/4 cup sugar, margarine, and egg white in a bowl; beat at medium speed of a mixer until blended. Add crumbs and cinnamon; stir well. Firmly press mixture into bottom and 1 1/2 inches up sides of a 9-inch springform pan coated with cooking spray. Bake at 350° for 10 minutes; let cool on a wire rack.

Preheat oven to 300°. Combine brown sugar and orange juice in a large nonstick skillet; bring to a boil. Add apple; cook 8 minutes until apple is tender and liquid evaporates, stirring occasionally. Set aside.

Combine yogurt cheese, 1/2 cup sugar, and next 5 ingredients (1/2 cup sugar through nonfat cream cheese) in a bowl; beat at medium speed of a mixer until smooth. Add eggs, 1 at a time, beating well after each addition.

Spoon apple mixture into prepared pan. Pour cheese mixture over apples; top with 1/3 cup sundae syrup, and swirl with a knife to create a marbled effect. Bake at 300° for 1 hour until almost set. Turn oven off; loosen cake from sides of pan using a narrow metal spatula or knife. Let cheesecake stand for 40 minutes in oven with door closed. Remove cheesecake from oven, and let cool to room temperature. Cover and chill at least 8 hours. Drizzle remaining 2 tablespoons sundae syrup over top; garnish with cinnamon sticks, if desired.

Yield: 12 servings (serving size: 1 wedge)

#### NUTRITION PER SERVING

CALORIES 286 (25% from fat); FAT 8g (sat 3.7g, mono 1.3g, poly 0.5g); PROTEIN 10.4g; CARB 44.2g; FIBER 0.9g; CHOL 55mg; IRON 0.7mg; SODIUM 384mg; CALC 160mg;

## **Roast Turkey Vegetable Soup with Rice**

Source: Williams-Sonoma Soup for Supper

Posted by: Joyce

Date: November 25, 2003

Servings: 6

Healthy Units: 7

Comments: HU's based on recipe builder. I didn't know how to count the turkey stock, so I added 1 point per serving (given that this recipe goes to great lengths to skim the fat). The original recipe calls for 5 Tbs of olive oil, 3 just to saute the mushrooms. I cut it to 2. Points include Parmesan.

### **Ingredients:**

#### **STOCK:**

Carcass from roasted turkey  
3-3.5 quarts water, or as needed  
1 large yellow onion  
2 carrots peeled and chopped  
1 celery stalk, chopped  
4 fresh parsley sprigs  
3 fresh thyme sprigs  
1 bay leaf

#### **SOUP**

2 Tbs olive oil  
1.5 c. (6oz) chopped yellow onion  
2/3 c. (3 oz) peeled and diced carrot  
1/2 c. (2.5 oz) diced celery  
2/3 c. long grain white rice  
2 c. (6oz) sliced fresh mushrooms  
2 c. (4 oz) broccoli florets  
2 c. (12 oz) diced cooked turkey  
2 tsp. chopped fresh thyme  
salt and ground pepper to taste  
1/4 c. chopped fresh flat leaf parsley (optional)  
1/4 c. (1 oz) grated Parmesan cheese (optional)

### **INSTRUCTIONS**

To make the stock, with your hands break the carcass into big pieces and place them in a large stockpot with water to cover. Bring to a boil, skimming off any foam that forms on the surface. Reduce the heat to low, cover, and simmer for about 1 hour, skimming as needed. Add the onion, carrots, celery, herb sprigs, and bay leaf. Cover partially and continue to simmer for about 1.5 hours longer. Line a fine mesh sieve with damp cheesecloth, pour the stock through the sieve into a large saucepan, and return to high

heat. Discard veggies. Bring stock to a boil, adjust the heat to maintain a gentle boil, and cook uncovered, skimming if needed, until reduced to about 8 cups, about 1 hour. Remove from the heat and refrigerate uncovered until chilled, about 6 hours, then lift off and discard the fat solidified on top.

#### SOUP:

In a large saucepan over medium heat, warm 1 tablespoon of the olive oil. Add the onion, carrot, celery, and saute, stirring often, until the onion is tender and translucent, about 10 minutes. Add the rice and stock and bring to a boil. Reduce the heat to low and simmer until the rice is tender, about 15 minutes.

Meanwhile, in a saute pan over medium high heat, warm the remaining tablespoon oil. Add the mushrooms and saute, stirring often, until tender, 8-10 minutes. Set aside.

Bring a saucepan 3/4 full of lightly salted water to a boil, add the broccoli florets, and cook until tender but not falling apart, about 5 minutes. Drain, immerse in cold water to halt the cooking, drain again, and set aside.

Add the turkey, mushrooms, broccoli, and thyme to the saucepan and continue to cook until all the ingredients are heated through, about 10 minutes. Season with salt and pepper.

Ladle into warmed bowls and sprinkle with the parsley or Parmesan cheese if using.

Nutritional Analysis per serving: Calories 296, Protein 20g, Carbs 23g, Total fat 14 g, Saturated fat 3g, Cholesterol 41mg, sodium 166mg, dietary fiber 2g.

## **Turkey Dinner in a Pot**

Source: Jim Fobel's Casseroles

Healthy Units: 8

Servings: 8

Posted by: Bawstinn32 (Maria)

November 26, 2003

2 tablespoons butter  
1 cup celery -- finely chopped  
1 whole onion -- chopped  
1/2 teaspoon dried sage  
8 ounces unseasoned stuffing  
1 cup chicken broth  
1/4 cup white wine  
1/4 cup celery leaves -- chopped  
1/4 cup parsley -- chopped  
2 cups gravy  
1 pound cooked turkey breast meat  
2 tablespoons parmesan cheese -- grated  
2/3 cup Mashed Potatoes

Adjust an oven shelf to the top third of the oven and preheat the oven to 375. Prepare the casserole.

Melt the butter in a medium skillet over moderate heat. Add the celery and onion and cook until softened; 3 to 5 minutes. Stir in the sage and cook 1 minute longer. Turn into a large bowl and add the stuffing mix; toss to combine. Pour 3/4 cup of the broth all over and toss. Add the wine, celery leaves and parsley; toss. For a moister stuffing, add the remaining 1/4 cup broth.

Spread 1/2 cup of the gravy in the casserole. Add the stuffing and pat into an even layer. Arrange the turkey slices all over, almost covering the stuffing. Spoon another 1/2 cup of the gravy over the turkey. Spoon the mashed potatoes into eight 1/2-cup mounds over the top; make an indentation with the back of a spoon to form a well in each mound. Spoon the remaining 1 cup gravy into the mounds letting the excess run over. Sprinkle on the Parmesan.

Bake in the top third of the oven until browned and bubbly, about 35 minutes. Serve hot, with cranberry sauce.

Variations: Use chicken or sliced pork loin instead of turkey. If you have a favorite stuffing recipe, follow it and use 4 cups in place of this one. You can also add 1/4 cup chopped parsley to the mashed potatoes.

Reheat: Spoon 1/4 cup of water around the edges and down the center of the casserole. Cover with foil and bake at 350 for 20 to 25 minutes; if cold add about 15 minutes.

Per Serving (excluding unknown items): 388 Calories; 11g Fat (25.3% calories from fat); 25g Protein; 45g Carbohydrate; 3g Dietary Fiber;

## **Buttered Sweet Potato Knot Rolls**

Source: CL Jan 2003

Healthy Units: 3

Yield: 24 rolls (1 roll per serving)

Posted by: Bawstinn32 (Maria)

November 28, 2003

1 package dry yeast  
1 cup warm 2% reduced-fat milk (100° to 110°)  
3/4 cup canned mashed sweet potatoes  
3 tablespoons butter, melted and divided  
1 1/4 teaspoons salt  
2 large egg yolks, lightly beaten  
5 cups bread flour, divided  
Cooking spray

Dissolve yeast in milk in a large bowl; let stand 5 minutes. Add sweet potatoes, 1 tablespoon butter, salt, and egg yolks, stirring mixture with a whisk.

Lightly spoon flour into dry measuring cups; level with a knife. Add 4 1/2 cups flour; stir until a soft dough forms.

Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in size. Punch dough down. Cover and let rest 5 minutes.

Line 2 baking sheets with parchment paper. Divide dough into 24 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), shape each portion into a 9-inch rope. Carefully shape rope into a knot; tuck top end of knot under roll. Place roll on a prepared pan.

Repeat procedure with remaining dough, placing 12 rolls on each pan. Lightly coat rolls with cooking spray; cover and let rise 30 minutes or until doubled in size.

Preheat oven to 400°.

Uncover rolls. Bake at 400° for 8 minutes with 1 pan on bottom rack and 1 pan on second rack from top. Rotate pans; bake an additional 7 minutes or until rolls are golden brown on top and sound hollow when tapped.



Remove rolls from pans; place on wire racks. Brush rolls with 2 tablespoons butter. Serve warm or at room temperature.

CALORIES 134 (17% from fat); FAT 2.6g (satfat 1.2g, monofat 0.7g, polyfat 0.3g); PROTEIN 4.3g; CARBOHYDRATE 23g; FIBER 0.9g;

## **Butter Crunch Lemon-Cheese Bars**

Source: CL Jan 2001

Healthy Units: 12 servings = 4, 16 servings = 3, 8 servings = 6

Posted by: Bawstinn32 (Maria)

November 28, 2003

A buttery, crunchy pastry crust forms the base for a tangy lemon filling. You can substitute fresh orange juice and grated orange rind for lemon, if you wish. These are best served chilled.

### **Crust:**

1/3 cup butter, softened  
1/4 cup packed dark brown sugar  
1/4 teaspoon salt  
1/4 teaspoon ground mace or nutmeg  
1 cup all-purpose flour  
Cooking spray

### **Filling:**

1 cup 1% low-fat cottage cheese  
1 cup granulated sugar  
2 tablespoons all-purpose flour  
1 tablespoon grated lemon rind  
3 1/2 tablespoons fresh lemon juice  
1/4 teaspoon baking powder  
1 large egg  
1 large egg white

Preheat oven to 350°.

To prepare crust, place first 4 ingredients in a large bowl, and beat with a mixer at medium speed until smooth. Lightly spoon 1 cup flour into a dry measuring cup, and level with a knife. Add 1 cup flour to butter mixture, and beat at low speed until well blended. Press crust into an 8-inch square baking pan coated with cooking spray. Bake at 350° for 20 minutes.

To prepare filling, place cottage cheese in a food processor; process 2 minutes or until smooth, scraping sides of bowl once. Add 1 cup granulated sugar and remaining ingredients, and process until well blended. Pour filling over crust. Bake at 350° for 25 minutes or until set (the edges will get lightly browned), and cool. Cover and chill for 8 hours.

8 servings:

CALORIES 281 (29% from fat); FAT 9g (satfat 5.2g, monofat 2.6g, polyfat 0.6g);  
PROTEIN 6.7g; CARBOHYDRATE 44.5g; FIBER 0.5g;

12 servings:

Per Serving (excluding unknown items): 191 Calories; 6g Fat (25.6% calories from fat);  
7g Protein; 32g Carbohydrate; trace Dietary Fiber;

16 servings:

Per Serving (excluding unknown items): 144 Calories; 4g Fat (25.6% calories from fat);  
5g Protein; 24g Carbohydrate; trace Dietary Fiber

## **Creamy Triple-Mushroom Bisque with Turkey**

Source: Cooking Light (website)

Serving 8 (1 cup each)

Healthy Units: 4 without rice, 6 with rice

Posted by: Joan Borsten

Date: November 29, 2003

Here is what we did with our leftover turkey. It was really good. I left out the rice for 4 HU/cup. With rice it would have been 6 HU/cup. Based on comments in the many five star reviews, I doubled the thyme, balsamic, red pepper and salt (still needed more salt). I also threw in about two cups of diced celery I found in the refrigerator and some pearl onions.

CL: Assorted wild mushrooms can be substituted for either the shiitake or portobello.

### **INGREDIENTS**

Cooking spray

1 (3 1/2-ounce) package Shiitake mushrooms, quartered

1 (6-ounce) package pre-sliced portobello mushrooms, halved

1 (8-ounce) package button mushrooms, quartered

2 1/2 cups chopped cooked dark-meat turkey (about 12 ounces)

1/4 cup dry red wine

1 teaspoon dried thyme

1 teaspoon balsamic vinegar

1/2 teaspoon salt

1/8 teaspoon ground red pepper

1 (16-ounce) can fat-free, less-sodium chicken broth

1/2 cup thinly sliced green onions

2 tablespoons chopped fresh parsley

3 tablespoons all-purpose flour

2 cups 2% reduced-fat milk

2 1/2 cups cooked long-grain and wild-rice blend (such as Uncle Ben's)

1/2 cup tub-style light cream cheese Parsley sprigs (optional)

### **PREPARATION**

Place a large saucepan coated with cooking spray over medium-high heat until hot. Add mushrooms; cover and cook 5 minutes or until mushrooms are tender. Add turkey and next 6 ingredients (turkey through broth); bring to a boil. Cover, reduce heat, and simmer 20 minutes. Remove from heat; stir in onions and chopped parsley. Place flour in a small bowl, and gradually add milk, stirring constantly with a whisk until well blended. Add milk mixture to mushroom mixture, and bring to a boil. Cook for 1 minute or until thick. Reduce heat; add rice and cream cheese, stirring until cheese melts. Garnish with parsley sprigs, if desired.

Yield: 8 servings (serving size: 1 cup) CALORIES 226 (29% from fat); FAT 7.2g (satfat 3.2g, monofat 1.9g, polyfat 1.2g); PROTEIN 19.4g; CARBOHYDRATE 21.1g; FIBER 1.4g; CHOLESTEROL 49mg; IRON 2.4mg; SODIUM 415mg; CALCIUM 127mg;  
Cooking Light, NOVEMBER 1998

### **Cranberry Chutney**

Source: Cooking Light (Website)

Servings: 16 (1/4 cup each)

Healthy Units: 2

Posted by: Joan Borsten

Date: November 29, 2003

This was just great if you like chunky cranberry sauce. Very easy to prepare.

#### **INGREDIENTS**

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

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

Note: Refrigerate remaining chutney.

Yield: 4 cups (1/4 cup each)

CALORIES 98 (2% from fat); FAT 0.2g (satfat 0.0g, monofat 0.0g, polyfat 0.1g);  
PROTEIN 0.6g; CARBOHYDRATE 25.6g; FIBER 1.3g; CHOLESTEROL 0.0mg; IRON  
0.4mg; SODIUM 7mg; CALCIUM 15mg;

Cooking Light, NOVEMBER 1996

## **Santa Fe Wrap**

Source: Cooking Light Website

HU: 7 per wrap

Servings 4

Posted BY: Zephyr1

Comments: This is a really easy dish to put together with many variations possible. We subbed light boursin once and laughing cow another time for the cream cheese. Also subbed blue cheese for the feta and added 4 large cloves of fresh garlic. I did not use the jicama I replaced with red peppers sliced and used fresh spinach. This one will be made often here. Would also make a great dip. First time we made we forgot the Monterey jack cheese and did not miss it. I do not feel it adds anything.

Ingredients:

3/4 cup canned chickpeas (garbanzo beans), rinsed and drained

1/4 cup part-skim ricotta cheese

2 tablespoons tub-style light cream cheese, softened

1 tablespoon fresh lime juice

1 garlic clove

1/2 cup (2 ounces) crumbled feta cheese

1/4 cup canned black beans, rinsed and drained

1 tablespoon minced fresh cilantro

1/2 teaspoon hot sauce

4 (10-inch) fat-free flour tortillas

1 1/3 cups thinly sliced curly leaf lettuce

3/4 cup shredded peeled jicama

6 tablespoons (1 1/2 ounces) finely shredded Monterey Jack cheese

3 tablespoons finely diced red onion

Instructions:

Place first 5 ingredients in a food processor or blender; process until smooth. Add feta, black beans, cilantro, and sauce; pulse 4 or 5 times or until combined. Spread 1 1/2 tablespoons bean mixture over each tortilla; top each with 1/3 cup lettuce. Divide jicama and remaining ingredients evenly among tortillas; roll up. Cut each wrap in half diagonally.

### **NUTRITION PER SERVING**

CALORIES 324 (26% from fat); FAT 9.5g (sat 5.7g, mono 2.1g, poly 0.7g); PROTEIN 13.8g; CARB 46.7g; FIBER 1.9g; CHOL 30mg; IRON 1.7mg; SODIUM 798mg; CALC 230mg;

## **Pumpkin Cheesecake**

Source: a friend

Healthy units: 4

servings: 16

Posted by: zephyr1

Date posted 11/29/03

Comments this one is a keeper.

Ingredients:

### **CRUST**

Non stick cooking spray

11 double 2 crackers each cinnamon graham crackers low fat

2 tablespoons honey

### **FILLING**

1 16-ounce container low fat cottage cheese 1%

1 8-ounce box Neufchatel cheese

1 8-ounce package fat free cream cheese

2 teaspoons orange rinds

2 teaspoons vanilla extract

1 15-ounce can solid pack pumpkins

2 teaspoons pumpkin pie spice

3/4 cup sugar

1/4 cup Splenda granular

3 large egg whites

Instructions:

1. Preheat oven to F 350. With spray, coat 9-inch springform pan. In food processor, finely crumb crackers. Add honey: process to mix. Pat into layer in pan. Clean out processor bowl.

2. In processor, blend cheeses. Add rind, vanilla, pumpkin pie spice, sugar, Splenda, Pumpkin and egg whites. Mix thoroughly. Pour on top of graham crackers.

3. Bake 1 hour.

4. Refrigerate several hours or overnight.

5. Makes 16 servings.

### **NUTRITIONAL INFORMATION**

Per Slice-185 calories, 8.5 grams of protein, 28 grams of carbohydrate, 4 grams of fat.



## **Mashed Honey-Roasted Sweet Potatoes**

Source: Cooking Light

Healthy units: 2.5

servings: 162

Posted by: LindaRuthC

Date posted 11/29/03

6 pounds sweet potatoes, peeled, cut into 1-inch cubes

Cooking spray

5 tablespoons honey, divided

4 tablespoons unsalted butter

3/4 teaspoon salt

Preheat oven to 375 degrees. Place potatoes in a single layer on 2 large baking sheets coated with cooking spray (or non-stick foil). Lightly spray potatoes with cooking spray. Bake 1 hour or until tender, stirring occasionally. Place potatoes, 1/4 cup honey, butter and salt in a large bowl, and beat with a mixer at medium speed until smooth. Drizzle with 1 tablespoon honey.

This dish can be prepared a day ahead and stored in the refrigerator. To reheat, bake at 350 degrees, covered, for 45 minutes.

Makes 12 servings, each 140 calories, 3.9 grams fat, 1.4 grams protein, 26.2 grams carbohydrates, 2.4 grams fiber, 10 milligrams cholesterol, 0.4 milligrams iron, 154 milligrams sodium, 24 milligrams calcium.

### **Wild-Mushroom Gravy**

Source: Cooking Light (website)

Servings: 12 (1/4 cup each)

Healthy Units: 1

Posted by: Joan Borsten

Date: November 29, 2003

This worked well for us. It made a lot of gravy and the mushrooms bulked it up quite well. I added extra red currant jelly and salt. Saved the shallot/carrots used to make stock for turkey soup. I calculated HUs based on CL nutritionals, having no idea how to calculate drippings.

CL: If your pan doesn't yield enough drippings, add water or chicken broth.

This recipe goes with Lemon-Sage Turkey with Wild-Mushroom Gravy

Pan drippings

2 cups water

3/4 cup thinly sliced shallots

1/2 cup thinly sliced carrot

1 turkey neck

1 cup sliced button mushrooms

1 cup thinly sliced Shiitake mushroom caps (about 3 1/2 ounces)

5 tablespoons all-purpose flour

1 teaspoon red currant jelly

1/4 teaspoon black pepper

Place a large zip-top plastic bag inside a 4-cup measure. Pour drippings from turkey roasting pan into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings to measure 2 cups, stopping before fat layer reaches opening. Reserve 2 tablespoons fat in bag; set aside.

Combine water, shallots, carrot, and turkey neck in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Strain cooking liquid through a sieve over a bowl, reserving 3/4 cup cooking liquid. Discard solids, reserving turkey neck. Remove meat from neck; chop. Add meat and cooking liquid to de-fatted 2 cups drippings in 4-cup measure.

Heat reserved 2 tablespoons fat in a medium saucepan over medium heat. Add mushrooms; sauté 2 minutes. Add flour; cook 1 minute. Gradually add cooking liquid mixture; cook 10 minutes or until slightly thick, stirring occasionally. Remove from heat; stir in jelly and pepper.

Yield: 3 cups (serving size: 1/4 cup)

CALORIES 43 (52% from fat); FAT 2.5g (satfat 0.7g, monofat 1g, polyfat 0.6g);

PROTEIN 1.6g; CARBOHYDRATE 3.5g; FIBER 0.3g; CHOLESTEROL 5mg; IRON

0.4mg; SODIUM 4mg; CALCIUM 3mg;

Cooking Light, NOVEMBER 1999

## **Turkey Magiritsa**

Source: Cooking Light November, 2004

Healthy Units: 5 (4.3 using less oil)

Servings: 6

Posted by: EJWyatt (Emily)

Date: 11/30/03

*This is a variation of the classic Greek soup magiritsa, which is typically made from lamb, chicken broth, egg, and lemon, and is served to end the Lenten fast. Here, it's transformed into a fine fall dish using turkey leftovers.*

2 tablespoons fresh lemon juice  
1/2 teaspoon all-purpose flour  
2 large eggs  
7 cups fat-free, less-sodium chicken broth, divided  
2 tablespoons olive oil (I used only 1)  
2 1/2 cups finely chopped onion  
Dash of salt  
1 1/2 cups leftover cooked turkey, shredded (light and dark meat)  
1 cup cooked short-grain rice  
1 cup shredded romaine lettuce  
1/2 cup sliced green onions  
1 tablespoon chopped fresh dill  
1/2 teaspoon fresh lemon juice  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper

Combine 2 tablespoons lemon juice and flour in a bowl; whisk until smooth. Add eggs; whisk until combined.

Bring 1 cup broth to a simmer in a medium saucepan over medium-high heat. Gradually add hot broth to egg mixture, stirring constantly with a whisk. Return egg mixture to pan. Cook 2 minutes or until slightly thick, whisking constantly. Remove from heat; set aside. Heat the oil in a large saucepan over medium-high heat. Add the onion and a dash of salt, and sauté 8 minutes or until tender. Add 6 cups broth; bring to boil. Reduce heat, and simmer 5 minutes. Add turkey meat, and simmer 2 minutes. Add rice, and slowly whisk in egg mixture. Keep warm over low heat. Add remaining ingredients immediately before serving.

**Yield: 6 servings (serving size: 1 1/3 cups)**

CALORIES 232 (35% from fat); FAT 9.1g (satfat 1.9g, monofat 4.9g, polyfat 1.3g);  
PROTEIN 18g; CARBOHYDRATE 17g; FIBER 2g; CHOLESTEROL 98mg; IRON  
1.5mg; SODIUM 697mg; CALCIUM 34mg;

## **Homemade Turkey Stock**

Source: Cooking Light November 2003

Healthy Units: 0.5

Servings: 7 (serving size 1 cup)

Posted by: One Grand Girl (Mary Ellen)

Date: 11-30-03

Comments: You will need this for the Rosemary Gravy. It's also a good base for soup.

2 teaspoons vegetable oil  
1 turkey neck  
1 turkey heart  
1 turkey gizzard (do not use the liver)  
1/2 cup chopped onion  
1/2 cup chopped celery  
1/2 cup chopped carrot  
8 cups cold water  
2 (14-ounce) cans fat-free, less-sodium chicken broth  
1/2 teaspoon dried thyme  
1/4 teaspoon black peppercorns  
3 parsley springs  
1 bay leaf

1. Heat oil in a large stockpot or Dutch oven over medium-high heat. Chop neck, heart and gizzard into 2-inch pieces; add to pan. Cook 5 minutes or until browned, stirring occasionally. Add onion, celery, and carrot; cook 4 minutes or until tender, stirring frequently. Stir in the water and broth; bring to a boil. Add thyme, peppercorns, parsley and bay leaf. Reduce heat, and simmer 2 hours. Strain the mixture through a sieve over a large bowl; discard solids. Cool to room temperature. Cover and chill overnight. Skim the solidified fat from surface and discard fat.

Calories 27; Fat 1 g; Protein 2.9g; Carb 0.9g; Fiber 0.1g; Chol 8 mg; Iron 0.3 mg;  
Sodium 217 mg; Calc 3 mg

## **Roasted Honey Carrots**

Source: Ida lively recipe I varied a bit

Healthy Units: 1

Servings: 8

Posted By: Zephyr1

Date posted: 11/30/03

Comments: I varied this as DH will not eat just straight carrots so I used a bag on Normandy Blend from TJ it is green and wax beans and carrots all baby. I put in pan frozen no water and did not cover it. This was great even DH ate two servings. Simple and very guest worthy of serving also nice for a holiday meal.

Ingredients:

1 tablespoon firmly packed brown sugar

2 tablespoons Buttery Spread

2 tablespoons honey

4 cups baby carrots, peeled

2 tablespoons water

Salt and Pepper if desired

No salt herb mix

Instructions:

Heat oven to 400°F. Stir together brown sugar, Fresh Buttery Taste Spread and honey in small bowl until smooth; set aside.

Place carrots and water into ungreased 13x9-inch baking pan.

Cover with aluminum foil; bake for 30 to 35 minutes or until carrots are fork tender.

Increase oven temperature to 450°F. Remove aluminum foil; stir in Fresh Buttery Taste Spread mixture. Continue baking for 10 to 15 minutes, stirring occasionally, until carrots are glazed and just begin to brown. Season with salt and pepper, if desired.

Nutritional Info Per Serving: Calories 60, Fat 2.5 g, Cholesterol 0 mg, Sodium 80 mg, Carbohydrates 10 g, Dietary Fiber 2 g, Protein <1 g

### **Fettucini with Creamy Pine Nut Basil Sauce**

Source: Cooking light Website & October 1995

Healthy Units: 10

Servings: 3

Posted By: Zephyr1

Date posted: 11/30/03

Comments: This was a great hearty dinner. I will say it is hefty HU's and you could easily do 4 servings with this. I topped with a tsp of shaved Parmesan. We really enjoyed this but I will say it is not for everyone. I added 4 cloves of fresh garlic, it is a very tangy dish that I am not sure all would like but if you do like pesto or a dish with bite, this is a great change of pace.

Ingredients:

1 garlic clove

1 cup fresh basil leaves

1/2 cup light ricotta cheese

1/2 cup plain nonfat yogurt

1/2 cup (2 ounces) crumbled blue cheese

2 teaspoons sherry vinegar

1/4 teaspoon pepper

2 tablespoons pine nuts

1 (9-ounce) package fresh fettuccine

Fresh basil leaves (optional)

Place the garlic in a food processor, and pulse 2 to 3 times. Add basil and the next 5 ingredients (basil through pepper); process until smooth. Stir in pine nuts. Cook pasta according to package directions, omitting salt and fat; drain. Combine pasta and sauce in a large bowl; toss well. Garnish with fresh basil, if desired.

Yield: 3 servings (serving size: 2 cups)

NUTRITION PER SERVING

CALORIES 493 (26% from fat); FAT 14g (sat 5.4g, mono 4.2g, poly 3.2g); PROTEIN 22.6g; CARB 71.2g; FIBER 2.5g; CHOL 20mg; IRON 3.7mg; SODIUM 346mg; CALC 261mg;

## **Pasta-Vegetable Soup**

Cooking Light, Nov/Dec 1993, page 122 (Master Cook)

Healthy Units 2

Servings 17

Posted by LMaybloom (Lesley)

12/01/03

### **Ingredients**

6 cups water, divided  
1 1/2 cups chopped onion  
1 cup dried lentils  
1 cup sliced carrot  
1 cup sliced celery  
1 tablespoon brown sugar  
1/2 teaspoon dried whole basil  
1/2 teaspoon dried marjoram  
1/2 teaspoon dried whole oregano  
1/2 teaspoon dried whole thyme  
1/2 teaspoon pepper  
3 cloves garlic, crushed  
1 bay leaf  
3 (10 1/2-ounce) cans low-sodium chicken broth  
1 (28-ounce) can whole tomatoes, undrained, and chopped  
1 (9-ounce) package frozen cut green beans, thawed  
1 (6-ounce) can tomato paste  
1/4 cup white wine vinegar  
1 cup small seashell macaroni, uncooked  
1 cup grated Romano cheese  
1 tablespoon grated Romano cheese

### **Instructions**

Combine 4 cups water and next 16 ingredients in a large Dutch oven; bring to a boil.

Cover, reduce heat, and simmer 45 minutes. Add remaining 2 cups water and vinegar; bring to a boil. Stir in macaroni, and cook an additional 8 minutes; discard bay leaf.

(Serving size: 1 cup soup plus 1 tablespoon cheese)

### **Nutritional Info:**

Per Serving (excluding unknown items): 117 Calories; 3g Fat (19.4% calories from fat); 9g Protein; 17g Carbohydrate; 6g Dietary Fiber; 7mg Cholesterol; 189mg Sodium.

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

### **Chicken with Green Chiles**

Source: revised from fat loaded original

Healthy Units: 3

Servings: 6 (in a 8x11 baking dish)

Posted by: MoOzark(Donna)

Comments: satisfies that urge for Mexican food

1 4.5 ounce can chopped green chilies

1 medium onion, chopped

2 cloves garlic, minced

1 10.75 ounce can of low fat cream of chicken soup

8 ounces skimmed (fat free) milk

3 100% fat free tortillas (LaTortilla brand), soft taco size, cut into 1/8 wedges

2 cups (8 ounces) cooked chicken breast.

1 cup shredded fat free cheddar cheese

¼ cup cilantro, chopped

½ teaspoon ground cumin

salt to taste

Spray saucepan with fat free cooking spray oil. Saute onions and garlic until soft. Add green chilies, cream of chicken soup and milk. Over low heat, stir to keep from burning and bring to just below simmer. Do not boil.

Spray an 8x11x2 baking pan with fat free cooking spray oil.

In the warm broth left from cooking the chicken, dip the tortillas to soften. Line bottom of pan with half of the tortilla wedges. Pour in half of the soup mixture. Evenly distribute all of the cooked chicken. Top with remaining half of broth softened tortillas. Pour over the rest of the soup mixture. Top with fat free cheese.

Bake at 350 about 20-30 minutes until bubbly.



### **Green Beans with Braised-Leek Butter**

Source: adaptation from Nov. 2003 Cooking Light

Healthy Units: 1

Servings: 5 (1 cup/serving)

Posted by: MoOzark(Donna)

Date: December 1, 2003

Comments: I had leeks to use so substituted them in place of shallots from the original recipe. I also cut ingredients in half.

-To make this dish ahead, plunge the beans in ice water after boiling, and drain and refrigerate up to a day ahead. Prepare and chill the leek mixture up to 1 day ahead. To serve, place the beans and leek mixture in a large microwave-safe bowl, cover with plastic wrap, and microwave at HIGH 3 minutes or until heated through. Toss well before serving.

#### **Ingredients:**

1 ¼ Tablespoon butter

2 leeks, cleaned and sliced into ¼" Use the white of the leek and part of the tender, inner light green.

2 Tablespoons plus 2 teaspoons balsamic vinegar

1 teaspoon chopped fresh thyme

½ teaspoon grated lemon rind

3/8 teaspoon salt

1/8 teaspoon freshly ground black pepper

1 pound green beans

#### **Directions:**

-Melt the butter in a saucepan over medium-high heat. Add leeks; sauté 4 minutes or until translucent and very slightly golden. Stir in vinegar; cook 1-½ minutes. Remove from heat. Stir in thyme, rind, salt, and pepper.

-Cook Beans in boiling water 3 minutes or until crisp-tender; drain. Place beans in a large bowl. Stir in leek mixture; toss well to coat.

Cal=09, Fat=2.9g, protein=2.8g, carb=14.8, fiber=3.3 g, chol=8 mg, iron= 1.1 mg;  
sodium=207mg, calc=49 mg

## **Streuseled Sweet Potato Casserole**

Source: CL, Nov 2002

Healthy Units: 5

Posted by: Bawstinn32 (Maria)

December 1, 2003

Maria beat me to posting the Streuseled Sweet Potato Casserole. Double the vanilla. I'm still craving that stuff! (Carrie)

Assemble the potato mixture and sprinkle with the streusel, and then freeze the casserole up to 2 weeks ahead of Thanksgiving. Thaw in refrigerator and bake as directed. Or cook just the potatoes a day ahead, mash and refrigerate and proceed with the recipe as directed (starting with the addition of half-and-half) the day you're serving the dish.

Add 1/8 teaspoon ground red pepper if you want to add a bit of heat to this sweet dish.

14 cups (1-inch) cubed peeled sweet potato (about 5 pounds)

1/2 cup half-and-half

1/2 cup maple syrup

1 teaspoon vanilla extract

3/4 teaspoon salt

1 large egg, lightly beaten

Cooking spray

1/2 cup all-purpose flour

1/2 cup packed brown sugar

1/4 cup chilled butter, cut into small pieces

1/2 cup chopped pecans

Preheat oven to 375°.

Place potato in a Dutch oven, and cover with water. Bring to a boil. Reduce heat; simmer 12 minutes or until tender. Drain.

Combine the half-and-half and next 4 ingredients (half-and-half through egg) in a large bowl, stirring with a whisk. Add potato to egg mixture; beat with a mixer at medium speed until smooth. Spoon potato mixture into a 13 x 9-inch baking dish coated with cooking spray.

Combine flour and sugar in a food processor; pulse to combine. Add chilled butter; pulse until mixture resembles coarse meal. Stir in pecans; sprinkle over potato mixture.

Cover and bake at 375° for 15 minutes. Uncover and bake an additional 25 minutes or until the topping is browned and the potatoes are thoroughly heated.

CALORIES 250 (23% from fat); FAT 6.3g (satfat 2.4g, monofat 2.5g, polyfat 1g); PROTEIN 3.3g; CARBOHYDRATE 46.1g; FIBER 2.7g; CHOLESTEROL 22mg; IRON 1.2mg; SODIUM 149mg; CALCIUM 49mg;

### **Fan Shaped Roasted New Potatoes**

Source: Adaptation from "Forever Summer", Nigella Lawson

Healthy Units: 1 point/ 3 ounces potato

Servings: 8

Posted by: MoOzark(Donna)

Date: December 1, 2003

Comments: Two things make these fun: the mouth taste and the shape. The slicing of the potatoes allows them to roast the edges crisp and the inside/bottom soft. The shape of the fan-shaped individual potato is eye-catching on the plate.

Choose new potatoes (red or white) for this recipe. Or use fingerling potatoes. The trick is cutting the slices for the fan and not cutting all the way through the bottom so that the slices stay attached while baking. The way to slice is to place the potato in the bowl of a wooden spoon. The outer edge of the spoon will stop your knife at the same point along the length of the potato and keep a base for the sliced parts. Use a small wooden spoon for smaller potatoes and a larger wooden spoon for larger potatoes.

#### **Ingredients:**

1 ½ pounds (24 ounces) new potatoes, cleaned, skin left on

butter flavored cooking spray

olive oil cooking spray

kosher salt or coarse sea salt

#### **Directions:**

-Heat oven to 400\* Put each potato into the bowl of a wooden spoon and cut across at about ½" intervals.

-Spray oven dish with olive oil spray. Place cut potatoes into baking dish in one layer. Gently spread each potato to expose slices and spray with a short burst of butter cooking spray.

-Sprinkle with salt

-Bake about 30 minutes. By then the fan shape will be evident. Turn fans over to expose bottom and bake 10 minutes more or until tested done.

## **Banana-Oat Quick Bread**

Cooking Light 2001 Annual

Serving: 16

HU: 3.5 per serving

Posted by DebMj1

December 1, 2003

Notes: With the substitutions made, the points drop to 3.0 per serving. I would suggest firmly pressing the streusel topping into the batter before baking. I've lost at least half of it between flipping it out of the pan and cutting it.

1 1/2 cups all-purpose flour  
1 cup quick-cooking oats  
3/4 cup packed brown sugar  
2 1/2 teaspoons baking powder  
1/4 teaspoon salt  
1 cup mashed ripe banana  
1/2 cup low-fat buttermilk (I used nonfat)  
1/4 cup vegetable oil (I used 2 Tbsps. canola oil and 2 Tbsps. unsweetened applesauce)  
1/4 cup egg substitute or 2 large egg whites (I used the egg whites)  
Cooking spray  
1/4 cup quick-cooking oats  
2 tablespoons coarsely chopped walnuts (I omitted these)  
2 tablespoons brown sugar  
2 teaspoons butter or stick margarine (I used light butter)

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups, and level with a knife. Combine flour and next 4 ingredients (flour through salt) in a large bowl; make a well in center of mixture. Combine banana, buttermilk, oil, and egg substitute in a bowl; add to flour mixture. Stir just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.

Combine 1/4 cup oats, walnuts, 2 tablespoons brown sugar, and butter, and sprinkle over batter. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Yield: 16 servings (serving size: 1 slice)

### **NUTRITION PER SERVING**

CALORIES 170 (28% from fat); FAT 5.2g (sat 1.1g, mono 1.4g, poly 2.2g); PROTEIN 3.3g; CARB 28.4g; FIBER 1.4g; CHOL 1mg; IRON 1.3mg; SODIUM 132mg; CALC 69mg;

## **Sugared Cranberries**

Source: Cooking Light, Dec. 2003

Healthy Units: 2

Servings: 9 (about 1/3 cup)

Posted By: MoOzark(Donna)

Date: December 4, 2003

Comments: Because of the contrast between the tart cranberries and sugary coating, the flavor of this snack pops in your mouth. The berries are steeped in hot sugar syrup to tame their tangy bite. When entertaining, serve these in place of nuts. For gift-giving, package in parchment-lined tins Present with a small bottle of the reserved cranberry cooking syrup for the recipient to use as a cocktail mixer. If you can't find superfine sugar, make your own by processing granulated sugar in a food processor for a minute.

2 cups granulated sugar

2 cups water

2 cups fresh cranberries

$\frac{3}{4}$  cup superfine sugar

### **Directions:**

-Combine granulated sugar and water in a small sauce pan over low heat, stirring mixture until sugar dissolves. Bring to a simmer; remove from heat. (Do not boil or the cranberries may pop when added). Stir in cranberries; pour mixture into a bowl. Cover and refrigerate 8 hours or overnight.

-Drain cranberries in a colander over a bowl, reserving steeping liquid, if desired. Place superfine sugar in a shallow dish. Add the cranberries, rolling to coat with sugar. Spread sugared cranberries in a single layer on a baking sheet, let stand at room temperature 1 hours or until dry.

NOTE: store in an airtight container in a cool place for up to a week.

Nutritional: Calories=118; Fat=0; Protein=0.1 g; Carb=30.4g; Fiber=0.9g; Chol=0mg; iron=0.1mg; sodium=0mg; Calc=2 mg

## **Stuffed Portobello Mushrooms with Olives & Caramelized Onions**

Cooking Light Annual Recipes 2003, p. 79

Serves: 4

Healthy Units: 5

Posted by: Jill H (jillyh)

12/2/03

4 (4-inch) portobello mushroom caps  
Cooking spray  
2 teaspoons olive oil  
4 cups finely chopped Vidalia or other sweet onion  
1/2 cup dry red wine  
1 tablespoon balsamic vinegar  
2 teaspoons finely chopped fresh thyme, divided  
1/2 teaspoon sea salt  
3/4 cup chopped pitted kalamata olives  
1 teaspoon grated lemon rind  
1/4 teaspoon black pepper  
3 (1-ounce) slices white bread  
1/3 cup (about 1 1/2 ounces) grated fresh Parmesan cheese  
1/4 cup finely chopped fresh flat-leaf parsley

Preheat oven to 350°.

Remove stem and brown gills from undersides of mushrooms using a spoon; discard gills. Place mushrooms, stem side down, on a baking sheet coated with cooking spray. Bake at 350° for 10 minutes; cool mushrooms on wire rack.

Heat oil in a large nonstick skillet over medium-high heat. Add onion; sauté 12 minutes. Stir in wine, vinegar, 1 teaspoon thyme, and salt; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Uncover and increase heat to medium-high; cook 5 minutes or until liquid evaporates. Stir in olives, rind, and pepper.

Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 1/2 cups. Combine 1 teaspoon thyme, crumbs, cheese, and parsley. Spoon 1/2 cup olive mixture into each mushroom; top with about 3/4 cup cheese mixture. Bake at 350° for 25 minutes or until golden brown.

Yield: 4 servings (serving size: 1 stuffed mushroom)

CALORIES 246 (30% from fat); FAT 8.1g (satfat 2.2g, monofat 4.2g, polyfat 0.8g);  
PROTEIN 7.6g; CARBOHYDRATE 27.6g; FIBER 4.4g; CHOLESTEROL 7mg; IRON  
1.3mg; SODIUM 700mg; CALCIUM 134mg;

## **Turkey Vatapa**

Cooking Light Annual Recipes 2003

Serves: 6

Healthy Units: 4

Posted by: Jill H. (jillyh)

12/2/03

Vatapa is a rustic Brazilian stew, a fiery blend with beer, coconut milk, and ground peanuts as its base. Made with leftover turkey, it's a snap to prepare. Vatapa can be made up to 2 days in advance; keep it covered in the refrigerator. It will thicken as it sits; just add a little water. Seed the jalapeño pepper to tame its heat.

- 1 teaspoon peanut oil
- 1/2 cup finely chopped onion
- 3 garlic cloves, minced
- 1 tablespoon minced peeled fresh ginger
- 1 jalapeño pepper, minced
- 1 cup water
- 1 (28-ounce) can no-salt-added diced tomatoes, undrained
- 1 (12-ounce) can light beer
- 1/4 cup unsalted, dry-roasted peanuts
- 3 cups chopped skinned cooked turkey
- 1/2 cup light coconut milk
- 1/2 cup finely chopped fresh parsley
- 1/2 cup finely chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Cilantro sprigs (optional)

Heat oil in a Dutch oven over medium-high heat. Add onion and garlic; sauté 2 minutes. Add ginger and jalapeño; sauté 30 seconds. Stir in water, tomatoes, and beer; bring to a boil. Cover, reduce heat, and simmer 20 minutes.

Place peanuts in a spice or coffee grinder; process until finely ground. Add ground peanuts, turkey, and coconut milk to pan, stirring to combine. Increase heat to medium. Bring mixture to a simmer; cook 5 minutes, stirring occasionally. Stir in parsley, cilantro, juice, salt, and black pepper. Garnish with cilantro sprigs, if desired.

Yield: 6 servings (serving size: 1 1/3 cups)

CALORIES 195 (30% from fat); FAT 6.4g (satfat 1.8g, monofat 2.3g, polyfat 1.7g);  
PROTEIN 19.9g; CARBOHYDRATE 11.8g; FIBER 3.3g; CHOLESTEROL 56mg; IRON  
2.3mg; SODIUM 301mg; CALCIUM 55mg

### **Cloverleaf Honey-Wheat Rolls**

Cooking Light Annual Recipes 2003

Serves: 12

Healthy Units: 3

Posted by: Jill H. (jillyh)

12/2/03

1 package dry yeast (about 2 1/4 teaspoons)  
1 cup warm water (100° to 110°)  
2 cups bread flour, divided  
1 cup whole wheat flour  
3 tablespoons honey  
2 1/2 tablespoons butter, melted  
1 teaspoon salt  
Cooking spray  
1 tablespoon water  
1 large egg

Dissolve yeast in 1 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups; level with a knife. Add 1 1/2 cups bread flour, whole-wheat flour, honey, butter, and salt to yeast mixture; stir until well blended. Add 1/4 cup bread flour; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky). Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Preheat oven to 425°. Coat 12 muffin cups with cooking spray. Divide dough into 12 equal portions. Working with 1 portion at a time, divide each portion into 3 pieces; shape each piece into a ball (cover remaining dough to prevent it from drying). Place 3 balls in each muffin cup. Cover and let rise 25 minutes or until doubled in size. Uncover dough. Combine 1 tablespoon water and egg; brush over rolls. Bake at 425° for 12 minutes or until lightly browned. Serve warm. Yield: 1 dozen (serving size: 1 roll)

CALORIES 152 (18% from fat); FAT 3g (satfat 1.6g, monofat 0.9g, polyfat 0.2g);  
PROTEIN 5.1g; CARBOHYDRATE 27.3g; FIBER 2g; CHOLESTEROL 24mg; IRON  
1.5mg; SODIUM 206mg; CALCIUM 4mg;



## **Cornmeal Cloverleaf Rolls**

Cooking Light Annual Recipes 2000

Serves: 18

Healthy Units: 3

Posted by: Jill H. (jillyh)

12/2/03

1 package dry yeast (about 2 1/4 teaspoons)  
1 tablespoon sugar  
1/4 cup warm water (100° to 110°)  
1 1/2 cups 2% reduced-fat milk  
4 1/3 cups all-purpose flour, divided  
1/3 cup cornmeal  
3 tablespoons butter or stick margarine, melted  
1 1/4 teaspoons salt  
Cooking spray  
1 large egg white, lightly beaten  
1 tablespoon water  
1 teaspoon cornmeal

Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes. Stir in milk. Lightly spoon flour into dry measuring cups; level with a knife. Add 4 cups flour, 1/3 cup cornmeal, butter, and salt to yeast mixture; beat at medium speed of a mixer until smooth. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Press 2 fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 10 minutes. Divide into 18 equal portions. Working with 1 portion at a time (cover remaining dough to keep from drying), divide each portion into 3 pieces; shape each piece into a ball. Coat muffin pans with cooking spray; place 3 dough balls in each muffin cup. Cover and let rise 10 minutes or until doubled in size. Preheat oven to 350°. Uncover rolls. Combine egg white and 1 tablespoon water; brush over rolls. Sprinkle with 1 teaspoon cornmeal. Bake at 350° for 25 minutes or until golden brown. Remove from pan; serve warm. Yield: 1 1/2 dozen (serving size: 1 roll)

CALORIES 152 (16% from fat); FAT 2.7g (satfat 1.5g, monofat 0.7g, polyfat 0.2g);  
PROTEIN 4.4g; CARBOHYDRATE 26.9g; FIBER 1.1g; CHOLESTEROL 7mg; IRON  
1.6mg; SODIUM 196mg; CALCIUM 30mg;

## **Pumpkin-Streusel Cheesecake**

Cooking Light Annual Recipes 1999

Serves: 12

WW Points: 6

Posted by: Jill H. (jillyh)

12/2/2003

### **CRUST:**

3/4 cup gingersnap crumbs (about 12 cookies, finely crushed)

1 tablespoon light butter, melted

Cooking spray

### **FILLING:**

1 cup 1% low-fat cottage cheese

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

1 (8-ounce) tub light cream cheese

1 1/4 cups granulated sugar

1/2 cup low-fat sour cream

2 tablespoons cornstarch

2 teaspoons all-purpose flour

1 teaspoon vanilla extract

3/4 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon ground allspice

1 (15-ounce) can pumpkin

4 large egg whites

2 large eggs

### **STREUSEL TOPPING:**

1/2 cup gingersnap crumbs (about 8 cookies, finely crushed)

1/4 cup all-purpose flour

2 tablespoons brown sugar

1 tablespoon light butter

Preheat oven to 375°.

To prepare piecrust, combine 3/4 cup crumbs and 1 tablespoon melted butter in a bowl, and toss with a fork until moist. Press into bottom of a 9-inch springform pan coated with cooking spray. Bake at 375° for 5 minutes; cool on a wire rack. Reduce oven temperature to 325°.

To prepare filling, place cottage cheese in a blender or food processor, and process until smooth. Combine the cottage cheese and cream cheeses in a large bowl, and beat at high speed of a mixer until smooth. Add granulated sugar and next 8 ingredients (granulated sugar through pumpkin); beat well. Add egg whites and eggs, 1 at a time, beating well after each addition. Pour filling into prepared crust; bake at 325° for 1 hour and 20 minutes.

To prepare streusel topping, combine 1/2 cup crumbs, 1/4 cup flour, and brown sugar in a small bowl; cut in 1 tablespoon light butter with a pastry blender or 2 knives until the mixture resembles coarse meal. Sprinkle over cheesecake, and bake an additional 10 minutes or until set. Cheesecake is done when the center barely moves when the pan is jiggled. Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature.

Yield: 12 servings (serving size: 1 slice)

CALORIES 287 (28% from fat); FAT 8.8g (satfat 4.3g, monofat 3.1g, polyfat 0.9g);  
PROTEIN 11.2g; CARBOHYDRATE 40.7g; FIBER 1.6g; CHOLESTEROL 64mg; IRON  
1.6mg; SODIUM 361mg; CALCIUM 142mg;

## **Roasted-Corn Bread Stuffing**

Cooking Light, November 2003

Serves: 4

Healthy Units: 3

Posted by: Jill H (jillyh)

12/2/03

2 strips center-cut bacon, chopped (such as Oscar Mayer)

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

1/4 cup chopped onion

1/4 cup chopped celery

1/3 cup water

2 Corn Bread Muffins (see below)

1 (1 1/2-ounce) slice hearty white bread

2 teaspoons chopped fresh sage

2 teaspoons chopped fresh thyme

1/4 teaspoon black pepper

1/8 teaspoon salt

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

Cooking spray

Preheat oven to 350°. Cook bacon in a large saucepan over medium heat until crisp. Remove bacon from pan, reserving 1 teaspoon of drippings in pan; crumble bacon. Set aside. Add corn, chopped onion, and celery; cook 2 minutes, stirring occasionally. Stir in water, and bring to a boil. Cover, reduce heat, and simmer 5 minutes. Crumble 2 Corn Bread Muffins into a large bowl. Place white bread in a food processor, and pulse until coarse crumbs form. Stir into the crumbled Corn Bread Muffins. Add corn mixture, sage, thyme, black pepper, salt, and bacon; stir to combine. Add broth; stir gently to coat. Place mixture in a (1-quart) baking dish coated with cooking spray. Bake at 350° for 30 minutes.

Totals include 2 Corn Bread Muffins.

Yield: 4 servings (serving size: 2/3 cup)

CALORIES 171 (30% from fat); FAT 5.7g (satfat 2.5g, monofat 2g, polyfat 0.7g); PROTEIN 5.7g; CARBOHYDRATE 25.5g; FIBER 2.4g; CHOLESTEROL 28mg; IRON 1.4mg; SODIUM 396mg; CALCIUM 77mg;

## **Corn Bread Muffins**

Plan an easy chili, soup, or stew dinner for Thanksgiving Eve, and enjoy this tasty corn bread hot from the oven. Save 2 muffins for the dressing. (Jill's note: These are good in the stuffing, but HORRIBLE on their own! Flavorless.)

1 cup yellow cornmeal  
3/4 cup all-purpose flour  
1 1/2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1 cup low-fat buttermilk  
2 tablespoons butter, melted  
1 large egg, lightly beaten  
Cooking spray

Preheat oven to 400°.

Lightly spoon the cornmeal and flour into measuring cups; level with a knife. Combine cornmeal, flour, baking powder, baking soda, and salt in a large bowl, stirring with a whisk. Combine buttermilk, butter, and egg. Pour buttermilk mixture into cornmeal mixture; stir just until moist.

Spoon the batter evenly into 6 muffin cups coated with cooking spray. Bake at 400° for 20 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.

Yield: 6 muffins (serving size: 1 muffin)

CALORIES 205 (25% from fat); FAT 5.6g (satfat 2.9g, monofat 1.5g, polyfat 0.5g);  
PROTEIN 6.1g; CARBOHYDRATE 32.1g; FIBER 2.1g; CHOLESTEROL 48mg; IRON  
1.1mg; SODIUM 345mg; CALCIUM 111mg;

### **Cranberry Sauce with Apple Cider**

Cooking Light Annual Recipes 2003

Serves: 8

Healthy Units: 2

Posted by: Jill H. (jillyh)

12/2/03

Apple cider stands in for water to add dimension to this cranberry sauce. It's great with pork or turkey. Try some as a relish on a sandwich made with leftovers.

1 cup sugar

1 cup apple cider or apple juice

1 (12-ounce) package fresh cranberries

Combine all ingredients in a medium saucepan; bring to a boil over medium-high heat. Reduce heat; simmer 10 minutes or until cranberries pop, stirring occasionally. Chill.

Yield: 8 servings (serving size: 1/4 cup)

CALORIES 135 (0.0% from fat); FAT 0.0g (satfat 0.0g, monofat 0.0g, polyfat 0.0g);  
PROTEIN 0.3g; CARBOHYDRATE 35g; FIBER 1.8g; CHOLESTEROL 0.0mg; IRON  
0.1mg; SODIUM 1mg; CALCIUM 3mg;

## **Roasted Brussels Sprouts**

Source: The Barefoot Contessa Cookbook

Healthy Units: 1

Servings: 6

Posted by: MissVN

Date: Dec 2, 2003

### **Ingredients**

1 1/2 pound brussels sprouts

1 tbsp olive oil

3/4 tsp kosher salt

1/2 tsp black pepper

### **Instructions**

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately.

## **Glazed Sesame Pork**

Source: Cooking Light (website)

Servings 5 (1 chop + 2 T sauce)

Healthy Units: 7

Posted by: Joan Borsten

Date: December 2, 2003

This was really good, sweet and tart. A little too salty but CL recipes are rarely too salty so it must be that I was heavy handed. I did not have enough points left to serve with couscous but it would have been a perfect match. Cooking instructions call for simmering pork for 40 minutes. That was too long, as many of the CL reviewers also stated.

