

## **Strawberry-Orange Muffins**

Source: Cooking Light

Healthy Units: 4

Servings: 12

Posted By: Di\_ane

February 18, 2004

Serve warm with Brandied Strawberry Jam.

1 1/4 cups halved strawberries  
3 tablespoons butter or stick margarine, melted  
2 teaspoons grated orange rind  
2 large eggs  
1 1/2 cups all-purpose flour  
1 1/4 cups sugar  
1 teaspoon baking powder  
1/2 teaspoon salt  
Cooking spray  
2 teaspoons sugar

Preheat oven to 400°.

Combine first 4 ingredients in a blender, and process just until blended. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, 1 1/4 cups sugar, baking powder, and salt. Add strawberry mixture to flour mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray. Sprinkle with 2 teaspoons sugar. Bake at 400° for 20 minutes or until muffins spring back when touched lightly in center. Remove from pan immediately.

### **NUTRITION PER SERVING**

CALORIES 184 (20% from fat); FAT 4g (sat 2.1g, mono 1.2g, poly 0.3g); PROTEIN 2.8g; CARB 34.8g; FIBER 0.8g; CHOL 45mg; IRON 1mg; SODIUM 179mg; CALC 33mg;

### **Zucchini, Olive & Cheese Quesadillas**

Source: WW "Best Bets" Cookbook

Healthy Units: 5

Servings: 4

Submitted by: dkennett (Dixie)

Date: 02/19/04

1 t olive oil

Cooking spray

1/3 c finely chopped onion

½ t bottled minced garlic

1 ¼ cups shredded zucchini

¼ t dried oregano

1/8 t salt

1/8 t black pepper

4 (8-inch) fat-free flour tortillas

½ c (2 oz) pre-shredded part-skim mozzarella cheese, divided

½ c diced tomato, divided

¼ c sliced pitted kalamata olives, divided

¼ c (1 oz) crumbled feta cheese, divided

1. Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add onion and garlic; sauté 1 minute. Add zucchini; sauté 2 minutes. Remove skillet from heat; stir in oregano, salt and pepper.

2. Wipe pan clean with paper towels and place over medium heat until hot; coat with cooking spray. Add 1 tortilla to pan; sprinkle with ¼ c mozzarella. Top with half of zucchini mixture, ¼ c tomato, 2 T olives, 2 T feta cheese and 1 tortilla. Cook 3 minutes or until lightly browned on bottom. Carefully turn quesadilla; cook 2 minutes or until lightly browned. Place quesadilla on cutting board and cut into 4 wedges using a serrated knife.

3. Repeat procedure with remaining tortillas, mozzarella, tomato, olives and feta cheese. Serve warm. Yield: 4 servings (serving: 2 wedges).

CAL 235; PRO 8.7g; FAT 7.9g (sat.3.6g); CARB 23.7g; CHOL 14mg; IRON 0.7mg; SOD 632mg; CALC 160mg

## **Tomato and Lentil Soup**

Source: CL March 2004

Healthy Units: 6

Servings: 6

Posted by: Scarehair (Carrie)

Date: 02/19/04

Comments: This is a hearty soup. I cut the oil to 1 tsp and replaced the water with veggie broth. Not using cheese cuts points down to 4. I did not use cheese and I didn't miss it. Do not skimp on dill. This really makes a unique and tasty flavor.

2 Tbs extra virgin olive oil  
1 1/2 C. finely chopped onion  
1/2 C finely chopped carrot  
1/2 C. finely chopped celery  
2 garlic cloves, minced  
5 1/2 cups water  
1 1/2 C. dried lentils  
2 Tbs chopped fresh dill, divided  
2 bay leaves  
1 dried red chile pepper  
1 (8 oz) can tomato sauce  
1 Tbs balsamic vinegar  
3/4 tsp salt  
1/4 tsp fresh ground pepper  
3/4 C (3 oz) crumbled feta cheese

Heat oil in large Dutch oven over medium heat. Add onion, carrot, celery, and garlic; cook 10 minutes or until vegetables are tender, stirring frequently. Add water, dried lentils, 1 Tbs dill, bay leaves, chile and tomato sauce. Bring to a boil; reduce heat and simmer 30 minutes or until lentils are tender. Stir in remaining 1 Tablespoon dill, vinegar, salt and black pepper; discard bay leaves and chile. Sprinkle with cheese. Yield: 6 servings (servings size: about 1 cup soup and 2 Tbs cheese).

CALORIES 276 (27% from fat); FAT 8.2g (sat 2.8g, mono 4.1g, poly 0.8g); PROTEIN 16.7g; CARB 36.4g; FIBER 16.4g; CHOL 13mg; IRON 5mg; SODIUM 700mg; CALC 118mg

## **Hoisin and Honey Glazed Pork Chops**

Source: Gourmet Magazine

Healthy Units: 4

Servings: 4 (3 oz cooked pork chop)

Posted By: Bawstinn32 (Maria)

February 19, 2004

Comments: Original recipe called for 2 lbs pork chops for 4 people, so I cut it to 1. Also, my chops were a bit dry so I would cut down the oven cooking time next. I put these together after work, but in looking at the ingredients don't see why these couldn't be marinated to let the flavors meld a little more. Tasty.

- 1 bunch green onions
- 1/4 cup oyster sauce
- 2 tablespoons Dijon mustard
- 2 tablespoons hoisin sauce
- 1 teaspoon fresh ginger -- finely grated
- 2 tablespoons honey
- 1 tablespoon soy sauce
- 1 pound pork loin chops, R-T-C -- (1-inch-thick)

Put oven rack in middle position and preheat oven to 400°F.

Cut scallions diagonally into 2-inch pieces.

Whisk together remaining ingredients except pork in a large bowl.

Add scallions and pork, turning pork to coat generously with sauce.

Arrange pork in 1 layer in a 15- by 10-inch shallow baking pan (1 inch deep). Spoon remaining sauce with scallions over pork and roast until just cooked through, 15 to 20 minutes.

Turn on broiler and broil pork 5 to 6 inches from heat until top is slightly caramelized, 2 to 5 minutes. Let stand, uncovered, 5 minutes.

Serve pork topped with any pan juices.

Per Serving (excluding unknown items): 177 Calories; 7g Fat (34.4% calories from fat); 15g Protein; 14g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 622mg Sodium.  
Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fat; 1 Other Carbohydrates.

## **Bacon and Cheddar Mashed Potatoes**

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

Healthy Units: 4

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

Posted By: Bawstinn32 (Maria)

February 19, 2004

CL comments: You'll make this recipe time and again. Tailor the flavors to suit your preferences by using Swiss cheese instead of cheddar or Proscuitto instead of bacon.

My comments: The nutritional values are from MasterCook and based off of the 1% milk I used and the 2% cheese vs. low fat. These were very good and surprisingly fluffy considering there was no butter. Next time I will up the amount of green onions and use Oscar Mayer Center Cut bacon so I can use more bacon for the same amount of points.

2 1/2 pounds potato -- peeled and cubed  
1 cup 2% sharp cheddar cheese -- (4 ounces)  
1 cup 1% low-fat milk  
1/2 cup chopped green onions  
2 tablespoons sour cream, light  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
4 whole bacon slices -- cooked and crumbled (drained)

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

Drain and return potato to pan. Add cheese and milk; mash to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly. Add onions and remaining ingredients, stirring to combine.

Per Serving (excluding unknown items): 187 Calories; 5g Fat (24.1% calories from fat); 9g Protein; 28g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 325mg Sodium.  
Exchanges: 1 1/2 Grain (Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

## **Cinnamon-Apple Muffins**

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

Healthy Units: 3

Servings: 18

Posted By: Bawstinn32 (Maria)

February 19, 2004

Comments: Where are the apples?? These were very moist, decently sized and had a nice flavor. They weren't rubbery either, like some low fat muffins I have made. Either I have a few muffins that have all the apples or the amount of apples needs to be increased. Next time I'll add more chopped apples; shouldn't affect the HU's I wouldn't think.

2 1/3 cups all-purpose flour  
1 cup sugar  
1 tablespoon baking powder  
2 teaspoons ground cinnamon  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 1/2 cups finely chopped peeled Granny Smith apple  
1 cup low-fat buttermilk  
1/3 cup 2% low-fat milk  
1/3 cup light ricotta cheese  
3 tablespoons vegetable oil  
1 tablespoon vanilla extract  
2 large egg whites  
1 large egg  
Cooking spray  
3 tablespoons sugar  
2 teaspoons ground cinnamon

Preheat oven to 400°.

Combine first 6 ingredients in a large bowl. Stir in apple, and make a well in center of mixture. Combine buttermilk and next 6 ingredients (buttermilk through egg); stir well with a whisk. Add to flour mixture, stirring just until moist. Spoon batter into 18 muffin cups coated with cooking spray.

Combine 3 tablespoons sugar and 2 teaspoons cinnamon; sprinkle evenly over batter. Bake at 400° for 18 minutes or until done. Remove from pans immediately; cool on a wire rack.

CALORIES 153 (19% from fat); FAT 3.2g (satfat 0.7g, monofat 0.9g, polyfat 1.2g);  
PROTEIN 3.4g; CARBOHYDRATE 27.6g; FIBER 0.8g; CHOLESTEROL 13mg; IRON  
1mg; SODIUM 133mg; CALCIUM 67mg;

## **Sautéed Chicken Breasts with Balsamic Vinegar Pan Sauce**

Source: CL March, 2004

Healthy Units: 6

Servings: 4

Posted by DebMj1 (Deb)

February 20, 2004

CL Notes: To assure the chicken gets done, use breasts on the small side, about 4 to 5 ounces each. Serve with polenta or orzo to absorb the sauce.

My Notes: I would recommend pounding the breasts a bit to get a uniform thickness. I did simple grits with chicken broth to absorb the sauce.

1/2 cup fat-free, less sodium chicken broth  
1/2 cup balsamic vinegar  
2 tsp. honey  
1 Tbsp. butter  
1 Tbsp. vegetable oil  
4 (5-ounce) skinless, boneless chicken breast halves  
1/4 tsp. salt  
1/4 tsp. freshly ground black pepper  
1/4 cup all-purpose flour  
2 Tbs. finely chopped shallots  
Chopped parsley (optional)

Combine broth, vinegar and honey.

Melt butter and oil in a large nonstick skillet over low heat.

While butter melts, sprinkle chicken with salt and pepper. Place flour in a shallow dish. Dredge chicken in flour; shake off excess flour. Increase heat to medium-high; heat 2 minutes or until the butter turns golden brown. Add chicken to pan; cook 4 minutes on each side or until golden brown. Remove chicken from pan; keep warm. Add shallots and sauté 30 seconds. Add the broth mixture, scraping to loosen browned bits. Bring to a boil, and cook until reduced to 1/2 cup (about 3 minutes). Serve sauce over chicken. Garnish with chopped parsley if desired.

Serving size is 1 breast and 2 Tbs. sauce.

Calories 269 (27% from fat); fat 8.1g (sat 2.7g), mono 2g, poly 2.5g); protein 34g; carb 13.1g; fiber 0.2g; chol 90mg; iron 1.7mg; sodium 331mg; calc 29mg.

## **Fudgy Espresso Soufflé**

Source CL.com

Healthy Units 3

Servings 6

Posted by jillybean03

Date 2/23/04

NOTES: CL Notes: When this soufflé falls, it turns into a dense fudge cake. Don't worry about leftovers; they can be served at room temperature or chilled with the raspberry sauce.

My note: I subbed Splenda for sugar to reduce this. Light butter might work as well. I made 7 servings from this - they were fairly small, but "just enough". With these nutritionals, 4 servings at 4 points would still be a bargain. 1 more point should cover a raspberry sauce or other fruit!

### **Ingredient**

1/2 cup unsweetened cocoa

6 tablespoons hot water

2 tablespoons instant coffee granules -- or 1 T instant espresso powder

2 tablespoons butter

3 tablespoons all-purpose flour

3/4 cup 1% low-fat milk

1/8 cup sugar

1/8 cup Splenda

1/8 teaspoon salt

4 large egg whites

2 tablespoons sugar

1 tablespoon Splenda

Preheat oven to 375

Combine first 3 ingredients, stirring until smooth

Melt butter in a small, heavy saucepan over medium heat. Add flour; cook 1 minute, stirring constantly with a whisk. Gradually add milk, 1/4-cup sugar and salt; cook 3 minutes or until thick, stirring constantly. Remove from heat; stir in cocoa mixture. Spoon into a large bowl; cool slightly

\*\*\*NOTE\*\*\* can be made to this point in advance, and kept at room temperature until ready to mix in the egg whites. Or refrigerate, and bring back to room temp.

Beat egg whites at high speed of a mixer until foamy. Add 3 Tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold 1-cup egg white mixture into cocoa mixture; gently fold in remaining egg white mixture. Spoon into a 1 1/2 quart soufflé dish coated with cooking spray.

Bake at 375 for 45 minutes or until puffy and set. Serve warm with raspberry sauce

Note: Nutritional do not include raspberry sauce.



### **Louisiana Goulash (aka Jambalaya)**

Source: CL March 2004

HU: 5

Servings: 8

Posted by: jhoulih (Jodi)

Date: 2/23/04

Comments: This seemed better after sitting in the refrigerator for a day. The flavors came together much better after that. Also, it was not really spicy, so next time I would add more cayenne pepper to kick it up. This makes a good lunch for 5 points a serving.

3 1/4 cups chopped tomato

3/4 cup (1/4-inch thick) slices celery

1/2 cup water

1/3 cup chopped onion

1/2 t. paprika

1/2 t. dried thyme

1/2 t. dried rubbed sage

1/4 t. ground red pepper (cayenne)

1/4 t. Cajun seasoning

10 ounces andouille sausage, cut into 1/4- inch-thick slices

1 (14 ounce) can fat-free, less sodium chicken broth

1 garlic clove, minced

1 1/4 cups uncooked long-grain brown rice

1/2 pound medium shrimp, peeled and deveined

1. Combine the first 12 ingredients in a Dutch oven; bring to a boil. Stir in rice; cover, reduce heat, and simmer 45 minutes or until rice is tender. Add shrimp; cook 3 minutes or until shrimp are done.

Yield: 8 servings (1 cup each)

CALORIES 245; FAT 8g; PROTEIN 15.2g; CARB 28.2g; FIBER 2.3g; CHOL 68mg;  
IRON 2.3mg; SODIUM 451mg; CALC 34mg

## **Vegetable-Beef Stew**

Source: Cooking Light, March 2004

Healthy Units: 7

Yield: 4 servings (serving size: 1 1/2 cups)

Posted By: Bawstinn32 (Maria)

February 23, 2004

Comments: I used Guinness as suggested and was surprised at how great this smelled while cooking. Broth was very thick and flavorful. Will use this in the future rather than red wine. As usual, I upped the amount of salt and pepper. Tastes great reheated the next day as well.

2 teaspoons vegetable oil  
1 pound beef stew meat, R-T-C  
14 ounces beef broth  
12 ounces beer  
1 1/2 cups potato -- cubed  
1 cup turnips -- chopped  
1 cup leeks -- chopped  
1 cup carrot -- sliced  
3 sprigs thyme  
1 whole bay leaf  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 cup water  
2 tablespoons flour, all-purpose  
1 tablespoon lemon juice  
1 teaspoon sugar  
1/4 cup parsley -- chopped

Heat the oil in a Dutch oven over medium-high heat. Add beef and cook 5 minutes, browning on all sides. Add beef broth and next 9 ingredients (broth through black pepper), stirring to combine. Bring to a boil. Cover reduce heat and simmer 45 minutes or until vegetables are tender; stirring occasionally. Discard bay leaf and thyme sprigs.

Combine 1/4-cup water, flour, lemon juice and sugar stirring well with a whisk. Add flour mixture to beef mixture, stirring constantly. Bring to a boil. Cook 3 minutes or until slightly thick, stirring constantly. Remove from heat and stir in parsley. Garnish with thyme sprigs if desired.

Per Serving (excluding unknown items): 365 Calories; 11g Fat (28.8% calories from fat); 33g Protein; 28g Carbohydrate; 4g Dietary Fiber; 72mg Cholesterol; 730mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

## **Sautéed Tilapia with Lemon-Peppercorn Pan Sauce**

CL March 2004

Healthy Units 6

Servings 2

Posted by jillybean03

Date Feb 23 2004

### **Ingredients**

3/4 c. fat free less-sodium chicken broth

1/4 cup fresh lemon juice

1 1/2 tsp. drained brine-packed green peppercorns, lightly crushed

1 tsp butter

1 tsp vegetable oil

2 (6 ounce) tilapia or sole fillets

1/4 tsp salt

1/4 tsp freshly ground black pepper

1/4 cup all-purpose flour

2 tsp butter

lemon wedges (opt)

1. Combine first 3 ingredients
2. Melt 1 tsp butter with oil in a large nonstick skillet over low heat
3. While butter melts, sprinkle fish fillets with salt and black pepper. Place the flour in a shallow dish. Dredge the fillets in flour; shake off excess.
4. Increase heat to med-high, heat 2 minutes or until butter turns golden brown. Add fish to pan; sauté 3 minutes on each side or until fish flakes easily with a fork. Remove from pan. Add broth mixture to pan, scraping to loosen browned bits. Bring to a boil; reduce to 1/2 cup - 3 to 4 minutes. Remove from heat. Stir in 2 tsp butter with a whisk. Serve sauce over fillets. Garnish with lemon if desired.

Serving size: 1 fillet + 2 T. sauce (You have enough sauce for 4 servings, but fish for 2....???)

## **Bulgogi (Korean Beef Barbecue)**

Cooking Light Website

Healthy Units 5

Servings 4

Posted by: Lisa Karp

Date: 2/24/04

### **Ingredients**

1 pound top sirloin steak, trimmed  
1 tablespoon brown sugar  
3 tablespoons low-sodium soy sauce  
1 tablespoon mirin (sweet rice wine)  
1 teaspoon minced peeled fresh ginger  
1 teaspoon dark sesame oil  
3 garlic cloves, minced  
Cooking spray

### **Instructions:**

Wrap beef in plastic wrap; freeze 1 hour or until firm. Remove plastic wrap; cut beef diagonally across grain into 1/16-inch-thick slices.

Combine beef, sugar, and next 5 ingredients (sugar through garlic) in a large zip-top plastic bag. Seal and marinate in refrigerator 1 hour, turning bag occasionally.

Prepare grill.

Place a wire grilling basket on grill rack. Remove beef from bag; discard marinade.

Place beef on grilling basket coated with cooking spray; grill 5 minutes or until desired degree of doneness, turning frequently.

Yield: 4 servings (serving size: 3 ounces)

CALORIES 208 (33% from fat); FAT 7.6g (satfat 2.7g, monofat 3.2g, polyfat 0.7g);  
PROTEIN 26.1g; CARBOHYDRATE 6.4g; FIBER 0.2g; CHOLESTEROL 76mg; IRON  
3.1mg; SODIUM 457mg; CALCIUM 19mg;

## **Spicy Cabbage**

Idea from Website

Healthy Units 1

Servings 4

Posted by: Lisa Karp

Date: 2/24/04

Ingredients

1 teaspoon olive oil  
5 cups cabbage -- chopped  
1 cup onion -- chopped  
4 cloves garlic  
2 tablespoons chili garlic sauce -- or to taste  
2 tablespoons rice wine vinegar  
1/2 teaspoon ground pepper  
1/2 teaspoon salt

Heat oil in skillet. Add onion and garlic, sauté. Add cabbage and rice wine vinegar. Cook until desired tenderness. Add chili sauce to taste. Season.

Per Serving: 59 Calories; 2g Fat (20.2% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 288mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fat; 0 Other Carbohydrates.

## **Chicken Fried Rice with Bok Choy**

Cooking Light, March 2004

Healthy Units: 6

Yield: 6 servings (1 1/2 cups)

Posted By: Bawstinn32 (Maria)

February 24, 2004

Comments: I used brown rice rather than the white the recipe called for. Does not change the points but increases the fiber by 4 grams. One pound baby bok choy can be used instead of the 6 cups regular.

- 1 pound chicken thighs, no skin, R-T-C
- 3 tablespoons soy sauce
- 1 tablespoon vegetable oil
- 1/2 cup shallots -- chopped
- 2 teaspoons ginger -- minced
- 2 cloves garlic -- minced
- 6 ounces shiitake mushrooms -- thinly sliced
- 3 cups cooked brown rice -- cold
- 1 teaspoon sesame oil
- 1/4 teaspoon red pepper flakes
- 6 cups bok choy -- chopped
- 1 whole egg -- lightly beaten
- 2 teaspoons sesame seeds

Combine chicken and one tablespoon of soy sauce, tossing to coat.

Heat canola oil in a Dutch oven over medium-high heat. Add shallots, ginger and garlic; sauté 10 seconds. Add chicken mixture and mushrooms; sauté 4 minutes. Add rice, 2 tablespoons soy sauce sesame oil and red pepper; cook one minute stirring constantly. Add bok choy; cook 2 minutes stirring constantly.

Push rice mixture to one side of pan. Add egg to empty side of pan; cook one minute or until almost set, stirring constantly. Stir egg into rice mixture. Sprinkle with sesame seeds.

Yield 6 servings. Serving size = 1 1/2 cups.

Per Serving (excluding unknown items): 303 Calories; 8g Fat (21.3% calories from fat); 13g Protein; 50g Carbohydrate; 6g Dietary Fiber; 49mg Cholesterol; 592mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1 Fat.

## **Creamy Gruyere and Shrimp Pasta**

Source: Cooking Light 3/04

HU: 10

Posted by: Donna(Carots)

Date: February 24, 2004

Servings: 6

\*Notes- very easy dish to make(even for a weeknight meal), and good for company. I did add a little extra Gruyere to the top of the casserole. Love Gruyere, and don't think I would sub for Swiss Cheese. Do not let casserole cook for more than the 20 minutes or it will become dry.

8 ounces uncooked cavatelli or orecchiette pasta  
1/4 cup all-purpose flour  
1/2 teaspoon salt  
2 cups 2% reduced-fat milk  
1 1/4 cups (5 ounces) shredded Gruyere cheese, divided  
1 tablespoon butter  
1 1/2 pound large shrimp, peeled and deveined  
3 garlic cloves, minced  
2 tablespoons, dry white wine  
1/4 teaspoon ground red pepper  
2 cups frozen green peas, thawed  
Cooking spray  
Parsley sprigs (optional)

1. Preheat oven to 375
2. Cook pasta according to package directions, omitting salt and fat. Drain well
3. Combine the flour and salt in a Dutch oven over medium heat. Gradually add milk, stirring constantly with a whisk, bring to a boil. Cook 1 minute or until slightly thick, stirring constantly with whisk. Remove from heat. Stir in 3/4-cup cheese, stirring until melted.
4. Heat butter in large nonstick skillet over medium-high heat. Add shrimp and garlic; sauté 3 minutes. Stir in wine and pepper, and cook 1 minute or until shrimp is done.
5. Add pasta, shrimp mixture, and peas to cheese mixture tossing well to combine. Spoon the pasta mixture into a 13X9 inch baking dish lightly coated with cooking spray; sprinkle evenly with remaining 1/2 cup cheese. Bake at 375 for 20 minutes or until cheese melts and begins to brown. Garnish with the parsley, if desired. Serve immediately.

## General Tso's Redux

Source: CL Community Board

Healthy Units: 5

Serves: 4

Posted by: Kate (KateWD)

February 25, 2004

Comments: This is very spicy, adjust the red pepper and garlic sauce accordingly.

1 lb skinless boneless chicken breast, cut into 1" cubes

1 egg white

1 t water

1/4 c flour

1 t baking soda

1/4 to 1/2 t ground red pepper

Mix egg white and water in a medium bowl. Add chicken; turn to coat. Let stand 10 minutes.

Heat oven to 450 degrees. Spray cookie sheet with nonstick cooking spray. Remove chicken from egg mixture; discard egg mixture. Mix flour, baking soda and red pepper in plastic bag. Add chicken a few pieces at a time. Seal bag and shake to coat chicken. Place chicken on a cookie sheet; spray with cooking spray about 5 seconds or until surface of chicken appears moist.

Bake uncovered 15 to 20 minutes or until chicken is golden and crisp.

While chicken is cooking:

3/4 cup broth

5 tbsp hoisin

1 tbsp chile garlic sauce (taste of Thai brand)

2 tbsp seasoned rice vinegar

1 tbsp sherry

1 heaping tbsp ginger, chopped

1/4 c of finely sliced scallion.

1 t canola oil.

Combine above ingredients, except for ginger and scallions.

Spray wok or large nonstick sauté pan with cooking spray. Heat over med high heat until pan is very hot. Add 1 t of canola oil. Swirl to coat pan. Add scallions and ginger, stir-fry for 30 seconds. Add the chicken and cook, stirring for 1 minute. Stir in the combined sauce ingredients and cook until the chicken cubes are completely coated with the sauce, about 1 1/2 minutes. Transfer to a heated serving dish.

Notes: The sauce seemed thin at first, but once the chicken was stir fried, I let the dish sit for a few minutes before serving, and it thickened up nicely.



## Yucatan Black Beans and Rice

Source: CL Superfast Simple Suppers

Healthy Units: 4.5

Serves: 3

Posted by: Kate (KateWD)

February 25, 2004

For extra heat, add another jalapeno pepper.

1 cup uncooked instant rice

1 cup water

1 Tbs olive oil

1 cup finely chopped onion (about 1)

1 jalapeno pepper, seeded and minced

2 garlic cloves, minced

1 (15 oz) can black beans, rinsed and drained

1 1/2 cups grape tomatoes, halved

1/2 tsp salt

2 Tbs minced fresh cilantro

1 lime, cut into wedges

Cook rice in 1 cup water according to package directions, omitting salt and fat.

Heat 1 tsp olive oil in a large nonstick skillet over medium-high heat. Add onion; sauté 3 minutes. Add jalapeno pepper, and garlic; sauté 1 minute. Add beans, tomatoes, and salt. Cover, reduce heat, and simmer 5 minutes. Remove from heat. Stir in remaining olive oil. Serve over rice, and top with cilantro and lime wedges.

Yield: 3 servings (1 cup bean mixture and 2/3 cup rice)

CAL 244 (19% FROM FAT); FAT 5.1g (SAT 0.7g, MONO 3.4g, POLY 0.6g); PROTEIN 7.2g; CARB 46.7g; FIBER 7.4g; CHOL 0mg; IRON 2.5mg; SODIUM 765mg; CALC 58mg

## Spicy Peppercorn and Pecorino Breadsticks

Source: Best of Cooking Light 5

Healthy Units 2 each

Servings 2 dozen

Posted by: MPattyP my first! Aren't y'all proud??!!

February 25, 2004

With black and red pepper, these breadsticks pack some heat. If you don't have semolina, you can use cornmeal. 1 package dry yeast (about 2 1/4 teaspoons)

1 1/3 cups warm water (100° to 110°)

3 1/2 cups bread flour, divided

2 tablespoons extra virgin olive oil

2 teaspoons coarsely ground black pepper

1 3/4 teaspoons salt

3/4 teaspoon crushed red pepper

1 cup (4 ounces) grated fresh Pecorino Romano cheese

Cooking spray

2 tablespoons ground semolina

Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into a dry measuring cup; level with a knife. Add 1/2-cup flour to yeast mixture, stirring with a whisk. Let stand 30 minutes. Add remaining 3 cups flour, olive oil, black pepper, salt, and red pepper; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); cover and let rest 10 minutes. Knead in half of cheese; cover and let rest 5 minutes. Knead in remaining cheese.

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. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down. Roll dough into a 12 x 8-inch rectangle on a lightly floured surface.

Preheat oven to 450°.

Sprinkle 1-tablespoon semolina onto each of 2 baking sheets. Cut dough in half lengthwise to form 2 (12 x 4-inch) rectangles. Cut each rectangle crosswise into 12 (1-inch-wide) strips. Working with 1 strip at a time (cover remaining dough to prevent drying), gently roll each strip into a 15-inch-long rope. Place rope on prepared pan, and repeat procedure with remaining strips, placing 12 on each pan. Cover and let dough rise 20 minutes.

Uncover dough; bake each pan at 450° for 12 minutes. Remove breadsticks from pans; cool completely on wire racks. Yield: 24 servings (serving size: 1 breadstick)

## **Creamy Skillet Rigatoni with Ham and Spinach**

Source: original

Healthy Units (WW Points): 7

Servings: 3

Posted by: Kimberley

Date: February 26, 2004

### **Ingredients**

1/2 cup onion -- minced

1 clove garlic -- minced

1 cup ham, extra lean -- cubed

5 ounces rigatoni

1/2 cup evaporated skim milk

1 cup skim milk

1 1/4 cups chicken stock

2 teaspoons fresh thyme

3 cups spinach

2 tablespoons parmesan cheese

2 tablespoons sour cream, light

salt and pepper -- to taste

### **Instructions**

Sauté onion, garlic, and ham in a skillet sprayed with non-stick spray until starting to color. Stir in pasta, evaporated milk, skim milk, and stock. Lower heat and simmer gently, uncovered, until pasta is tender. Stir frequently. (Add more stock 1/4 c. at a time if sauce reduces before pasta is cooked)

Stir in spinach and thyme. Continue stirring until spinach wilts. Remove pan from heat and stir in cheese, sour cream, and salt & pepper.

## **Pan-Seared Scallops with Walnuts and Spiced Carrots**

Source: CL Website

HU: 6 (for both scallops and 1/2 cup carrots)

Servings: 4

Posted by Claudia (andygrammy)

Comments: I just loved this. The scallops caramelize beautifully and the sauce is rich and dark. It's sweet, but I think scallops go well with sweet sauces. I used a whole cup of carrots as a bed for the scallops- 1/2-cup seemed too skimpy.

### **Ingredients:**

1 teaspoon grated orange rind  
1/2 cup fresh orange juice  
1 tablespoon minced shallots  
1 tablespoon olive oil  
1 tablespoon honey  
1 tablespoon Dijon mustard  
1 garlic clove, minced  
1 1/2 pounds large sea scallops  
1 tablespoon sugar  
2 tablespoons coarsely chopped walnuts, toasted  
1 tablespoon minced chives  
Cooking spray  
Spiced Carrots (recipe follows)

Combine first 7 ingredients in a small bowl. Combine half of orange juice mixture and scallops in a large bowl, stirring to coat; set aside. Set aside remaining orange juice mixture.

Place sugar in a large nonstick skillet over medium heat, and cook until sugar dissolves (do not stir). Add walnuts, stirring until coated, and remove from heat. Spread walnuts in a single layer on wax paper, and let stand at room temperature until dry.

Drain scallops, and discard marinade. Press minced chives onto one side of marinated scallops.

Wash skillet and dry. Place skillet coated with cooking spray over medium-high heat until hot. Place scallops, chive sides down, in skillet; cook 2 minutes on each side. Remove scallops from pan, and set aside. Add remaining orange juice mixture to pan. Bring to a boil, and cook 2 minutes. Return scallops to pan. Divide scallops and sauce evenly among 4 plates. Sprinkle each serving with walnuts. Serve with Spiced Carrots.

Yield: 4 servings (serving size: 5 ounces scallops, 1 1/2 teaspoons walnuts, and 1/2 cup carrots)

CALORIES 316 (28% from fat); FAT 8.5g (satfat 1.1g, monofat 3.1g, polyfat 3g); PROTEIN 30.8g; CARBOHYDRATE 28.9g; FIBER 3.4g; CHOLESTEROL 56mg; IRON 1.2mg; SODIUM 395mg; CALCIUM 75mg;

### **Spiced Carrots**

Source: CL Website

HU: 2 (by itself)

Servings: 4

Posted by: Claudia (andygrammy)

Date: 2/26/04

Comments: Next time I make this I think I will puree them in the food processor, rather than just mashing them- I would like a smoother texture

This recipe goes with Pan-Seared Scallops with Walnuts and Spiced Carrots

3 1/2 cups (1/4-inch-thick) sliced carrot

2 tablespoons sugar

2 tablespoons orange juice

1 tablespoon margarine

Dash of ground cinnamon

#### **Instructions:**

Place carrots in a medium saucepan; add water to cover. Bring to a boil. Cover; reduce heat. Simmer 20 minutes or until very tender. Drain. Place carrots in a large bowl; add remaining ingredients. Mash to desired consistency.

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

CALORIES 94 (29% from fat); FAT 3g (satfat 0.6g, monofat 1.3g, polyfat 1g); PROTEIN 1g; CARBOHYDRATE 16.9g; FIBER 3.1g; CHOLESTEROL 0.0mg; IRON 0.5mg; SODIUM 67mg; CALCIUM 28mg;

Cooking Light, APRIL 1997

## **Skinny Turkey Spinach Meatloaf**

CL March 2004

HU: 6

Servings: 8 (I can get 10) serving size 1 slice

Posted by: Scarehair (Carrie)

Date: 2/26/04

Comments: Very tasty. Used a hand mixer and mixed thoroughly after each ingredient was added, which I think made a big difference. I personally would add 1 tsp of thyme next time and top it with A-1 instead of ketchup. Lots of leftovers for sandwiches.

Cooking spray

1 C finely chopped onion

3 garlic cloves, minced

1 C dry bread crumbs

1/2 C fat-free milk

1 TBS. Worcestershire sauce

1 tsp salt

1/2 tsp fresh ground black pepper (I would use more)

4 large egg whites

1 1/2 lbs ground turkey breast

1/2 lb ground beef, extra lean

2 (10 oz) pkgs. Frozen leaf spinach, thawed, drained, and squeezed dry

Preheat oven to 350 degrees.

Heat a large nonstick skillet coated with cooking spray over med-high heat. Add onion, sauté 4 minutes. Add garlic, sauté 30 seconds. Remove from heat. Combine onion mix, breadcrumbs, and the next 8 ingredients (breadcrumbs through spinach) stirring well.

Shape mixture into a 12 x 5 inch loaf on a broiler pan coated with cooking spray. Brush ketchup over top of loaf. Bake for 45 minutes or until thermometer registers 160. Let stand 10 min before slicing.

CALORIES 292 (0% from fat); FAT 9.6g (sat 2.9g, mono 3.7g, poly 1.8g);,; PROTEIN 31g; CARB 20.2g; FIBER 3.1g; CHOL 66mg; IRON 4.2mg; SODIUM 765mg; CALC 154mg

## **Refrigerator Bran Muffins**

Mad About Muffins

HU: 1 (Yes, you read that right)

Servings: 10 dozen, but not all at once!

Posted 2/26/04

Posted by: Scarehair (Carrie)

Comments: I love this. My kids ate two each this morning! (These are the kids who turn up their noses at anything not laced with artificial colors and preservatives). All I do is get up and bake - You mix and leave in the fridge until you want some. Great healthy breakfast. I like to add chopped dates to mine. Any dried fruit will do. I just poke them into the muffin before baking. I love how you can just bake only how many you need and not have a full dozen to snarf when no one is looking.

2 3/4 Cups bran cereal, NOT FLAKES (i.e. Nabisco 100% Bran or Kellogg's All Bran)  
2 Cups boiling water  
2 Cups white sugar  
1 Cup corn oil  
1 Cup molasses  
1 Quart buttermilk  
4 eggs  
3 Cups white flour  
2 Cups whole wheat flour  
1 tsp salt  
5 tsp baking soda  
1 Tablespoon Cinnamon  
3 cups bran flakes

Combine 100% bran and boiling water in extra large bowl. Stir in sugar, oil, molasses, buttermilk, and eggs.

Sift together flours, salt, soda and cinnamon. Add dry ingredients to wet and mix well. Stir in bran flakes.

Store in fridge for up to 2 months.

To bake: Spoon 1/4 cup batter into sprayed muffin tin. Bake at 400 degrees for 20-22 minutes.

## **Gingered Pear Crisp**

Source: Cooking Light, March 2004

Healthy Units: 5

Yield: 6 servings (serving size = 1 cup)

Posted By: Bawstinn32 (Maria)

February 27, 2004

Comments: According to the nutritional in the issue, 1 serving is 5 points. I substituted Land O Lakes light butter for the regular to bring it down to 4 points. Light butter worked fine. The nutritional below are for the light butter. Regular butter: 272 cal, 9 g fat, 4 g fiber. There was just a hint of ginger and orange; a nice change from the usual cinnamon/nutmeg flavors in most chips.

1/4 cup golden raisins  
1/4 cup sugar  
1 teaspoon orange rind -- grated  
1 tablespoon orange juice  
1 teaspoon ginger -- minced  
1/2 teaspoon vanilla  
4 cups pears -- peeled and chopped  
1/4 cup flour, all-purpose  
1/2 cup oats, rolled (raw)  
1/4 cup brown sugar  
1/4 teaspoon cinnamon  
1/8 teaspoon salt  
3 tablespoons butter, light  
2 tablespoons pecans -- chopped

Preheat oven to 375.

Combine the first 6 ingredients in a large bowl, stirring to combine. Add pears; toss gently to coat. Spoon pear mixture into a shallow 2-quart baking dish coated with cooking spray.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, oats, brown sugar, cinnamon and salt in a medium bowl. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in nuts. Sprinkle flour mixture over pear mixture.

Bake at 375 for 35 minutes or until topping is lightly browned. Cool on a wire rack 10 minutes.

Per Serving (excluding unknown items): 230 Calories; 5g Fat (20.3% calories from fat); 3g Protein; 46g Carbohydrate; 4g Dietary Fiber; 10mg Cholesterol; 93mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 1 1/2 Fruit; 1/2 Fat; 1 Other Carbohydrates.



## **Garlic Fries**

Source: Cooking Light April 2002

Healthy Units: 5

Servings: 6

Posted by: MissVN

Date: Feb 27, 2004

Tossing the fries in butter and garlic after cooking makes them unbelievably rich.

3 pounds peeled baking potatoes, cut into 1/4-inch-thick strips

4 teaspoons vegetable oil

3/4 teaspoon salt

Cooking spray

2 tablespoons butter

8 garlic cloves, minced (about 5 teaspoons)

2 tablespoons finely chopped fresh parsley

2 tablespoons freshly grated Parmesan cheese

Preheat oven to 400°.

Combine first 3 ingredients in a large zip-top plastic bag, tossing to coat.

Arrange potatoes in a single layer on a baking sheet coated with cooking spray. Bake at 400° for 50 minutes or until potatoes are tender and golden brown, turning after 20 minutes.

Place butter and garlic in a large nonstick skillet; cook over low heat 2 minutes, stirring constantly. Add potatoes, parsley, and cheese to pan; toss to coat. Serve immediately.

Yield: 6 servings

### **NUTRITION PER SERVING**

CALORIES 256 (27% from fat); FAT 7.7g (sat 3.3g, mono 2g, poly 2g); PROTEIN 5.9g; CARB 42.3g; FIBER 3.5g; CHOL 12mg; IRON 1.9mg; SODIUM 386mg; CALC 55mg;

### **Four-Veggie Roast**

Source: unknown

HU: 2.3

Servings 3

Posted by DebMj1

February 27, 2004

2 lg. carrots  
1 1/2 c fresh green beans  
8 oz new potatoes, unpeeled  
1 sm. onion  
2 teaspoons olive oil  
1 Tbsp soy sauce  
2 cloves garlic, minced  
1/4 tsp lemon pepper

Preheat oven to 425 F. Wash vegetables, peel carrots. Cut carrots on the bias into slices not quite 1/2 inch thick. Break green beans in half. Cut new potatoes in halves or quarters (about 1 to 1 1/2-inch cubes). Peel onion, cut in small wedges.

In large bowl, combine olive oil, soy sauce, garlic and lemon pepper seasoning. Add vegetables. Stir gently to coat with seasonings. Spread coated vegetables evenly in a 9x9x2 pan sprayed with nonstick spray. Roast the vegetables, uncovered, for 20 to 25 minutes, or until just tender, stirring vegetables once or twice.

### **Slow Cooker Fiesta Tamale Pie**

Source: Low Fat Crock Pot Recipes (off WW boards)

HU: 8

Servings: 12

Posted by: Figaro67

Date: February 27, 2004

3/4 cup yellow cornmeal

1 cup beef broth

1 lb. extra-lean ground beef

1 tsp. chili powder

1/2 tsp. ground cumin

1 (14 to 16 oz.) jar thick and chunky salsa

1 (16 oz.) can whole-kernel corn, drained

1/4 cup sliced ripe olives

2 oz. reduced-fat Cheddar cheese, shredded (1/2 cup)

In a large bowl, mix cornmeal and broth; let stand 5 min. Stir in beef, chili powder, cumin, salsa, corn and olives. Pour into a 3 1/2 qt. slow cooker. Cover and cook on LOW 5 to 7 hrs. or until set. Sprinkle cheese over top; cover and cook another 5 min. or until cheese melts.

## **Chipotle-Cheddar Mashed Potatoes**

Source: CL

HU: 4

Servings: 12

Posted by: Figaro67

February 28, 2004

Chipotle chiles, smoked jalapeños in a vinegar-based sauce, give this dish subtle heat. Vary the amount used in this recipe to suit your taste, or leave them out completely.

1 (7-ounce) can chipotle chiles in adobo sauce  
4 pounds cubed peeled Yukon gold potato  
6 garlic cloves, peeled  
1 1/2 cups (6 ounces) shredded reduced-fat extra-sharp cheddar cheese  
3/4 cup 1% low-fat milk  
3 tablespoons butter, softened  
1 teaspoon salt

Remove 1 chile and 1 tablespoon adobo sauce from can. Chop chile to measure 1 tablespoon. Reserve remaining chiles and adobo sauce for another use. Place potato and garlic in a large Dutch oven; cover with water, and bring to a boil. Cook 15 minutes or until potato is tender. Drain. Return potato mixture to the Dutch oven. Add chopped chile and adobo sauce, cheese, and remaining ingredients. Mash to desired consistency with a potato masher. Cook for 3 minutes over medium heat or until thoroughly heated, stirring constantly.

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

CALORIES 202 (19% from fat); FAT 4.3g (satfat 2.4g, monofat 0.9g, polyfat 0.2g);  
PROTEIN 5.1g; CARBOHYDRATE 36.6g; FIBER 2.8g; CHOLESTEROL 13mg; IRON  
0.6mg; SODIUM 356mg; CALCIUM 158mg;

Cooking Light, DECEMBER 2001

## **Potatoes with Kale**

Source: DrWeil.com

HU: 2.5

Servings: 6

Posted by: ritasmom1 (Kay)

February 28, 2004

Cooks Comments: Dr. Weil prefers smooth kale varieties to curly ones – I used curly and didn't shred them just pulled them with my fingers into bite size pieces like I do when I steam kale. I also cut back on the olive oil and frizzled 4 slices of bacon in the pan before adding the onion. I cut the frozen bacon into tiny pieces with my kitchen scissors. Also I used the bottom to my pressure cooker to cook this in because there is so much kale before it wilts.

1 pound medium red potatoes  
4 cups shredded kale (see procedure below)  
2 tablespoons olive oil  
1 large onion, chipped  
Salt to taste

Cover the potatoes with water and boil them until tender. Peel while hot (I left the skins on), then cool in cold water and drain. Cut into thick slices. Refrigerate if you are cooking the potatoes in advance.

Just before serving, wash the kale, drain and remove the stems and midribs. Stack leaves, roll up lengthwise and shred crosswise.

In a large skillet, heat the olive oil and add the onion. Sauté over medium-high heat, stirring, until onion just begins to brown.

Add kale, tossing it about until it all wilts. Reduce heat to medium and stir-fry kale for 5 minutes. Add the potatoes and cook until they are heated through. Season to taste and serve.

Nutritionals:

Calories – 136, Fat – 5 grams, carbohydrates – 21 grams, fiber 3 grams

## **Stir-Fried Potatoes with Vinegar and Hot Peppers**

Cooking Light, October 2003

HU 4.0

Yield: 4 servings (serving size: 1 cup)

Posted by MG-Driver

2/29/04

3 tablespoons rice vinegar  
1 tablespoon dry sherry  
1 1/2 teaspoons sugar  
4 teaspoons low-sodium soy sauce  
1/4 teaspoon salt  
4 cups (1-inch) julienne-cut peeled white potato (about 1 1/2 pounds)  
1 tablespoon peanut oil  
1/3 cup thinly sliced green onions  
1 tablespoon grated peeled fresh ginger  
2 garlic cloves, minced  
1 to 2 Thai chiles, thinly sliced

Combine first 5 ingredients; set aside.

Soak potato in cold water 5 minutes. Drain and pat dry.

Heat oil in a large nonstick skillet over medium-high heat. Add onions, ginger, garlic, and chiles; stir-fry 30 seconds. Add potato; stir-fry 4 minutes (I did 7) or until crisp-tender.

Add vinegar mixture, and stir-fry 1 minute (I did 3). Serve immediately.

## **Curried Carrot & Coconut Milk Soup**

Source: Foodnetwork - Sara's Secrets

HU: 2

Servings: 8

Posted by: Figaro67

February 29, 2004 (leap year!)

3/4 cup finely chopped scallion (about 1 bunch)  
1 small onion, chopped (about 2/3 cup)  
1 tablespoon finely grated peeled fresh ginger  
1 tablespoon curry powder  
Salt and freshly ground black pepper  
2 pounds carrots, cleaned and shredded  
2 cans low-salt chicken broth  
1-1/2 cups canned unsweetened light coconut milk  
1 tablespoon lime juice, plus additional as desired  
Ice water, for thinning soup as needed

1. Spray large heavy saucepan with Pam; cook chopped scallion, onion, and gingerroot with curry powder and salt and pepper over moderately low heat until softened.
2. Add carrots and broth.
3. Simmer mixture, covered, until carrots are very soft, about 20 minutes.
4. Puree mixture in blender or food processor in batches with coconut milk until very smooth.
5. Stir in 1 tablespoon lime juice and eat OR chill soup at least 6 hours or overnight.
6. Thin soup with ice water and season with additional limejuice, salt, and pepper, and garnish soup with sliced scallions.

Note - This was very good hot, too - no need to chill. BUT, it's a bit spicy when hot, so decrease curry powder a bit.

Recipe adapted from Food Network web site

Show: Sara's Secrets, Episode: Warm Weather Soups, who got it courtesy of Gourmet Magazine

### **Caramelized Onion Dip**

Source: Cooking Light-March, 2004

Healthy Units: 1 (1 Tbs)

Servings: 16

Posted by: MoOzark (Donna)

Date: March 1, 2004

Comments: the base of this is so much like a crab dip that I make that I knew it would be good. I plan to use it to top baked potatoes. I used several dashes of Tabasco sauce rather than the ground red pepper...just my personal taste. Made this for DD's weekend visit but she didn't get to come. Thought I would post since there is interest. Smelled wonderful cooking. If serving a crowd I would double or triple the amount (then watch my portions). Others won't know this is low cal and low fat.

#### **Ingredients:**

3 cups chopped onion (about 2 medium)

3 Tablespoons low-fat sour cream, divided

2 Tablespoons (1 ounce) block-style 1/3-less fat, cream cheese, softened

3 Tablespoons light mayonnaise

¼ teaspoon Worcestershire sauce

1/8 teaspoon salt

dash of ground red pepper.

#### **Instructions:**

1. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion, sauté 2 minutes. Reduce heat to low; cover and cook 20 minutes or until golden brown, stirring frequently. Removed from heat; cool.

2. Combine 1 Tablespoon sour cream and cream cheese, stirring well. Add remaining sour cream, mayonnaise, and remaining ingredients, and stir well to combine. Stir in cooled onions. Cover and refrigerate overnight. Yield: 16 servings of 1 Tablespoons per serving.

Nutritionals: Calories=30 (54% from fat); Fat=1.8 g(sat.=0.5g, mono=0.1 g, poly=0.1g); Protein=0.7g, Carb=3.3g; Fiber=0.05; Chol=3 ,g; Iron=0.1mg; Sodium=53mg; Calc=11mg



## **Peach Cobbler with A Cinnamon Crust**

Cooking Light 2002 Annual and Website

HU: 4.8

Servings: 10

Posted by DebMj1

March 1, 2004

CL Note: Some people think the crust is the best part. This recipe has plenty of it. It's baked separately and laid on top of the peaches--unorthodox, but crispy and flavorful nonetheless.

My Notes: I cut the sugar in the filling to 1/2 cup and changed it to 8 servings. Those changes keep the HU's at 4.8. If you kept it at 10 serving while cutting the sugar to 1/2 cup, the points drop to 3.9

1/4 cup all-purpose flour

1 cup sugar

3/4 teaspoon ground cinnamon, divided

6 cups sliced peeled fresh ripe peaches or 2 (16-ounce) packages frozen sliced peaches

Cooking spray

2 tablespoons sugar

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

1 large egg white, lightly beaten

Preheat oven to 350°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine the flour, 1-cup sugar, and 1/2-teaspoon cinnamon in a small bowl. Place the peaches in an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with sugar mixture; let stand 30 minutes.

Combine 1/4-teaspoon cinnamon and 2 tablespoons sugar in a small bowl. Unfold 1 pie dough, reserving remaining dough for another use. Brush with egg white; sprinkle with cinnamon and sugar mixture. Cut the dough into 16 wedges. Place the dough wedges, coated sides up, on a baking sheet coated with cooking spray. Bake at 350° for 15 minutes or until golden brown; set aside.

Bake peaches at 350° for 30 minutes or until bubbly. Arrange crust over peaches. Serve warm.

Yield: 10 servings.

### **NUTRITION PER SERVING**

CALORIES 236 (22% from fat); FAT 5.7g (sat 2.4g, mono 0.1g, poly 0.1g); PROTEIN 2.1g; CARB 45.5g; FIBER 2g; CHOL 4mg; IRON 0.3mg; SODIUM 86mg; CALC 8mg;

## **Roast Chicken Provençal**

Source: CL Website

HU: 5

Servings: 12

Posted by: Claudia (andygrammy)

Date 3/1/04

Comments: If you can get 12 servings from a 7 pound chicken, you are some kind of a magician! We got 5 servings of white meat, and pickings left for cubed chicken, soup, etc. But this recipe was wonderful. The sauce is sort of a chicken au jus, not a gravy. I De-glazed the pan and then finished the sauce in a small saucepan. Can't imagine trying to whisk the butter into it in a broiler pan. Oh, so good! And pretty easy to put together; I didn't have Herbes de Provence, so I just mixed up my own, minus the lavender. Had no idea of the proportions, so I just winged it until I had two tablespoons. This chicken was really wonderful.

CL Comments: Large roasters have a greater proportion of meat to bone, and leftovers are a time-saver. Look for Herbes de Provence, a combination of dried herbs (basil, lavender, marjoram, rosemary, sage, savory, and thyme), in the spice section of supermarkets. Rubbing the flavorful paste under the skin means even though the skin is discarded, the meat keeps the flavor.

### **Ingredients:**

- 2 tablespoons dried Herbes de Provence
- 2 tablespoons fresh lemon juice
- 2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 3 garlic cloves, minced
- 1 (7-pound) roasting chicken
- 1 small onion, quartered
- Cooking spray
- 1/3 cup Sauvignon Blanc or other dry white wine
- 2/3 cup fat-free, less-sodium chicken broth
- 1 tablespoon chilled butter, cut into small pieces

### **Instructions:**

Preheat oven to 400°.

Combine first 5 ingredients in a small bowl; mash to a paste consistency.

Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.

Rub seasoning mixture under loosened skin. Place onion in body cavity. Lift wing tips up and over back; tuck under chicken. Tie legs together with string.

Place chicken, breast side up, on a broiler pan coated with cooking spray. Insert a meat thermometer into breast, making sure not to touch bone. Bake at 400° for 1 hour and 20 minutes or until thermometer registers 180°. Remove chicken from pan. Cover with foil, and let stand 10 minutes. Discard skin.

Place a zip-top plastic bag inside a 2-cup glass measure. Pour pan drippings into bag; let stand 5 minutes (the fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into pan, stopping before fat layer reaches opening; discard fat.

Place pan over medium-high heat. Stir in wine, scraping pan to loosen browned bits. Add broth; bring to a boil. Cook until reduced to 2/3 cup (about 3 minutes). Remove from heat; add butter, stirring with a whisk until well blended. Serve sauce with chicken.

Yield: 12 servings (serving size: 4 ounces chicken and about 1 tablespoon sauce)

CALORIES 204 (37% from fat); FAT 8.4g (satfat 2.6g, monofat 3.1g, polyfat 1.7g); PROTEIN 28.2g; CARBOHYDRATE 1g; FIBER 0.3g; CHOLESTEROL 86mg; IRON 1.7mg; SODIUM 433mg; CALCIUM 25mg;

Cooking Light, OCTOBER 2002

## White Pizza

Source: Revised version from Cooking Light March 2004

Healthy Units: 4

Serves: 6

Posted by: Kate (KateWD)

March 1, 2004

Notes: the original recipe called for a Boboli crust, using a whole-wheat crust cut the points. It also used a whole cup of ricotta, I thought that would be too much for my tastes, and subbed some provolone. I subbed roasted red peppers for the sliced plum tomatoes in the original, since the tomatoes in the grocery store right now are not that great looking. 1/2 cup part-skim ricotta cheese

1/2 cup (2 oz) pre-shredded light mozzarella cheese

1/2 oz provolone cheese, cut into little pieces

1/4 cup (1 oz) freshly grated Parmigiano-Reggiano cheese

1 Whole wheat pizza crust (I used the Eating Well version)

1 or 2 tsp dried basil

1/2 cup thinly sliced shallots

1/2 cup finely chopped spinach

1 tsp crushed red pepper

1/2 tsp black pepper

1/2 tsp dried oregano

1/2 tsp garlic powder

1/2 cup chopped roasted red peppers

1. Preheat oven to 425 degrees. Bake crust for 5 minutes

2. Combine the first the cheeses in a medium bowl. Spread cheese mixture over pizza crust, leaving a 1/1" border around the edge. Sprinkle with basil and next 6 ingredients (basil through garlic powder). Sprinkle red peppers on top. Place pizza on pizza stone. Bake at 425 for 5-10 minutes. Remove pizza to cutting board; cut into 6 slices.

## **Pan Seared Cod with Basil Sauce**

Cooking Light - March 2004

HU: 4

Servings: 4

Posted by: littlechi92

Date: 3/1/04

My Comments: The sauce was not as thick as I thought it would be, but it still tasted very good, and garlicky. I used the mini bowl of my food processor. Any simply prepared mild white fish would work. I would imagine the sauce would taste good with chicken or beef, too.

This was very fast and easy to prepare. CL Comments:

If you have a mini chopper, use it to make the basil sauce. Otherwise, take the time to chop the herb finely before stirring in the remaining ingredients. Ingredients:

1/4 cup fresh basil, minced

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

2 tablespoons grated fresh Parmesan cheese

4 teaspoons extra virgin olive oil

1 teaspoon salt, divided

2 garlic cloves, minced

4 (6-ounce) cod fillets

1/4 teaspoon freshly ground black pepper

Cooking spray

Combine basil, broth, cheese, oil, 1/2 teaspoon salt, and garlic in a small bowl. Sprinkle fish with remaining 1/2-teaspoon salt and pepper. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add fish; sauté 5 minutes on each side or until fish flakes easily when tested with a fork. Serve fish with the basil mixture.

Yield: 4 servings (serving size: 1 fillet and about 1 1/2 tablespoons basil sauce)

Nutrition:

CALORIES 199 (30% from fat); FAT 6.6g (satfat 1.3g, monofat 3.5g, polyfat 0.8g);

PROTEIN 32g; CARBOHYDRATE 1.3g; FIBER 0.6g;

CHOLESTEROL 76mg; IRON 0.7mg; SODIUM 765mg; CALCIUM 85mg;

## **SHIREEN PALOW (AFGHAN ORANGE RICE AND CHICKEN)**

Source: Cooking Light March 2004

Healthy Units: 9

Servings: 6

Posted by: thinmeplease (Diane)

Date: 3-1-2004

My Notes: I used Swanson chicken broth, not the low sodium kind. But did not add the last of the salt when making this. Also, omitted the saffron and pistachios, as I didn't have them on hand.

This is excellent and actually quite easy to prepare. Points are calculated as recipe with values given by CL.

### Ingredients:

2 chicken breast halves without skin, cut in half, about 1lb  
4 chicken thighs without skin, about 1 lb  
3/4 teaspoon salt, divided  
1/4 teaspoon freshly ground black pepper  
2 tablespoons butter, divided  
2 cups onion, vertically sliced  
1/4 teaspoon saffron threads, crushed  
1 clove garlic, minced  
1 tablespoon sugar  
2 teaspoons grated orange peel  
2 1/4 cups chicken broth  
1 1/2 cups basmati rice, uncooked  
2 tablespoons raisins  
6 tablespoons pistachio nut, chopped

### Directions:

1. Sprinkle chicken with 1/2 teaspoon salt and pepper. Melt 1 tablespoon butter in a Dutch oven over medium high heat. Add chicken and cook 5 minutes, browning on all sides. Remove chicken from pan, and keep warm.  
2. Melt 1 tablespoon butter in Dutch oven over medium heat. Add onion, cook 10 minutes or until golden brown, stirring occasionally. Add saffron and garlic, and cook 1 minute, stirring constantly. Add 1/4 teaspoon salt, broth, rice, and raisins: bring to a boil. Add chicken, nestling into rice mixture. Cover, reduce heat, and simmer 25 minutes or until rice is tender. Let stand 5 minutes. Sprinkle with pistachios.

CL Notes: Yield: 6 servings (size serving: 2 thighs or 1 breast with 3/4 cup rice mixture and 1 tablespoon pistachios.

Calories: 408 Fat:10.5g Protein: 27.2 g Carb: 51.5 g Fiber: 2.1 g Chol: 74 mg Iron: 1.6 mg Sodium: 604 mg Calc: 35 mg.

### **Triple Sesame Asparagus**

Source: Cooking Light March 2004

Healthy Units: 1

Servings: 4

Posted by: thinmeplease (Diane)

Ingredients:

1 pound asparagus spears, trimmed

1 teaspoon white sesame seeds, toasted

1 teaspoon black sesame seeds, toasted

1 teaspoon dark sesame oil

1/3 teaspoon kosher salt

Directions:

Place asparagus into a large saucepan of boiling water; cook 3 minutes or until tender-crisp. Drain and plunge asparagus into ice water; drain. Combine all in a large bowl, tossing to coat.

Notes: Nice smoky flavor. Didn't have the black sesame seeds so used 2 teaspoons of the white. Also, omitted the salt but was still very good.

Notes: Calories: 51 Fat: 1.8 gr. Protein: 3 gr. Carb: 5 gr. Chol: 0 Iron: 3 mg Sodium: 235  
Calc. 24 mg

## **Bangkok Shrimp with Button Mushrooms**

HU's: 8.5 – 4.25 (as written)

Servings: about 2-4

Posted by littlechi92

Date: 3/1/04

### **Ingredients:**

1 lb large raw shrimp, shelled and deveined

½ lb button mushrooms

3 ears fresh white corn, husked (1 ½ C kernels)

3 whole green onions

2 cloves garlic, finely minced

1 TBS finely minced ginger

Essential veggie stir-fry sauce (recipe below)

¼ C cilantro

3 TBS flavorless cooking oil

### **Essential veggie Stir-Fry Sauce**

1/4 C Vegetable broth

2 TBL dry sherry or Chinese rice wine

2 TBS thin soy sauce

1 TBS dark sesame oil

2 tsp cornstarch

½ tsp sugar

¼ tsp freshly ground black pepper

Mix everything together in a bowl

Comments: This dish is very versatile. Use any veggies you want as long as it totals 4 Cups. It is recommended that you don't choose more than 3 different kinds. You can also use any meat, just total 1 lb. I used chicken since that is what I had on hand. Also, I used a wok, but I'm sure you can use any stir-fry/sauté pan. Make sure everything is prepped before you start to cook, and use a very hot pan, this is meant to go fast. I served with rice.

Advanced Prep: Cut the shrimp crosswise into ¼ inch rounds. Cut the mushrooms into quarters. Cut the kernels from the corncobs. Cut the green onions on a diagonal into 1-inch lengths.

Combine the mushrooms, garlic, and ginger: combine the corn and green onions (you will need 4 Cups total). Combine the sauce and cilantro. Cover and refrigerate all ingredients until 5 minutes before cooking. Can be completed to this point up to 8 hours in advance of last minute cooking.

Last-Minute Cooking. Place a wok over high heat. When the wok is very hot, add 1 ½ TBS of the oil. When the oil is hot, add the shrimp and stir-fry until they turn slightly pink, about 1 minute. Transfer to a plate and return the wok to high heat. Add the remaining 1 ½ TBS oil. When it is hot, add the mushroom mixture and stir-fry until mushrooms begin to soften, about 1 minute. Add the corn and green onions and stir-fry for 30 seconds. Pour in the sauce and return the shrimp to the wok. Stir and toss until the sauce glazes the food, about 30 seconds. Transfer to a platter or dinner plates and serve at once.



### **Easy Lemon Squares (CL version)**

Cooking Light 2000 Annual

HU: 3.1 per serving

Servings 16

Posted by DebMj1

March 2, 2004

Notes: If you sub light butter in the crust, the HU's drop to 2.3 for 16 servings or 3.1 for 12 servings.

#### **Crust:**

1/4 cup granulated sugar

3 tablespoons butter or stick margarine, softened (I used Corman's light)

1 cup all-purpose flour

#### **Topping:**

3 large eggs

3/4 cup granulated sugar

2 teaspoons grated lemon rind

1/3 cup fresh lemon juice

3 tablespoons all-purpose flour

1/2 teaspoon baking powder

1/8 teaspoon salt

2 teaspoons powdered sugar

Preheat oven to 350°.

To prepare the crust, beat 1/4 cup granulated sugar and the butter at medium speed of a mixer until creamy. Lightly spoon 1 cup flour into a dry measuring cup; level with a knife. Gradually add 1 cup flour to sugar mixture, beating at low speed until mixture resembles fine crumbs. Gently press mixture into bottom of an 8-inch square baking pan. Bake at 350° for 15 minutes; cool on a wire rack.

To prepare topping, beat eggs at medium speed until foamy. Add 3/4 cup granulated sugar and next 5 ingredients (3/4 cup granulated sugar through salt), and beat until well-blended. Pour mixture over partially baked crust. Bake at 350° for 20 to 25 minutes or until set. Cool on wire rack. Sift powdered sugar evenly over top.

#### **NUTRITION PER SERVING**

CALORIES 118 (24% from fat); FAT 3.2g (sat 1.7g, mono 1g, poly 0.3g); PROTEIN 2.2g; CARB 20.5g; FIBER 0.3g; CHOL 47mg; IRON 0.6mg; SODIUM 68mg; CALC 16mg;

## **Chicken Jalfrezi**

Source: allrecipes.com

Healthy Units: 5

Servings: 6

Posted by MedleyDawn

Date: 3/2/04

Comments: A Pakistani curry-style recipe. The chili powder called for in the recipe is Indian-style chili powder, which is much spicier than American-style. I used American-style and DD (10 years old) didn't complain that it was too spicy. For those who like spicy, use the Indian-style. Parsley may be substituted for the cilantro. I served the chicken over brown rice (points not included). I made a few modifications and ran the recipe through the Recipe Builder.

### **Ingredients:**

- 1 Tbs. oil
- 1 cup finely chopped onion
- 2 cloves garlic, shopped
- 1 ½ pounds of boneless skinless chicken thighs, cut in half
- 1 Tbs. ground turmeric
- 1 tsp. chili powder
- 1 ½ tsp. salt
- 1 (14.5 ounce) can diced tomatoes
- 2 Tbs. ghee (clarified butter)
- 1 Tbs. ground cumin
- 1 Tbs. ground coriander
- 2 Tbs. grated fresh ginger root
- ½ c chopped cilantro leaves

1. Heat oil in a large deep skillet over medium heat. Sauté onions and garlic for 2-3 minutes. Add the chicken, turmeric, chili powder, and salt. Cook on medium heat until lightly browned on both sides. Scrap the bottom of the pan frequently.
2. Add tomatoes including juice. Cover the pan and simmer over medium heat for 20 minutes. Uncover and simmer another 10 minutes to allow liquid to cook down.
3. Add ghee, cumin, coriander, ginger, and cilantro. Simmer 5-7 minutes longer. Serve topped with sauce.

## Posole

CL March 2004

Healthy Units: 6

Servings: 10

Posted by: Scarehair (Carrie)

Date: 3-2-04

Comments: This was very simple to make. I added more cumin since I like it.

1 ½ tsp salt, divided  
2 tsp paprika  
1 tsp black pepper  
2 lbs boneless Boston butt pork roast  
2 Cups chopped onion  
3 garlic cloves, minced  
1 ½ Cups water  
1/4 cups raisins  
1 tsp ground coriander  
1 tsp ground cumin  
1 tsp dried oregano  
1 (14.5-oz.) Can no salt-added stewed tomatoes, undrained  
1 (14-oz.) Can low-salt beef broth  
1 (14-oz.) Can fat free, less sodium chicken broth  
1 (7 oz) can chipotle chiles in adobo sauce  
2 (15.5-oz.) Cans golden hominy, drained  
1 1/4 Cups shredded Boston lettuce  
2/3 Cup unsalted baked tortilla chips  
2/3 Cup minced fresh cilantro  
2/3 Cup thinly sliced radishes

1. Combine 1 tsp salt, paprika, and pepper. Trim fat from pork. Cut pork into 2-inch pieces; trim any additional fat. Combine pork and paprika mixture; tossing well to coat.

2. Heat a large Dutch oven over med-high heat. Add pork; cook 5 minutes, browning on all sides. Remove pork from pan. Add onion and garlic to pan; sauté 3 minutes. Return pork to pan; stir in water and next 7 ingredients (water through chicken broth).

3. Remove 1 large chile and 2 Tablespoons adobo sauce from can; reserve remaining chiles and sauce for another use. Remove seeds from chile; finely chop. Stir chile and adobo sauce into pork mixture. Bring to boil; cover, reduce heat and simmer 2 hours or until pork is tender. Remove pork from pan using a slotted spoon; place pork in a large bowl and shred using 2 forks. Add tomato mix to pork in bowl. Let cool to room temp; cover and let chill overnight.

4. Skim solidified fat from surface of stew. Combine stew, remaining ½ tsp salt, and hominy in large Dutch oven, and bring to a boil over med-high heat. Reduce heat; simmer 5 minutes. Ladle 1 cup stew into each of 10 bowls; top each with 2 tablespoons of lettuce, 1 tablespoon of chips, 1 tablespoon of cilantro, and 1 tablespoon of radishes. Yield 10 servings. CALORIES 321 (27% from fat); FAT 9.6g (sat 2.7g, mono 3.7g, poly 1.6g); PROTEIN 22.5g; CARB 36.1g; FIBER 5.1g; CHOL 62mg; IRON 2.8mg; SODIUM 952mg; CALC 88mg

## **Asparagus with Black pepper, bacon & goat cheese sauce**

Source: CL Website & March 2003

HU: 1.5 using 1 1/2 tbs sauce and 1/4 pd asparagus

Servings: 8

Posted by: Zephyr1

Date posted: 3/3/04

Comments: Really great sauce with loads of possibilities to be used with other things like broccoli or pasta they also say to experiment using other cheeses like blue. I did not boil my asparagus just lightly roasted it in the oven then drizzled the sauce over.