### **INGREDIENTS**

1/2 teaspoon salt, divided  
1/4 teaspoon black pepper  
5 (6-ounce) center-cut pork chops (about 1 inch thick)  
2 teaspoons dark sesame oil  
3/4 cup low-salt chicken broth  
2 tablespoons sesame seeds, toasted  
1 tablespoon brown sugar  
2 tablespoons red wine vinegar  
1 tablespoon Dijon mustard

### **PREPARATION:**

Sprinkle 1/4 teaspoon salt and pepper over both sides of pork. Heat oil in a large nonstick skillet over medium-high heat. Add pork, and cook 3 minutes on each side or until browned. Add 1/4 teaspoon salt, broth, and remaining ingredients; cover, reduce heat, and simmer 20 minutes. Uncover; simmer an additional 20 minutes or until tender. Serve pork with sauce.

Yield: 5 servings (serving size: 1 pork chop and about 2 tablespoons sauce)

CALORIES 275 (45% from fat); FAT 13.9g (satfat 4.1g, monofat 5.9g, polyfat 2.6g);  
PROTEIN 31.8g; CARBOHYDRATE 3.3g; FIBER 0.2g; CHOLESTEROL 88mg; IRON  
1.7mg; SODIUM 433mg; CALCIUM 46mg;



## Sesame Chicken

WW - online

HU: 5

Servings: 4

Posted by: lbdqt34 (Cynthia)

12-3-03

NOTE: Next time I make this, I will double the sauce recipe. I didn't have the five-spice powder, so I used a combination of allspice, cinnamon, ground ginger, nutmeg, and red pepper flakes.

2 tbsp sesame seeds, raw  
1 tbsp water  
1 tbsp low-sodium soy sauce  
1 tbsp maple syrup  
1 tbsp dry sherry  
1 tsp ginger root, fresh, minced  
1/2 tsp five-spice powder  
2 tbsp all-purpose flour  
1/2 tsp table salt  
1/4 tsp black pepper  
1 lb. boneless, skinless chicken breast(s), cut into 2-inch pieces  
2 tsp peanut oil

### Instructions:

Place a large nonstick skillet over medium-high heat. Add sesame seeds and cook until lightly toasted, shaking the pan frequently, about 2 to 3 minutes; transfer seeds to a shallow dish and set aside.

Whisk water, soy sauce, maple syrup, sherry, ginger and five-spice powder together in a small bowl; set aside.

Combine flour, salt and pepper in a shallow dish; add chicken and turn to coat. Shake chicken pieces to remove excess flour.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken and sauté until browned on all sides, about 5 minutes. Add soy sauce mixture to chicken and cook until sauce thickens and is almost evaporated, about 2 to 3 minutes more.

Dip chicken pieces in toasted sesame seeds and serve, drizzled with any additional soy sauce mixture. Yields about 4 strips per serving.

## **Pumpkin Streusel Bread**

Source: Cooking Light,11/00

Healthy Units: 4

Yield: 16 servings

Posted by: Bawstinn32 (Maria)

December 3, 2003

### **Topping:**

1/4 cup chopped pecans

2 tablespoons sugar

1 1/2 tablespoons chilled butter or stick margarine, cut into small pieces

1/4 teaspoon ground cinnamon

### **Bread:**

2 cups all-purpose flour

1/2 cup sugar

1/2 cup raisins

1 teaspoon baking soda

1 teaspoon salt

1/2 teaspoon ground cinnamon

1/2 teaspoon ground cloves

1/2 teaspoon ground nutmeg

1 cup canned pumpkin

1/2 cup plain low-fat yogurt

1/2 cup honey

1/4 cup vegetable oil

1 teaspoon vanilla extract

2 large eggs

Cooking spray

Preheat oven to 350°.

To prepare topping, combine first 4 ingredients until crumbly. Set the mixture aside.

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

Combine flour and the next 7 ingredients (flour through nutmeg) in a large bowl; stir well with a whisk. Make a well in center of mixture. Combine the pumpkin and next 5 ingredients (pumpkin through eggs) in a bowl; add to flour mixture. Stir just until moist.

Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; sprinkle with topping.

Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

CALORIES 209 (30% from fat); FAT 6.9g (satfat 1.7g, monofat 2.4g, polyfat 2.2g);  
PROTEIN 3.4g; CARBOHYDRATE 34.6g; FIBER 1.4g;

## **Sugary Spice Pecans**

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

Healthy Units: 2

Posted by: Bawstinn32 (Maria)

December 3, 2003

Once the pecans are added, you really do need to make sure to keep stirring or they make one massive glob.

### **INGREDIENTS:**

1 cup sugar  
1/2 cup water  
1 teaspoon ground cinnamon  
Dash of ground cloves  
2 cups pecan halves  
1 teaspoon vanilla extract  
Cooking spray

### **INSTRUCTIONS:**

1. Combine first 4 ingredients in a medium saucepan. Cook over medium heat until sugar dissolves, stirring constantly (about 8 minutes). Add pecans and vanilla; cook until all syrup is absorbed and pecans are coated, stirring constantly (about 12 minutes). Spread pecan mixture on a baking sheet coated with cooking spray. (Pecans will have a sugar coating.) Separate pecans into halves. Cool completely.

Note: Store in an airtight container in a cool, dark place for up to one month; in the refrigerator for up to 3 months; or in the freezer for up to 8 months.

### **NUTRITIONAL INFO:**

CALORIES 80 (60% from fat); FAT 5.3g (sat 0.4g, mono 3.3g, poly 1.3g); PROTEIN 0.6g; CARB 8.6g; FIBER 0.5g; CHOL 0mg; IRON 0.2mg; SODIUM 0mg; CALC 4mg

### **YIELD:**

3-1/2 cups (serving size: 2 tablespoons)

## **Exquisite Pizza Sauce**

Source: [www.allrecipes.com](http://www.allrecipes.com)

Healthy Units: 2

Yield: 4 servings

Posted by: Bawstinn32 (Maria)

December 3, 2003

Comments: The first time you make it I would cut the honey down to 1 tablespoon (knocks it down to 75 calories) because it does have a bit of a sweet taste to it. Leaving the honey out totally drops it down to 59 calories. Found this to be quick, easy and good!

6 ounces tomato paste  
6 fluid ounces water (110 degrees F/45 degrees C)  
3 tablespoons Parmesan cheese, grated  
1 teaspoon minced garlic  
2 tablespoons honey  
1 teaspoon anchovy paste  
3/4 teaspoon onion powder  
1/4 teaspoon dried oregano  
1/4 teaspoon dried marjoram  
1/4 teaspoon dried basil  
1/4 teaspoon ground black pepper  
1/8 teaspoon cayenne pepper  
1/8 teaspoon red pepper flakes  
salt to taste

In a small bowl, combine tomato paste, water, Parmesan cheese, garlic, honey, anchovy paste, onion powder, oregano, marjoram, basil, ground black pepper, cayenne pepper, red pepper flakes and salt; mix together, breaking up any clumps of cheese.

Sauce should sit for 30 minutes to blend flavors; spread over pizza dough and prepare pizza as desired.

Per Serving (excluding unknown items): 91 Calories; 2g Fat (14.2% calories from fat); 4g Protein; 18g Carbohydrate; 2g Dietary Fiber

## **Butter Chews**

Chicago Tribune Good Eating,  
Healthy Units 2.5  
Servings 48  
Posted by LMaybloom  
12/04/03

### **Ingredients**

1 1/2 sticks butter or margarine (3/4 c.)  
3 tablespoons granulated sugar  
1 cup all-purpose flour  
2 1/4 cups dark brown sugar  
3 whole eggs, separated  
1 cup chopped pecans  
3/4 cup sweetened coconut flakes  
1/4 cup confectioner's sugar, optional

### **Instructions**

1. Heat oven to 350. Beat butter and granulated sugar in bowl of electric mixer at medium speed. Stir in flour to form thick dough. Pat mixture into a greased 13x9" baking pan. Bake until light brown around the edges, 12-15 minutes; set aside.
2. Mix brown sugar and egg yolks in same bowl of mixer at low speed. Mix in nuts and coconut; set aside. Beat the egg whites in clean bowl of mixer until thick and frothy, but not stiff, about 4 minutes. Gently fold whites into nut mixture. Spread over baked layer.
3. Bake until set, about 30 minutes. Cool pan completely on wire rack, about 45 minutes. Cut into 48 squares. Sprinkle with confectioner's sugar.

### **Nutritional Info:**

Per Serving (excluding unknown items): 105 Calories; 5g Fat (43.4% calories from fat); 1g Protein; 14g Carbohydrate; trace Dietary Fiber; 19mg Cholesterol; 40mg Sodium.

## **Cream Puffs**

Source: BHG Best Ever Low Cal Recipes

HU: 4

Posted by: CAROTS/Donna

Servings: 12

Date: December 4, 2003

Nonstick cooking spray

1 cup water

1/4 cup butter

1 cup all-purpose flour

4 eggs

2/3 cup granulated sugar

1/4 cup cornstarch

3 cups fat-free milk

2 slightly beaten egg yolks

1 teaspoon vanilla

2 tablespoons sifted powdered sugar

1. Coat a baking sheet with cooking spray; set aside. In a medium saucepan, bring water, butter, and 1/4 teaspoon salt to boiling. Add flour, all at once, stirring vigorously. Cook and stir until mixture forms a ball that doesn't separate. Cool 10 minutes.

2. Add the 4 eggs; 1 at a time, beating until smooth after each addition. Drop batter by heaping tablespoons, 3 inches apart, onto prepared baking sheet, making 12 mounds. Bake in a 400 degree oven for 30 minutes or until golden brown and puffy. Cool. Split cream puffs; remove any soft dough inside.

3. Meanwhile, for pudding, in a heavy medium saucepan combine granulated sugar, cornstarch, and 1/8 teaspoon of salt. Stir in milk. Cook and stir over medium heat until bubbly. Cook and stir 2 minutes more. Remove from heat.

4. Gradually stir 1 cup of the hot mixture into the egg yolks. Return all to saucepan; bring to a gentle boil. Reduce heat; cook and stir for 2 minutes more. Remove from heat. Stir in vanilla. Transfer to a bowl; cover surface with plastic wrap. Refrigerate 1 hour or until well chilled. (Do not stir the mixture during chilling)

5. To serve, fill bottoms of cream puffs with pudding; replace tops. Sprinkle with powdered sugar.

Makes 12 servings

### **Mashed Potato Latkes with Zucchini and Dill**

Source: Cooking Light Dec. 2003

Healthy Units: 4

Servings: 8 (16 total patties, 2 patties/serving)

Posted by: MoOzark(Donna)

Date: December 4, 2004

Comments: Combine and refrigerate the potato mixture up to a day ahead; dredge in matzo meal and sauté just before serving. I substituted finely ground saltine crackers for matzo meal. And to lower fat, I omitted oil and used butter flavored cooking spray.

#### **Ingredients:**

4 cups cubed peeled Yukon gold potato (about 1  $\frac{3}{4}$  pounds)

1 cup diced leek

2 cups cubed zucchini

$\frac{1}{4}$  cup cornstarch

2 teaspoons minced fresh dill

1 $\frac{1}{2}$  teaspoons salt

$\frac{1}{2}$  teaspoons freshly ground black pepper

1 large egg

$\frac{1}{2}$  cup matzo meal

3 tablespoons vegetable oil, divided

#### **Directions:**

-Place potato in a saucepan, and cover with water. Bring to a boil. Reduce heat, simmer 15 minutes. Add zucchini and leek, and cook 6 minutes or until tender. Drain. Return mixture to pan; mash with a potato masher. Cool slightly. Stir in cornstarch and next four ingredients (cornstarch through egg).

-Divide potato mixture into 16 equal portions, shaping each into a  $\frac{1}{2}$ -inch thick patty.

Dredge in matzo meal.

-Heat 2  $\frac{1}{4}$  teaspoons oil in a large non-stick skillet over medium-high heat. Add 4 patties; cook 2 minutes on each side or until browned. Repeat procedure with remaining oil and patties.

Nutrition: Cal=185; Fat=6 g; Protein=3.7g; Carb=30.4g; Fiber=2.6g; Chol=27mg; Iron=1.1 mg; Sodium=456mg; Calc=24mg

## **Kielbasa-Bean Slow Cooker Soup**

Source: Weight Watcher official recipe board

HU: 3 per serving

Servings: 8

Posted by jcanty-Gail

December 4, 2003

Comments: I know this is a WW recipe but it is excellent. I almost didn't put the tomatoes in as it was great without it. I used Jalapeno pintos, turkey sausage and added salt and red pepper flakes

Toss the ingredients into a slow cooker in the morning, and you'll be eating this delicious, almost effortless homemade soup for dinner.

### **Ingredients**

58 oz fat-free chicken broth, four 14.5 oz cans

16 oz low-fat sausage, smoked, or reduced-fat kielbasa, cut in half lengthwise and then sliced

15 oz canned pinto beans, rinsed and drained

15 oz canned black beans, rinsed and drained

4 medium carrot(s), chopped

3 medium celery, stalks, chopped

1 large onion(s), chopped

1 tsp thyme

14 1/2 oz canned diced tomatoes, undrained

### **Instructions**

Mix all ingredients, except tomatoes, in a 5 to 6-quart slow cooker (crockpot). Cover and cook on low-heat setting at least 6 hours or until beans are tender.

Stir in tomatoes; cover and cook on high-heat setting until heated through, about 15 minutes more. Yields about 1 heaping cup per serving.



## **Chocolate-Covered Cherry Cookies**

Source: St. Louis Post Dispatch

HUs 2 each cookie

Servings: 48

Posted by: MoOzark (Donna)

Date: Dec. 5, 2003

Notes: Freezable

### **INGREDIENTS:**

1 ½ cups all-purpose flour  
½ cup unsweetened cocoa powder  
¼ teaspoon salt  
¼ teaspoon baking soda  
¼ teaspoon baking powder  
½ cup butter, softened  
1 cup granulated sugar  
1 egg  
1 ½ teaspoon vanilla  
1 10 ounce jar Maraschino cherries (about 48)  
1 6 ounce package semisweet chocolate chip morsels  
½ cup sweetened condensed milk (not evaporated milk)  
4 to 5 teaspoons reserved cherry juice

### **DIRECTIONS:**

1. In a large bowl stir together flour, cocoa, salt, baking powder and baking soda
2. In mixer bowl, beat together butter and sugar on low speed until fluffy. Add egg and vanilla and beat well. Gradually add dry ingredients to creamed mixture and beat until well blended.
3. Shape dough into 1" balls. Place balls on ungreased cookie sheet. Press down center of each ball with thumb.
4. Drain cherries and reserve juice. Place a cherry in indentation in center of each cookie.
5. Prepare frosting. In small saucepan, combine chocolate morsels and sweetened condensed milk. Heat (on low heat, stirring all the while) until chocolate melts. Stir in 4 teaspoons of the reserved cherry juice.
6. Spoon about 1 teaspoon frosting over each cherry, spreading gently to cover cherry. (Frosting may be thinned with more cherry juice if necessary.) Bake in preheated 350\* oven about 10 minutes, or until done. Remove to wire rack; cool.

Per Serving (excluding unknown items): 85 Calories; 4g Fat (35.3% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber;

## **Apple and Cream Cheese Roll-Ups**

Cooking Light, November 2001/Cooking Light Website

Healthy Units=2

Servings=24 (1 roll-up)

Posted by: LMaybloom (Lesley)

Date: 12/06/03

### **Ingredients:**

#### **Filling:**

1 cup dried apples, chopped (I used TJs Granny Smith Apple Rings -- I'd probably go with more than one cup if I made these again)

1/3 cup thawed apple juice concentrate, undiluted

1/4 teaspoon ground cinnamon

Dash of ground nutmeg

1/4 cup sugar

1/4 cup (2 ounces) 1/3-less-fat cream cheese

1 large egg

#### **Pastry:**

12 sheets frozen phyllo dough, thawed

Cooking spray

1/2 cup graham cracker crumbs, divided

1/4 cup sugar, divided

#### **Topping:**

1 1/2 teaspoons sugar

1/2 teaspoon ground cinnamon

#### **Directions:**

To prepare the filling, combine the first 4 ingredients in a small saucepan over medium-high heat. Bring the apple mixture to a boil; cover, reduce heat, and simmer for 5 minutes or until most of the liquid is absorbed.

Cool to room temperature. Combine 1/4 cup sugar and cream cheese in a small bowl; beat with a mixer at low speed until blended. Add egg; beat until blended. Fold in apple mixture; cover and set aside.

Preheat oven to 350°.

To prepare the pastry, place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to keep from drying), and lightly coat with cooking spray. Sprinkle the phyllo with 2 teaspoons graham cracker crumbs and 1 teaspoon sugar.

Repeat the layers twice, ending with the crumbs and sugar. Cut phyllo stack lengthwise into 6 (2 3/4-inch-wide) strips using a sharp knife. Spoon 1 rounded teaspoon of apple mixture 1/2 inch from the end of each phyllo strip. Roll up each strip, beginning with apple mixture end; place the strips, seam sides down, on a baking sheet coated with cooking spray, and lightly coat each roll with cooking spray. Repeat the procedure with the remaining phyllo, crumbs, sugar, and apple mixture.

To prepare the topping, combine 1 1/2 teaspoons sugar and 1/2 teaspoon cinnamon; sprinkle evenly over phyllo rolls. Bake at 350° for 10 minutes, and cool on a wire rack.

NUTRITION PER SERVING CALORIES 81 (18% from fat); FAT 1.6g (sat 0.6g, mono 0.6g, poly 0.2g); PROTEIN 1.4g; CARB 15.4g; FIBER 0.6g; CHOL 11mg; IRON 0.5mg; SODIUM 77mg; CALC 6mg;

## Moroccan Chicken Tagine

Source: Cooking Light (Website) with changes by JoanB

Servings: 6 servings (serving size: 1 chicken breast, about 2/3 cup onion mixture, and 1 cup couscous)

Healthy Units: 7.0-8.0 (with green olives added)

Posted by: JoanBorsten

Date: December 6, 2003

Notes: Served with a Moroccan carrot salad; Good, hearty, unusual, repeatable.

### INGREDIENTS

1 t cumin seeds

1 t coriander seeds

1/2 t whole allspice

1/2 t ground ginger

1/4 t ground red pepper

1/4 t ground cinnamon).

8 cups vertically sliced onion (about 2 pounds)

1/2 teaspoon salt

1 1/2 teaspoons sugar

1/2 teaspoon black pepper

1 (10 1/2-ounce) can low-sodium, fat-free chicken broth

1/4 cup raisins

1/2 cup green olives, cut up (also a change in the recipe to make it more traditional

24-oz chicken breasts (instead of thighs in original recipe)

1 (15 1/2-ounce) can chickpeas/garbanzo beans, drained

1/4 cup lemon juice

1 T lemon rind

1 T fresh cilantro to sauce

4 cups hot cooked couscous

Place first 3 ingredients in a spice or coffee grinder; process until finely ground.

Combine ground spices, nutmeg, ginger, red pepper, and cinnamon; set aside.

Heat oil in a Dutch oven over medium heat. Add onion and salt; cover and cook 10 minutes. Add 1 teaspoon cumin mixture, sugar, and black pepper; cover and cook 15 minutes.

Preheat oven to 375°.

Add broth, and cook, uncovered, 30 minutes.

Add raisins, green olives, chicken, and chickpeas; cover and bake chicken mixture at 375° for 30 minutes.

After removing from oven remove chicken from pan; add lemon, lemon rind and fresh cilantro to pan and cook additional minute.

Serve with Couscous and Moroccan Carrot Salad

CALORIES 543 (13% from fat); FAT 7.6g (satisfat 1.7g, monofat 2.4g, polyfat 2.1g); PROTEIN 31.1g; CARBOHYDRATE 91.6g; FIBER 10g; CHOLESTEROL 58mg; IRON 5.5mg; SODIUM 548mg; CALCIUM 121mg;

## Twice-baked Goat Cheese Potatoes

Source: Eating Well magazine

Servings: 6

Healthy Units: 3

Posted By: kwe730 (Kim)

December 8, 2003

### Ingredients:

6 russet potatoes (6-8 ounces each), scrubbed

1 Tablespoon olive oil

Salt & freshly ground black pepper to taste

3/4 cup low-fat cottage cheese

4 ounces goat cheese cut into pieces

1/3 cup chopped scallions

2 Tablespoons chopped fresh parsley

1. Pierce potatoes with a fork and bake directly on oven rack at 450 degrees for 50 to 60 minutes.
2. Remove potatoes from oven and lower oven temperature to 425 degrees.
3. As soon as potatoes are cool enough to handle, slice off top third of each. Scoop out potato flesh into mixing bowl, reserving potato skin shells. Sprinkle oil over potato flesh, season with salt and pepper and mash with a potato masher.
4. In a food processor, puree cottage cheese. Add goat cheese and process until smooth. Scrape cheese mixture into mashed potatoes and mix with the potato masher or fork. Gently fold in scallions and parsley. Taste and adjust seasonings. Mound potato filling into potato shells.
5. Set stuffed potatoes on a baking sheet or in a shallow baking dish and bake for 30 to 40 minutes or until golden and heated through.

Nutritional info: 160 calories per serving, 10 grams protein, 7 grams fat (3.3 saturated fat), 28 grams carbohydrate, 190 mg. sodium, 10 mg cholesterol, 2 grams fiber.

## **Cinnamon-Sugar Knots**

Source - WW

HU: 1

Posted by: IBDQT34 (Cynthia)

12-8-03

### **Ingredients:**

2 tbsp sugar

½ tsp ground cinnamon

11 oz refrigerated bread stick dough

1 serving(s) cooking spray, butter-flavor, or enough to coat dough

### **Instructions:**

Preheat oven to 375°F. Coat a large baking sheet with cooking spray. In a small bowl, combine sugar and cinnamon. Mix well and set aside.

Unroll breadsticks and cut each in half lengthwise (to make a total of 24 pieces).

Arrange pieces on prepared baking sheet and coat with cooking spray. Sprinkle 1/4 teaspoon of cinnamon-sugar mixture over each piece. Tie each piece into a knot (pulling dough gently if necessary).

Sprinkle remaining cinnamon-sugar mixture over knots.

Bake until puffed up and golden brown, about 15 minutes. Serve warm. Yields 2 knots per serving or 1 knot per 1 HU.

## **Southwestern Slow Cooker Chicken And Potato Soup**

Source: Weight Watchers Online Recipes

HU 6

Servings 4 (1-1/4 cup servings)

Posted By: Jcanty(Gail)

Dec 10,2003

Comments: I added a can of black beans, more salt and a little more cumin

### **Ingredients**

3/4 pound boneless, skinless chicken breast(s), cut into 1-inch cubes  
3 small sweet potato(es), or 2 medium, peeled and cut into 1-inch cubes  
1 large onion(s), chopped  
29 oz canned diced tomatoes, salsa-style with chiles, undrained  
14 1/2 oz fat-free chicken broth  
1 tsp dried oregano  
1/2 tsp ground cumin  
1 1/2 cup frozen corn kernels, not thawed

### **Instructions**

Mix chicken, potatoes, onion, tomatoes, broth, oregano and cumin in a 4-quart or larger slow cooker (crockpot); cover and cook on low heat setting for at least 6 hours. Stir in corn; cover and cook on high heat setting until chicken is no longer pink in the center and vegetables are tender, about 30 minutes. Yields about 1 1/4 cups per serving.

### **Snow Peas with Cashews**

Source: ADAPTED from Am. Institute for Cancer Research

Healthy Units=1

Servings= 4

Posted by: MoOzark(Donna)

Date: December 11, 2003

Comments: Original recipe called for dried orange peel. I used dried orange peel and it added nothing. Colorful side dish with fresh pea flavor and nut crunch.

#### **Ingredients:**

1 tsp. canola oil

1 tsp. fresh orange zest

3 cups snow peas, rinsed and drained

Salt and freshly ground black pepper, to taste

1-2 Tbsp. toasted cashew nuts, finely chopped

#### **Directions:**

1. In nonstick skillet, heat oil. Add orange peel and cook over low heat for 2 minutes.

2. Add snow peas and salt and pepper, to taste. Turn heat to medium. Stirring constantly, cook 3 to 4 minutes or until snow peas are bright green and crunchy. Sprinkle with cashews and serve.

#### **Nutritional Information:**

Makes 4 servings. Per serving: 66 Calories, 2 g Total Fat (<1 g Saturated Fat), 8 g Carbohydrate, 4 g Protein, 3 g Dietary Fiber, 5 mg Sodium



## **Double Caramel Turtle Cake**

Source: Cooking Light, May 2002

Healthy Units= 6.5

Servings= 16

Posted by: sandythecur (Carol)

Date: December 11, 2003

### Double Caramel Turtle Cake

1 tablespoon flour  
1 1/2 cups boiling water  
3/4 cup unsweetened cocoa  
1 1/2 cups granulated sugar  
6 tablespoons butter -- softened  
1 teaspoon vanilla  
2 eggs  
1 2/3 cups flour  
1 teaspoon baking soda  
3/4 teaspoon baking powder  
2 tablespoons butter  
1/4 cup packed dark brown sugar  
2 tablespoons milk, 1% lowfat  
2 teaspoons vanilla  
2 cups powdered sugar  
2/3 cup caramel apple dip, fat free  
1/4 cup pecans -- finely chopped

Preheat oven to 350 degrees.

Coat bottoms of two 8" round cake pans with cooking spray (do not coat sides of pans); line bottoms with wax paper. Coat wax paper with cooking spray; dust with 1 T. flour.

Combine boiling water and cocoa, stirring well with a whisk. Cool completely.

Place granulated sugar, butter, and vanilla in a large bowl; beat until well blended. Add eggs, one at a time, beating well after each addition.

Combine 1 2/3 c. flour, baking soda, baking powder, and salt, stirring well with a whisk. Add flour mixture and cocoa mixture alternately to sugar mixture, beginning and ending with flour mixture.

Pour batter into prepared pans; sharply tap pans once on counter to remove air bubbles.

Bake at 350 degrees for 30 minutes. Cool in pans 10 minutes on wire rack; remove from pans and cool completely on wire rack.

Melt 2 T. butter in small saucepan over medium heat. Add brown sugar and milk; cook 1 minute or until sugar melts. Remove from heat; cool slightly.

Combine butter mixture and vanilla in large bowl. Gradually add powdered sugar; beat with a mixer at medium speed until smooth. Add additional milk, 1 tsp. at a time, beating until spreading consistency.

Place caramel dip in a small zip top plastic bag; snip small hole in corner of bag.

Place one cake layer on a plate; spread top with half of frosting. Drizzle half of caramel dip over frosting. Top with second cake layer. Spread remaining frosting over top of cake; drizzle with remaining caramel dip. Sprinkle with pecans.

Per Serving (excluding unknown items): 312 Calories; 8g Fat (22.9% calories from fat); 4g Protein; 57g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 201mg Sodium

## **Pork Chops with Lemon Spinach**

Cooking Light, November, 2001, p. 194

Healthy Units 7

Servings 4

Posted by LMaybloom (Lesley)

12/11/03

Comments: Dang, this was good, and extremely easy. The perfect meal for company if you don't have a lot of time on your hand. Total meal cook time was maybe 10 minutes. I didn't have garlic, but I did have shallots, and they sort of caramelized in the lemon juice and wine. Loved, loved, loved this recipe!

### **Ingredients**

3 tablespoons all-purpose flour

1 tablespoon brown sugar

1/2 teaspoon salt

1/4 teaspoon ground nutmeg

1/8 teaspoon ground red pepper

4 (4-ounce) boneless center-cut loin pork chops (about 1/2 inch thick)

1 teaspoon olive oil

1/2 cup dry white wine

2 teaspoons lemon juice

1 tablespoon bottled minced garlic

1 (10-ounce) package fresh spinach

### **Instructions**

Combine first 5 ingredients in a shallow dish. Dredge pork in flour mixture.

Heat the oil in a large skillet over medium heat. Add pork, and cook 3 minutes on each side or until done. Remove from pan. Stir in wine and lemon juice, scraping pan to loosen browned bits; cook 1 minute. Add garlic, and cook 1 minute. Add spinach, tossing 1 minute or until the spinach wilts. Serve with pork. Yield: 4 servings (serving size: 1 pork chop and 1/2 cup lemon spinach)

NUTRITION PER SERVING CALORIES 309 (38% from fat); FAT 12.9g (sat 4.3g, mono 6.1g, poly 1g); PROTEIN 36.2g; CARB 11.3g; FIBER 2.2g; CHOL 92mg; IRON 3.2mg; SODIUM 425mg; CALC 114mg;

## Healthy Picadillo

Cooking Light Annual Recipes 2001

Serves: 8

Healthy Units: 6 (5 with 95% lean ground beef and 2 tsp oil)

Posted by: Jill H

12/11/03

Comments: Made this last night with brown rice, sautéed plantains, and steamed asparagus. It was very tasty...lots of textures, and a nice contrast between sweet and salty/savory flavors.

2 pounds ground round  
1 tablespoon olive oil  
1 1/2 cups thinly sliced onion  
1 garlic clove, minced  
1 1/2 cups (1/4-inch-thick) slices yellow bell pepper, each slice cut in half  
1 1/2 cups (1/4-inch-thick) slices red bell pepper, each slice cut in half  
1 cup finely chopped carrot  
3/4 cup golden raisins  
1/2 cup dry white wine  
1/4 cup sliced pimento-stuffed manzanilla or green olives (about 15 olives)  
2 tablespoons balsamic vinegar  
1 1/2 teaspoons salt  
1/8 teaspoon black pepper  
2 bay leaves  
1 (14.5-ounce) can no-salt-added stewed tomatoes, undrained  
1 (8-ounce) can no-salt-added tomato sauce

Cook beef in a large nonstick skillet over medium-high heat until browned; stir to crumble. Remove from pan; drain well.

Add oil to pan. Add onion and garlic; sauté 3 minutes. Add bell peppers and carrot; sauté 3 minutes. Return beef to pan. Stir in raisins and remaining ingredients; bring to a boil. Reduce heat; simmer for 15 minutes, stirring occasionally. Discard bay leaves.

Yield: 8 servings (serving size: 1 cup)

CALORIES 280 (29% from fat); FAT 9.1g (satfat 2.8g, monofat 4.4g, polyfat 0.6g);  
PROTEIN 26.4g; CARBOHYDRATE 24g; FIBER 2.2g; CHOLESTEROL 70mg; IRON  
3.8mg; SODIUM 557mg; CALCIUM 46mg;

## **Blue Cheese-Buttermilk Dressing**

CL.com

Serves: makes 1 1/2 c

Healthy Units: 1

Posted by: Jill H

12/11/03

Comments: I made this with fat free sour cream instead of fat free yogurt the first time, and I liked it better than my second run with yogurt. Being a blue cheese dressing addict in my former life, I was thrilled to find this one. It's great. It's not really thick like some fatty blue cheese dressings, but all the flavor is there. I also go a little easy on the vinegar when I make it and I skip the onions altogether.

NOTE: This recipe is also listed in the Complete Cooking Light Cookbook, and the serving size is 2 T. for 37 calories. The recipes, however, are identical.

1/2 cup low-fat buttermilk  
1/2 cup plain fat-free yogurt  
3 tablespoons white wine vinegar  
1 teaspoon sugar  
1/2 teaspoon salt  
1/2 teaspoon coarsely ground pepper  
1/2 cup thinly sliced green onions  
1/2 cup (2 ounces) crumbled blue cheese

Combine first 6 ingredients in a bowl; stir with a whisk until blended. Stir in onions and cheese.

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

CALORIES 61 (46% from fat); FAT 3.1g (satfat 2g, monofat 0.8g, polyfat 0.1g);  
PROTEIN 4g; CARBOHYDRATE 4.1g; FIBER 0.2g; CHOLESTEROL 7mg; IRON  
0.2mg; SODIUM 354mg; CALCIUM 120mg

## **Chicken with Apple-Cream Sauce**

Cooking Light Annual Recipes 2003, p. 306

Serves: 4

Healthy Units: 6

Posted by: Jill H

12/11/03

Skinless, boneless chicken breasts are dressed up with a creamy, sweet-savory sauce. Don't be alarmed if the sauce separates after you add the apples and half-and-half; it will become smooth as it simmers.

4 (4-ounce) skinless, boneless chicken breast halves  
3/4 teaspoon salt  
1/2 teaspoon dried thyme  
1/2 teaspoon black pepper  
1 tablespoon olive oil  
2/3 cup apple cider  
3 cups thinly sliced peeled Braeburn apple  
3/4 cup half-and-half

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle chicken with salt, thyme, and pepper. Add chicken to pan; cook 5 minutes on each side or until done. Remove chicken from pan; keep warm. Add cider to pan, scraping pan to loosen browned bits. Reduce heat to medium-low; cook until reduced to 1/3 cup (about 5 minutes). Add sliced apple and half-and-half; simmer over low heat 10 minutes or until sauce thickens and apples are tender, stirring occasionally. Serve sauce with chicken immediately. Yield: 4 servings (serving size: 1 chicken breast half and 1/2 cup sauce)

CALORIES 285 (30% from fat); FAT 9.6g (satfat 3.9g, monofat 4.3g, polyfat 0.7g); PROTEIN 28.1g; CARBOHYDRATE 19.2g; FIBER 2.4g; CHOLESTEROL 88mg; IRON 1.2mg; SODIUM 540mg; CALCIUM 70mg

## **Creamy Gorgonzola Fettuccine**

Cooking Light Website

Serves: 4

Healthy Units: 8

Posted by: Jill H.

12/11/03

Comments: I made this a few nights ago and it was delicious. A HUNDRED times better than the Gorgonzola pasta recipe a few issues back with the breadcrumbs and walnuts. This was a huge hit here, easily bulked up by adding extra asparagus.

8 ounces uncooked fettuccine  
3 cups (1-inch) diagonally sliced asparagus (about 10 ounces)  
2 teaspoons butter or stick margarine  
4 garlic cloves, minced  
1 tablespoon all-purpose flour  
1 1/4 cups fat-free milk  
1/4 cup (2 ounces) 1/3-less-fat cream cheese  
1/4 teaspoon salt  
1/2 cup (2 ounces) Gorgonzola or other blue cheese, crumbled  
2 tablespoons chopped walnuts, toasted  
Freshly ground black pepper (optional)

Cook pasta in boiling water 6 minutes, omitting salt and fat. Add asparagus, and cook 2 minutes or until tender. While pasta is cooking, melt butter in a medium saucepan over medium-high heat. Add garlic, and cook for 3 minutes. Add flour; cook 30 seconds, stirring constantly. Gradually add milk, stirring well with a whisk. Stir in cream cheese and salt; cook 3 minutes or until thick, stirring constantly. Drain pasta and asparagus; place in a large bowl. Add sauce; tossing to coat. Serve with Gorgonzola and walnuts, and sprinkle with pepper, if desired. Yield: 4 servings (serving size: 1 1/4 cups pasta, 2 tablespoons gorgonzola, and 1 1/2 teaspoons walnuts)

CALORIES 399 (29% from fat); FAT 12.8g (satfat 6.4g, monofat 3.3g, polyfat 2.2g);  
PROTEIN 18g; CARBOHYDRATE 54.3g; FIBER 3.8g; CHOLESTEROL 28mg; IRON  
3.4mg; SODIUM 467mg; CALCIUM 220mg

## **Eggplant Manicotti with Creamy Pesto Filling**

Cooking Light Website

Serves: 4

Healthy Units: 6

Posted by: Jill H.

12/11/03

Comments: I wanted to mention that because there was no egg or egg white in the filling, I was a little afraid it would leak out of the eggplant rolls. I was pleasantly surprised to find that it did not. These were delicious and the portion size was HUGE @ five rolls per serving. The filling was delicious and I would use it to toss with pasta, stuff tomatoes (as suggested) or even spread on a sandwich. Loved these.

1/2 cup (2 ounces) shredded part-skim mozzarella cheese, divided  
1 cup fresh basil leaves  
1/2 cup fresh parsley leaves  
1/2 cup spinach leaves  
1/4 cup pine nuts, toasted  
1/4 cup grated fresh Parmesan cheese  
1/4 cup tub-style fat-free cream cheese  
1/4 teaspoon salt  
1 (15-ounce) container fat-free ricotta cheese  
2 garlic cloves  
1 (1 1/2-pound) eggplant, cut lengthwise into 20 (1/8-inch-thick) slices  
Cooking spray  
2 cups low-fat spaghetti sauce, divided

Combine 1/4 cup mozzarella cheese and next 9 ingredients (mozzarella cheese through garlic) in a food processor, and process until smooth. Set pesto mixture aside. Arrange half the eggplant slices in a single layer on a baking sheet coated with cooking spray. Broil 5 minutes or until lightly browned and very tender. Repeat procedure with remaining eggplant. Preheat oven to 375°. Spread 1 cup spaghetti sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Place eggplant slices, browned sides down, on a smooth surface; spoon about 2 tablespoons pesto mixture in center of each slice (the amount will vary from 1 to 3 tablespoons depending on size of eggplant slices). Roll up, starting at short ends; place eggplant rolls, seam sides down, over sauce. Repeat procedure with remaining eggplant and pesto mixture. Pour 1 cup spaghetti sauce over eggplant rolls. Bake at 375° for 30 minutes. Top with 1/4 cup mozzarella cheese; bake an additional 10 minutes or until cheese is lightly browned. Note: Any leftover pesto mixture can be used as a topping for tomato slices or tossed with pasta. Yield: 4 servings (serving size: 5 rolls with sauce)

CALORIES 282 (29% from fat); FAT 9.1g (satisfat 3.1g, monofat 2.8g, polyfat 2.1g); PROTEIN 26.8g; CARBOHYDRATE 31g; FIBER 5.4g; CHOLESTEROL 24mg; IRON 2.7mg; SODIUM 760mg; CALCIUM 451mg



## **Gingerbread Squares**

Cooking Light website

Serves: 25

Healthy Units: 2 (see note)

Posted by: Jill H

12/11/03

Comments: These are very moist with a texture somewhere between a cake and a brownie, and turn out with a light little crisp top, kind of like a good brownie.

NOTE: These are still 2 points apiece if you cut them into 20 squares instead of 25. These came from a CL article about gift giving, so they are very tiny and are meant to be packed in a small parchment-lined gift box.

1 1/4 cups all-purpose flour  
1 teaspoon ground ginger  
1 teaspoon ground cinnamon  
1/2 teaspoon baking soda  
1/2 cup granulated sugar  
1/2 cup low-fat buttermilk  
1/2 cup molasses  
1/3 cup butter, melted  
1 large egg, lightly beaten  
Cooking spray  
1 tablespoon powdered sugar

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, ginger, cinnamon, and baking soda, stirring with a whisk. Combine granulated sugar and next 4 ingredients (granulated sugar through egg) in a large bowl, stirring with a whisk. Stir in flour mixture. Pour batter into a 9-inch square baking pan coated with cooking spray. Bake at 350° for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack. Sprinkle gingerbread with powdered sugar. Yield: 25 servings (serving size: 1 (1 3/4-inch) square)

CALORIES 84 (30% from fat); FAT 2.8g (satfat 1.6g, monofat 0.8g, polyfat 0.2g);  
PROTEIN 1.1g; CARBOHYDRATE 14g; FIBER 0.2g; CHOLESTEROL 15mg; IRON  
0.7mg; SODIUM 61mg; CALCIUM 22mg

## **Polenta Casserole with Mushrooms, Tomatoes, and Ricotta**

Cooking Light Annual Recipes 2001, p. 27

Serves: 6

Healthy Units: 5

Posted by: Jill H

12/11/03.

Comments: Regarding the polenta casserole (above): There was NOT enough polenta for all three polenta layers in this. I had to make 1/2 cup (dry) more. It was good and for the low points for such a large portion, and because of the low points, it was good for lunch leftovers as well as dinner. Not as good as the polenta with tomato shiitake sauce, (and certainly not as quick!) but still quite good.

2 teaspoons olive oil, divided  
2 cups chopped onion  
3 cups coarsely chopped cremini mushrooms (12 ounces)  
1 1/2 teaspoons salt, divided  
2 garlic cloves, chopped  
1/3 cup dry red wine  
1 tablespoon chopped fresh or 1 teaspoon dried rosemary  
1 tablespoon tomato paste  
1 (14.5-ounce) can diced tomatoes, undrained  
4 cups water  
1 cup instant polenta (such as Contadina)  
1/2 cup (2 ounces) grated fresh Parmesan cheese  
1/4 teaspoon black pepper, divided  
1/2 cup part-skim ricotta cheese  
1 1/2 teaspoons butter, cut into small pieces

Preheat oven to 400°. Heat 1 teaspoon oil in a 10-inch cast-iron skillet over medium-high heat. Add onion; sauté 8 minutes. Add mushrooms, 1/2 teaspoon salt, and garlic, and cook 4 minutes, stirring frequently. Stir in wine, rosemary, and tomato paste; reduce heat to medium, and cook 3 minutes. Stir in tomatoes, and cook until thick (about 10 minutes). Remove from heat. Bring water to a boil in saucepan; stir in polenta and 1 teaspoon salt. Reduce heat to low; cook until thick (about 5 minutes), stirring frequently. Spread one-third of polenta mixture into a 13 x 9-inch baking dish coated with 1 teaspoon oil. Spread half of tomato sauce over polenta, and top with 2 tablespoons Parmesan cheese and 1/8 teaspoon pepper. Drop half of the ricotta cheese by spoonfuls onto the Parmesan cheese. Repeat the layers, ending with polenta. Top with 1/4 cup Parmesan cheese and butter. Bake at 400° for 25 minutes or until bubbly.

Yield: 6 servings (serving size: 1 (4 1/2-inch) square)

CALORIES 235 (29% from fat); FAT 7.5g (satisfat 3.5g, monofat 2.7g, polyfat 0.7g); PROTEIN 9.7g; CARBOHYDRATE 35g; FIBER 2.2g; CHOLESTEROL 15mg; IRON 1.4mg; SODIUM 891mg; CALCIUM 206mg

## **Smoked Cheddar and Lentil Burgers**

Cooking Light Annual Recipes 2004 or CL June 2003

Serves: 8

Healthy Units: (5 if you use 1-pt light buns)

Posted by: Jill H

12/11/03

Comments: I would recommend NOT skipping the refrigeration step (which I skipped). I think it would make for a firmer burger, as opposed to a pasty one. Next time, I will skip the lentil-mashing step, as the lentils get mushed up in the mixing anyway. The taste here was smokey and good (the smoked cheddar in here is what makes these unique), but next time I will use fresh garlic instead of garlic powder; this is a pretty good meatless burger recipe--better than others I have tried and containing MUCH more fiber.

2 1/2 cups water  
1 cup dried lentils  
2 bay leaves  
1 teaspoon olive oil  
1 cup finely chopped onion  
1/2 cup finely chopped carrot  
1 cup (4 ounces) shredded smoked cheddar cheese  
1/2 cup dry breadcrumbs  
2 teaspoons chopped fresh thyme  
1 1/4 teaspoons salt  
3/4 teaspoon garlic powder  
3/4 teaspoon paprika  
1/2 teaspoon freshly ground black pepper  
1/4 teaspoon ground red pepper  
3 large egg whites, lightly beaten  
Cooking spray  
8 teaspoons stone-ground mustard  
8 (2-ounce) whole wheat sandwich buns, toasted  
8 (1/4-inch-thick) slices tomato  
2 cups trimmed Arugula

Place first 3 ingredients in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until tender; drain. Discard bay leaves. Place lentils in a large bowl; partially mash with a potato masher. Cool slightly. Heat oil in a medium nonstick skillet over medium-high heat. Add onion and carrot; sauté 5 minutes or until tender. Cool slightly. Add onion mixture, cheese, and next 8 ingredients (cheese through egg whites) to lentils; stir well to combine. Cover and chill 45 minutes.

Divide mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty. Heat a grill pan coated with cooking spray over medium-high heat. Add half of patties, and cook 5

minutes on each side or until done. Repeat procedure with remaining patties. Spread 1 teaspoon mustard on top half of each bun. Place 1 patty on bottom half of each bun, and top each serving with 1 tomato slice, 1/4 cup Arugula, and top half of bun. Yield: 8 servings

CALORIES 354 (22% from fat); FAT 8.8g (satfat 3.5g, monofat 2.4g, polyfat 2g);  
PROTEIN 19.3g; CARBOHYDRATE 50.7g; FIBER 9.8g; CHOLESTEROL 15mg; IRON  
5mg; SODIUM 893mg; CALCIUM 226mg

## **Herb and Mushroom Stuffing**

Source: CooksIllustrated.com

Date: Dec. 11, 2003

Posted by: Joyce (jqinl)

Healthy Units: 8 per one cup serving

Servings: 11 @ 1 cup each

Comments: Obviously, this is not a recipe that will lead to weight loss, but it is a good holiday stuffing. Portion size is generous and points can be reduced by using an alternative to heavy cream, even half- &-half reduces it by a point. I love mushrooms in stuffing, so I added a small package of rehydrated porcini mushrooms and used the soaking liquid in place of part of the broth. Next time, I plan to use equivalent portions of fresh herbs instead of the dried.

### **Ingredients**

3 Tbs. butter

4 med. celery stalks chopped course (about 2 cups)

3 medium onions chopped course (about 3 cups)

10 oz mushrooms sliced thin (about 3 cups)

2 tsp dried sage

2 tsp dried thyme

1 tsp dried rosemary

1 tsp dried marjoram

1/4 c. sweet sherry

2 large eggs, lightly beaten

1 c. chicken or turkey stock or low-sodium canned broth

1/2 c. heavy cream

1 tsp. salt

1/2 tsp ground black pepper

8 c. dried bread cubes (French preferably)

1/2 c. minced fresh parsley leaves

### **Instructions:**

Dry bread by cutting 1/2 inch slices, laying them in a single layer on baking sheets, and leaving them out overnight (I sliced off the crust).

The next day, cut the slices into 1/2 inch cubes and allow them to dry for another night. If you are in a hurry, rush the process by drying the slices in a 225-degree oven until brittle but not brown, 30-40 minutes. Then cut them into cubes and proceed.

Preheat oven to 400 degrees.

(Cont'd on next page)

Heat butter in large skillet over med. high heat until fully melted; pour off 2 tbs butter and reserve.

Return skillet to heat; add onion and celery and saute, stirring occasionally until translucent, about 8 minutes.

Stir in sage, thyme, marjoram, parsley, and black pepper and cook until just fragrant, about 1 minute longer.

Turn onion mixture into larger mixing bowl; add bread cubes, stock, eggs, and salt; toss gently to distribute dry and wet ingredients evenly.

Turn mixture into buttered 13x9-inch baking dish, drizzle with reserved melted butter, cover tightly with foil, and bake until fragrant, about 25 minutes.

Remove foil and bake until golden brown crust forms on top, 15-20 minutes longer.

Serve warm.

### **Border-Style Shrimp**

Source: Cooking Light Dec 2003

HU: 5 per serving

Servings: 4

Posted by Jcanty (Gail)

December 13, 2003

This dish is also good served over yellow rice or Spanish rice. Have the seafood counter at your supermarket peel and devein the shrimp while you finish shopping.

Comments: I used ICBINB for the 2 TBS of butter which lowered the HU's to 3

Cooking spray

1 1/2 cups chopped white onion

1 teaspoon ground cumin

1 teaspoon chili powder

1 1/2 pounds medium shrimp, peeled and deveined

2 garlic cloves, minced

2 tablespoons butter

1/2 teaspoon salt

1/8 teaspoon hot pepper sauce

1/4 cup fresh lime juice

1/4 cup finely chopped green onions

Lime wedges (optional)

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 3 minutes. Add cumin, chili powder, shrimp, and garlic; sauté 4 minutes. Remove from heat, and add butter, salt, and hot sauce. Stir until the butter melts. Stir in juice and green onions. Garnish with the lime wedges, if desired.

Yield: 4 servings (serving size: about 1 cup shrimp)

#### **NUTRITION PER SERVING**

CALORIES 266 (30% from fat); FAT 9g (sat 4.1g, mono 2.1g, poly 1.4g); PROTEIN 35.6g; CARB 9.7g; FIBER 1.8g; CHOL 274mg; IRON 4.5mg; SODIUM 618mg; CALC 113mg;

## **Maple Pork-and-Vegetable Stew**

Source: Cooking Light Web Site

HU: 9 as written See note: 7 as edited

Servings: 8

Posted by jcanty(Gail)

December 14,2003

Comments:

This is a 5 Star rated stew. I eliminated the oil and used Pam to brown. I used Light beer instead of regular. This reduced the points to 7. This is a very different flavor with the maple syrup and beer. I would make it again. DH liked it a lot. Very large servings w/ 1 cup rice and 1 cup stew.

1 tablespoon olive oil

1 (1 1/2-pound) boned pork loin roast, cut into 1-inch cubes

2 cups diced onion

1 (8-ounce) package mushrooms, quartered

1 3/4 cups (1/8-inch) diagonally sliced carrot

3/4 cup diced red bell pepper

2 tablespoons maple syrup

1 teaspoon dried rubbed sage

1/4 teaspoon salt

1/4 teaspoon black pepper

1 (16-ounce) can fat-free, less-sodium chicken broth

1 (12-ounce) bottle beer

2 tablespoons cornstarch

1 tablespoon red wine vinegar

1 tablespoon country-style Dijon mustard

8 cups hot cooked brown rice

Sage sprigs (optional)

Heat oil in a large Dutch oven over medium-high heat. Add half of the pork; sauté 5 minutes or until browned. Remove from pan. Add remaining pork; sauté 5 minutes or until browned. Remove from pan. Add onion and mushrooms to pan; sauté 4 minutes. Return pork to pan; add carrot and next 7 ingredients (carrot though beer). Bring to a boil; reduce heat, and simmer 1 hour or until pork is tender.

Combine cornstarch, vinegar, and mustard in a small bowl, and stir with a whisk. Add to pork mixture, and bring to a boil. Cook 3 minutes, stirring frequently. Serve with rice.

Garnish with sage sprigs, if desired.

Yield: 8 servings (serving size: 1 cup stew and 1 cup rice)

NUTRITION PER SERVING: CALORIES 436 (21% from fat); FAT 10.3g (sat 2.9g, mono 4.9g, poly 1.6g); PROTEIN 24.9g; CARB 60.2g; FIBER 5.5g; CHOL 51mg; IRON 2.4mg; SODIUM 328mg; CALC 50mg;



### **Excellent Almond Biscotti**

Source (from CL or elsewhere) unknown

Healthy Units (WW Points) 1 pt per Biscotti

Servings About 2 dozen

Posted by tmaruhn

Date 12/15/03

#### **Ingredients**

2 cups all-purpose flour

2 tablespoons all-purpose flour

1 teaspoon baking powder

1/4 teaspoon salt

1/8 teaspoon baking soda

1 cup granulated sugar

2 whole eggs -- at room temperature

2 egg whites -- at room temperature

1 tablespoon almond extract

1 teaspoon almond extract

1/4 cup toasted almonds -- chopped

#### **Instructions**

Preheat oven to 325.

Line a baking sheet with parchment paper, or spray with nonstick cooking spray.

In medium bowl, sift together flour, baking powder, salt and baking soda.

In large bowl, with electric mixer on high speed, combine sugar, eggs, egg whites and almond extract until well-blended, 1 minute.

Blend in half of the flour mixture with spatula, then beat with mixer on low speed for several seconds.

Add remaining flour mixture and continue beating until smooth, about 5 seconds.

Add almonds, and beat just to combine.

Divide dough into 2 pieces, smoothing each into a 12 x 2 " strip on the baking sheet.

Bake until firm and light golden, 15-20 minutes.

Remove from oven and let cool 2 minutes on baking sheet.

Leave oven on.

Slide loaves onto cutting board.

With serrated knife, cut loaves diagonally into 1/2-3/4 inch thick slices.

Discard ends. ((I eat them))

Place slices, cut sides down, back on baking sheet (they can touch).

Bake for 7 minutes, and then turn them over and do the other side for 7 minutes.

Let cool completely on wire rack.

Store in airtight container at room temperature for up to several days.

### **Apricot Pistachio Biscotti**

Source: WW Simply Delicious (page 212)

Points per serving: 1

Servings: 36 (2 Biscotti per serving)

Posted by: tessa3(Linda)

#### **Ingredients:**

2 1/4 C all-purpose flour

1/2 C shelled pistachio nuts, chopped

1/2 C chopped dried apricots

2 tsp baking powder

1/2 tsp ground ginger

1/4 tsp salt

1 cup sugar

2 large eggs

6 Tbs. apricot nectar or orange juice

1/2 tsp vanilla extract

1. Preheat oven to 350. Spray 2 baking sheets with nonstick cooking spray.
2. Combine the flour, pistachios, apricots, baking powder, ginger and salt in a large bowl. Whisk the sugar, eggs, nectar, and vanilla in a medium bowl until frothy. Add the sugar mixture to the flour mixture; stir just until blended.
3. Gather the dough with lightly floured hands and transfer to a lightly floured surface. Divide the dough in two and work each into a 1 3/4 x 15-inch log about 1 inch high. Transfer the logs to the baking sheets and pat down until about 3/4 inch high and 2 inches wide.
4. Bake the logs until firm to the touch, 20-25 minutes. Transfer to a cutting board and let cook 5-7 minutes. With a serrated knife, cut into 1/4 inch thick slices, making 72 Biscotti. Lay the slices in a single layer on the baking sheets.
5. Reduce the oven temperature to 300. Bake the Biscotti 10 minutes, then turn over and bake until very dry to the touch and slightly crisp, about 10 minutes longer. Transfer the Biscotti to a rack and cool completely.

Cindy's Notes: NI for the recipe is: 1 serving = 2 biscotti = 69 calories, 1 g fat, 1 g fiber.  
- but that's if you can cut them just 1/4-inch thick. I got 43 biscotti total (not 72) and plan to figure that a serving is ONE biscotti.

## **Almond Biscotti**

Source: Secrets of Fat Free Baking by Sandra Woodruff

Healthy Units: 1

Servings : 24

Posted by : thinmeplease (Diane)

Date : Dec. 15, 2003

### **Ingredients:**

1 cup unbleached flour  
1 cup whole wheat flour  
2/3 cup sugar  
2 teaspoons baking powder  
4 tablespoons reduced fat margarine or light butter  
3 egg whites  
1 teaspoon vanilla extract  
1 teaspoon almond extract  
¼ cup finely chopped almonds

### **Instructions:**

1. Combine the flours, sugar and baking powder, and stir to mix well. Use a pastry cutter to cut in the margarine until the mixture resembles coarse meal. Stir in the egg whites and the vanilla and almond extracts. Fold in the almonds.

2. Turn the dough onto a lightly floured surface, and shape into two 9x2-inch logs. Coat a baking sheet with nonstick cooking spray, and place the logs on the sheet, leaving 4 inches of space between the logs to allow for spreading. Bake at 350° for about 25 minutes, or until lightly browned.

3. Cool the logs at room temperature for 10 minutes. Then use a serrated knife to slice the logs diagonally into ½-inch-thick slices.

4. Place the slices on an ungreased baking sheet in a single layer, cut side down. Bake at 350° for 18 to 20 minutes, or until dry and crisp, turning the slices over after 10 minutes.

5. Transfer the biscotti to wire racks, and cool completely. Serve immediately or store in an airtight container.

## **Cinnamon-Oatmeal Cookies**

Adapted from allrecipes.com

Servings: 24 cookies

HU: 2 per cookie

Posted by DebMj1

December 15, 2003

Comments: I made them again, this time using all regular butter, and they were considerably chewier. I also added 1/4 tsp. more cinnamon to give them an even more decisive cinnamon flavor. They're terrific. Calories go to 102 per cookie and points are 2.2 per cookie.

1/4 cup butter, softened  
1/4 cup light butter, softened (I used Corman's)  
1/2 cup packed brown sugar  
2 Tablespoons splenda sugar substitute  
2 Tablespoons granulated sugar  
1 egg  
1 teaspoon vanilla extract  
2/3 cup all-purpose flour  
1/4 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/4 teaspoon salt  
1 1/2 cups quick cooking oats  
1/3 cup chopped pecans

Preheat the oven to 325 F. In a large bowl, cream together butters, brown sugar, splenda and white sugar until fluffy. Beat in egg, then stir in the vanilla. Combine the flour, baking soda, salt and cinnamon; stir into the creamed mixture. Mix in oats and nuts until just blended. Drop by heaping teaspoonfuls onto ungreased cookie sheets. Cookies should be at least 2 inches apart.

Bake for 15 minutes in the preheated oven. Cool on a wire rack.

## **Blackened Portobello-Mushroom Salad**

Source: Cooking Light (website) Cooking Light, MAY 1998

Servings: 4 (4 cups salad greens, all slices from 1 mushroom, ¼ marinade)

Healthy Units: 3

Posted by: joan Borsten

Date: December 15, 2003

COMMENTS: I just loved this. Used half the salad greens and served with the New Orleans shrimp. Will definitely make again.

### **INGREDIENTS**

1/4 cup red wine vinegar

1/4 cup balsamic vinegar

1/4 cup tomato juice

1 tablespoon olive oil

2 teaspoons Dijon mustard

2 teaspoons stone-ground mustard

1/4 teaspoon coarsely ground pepper

4 (4-ounce) portobello mushroom caps (about 5 inches wide)

1 tablespoon Cajun seasoning for steak (such as Chef Paul Prudhomme's Steak Magic)

2 teaspoons olive oil

Cooking spray

16 cups gourmet salad greens

1 large tomato, cut into 8 wedges

1/2 cup thinly sliced red onion, separated into rings

1 (15-ounce) can cannellini or other white beans, rinsed and drained

1/4 cup (1 ounce) crumbled blue cheese

### **INSTRUCTIONS:**

Combine first 7 ingredients in a large zip-top plastic bag. Add mushrooms to bag; seal. Marinate 10 minutes, turning occasionally. Remove mushrooms from bag, reserving marinade.

Sprinkle mushrooms with Cajun seasoning. Heat 2 teaspoons oil in a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add mushrooms; cook 2 minutes on each side or until very brown. Cool; cut mushrooms diagonally into thin slices.

Arrange 4 cups salad greens on each of 4 plates. Top each with mushroom slices, 2 tomato wedges, and onion rings. Sprinkle each with 1/4 cup beans and 1 tablespoon blue cheese. Drizzle the reserved marinade evenly over salads.

NUTRITIONAL INFO: CALORIES 260 (37% from fat); FAT 10.7g (satfat 2.4g, monofat 5.2g, polyfat 1.7g); PROTEIN 12.8g; CARBOHYDRATE 31.4g; FIBER 7.7g; CHOLESTEROL 5mg; IRON 5.4mg; SODIUM 669mg; CALCIUM 165mg;

## **Chocolate-Cinnamon Angel Cake**

Source: BHG Best-Ever Low Cal Recipes

HU: 3

Serves: 16

Posted by: Donna/CAROTS

Date: December 16, 2003

\*Notes- If you are not a cinnamon fan, can omit.

1 1/2 cups egg whites  
(10 to 12 large egg whites)  
1 1/2 cups sifted powdered sugar  
1 cup sifted cake flour or sifted all-purpose flour.  
3 Tablespoons unsweetened cocoa powder  
1/4 teaspoon ground cinnamon  
1 1/2 teaspoons cream of tartar  
1 teaspoon vanilla  
1 cup granulated sugar  
Chocolate-flavored syrup (optional)

1. Allow egg whites to stand at room temperature for 30 minutes
2. Meanwhile, sift powdered sugar, flour, cocoa powder, and cinnamon together. Set aside.
3. In a large mixer bowl combine the egg whites, cream of tartar, and vanilla; beat with an electric mixer on medium speed until soft peaks form (tips curl).
4. Gradually add the granulated sugar about 2 tablespoons at a time, beating on high speed until stiff peaks form (tips stand straight). If bowl is too full, transfer to a larger bowl.
5. Sift about one fourth of the flour mixture over the beaten egg whites; fold in gently. Repeat, folding in the remaining flour mixture by fourths. Pour into an ungreased 10 inch tube pan. Using a narrow metal spatula or knife, gently cut through the batter to eliminate any air bubbles.
6. Bake on the lowest rack in a 350 degree oven for 40 to 45 minutes or until top springs back when lightly touched.
7. Immediately invert cake (leave in pan): cool completely. Loosen side of cake from pan; remove cake. If desired, serve cake slices drizzled with chocolate flavored syrup.

## **Linguine with Two Sauces**

From Cooking Light, September 1997

Healthy Units: 7

Servings: 8

Posted by LissaR

December 16, 2003

2 teaspoons olive oil  
2 garlic cloves, minced  
1 tablespoon chopped fresh basil  
3/4 teaspoon pepper, divided  
1/2 teaspoon salt, divided  
2 (14.5-ounce) cans Italian-style diced tomatoes, undrained  
Cooking spray  
4 cups sliced cremini or button mushrooms (about 12 ounces)  
1/2 cup all-purpose flour  
2 cups 1% low-fat milk  
1 cup (4 ounces) shredded reduced-fat, reduced-sodium Swiss cheese (such as Alpine Lace)  
1/2 cup dry white wine  
8 cups hot cooked linguine (about 1 pound uncooked pasta)  
1/4 cup grated fresh Parmesan cheese  
Fresh oregano sprigs (optional)

Preheat oven to 350°.

Heat oil in a nonstick skillet over medium heat. Add garlic; sauté 30 seconds. Add basil, 1/4 teaspoon pepper, 1/4 teaspoon salt, and tomatoes; cook over low heat 20 minutes, stirring occasionally. Set aside.

Place a large saucepan coated with cooking spray over medium-high heat until hot. Add mushrooms, and cook 5 minutes. Remove from saucepan, and set aside. Add flour to saucepan. Gradually add milk, stirring with a whisk until blended. Place flour mixture over medium heat, and cook until thick (about 3 minutes), stirring constantly. Stir in Swiss cheese, wine, 1/2 teaspoon pepper, and 1/4 teaspoon salt. Cook until cheese melts (about 1 minute), stirring constantly. Remove from heat, and stir in mushrooms.

Combine linguine and mushroom sauce in a large bowl. Spoon linguine mixture into a 13 x 9-inch baking dish coated with cooking spray. Spread tomato sauce evenly over the linguine mixture, and sprinkle with Parmesan cheese. Cover and bake at 350° for 20 minutes. Uncover and bake an additional 5 minutes. Garnish with oregano sprigs, if desired.

### **NUTRITION PER SERVING**

CALORIES 349 (19% from fat); FAT 7.2g FIBER 3.2g

## **Cherry Cheesecake**

Source: Tonylittle.com

HU: 5 per serving

Servings: 12 servings (serving size: 1 wedge).

Posted by: womaninilblackdress(Michelle)

Date: December 17, 2003

### **INGREDIENTS:**

Cooking spray

3/4 cup graham cracker crumbs

2 tablespoons sugar

2 tablespoons reduced-calorie stick margarine, melted

2/3 cup sugar

1/3 cup all-purpose flour

1 tablespoon cornstarch

1 teaspoon vanilla extract

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

1 (8-ounce) tub fat-free cream cheese

2 large eggs

1/2 cup fat-free milk

1/3 cup fat-free sour cream

3 large egg whites

1/4 cup sugar

1 (20-ounce) can light cherry pie filling

### **RECIPE INSTRUCTIONS:**

Preheat oven to 300°.

Coat a 9-inch springform pan with cooking spray. Combine crumbs, 2 tablespoons sugar, and margarine. Firmly press crumb mixture into bottom and 2 inches up sides of pan.

Combine 2/3 cup sugar, flour, and next 5 ingredients (flour through eggs) in a large bowl; beat at high speed of a mixer until smooth. Add milk and sour cream to cheese mixture; beat until smooth.

Beat egg whites (at room temperature) at high speed of a mixer until soft peaks form. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form using clean, dry beaters. Gently fold egg white mixture into cheese mixture.

Pour into prepared pan. Bake at 300° for 55 minutes or until almost set. Remove from oven, and cool completely on a wire rack; cover and chill 8 hours. Top with pie filling.

Nutritional Information: CALORIES 230 (28% from fat), FAT 7.1g (sat 3.2g, mono 2g, poly 0.7g), PROTEIN 8.2g, CARB 32.7g, FIBER 0.1g, CHOL 55mg, IRON 0.7mg, SODIUM 286mg, CALC 91mg



## **Sparkling Butter Toffee Cookies**

Source: Land-O-Lakes

Healthy Units: 1

Serves: 60 (5 dozen)

Posted by: Kate

December 17, 2003

### **INGREDIENTS:**

1 cup sugar

3/4 cup butter, softened

1 egg

1 teaspoon vanilla

2 cups all-purpose flour

1 1/2 teaspoons baking powder

1/4 teaspoon baking soda

1/2 cup English or almond toffee bits

Sugar

### **INSTRUCTIONS:**

Heat oven to 350°F.

Combine sugar, butter, egg and vanilla in large mixer bowl.

Beat at medium speed, scraping bowl often, until creamy (1 to 2 minutes).

Add flour, baking powder and baking soda; reduce speed to low.

Beat until well mixed (1 to 2 minutes).

Stir in toffee bits by hand.

Shape dough into 1-inch balls.

Roll in sugar.

Place 2 inches apart onto ungreased cookie sheet.

Flatten each with bottom of glass to 1 1/2-inch circles. (If glass sticks, dip glass in sugar.)

Bake for 9 to 11 minutes or until edges are just lightly browned. (DO NOT OVER BAKE.)

Sprinkle with sugar while warm.

Cool completely.

Note: English toffee bits and chips are available in the baking section of large supermarkets. (I used Heath Bar bits instead)

TIP: Cookies may also be flattened with a fork in a criss-cross pattern.

NUTRITIONAL INFO.: Calories: 50, Protein: 1 g, Carbohydrate: 7 g, Fat: 2.5 g  
Cholesterol: 10 mg, Sodium: 45 mg, Fiber: 0 g

## **Cheesecake Brownie Torte**

Source: CL website (Cooking Light, AUGUST 1997)

HU: 6

Servings: 12 servings (serving size: 1 wedge)

Posted by: CindyN

12/17/03

Notes: remember it's a torte, so it's only about 2 inches tall, yummy but next time I'll use 1/2 the amount of cinnamon :) I made it for my Dad and he LOVED it, served it with fresh raspberries, no chocolate sauce, it's VERY rich you could happily eat 1/2 of a serving,

### **INGREDIENTS:**

1 (15.1-ounce) package low-fat fudge brownie mix (such as Snackwell's)

2 teaspoons instant coffee granules

1/2 teaspoon ground cinnamon

1 (4-ounce) jar carrot baby food

Cooking spray

1/2 cup plus 2 tablespoons sugar, divided

4 teaspoons all-purpose flour

1 teaspoon vanilla extract

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

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

2 large egg whites

3 tablespoons skim milk, divided

2 tablespoons unsweetened cocoa

Chocolate syrup (optional)

Fresh raspberries (optional)

### **INSTRUCTIONS:**

Preheat oven to 425°.

Combine first 4 ingredients in a bowl.

Firmly press mixture into bottom and 1 inch up sides of a 9-inch springform pan coated with cooking spray.

Set aside.

Combine 1/2 cup sugar, flour, vanilla, and cheeses; beat at medium speed of a mixer until well-blended.

Add egg whites and 2 tablespoons milk; beat well.

Combine 1/2 cup batter, 1 tablespoon milk, 2 tablespoons sugar, and cocoa; stir well.

Spoon remaining batter alternately with cocoa mixture into prepared crust.

Swirl together using the tip of a knife.

Bake at 425° for 15 minutes; Reduce oven temperature to 250° (do not remove pan from oven); bake 45 minutes or until set; Cool completely on a wire rack.

Garnish with chocolate syrup and raspberries, if desired.

NUTRITION PER SERVING: CALORIES 277 (24% from fat); FAT 7.5g (sat 3.8g, mono 2.3g, poly 0.9g); PROTEIN 7.9g; CARB 44.1g; FIBER 1.3g; CHOL 18mg; IRON 1.6mg; SODIUM 338mg; CALC 76mg;

### **Cappuccino Crinkles**

Source: Better Homes & Gardens Christmas Cookies magazine

Servings: 32 cookies

Healthy Units: 2 each

Posted by: alleycat (Allison)

Date: December 18, 2003

Comments: These are really good! Very soft, and they stay soft.

1/3 cup butter (no substitutes), softened  
1 cup packed brown sugar  
2/3 cup unsweetened cocoa powder  
1 tablespoon instant coffee granules  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
2 egg whites  
1/3 cup vanilla yogurt  
1-1/2 cups all-purpose flour  
1/4 cup granulated sugar

Heat oven to 350 degrees F.

Beat butter in a large mixing bowl with an electric mixer on medium to high speed for 30 seconds. Add the brown sugar, cocoa powder, coffee granules, baking soda, and cinnamon. Beat until combined, scraping sides of the bowl occasionally. Beat in egg whites and yogurt until combined. Beat in as much of the flour as you can with the mixer. Stir in remaining flour with a wooden spoon.

Place granulated sugar in a small bowl. Drop dough by heaping teaspoons into sugar and roll into balls. Roll again in sugar. Place balls 2 inches apart on an ungreased cookie sheet.

Bake for 8 to 10 minutes or until edges are firm. Transfer cookies to wire racks and cool. Makes about 32.

Make-Ahead Tip: Place in layers separated by waxed paper in an airtight container; cover. Store at room temperature up to 1 week or freeze up to 3 months.

Nutritional facts per serving

calories: 82 , total fat: 2g , saturated fat: 1g , cholesterol: 6mg , sodium: 68mg,  
carbohydrate: 14g , fiber: 0g , protein: 1g

### **Nestle Toll House Famous Fudge**

Bag of Nestle Toll House Morsels

Healthy Units=1.7 with nuts; 1.4 w/o nuts

Servings=49

Posted by LMaybloom (Lesley)

12/19/03

1 1/2 cups granulated sugar

2/3 cup evaporated milk

2 tablespoons butter or margarine

1/4 teaspoon salt

2 cups miniature marshmallows

1 1/2 cups semisweet chocolate chips

1/2 cup chopped pecans, or walnuts, optional

1 teaspoon vanilla extract

1. Line 8" square baking pan with foil.

2. Combine sugar, evaporated milk, butter and salt in a medium, heavy-duty saucepan. Bring to a full rolling boil over medium heat, stirring constantly. Boil, stirring constantly, for 4-5 minutes. Remove from heat.

3. Stir in marshmallows, chocolate chips, nuts and vanilla extract. Stir vigorously for 1 minute, or until marshmallows are melted. Pour into prepared baking pan; refrigerate for 2 hours or until firm. Lift from pan; remove foil. Cut into pieces.

Per Serving (excluding unknown items): 70 Calories; 3g Fat (37.4% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 21mg Sodium.

### **Asian Cucumber Salad**

Source: CL Jan 2003

HU: 1 pt

Number of servings: 1

Posted by: LittleChi92

Date: 12/19/03

Notes: If you don't have chile paste, you can use a little cayenne with some garlic. I left out the heat entirely, but did add some very finely chopped garlic and some carrot for color. I also sprinkled the cut cucumbers with salt and let them drain about 1 hour, then rinsed them with water, drained again, and then made the salad.

#### **Ingredients**

1 cup thinly sliced peeled English cucumber

1/4 cup vertically sliced red onion

1 tablespoon rice wine vinegar

1/2 teaspoon sugar

1/2 teaspoon fish sauce

1/8 teaspoon chile paste with garlic

#### **Instructions:**

Combine all ingredients, tossing well to combine. Cover salad and chill at least 30 minutes.

Yield: 1 serving (serving size: 1 1/2 cups)

#### **NUTRITION PER SERVING**

CALORIES 41 (4% from fat); FAT 0.2g (sat 0.0g, mono 0.0g, poly 0.1g); PROTEIN 1.2g; CARB 8.1g; FIBER 0.7g; CHOL 0.0mg; IRON 0.4mg; SODIUM 269mg; CALC 22mg;

## **Candied Ginger Cookies**

Source: Better Homes & Gardens Christmas Cookies 2002

Serves: 48 cookies

HU's:

Posted by: Alleycat (Allison)

12/22/03

Prep: 35 min

Chill: 1 hour

Bake: 8 min. per batch

1 cup unsalted butter, softened  
3/4 cup granulated sugar  
3/4 cup packed brown sugar  
1 teaspoon cream of tartar  
1 teaspoon baking soda  
1/2 teaspoon ground ginger  
2 eggs  
1 teaspoon vanilla  
2-3/4 cup all-purpose flour  
1/2 cup finely chopped crystallized ginger  
Granulated sugar

Beat butter with electric mixer on medium to high speed for 30 seconds. Beat in 3/4 cup granulated sugar, brown sugar, cream of tartar, baking soda, ground ginger, and 1/2 teaspoon salt until combined. Beat in eggs and vanilla. Beat or stir in flour and crystallized ginger. Cover and chill for 1 hour or until dough is easy to handle.

Preheat oven to 375. Shape dough into 1-1/4 inch balls; roll in granulated sugar. Place balls 3 inches apart on an ungreased cookie sheet. Bake for 8 to 10 minutes or until edges are lightly browned. Transfer to wire racks; cool. Makes 48.

\*\* Note: I use more crystallized ginger than called for. I love these! But then, I love ginger!

## **Awesome Peanut Butter Cookies**

Souree: Better Homes & Gardens Christmas Cookies 2002

Serves: 24 cookies

HU's: 3.2

Posted by: Alleycat (Allison)

12/22/03

Comments: These are so moist and so rich - and so addictive. Matt thinks they taste like Reese's Peanut Butter Cups. I had to make 2 more batches; he wouldn't let me give away the first batch!

Prep: 25 min

Bake: 10 min per batch

1 cup peanut butter (I used creamy)  
1/2 cup granulated sugar  
1/2 cup packed brown sugar  
1 teaspoon baking soda  
1 egg  
1/2 teaspoon vanilla  
1/4 cup all-purpose flour  
1 cup semi-sweet chocolate pieces

Preheat oven to 325. In a mixing bowl beat peanut butter, granulated sugar, brown sugar, and baking soda until combined. Beat in egg and vanilla until combined. Stir in flour and chocolate pieces with a wooden spoon.

Shape dough into 1-1/4 inch balls. Place balls on an ungreased cookie sheet (do not use an insulated cookie sheet); flatten slightly with fingers.

Bake in preheated oven about 10 minutes or until cookies are puffed and lightly browned around edges (centers will be soft). Cool on cookie sheet for 5 minutes. Transfer to wire racks; cool completely.

Makes 24.

### **Pork Tenderloin w Rosemary & Garlic**

Source: CL Simple Suppers

Healthy units: 3

servings: 4

Posted by: Fran

Date posted 12/22/03

Comments Easy and good!

#### **Ingredients:**

2 Tbsp finely chopped fresh rosemary

4 garlic cloves, minced

1 (1-lb) port tenderloin, trimmed

½ tsp salt

¼ tsp pepper

Cooking spray

#### **Instructions:**

1. Preheat oven to F 475.

2. Combine rosemary and garlic. Make several ½-inch-deep slits in pork; place about half of rosemary mixture in slits. Rub pork with remaining rosemary mixture; sprinkle with salt and pepper. Place on jelly roll pan coated with cooking spray.

3. Bake for 20 minutes or until thermometer registers F 160 (slightly pink) or desired degree of doneness. Let stand 5 minutes; cut into ¼ inch slices. Yield: 4 servings.

#### **NUTRITIONAL INFORMATION**

Per Serving -147 calories, 24.2 grams of protein, 1.5 grams of carbohydrate, 4.2 grams of fat; .1 g fiber.



### **Spinach Swirl Turkey Loaf**

Source: ??? I have had this recipe a long time

HU: 3 per serving

Serves: 6

Posted by: Trishblau

Date: 12/22/03

1 pound ground turkey  
8 oz. tomato sauce  
2 tsp. worcestershire sauce  
1/2 cup dried bread crumbs  
1/2 cup chopped onion  
3/4 tsp dried oregano  
salt and pepper to taste  
2 (10oz.) package frozen spinach, thawed, drained (I used fresh)  
1/4 cup shredded swiss cheese

Heat oven to 350. Spray a loaf pan with cooking spray. In a small bowl, blend tomato sauce and worcesterhire sauce. In a medium bowl, combine ground turkey, bread crumbs, onion, oregano, salt and pepper, and tomato sauce mixture, reserving 1/3 cup tomato sauce. Mix well.

On foil, form turkey mixture into a 12X8 inch rectangle. Spoon spinach on turkey mixture; sprinkle with cheese. Roll up tightly, starting with short end. Place in pan seam side down and press to seal edges.

Bake at 350 for 55 to 65 minutes, or until turkey is browned. Spoon remaining sauce over loaf. Bake 5 minutes more. Let stand 10 minutes before serving.

Nutritionals: unknown

## **Fruited Cornish Hens**

Source: Dec 97 CL (annual book page 28)

HU: 5

4 servings

posted by Mezzomom

12/23/03

Comments: I serve this with their recommendations of Orange-kissed brussel sprouts (0 pts) and Bourbon bread pudding with butterscotch sauce (4 pts)(to follow:)

2 (1 1/4lb) Cornish hens thawed and split in half lengthwise

2 Tbsp madras curry powder

vegetable cooking spray

1/2 c mango chutney (such as Major Grey's)

1/4 c fresh lime juice

3/4 c coarsely chopped Rome apple

3/4 c coarsely chopped Anjou pear

3/4 c coarsely chopped kiwifruit

3/4 c whole fresh cranberries

preheat oven to 450. Rinse split hens under water and pat dry. Remove skin and trim excess fat. Rub hen halves with curry powder.

Place hens cut side down on a shallow roasting pan sprayed with cooking spray.

Bake at 450 for 25 minutes.

Combine lime juice and mango chutney and stir well.

Reduce oven temp to 350 and brush chutney mixture over hens. Bake another 25 minutes.

the recipe says to wait to add the fruit after this phase and cook for only 10 minutes, but I tend to add the fruit at this step because I actually like the fruit to be a bit cooked. You'll have to try and see what you like, but if you want to do it the way they suggest then add your fruit after the second 25 minutes and cook an additional 10 minutes. If you do it the way I do, then make the second cooking step 35 minutes.

To serve, place 1 hen half and about 3/4 c of fruit on the plate.

**Orange Kissed Brussel Sprouts**

Source: CL Dec 97 (annual book page 29)

HU: 0 pts

4 servings

Posted by: Mezzomom

12/23/03

1 pound brussel sprouts trimmed and halved (I don't usually bother to halve them)

1 tsp grated orange rind

1/3 c fresh orange juice

S&P to taste

Steam brussel sprouts for 15 mins

Drain and return to pan

Add OJ and rind and cook for an additional 1-2 minutes

Pour into serving dish

serving size 3/4 c

## **Bourbon Bread Pudding With Butterscotch Sauce**

Source: CL Dec 97 (annual book page 29)

HU: 4

9 servings

Posted by: Mezzomom

12/23/03

Comments: CAREFUL this recipe per CL makes 9 servings. Don't ask me how they did that..I just noticed it when I was typing it up. I suspect I've been doubling up all these years..

1 loaf of unsliced french bread (16oz)

2 c skim milk

1/2 c packed brown sugar

1/4 c bourbon

1 1/2 tsp vanilla extract

2 eggs

2/3 c golden raisins

vegetable cooking spray

1/2 c fat free butterscotch sauce preheat oven to 350

trim crust from bread and discard (I never do this, ? why bother?)

cut bread into 1-inch cubes

arrange cubes in a single layer on a baking sheet and bake at 350 for 18 minutes (until toasted)

Combine milk, brown sugar, bourbon, vanilla and eggs in a large bowl and stir. Add bread cubes and raisins and toss gently.

Spoon into a 9 inch square (or round?) baking dish coated with cooking spray. Cover and cook for 30 minutes. Uncover and bake an additional 25 minutes until set.

Pour butterscotch syrup into a microwave safe bowl. Microwave on high for 30 seconds until warm. Serve with warm syrup.

### **Triple Treat Pretzel Wands**

BH&G Christmas Cookies 2003

Healthy Units 6

Servings 18

Posted by LMaybloom

12/26/03

#### **Ingredients**

1 1/2 cups mixed nuts, chopped  
1 (14 ounce) package caramel candy  
2 tablespoons fat free half-and-half  
18 large pretzel rods  
2 ounces vanilla-flavored candy coating (I used Wilton's candy melts)  
2 ounces chocolate-flavored candy coating  
2 teaspoons shortening

#### **Instructions**

1. Grease a large cookie sheet with butter; set aside. Spread nuts in an even layer on a plate; set aside.
2. IN a heavy, medium saucepan heat and stir caramels and whipping cream over medium-low heat until caramels are melted. Reduce heat to low.
3. Hold each pretzel rod by one end over the pan and spoon hot caramel mixture evenly over 3/4 of the pretzel; shake off excess. Roll coated part of pretzel in nuts, turning to coat all sides. Place pretzels on prepared cookie sheet and let stand about 30 minutes or until caramel is set.
4. IN two heavy small saucepans, heat and stir each type of candy coating and 1 tsp. shortening over low heat, just until mixtures are melted.
5. Drizzle some of each melted candy coating mixture over the caramel and nus on each pretzel. Return pretzels to baking sheet and let stand about 30 min or until firm.  
Makes 18.  
Per Serving (excluding unknown items): 246 Calories; 12g Fat (47.2% calories from fat); 4g Protein; 26g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 209mg Sodium.  
Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.

## **Butter Chews**

Source: Chicago Tribune Good Eating section  
(sometime in Dec 2002)

HUs 2.5

48 servings

Posted by LMaybloom

Date 12/26/03

Note: \*\*Original recipe calls for 117 squares...these would be TINY, but only 1 point each.

### **Ingredients**

1 1/2 sticks butter or margarine (3/4 c.)  
3 tablespoons granulated sugar  
1 cup all-purpose flour  
2 1/4 cups dark brown sugar  
3 whole eggs, separated  
1 cup chopped pecans  
3/4 cup sweetened coconut flakes  
1/4 cup confectioner's sugar, optional

### **Instructions**

1. Heat oven to 350. Beat butter and granulated sugar in bowl of electric mixer at medium speed. Stir in flour to form thick dough. Pat mixture into a greased 13x9" baking pan. Bake until light brown around the edges, 12-15 minutes; set aside.
2. Mix brown sugar and egg yolks in same bowl of mixer at low speed. Mix in nuts and coconut; set aside. Beat the egg whites in clean bowl of mixer until thick and frothy, but not stiff, about 4 minutes. Gently fold whites into nut mixture. Spread over baked layer.
3. Bake until set, about 30 minutes. Cool pan completely on wire rack, about 45 minutes. Cut into 1x1" squares. Sprinkle with confectioners sugar.

Per Serving (excluding unknown items): 105 Calories; 5g Fat (43.4% calories from fat); 1g Protein; 14g Carbohydrate; trace Dietary Fiber; 19mg Cholesterol; 40mg Sodium.

## **Pecan-Crusted Pork with Red Onion Marmalade and Roasted Sweet Potatoes**

Source: Cooking Light (website)

Serving 6 (see note below)

Healthy Units: 10

Posted by: Joan Borsten

Date: December 26, 2003

This was really special. I served it Christmas Eve. I am sure this was originally a Southern Living recipe – it just seems sooo southern. CL must have lightened it but as written it is still 15 points and 4 large portions. I served it as 6 portions (which cut the points to 10/serving). The sweet potatoes are slow roasted in the oven with just brown sugar and bacon - a wonderful taste. The onions are caramelized with ginger which is really nice. The pork is coated in pecans. Did not pound the meat but next time will cut into smaller thick strips.

CL: A must-try: This recipe got raves in our Test Kitchens. Use a food processor to grind the pecans.

### **Ingredients:**

- 2 pounds peeled sweet potatoes, cut into 1/2-inch-thick slices
- Cooking spray
- 1/4 cup packed brown sugar, divided
- 1 bacon slice, cut into 1-inch pieces
- 1 teaspoon vegetable oil
- 1 medium red onion, sliced and separated into rings (about 1 1/2 cups)
- 1/4 cup water
- 1/4 cup balsamic vinegar
- 1 tablespoon grated peeled fresh ginger
- 1 pound pork tenderloin
- 1/2 cup all-purpose flour, divided
- 1/3 cup ground pecans
- 1/2 teaspoon cracked black pepper
- 2 large egg whites, lightly beaten
- 1 tablespoon butter or stick margarine
- 4 teaspoons finely chopped pecans, toasted

Preheat oven to 400°. Arrange potato slices in a 13 x 9-inch baking dish coated with cooking spray. Sprinkle with 2 tablespoons sugar; arrange bacon on top. Bake at 400° for 30 minutes. Turn potatoes over; bake an additional 30 minutes or until tender. Keep warm.

Heat oil in a large nonstick skillet over medium-high heat. Add onion and 2 tablespoons sugar; cook 6 minutes or until onion is tender and lightly browned, stirring frequently. Stir in water, vinegar, and ginger; bring to a boil. Cook 3 minutes, and remove from heat.

Trim fat from pork, and cut crosswise into 8 pieces. Place each piece between 2 sheets of heavy-duty plastic wrap, and flatten to 1/2-inch thickness using a meat mallet or rolling pin. Lightly spoon flour into a dry measuring cup. Place 1/4 cup flour in a shallow dish. Combine 1/4 cup flour, ground pecans, and pepper in a separate shallow dish. Dredge pork in flour, shaking off excess. Dip pork in egg whites; dredge in pecan mixture, coating both sides. Melt butter in pan coated with cooking spray over medium-high heat. Arrange pork in pan in a single layer. Cook 3 minutes on each side or until browned. Top pork with onion mixture; sprinkle with chopped pecans. Serve with sweet potatoes.

Yield: 4 servings (serving size: 2 cutlets, 1/4 cup onion marmalade, and 3/4 cup sweet potatoes)

CALORIES 685 (30% from fat); FAT 23.2g (satisfat 5.4g, monofat 11.4g, polyfat 4.9g); PROTEIN 33.2g; CARBOHYDRATE 87.3g; FIBER 9.1g; CHOLESTEROL 86mg; IRON 4.5mg; SODIUM 190mg; CALCIUM 89mg; Cooking Light, NOVEMBER 2000



## Easy Greek Chicken Casserole

Source: Cooking Light (website)

Serving 5 servings (see below)

Healthy Units: 7

Posted by: Joan Borsten

Date: December 26, 2003

As written by CL, this recipe serves 4 (2 thighs and 2 cups of potatoes each !!) and costs 9 HU. Far too much for the average WW. I served 5 and each serving was still plenty hearty at 7 HU/serving. As DH says – good, hearty peasant food (chicken, potatoes and green beans). Not spectacular but quite pleasing. I prepared everything and then threw it in the crock pot instead of the oven; slow cooked for 5 hours. I subbed chicken breasts, but would use thighs next time as unlike the rest of you, we like them and they are more moist.

CL: This easy one-dish meal is prepared and cooked in only one pot, saving you space and cleanup. You can decrease the sodium by using less anchovy paste or by replacing it with the olives.

### INGREDIENTS

1 tablespoon olive oil  
2 cups chopped onion (about 1 large)  
2 tablespoons dried thyme  
1 to 2 teaspoons black pepper  
10 garlic cloves, minced  
6 cups (1/2-inch) cubed red potato (about 2 pounds)  
  
2 cups (1-inch) cut green beans (about 1/2 pound)  
  
1/4 cup water  
2 tablespoons anchovy paste or finely chopped olives  
2 (14.5-ounce) cans no-salt-added diced tomatoes, undrained  
  
8 skinned, boned chicken thighs (about 1 pound)  
  
1/2 cup (2 ounces) crumbled feta cheese

## PREPARATION

Preheat oven to 375°.

Heat olive oil in a large Dutch oven over medium heat. Add the onion, and sauté for 3 minutes. Add the thyme, pepper, and garlic; sauté 1 minute. Increase heat to medium-high. Add potato; sauté 8 minutes or until potato begins to brown. Stir in green beans, water, anchovy paste, and tomatoes. Remove mixture from heat. Nestle chicken thighs into potato mixture. Top with feta cheese. Cover and bake at 375° for 45 minutes.

Yield: 4 servings (serving size: 2 thighs and 2 cups potato mixture)

CALORIES 488 (23% from fat); FAT 12.6g (satfat 4.2g, monofat 4.9g, polyfat 2.1g);  
PROTEIN 34.5g; CARBOHYDRATE 62g; FIBER 7.3g; CHOLESTEROL 134mg; IRON  
7.8mg; SODIUM 775mg; CALCIUM 250mg;  
CL 2000

### **Turkey A La King**

Source: Deb's kitchen

HU: 4.2 per serving

Servings: 12 (about 1 cup per serving)

Posted by DebMj1

December 28, 2003

16 ounces frozen peas and carrots  
3 Tablespoons light butter (I use Corman's)  
3/4 cup green pepper, finely chopped  
3/4 cup onion, finely chopped  
3/4 cup all-purpose flour  
1 1/2 teaspoons salt  
1/2 teaspoon fresh ground black pepper  
3 cups defatted chicken broth  
3 cups evaporated skim milk  
4 1/2 cups cooked turkey, chopped  
1/2 cup pimiento, chopped

Cook peas and carrots according to package directions. Drain; set aside.

In a large skillet over low heat, melt margarine. Add green pepper and onion and saute until pepper is just crisp-tender. Blend in flour, salt and pepper and stir until vegetables are evenly coated.

Remove from heat and slowly whisk in stock and evaporated skim milk. Return to heat and bring to a boil, stirring constantly. Boil 1 minute.

Add chicken, pimiento and peas and carrots and continue stirring until meat is heated through. Serve hot over toast.

Per Serving (excluding unknown items): 211 Calories; 5g Fat (19.8% calories from fat); 23g Protein; 19g Carbohydrate; 2g Dietary Fiber; 47mg Cholesterol; 667mg Sodium.

## **Bacon, Ham, and Lentil Soup**

Source: Cooking Light Web site and Nov 2003

HU: 7

Servings: 8 servings (serving size: 1 3/4 cups)

Posted by jcanty(Gail)

Dec 28, 2003

I left out the bacon, cut the lentils to 8oz and made 6 servings for 4 points each

With a little bacon and some leftover ham, that bag of lentils in your pantry turns into a hearty, satisfying soup. Leftovers are great, as most legume soups benefit from being made a day ahead so their flavors meld. Substitute green split peas for the lentils, if you prefer; they take less time to cook, so monitor the soup accordingly.

5 slices thick-sliced bacon, cut crosswise into 1/2-inch strips

1 1/2 cups (1/2-inch) cubed ham (about 8 ounces)

1 cup chopped onion

1 cup chopped fennel bulb

1 cup chopped celery

1/2 cup chopped leek

1/2 cup chopped carrot

3 (14-ounce) cans fat-free, less-sodium chicken broth

2 cups water

1 teaspoon chopped fresh or 1/4 teaspoon dried thyme

1/2 teaspoon freshly ground black pepper

1 cup canned diced tomatoes with basil, garlic, and oregano

1 pound dried lentils

2 bay leaves

1/4 cup chopped fresh chives

Cook bacon in a Dutch oven over medium heat until crisp. Remove from pan, reserving 2 tablespoons drippings in pan; set bacon aside. Add ham to drippings in pan; cook 2 minutes, stirring frequently. Add the onion and the next 4 ingredients (onion through carrot); cover and cook 10 minutes, stirring occasionally. Add broth and next 6 ingredients (broth through bay leaves). Bring to a boil; cover, reduce heat, and simmer 30 minutes or until lentils are tender. Discard bay leaves; sprinkle with bacon and chives just before serving.

### **NUTRITION PER SERVING**

CALORIES 359 (28% from fat); FAT 11g (sat 4g, mono 4.8g, poly 1.4g); PROTEIN 25.2g; CARB 40.6g; FIBER 18.9g; CHOL 21mg; IRON 6.1mg; SODIUM 956mg; CALC 72mg;

## **Portobello-Layered Mashed Potatoes**

From Cooking Light Magazine October 1999

HU: 4

8 servings (1 cup each)

Posted by: Renarhod

Dec 28, 2003

Yukon gold potatoes are moist and make excellent mashed potatoes, but baking potatoes will work too. For better flavor, cook the potatoes before peeling.

3 lbs Yukon gold potatoes

$\frac{3}{4}$  cup low-fat buttermilk

1 tsp salt, divided

$\frac{1}{4}$  tsp ground nutmeg (I use freshly ground)

$\frac{1}{4}$  tsp black pepper, divided

1  $\frac{1}{2}$  tablespoons butter or stick margarine

$\frac{1}{4}$  cup minced fresh onion

2 garlic cloves, minced

3  $\frac{1}{2}$  cups finely chopped Portobello mushroom caps (about 1 lb) (I used  $\frac{1}{2}$  lb and it was plenty. They taste strong and are expensive.)

$\frac{1}{3}$  cup chopped fresh or 2 tablespoons dried basil

Cooking spray

$\frac{1}{4}$  cup (1 oz) grated fresh parmesan cheese (I used asiago, romano, parmesan and provolone – comes in a container at SAMS club)

$\frac{1}{2}$  tsp paprika

$\frac{1}{2}$  tsp olive oil

Place potatoes in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 30 minutes or until tender; drain, reserving  $\frac{1}{2}$  cup cooking liquid. Cool and peel potatoes; mash. Add reserved cooking liquid, buttermilk,  $\frac{3}{4}$  tsp salt, nutmeg, and  $\frac{1}{8}$  tsp pepper, and beat at medium speed of mixer until smooth.

Melt butter in a medium non-stick skillet over medium-high heat. Add onion and garlic, and sauté 2 minutes. Add mushrooms and cook 2 minutes, without stirring. Cook until liquid almost evaporates (about 4 minutes), stirring frequently. Remove from heat, and stir in  $\frac{1}{4}$  tsp salt,  $\frac{1}{8}$  tsp pepper, and basil.

Preheat oven to 375 degrees.

Spread one-third of potato mixture in bottom of an 8-inch square baking dish or 2 quart casserole dish coated with cooking spray. Spread half of the mushroom mixture over potato mixture; repeat layers, ending with potato mixture. Sprinkle top with cheese and paprika; drizzle with oil. Bake at 375 degrees for 25 minutes. Yield: 8 servings (serving size; about 1 cup). Weight Watchers Points one cup = 4 pts

Calories 223 (17% from fat); FAT 4.3 g (sat 2.3 g, mono 1.2 g, poly 0.3 g); protein 6.7 g; Carb 39.9 g; FIBER 3.3 g; Chol 8 mg; iron 1.4 mg, sodium 349 mg; calc 88 mg.

## **South School BBQ**

Source: N/A

Healthy Units: 3

Servings: 6

Posted by: MissVN

Date: Dec 28, 2003

### **Ingredients**

1 pound ground turkey  
1/3 cup B-B-Q sauce  
3 1/4 oz. tomato juice  
1 1/2 ounces tomato paste  
1/8 cup cornstarch  
2 tsp. Brown sugar  
onion and garlic powder to taste

### **Instructions**

1. Lightly salt ground turkey to prevent it from sticking when you are browning it. Brown meat.
2. Mix cornstarch with tomato juice, add to ground turkey, stir constantly. Add BBQ sauce, brown sugar and tomato paste, add to ground turkey, season with onion and garlic powder to taste.

Yeild: About 2 1/2 cups

### **LARGE BATCH MEASUREMENTS**

5 lbs. ground Meat (turkey, chicken, or beef)  
1 2/3 cup BBQ sauce  
16 oz. Tomato juice  
8 oz. Tomato paste  
2/3 cup cornstarch  
3 tbs. Brown sugar  
onion and garlic powder to taste

**Parmesan Puffs**

InStyle Magazine, Dec 2002

Healthy Units=1.5

Servings=16 (2 pieces)

Posted by LMaybloom (Lesley)

12/29/03

**Ingredients:**

1/2 cup lowfat mayonnaise

1/4 cup minced onion (fresh onion, not the "fingernails")

2 Tablespoons freshly grated parmesan cheese

8 white bread slices -- crusts removed; quartered

chopped scallions -- for garnish

**Instructions:**

Heat broiler. In small bowl, combine mayo, onion and cheese. Divide evenly over bread. Place on broiler pan. Broil until golden and bubbly, about 5 – 8 minutes. Garnish w/ scallions.

Per Serving (excluding unknown items): 57 Calories; 3g Fat (42.2% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 114mg Sodium.



### **Snappy Sausage and Cucumber Rounds with Mustard**

Chicago Tribune Good Eating Section (November 13, 2002)

Healthy Units=2

Servings=10

Posted by LMaybloom (Lesley)

12/29/03

#### **Ingredients**

6 ounces smoked sausage

2 whole cucumber, sliced 1/4-inch thick

2 bottled roasted red peppers, chopped or cut into thin strips

2 T. spicy brown mustard

#### **Instructions**

1. Heat broiler. Place sausage slices on a baking sheet; spread tops with mustard. Broil until lightly browned, about 3 minutes. Set Aside (grrrr).

2. Spread cucumber slices on a cutting board. Top with a sausage slice, mustard side down. Drizzle a little more mustard on top of each slice. Top each with pieces of red pepper. Place on a serving platter.

Per Serving (excluding unknown items): 70 Calories; 5g Fat (69.1% calories from fat); 3g Protein; 3g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 244mg Sodium.

**Name Broccoli and Cheese Soup**

Source: Cooking Light, JANUARY 2002 and website

HU: 4

Servings: Yield: 6 servings (serving size: 1 1/3 cups)

Posted by jcanty (Gail)

Dec,28 2003

Note: This had 60+ 5 star ratings on the website

I used my first fresh broccoli from my garden. It was great.

Processed cheese melts beautifully, giving this soup a smooth texture and mild flavor.

Cooking spray

1 cup chopped onion

2 garlic cloves, minced

3 cups fat-free, less-sodium chicken broth

1 (16-ounce) package broccoli florets

2 1/2 cups 2% reduced-fat milk

1/3 cup all-purpose flour

1/4 teaspoon black pepper

8 ounces light processed cheese, cubed (such as Velveeta Light)

Heat a large nonstick saucepan coated with cooking spray over medium-high heat. Add onion and garlic; saute 3 minutes or until tender. Add broth and broccoli. Bring broccoli mixture to a boil over medium-high heat. Reduce heat to medium; cook 10 minutes.

Combine milk and flour, stirring with a whisk until well blended. Add milk mixture to broccoli mixture. Cook 5 minutes or until slightly thick, stirring constantly. Stir in pepper.

Remove from heat; add cheese, stirring until cheese melts.

Place one-third of the soup in a blender or food processor, and process until smooth.

Return pureed soup mixture to pan.

**NUTRITION PER SERVING**

CALORIES 203 (28% from fat); FAT 6.3g (sat 4g, mono 1.8g, poly 0.4g); PROTEIN 15.6g; CARB 21.7g; FIBER 2.9g; CHOL 24mg; IRON 1.2mg; SODIUM 897mg; CALC 385mg;

## Warm Spinach Salad with Mushroom Vinaigrette

Source: Cooking Light (website)

Servings: 4 servings

Healthy Units: 2

Posted by: Joan Borsten

Date: December 27, 2003

A nice big salad for 2 points. I subbed 1 oz of blue cheese (divided over 4 servings) for the eggs.

CL: Radicchio, a slightly bitter red lettuce, pairs nicely with sweet balsamic and sherry vinegars.

6 cups fresh spinach  
1 1/2 cups torn radicchio  
2 tablespoons (1/2-inch) sliced green onions  
1/2 pound shiitake mushrooms  
1/2 teaspoon olive oil  
1 tablespoon finely chopped fresh or 1 teaspoon dried rubbed sage  
1 1/2 teaspoons finely chopped fresh or 1/2 teaspoon dried thyme  
2 garlic cloves, minced  
3 1/2 tablespoons sherry vinegar  
1/8 teaspoon salt  
1/8 teaspoon black pepper  
1 1/2 teaspoons balsamic vinegar  
2 hard-cooked large eggs, quartered lengthwise

Combine first 3 ingredients in a large bowl. Remove and discard stems from mushrooms, reserving caps. Heat oil in a large nonstick skillet over medium-high heat. Add mushroom caps; sauté 5 minutes. Reduce heat to medium. Add sage, thyme, and garlic; sauté 3 minutes. Stir in sherry vinegar, salt, and pepper; bring to a boil. Remove from heat. Pour mushroom mixture over spinach mixture, tossing well to coat. Drizzle with balsamic vinegar. Place about 1 cup salad on each of 4 plates; top each serving with 2 egg quarters.

Yield: 4 servings

CALORIES 105 (30% from fat); FAT 3.5g (satfat 0.9g, monofat 1.4g, polyfat 0.5g);  
PROTEIN 6g; CARBOHYDRATE 11.9g; FIBER 2.2g; CHOLESTEROL 106mg; IRON  
2.6mg; SODIUM 160mg; CALCIUM 71mg;

## **Curry- and Ginger-Rubbed Lamb Chops with Apricot-Lime Sauce**

Source: Cooking Light (website)

Servings: 8 servings (1 lamb chop + 1 T sauce)

Healthy Units: 6 (1 T of the sauce = 0)Posted by: Joan Borsten

Date: December 27, 2003

Yes! I know I am probably the only lamb lover among us, but I cannot resist the New Zealand lamb TJ and WF is now carrying. As I am not crazy about the taste of packaged American curry powder I was not crazy about the rub, BUT the sauce was great (Oleg called it chutney) and the combination really good. I am going to experiment with the rub next time and figure out other uses for the sauce.

CL: The sweet tang of the Apricot-Lime Sauce contrasts with and balances the earthy, hot flavors of the curry-ginger paste. The sauce and paste make a versatile combination that's equally suited to grilled beef or pork.

2 1/2 tablespoons curry powder  
1 1/2 tablespoons minced peeled fresh ginger  
1 1/2 teaspoons olive oil  
1/4 teaspoon kosher salt  
1/8 teaspoon black pepper  
8 (6-ounce) lamb shoulder chops, trimmed 1/2 cup Apricot-Lime Sauce (next page)

Prepare grill. Combine the curry, ginger, oil, salt, and pepper; rub paste evenly over lamb. Place lamb on grill rack, and cook 4 minutes. Turn lamb; brush with 1/4 cup Apricot-Lime Sauce. Cook for 4 minutes. Turn lamb, and brush with 1/4 cup sauce. Cook 2 minutes, turning once.

Yield: 8 servings (serving size: 1 chop)CALORIES 241 (45% from fat); FAT 12.1g (satfat 4.1g, monofat 5.2g, polyfat 1.1g); PROTEIN 24.1g; CARBOHYDRATE 8.2g; FIBER 0.9g; CHOLESTEROL 77mg; IRON 2.6mg; SODIUM 195mg; CALCIUM 28mg;

## **Apricot-Lime Sauce**

This recipe goes with Curry- and Ginger-Rubbed Lamb Chops with Apricot-Lime Sauce (previous page)

2/3 cup apricot preserves  
1/2 cup fresh lime juice (about 2 limes)  
1/3 cup golden raisins  
1/3 cup chopped fresh mint  
1/4 cup balsamic vinegar  
1/4 cup ketchup  
1/4 cup Worcestershire sauce  
1 tablespoon hot sauce  
1/4 teaspoon kosher salt  
1/4 teaspoon black pepper

Melt the preserves in a saucepan over medium-low heat. Stir in the remaining ingredients. Remove from heat.

Yield: 2 cups (serving size: 1 tablespoon)

CALORIES 26 (0.0% from fat); FAT 0.0g (satfat 0.0g, monofat 0.0g, polyfat 0.0g);  
PROTEIN 0.2g; CARBOHYDRATE 6.9g; FIBER 0.2g; CHOLESTEROL 0.0mg; IRON  
0.1mg; SODIUM 61mg; CALCIUM 5mg;

## Potato-Gorgonzola Gratin

Cooking Light December 2003 p: 116

Serves: 8

WW Points: 5

Posted by: Joan Borsten

12/27/03

2 Tbsp butter

2 ½ Tbsp flour

1 teaspoon fresh thyme, chopped

2 ½ cups fat-free milk

1/3 cup crumbled gorgonzola cheese (3 oz)

1 ½ teaspoon salt

¼ teaspoon pepper

3 Lbs baking potatoes, peeled

1/3 cup grated Parmigiano-Reggiano cheese

Preheat oven to 375 degrees.

Melt butter in a small saucepan over medium-high heat. Add flour and cook 2 minutes, stirring constantly with a whisk. Stir in the thyme. Add gradually the milk, stirring with a whisk. Cook over medium-high heat until slightly thick. Stir in the Gorgonzola, cook 3 minutes until cheese melts, stirring constantly. Stir in salt and pepper. Remove from heat.

Slice the potatoes with a mandoline, into 1/8 inch-thick slices. DO NOT wash potatoes and the starch is necessary to thicken the sauce. Coat a 13 x 9 inch baking dish with cooking spray and arrange ¼ of the potatoes in the bottom. Spoon ¼ of the sauce over the potatoes. Repeat 3 more times. Sprinkle with Parmigiano-Reggiano. Cover and bake at 375 for 30 minutes. Uncover and bake an additional 40 minutes or until potatoes are tender. Remove from oven and let stand 10 minutes before serving.

## Apple-Brie Braid with Almonds

Source: Cooking Light Website and 2000 Annual

Serves: 16

WW Points: 3

Posted by: DERB63 (Debra)

December 30, 2003

CL: If Brie isn't the cheese for you, substitute your favorite kind. Cheddar, smoked gouda, or Swiss also would be nice.

1 (1-pound) loaf frozen white bread dough, thawed  
2 tablespoons butter or stick margarine, divided  
4 cups finely chopped peeled Granny Smith apple (about 1 1/4 pounds)  
1/2 cup packed brown sugar, divided  
3 tablespoons chopped slivered almonds  
Cooking spray  
4 ounces Brie cheese  
1 teaspoon all-purpose flour

Thaw dough in refrigerator 12 hours.

Melt 1 tablespoon butter in a medium nonstick skillet over medium-high heat. Add apples; sauté 10 minutes. Add 1/4 cup brown sugar; cook 5 minutes. Remove from heat; stir in almonds.

Roll dough into a 15 x 12-inch rectangle on a lightly floured surface. Place on a baking sheet coated with cooking spray. Spread apple mixture lengthwise down center of dough. Remove rind from cheese; cube. Arrange cheese on top of apple mixture. Make diagonal cuts, 1 1/2 inches apart, on opposite sides of filling to within 1/2 inch of filling. Fold strips alternately over filling from each side, overlapping at an angle. Cover and let rise in a warm place (85°), free from drafts 1 1/2 hours or until doubled in size.