### **Ingredients:**

1 teaspoon salt  
2 pounds asparagus spears, trimmed  
3/4 cup (3 ounces) goat cheese, softened  
1/4 cup fat-free mayonnaise  
1 teaspoon lemon juice  
1/4 teaspoon freshly ground black pepper  
2 bacon slices, cooked and crumbled (drained)  
1/4 cup fat-free milk

Bring 1 gallon water and salt to a boil in a Dutch oven; add asparagus. Cook 2 minutes or until crisp tender. Drain and rinse with cold water. Pat dry with paper towels; chill. Combine goat cheese, mayonnaise, juice, pepper, and bacon in a medium bowl, stirring with a whisk. Add milk, 1 tablespoon at a time, stirring until smooth.

Arrange asparagus on a platter; drizzle with sauce.

Yield: 8 servings (serving size: about 1/4 pound asparagus and 1 1/2 tablespoons sauce)

### **NUTRITION PER SERVING**

CALORIES 69 (39% from fat); FAT 3g (sat 1.9g, mono 0.5g, poly 0.2g); PROTEIN 5.4g; CARB 7.3g; FIBER 2.4g; CHOL 7mg; IRON 1.2mg; SODIUM 161mg; CALC 48mg;

## **Orange Teriyaki Salmon**

HU | 8

Servings | 4

Posted by Michele12054

Source: Cooking Light Website

Here is a recipe I pulled of the website. I increased the amount to have leftovers but it was great. I served it with brown rice and sugar snap peas. I ran this thru the recipe builder. We love salmon so our portions were a good size, this could easily serve 6.

### **Ingredients**

4 1/2 Tbsp orange juice

3 Tbsp low-sodium soy sauce

2 Tbsp rice vinegar

1 1/2 Tbsp honey

1 1/2 tsp garlic clove(s)

3 tsp ground ginger

2 pound Atlantic salmon fillet(s)

### **Instructions**

Heat oven to 450. Whisk all ingredients together in a baking dish. Place salmon in dish spoon sauce over fish. Bake 15 mins basting every few minutes.

### **Wasabi Mashed Potatoes**

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

Healthy Units: 2

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

Posted By: Bawstinn32 (Maria)

March 3, 2004

Comments: The definitely have more horseradish flavor than the mashed potatoes I made a few weeks ago. I used 1 tablespoon of light butter instead of 2 teaspoons light. Next time I think I might use half light sour cream and half plain yogurt. Not sure that I like the "tang" from the yogurt.

1 pound Yukon Gold potatoes -- cubed, peeled  
1 tablespoon Wasabi powder  
2 teaspoons butter  
8 oz. plain low-fat yogurt

Place potato in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 20 minutes or until tender; drain. Return potato to pan. Add the remaining ingredients, and mash with a potato masher.

## **Barbecue Turkey Burgers**

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

Healthy Units: 6

Yield: 4 servings (serving size: 1 burger)

Posted By: Bawstinn32 (Maria)

March 3, 2004

Comments: Tasty and quick to put together. I had 3 choices for turkey: regular, lean and extra lean. I chose lean turkey and it was very moist

1/4 cup chopped onion  
1/4 cup barbecue sauce, divided  
2 tablespoons dry breadcrumbs  
2 teaspoons prepared mustard  
3/4 teaspoon chili powder  
1/2 teaspoon garlic powder  
1/4 teaspoon salt  
1 pound ground turkey  
Cooking spray  
4 large leaf lettuce leaves  
4 (1/4-inch-thick) slices tomato  
4 (1 1/2-ounce) hamburger buns

Combine the onion, 2 tablespoons barbecue sauce, breadcrumbs, and the next 5 ingredients (breadcrumbs through turkey) in a medium bowl. Divide turkey mixture into 4 equal portions, shaping each into a 1 1/2 inch-thick patty.

Heat a grill pan coated with cooking spray over medium-high heat. Place patties in pan; cook 7 minutes on each side or until done.

Place 1 lettuce leaf, 1 tomato slice, and 1 patty on the bottom half of each bun. Spread each patty with 1 1/2 teaspoons barbecue sauce. Cover with top halves of buns.

CALORIES 310 (22% from fat); FAT 7.6g (satfat 2.1g, monofat 1.7g, polyfat 2.8g);  
PROTEIN 29.9g; CARBOHYDRATE 28.5g; FIBER 2.1g; CHOLESTEROL 65mg; IRON  
3.5mg; SODIUM 642mg; CALCIUM 102mg;

## **Cranberry-Pistachio Biscotti**

2 1/4 cups all-purpose flour  
1/2 tsp. baking powder  
1/2 tsp. Baking soda  
1/4 tsp. Salt  
3 large eggs  
1 cup sugar  
1 1/2 tsp. vanilla extract  
1 1/4 cups unsalted pistachios, chopped (about 5 1/2 oz.)  
3/4 cup dried cranberries, chopped

Preheat oven to 300. Grease and flour a large baking sheet. In a large bowl, whisk together flour, baking powder, baking soda and salt. In a medium bowl, beat eggs and sugar together until blended. Beat in vanilla. Add egg mixture to flour mixture; stir until blended. Stir in pistachios and cranberries. Spoon dough onto baking sheet, forming two 13" x 2 1/4" strips, placing them 3 1/2" apart. With wet fingertips, smooth tops and sides of the strips. Bake 40 minutes or until golden and firm to the touch. Set baking sheet on a wire rack to cool for 5 minutes. Reduce oven temperature to 275. Using a sharp serrated knife, cut each strip on the diagonal into 1/2" slices. Stand slices 1/2" apart on baking sheet. Bake for 20 to 25 minutes until lightly toasted. Cool baking sheet completely on wire rack.

Makes about 4 dozen cookies.

Mary Engelbreit's Cookies Cookbook



### **Beef Stroganoff (CL Version)**

Source: Cooking Light, SEPTEMBER 2002

Healthy Units: 8

Servings: 5

Posted by: MissVN

Date: March 3, 2004

#### **Ingredients:**

4 cups uncooked medium egg noodles (about 8 ounces)

1 cup beef broth

1 tablespoon Worcestershire sauce

1 teaspoon balsamic vinegar

2 teaspoons tomato paste

1 teaspoon salt, divided

1/4 teaspoon black pepper, divided

Cooking spray

1 pound boneless sirloin steak (about 1/2 inch thick)

1 cup chopped onion

1 (8-ounce) package pre-sliced mushrooms

3 tablespoons all-purpose flour

1/2 cup reduced-fat sour cream

1/4 cup chopped fresh parsley

#### **Instructions:**

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

While pasta cooks, combine broth, Worcestershire, vinegar, tomato paste, 1/2-teaspoon salt, and 1/8-teaspoon pepper in a medium bowl, stirring with a whisk.

Heat a Dutch oven coated with cooking spray over medium-high heat. Sprinkle beef with 1/2-teaspoon salt and 1/8 teaspoon pepper. Add beef to pan; cook 3 1/2 minutes on each side or until desired degree of doneness. Remove beef from pan.

Add onion and mushrooms to pan; sauté 3 minutes or until mushrooms are tender. Stir in flour; cook 1 minute, stirring constantly. Stir in broth mixture; cook 1 minute or until slightly thick, stirring constantly.

Cut beef into thin strips; return to pan. Stir in pasta, sour cream, and parsley; cook 1 minute or until thoroughly heated.

Yield: 5 servings (serving size: 1 1/2 cups)

#### **NUTRITION PER SERVING**

CALORIES 398 (24% from fat); FAT 10.7g (sat 4.5g, mono 3.8g, poly 1g); PROTEIN 31.5g;  
CARB 43.3g; FIBER 2.7g; CHOL 117mg; IRON 5.6mg; SODIUM 774mg; CALC 80mg;

## **Broiled Turkey Patties**

Source: The Carbohydrate Addict's Cookbook

HU: 5

Servings: 4

Posted by: diAne

March 03, 2004

Here's a recipe for broiled turkey patties that I find very tasty.

2 Tbsp olive oil  
1/2 cup celery, finely chopped  
1/2 cup green pepper, finely chopped  
1 lb turkey breast, ground  
1 large egg  
1 tsp prepared mustard  
1/2 tsp minced garlic  
1/2 tsp salt  
1/4 tsp pepper, or to taste

Coat a small nonstick skillet with 1 tablespoon of olive oil, and place over medium heat. Add green pepper and celery, and sauté 4 to 5 minutes. Let cool.

In a medium bowl, combining sautéed mixture with turkey, egg, mustard, garlic, salt, and pepper.

Preheat broiler. Divide mixture into 4 equal portions, shaping each into a 4-inch patty. Line a broiler pan with aluminum foil and coat the foil with the remaining 1 tablespoon of olive oil. Place the patties on the pan and broil 4 to 6 minutes per side, until thoroughly cooked.

Per Serving (excluding unknown items): 212 Calories; 9g Fat (38.1% calories from fat); 30g Protein; 2g Carbohydrate; 1g Dietary Fiber; 117mg Cholesterol; 365mg Sodium. Exchanges: 0 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Substitute ground chicken breast for turkey, if desired.

## **Pork Chops with Pan Gravy**

Source: Weight Watchers Magazine Jan/Feb 2004

HU: 6

Servings: 4 (1 chop with 2/3 cup gravy)

Posted by: Fancy.Nancy

Date posted: 3/3/04

Comments: Quick & easy. Good comfort food.

WW Comments: "This recipe works well with lamb chops & even chicken breasts or turkey cutlets. The best part is having plenty of vegetable- and flavor-rich gravy to sauce up noodles, potatoes, or whatever you choose as a side dish.

We avoided using reduced-sodium beef broth in this recipe because we haven't yet found a brand that doesn't taste tinny. If you're watching your sodium, use reduced-sodium chicken broth instead."

2 tsp. olive or canola oil  
4 (4-ounce) boneless pork chops, well-trimmed, about 1 inch thick  
1 (8-ounce) package sliced mushrooms  
1 small onion, finely chopped (I used shallots)  
1 (15 ounce) can beef broth  
2/3 cup water  
1 tablespoon Dijon mustard  
½ tsp poultry seasoning  
1/3 cup fat-free milk  
2 tablespoons all-purpose flour  
½ teaspoon freshly ground black pepper

Heat the oil in a large nonstick skillet over medium-high heat; add the chops & cook, turning once, until well-browned, about 4 minutes per side. Transfer to a plate & keep warm.

Return the skillet to the heat & add mushrooms & onion; cook, stirring until tender, 8 minutes. Stir in the broth, water, mustard, & poultry seasoning. Bring to a boil. Return the chops and any accumulated juices to the pan and cook, turning occasionally & stirring the sauce, until the chops are barely pink in the center, about 8 minutes.

Whisk together the milk and flour in a small bowl. Stir into the sauce and cook, stirring constantly, until the sauce thickens and coats the chops, about 3 minutes. Sprinkle with the pepper & serve at once.

Per serving: 254 calories, 12 g. fat, 4 g. saturated fat, 0 g trans fat, 70 mg chol, 606 mg sodium, 9 g carb, 1 g fiber, 29 g protein, 48 mg calcium.

## **Orzo and Rice Pilaf**

Source: Weight Watchers Magazine Jan/Feb 2004

HU: 3

Servings: 4

Posted by: Fancy.Nancy

Date posted: 3/3/04

Comments: Replacing half the rice with orzo gives ordinary pilaf a delicious twist. For lunch the next day, combine any leftover pilaf with chopped fresh tomatoes, cucumbers, bell peppers or celery, add a few drops of vinegar or fresh lemon juice, and serve on a bed of lettuce.

Cook's Tip: To boost the pilaf's nutritional value & fiber content, use a long-grain brown rice. Since brown rice takes about 40 minutes to cook, prepare the recipe as directed but do not toast the rice. Instead, cook the rice in the broth about 20 minutes before adding the orzo. This will allow the rice and the orzo to finish cooking at the same time.

2 teaspoons vegetable oil  
½ small red onion, finely chopped  
¼ cup long-grain white rice (I used brown)  
¼ cup orzo  
1 ½ cups reduced-sodium chicken or vegetable broth  
¼ teaspoon salt  
freshly ground pepper, to taste  
1 tablespoon chopped flat-leaf parsley

Heat the oil in a nonstick saucepan over medium heat. Add the onion & cook, stirring frequently, until softened, about 4 minutes. Add the rice and orzo; cook, stirring constantly, until lightly toasted, 2-3 minutes.

Add the broth, salt & pepper; bring to a boil. Reduce the heat and simmer, covered, until tender, 18-20 minutes. Fluff the pilaf with a fork; stir in the parsley. Serve at once.

Per serving (generous 1/3 cup): 138 calories, 3 g fat, 1 g sat fat, 0 g trans fat, 1 mg chol, 188 mg sodium, 23 g carb, 1 g fiber, 4 g protein, 16 mg calc.

## **Baked Eggplant with Savory Cheese Stuffing**

Cooking Light, March 2004

Healthy Units: 3

Yield: 4 servings (serving size: 1 stuffed eggplant half)

Posted By: Bawstinn32 (Maria)

March 5, 2004

CL Comments: Eggplant makes a satisfying vegetarian dinner when stuffed with tomato and peppers and served with rice. Feta cheese adds tang and body to the stuffing.

Maria's comments: In now ay did I think this was a meal in itself, but it would make for a nice side dish. As usual, I added more salt and pepper and threw in a touch of basil. Since crumbled feta comes in 4 oz packages, I used it all and it came to 4 points. Thinking it could be jazzed up a bit more by using flavored feta and adjusting the spices accordingly. 2 medium eggplants, each cut in half lengthwise (about 2 pounds)

Cooking spray

1 (1-ounce) slice white bread

1 teaspoon extra virgin olive oil

1 1/2 cups finely chopped onion

1 1/4 cups finely chopped red bell pepper

1 cup finely chopped seeded plum tomato

1 teaspoon chopped fresh or 1/4 teaspoon dried oregano

2 garlic cloves, minced

3/4 cup (3 ounces) crumbled feta cheese

1/4 cup chopped fresh flat-leaf parsley

3/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Preheat oven to 400°.

Score cut side of each eggplant half by making 4 crosswise cuts. Place the eggplant halves, cut sides down, on a foil-lined baking sheet coated with cooking spray. Bake at 400° for 25 minutes or until tender. Remove from oven; cool on pan 10 minutes. Carefully remove pulp, leaving a 1/3-inch-thick shell; reserve eggplant shells. Chop pulp.

Reduce oven temperature to 350°.

Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/2 cup.

Drizzle the breadcrumbs with olive oil, and pulse to combine.

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 3 minutes. Stir in the chopped eggplant, bell pepper, tomato, oregano, and garlic; cover, reduce heat, and simmer 10 minutes, stirring occasionally. Uncover and cook 5 minutes or until liquid evaporates, stirring occasionally. Remove from heat; stir in cheese, parsley, salt, and black pepper. Stuff each eggplant shell with about 1/2 cup onion mixture; sprinkle with breadcrumb mixture. Place on a baking sheet; bake at 350° for 30 minutes or until thoroughly heated and lightly browned.

CALORIES 178 (28% from fat); FAT 5.5g (satfat 2.6g, monofat 2g, polyfat 0.6g); PROTEIN 8.3g; CARBOHYDRATE 28.4g; FIBER 8.5g;

## **Fudgy Chocolate Brownies**

Cooking Light 1998 Annual and website

HU: 3 per serving

Servings: 20

Posted by DebMj1

March 5, 2004

CL Notes: The technique for these brownies is a bit unorthodox. When you add the sugar and cocoa to the melted chocolate, it forms a ball that's hard to stir. But stick with it; the end results are well worth it.

My Notes: Mine actually formed a ball when I added the cocoa, then became much more granular when I added the sugar; it's an unusual prep and doesn't seem right, but by the time you add the eggs and flour, the consistency works itself out. I would recommend using an electric mixer instead of a whisk. If you use light butter, the HU's work out to 2.3 per each of 20 servings, 3.0 per each of 16 servings or 3.8 per each of 12 servings.

5 tablespoons stick margarine (I used Corman's Light)  
1 ounce unsweetened chocolate  
2/3 cup Dutch process or unsweetened cocoa (I used Dutch)  
1 1/2 cups sugar  
3 large egg whites, lightly beaten  
1 large egg, lightly beaten  
1 cup all-purpose flour  
1/2 teaspoon baking powder  
Cooking spray

Preheat oven to 325°.

Melt margarine and chocolate in a large saucepan over medium heat. Stir in cocoa; cook 1 minute. Stir in sugar, and cook 1 minute (mixture will almost form a ball and be difficult to stir). Remove pan from heat; cool slightly. Gradually add warm chocolate mixture to egg whites and egg, stirring with a whisk until well blended. Combine flour and baking powder; add flour mixture to chocolate mixture, stirring well.

Spoon batter into a 9-inch square baking pan coated with cooking spray. Bake at 325° for 30 minutes (do not over bake). Cool on a wire rack.

CALORIES 132 (29% from fat); FAT 4.3g (sat 1.3g, mono 1.6g, poly 1g); PROTEIN 2.5g; CARB 21.7g; FIBER 0.2g; CHOL 11mg; IRON 0.9mg; SODIUM 46mg; CALC 16mg;

## **Rosemary-Merlot Flank Steak**

Source: CL

Healthy Units: 4

Servings: 4

Posted by: Sheila

Date: March 6, 2004

### **Ingredients:**

- 1 C Finely chopped onion
- 3/4 C low-salt beef broth (I used bouillon & water)
- 3/4 C Merlot or other dry red wine
- 1Tbsp chopped fresh rosemary
- 1/2 Tsp salt
- 1/4 tsp dried Italian seasoning
- 2 garlic cloves - minced
- 1 Lb Flank Steak - trimmed
- 1 tbsp Tomato paste
- 2 tsp Dijon mustard

Combine first 7 ingredients in a Ziploc - add steak. Marinate in refrigerator 20 minutes, turning once. Remove steak - reserve marinade. Broil or grill steak to desired doneness. Let stand 5 minutes. While steak is standing combine reserved marinade, tomato paste and mustard in med saucepan over med heat. Stir well w/ whisk, bring to a boil and cook until reduced to 1 cup - approx 7 minutes. Serve the sauce over the steak.

Cook's Note - I usually throw the tomato paste and mustard in to the marinade. And I usually prep two bags of 2 servings - freezing the meat in the marinade for another dinner later - just defrost in frig and the meat is ready to go. This sauce is an amazingly good - made it for Valentine's dinner with filet mignon - Dh could not have been happier. Hope you enjoy it!  
Sheila

## **Apple Spice Cake**

Source: Cooking Light March 2004

Healthy Units: 4

Posted by: Tracy (Nikkie1t)

March 6, 2004

Notes: This is terrific. Moist, nice amount of spices. I'll definitely make this again. I didn't have brandy on hand, so omitted it. I'll try adding it the next time I make it.

1 cup packed dark brown sugar  
1/3 cup (3 ounces) block-style fat-free cream cheese, softened  
1/4 cup vegetable oil  
1 teaspoon vanilla extract  
2 large eggs  
1 1/2 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1/2 teaspoon salt  
1/2 teaspoon ground cloves  
1/2 teaspoon ground nutmeg  
1 cup low-fat buttermilk  
1 cup chopped peeled Braeburn apple  
2 tablespoons brandy (optional)  
Cooking spray  
2 teaspoons powdered sugar

Preheat oven to 350°.

Place the first 4 ingredients in a large bowl, and beat with a mixer at medium speed until well blended (about 3 minutes). Add eggs, 1 at a time, beating well after each addition.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and the next 5 ingredients (flour through nutmeg), stirring with a whisk. Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; beat well after each addition. Stir in the apple and brandy, if desired. Spoon mixture into an 8-inch square baking pan coated with cooking spray.

Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove from pan; cool completely on wire rack. Sprinkle with powdered sugar.

Yield: 12 servings

### **NUTRITION PER SERVING**

CALORIES 205 (25% from fat); FAT 5.8g (sat 1.1g, mono 1.4g, poly 2.8g); PROTEIN 4.4g; CARB 33.1g; FIBER 0.8g; CHOL 38mg; IRON 1.3mg; SODIUM 278mg; CALC 66mg;



### **Scallops Florentine**

Source: Cooking Light Sep/Oct '91

HU: 4.5 per serving

Servings: 8

Posted by: Emily (EJWyatt)

March 6, 2004

1 ¼ pounds sea scallops (I usually use bay scallops)

1 ¼ pounds fresh spinach

3 cloves garlic

1 Tbsp margarine

1 ½ Tbsp all-purpose flour

¾ C evaporated skimmed milk

¼ tsp salt

1/8 tsp nutmeg

½ C (2 ounces shredded Swiss cheese)

3 ½ C hot cooked small macaroni shells

Cut scallops in half crosswise (no need to cut if using bay scallops); set aside.

Remove stems from spinach; set stems aside. Coarsely chop leaves; set aside.

Position knife blade in food processor bowl. Drop garlic through food shoot with processor running; process 3 seconds or until minced. Add spinach stems through the chute with processor running; process 10 seconds or until minced. Set aside.

Melt margarine in a large Dutch oven over medium-low heat. Add garlic mixture; sauté 5 minutes or until tender. Stir in flour. Gradually add milk and next 3 ingredients; bring to a boil. Cook 2 minutes or until thickened, stirring constantly. Add cheese, stirring until melted. Add chopped spinach leaves; stir. Cook 3 minutes or until spinach wilts, stirring frequently. Add scallops; cook 8 minutes or until scallops are done, stirring frequently.

Stir in pasta. Yield 8 servings. (About 208 calories per 1-cup serving)

PROTEIN 20.2g; FAT 4.6g; CARBOHYDRATE 21.5g; CHOLESTEROL 31mg; IRON 2.9mg; SODIUM 291mg; CALCIUM 231mg

## **Kitchen Clambake**

Source: Barefoot Contessa

HU: 14 (as written, see comments)

Posted by: littlechi92

Date: 3/7/04

Comments: This recipe is very adaptable to whatever shellfish you like. We left out the mussels (high in points) and the lobster. We subbed spicy sausage (and less of it for the kielbasa) and I used much less olive oil. Serve with corn on the cob and crusty bread.

Ingredients:

- 1 1/2 pounds Kielbasa
- 3 cups chopped yellow onions (2 large onions)
- 2 cups chopped leeks, well cleaned (2 leeks, white parts only)
- 1/4 cup good olive oil
- 1 1/2 pounds small potatoes (red or white)
- 1 tablespoon kosher salt
- 1/2 tablespoon freshly ground black pepper
- 2 dozen littleneck clams, scrubbed
- 2 dozen steamer clams, scrubbed
- 2 pounds mussels, cleaned and de-bearded
- 1 1/2 pounds large shrimp, in the shell
- 3 (1 1/2 pound) lobsters
- 2 cups good dry white wine

Slice the kielbasa diagonally into 1-inch thick slices. Set aside. Sauté the onions and leeks in the olive oil in a heavy-bottomed 16 to 20 quart stockpot over medium heat for 15 minutes, until the onions start to brown.

Layer the ingredients on top of the onions in the stockpot in this order: first the potatoes, salt, and pepper; then the kielbasa, little neck clams, steamer clams, mussels, shrimp, and lobsters. Pour in the white wine. Cover the pot tightly and cook over medium-high heat until steam just begins to escape from the lid, about 15 minutes. Lower the heat to medium and cook another 15 minutes. The clambake should be done. Test to be sure the potatoes are tender, the lobsters are cooked, and the clams and mussels are open. Remove the lobsters to a wooden board, cut them up, and crack the claws. With large slotted spoons, remove the seafood, potatoes, and sausages to a large bowl and top with the lobsters. Season the broth in the pot to taste, and ladle over the seafood, being very careful to avoid any sand in the bottom.

### **Fresh Vegetable Broth**

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

Healthy Units: 0

Yield: 12 cups (serving size: 1 cup)

Posted By: Bawstinn32 (Maria)

March 8, 2004

This recipe goes with Lentil Soup, Basque Rice-and-Kale Chowder, Tortellini, White Bean, and Spinach Soup

3 cups chopped onion  
2 cups chopped carrot  
2 cups chopped celery  
2 cups chopped parsnip  
1 cup chopped leek  
12 black peppercorns  
4 unpeeled garlic cloves  
3 bay leaves  
1 basil sprig  
1 thyme sprig  
1 rosemary sprig  
1 parsley sprig  
5 quarts cold water  
1 teaspoon salt

Combine all ingredients except salt in an 8-quart stockpot. Bring to a boil; reduce heat, and simmer, uncovered, for 3 hours. Strain mixture through a cheesecloth-lined colander into a large bowl, pressing vegetables with the back of a spoon to remove as much liquid as possible; discard solids. Stir in salt.

Note: Store broth in refrigerator in an airtight container for up to 1 week. Pour 2 cups broth into freezer-safe containers; freeze for up to 3 months.

CALORIES 7 (0.0% from fat); FAT 0.0g (satfat 0.0g, monofat 0.0g, polyfat 0.0g);  
PROTEIN 0.2g; CARBOHYDRATE 1.6g; FIBER 0.3g; CHOLESTEROL 0.0mg; IRON  
0.1mg; SODIUM 199mg; CALCIUM 5mg;

## **Tortellini, White Bean, and Spinach Soup**

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

Healthy Units: 5

Yield: 6 servings (serving size: 1 1/2 cups soup and 2 teaspoons cheese)

Posted By: Bawstinn32(Maria)

March 8, 2004

Comments: Very light, very quick (once I made the stock) vegetable soup. Next time I would add another can of beans and refigure the points, as there really didn't seem to be very many in the soup!

1 teaspoon olive oil  
2 cups chopped onion  
1/2 cup chopped red bell pepper  
1 teaspoon dried Italian seasoning  
3 garlic cloves, minced  
2 cups coarsely chopped spinach  
2/3 cup water  
1 (16-ounce) can navy beans, drained  
2 cups Fresh Vegetable Broth or 1 (14 1/2-ounce) can vegetable broth  
1 (14.5-ounce) can no-salt-added whole tomatoes, undrained and chopped  
1 (14-ounce) can quartered artichoke hearts, drained  
1 (9-ounce) package uncooked fresh cheese tortellini  
1/4 cup (1 ounce) grated fresh Parmesan cheese

Heat oil in a large Dutch oven over medium-high heat. Add chopped onion, bell pepper, seasoning, and garlic; sauté 5 minutes or until tender. Add spinach and next 5 ingredients (spinach through artichokes); bring to a boil. Reduce heat; simmer 2 minutes. Add tortellini; cook until thoroughly heated. Sprinkle with cheese.

CALORIES 281 (18% from fat); FAT 5.7g (satfat 2.1g, monofat 1.7g, polyfat 0.6g);  
PROTEIN 15g; CARBOHYDRATE 43.9g; FIBER 4.2g; CHOLESTEROL 23mg; IRON  
2.8mg; SODIUM 562mg; CALCIUM 158mg;

## Hot Hoisin Stir-Fry

Source: Cuisine at Home, February 2004

Healthy Units: 8

Yield: 4 servings (1/2 c noodles and 1 cup stir-fry)

Posted By: Bawstinn32 (Maria)

March 8, 2004

Comments: Very good, quick to put together and not much heat. There was a bit of vinegar tang to the sauce. Next time will start with 1 Tbs of the rice vinegar and go from there. Meat

### Marinade

1 tablespoon cornstarch

1 tablespoon dry sherry

1/4 teaspoon kosher salt

1 whole egg white

### Hot-Hoisin Blender Sauce

3 tablespoons dry sherry

3 tablespoons rice wine vinegar

3 tablespoons hoisin sauce

3 tablespoons low sodium soy sauce

4 teaspoons chili garlic sauce

1 tablespoon brown sugar

1 teaspoon cornstarch

1/4 teaspoon kosher salt

### Remaining Ingredients

12 ounces beef flank, R-T-C

2 cups broccoli florets -- blanched

1 cup onion -- chopped

2 cups carrot -- ribboned

1 1/2 cups mushrooms -- quartered

8 ounces water chestnuts, canned

2 tablespoons ginger -- grated

2 tablespoons garlic -- minced

2 cups soba noodles -- cooked (I used soba; it called for Chinese noodles)

Prepare marinade. Add steak to marinade and let stand 5 minutes. Stir-fry 2 minutes or until browned but slightly pink. Prepare blender sauce.

Add broccoli and onion; stir-fry 2 minutes.

Add carrots, mushrooms and water chestnuts; stir-fry 1 minute.

Add garlic, ginger and reserved steak; stir fry 1 minute to heat through.

Stir in the sauce. Cook 1 minute. Serve with noodles.

Per Serving (excluding unknown items): 415 Calories; 9g Fat (19.6% calories from fat); 26g Protein; 57g Carbohydrate; 7g Dietary Fiber; 43mg Cholesterol; 1212mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 4 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

## **Lemon Buttermilk Pie**

Source: Cuisine at Home, April 2004

Healthy Units: 6

Yield: 10 servings

Posted By: Bawstinn32 (Maria)

March 8, 2004

Comments; Original recipe called for a pre-made pie shell. I made a pastry crust recipe from CL to cut down on the Healthy Units. I used the juice from 2 lemons and the zest from one as I wasn't sure if it would be lemon-y enough. I was concerned since it didn't seem to want to set, but as it cooled, it set nicely. Magazine suggested serving with strawberries on top, but warned to not put them on until ready to serve as it could cause the delicate filling to collapse.

### **Pastry Crust**

1 cup all-purpose flour -- divided

3 tablespoons ice water

1/2 teaspoon cider vinegar

1 tablespoon powdered sugar

1/4 teaspoon salt

1/4 cup vegetable shortening

### **Pie filling**

1 1/2 cups sugar

1 cup buttermilk

1 tablespoon flour

2 whole eggs

2 whole egg yolks

1/2 teaspoon vanilla

Minced zest and juice of 1 lemon

Preheat oven to 350°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine 1/4 cup flour, ice water, and vinegar, stirring with a whisk until well-blended

Combine 3/4 cup flour, sugar, and salt in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal. Add slurry; toss with a fork until flour mixture is moist. Gently press mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Roll dough, still covered, into a 12-inch circle; freeze 10 minutes. Remove 1 sheet of plastic wrap; let stand 1 minute or until pliable. Fit dough, plastic-wrap side up, into a 9-inch pie plate or a 9-inch round removable-bottom tart pan. Remove plastic wrap. Press the dough against bottom and sides of pan. Fold edges under or flute decoratively.

Whisk all pie ingredients together in a large bowl until blended. Pour into pie shell and place on a baking sheet. Bake until filling is just set, yet still a bit jiggly, 40-50 minutes. Remove from oven and cool to room temperature.

Per Serving (excluding unknown items): 249 Calories; 7g Fat (26.5% calories from fat); 4g Protein; 42g Carbohydrate; trace Dietary Fiber; 81mg Cholesterol; 92mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 2 Other Carbohydrates

### **Italian Sausage Puttanesca**

Source: CL March 2004 (with my revisions)

Healthy Units: 6

Serves: 4

Posted by: Kate (KateWD)

March 8, 2004

Comments: I used hot Italian turkey sausage and also added some crushed red peppers. For a little less heat, use mild turkey Italian sausage instead of hot.

8 ounces uncooked whole wheat penne pasta

6 ounces hot turkey Italian sausage

1 cup chopped onion

1 cup chopped green bell pepper

1 cup chopped roasted red peppers

3 garlic cloves, minced

Cooking spray

1 (14.5-ounce) cans no salt-added whole tomatoes, undrained and chopped

1/4 cup halved pitted kalamata olives

2 tablespoons tomato paste

1 tablespoon capers, drained

1 teaspoon anchovy paste

1/2 cup (2 ounces) finely shredded Parmesan cheese

Preheat oven to 400°.

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

Remove casings from sausage. Place sausage, onion, peppers, and garlic in a Dutch oven coated with cooking spray over medium-high heat; sauté 8 minutes, stirring to crumble.

Add tomatoes, olives, tomato paste, capers, and anchovy paste to pan; bring to a boil. Reduce heat, and simmer 5 minutes. Remove from heat. Add pasta, tossing well to combine. Spoon pasta mixture into an 8-inch square baking dish coated with cooking spray; sprinkle evenly with cheese. Bake at 400° for 15 minutes or until cheese melts and begins to brown.

Yield: 4 servings

NUTRITION INFO IS FOR ORIGINAL RECIPE, NOT WITH REVISIONS ABOVE  
CALORIES 482 (30% from fat); FAT 16g (sat 4.6g, mono 6.9g, poly 2.6g); PROTEIN 24.7g; CARB 63.3g; FIBER 6.1g; CHOL 42mg; IRON 4.7mg; SODIUM 983mg; CALC 231mg;

## **Marbled Banana Bars**

Source: CL Message Board

Healthy Units: 1.5

Serves: 36

Posted by: Kate (KateWD)

March 3, 2004

Notes: The banana flavor is much more pronounced than the chocolate flavor in these bars. I halved the recipe and baked them in a 9x9 pan, cut into 9 bars for 3 points each, using Splenda instead of sugar brings it down to 2 points each.

### **Ingredients:**

1 cup sugar

1/2 cup light butter - softened

1 1/2 cups mashed ripe bananas -- (about 4)

1 egg

1 teaspoon vanilla

1 1/2 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1/4 cup unsweetened cocoa

Powdered sugar -- if desired

### **Instructions:**

Heat oven to 350°F. Combine sugar and margarine in large mixer bowl. Beat at medium speed, scraping bowl often, until creamy (1 to 2 minutes). Add bananas, egg and vanilla; continue beating, scraping bowl often, until well mixed (1 to 2 minutes). Add flour, baking powder, baking soda and salt; reduce speed to low. Beat, scraping bowl often, until well mixed (1 to 2 minutes).

Drop 1 1/2 cups batter by spoonfuls into greased 13x9-inch baking pan. To remaining batter in bowl, add cocoa; beat on low speed until well-mixed (30 seconds).