Preheat oven to 350°.

Combine 1/4 cup brown sugar and flour in a medium bowl; cut in 1 tablespoon butter with a pastry blender or 2 knives until combined. Sprinkle over top of loaf. Bake at 350° for 30 minutes or until golden.

Yield: 16 servings (serving size: 1 slice)

### NUTRITION PER SERVING

CALORIES 169 (25% from fat); FAT 4.7g (sat 2.4g, mono 1.6g, poly 0.4g); PROTEIN 5.1g; CARB 27.4g; FIBER 1.3g; CHOL 41mg; IRON 1.2mg; SODIUM 321mg; CALC 43mg;

## **Parmesan-Blue Cheese Toasts with Green Onions**

Bon Appetit, November 2003

Healthy Units 1.3 per piece

Servings 45

Posted by LMaybloom

12/30/03

### **Ingredients:**

1 cup lowfat mayonnaise

2 large garlic clove, minced

1/2 teaspoon ground black pepper

1/8 teaspoon cayenne pepper

1 1/2 cups parmesan cheese, freshly grated

3/4 cup blue cheese, crumbled, about 3 ounces

45 slices Rubschlager Cocktail Rye Bread (that's a whole sleeve)

olive oil, for brushing

3/4 cup finely chopped green onions

### **Instructions:**

1. Combine mayonnaise, garlic, ground pepper and cayenne in medium bowl and whisk to blend. Mix in cheeses; season with salt. (Can be made 2 days ahead; cover and refrigerate.)

2. Preheat oven to 400. Brush one side of each bread slice with oil. Place oiled side down on large rimmed baking sheet. Bake until almost golden, about 5 minutes. Spread 1/2 tablespoon of cheese mixture on each bread slice on sheet. Bake until cheese topping starts to bubble and toasts are golden at edges, about 10 minutes.

Per Serving (excluding unknown items): 62 Calories; 3g Fat (48.9% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 6mg Cholesterol; 166mg Sodium.



## **Spicy Chicken Bites with Cucumber Dip**

Cooking Light 5-Star Recipes, p. 17

Healthy Units .5 each

Servings 40 (1 chicken ball and 1 1/2 tsp. dip)

Posted by LMaybloom

01/01/04

### **Cucumber Dip**

1 c. peeled, seeded and shredded cucumber

1 c. plain low-fat yogurt

1 t. dried dillweed

1/2 t. lemon juice

Press shredded cucumber between paper towels to remove excess moisture. Let stand 15 minutes, pressing paper towels down occasionally. Combine cucumber, yogurt, dillweed and lemon juice in a small bowl. Cover and chill.

### **Chicken Bites**

#### **Cucumber Dip**

1 pound skinned, boned chicken breasts, cut into 1-inch pieces

1/4 cup minced onion

1 large clove garlic, minced

1 egg, lightly beaten

1/3 cup fine, dry breadcrumbs

1 teaspoon ground ginger

1/2 teaspoon ground cumin

1/2 teaspoon curry powder

1/2 teaspoon salt

1/2 teaspoon ground red pepper

1/4 teaspoon black pepper

3 tablespoons all-purpose flour

2 teaspoons vegetable oil, divided

1/4 teaspoon paprika, divided

Prepare Cucumber Dip, and chill.

Position knife blade in food processor bowl. Add half of chicken pieces, and pulse 6 times or until chicken is smooth. Spoon chicken into a large bowl. Repeat procedure with remaining half of chicken pieces, and add to puréed chicken in bowl. Stir in onion, garlic, and egg.

Combine breadcrumbs and next 6 ingredients; add to chicken mixture, stirring well.

Shape mixture into 40 (1-inch) balls.  
Spicy Chicken Bites with Cucumber Dip (Continued)

Dredge chicken balls in flour. Place half of chicken balls in an 11- x 7- x 1 1/2-inch baking dish. Microwave at MEDIUM-HIGH (70% power) 6 minutes, stirring every 2 minutes. Repeat with remaining chicken balls. (Microwaving the chicken balls before sautéing helps the soft chicken mixture hold its shape when cooked in the skillet.)

Combine 1 teaspoon oil and 1/8 teaspoon paprika in a large skillet; place over medium heat until hot. Add 20 chicken balls, and cook 10 minutes or until done, stirring occasionally. Remove from skillet; set aside, and keep warm. Repeat procedure with remaining oil, paprika, and chicken balls. Serve warm with Cucumber Dip.

NUTRITION PER SERVING CALORIES 27 (23% from fat); FAT 0.7g (sat 0.2g, mono 0.0g, poly 0.0g); PROTEIN 3.3g; CARB 1.8g; FIBER 0.1g; CHOL 12mg; IRON 0.2mg; SODIUM 50mg; CALC 16mg;

## **Hash Brown Casserole**

Source: CL Nov 1997

HU's: 3 (as written)

Servings: 9

Posted by: LittleChi92

Date: Jan 2, 2004

Notes: I added some pre-cooked ham and some frozen green beans to make this more of a meal. I also cut down the amount of sour cream since I am not a big fan. Good flavor and very easy to put together.

### **Ingredients:**

1 cup thinly sliced green onions  
1 cup (4 ounces) shredded reduced-fat extra-sharp cheddar cheese  
2 tablespoons stick margarine, melted  
1/4 teaspoon pepper  
1 (32-ounce) package frozen Southern-style hash brown potatoes, thawed  
1 (16-ounce) carton fat-free sour cream  
1 (10 3/4-ounce) can condensed reduced-fat, reduced-sodium cream of mushroom soup, undiluted  
Cooking spray  
1/2 teaspoon paprika

### **Instructions:**

Preheat oven to 350°.

Combine first 7 ingredients in a large bowl; spoon into a 13 x 9-inch baking dish coated with cooking spray.

Sprinkle with paprika. Bake at 350° for 1 hour or until bubbly.

Yield: 9 servings (serving size: 1 cup)

### **Nutrition:**

CALORIES 146 (27% from fat); FAT 4.3g (satfat 1.5g, monofat 1.7g, polyfat 1g);

PROTEIN 6.7g; CARBOHYDRATE 17.8g;

FIBER 0.7g; CHOLESTEROL 8mg; IRON 0.7mg; SODIUM 224mg; CALCIUM 105mg;

## **Honey Brined Turkey With Giblet Cream Gravy**

Source: My officemate

Healthy Units: I would imagine no more than regular turkey

Servings: Depends on turkey size

Posted by LissaR

January 2, 2004

### **Ingredients:**

#### **Turkey:**

1 19-20 pound turkey; neck, heart, and gizzard reserved for gravy  
8 quarts of water  
2 cups coarse salt  
1 cup honey  
2 bunches fresh thyme  
8 large garlic cloves, peeled  
2 tbsp coarsely cracked black pepper  
2 lemons, halved  
2 tbsp olive oil  
5 cups (about) canned low-salt chicken broth

#### **Gravy:**

Reserved turkey neck, heart, and gizzard  
6 cups water  
3.5 cups canned low-salt chicken broth  
2 carrots, coarsely chopped  
1 onion, halved  
1 large celery stalk, chopped  
1 small bay leaf  
5 tbsp butter  
5 tbsp flour  
1/4 cup whipping cream

For Turkey: Line extra large stockpot or cooler with heavy large plastic bag (about 13 gallon capacity). Rinse turkey; place in plastic bag. Stir 8 quarts water, 2 cups coarse salt, and 1 cup honey in large pot until salt and honey dissolve. Add 1 bunch fresh thyme, peeled garlic cloves, and pepper. Pour brine over turkey. Gather plastic bag tightly around turkey so that the bird is covered with brine; seal plastic bag. Refrigerate (or ice) at least 12 hours and up to 18 hours.

Position rack in bottom third of oven and preheat to 350. Drain turkey well; discard brine. Pat turkey dry inside and out. Squeeze juice from lemon halves into main cavity. Add lemon rinds and remaining 1 bunch fresh thyme to main cavity. Tuck wings under turkey; tie legs together loosely to hold shape. Place turkey on rack set in large roasting

pan. Rub turkey all over with 2 tbsp olive oil.  
Honey Brined Turkey With Giblet Cream Gravy (Continued)

Roast turkey 1 hour. Baste turkey with 1 cup chicken broth. Continue to roast until turkey is deep brown and thermometer inserted into thickest part of the thigh registers 180 F, basting with 1 cup chicken broth every 30 minutes and covering loosely with foil if turkey is browning too quickly, about 2.5 hours longer. Transfer turkey to platter. Tent turkey loosely with foil and let stand 30 minutes before carving. Pour pan juices into large glass measuring cup. Spoon off fat; reserve juices.

For gravy:

While turkey cooks, place reserved turkey neck, heart, and gizzard into large saucepan. Add 6 cups water, 3.5 cups chicken broth, carrots, onion, celery, and bay leaf. Simmer over medium heat until turkey stock is reduced to 3 cups, about 2 hours. Strain turkey stock into a bowl. Melt 5 tablespoons butter in a heavy large saucepan over medium heat. Add 5 tbsp all purpose flour and whisk 2 minutes. Gradually whisk in turkey stock, cream, and up to 1 cup reserved turkey pan juices (juices are salty, so add according to taste- I add 1/2 cup). Simmer gravy until thickened to desired consistency, whisking occasionally, about 5 minutes. If desired, add chopped turkey neck meat and giblets (I don't), and season to taste with pepper. (don't add any more salt!)

## **Scalloped Potatoes**

"Simply the Best", p. 83

Healthy Units 4

Servings 4

Posted by LMaybloom

01/02/04

Notes: Honestly, you cannot tell this is a WW recipe. Soooo good, and the portion size is HUGE for 4 points. You could definitely make this 6 or 8 servings for 2-3 points each

### **Ingredients**

2 large baking potatoes, thinly sliced

2 onions, thinly sliced

1/4 c. minced parsley

3 T. all-purpose flour

1/4 t. salt

1/4 t. freshly ground black pepper

2 c. hot skim milk

1/3 c. shredded cheddar cheese

### **Instructions**

Preheat oven to 350. Spray a 10x6" baking pan with nonstick cooking spray.

Arrange 1/3 of potatoes and onions in the bottom of the pan. Sprinkle evenly with half of the parsley and flour. Repeat the layering once more, ending with the potatoes and onion. Sprinkle evenly with salt and pepper.

Pour the milk over all and sprinkle with the cheese. Bake until the potatoes are tender and the top is browned, about 1 hour and 10 minutes.

Per serving: 215 cal, 2 g total fat, 1 g sat fat, 9 mg cholesterol, 284 mg. sodium, 38 g total carbohydrates, 4 g fiber, 11 g protein, 267 mg calcium

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## **Hoppin' John**

Source: Cooking Light Jan/Feb. 1993

4 HU's

Serves: 6 (1 cup rice mixture and 1 Tbsp onion mixture)

Posted by: Emily (EJWyatt)

Date: 01/02/04

Notes: I make this every year. After the first year, I dropped the onion mixture. I don't think that it adds much to the dish. I include the ham, if I am using this as a main dish. If I am using it as a side, I usually leave the ham out of the recipe. It works well either way. Reduce HU's to 3.5 if you omit the ham.

### **Ingredients:**

¼ C plus 2 T chopped onion

¼ C white vinegar

1 ¼ C dried black-eyed peas

5 ½ C water

½ t salt

1 T olive oil

1 1/3 C chopped onion

3 cloves garlic, minced

1 C long grain rice, uncooked

1 t dried oregano

¼ t hot sauce (I use the green Tabasco in this recipe.)

2/3 C diced lower-salt, reduced fat cooked ham (about 3 ounces)

Combine ¼ C plus 2T chopped onion and white vinegar. Let stand 30 minutes; drain and set aside.

Sort and wash dried black-eyed peas; place in a large Dutch oven. Add 5 ½ C water and salt; bring to a boil. Cover; reduce heat and simmer for 35 minutes.

Heat oil in a small skillet over medium heat. Add 1 1/3 C onion and garlic; sauté 5 minutes or until tender. Remove from heat and add to peas.

Stir in rice, oregano and hot sauce; cover and simmer 15 minutes. Stir in ham and cook an additional 10 minutes. Serve with onion mixture.

## **TOMATO and MUSHROOM SOUP WITH HERBS & WINE**

Source: Donna's family

Healthy Units: 0.2

Servings: 10

Posted by: MoOzark(Donna)

Date: January 3, 2004

Comments: If you don't have wine substitute chicken broth. Also tried this before adding the milk and it was good this way as well. (for those who don't care for cream of...soups)

### **Ingredients:**

1 15-oz can diced tomatoes

1 cup water

4 cups tomato juice

Several sprigs chopped fresh parsley or dried

Several leaves chopped fresh basil or dried

1/3 cup diced sweet onion

One clove crushed garlic or some sprinkles of garlic powder

Salt & pepper

1 teaspoon butter buds (Molly McButter

1 8 ounce package of button mushrooms, sliced

1 package Splenda or equivalent non-sugar sweetener, to taste

5 ounces fat free evaporated milk

1/2 cup white wine or 1/2 cup ff chicken broth

### **Directions:**

Spray soup pot with butter flavored cooking spray. Sauté onion and garlic. When translucent add tomatoes, juice, water, mushrooms, and herbs. Heat just to boiling.

Turn down heat & simmer 30-40 minutes. Add garlic, salt, pepper, sweetener to taste. Continue to simmer. Spoon out mushrooms if you wish to keep them in pieces in the soup. Process with hand held blender to smooth consistency. Return mushrooms to soup base.

Add milk & simmer 10 minutes more. Add wine (or chicken broth), simmer 5 minutes & serve. Sprinkle with fresh herbs or parmesan cheese if you like. Add points for the cheese.



## **Steamed Greens with Ginger and Water Chestnuts**

Source: American Institute for Cancer Research

Healthy Units: 1

Servings: 4

Posted by: MoOzark(Donna)

Date: January 3, 2004

Comments: They mean it when they say 30 seconds. Steam too long and the bok choy loses its crunch. I also chopped fresh cilantro and sprinkled on top just before steaming. Serve with light soy sauce.

### **Ingredients:**

3 cups mixed leafy greens, chosen from the following:

bok choy (Chinese cabbage or Chinese chard),

choy sum (Chinese flowering cabbage),

Chinese spinach (amaranth leaves),

Swiss chard leaves, stems removed,

spinach leaves, stems removed

1 tsp. finely minced, peeled fresh ginger

1 tsp. finely minced fresh garlic

1/2 cup diced canned water chestnuts (drained and rinsed)

1/2 Tbsp. sesame seed oil

Salt and pepper to taste

### **Directions:**

1. Keeping each type separate, place greens on plate used for steaming. Sprinkle ginger and garlic over top of greens, then scatter water chestnuts on top. Sprinkle oil evenly over all.

2. Steam until greens are tender, watching carefully, as they will only take about 30 seconds. Season to taste with salt and pepper. Serve immediately.

### **Nutritional Information:**

Per serving: 32 calories, 2 g. total fat (<1 g. saturated fat), 4 g. carbohydrates, 1 g. protein, 1 g. dietary fiber, 28 mg. sodium.

## **Orzo w/ Spinach & Feta**

Cooking Light

POINTS | 4

Servings | 8

Post By: codown2earth

Date: 01-03-2004

### **Ingredients**

5 cup water

2 cup uncooked orzo

5 cup spinach, coarsly chopped

4 oz feta cheese, crumbled

1 Tbsp olive oil

1 Tbsp fresh lemon juice

1/2 tsp table salt

1 tsp lemon rind, grated

### **Instructions**

Bring water to a boil. Add orzo. Cook 10 minutes. Drain. Rinse with cold water. Drain.

Combine pasta, spinach, & feta in large bowl. Combine oil & remaining ingredients to a small bowl. Drizzle over pasta. toss well to coat.

Yield 8 servings. Each serving is 1 cup.

Per Cooking Light: Calories 244, Fat 5.5, Fiber 2.4 (Points Calculator= 5pts) Per Recipe Builder = 4pts

## **Tinga Poblana de Pollo y Papas (Puebla Chicken and Potato Stew)**

H.U. - 7 per serving

Yield - 4 servings (could be 6 servings for smaller eaters)

Source: Gourmet Magazine - January 2004, pg 44.

Posted by: Amy

Posted on: 1/3/04

Rating: 5/5

Comments: Forget about the bland stuff that has been passing itself off as Mexican food on this side of the border. Regional Mexican cooking is coming our way. Its incredible variety and sophistication are evident in this dish from Puebla, a town famous for its complex red mole poblano.

Amy's Comments: This one caught my attention so it was first on the 'to try' list. Apparently (according to Gourmet) regional Mexican is one of the new "IN" things in food. This took a while to prepare but was well worth it! Its SPICY - be warned!! but had a complex/smoky/spicy/smooth taste that I just cant explain. I used one link of chorizo (and drained after browning) since we dont have dried chorizo around these parts!! Gourmet recommends serving with avocado slices and warm corn tortillas, but I served it with spinach salad with orange-chipotle Dressing and a dinner roll.

2 lb chicken thighs (with skin and bones)  
6 cups water  
1 large white onion, quartered  
2 tsp salt  
2 garlic cloves (not peeled)  
1 (14-oz) can whole tomatoes in juice  
4 tsp chopped canned chipotle chiles in adobo  
1 tsp dried oregano (preferably Mexican)  
1 (1.5 oz) link dried Spanish chorizo (spicy cured pork sausage), finely chopped  
1 tbsp vegetable oil  
1 lb boiling potatoes  
2 oz crumbled queso fresco, ricotta salata, or farmers cheese (1/2 cup)

1) Bring chicken, water, 2 onion quarters, and 1 tsp salt to a boil, covered, in a 4-5 quart pot over moderately high heat. Boil 10 minutes, then remove from heat and let stand, covered, until chicken is just cooked through, about 10 minutes. Transfer chicken to a plate, reserving broth and onions. When cool enough to handle, coarsely shred chicken, discarding skin and bones.

2) While chicken is cooking, heat a dry well-seasoned small cast- iron skillet over moderate heat until hot, then brown garlic and remaining 2 onion quarters on all sides, turning with tongs, about 5 minutes. Peel garlic and transfer with onion to a blender. Add tomatoes with juice, chiles, and oregano, then puree until smooth.

### Tinga Poblana de Pollo y Papas (continued)

3) Cook chorizo in oil in a 12-inch heavy skillet over moderately high heat, stirring, until fat is rendered, about 2 minutes. Carefully add puree (it will splatter and steam) and cook, stirring frequently, until thick, about 10 minutes.

4) Peel potatoes and cut into 3/4-inch pieces, then add to reserved broth with remaining tsp salt. Simmer, covered, stirring occasionally, until potatoes are almost tender, about 10 minutes.

5) Add potatoes and onions to chorizo mixture along with 2 cups broth (save remainder for another use). Stir in chicken and simmer 10 minutes. Serve sprinkled with cheese.

## Meaty Calzones

H.U.- 7 per serving

Yield – 4 servings (1 calzone and 1/3 cup sauce per serving)

Source: CL Superfast Suppers (cookbook, not magazine) pg 66

Posted by: Amy

Posted on: 1/3/04

Amy's Rating: 3/5

Comments: Prepare the pizza dough rectangles while the beef mixture cooks so that you can spoon hot beef directly from the skillet onto the dough.

Amy's Comments: This gets a 3 because its nothing special. It was, however, fairly tasty and will definite be a good one to repeat. With a salad, it made a great lunch for 7 points. It definitely filled my need for fattening italian :) Easy to prepare and can be versatile – next time im doing spinach and other fun things in it as well!!

1/2 pound ground round

3/4 cup frozen chopped onion (I used fresh, either is ok)

1 tsp bottled minced garlic (again, I used fresh, but either is ok)

1/2 tsp dried Italian seasoning

1/4 tsp salt

1/8 tsp freshly ground black pepper

1 (10-oz) can refrigerated pizza crust dough

3/4 cup (3 oz) shredded part-skim mozzarella or reduced-fat cheddar cheese

cooking spray

1 1/3 cup pasta sauce

1) Preheat oven to 400 degrees.

2) Cook beef, onion, and garlic in a large non-stick skillet over medium-high heat until beef is browned, stirring to crumble. Drain. Return to pan, and add Italian seasoning, salt, and pepper.

3) Unroll pizza crust onto an ungreased baking sheet. Cut dough into 4 squares. Press each square into a 6x5-inch rectangle. Spoon beef mixture evenly into center of each rectangle; sprinkle evenly with cheese. Bring opposite corners of rectangles together, pinching seams together to seal. Coat tops of calzones with cooking spray.

4) Bake at 400 degrees for 11 minutes or until lightly browned. Place pasta sauce in a microwave safe dish; microwave on high for 2 minutes or until thoroughly heated. Serve calzones with warm pasta sauce.

Nutritional info:

Calories 374; Fat 9.5; Protein 26g; Carb 43.8g; Fiber 2.9g; Cholesterol 45 mg; Iron 3.9 mg; Sodium 994 mg; Calcium 176 mg;

Exchanges: 2 starch, 2 Vegetable, 3 lean meat

## **Pork Chops and Sauerkraut**

H.U.: 4 per serving (using lean chops) or 5 as written on allrecipes.com

Yield: 4 servings

Source: adapted from Allrecipes.com

Posted on: 1/2/04

Posted by: Amy

Amy's Rating: 4/5

Amy's Comments: This is really easy to put together and helps fulfill Larry's need for German type fare. I even love it. Very tasty!!

### **Ingredients:**

4 (3/4 inch) lean pork chops  
1 tablespoon vegetable oil (I used canola)  
2 cloves garlic, minced  
1 onion, thinly sliced  
16 oz sauerkraut  
1 tsp caraway seed  
2 tbsp apple juice  
salt and pepper to taste

### **Directions:**

1) Heat oil in a large skillet over medium heat. Brown chops on all sides and remove from pan.

2) Add the garlic, onion, sauerkraut, caraway seed, apple juice/cider and salt and pepper to taste to the hot skillet. Saute for 3 to 4 minutes. Lay browned pork chops on top of sauerkraut mixture, cover, reduce heat to low and cook for 20 minutes, stirring occasionally.

## **Spinach Salad with Orange-Chipotle Dressing**

H.U. – 4 per serving (as written), but 2 per serving the way I made it!

Yield – 4 servings

Source: The Chicago Times Good Eating Cookbook pg 350

Posted by: oduamy1 (Amy)

Posted on: 1/3/04

Amy's Rating: 4/5

Comments: The Mexican holiday Cinco de Mayo provides a fine excuse for a Mexican-inspired menu, including this sassy spinach salad. It gets a real kick from the chipotle chiles in the dressing. Used canned chipotle chilies packed in adobo sauce, available in the Mexican food aisle of some supermarkets. Remove a chili from the can and smash with the flat side of a knife. Add a small amount of sauce from the can and measure out for the dressing. The dressing can be made in advance and refrigerated up to 2 days.

Amy's Comments: I made this with queso fresco cheese and deleted the sesame seeds. Believe it or not, it lowers the points by 2!! It's a nice salad, kind of reminds me of the strawberry spinach salad. Dressing is mild but then when you get a pepper, it has a kick! Will definitely make it again!!

Ingredients:

Dressing:

1/4 cup fresh orange juice

2 tbsp olive oil

1 tbsp balsamic vinegar

1 1/2 tsp minced chipotle in adobo sauce

1/2 tsp honey

salt

freshly ground pepper

Salad:

12 oz salad spinach, rinsed and patted dry

1/2 small red onion, sliced paper-thin

1 navel orange, cut in segments

1/3 cup crumbled goat cheese

1 tablespoon plus 1 1/2 tsp sesame seeds

Directions:

1) To make dressing, combine orange juice, olive oil, vinegar, chipotle chili, honey, and salt and pepper to taste in a jar with a tight fitting lid. Shake well.

2) To make salad, combine spinach, onion, and orange segments in a bowl; toss with dressing to taste. Divide among 4 salad plates; sprinkle with goat cheese and sesame seeds.

Nutritional information:

As written- 170 calories; 13g fat; 8 mg cholesterol; 135 mg sodium; 11g carbohydrates; 6g protein; 3g fiber

## **Tomato Crostini**

H.U. – 2 per serving

Serving – 2 servings (serving size: 2 bread slices and about 1/3 cup tomato mixture)

Posted by – oduamy1 (Amy)

Posted on – December 7, 2003

Source- December 2003 Cooking Light

Amy's Rating – 4/5

Quick and Easy - yes!

CL Comments: Plum tomatoes usually have better flavor and are less watery than other tomatoes available during winter, so they are great for this recipe. If you're without a baking sheet, carefully arrange the bread slices directly on the oven rack.

Amy's Comments: This is not a rocket-science kind of recipe but it was a nice appetizer dish. Took probably 10 minutes to put together. Cant go wrong with tomatoes, basil, capers, olives, oil and vinegar!! I think I would like to have this combo over greens! LOL Good quick & light appetizer.

1/2 cup chopped plum tomato  
1 tablespoon chopped fresh basil  
1 tablespoon chopped pitted green olives  
1 teaspoon capers  
1/2 teaspoon balsamic vinegar  
1/2 teaspoon olive oil  
1/8 teaspoon sea salt  
Dash of freshly ground black pepper  
1 garlic clove, minced  
4 (1-inch-thick) slices French bread baguette  
Cooking spray  
1 garlic clove, halved

### **Directions**

- 1) Preheat oven to 375°.
- 2) Combine first 9 ingredients.
- 3) Lightly coat both sides of bread slices with cooking spray; arrange bread slices in a single layer on a baking sheet. Bake at 375° for 4 minutes on each side or until lightly toasted.
- 4) Rub 1 side of bread slices with halved garlic; top evenly with tomato mixture.

### **Nutritional Info**

CALORIES 109 (23% from fat); FAT 2.8g (sat 0.4g, mono 1.5g, poly 0.7g); PROTEIN 3.1g; CARB 18g; FIBER 1.4g; CHOL 0.0mg; IRON 1mg; SODIUM 373mg; CALC 30mg;



## Seafood Lasagna #2

H.U. – 9 per serving

Serving – 8 servings

Posted by – oduamy1 (Amy)

Posted on – December 7, 2003

Source- December 2003 Cooking Light

Amy's Rating – 5/5

Amy's Comments: Ok so Im mad that this one is so darn good. It was WITCH to put together. Took me probably an hour and a half the first time!?? The second time, I did it in stages, refrigerated the parts, then pulled them out and put together closer to dinner time.

Anyway, it was SO FREAKING GOOD. Creamy/cheesy and just great. The crab is the pronounced flavor in this dish so DONT get the fake stuff. Worth the \$\$ for the real deal. This dish will be reserved for company and nights when im feeling like spending a while in the kitchen. Good sized serving too. Mmm i want seconds! LOL

Oh and on the noodles - I used the Barilla no-boil noodles. I NEVER use the no-boil noodles but they turned out great. They were less rubbery than regular noodles. I think i might be a convert!!

One more note - the sauce took a little longer to thicken than the recipe said. I burned it onto the bottom of the pan so I had to get a new saucepan. Just keep an eye on it! (stir, stir!!)

2 teaspoons olive oil  
5 cups finely chopped mushrooms (about 1 pound)  
1 1/2 cups chopped onion  
2 tablespoons chopped fresh thyme  
2 garlic cloves, minced  
1/4 cup dry white wine  
2 (6.5-ounce) cans lump crabmeat  
1 pound uncooked large shrimp  
2 cups water  
1 1/2 teaspoons celery salt  
1 teaspoon fennel seeds  
1 1/4 cups (5 ounces) crumbled goat or feta cheese  
1 cup 2% reduced-fat cottage cheese  
1/4 cup finely chopped fresh basil  
1 tablespoon fresh lemon juice  
1 garlic clove, minced  
1/4 cup all-purpose flour

## SEAFOOD LASAGNA #2 (Continued)

1 cup 1% low-fat milk  
1/4 cup (1 ounce) grated fresh Parmesan cheese  
Cooking spray  
1 (8-ounce) package precooked lasagna noodles  
2 cups (8 ounces) shredded part-skim mozzarella cheese  
1/4 cup chopped fresh flat-leaf parsley

### Directions

Preheat oven to 375°.

1. Heat oil in a large nonstick skillet over medium heat. Add mushrooms, onion, thyme, and 2 garlic cloves; cook 10 minutes, stirring occasionally. Add wine. Bring to a boil; cook 1 1/2 minutes or until liquid almost evaporates. Remove from heat; stir in crabmeat. Set aside.
2. Peel and devein shrimp, reserving shells. Cut each shrimp in half lengthwise; cover and refrigerate. Combine reserved shrimp shells, 2 cups water, celery salt, and fennel seeds in a small saucepan. Bring to a boil; cook until reduced to 1 1/2 cups shrimp stock (about 15 minutes).
3. Strain stock through a sieve into a bowl; discard solids. Set stock aside.
4. Combine goat cheese, cottage cheese, basil, juice, and 1 garlic clove; set aside.
5. Lightly spoon flour into a dry measuring cup, and level with a knife. Place flour in a small saucepan; gradually add milk, stirring with a whisk. Stir in shrimp stock; bring to a boil. Reduce heat; simmer 5 minutes or until thick. Remove from heat; stir in Parmesan cheese.
6. Spread 1/2 cup sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles, slightly overlapping, over sauce; top with one-third goat cheese mixture, one-third crab mixture, one-third shrimp, 2/3 cup sauce, and 2/3 cup mozzarella. Repeat layers twice, ending with mozzarella. Bake at 375° for 40 minutes or until golden. Let stand 15 minutes. Sprinkle with parsley.

Nutritional Info CALORIES 428 (29% from fat); FAT 13.9g (sat 7.7g, mono 2.5g, poly 1.1g); PROTEIN 40.1g; CARB 33.6g; FIBER 3.6g; CHOL 143mg; IRON 4.1mg; SODIUM 934mg; CALC 414mg

**Title: Ginger sesame green beans**

Source:sent by friend Maureen

Healthy units:1 barely

Servings:4

Posted By: Zephyr 1

Date Posted:1/4/04

Comments: A great super easy flavorful side next time I would sprinkle a few sesame seeds on and add a kick of hot chile paste.

Ingredients:

2 C. green beans, cut into 2-inch pieces (fresh or frozen)

2 C. broccoli florets (fresh or frozen)

1/4 C. water

Sesame-Ginger Dressing:

2 T. low-sodium soy sauce 1 t. rice wine vinegar

1/2 t. sesame oil

1 t. honey

1/2 t. fresh ginger, grated

Whisk dressing ingredients together. Set aside.

Microwave fresh green beans with water in covered bowl on high for 2 to 3 minutes.

Remove cover carefully, allowing steam to escape away from you. Stir green beans and add fresh broccoli florets.

Cover and microwave together on high for 2 minutes. (If using frozen green beans and/or broccoli, follow microwave directions on packaging.)

Drain green beans and broccoli.

Mix in dressing while still warm.

Let vegetables chill in refrigerator until ready to serve (at least 5 to 10 minutes).

NUTRITION ANALYSIS PER SERVING: Calories, 42; Fiber, 3 grams; Fat, 1 gram; Cholesterol, 0 milligrams; Sodium, 317 milligrams

**Title: Black Eyed Pea salad with sour cream dressing**

Source: Cooking light website & July 2001

Healthy Units:2

Servings:4 serving size is 1 cup

Posted By: Zephyr1

Date posted: 1/4/04

Comments: This was a really tasty way to use black eyed peas will be great in the summer to take to BBQ's.

Ingredients:

1/2 cup fat-free sour cream

1/3 cup white wine vinegar

2 tablespoons sugar

1/2 teaspoon salt

1/4 teaspoon black pepper

1 cup thinly sliced Vidalia or other sweet onion

1 cup thinly sliced cucumber

1 cup julienne-cut red bell pepper

1 (15.8-ounce) can black-eyed peas, rinsed and drained

Combine first 5 ingredients in a medium bowl; stir with a whisk.

Add remaining ingredients, tossing to coat. Cover and chill 3 hours.

**NUTRITION PER SERVING**

CALORIES 115 (4% from fat); FAT 0.5g (sat 0.1g, mono 0.1g, poly 0.2g); PROTEIN 6.3g; CARB 20.6g; FIBER 1.9g; CHOL 0.0mg; IRON 1mg; SODIUM 377mg; CALC 63mg;

## **Cranberry and Apple Crumble**

Source: Cooking Light Jan/Feb. '04

HU: 4 per serving

Servings: 8

Posted by Emily (ejwyatt)

January 4, 2004

Comments: I used Splenda for the granulated sugar and light butter. This combo worked well. I ended up with a nice crumble topping and it takes the HU's down to 3 per serving.

½ C flour  
¼ C granulated sugar (I used Splenda)  
¼ C packed brown sugar  
¼ C chilled butter, cut into small pieces  
6 C sliced, peeled Braeburn apples (I used Granny Smiths)  
1 C fresh cranberries  
1/3 C fresh orange juice  
2 Tbsp granulated sugar (I used Splenda)  
1 Tbsp cornstarch

Preheat oven to 375

Lightly spoon flour into a dry measuring cup, level with a knife. Combine flour, ¼ C granulated sugar, brown sugar and butter in a food processor; pulse 10 times or until mixture resembles coarse meal. (I used a pastry cutter and did this by hand.)

Combine apples and cranberries in a large bowl. Combine juice and remaining ingredients; pour over apple mixture. Toss well. Spoon apple mixture into a 2-quart baking dish. Sprinkle with flour mixture. Bake at 375 for 40 minutes or until bubbly and golden brown. Serve warm.

Calories 211 (26% from fat): Fat 6.1g (sat. 3.6g, mono 1.7g; poly 0.4g) Protein 1.2g; Carb 40.1g; Fiber 3.4g; Chol 15mg; Iron 0.7mg; Sodium 61mg; Calc 17mg

### **Brussels Sprouts with Crisp Prosciutto**

Source: Cooking Light Dec. '03

HU: 1 per serving

Servings: 6

Posted by Emily (ejwyatt)

January 4, 2004

Note: The prosciutto was a nice crispy addition to the Brussels sprouts. I would recommend them.

3 C trimmed halved Brussels Sprouts (about 1 ½ pounds)

¼ C chopped prosciutto (about 1 ½ ounces)

Cooking spray

1 Tbsp butter

½ tsp salt

¼ tsp freshly ground black pepper

1 T fresh lemon juice

Cook Brussels sprouts in boiling water for 3 minutes or until crisp tender; drain.

Heat a large nonstick skillet over medium heat; add prosciutto. Cook 6 minutes or until crisp; stirring occasionally. Remove from pan; set aside.

Heat pan coated with cooking spray over medium-high heat. Add Brussels sprouts; sauté 3 minutes or until lightly browned. Add butter, salt, and pepper stirring until butter melts. Remove from heat; drizzle with juice. Add prosciutto, toss to combine.

Calories 79 (33% from fat); Fat 2.9g (sat 1.5g; mono 0.9g; poly 0.3g); Protein 5.5g; Carb 10.4g; Fiber 4.3g; Chol 9mg; Iron 1.7mg; Sodium 350mg; Calc 50mg

## **Parmesan Herb Baked Flounder**

HU: 5 per serving

Yield: 4 servings

Source: January/February 2004 Cooking Light pg 200

Posted by: Oduamy1 (Amy)

Posted on: 1/4/04

Amy's Rating: 4/5

CL Comments: Mayonnaise helps the breadcrumbs adhere to the fish. Serve with white and wild rice or on a hoagie roll with lettuce and tomato for a fish sandwich.

Amy's Comments: This literally took me 5 minutes to put together and 10 in the oven and it was done! Great flavor, super quick, and not bad with the points value makes this one a winner for me!!

### **Ingredients:**

4 (6-oz) flounder fillets

cooking spray

1/3 cup (about 1.5 oz) grated parmesan cheese

1/4 cup low-fat mayonnaise

2 tbsp minced green onions

1/4 cup dry breadcrumbs (I used the Italian blend since that's what I had on hand!)

1 tsp dried basil

1 tsp dried oregano

1/4 tsp salt

1/4 tsp black pepper

### **Directions:**

1) Preheat oven to 400 degrees.

2) Place fish on a foil-lined baking sheet coated with cooking spray.

3) Combine cheese, mayo, and onions; spread evenly over fish.

4) Combine breadcrumbs and remaining ingredients; sprinkle evenly over fish.

5) Lightly coat fish with cooking spray.

6) Bake at 400 degrees for 10 minutes or until fish flakes easily when tested with a fork.

### **Nutritional Info:**

Calories 241; Fat 5.5g; Protein 35.9g; Carbohydrates 10g; Fiber .7g; Cholesterol 87 mg; Iron 1.6mg; Sodium 606 mg; Calcium 157 mg

## **Champion Chicken Parmesan**

Posted by: karenlmoldovan

1/5/04

This is a "cooking light" recipe that I got from the magazine a few years ago. It "may" be in the 1999 or 2000 Cooking Light Yearly Cookbook someplace. I never have figured out the points for this, but it can't be that many. This is so good, that I serve it to company

### Tomato Sauce

- 1 tsp Olive Oil
- 2 Cups Chopped Red Bell Pepper
- 1 Cup Chopped Onion
- 2 (14.5 Oz.) Cans Diced Tomatoes (undrained)
- 1/4 Cup Chopped Parsley
- 2 Tablespoons Chopped Basil
- 1 Tablespoon Vinegar
- 1/4 tsp Black Pepper
- 2 Garlic Cloves, Minced

### Chicken

- 1/4 Cup Flour
- 1/4 Cup Parmesan Cheese
- 1/4 tsp Black Pepper
- 4 (4 Oz.) Skinned, Boned Chicken Breast Halves
- 1 Large Egg White, lightly beaten
- 1 Tablespoon Olive Oil
- Cooking Spray
- 1 Cup Shredded Mozzarella Cheese
- 3 Cups Hot Cooked Linguine

Heat 1 tsp Olive Oil in a large saucepan over medium high heat. Add bell pepper and onion, saute' 7 minutes. Stir in canned tomatoes; bring to a boil. Cover, reduce heat, and simmer for 10 minutes. Remove from heat; stir in parsley, basil, vinegar, 1/4 tsp black pepper and garlic. Preheat oven to 350 degrees

To prepare chicken, lightly spoon flour into a dry measuring cup, level with a knife. Combine flour, Parmesan and 1/4 tsp black pepper in shallow dish. Dip each breast half in egg white; dredge in flour mixture. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken, cook 5 minutes on each side or until golden. Arrange in a 13 x 9 inch baking dish coated with cooking spray. Pour the tomato sauce over the chicken. Sprinkle with mozzarella. Bake at 350 degrees for 15 minutes. Serve over linguine.



## **Roasted Chicken Noodle Soup**

Source: Best of Cooking Light Soups and Stews

HU: 5

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

Posted by lxn1996

January 5, 2004

Comments: This was very, very good. I added in some fresh cilantro with the chicken. I also used way more garlic. I didn't have any poultry seasoning and just used salt and pepper. The points are according to the nutritional info. I didn't run this through Mastercook, but I just used breast meat which may bring the points down. You could also probably cut back the potatoes some.

### **Ingredients:**

2 teaspoons olive oil  
1 cup chopped onion  
1 cup diced carrots  
1 cup sliced celery  
1 garlic clove, minced  
1/4 cup all-purpose flour  
1/2 teaspoon dried oregano  
1/4 teaspoon dried thyme  
1/4 teaspoon poultry seasoning  
6 cups fat-free, less-sodium chicken broth  
4 cups diced peeled baking potato  
1 teaspoon salt  
2 cups shredded cooked chicken (about 12 ounces)  
1 cup evaporated skim milk  
4 ounces (2 cups) uncooked wide egg noodles

### **Instructions:**

Heat olive oil in a Dutch oven over medium heat. Add chopped onion, diced carrots, sliced celery, and garlic clove; sauté 5 minutes. Sprinkle flour, dried oregano, thyme, and poultry seasoning over vegetables; cook for 1 minutes. Stir in broth, potato and salt; bring to a boil. Reduce heat, and simmer, partially covered, 25 minutes or until potato is tender. Add chicken, milk, and egg noodles; cook for 10 minutes or until the noodles are tender.

Calories 247 (16% from fat); Fat 4.5g (sat 1.1g, mono 1.8g, poly 1g); protein 18g; carb 32.8g; fiber 2.9g; chol 46mg; iron 2mg; sodium 701mg; calc 71mg

## **Irish Oatmeal Bread**

Source: Cooking Light, Jan/Feb

Healthy Units: 3

Yield: 14 or 12 servings (both 3 points)

Posted by: Bawstinn32 (Maria)

January 5, 2004

2 1/4 cups boiling water  
1 3/4 cups steel-cut oats  
1 tablespoon salt  
3 tablespoons butter  
3 tablespoons light brown sugar  
dash granulated sugar  
2 packages dry yeast -- (about 2 1/4 teaspoons each)  
1/2 cup warm water -- (100° to 110°)  
3 1/4 cups all-purpose flour -- divided  
3 cups whole wheat flour  
Cooking spray  
1 large egg -- lightly beaten

Combine the first 5 ingredients in the bowl of a stand-up mixer, and let stand 25 minutes. Dissolve granulated sugar and yeast in warm water; let stand 5 minutes or until foamy. Add to oat mixture. (Make sure the oatmeal mixture is cool before combining with the yeast mixture.) Lightly spoon flours into dry measuring cups, level with a knife. Gradually add 2 3/4 cups all-purpose flour and 3 cups whole wheat flour to oat mixture. Beat at medium speed until well blended. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes), add enough of the remaining all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide in half. Working with one portion at a time (cover remaining dough to prevent drying), roll each portion into a 14 x 8-inch rectangle on a floured surface. Roll up each rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal. Place each loaf, seam sides down, in a 9-inch loaf pan coated with cooking spray. Cover and let rise 30 minutes or until doubled in size. Preheat oven to 350°.

Uncover dough, and brush egg evenly over loaves. Bake at 350° for 45 minutes or until loaves are browned on bottom and sound hollow when tapped. Remove from pan, and cool on wire racks.

Yield: 2 loaves, 14 servings per loaf. Calories: 154, Fat: 2.5, Fiber: 3 grams

## **Sesame Lace Cookies**

Ladies Home Journal December, 2003

HU: 1 per cookie

Makes 60 cookies

Posted by DebMj1

January 6, 2004

Notes: We agreed that these aren't cookies we'd make for everyday consumption, but they're a great choice for a cookie tray or with a brunch. Extremely light and delicate(and breakable). They'd go great with any of the CL ginger ice creams or to accompany a sorbet. If you peel them off the foil (or Silpat) while they're still warm, they're very pliable and you can shape them around a spoon handle to dress them up a little. DH even suggested piping cream into the middle of the shaped ones to simulate a little cannoli. He really surprises me occasionally :)

1 cup old-fashioned rolled oats, uncooked (not quick cooking)

1 cup sugar

2 Tablespoons flour

1/2 teaspoon salt

1/4 teaspoon baking powder

3/4 tsp. ground ginger

1/2 cup unsalted butter, melted

1 large egg, lightly beaten

3 Tablespoons sesame seeds

Heat oven to 325 F. In a large bowl, combine oats, sugar, flour, salt, baking powder and ginger. In a separate bowl, whisk together butter and egg and stir into dry ingredients. Add the sesame seeds and stir until they are evenly distributed.

Line a cookie sheet with foil; spray foil lightly with nonstick cooking spray (or use a Silpat or nonstick foil). Drop level teaspoons of dough 3 inches apart on prepared sheet; flatten slightly. Bake until cookies are golden, about 10 minutes. Let cookies cool completely, then peel from foil. (This is important!) Repeat with remaining dough.

## **Moroccan Beef Stew**

Source: CL Lowfat Ways to Cook Soups and Stews

HU: 5

Servings: 5

Posted by: Andygrammy (Claudia)

Date: 1/6/04

Comments: This is a delicious, rich, dark stew. We served it over couscous. The fruit disappears into the sauce, but adds wonderful flavor. The only changes I made were to use top round steak and to thicken the sauce with a little cornstarch and water at the end. Points are probably lower since fiber grams are not available.

### **Ingredients:**

1 lb lean boneless sirloin steak

Vegetable cooking spray

1 1/3 c chopped onion

3 cloves minced garlic

1 c dry red wine

1 c water

1/2 c pitted prunes, halved

1/4 c dried apricots, slivered

1/4 c raisins

1 1/2 t ground cumin

1 t dried thyme

1/4 t salt

1/8 t ground red pepper

6 green olives, sliced

1 bay leaf

### **Instructions:**

Trim fat from steak; cut into 1 inch cubes and set aside. Coat a small Dutch oven with cooking spray; place over medium heat until hot. Add steak and brown on all sides. Drain well and set aside. Wipe drippings from pan with a paper towel.

Re-coat pan with cooking spray; place over medium heat until hot. Add onion and garlic; saute 1 minute. Return steak to pan; add wine and remaining ingredients. Bring to a boil. Cover and reduce heat; simmer 1 1/2 hours, or until steak is tender. Discard bay leaf. Yield 5 (1 cup servings).

Per Serving: 230 cal, 4.6 g fat, 17.1 g protein, 23.3 g carbs, 39 mg cholesterol, 225 mg sodium

### **Spiced Turkey Cutlets**

Source: Cooking Light, Jan/Feb 2004

Healthy Units: 4 (Mastercook), 5 (Cooking Light)

Servings: 4 servings (serving size: 2 cutlets and 1/4 cup bell pepper mixture)

Posted By: Bawstinn32 (Maria)

January 6, 2004

Comments: I do not think 1 tbl of oil was necessary. Would probably only do 1 1/2 teaspoons next time. I would also put the turkey back into the pan and thicken the sauce with the turkey in it instead of just putting it on top after the fact.

- 1 tablespoon vegetable oil
- 1 pound turkey breast, boneless and skinless
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup green onions -- sliced
- 1 whole red pepper -- sliced
- 1 cup chicken broth
- 1/4 cup raisins
- 1 tablespoon brown sugar
- 1 teaspoon allspice
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cumin

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle turkey with salt and pepper. Add turkey to pan; cook for 3 1/2 minutes on each side or until done. Remove turkey from pan and keep warm.

Add onions and bell pepper to pan; saute 2 minutes. Add remaining ingredients. Bring to a boil; cook until reduced to 1 cup (about 3 minutes). Serve with turkey.

Yield: 4 servings (serving size: 2 cutlets and 1/4 cup bell pepper mixture).

Per Serving (excluding unknown items): 217 Calories; 5g Fat (19.8% calories from fat); 30g Protein; 13g Carbohydrate; 2g Dietary Fiber

### **Creamy Mashed Potatoes**

Source: Cooking Light Jan/Feb 2004

Healthy Units: 3

Yield: 8 servings (2/3 cup)

Posted By: Bawstinn32 (Maria)

January 6, 2004

Notes: If you like horseradish, then 2 teaspoons may not be enough; I could not taste it at all. I recommend tasting and then adding additional horseradish 1 teaspoon at a time. At 5 calories per teaspoon, I do not think it adds any points to the dish at all.

Subbing light butter and 1% or skim would probably lower the points. I like my potatoes creamy though and these definitely were creamy!

2 1/4 pounds potatoes  
2/3 cup 2% low-fat milk  
2 tablespoons butter  
2 teaspoons horseradish  
1 teaspoon kosher salt  
1/4 teaspoon black pepper

Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat and simmer 15 minutes until tender. Drain.

Return potatoes to pan. Add milk and remaining ingredients; mashed to desired consistency. Cook over low heat until warm.

Per Serving (excluding unknown items): 137 Calories; 3g Fat (21.7% calories from fat); 3g Protein; 24g Carbohydrate; 2g Dietary Fiber

**Title of the Recipe: Shrimp Stuffed Potatoes**

Source: (modified) Paula Dean's Home Cooking

Healthy Units: 5

Servings: 4

Posted by: MissVN

Date: Jan. 6, 2004

Notes: Can be prepared ahead of time and refrigerated, or frozen and then defrosted before the final baking.

**Ingredients**

2 tsp vegetable oil  
2 medium potato(es)  
2 Tbsp light butter  
2/3 cup Shredded Cheddar and/or Monterey Jack Cheese  
1/3 cup light sour cream  
1/4 cup chives  
salt (to taste)  
pepper (to taste)  
1/4 pound cooked shrimp, roughly chopped  
paprika

**Instructions**

1. Preheat oven to 350 degrees.
2. Begin by washing potatoes, drying them, and gently pricking them with a fork on the sides. Coat each potato with 1 tsp. vegetable oil, place on foil covered pan, and bake for approximately 1 hour.
3. Place the butter in a large bowl. Remove the potatoes from the oven and slice each potato in half. Gently scoop out the potato and place in the bowl. Make sure to leave some potato in the shells so they will remain stable. Using a mixer on high, mix the potatoes, light butter, light sour cream, salt, and pepper. Fold the chives, shrimp, and half of the cheese into the mixture. Gently stuff the mixture back into the potato shells, making sure not to break them. Pile the mixture as high as you can on top of the potato shells. Sprinkle potatoes with remaining cheese and paprika for color. Bake in the oven for approximately 20 minutes until browned on top.

**Bill's Mexican Rice**

Source: Cooking Light Website

Posted by: Joyce

Date: January 6, 2004

Servings: 4

Healthy Units: 4 per serving

Comments: Original recipe calls for 1 3/4 cups water and 1 14.5 oz can vegetable broth--way too much liquid. I used 1 3/4 c. chicken broth and no additional liquid. It was great.

**Ingredients**

- 1 Tbs olive oil
- 1 c. diced onion
- 1/2 c. diced carrot
- 1/2 c. diced celery
- 2 garlic cloves, minced
- 1 c. uncooked long-grain rice
- 3/4 c. diced tomato
- 1 Tbs low-sodium soy sauce
- 1 tsp minced fresh green chile
- 1 3/4 c. fat free chicken broth
- 1 tsp chopped fresh or 1/4 tsp dried oregano
- 1 tsp chopped fresh cilantro

Heat olive oil in a large saucepan over medium high heat. Add onion, carrot, celery, and garlic; saute 8 minutes or until onion is golden. Add rice, diced tomato, soy sauce, chile, broth and bring to a boil. Cover, reduce heat, and simmer 30 minutes or until the rice is tender and liquid is absorbed. Stir in chopped oregano and chopped cilantro.

Nutrition per Serving: Calories 245; Fat 5.4g (sat 0.8g, mono 3g, poly 0.9g); Protein 5.1g; Carb 44.6g; Fiber 3.6g; Chol 0.0mg; Iron 1.3mg; Sodium 235mg; Calc 40mg



### **Thai Shrimp and Chicken Soup**

Source: Cooking Light Magazine Oct 2003 p 226 and CL website

Servings: 4 (each 2 cups)

Healthy Units: 5

Posted by: Joan Borsten

Date: January 6, 2004

CL: The minced ginger, minced garlic, mushrooms, and snow peas in this recipe require no preparation time at all. Find all those ingredients in your supermarket's produce department.

3 cups fat-free, less-sodium chicken broth  
1 cup bottled clam juice  
1 tablespoon fish sauce  
2 teaspoons bottled minced garlic  
1 1/2 teaspoons bottled minced fresh ginger  
3/4 teaspoon red curry paste  
1 (8-ounce) package presliced mushrooms  
1/2 pound peeled and deveined large shrimp  
1/2 pound skinless, boneless chicken breast, cut into 1-inch pieces  
1 (3-ounce) package trimmed snow peas  
1/4 cup fresh lime juice  
2 tablespoons sugar  
2 tablespoons (1/2-inch) sliced green onion tops  
2 tablespoons chopped fresh cilantro  
1 (13.5-ounce) can light coconut milk

Combine the first 6 ingredients in a large Dutch oven, stirring with a whisk. Add mushrooms; bring to a boil. Reduce heat, and simmer 4 minutes. Add the shrimp, chicken, and snow peas; bring to a boil. Cover, reduce heat, and simmer 3 minutes. Stir in lime juice and remaining ingredients. Cook 2 minutes or until thoroughly heated.

Yield: 4 servings (serving size: about 2 cups)

CALORIES 262 (24% from fat); FAT 7.1g (satfat 3.8g, monofat 0.3g, polyfat 0.6g);  
PROTEIN 30g; CARBOHYDRATE 18.3g; FIBER 1.8g; CHOLESTEROL 121mg; IRON  
3.3mg; SODIUM 973mg; CALCIUM 64mg;

## **Roasted Eggplant and Peppers**

HU: 4

Source: SBD

Posted by: Donna/Carots

Date: January 7, 2004

Servings: 4

\*Notes- I cubed my eggplant instead of slices, and added some garlic and some salt and pepper. I also baked mine longer than the 20 minutes. I think the longer the better.

1 eggplant, peeled, halved, and sliced

2 red bell peppers, cut in thick strips

1 green pepper, cut in thick strips

1 onion, sliced

1/4 cup extra-virgin olive oil

Fresh basil (optional, for garnish)

Preheat the oven to 350 degrees. Place the eggplant, peppers, and onion in a nonstick baking dish. Drizzle with the oil. Bake in the oven for 20 minutes, basting regularly.

Arrange the vegetables on a serving dish and garnish with fresh basil, if using.