Drop spoonfuls of chocolate batter in pan over banana batter. Swirl chocolate batter through banana batter using knife. (DO NOT OVER-SWIRL.) Bake for 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool completely.

Just before serving, sprinkle with powdered sugar. Cut into bars.

Yield: 36 bars

### **Nutrition Facts (1 bar)**

Calories: 80 Fat: 3 g Cholesterol: 5 mg Sodium: 105 mg Carbohydrates: 12 g Dietary Fiber: 1 g Protein: 1 g



## Apple Crisp Muffins

Source: CL Message Board

Healthy Units: 3.5

Serves: 12

Posted by: Kate (KateWD)

March 8, 2004

These smelled heavenly when they were baking. Subbing Splenda for the sugar brought these down to 3 pts each.

1/4 cup eggbeaters  
1 1/4 cups 1 % milk  
1/2 cup melted light butter  
1/3 cup honey (I used Splenda)  
1 1/2 cups graham cracker crumbs  
1 1/2 cups all-purpose flour (I used 1/2 whole wheat pastry flour)  
1 Tsp baking powder  
1 tsp cinnamon  
1/2 tsp salt  
1 cup grated peeled apples

1. Preheat oven to 400 degrees F. Grease a 12-cup muffin pan.
2. In a bowl, beat egg with a fork. Add milk, butter, and honey; blend well. Add graham crumbs.
3. In another bowl, combine flour, baking powder, cinnamon, and salt. Add honey mixture; stir just until moist. Fold in apples.
4. Spoon batter into prepared muffin pan, filling to top. Bake in preheated oven for 20 minutes.

### **Pasta with Spinach, Nutmeg, and Shrimp**

Source: Cooking Light, Dec 2003

Healthy Units: 9.5

Servings: 6 Serving Size: 2 cups

Posted By: MaryZotz

Date: 03/09/04

12 ounces penne pasta -- uncooked  
10 ounces fresh spinach  
2 tablespoons butter -- divided  
1 1/2 pounds large shrimp -- peeled and deveined  
1/2 teaspoon salt -- divided  
2 1/2 cups chopped onion -- any sweet variety  
1 cup vegetable broth  
1/4 cup dry vermouth  
1 teaspoon lemon rind -- finely grated  
4 ounces low fat cream cheese  
1/2 teaspoon fresh nutmeg -- finely grated  
1/4 teaspoon freshly ground black pepper

1. Prepare pasta according to package directions, omitting salt and fat. Drain well, return to pan. Stir in spinach; toss well until spinach wilts.

2. Melt 1-Tablespoon butter in a large nonstick skillet over medium-high heat. Add shrimp. Sprinkle with 1/4 teaspoon salt; sauté 2 minutes or until shrimp are done. Remove shrimp from pan; set aside. Melt 1-Tablespoon butter in pan over medium heat.

Add onion; cook 10 minutes or until tender, stirring often.

3. Stir in broth, vermouth, and rind. Increase heat to medium-high; cook 8 minutes or until mixture begins to thicken. Reduce heat to medium. Add cheese; stir until well blended. Stir in 1/4-teaspoon salt, nutmeg, and pepper; remove from heat. Add shrimp and onion mixture to pasta mixture; toss to combine.

Per Serving: 476 Calories; 10g Fat (5g saturated fat); 35g Protein; 56g Carbohydrate; 5g Dietary Fiber; 194mg Cholesterol; 828mg Sodium. Exchanges: 3 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

## **Chunky Balsamic Mushrooms**

Source: WW Simply Delicious

Healthy Units: 1

Servings: 4

Posted by: Petiteyaya (Cindy)

Date: 03/09/04

### **Ingredients:**

2 teaspoons extra-virgin olive oil

1 pound cremini or white mushrooms, cleaned, stems discarded and caps halved

2 garlic cloves, minced

$\frac{1}{4}$  teaspoon dried thyme

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

1 tablespoon balsamic vinegar

### **Instructions:**

1. Heat a large nonstick skillet over medium-high heat. Swirl in the oil, then add the mushrooms. Sauté, stirring frequently, 1 minute. Add the garlic, thyme and salt; sauté until fragrant stirring frequently, 1 minute.

2. Add the vinegar and cook, stirring often, until all the liquid evaporates and the mushrooms are golden, about 2 minutes. Serve warm or at room temperature.

Per serving (1/2 cup): 50 calories; 3 g fat; 1 g fiber.

## **Short Sharp Chops**

From Cooking Light

4 pts for 2 chops

4 servings

Mary Beth Mulcahy

3/10/04

Everyone on here sounds very busy so I thought I'd post a great freezer recipe. I tried to do this thing once where you cook an entire month's dinners in a day. I did it for 2 months and then decided I preferred many of the dishes fresh, but this particular pork recipe is wonderful and I still use it. I often buy in bulk from Sam's Club and when I get home, I freeze the chops with all of the ingredients in plastic bags.

8 (2-ounce) boned center-cut loin pork chops (1/4 inch thick)

1/4 cup low-sodium soy sauce

1/4 cup thawed orange juice concentrate, undiluted

1/4 cup chopped green onions

2 teaspoons grated peeled fresh ginger

1/2 teaspoon black pepper

2 garlic cloves, minced

1 teaspoon olive oil

Freezing instructions: Combine pork and marinade in a large heavy-duty zip-top plastic bag, and place in freezer for up to 2 months. Thaw in refrigerator; cook as directed.

OR if you want to make it now...

Trim fat from pork. Combine soy sauce and the next 5 ingredients (soy sauce through garlic) in a large zip-top plastic bag. Add pork to bag; seal and marinate in refrigerator 1 hour, turning bag occasionally. Remove pork from bag; discard marinade.

Heat oil in a large nonstick skillet over medium-high heat. Add chops; sauté 3 minutes on each side.

## **Pork Chops Mole**

From Cooking Light

5.5 pts

4 servings

znrd40

3/11/04

Cooking spray

4 (4-ounce) boned pork loin chops (about 1/2 inch thick)

1/4 cup water

1 cup chopped onion

1/2 cup yellow bell pepper strips

1/2 cup red bell pepper strips

1 tablespoon minced seeded jalapeño pepper

1 (14.5-ounce) can diced tomatoes with garlic and onion, undrained

1/2 ounce semisweet chocolate, grated

1 teaspoon chili powder

1 teaspoon dried oregano

1/2 teaspoon salt

1/4 teaspoon cumin seeds

1/2 cup minced fresh cilantro

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Cook chops 4 minutes on each side or until browned. Remove from pan. Add water to pan, scraping to loosen browned bits. Pour mixture over chops; cover and set aside.

Reheat pan coated with cooking spray over medium-high heat. Add onion, bell peppers, and jalapeño pepper; cook 4 minutes or until tender. Stir in tomatoes; cook 1 minute. Add chocolate and next 4 ingredients (chocolate through cumin seeds). Add the pork chops; bring to a boil. Cover; reduce heat to medium-low, and cook 5 minutes, stirring occasionally. Sprinkle with cilantro.

Yield: 4 servings (serving size: 1 pork chop and 2/3 cup sauce)

## Roasted Butternut Squash and Bacon Pasta

From Cooking Light

HU: 9

Servings: 5

Posted by shari\_csf (Shari)

3/11/2004

My Comments - a little time consuming with all the steps but if you love butternut squash and bacon, it's worth it. I found hogkins mills whole wheat pasta with flax seed the other day and it has 6g of fiber for a 2oz serving and it's one of the best whole wheat pastas I've tried. Using this dropped the HUs to 8. As for peeling butternut squash, I won't do it. I bake mine for 20 minutes first, let it cool, and then peel it, cube it, and roast it for another 20 minutes. Better yet, next time I make this I'll just buy TJs already cubed squash in the fridge section.

Mini penne pasta works well in this dish since it's about the same size as the squash. You can also use elbow macaroni, shell pasta, or orecchiette.

3/4 teaspoon salt, divided  
1/2 teaspoon dried rosemary  
1/4 teaspoon freshly ground black pepper  
3 cups (1-inch) cubed peeled butternut squash  
Cooking spray  
6 sweet hickory-smoked bacon slices (raw)  
1 cup thinly sliced shallots  
8 ounces uncooked mini penne (tube-shaped pasta)  
1/4 cup all-purpose flour  
2 cups 2% reduced-fat milk  
3/4 cup (3 ounces) shredded sharp provolone cheese  
1/3 cup (1 1/2 ounces) grated fresh Parmesan cheese  
Preheat oven to 425°.

Combine 1/4-teaspoon salt, rosemary, and pepper. Place squash on a foil-lined baking sheet coated with cooking spray; sprinkle with salt mixture. Bake at 425° for 45 minutes or until tender and lightly browned. Increase oven temperature to 450°.

Cook the bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1 1/2 teaspoons drippings in pan; crumble bacon. Increase heat to medium-high. Add shallots to pan; sauté 8 minutes or until tender. Combine squash mixture, bacon, and shallots; set aside.

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

Combine flour and 1/2 teaspoon salt in a Dutch oven over medium-high heat. Gradually add milk, stirring constantly with a whisk; bring to a boil. Cook 1 minute or until slightly thick, stirring constantly. Remove from heat. Add provolone, stirring until cheese melts. Add pasta to cheese mixture, tossing well to combine. Spoon pasta mixture into an 11 x 7-inch baking dish lightly coated with cooking spray; top with squash mixture. Sprinkle evenly with Parmesan cheese. Bake at 450° for 10 minutes or until cheese melts and begins to brown.

Yield: 5 servings

### NUTRITION PER SERVING

CALORIES 469 (28% from fat); FAT 14.4g (sat 7.3g, mono 4.4g, poly 0.9g); PROTEIN 22.1g; CARB 66.6g; FIBER 6.8g; CHOL 40mg; IRON 3.5mg; SODIUM 849mg; CALC 443mg;

### **Lemon-Parsley Orzo**

Source: Can't remember (Sorry!)

Healthy Units: 4

Servings: 4 (1/2 cup each)

Posted by: jhoulih (Jodi)

Date: 3/13/04

1 (14-ounce) can fat-free, less sodium chicken broth  
1 cup uncooked orzo  
2 teaspoons olive oil  
3/4 cup finely chopped seeded plum tomato (about 2)  
1 garlic clove, minced  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
2 Tablespoons chopped fresh parsley  
1 1/2 teaspoons grated lemon rind

1. Bring broth and orzo to a boil in a medium saucepan; cover, reduce heat, and simmer 7 minutes or until tender. Remove from heat; let stand 5 minutes.
2. While orzo cooks, heat oil in a small nonstick skillet over medium heat. Add tomato, garlic, salt, and pepper; sauté 2 minutes. Combine with orzo and remaining ingredients.

Per serving: Calories 214; Fat 4g; Protein 8g; Carb 37g; Fiber 2g; Cholesterol 2mg; Iron 2mg; Sodium 199mg; Calcium 22mg

## **Greek Chicken with Capers and Raisins in Feta Sauce**

Cooking Light 2000 Annual and website

HU: 5.4 as posted (see notes)

Servings: 4

Posted by DebMj1

March 14, 2004

CL Notes: Serve with orzo tossed with oregano.

My Notes: I used 5.5 oz. of chicken, omitted the raisins, doubled the lemon juice & capers, and used reduced fat feta. I also took CL's advice and made orzo tossed with oregano, salt and pepper. The changes to the chicken recipe, paired with orzo (1 ounce uncooked), take the points for the entire meal to 7.0. I did cut this to 1 serving very easily. This was a wonderful dinner for 7 points - plus a point for a romaine salad topped with reduced-fat feta and balsamic vinegar.

4 (4-ounce) skinned, boned chicken breast halves (I used 5.5 oz of tenders)

2 tablespoons all-purpose flour

1 teaspoon dried oregano

1 tablespoon olive oil (I sprayed the pan with a mist instead)

1 cup thinly sliced onion

3 garlic cloves, minced

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

1/3 cup golden raisins (I omitted these)

2 tablespoons lemon juice (I doubled this)

2 tablespoons capers (I doubled this)

1/4 cup (1 ounce) crumbled feta cheese (I used reduced-fat feta)

4 thin lemon slices

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin. Combine flour and oregano in a shallow dish; dredge chicken in flour mixture.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 5 minutes on each side. Remove chicken from pan; keep warm. Add onion and garlic to pan; sauté 2 minutes. Stir in broth, raisins, and lemon juice; cook 3 minutes, scraping pan to loosen browned bits. Return chicken to pan. Cover, reduce heat, and simmer 10 minutes or until chicken is done. Remove chicken from pan; keep warm. Add capers and cheese to pan, stirring with a whisk; top each chicken breast with 1/4-cup sauce and 1 lemon slice. Sorry - nutritionals for the chicken as posted in CL

### **NUTRITION PER SERVING (FROM CL)**

CALORIES 256 (23% from fat); FAT 6.5g (sat 1.9g, mono 3.2g, poly 0.7g); PROTEIN 30g; CARB 19g; FIBER 1.3g; CHOL 72mg; IRON 1.6mg; SODIUM 671mg; CALC 71mg



## **PEANUT BUTTER CHOCOLATE CHIP BARS**

Posted by: Figaro67 (Mary Anne)

Source: Figaro67

HU: 4

Servings: 16

(I used the "butterscotch bar" recipe as an altered base for these yummy bars, and significantly reduced the amount of sugar. If you omit the chocolate chips, the PB bars are 3 points each. My DH absolutely loved these - very tasty!)

1/2 cup peanut butter  
1/4 cup granulated sugar  
1/4 cup packed brown sugar  
1/4 cup butter or stick margarine, softened  
1 large egg  
1 tablespoon pure vanilla extract  
1 1/4 cups all-purpose flour  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
Cooking spray  
1/2 cup chocolate chips

Preheat oven to 350°.

Melt peanut butter in mixing bowl for 35 seconds or until lightly melted. Add sugars and butter and beat at medium speed of a mixer until well blended (about 4 minutes). Add egg 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. Hand mix the 1/2 cup of chocolate chips into batter.

Spread batter evenly into an 8-inch square baking pan coated with cooking spray. Bake at 350° for 28 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack. Cut into 16 servings and enjoy!

## **Ground Turkey and Wild Rice Casserole**

Source: Unknown

HU: 6

Servings: 5

Posted by DebMj1

March 15, 2004

Notes: This recipe uses some convenience foods, but is great because it can be assembled the day before if necessary. Tracy (nikkie1t) added some diced red pepper for color, and thought some slivered almonds might be good on top. (HU's don't reflect the addition of the almonds). 1 lb ground turkey breast

1 c chopped celery

3/4 c chopped onion

2 c water

1 can HEALTHY REQ. Cream of Mushroom Soup

1 box Uncle Ben's long grain and wild rice mix

1/2 c low fat cheddar cheese, shredded

Preheat oven to 325 F. Cook ground turkey in heavy large skillet over medium high heat until browned, breaking up with spoon, about 5 minutes. Add celery and onion and cook until tender, stirring occasionally, about 5 minutes.

Pour off drippings from skillet. Mix in water, soup, rice and cheese. Season with salt and pepper to taste. Transfer to 2-quart baking dish. Bake until rice is tender and top of casserole is browned, about 1 1/2 hours.

Each serving has 295 calories, 1.6 gms. Dietary fiber and 3.7 gms. fat (1 gm. saturated).

## **Filet Mignon with Roasted Potatoes and Asparagus**

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

Healthy Units: 9

Yield: Yield: 4 servings (serving size: 3 ounces tenderloin, 1 cup potatoes, and 3/4 cup asparagus)

Posted By: Bawstinn32 (Maria)

March 15, 2004

The asparagus is quick-roasted after the beef and potatoes are pulled from the oven.

1 1/2 pounds asparagus spears  
3/4 teaspoon salt, divided  
3 baking potatoes, cut into 1-inch pieces (about 1 1/2 pounds)  
1 teaspoon olive oil  
1/2 teaspoon pepper, divided  
Cooking spray  
1 1/4 pounds beef tenderloin  
1/4 cup water

Preheat oven to 500°.

Snap off tough ends of asparagus; sprinkle with 1/4 teaspoon salt. Set aside.

Toss potatoes with oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Arrange in a single layer in the bottom of a broiler pan coated with cooking spray. Bake at 500° for 10 minutes.

Trim fat from tenderloin. Sprinkle tenderloin with 1/4 teaspoon salt and 1/4 teaspoon pepper. Insert meat thermometer into thickest portion of tenderloin. Add tenderloin to broiler pan, nestling it into potato mixture. Bake at 500° for 20 minutes or until thermometer registers 145° (medium-rare) to 160° (medium), stirring potatoes once.

Place tenderloin and potatoes on a serving platter; cover with foil. Let stand 10 minutes. Add asparagus and water to pan. Bake at 500° for 10 minutes or until asparagus is crisp-tender. Serve with tenderloin and potatoes.

CALORIES 429 (23% from fat); FAT 10.9g (satfat 3.9g, monofat 4.4g, polyfat 0.7g);  
PROTEIN 35.3g; CARBOHYDRATE 47.2g; FIBER 5.1g; CHOLESTEROL 88mg; IRON  
7.1mg; SODIUM 532mg; CALCIUM 46mg;

### **Thin French Apple Tart**

Source: Cooking Light, March 2004

Healthy Units: 5

Yield: 8 servings (serving size: 1 wedge)

Posted By: Bawstinn32 (Maria)

March 15, 2004

Comments: It is like a thin apple pizza. Towards the end I had problems with keeping them in circles, so I just threw them wherever they wanted to go. Keep an eye on it; at 30 minutes the edges were starting to burn. I realized too late I didn't have a pizza pan, used a pizza stone instead.

1/2 (15-ounce) package refrigerated pie dough (such as Pillsbury)

1/4 cup sugar

1/2 teaspoon ground cinnamon

2 pounds Golden Delicious apples, peeled, cored, and thinly sliced

2 1/2 tablespoons honey

1/2 teaspoon vanilla extract

Preheat oven to 425°.

Place dough on a lightly floured surface; roll into a 12-inch circle. Place on a 12-inch pizza pan. Combine sugar and cinnamon. Sprinkle 1 tablespoon sugar mixture over dough. Arrange apple slices spoke-like on top of dough, working from outside edge of dough to the center. Sprinkle apple slices with remaining sugar mixture. Bake at 425° for 30 minutes.

Combine honey and vanilla in a microwave-safe bowl. Microwave at high 40 seconds. Brush honey mixture over warm tart. Serve warm.

CALORIES 220 (30% from fat); FAT 7.3g (satfat 2.9g, monofat 3.2g, polyfat 0.9g); PROTEIN 0.6g; CARBOHYDRATE 39g; FIBER 1.9g; CHOLESTEROL 5mg; IRON 0.2mg; SODIUM 100mg; CALCIUM 6mg;

### **Guinness-Braised Beef Brisket**

Source: Cooking Light, March 2003

Healthy Units: 5 per serving

Servings: 6

Posted by: One Grand Girl (Mary Ellen)

Date: 3/15/04

The corned beef was great! I had never cooked one before because they were always so salty. Not this one. I made only 2 changes -- I used 1/2 Tablespoon of dill (not a dill fan) and some Vermont Porter beer, because we didn't have Guinness and it was a Sunday in Massachusetts, so no way to buy some. Not a strong beer taste anyway so I don't think it matter much. Smelled fantastic and both DH and I liked it. Saving the leftovers for Wednesday, naturally. We had mashed potatoes and the Glazed Julienne Carrots from the comp with it -- yum!

- 2 cups water
- 1 cup chopped onion
- 1 cup chopped carrot
- 1 cup chopped celery
- 1 cup Guinness stout
- 2/3 cup packed brown sugar
- 1/4 cup tomato paste
- 1/4 cup chopped fresh or 1 tablespoon dried dill
- 1 (14 1/2-ounce) can low-salt beef broth
- 6 black peppercorns
- 2 whole cloves
- 1 (3-pound) cured corned beef brisket, trimmed

Combine first 11 ingredients in a large electric slow cooker, stirring until well blended; top with beef. Cover and cook on HIGH 8 hours or until beef is tender. Remove beef; cut diagonally across grain into 1/4-inch slices. Discard broth mixture.

Yield: 6 servings (serving size: 3 ounces)

#### **NUTRITION PER SERVING**

CALORIES 226 (39% from fat); FAT 9.7g (sat 3.2g, mono 4.7g, poly 0.4g); PROTEIN 17.9g; CARB 15.2g; FIBER 0.9g; CHOL 87mg; IRON 2.2mg; SODIUM 1105mg; CALC 28mg;

## **Skinny Chimichangas**

Source: WW Take Out Tonight

Healthy Units: 4

Serves: 4

Posted by: Kate (Kate WD)

March 15, 2004

Notes: These really satisfied that Mexican craving. I subbed a can of Rotel Tomatoes with green chiles for the tomato sauce and chiles and doubled the amount of chili powder (WW recipes tend to be too bland for me). Served them with 1/4 cup of Margarita Guacamole for an additional point.

1/2 pound ground skinless turkey breast  
1 onion, finely chopped  
1 clove garlic, minced  
2 teaspoons chili powder  
1 teaspoon dried oregano  
1/2 teaspoon ground cumin  
1 (8-ounce) can tomato sauce (see notes)  
2 tablespoons chopped mild green chiles  
1/3 cup shredded reduced-fat cheddar cheese  
4 (8 inch) fat-free flour tortillas

Preheat the oven to 400 degrees F. Spray a nonstick baking sheet with nonstick spray; set aside.

Spray a medium nonstick skillet with cooking spray; set over medium-high heat. Add the turkey, onion, garlic, chili powder, oregano, and cumin. Cook, breaking up the turkey with a wooden spoon until browned, about 6 minutes. Stir in tomato sauce and the chiles; bring to a boil. Reduce the heat and simmer, uncovered, until the flavors are blended and the mixture thickens slightly, about 5 minutes. Remove from heat and stir in cheddar.

Meanwhile, wrap the tortillas in foil and place in the oven to warm for 10 minutes.

Spoon about 1/2 cup of the filling into the center of each tortilla. Fold in the sides, then roll to enclose the filling. Place the Chimichangas, seam-side down, on the baking sheet. Lightly spray the tops of the tortillas with cooking spray. Bake until golden and crisp, about 20 minutes. Do not turn.

Per serving (1 Chimichangas): 241 cal, 2g fat, 46mg chol, 613mg sod, 34g carb, 3g fiber, 22g pro, 184mg calc, 4 points

## **Margarita Guacamole**

Source: Southern Living  
Serves: 6 (1/4 cup servings)  
Healthy Units: 1  
Posted by: Kate (KateWD)  
March 15, 2004

Notes: I used Trader Joes frozen Haas avocados.

2 avocados peeled and chopped  
3 T. lime juice  
1 T. Tequila  
1 T. orange liqueur  
6 green onions  
2 tomatoes, chopped  
1-2 jalapeno peppers, seeded and minced  
1 T. chopped fresh cilantro  
1 garlic clove minced  
1/4 t. salt

Combine avocado and lime juice, stirring to coat. Mash mixture with fork until blended, will be lumpy. Add remaining ingredients and stir until blended well.

Refrigerate.

## **Roasted Summer Fruit Salad**

HU: 1

Servings: 6

Posted by: Figaro67

Source: CL

Date: March15, 2004

1 1/2 cups sliced peeled papaya (I omitted)  
1 1/2 cups sliced peeled peaches or nectarines (I doubled these)  
3/4 cup cubed peeled ripe mango  
1 tablespoon fresh lime juice  
1 tablespoon margarine, melted  
1 teaspoon sugar  
6 tablespoons balsamic vinegar

Preheat oven to 475°.

Place fruit in an 11 x 7-inch baking dish. Combine limejuice and margarine. Drizzle over fruit; sprinkle with sugar. Bake at 475° for 10 minutes.

Bring vinegar to a boil in a small saucepan, and cook 3 minutes or until vinegar is reduced to 1 1/2 tablespoons. Drizzle vinegar reduction over roasted fruit, and toss gently.

Yield: 6 servings (serving size: 1/2 cup)

CALORIES 66 (27% from fat); FAT 2g (satfat 0.4g, monofat 0.9g, polyfat 0.6g);  
PROTEIN 0.6g; CARBOHYDRATE 12.8g; FIBER 1.6g; CHOLESTEROL 0.0mg; IRON  
0.2mg; SODIUM 24mg; CALCIUM 14mg;



### **Honey-Glazed Salmon**

Cooking Light 2000 Annual and website

HU: 7.8 (seems high, but based on CL nutritionals)

Servings: 4

Posted by DebMj1

3/16/04

2 tablespoons minced shallots

1 tablespoon chopped fresh or 1 teaspoon dried thyme

3 tablespoons honey

1 tablespoon Dijon mustard

1/2 teaspoon salt

1/4 teaspoon ground red pepper

4 (6-ounce) salmon fillets (about 1 inch thick)

Cooking spray

Thyme sprigs (optional)

Prepare grill or broiler.

Combine first 6 ingredients in a small bowl. Brush honey mixture over skinless side of fish. Place fish on a grill rack or broiler pan coated with cooking spray, and cook 6 minutes on each side or until fish flakes easily when tested with a fork. Garnish with thyme sprigs, if desired.

CALORIES 334 (39% from fat); FAT 14.4g (sat 2.5g, mono 6.8g, poly 3.1g); PROTEIN 35.1g; CARB 14.4g; FIBER 0.1g; CHOL 111mg; IRON 0.9mg; SODIUM 490mg; CALC 15mg;

**Cannoli Cake**

Source: Ellen Smith

HU: 4.4

Serves: 18

Posted by Kristin (kzbaskets)

Date: 3/16/04

Ingredients:

1 Duncan Hines White Cake mix

3 cups part skim Ricotta Cheese

1/2 cup Splenda

1/4 cup sugar

3/4 cup Eggbeaters

1 t vanilla

Preheat oven to 350.

Do NOT use an electric beater or kitchen aid to mix any of the ingredients.

Prepare cake mix according to low fat version (using egg whites and applesauce). Pour into a 9x13 pan sprayed with Pam. Mix the remaining ingredients and pour over the cake mix in the pan. Bake for 45 - 60 minutes. Allow to cool and top with powdered sugar.

## Spicy Thai Wraps

znrd40

WW points 3

6 servings

3/16/04

Spicy Thai Wraps, from Vegetarian Times that is a favorite amongst my vegetarian/vegan friends.

The rice wrappers you can find in an Asian store, sometimes I have found them in regular grocery stores as well. I think it is key to drain your tofu well and I use the trick of cutting and then pressing it between two cookie sheets with the top one weighted with cans (for 20 minutes). Your tofu won't turn out at all mushy if you do this.

1 medium sweet potato (5 oz.)

1 Tbs. vegetable oil

1 lb. firm tofu, well-drained and cut into 3- x 1/2-inch strips

12 rice paper triangles (optional)

1 medium cucumber, peeled, quartered lengthwise, seeded and cut into long, thin diagonal pieces

Chopped fresh herbs, such as chives, cilantro or mint leaves

1 large head Boston lettuce, separated into leaves (optional)

### Dipping Sauce

1/4 cup hoisin sauce

1 Tbs. vegetable oil

2 Tbs. chopped unsalted, dry-roasted peanuts

1. Make dipping sauce: In small saucepan, combine hoisin sauce, oil and 1/3 cup water. Bring to boil over high heat, stirring until smooth. Remove from heat and stir in peanuts. Pour into small serving bowl and set aside to cool.
  2. Meanwhile, in medium saucepan, place sweet potato and enough cold water to cover. Bring to a boil over high heat, reduce heat and simmer until just fork-tender, about 15 minutes. Drain, cool slightly and cut in half lengthwise. Peel and cut into 12 lengthwise sticks (like fat french fries). Set aside.
  3. In large nonstick skillet, heat oil over medium-high heat. Add tofu sticks in batches if necessary, and cook until golden, turning on all sides, 5 to 7 minutes. Drain on paper towels.
  4. If using triangle wrappers, brush well with water and arrange, overlapping, on large plate; they soften after they stand a few minutes. Place remaining ingredients on individual plates.
  5. To make individual rolls, place softened triangle on work surface, pointed end toward you. Arrange 1 piece each of tofu and sweet potato vertically in center. Top with a few pieces of cucumber and some chopped herbs. Roll up from one side. If desired, distribute some bean sprouts on 1 lettuce leaf. Place wrap on top and roll lettuce around. Repeat with remaining ingredients. Serve with dipping sauce.
- per serving: 146 cal.; 6g prot.; 9g total fat (1g sat. fat); 12g carb.; 0 chol.; 34mg sod.; 3g fiber

### **Black Bottom Banana Cream Pie (Lower Point Version)**

Source: Cooking Light 1999 Annual

HU: 5.5

Servings: 8

Posted by DebMj1

3/15/04

1 1/2 cups graham cracker crumbs (3/4 of a sleeve)

1 Tablespoon sugar

2 Tablespoons light margarine

3 Tablespoons cornstarch, divided

2 Tablespoons sugar

2 Tablespoons unsweetened cocoa

dash salt

1 1/3 cups skim milk, divided

1 ounce semisweet chocolate, chopped

1/2 cup sugar

1/4 teaspoon salt

1/2 cup egg beaters® 99% egg substitute

1 Tablespoon light butter

2 teaspoons vanilla extract

2 ounces fat-free cream cheese

2 cups sliced banana, about 2 large

1 cup Cool Whip Lite®, thawed

chocolate curls, for garnish

1. Combine crumbs, sugar and melted butter in a food processor. Pulse until combined. Press into bottom and sides of 9-inch pie plate. Bake at 375 F. for 8 minutes. Let cool.

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

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

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

## **Crab Cakes with Remoulade**

Source: CL Jan/Feb 2004

HU: 6;

Servings: 4 (each serving is 1 crab cake with 2 tbsp Remoulade);

Posted by: Michele L.

Date: March 17, 2004

### Crab Cake Ingredients:

2 tsp olive oil

1 C dry breadcrumbs

1/2 C thinly sliced green onions

1/2 lb lump crabmeat, shell pieces removed

1 (4 oz) jar diced pimiento, drained

1 tbsp Dijon Mustard

1 tbsp fresh lemon juice

1/4 tsp salt

1 large egg

### Remoulade Ingredients:

1/3 C low-fat mayonnaise

2 tsp 2% reduced-fat milk;

1 tsp capers, chopped

1/8 tsp ground red pepper;

1 small garlic clove, minced;

### Instructions:

1) To prepare crab cakes, heat oil in a large nonstick skillet over medium-high heat; combine breadcrumbs, onions, crabmeat, and pimiento in a medium bowl; combine mustard, juice, salt and egg, stirring with a whisk. Add egg mixture to crab mixture, tossing gently to combine; divide crab mixture into 4 equal portions, shaping each into a 1-inch thick patty.

2) Add crab cakes to skillet, cook 2 minutes; turn cakes, reduce heat to medium and cook 3 minutes, or until golden brown.

3) To prepare Remoulade, combine mayonnaise and remaining ingredients, stirring with a whisk. Serve with crab cakes.

## **Watercress Salad with Blue Cheese and Praline**

Cooking Light 2000 Annual and CL website

HU: 3.9

Servings: 2

Posted by DebMj1

March 18, 2004

Notes: I subbed baby spinach for the watercress in this salad and it was wonderful. I used less than 1/4 cup (probably 3 Tbs.) of sugar to make the praline, so points would be a tiny bit lower.

### **Dressing:**

1 tablespoon water  
1 1/2 teaspoons fresh lemon juice  
1 teaspoon Dijon mustard  
1/2 teaspoon extra-virgin olive oil  
1/8 teaspoon black pepper  
Dash of salt  
Dash of dried tarragon  
1 small garlic clove, minced

### **Praline:**

1/4 cup sugar  
2 tablespoons chopped walnuts  
Cooking spray

### **Salad:**

1 cup trimmed watercress  
1 cup Boston lettuce leaves  
1 tablespoon (1/4 ounce) crumbled blue cheese or feta cheese

To prepare dressing, combine first 8 ingredients in a small bowl; stir well with a whisk. To prepare praline, place sugar in a small skillet over medium heat, and cook until sugar dissolves, stirring as needed to dissolve sugar evenly. Stir in chopped walnuts, and cook over low heat 30 seconds or until golden. Remove from heat. Rapidly spread mixture onto foil coated with cooking spray. Cool completely; break into small pieces.

To prepare salad, combine watercress, lettuce, and blue cheese in a bowl; add dressing and praline, tossing well. Serve immediately.

Yield: 2 servings (serving size: 1 1/2 cups)

### **NUTRITION PER SERVING**

CALORIES 180 (34% from fat); FAT 6.8g (sat 1.1g, mono 2.1g, poly 3.1g); PROTEIN 3.6g; CARB 28g; FIBER 1.4g; CHOL 3mg; IRON 0.7mg; SODIUM 280mg; CALC 58mg;

## **Bubble and Squeak**

Source: unknown

HU 6

Servings | 4

Posted By: Elizabeth (condiment)

March 18, 2004

main meals | This classic dish originally contained beef along with the left-over cooked potatoes and cabbage, though today people don't generally bother with the meat. The name is apparently due to the sounds that are emitted during cooking, the vegetables bubble as they are boiled and then squeak in the frying pan.

### **Ingredients**

1 oz butter

1 medium onion(s)

1 pound potato(es)

8 oz cabbage, all varieties

4 slice cooked lean beef

### **Instructions**

cook and mash potatoes; set aside.

Chop and cook cabbage; set aside.

Finely chop onion.

Melt the butter in a large frying pan, add the onion and fry for a few minutes until softened, stirring frequently.

Add the potatoes and cabbage. If you are including the beef, add this as well. Fry over a medium heat for 15 minutes until brown then serve.

## Chicken Porcini Scaloppini

Source: Kimbilly

Healthy Units: 7

Servings: 4

Posted By: Kimbilly(Kim)

Date: 3/18/04

Comments: This may be our favorite chicken dish. Delicious over egg noodles!