## **Spicy Steak Fries**

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

Healthy Units: 4

Yield: 4 servings (serving size: 6 wedges)

Posted By: Bawstinn32 (Maria)

January 7, 2004

Comments: I thought they were a bit greasy and will try next time with only 2 tsp of oil. Used cajun seasoning -- a little bit more than what was called for.

1 tablespoon vegetable oil

2 large baking potatoes, each cut lengthwise into 12 wedges (about 1 1/2 pounds)

2 teaspoons seasoning blend (such as Paul Prudhomme's Seafood Magic)

1/4 teaspoon salt

Preheat oven to 400°.

Spread oil on a jelly-roll pan. Place potato wedges on pan. Sprinkle with seasoning; toss gently to coat. Bake at 400° for 40 minutes or until tender. Sprinkle with salt.

CALORIES 216 (15% from fat); FAT 3.6g (satfat 0.7g, monofat 1g, polyfat 1.7g);  
PROTEIN 3.7g; CARBOHYDRATE 42.9g; FIBER 3.1g; CHOLESTEROL 0.0mg; IRON  
2.3mg; SODIUM 275mg; CALCIUM 17mg;

## **Spicy Chicken and Arugula Sandwich**

Source: Cooking Light Jan/Feb 2004

Healthy Units: 7

Yield: 4 servings (serving size 1 wedge)

Posted By: Bawstinn32 (Maria)

January 7, 2004

Comments: Went together quickly and was a good, quick supper for a weeknight. Next time I would like to make my own foccacia rather than using a store-bought one. Hopefully it will lower the points by 1. Using fat free mayo would probably also lower the points; but I don't care much for the taste. Also, I forgot to put the oil in the pan; I sprayed it instead and it was fine.

2 teaspoons olive oil  
12 ounces chicken breasts, no skin, no bone, R-T-C  
1 tablespoon fajita seasoning mix  
1/4 cup mayonnaise, light  
3 tablespoons cilantro -- chopped  
1 teaspoon lime rind -- grated  
1 tablespoon lime juice  
9 ounces focaccia -- halved horizontally  
1 medium tomato -- sliced  
1 1/2 cups arugula -- trimmed

Heat oil in a large nonstick skillet over medium heat. Place plastic wrap over chicken, pound each piece to a 1/4-inch thickness using a meat mallet or rolling pin. Sprinkle both sides with fajita seasoning. Add chicken to pan; cook 2 minutes or until done. Cut into one inch slices.

While chicken cooks, combine mayonanaise, cilantro, lime rind and juice; spread evenly over cut sides of bread. Arrange chicken on bottom half of bread; top with tomato and arugula. Cover with top half of bread. Cut into 4 wedges.

**Title: Waimea Fried Rice**

Source:CL website and 1998 annual

Healthy units:3

servings:6 (3/4 cup is the size)

Posted By: Zephyr1

date Posted:1/7/04

Comments: this will be my new rice side it is wonderful do not skimp use the mint and cilantro the flavor mix is just fantastic. I would definitley serve this to guests.

Ingredients:

4 cups water

1 cup uncooked long-grain brown rice

1 tablespoon dark sesame oil

3 tablespoons thinly sliced lemon grass or 2 teaspoons grated lemon rind

3 garlic cloves, minced

1 jalapeño pepper, seeded and finely chopped

1/2 cup diced celery

1/3 cup diced red bell pepper

4 teaspoons grated peeled fresh ginger

1 cup chopped pineapple

1 tablespoon finely chopped fresh or 1 teaspoon dried mint

1 tablespoon minced fresh cilantro

1 tablespoon fish sauce

1 teaspoon rice vinegar

1/4 teaspoon salt

Bring water to a boil in a medium saucepan; add rice. Cover, reduce heat, and simmer 25 minutes. Remove from heat. Drain well; place rice in a shallow dish, and chill 30 minutes.

Heat oil in a large nonstick skillet over medium-high heat. Add lemon grass, garlic, and jalapeño; sauté 30 seconds. Add celery, bell pepper, and ginger; sauté 30 seconds. Add rice, and cook until thoroughly heated, stirring occasionally. Stir in pineapple and remaining ingredients.

Yield: 6 servings (serving size: 3/4 cup)

**NUTRITION PER SERVING**

CALORIES 158 (19% from fat); FAT 3.4g (sat 0.5g, mono 1.3g, poly 1.3g); PROTEIN 3.1g; CARB 29.3g; FIBER 1.9g; CHOL 0.0mg; IRON 0.8mg; SODIUM 327mg; CALC 18mg;

## Chicken-Apple-Bacon Burgers

HU: 7

Source: Cooking Light June 2003

Posted by: Shari (shari\_csf)

Date: January 7, 2004

Servings: 4

\*Notes - Not as good as the chicken burgers with peanut sauce but still a very nice burger option. Unfortunately I only had dried sage but I could still taste it in there. I also used ground turkey but the nutritional values are with chicken. \* Exported from MasterCook \*

2 bacon slices

1/4 cup onion -- chopped

1 pound chicken breast, boneless, skinless

2 teaspoons fresh sage

1/2 teaspoon salt

1/2 teaspoon black pepper -- ground

cooking spray

1 granny Smith apple -- peeled, cored, and sliced (8 slices) 1/4" thick

4 Kaiser rolls

Prepare grill.

Cook bacon in a large nonstick skillet over medium-high heat until crisp. Remove bacon from pan, and crumble. Add onion to drippings and saute 2 minutes or until lightly browned. Cool slightly.

Place chicken in a food processor; process until coarsely ground. Combine chicken, bacon, onion, sage, salt, and pepper. Divide into 4 equal portions, shaping each into a 1/2 inch thick patty.

Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side or until done. Place apple slices on grill rack coated with cooking spray; grill 1 minute on each side. Place rolls, cut sides down, on grill rack; grill 1 minute or until toasted. Place patties on bottom halves of rolls; top each serving with 2 apple slices and top half of roll.

These nutritional values are from master cook. I used 'hamburger roll' since they didn't have kaiser. CLs values are below.

Per Serving (excluding unknown items): 296 Calories; 7g Fat (21.1% calories from fat); 30g Protein; 27g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 619mg Sodium.

CL nutritional values - 341 calories, 10.1g fat, 26.4g protein, 34.4g carbs, 2g fiber.

## **PORK CHOPS WITH COUNTRY GRAVY AND MASHED POTATOES**

Source: Cooking Light Jan/Feb 2004

Healthy Units: 7

Yield: 4 servings (serving size: 1 pork chop, 2/3 cup potatoes, and 1/4 cup gravy).

Posted by: Bawstinn32 (Maria  
January 9, 2004

Refrigerated mashed potatoes are widely available and are already seasoned, so no additional salt is needed. The five-ingredient gravy would go well over pan-sauteed or oven-fried chicken. It's also great over an open-faced turkey sandwich.

3/4 tsp salt, divided

4 (4-oz) boneless center-cut loin pork chops (about 1 inch thick)

1 tsp butter

1 1/3 cups 1% lowfat milk

3 Tbsp all-purpose flour

1/4 tsp poultry seasoning

1/4 tsp black pepper

1 (20-oz) package refrigerated mashed potatoes (such as Simply Potatoes)

1. Heat a large nonstick skillet over medium-high heat. Sprinkle 1/4 tsp salt evenly over both sides of pork. Add 1 tsp butter to pan, stirring until butter is melted. Add the pork to pan, and cook pork for 3 minutes on each side. Remove pork from pan, and keep warm.

2. Combine low-fat milk and flour, stirring with a whisk. Add the milk mixture to pan, stirring with a whisk. Stir in remaining 1/2 tsp salt, poultry seasoning, and black pepper. Return pork to pan. Cover; reduce heat, and simmer for 7 minutes or until gravy is thick and pork is done.

3. While pork cooks, prepare potatoes according to package directions. Serve with pork.

Calories: 322 (29% from fat); Fat 10.5g (sat 3.7g, mono 3.9g, poly 0.5g); Protein 26.7g; Carb 29g; Fiber 2.2g; Chol 65mg; Iron 1mg; Sodium 908mg; Calc 125mg.

## White Turkey Chili

Source: The Best of CL Soups and Stews

HU: 6

Serving Size: 8 servings (1 1/4 cups)

Posted by: Linda (lxn1996)

Jan. 9, 2004

Comments: This was very good and very easy to put together. It didn't really thicken up like I thought it would, but maybe my beans weren't mashed enough. Very good never the less.

### Ingredients

1 tablespoon butter (I used light butter)

1 1/2 cups chopped onion

1/2 cup chopped celery

1/2 cup chopped red bell pepper

1 tablespoon minced seeded jalapeno pepper (I used the whole pepper)

1 garlic clove, minced

3 cups chopped cooked turkey or chicken (about 15 ounces) (I used chicken)

2 (19 ounce) cans cannelloni beans or other white beans, drained and divided

2 (14 ounce) cans fat-free, less-sodium chicken broth

1 (4.5 ounce) can chopped green chiles

1 cup frozen whole-kernel corn

1 1/2 teaspoons ground cumin

1 teaspoon chili powder

1/2 teaspoon salt

1/4 teaspoon black pepper

1 cup 1% low-fat milk

1/2 cup chopped fresh cilantro

### Instructions

1. Melt butter in a large Dutch oven over medium-high heat. Add onion and next 4 ingredients (onion through garlic), and sauté 5 minutes. Add turkey, 1 1/2 cups beans, broth, and next 6 ingredients (broth through black pepper); bring to a boil. Cover, reduce heat, and simmer 15 minutes.

2. Mash remaining beans. Add mashed beans and milk to the turkey mixture. Simmer, uncovered, 20 minutes or until thick, stirring frequently. Stir in cilantro.

Calories 298 (19% from fat); Fat 6.3g (sat 1.5, mono 1.8g, poly 2.2g); Protein 27g; Carb 34.5g; Fiber 4.8g; Chol 45mg; Iron 4.4mg; Sodium 635mg; Calc 113mg



## **Mexican Eggplant**

Source: Southern Living (1983 Annual, I think)

Healthy Units: 4

Servings: 4

Posted by: Emily (ejwyatt)

Date 01/10/04

Comments: I usually serve this on brown rice. Be sure to add the points for the rice.

### **Ingredients**

1 medium eggplant

4 oz can diced green chiles

4 oz can of sliced black olives, drained

16 oz canned tomato sauce

1/2 tsp ground cumin

1 clove garlic, minced

6 oz low-fat cheddar or colby cheese

### **Instructions**

Peel eggplant and cut in 1/2" slices. Place in one layer on cookie sheet and bake at 450 for 20 minutes.

Drain chiles and olives. Combine with tomato sauce in medium saucepan. Add cumin and minced clove of garlic. Bring to boil over medium heat and then simmer for 10 minutes.

Spray baking dish with cooking spray. Place 1/2 eggplant in bottom of dish in one layer. Cover with 1/2 of the sauce and then 1/2 of the cheese. Repeat layers. Bake at 375 for 10 minutes

## **Fire and Spice Ham**

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

Healthy Units: 4

Yield: 18 servings (serving size: about 3 ounces)

Posted by: Bawstinn32 (Maria)

January 12, 2004

Comments: Instead of wasting all the glaze that dripped to the bottom, I put it in a saucepan, added a little arrowroot to thicken it up and poured a tablespoon over my serving. I also followed the temperature that was listed on the ham I bought as I didn't want to dry it out.

Sweet-hot pepper jelly and tangy pineapple preserves create an easy glaze for the ham.

1 (5 1/2- to 6-pound) 33%-less-sodium smoked, fully cooked ham half

Cooking spray

1/2 cup red pepper jelly

1/2 cup pineapple preserves

1/4 cup packed brown sugar

1/4 teaspoon ground cloves

Preheat oven to 425°.

Trim fat and rind from ham half. Score outside of ham in a diamond pattern. Place ham on a broiler pan coated with cooking spray. Combine jelly and remaining ingredients, stirring with a whisk until well blended. Brush about one-third of jelly mixture over ham.

Bake at 425° for 5 minutes. Reduce oven temperature to 325° (do not remove ham from oven); bake an additional 45 minutes, basting ham with jelly mixture every 15 minutes. Transfer ham to a serving platter; let stand 15 minutes before slicing.

Yield: 18 servings (serving size: about 3 ounces)

CALORIES 188 (23% from fat); FAT 4.9g (satfat 1.6g, monofat 2.3g, polyfat 0.5g);  
PROTEIN 18.4g; CARBOHYDRATE 16.8g; FIBER 0.0g; CHOLESTEROL 47mg; IRON  
1.4mg; SODIUM 865mg; CALCIUM 10mg;

### **Garlicky Green Beans**

Source: Cooking Light, Dec 2003

Healthy Units: 1

Yield: 2 servings (serving size: 1 cup)

Posted By: Bawstinn32 (Maria)

January 12, 2004

If you can find them, use haricots verts, thin and tender green beans. Because this recipe is so simple, coarse freshly ground sea salt and black peppercorns really count. Pack disposable salt and pepper grinders, such as Alessi's Tip N' Grind Coarse Sea Salt and McCormick's Black Peppercorn Grinder, available in the spice section of supermarkets.

2 cups green beans, trimmed  
1 teaspoon butter  
Cooking spray  
1/8 teaspoon sea salt  
1/8 teaspoon freshly ground black pepper  
1 garlic clove, minced

Cook beans in boiling water 2 minutes. Drain and plunge beans into ice water; drain. Melt butter in a small nonstick skillet coated with cooking spray over medium heat. Add beans, salt, pepper, and garlic; cook 2 minutes or until heated.

CALORIES 54 (35% from fat); FAT 2.1g (satfat 1.2g, monofat 0.6g, polyfat 0.1g);  
PROTEIN 2.1g; CARBOHYDRATE 8.4g; FIBER 3.8g; CHOLESTEROL 5mg; IRON  
1.2mg; SODIUM 170mg; CALCIUM 45mg;

## **WHITE CHICKEN CHILI WITH RED AND GREEN CHILES**

Source: Donna

Healthy Units: 3.5 (if served with 2 oz. cheese will be 5.5)

Servings: 5 (yield approx 5 ½ cups)

Posted by: MoOzark(Donna)

Date: January 10, 2004

Comments: This was a large and filling amount especially with the cheese. I took and eliminated elements from other chicken chili recipes and added what I thought I would like to taste to create this.

### **Ingredients:**

Cooking spray

1 pounds chicken breast tenders, cut into ½" chunks

1 medium onion, chopped

4 cloves, garlic, minced

1 teaspoon cumin

½ teaspoon coriander

1/8 teaspoon cayenne pepper

1/8 teaspoon ancho chili pepper

1 Tablespoon fresh cilantro, chopped

1 4.5 ounce can chopped green chiles

1 chipolte pepper in adobe sauce, chopped with seeds and 1 teaspoon adobe sauce

1 (14 oz.) can ff chicken broth

juice of ½ medium lime (approx. 1/8 cup)

1 can (15 oz) cannellini beans, rinsed and drained

¼ cup water

4 teaspoons masa harina

### **Directions:**

-Spray large deep skillet or soup pot with cooking spray. Saute chicken chunks, onion and garlic over medium high heat for approximately 3 minutes or until chicken begins to lightly brown. (I used my electric skillet for this).

-Add cumin, coriander, cayenne pepper, and, ancho chili pepper. Stir and cook for 30 seconds.

-Add fresh cilantro, can of chopped green chiles, chipolte pepper, adobe sauce, chicken broth, and lime juice. Stir. Simmer for 15-20 minutes.

-Add beans and simmer for 5 minutes more.

-Stir masa harina into ¼ cup water to make a slurry. Slowly pour this into the simmering chili stirring while pouring. This will thicken the chili. Simmer for 2-3 more minutes.

Serve with grated cheese of your choice.

## **French Bread Pizza with Sausage, Clams, and Mushrooms**

Source: Cooking Light May 1999

Healthy Units: 7

Serves: 6

Posted by: Kate (KateWD)

January 12, 2004

Almost any kind of cheese will work in this hearty dish. Try mozzarella, Asiago, provolone, Romano, or cheddar.

1 (4-ounce) link sweet Italian sausage  
2 tablespoons all-purpose flour  
1 1/2 cups sliced mushrooms  
1/2 cup 1% low-fat milk  
1/2 teaspoon dried oregano  
1/8 teaspoon black pepper  
1 (6 1/2-ounce) can chopped clams, undrained  
3/4 cup (3 ounces) grated fresh Parmesan cheese, divided  
1 (16-ounce) loaf French bread, cut in half horizontally  
2 tablespoons chopped fresh parsley

Preheat oven to 400°.

Remove casing from sausage. Cook sausage in a large nonstick skillet over medium heat until browned, stirring to crumble. Add flour, and cook 2 minutes, stirring frequently. Add the mushrooms, milk, oregano, pepper, and clams; bring to a boil, stirring constantly. Reduce heat; simmer 5 minutes or until thick. Remove from heat. Stir in 1/2 cup cheese.

Place bread halves on a baking sheet; spread clam mixture evenly over cut sides of bread. Sprinkle with 1/4 cup cheese and parsley. Bake at 400° for 12 minutes or until golden brown. Cut each half into 3 pieces.

Yield: 6 servings (serving size: 1 piece).

CALORIES 363 (28% from fat); FAT 11.3g (satfat 4.7g, monofat 4.4g, polyfat 1.3g);  
PROTEIN 19.3g; CARBOHYDRATE 44.8g; FIBER 2.7g; CHOLESTEROL 35mg; IRON  
4mg; SODIUM 1mg; CALCIUM 276mg;

## Whole Wheat Pizza Dough

Source: Eating Well Winter 2003

Healthy Units: 3

Serves: 4

Posted by: Kate (KateWD)

January 12, 2004

Comments: Love this pizza dough, even better than the CL recipe. The hole crust is 12 points

using half whole wheat and half all purpose flour yields a light crust with a distinctive nutty taste. Quick rising yeast shortens the rising time to just 10 minutes, making wholesome homemade pizza a possibility for busy weeknights. A food processor makes fast work of mixing the dough, but you can also use a stand mixer fitted with a paddle attachment or a little elbow grease to do it by hand. Whichever method you choose, add enough liquid to the dry ingredients to make a soft dough. If kneading by hand, knead for about 10 minutes. The dough will keep, in a plastic bag coated with cooking spray, in the refrigerator for up to 2 days.

3/4 cup whole wheat flour

3/4 cup all purpose flour

1 package quick rise yeast, such as Fleischmann's Rapid Rise

3/4 tsp salt

1/4 tsp sugar

1/2 - 2/3 cup hot water (120-130 degrees)

2 tsp olive oil

1. combine flours, yeast, salt, and sugar in a food processor; pulse to mix. Combine hot water and oil in a measuring cup. With the motor running, gradually pour in enough of the hot liquid until the mixture forms a sticky ball. the dough should be quite soft. If it seems dry, add 1 to 2 tbsp warm water; if too sticky, add 1 to 2 tbsp flour. Process until the dough forms a ball, then process for 1 minute to knead.

2. Transfer the dough to a lightly floured surface. Spray a sheet of plastic wrap with cooking spray and place it, sprayed side down, over the dough. Let the dough rest for 10 to 20 minutes before rolling.

Makes 12 oz dough, enough for one 12-inch pizza or two 10-inch pizzas

## Peperonata & Sausage Pizza

Source: Eating Well Winter 2003

Healthy Units: 7

Serves: 4

Posted by Kate (KateWD)

January 12, 2004

Comments: I eliminated the oil and used light mozzarella which brought this to 7 points for 1/4 of the pizza (the nutritional info is for the original recipe).

whole wheat pizza dough -- see recipe

1 link Italian turkey sausage (4 oz.) -- casing removed

3 tps extra virgin olive oil -- divided

1 c slivered onion

1 c thinly sliced red bell pepper

2 clove garlic -- minced

1/8 tsp crushed red pepper

3/4 c diced tomato

2 tps red wine vinegar

1/8 tsp salt

freshly ground black pepper -- to taste

1 c grated part skim mozzarella cheese

1/4 c freshly grated parmesan cheese

Place a pizza stone or inverted baking sheet on lowest oven rack; preheat oven to 500 or highest setting. Coat a 12-1/2 inch pizza pan with cooking spray and dust with cornmeal.

Preare whole wheat pizza dough.

Cook sausage in a small nonstick skillet over medium heat, turning from time to time, until browned and cooked through, 10-12 minutes. Drain and cut into 1/4-inch thick slices.

Meanwhile, prepare the peperonata: heat 2 tsp oil in a lrg nonstick skillet over medium heat. Add onion and bell pepper; cook, stirring often, until softened, 4 to 6 minutes. Add garlic and crushed red pepper; cook, stirring, for 1 minute. Add tomato and cook for 3 minutes. Remove from heat and stir in vinegar, salt, and pepper. Transfer to a plate and let cool.

On a lightly-floured surface, roll dough into a 13-inch circle. Transfer to the prepared pan. Turn edges under to make a slight rim. Brush the rim with the remaining 1 tsp oil.

Sprinkle mozzarella over the crust, leaving a 1/2-inch border. Top with the peperonata and sausage. Sprinkle with parmesan.

Place the pizza pan on the heated stone and bake until the bottom of the crust is crisp and golden, 10 to 14 minutes. Serve immediately.

makes one 12-inch pizza, 4 slices

per slice: 370 calories, 15 g fat, 20 g protein, 5 g fiber

## Warm Spiced Lentils

Source: Cooking Light September 2003

Healthy Units: 2.5

Serves: 12

Posted by: Kate (KateWD)

January 12, 2004

Notes: The Homemade Curry is spectacular, definitely worth the effort as it is far better than any commercial curry powder I've tried. This serves 12 as an appetizer, or serve a larger portion over rice and top with chopped tomatoes for an entrée. This is best made ahead, as it tastes better the next day. The lentils cooked in 45 minutes, not the 2 hours noted in the recipe.

- 1 tbsp olive oil
- 2 c chopped onion
- 1 tbsp finely chopped ginger
- 3/4 tsp salt
- 3/4 tsp freshly ground black pepper -- divided
- 2 tbsps minced garlic
- 2 tsps ground cumin
- 2 tsps homemade curry powder -- (see recipe next page)
- 1 tsp ground coriander
- 2 1/2 c water
- 2 c chicken broth
- 2 c dried lentils
- 3 bay leaves
- 1 c plain yogurt -- (whole milk yogurt)
- 3/4 c tomato puree

Heat olive oil in a Dutch oven over medium heat. Add onion, ginger, salt, and 1/2 tsp black pepper; cover and cook 10 minutes or until soft, stirring occasionally. Stir in garlic and the remaining spices; cook 1 minute. Stir in water, broth, lentils, and bay leaves; bring to a boil. Reduce heat; cover and simmer for 2 hours or until tender (mine were done after 1 hour). Uncover and cook 5 minutes or until most of the liquid is absorbed. Remove from heat; cool for a few minutes so that the yogurt doesn't curdle when you add it. Discard bay leaves. Gradually stir in remaining 1/4 tsp black pepper, yogurt, and tomato puree; cook over low heat for a few minutes until heated.

yield 12 servings, serving size 1/2 cup

160 calories (14% fat), 2.4 g fat, 11.1 g protein, 25 g carb, 11.1 g fiber



## **Homemade Curry Powder**

Source: Cooking Light September 2003

Healthy Units: 0

Posted by: Kate (KateWD)

January 12, 2004

3 tbsps Hungarian paprika  
2 tsps ground cumin  
2 tsps ground fennel seed  
2 tsps ground yellow or brown mustard  
2 tsps ground red pepper  
1 tbsp ground coriander  
1 tbsp ground turmeric  
1 tsp ground cardamom  
1/2 tsp ground cinnamon  
1/2 tsp ground cloves

combine all ingredients. yield 1/2 cup. store in a cool dark place for up to 2 months

## Hot Bean and Cheese Dip

Source: Cooking Light January 2000

Healthy Units: 1

Serves: 18

Posted by: Kate (KateWD)

January 12, 2004

1 (14.5-ounce) can diced tomatoes, drained and divided  
1/2 teaspoon hot pepper sauce  
1/4 teaspoon salt  
1/4 teaspoon ground cumin  
1/4 teaspoon dried oregano  
1 (16-ounce) can pinto beans, rinsed and drained  
1 (16-ounce) can fat-free refried beans  
1 (4.5-ounce) can chopped green chiles, drained  
Cooking spray  
3/4 cup (3 ounces) shredded sharp cheddar cheese

Preheat oven to 350°.

Combine 1 cup tomatoes and the next 7 ingredients (1 cup tomatoes through chiles). Spoon tomato mixture into a 1 1/2-quart casserole dish coated with cooking spray. Top with cheese. Bake at 350° for 20 minutes or until cheese is melted. Top with remaining tomatoes.

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

### NUTRITION PER SERVING

CALORIES 66 (23% from fat); FAT 1.7g (sat 1g, mono 0.5g, poly 0.1g); PROTEIN 3.8g; CARB 8.7g; FIBER 2g; CHOL 5mg; IRON 1mg; SODIUM 309mg; CALC 56mg;

## **Instant Black Bean Soup**

Cooking Light 2000 Annual

HU: 3.8

Servings: 5

Posted by DebMj1

January 12, 2004

Notes: I always use Bush's Black Beans - they have more fiber and fewer calories than all the others. They're wetter, so you only need to add 1 cup of the chicken broth when using them. Soup alone (using Bush's black beans) has 132 calories, minimal fat and 8 gms. fiber. 2 WW points per serving. Cheese and sour cream will add to the calories and fat.

2 (15-ounce) cans no-salt-added black beans, undrained  
1/2 cup bottled salsa  
1 tablespoon chili powder  
1 (16-ounce) can fat-free, less-sodium chicken broth  
1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese  
5 tablespoons low-fat sour cream  
5 tablespoons minced green onions  
2 1/2 tablespoons chopped fresh cilantro

Place beans and liquid in a medium saucepan; partially mash beans with a potato masher. Place over high heat; stir in salsa, chili powder, and broth. Bring to a boil. Ladle soup into bowls; top with cheese, sour cream, onions, and cilantro.

Yield: 5 servings (serving size: 1 cup soup, 1 1/2 tablespoons cheese, 1 tablespoon onions, 1 tablespoon sour cream, and 1 1/2 teaspoons cilantro)

### **NUTRITION PER SERVING**

CALORIES 212 (21% from fat); FAT 4.9g (sat 2.6g, mono 1.2g, poly 0.5g); PROTEIN 14.7g; CARB 28.7g; FIBER 5.4g; CHOL 13mg; IRON 2.9mg; SODIUM 411mg; CALC 163mg;

### **Pineapple Pork Saute**

Source: WW make it in Minutes

HU's: 8

Servings: 3

Posted by: annem81/ithinkicananne

1/12/2004

Comments: This is a great quick dish with very generous servings.

#### **Ingredients:**

1C quick cooking brown rice  
3/4LB pork tenderloin, thinly sliced against the grain  
3/4t salt  
1/2t pepper  
1t vegetable oil  
3 scallions, sliced on the diagonal, 2" pieces  
1 small apple, peeled, cored and chopped  
1 red bell pepper, seeded and chopped  
1 garlic clove, chopped  
1/4t crushed red pepper  
1 (8oz can) pineapple chunks in juice, drained  
1/2 C chinese style sweet and sour sauce

#### **Directions:**

1. Cook the rice according to directions.
2. Sprinkle pork with the salt and pepper. Spray a large non-stick skillet with cooking spray and set over medium- high heat. Arrange the pork in the skillet in a single layer, cooking in batches if necessary. Saute until browned and cooked through, about 1-2 mins. on each side. Transfer pork to a plate.
3. Add the oil to the skillet. Stir in scallions, apple, bell pepper, garlic and crushed red pepper. Saute until tender, about 5 minutes. Stir in the pineapple, sauce and reserved pork; bring to a boil. Serve with rice.

Per serving: 407 Cal, 6g Fat, 67g Chol, 784mg Sodium, 58g carbs, 4g fiber, 31g protien, 48mg calcium.

## **Ginger Beef**

Source: Cooking Light Jan/Feb 2004

Serving Size: 1/2 cup beef and 1/2 cup rice

HU: 7 per serving

Posted by: Trish

Date: 1/12/04

Steamed broccoli or sugar snap peas would be a good accompaniment for this dish.

### **Ingredients**

1 3.5 ounce bag boil-in-bag rice (I just made rice the usual way in my rice cooker)

1 tsp vegetable oil

Cooking Spray

1/4 cup low-salt beef broth

3 Tablespoons low-sodium soy sauce

1 tablespoon cornstarch

1 tablespoon dry sherry

2 teaspoons bottled minced fresh ginger (I used fresh)

1 teaspoon bottled minced garlic (I used fresh)

dash of crushed red pepper

1 1/2 cups vertically sliced onion

1 (1-pound) flank steak, trimmed and cut into 1/4-inch strips

4 lime slices

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

While rice cooks, heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.

Combine broth and next 6 ingredients. Add onion to pan, saute 2 minutes. Add steak, saute 5 minutes or until desired doneness. Stir in broth mixture, cook 10 seconds until slightly thick, stirring constantly. Serve over rice.

Calories 320; fat 10.1g; protein 28.4g; carb 29g; fiber 1.8g; cholesterol 68mg; iron 3.5mg; sodium 468mg; calcium 18mg

## **Folse's Paella**

Cooking Light - January/February 1995

Healthy Units 6

Servings 8

Posted by 2in2002

13-JAN-04

Notes: I used Turkey Kielbasa instead of regular. (Turkey 5g of fat vs. 18g of fat for regular). I didn't have crawfish so I used a whole pound of Shrimp. I used 10 oz of cracked crab meat.

2 tablespoons olive oil  
1 c chopped celery  
1 c chopped onion  
1 c chopped red bell pepper  
1/3 c diced andouille sausage or kielbasa  
5 garlic cloves crushed  
5 (8-ounce) bottles clam juice  
1 (14.5-ounce) can diced tomatoes, undrained  
1 1/2 c uncooked long grain rice  
1 c frozen green peas  
1 c lump crabmeat, shell pieces removed  
1 c cooked, peeled, and deveined crawfish meat (about 6 ounces)  
1/2 c sliced green onions  
2 tablespoons minced fresh parsley  
1/2 teaspoon salt  
1 1/2 teaspoons chili powder  
1 teaspoon ground cumin  
1/2 teaspoon cracked black pepper  
1/8 teaspoon ground red pepper  
1/2 pound medium shrimp, peeled, tails on

Heat the oil in a large ovenproof Dutch oven over medium heat. Add celery and the next 4 ingredients; sauté 5 minutes. Add clam juice and tomatoes; bring to a boil. Stir in remaining ingredients. Cover and bake at 350 for 45 minutes. Fluff and stir with a fork. Yield: 8 services (serving size: 1 1/2 cups).

CALORIES 304 (24% from fat); PROTEIN 19.7G; FAT 8G (SAT 1.8G, MONO 4.2G, POLY 1.3G); CARB 37.8G; FIBER 2.9G; CHOL 97MG; IRON 4.4MG; SODIUM 724MG; CALC 109MG

## **Chili-Cheese Black Bean Enchiladas**

Source: Cooking Light, Sept. 2003

HU: 8 per serving

Servings: 6 (2 enchiladas per serving)

Posted by: Emily(ejwyatt)

Date: January 13, 2004

Cooking Light Notes: Cream cheese binds the filling and gives it a silky consistency. Look for red enchilada sauce in the Mexican food section of your supermarket. If you're unable to find soy crumbles, chop thawed veggie burgers to use in their place.

Cooking spray

1/2 cup chopped onion

1/2 teaspoon ground cumin

1/2 teaspoon dried oregano

1/2 teaspoon chili powder

2 garlic cloves, minced

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

1 (12-ounce) bag frozen soy crumbles, thawed (such as Morningstar Farms)

3/4 cup bottled salsa

1/3 cup (3 ounces) block-style fat-free cream cheese, softened

1 cup (4 ounces) shredded reduced-fat extrasharp cheddar cheese, divided

12 (6-inch) corn tortillas

1 (10-ounce) can enchilada sauce

Preheat oven to 350°.

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion, and sauté 4 minutes or until tender. Stir in cumin, oregano, chili powder, garlic, beans, and soy crumbles, and cook 2 minutes, stirring mixture frequently.

Stir in salsa, and cook 1 minute. Remove from heat, and add cream cheese and 1/2 cup cheddar cheese, stirring until cheese melts.

Warm tortillas according to package directions. Spread 1/3 cup enchilada sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Spoon about 1/3 cup black bean mixture down center of each tortilla, and roll up. Arrange enchiladas, seam sides down, crosswise in dish. Pour remaining enchilada sauce evenly over enchiladas, and sprinkle with 1/2 cup cheddar. Bake at 350° for 20 minutes or until thoroughly heated. Yield: 6 servings (serving size: 2 enchiladas)

CALORIES 386 (30% from fat); FAT 12.9g (satfat 4g, monofat 3.8g, polyfat 3.4g); PROTEIN 26.8g; CARBOHYDRATE 43.9g; FIBER 10.7g; CHOLESTEROL 17mg; IRON 5.4mg; SODIUM 995mg; CALCIUM 390mg;

## **Shrimp Lo Mein**

CL: Jan/Feb 2004

Healthy Units (WW Points): 8.4

Servings: 4

Posted by Dibbranchia

Date: 1/13/04

2 1/2 Tbsp soy sauce  
8 oz large shrimp -- peeled, deveined, and coarsely chopped  
8 oz noodles -- fresh lo mein noodles  
1 1/2 tbsp peanut oil -- divided  
3 cups sliced onion -- thinly vertically sliced  
5 cups broccoli florets -- about 1 lb  
2 cups red pepper -- cut into strips  
1 tbsp minced garlic  
1 tbsp minced ginger  
3/4 c fat-free chicken broth, low sodium  
1/4 tsp salt  
1/4 c cashews -- coarsely chopped

Combine the soy sauce and shrimp, cover and refrigerate 30 minutes. Drain through a sieve over a bowl, reserving soy sauce.

Prepare noodles according to package directions, omitting the salt and fat. Drain and rinse; drain well. Toss noodles with 1 tsp oil. Set aside.

Heat 2 tsp peanut oil in a large nonstick skillet over medium-high heat. Add onion; stir fry 3 minutes. Add broccoli and bell pepper; stir-fry 3 minutes. Add garlic and ginger, cook 1 minutes, stirring constantly. Remove vegetable mixture from pan.

Heat 1 1/2 tsp peanut oil in pan. Add shrimp, and stir-fry 1 minutes. Add the reserved soy sauce, broth, and salt and bring to a boil. Add noodles, vegetable mixture, and nuts, and toss well to combine.

NOTES : Fresh lo mein noodles are available in Asian Markets - often in the freezer case. If you can't find them there, substitute fresh fettuccine.

Yield: 4 servings (serving size: 2 1/4 cups) Nutritional info: Calories 408 (26% from fat); fat 12 g (sat 2.1 g, mono 5 g, poly 3.5 g); Protein 26 g, carb 51.8 g, fiber 8.3g, chol 128 mg; Iron 5.2 mg, Sodium 941 mg; Calc 122 mg

MY NOTES:I changed it a little, just used 4 oz of noodles (feeding 2 here) but left the shrimp and veggies the same. I also added some mushrooms and sauteed with Pam instead of the oil.



### **Vietnamese Beef-Noodle Bowl**

CL: "Big Bowls", Cooking Light March 1999, p. 104

Healthy Units (WW Points): 5.4

Servings: 6

Posted by: Dibranchia

Date: 1/13/04

8 cups water  
2 cans fat-free beef broth (14-1/2 ounce cans)  
3 whole star anise -- optional  
2 cinnamon sticks (3 inches)  
1 piece fresh ginger (1-1/2 inch piece) -- peeled and sliced  
4 ounces rice noodles or vermicelli -- uncooked  
1 1/2 pounds sirloin steak -- boned and thinly sliced  
2 1/2 tablespoons minced shallot  
2 tablespoons sake or rice vinegar  
1 tablespoon minced ginger  
2 cups bean sprouts  
1 cup fresh basil leaves -- sliced  
1/3 cup minced fresh cilantro  
1/4 cup minced green onion  
3 tablespoons fish sauce  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 teaspoon red chile -- thinly sliced, optional  
6 lime wedges -- optional

Combine first 5 ingredients in a large Dutch oven; bring to a boil. Reduce heat; simmer 30 minutes. Strain broth; discard solids. Return broth to pan.

Place the rice noodles in a large bowl; cover with hot water. Let stand 15 minutes; drain. Cook noodles in boiling water 1 minute or until tender; drain.

Combine beef, shallots, sake and minced ginger in a large zip-top plastic bag; seal and marinate in refrigerator for 10 minutes. Add beef mixture to broth in pan; bring to a boil. Reduce heat to medium; cook 3 minutes. Stir in bean sprouts and next 6 ingredients (bean sprouts through black pepper); cook 1 minute. Place the noodles into each of 6 large bowls; top with sliced chile and lime wedges, if desired.

Yield: 6 servings (Serving size = 1/2 cup noodles and 2 cups broth mixture)

## **Vietnamese Beef-Noodle Bowl (Cont.)**

According to recipe, one serving provides: 264 calories, (20% from fat), 6 g. fat (2.1 g. saturated fat, 2.1 g. monounsaturated fat, 0.3 g. polyunsaturated fat), 31.1 g. protein, 20.8 g. carbohydrate, 1.2 g. fiber, 70 mg. cholesterol, 4 mg. iron, 967 mg. sodium, 35 mg. calcium.

NOTES : Marinating the beef for 4-24 hours ahead can save preparation time later and add extra flavor, if desired. Whole star anise imparts a licorice-like aroma and flavor to the broth, but the soup is very good without it.

From the article's sidebar: Because the noodles and broth in a big-bowl recipes are prepared separately, you don't want to dump them together before serving. Instead, combine them as you serve. It's easy:

1. After draining the cooked noodles, put some into the bottom of each bowl (we just use our hands, but you can also use a fork or other utensil).
2. Then ladle the broth mixture over the noodles.
3. Mix in whatever noodle toppings you've prepared, and you're ready to eat.

If you have leftovers, you should continue to keep the noodles and the broth separate. Storing them in the same container may seem expedient, but the noodles will expand like sponges in the broth, and the flavor will be affected too. When you're ready to re-serve, heat the noodles and broth separately in the microwave, then combine them as you did originally.

By the way - while the spoon and chopsticks are the traditional implements for big-bowl nosh, feel free to use a spoon and fork if that's easier.

**Frozen Strawberry Yogurt**

Source: Healthy Cooking for Two or Just for You

HU: 2 per serving

Servings: 1

Posted by: Emily(ejwyatt)

Date: January 13, 2004

**Ingredients**

1 cup unsweetened frozen strawberries

1/2 cup plain fat-free yogurt

2 packet Equal sweetener

**Instructions**

Add strawberries to blender with 1-2 packets of Equal Let sit 15-20 minutes. Add yogurt. Blend until smooth, about 30 seconds.

### **Ginger-Roasted Carrots**

Source: WW Versatile Vegetarian

Healthy Units:1

Serves: 4

Posted by: Kate (KateWD)

January 14, 2004

Roasted carrots are naturally sweet; ginger really plays up their depth of flavor

8 carrots, halved lengthwise (I used a bag of baby carrots)

2 tablespoons orange juice

1 tablespoon minced peeled gingerroot

2 teaspoons olive oil

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/2 teaspoon grated orange zest

Preheat oven to 350 degrees. In a 13 x 9" baking dish, combine the carrots, orange juice, ginger, oil, salt and pepper. Bake, covered with foil, until tender, 25-30 minutes. Sprinkle with the orange zest.

87 calories, 0 g fat, 4 g fiber.

## **Peppery Beef and Vegetables with Pasta**

Source: Better Homes & Gardens

Healthy Units: 6

Serves: 4

Posted by: Allison (alleycat)

01/14/04

Comments: This was nice and peppery!! I added more black and ground red pepper than suggested. I hate mushrooms, so subbed zucchini instead. To boost fiber, I used whole wheat spaghetti.

4 ounces spaghettini  
1/2 cup water  
3 tablespoons reduced-sodium soy sauce  
2 teaspoons cornstarch  
1/2 teaspoon ground black pepper  
1/8 teaspoon ground red pepper  
Nonstick cooking spray  
1 cup fresh or frozen pea pods, halved crosswise  
1/2 cup chopped green or red sweet pepper  
1 clove garlic, minced  
1 cup sliced fresh mushrooms  
1 tablespoon cooking oil  
3/4 pound lean boneless beef, cut into thin bite-size strips

1. Cook spaghettini according to package directions. Drain well and keep warm.
2. Meanwhile, for sauce, in a small bowl stir together water, soy sauce, cornstarch, black pepper, and red pepper. Set aside.
3. Spray a cold wok or large skillet with nonstick spray. Heat over medium-high heat. Add pea pods, green or red sweet pepper and garlic, stir-fry 1 minute. Add mushrooms; stir-fry 1 to 2 minutes more or until vegetables are tender. Remove vegetables from wok.
4. Add oil to wok. Stir-fry beef in hot oil for 3 to 4 minutes or until done. Push beef to sides of wok. Stir sauce and pour into the center of wok. Cook and stir until thickened and bubbly. Return vegetables to wok; cook and stir all ingredients 1 minute. Toss with spaghettini.

Makes 4 servings. Nutritional facts per serving

calories: 304 , total fat: 10g , saturated fat: 3g , cholesterol: 34mg , sodium: 482mg , carbohydrate: 28g , fiber: 2g , protein: 25g , vitamin C: 47% , calcium: 3% , iron: 16% , starch: 1.5diabetic exchange , vegetables: 1diabetic exchange , lean meat: 2.5diabetic exchange , fat: .5diabetic exchange

## **Cajun Sausage and Rice Skillet**

Source: CL Jan/Feb 2004

HU: 7 according to WW slider for 1 ¼ cups

Servings: 6

Posted by: Cechia (Alicia)

1/15/04

Comments: I used Healthy Choice Smoked Sausage in this so it lowered the point to probably around 5 I would think

2 teaspoons vegetable oil  
1 cup presliced mushrooms  
1 cup chopped onion  
1 tablespoon salt-free Cajun seasoning  
8 ounces andouille sausage, sliced  
2 (3 ½ ounce) bags boil-in-bag long-grain rice  
4 cups fat-free low sodium chicken broth  
1 (15-ounce) can kidney beans, drained  
½ teaspoon salt

1. Heat oil in a large nonstick skillet, over med-high heat. Add mushrooms, onion, Cajun seasoning and sausage; saute 5 min. Remove rice from bags, add to pan. Stir in broth and beans. Bring mixture to a boil; cover, reduce heat and simmer 10 min or until rice is tender. Stir in salt.

Calories: 383 Fat: 8.9g Protein 16g Carb: 58.1g Fiber 6.1g Chol: 27mg Iron: 2.9mg  
Sodium: 955mg; Calc: 54mg

## Pineapple-Coconut-Banana Upside-Down Cake

Source: CL Jan/Feb 2004

HU: 7 according to WW slider

Yields: 10 servings

Posted by: Cechia (Alicia)

1/15/04

Comments: Very rich tasting, I did not use all the coconut called for and you could probably omit it all together for even lower points.

2 tablespoons butter  
¾ cup packed brown sugar  
1 (15 ½ ounce) can pineapple slice in juice, drained  
1 cup flaked sweetened coconut  
1 cup all-purpose flour  
½ cup sugar  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon ground cinnamon  
¼ teaspoon salt  
½ cup mashed ripe banana (about 1 banana)  
2 tablespoons vegetable oil  
1 large egg

1. Preheat oven to 375

2. Melt butter in a 9-inch cast-iron skillet; sprinkle evenly with brown sugar. Drain pineapple slices over a bowl reserving ½ cup juice. Place 1 pineapple ring in center of skillet. Cut remaining pineapple rings in half and arrange around center ring. Sprinkle evenly with coconut. Set aside.

3. Lightly spoon flour into a dry measuring cup and level with a knife. Combine flour and next 5 ingredients in a large bowl. Combine reserved juice, banana, oil and egg, stirring with a whisk. Add pineapple juice mixture to flour mixture, stirring until combined. Pour mixture over coconut. Bake at 375 for 30 min or until a wooden pick inserted in center comes out clean. Invert onto a wire rack. Serve warm or at room temp.

Calories: 301, Fat: 9g, Protein: 2.5g, Carb: 54.8g, Fiber: 1.4g, Chol: 27mg; Iron: 1.4mg; Sodium: 231mg; Calc: 55mg

**Title: Sloppy Joes w/veggies**

Source: CL website

HU: 6 as written

Servings: 6

Posted by: littlechi92

Date: Jan 14, 2004

Notes: This was tasty and easily adaptable. I used all ground turkey and no bell pepper since I did not have any on hand. Added a bit more ketchup and Worcestershire sauce than what was called for.

**Ingredients:**

- 1 teaspoon olive oil
- 2 cups chopped mushrooms
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/4 cup chopped celery
- 1/4 cup chopped carrot
- 2 garlic cloves, minced
- 6 ounces ground turkey breast
- 6 ounces ground round
- 1/4 cup ketchup
- 1 tablespoon red wine vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 (8-ounce) can no-salt-added tomato sauce
- 6 (1 1/2-ounce) whole-wheat hamburger buns, toasted

**Instructions:**

Heat oil in a large skillet over medium-high heat. Add mushrooms and next 7 ingredients (mushrooms through ground round); sauté 5 minutes until meat is browned, stirring to crumble. Stir in ketchup and next 6 ingredients (ketchup through tomato sauce); bring to a boil. Cover, reduce heat, and simmer 20 minutes, stirring occasionally. Serve on toasted hamburger buns.

Yield: 6 servings (serving size: 1 bun and 3/4 cup meat mixture)

**Nutrition:**

CALORIES 266 (30% from fat); FAT 9g (saturated 3g, monofat 3.7g, polyfat 1.1g);  
PROTEIN 17.1g; CARBOHYDRATE 29.8g; FIBER 2.7g; CHOLESTEROL 49mg; IRON  
2.5mg; SODIUM 518mg; CALCIUM 51mg;



## **CHOPPED VEGETABLE SALAD WITH GARLIC DRESSING.**

"Cooking Light" May 2003 Annual Cookbook

H.U.=1 per serving (about 1 cup)

Servings=6

Posted by: Sheila

January 16, 2004

Notes: I think it would be good with feta cheese in it, but I was at the end of my points for the day and did not add any.

2 cups chopped English cucumber  
1 cup chopped red bell pepper  
1 cup chopped yellow bell pepper  
1 cup chopped plum tomato  
1/2 cup chopped green onions  
1 Tablespoon fresh lemon juice  
1 teaspoon olive oil  
1/2 teaspoon salt  
1/4 teaspoon Dijon mustard  
1/8 teaspoon freshly ground black pepper  
2 garlic cloves, minced  
6 red leaf lettuce leaves (optional)

1. Combine first 5 ingredients in a large bowl. Combine the lemon juice and the next 5 ingredients in a small bowl; mix well with a whisk. Pour dressing over the vegetables; toss gently to coat.

2. If desired, serve on the lettuce leaves. Yield: 6 servings, about a cup.

Calories: 39 (25% from fat; Fat 1.1g (sat 0.2g, mono 0.6g, poly 0.2g) Protein 7.2g; Fiber 1.8g; Chol 0 mg; Iron 0.5mg; Sodium 208 mg; Calc 16 mg.

## **Red Chicken Chili**

From Cooking Light

HU: 5

Posted by: Cindy N

date: 01/16/04

Cooking Light, SEPTEMBER 1999  
and the Soup and Stew CL book

A big dose of chili powder makes this dish spicy--and the chicken red.

2 teaspoons olive oil  
3 cups chopped onion  
1/4 cup chili powder  
1 1/2 teaspoons dried oregano  
1 1/2 teaspoons ground cumin  
3/4 teaspoon salt  
2 garlic cloves, minced  
3 cups Chicken Stock  
1 (16-ounce) can kidney beans, drained  
1 (15-ounce) can black beans, drained  
1 (14.5-ounce) can whole tomatoes, undrained and chopped  
3 cups diced cooked chicken  
1/2 cup (2 ounces) shredded reduced-fat extra-sharp cheddar cheese  
1/2 cup low-fat sour cream

Heat oil in a large Dutch oven over medium-high heat. Add onion; saute 5 minutes. Add chili powder and next 4 ingredients (powder through garlic); saute 30 seconds. Add Chicken Stock, beans, and tomatoes; bring to a boil. Reduce heat to medium-low; simmer 30 minutes. Stir in chicken; simmer 15 minutes. Serve with cheese and sour cream.

Yield: 8 servings (serving size: 1 cup chili, 1 tablespoon cheese, and 1 tablespoon sour cream)

### **NUTRITION PER SERVING**

CALORIES 280 (30% from fat); FAT 9.2g (sat 3.3g, mono 3.3g, poly 1.6g); PROTEIN 24.5g; CARB 26.6g; FIBER 5.4g; CHOL 54mg; IRON 3.6mg; SODIUM 743mg; CALC 150mg

## **Mucho-Mocha Brownies**

from Fitness mag 9/2003

HU:2

posted by Dawn F

date 1/16/2004

For a special desert, top these brownies with a scoop of low fat coffee flavored frozen yogurt and sprinkle with a teaspoon of instant coffee. Lining the baking pan with foil eliminates sticking and making cleanup a breeze.

2/3 c unsweetened dutch-processed cocoa powder  
1/3 c all purpose flour  
1/2 tsp baking powder  
1/3 c canola oil  
1/2 c packed dark brown sugar  
1/2 c granulated sugar  
4 large egg whites  
1 heaping TBS instant espresso powder  
1 TBS hot water  
1 TBS coffee-flavored liqueur ( I used Kahula)  
1 tsp vanilla extrat

Heat oven to 350 degrees. In a small bowl whisk together cocoa powder, flour & baking powder. IN a medium bowl stir together canola oil & sugars until well blended. In a small bowl lightly whisk egg whites until foamy. In a small cup dissolve espresso powder in 1 TBS hot water. Stir coffee, coffee liqueur and vanilla into sugar mixture. Add egg mixture to sugar mixture. Gradually stir into cocoa mixture until well blended. pour batter into an 8 inch square baking pan lined with non stick foil. Bake 25 minutes or until a skewer inserted in the center of the pan comes out clean. Cool completely in pan on a wire rack. remove brownies from pan and cut into 16 squares.  
113 cal, 2 g protein, 17 g carbohydrate, 5 g fat, 1 g fiber

## **Mediterranean Tuna Cakes with Citrus Mayonnaise**

Healthy Units: 7 per serving

Yield: 2 (serving size - 2 cakes and 2 tbsl sauce)

Posted by: alk158

Posted on: January 16th 2004

Source: Cooking Light Website

NOTE: Used high grade canned tuna, washed it out in the sink to get the smell out. Didn't smell the next day. WONDERFUL cold! I just dipped my fork in the sauce before I got a piece of the cake to save some calories :) Just need a little...it goes along way :)

### Mayonnaise:

2 tablespoons fat-free mayonnaise

1 tablespoon fat-free milk

1/2 teaspoon grated lime rind

1 tablespoon fresh lime juice

1/8 teaspoon ground cumin

### Tuna cakes:

3/4 pound tuna steaks, finely chopped

3/4 cup finely chopped red bell pepper

1 tablespoon chopped fresh or 1 teaspoon dried mint

1 tablespoon chopped fresh cilantro

1 tablespoon dry breadcrumbs

1 tablespoon finely chopped onion

1 tablespoon fat-free mayonnaise

1 teaspoon lemon juice

1/8 teaspoon salt

2 tablespoons dry breadcrumbs

1 teaspoon olive oil

To prepare mayonnaise, combine first 5 ingredients in a small bowl. Cover and chill.

To prepare tuna cakes, combine tuna and next 8 ingredients (tuna through salt) in a bowl; stir until well-blended. Divide tuna mixture into 4 equal portions; shape each into a 1/2-inch-thick patty. Dredge patties in 2 tablespoons breadcrumbs.

Heat oil in a nonstick skillet coated with cooking spray over medium-high heat until hot. Add patties, and cook 3 minutes on each side or until browned. Serve with mayonnaise. Yield: 2 servings (serving size: 2 tuna cakes and 2 tablespoons mayonnaise)

NUTRITION PER SERVING: CALORIES 345 (31% from fat); FAT 11.7g (sat 2.6g, mono 4.2g, poly 3.3g); PROTEIN 41.8g; CARB 16.2g; FIBER 1.3g; CHOL 65mg; IRON 3.3mg; SODIUM 582mg; CALC 41mg

## **Cinnamon Scones**

HU: 3.5

Servings: 12

Posted by: Aerobicmama

January 16, 2004

Notes: These are basically a version of the Cran-Oat Scones. My daughter loved them.

Ingredients:

1 1/2 cups all-purpose flour  
1/2 cup whole wheat flour  
1/2 cup oatmeal  
1/4 cup Splenda  
1/2 tsp. cinnamon  
1/4 cup sugar  
3/4 teaspoon baking powder  
3/4 teaspoon baking soda  
1/4 teaspoon salt  
8 Tablespoons light butter, cut in pieces  
7/8 cup lowfat buttermilk  
1 Tablespoon turbinado sugar  
1/2 cup cinnamon chips

Directions:

1. Preheat the oven to 375°F.

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

3. On a lightly floured surface, pat the dough into a large circle about 2 inches thick. Cut the dough into wedges and sprinkle the tops with turbinado sugar.

4. With a spatula, transfer the wedges to a baking sheet lined with parchment and bake for 22 minutes, or until the edges are lightly browned.