### Amount Measure Ingredient -- Preparation Method

-----

2 Tablespoons flour  
1 teaspoon salt  
1/4 teaspoon pepper  
4 chicken breast, boneless and skinless  
1 medium onion  
28 ounces diced tomatoes -- canned  
1/3 cup dried porcini mushroom  
1 1/2 tablespoons fresh parsley -- chopped  
2 tablespoons capers  
1 clove garlic, minced  
1/2 teaspoon dried oregano  
1/2 tablespoon olive oil

Reconstitute mushrooms in 1 cup of warm water for at least 20 minutes. Remove mushrooms and chop. Reserve liquid.

Cut chicken into 1-inch cubes. Combine flour, salt and pepper and dredge chicken pieces in mixture. Heat olive oil in large frying pan over medium heat. Brown chicken pieces. Remove from skillet.

Add mushrooms, onions and garlic to skillet. Cook until onions are tender but not brown.

Add chicken back to skillet. Add tomatoes, 1/2 cup of the mushroom liquid, parsley, capers and oregano.

Cover and simmer 30 minutes.

Serving Ideas: Serve over egg noodles.



**Spinach- Mushroom Salad**

Source WW Quick Start Program

healthy units 1

servings -2

posted by Sandra49

date - 03/18/04

This is a very simple salad but delicious, I've been making it for years and years. It's one of my DH's favorites.

3 cups spinach leaves, washed and drained  
1 cup thinly sliced mushrooms (I use button or cremini)  
3 Tab lemon juice  
2 tsp olive oil  
1/2 tsp dried basil leaves  
1/2 tsp Splenda (or other sugar substitute)  
1/2 clove of garlic, minced  
1/4 tsp each pepper and Dijon mustard  
1/8 tsp salt

In salad bowl combine spinach and mushrooms. In small bowl combine remaining ingredients, pour over spinach mixture and toss gently.

per serving: 82 cal., 5 gm fat, 13gm fiber.

## **Asparagus Chowder**

SOURCE Vegetarian Times March 2004

Healthy Units -3

SERVES 8

posted by-Sandra49

18-MAR-04

VT's comments: This pretty soup is just the right weight for March's sweater weather. You can make the croutons up to 1 day in advance, and store them in an airtight container. My comments: Very delicious can be lightened easily but HU's listed are for version as written.

Parmesan Croutons (optional)

6 slices (1/2-inch thick) Italian country bread

2 Tbs. extra virgin olive oil

1/4 cup grated Parmigiano-Reggiano cheese

Asparagus Stock

1 lb. asparagus, tough ends trimmed

1 Vidalia onion, roughly chopped

1 small bay leaf

1 large carrot, trimmed, peeled and roughly chopped

1 large stalk celery with leaves, roughly chopped

6 stems fresh parsley

1 tsp. salt

8 cups cold water

Soup

5 Tbs. olive oil

1 Vidalia onion, finely chopped

1 lb. new potatoes, peeled and chopped into 1/2-inch pieces

1/4 cup water

1 lb. asparagus, tough ends trimmed and discarded

1 tsp. salt

1/2 cup milk, heavy cream or half-and-half

Salt and freshly ground black pepper to taste

1. To make Parmesan Croutons: Preheat broiler. Adjust rack to 8 inches below broiler.

2. Brush both sides of bread with oil, and place slices on a baking sheet. Broil for 3 to 10 minutes, turning as needed, or until golden brown and crisp. Remove from oven, and, when cool enough to handle, slice into cubes. Sprinkle with Parmesan cheese, and broil for 1 to 2 minutes more, or until golden. Remove from oven, and set aside.

3. To make Asparagus Stock: Cut tips off asparagus, and set aside for garnish. Place asparagus spears in a soup pot with remaining ingredients. Bring to a boil over medium heat, reduce heat to low and cook, uncovered, for 20 minutes. Remove from heat, and drain into a bowl, reserving liquid. Discard solids. Measure 6 cups stock; if you have less, add enough water to measure 6 cups.

4. To make Soup: While stock cooks, heat 2 tablespoons oil in a skillet over medium-low heat. Add half the onion, all potatoes and water. Cover, and cook for 20 minutes, stirring several times, until vegetables are soft. Cut tips off asparagus, and set aside with other tips for garnish. Cut asparagus spears into 1-inch-long pieces.

5. Heat remaining 3 tablespoons oil in a large pot over medium heat. Add remaining onions and asparagus spear pieces, and cook, stirring frequently, for 3 to 5 minutes or until onions have softened. Add salt and strained Asparagus Stock, and bring to a slow boil. Cook over medium heat, uncovered, for 4 to 8 minutes, or until asparagus are tender, exact timing depending on size and freshness of asparagus. Using a slotted spoon, remove asparagus from pot, and put into a food processor. Process until smooth, adding stock as needed for processing. Transfer purée to a very fine strainer, and press through to remove tough fibers. Return purée to soup pot. Add potatoes and onions, and stir to mix. Add milk, salt and pepper, and cook over medium-low heat.

6. Meanwhile, bring water to a boil. Add asparagus tips, and cook until just tender. Remove from heat, and strain.

7. To serve, ladle soup into bowls, garnish each serving with asparagus tips and pass croutons, if using. Offer extra freshly ground black pepper.

PER SERVING: 150 CAL; 3 G PROT; 9 G TOTAL FAT (1 SAT. FAT); 15 G CARB.; 0 MG CHOL; 600 MG SOD.; 2 G FIBER; 3 G SUGAR

## **Herb and Lemon Goat Cheese Spread**

Epicurious.com

Healthy Units: 2 per serving

Servings: 8

Posted By: kwe730 (Kim)

March 18, 2004

This is so pretty with the fresh thyme and lemon peel. The toasted baguette slices work well, but I've used water crackers too.

### **Ingredients:**

5 ounces (about 3/4 cup) soft fresh goat cheese, room temperature

2 teaspoons chopped fresh thyme

2 teaspoons grated lemon peel

1 garlic clove, minced

5 teaspoons olive oil

16 French-bread baguette slices, toasted

Place goat cheese in small bowl. Mix thyme, lemon peel and garlic in another small bowl; season with ground black pepper. Mix half of thyme mixture into goat cheese. Add olive oil to remaining half of thyme mixture. Form cheese into 2 1/2-inch round; flatten slightly. Place in center of plate. Spoon oil-thyme mixture over top of cheese. Surround cheese with baguette slices and serve.

### **Crab and Bacon Cups**

Source: 3fatchicks.com

Healthy Units: 1

Servings: 30

Posted by: Kimbilly

Date: 3/18/04

Comments: I like this recipe because it can be made ahead of time, and can be served in a variety of ways. Use miniature phyllo shells (packages are 2.1 oz. each), or spread on crackers. Although intended as an appetizer, I've served the salad as a lunch entree in mini croissants, rolls or bread. (And in a pinch, imitation crab meat works well as a substitute for fresh crabmeat.)

2 slices turkey bacon slices -- cooked and crumbled

8 ounces crab meat -- drained and flaked

1/4 cup fat-free sour cream

1/4 cup fat-free mayonnaise

1 1/2 teaspoons fresh chives -- chopped

1/4 teaspoon pepper

2 packages miniature phyllo shells -- thawed

Combine first six ingredients and spoon into shells to serve.

## **Turkey Tetrazzini**

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

Healthy Units: 8

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

Posted By: Bawstinn32 (Maria)

March 22, 2003

Comments: I added some chopped garlic to the mushrooms while cooking. I was leery as to the amount of flavor the low fat soup would have, so I added Penzey's chicken base (equivalent to a bouillon cube, but w/o the sodium) to the milk and heated slightly to combine. Debating changing the Parmesan to provolone next time to give it a bit more of a cheesy flavor. Generous serving.

10 ounce vermicelli  
14 ounces cooked turkey breasts  
3/4 teaspoon onion powder -- divided  
1/2 teaspoon salt -- divided  
1/4 teaspoon black pepper -- divided  
2 tablespoons dry sherry  
16 ounces mushrooms -- sliced  
1 cup frozen green peas -- thawed  
3/4 cup 1% low-fat milk  
2/3 cup sour cream, light  
1/3 cup grated fresh Parmesan cheese -- (about 1 1/2 ounces)  
10 3/4 ounces cream of chicken soup, condensed, low fat  
1/3 cup dry breadcrumbs  
2 tablespoons butter, light -- melted

Preheat oven to 450°.

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

Coat and heat a large nonstick skillet over medium-high heat. Add mushrooms to pan with sherry, onion powder, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Cover and cook 4 minutes or until mushrooms are tender.

Combine peas, milk, sour cream, cheese, and soup in a large bowl. Chop turkey. Add 1/4 teaspoon salt, 1/8 teaspoon pepper, pasta, turkey, and mushroom mixture to soup mixture, tossing gently to combine. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.

Combine breadcrumbs and butter in a small dish, tossing to combine. Sprinkle breadcrumb mixture over pasta mixture. Bake at 450° for 12 minutes or until bubbly and thoroughly heated.

Per Serving (excluding unknown items): 394 Calories; 6g Fat (15.4% calories from fat); 27g Protein; 51g Carbohydrate; 2g Dietary Fiber; 61mg Cholesterol; 798mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

## **Low-Fat Strawberry-Cinnamon Muffins**

Cooking Light, MARCH 2004

Healthy Units: 4

Servings: 12

Posted By: Bawstinn32 (Maria)

March 22, 2004

Comments: I thought I had strawberry jam, but it was really raspberry! Batter was very thick; I had to spread in the bottom of the cup before putting the jam in. Did not have any liners; they worked just fine spraying the pan with Pam. Very moist; one of the better low fat muffins I have had.

1 1/2 cups all-purpose flour  
1/2 cup sugar  
2 1/2 teaspoons baking powder  
1 teaspoon ground cinnamon  
1/4 teaspoon salt  
2/3 cup vanilla fat-free yogurt  
1/4 cup butter, melted  
3 tablespoons 1% low-fat milk  
1 large egg, lightly beaten  
Cooking spray  
1/4 cup strawberry jam  
1 tablespoon sugar  
1/2 teaspoon ground cinnamon

Preheat oven to 375°.

Lightly spoon flour into dry measuring cups, and level with a knife. Combine flour and the next 4 ingredients (flour through salt) in a large bowl, stirring well with a whisk. Make a well in center of flour mixture. Combine yogurt, butter, milk, and egg in a bowl, stirring well with a whisk. Add yogurt mixture to flour mixture, stirring just until moist.

Place 12 foil cup liners in muffin cups; coat liners with cooking spray. Spoon 1 tablespoon batter into each liner. Top each with 1 teaspoon jam. Top evenly with the remaining batter. Combine 1 tablespoon sugar and 1/2 teaspoon cinnamon; sprinkle over batter. Bake at 375° for 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack for 15 minutes. Remove from pan; place on a wire rack.

Yield: 1 dozen (serving size: 1 muffin)

CALORIES 165 (24% from fat); FAT 4.4g (satfat 2.6g, monofat 1.3g, polyfat 0.3g);  
PROTEIN 3g; CARBOHYDRATE 29g; FIBER 0.6g; CHOLESTEROL 28mg; IRON 1mg;  
SODIUM 206mg; CALCIUM 94mg;

## **Banana Bread Pie**

Source: The Dinner Doctor (from the CL BB)

Healthy Units: 4 (8 servings)

Posted by lxn1996

March 23, 2004

Comments: My favorite banana recipe is CL's Classic Banana Bread. This rates a close 2nd for me and DF couldn't choose a favorite. The pie is firm on the outside and gooey in the center. Like undercooked banana bread. I cooked it for exactly 25 minutes, and it was completely brown on top. The original recipe called for regular fat everything, I used fat free and light ingredients.

1 cup mashed bananas

1/2 cup Reduced Fat Bisquick

2 eggs

14 ounces Eagle Brand Fat Free Sweetened Condensed Milk

1 tablespoon light butter, melted

1 teaspoon vanilla extract

Preheat oven to 400 degrees. Coat a 9" pie plate with nonstick cooking spray; set aside.

Place all ingredients in a large mixing bowl and beat on low speed until well-blended, 1-2 minutes. Scrape batter with a rubber spatula into prepared pie plate and smooth top. Bake until pie is well caramelized on top and firm around the edge, but still a little soft in the center, 25-30 minutes. Remove pie from oven and let it rest for 30 minutes before slicing. Serve it warm with vanilla ice cream or chilled with whipped cream.

Store pie covered in plastic wrap at room temperature for one day, or in the refrigerator for up to 4 days.



## **Turkey Pesto Sandwiches**

Cooking Light, JUNE 2002

Healthy Units: 8

Yield: 4 servings

Posted By: Bawstinn32 (Maria)

March 24, 2004

Comments: I love having sandwiches for supper sometimes because they are quick, but I get tired of the same ole boring sandwiches. I love pesto, and this one had just enough flavor. Made the mayo in the morning so the flavors could blend. Lowered the points by using a light hamburger roll instead of a french one.

1/4 cup fat-free mayonnaise  
1 tablespoon commercial pesto  
1 teaspoon fresh lemon juice  
1/2 teaspoon dried oregano  
1/8 teaspoon black pepper  
4 (2-ounce) French bread rolls  
2 cups trimmed Arugula  
8 ounces thinly sliced cooked turkey breast  
8 (1/4-inch-thick) slices tomato  
4 (1-ounce) slices part-skim mozzarella cheese

Preheat broiler.

Combine first 5 ingredients.

Cut rolls in half horizontally; spread mayonnaise mixture evenly over cut sides of rolls. Divide Arugula, turkey, and tomato slices evenly among bottom halves of rolls; top each with 1 cheese slice. Place bottom halves of rolls on a baking sheet. Broil 2 minutes or until cheese melts. Cover with top halves of rolls.

CALORIES 358 (26% from fat); FAT 10.5g (satisfat 4.8g, monofat 4g, polyfat 0.8g);  
PROTEIN 31.2g; CARBOHYDRATE 34.1g; FIBER 0.8g; CHOLESTEROL 65mg; IRON  
2.9mg; SODIUM 705mg; CALCIUM 309mg;

**Tropical fruit salsa** (mix and match recipe)

Source: WW weekly email newsletter

POINTS® value | 1

Servings | 8

Preparation Time | 20 min

Cooking Time | 0 min

Level of Difficulty | Easy

Posted by: MoOzark(Donna)

Date: March 24, 2004

sauces | This fruity salsa is great with chips or on fish. It's also a delicious companion for our Cuban Chicken Skewers.

**Ingredients**

3 Tbsp red onion(s), minced

2 cup pineapple, diced

1 1/2 medium mango(es), or 1 large, diced (about 1 1/2 cups)

2 1/2 Tbsp fresh lime juice

1 1/2 medium jalapeno pepper(s), or 1 large, seeded and minced

1/4 tsp table salt

3 Tbsp cilantro, or parsley, fresh, chopped

**Instructions**

In a small bowl, soak onion in ice water for 15 minutes; drain. (Note: Soaking the onion in ice water removes its "bite" and helps to tone down the raw onion flavor in the salsa.)

In a medium bowl, combine onion with all remaining ingredients, except cilantro; cover and refrigerate until ready to serve. Stir in cilantro or parsley just before serving. Can be refrigerated for up to 4 days. Yields about 1/2 cup per serving.

## **Cuban Chicken Skewers** (mix and match recipe)

Source: WW weekly email newsletter

POINTS® value | 3

Servings | 8

Preparation Time | 20 min

Cooking Time | 8 min

Level of Difficulty | Easy

Posted by: MoOzark(Donna)

Date: March 24, 2004

main meals | Serve these Cuban-influenced skewers a million different ways. Try them with our Grilled Summer Vegetables or top them with our Tropical Fruit Salsa.

NOTE: since I buy chicken breasts on sale and then cut into 4 oz portions for freezing, I have all these pieces left. This recipe is great for using those!

### Ingredients

1/2 cup orange juice  
3 Tbsp fresh lemon juice  
1 Tbsp olive oil  
2 large garlic clove(s), minced  
1 tsp ground cumin  
1/2 tsp paprika  
1/2 tsp table salt  
1/2 tsp dried oregano  
2 pound uncooked boneless, skinless chicken breast(s), cut into 32 chunks  
12 medium jalapeno pepper(s), halved lengthwise, seeded  
2 serving olive oil cooking spray (5 one-second sprays per serving)

### Instructions

Combine orange and lemon juices, oil, garlic, cumin, paprika, salt and oregano in a re-sealable plastic food storage bag. Add chicken and peppers. Seal bag and turn to coat. Place bag on a plate on bottom shelf in refrigerator and marinate for 2 to 8 hours. Preheat grill or grill pan. Thread chicken and pepper halves onto 8 metal or wooden skewers, using 4 pieces of chicken and 3 pieces of pepper per skewer. Coat with cooking spray. (Note: If you're using wooden skewers, soak them in water 30 minutes before use to prevent charring.) Grill skewers, turning often, until chicken is no longer pink in the center, about 6 to 8 minutes. Serve immediately. Leftovers can be refrigerated for up to 3 days. Yields 1 skewer per serving.

## **Grilled summer vegetables** (mix and match recipe)

Source: WW email newsletter

POINTS® value | 0

Servings | 8

Preparation Time | 20 min

Cooking Time | 12 min

Level of Difficulty | Easy

Posted by: MoOzark(Donna)

Date: March 24, 2004

light meals | We give this classic summer dish an even fresher taste by adding snipped chives. Enjoy the veggies with our Cuban Chicken Skewers (as seen here) or in our tasty Tuscan Tuna Wraps.

NOTE: I have a grill pan I use. If you don't have one they are well worth getting for ease of cooking veggies and small things (shrimp, etc) on the grill without skewers. I chunked up some Yukon Gold potatoes (be sure to count the points on these) and threw in the grill pan along with the other veggies.

### **Ingredients**

- 4 small zucchini, halved lengthwise
- 2 medium yellow pepper(s), quartered
- 2 medium sweet red pepper(s), quartered
- 2 medium Vidalia onion(s), cut into 1/2-inch-thick slices
- 2 serving olive oil cooking spray (5 one-second sprays per serving)
- 1/2 tsp table salt
- 1/2 tsp black pepper
- 3 Tbsp chives, fresh, snipped

### **Instructions**

Preheat grill or grill pan. Place vegetables on a cutting board and coat with cooking spray.

Grill vegetables, turning often, until lightly charred and tender, about 10 to 12 minutes.

Remove to cutting board. Cut zucchini and bell peppers into bite-size chunks. Separate onions into rings.

Place cooked vegetables in a large bowl and sprinkle with salt, pepper and chives; toss lightly. Serve warm or cold. Store leftovers for up to 4 days in the refrigerator. Yields about 1 cup per serving.

## **Strawberry Almond Cream Tart**

Source: Cooking Light Annual 2004

6 HU

10 servings

Posted by Petiteyaya1 (Cindy)

03/24/04

### **CRUST:**

36 honey graham crackers (about 9 sheets)

2 tablespoons sugar

2 tablespoons butter, melted

4 teaspoons water

Cooking Spray

### **FILLING:**

2/3 cup light cream cheese

2/3 cup sugar

1/2 teaspoon vanilla extract

1/4 teaspoon almond extract

### **TOPPING:**

6 cups small fresh strawberries, divided

2/3 cup sugar

1 tablespoon cornstarch

1 tablespoon fresh lemon juice

2 tablespoons sliced almonds, toasted

1. Preheat oven to 350°.
  2. To prepare crust, place crackers in a food processor; process until crumbly. Add 2 tablespoons sugar, butter, and water; pulse just until moist. Place in an 8 x 12-inch rectangular removable-bottom tart pan coated with cooking spray; press into bottom and 3/4 inch up on sides of pan. Bake at 350° for 10 minutes or until lightly browned. Cool on a wire rack.
  3. To prepare filling, combine cream cheese and next 3 ingredients; stir until smooth. Spread over bottom of tart shell.
  4. To prepare topping, place 2 cups strawberries in food processor; process until puréed. Combine strawberry purée, 2/3 cup sugar, and cornstarch in a small saucepan over medium heat, stirring constantly. Reduce heat to low; cook 1 minute. Remove glaze from heat, and cool to room temperature, stirring occasionally.
  5. Combine 4 cups strawberries and juice; toss to coat. Arrange berries, bottoms up, in a rectangular pattern over filling. Spoon half of glaze evenly over berries (reserve remaining glaze for another use). Sprinkle nuts around edge. Cover and chill 3 hours. Yield: 10 servings.
- Note: You can use either 9-inch round removable bottom tart pan or a 9-inch springform pan. The recipe also works with a 9-inch round tart pan or a 10-inch pie plate.

CALORIES 289 (28% from fat); FAT 8.9g (sat 4.2g, mono 1.7g, poly 0.5g);  
PROTEIN 4.5g; CARB 48.7g; FIBER 3g; CHOL 15 mg; IRON 1.3mg;  
Sodium 242 mg; CALC 59mg

**Title: Caramelized Onion and Goat Cheese Pizza**

Source: Cooking Light online

Healthy Units: 6 for 1/6th of the pie

Servings:6

Posted By: Zephyr1

Date Posted: 3/25/04

Comments: A great pantry dinner loved the flavors and super easy to whip together, one of the best pizza lights I have eaten.

**Ingredients:**

2 teaspoons olive oil

2 cups thinly sliced onion, separated into rings (about 1 onion)

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

1/2 cup bottled pizza sauce (such as Contadina)

1/4 cup chopped drained oil-packed sun-dried tomato halves

2/3 cup (3 ounces) crumbled goat cheese

1/4 cup chopped fresh basil

**Instructions:**

Preheat oven to 450°.

Heat olive oil in a large nonstick skillet over medium-high heat. Add onion; cover and cook for 3 minutes. Uncover and cook for 11 minutes or until golden brown, stirring frequently.

Place the pizza crust on a baking sheet. Combine the sauce and tomatoes. Spread sauce mixture over pizza crust. Top with onion and cheese. Bake at 450° for 10 minutes or until crust is golden brown. Sprinkle with basil. Cut into 6 wedges.

Yield: 6 servings (serving size: 1 wedge)

**NUTRITION PER SERVING**

CALORIES 285 (29% from fat); FAT 9.2g (sat 3.8g, mono 4g, poly 1g); PROTEIN 11.6g; CARB 38.4g; FIBER 1.4g; CHOL 7mg; IRON 2.6mg; SODIUM 577mg; CALC 238mg;

Cooking Light, OCTOBER 2001

## **Chicken and Fire Roasted Peppers with Lemon Garlic Cream Sauce.**

Source: 3 Fat Chickens

HU: 9

Date: March 26, 2004

Servings: 4

Posted by: Donna(CAROTS)

\*Notes- Very quick dish to prepare. Although it's high in HU, This dish is low in carbs (Net 6). I used low-fat cream cheese, not sure if it lowered the HU's. I also added more garlic.

2 cloves garlic, sliced  
4 boneless, skinless chicken breast halves  
4 whole roasted red peppers (from a jar is fine)  
1/2 Tablespoon Paprika  
Salt and Pepper to taste  
Cooking Spray

Spray skillet with cooking spray and add garlic. Cook garlic until hot and aromatic. Remove garlic to small pan and reserve for sauce.

Add more cooking spray to pan, and add chicken. Sprinkle with paprika and salt and pepper, to taste. Brown both sides  
Cook on medium-low for 15 minutes, or until done, adding cooking spray or olive oil if necessary.

When chicken is almost finished, add roasted peppers to skillet, until heated through.

Serve each chicken breast on a roasted pepper, topped with Lemon Garlic Cream Sauce.

### **LEMON GARLIC CREAM SAUCE**

3/4 cup heavy cream  
2 Tablespoons cream cheese  
1/2 Tablespoon lemon juice

Place garlic from skillet in small saucepan. Add cream and stir until warm. Add cream cheese and stir until hot, smooth and almost bubbly. Add lemon juice. Cook and stir until thoroughly mixed.

### **Maple-Curry-Coconut Tofu with Couscous**

Source: Original

Healthy Units (WW Points): 9, 8 if low fat tofu is used

Servings: 4

Posted by: Kimberley

Date: March 26, 2004

1 cup couscous  
1 1/2 cups chicken stock  
4 cups pea pods -- steamed until tender  
2 cups carrots -- sliced and steamed until tender  
1 pound tofu, firm -- diced  
2 cups light coconut milk  
1/4 cup maple syrup  
1 tablespoon curry powder -- more or less to taste  
salt and pepper -- to taste

Bring couscous and stock to a boil. Cover and turn off heat, let sit for 10-15 minutes until all liquid is absorbed.

In a large skillet, sauté tofu in non-stick spray until golden. Add curry powder and allow the spices to toast for 1-2 minutes. Add coconut milk and maple syrup. Reduce heat to med-low and allow sauce to thicken slightly. Add pea pods and carrots, stirring to coat everything.

Fluff couscous with a fork, and divide into four servings. Top with 1/4 of curry mixture.

Notes - 1 lb of chicken or shrimp can be substituted for the tofu.

This could probably feed 6, but sometimes you just need a big plateful of food.

Per Serving (excluding unknown items): 437 Calories; 12g Fat (23.7% calories from fat); 19g Protein; 67g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 876mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.



## **Bulgur-Broccoli Salad with Soy Walnuts**

Source: Cooking Light Five \* Star Recipes

Healthy Units: 3

Servings: 4 servings

Posted by: Kathie R (SCCA 1429)

Date: 3/27/04

Notes: I would reduce the boiling water a little, could not get the bulgur to absorb it all.  
The soy walnuts are wonderful

### **Ingredients:**

1-½ cups boiling water  
¾ cup bulgur (cracked wheat), uncooked  
2 cups chopped fresh broccoli  
½ cup finely chopped carrot  
¼ cup finely chopped purple onion  
¼ cup chopped walnuts  
1 TBL low-sodium soy sauce  
½ tsp sugar  
1/8 tsp freshly ground pepper  
½ tsp grated lemon rind  
3 TBL fresh lemon juice  
1 TBL water  
1 tsp vegetable oil  
1 clove garlic, crushed

### **Instructions:**

Combine boiling water and bulgur-in a large bowl; stir well. Let stand 20 minutes or until bulgur is tender and liquid is absorbed. Fluff with a fork; set aside.

Arrange broccoli in a steamer basked over boiling water. Cover and steam 3 minutes or until broccoli is crisp-tender. Add broccoli, carrot, and onion to bulgur; stir well.

Place a small nonstick skillet over medium-high heat until hot. Add walnuts; cook, stirring constantly, 3 minutes. Add soy sauce, stirring constantly until sauce is absorbed. Remove walnuts from skillet and set aside.

Combine sugar and remaining 6 ingredients (sugar through garlic); stir well with a wire whisk. Add to bulgur mixture; toss well. Top with soy walnuts. Yield: 4 servings (serving size: 1 cup).

Calories 178 (31% from fat) Protein 7.0g Fat 6.1g (sat. 0.6g) Carbohydrate 27.6g Fiber 7.4g Cholesterol 0mg Iron 1.5 mg Sodium 143mg Calcium 44mg

## Ham and Potato Casserole

I got this recipe from a WW group back in 1998

servings: 8

Points 4

Posted by Rita (frog3964)

Date: 3/27/2004

1 (26oz) pkg frozen (be sure not to thaw) shredded potatoes

1 ham slice, cut into bite size pieces

1 (103/4oz) can Cream of Potato Soup, undiluted

1/2 t pepper

1/4C Parmesan cheese, Kraft Free

1C low fat shredd4ed cheddar cheese (I used healthy choice low fat)

paprika

Combine potatoes, ham slices, soup and pepper in a large bowl. Spoon this into a 13x9 inch-baking dish. Bake at 400 degrees for 25 minutes; sprinkle with cheese and paprika, bake 5 additional minutes or until thoroughly heated.

NOTE: you can add mushrooms and Swiss cheese for a variation. VERY GOOD

## **Big-Batch Vegetable Soup**

Source: marthastewart.com

10 servings (about)

3 points per 1-cup serving

Posted by Petiteyaya1 (Cindy)

03/27/04

Comments: I varied a bit from Martha. Original recipe called for 8 cups fresh or frozen vegetables. I added the can of beans to it would be a bit thicker, but think it would have been fine without them, although they upped the fiber. I will play with seasoning a bit next time I make this. Use a big pot; my six-quart pot was filled to brim. Freezes well.

1 tablespoon olive oil  
2 cups chopped onion  
1 cup celery, thinly sliced  
2 teaspoons Italian seasoning  
Coarse salt and pepper  
3 14.5-ounce cans low-sodium chicken broth  
28 ounces diced tomatoes, with juice  
1 tablespoon tomato paste  
1 cup chopped zucchini  
1 cup diced potatoes  
1 cup frozen peas  
1 cup diced carrots  
1 14-ounce can corn  
1 14-ounce can green beans  
1 14-ounce can navy beans, drained and rinsed

1. Heat oil in a large stockpot over medium heat. Add onions, celery and Italian seasoning; season with salt and pepper. Cook, stirring frequently, until onions are translucent, 5-8 minutes.

2. Add broth, tomatoes and their juice, tomato paste, and 3 cups water to pot; bring mixture to a boil. Reduce heat to a simmer and cook, uncovered, 20 minutes.

3. Add vegetables to pot and return to a simmer. Cook, uncovered, until vegetables are tender, 30-45 minutes. Season with salt and pepper as desired. Let cool before storing.

**Banana Cream Dessert**

8 servings/4 points each per recipe builder.

Date: 3/27/2004

Posted by: Fittley

6 full sheets of reduced fat graham crackers crushed

3 Tbs. light butter

1 Tbs sugar

4 firm bananas

lemon juice

8 oz fat free sour cream

1 small pkg ff SF vanilla pudding and pie mix

12 oz cool whip free

Melt light butter in bowl in microwave. Mix in graham cracker crumbs and sugar. Press crumb mixture in sprayed 9 inch springform pan. Bake at 350 degrees for 10 minutes. Cool completely.

Beat the sour cream and the pudding mix in a large bowl about one minute. Slice bananas, pour some lemon juice on them, and stir until coated. Fold the cool whip into the pudding mixture. Fold the drained sliced bananas into the pudding cool whip mixture. Pour into prepared springform pan and chill for 6 hours.

Was very good. I converted this from a recipe I found in a Taste of Home Quick magazine that a patient gave to me Thursday. Enjoy.

### **Garlic-Rosemary Lamb Pitas**

Cooking Light, January/February 2004

Servings: 4

Healthy Units: 8

Posted By: Lesley

Date: March 29, 2004

2 t. olive oil  
1 T. chopped fresh rosemary  
1 t. bottled minced garlic  
1/2 t. salt, divided  
1/4 t. black pepper  
1 pound boneless leg of lamb, cut into (3/4") cubs  
1 1/2 c. finely chopped seeded cucumber  
1 T. fresh lemon juice  
1/8 t. black pepper  
1 (6 oz) container plain low-fat yogurt  
4 (6") whole-wheat pitas

Heat oil in a large nonstick skillet over medium-high heat. Combine rosemary, garlic, 1/4 t. salt, 1/4 t. pepper and lamb, tossing to coat. Add lamb mixture to pan, sauté 4 minutes or until done.

While lamb cooks, combine 1/4 t. salt, cucumber, lemon juice, 1/8 t. pepper and yogurt. Divide lamb mixture evenly among each of 4 pitas and drizzle with sauce. Yield: 4 servings (serving size: 3 oz lamb, 1 pita, 2/3 c. sauce)

Nutrition: Calories 391, fat 11.5, protein 32.7, carb 40.8g, fiber 5.4g, iron 4.4 mg, sodium 742 mg, calcium 117

My changes:

- used olive oil spray
- used Pampered Chef "Rosemary Blend" instead of fresh
- fresh garlic
- ground lamb (shaped into patties)
- FF yogurt (Stonyfield Farms)
- TJs WW pitas (cut them into rounds, so it was more like a hamburger bun)

### **Deb's Crockpot Beef Stew**

Created by DebMj1

HU: 5.5 per serving (at best estimate)

Servings: 6 (1 1/2 to 1 3/4 cups each)

Posted by DebMj1

March 30, 2004

2 teaspoons refrigerated concentrated beef stock (or 2 tsp. beef bouillon)

1 cup boiling water

1 pound beef stew meat

1 medium onion, chopped

3 medium potatoes, in 1/2 inch dice

4 medium carrots, sliced 1/2" thick

2 celery ribs, sliced 1/2" thick

14 1/2 ounces canned diced tomatoes, with their liquid

3 cloves garlic

2 teaspoons dried parsley

1/2 teaspoon Montreal steak seasoning

1/2 teaspoon paprika

2 bay leaves, dried

12 ounces beef gravy, 1 jar (I used Heinz)

6 ounces frozen corn

Dissolve beef stock in boiling water. Place beef cubes in bottom of crock-pot. Add all remaining ingredients, except frozen corn, in crock pot. Pour beef stock mixture over ingredients in crock pot. Turn on low heat for at least 8 hours. One hour before serving, add frozen corn and continue to cook on low heat.

**Title: Apricot Glazed Asparagus**

Source: April 2004 Cooking light

Healthy Units: 1

Servings: 4

Posted By: Zephyr1

March 30, 2004

Comments: Very good hot or cold, I used asparagus from a frozen state and it still worked well. Nice different dish to serve to guests. Would translate well to broccoli, will try that soon.

**Ingredients:**

1 pound asparagus spears, trimmed

Cooking spray

2 tablespoons apricot preserves

1 tablespoon low-sodium soy sauce

1/4 teaspoon minced garlic

1/8 teaspoon salt

Preheat oven to 400°.

Place asparagus spears on a foil-lined jelly roll pan coated with cooking spray. Combine apricot preserves, soy sauce, garlic, and salt; pour preserves mixture over asparagus. Toss well to coat. Bake at 400° for 10 minutes or until asparagus is crisp-tender. Serve immediately.