Cool on a wire rack. (Or drop by 1/4 cupfuls onto baking sheet instead.)

Per Serving (excluding unknown items): 201 Calories; 7g Fat (36.4% calories from fat); 5g Protein; 24g Carbohydrate; 1g Dietary Fiber; 14mg Cholesterol; 243mg Sodium.

## **Portuguese Chicken**

Source: Rachael Ray

HU: 6.8 (with my changes)

Servings: 5

Posted by DebMj1

January 17, 2004

Notes: The original recipe was made to serve 4 people. Way too much food! I'll post it as 5 servings, but it could easily make 6 servings at 5.5 HU per serving. I suggest cutting the amount of chorizo in half; it overpowered the rest of the flavors and just wasn't necessary. I would also suggest cutting all of the food a bit smaller than she does so that it really does get done in the allotted cooking time; it also makes it easier to eat. HU's are figured without the bread.

4 all-purpose potatoes, peeled and cut into quarters (I used 1 pound)  
4 carrots, peeled and cut into large pieces on a diagonal  
3 ribs celery, cut into large pieces on an angle  
1 large onion, cut into large chunks  
1 cup dry white wine  
2 teaspoons sugar  
1 teaspoon salt  
1 tablespoon extra-virgin olive oil (I used a teaspoon for mouth feel, but you could omit it)  
2 cups chicken broth  
3/4 pound chorizo, cut into 1 1/2 inch slices on an angle (I used 6 ounces of turkey chorizo)  
4 pieces poached cooked chicken, sliced on an angle into 1-inch strips (1 pound)  
1 cup tomato sauce  
1/4 cup chopped flat-leaf parsley  
Crusty Portuguese bread or other chewy, farm bread, for passing at the table

Place potatoes, carrots, celery and onion in a pot. Pour in wine, add sugar, salt, and oil. Add 2 cups of chicken broth. Cover pot and bring to a boil. Reduce heat and simmer 15 minutes.

While vegetables cook, brown chorizo in a small nonstick skillet over medium high heat.

Remove the cover from the vegetables and add chorizo to the vegetables. Stir in tomato sauce. Set cooked chicken into the pot and heat through, 5 minutes. Adjust seasoning. Ladle Portuguese Chicken into shallow bowls and garnish with parsley. Serve with crusty bread for dipping.

## **Ham and Cheese Scones**

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

Healthy Units: 5

Posted by: Bawstinn32 (Maria)

January 18, 2004

Comments: Made for a nice breakfast with a glass of milk.

2 cups all-purpose flour  
1 tablespoon baking powder  
2 teaspoons sugar  
1/4 teaspoon salt  
1/4 teaspoon ground red pepper  
3 tablespoons butter, light -- cut into small pieces  
3/4 cup 2% sharp cheddar cheese  
3/4 cup ham -- finely chopped  
3/4 cup buttermilk  
2 large egg whites

Preheat oven to 400°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, sugar, salt, and pepper in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in cheese and ham. Combine buttermilk and egg whites, stirring with a whisk. Add to flour mixture, stirring just until moist.

Turn dough out onto a lightly floured surface; knead lightly 4 to 5 times with floured hands. Pat dough into an 8-inch circle on a baking sheet coated with cooking spray. Cut dough into 8 wedges, cutting into but not through dough. Bake at 400° for 20 minutes or until lightly browned.

Yield: 8 servings (serving size: 1 wedge)

Per Serving (excluding unknown items): 204 Calories; 6g Fat (28.1% calories from fat); 10g Protein; 27g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 575mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

## **Southern Shrimp and Grits**

Source: Cooking Light, Jan/Feb. 2004

Healthy Units: 9

Servings: 6

Posted by: Emily (ejwyatt)

Date 01/18/04

CL Note: This shellfish specialty of the Carolina low country, sometimes called "breakfast shrimp," tastes great anytime. Start with frozen bell pepper and onion, as well as prepeeled and deveined shrimp, to minimize prep time. (I used fresh bell pepper and onion. I had to peel my shrimp, but they were already deveined.)

3 tablespoons fresh lemon juice  
1/2 teaspoon hot sauce (such as Tabasco); I used 1 teaspoon and could have used more.  
1 1/2 pounds peeled and deveined large shrimp  
2 bacon slices, chopped  
1 cup frozen chopped onion  
1/4 cup frozen chopped green bell pepper  
1 1/2 teaspoons bottled minced garlic  
1 cup fat-free, less-sodium chicken broth  
1/2 cup chopped green onions, divided  
5 cups water  
1 1/2 cups uncooked quick-cooking grits  
1 tablespoon butter  
1 teaspoon salt  
3/4 cup (3 ounces) shredded sharp cheddar cheese

Combine first 3 ingredients; set aside.

Cook bacon in a large nonstick skillet over medium heat until crisp. Add onion, bell pepper, and garlic to drippings in pan; cook 5 minutes or until tender, stirring occasionally. Stir in shrimp mixture, broth, and 1/4 cup green onions; cook 5 minutes or until shrimp are done, stirring frequently.

Bring water to a boil in a medium saucepan; gradually add grits, stirring constantly. Reduce heat to low; simmer, covered, for 5 minutes or until thick, stirring occasionally. Stir in butter and salt. Serve shrimp mixture over grits; sprinkle with cheese and remaining green onions.

Yield: 6 servings (serving size: 2/3 cup shrimp mixture, 2/3 cup grits, 2 tablespoons cheese, and 2 teaspoons green onions)

CALORIES 408 (28% from fat); FAT 12.5g (satisfat 5.6g, monofat 4.1g, polyfat 1.3g); PROTEIN 32.8g; CARBOHYDRATE 39.9g; FIBER 2g; CHOLESTEROL 246mg; IRON 5.1mg; SODIUM 890mg; CALCIUM 154mg;



## **Cinnamon-Bun Bread**

Source: Cooking Light January 1999

Healthy Units: 4

Serves: 12

Posted by: Kate (KateWD)

January 19, 2004

Comments: I cut each loaf into 6 pieces before placing it in the loaf pan, rather than 3, as the 6 fit better in the pan.

### **Bread:**

- 1 package dry yeast (about 2 1/4 teaspoons)
- 1/4 cup granulated sugar, divided
- 1 2/3 cups warm fat-free milk (100° to 110°)
- 1/4 cup butter or stick margarine, melted
- 4 teaspoons vanilla extract
- 2 large egg yolks
- 5 cups all-purpose flour, divided
- 2 teaspoons salt
- Cooking spray
- 2/3 cup packed brown sugar
- 2 teaspoons ground cinnamon
- 1/2 cup apricot preserves, melted

### **Glaze:**

- 1 tablespoon butter or stick margarine, softened
- 1 cup sifted powdered sugar
- 1 tablespoon fat-free milk
- 1/2 teaspoon vanilla extract

To prepare bread, dissolve yeast and 1 tablespoon granulated sugar in warm milk in a large bowl; let stand 5 minutes. Stir in 1/4 cup butter, vanilla, and egg yolks. Lightly spoon flour into dry measuring cups, and level with a knife. Add 4 1/2 cups flour, 3 tablespoons granulated sugar, and salt to yeast mixture; stir to form a soft dough. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. Punch dough down, and let rest 5 minutes. Divide in half. Working with one portion at a time (cover the remaining dough to keep from drying), roll each portion into a 14 x 7-inch rectangle on a floured surface. Combine the brown sugar and cinnamon. Sprinkle each dough portion with half of brown sugar mixture, leaving a 1/2-inch border. Roll up each dough rectangle tightly, starting with a short edge, pressing firmly to eliminate air

pockets, and pinch seams and ends to seal. Cut each dough roll crosswise into 3 pieces. Place 3 pieces, cut sides up, into each of 2 (8 x 4-inch) loaf pans coated with cooking spray. Cover and let rise 30 minutes or until doubled in size.

Preheat oven to 350°. Uncover dough, and bake at 350° for 35 minutes or until loaves are browned on bottoms and sound hollow when tapped. Cool in pans 10 minutes on a wire rack, and remove from pans. Brush tops of loaves with melted preserves. Cool loaves on rack.

To prepare the glaze, beat 1 tablespoon butter at low speed of a mixer until creamy. Add remaining ingredients, beating just until blended. Spread over tops of loaves.

Yield: 2 loaves, 12 servings per loaf (serving size: 1 slice)

#### NUTRITION PER SERVING

CALORIES 198 (15% from fat); FAT 3.2g (sat 0.7g, mono 1.3g, poly 0.9g); PROTEIN 3.7g; CARB 38.5g; FIBER 0.9g; CHOL 19mg; IRON 1.5mg; SODIUM 239mg; CALC 38mg;

## **HOT CRAB DIP**

Source: Cooking Light Community Board

Healthy Units: 1

Serves: 12 (2T per serving)

Posted by: Kate (KateWD)

January 19, 2004

1/2 cup nonfat cottage cheese, pressed through cheesecloth with a spoon to remove as much moisture as possible

4 oz reduced-fat cream cheese

2 small cloves, garlic, minced

1/4 tsp Worcestershire sauce

1/4 tsp Old Bay Seasoning

1/4 tsp cayenne pepper

1/4 tsp freshly ground black pepper

1/2 lb fresh or frozen and thawed crabmeat, well-drained and patted dry

1 Tbl fresh lemon juice

Place pressed cottage cheese and cream cheese in a food processor and blend until smooth. Transfer to a medium-sized saucepan and add garlic, Worcestershire sauce, Old Bay Seasoning, cayenne and black pepper. Heat over low heat for 2 to 3 minutes, stirring frequently until warm. Add crab and lemon juice; stir well. Heat for 30 to 40 seconds until warm. Remove from heat and serve immediately with French bread.

Makes about 1 1/2 cups

22 CALORIES PER TABLESPOON; 3 G PROTEIN, 1 G FAT, 1 G CARBOHYDRATE;  
29 MG SODIUM; 7 MG CHOLESTEROL

## **Blueberry Angel Food Cake**

www.cookinglight.com

Healthy Units: 8 servings = 6, 10 servings = 5, 12 servings = 4

Yield: 8 servings

Posted By: Bawstinn32 (Maria)

January 19, 2004

Cooling it upside-down is important otherwise the blueberries will sink to the bottom while cooling. I discovered after the fact that I didn't have any powdered sugar, so I left off the glaze; that brought it down to 5 points. They were very "healthy-sized" slices.

### **Cake:**

1 1/2 cups sugar, divided  
1 cup sifted cake flour  
12 large egg whites (about 1 1/2 cups)  
1 1/4 teaspoons cream of tartar  
1/2 teaspoon salt  
1 teaspoon vanilla extract  
1 1/2 cups fresh or frozen blueberries  
2 tablespoons sifted cake flour  
1 tablespoon grated lemon rind

### **Glaze:**

1 cup powdered sugar  
3 tablespoons fresh lemon juice

Preheat oven to 375°.

Sift together 1/2 cup sugar and 1 cup flour.

In a large bowl, beat egg whites with a mixer at high speed until foamy. Add cream of tartar and salt; beat until soft peaks form. Add 1 cup sugar, 2 tablespoons at a time, beating until stiff peaks form.

Sift flour mixture over egg white mixture, 1/4 cup at a time; fold in. Fold in vanilla and blueberries.

Combine 2 tablespoons flour and lemon rind; toss to coat. Sprinkle over egg white mixture; fold in.

Spoon the batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife. Bake at 375° for 40 minutes or until cake springs back when lightly touched. Invert pan; cool completely. Loosen the cake from sides of pan using a narrow metal spatula. Invert cake onto plate.

To prepare the glaze, combine powdered sugar and lemon juice in a small bowl; stir well with a whisk. Drizzle over cooled cake.

Yield: 8 servings (serving size: 1 slice)

CALORIES 297 (1% from fat); FAT 0.2g (satfat 0.0g, monofat 0.1g, polyfat 0.1g);  
PROTEIN 6.6g; CARBOHYDRATE 68.2g; FIBER 1g; CHOLESTEROL 0.0mg; IRON  
1.1mg; SODIUM 232mg; CALCIUM 8mg;

## **Traditional Spanish Paella**

Source: CL.com

Healthy Units: 11

Servings: 8 Generous

Posted By: kwe730 (Kim)

January 19, 2004

Note: Don't let the 11 HUs scare you off! There is lots of ways to shave them in this recipe. I used shrimp, clams and chicken andouille sausage, or you could use a mild fish such as halibut or flounder.

### **Herb Blend:**

- 1 cup chopped fresh parsley
- 1/4 cup fresh lemon juice
- 1 tablespoon olive oil
- 2 large garlic cloves, minced

### **Paella:**

- 1 cup water
- 1 teaspoon saffron threads
- 3 (16-ounce) cans fat-free, less-sodium chicken broth
- 8 unpeeled jumbo shrimp (about 1/2 pound)
- 1 tablespoon olive oil
- 4 skinned, boned chicken thighs, cut in half
- 2 links Spanish chorizo sausage (about 6 1/2 ounces) or turkey kielbasa, cut into 1/2-inch-thick slices
- 1 (4-ounce) slice prosciutto or 33%-less-sodium ham, cut into 1-inch pieces
- 2 cups finely chopped onion
- 1 cup finely chopped red bell pepper
- 1 cup canned diced tomatoes, undrained
- 1 teaspoon sweet paprika
- 3 large garlic cloves, minced
- 3 cups uncooked Arborio rice or other short-grain rice
- 1 cup frozen green peas
- 8 mussels, scrubbed and debearded
- 1/4 cup fresh lemon juice
- Lemon wedges (optional)

To prepare the herb blend, combine the first 4 ingredients, and set aside.

To prepare paella, combine water, saffron, and broth in a large saucepan. Bring to a simmer (do not boil). Keep warm over low heat. Peel and devein shrimp, leaving tails intact; set aside.

Heat 1 tablespoon oil in a large paella pan or large skillet over medium-high heat. Add chicken; saute 2 minutes on each side. Remove from pan. Add sausage and prosciutto; saute 2 minutes. Remove from pan. Add shrimp, and saute 2 minutes. Remove from pan. Reduce heat to medium-low. Add onion and bell pepper; saute 15 minutes, stirring occasionally. Add tomatoes, paprika, and 3 garlic cloves; cook 5 minutes. Add rice; cook 1 minute, stirring constantly. Stir in herb blend, broth mixture, chicken, sausage mixture, and peas. Bring to a low boil; cook 10 minutes, stirring frequently. Add mussels to pan, nestling them into rice mixture. Cook 5 minutes or until shells open; discard any unopened shells. Arrange shrimp, heads down, in rice mixture, and cook 5 minutes or until shrimp are done. Sprinkle with 1/4 cup lemon juice. Remove from heat; cover with a towel, and let stand 10 minutes. Serve with lemon wedges, if desired.

Yield: 8 servings (serving size: 1 1/2 cups paella, 1 shrimp, and 1 mussel)

#### NUTRITION PER SERVING

CALORIES 521 (23% from fat); FAT 13.3g (sat 3.7g, mono 6.8g, poly 2g); PROTEIN 25.5g; CARB 72.1g; FIBER 3.6g; CHOL 80mg; IRON 6mg; SODIUM 871mg; CALC 60mg;

**Braised Kale with Bacon and Cider**

Source : Cooking Light Jan/Feb 2004

Healthy Units : 1

Yield : 6 servings (2/3 cup)

Posted by : Sandra49

Posted on : Jan 19,2004

Comments: This was easy and very delicious, the whole family loved it, DD and DIL both wanted the recipe. Excellent side dish with a pork roast.

**Ingredients:**

2 bacon slices

1 ¼ thinly sliced onion

1 (1 lb) bag chopped kale

1/3 cup apple cider

1 Tab apple cider vinegar

1 ½ cups diced granny smith apple

½ teas. Salt

¼ teas. Freshly ground black pepper

Place a dutch oven over med. heat. Add bacon, cook 5 minutes or until crisp. Stirring occasionally.

Remove bacon from pan, reserving 1 teas drippings in pan. Crumble bacon and set aside.

Increase heat to med high . Add onion to pan, cook 5 minutes or until tender, stirring occasionally.

Add kale and cook 5 minutes or until wilted, stirring frequently. Add cider and vinegar, cover and cook 10 minutes, stirring occasionally.

Add apple, salt, and pepper, cook 5 minutes or until apple is tender. Stirring occasionally.

Sprinkle with bacon and serve.

**Nutritional info:**

Calories 75 Fat 2.3g Protein 2.5g Carb 12.7g Fiber 2.1g CHOL 3mg Iron 1mg Sodium 255mg Calc 71mg



## **Roasted Poblano and Corn Chowder**

Source: Donna Adapted from CL recipe

Healthy Units: 2 per cup without cheese, 4 per cup with cheese

Serving Size : 11 Yield 11 cups

Posted by: MoOzark(Donna)

Date: January 19, 2004

Comments: Originally had jalapeno peppers but CL reviews stated too HOT. Also original had fresh corn, yellow tomatoes, etc. all which are hard to find in the winter. Poblanos have a milder, smokier flavor and work well in this recipe. If you wish to lower points this is good without the cheese but much better with the cheese.

2 medium poblano pepper, split in half length-wise  
3 cups potatoes -- cubed  
butter cooking spray  
1 cup onion -- chopped  
2/3 cup orange bell pepper -- chopped  
3 tablespoons celery -- chopped  
2 2/3 cups canned sweet corn Green Giant yellow & white – drained (2-11ounce cans of super sweet Green Giant yellow and white corn)  
2 cups milk, skim  
1 cup half-and-half, fat free  
1 can chicken broth, ff Kroger  
2 cups tomatoes -- chopped and seeded (about 1 pound)  
3/4 teaspoon salt  
1/4 teaspoon white pepper  
2 tablespoons cilantro -- chopped  
1/2 teaspoon molly McButter®  
dash of powdered ancho chile  
1/8 teaspoon chili powder  
1/8 teaspoon taco seasoning mix  
2 Tablespoons chopped fresh cilantro  
11 ounces shredded 2% sharp cheddar cheese

Directions: Place poblano peppers on a foil-lined baking sheet; broil 10 minutes or until blackened, turning if needed to expose skin side. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel peppers; cut in half lengthwise, discarding seeds and membranes. Finely chop poblano peppers; set aside.

Place potato in a medium saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 15 minutes or until tender. Drain. Remove 1/3 of potatoes and partially mash 1/3 of potatoes with a potato masher. Return mashed portion to potatoes left in chunks.

Melt butter in a Dutch oven over medium heat. Add onion, bell pepper, and celery; cook 10 minutes, stirring frequently. Add poblano peppers, potato, corn, milk, half and half, tomato, salt, and white pepper; cook until thickened (about 30 minutes), stirring occasionally. Ladle soup into bowls, and sprinkle with cilantro and cheese

## **Tuna Noodle Casserole**

Source: Cooking Light Jan/Feb, 1998

HUs: 8

Servings: 4

Posted by: Emily (ejwyatt)

Date: 01/19/04

Notes: Next time I make this I will add mushrooms and celery. It was delicious as is, but I think those will make it even better.

1 Tbsp stick margarine or butter (I used light butter)  
¾ C diced onion  
1 C 2% reduced-fat milk (I used skim)  
1 (10 ½ oz can condensed reduced-fat cream of mushroom soup, undiluted)  
3 C hot cooked egg noodles (about 6 oz uncooked)  
1 ¼ C frozen peas, thawed  
1 Tbsp lemon juice  
¼ tsp salt  
¼ tsp pepper  
2 (6-oz) cans low-sodium tuna in water, drained and flaked  
1 (2-oz) jar diced pimento, drained  
1/3 C fresh bread crumbs (I used dry)  
2 Tbsp grated parmesan cheese

Preheat oven to 450.

Melt margarine in a saucepan over medium-high heat. Add onion and sauté 3 minutes. Add milk and soup. Cook 3 minutes; stir constantly with a whisk. Combine soup mixture, noodles and next 6 ingredients (noodles through pimento) in a 2-quart casserole. Combine bread crumbs and cheese. Sprinkle on top. Bake at 450 for 15 minutes or until bubbly. Yield: 4 servings (serving size: 1 ¼ C)

CALORIES 402 (17% from fat); FAT 7.7g (sat 2.2g, mono 2.4g, poly 1.5g); PROTEIN 28.8g; CARB 52.5g; FIBER 5.2g; CHOL 84mg; IRON 3.4mg; SODIUM 795mg; CALC 144mg

### **Orange-Ginger Chicken Lo Mein**

Source: Cooking Light Jan/Feb, 1997

HUs: 6.5

Servings: 6

Posted by: Emily (ejwyatt)

Date: 01/19/04

1/2 cup low-salt chicken broth  
1/4 cup thawed orange juice concentrate, undiluted  
1/4 cup low-sodium soy sauce  
2 tablespoons cornstarch  
2 tablespoons brown sugar  
1 tablespoon bottled minced garlic  
1/2 teaspoon ground ginger  
1/4 teaspoon salt  
1/4 teaspoon crushed red pepper  
6 cups water  
1 (8-ounce) package Chinese-style noodles  
1 tablespoon vegetable oil  
1 (16-ounce) package fresh stir-fry vegetables (not frozen)  
3/4 pound skinned, boned chicken breasts, cut into strips  
1 cup diagonally sliced green onions  
1/4 cup chopped unsalted, dry-roasted peanuts

Combine first 9 ingredients in a small bowl; stir well with a whisk. Set aside.

Bring water to a boil in a large saucepan. Add noodles; cook 3 minutes. Drain and set aside.

Heat oil in a large nonstick skillet or wok over medium-high heat. Add vegetables; stir-fry 2 minutes. Add chicken and green onions; stir-fry 3 minutes or until chicken is done. Add broth mixture; cook 1 minute or until thick, stirring constantly.

Combine chicken mixture and noodles in a large bowl, and toss well. Spoon onto plates, and sprinkle with peanuts.

Yield: 6 servings (serving size: 1 1/3 cups chicken mixture and 2 teaspoons peanuts)

CALORIES 345 (18% from fat); FAT 6.9g (satfat 1.1g, monofat 2.4g, polyfat 2.5g);  
PROTEIN 23.2g; CARBOHYDRATE 47.8g; FIBER 6.9g; CHOLESTEROL 33mg; IRON  
2.6mg; SODIUM 490mg; CALCIUM 64mg;

## **Mostaccioli-Spinach Bake**

Source: CL.com

Healthy Units: 8

Posted By: kwe730 (Kim)

January 21, 2004

8 ounces uncooked mostaccioli (3 cups uncooked tubular-shaped pasta)  
2 tablespoons reduced-calorie stick margarine, divided  
1 cup vertically sliced onion  
2 teaspoons bottled minced garlic  
1/4 cup all-purpose flour  
2 1/2 cups skim milk  
1 1/4 cups (5 ounces) preshredded Parmesan cheese, divided  
1 1/2 teaspoons dried Italian seasoning  
1/2 teaspoon pepper  
1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano  
1 (10-ounce) package frozen chopped spinach, thawed and drained  
Cooking spray  
1/4 cup dry breadcrumbs  
2 tablespoons (1/2 ounce) preshredded Parmesan cheese  
Parsley sprigs (optional)

Preheat oven to 350°.

Cook pasta according to package directions, omitting salt and fat. Drain; set aside.

Melt 1 tablespoon margarine in a medium heavy saucepan over medium-high heat. Add onion and garlic; sauté 5 minutes or until tender. Add flour; cook 30 seconds, stirring constantly. Gradually add milk; cook 4 minutes or until bubbly. Remove from heat. Stir in 1/4 cup cheese, Italian seasoning, and pepper; remove from heat.

Combine pasta, cheese sauce, 1 cup cheese, tomatoes, and spinach in a large bowl; stir well. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.

Combine breadcrumbs, 2 tablespoons cheese, and remaining 1 tablespoon margarine; sprinkle over pasta mixture. Bake at 350° for 30 minutes or until thoroughly heated. Garnish with parsley, if desired.

Yield: 6 servings (serving size: 1 1/2 cups)

CALORIES 372 (26% from fat); FAT 10.6g (satfat 5.1g, monofat 3.3g, polyfat 1.4g);  
PROTEIN 21g; CARBOHYDRATE 48.4g; FIBER 3.6g; CHOLESTEROL 20mg; IRON  
3.8mg; SODIUM 884mg; CALCIUM 525mg;

## **Baked Eggplant with Mushroom-Tomato Sauce**

Source: Cooking Light, Nov 2000

Healthy Units: 3 per serving

Servings: 4

Posted by kjpnerk

Jan 20, 2004

Notes: This recipe tastes fantastic, just like lasagna (my husband loved it, and he doesn't really like eggplant). I like "saucy" food, so I used fat-free spaghetti sauce (about 1 1/2 cups) in place of the tomato sauce. Enjoy!

### **Ingredients:**

1 peeled eggplant, cut into 1/4-inch-thick slices (about 1 1/4 pounds)

Cooking spray

1 cup chopped onion

1/2 teaspoon dried Italian seasoning

1/4 teaspoon salt

2 garlic cloves, chopped

1 (8-ounce) package presliced mushrooms

1/4 teaspoon black pepper, divided

1 (8-ounce) can no-salt-added tomato sauce, divided

2/3 cup (about 3 ounces) shredded part-skim mozzarella cheese, divided

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

Preheat broiler.

Arrange the eggplant slices on a baking sheet coated with cooking spray; broil 3 minutes on each side or until lightly browned.

Preheat oven to 375°.

Heat a large nonstick skillet coated with cooking spray over medium heat; add onion and next 4 ingredients (onion through mushrooms). Cover and cook 7 minutes or until tender, stirring mixture occasionally. Increase heat to medium-high; uncover and cook for 2 minutes or until liquid evaporates.

Spread half of mushroom mixture in bottom of a 1 1/2-quart round baking dish coated with cooking spray. Arrange half of eggplant slices over mushroom mixture; sprinkle with 1/8 teaspoon pepper. Top with 1/2 cup tomato sauce and 1/3 cup mozzarella. Spread remaining mushroom mixture over mozzarella; top with remaining eggplant slices. Sprinkle with 1/8 teaspoon pepper; top with remaining tomato sauce. Cover and bake at 375° for 1 hour. Sprinkle with 1/3 cup mozzarella and Parmesan. Bake, uncovered, 5 minutes or until cheese melts. Let stand 10 minutes.

## **Mahimahi with Balsamic-Wine Sauce**

Cooking Light 2002 Annual

HU: 4

Servings: 4

Posted by DebMj1

January 21, 2004

CL Notes: Serve with couscous or orzo.

Notes: This is a super simple recipe and very easy to reduce to one or two servings. I went to two fishmongers and neither had mahimahi, so I substituted hake. I would suggest cooking these over medium heat for a longer time. I prepared it as suggested and needed to finish the fish in the microwave as it didn't cook through all the way in the time allotted. It was still great.

4 (6-ounce) mahimahi fillets  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
2 teaspoons olive oil  
1/4 cup finely chopped red onion  
1 cup dry white wine  
1/4 cup balsamic vinegar  
1 tablespoon capers  
1 tablespoon chopped fresh parsley

Sprinkle the fish with salt and pepper. Heat olive oil in a large nonstick skillet over medium-high heat. Add fish and onion; cook for 3 minutes. Turn fish over. Stir in wine, vinegar, and capers; cook 3 minutes. Remove fish from pan. Cook wine mixture an additional 3 minutes or until reduced to 1/2 cup. Serve sauce with fish; sprinkle with parsley.

Yield: 4 servings (serving size: 1 fillet and 2 tablespoons sauce)

### **NUTRITION PER SERVING**

CALORIES 182 (17% from fat); FAT 3.5g (sat 0.6g, mono 1.9g, poly 0.5g); PROTEIN 31.8g; CARB 4.2g; FIBER 0.3g; CHOL 124mg; IRON 2.4mg; SODIUM 369mg; CALC 39mg;

## **Chicken Á La King**

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

Healthy Units: 8

Yield: 4 servings

Posted By: Bawstinn32 (Maria)

January 21, 2004

Comments: This was very good, very creamy and was done in 1/2 hour. The recipe for Chicken Stock is already in the comp. I didn't have lowfat cream cheese so I used 1 tbl of regular instead. I think this would also be good over mashed potatoes or egg noodles.

1 teaspoon butter or stick margarine  
3 cups sliced mushrooms (about 8 ounces)  
1/2 cup finely chopped green bell pepper  
1/4 cup minced green onions  
1/3 cup all-purpose flour  
1 cup 2% reduced-fat milk  
1 cup Chicken Stock  
3 tablespoons dry sherry  
2 tablespoons (1 ounce) 1/3-less-fat cream cheese  
2 cups chopped cooked chicken  
1/2 cup chopped bottled roasted red bell peppers  
1/2 teaspoon salt  
1/8 teaspoon ground nutmeg  
8 (1-ounce) slices white bread, each toasted and sliced in half diagonally  
2 tablespoons chopped fresh parsley

Melt butter in a large nonstick skillet over medium-high heat. Add the mushrooms; saute 3 minutes. Add green bell pepper and onions, and saute 2 minutes. Lightly spoon flour into a dry measuring cup; level with a knife. Stir flour into mushroom mixture; cook 1 minute, stirring constantly.

Combine milk, Chicken Stock, and sherry. Gradually add milk mixture to pan, stirring with a whisk until blended. Bring to a boil over medium heat; cook 3 minutes or until thick, stirring constantly. Add cream cheese, stirring until smooth.

Stir in chicken, red bell peppers, salt, and nutmeg; cook 1 minute. Remove from heat. Arrange 4 toast pieces on each of 4 plates; spoon 1 cup chicken mixture over toast. Sprinkle evenly with parsley.

CALORIES 390 (25% from fat); FAT 10.9g (satfat 4.2g, monofat 3.7g, polyfat 1.8g);  
PROTEIN 27.8g; CARBOHYDRATE 44.6g; FIBER 3g; CHOLESTEROL 68mg; IRON  
4.2mg; SODIUM 879mg; CALCIUM 167mg;

## **Caribbean Chicken with Black Beans, Sweet Potato & Lime**

Source: Eating Well - Winter 2004

Healthy Units: 5

Serves: 4

Posted by: Kate (KateWD)

January 21, 2004

Comments: I used McCormick's Jamaican Jerk Seasoning, which is excellent. I garnished it with yogurt and scallions.

2 tsp. canola oil or olive oil

1 medium white onion, chopped (I used yellow onion)

1 medium sweet potato, unpeeled, cut into 1/2-inch chunks

4 tsp. Caribbean jerk seasoning OR blackened seasoning mix, divided

1 cup reduced-sodium chicken broth

2 bay leaves OR 1/2 tsp. Old Bay seasoning

4 boneless, skinless chicken breast halves (1-1/4 pounds total)

1 lime

1 15-1/2 oz. can black beans, rinsed

1/4 tsp. salt, or to taste

Picapeppa Sauce, mango chutney, plain yogurt, chopped cilantro for garnishes (optional)

1. Heat a large deep skillet over medium-high heat. add oil, then onion. Cook for 5 minutes, stirring frequently. Stir in sweet potato. Sprinkle 2 tsps seasoning mix over the vegetables; cook for 1 minute. Add broth and bay leaves (or Old Bay), if using; simmer, stirring occasionally for 10 minutes.

2. Meanwhile, preheat broiler. Sprinkle the remaining 2 tsp. seasoning mix over chicken; coat chicken with cooking spray. Broil 4 to 5 inches from heat source until the chicken is just cooked through, 4 to 5 minutes per side. (Alternatively, cook in a ridged grill pan over medium heat or grill over medium coals.)

3. Grate enough lime zest to measure 1/2 tsp.; cut lime into quarters (I also squeezed a big squeeze of lime into the whole dish when it was done). Stir zest, black beans and salt into the sweet potato mixture. Continue cooking for 4 to 5 minutes, or until the sweet potato is tender. If bay leaves have been used, discard them. Transfer the sweet potato-bean mixture to 4 plates; top with chicken and serve with lime wedges. Garnish as desired. Makes 4 servings.

Per serving: 261 calories; 4g total fat; 67 mg cholesterol; 27g carbohydrate; 32 g protein; 7g fiber; 657 mg sodium



## **Unfried Apple Pies**

Source: Cooking Light Jan/Feb 2004

Healthy Units: 4

Serves: 8

Posted by: Kate (KateWD)

January 21, 2004

Comments: I left out the dried cranberries and used more apples, and apple juice instead of cider. The dough is very easy to work with (even for a novice like me) but it does take some time to roll out the individual pies.

### **Crust:**

1 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon baking powder

1/3 cup hot fat-free milk

1/4 cup vegetable shortening

### **Filling:**

1 cup dried apples, chopped

1/2 cup dried cranberries

1/2 cup water

1/2 cup apple cider

1/4 cup packed brown sugar

### **Remaining ingredients:**

Cooking spray

1 large egg white

1 tablespoon water

1 1/2 teaspoons turbinado sugar or granulated sugar

To prepare dough, lightly spoon the flour into a dry measuring cup; level with a knife. Combine flour, salt, and baking powder, stirring with a whisk. Combine the milk and shortening in a large bowl, stirring until shortening dissolves. Gradually add flour mixture to milk mixture, tossing with a fork just until blended. Turn dough out onto a piece of plastic wrap. Knead into a ball (dough will feel sticky). Cover and chill at least 2 hours. To prepare filling, combine dried apples, dried cranberries, 1/2 cup water, and apple cider in a small saucepan. Bring to a boil over medium-high heat. Cover; reduce heat, and simmer 10 minutes or until fruit is tender, stirring occasionally. Stir in brown sugar, and cool to room temperature.

Preheat oven to 450°. Divide dough into 8 equal portions. Working with 1 dough portion at a time (cover remaining portions to prevent drying), roll each portion into a 6-inch circle on a lightly floured surface. Spoon about 2 tablespoons filling onto half of each

circle; moisten edges of dough with water. Fold dough over filling; press edges together with a fork to seal. Place pies onto a baking sheet coated with cooking spray. Combine egg white and 1 tablespoon water, stirring with a whisk; brush over the pies. Sprinkle with turbinado sugar. Bake at 450° for 12 minutes or until golden. Place on a wire rack. Serve warm or at room temperature.

Yield: 8 servings (serving size: 1 pie)

#### NUTRITION PER SERVING

CALORIES 203 (27% from fat); FAT 6.2g (sat 1.5g, mono 2g, poly 1.6g); PROTEIN 2.5g; CARB 34.2g; FIBER 1.9g; CHOL 0.0mg; IRON 1mg; SODIUM 188mg; CALC 32mg;

### **Three-Bean Tacos**

Source CL website (orig. CL Oct 97)

Healthy Units 3

Servings 12

Posted ANNEM81/ithinkicananne

Comments: This is a super simple meal to make. I like this even better as a salad and you can save a point if you have it over lettuce instead of a taco shell.

#### **Ingredients:**

- 1 teaspoon olive oil
- 1 cup diced onion
- 1/2 cup diced red bell pepper
- 1/2 cup diced green bell pepper
- 1 tablespoon chili powder
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1 garlic clove, minced
- 1 cup canned chickpeas (garbanzo beans), rinsed and drained
- 1/2 cup canned black beans, rinsed and drained
- 1/2 cup canned pinto beans, rinsed and drained
- 1 (8-ounce) can no-salt-added tomato sauce
- 12 taco shells
- 3/4 cup shredded iceberg lettuce
- 3/4 cup diced tomato
- 1/2 cup (2 ounces) finely shredded reduced-fat sharp cheddar cheese
- 1/2 cup salsa

#### **Directions:**

Heat oil in a large nonstick skillet over medium-high heat until hot. Add onion and next 6 ingredients (onion through garlic), and sauté 2 minutes. Add chickpeas, beans, and tomato sauce. Bring to a boil; reduce heat, and simmer 20 minutes or until thick.

Prepare taco shells according to package directions. Spoon 1/4 cup bean mixture into each taco shell. Top each with lettuce, 1 tablespoon tomato, 2 teaspoons cheese, and 2 teaspoons salsa.

Yield: 12 servings (serving size: 1 taco)

CALORIES 140 (34% from fat); FAT 5.3g (satfat 1.2g, monofat 0.8g, polyfat 1.4g);  
PROTEIN 5.3g; CARBOHYDRATE 18.7g; FIBER 2.8g; CHOLESTEROL 3mg; IRON  
1.6mg; SODIUM 185mg; CALCIUM 82mg;

## **Asparagus-and-Ham Casserole**

Cooking Light 2002 Annual

HU: 5

Servings: 6 1-cup servings

Posted by DebMj1

January 22, 2004

Note: As 6 servings, this just wouldn't cut it for us; as 4 servings, it worked well. I had one, Mark had 2, and I have one leftover for dinner tonight. I substituted a combination of skim milk and fat-free half and half for the whole milk, and next time I'll definitely use Corman's light in place of the butter. Those 2 changes cut the points to 4.5 for each of 6 servings. Each of 4 servings appears to be about 7.5 points.

1 (1-ounce) slice white bread  
3 3/4 cups uncooked extra-broad egg noodles (5 ozs.)  
2 1/2 cups (1 1/2-inch) sliced asparagus (1 pound before trimming)  
1/4 cup all-purpose flour  
1/2 teaspoon dried thyme  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
1 cup whole milk (I used 2/3 cup skim and 1/3 cup fat-free half and half)  
1 cup fat-free, less-sodium chicken broth  
1 tablespoon butter  
3/4 cup finely chopped onion  
1 tablespoon fresh lemon juice (I omitted this)  
1 1/2 cups (1/2-inch) cubed ham (about 8 ounces)  
1/4 cup chopped fresh flat-leaf parsley  
2 tablespoons grated fresh Parmesan cheese

Preheat oven to 450°. Place bread in a food processor, and pulse 10 times or until coarse crumbs form to measure 1/2 cup.

Cook pasta in boiling water 7 minutes, omitting salt and fat. Add asparagus; cook 1 minute. Drain.

Lightly spoon the flour into a dry measuring cup, and level with a knife. Place flour, thyme, salt, and pepper in medium bowl; gradually add milk and broth, stirring with a whisk until well-blended. Melt the butter in a medium saucepan over medium-high heat. Add the onion; saute 4 minutes. Add milk mixture; cook until thick (about 4 minutes), stirring constantly. Remove from heat, and stir in juice. Combine the pasta mixture, milk mixture, ham, and parsley in large bowl; spoon into a 2-quart casserole. Sprinkle with breadcrumbs and cheese.

Bake at 450° for 10 minutes or until filling is bubbly and topping is golden.

### **NUTRITION PER SERVING**

CALORIES 250 (26% from fat); FAT 7.1g (sat 3.4g, mono 2.4g, poly 0.7g); PROTEIN 16g;  
CARB 30.9g; FIBER 2.7g; CHOL 52mg; IRON 2.6mg; SODIUM 835mg; CALC 114mg;

## **Lemon Bars**

Serving Size : 30

Healthy Units: 2

Source: Mayo Clinic's Virtual Cookbook at <http://www.mayohealth.org>

NOTES: I used a 9 x 13 pan. Don't know how anyone could get the crust to fit the extra inches of the 10x14. Also, didn't use any lemon rind as I didn't have a fresh lemon.

Used bottled lemon juice. Used Parkay light and didn't sprinkle with any sugar. This had a more buttery flavor than lemon and was very light. My DH hates lemon but loved these bars made this way.

### **CRUST**

1 1/2 cups crushed vanilla wafers - (abt 35)

4 tablespoons reduced-fat margarine – melted

### **TOPPING**

Egg substitute equal to 3 eggs

1 cup sugar

4 tablespoons flour

2 tablespoons lemon juice

Grated rind of 1/2 lemon

4 ounces reduced-fat cream cheese

2 tablespoons powdered sugar

Preheat oven to 350 degrees. Spray a 10- by 14-inch pan with non-stick spray. Combine wafer crumbs and melted margarine. Mix well and press into the bottom of the pan.

In a large bowl, mix the sugar and the flour. Add the egg substitute, lemon juice, lemon rind and reduced-fat cream cheese. Mix well. Carefully pour the mixture over the wafer crumbs -- spread evenly.

Bake for 20 to 25 minutes. Remove from oven and cool. Refrigerate until served.

## **Garlic Roasted Potato Skins**

Source: Gourmet Magazine (modified)

Healthy Units: 2

Servings: 4

Posted by: MissVN

Date: January 23, 2004

Note: Posting this, even though it rated an "eh", as it would be pretty good Superbowl party food or for kids who don't mind garlic (and when dieting, it's always fun to use any recipe that has that much butter in it, LOL). On the Food Network website, they had an onion dip recipe to go with them, but any dip would probably go well. Also, I already had roasted garlic on hand, so I just nuked my taters.

### **Ingredients**

4 russet (baking) potatoes  
1 small head garlic (2 inches in diameter)  
3 tablespoons light butter, softened  
1/2 teaspoon salt  
1/8 teaspoon black pepper

### **Instructions**

1. Preheat oven to 350 degrees F.
2. Stick each potato once or twice with a fork. Cut off and discard top fourth of garlic head; then wrap garlic tightly in foil. Bake garlic and potatoes on same rack in lower third of oven until potatoes are tender, 50 minutes to 1 hour. Remove potatoes from oven and cool on a metal rack 15 minutes. Continue to bake garlic until tender, about 15 minutes more, then cool in foil on rack.
3. While garlic cools, halve potatoes lengthwise, then quarter each half (to form short wedges). Scoop out potato flesh (reserving it for another use), leaving 1/4-inch-thick potato skins.
4. Increase oven temperature to 425 degrees F.
5. Squeeze garlic into a small bowl, discarding garlic skins, and mash to a paste with butter, salt, and pepper using a fork.
6. Divide garlic paste among potato skins (about 1/2 teaspoon each), spreading evenly, then roast skins in a large shallow baking pan (1 inch deep) until golden and crisp, 20 to 25 minutes.

Cook's note: Potato skins can be scooped out and spread with garlic paste (but not baked) 1 day ahead and chilled, loosely covered with foil. Bring to room temperature before baking.

Serving = 4 wedges

### **Garlic Mashed Potatoes**

Cooking Light 2004 Annual

HU: 3.3 (with my revisions)

Servings: 4

Posted by DebMj1

January 25, 2004

1 1/2 pounds chopped peeled baking potato, about 4 medium (I left 2 of the 4 potatoes unpeeled)

4 cloves garlic, minced

1/2 cup 2% milk (I used 1/3 cup skim and 3 Tbsps. fat-free half and half)

1/4 cup lowfat sour cream

1 Tbsp. butter (I used light butter)

1/2 tsp. salt

1/2 tsp. black pepper

Place potatoes and garlic in a large Dutch oven. Cover with water; bring to a boil. Cook 15 minutes or until potato is tender; drain. Return to pan. Add remaining ingredients. Mash to desired consistency; cook over medium heat 1 minute or until thoroughly heated.

### **Tenderloin Steaks with Garlic Sauce**

Source: CL Light and Easy Menus Cookbook

Healthy Units: 5

Servings: 2

Posted by Em2002

Date 01/25/2004

#### **Ingredients:**

1/4 cup fat-free broth  
2 T dry red wine  
1T balsamic vinegar  
1/8 t salt  
1 large garlic clove, minced  
1t crushed juniper berries (optional)  
¼ t salt  
¼ t coarsely ground pepper  
2 (4oz) beef tenderloin steaks (3/4 to 1 inch thick)

#### **Instructions:**

Combine first 5 ingredients and juniper berries, if desired. Set aside.

Press ¼ teaspoon salt and pepper evenly onto steaks. Heat a heavy skillet over high heat until hot. Place steaks in pan; cook 3 minutes on each side or to desired degree of doneness. Transfer steaks to a plate; keep warm.

Reduce heat to medium; add broth mixture. Cook 2 minutes or until sauce is slightly reduced, scraping pan to loosen browned bits. Serve sauce over steaks.

Per Serving: Calories 190, Fat 8.4g, Protein 24.5g, Carbohydrate 2.3g, Fiber 0.2 g, Cholesterol 70mg, Sodium 512 mg



### **Halibut en Papillote**

Source: Cooking Light Jan/Feb 1992

Healthy Units: 5 (4.5 including fiber calc from Mastercook)

Servings: 4

Posted by Emily (ejwyatt)

Date 01/25/2004

Notes: I like the suggested vegetables, but if these aren't available any combination that you like will do. I usually add mushrooms. I use any firm white fish, when halibut is not available. I don't care for bleu cheese, so I have always used Feta in this recipe. Back in 1992, CL did not include fiber in the nutritionals. HU's calculated without fiber.

1 tsp olive oil  
1 C (2-inch) julienne-cut carrots  
1 C julienne-cut snow peas  
3 green onions, cut into 2-inch pieces  
2 tsp lemon juice  
1/8 tsp freshly ground pepper  
2 (8-oz) halibut or other white fish fillets, cut in half lengthwise  
½ C (2-oz) crumbled bleu cheese

Coat a large non-stick skillet with cooking spray; add oil, and place over medium heat. Add carrot, snow peas and green onions; sauté until crisp-tender. Stir in lemon juice and pepper. Remove from heat, and set aside.

Cut 4 pieces of parchment paper. Arrange ¼ of vegetables on each sheet of parchment. Top each with ½ halibut fillet. Top each fillet with 2 Tbsp ( ½ oz ) bleu cheese. Fold up parchment paper to create a packet. Fold in the ends and crimp to seal. Place on a large baking sheet.

Bake at 500 (this is not a typo – need very high heat) for 10 minutes or until parchment is puffed and lightly brown. (Emily note - This will yield fish that is just done – still pretty wet. If you prefer dryer fish, cook for a few minutes longer.)

Place on individual serving plates; cut open. Serve immediately.

CALORIES 215; PROTEIN 27.8; FAT 8.3; CARBOHYDRATES 6; CHOLESTEROL 64;  
IRON 1.9; SODIUM 270; CALCIUM 156

## **Cherry Ping**

Source: Cooking Light Jan/Feb 1992

Healthy Units: 4

Servings: 6 (2/3 C serving size)

Posted by Emily (ejwyatt)

Date 01/25/2004

CL Note: Honoring President Washington Tap the top crust with a finger; if you hear a "ping" it's done.

Notes: This is like a cherry cobbler with a cookie crust rather than a biscuit crust. I had forgotten how much I like this recipe. It is very easy to make. CL did not include fiber in nutritional in 1992. HU's have been calculated without fiber.

½ C sugar  
¼ C all-purpose flour  
¼ C whole wheat flour  
1 tsp baking powder  
1 tsp vanilla  
1 egg, lightly beaten  
2 (16-oz) cans pitted tart red cherries in water, undrained  
1/3 C sugar (I replaced this sugar with Splenda.)  
1 ½ Tbsp cornstarch  
1/8 tsp ground nutmeg  
2 tsp lemon juice  
1/8 tsp almond extract  
1 tsp sifted powder sugar

Combine first 4 ingredients in a bowl and stir well. Add vanilla and egg, stirring until dry ingredients are moistened; set aside.

Drain cherries, reserving ½ C liquid. Place cherries in an 8-inch square baking dish; set aside. Combine 1/3 C sugar, cornstarch and nutmeg in a bowl. Gradually add reserved cherry liquid, lemon juice and almond extract, stirring with a wire whisk until blended. Pour over cherries. Drop flour mixture by heaping teaspoonfuls onto the cherry mixture.

Bake at 375 for 40 minutes or until top sound hollow when tapped. Cool 20 minutes on a wire rack. Sprinkle with powdered sugar.

CALORIES 191; PROTEIN 2.7; FAT 1.1; CARBOHYDRATES 43.5; CHOLESTEROL 36;  
IRON 0.7; SODIUM 63; CALCIUM 46

### **Filet Mignon with Portobello Sauce**

Source: BHG

Healthy Units: 6

Serves: 4

Posted by: Donna (CAROTS)

Date: 01/26/2004

\*Notes- I double the sauce, and poured it right over the steaks. Very good.

4 beef tenderloin steaks, cut 1 inch thick (about 1 1/4 pounds total)

1/4 teaspoon black pepper

2 Large Portobello mushrooms, halved, and sliced

8 green onions, cut into 1 inch pieces

1 Tablespoon butter or margarine

1/3 Cup reduced sodium beef broth

2 Tablespoons Madeira or Port Wine

Trim fat from steaks. Rub both sides of steaks with oil and pepper. For a charcoal grill, grill steaks on the rack of an uncovered grill directly over medium coals to desired doneness, turning once halfway through grilling.

Meanwhile, for sauce, in a large skillet cook and stir mushrooms and onions in hot butter over medium heat about 5 minutes or until vegetables are tender. Stir in broth and Madeira. Bring to boiling. Remove from heat. Thinly slice steaks diagonally, and serve with sauce. Makes 4 servings.

## **Blueberry scones**

Source: Modifications to CL Recipe

Healthy Units: 3 (by nutritional with points calculator)

Servings: 10

Posted By: Linda (Aerobicmama)

Date: 01/26/2004

### **Ingredients:**

1 1/2 cups all-purpose flour

1/2 cup whole wheat flour

1/4 cup splenda

1/4 cup sugar

2 teaspoons baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1 cup blueberries -- frozen

2/3 cup buttermilk

3 tablespoons butter -- melted

1/2 teaspoon grated orange rind

1 large egg white -- lightly beaten

Cooking spray

2 teaspoons sugar -- Turbinado

### **Instructions:**

Preheat oven to 400 degrees.

Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, 1/4 cup sugar and 1/4 cup splenda, baking powder, baking soda, and salt in a large bowl. Combine blueberries, buttermilk, butter, rind, and egg white; add to flour mixture, stirring just until moist.

Turn dough out onto a lightly floured surface; knead lightly 4 times with floured hands. Pat into an 8-inch circle on a baking sheet coated with cooking spray. Cut into 10 wedges, cutting into but not through dough (I cut my apart and separated them, the blueberries did better like that); sprinkle with 2 teaspoons sugar. Bake at 400° for 20 minutes or until lightly browned.

Per Serving: 159 Calories; 4g Fat (22.0% calories from fat); 4g Protein; 28g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 273mg Sodium.

## **Butternut-Beef Chili**

Source: Cooking Light, SEPTEMBER 1999

Healthy Units: 5

Serves: 6

Posted by: Allison (alleycat)

Date: 01/26/04

Comments: This was very good. I think you could safely use less meat and/or add more vegetables (like zucchini) to lower points. In lieu of fresh tomatoes, I used two 15-oz. cans of diced tomatoes. The butternut squash added nice color. 1-1/2 cups is 5 points; 2 cups is 7.

- 1 pound ground round
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 3 cups chopped tomato (about 2 large)
- 3 cups chopped peeled butternut squash (about 1 small)
- 3 cups water
- 2 tablespoons tomato paste
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon salt
- 1 (16-ounce) can kidney beans, drained
- 2 garlic cloves, minced
- 1/2 cup small pitted ripe olives
- 2 to 3 tablespoons minced seeded jalapeño pepper
- 6 tablespoons thinly sliced green onions
- 2 tablespoons chopped fresh cilantro

Combine the first 3 ingredients in a Dutch oven, and cook over medium-high heat until browned, stirring to crumble. Drain well; return meat mixture to pan. Stir in tomato and next 9 ingredients (tomato through garlic); bring to a boil. Reduce heat, and simmer 20 minutes or until squash is tender, stirring occasionally. Stir in olives and jalapeño; cook 5 minutes.

Ladle chili into soup bowls, and top each serving with 1 tablespoon green onions and 1 teaspoon cilantro.

Yield: 6 servings (serving size: 1 1/2 cups)

CALORIES 262 (23% from fat); FAT 6.8g (satfat 2g, monofat 3g, polyfat 0.9g);  
PROTEIN 22.9g; CARBOHYDRATE 30.1g; FIBER 5.6g; CHOLESTEROL 46mg; IRON  
5.3mg; SODIUM 444mg; CALCIUM 94mg;

## **Reuben Bake**

Source: Cooking Light Jan/Feb 1995

Healthy Units: 5.5

Servings: 6 (1 1/3 C serving size)

Posted by Emily (ejwyatt)

Date 01/26/2004

5 cups cubed peeled baking potato  
1/3 cup nonfat sour cream  
1/4 cup skim milk  
1/2 teaspoon salt  
1/4 teaspoon pepper  
Vegetable cooking spray  
4 cups tightly packed very thinly presliced green cabbage  
1 cup finely chopped deli corned beef (about 1/4 pound)  
1/2 teaspoon caraway seeds  
1/4 cup nonfat Thousand Island dressing  
1 1/4 cups (5 ounces) preshredded Swiss cheese, divided  
Paprika

Place potato in a saucepan; add water to cover, and bring to a boil. Cover, reduce heat, and simmer for 20 minutes or until very tender; drain well.

Combine potato, sour cream, and the next 3 ingredients in a bowl, and beat at medium speed of a mixer for 2 minutes or until smooth. Set aside.

Coat a large nonstick skillet with cooking spray, and place over medium heat until hot. Add the cabbage, corned beef, and caraway seeds, and sauté for 4 minutes or until cabbage wilts. Remove from heat; stir in dressing. Set aside.

Spread half of potato mixture in the bottom of an 11 x 7-inch baking dish coated with cooking spray; top with cabbage mixture, and sprinkle with 1 cup cheese. Spread remaining half of potato mixture over cheese, and top with remaining 1/4 cup cheese. Sprinkle with paprika. Bake at 350° for 40 minutes or until golden.

Make-Ahead Tips: You can assemble the casserole up to 8 hours ahead of time; cover and chill. Let stand at room temperature 30 minutes before baking.

Yield: 6 servings (serving size: about 1 1/3 cups)

CALORIES 260 (31% from fat); FAT 8.9g (satfat 4.9g, monofat 2.7g, polyfat 0.4g);  
PROTEIN 11.2g; CARBOHYDRATE 30.7g; FIBER 3.2g; CHOLESTEROL 40mg; IRON  
1.3mg; SODIUM 530mg; CALCIUM 274mg;

## **Broccoli, Orange and Spinach Salad**

Source: CL

Healthy Units: 1

Servings: 6

Posted by: Sheila

Date: 1/26/04

### **Dressing:**

1/4 C Cider Vinegar

2 T Rice Vinegar (I used pineapple vinegar)

1 T Olive Oil

2 t Sugar

1 t Honey Mustard

1/4 t Salt

1/8 t Pepper

### **Salad:**

4 C Thinly Sliced Iceberg lettuce

3 C small Broccoli Florets - steamed

3 C Spinach (recipe originally called for watercress)

2 C Orange Sections

Combine dressing ingredients in a jar. Cover tightly and shake well. Toss remaining ingredients, and dress.

### **Parmesean Parsnip Potatoes**

Source: Sheila

Healthy Units: 2

Servings: 40 pc

Posted by: Sheila

Date: 1/26/04

5 1/2 Lb Potatoes - at least 20 pc

1 1/2 Lb Parsnips

1 Egg

8 oz Fat Free Cream Cheese

16 oz Parmesean

Peel and steam parsnips until very tender. Bake potatoes until cooked through. When potatoes are still warm, but easily handled, cut in half and scoop out flesh into large bowl. Add hot parsnips, cream cheese and parmesean (reserve 3 T cheese). Mash well - add salt & pepper to taste. Beat egg and add to mash. Refill shells with mash mixture, sprinkle remaining parm on top. Layer onto cookie sheet and place into freezer, freeze on hour. Remove cookie sheet from freezer, wrap potatoes individually and place into freezer bag.

I use these as "ride alongs" for any meat that I bake, they are very forgiving about times & tempertures. Or you can bake them from frozen on a cookie sheet 400, 20 minutes. Before placing into the oven I usually spritz them with Pam.



## **Yogurt Biscuits**

Source: WW buddy-from an older WW cookbook

Healthy Units: 1 if 16 servings, 2 if 8-12 servings

Posted by: Sheila

Date: 1/26/04

### Notes:

These biscuits are a cross between the texture of a ciabatta roll and the flavor of a cream roll - very yummy. But they are best served warm - and they don't hold well to serve the next day -so I divide the yogurt base and dry mix into halves and only mix up half of the recipe at a time and bake 5 large biscuits!!

2 C Flour

1 C Plain Nonfat Yogurt

1 t Sugar

2 t Baking Powder

1/2 t Baking Soda

1/2 t Salt

Combine 1C of flour with the yogurt. Blend until smooth. Sprinkle the sugar on top, cover with plastic wrap and let stand in a warm, draft-free place at least 4 hr or overnight.

Preheat oven to 425. Spray a baking sheet with cooking spray - or line with a silpat.

Mix remaining dry ingredients, and stir into the yogurt mixture. Drop by large spoonfuls into desired number of biscuits. Bake for 10 minutes, reduce heat to 400 and bake another 10 minutes.

### **Asian Noodles with Asparagus and Shrimp**

Source: CL Magazine Jan/Feb 2004

Healthy Units: 7

Servings: 4 - 1& 1/2 cups each

Posted by: Dbordman

Date: 01/27/04

6 oz uncooked Soba (buckwheat noodles)  
2/3 cup fat-free, less-sodium chicken broth  
2 Tbsp rice vinegar  
2 Tbsp low-sodium soy sauce  
1 Tbsp peanut butter  
2 Tsp sugar  
1 Tsp bottled minced fresh ginger  
1/2 Tsp dark sesame oil  
1 Tbsp vegetable oil  
1 Tsp bottled minced garlic  
2 Cups (2 inch) diagonally cut asparagus  
1 lb Peeled and deveined large shrimp  
1/4 cup thinly sliced green onions

1. Cook noodles according to package directions, omitting salt and fat.
2. While the noodles cook, combine chicken broth and next 6 ingredients (broth through sesame oil), stirring well.
3. Heat vegetable oil in large nonstick skillet over medium-high heat. Add garlic, saute 2 minutes. Add asparagus; saute 2 minutes. Add shrimp, saute 2 minutes or until shrimp are done. Add broth mixture and onions to pan; cook over medium heat until hot. Add noodles, tossing gently to coat. Yield: 4 servings (serving size 1 1/2 cups)

### **Bean and Corn Burritos**

Source: Received at WW meeting.

Healthy Units: 4

Serving: 4

Posted by: Thinmeplease

Date: 1/27/04

Combine these first 6 ingredients and heat until softened.

1 t. + 1t. Olive Oil

1/4 c. onion, chopped

1/4 c. green pepper, chopped

1 clove garlic, minced

1 t. Jalapeno pepper, minced

1/2 t. ground cumin

Combine beans and nibblets then add to pan and heat through.

16 oz. can black beans, drained, rinsed and mashed

1/2 c. corn nibblets

Combine with ingredients in pan and heat through.

Spread 1/4 mixture lengthwise across 4- 6 inch flour tortillas.

Roll up and place seam side down onto a piece of aluminum foil.

Wrap each burrito its own foil.

Bake @ 425° for 4-5 minutes or until heated through.

Unwrap burritos and serve with salsa.

## **Barbecue-Chicken Potpie**

Source: CL website

Healthy Units: 9

Servings: 8

Posted by sharpeimommy

Date: 01/27/2004

1 teaspoon margarine or butter  
Cooking spray  
2 cups chopped onion  
1/2 cup chopped green bell pepper  
1/3 cup diced, seeded poblano chile or 1 (4.5-ounce) can chopped green chiles, drained  
(I left these out)  
1 small garlic clove, minced  
1 1/2 teaspoons cumin seeds  
1 teaspoon ground coriander  
1/4 cup cider vinegar  
4 cups shredded cooked chicken breast (about 1 1/2 pounds)  
2 tablespoons brown sugar  
1 ounce unsweetened chocolate, grated  
1 (12-ounce) bottle chili sauce  
1 (10 1/2-ounce) can low-salt chicken broth  
1 (11.5-ounce) can refrigerated corn bread twists

Preheat oven to 375°.

Melt margarine in a large nonstick skillet coated with cooking spray over medium-high heat. Add onion, peppers, and garlic, and sauté 5 minutes. Stir in cumin and coriander, and cook 2 minutes. Stir in vinegar, scraping skillet to loosen browned bits. Add the chicken and the next 4 ingredients (chicken through broth), and cook 15 minutes or until thick, stirring occasionally. Spoon chicken mixture into 11 x 7-inch baking dish coated with cooking spray.

Unroll corn bread dough, separating into strips. Place strips in a lattice fashion over chicken mixture. Bake at 375° for 25 minutes or until golden brown; let stand 15 minutes before serving.

### **NUTRITION PER SERVING**

CALORIES 394 (27% from fat); FAT 12g (sat 3.7g, mono 2g, poly 1g); PROTEIN 33.1g;  
CARB 40g; FIBER 1.7g; CHOL 78mg; IRON 3.5mg; SODIUM 972mg; CALC 49mg;

## **BBQ Biscuit Cups**

Source: Joan C, via Joanne lund

Healthy Units:6

Servings:6

Posted By: Zephyr1

Date posted: 1/27/04

Comments: A quick easy comfort food. Hearty portion. Originally called for 12 cups at 2 cups per serving but my biscuits were in an 8 pack so I made 6 large cups. Cooked the other 2 biscuits for DH.

### **Ingredients:**

1 can Grands biscuits

8 oz ground turkey lean

1/4 cup pepper diced

1/4 cup onion diced

1 cup tomato sauce

1 tbs brown sugar

1 tsp mustard I used dijon

1/8 tsp pepper

1/2 cup 2% sharp cheddar

### **Instrutctions:**

Preheat oven to 400. Cook turkey pepper and onions until tender and done. Add rest of ingredients except for cheese. Simmer 5 minutes. Place a biscuit in the bottom of a large muffin tin and press up the sides to form a cup. Evenly divide filling among the cups and bake for 10-15 minutes. Sprinkle with cheese and bake until browned.

## **Pineapple Slaw**

Source: Complete Cooking Light

Healthy Units:2

Servings:4 1 cup servings size

Posted By: Zephyr1

Date: 01/27/2004

Comments: Very tasty but different slaw recipe. A nice accompaniment to a spicy dish as it has the sweetness from the pineapple. Very creamy. Also note that the serving size in my opinion is too large. 1 cup was wayyyy too much 1/2 cup would be just right.

### **Ingredients:**

1 8 oz vanilla or pineapple lowfat yogurt

3 tbs. light mayo

1/2 tsp lemon juice

5 cups thinly sliced green cabbage or angel hair slaw

1 8 oz can pineapple tidbits drained

### **Instructions:**

1. Spoon yogurt onto several layers of paper towels. Cover with more towels and let stand 5 minutes. Scrape into bowl and combine with mayo and lemon juice.
2. Combine cabbage and pineapple and toss then add the dressing and toss. Chill one hour.

### **Hoisin-Marinated Chicken**

Source: Cooking Light, March 2003

Healthy Units: 5

Servings: 8

Posted by: kimbilly

Date: 01/28/04

Comments: Serve this with an Asian beer, such as Sapporo Draft Beer or 33 Export.

#### **Ingredients:**

1/2 cup hoisin sauce

1/4 cup low-sodium soy sauce

1 tablespoon fresh ginger -- minced

2 tablespoons dark sesame oil

1 tablespoon rice vinegar

1 tablespoon dry sherry

4 cloves garlic -- minced

8 6-ounce chicken breasts, no skin, no bone, R-T-C

#### **Instructions:**

Combine first 7 ingredients, stirring with a whisk. Place chicken in a large, shallow dish; pour half of hoisin mixture over chicken, turning to coat. Reserve remaining hoisin mixture. Cover and chill chicken mixture for 3 hours, turning occasionally.

Prepare grill or broiler.

Remove Chicken from dish; discard marinade. Place chicken on grill rack or broiler pan coated with cooking spray; cook 4 minutes on each side until done, basting occasionally with reserved hoisin mixture.

## **Desk Set Oven-Fried Chicken Breasts**

Source: CL Website

Healthy Units: 7

Servings: 4

Posted by Andygrammy (Claudia)

Date: 01/29/04

Comments: This was very good, also quick and easy. There are scads of rave reviews on the website. I used panko and butter flavored cooking spray rather than drizzling melted butter.

### **Ingredients:**

1/4 cup dry breadcrumbs

1 tablespoon grated Parmesan cheese

1 teaspoon paprika

1 teaspoon dried thyme

1/2 teaspoon garlic salt

1/4 teaspoon ground red pepper

1/3 cup low-fat buttermilk

4 (6-ounce) skinned chicken breast halves

Cooking spray

1 tablespoon stick margarine or butter, melted

### **Instructions:**

Preheat oven to 400°.

Combine first 6 ingredients in a shallow dish. Place buttermilk in a shallow dish. Dip chicken in buttermilk; dredge in breadcrumb mixture. Place chicken, breast sides up, in a jelly-roll pan coated with cooking spray. Drizzle margarine over chicken. Bake at 400° for 40 minutes or until done.

Yield: 4 servings

CALORIES 295 (27% from fat); FAT 9g (satfat 2.3g, monofat 3.2g, polyfat 2.1g);  
PROTEIN 44.1g; CARBOHYDRATE 6.6g; FIBER 0.5g; CHOLESTEROL 115mg; IRON  
2.4mg; SODIUM 486mg; CALCIUM 88mg;



## **Chocolate Meringue Pie**

Source: Cooking Light Jan/Feb 1992

Healthy Units: 5.5

Servings: 8

Posted by Emily (ejwyatt)

Date 01/29/2004

1 C all-purpose flour  
1/8 tsp salt  
3 Tbsp vegetable shortening  
3 Tbsp plus 1 tsp water  
1 tsp lemon juice  
Cooking spray  
1/2 C sugar  
1/4 C plus 1 Tbsp unsweetened cocoa  
1/4 C cornstarch, divided  
2 C 1% milk  
1 egg, lightly beaten  
2 tsp vanilla extract  
4 egg whites  
1/4 tsp cream of tartar  
1/3 C sugar

Combine flour and salt in a bowl; cut in shortening with a pastry blender until mixture resembles coarse meal. Combine ice water and lemon juice. Sprinkle ice water mixture, 1 Tbsp at a time, over surface of flour mixture, toss with a fork until dry ingredients are moistened. Gently press dough into 4-inch circle on heavy-duty plastic wrap. Roll dough still covered; into an 11-inch circle. Place dough in freezer for 5 minutes or until plastic wrap can be easily removed.

Remove plastic wrap; fit dough into a 9-inch pie plate coated with cooking spray. Fold edges under and flute; prick bottom and sides of dough with a fork. Bake at 425 for 14 minutes or until lightly browned; set aside on a wire rack.

Combine 1/2 C sugar, cocoa and 3 Tbsp plus 2 tsp cornstarch in a medium sauce pan. 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 about 1/4 of the hot cocoa mixture into beaten egg, add to remaining hot cocoa mixture, stirring constantly. Cook an additional minute or until thickened and bubbly, stirring constantly. Stir in vanilla. Pour mixture into prepared pie crust; cover with plastic wrap and set aside.

Beat 4 egg whites (at room temperature), remaining tsp cornstarch and cream of tartar at high speed of an electric mixture until foamy. Gradually add 1/3 C sugar, 1 Tbsp at a time, beating until stiff peaks form. (Do not overbeat.)

Remove plastic wrap from filling. Spread meringue evenly over filling, sealing to edge of pastry.

Bake at 325 for 25 minutes; let cool 1 hour on a wire rack. Chill 3 hours or until set.

CALORIES 246; FAT 5.9g; PROTEIN 7g; CARBOHYDRATE 40.6g; CHOLESTEROL 29mg; IRON 1.4mg; SODIUM 112mg; CALCIUM 87mg;

## **Broccoli, Cheese and Rice Casserole**

Source: CL November 1999

Healthy Units: 3

Servings: 8

Posted by: Renee

Date: 01/30/2004

Notes: I used some onion powder because I am not a huge fan of onion and only used one package of broccoli. I am not even sure if two packages would work well in this recipe.

### **Broccoli, Cheese and Rice Casserole**

1 cup uncooked instant rice

1/2 cup chopped onion

1/4 cup fat-free milk

4 ounces light processed cheese, cubed (such as Velveeta Light)

2 tablespoons butter or stick margarine, softened

2 (10-ounce) packages frozen chopped broccoli, thawed and drained

1 (10 3/4-ounce) can condensed reduced-fat, reduced-sodium cream of mushroom soup, undiluted

Preheat oven to 350°.

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

Yield: 8 servings (serving size: 1/2 cup)

#### **NUTRITION PER SERVING**

CALORIES 137 (29% from fat); FAT 4.4g (sat 1.7g, mono 1.4g, poly 0.9g); PROTEIN 6.6g; CARB 19.2g; FIBER 2.2g; CHOL 8mg; IRON 1.1mg; SODIUM 410mg; CALC 160mg;

### **Italian Sausage Burgers with Fennel Slaw**

Source: CL 2004 Annual (and Website)

HU: 9 per serving (7 without cheese)

Servings: 4

Posted by tessa3

Date: 02/01/2004

#### **Slaw:**

1 1/2 tablespoons cider vinegar

2 teaspoons sugar

1 teaspoon extra virgin olive oil

1/4 teaspoon freshly ground black pepper

1/8 teaspoon salt

1 1/2 cups thinly sliced fennel bulb

1 cup vertically sliced red onion

#### **Burgers:**

8 ounces hot turkey Italian sausage

8 ounces ground turkey breast

Cooking spray

4 (1/2-ounce) slices provolone cheese (I left this out)

4 (2-ounce) Kaiser rolls

To prepare slaw, combine vinegar, sugar, oil, pepper, and salt in a medium bowl, stirring with a whisk until sugar dissolves. Add fennel and onion, tossing to combine. Let stand at room temperature 30 minutes to 1 hour, tossing slaw occasionally.

Prepare grill.

To prepare burgers, remove sausage from casing. Combine the sausage and the turkey breast. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.

Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side. Top each patty with 1 cheese slice; grill 1 to 2 minutes or until burgers are done and cheese melts. Place rolls, cut sides down, on grill rack; grill 1 minute or until toasted. Removing slaw with a slotted spoon, arrange about 1/2 cup slaw on bottom half of each roll; top each serving with 1 patty and top half of roll.

## **Lemon-Swirled Cheesecake**

Source: Cooking Light, May 2000

Healthy Units: 7

Servings: 16

Posted by: Shelbylaw

Date: 02/01/2004

### **Ingredients:**

#### **Crust:**

2/3 cup all-purpose flour

2 tbsp sugar

2 tbsp chilled butter, cut into small pieces

1 tbsp ice water

cooking spray

#### **Filling:**

3 (8-oz) blocks fat-free cream cheese, softened

2 (8-oz) blocks 1/3 less fat cream cheese, softened

1-3/4 cups sugar

3 tbsp all purpose flour

2-1/2 tsp grated lemon rind

2 tsp vanilla extract

1/4 tsp salt

5 large eggs

1 cup lemon curd (recipe will follow)

### **Instructions:**

Pre-heat oven to 400 F

To prepare the crust, lightly spoon flour into a dry measuring cup, and level with a knife. Place 2/3 cup flour and 2 tbsp sugar in a food processor; pulse 2 times or until combined. Add chilled butter; pulse 6 times or until mixture resembles coarse meal. With processor on, slowly pour ice water through food chute, processing just until blended (do not allow dough to form a ball). Firmly press mixture into bottom of a 9-inch springform pan coated with cooking spray. Bake at 400 for 10 minutes. Cool on wire rack.

Reduce oven temperature to 325.

To prepare the filling, beat cheeses at high speed of a mixer until smooth. Add 1-3/4 cups sugar and the next 4 ingredients (1-3/4 cups sugar through salt); beat well. Add eggs, 1 at a time, beating well after each addition.

Pour the cheese mixture into prepared pan. Spoon mounds of Lemon Curd over filling, and swirl together using the tip of a knife. Bake at 325 for 1 hour and 15 minutes or until cheesecake is almost set. Remove cheesecake from oven, and cool to room temperature. Cover and chill for at least 8 hours.

Nutritional Info: Calories: 310 Carbohydrates: 39 g cholesterol: 126 Fat: 11.4g sodium: 458 mg Protein: 12.2g Calcium: 155 mg iron: 0.7 mg fiber: 0.2g

### **Lemon Curd**

Source: Cooking Light, May 2000

(to be used with Lemon Swirled Cheesecake)

Posted by: Shelbylaw

Date: 02/01/04

#### **Ingredients:**

3/4 cup sugar

1 tbsp grated lemon rind

2 large eggs

2/3 cup fresh lemon juice (about 3 large lemons)

2 tbsp butter

#### **Instructions:**

Combine the first 3 ingredients in a saucepan over medium heat, stirring with a whisk. Cook until sugar dissolves and mixture is light in color (about 3 minutes). Stir in lemon juice and butter; cook for 5 minutes or until mixture thinly coats the back of a spoon, stirring constantly with a whisk. Cool. Cover and chill (the mixture will thicken as it cools).

Nutritional Info: calories: 47 carbohydrates: 7.9g cholesterol: 27 fat: 1.6g sodium: 18mg protein: 0.7g calcium: 4 mg iron: 0.1mg fiber: 0g

### **Fish Braised with Artichoke Hearts**

Source: West Coast Seafood

Healthy Units: 3 per serving

Serves: 4

Posted by: trishblau

Date: 02/01/04

#### **Ingredients**

1.5 pounds fillet of lingcod or rockfish (I used sea bass), cut into 4 portions

1 (6-ounce) jar of marinated artichoke hearts, drained (reserve marinade)

1/4 cup dry white wine

1 Tablespoon chopped parsley

Season the fish lightly with salt and pepper. Spoon 1 tablespoon of the reserved artichoke oil into a skillet over medium-high heat. Lay the fish in and cook on one side until lightly browned. Turn the fish, reduce the heat, add the wine, cover and simmer 5 minutes. Add the artichokes, replace the cover, and continue cooking until the fish is done.

Remove the fish to a warm platter, return the pan to high heat, and reduce the liquid by half. Taste for seasoning, adding salt and pepper to taste. Stir in the parsley and pour over the fish.

Serve with a colorful veggie.

## **Butterscotch Bars**

Source: CL JANUARY 2000

Healthy Units: 3

Servings: 16

Posted by: Renee (brwney)

Date: 02/01/2004

1/2 cup granulated sugar  
1/2 cup packed brown sugar  
1/4 cup butter or stick margarine, softened  
2 large egg whites  
1 teaspoon vanilla extract  
1 1/4 cups all-purpose flour  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
Cooking spray  
1/2 cup butterscotch morsels

Preheat oven to 350°.

Beat sugars and butter at medium speed of a mixer until well-blended (about 4 minutes). Add egg whites and vanilla; beat well. Lightly spoon the flour into dry measuring cups, and level with a knife. Combine flour, baking powder, and salt; stir well with a whisk. Add flour mixture to sugar mixture; beat at low speed just until blended.

Spread batter evenly into an 8-inch square baking pan coated with cooking spray; sprinkle evenly with morsels. Bake at 350° for 28 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

Yield: 16 servings (serving size: 1 bar)

### **NUTRITION PER SERVING**

CALORIES 142 (27% from fat); FAT 4.3g (sat 2.6g, mono 1.3g, poly 0.2g); PROTEIN 1.6g; CARB 24g; FIBER 0.3g; CHOL 8mg; IRON 0.6mg; SODIUM 95mg; CALC 24mg;

## **Fruited Irish Oatmeal**

Source: BHG All-Time Favorites Slow Cooker (reprinted from Jan. 2003)

Healthy Units: 6 (According to nutritional info.)

Servings: 8 to 10 1-cup servings

Posted by Linda (LXN1996)

Date: 02/02/2004

BHG Comments: Make this fancy oatmeal for weekend guests, on Christmas morning, or anytime you want a hot, no-fuss breakfast. Be sure to use steel-cut Irish oats, no other type will stand up to long cooking.

My comments: I was nervous about using my 6 quart crockpot, so I doubled the recipe. It only came to 14 cups doubled, but it still came to 6 pts. per serving according to MC. I omitted the apricots because I didn't have any. I had a ½ serving of oatmeal for 3 pts. with a ½ cup of 1% milk for 1 pt. Sprinkled on a little Splenda and had a yummy, hot 4 pt. breakfast.

### **Ingredients**

5 cups water

2 cups steel-cut Irish oats

1 cup apple juice

¼ cup dried cranberries

¼ cup golden raisins

¼ cup snipped dried apricots

¼ cup maple syrup

1 teaspoon ground cinnamon

½ teaspoon salt

Brown sugar or maple syrup (not included in nutritional)

Chopped walnuts or pecans, toasted (not included in nutritional)

Milk (not included in nutritional)

1. In a 3 ½- or 4-quart slow cooker combine water, oats, apple juice, cranberries, raisins, apricots, the ¼ cup maple syrup, the cinnamon, and salt.

2. Cover; cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3 ½ hours.

3. Serve oatmeal with brown sugar or additional maple syrup, chopped nuts and milk.

Nutritional Info: 320 calories; 7 g total fat (1g sat. fat); 5 mg chol.; 187 mg sodium, 57 g carbo.; 5 g fiber; 10 g protein

Daily values: 9% vit. A, 2% vit. C, 10% calcium, 50% iron.



### **Aunt Jenny's Slow-Cooker Meatballs**

Source: CookingLight.com

Healthy Units: 5 per serving

Servings: 10 (3 meatballs and 2 T sauce)

Posted by: Tracy (Nikkie1T)

Date: 02/02/2004

NOTE: The sauce on these is sweet/tangy. We really liked it. I prepared the meatballs and baked them at 400 degrees for 20 minutes, rather than putting them raw into the crock pot. That probably lowered the points, as a lot of fat drained out. Because I cooked the meatballs first, they were only in the crock pot for a couple of hours.

1 1/2 pounds extra-lean ground beef  
1 cup dry breadcrumbs  
1/2 cup egg substitute  
1/3 cup chopped fresh parsley  
2 tablespoons minced fresh onion  
1/3 cup ketchup  
2 tablespoons brown sugar  
1 tablespoon lemon juice  
1 (16-ounce) can jellied cranberry sauce  
1 (12-ounce) bottle chili sauce  
Parsley sprigs (optional)

Combine first 5 ingredients in a large bowl; shape mixture into 30 (1 1/2-inch) meatballs.

Combine ketchup, sugar, juice, and sauces in an electric slow cooker; gently stir in meatballs. Cover with lid; cook on low-heat setting for 8 to 10 hours. Garnish with parsley, if desired.

#### **NUTRITION PER SERVING**

CALORIES 263 (14% from fat); FAT 4.1g (sat 1.4g, mono 1.7g, poly 0.3g); PROTEIN 18.7g; CARB 37.1g; FIBER 0.9g; CHOL 39mg; IRON 2.9mg; SODIUM 721mg; CALC 47mg;

## **Red Cabbage, Cranberry and Apple Slaw**

Source: CL Dec./03

Healthy Units: 2 per serving

Servings: 8 servings (serving size: 1 cup)

Posted by: Cindy N

Date: 02/02/2004

Comments: This has a sweet/tangy taste to it. I noticed it had a lot of dressing so I just used the whole head of cabbage. I forgot to add the pecans, and it was still GREAT!  
Very pretty slaw :D

5 cups thinly sliced red cabbage (about 1 1/2 pounds)

1/2 cup dried cranberries

1/3 cup rice vinegar

1/3 cup sugar

2 tablespoons white wine vinegar

2 teaspoons olive oil

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

2 1/4 cups thinly sliced Granny Smith apple

1/4 cup chopped pecans, toasted

Combine cabbage and cranberries in a large bowl. Combine vinegar and next 5 ingredients (vinegar through pepper), stirring with a whisk; drizzle over cabbage mixture, tossing gently to coat. Cover and chill 2 hours. Add apple, and toss well to combine. Sprinkle with pecans.

### **NUTRITION PER SERVING**

CALORIES 131 (29% from fat); FAT 4.2g (sat 0.4g, mono 2.4g, poly 1g); PROTEIN 1.7g; CARB 23.6g; FIBER 3.8g; CHOL 0.0mg; IRON 0.7mg; SODIUM 236mg; CALC 46mg;

## **Ham and Cheese Quiche**

Source: Cooking Light Web Site

Healthy Units: 5

Servings: 6

Posted by Melody (medleydawn)

Date: 02/02/2004

Comment: Place the pie plate on a baking sheet in case the filling bubbles over. I added 1 head of broccoli, finely chopped. I served it with a medley of mixed, fresh citrus.

1 (7-ounce) can refrigerated breadstick dough  
Cooking spray  
3/4 cup (3 ounces) grated Swiss cheese  
3/4 cup chopped reduced-fat, low-salt ham (about 1/4 pound)  
1/2 cup chopped onion  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 cup evaporated milk  
1/2 cup egg substitute  
Cherry tomatoes, quartered (optional)

Unroll dough, separating into strips. Working on a flat surface, coil one strip of dough around itself in a spiral pattern. Add second strip of dough to the end of the first strip, pinching ends together to seal; continue coiling dough. Repeat procedure with remaining dough strips. Cover dough with a towel; let rest 20 minutes. Roll dough into a 13-inch circle; fit into a 9-inch pie plate coated with cooking spray. Fold edges under; flute. Sprinkle cheese over bottom of crust; set aside.  
Preheat oven to 375°.

Coat a large nonstick skillet with cooking spray; place over medium-high heat. Add ham, onion, salt, and pepper; cook 4 minutes. (I added the broccoli at this time.) Arrange ham mixture over cheese.

Combine milk and egg substitute; stir well with a whisk. Pour over ham mixture. Bake at 375° for 45 minutes or until a knife inserted in center comes out clean; let stand 10 minutes. Garnish with cherry tomatoes, if desired.

### **NUTRITION PER SERVING**

CALORIES 220 (30% from fat); FAT 7.2g (sat 3.4g, mono 1.6g, poly 1g); PROTEIN 15.3g; CARB 22.6g; FIBER 1.1g; CHOL 24mg; IRON 1.2mg; SODIUM 557mg; CALC 270mg;

## **Peanut Butter Banana Cream Pie**

Source CL June 2002

Healthy Units 7

Servings 10

Posted by annem81

Date 02/02/2004

Comments: This is really peanut buttery! Satisfies that sweet tooth.

### **Ingredients**

#### **Crust:**

1 C vanilla wafer cookies (about 20 cookies)

1/3 C packed brown sugar

2 1/2 T melted butter

cooking spray

#### **Filling:**

3/4C packed brown sugar

1/2 C (4oz) 1/3 less fat cream cheese

1/2 C reduced fat peanut butter

1/2 t vanilla extract

1 (8oz) container FF frozen whipped topping, thawed

1 1/2 C sliced banana, about 2 bananas

1/4 C fat free chocolate sundae syrup

### **Instructions**

Preheat oven to 350.

Place cookies in a food processor, process until finely ground. Add 1/3 C brown sugar and butter, pulse 2-3 times or just until combined. Press crumb mixture into bottom and up the sides of a 9 inch pie plate coated with cooking spray. Bake at 350 for 10 minutes. Cool completely on a wire rack.

Place 3/4 C brown sugar, cream cheese, peanut butter and vanilla in a mixing bowl, beat with a mixer at medium speed until smooth. Fold in whipped topping. Arrange banana in bottom of prepared crust. Spread peanut butter mixture over banana, drizzle with syrup. Cover and freeze 8 hours, let stand at room temp 15 minutes before serving.

Cal:300 Fat:9.6 Pro:5.4 Carb:49 Fiber:1.5

### **Rotini with Shrimp in Creamy Lemon Sauce**

Source: torn from a CL magazine a while ago

Healthy Units: 6

Servings: 5 (serving size: 1 cup)

Posted by: OneGrandGirl (Mary Ellen)

Date: 02/03/04

Comments: I'm not a fan of dill, so I used ½ teaspoon. I had cooked shrimp leftover from a party, so I used those in place of fresh, following the heating instructions. I omitted the green onions. We prefer this with extra lemon. Another time I'd serve it over steamed broccoli and/or carrots to bulk it up – there's enough sauce.

#### **Ingredients:**

3 cups (about 8 ounces) uncooked rotini

¾ pound peeled, deveined fresh shrimp

1 Tablespoon margarine

2 Tablespoons flour

1 ½ cups skim milk

½ cup Chablis or other dry white wine

1 Tablespoon grated lemon rind

1 teaspoon dried whole dillweed

1/8 teaspoon salt

1/8 teaspoon pepper

2 cloves garlic, crushed

¼ cup minced green onions

Lemon wedges (optional)

#### **Instructions:**

Cook pasta according to package directions, omitting salt and fat, and adding shrimp during the last 3 minutes of cooking time. Drain; cover and set aside.

Melt margarine in a medium saucepan; add flour, stirring well with a wire whisk.

Gradually add milk and wine, stirring until smooth.

Add lemon rind, dillweed, salt, pepper and crushed garlic. Cook over medium heat 8 minutes or until thickened and bubbly, stirring constantly.

Combine pasta, shrimp and sauce; toss well. Sprinkle with green onions. Serve with lemon wedges, if desired.

Calories 302; Protein 22.7 g; Fat 4.4g; Carb 41.6 g; Fiber 1.3 g; Chol 105 mg

## **ASPARAGUS WITH WASABI-MAYONNAISE DIP**

Source: Gourmet, June 2001

Healthy Units: 3

Servings: 4

Posted by: MissVN

Date: Feb. 4, 2004

NOTES: This yields a generous amount of the dip for a serving, you can probably reduce the points even more by only using 1 or 2 tablespoons of dip. Also, I served it warm and it was very good. You may even want to try tossing the dip with the asparagus if you're going to use it as a side dish.

### **Ingredients**

1 pound asparagus  
1/2 cup reduced-calorie mayonnaise  
1 tsp sugar  
2 tsp soy sauce  
1 tsp fresh lemon juice  
1 tsp wasabi paste

### **Instructions**

1. Blanch asparagus in a large saucepan of boiling salted water 1 minute. Transfer to a colander and rinse under cold running water to stop cooking. Drain well and pat dry.
2. Whisk together mayonnaise, soy sauce, sugar, lemon juice, and wasabi paste until sugar is dissolved.
3. Serve asparagus with dip.

## **Oatmeal Scones**

Source: WW Favorite Homestyle Recipes

Healthy Units: 3 See my notes at bottom to make these 2.25 points

Servings: 6

Posted by: thinmeplease (Diane)

Date: 02/04/2004

QUICK AND EASY

### **Ingredients:**

2 ¼ ounces quick cooking or old fashioned oats

½ cup plus 1 T. buttermilk baking mix

1 t. double acting baking powder

2 T. firmly packed light brown sugar

½ cup whole milk

¼ cup plus 2 T. golden raisins

### **Directions:**

Preheat oven to 425.

In medium bowl, whisk together oats, baking mix, baking powder, and sugar. Stir in milk and raisins until just combined. Drop dough by ¼-cup measures onto non-stick baking sheet, making 6 scones. Bake 8 to 10 minutes, until golden.

Notes: I used a fat-free baking mix, Krusteaz fat free pancake and baking mix and I used skim milk. In place of raisins you could also use flavored dried cranberries. I stick with using the real brown sugar.

## **Smashed Potato-and-Broccoli Casserole**

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

Healthy Units: 4

Yield: 6 (1 cup) servings

Posted by: Bawstinn32 (Maria)

Date: 02/04/2004

Comments: I cooked it in a 9x13 pan as it didn't seem like enough to fill a 11x17.  
Cooked it a little longer.

2 pounds potatoes -- halved  
1 cup chopped broccoli  
1/2 cup diced onion  
1/2 cup ricotta cheese, light  
1/2 teaspoon dill -- dried  
1/2 teaspoon salt  
1/8 teaspoon ground red pepper  
8 ounces sour cream, light  
3/4 cup 2% sharp cheddar cheese

Preheat oven to 375.

Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 20 minutes or until tender. Drain potatoes in a colander over a bowl, reserving 1 cup cooking liquid. Return potatoes and liquid to pan; mash with a potato masher until slightly chunky.

Add chopped broccoli and next 6 ingredients (broccoli through sour cream) to pan, and stir well. Spoon potato mixture into an 11 x 7-inch baking dish coated with cooking spray; bake at 375 for 35 minutes. Sprinkle with cheddar cheese; bake an additional 5 minutes or until cheese melts.

Per Serving (excluding unknown items): 202 Calories; 5g Fat (20.7% calories from fat); 10g Protein; 32g Carbohydrate; 3g Dietary Fiber;



## **Honey-Glazed Salmon with Wasabi**

Source: WW Takeout Tonight

Healthy Units: 4

Servings: 4

Posted by: jillybean03

Date: 02/05/2004

Comments: This is delicious, and easy. Pair it with a simple vegetable stirfry and rice, or as the cookbook suggests, with a cucumber salad (The peanut/cucumber one from the comp would be delicious)

Caution - it did smell up the kitchen! This would work very well on a grill outside.

### **Ingredients**

3 T. Mirin (I used "chinese rice wine")  
1 T. Seasoned rice vinegar  
1 T. reduced sodium soy sauce  
1 T. honey  
1 t. minced peeled fresh ginger (I increased)  
2 t. wasabi paste (I used powder)  
1 lb salmon fillet, cut into 4 pieces  
1/2 t. salt  
1/2 t. pepper  
1/4 c. thinly sliced scallions

### **Instructions**

1. To make the sauce, bring the mirin, vinegar, soy, honey, ginger and wasabi to a boil in a small saucepan. Cook, stirring occasionally, over med-high heat until the flavors are blended and the sauce is thickened, about 5 minutes. Remove from heat, cover and keep warm

2. Meanwhile, sprinkle the salmon with the salt and pepper. Spray a large nonstick skillet with nonstick spray and set over high heat. Add the salmon and cook, turning once until the fish is browned on the outside and opaque in the center, about 4 minutes on each side. Spoon the sauce over the salmon. Sprinkle with the scallions. Serve at once.

Per serving (1 fillet/2 T. sauce) 174 cal, 4 g fat, 10 g carb, 1 g fiber, 22 g pro, 29 mg cal

## **Roasted Pepper-and-Caper Stuffed Chicken Breasts**

Source: Cooking Light 1998 Annual and CL website

Healthy Units: 3.8 (per CL)

Servings: 4

Posted by DebMj1

Date: 02/05/2004

Notes: This recipe is very easy to convert for just one or two servings. I added a bit more rosemary to the stuffing mixture, so the red peppers, capers and rosemary flavor was very strong. I omitted the oil in the stuffing mixture (there was enough liquid from the peppers to bind everything), and I sprayed the pan with my misto instead of using oil in the pan.

1 (12-ounce) bottle roasted red bell peppers, drained and finely chopped  
2 tablespoons capers  
1/4 teaspoon dried rosemary  
1/4 teaspoon dried thyme  
1 garlic clove, minced  
2 teaspoons olive oil, divided  
4 (4-ounce) skinned, boned chicken breast halves  
1/8 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons minced shallots  
1/4 cup dry white wine  
1 (10 1/2-ounce) can low-salt chicken broth  
Chopped fresh parsley (optional)

Combine bell peppers, capers, rosemary, thyme, garlic, and 1 teaspoon oil in a small bowl; stir well.

Cut a horizontal slit through thickest portion of each breast half to form a pocket. Stuff about 1/4 cup bell pepper mixture into each pocket. Sprinkle salt and pepper over chicken.

Heat 1 teaspoon oil in a large non-stick skillet over medium-high heat. Add chicken; sauté 6 minutes on each side or until chicken is done. Remove chicken from skillet. Set aside; keep warm.

Add shallots to skillet, and sauté 1 minute or until tender. Add wine and broth to skillet. Bring to a boil, and cook 5 minutes or until reduced to 1 cup. Return chicken to skillet; cover and simmer 2 minutes or until thoroughly heated. Serve sauce with chicken. Garnish with chopped parsley, if desired.

### **NUTRITION PER SERVING**

CALORIES 179 (23% from fat); FAT 4.5g (sat 0.8g, mono 2.2g, poly 0.6g); PROTEIN 27.9g; CARB 6g; FIBER 0.8g; CHOL 66mg; IRON 1.9mg; SODIUM 514mg; CALC 31mg;

## **BANANA RASPBERRY BREAD**

Source: internet site [angiesreelm.com/raspberries.html](http://angiesreelm.com/raspberries.html)

Healthy Units: sliced to 16 = 3.18 point, sliced to 14 = 3.64, sliced to 12 = 4.25

Servings: 12 – 16

Posted by: thinmeplease (Diane)

Date: 02/05/2004

### **Ingredients:**

1  $\frac{3}{4}$  c. flour

1  $\frac{1}{2}$  t. baking powder

$\frac{1}{2}$  t. baking soda

$\frac{1}{3}$  c. vegetable shortening

$\frac{2}{3}$  c. sugar

2 eggs slightly beaten

3 ripe bananas

1  $\frac{1}{2}$  c fresh raspberries\*

\*If using frozen, include  $\frac{1}{4}$  c. raspberry juice.

### **Instructions:**

Preheat oven to 350°.

Sift flour, baking powder and soda together in medium sized bowl. Set aside.

In a large bowl, blend the shortening and the sugar until fluffy. Add eggs and beat well. Alternately add flour mixture and bananas. Mix until smooth. Carefully fold in raspberries.

Pour into greased loaf pan and bake for 1 hour.

Cool in pan 10 minutes then invert on rack. Makes 1 loaf.

Her tip was that it is good with cream cheese. But we loved it without. Who needs the added points.

## **Black Bean Nachos**

Source: Live with Regis & Kelly; altered

Healthy Units: 7 points

Servings: 8

Posted by: Shellshock

Date: 02/05/2004

### **Ingredients:**

4 small tomatoes

2 average jalapeno pepper

Olive oil cooking spray

1 pound ground beef 5-7% fat

2 clove garlic

1 1/2 tsp chili powder

2 tsp ground cumin

1 Tbsp Cayenne Pepper Sauce (Louisiana Hot Sauce)

15 oz canned black beans (drained)

2 tbsps FF margarine

2 tbsps all-purpose flour

2 c FF skim milk

2 c shredded RF Mexican cheese

1 bag of Guiltless Gourmet Baked, Not Fried Chili Lime Tortilla Chips

1 bag of Guiltless Gourmet Baked, Not Fried Spicy Bean Tortilla Chips

1/4 c fresh cilantro

### **Instructions:**

Arrange a mixture of baked chips on a very large platter.

Next combine diced tomatoes (seeded and diced), jalapeno pepper (seeded and finely chopped), 1/2 a white onion (diced), and fresh finely chopped cilantro. Set aside to let the flavors marry.

Next heat a medium skillet over medium high heat. Add oil spray, garlic, remaining onion, and jalapeno pepper; saute for 2 minutes. Then add meat and crumble with a wooden spoon. Season meat with chili powder, cumin and cayenne pepper sauce. Cook meat 5 minutes, then stir in beans and reduce to low.

Next, in a medium pot, melt butter and add flour to it. Cook flour and butter about a minute or till well mixed. Then whisk milk in with a whisk over moderate heat. When milk comes to a bubble, stir in shredded cheese with a wooden spoon. Remove from heat.

Pour meat mixture over chips, pour cheese over top and pour pico de gallo you made first on top.

Note: This is delicious and wonderful if you are having a casual dinner with some friends.

## **Cheese Blintzes**

Source: McCall's Cook Book (1963)

Healthy Units: 1.28 each (25.75 whole recipe)

Servings: 4 – 5 Makes 20 – 7 inch

Posted by: thinmeplease (Diane)

Date: 02/06/2004

Comments: Healthy units were calculated using Fat Free Cream Cheese and 1% Cottage Cheese and 1% milk. I cut the ½ cup butter for frying each blintz and used butter spray. Using butter spray for last frying and 2 teaspoons of butter cuts out tons of points. You may wish to cut out the butter completely but I like the richness of the flavor it adds.

Ingredients:

Filling:

4 oz cream cheese

½ cup creamed cottage cheese (I used small curd)

2 egg yolks

2 Tablespoons sugar

1 t. vanilla extract

Blintzes:

2 eggs

2 T. salad oil

1 c. milk

¾ c. sifted all-purpose flour

½ t. salt

2 t. butter

1. Make filling: Combine all ingredients in medium bowl; beat, with rotary beater, until smooth. Refrigerate, covered, until ready to use.
2. Blintzes: In medium bowl, with rotary beater, beat eggs, salad oil, and milk well mixed. Add flour and salt; beat until very smooth.
3. Refrigerate, covered, 30 minutes. Batter should be consistency of heavy cream.
4. For each blintz, spray butter spray in each pan. (Original recipe said to melt 1 t. butter). Pour in about 1 ½ T. batter, rotating pan quickly to spread batter completely over bottom of pan.
5. Cook, over medium heat, until lightly browned on one side; remove. Stack blintzes browned side up, as you take them from the skillet.
6. Place 1 T. filling on each browned surface of each blintz. Fold two opposite side over filling; then roll up carefully.  
Note: At this point, from another recipe, it said you could stop and freeze these at this point.
7. Spray large skillet, add 2 t. butter, melt. Sauté blintzes, seam side down, until golden-brown. Turn; sauté other side until golden brown.
8. Serve hot, with sour cream and raspberries if desired. Remember to extra points for this. I like to serve with Cool Whip Lite.

### **Cinnamon-Walnut Scones**

Source: Adapted from Victorian Rose Tea Room

HU: 3.5 per scone

Servings: 8

Posted by DebMj1

Date: 02/06/2004

1 1/4 cups all-purpose flour  
1/2 cup whole wheat flour  
1/4 cup finely chopped walnuts  
1 1/2 Tablespoons sugar  
1 1/2 Tablespoons splenda sugar substitute  
2 1/4 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/4 cup light butter (Corman's)  
1/2 cup egg beaters® 99% egg substitute  
1/3 cup fat-free half and half  
1/8 cup nonfat buttermilk  
1/2 teaspoon sugar

In a bowl, combine the first 8 ingredients (all-purpose flour through cinnamon); cut in butter until the mixture resembles coarse crumbs. Combine egg substitute and half and half; stir into dry ingredients just until moistened. Turn onto a floured surface; gently pat into a 7-inch circle, 3/4-inch thick. Cut into 8 wedges. Separate wedges; place on a lightly greased baking sheet. (I used a Silpat so I didn't flour the surface or grease the baking sheet.) Brush tops with buttermilk. Let rest 15 minutes. Sprinkle with 1/2 tsp. sugar. Bake at 450 F. for 14-16 minutes or until golden brown.

Each scone has 171 calories, 6 gms. fat and 2 gms. fiber (according to MasterCook).

## **Sweet and Sour Slaw**

Source: Unknown

Healthy Units: 0

Servings: 6

Posted by: Barbara (Vino49)

Date: 02/07/2004

Comments: This was really tasty and may become my new favorite slaw. The peppers and scallions really added good taste.

Comments from Rainbow96: May want to add some toasted slivered almonds (small amount) -- adds a bit of a "crunch" to the dish. Make sure to add the points for almonds.

1 16 oz pkg pre-cut cabbage with carrots  
1/2 pkg Ramen noodles with seasoning  
1 red pepper diced (I used red and yellow- so pretty)  
1 bunch scallions, sliced thin - I used the whole scallion - white and green parts  
1/3 c red wine vinegar  
2 TBS Splenda

Mix vinegar and splenda and put aside.

Break up noodles in package and pour half into no stick skillet...use 1/2 pkg of seasoning and sprinkle over the noodles. Toast noodles over medium heat until lightly browned. Put aside.

Rinse cabbage and then drain well, add peppers, scallions and vinegar mixture. Toss well and refrigerate. When ready to serve, add the toasted noodles and toss again.

## **Chicken, Portobello, and Spinach Lasagna**

Linda's kitchen

Healthy Units: 8

Servings: 12

Posted by Sharpeimommy

Date: 02/08/2004

Notes: I used asiago rather than parmesan, and it really gave this dish a great flavor. And, as good as it is on day 1, Dh says it's twice as good the next day.

### **Ingredients**

9 items dry lasagna noodles  
1/4 cup butter  
1 cup onion  
2 clove garlic cloves  
1/2 cup all-purpose flour  
1 tsp salt  
2 cup fat-free chicken broth  
1 1/2 cup fat-free skim milk  
3 cup part-skim mozzarella cheese  
1 cup grated Parmesan cheese  
1 tsp ground basil  
1 tsp ground oregano  
1/2 tsp black pepper  
2 cup part-skim ricotta cheese  
2 cup cooked light meat chicken, cubed  
2 cup spinach  
16 oz sliced portabella mushroom  
2 tsp olive oil

### **Instructions**

1. Preheat oven to 350. Cook lasagna noodles as directed.
2. Spray a large saucepan with cooking spray, cook the onion and garlic until tender, stirring frequently. Add the butter and stir until melted. Stir in the flour and salt, and simmer until bubbly. Mix in the broth and the milk, and boil, stirring constantly for 1 minute. Stir in 2 cups of mozzarella and 1/2 cup parmesan. Season with basil, oregano, and black pepper. Remove from heat and set aside.
3. Add olive oil to a large pan (I used the dutch oven I used for my lasagna noodles). Add mushrooms. Cook for approximately three minutes, then add spinach and 1 clove minced garlic. Cook for 1 additional minute, and remove from heat.
4. Spread 1/3 of sauce mixture in the bottom of a 9x13 inch baking dish. Layer with 1/3 of the noodles, the ricotta and the chicken. Arrange 1/3 of the noodles over the chicken, and layer with 1/3 of the sauce mixture, spinach and mushrooms, remaining 1 cup mozzarella and 1/2 cup parmesan. Arrange remaining noodles over cheese, and spread remaining sauce evenly over noodles. Sprinkle with 1/4 cup parmesan cheese.
5. Bake 35 to 40 minutes in the preheated oven.



## **Roast Pork with Garlic and Rosemary**

Unknown Source

Healthy Units: 6

Servings: 9

Posted by Sharpeimommy

Date: 02/08/2004

Notes: This is good for ham, too, but leave out the salt! I'm guessing at the number of servings. It's probably a good idea to recalculate points based on the cut of meat you buy.

### **Ingredients**

- 1 serving(s) salt
- 1 tsp black pepper
- 2 Tbsp rosemary
- 1 Tbsp sugar
- 2 clove garlic clove(s)
- 2-3 pound lean pork roast (I usually buy Lean Generation Tenderloin)
- 1 1/3 cup fat-free chicken broth
- 1 Tbsp butter

### **Instructions**

Preheat oven to 450 degrees.

Mix liberal amount of salt and pepper with chopped rosemary, sugar, and garlic. Rub on pork.

Spray roaster with cooking spray. Place pork in roast pan in oven for 15 minutes. Pour 1/2 cup stock over roast and lower heat to 325. Pour 1/4 c. stock over roast every 15 minutes for 1 1/4-1 1/2 hours.

Pour drippings into a sauce pan, reduce to 3/4 cup. Add butter. Serve sauce over roast.

## **Strawberry Salad with Poppy Seed Dressing**

Source: CL June 03

Healthy Units: 1

Servings: 6

Posted by Sharpeimommy

Date: 02/08/2004

Notes: This is my absolute favorite salad. If I can't find fresh strawberries, mandarin oranges make a great substitute.

### **Ingredients**

3 Tbsp. sugar  
3 Tbsp. light mayonnaise  
2 Tbsp. skim milk  
1 Tbsp. poppy seeds  
1 Tbsp. white wine vinegar  
10 ounces romaine lettuce  
1 cup sliced strawberries  
2 Tbsp. slivered almonds toasted.

### **Instructions**

Combine first five ingredients in a small bowl, stirring with a whisk.

Place lettuce in a large bowl, add strawberries and almonds, tossing to combine.

One serving is 1 1/2 cups salad mixture, and 1 Tbsp. of dressing.

## **Old-Fashioned Chicken Potpie**

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

Healthy Units: 8

Yield: 6 servings

Posted By: Bawstinn32 (Maria)

Date: 02/09/2004

Comments: I subbed poultry seasoning for thyme and light butter for the regular butter. Tasty and was filling. Good comfort food on a cold day!

### **Crust:**

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

### **Filling:**

3 cups Chicken Stock, divided  
2 1/3 cups cubed red potato (about 1 pound)  
1 cup (1/4-inch-thick) sliced carrot  
2 teaspoons butter or stick margarine  
1/2 cup chopped shallots or onions  
1/2 cup all-purpose flour  
2 cups diced cooked chicken  
1 cup frozen petite green peas  
3/4 teaspoon salt  
1/4 teaspoon dried thyme  
Dash of black pepper  
Cooking spray  
2 teaspoons 1% low-fat milk

To prepare crust, lightly spoon 1 cup flour into dry measuring cups; level with a knife. Combine 1/4 cup flour, ice water, and vinegar in a small bowl. Combine 3/4 cup flour and 1/4 teaspoon salt in a large bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal. Add vinegar mixture; stir just until moist. Press mixture gently into a 5-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Chill for 15 minutes. Roll dough, still covered, into a 13 x 10-inch oval. Place dough in freezer 5 minutes or until plastic wrap can be easily removed.

## Chicken Potpie (continued)

Preheat oven to 400°.

To prepare filling, bring 2 1/2 cups Chicken Stock to a boil in a medium saucepan. Add potato and carrot; cook 2 minutes. Drain mixture in a colander over a bowl, reserving cooking liquid.

Melt butter in a large nonstick skillet over medium heat. Add shallots; cook 3 minutes. Lightly spoon 1/2 cup flour into a dry measuring cup; level with a knife. Combine 1/2 cup flour and 1/2 cup Chicken Stock; stir with a whisk. Add to skillet. Stir in potato mixture, reserved cooking liquid, chicken, peas, 3/4 teaspoon salt, thyme, and pepper. Cook 10 minutes. Remove from heat; cool slightly. Spoon chicken mixture into a 1 1/2-quart casserole dish coated with cooking spray. Remove 1 sheet of plastic wrap from dough. Place dough on top of chicken mixture, pressing to edge of dish. Remove top sheet of plastic wrap. Cut 5 slits in top of crust to allow steam to escape. Gently brush crust with milk. Bake at 400° for 45 minutes or until golden. Let stand 10 minutes.

Yield: 6 servings

CALORIES 366 (30% from fat); FAT 12.4g (satfat 3.6g, monofat 4g, polyfat 3.1g);  
PROTEIN 20.2g; CARBOHYDRATE 42.5g; FIBER 2.8g; CHOLESTEROL 46mg; IRON  
3.5mg; SODIUM 698mg; CALCIUM 40mg;

## **Apricot-Orange Crumb Cake**

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

Healthy Units: 5

Yield: 8 servings

Posted by: Bawstinn32 (Maria)

February 9, 2004

Comments: The HU's dropped to 4 since I used light butter. 213 cal, 5 fat, >1 fiber

1 1/4 cups all-purpose flour  
1/2 cup sugar  
1/8 teaspoon salt  
1/4 cup chilled stick margarine or butter, cut into small pieces  
3 tablespoons tub-style light cream cheese  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/3 cup 1% low-fat milk  
3 tablespoons part-skim ricotta cheese  
1 teaspoon vanilla extract  
1 teaspoon grated orange rind  
1 large egg  
1/4 cup chopped dried apricots  
Cooking spray  
1/4 cup apricot preserves

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, sugar, and salt in a mixing bowl, and cut in the margarine and cream cheese with a pastry blender or 2 knives until mixture resembles coarse meal. Reserve 1/2 cup flour mixture for topping; set aside.