Yield: 4 servings

**NUTRITION PER SERVING**

CALORIES 58 (0.0% from fat); FAT 0.0g (sat 0.0g, mono 0.0g, poly 0.0g); PROTEIN 3g; CARB 11.6g; FIBER 2.6g; CHOL 0.0mg; IRON 0.6mg; SODIUM 210mg; CALC 28mg;

Cooking Light, APRIL 2004

### **Simple Slaw**

Source: Cooking Light January 2004

HU: 1

Posted by CindyN

March 30, 2004

1/2 cup fat-free buttermilk  
1/3 cup low-fat mayonnaise  
1/2 teaspoon celery salt  
1/2 teaspoon freshly ground black pepper  
12 cups thinly sliced green cabbage  
1/2 cup finely chopped green onions

Combine first 4 ingredients, stirring with a whisk. Place cabbage and onions in a large bowl. Spoon buttermilk mixture over cabbage; toss to coat.

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

#### **NUTRITION PER SERVING**

CALORIES 52 (17% from fat); FAT 1g (sat 0.1g, mono 0.2g, poly 0.5g); PROTEIN 2.1g;  
CARB 9.8g; FIBER 2.7g; CHOL 0.0mg; IRON 0.7mg; SODIUM 221mg; CALC 70mg;



## **Cauliflower Cheddar Gratin with Horseradish Crumbs**

Source: Gourmet, November 2002

Healthy Units: 4

Servings: 8

Posted by: MissVN

Date: March 31, 2004

Notes: Would make a great "bring along" side dish. Also should be easily adapted to use other cheeses.

### **Ingredients**

3 lb cauliflower (1 large head) -- cut into 1 1/2- to 2-inch florets

1 teaspoon butter

3 tablespoons all-purpose flour

1 1/3 cups 1 % milk

6 oz sharp Cheddar -- coarsely grated (2 cups)

1/2 cup finely chopped scallion greens

1/2 teaspoon salt

1/2 teaspoon black pepper

20 saltine crackers

2 tablespoons drained bottled horseradish

cooking spray

### **Instructions**

Preheat oven to 450°F.

Cook cauliflower in a 5- to 6-quart pot of boiling salted water until just tender, 6 to 8 minutes. Drain cauliflower well in a colander and transfer to a buttered 2-quart baking dish.

While cauliflower is cooking, melt 1 teaspoon butter in a 3- to 4-quart heavy saucepan over moderately low heat. Mix flour with milk. Add milk to melted butter in a slow stream, whisking, and bring to a boil, whisking frequently until thickened. Remove from heat and add cheese, scallion greens, salt, and pepper, whisking until cheese is melted. Pour cheese sauce over cauliflower and stir gently to combine.

Coarsely crumble crackers into a bowl. Mix cracker crumbs and horseradish.

Sprinkle crumb topping evenly over cauliflower; lightly spray the top with cooking spray.

Bake gratin in middle of oven until topping is golden brown, about 10 minutes.

Per Serving: 197 Calories; 9g Fat (40.3% calories from fat); 11g Protein; 20g Carbohydrate; 5g Dietary Fiber; 25mg Cholesterol; 440mg Sodium.

One nifty adaptation I did with it, rather than go thru all the hoop-dee-doo to make a roux the traditional way, I mixed the flour in with the milk ala the Country Gravy. Turned out just the same as a traditional roux, IMHO. And sure makes things a heck of a lot easier

## **Asian Salmon Patties**

Martha Stewart Everyday Food April '04

Healthy Units 6 for patties, 2 add'l for optional sauce

Servings 4

Posted by Tracy (Nikkie1T)

March 31, 2004

1-1/2 lbs. skinless salmon fillet, finely chopped

2 shallots, minced

2 T. grated peeled fresh ginger

1 t. salt (I used less)

1/4 t. pepper

1 large egg, lightly beaten

1/4 to 1/2 t. crushed red pepper

lime wedges, for serving (optional)

Sesame Mayonnaise, for serving (below)

1. In large bowl, combine salmon, shallots, ginger, egg, salt, red and black pepper. Form mixture into eight 1" thick patties, pressing each firmly; transfer to a plate. Place in freezer until just firm, about 20 minutes.

2. Heat a large nonstick skillet over medium-high heat. Add salmon patties; cook until browned on both sides and just opaque throughout, 4-6 minutes per side, turning carefully. Serve with lime wedges and sesame mayonnaise.

Per serving (w/o Sesame Mayonnaise): 269 calories; 12.1 grams fat; 35.6 grams protein; 2.3 grams carbohydrates; 0.1 grams fiber.

### **Sesame Mayonnaise**

In a small bowl, stir together 1/3 c. reduced-fat mayonnaise, 2 thinly sliced scallions, 2 T. fresh lime juice, and 1 t. sesame oil. Chill until ready to serve.

For the salmon patties I just posted, I didn't have any shallots so I substituted diced sweet onion and a clove of minced garlic. I thought they were really outstanding.

## **Monkey Bars**

Cooking Light 2002 Annual and CL website

HU: 2.9

Servings: 16

Posted by DebMj1

March 31, 2004

Note: If you do the substitutions and omissions as noted below, the points drop to 2.2 for each of 12 servings. If you add in 1/4 cup of mini chips, it adds approximately 4/10's of a point for each of 12 servings.

1/2 cup raisins (I omitted these, but still added the rum/apple juice)  
1 1/2 tablespoons dark rum or apple juice  
1 cup all-purpose flour  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
3/4 cup packed brown sugar  
1/4 cup butter, softened (I used 2 Tbs. of light butter and 2 Tbs. of unsweetened applesauce)  
1/2 cup mashed ripe banana  
3 tablespoons low-fat buttermilk (I used 3 Tbs. of skim milk)  
1 teaspoon vanilla extract  
2 large egg whites  
1/3 cup chopped walnuts (I omitted these)  
Cooking spray  
1 tablespoon powdered sugar (I omitted this)

Preheat oven to 350°.

Combine the raisins and rum in a microwave-safe bowl. Microwave at high for 1 minute, and set aside. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and the next 3 ingredients (flour through salt) in a bowl, stirring well with a whisk. Set aside.

Combine brown sugar and butter in a large bowl, and beat with a mixer at medium speed until well blended. Add banana and next 3 ingredients (banana through egg whites), beating well. Add the flour mixture, beating just until combined. Stir in raisin mixture and walnuts.

Spread the batter into an 8-inch square baking pan coated with cooking spray. Bake at 350° for 30 minutes or until golden. Cool the bars completely on a wire rack. Sprinkle with powdered sugar

### **North Woods Bean Soup**

Source: Cooking Light Jan. 2002

Healthy Units: 4

Servings: 5, about 1 ½ cups each

Posted by: MoOzark(Donna)

Date: March 31, 2004

Pureeing some of the soup lends body to the dish. Stir in fresh spinach after the soup is removed from heat so it won't overcook and lose its bright color.

Cooking spray

1 cup baby carrots, halved

1 cup chopped onion

2 garlic cloves, minced

7 ounces turkey kielbasa, halved lengthwise and cut into 1/2-inch pieces

4 cups fat-free, less-sodium chicken broth

1/2 teaspoon dried Italian seasoning

1/2 teaspoon black pepper

2 (15.8-ounce) cans Great Northern beans, drained and rinsed

1 (6-ounce) bag fresh baby spinach leaves

Heat a large saucepan coated with cooking spray over medium-high heat. Add carrots, onion, garlic, and kielbasa; sauté 3 minutes, stirring occasionally. Reduce heat to medium; cook 5 minutes. Add the broth, Italian seasoning, pepper, and beans. Bring to a boil, reduce heat, and simmer 5 minutes.

Place 2 cups of the soup in a food processor or blender, and process until smooth.

Return the pureed mixture to pan. Simmer an additional 5 minutes. Remove soup from heat. Add the spinach, stirring until spinach wilts.

Yield: 5 servings (serving size: about 1 1/2 cups)

#### **NUTRITION PER SERVING**

CALORIES 227 (15% from fat); FAT 3.9g (sat 1.2g, mono 1.3g, poly 1.2g); PROTEIN 18.1g; CARB 30.8g; FIBER 6.7g; CHOL 26mg; IRON 3.5mg; SODIUM 750mg; CALC 112mg;

## **Matzo, Mushroom, and Onion Kugel**

Source: CL April 04

HU's: 4

Posted by: littlechi92

Date: 4/1/04

Comments: I did not have the right pan for this so I split it up into 2 regular sized pie plates. I needed to cook it at least 20 minutes longer than stated.

CL Comments: The secret to success here is to first brown the matzo in the oven. This savory dish can replace any stuffing served with turkey. Ingredients:

10 (6-inch) matzo crackers  
2 1/2 cups fat-free, less-sodium chicken broth  
1 cup hot water  
1/4 cup vegetable oil  
3 cups diced onion  
2/3 cup grated carrot  
1 teaspoon salt  
1 teaspoon paprika  
1/2 teaspoon garlic powder  
1/4 teaspoon freshly ground black pepper  
3 garlic cloves, minced  
2 (8-ounce) packages pre-sliced mushrooms  
2 tablespoons chopped fresh parsley  
4 large egg whites  
2 large eggs  
Cooking spray  
Parsley sprigs (optional)

Directions:

Preheat oven to 375°.

Place matzo crackers in a single layer on a baking sheet; bake at 375° for 5 minutes or until lightly browned. Break crackers into small pieces, and place in a large bowl. Pour chicken broth and water over matzo; let stand 10 minutes, stirring occasionally.

Heat oil in a large nonstick skillet over medium heat. Add onion; cover and cook 5 minutes, stirring occasionally. Add carrot and next 6 ingredients (carrot through mushrooms) to pan; cover and cook 5 minutes or until onion is tender. Add mushroom mixture and 2 tablespoons parsley to matzo mixture, stirring well. Combine egg whites and eggs in a bowl; stir with a whisk. Add egg mixture to matzo mixture; stir well.

Press matzo mixture into a 10-inch deep-dish pie plate coated with cooking spray. Bake, covered, at 375° for 20 minutes. Uncover and bake an additional 18 minutes or until lightly browned. Let Kugel stand for 5 minutes, and cut into wedges. Garnish with parsley sprigs, if desired.

Yield: 12 servings (serving size: 1 wedge)

CALORIES 216 (29% from fat); FAT 7g (satfat 1.1g, monofat 1.8g, polyfat 3.6g); PROTEIN 7.6g; CARBOHYDRATE 30.6g; FIBER 2.1g; CHOLESTEROL 43mg; IRON 1.4mg; SODIUM 390mg; CALCIUM 28mg;

## **Roast Chicken Chimichangas**

From Cooking Light

Healthy Units: 8

Servings: 6

Posted by: MissVN

Date: April 1, 2004

Notes: Queso Fresco is a slightly salty, easy to crumble farmers cheese. I rolled them up like traditional Chimichangas.

These Chimichangas are oven-browned instead of deep-fried. The filling uses queso fresco. If it's not available, try shredded Monterey Jack.

### **Ingredients**

2 1/2 cups shredded roasted skinless, boneless chicken breasts  
1 cup (4 ounces) crumbled queso fresco cheese  
1/4 cup chopped green onions  
1 teaspoon dried oregano  
1/4 teaspoon ground cumin  
1 garlic clove, minced  
1 (4.5-ounce) can chopped green chiles, drained  
1 (16-ounce) can fat-free refried beans  
6 (8-inch) flour tortillas  
Cooking spray  
1/2 cup bottled green salsa

### **Instructions**

Preheat oven to 500°.

Combine first 7 ingredients in a large bowl; toss well.

Spread 1/4 cup beans down center of each tortilla. Top each tortilla with 2/3 cup chicken mixture; roll up. Place rolls, seam sides down, on a large baking sheet coated with cooking spray. Coat tops of Chimichangas with cooking spray. Bake at 500° for 7 minutes. Serve with salsa. Yield: 6 servings (serving size: 1 Chimichanga and about 4 teaspoons salsa)

### **NUTRITION PER SERVING**

CALORIES 380 (23% from fat); FAT 9.7g (sat 3.1g, mono 4.1g, poly 1.6g); PROTEIN 28.8g; CARB 42.5g; FIBER 6.5g; CHOL 55mg; IRON 3.8mg; SODIUM 728mg; CALC 157mg;

## **Philly 'Shroom Steaks**

Source: original

Healthy Units (WW Points): 5, depending on type of bun used

Servings 4

Posted by: Kimberley

Date: April 1, 2004

### **Ingredients**

4 large Portobello mushroom cap -- thinly sliced

1/2 green pepper -- thinly sliced

1/2 red onion -- thinly sliced

1 clove garlic -- minced

1/4 cup soy sauce

1 teaspoon beef bouillon granules

1 1/4 cups water

salt and pepper -- to taste

4 whole wheat buns -- split and toasted

4 ounces mozzarella cheese, part skim milk -- shredded

### **Instructions**

Preheat broiler. Spray a sauté pan with non-stick spray. Sauté mushrooms, peppers, onion, and garlic until starting to brown. Add soy sauce, bouillon, and water. Let simmer for a few minutes to blend the flavors. Season to taste with salt and pepper.

With tongs, lift mushroom mixture and divide among open buns (using all buns to yield 2 halves per serving). Sprinkle with cheese and broil just until cheese starts to bubble and brown.

Serve juice on the side to dip

Per Serving (excluding unknown items): 274 Calories; 7g Fat (24.4% calories from fat); 17g Protein; 35g Carbohydrate; 5g Dietary Fiber; 15mg Cholesterol. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 2 Vegetable; 1/2 Fat.

## **Salsa Chicken**

From Cooking Light - April 2004

HU: 4

Servings: 4

Posted by: Natalie

April 1, 2004

Personalize this recipe by using your favorite tomato-based salsa. Or try a fruit salsa such as peach, cranberry or pineapple. Serve over white rice.

### **Ingredients:**

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

2 teaspoons taco seasoning

Cooking Spray

2/3 cup bottled salsa

2/3 cup (about 2 1/2 ounces) shredded reduced-fat cheddar cheese.

1 (4 ounce) can whole green chiles, drained & thinly sliced

1/4 cup fat-free sour cream

2 tablespoons sliced ripe olives

### **Instructions:**

Preheat oven to 475°.

Combine chicken and seasoning in a medium bowl, tossing to coat. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken, cook for 4 minutes or until browned, stirring occasionally. Arrange chicken in an 8-inch square baking dish coated with cooking spray, top with salsa, cheese and chiles. Bake at 475° for 8 minutes or until chicken is done and cheese is melted. Top each serving with 1 tablespoon sour cream and 1 1/2 teaspoons olives.

Yield: 4 servings

### **NUTRITION PER SERVING:**

Calories: 207 (15% from fat

Fat: 3.5g (sat 1.4mg, mono 1.1g, poly 0.5g)

Protein: 33.4g

Carb: 9.5g

Fiber: 2.1g

Chol: 71mg

Iron: 1.5mg

Sodium: 587mg

Calcium: 130mg

My notes: I left the chicken breasts whole, omitted the olives & white rice, used 2 tablespoons of light sour cream and 1-2 tablespoons of regular shredded fiesta blend cheeses. Will definitely make again and try a fruit salsa.



### **Linguine with Vegetables and Asiago Cheese**

Source: CL 15-Minutes Cookbook (Oxmoor)

HU: 7 points (4 servings)

Posted by: Melody

April 2, 2004

Note: I added 8 ounces of pre-cooked chicken breast cut into cubes. I couldn't find the light Alfredo sauce so I made my own (page 598 of the comp). I added extra broccoli. With the changes, it came to 8 points.

#### **Ingredients:**

8 oz. uncooked linguine or fettuccine

$\frac{3}{4}$  c. vegetable broth

1 (16-oz) pkg. fresh broccoli, cauliflower, and carrot medley

$\frac{1}{2}$  (10 oz) container refrigerated light Alfredo sauce

$\frac{1}{2}$  cup freshly shredded Asiago or Parmesan cheese

freshly ground black pepper

#### **Directions:**

Cook pasta according to directions, omitting salt and fat.

While the pasta cooks, combine broth and vegetables in a medium saucepan. Cook over low heat 5 minutes, or until veggies are crisp-tender. Add Alfredo sauce, stirring well.

Drain pasta, and place in a serving bowl. Add vegetable mixture, and toss to coat. Top with cheese and sprinkle with pepper.

Yield: 4 servings (1  $\frac{3}{4}$  cups each)

Per serving: 341 calories; 6.9 g fat; 16.7 g protein; 53.5 g carbs; 4.4 g fiber; 19 mg cholesterol; 2.6 mg iron; 550 mg sodium; 283 g calcium

## No Pain Low Mein

Source: Rachel Ray

Healthy Units: 3

Servings: 6

Posted by: Kate (KateWD)

April 2, 2004

Notes: I have noted my changes in the recipe, HUs and serving size are with my changes. This makes a huge amount, I easily got 6 big side dish servings. The original called for a full pound of pasta and made 4 servings, way too much! This was even better the next day when the flavors had a chance to blend. I like food hot and spicy, so I added chile garlic sauce for some kick.

2 tablespoons vegetable or wok oil (I used 1T)  
1 cup (2 handfuls) snow peas, halved on a diagonal (I used 2 cups)  
1 red bell pepper, seeded and cut into match stick size pieces  
1/2 pound assorted mushrooms (shiitake, straw, enoki, or oyster), coarsely chopped, if necessary (I used TJs frozen mushroom medley)  
4 scallions, thinly sliced on a diagonal  
2 cups (about 4 handfuls) fresh bean sprouts (I used about 3 cups and also added 1 cup shredded carrots)  
2 inches fresh ginger root, minced or grated with hand grater  
4 cloves garlic, minced  
1 pound lo mein noodles or thin spaghetti, cooked to al dente and drained well (I used 8 oz whole wheat spaghetti)  
1/2 cup aged tamari soy sauce  
1/4 cup chile garlic sauce (my addition, depends on your taste)  
1 tablespoon toasted sesame oil, several drops

Heat a wok-shaped skillet or large non-stick skillet over high heat. When pan is very hot, add oil, (it will smoke a bit) then, immediately add the snow peas, pepper, mushrooms, scallions, and bean sprouts (and carrots). Stir-fry for 1 minute to flavor the oil, then add the ginger and garlic, and stir-fry 2 minutes. Add the cooked noodles and toss with to combine. Add the soy sauce and toss the ingredients to coat noodles evenly with sauce. Transfer the lo mein to a serving platter and garnish with a drizzle of toasted sesame oil.

Cook's Notes:

Wok oil is infused with ginger and garlic and is widely available on the International Foods aisle of the market.

Cooked shredded pork, chicken, or small de-veined shrimp may be added to this dish in any combination.

Recipe as written:

Yield: 4 servings

Prep Time: 15 minutes

Cook Time: 5 minutes

Difficulty: Medium

### **Sweet Potato Hash**

Source: CL March 2004

Healthy Units: 4

Servings: 4 Servings (serving size: about 1 cup)

Posted by: jhoulih (Jodi)

Posted 4/3/04

1 1/2 pounds sweet potatoes, peeled and diced  
1/3 cup water  
1 1/2 teaspoons olive oil  
2 (1-ounce) links turkey breakfast sausage  
1 1/4 cups chopped onion  
3/4 teaspoon salt, divided  
1 1/2 teaspoons maple syrup  
1 tablespoon water  
1/4 teaspoon black pepper  
1/8 teaspoon ground nutmeg

1. Place sweet potatoes and 1/3 cup water in a large microwave-safe bowl. Cover with plastic wrap; microwave at HIGH 15 minutes or until potatoes are tender. Carefully uncover; drain and keep warm.
2. Heat oil in a large nonstick skillet over medium-high heat. Remove casings from sausage. Add onion to pan; sauté 6 minutes or until tender. Add sausage and 1/4 teaspoon salt; cook 4 minutes or until sausage is done, stirring to crumble. Stir in sweet potatoes, 1/2 teaspoon of salt, syrup, 1 T water, pepper and nutmeg. Cook until liquid is absorbed and sweet potatoes begin to brown (about 5 minutes).

CALORIES 200; Fat 3.6g; Protein 5.2g; Carb 37.8g; Fiber 4.5g; Chol 11mg; Iron 1.2mg; Sodium 571mg; Calc 43 mg.

## **Asiago, Potato, and Bacon Gratin**

Source: CL April 2004

Healthy Units: 5

Servings: 6

Posted by: jhoulih (Jodi)

Date: 4/4/04

CL Comment: Maybe more so than other foods, potatoes need salt. Instead of salting the water they boil in, sprinkle the potatoes with salt after draining. Then salt the white sauce separately for the most pronounced flavor.

1 1/2 pounds peeled Yukon gold potatoes, cut into 1/4-inch-thick slices  
1 teaspoon salt, divided  
Cooking spray  
2 tablespoons minced shallots  
1/4 cup all-purpose flour  
2 cups 1% low-fat milk, divided  
3/4 cup (3 ounces) grated Asiago cheese  
1/4 cup chopped fresh chives  
1/4 teaspoon freshly ground black pepper  
4 bacon slices, cooked and crumbled  
1/4 cup (1 ounce) grated fresh Parmesan cheese

Preheat oven to 350°.

Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat; simmer 5 minutes or until potatoes are almost tender. Drain. Sprinkle potatoes evenly with 1/4 teaspoon salt; set aside and keep warm.

Wipe 4-quart medium saucepan coated with cooking spray over medium heat. Add shallots; cook 2 minutes or until tender, stirring frequently. Lightly spoon flour into a dry measuring cup; level with a knife. Sprinkle flour over shallots. Gradually add 1/2 cup milk, stirring with a whisk until well blended. Gradually add remaining 1 1/2 cups milk, stirring with a whisk. Cook over medium heat 9 minutes or until thick, stirring frequently. Remove from heat; stir in 3/4 teaspoon salt, Asiago, chives, pepper, and bacon.

Arrange half of potato slices in an 8-inch square baking dish coated with cooking spray. Pour half of cheese sauce over potato slices. Top with remaining potato slices and cheese sauce; sprinkle with Parmesan. Bake at 350° for 35 minutes or until cheese is bubbly and lightly browned.

Yield: 6 servings

### **NUTRITION PER SERVING**

CALORIES 250 (30% from fat); FAT 8.2g (sat 4.6g, mono 2.7g, poly 0.5g); PROTEIN 12.3g; CARB 31.9g; FIBER 2.3g; CHOL 23mg; IRON 0.9mg; SODIUM 618mg; CALC 306mg;

## **Easy Baked Fish Fillets**

Cooking Light 2000 Annual

HU: 4.7

Servings: 4

Posted by DebMj1

April 6, 2004

CL Note: Haddock or cod would make good substitutes for the grouper. Adjust the baking time depending on the thickness of the fish.

My Notes: I used hake, which is a little thicker than haddock or cod. I thought it was a perfect fish for this recipe.

1 1/2 pounds grouper or other white fish fillets

Cooking spray

1 tablespoon fresh lime juice

1 tablespoon light mayonnaise

1/8 teaspoon onion powder

1/8 teaspoon black pepper

1/2 cup fresh breadcrumbs

1 1/2 tablespoons butter or stick margarine, melted

2 tablespoons chopped fresh parsley

Preheat oven to 425°.

Place fish in an 11 x 7-inch baking dish coated with cooking spray. Combine lime juice, mayonnaise, onion powder, and pepper in a small bowl, and spread over fish. Sprinkle with breadcrumbs; drizzle with butter. Bake at 425° for 20 minutes or until fish flakes easily when tested with a fork. Sprinkle with parsley.

CALORIES 223 (30% from fat); FAT 7.5g (sat 2.7g, mono 2g, poly 1.3g); PROTEIN 33.6g; CARB 5.3g; FIBER 0.2g; CHOL 84mg; IRON 1.8mg; SODIUM 223mg; CALC 56mg;

### **Blueberry-Lemon Coffee Cake**

Adapted from Betty Crocker Cookbook

HU: 3.6

Servings 8

Posted by DebMj1

April 6, 2004

Notes: Not outstanding, but very good. Would make a great addition to an Easter or springtime brunch - nice, light, spring-y flavors. It's more on the bread/biscuit side as opposed to a cake.

- 1 large egg
- 2 cups reduced fat Bisquick®
- 3 Tablespoons Splenda sugar substitute
- 3 Tablespoons sugar
- 2/3 cup skim milk
- 1 Tablespoon grated lemon peel
- 1 cup frozen blueberries (thawed and patted dry)
- 1/2 cup powdered sugar
- 1 Tablespoon lemon juice, plus enough to make drizzling consistency

Heat oven to 400°F. Grease round pan, 9 x 1-1/2 inches. Beat egg slightly; stir in 2 cups Bisquick mix, the sugar, milk and lemon peel.

Stir blueberries gently into batter. Spread in pan. Bake 20 to 25 minutes or until golden brown.

In the meantime, prepare lemon icing. Mix powdered sugar and enough lemon juice to make a glaze consistency. Cool 10 minutes; drizzle with Lemon Icing. Serve warm.

## **Ginger-Sesame Asparagus**

Source: WW

Healthy Units | 1

Servings | 4

Preparation Time | 8 min

Cooking Time | 8 min

Level of Difficulty | Easy

Posted by: MoOzark (Donna)

Date 04-06-04

side dishes | Looking for veggie dishes with exotic flare? Try our fabulous Asian-influenced asparagus.

### **Ingredients**

1 tsp ginger root, freshly grated

2 tsp toasted sesame oil

1 tsp soy sauce

1 pound asparagus, trimmed

### **Instructions**

1. Heat broiler. Combine ginger, oil and soy sauce in a small bowl.

2. On a sheet pan, coat asparagus with ginger mixture. Broil until asparagus are cooked through and tips begin to brown, about 5 to 8 minutes.

## **Parmesan Baked Fish**

Better Homes & Gardens New Dieters' Cookbook

Yields 4 servings

HU: 4

Posted by bms2003 (betty)

April 7, 2004

4 4-oz fresh or frozen skinless salmon fillets (or other firm fish), 3/4 to 1" thick

Nonstick spray coating

1/4 c light mayonnaise

2 T grated Parmesan cheese

1 T snipped fresh chives or green onion

1 t white wine Worcestershire sauce (I used lemon juice)

Fresh chives (optional)

Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Spray a 2-quart square or rectangular baking dish with nonstick coating. Set aside.

In a small bowl stir together mayonnaise, Parmesan cheese, the 1 tablespoon snipped chives or green onion, and the Worcestershire sauce. Spread mayonnaise mixture over fish fillets.

Bake, uncovered, in a 450° oven for 12 to 15 minutes or until fish flakes easily when tested with a fork. If desired, garnish with additional fresh chives.

Calories - 169; total fat - 10g; cholesterol - 23 mg; sodium - 247 mg; carbohydrates - 1 g; fiber - 0g; protein - 18 g



## **Chocolate Cake with Meringue Passover Cake**

Source: Weight Watchers

HU's: 3

Posted By: littlechi92

Date: April 8, 2004

Comments: Per cooking light magazine, if you don't have matzo cake flour, you can process matzo meal until very fine and light. It should have the consistency as close to regular flour as possible. Also, it is important that you wait until the cake is completely cooled before covering, as the meringue topping will deflate and be wet if you cover it too soon or too tightly.

### **Ingredients:**

12 large egg white(s)  
1 1/2 cup sugar  
2 oz unsweetened baking chocolate square(s)  
1/2 cup reduced-calorie margarine  
1/3 cup ground almonds  
1/3 cup matzo cake meal  
1/2 cup unsweetened cocoa  
3 large egg(s)

### **Directions:**

Preheat oven to 350°F. Line a 9 x 13-inch baking pan with parchment paper. (I used Pam, as we are not strict Kosher for Passover).

In a mixer, whip egg whites until soft peaks form. Add sugar 1 tablespoon at a time until stiff peaks form, about 5 minutes. Set 3 cups meringue aside.

Melt chocolate and margarine together in a small pot over medium heat, stirring frequently; cool.

In a large bowl, whisk together almonds, matzo cake meal and cocoa. Combine chocolate mixture and eggs; stir into almond mixture. In three additions fold in non-reserved meringue into chocolate mixture.

Pour mixture into prepared pan. Spread with reserved 3 cups of meringue. Bake until meringue is golden and toothpick inserted in center of cake comes out clean, about 45 minutes. Slice into 24 pieces.

## **Salmon with Roasted Cherry Tomatoes**

Source: Cooking Light - April 2004

HU: 6 per serving

Servings: 2

Posted by Emily (EJWyatt)

April 8, 2004

Notes from CL: "It isn't necessary to season the salmon itself, as the tomatoes, thyme, and garlic create such a flavorful sauce. Serve with rice or couscous." -CL Reader

Emily's Notes: This was very quick and easy.

2 cups cherry tomatoes  
1 1/2 teaspoons chopped fresh thyme  
1 teaspoon olive oil  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
2 garlic cloves, minced  
Cooking spray  
2 (6-ounce) salmon fillets (about 1 inch thick)  
2 tablespoons fresh lemon juice

Instructions:

Preheat oven to 400°.

Combine first 6 ingredients in a jellyroll pan coated with cooking spray; toss to coat tomatoes. Bake at 400° for 15 minutes. Add fish to pan. Bake an additional 10 minutes or until fish flakes easily when tested with a fork. Serve the tomato mixture over fish. Drizzle with lemon juice.

Yield: 2 servings (serving size: 1 fillet and 1/2 cup tomato mixture)

CALORIES 265 (43% from fat); FAT 12.6g (satfat 2.7g, monofat 6g, polyfat 2.8g);  
PROTEIN 28.7g; CARBOHYDRATE 9.6g; FIBER 1.8g; CHOLESTEROL 65mg; IRON  
1.2mg; SODIUM 368mg; CALCIUM 37mg;

## **Mediterranean Shrimp and Pasta**

Source: Cooking Light - April 2004

HU: 8.5 per serving

Servings: 4

Posted by Emily (EJWyatt)

April 8, 2004

CL Notes: "I was looking for a recipe to use some of the abundant fresh basil I grow in pots on my back deck, so I modeled this recipe after dishes I've had in local restaurants. It's easy, fresh, and colorful--and a very quick dinner." -CL Reader

Emily's Notes: This was quick and easy. This will be even better later in the year when tomatoes are better.

2 teaspoons olive oil  
Cooking spray  
2 garlic cloves, minced  
1 pound medium shrimp, peeled and deveined  
2 cups chopped plum tomato  
1/4 cup thinly sliced fresh basil  
1/3 cup chopped pitted kalamata olives  
2 tablespoons capers, drained  
1/4 teaspoon freshly ground black pepper  
4 cups hot cooked angel hair pasta (about 8 ounces uncooked pasta)  
1/4 cup (2 ounces) crumbled feta cheese

Heat olive oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add garlic; sauté 30 seconds. Add shrimp; sauté 1 minute. Add tomato and basil; reduce heat, and simmer 3 minutes or until tomato is tender. Stir in kalamata olives, capers, and black pepper.

Combine shrimp mixture and pasta in a large bowl; toss well. Top with cheese.

Yield: 4 servings (serving size: 1 1/2 cups pasta mixture and 1 tablespoon cheese)

CALORIES 424 (21% from fat); FAT 9.7g (satfat 3.1g, monofat 3.6g, polyfat 1.7g);  
PROTEIN 33.4g; CARBOHYDRATE 49.7g; FIBER 3g; CHOLESTEROL 185mg; IRON  
6mg; SODIUM 564mg; CALCIUM 163mg;

### **Tomato, white bean and greens soup**

Posted by: DanikaM

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

Date: 4/8/04

HUs: 2 per 1 1/2 c.

Serves: 8

- 2 teaspoons olive oil
- 1 cup chopped onion
- 3 garlic cloves, crushed
- 2 (14.5-ounce) cans no-salt-added whole tomatoes, undrained and chopped
- 2 (16-ounce) cans cannellini or other white beans, drained
- 6 cups fat-free chicken broth
- 1 tablespoon chopped fresh parsley
- 3/4 teaspoon dried oregano
- 1/4 teaspoon pepper
- 4 cups spinach, kale or other green of choice (I used a bag of mixed greens from TJs)

Heat oil in a large saucepan over medium heat. Add onion and garlic, and sauté 4 minutes or until tender. Add tomatoes and remaining ingredients and bring to a boil. Reduce heat, and simmer 10 minutes or until greens are tender. Ladle into bowls, and garnish with Parmesan cheese, if desired. (Note: Parmesan not included in HUs).

Serving size = 1 1/2 cups of soup.

Per serving: calories- 147, fiber- 7g, fat- 2g. Note: I don't have recipe builder so I came up with the nutritional based on cans that I used and Internet reference site for other ingredients. Hope it's accurate.

## **Eggplant, Tomato, and Smoked Mozzarella Tart**

Source: Cooking Light April 2004

Healthy Units: 5

Servings: 4

Posted by Emily (EJWyatt)

Date 04/11/2004

CL Notes: Salting the eggplant draws out some of the bitter flavor and moisture. Less moisture in turn minimizes the amount of oil the eggplant will absorb. This dish has a crispy cracker-like crust, a nice contrast to the tender eggplant.

### **CRUST:**

1 cup all-purpose flour  
1 tablespoon toasted wheat germ  
1 teaspoon baking powder  
1/2 teaspoon freshly ground black pepper  
1/4 teaspoon salt  
1/4 cup water  
1 tablespoon olive oil  
Cooking spray

### **FILLING:**

1 (1-pound) eggplant, cut crosswise into 1/4-inch-thick slices  
3/4 teaspoon salt, divided  
1/2 teaspoon olive oil  
4 garlic cloves, thinly sliced  
1 tablespoon chopped fresh basil  
1 1/2 teaspoons chopped fresh oregano  
1 1/2 teaspoons chopped fresh mint  
2 plum tomatoes, thinly sliced (about 6 ounces)  
1/2 cup (2 ounces) shredded smoked mozzarella cheese, divided  
2 tablespoons grated fresh Parmesan cheese

Preheat oven to 400°.