Combine the remaining flour mixture, baking powder, and baking soda, and add the milk, ricotta cheese, vanilla extract, orange rind, and egg. Beat the mixture at medium speed of a mixer until blended (batter will be lumpy), and fold in the chopped apricots. Spoon the batter into an 8-inch round cake pan coated with cooking spray. Dot the batter with apricot preserves, and swirl the preserves into the batter using a knife. Sprinkle the reserved 1/2 cup flour mixture over the batter. Bake 350° for 30 minutes or until cake springs back when touched lightly in center. Cool the cake on a wire rack.

Yield: 8 servings (serving size: 1 wedge)

CALORIES 241 (30% from fat); FAT 8.1g (satfat 2.2g, monofat 3.2g, polyfat 2g);  
PROTEIN 4.7g; CARBOHYDRATE 38.1g; FIBER 0.8g; CHOLESTEROL 33mg; IRON  
1.4mg; SODIUM 201mg; CALCIUM 65mg;

## **Gyros**

Source: CL March 2003

Healthy Units: 8

Serves:4

Posted by KateWD (Kate)

February 9, 2004

Notes: I used all ground sirloin since I don't like lamb

### Loaves:

1 Tsp Onion Powder  
1 tsp garlic powder  
1 tsp dried oregano  
2 tsp fresh lemon juice  
1/4 tsp salt  
3 garlic cloves, minced  
6 oz ground lamb  
6 oz ground sirloin  
Cooking spray  
1/8 tsp ground red pepper

### Sauce:

1 cup peeled shredded cucumber  
1/4 cup vertically sliced red onion  
1 TBS chopped fresh mint (I omitted this)  
1/2 tsp garlic powder  
1/2 tsp fresh lemon juice  
1/8 tsp salt  
1/8 tsp black pepper  
1 (8 oz) carton plain fat-free yogurt

### Remaining Ingredients:

4 pocketless pitas (I used whole wheat pitas from Trader Joes)

(1) Preheat broiler

(2) To prepare loaves, combine first 8 ingredients, stirring well. Divide mixture in 1/2, forming each half into a 6 x 3" loaf. Place each loaf on a broiler pan coated w/cooking spray; broil 7 minutes on each side or until done.

(3) Sprinkle loaves w/red pepper. Cut each loaf crosswise into 1/8" slices.

(4) To prepare sauce, place cucumber and onion onto several layers of heavy-duty paper towels. Cover w/additional paper towels; let stand 5 minutes.

(5) Combine cucumber mixture, mint, and next 5 ingredients (mint - yogurt), stirring well. Divide meat slices evenly among pitas; top each serving w/about 1/4 cup sauce.

Calories: 375; Fat: 11.6 g (sat 4.4g, mono 4.7g, poly 1g); Protein: 25g; Carb: 42.2g; Fiber: 2.3g; Chol: 61mg; Iron: 3.5g; Sodium: 62.7mg; Calc: 158 mg

## **Tacos Picadillo**

Source: [www.foodtv.com](http://www.foodtv.com)

Healthy Units: 1.5

Yield: 12 servings

Posted By: ellen6242 (Ellen)

February 9, 2004

Ellen's Comments: The recipe as written called for 2 tablespoons of oil, I used 1 tablespoon and it was plenty. One ounce of taco meat is 1.5 point. I used 3 ounces in my taco salad.

- 1 tablespoon vegetable oil
- 1 medium onion, chopped (1 cup)
- 2 gloves garlic, chopped
- 1 jalapeno pepper, stemmed, seeded and minced. (If you like it hot include the seeds).
- 1 1/2 tablespoons chili powder
- 1 teaspoon ground cumin
- Kosher salt
- 4 whole peeled canned tomatoes, chopped, and about 1/4 cup of their juices
- 3/4 pound lean ground sirloin
- 1/3 cup fat-free chicken broth
- 1/4 cup fresh cilantro leaves, roughly chopped

Put the oil, onions, garlic and spices in a medium skillet, season with salt and cook over medium heat to medium-low heat, stirring occasionally until tender, about 10 minutes. Increase the heat to medium-high, add the tomatoes and their juices and boil to thicken, about 2 minutes. Stir in the beef and chicken broth, adjust the heat so the mixture simmers and cook until the beef is cooked through and the mixture thickens, about 15 minutes. Stir in cilantro, taste and season with salt and pepper as desired.

### **Shrimp-and-Orzo Salad**

Source: CL 1998 Annual and website

Healthy Units: 6

Servings: 4 (1 1/2 cups each)

Posted by DebMj1 (Deb)

February 10, 2004

CL Note: This recipe is even quicker to prepare if you use precooked shrimp.

1/3 cup red wine vinegar  
1 teaspoon dried basil  
1 teaspoon olive oil  
1/2 teaspoon salt  
1/2 teaspoon dried oregano  
1/4 teaspoon pepper  
1 cup uncooked orzo (rice-shaped pasta)  
2 cups diced seeded tomato  
1 cup frozen green peas, thawed  
1/2 cup finely chopped purple onion  
1/4 cup chopped fresh parsley (I omitted this)  
1 pound medium shrimp, cooked and peeled  
Boston lettuce leaves (optional)

Combine first 6 ingredients in a large bowl. Stir well; set aside.

Cook orzo according to package directions, omitting salt and fat. Drain well.

Add orzo and remaining ingredients to vinegar mixture, and toss well. Cover and chill.  
Serve in a lettuce-lined bowl, if desired.

#### **NUTRITION PER SERVING**

CALORIES 321 (11% from fat); FAT 3.8g (sat 0.6g, mono 1.2g, poly 1.2g); PROTEIN 26g; CARB 45.1g; FIBER 4.7g; CHOL 129mg; IRON 5.3mg; SODIUM 475mg; CALC 89mg;



## **Baked Chicken Marinated in Orange and Brown Sugar**

Source: Lean and Loving It

Healthy Units: 5

Servings: 4

Posted by LissaR

February 10, 2003

1/2 cup orange juice

1 Tbsp light brown sugar

2 Tbsp soy sauce

1/2 tsp sesame oil

1 clove garlic, minced

1 tsp fresh ginger, grated

4 skinless, boneless chicken breast halves

2 cups (supposedly) fresh white bread crumbs (I always use dried)

In a glass or ceramic bowl, combine first six ingredients, stirring until the brown sugar is dissolved. Add the chicken, cover with marinade. Marinate for 1 hour.

Preheat oven to 450. Coat chicken with bread crumbs, place on a cookie sheet coated with cooking spray. Bake at 450 for 16-18 minutes, or until done, flipping once.

### **Oatmeal Cookies with A-Peel**

Source: Cooking Light Website

Health Units: 2 cookies are 3

Yield: 4 dozen

Posted by: Nikkie1t(Tracy)

February 10, 2004

NOTE: These are a soft cookie.

1 cup sweetened dried cranberries (such as Craisins) or raisins  
1/2 cup orange juice  
1/2 cup granulated sugar  
1/2 cup packed brown sugar  
1/4 cup butter or stick margarine, softened  
2 tablespoons light-colored corn syrup  
1 large egg  
1 1/2 cups all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
3 cups regular oats  
1/3 cup coarsely chopped walnuts  
1 tablespoon grated orange rind  
Cooking spray

Preheat oven to 375°.

Combine cranberries and orange juice in a bowl; cover and let stand 10 minutes.

Beat the sugars and butter at medium speed of a mixer until light and fluffy. Add corn syrup and egg; beat well. Stir in cranberry mixture.

Lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, baking soda, baking powder, and salt in a bowl, stirring well with a whisk. Add the oats, walnuts, and orange rind; stir well. Add to sugar mixture; stir until well-blended.

Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake at 375° for 8 minutes or until almost set. Cool on a wire rack.

Yield: 4 dozen (serving size: 1 cookie)

#### **NUTRITION PER SERVING**

CALORIES 78 (22% from fat); FAT 1.9g (sat 0.7g, mono 0.5g, poly 0.5g); PROTEIN 1.6g; CARB 13.8g; FIBER 0.8g; CHOL 7mg; IRON 0.5mg; SODIUM 69mg; CALC 10mg;

## **Chicken Breasts with Orange Sauce**

Source: Recipe from cookbook imported to MasterCook

Healthy Units: 5.5

Servings: 4

Posted By: thinmeplease (Diane)

Date: 2-10-2004

Quick and easy

Note: I calculated this using .5 for some of the ingredients. If using Mastercook it says it is 4.0 points. This was calculated using 4 oz chicken breasts. I used homemade white wine because that is all we have in the house.

I put the sauce over chicken that was baked with poultry seasoning and season salt. The sauce on the chicken was wonderful. Put some sauce on rice but was bland.

I think adding some season salt and poultry seasoning to the sauce would be a plus for the rice.

Ingredients:

- 1 medium orange
- 4 chicken breast halves without skin -- boned
- 1 tablespoon butter or margarine
- 1 tablespoon flour
- 1/4 cup water
- 1/4 cup orange juice
- 2 tablespoons dry white wine
- 1 teaspoon brown sugar
- 1/2 teaspoon chicken bouillon -- granules

Remove peel from half of the orange using a vegetable peeler. Cut into thin strips. Set aside. Remove white membrane and section the orange; set aside. Rinse the chicken and pat dry.

Season chicken lightly with salt and pepper. Place chicken on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat for 12 to 15 minutes or till the chicken is tender and no pink remains, turning once. Keep warm.

Meanwhile for the sauce, melt margarine in a small saucepan; add flour. Cook and stir over medium heat about 2 minutes or till mixture is a light reddish brown. Carefully stir in the water, orange juice, wine, brown sugar, and bouillon granules. Cook and stir until thickened and bubbly; cook and stir 1 minute more. Stir in reserved orange peel and sections. Heat through. Spoon sauce over the chicken.

## **Sole Strudel**

Source: self revamped CL

Healthy Units: 8 for 2 HUGE servings, 4 for 4 smaller servings

Posted by: Kimberley

Date: Feb. 11/04

### **Ingredients**

8 ounces sole fillet

1 cup potato -- peeled and cubed

1/2 cup evaporated skim milk

1/4 cup chicken stock

1 small onion -- minced

1 clove garlic -- minced

spinach, enough to yeild 1C cooked and squeezed dry

1 1/2 teaspoons dried dill

2 tablespoons parmesan cheese

4 sheets phyllo pastry

### **Instructions**

Place sole fillet on a broiler pan coated with cooking spray. Sprinkle with salt and pepper. Broil until fish flakes easily when tested with a fork, 5 - 7 minutes. Cut fillet into small chunks; set aside

Preheat oven to 350°

Combine potato, milk, chicken stock and shallot in a small saucepan; bring to a boil. Reduce heat, and simmer 10 minutes or until liquid has reduced and potato is tender. Mixture should be creamy but not overly liquid. Gently stir in fish, spinach, dill, and cheese. Salt and pepper to taste, set aside.

Place 1 phyllo sheet on work surface (cover remaining dough to keep from drying); lightly coat with cooking spray. Working with 1 phyllo sheet at a time, coat remaining 3 phyllo sheets with cooking spray, placing one on top of the other. Press gently to seal sheets together.

Spoon potato mixture along 1 long edge of phyllo, leaving a 2-inch border at each end. Fold over the short edges of phyllo to cover 2 inches of potato mixture on each end. Starting at long edge with 2-inch border, roll up jelly-roll fashion. (Do not roll tightly, or strudel may split.) Place strudel, seam side down, on a jelly-roll pan coated with cooking

spray. Score diagonal slits into top of strudel using a sharp knife. Lightly spray strudel with cooking spray.

Bake strudel at 350° for 30 minutes or until golden brown. Serve warm.

## **Banana Treats**

Source: CL Web Site

Healthy Units: Per Cookie: 2

Servings: 3 dozen

Posted by star112274

February 11, 2004

1 cup sugar  
1/2 cup stick margarine, softened  
1/3 cup mashed ripe banana  
1 teaspoon vanilla extract  
1 egg  
2 1/4 cups all-purpose flour  
1 teaspoon baking soda  
1/8 teaspoon ground nutmeg  
1 1/2 cups low-fat granola (without raisins)  
Vegetable cooking spray

Cream sugar and margarine at medium speed of a mixer until fluffy (about 3 minutes).

Add banana, vanilla, and egg; beat well. Combine flour, baking soda, and nutmeg; stir.

Add to creamed mixture, beating well. Stir in granola.

Drop the dough by level tablespoons onto baking sheets coated with cooking spray.

Bake at 325° for 12 minutes or until lightly browned; let cool on pans 1 minute. Remove from pans, and let cool completely on wire racks.

CALORIES 92 (29% from fat); FAT 3g (satfat 0.6g, monofat 1.3g, polyfat 1g); PROTEIN 1.4g; CARBOHYDRATE 14.9g; FIBER 0.5g; CHOLESTEROL 6mg; IRON 0.4mg; SODIUM 71mg; CALCIUM 3mg;

### **Garlic-Cheese Grits**

Source: Cooking Light 15-Minute Recipes

Quick & Easy

Healthy Units 3 per serving

Servings 6 (about  $\frac{3}{4}$  cup)

Posted by MedleyDawn (Melody)

Feb 11, 2004

4 cups water

$\frac{1}{4}$  tsp. Salt

2 large garlic cloves, minced (I used jarred roasted garlic)

1 cup uncooked quick-cooking grits

6 ounce light processed American cheese, cubed, aka Velveta Light

$\frac{1}{2}$  tsp low-sodium Worcestershire sauce

$\frac{1}{4}$  tsp. Dry mustard

$\frac{1}{8}$  tsp. Ground red pepper ( or more to taste)

Combine first 3 ingredients in a medium saucepan. Bring to a boil. Slowly stir in grits. Cover, reduce heat, and simmer 5 minutes or until grits are thickened, stirring occasionally.

Add cheese and remaining ingredients to grits. Stir until cheese melts. Serve immediately.

Yield: 6 servings (about  $\frac{3}{4}$  cup each)

Calories: 142 Fat: 2.2 g Protein: 9.3 g Carb: 21.4 g Fiber: 1.3 g

### **Deviled Crab Boules with Beurre Blanc**

Source: Cooking Light Jan. 2003

Healthy Units: 9

Serves: 2

Posted by: Alleycat (Allison)

02/11/04

Crusty individual bread rounds are stuffed with succulent crab and topped with a buttery wine sauce. Make-ahead tip: Prepare the bread shells and crab filling up to a day ahead of time. Just store the shells at room temperature in a zip-top plastic bag, and refrigerate the crab filling.

#### Boules:

2 (3-ounce) Kaiser rolls

#### Deviled crab:

1/4 cup finely chopped green onions, divided

1/4 cup dry white wine

2 garlic cloves, minced

2 tablespoons light mayonnaise

1 tablespoon stone-ground mustard

1/8 teaspoon ground red pepper

1/8 teaspoon paprika

1/2 pound lump crabmeat, shell pieces removed

#### Beurre blanc:

1/3 cup fat-free, less-sodium chicken broth, divided

1/4 cup finely chopped shallots

1/4 cup dry white wine

2 tablespoons white wine vinegar

1 bay leaf

1 teaspoon cornstarch

1 tablespoon butter

1/2 teaspoon lemon juice

1/8 teaspoon black pepper

Julienne-cut green onions (optional)

Preheat oven to 375°.

To prepare boules, hollow out each roll, leaving about a 1/4-inch-thick shell; reserve torn bread for another use. Place bread shells on a baking sheet. Bake at 375° for 5 minutes. Remove from oven; set aside.

### Deviled Crab Boules with Beurre Blanc (continued)

To prepare deviled crab, combine 2 tablespoons chopped green onions, 1/4 cup wine, and garlic in a small saucepan; bring to a boil. Reduce heat; simmer until reduced to 2 tablespoons (about 2 minutes). Remove from heat; stir in mayonnaise, mustard, red pepper, and paprika. Add 2 tablespoons chopped Deviled Crab Boules with Beurre Blanc (cont.)

green onions and crab; toss gently to combine. Spoon crab mixture evenly into bread shells. Bake at 375° for 15 minutes or until thoroughly heated.

To prepare beurre blanc, combine 2 tablespoons broth, shallots, 1/4 cup wine, vinegar, and bay leaf in a small saucepan; bring to a boil. Reduce heat, and simmer until reduced to 1/4 cup (about 3 minutes). Drain through a fine sieve into a bowl, reserving liquid; discard solids.

Return wine mixture to pan. Combine remaining broth and cornstarch, stirring well with a whisk; stir into wine mixture. Bring to a boil; cook 1 minute, stirring constantly. Remove from heat; add butter, stirring until butter melts. Stir in juice and black pepper. Serve beurre blanc immediately over warm boules. Garnish with julienne-cut green onions, if desired.

Yield: 2 servings (serving size: 1 boule and about 1/4 cup sauce)

CALORIES 415 (29% from fat); FAT 13.4g (satisfat 4.6g, monofat 4.4g, polyfat 1.7g); PROTEIN 34.5g; CARBOHYDRATE 34.3g; FIBER 3.4g; CHOLESTEROL 142mg; IRON 3.2mg; SODIUM 1049mg; CALCIUM 135mg;



## **Peppered Pork with Corn Relish**

Quick & Easy

Cooking Light 15 Minute Cookbook

Healthy Units: 6

Servings: 4 (1 chop + ½ cup relish)

Posted by: MedleyDawn (Melody)

Feb. 11, 2004

Cooking Spray

4 (4 ounce each) boneless center-cut loin pork chops (also good with chicken tenders)

2 tablespoons jalapeno jelly, divided

1 ½ cups frozen whole kernel corn, thawed

½ cup chopped red bell pepper

1/3 cup chopped green onions

Heat large non-stick skillet coated with cooking spray over medium heat. Add pork. Top evenly with 1 tablespoon jelly. Cook 3 minutes on each side. Remove from pan and keep warm.

Add remaining 1 tablespoon jelly to pan. Cook over low heat stirring constantly until melted. Add corn, pepper and onion. Cook over medium heat, stirring constantly, 2 minutes. Add pork. Cook about 3 minutes or until pork is done.

Cal: 268 Fat: 8.8 g Protein: 27.1 g Carbs: 20.8 g Fiber 2.0 g

### **Skillet Chicken Pasta (Quick & Easy)**

Source: CL June 2003

Healthy Units: 10

Servings: 4 (1 cup chicken mixture and 1 cup pasta)

Posted by: jhoulih (Jodi)

2/11/04

CL Note: Cream cheese makes the sauce velvety.

1 (9-ounce) package fresh linguine  
1 pound chicken breast tenders  
¼ teaspoon seasoned salt  
1/8 teaspoon black pepper  
1 tablespoon butter  
1 cup sliced mushrooms  
½ cup sliced onion  
½ cup dry sherry  
1 cup fat-free, less-sodium chicken broth  
½ cup (4 ounces) 1/3-less-fat cream cheese

1. Cook pasta according to package directions, omitting salt and fat. Drain.
2. While pasta cooks, sprinkle chicken with salt and pepper. Melt butter in a large nonstick skillet over medium-high heat. Add chicken, mushrooms, and onion; sauté 7 minutes or until chicken is done. Remove from pan; keep warm.
3. Add sherry to pan, scraping to loosen browned bits. Stir in broth and cheese; bring to a boil. Reduce heat, and simmer until cheese melts (about 3 minutes), stirring constantly. Return chicken mixture to pan, and cook until thoroughly heated. Serve over pasta (I mixed the pasta in the pan before dishing up).

CALORIES 500 (19% from fat); FAT 10.4g (sat 5.7g, mono 2.7g, poly 0.6g); PROTEIN 41.3g; CARB 53.3g; FIBER 3.3g; CHOL 90mg; IRON 4.2mg; SODIUM 555mg; CALC 69mg

## **Crumb-Topped Jumbo Bran Muffins**

Source: WW Take-out Tonight

Healthy Units: 6 for jumbo muffins (3 for standard size muffins)

Servings: 6 jumbo muffins (12 standard size muffins)

Posted by: jhoulih(Jodi)

2/11/04

WW Note: Oversize muffins sound like they should be off-limits, but not this recipe. Unprocessed bran, sold in boxes in your market's cereal aisle or in bulk at natural-food stores, provides lots of fiber in these oversize delights. For smaller muffins, spoon the batter into a standard 12-cup muffin tin, bake about 23 minutes, & cut the points in half.

2 T. + ¼ cup all-purpose flour  
2 T. packed light brown sugar  
1 T. butter, cut in small pieces  
2 T. chopped walnuts  
1 ½ cups unprocessed bran  
1 cup whole-wheat flour  
1 t. baking soda  
½ t. baking powder  
¼ t. salt  
1 large egg  
2 egg whites  
1/3 cup sugar  
2 T. molasses  
1 cup fat-free buttermilk  
2/3 cup golden raisins

1. Preheat the oven to 375. Spray a 6-jumbo cup (1 cup each) nonstick muffin tin with nonstick cooking spray (or line with foil or paper liners).
2. To make the crumb topping, combine 2 tablespoons of the all-purpose flour and the brown sugar in a medium bowl. With a pastry blender, cut in the butter until the mixture is crumbly. Stir in the walnuts.
3. Combine the bran, whole-wheat flour, the remaining ¼ cup all-purpose flour, the baking soda, baking powder, and salt in a large bowl. With an electric mixer on medium speed, beat the egg, egg whites, sugar and molasses in a large bowl until blended. Gradually beat in the buttermilk. Gradually add the bran mixture, mixing on low speed until just blended. Stir in the raisins.
4. Spoon the batter into the cups, filling each about half full. Sprinkle with the crumb topping. Bake until a toothpick inserted in a muffin comes out clean, about 25 minutes. Cool in the pan on a rack 5 minutes; remove from the pan and cool completely on the rack.

Per Serving (1 jumbo muffin): 329 Cal, 6 g fat, 2 g sat fat, 42 mg Chol, 481 mg sodium, 64 g Carb, 8 g fiber, 10 g protein, 111 mg Calcium.

## **OAT BRAN MUFFINS**

Source: Cooking Light, Nov. 2002

Healthy Units: 2

Serves: 28 muffins

Posted by: bms2003(Betty)

2/11/04

Notes: I put these in the freezer and just pop one into the microwave to heat up. They aren't very sweet, so DH puts honey on his. You need to grind or crush the flaxseeds to get their nutritional value.

1 cup all-purpose flour  
1 cup whole wheat flour  
1-3/4 cups oat bran  
3/4 cup packed brown sugar  
1/3 cup nonfat dry milk  
1/4 cup flaxseed  
4 teaspoons ground cinnamon  
2 teaspoons baking soda  
2 teaspoons baking powder  
1/2 teaspoon salt  
2 cups shredded carrot  
2 cups chopped Granny Smith apple  
1 cup raisins  
1 cup fat-free milk  
1/4 cup canola oil  
2 teaspoons vanilla extract  
3 large egg whites  
1 thin-skinned orange, unpeeled and quartered  
Cooking Spray

1. Preheat oven to 375°. Lightly spoon flours into dry measuring cups; level with a knife. Combine flours and the next 8 ingredients in a large bowl, stirring well with a whisk. Stir in carrot, apple, and raisins.
2. Combine milk, oil, vanilla, egg whites, and orange in a blender or food processor; process until smooth. Make a well in center of flour mixture; add milk mixture; stir just until moist.
3. Spoon 3 tablespoons batter into each of 28 muffin cups coated with cooking spray. Bake in batches at 375° for 20 minutes or until muffins are browned and spring back when touched lightly in center. Remove the muffins from pans immediately, and place on a wire rack.

CALORIES 114; FAT 2.8g; PROTEIN 3.5g; CARB 22.6g; FIBER 3g; CHOL 0mg; IRON 1.1mg; SODIUM 188mg; CALC 61 mg

### **Mushrooms Simmered with Garlic and Wine**

Source: Unknown

Healthy Units: 1.2

Servings: 8

Posted by DebMj1 (Deb)

February 12, 2004

2 lbs mushrooms, small  
1 Tablespoon olive oil  
1/2 tsp salt  
1/2 tsp fresh ground black pepper  
6 cloves garlic, minced  
3/4 c dry white wine  
1/2 tsp dried thyme  
1/4 c fresh parsley, chopped

Clean and trim mushrooms. In a large, deep skillet over medium heat, heat oil until hot. Add mushrooms and cook 2 minutes. Add salt, pepper and garlic; cook 5 minutes or until mushrooms give up their liquid.

Add wine and thyme; bring to a simmer. Simmer uncovered 20 minutes or until mushrooms are tender and liquid is slightly thickened. Taste and adjust seasonings; stir in parsley. Serve warm or at room temperature.

Note: if medium sized mushrooms are used, cut in half; if large, cut into quarters.

## **Chocolate Chunk Bread Puddings**

Source: Cooking Light Jan 2003

Healthy Units: 7

Serves: 2

Posted by: Allison

02/12/04

Try not to chop the chocolate too finely so you'll have good-sized chunks to bite into. Hawaiian bread pudding is a soft, sweet bread found in the bakery section of most grocery stores. Leftovers are good for ham and Swiss sandwiches.

Note from Sharpeimommy: I got it down to 5.5 using egg beaters and skim milk.

1 3/4 cups (1/2-inch) cubed Hawaiian sweet bread  
2/3 cup 2% reduced-fat milk  
2 tablespoons sugar  
1 1/2 tablespoons unsweetened cocoa  
1 tablespoon Kahlúa (coffee-flavored liqueur)  
1/2 teaspoon vanilla extract  
1 large egg, lightly beaten  
Cooking spray  
1 ounce semisweet chocolate, coarsely chopped  
2 tablespoons frozen fat-free whipped topping, thawed

Preheat oven to 350°.

Arrange bread cubes in a single layer on a baking sheet. Bake at 350° for 5 minutes or until toasted. Remove bread from oven; decrease oven temperature to 325°.

Combine milk and next 5 ingredients (milk through egg) in a medium bowl, stirring well with a whisk. Add bread, tossing gently to coat. Cover and chill 30 minutes or up to 4 hours.

Divide half of bread mixture evenly between 2 (6-ounce) ramekins or custard cups coated with cooking spray; sprinkle evenly with half of chocolate. Divide remaining bread mixture between ramekins; top with remaining chocolate.

Place ramekins in an 8-inch square baking pan; add hot water to pan to a depth of 1 inch. Bake at 325° for 35 minutes or until set. Serve each pudding warm with 1 tablespoon whipped topping.

CALORIES 319 (30% from fat); FAT 10.6g (sat fat 5.2g, mono fat 3.6g, poly fat 0.8g); PROTEIN 9.8g; CARBOHYDRATE 45.3g; FIBER 2.1g; CHOLESTEROL 121mg; IRON 1.8mg; SODIUM 141mg; CALCIUM 125mg;

## **Pan-Steamed Vegetable Dumplings with Soy Dipping Sauce**

Source: WW Takeout Tonight

Healthy Units: 2 for 3 dumplings

Servings 45 Dumplings (15 servings)

Posted by Jillybean03 (Jill)

Date 2/14/04

Comments: This is a long recipe, and time consuming to form the dumplings, but it really isn't complicated. It would make an elegant appetizer, and it freezes very well. (Freeze before cooking, and cook straight from the freezer)

### **Ingredients**

#### **DIPPING SAUCE**

6 T. Lite soy sauce

1 1/2 T. rice vinegar

2 1/4 t. minced peeled fresh ginger

1 garlic clove, minced

1 1/2 t. sugar

1 1/2 t. asian (dark) sesame oil

1/8 t. pepper

#### **DUMPLINGS**

2 t. canola oil

1 t. asian (dark) sesame oil

2 T. minced peeled fresh ginger

3 garlic cloves, minced

1/2 lb shiitake mushrooms, thinly sliced

3 c. shredded Chinese cabbage (I used Napa)

2 T. sake (I used rice wine from asian aisle)

3 scallions, chopped

1 carrot, shredded

1 T. lite soy sauce

45 (3") Round (I used square) wonton wrappers

#### **Instructions**

1. To prepare the dipping sauce, combine the soy sauce, vinegar, ginger, garlic, sugar, sesame oil, and pepper in a small bowl; set aside.

### Pan-Steamed Vegetable Dumplings with Soy Dipping Sauce (continued)

2. To prepare the dumplings, heat a nonstick wok or a large, deep skillet over medium-high heat until a drop of water sizzles. Swirl in the canola and sesame oil, then add the ginger and garlic. Stir fry until fragrant, about 10 seconds. Stir in the mushrooms and cabbage, stir-fry until softened, about 3 minutes. Add the sake and cook, stirring often, until the liquid evaporates, 3-4 minutes. Add the scallions and carrot; stir-fry until softened, about 2 minutes. Remove from the heat and stir in the soy sauce. Transfer to a large bowl and let cool 10 minutes.

### Pan-Steamed Vegetable Dumplings with Soy Dipping Sauce (continued)

3. Arrange 6 wonton wrappers on a work surface. Place 1 t. of the vegetable mixture in the center of each wrapper. Brush the edges of each wonton wrapper with water, then fold into half circles, pressing the edges to seal. Place the completed dumplings on a baking sheet lightly covered with cornstarch and cover with damp paper towels. Repeat, making 45 dumplings (mine came out perfectly to 45)

AT THIS POINT, you can freeze the dumplings. Freeze them in a single layer. Once frozen, transfer to a ziploc.

4. Spray a large nonstick skillet with nonstick spray and set over med-high heat. Add 10-12 dumplings to the skillet (don't overcrowd or they won't brown) and cook until light brown on one side, 1 minute. Add 1/3 cup water and cover with a tight fitting lid. Reduce the heat to medium, and cook the dumplings until the liquid evaporates, 3-4 minutes. Transfer the dumplings, browned side up, to a serving tray. Serve with the dipping sauce.

NOTE: The dumplings are good warm or at room temp.



### **Italian-Stuffed Chicken Breasts**

Source: CL 1998 Annual

Healthy Units: 4

Servings: 4 (1 chicken breast half and 3 Tbsps. sauce)

Posted by DebMj1 (Deb)

February 15, 2004

1 teaspoon olive oil, divided (I used a Misto)  
3/4 cup minced onion, divided  
1 ounce prosciutto, chopped (about 1/4 cup)  
1 Tablespoon freshly grated Parmesan cheese  
1 Tablespoon dry bread crumbs (I used panko)  
1 1/2 tsp. minced fresh rosemary, divided (I used dried)  
4 4-oz. skinned and boned chicken breast halves  
1 cup low-salt chicken broth  
1/4 cup dry white wine  
1 clove garlic, minced  
rosemary sprigs, for garnish

Heat 1/2 tsp. oil in a large nonstick skillet over medium heat. Add 1/2 cup onion and saute 4 minutes. Combine sauteed onion, prosciutto, cheese, breadcrumbs and minced rosemary in a bowl. Stir well; set aside.

Cut a horizontal slit in thickest portion of each chicken breast half to form a pocket. Stuff about 3 Tbsps. onion mixture into each pocket. (I did up to this point much earlier in the day and refrigerated the chicken until dinner.)

Heat 1/2 tsp. oil in skillet over medium high heat. Add chicken, and cook 6 minutes on each side or until chicken is done. Remove chicken from skillet. Set aside; keep warm. Add 1/4 cup onion to skillet, and saute 3 minutes. Add 1/2 tsp. rosemary, broth, wine and garlic; bring to a boil. Cook 5 minutes or until reduced to 3/4 cup. (This took more like 10 minutes). Return chicken to skillet; cover and simmer 2 minutes or until thoroughly heated. Serve sauce with chicken. Garnish with rosemary sprigs, if desired.

**MAPLE BLUE**

Source: The Smoothies Deck

Healthy Units: 3 per serving

Serves: 3

Posted by: trishblau

Date: 2/15/04

1 cup low-fat blueberry yogurt

3/4 cup skim (nonfat) milk

1 Tablespoon maple syrup

1/2 teaspoon ground cinnamon

2 cups frozen blueberries

Combine the yogurt, milk, syrup, and cinnamon in a blender. Add the blueberries and blend until smooth.

## **Overnight Apple French Toast**

Source: WW boards

Healthy Units: 4

Servings: 12

Posted by: figaro67

Date: 02/15/2004

1 cup brown sugar  
1/2 cup light butter, melted  
3 tsp. cinnamon, divided  
3 Granny Smith apples, peeled and sliced  
1/2 cup raisins or dried cranberries (i omitted)  
1 loaf Italian or French bread, 1-inch slices  
1 1/2 C Egg Beaters  
1 1/2 cup skim milk  
1 Tbsp vanilla

Combine brown sugar, butter and 1 tsp cinnamon in 9x13-inch dish. Add apples and raisins; toss to coat. Spread evenly over bottom of dish. Arrange bread on top. Mix eggs, milk, vanilla and remaining cinnamon until blended. Pour over bread, soaking completely. Cover and refrigerate 4 to 24 hours. Bake, covered with aluminum foil at 375 for 40 minutes. Uncover and bake 5 minutes.

## **Chicken Saltimboca**

Source: Foodnetwork.com – Giada De Laurentis

Healthy Units: 4

Servings: 6

Posted by: ejwyatt (Emily)

Date: February 15, 2004

Notes: This is pretty quick and easy to do and VERY tasty. Prep Time: 15 minutes Cook Time: 20 minutes

6 (3-ounce) chicken cutlets, pounded to evenly flatten  
Salt and freshly ground black pepper  
6 paper-thin slices prosciutto  
1 (10-ounce) box frozen chopped spinach, thawed  
3 tablespoons olive oil  
1/4 cup grated Parmesan  
1 (14-ounce) can low-salt chicken broth  
2 tablespoons fresh lemon juice

Place the chicken cutlets flat on the work surface. Sprinkle the chicken with salt and pepper. Lay 1 slice of prosciutto atop each chicken cutlet.

Squeeze the frozen spinach to remove the excess water. Season the spinach with salt and pepper. In a small bowl, toss the spinach with 1 tablespoon of oil to coat.

Arrange an even, thin layer of spinach atop the prosciutto slices. Sprinkle the Parmesan evenly over each. Beginning at the short tapered end, roll up each chicken cutlet as for a jellyroll. Secure with a toothpick.

Heat the remaining 2 tablespoons of oil in a heavy large skillet over high heat. Add the chicken and cook just until golden brown, about 2 minutes per side. Add the chicken broth and lemon juice, and scrape the browned bits off the bottom of the pan with a wooden spoon. Bring the liquid to a boil. Reduce the heat to medium. Cover and simmer until the chicken is just cooked through, about 8 to 10 minutes. Transfer the chicken to a platter. Simmer the cooking liquid over high heat until it is reduced to about 2/3 cup, about 5 minutes. Season the cooking liquid with salt and pepper, to taste. Remove toothpicks from the chicken. Drizzle the reduced cooking liquid over the chicken and serve immediately.

### **Creamy Parmesan Orzo**

Source: Cooking Light, March 2004

Healthy Units: 5

Servings: 4

Posted by: ejwyatt (Emily)

Date: February 15, 2004

Notes: This is a delicious side with an Italian chicken or fish dish.

1 Tbsp butter

1 C orzo

1 ¼ C fat-free, low-sodium chicken broth

1 ¼ C water

¼ C (1 oz) grated fresh parmesan

2 Tbsp chopped fresh basil

¼ tsp salt

¼ tsp freshly ground black pepper

4 tsp pine nuts, toasted

Heat butter in a medium saucepan over medium heat. Add orzo, and cook 3 minutes, stirring constantly. Stir in broth and water, bring to a boil. Reduce heat, and simmer until liquid is absorbed and orzo is done (about 15 minutes). Remove from heat, stir in cheese, basil, salt and pepper. Sprinkle with pine nuts. Serve immediately. Yield 4 servings (serving size = ½ cup).

#### **NUTRITION PER SERVING**

CALORIES 236 (24% from fat); FAT 6.4g (sat 3.2g, mono 1.8g, poly 0.8g); PROTEIN 9.9g; CARB 34.8g; FIBER 1.7g; CHOL 12mg; IRON 1.8mg; SODIUM 412mg; CALC 82mg;

## **Chocolate Fudge Pie**

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

Healthy Units: 6

Servings: 10

Posted By: Bawstinn32 (Maria)

February 16, 2004

Comments: This was a very, very rich pie. Extremely chocolaty tasting. A small piece is just enough! This is a great make-ahead dessert as it needs to chill at least 4 hours.

Additional Comments: Had a slice of the Chocolate Fudge Pie last night. It definitely mellows and did not taste as rich as it did Saturday. I would recommend making it the day before rather than only refrigerating it for 4 hours prior to serving.

1/2 (15-ounce) package refrigerated pie dough (such as Pillsbury)  
1 cup packed brown sugar  
1/2 cup unsweetened cocoa  
1 tablespoon all-purpose flour  
3/4 cup 2% reduced-fat milk  
1/3 cup light-colored corn syrup  
1 tablespoon butter, melted  
1 teaspoon vanilla extract  
2 large eggs  
2 large egg whites  
1 cup frozen fat-free whipped topping, thawed  
1/2 teaspoon unsweetened cocoa (optional)

Preheat oven to 350°.

Fit dough into a 9-inch pie plate. Fold edges under; flute. Place pie plate in freezer until ready to use.

Combine brown sugar, 1/2 cup cocoa, and flour in a large bowl. Combine milk and next 5 ingredients (milk through egg whites); stir with a whisk until well blended. Add milk mixture to brown sugar mixture; stir until combined.

Pour mixture into crust. Bake at 350° for 40 minutes or until just set. Cool on a wire rack to room temperature. Cover; chill at least 4 hours. Spread whipped topping evenly over filling; sprinkle with 1/2 teaspoon cocoa, if desired.

Yield: 10 servings (serving size: 1 wedge)

CALORIES 272 (28% from fat); FAT 8.6g (sat fat 4g, mono fat 2.7g, poly fat 1.4g);  
PROTEIN 4.3g; CARBOHYDRATE 46.5g; FIBER 1.5g; CHOLESTEROL 51mg; IRON  
1.2mg; SODIUM 150mg; CALCIUM 53mg;

## **Spiced Pepper-Crusted Filet Mignon with Asparagus**

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

Healthy Units: 6

Servings: 4

Posted By: Bawstinn32 (Maria)

February 16, 2004

1 teaspoon bottled minced garlic  
1/2 teaspoon olive oil  
1/2 teaspoon salt, divided  
12 ounces fresh asparagus, trimmed  
1 tablespoon cracked black pepper  
2 teaspoons brandy  
1/2 teaspoon garlic powder  
4 (4-ounce) beef tenderloin steaks (about 1 inch thick)  
Cooking spray

Preheat broiler.

Combine minced garlic, olive oil, 1/4 teaspoon salt, and asparagus in a large bowl, tossing gently to coat.

Combine 1/4 teaspoon salt, pepper, brandy, and garlic powder; rub evenly over steaks. Place steaks on a broiler pan coated with cooking spray; broil 6 minutes. Turn steaks over; add asparagus to pan. Broil 5 minutes or until desired degree of doneness.

Yield: 4 servings (serving size: 1 steak and 3 ounces asparagus)

CALORIES 269 (39% from fat); FAT 11.6g (satfat 4.1g, monofat 4.5g, polyfat 0.5g);  
PROTEIN 34.9g; CARBOHYDRATE 4.7g; FIBER 1.2g; CHOLESTEROL 95mg; IRON  
5.1mg; SODIUM 367mg; CALCIUM 36mg;

## **Black and Blue Ahi Tuna with Orange-Soy Sauce**

Source: Gastronomy Restaurants

Healthy Units: 6

Servings: 4

Posted by Scarehair (Carrie)

2-16-04

Comments: This is absolutely wonderful! It is easy and gourmet. One of our favorite menu items at Market Street Grill.

Ahi Tuna ingredients:

Cajun spice 4 6-ounce ahi tuna filets

Ahi Tuna method:

Dust the tuna lightly with Cajun spice on both sides. Sear the tuna on a very hot grill or in a sauté pan for 2 minutes on each side.

Orange-Soy Sauce ingredients:

1 cup soy sauce (low sodium)

1 cup fresh squeezed orange juice

1/4 cup orange zest, finely chopped

2 tablespoons cornstarch

Orange-Soy Sauce method:

Bring orange juice, soy sauce, and orange zest to a low boil. Simmer 5 minutes. Mix 2 tablespoons of the soy sauce mixture with the 2 tablespoons of cornstarch. Whisk the cornstarch into the soy sauce mixture and simmer 5 minutes.

To serve:

Put filets on warm plates and pour 2 ounces of sauce over each.



## **Chicken with Green Olives**

Source: Cooking Light January/February 2004

Healthy Units: 8 (I made it into 6 servings at 5.5 Hus per serving)

Serves: 4 (2 thighs, about ½ C sauce and ¾ C couscous)

Posted by: EJWyatt (Emily)

Date: 2/16/04

Comments: Couldn't get chicken thighs, so I used chicken legs. There were 6 legs in 2 pounds, so I decided to convert to 6 servings instead of 4. Still very satisfying.

1 tablespoon olive oil  
8 chicken thighs (about 2 pounds), skinned  
¾ teaspoon black pepper, divided  
¼ teaspoon salt  
2 cups chopped onion  
1 tablespoon minced fresh garlic  
2 teaspoons minced peeled fresh ginger  
1 teaspoon ground cumin  
1 teaspoon paprika  
½ teaspoon ground turmeric  
Dash of ground red pepper  
1 (3-inch) cinnamon stick  
1 bay leaf  
2 cups fat-free, less-sodium chicken broth  
⅔ cup pitted green olives  
2 tablespoons fresh lemon juice  
¼ cup chopped fresh cilantro  
3 cups hot cooked couscous

Heat olive oil in a large nonstick skillet over medium-high heat. Sprinkle chicken with ¼ teaspoon black pepper and ¼ teaspoon salt. Add chicken to pan; cook 10 minutes, browning on all sides. Remove chicken from pan; reduce heat to medium.

Add ½ teaspoon black pepper, onion, and the next 8 ingredients (onion through bay leaf); cook 5 minutes, stirring occasionally. Add broth; bring to a boil. Return chicken to pan, and reduce heat. Simmer, uncovered, for 15 minutes or until chicken is done. Discard cinnamon and bay leaf.

While chicken cooks, place olives in a small saucepan; cover with water. Bring to a boil; drain. Repeat procedure. Add olives and juice to chicken mixture; sprinkle with cilantro. Serve over couscous.

Yield: 4 servings (serving size: 2 chicken thighs, ½ cup sauce, and ¾ cup couscous)

CALORIES 397 (27% from fat); FAT 12.1g (saturated 2.2g, monofat 6.4g, polyfat 2g); PROTEIN 33.1g; CARBOHYDRATE 37.8g; FIBER 4g; CHOLESTEROL 107mg; IRON 3mg; SODIUM 933mg; CALCIUM 66mg;

### **Spicy Shrimp Etoufee**

Source: Low-Calorie Cajun Cooking – Enola Prudhomme

Healthy Units: 6.5

Serves: 4

Posted by: EJWyatt (Emily)

Date: 2/16/04

Notes: This is very spicy and delicious.

2 Tbsp reduced-calorie margarine

1 ½ C finely chopped onion

½ C finely chopped green bell pepper

½ C finely chopped celery

1 tsp salt

1 ¼ tsp ground red pepper (cayenne)

1 tsp paprika

¼ tsp ground oregano

1/8 tsp ground thyme

1/8 tsp dried basil leaves, crushed

½ of a 6 oz. Can of tomato paste

1 ½ C water

1 pound shrimp, peeled and deveined

¼ C finely chopped green onions

2 Tbsp very finely chopped fresh parsley

2 C hot cooked rice

In a medium saucepan over high heat, melt the margarine. Add the onions, bell pepper and celery; sauté stirring occasionally for 10 minutes. Add the salt, pepper, paprika, oregano, thyme and basil, and cook for 5 minutes, stirring often.

Dissolve tomato paste in the water and add to the saucepan.

Simmer for 10 minutes. Stir in shrimp, green onions and parsley. Reduce the heat, cover and simmer for 10 minutes, stirring often. Remove from the heat and let stand, covered, for 5 minutes before serving. Serve over hot rice.

## **Red Curry Chicken With Basil**

Source: [www.atasteofthai.com](http://www.atasteofthai.com)

Healthy Units: 5

Servings: 5 1-cup servings

Posted By: Bawstinn32 (Maria)

February 17, 2004

Comments: I used 1 tbl of the curry paste because I was not sure how spicy it would be; next time I'll se the full amount as it needed just a little bit more spice. I added a tad bit more fish sauce as I thought it needed a bit more salt. I don't think all the oil is needed; will probably cut down to 2 teas next time. Next time I will also add some green onion for more color and see what other kind of vegetables can be added as well.

1 tablespoon vegetable oil  
1 1/2 tablespoons red curry paste  
10 oz light coconut milk  
1 1/2 pounds chicken breasts, no skin, no bone, R-T-C -- sliced  
2 tsp brown sugar  
2 tsp fish sauce  
2 whole red bell peppers -- sliced  
10 whole basil leaves -- chopped

Heat the oil in the frying pan over medium heat. Add the curry base and simmer for 2 minutes, so that it is dissolved and foaming.

Stir in the can of the coconut milk. Cook over medium heat for 4 minutes, stirring occasionally. Add the sliced chicken. Simmer for 4 minutes.

Stir in the sugar, fish sauce and bell pepper. Simmer until the chicken is cooked, about 3 minutes more.

Add the chopped basil. Season to taste with more sugar as desired. Serve over rice.

Per Serving (excluding unknown items): 211 Calories; 9g Fat (38.4% calories from fat); 26g Protein; 6g Carbohydrate; trace Dietary Fiber; 69mg Cholesterol; 146mg Sodium.  
Exchanges: 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

### **No-Fry French Toast**

Source: Better Homes & Gardens New Dieter's Cookbook

Healthy Units: 4

Serves: 4

Posted by: BMS2003 (Betty)

2-17-04

Nonstick spray coating

1 slightly beaten egg

1 slightly beaten egg white

3/4 c skim milk

1 t vanilla

1/8 t ground cinnamon

8 1/2-inch-thick slices French bread

1/4 t finely shredded orange peel

1/2 c orange juice

1 T honey

1 t cornstarch

1/8 t ground cinnamon

1 T powdered sugar (optional)

Spray a large baking sheet with nonstick coating. In a pie plate combine egg, egg white, milk, vanilla, and 1/8 teaspoon ground cinnamon. Soak bread slices in egg mixture for about 1 minute per side. Place on prepared baking sheet.

Bake in a 450° oven about 6 minutes or until bread is lightly browned. Turn bread over and bake 5-8 minutes more or until golden brown.

Meanwhile, for orange syrup, in a small saucepan stir together orange peel, orange juice, honey, cornstarch and 1/8 teaspoon cinnamon. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more.

If desired, sift powdered sugar over toast. Serve with warm orange syrup.

Calories 171, Fat 3g, Cholesterol 54mg, Sodium 263mg, Carbohydrates 29g, Fiber 0g, Protein 7g

## **Seared Tuna with ginger-soy dipping sauce**

Source: WCPO.com

Healthy Units: 9.3

Servings: 4

Submitted by: Danikam

Date: 2-16-04

Notes: Original recipe called for steaks to be coated with sesame seeds. Use about 2/3 c. seeds for 4 steaks (just press seeds into the side of the steak) and add the points. We added more red pepper in the sauce. Served with wasabi mayo asparagus and noodles.

DebMj1's notes: If you can cut the sesame seeds to 1/3 cup for each steak, it comes to 7.7 healthy units.

4 5 oz. Sashimi grade tuna steaks (sushi quality)  
2 tsp sesame or canola oil  
salt and freshly ground pepper

Rinse steaks and pat dry. Sprinkle with salt and pepper to taste. Heat oil in a 12" non-stick skillet over high heat. Swirl oil in pan to coat bottom of skillet. Add tuna steaks and cook 30 seconds without moving steaks. Reduce heat to medium-high and continue to cook - about 1 ½ minutes total time for rare or 3 minutes total time for medium rare. To serve cut into 1/4" slices across the grain.

### **Ginger Soy Dipping Sauce**

1/4 Cup Soy Sauce

1/4 Cup Rice Vinegar

1/4 Cup Water

2 tsp. Sugar

2 tsp. Fresh Ginger, peeled and grated

1/2 tsp. Crushed Hot Red Pepper Flakes, or to taste

2 tsp. Asian Sesame Oil

2 Green Onions, sliced thin

2 Tbsp Fresh Cilantro, chopped

Combine all ingredients, with the exception of the onions and cilantro in a small bowl, whisking to incorporate. Stir in sliced green onions and chopped cilantro.

## **Moo Shu Chicken**

Source: WW New Complete Cookbook

Healthy Units: 9

Servings: 4 (2 pancakes and ¼ chicken mixture)

Posted by: annem81 (Anne)

2/17/04

WW comments: make the pancakes ahead of time- well wrapped in plastic wrap, they freeze beautifully. In a pinch, use flour tortillas in place of the pancakes.

Anne's comments: This is just fabulous! (even veggie hating BF loved it!) I increased the cabbage a bit for more volume since I left out the mushrooms.

### **Ingredients:**

4T reduced sodium soy sauce

4 garlic cloves, minced

¾ LB skinless boneless chicken breast, cut in 2-inch strips

1t ground ginger

2C shredded Napa cabbage

2C shredded bok choy (Chinese cabbage)

1 carrot, shredded

½ C canned straw mushrooms, rinsed, drained and thinly sliced

½ C canned bamboo shoots, rinsed, drained and thinly sliced

¼ t hot chili oil

8 whole wheat Moo Shu Pancakes (recipe follows)

4t hoisin sauce

### **Directions:**

1. To prepare marinade, in a gallon sized sealable plastic bag, combine 2T of soy sauce and ½ the garlic; add the chicken. Seal the bag and refrigerate, turning the bag occasionally, 1 hour. Drain and discard the marinade.

2. In a small bowl, combine remaining 2T soy sauce and garlic and the ginger; set aside.

. Spray a non stick skillet with cooking spray; heat. Sauté chicken until cooked through. Transfer to a plate. In the skillet, combine cabbage, bok choy, carrot, mushrooms, and bamboo shoots; cook, stirring frequently, until cabbages and bok choy start to wilt, 4-5 minutes. Add the chicken, the soy sauce mixture and the hot chili oil; toss to coat.

4. To serve, spread the pancakes with the hoisin sauce and top with the chicken mixture and roll up.

## Moo Shu Chicken (continued)

### Whole Wheat Moo Shu Pancakes

½ C whole wheat flour

½ C all purpose flour

1. In a medium bowl, combine the flours. Add 5T water; with a wooden spoon, stir until a smooth dough forms 3-4 minutes. If the dough is dry, add a few more drops of water. Knead the dough in the bowl until it is soft and elastic, ~ 3minutes. Divide the dough into 8 pieces.
2. On a lightly floured work surface, roll each piece of dough into a 6" circle, about 1/8" thick. Layer between sheets of wax paper; cover with plastic wrap and refrigerate until ready to use. (If they shrink slightly, roll them out again just prior to cooking.)
3. Heat a medium nonstick skillet. One at a time, cook the pancakes, turning 10 seconds, until light brown spots appear on both sides, 30-40 second. Wrap in foil and keep warm until ready to use.

Per serving: 503 calories, 3 grams fat, 1g saturated fat, 41 mg Cholesterol, 726 mg sodium, 88 g Total Carbs, 9 g Fiber, 31 g Protein, 116 mg Calcium

### **Sweet-Spicy Glazed Salmon**

Source: Cooking Light, OCTOBER 2003

Healthy Units: 6

Servings: 4

Posted By: Bawstinn32 (Maria)

February 18, 2004

Chinese hot mustard has a sharp bite similar to that of wasabi. If you can't find it, use Dijon mustard or 1 teaspoon of a dry mustard such as Coleman's.

Comments: Nice flavor, I really like the glaze but my Chinese hot mustard did not have any spice to it at all and I even tasted it straight from the jar! Next time I will use the Coleman's as I know that doesn't have a bit of a kick. Goes together quickly. Although my filets were 6 oz, they were a tad bit overcooked; I would shorten the cooking time to about 10 minutes in the oven.

3 tablespoons dark brown sugar  
1 tablespoon low-sodium soy sauce  
4 teaspoons Chinese-style hot mustard  
1 teaspoon rice vinegar  
4 (6-ounce) salmon fillets (about 1 inch thick)  
Cooking spray  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper

Preheat oven to 425°.

Combine first 4 ingredients in a saucepan; bring to a boil. Remove from heat.

Place fish on a foil-lined jelly roll pan coated with cooking spray; sprinkle with salt and pepper. Bake at 425° for 12 minutes. Remove from oven.

Preheat broiler.

Brush sugar mixture evenly over salmon; broil 3 inches from heat 3 minutes or until fish flakes easily when tested with a fork.

Yield: 4 servings (serving size: 1 fillet)

CALORIES 252 (37% from fat); FAT 10.3g (satfat 2.3g, monofat 4.4g, polyfat 2.5g);  
PROTEIN 27.7g; CARBOHYDRATE 11g; FIBER 0.1g; CHOLESTEROL 65mg; IRON  
0.9mg; SODIUM 470mg; CALCIUM 33mg;