To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 4 ingredients (flour through 1/4 teaspoon salt) in a large bowl, stirring with a whisk; make a well in center of mixture. Add water and 1 tablespoon oil, stirring to form a soft dough. Turn dough out onto a lightly floured surface; knead lightly 4 times. Gently press dough into a 4-inch circle on plastic wrap; cover and chill 15 minutes.

Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap dough, and place chilled dough on plastic wrap. Cover with 2 additional sheets of overlapping plastic wrap. Roll dough, still covered, into an 11-inch circle. Remove top sheets of plastic wrap. Fit dough, plastic-wrap side up, into a 10-inch round removable-bottom tart pan coated with cooking spray. Remove remaining plastic wrap. Press dough against bottom and sides of pan. Pierce bottom and sides of dough with a fork; bake at 400° for 10 minutes. Cool completely on a wire rack.

To prepare filling, arrange eggplant on several layers of heavy-duty paper towels. Sprinkle eggplant with 1/2 teaspoon salt; let stand 15 minutes. Pat dry with paper towels; brush eggplant with 1/2 teaspoon oil. Arrange eggplant in a single layer on a baking sheet coated with cooking spray. Bake at 400° for 20 minutes. Stack eggplant slices on a plate; cover with plastic wrap. Let eggplant stand 7 minutes to steam.

Heat a large nonstick skillet coated with cooking spray over medium heat. Add garlic; cook 1 minute, stirring constantly. Remove from heat; stir in 1/4 teaspoon salt, basil, oregano, mint, and tomatoes.

Sprinkle 2 tablespoons smoked mozzarella on bottom of baked crust. Layer eggplant and tomato mixture in crust; sprinkle with 6 tablespoons smoked mozzarella and Parmesan. Bake at 400° for 10 minutes or until cheese melts. Cut into 8 wedges.

Yield: 4 servings (serving size: 2 wedges)

CALORIES 260 (30% from fat); FAT 8.8g (satfat 3.1g, monofat 4.2g, polyfat 0.9g); PROTEIN 9.8g; CARBOHYDRATE 37g; FIBER 4.6g; CHOLESTEROL 13mg; IRON 2.6mg; SODIUM 681mg; CALCIUM 210mg



### **Asparagus and Sun-Dried Tomato Vinaigrette**

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

Healthy Units: 1

Posted By: Bawstinn32 (Maria)

April 12, 2004

2 pounds fresh asparagus  
1/3 cup sun-dried tomato sprinkles  
1/4 cup balsamic vinegar  
1 tablespoon olive oil  
1/4 teaspoon salt  
1 garlic clove, minced

Steam asparagus, covered, 4 minutes. Place in a shallow dish.

Combine the tomato sprinkles and remaining ingredients in a bowl. Spoon evenly over asparagus. Cover and chill 2 hours.

Yield: 6 servings

CALORIES 66 (35% from fat); FAT 2.6g (satfat 0.4g, monofat 1.7g, polyfat 0.4g);  
PROTEIN 4.1g; CARBOHYDRATE 9.4g; FIBER 3.7g; CHOLESTEROL 0.0mg; IRON  
1.8mg; SODIUM 187mg; CALCIUM 37mg;

## **Roasted-Garlic Mashed Potatoes**

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

Healthy Units: 2

Posted By: Bawstinn32 (Maria)

April 12, 2004

1 whole garlic head  
1 tablespoon olive oil  
1 pound peeled Yukon Gold or red potatoes, quartered  
3 cups water  
1/2 cup 1% low-fat milk  
1/4 teaspoon salt  
1/4 teaspoon pepper

Preheat oven to 375°.

Remove white papery skin from garlic head (do not peel or separate cloves). Rub oil over garlic head; wrap in foil. Bake at 375° for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Set aside. Discard skins.

Place potatoes in a saucepan, and cover with water. Bring to a boil; cook 15 minutes or until very tender. Drain. Heat milk in pan over medium heat until hot (do not boil). Add potatoes, salt, and pepper, and beat at medium speed of a mixer until potato mixture is smooth. Add garlic pulp, and stir well.

Variations:

Mashed Potatoes With Sage: Omit garlic; add 2 tablespoons minced fresh sage to milk, salt, and pepper.

Chive-and-Goat Cheese Potatoes: Omit garlic; add 3 tablespoons minced chives and 1/2 cup (2 ounces) crumbled goat cheese to milk, salt, and pepper.

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

CALORIES 105 (27% from fat); FAT 3.1g (satfat 0.5g, monofat 2.1g, polyfat 0.3g);  
PROTEIN 3.9g; CARBOHYDRATE 16.6g; FIBER 1.8g; CHOLESTEROL 1mg; IRON  
3.2mg; SODIUM 140mg; CALCIUM 79mg;



## **Meringues with Fresh Strawberries and Chocolate Mascarpone**

Source: Cooking Light Annual, 2003

Healthy Units: 4

Servings: 6

Posted By: Bawstinn32 (Maria)

April 12, 2004

Comments: I made all components ahead of time and they went together quickly. If making the chocolate Mascarpone ahead of time, I recommend taking it out to soften before assembling as the meringues are very delicate. Also, I added an extra teaspoon milk to make it creamier.

### Meringues:

2 large egg whites

1/4 teaspoon cream of tartar

1/2 cup sugar

### Chocolate Mascarpone:

1 1/2 tablespoons sugar

1 tablespoon unsweetened cocoa

6 tablespoons (3 ounces) Mascarpone cheese, softened

1 teaspoon fat-free milk

1/4 teaspoon vanilla extract

### Strawberries:

3 1/2 cups quartered small strawberries

1/4 cup sugar

Mint sprigs (optional)

Preheat oven to 225.

To prepare meringues, cover a baking sheet with parchment paper. Draw 6 (4-inch) circles on paper. Turn paper over, secure with masking tape. Place egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until foamy. Gradually add 1/2 cup sugar, 1 tablespoon at a time, beating until stiff peaks form (do not overbeat). Divide egg white mixture evenly among 6 drawn circles on baking sheet; spread to fill circles using back of spoon.

Bake at 225 for 1 1/2 hours. Turn oven off; cool meringues in closed oven 30 minutes. Carefully remove meringues from paper. Cool completely; may be stored in an airtight container up to a week).

To prepare chocolate Mascarpone, sift together cocoa and 1 1/2 tablespoons sugar. Combine Mascarpone, milk and vanilla in a small bowl; stir until just combined. Stir in cocoa mixture.

To prepare strawberries, toss berries with 1/4 cup sugar; let stand 15 minutes.

Place one meringue on each of 6 plates; spread about 1 1/2 tablespoons Mascarpone mixture on top of each meringue. Top each serving with about 1/2 cup strawberry mixture. Garnish with mint sprigs, if desired.

Calories: 211 (30% from fat); Fat 7g; Fiber 2.5g

### **Whole Wheat Dinner Muffins**

Source: Williams-Sonoma Muffins

Healthy Units: 2 (3 using regular butter)

Servings: 9

Posted By: Bawstinn32 (Maria)

April 12, 2004

1 1/4 cups whole wheat or graham flour  
2 tablespoons cornmeal  
3 tablespoons brown sugar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 large eggs -- separated  
3 tablespoons butter, light -- melted  
1 cup buttermilk  
2 tablespoons sour cream, light  
1 teaspoon vanilla

Preheat oven to 375. Spray 9 standard muffin cups with cooking spray. Fill the remaining with water so they do not warp.

In a bowl, stir together the flour, cornmeal, brown sugar, baking powder, baking soda and salt.

In another bowl, whisk together the egg yolks, buttermilk, butter, sour cream and vanilla until blended. Stir the buttermilk mixture into the dry ingredients just until evenly moistened. The batter will be slightly lumpy.

In a large bowl, using an electric mixer beat the egg whites until they just form soft peaks. Using a large rubber spatula, gently fold the egg whites into the batter until blended.

Spoon the batter into each muffin cup, filling it level to the rim of the cup.

Bake until golden, dry and springy to the touch, 20-25 minutes. A toothpick inserted into the center should come out clean. Transfer the pan to a wire rack and let cool 5 minutes. Unmold the muffins. Serve warm or at room temperature with butter.

Per Serving (excluding unknown items): 120 Calories; 4g Fat (26.1% calories from fat); 5g Protein; 18g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 370mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

### **Cathy's Chocolate Fix Morning Muffins**

Source: unknown

HU: 3 per muffin

Servings: 9

Posted by DebMj1

April 13, 2004

1/4 cup sugar  
1/4 cup Splenda sugar substitute  
3 Tablespoons light butter  
1 teaspoon vanilla  
2 large eggs  
1 1/4 cups flour  
1/3 cup cocoa  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1/2 cup skim milk PLUS 2 Tablespoons skim milk  
3 Tablespoons miniature chocolate chips

Preheat oven to 350 F. Combine sugar, Splenda, butter and vanilla in a mixer and blend until creamy consistency. Be sure to scrape the sides of the bowl often.

Add eggs one at a time, making sure to continually scrape down the sides of the bowl and the mixing attachments.

In a separate bowl, sift the flour, baking powder, baking soda and salt together until mixed well. Add some of the flour mixture to the wet mixture and blend while adding a bit of milk at a time to keep the batter smooth. Repeat until all flour mixture and milk are incorporated. Do not overmix! Fold in the chocolate morsels by hand.

Spray muffin tins with plenty of cooking spray. Divide batter evenly among 9 muffin cups (use the perimeter cups) and bake at 350 F. for 15-17 minutes. Allow to cool in pan on wire rack for 10 minutes before removing from muffin tin. Serve warm or dust with confectioner's sugar when cooled.

Per Serving (excluding unknown items): 148 Calories; 5g Fat (26.9% calories from fat); 5g Protein; 24g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 263mg Sodium

## **Barley and Tuna Salad with Lemon and Dill**

Healthy Units: 3

Servings: 4 (about 1 1/4 cups)

Posted by: Kimberley

Date: April 12, 2004

### **Ingredients**

1 cup cooked barley  
2/3 cup celery -- diced  
1/3 cup tomato -- seeded and diced  
2/3 cup cucumber -- chopped  
1/3 cup red onion -- chopped  
8 3/8 ounces tuna in water -- (2 cans drained)  
3 tablespoons fresh lemon juice  
2 tablespoons fresh dill minced  
1 tablespoon olive oil  
1/2 teaspoon salt  
1/4 teaspoon pepper

### **Instructions**

Combine all ingredients and toss to coat. Refrigerate to blend flavors.

Notes: What I had for lunch today was even better than what I had out of the bowl when it was freshly made. The dill becomes a little more pronounced.

Per Serving: 164 Calories; 4g Fat (22.6% calories from fat); 17g Protein; 15g Carbohydrate; 3g Dietary Fiber; 18mg Cholesterol; 488mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat

## **Hamam Mahshi bi Burghul (Cornish Hens with Bulgur, Raisins, and Pine Nuts)**

CL Website

Healthy Units 11

Servings 6

Posted by jillybean03

April 14, 2004

CL Note: Usually made with pigeons instead of Cornish hens, this dish (pronounced ha-MAM mah-SHE bee boor-GHOUL) is one of the delicacies of Egypt, where villagers along the Nile River raise pigeons. The stuffing is baked separately and served alongside the hens.

My note: I forgot the 3 T. of butter in the Bulgur, and didn't miss it. I also grilled the hens (with the skin on) rather than baking them. DELICIOUS. (The nutritional/HUs are as written)

Cornish hens:

3 (1 1/2-pound) Cornish hens, skinned

1/2 teaspoon salt

1/4 teaspoon black pepper

2 cups coarsely chopped onion

3 tablespoons fresh lemon juice

2 tablespoons vegetable oil

1 1/2 teaspoons ground cardamom

1 1/2 teaspoons ground cinnamon

3/4 teaspoon ground allspice

Cooking spray

Bulgur:

3/4 cup currants

3 1/3 cups fat-free, less-sodium chicken broth

2 cups uncooked bulgur

1 1/2 teaspoons ground cinnamon

1/2 teaspoon salt

1/4 teaspoon black pepper

1/3 cup pine nuts, toasted

3 tablespoons butter, cut into small pieces

To prepare the hens, sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Place the onion and next 5 ingredients (onion through allspice) in a food processor; process until smooth. Combine hens and onion mixture in a large zip-top plastic bag. Seal bag; marinate in refrigerator 1 hour, turning bag occasionally. Remove the hens from the bag; discard marinade.

Preheat oven to 400°.

Place hens on a broiler pan coated with cooking spray; bake at 400° for 35 minutes or until thermometer registers 180°.

To prepare the bulgur, soak currants in a bowl of water 15 minutes. Drain; set aside. Bring broth to a boil in a medium saucepan. Add the bulgur, 1 1/2 teaspoons cinnamon, 1/2 teaspoon salt, and 1/4 teaspoon pepper; cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Stir in currants, pine nuts, and butter.

Yield: 6 servings (serving size: 1/2 Cornish hen and 1 1/2 cups bulgur mixture)

CALORIES 506 (29% from fat); FAT 16.4g (satfat 5.1g, monofat 4.8g, polyfat 4.6g); PROTEIN 39.5g; CARBOHYDRATE 54.4g; FIBER 11.2g; CHOLESTEROL 144mg; IRON 3.9mg; SODIUM 579mg; CALCIUM 79mg;

## **Ham and Asparagus Frittata**

Cooking Light, April 2004

Healthy Units = 5

Servings = 2

Posted by: KZBASKETS

April 14, 2004

Notes: I doubled the asparagus and added a cup of sliced mushrooms. I think roasted red peppers would be great in place of the chopped bell pepper.

2/3 cup chopped 33% less sodium ham (about 3 ounces)  
1/2 cup shredded low fat Jarlsberg cheese (about 2 ounces)  
1/4 tsp black pepper  
1/8 tsp salt  
3 large egg whites  
2 large eggs  
cooking spray  
1/2 cup finely chopped onion  
1/2 cup finely chopped bell pepper  
1/2 cup 1 inch slices asparagus  
1/4 tsp Italian seasonings

Preheat broiler.

Combine ham, cheese, pepper, salt, egg whites, and eggs, stirring well with a whisk. Heat a 9-inch non-stick skillet coated with cooking spray over medium-high heat. Add onion, bell pepper, and asparagus; sauté for 3 minutes. Add egg mixture; reduce heat to medium. Cook covered for 3 minutes or until almost set.

Sprinkle with 1/4 tsp Italian Seasoning. Wrap handle of pan with foil; Broil 3 minutes or until egg is set.

Cut into 4 wedges. Yield: 2 servings (2 wedges each serving)

Nutritional:

Calories 251 (33% from fat); Fat 9.2 grams (sat 3.4 g, mono 3.5g, poly 1.1 g); Protein 31.3 g; Carb 9.6 g; Fiber 2 g; Chol 247 mg; Iron 2.1 mg; Sodium 791 mg; Calc 373 mg

## **Chicken Orzo with Mediterranean Tomatoes and Feta**

American Heart Association's One Dish Meals

8 points per serving

4 servings

Posted by Petiteyaya1/Cindy

04/14/04

10 ounces grape or cherry tomatoes, quartered (about 2 cups)

12 kalamata olives, coarsely chopped

1/4 cup snipped fresh parsley

2 tablespoons capers, rinsed and drained

2 tablespoons red wine vinegar

2 teaspoons olive oil

1 teaspoon dried basil, crumbled

Vegetable oil spray

1 pound boneless, skinless chicken breasts, all visible fat discarded

14 1/2 ounce can fat-free, low-sodium chicken broth

1 cup dry orzo

1/2 teaspoon dried basil, crumbled

2 ounces feta cheese with sun-dried tomatoes and basil

For the tomato mixture: In a medium bowl, gently toss tomatoes, olives, parsley, capers, vinegar, olive oil and basil. Set aside.

Heat a 12-inch nonstick skillet over medium-high heat. Remove from the heat and lightly spray with vegetable oil spray. Cook the chicken with smooth side down for 4 minutes.

Remove the chicken.

Put the broth and orzo in the same skillet. Increase the heat to high. Bring to a boil, scraping any browned bits from the bottom of the skillet. Place the chicken with the browned side up on the orzo. Sprinkle with 1/2 teaspoon basil. Reduce the heat and simmer, covered, for 12 minutes, or until the chicken is no longer pink in the center and the orzo mixture is thickened slightly, stirring occasionally.

To serve, spoon the orzo onto each plate. Top with the chicken, tomato mixture and feta.

Makes 4 servings (4 ounces chicken, 3/4 cup orzo and 1/2 cup tomato mixture per serving).

Nutritional info per serving: 399 cal., 10.5 g fat, 2 g fiber.

## Blue Cheese-Stuffed Burgers

Source: Cooking Light, July 1996

Posted by: debincalif

Date: April 15, 2004

ORIGINAL RECIPE:

HU: (original recipe) 7

Servings: 4

### Ingredients:

Cooking spray

1/2 cup finely chopped onion

1 pound ground round

3 tablespoons dry breadcrumbs

2 tablespoons water

1 egg white, lightly beaten

1/4 cup (1 ounce) crumbled blue cheese

1/4 cup fat-free sour cream

4 (1-ounce) English muffins, toasted

4 lettuce leaves

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

Coat a small nonstick skillet with cooking spray; place over medium heat until hot. Add onion; sauté 5 minutes or until tender. Remove from heat; let cool. Combine onion, beef, breadcrumbs, water, and egg white in a large bowl; stir well. Divide mixture into 8 equal portions, shaping into 1/2-inch-thick patties. Spoon 1 tablespoon cheese into the center of 4 patties; top with remaining patties. Press edges together to seal.

Prepare grill. Place patties on grill rack coated with cooking spray; grill 4 minutes on each side or until done.

Spread 1 tablespoon sour cream over top half of each muffin, and set aside. Line bottom halves of muffins with lettuce leaves; top each with a tomato slice, a patty, and top half of muffin.

Yield: 4 servings

### NUTRITION PER SERVING

CALORIES 327 (28% from fat); FAT 10.3g (sat 3.9g, mono 3.7g, poly 0.7g); PROTEIN 31.4g; CARB 25.1g; FIBER 1g; CHOL 75mg; IRON 3.8mg; SODIUM 391mg; CALC 116mg

### MY VERSION:

HU- 9

Notes: They were \*SO\* good... a definite repeat. By the way, my burgers worked out to 9 points each due to the onion bun, butter and mayo.

I cut the onion into thin strips and caramelized them in some butter... but did not add them to the meat. I mixed the meat with the breadcrumbs, egg, salt and pepper, and a dash of Worcestershire sauce. Made the patties and put the cheese in. Cooked them up. Then to serve, I did it totally different.

I mixed about 1 1/2 T. lite mayo with about 1/4 cup A-1 steak sauce and a good dash of cayenne pepper.

I took several iceberg lettuce leaves and shredded them.

Used onion buns (yum) and assembled them like this:

- 1) bun bottom
- 2) coating of A-1 mixture
- 3) glob of lettuce
- 4) burger
- 5) pile of onions
- 6) more A-1 mix
- 7) bun top



## **Tangerine Teriyaki Chicken**

Source: CL BB

Healthy Units: 4

Serves: 4

Posted by Kate (KateWD)

April 19, 2004

Comments: I used both chicken breast and thighs, eliminated the oil, and cooked the chicken on the grill.

1/2 teaspoon grated tangerine or orange zest  
1 cup freshly squeezed tangerine or orange juice  
1/2 cup mirin (may substitute 1/2 cup white wine and 1/4 cup sugar)  
1/4 cup soy sauce  
2 tablespoons firmly packed brown sugar  
1 tablespoon granulated sugar  
2 teaspoons peeled, grated ginger root  
1/2 teaspoon chopped garlic  
1 teaspoon cornstarch  
1 teaspoon water  
4 boneless, skinless chicken breast halves or thighs  
Bamboo skewers, soaked in water  
Peanut or vegetable oil  
Salt and freshly ground black pepper to taste

In a small saucepan over medium heat, combine the citrus zest and juice with the mirin, soy sauce, both sugars, ginger and garlic. Bring to a simmer and cook, stirring frequently, until reduced by half, about 10 minutes.

In a small bowl or on a plate, mix together the cornstarch and water until a paste forms. Whisk the mixture into the simmering sauce and cook, stirring, until the sauce is the consistency of maple syrup. Remove from the heat; pour about 1/4 of the sauce into a bowl and reserve.

Meanwhile, preheat the broiler. Line the broiler pan with foil.

Pat the chicken dry. Trim any visible fat and cut each piece of chicken lengthwise into 4 strips. Thread each piece of chicken onto a skewer. Brush with oil and season with salt and pepper to taste.

Broil the chicken for 3 minutes. Baste with the sauce in the saucepan and broil, turning and basting frequently, until the chicken is cooked through, about 4 minutes longer. Discard the remaining sauce in the pan.

Transfer the skewers to a platter or individual plates, drizzle with the reserved portion of the sauce and serve immediately.

Per serving (using chicken breast): 207 calories, 27 gm protein, 16 gm carbohydrates, 3 gm fat, 64 mg cholesterol, 1 gm saturated fat, 758 mg sodium, trace dietary fiber

## Strawberry Cheesecake

Source: Cooking Light Reader Recipes

Healthy Units: 4.5

Serves: 10

Posted by: Kate (KateWD)

April 19, 2004

Comments: Quick and easy to put together. I eliminated the strawberry swirl, I prefer to top a serving with fresh sliced strawberries.

3/4-cup graham cracker crumbs (about 5 cookie sheets)

Cooking spray

2 cups 1% low-fat cottage cheese

1/4 cup all-purpose flour

2 cups (16 ounces) light cream cheese, softened

1/2 cup sugar

2 teaspoons vanilla extract

2 large egg whites

1 large egg

1/2 cup strawberries

1 teaspoon water

Preheat oven to 450°.

Press graham cracker crumbs into bottom of a 9-inch springform pan coated with cooking spray.

Place cottage cheese in a blender, and process until smooth. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cream cheese, and sugar in a large bowl; beat with a mixer at low speed until smooth. Beat in cottage cheese and vanilla. Add egg whites and egg, 1 at a time, beating well after each addition. Pour cheese mixture into prepared pan.

Combine strawberries and water in a blender, and process until smooth. Swirl strawberry mixture into cheese mixture using the tip of a knife.

Bake at 450° for 15 minutes. Reduce oven temperature to 250° (do not remove cheesecake from oven); bake an additional 45 minutes or until cheesecake center barely moves when pan is touched.

Remove cheesecake from oven; run a knife around the outside edge. Cool to room temperature. Cover and chill at least 8 hours. Cut into wedges.

Yield: 10 servings (serving size: 1 wedge)

### NUTRITION PER SERVING

CALORIES 201 (26% from fat); FAT 5.9g (sat 3g, mono 0.7g, poly 0.5g); PROTEIN 12.7g;  
CARB 22.9g; FIBER 0.5g; CHOL 39mg; IRON 0.7mg; SODIUM 424mg; CALC 66mg;

## **Tropical Salsa**

Source: Cooking Light Website

Healthy Units: 1

Serves: 8

Posted by: Kate (KateWD)

April 19, 2004

Comments: I used about 1/4 cup of cilantro because I love it, also used two jalapenos instead of the chiles because I like the heat.

1/4 cup chopped green onions

1 tablespoon chopped fresh cilantro

1 tablespoon canned chopped green chiles

1 tablespoon lemon juice

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

1 (8-ounce) can pineapple tidbits in juice, drained

Combine the first ingredients in a bowl. Cover and chill.

## **Grilled Vegetables with Eight-Spice Seasoning**

Source: CLBB

Healthy Units: 0

Serves: ??

Posted by: Kate (KateWD)

April 19, 2004

Comments: A great spicy/sweet seasoning for veggies. Would also be good on chicken, pork or beef. Olive oil is not included in the healthy unit calculation.

- 1 tablespoons salt
- 3 tablespoons packed golden brown sugar
- 2 tablespoons paprika
- 1 1/2 tablespoons chili powder
- 1 tablespoon ground black pepper
- 2 1/4 teaspoons garlic powder
- 1 1/2 teaspoons cayenne pepper
- 1 1/2 teaspoons dried basil

Assorted vegetables (such as zucchini, bell peppers, red onions and large mushrooms)  
Olive oil (not counted in healthy units)

Combine first 8 ingredients in processor. Blend 15 seconds. Transfer to small jar; cover tightly. (Spice mixture can be prepared 2 weeks ahead. Store in refrigerator.)

Prepare barbecue (medium-high heat) or preheat broiler. Cut all vegetables into 1/2-inch-thick slices. Brush with olive oil. Sprinkle generously with spice mixture. Grill until just cooked through, turning occasionally, about 8 minutes.

## **Mimosa Granita**

From Cooking Light Website

Posted by LissaR

HUs per serving: 2

Servings: 8

April 19, 2004

### **Ingredients:**

1 cup sugar

1 cup water

3 cups fresh orange juice (about 10 oranges)

2 cups Champagne or sparkling wine

2 tablespoons fresh lime juice

Lime wedges (optional)

### **Directions:**

Combine sugar and water in a large saucepan, and bring to a boil, stirring until the sugar dissolves. Remove from heat, and cool completely. Add orange juice, Champagne, and lime juice; pour into an 11 x 7-inch baking dish. Cover and freeze for 8 hours or until firm. Remove mixture from freezer; let stand 10 minutes. Scrape the entire mixture with a fork until fluffy, and garnish with lime wedges, if desired.

Yield: 8 cups (serving size: 1/2 cup)

### **NUTRITION PER SERVING**

CALORIES 92 (0.0% from fat); FAT 0.0g (sat 0.0g, mono 0.0g, poly 0.0g); PROTEIN 0.4g; CARB 18g; FIBER 0.1g; CHOL 0.0mg; IRON 0.2mg; SODIUM 2mg; CALC 5mg;

## Eggplant Parmesan Hero

Source: Weight Watchers Take Out Tonight

Healthy Units: 7

Serves: 4

Posted by: Kate (KateWD)

April 19, 2004

Comments: 1/4 cups of mozzarella for four sandwiches is pretty skimpy; I used 1/4 cup Sorrento light mozzarella per sandwich, did not change the healthy units.

### Ingredients:

- 1 pound eggplant -- unpeeled, cut into 1/4"-thick slices
- 1 large egg
- 1 tablespoon nonfat milk
- 1/2-cup breadcrumbs, seasoned -- dried
- 2 tablespoons Parmesan cheese -- grated
- 1/4-cup mozzarella cheese, part skim milk -- shredded
- 1 cup marinara sauce
- 4 Italian hard rolls -- split

### Instructions:

Preheat the oven to 375 degrees. Spray a nonstick baking sheet with nonstick spray; set aside.

Lightly beat the egg and milk in a shallow bowl. Mix the breadcrumbs and Parmesan on a sheet of wax paper. Dip the eggplant in the egg mixture, then in the breadcrumbs, and arrange in one layer on the baking sheet. Lightly spray the eggplant with nonstick spray. Bake until the eggplant is softened and lightly browned, about 25 minutes.

Divide the eggplant slices into 4 equal portions on the baking sheet. Overlap each group of slices so they are no larger than the dimensions of each roll. Top each portions with 1 tablespoon of the mozzarella. Bake until the cheese is melted, about 2 minutes.

Transfer each eggplant portion to the bottom of each roll; top each with 1/4 cup of the sauce. Replace top of roll and serve at once.

### Description:

"A favorite Italian treat, our hero is kept low in points by spraying the eggplant with nonstick spray and baking it. For best flavor, use olive oil spray."

## **New England Fish Chowder**

From Cooking Light Website

Healthy Units: 6

Servings: 4

Posted by: Lisa B

Date: 4/19/04

2 tablespoons margarine  
3 tablespoons shredded carrot  
2 tablespoons diced celery  
2 tablespoons minced fresh onion  
2 tablespoons plus 1 teaspoon all-purpose flour  
3 1/2 cups skim milk, divided  
2 cups diced peeled baking potato  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 pound cod or other lean white fish fillets, cut into 1-inch pieces  
Unsalted oyster crackers (optional)

Melt margarine in a saucepan over medium heat. Add carrot, celery, and onion; sauté 2 minutes. Stir in flour; gradually add 2 1/2 cups milk, stirring constantly with a whisk. Add potato, salt, and pepper; bring to a boil. Reduce heat. Simmer, uncovered, 30 minutes; stir occasionally. Add fish and 1 cup milk; cook an additional 10 minutes or until fish is done. Serve with oyster crackers, if desired.

Yield: 4 servings (serving size: 1 1/2 cups)

### **NUTRITION PER SERVING**

CALORIES 299 (21% from fat); FAT 6.9g (sat 1.5g, mono 2.7g, poly 2.1g); PROTEIN 29.6g; CARB 28.3g; FIBER 1.6g; CHOL 53mg; IRON 1.3mg; SODIUM 541mg; CALC 297mg;

Cooking Light, APRIL 1997

### **Fashoulakia (Greek style green beans)**

Source: Cooking Light, 2004

Posted by: katkab

Date: April 20, 2004

HU: 2

Servings: 8

#### **Ingredients:**

2 tbsp olive oil

1 cup finely chopped onion

1/3 cup finely chopped fresh onion

1 tbsp finely chopped fresh dill or 1 tsp dried dill

1 tbsp finely chopped mint

2 garlic cloves, minced

2# green beans

1/2 tsp salt

1/2 tsp black pepper

2 14.5 oz. cans stewed tomatoes, undrained

Heat oil in a stockpot over med-high heat.

Add onions and sauté 3 minutes.

Add herbs and garlic and sauté 4 minutes

Add beans and remaining ingredients.

Bring to a boil. Cover, reduce heat and simmer 30 minutes or until beans are tender.

Yield: 8 servings (1 cup)

#### **NUTRITION PER SERVING**

CALORIES: 105; FAT 3.7 ; PROTEIN 3.5g; CARB 17.5g; FIBER 5.4g; CHOL 0mg;

IRON 2.4mg; SODIUM 382mg; CALC 93mg

#### **Comments:**

I like to cut the green beans into bite size pieces. My 2 yr. old loves this recipe and it makes it easy for him to eat. Also, I substitute 1 package of frozen peas for 1# of the green beans. I usually use 1 can stewed and one can diced tomatoes.

This is a great side dish. You can also mix it with one cup or wild rice for a light meal. Enjoy!!



## Chicken Taco salad

Source: Cooking Light, SEPTEMBER 2000

HU's: 8

Servings: 4

Posted by: katkab

Date: April 20, 2004

Comments: Diced tomatoes work just fine if you don't have cherry tomatoes on hand.

### Ingredients:

3/4 cup bottled salsa  
3 tablespoons white wine vinegar  
1 teaspoon sugar  
1/2 teaspoon ground cumin  
1/4 teaspoon dried thyme  
1/4 teaspoon bottled minced garlic  
Dash of ground red pepper  
1/2 pound skinned, boned chicken breast, cut into 1-inch strips  
1 cup halved cherry tomatoes (about 12 tomatoes)  
1 cup canned kidney beans, rinsed and drained  
1/4 cup minced fresh cilantro  
1 tablespoon olive oil  
Cooking spray  
4 cups coarsely chopped iceberg lettuce  
1 cup (4 ounces) shredded reduced-fat cheddar cheese  
32 low-fat baked tortilla chips

Combine the first 7 ingredients in a bowl. Combine 1/2 cup of salsa mixture and chicken in a zip-top plastic bag; seal and marinate in refrigerator 30 minutes. Add the tomatoes, beans, cilantro, and oil to remaining salsa mixture; cover and marinate in refrigerator 30 minutes.

Place a medium nonstick skillet coated with cooking spray over medium-high heat until hot. Add chicken mixture; sauté 5 minutes or until chicken is done.

Place 1 cup lettuce on each of 4 plates; top each serving with 1/2 cup bean mixture and one-fourth of chicken mixture. Sprinkle each serving with 1/4 cup cheese. Serve each salad with 8 tortilla chips.

Yield: 4 servings; 8 points each

### NUTRITION PER SERVING

CALORIES 391 (25% from fat); FAT 11g (sat 3.9g, mono 2.8g, poly 1g); PROTEIN 30.4g; CARB 43.8g; FIBER 6g; CHOL 51mg; IRON 4mg; SODIUM 767mg; CALC 320mg;

## **Moroccan Eggplant with Couscous**

Source:

HU's: 5 per 2-cup serving

Serves: 6

Posted by: ALPETERS1(Amber)

Date: 4/21/04

Comments: I tried the Moroccan Eggplant with Couscous recipe last night. It was really good!

### **Ingredients:**

2 teaspoons curry powder

2 teaspoons ground cumin

1 teaspoon ground cinnamon

1/2 teaspoon salt

1/2 teaspoon pepper

1 tablespoon olive oil

8 cups (1/2-inch) cubed peeled eggplant (about 1 1/2 pounds)

2 1/3 cups chopped tomato

1 1/2 cups chopped onion

1 cup chopped carrot

1 cup chopped green cabbage

1 tablespoon minced peeled gingerroot

2 garlic cloves, minced

2 cups tomato juice

1 cup orange juice

1 cup water

2 cups uncooked couscous

### **Instructions:**

Combine first 5 ingredients in a small bowl; stir well.

Heat oil in an ovenproof Dutch oven over medium-high heat. Add spice mixture, eggplant, and next 6 ingredients (eggplant through garlic); sauté 3 minutes. Add tomato juice, orange juice, and water; bring to a boil. Reduce heat, and simmer 2 minutes.

Remove from heat; stir in couscous. Cover and bake at 350° for 20 minutes.

Yield: 6 servings (serving size: 2 cups)

CALORIES 300 (11% from fat); FAT 3.5g (satfat 0.4g, monofat 1.9g, polyfat 0.4g);  
PROTEIN 10.1g; CARBOHYDRATE 61.3g; FIBER 6.8g; CHOLESTEROL 0.0mg; IRON  
3.5mg; SODIUM 516mg; CALCIUM 90mg;

WW pts = 5

### **Chipotle Shrimp Wontons**

Source: Colorado Collage

HU: 2 each

Serves: 30 pieces

bms2003 (Betty)

April 21, 2004

Note: Skins and filling may be prepared in advance and assembled just before baking.

Olive oil or Pam

1 16-oz pkg wonton skins

½ lb shrimp, cooked, peeled, and coarsely chopped

1 yellow bell pepper, roasted, peeled & chopped

1 red bell pepper, roasted, peeled & chopped

½ c chopped fresh cilantro

1 chipotle pepper in adobo sauce, drained and finely chopped

8 oz fontina cheese, shredded

Preheat oven to 350°. Brush or spray mini-muffin cups with olive oil or Pam. Press 1 wonton skin into each cup - all 4 corners will stand up and slightly flare out to form a little cup. Bake about 10 minutes until tops are golden brown. Remove from oven and cool slightly. In large bowl, combine shrimp, roasted bell peppers, cilantro, chipotle pepper, and cheese. Remove cooled skins from muffin pan and place on baking sheet. Fill each skin with reserved shrimp mixture and bake 7-10 minutes or until cheese is melted. If desired, garnish with tiny sprig of cilantro.

Calories - 84; fat - 3g; cholesterol - 25mg; carbohydrates - 10g; Fiber - trace; Protein - 5g; Sodium - 168mg; Calcium - 58mg

## **Grilled Chicken Salad with Feta and Cucumbers**

Source: Cooking Light, April 2004

HU: 4

Servings: 12 (1 1/3 cup each)

Posted by: Kzbaskets(Kristin)

Date: April 21, 2004

CL Notes: This dish is bright with lemon juice, mint, and dill. Prepare and refrigerate up to a day ahead, but stir in the fresh herbs close to serving time. You could also broil the chicken instead of grilling it.

My notes: I used my GF grill, so I omitted the oil. Since the salad is served cold, could be a great way to use up leftover grilled chicken. I served it atop a bed of lettuce with grape tomatoes, and would be great with red peppers, also. I cut the recipe in 4 to make 3 servings easily.

### **Ingredients:**

8 (6 ounce) skinless, boneless chicken breast halves  
1 TB olive oil  
3/4 tsp salt, divided  
1/4 tsp freshly ground black pepper  
cooking spray  
4 cups (1/2 inch) cubed, peeled English cucumber (about 2 large)  
2 cups chopped red onion  
2 cups (8 ounces) crumbled Feta cheese  
1 TB grated lemon rind  
1/4 cup fresh lemon juice  
6 TB chopped fresh mint  
6 TB chopped fresh dill  
Mint Sprigs (optional)

1. Prepare Grill.
2. Brush chicken with oil; sprinkle with 1/2 tsp salt and the pepper. Place the chicken on grill rack coated with cooking spray; Grill 5 minutes per side or until done. Place chicken on platter; let cool 5 minutes. Slice each chicken breast half lengthwise and slice chicken pieces crosswise into thin slices.
3. Combine chicken, cucumber, and next 6 ingredients. Sprinkle with remaining 1/4 tsp salt; toss to combine. garnish with mint if desired.

Yield 12 servings (serving size 1 1/3 cups)

Nutritional: Calories 202; Fat 6.7g; Protein 29.5g; Carb 4.9g; Fiber 1g; Chol 83mg; Iron 1.2mg; Sodium 433mg; Calc 121mg

## **Cinnamon Brown Sugar Cookies**

Cooking Light, What's for Dinner, Spring 2004

Healthy Units (WW Points): 1.5/cookie

Servings 24

Posted by Carol(sandythecur)

April 22, 2004

### **Notes**

You can prepare cookies ahead of time. Shape into dough balls and roll; arrange on baking sheet, and place in freezer until frozen. Transfer frozen dough balls to a heavy-duty zip-top plastic bag; store in freezer. To bake, place frozen dough balls on a baking sheet 3" apart, and bake at 375 degrees for 9 minutes.

### **Comments**

Very tasty cookie; kind of a variation on snickerdoodles. Loved them, and they're especially tasty right out of the oven. Mmmmm...

### **Ingredients**

- 3 tablespoons butter
- 2/3 cup packed brown sugar
- 1 egg
- 1 1/2 teaspoons vanilla
- 1 1/2 cups flour
- 1 1/2 teaspoons flour
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon -- divided
- 1 1/2 tablespoons sugar

### **Instructions**

1. Preheat oven to 375 degrees.
2. Beat butter with a mixer at medium speed until creamy. Add brown sugar, beating well (mixture will be crumbly). Add egg and vanilla; beat well.
3. Combine flour, baking soda, and 1/2 tsp. cinnamon; gradually add to butter mixture, beating well after each addition.
4. Sprinkle remaining 1 1/2 tsp. flour over work surface. Shape the dough into 2 logs. Cut each log into 12 portions; roll each portion into a ball.
5. Combine remaining 1/2 tsp. cinnamon and sugar in a small bowl; stir well.
6. Roll balls in cinnamon-sugar mixture; place 3" apart on ungreased baking sheets.
7. Bake at 375 degrees for 8 minutes or until done. Remove from baking sheets; cool completely on wire racks.

Per Serving (excluding unknown items): 71 Calories; 2g Fat (21.4% calories from fat); 1g Protein; 13g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 46mg Sodium.

## **Chicken Breasts Stuffed with Goat Cheese and Sun Dried Tomatoes**

source: CL, March 2004

HU: 6

servings: 4

posted by: Figaro67(Mary Ann)

date posted: April 22, 2004

Comments: This was fantastic!

1 cup boiling water  
1/3 cup sundried tomatoes, packed without oil  
2 teaspoons olive oil, divided  
1/2 cup chopped shallots, divided  
1 1/2 teaspoons sugar  
3 garlic cloves, minced  
2 1/2 tablespoons balsamic vinegar, divided  
1/2 cup (2 ounces) crumbled goat cheese  
2 tablespoons chopped fresh basil  
3/4 teaspoon salt, divided  
4 (6-ounce) skinless, boneless chicken breast halves  
1/8 teaspoon freshly ground black pepper  
3/4 cup fat-free chicken broth  
1/4 teaspoon dried thyme  
2 teaspoons cornstarch  
2 teaspoons water

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

Drain and finely chop.

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 1/3 cup shallots, sugar, and garlic; cook 4 minutes or until lightly browned, stirring frequently. Spoon into a bowl; stir in 1 1/2 teaspoons vinegar.

Combine chopped tomatoes, shallot mixture, cheese, basil, and 1/4 teaspoon salt, stirring well.

Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff about 2 tablespoons cheese mixture into each pocket. Sprinkle chicken evenly with 1/2 teaspoon salt and black pepper.

Heat 1 teaspoon oil in pan over medium-high heat. Add chicken; cook 6 minutes on each side or until done. Remove chicken from pan; cover and keep warm. Add broth, remaining shallots, 2 tablespoons vinegar, and thyme; bring to a boil. Combine cornstarch and water, stirring with a whisk. Add cornstarch mixture to pan; bring to a boil. Cook 1 minute or until sauce is slightly thick, stirring constantly. Serve sauce over chicken.

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

## **Artichoke-and-Pasta Salad**

Source CL website

Healthy Units 3 as written. 4 with mods

Servings 6

Posted by jillybean03

Date April 24, 2004

My Notes: I added 2 cups of drained Cannellini beans for extra protein and 1 point extra per serving. This is a great, satisfying "light" meal. YUMMY. Ingredients

1 (14-ounce) can artichoke hearts, drained and divided  
1 tablespoon olive oil  
1 tablespoon water  
1 tablespoon lemon juice  
1/2 teaspoon dried basil  
1/4 teaspoon dried oregano  
1/4 teaspoon black pepper  
1 garlic clove, minced  
3 cups cooked radiatore (about 5 ounces uncooked short coiled pasta)  
2 cups thinly sliced spinach  
1 cup chopped seeded tomato  
1/4 cup (1 ounce) crumbled feta cheese

(I added 1 can, drained/rinsed Cannellini beans)

Combine 2 artichoke hearts, olive oil, and the next 6 ingredients (olive oil through garlic) in a blender or food processor, and process until mixture is smooth.

Chop the remaining artichoke hearts. Combine the chopped artichokes, pasta, spinach, and chopped tomato in a large bowl. Pour pureed artichoke mixture over pasta mixture, and toss well to coat. Cover and chill 2 hours. Sprinkle with feta cheese.

Yield: 6 servings (serving size: 1 cup)

CALORIES 153 (23% from fat); FAT 3.9g (satfat 1.1g, monofat 1.9g, polyfat 0.5g);  
PROTEIN 5.9g; CARBOHYDRATE 24.9g; FIBER 1.8g; CHOLESTEROL 4mg; IRON  
2.2mg; SODIUM 137mg; CALCIUM 70mg;

## **Smoky Bacon and Blue Cheese Chicken Salad Pitas**

Source: Cooking Light, May 2004

Healthy Units: 8

Yield: 4 servings

Posted By: Bawstinn32(Maria)

April 24, 2004

Comments: Quick and easy to put together. My one complaint was the yogurt "tang" I could taste in the sandwich. Next time I will make the sauce the day before to allow the yogurt to mellow in flavor a bit. I cut the recipe in half and put half of the mixture, without the lettuce and tomatoes, in the refrigerator, for tomorrow and then mixed one serving together. Was not sure how the lettuce and tomato would hold up overnight all mixed in (was wondering if it would get watery).

3/4 cup plain fat-free yogurt  
1/4 cup (1 oz) crumbled blue cheese  
2 Tbs. light Mayo  
1/2 tsp. freshly ground black pepper  
3 cups shredded romaine lettuce  
1-1/2 cups shredded cooked chicken (about 6 oz)  
4 bacon slices, cooked and crumbled  
2 medium tomatoes, seeded and chopped  
4 (6 inch) whole-wheat pitas, cut in half

Combine first 4 ingredients, stirring well. Combine lettuce, chicken, bacon and tomatoes in a medium bowl, stirring well. Drizzle yogurt mixture over chicken mixture, toss gently to coat. Spoon 1/2 cup chicken salad into each pita half. Serve immediately. Yield: 4 servings (serving size: 2 stuffed pita halves).

375 CALORIES (29% from fat)  
12.1 g FAT (3.7 sat, 3.6 mono, 3.1 poly)  
26.1 g PROTEIN  
43.8 g CARBS  
6.3 g FIBER  
55 mg CHOLESTEROL  
3.5 mg IRON  
696 mg SODIUM  
130 mg CALCIUM



## Homemade Granola

Recipe source: Rosemary Fischer (Rochester, NY)

HU's: 4 (not counting milk used) per 1/2 cup serving

Servings: 16 (8 cups total)

Posted by: Jill(JilliW)

Date posted: 4/25/04

Comments: We love this recipe! Very filling with only 1/2 cup portions. Would be nice on top of some yogurt too.

MIX ALL DRY INGREDIENTS:

4 CUPS WHOLE OATS (not Minute Oats)

1/2 CUP WHEAT GERM

1/2 CUP SUNFLOWER SEEDS

1/2 CUP CHOPPED ALMONDS

1/4 CUP SESAME SEEDS

1/4 CUP INSTANT DRY MILK

COMBINE, HEAT FOR ABOUT 30 SECONDS IN MICROWAVE, STIR AND DRIZZLE LIQUID OVER TOP AND MIX WITH LARGE SPOON:

1/4 CUP OIL

1/2 CUP HONEY

1-2 TSP. CINNAMON

\* AFTER BAKED & COOLED, ADD 1 CUP RAISENS OR DRIED FRUIT OF CHOICE  
(I USE: BLUEBERRIES AND/OR CRANBERRIES)

- SPREAD MIXTURE ON TWO COOKIE SHEETS IN THIN LAYERS.
- BAKE FOR 25-30 MINUTES IN 300 DEGREE OVEN TURNING AT LEAST 2-3 TIMES AND ROTATING PANS BETWEEN SHELVES UNTIL LIGHT BROWN

\* AFTER BAKED & COOLED, ADD 1 CUP RAISENS OR DRIED FRUIT OF CHOICE  
(I USE: BLUEBERRIES AND/OR CRANBERRIES)

NOTES: Freezer friendly recipe! -Both before and after preparing.

In fact, I make up all the dry ingredients ahead of time and freeze them and bring them out when I am ready to add the honey, oil and cinnamon to it just before baking.

Nutritional information:

Per 1/2 cup serving size: 4 g Dietary Fiber; 253 calories; Fat 1.08 g

Per entire batch of 8 cups: 4045 Calories; 173g Fat (36.6% calories from fat); 119g Protein; 556g Carbohydrate; 67g Dietary Fiber; 5mg Cholesterol; 219mg Sodium. Exchanges: 19 Grain(Starch); 4 1/2 Lean Meat; 7 1/2 Fruit; 1 1/2 Non-Fat Milk; 30 1/2 Fat; 9 1/2 Other Carbohydrates.

## **Jerk-Style Chicken**

Cooking Light May 2004

Healthy Units: 4

Servings: 6 (1 breast half or 2 thighs)

Posted by: LMaybloom

Date: April 25, 2004

1 t. grated lime rind  
1/4 c. fresh lime juice  
1 T. ground allspice (I used pumpkin pie spice)  
1 T. brown sugar  
1-2 T. finely chopped jalapeno pepper  
2 T. olive oil  
1 t. salt  
1 t. coarsely ground black pepper  
1 t. dried thyme  
1 t. ground cinnamon  
1/2 t. ground nutmeg  
3 garlic cloves, chopped  
1/2 c. chopped onion  
6 skinless, boneless chicken thighs (about one pound)  
3 (6 ounce) skinless boneless chicken breast halves  
Cooking spray  
Parsley sprigs (optional)  
Lime slices (optional)

1. Combine the first 12 ingredients in a blender; process until well blended. Pour mixture into a large heavy-duty plastic bag, add onion and chicken. Seal bag, marinate in refrigerator 1-2 hours, turning bag occasionally.

2. Prepare grill.

3. Remove chicken from bag, discard marinade. Place chicken on grill rack coated with cooking spray. Grill chicken, covered, 5 minute son each side or until done. Garnish with parsley and lime slices, if desired.

**Island Rice**

Cooking Light May 2004

Healthy Units: 4

Servings: 6 (1/2 c.)

Posted by: Lmaybloom(Leslie)

Date: April 25, 2004

2 1/2 c. water

1 c. uncooked long-grain rice

1/2 c. chopped dried pineapple

2 t. butter

1/2 t. grated lime rind

1/4 t. salt

1/4 c. chopped fresh cilantro

1 T. chopped green onions

2 1/2 T. fresh lime juice

Bring 2 1/2 cups water to a boil in a medium saucepan; add rice and next 4 ingredients (rice through salt). Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat; stir in cilantro, onions, and juice.

Nutritionals: Calories 171, Fat 1.8, Protein 2.7, Carb 35.4, Fiber 0.5

====

Nutritionals for Jerk-Style Chicken :Calories 169, Fat 5.4, Protein 26.1, Carb 2.6, Fiber 0.8

### **Spicy-Sweet Melon Salad**

Cooking Light June 2003

Healthy Units: 2

Servings: 6 (2/3 cup)

Posted by: Lmaybloom(Leslie)

Date: April 25, 2004

Note: The longer this salad sits and the flavors meld, the spicier it gets. I used a whole cantaloupe and a whole honeydew, but kept the other ingredients the same amount. My parents LOVED this. It would be great with melon that's not sweet enough b/c the dressing brings out the fruit's natural sweetness.

1/2 c. sugar

1/2 c. water

1/2 small jalapeno pepper, thinly sliced

2 c. cubed honeydew melon

2 c. cubed peeled cantaloupe

1. Combine sugar and water in a small saucepan; bring to a boil, stirring until sugar dissolves. Remove from heat; add pepper. Chill.

2. Combine sugar mixture, honeydew and cantaloupe in a large bowl. Cover and refrigerate 4 hours or overnight. Serve with a slotted spoon.

Nutritionals: Calories 104, Fat 0.2, Protein 0.8, Carb 26.5, Fiber 0.8

## **Lemon Cloud with Strawberry-Mint Compote**

Cooking Light June 2003

Healthy Units: 4

Servings: 6

Posted by: LMaybloom

Date: April 25, 2004

Cloud:

Cooking spray

3/4 c. plus 2 T. sugar, divided

1 T. cornstarch

1 T. grated lemon rind

6 T. fresh lemon juice

2 large egg yolks

4 large egg whites

Dash of salt

Compote:

2 c. quartered small strawberries

2 T. sugar

1-2 T. chopped fresh mint

1. To prepare cloud, preheat oven to 350.
2. Lightly coat a 1 1/2-qt soufflé dish with cooking spray. Sprinkle with 2 T. sugar, shaking out excess. Place dish on a baking sheet.
3. Combine 1/2 c. sugar and cornstarch in a medium saucepan, stirring with a whisk. Stir in lemon rind, juice and egg yolks. Place over medium heat; cook for 3 minutes or until thick, stirring constantly. Remove from heat; immediately scrape mixture into a glass bowl. Cool to room temperature.
4. Place egg whites and salt in a large bowl; beat with a mixer at medium speed 30 seconds or until foamy. Increase mixer speed to high. Gradually add 1/4 c. sugar, 1 T. at a time, beating just until stiff peaks form. Gently stir 1/4 c. of egg mixture into egg yolk mixture; gently fold in remaining egg white mixture. Spoon into prepared dish. Bake at 350 for 25 minutes or until puffed and lightly browned. Remove from oven, and cool to room temperature on a wire rack. Cover and chill.
5. To prepare compote, combine strawberries, 2 T. sugar and mint; toss gently. Cover and chill. Serve with lemon cloud.

Nutritionals: Calories 187, Fat 1.9, Protein 3.8, Carb 40, Fiber 1.6

## **Garlicky Pasta with Fresh Tomatoes and Basil**

HU's: 6.26 (as written)

Posted by: littlechi92

Source: CL - April 04'

Date: 4/26/04

CL Comments: This recipe shows how simplicity is a virtue--particularly if you have good tomatoes. The garlic flavor is pronounced; reduce the amount to 2 cloves, if you prefer. If you can't find campanella, try orecchiette, fusilli, or shells.

Comments: I cut the oil down to 1 Tsp. to lower the HU's to 5. Reheated using a can of diced tomatoes and more garlic. The flavor was good and the overall dish was light and very easy to put together. Ingredients:

3 tablespoons extra virgin olive oil (see comments)

3 garlic cloves, minced

5 cups chopped plum tomatoes (about 2 pounds)

6 cups hot cooked campanella (about 12 ounces uncooked pasta)

1/3 cup chopped fresh basil

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

1 1/2 teaspoons salt

1/4 teaspoon freshly ground black pepper

Heat olive oil in a large Dutch oven over medium-high heat. Add minced garlic; sauté 30 seconds.

Add chopped tomatoes; cook for 2 minutes or until thoroughly heated, stirring occasionally. Add pasta, basil, cheese, salt, and pepper, tossing gently to combine.

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

CALORIES 310 (27% from fat); FAT 9.4g (satfat 1.9g, monofat 5.5g, polyfat 1.2g);  
PROTEIN 9.8g; CARBOHYDRATE 47.4g;  
FIBER 3.6g; CHOLESTEROL 3mg; IRON 2.8mg; SODIUM 677mg; CALCIUM 81mg;

## **Chickpeas with Spinach**

May 2004 Cooking Light

HU: 8

Servings: 2

posted by: Pantelb

April 26, 2004

Comments: Quick and easy. It is a great choice for a vegetarian entree.

### **Ingredients:**

1 tsp. olive oil  
1 ½ cups chopped onion  
1 tsp. bottled fresh ginger, minced  
¼ cup water  
2 TBS. tomato paste  
2 cups chopped spinach  
1 tsp. chili powder  
1/8 tsp. salt  
1 (15 oz) can chickpeas (drained and rinsed)  
1 tsp. lemon juice  
1 cup hot cooked Basmati rice  
Lemon wedges (optional)  
Grated lemon rind (optional)

### **Directions:**

Heat oil in a large non-stick skillet over medium high heat.  
Add onion, ginger, and garlic; sauté 4 minutes, or until mixture begins to brown.  
Add water and tomato paste, cook 2 minutes, or until liquid evaporates, stirring constantly.  
Stir in spinach, chickpeas, chili powder, and salt. Cover. Reduce heat and cook for 5 minutes or until spinach is wilted and mixture is heated.  
Stir in lemon juice. Serve over rice. Garnish with lemon wedges and rind if desired.

Yield: 2 servings (about 1 cup mixture over ½ cup rice).

Calories: 403, Fat: 5g, Fiber: 11.8g

Title: **Honey-Dijon Lamb Chops**

Source: Jennifer Viegas; Cooking Light, JUNE 1997

Healthy Units: 7

Servings: 2

Posted by: Dibbranchia (JJ)

Date: 4/26/04

My Notes: I think the sauce would be great on Pork too! Hubby and I were licking the broiling pan! \*GRIN\* I have to admit I was a little nervous making this, I've never ate, much less cooked lamb chops. And then there's the mint-rosemary-mustard thing...It worked wonderfully! I used mint and rosemary from my garden in it. The package I bought had 3 chops in it, so we just split the other one, couldn't see a reason to by a total of 6 chops for 2 people! (Not to mention we would have eaten them and I'd be over in points)

2 tablespoons Dijon mustard  
2 tablespoons fresh or 2 teaspoons dried rosemary, crushed  
2 tablespoons chopped fresh or 2 teaspoons dried mint flakes  
4 teaspoons honey  
1/2 teaspoon coarsely ground pepper  
4 (4-ounce) lean lamb loin chops

Instructions:

Preheat broiler.

Combine first 5 ingredients in a small bowl, and stir well.

Trim fat from lamb, and place chops on a broiler pan.

Broil 5 minutes on each side. Brush mustard mixture over chops.

Broil chops 2 minutes on each side or until desired degree of doneness, basting occasionally with mustard mixture.

Yield: 2 servings (serving size: 2 chops)

NUTRITION PER SERVING

CALORIES 292 (36% from fat); FAT 11.4g (sat 3.7g, mono 4.5g, poly 0.7g); PROTEIN 31.5g; CARB 13.5g; FIBER 0.3g; CHOL 100mg; IRON 2.6mg; SODIUM 535mg; CALC 29mg;



### **Chicken-and-Pasta Salad**

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

Healthy Units: 4

Servings: 6 (1 cup servings)

Posted By: Bawstinn32(Maria)

April 26, 2004

Comments: A great "summery" salad for lunches. I cut the recipe in half for 3 servings. I used red onion instead of white, low-fat plain yogurt and added 1/2 of a red pepper for some more color. Added a touch more celery seed, salt and pepper. I still used a full cup of cooked pasta and put it through Mastercook for the new nutritionals. I got 6 points per 1 1/3 cups. My Mastercook nutritionals were higher than CL's and I'm not sure why. I went with Mastercook.

1 1/2 cups chopped peeled cucumber  
1 cup frozen green peas, thawed  
3/4 cup plain fat-free yogurt  
1/3 cup chopped onion  
1/4 cup light mayonnaise  
2 teaspoons prepared mustard  
1/2 teaspoon celery seeds  
1/4 teaspoon salt  
1/4 teaspoon pepper  
4 cups chopped cooked chicken breast (about 1 pound)  
1 cup cooked farfalle (about 1/2 cup uncooked bow tie pasta)

Combine the first 9 ingredients in a medium bowl. Add the chopped cooked chicken and the cooked pasta, and toss mixture well. Cover salad and chill 1 hour.

Yield: 6 servings (serving size: 1 cup)

CALORIES 188 (19% from fat); FAT 4g (satfat 0.7g, monofat 1.1g, polyfat 1.7g);  
PROTEIN 22g; CARBOHYDRATE 14.6g; FIBER 0.8g; CHOLESTEROL 48mg; IRON  
1.6mg; SODIUM 296mg; CALCIUM 86mg;

Cooking Light, MARCH 1998

## **Pan-Grilled Salmon with Pineapple Salsa**

Source: CL What's For Dinner?

Healthy Units: 7

Servings: 4

Posted by: DAMCWILLIAMS

Date: 4/26/04

### **Ingredients**

1 cup chopped fresh pineapple  
2 tablespoons chopped fresh cilantro  
2 tablespoons finely chopped red onion  
1 tablespoon rice vinegar  
1/8 teaspoon ground red pepper  
4 (6 ounce) salmon fillets (about 1/2-inch thick)  
1/2 teaspoon salt  
cooking spray

### **Instructions**

1. Combine first 5 ingredients in a bowl. Sprinkle fish with salt.
2. Place a grill pan or large nonstick skillet over medium-high heat until hot. Coat pan with cooking spray; add fish, and cook 4 minutes on each side until fish flakes easily when tested with a fork. Serve with pineapple salsa. Yield: 4 servings (serving size: 1 fillet and 1/3 cup salsa).

Cal. 294 (40% from fat); Pro 36.4 g; Fat 13.2 g (sat 3.1 g); Carb 5.6 g; Fib 0.6 g; Chol 87 mg; Iron 0.8 mg; Sod 375 mg; Calc 26 mg

## Roasted Asparagus with Balsamic-Shallot Butter

CL Online

HU: 1

Servings 8

Posted by jillybean03

Date April 27, 2004

CL Notes: Make the butter ahead of time, if you like. Roast the asparagus and toss it with the butter just before serving.

My notes: The sauce has a nice sweetness to it with the shallots and balsamic.

### Ingredients:

3 tablespoons finely chopped shallots

2 tablespoons butter, melted

2 tablespoons balsamic vinegar

1 teaspoon chopped fresh thyme

3/4 teaspoon salt

1/2 teaspoon grated lemon rind

2 pounds asparagus spears

Cooking spray

Combine shallots, butter, vinegar, thyme, salt, and rind, stirring well with a whisk. Preheat oven to 450°.

Snap off tough ends of asparagus. Arrange asparagus in a single layer on a jelly roll pan coated with cooking spray. Cover with foil; bake at 450° for 5 minutes. Uncover and bake an additional 10 minutes or until asparagus is crisp-tender. Pour butter mixture over asparagus, toss gently to coat. Serve immediately.

Yield: 8 servings

CALORIES 56 (50% from fat); FAT 3.1g (satfat 1.9g, monofat 0.9g, polyfat 0.2g); PROTEIN 2.7g; CARBOHYDRATE 6.2g; FIBER 1.8g; CHOLESTEROL 8mg; IRON 1.1mg; SODIUM 253mg; CALCIUM 28mg;

### **Peppers Stuffed with Brie, Tomato, and Basil**

Adapted from Silver Palate Good Times Cookbook

Serves 4

HUs per serving: 6?

Posted by LissaR

April 28, 2004

4 green peppers, nicely formed

8 ounces Brie, rinds removed, torn into bite-sized pieces

3-4 ripe tomatoes, cut into bite sized pieces

1/4-1/3 cup basil leaves, torn

2 cloves garlic, minced

salt and black pepper, to taste

1/2 cup dry white wine

Preheat oven to 350.

Combine Brie, tomatoes, basil, garlic, salt, and pepper in a non-metallic bowl. (Haven't tried yet, but might prefer to cover and let marinate for one hour or so.) Cut tops off peppers; remove seeds and membranes from the inside. Distribute the filling evenly amongst the peppers. Replace tops; place peppers in an 8x8 glass baking dish. Pour wine into the bottom of the dish.

Bake at 350 for 40 minutes.

### **Mexican Corn Salad**

Source: Cooking Light supplement "What's For Dinner"

healthy Units: 2

serving size; 1/2 cup makes 6 servings

Posted By: Zephyr1

date posted: 5/2/04

Comments: Wonderful base as a cold salad I really bulked it up with fresh tomato and red pepper surprisingly great flavor. Paired with the Shrimp with Cilantro and lime very nicely.

Ingredients;

1 16 oz bag frozen white corn

1/2 cup chopped fresh cilantro

1/2 cup finely chopped red onion, I used vidalia

1/4 cup fresh lime juice

2 tbs. seeded minced jalapeno

1 TBS EVOO

1/2 tsp. salt

1/2 tsp. cumin

1/2 tsp. chili powder

1/2 tsp. black pepper

2 garlic cloves, I used probably 4

Instructions;

Combine all ingredients in a bowl, toss well and cover and chill 24 hours. I also did not make ahead and it was still great but will say even better the next day.

Nutritional:

### **Hummus with Raspberry vinegar**

Source Cooking Light April 1999

Healthy units; 1 per 2 tbsp. serving

Serving Size: states it makes 2 cups, I did not get near that serving is 2 TBSP.

Posted By: Zephyr1

date Posted: 5/2/04

Comments: Serving amount does not come to stated amount. This is an awesome take on Hummus very different taste and a really nice change, it all went quickly. I served with pepper strips and WW pitas.

Ingredients:

1 tablespoon olive oil

1 1/2 cups diced onion

2 tablespoons raspberry vinegar

1 (15 1/2-ounce) can chickpeas (garbanzo beans), undrained

1 tablespoon chopped fresh cilantro

1/2 teaspoon ground cumin

1/2 teaspoon coarsely ground black pepper

1/4 teaspoon salt

Cilantro sprigs (optional)

Instructions;

Heat oil in a nonstick skillet over medium-high heat. Add onion, and sauté 5 minutes or until onion begins to brown. Add vinegar, and bring to a boil, and cook 2 minutes or until vinegar evaporates. Cool to room temperature.

Drain chickpeas through a sieve over a bowl, reserving 1/4-cup liquid. Place chickpeas and chopped cilantro in a food processor, and process until mixture resembles coarse meal. Add onion mixture, 1/4 cup reserved liquid, cumin, pepper, and salt, and process until smooth. Garnish with cilantro sprigs, if desired.

Yield: 2 cups (serving size: 2 tablespoons)

#### **NUTRITION PER SERVING**

CALORIES 44 (27% from fat); FAT 1.3g (sat 0.2g, mono 0.8g, poly 0.3g); PROTEIN 1.9g; CARB 6.6g; FIBER 1g; CHOL 0.0mg; IRON 0.6mg; SODIUM 75mg; CALC 14mg;

Cooking Light, APRIL 1999

**Shrimp with cilantro & lime**

Source: Cooking Light "what's for dinner"

Healthy units: 5 per 1 1/2 cup

Servings: 4

Posted By: Zephyr1

Date Posted: 5/2/04

Comments; Super easy quick and surprisingly flavorful dish, I used up 1/2 bag of shrimp and 1/2 bag of frozen scallops and it was fantastic. Highly recommend serving over Garlic Roasted Creative grains to sop up the sauce. Also paired really well with the Mexican corn salad. Ingredients:

1 3/4 pound shrimp peeled and deveined

2 TBS fresh lime juice

1/2 tsp. cumin

1/4 tsp. ginger

2 garlic cloves probably used 4

1 tbsp. EVOO (Extra Virgin Olive Oil)

1/4 cup fresh cilantro chopped

1 tsp. lime rind grated

1/2 tsp. salt

1/2 tsp. black pepper

**Instructions:**

1. Combine first 5 ingredients toss well, heat oil over medium high add shrimp mixture and sauté until done. Remove from heat and stir in cilantro and remaining ingredients.

**Nutritionals:**

calories 217, fat 6.4, carb 3g, fiber .2, chol 259 gr,

## **Peppercorn-Crusted Filet Mignon with Port Jus**

Source: Cooking Light, March 2004

Healthy Units: 6

Servings: 4

Posted By: Bawstinn32(Maria)

May 2, 2004

Filet mignon is a lean cut of beef, and pairing the filet with fat-free orzo provides the opportunity to whisk in chilled butter to finish the sauce.

Comments: I seared the steaks and removed them from the pan. I added sliced portobellos and sautéed them, then added the rest of the ingredients. The butter really made the difference in the sauce.

2 teaspoons cracked black pepper  
4 (4-ounce) beef tenderloin steaks, trimmed (1 inch thick)  
1/4 teaspoon salt  
1/2 cup port or other sweet red wine  
1/2 cup fat-free less-sodium beef broth  
1 tablespoon chilled butter, cut into small pieces

Heat a cast-iron skillet over medium-high heat. Rub pepper evenly over the steaks. Sprinkle salt over bottom of pan. Add steaks to pan; cook 2 minutes on each side or until browned. Remove steaks from pan; set aside. Stir in port and broth, scraping pan to loosen browned bits. Reduce heat to medium. Return steaks to pan; cook 2 minutes on each side or until desired degree of doneness. Remove steaks from pan. Reduce liquid to 1/4 cup. Remove pan from heat. Add butter to pan; stir with a whisk until melted. Drizzle sauce over steaks.

Yield: 4 servings (serving size: 1 steak and 1 tablespoon jus)

CALORIES 257 (42% from fat); FAT 12g (satfat 5.2g, monofat 4.3g, polyfat 0.5g);  
PROTEIN 24g; CARBOHYDRATE 4.3g; FIBER 0.3g; CHOLESTEROL 78mg; IRON  
3.6mg; SODIUM 313mg; CALCIUM 15mg;



### **Amaretto Apple Crisp**

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

Healthy Units: 4

Servings: 9

Posted By: Bawstinn32 (Maria)

May 2, 2004

Comments: Nice surprise to taste the hint of Amaretto in an apple crisp. I used light butter, left out the almonds and made it 6 servings rather than 9. Still came to 4 points per serving.

1/2 cup all-purpose flour

1/4 cup granulated sugar

1/4 cup packed light brown sugar

1/4 cup chilled butter or stick margarine, cut into small pieces

3 tablespoons slivered almonds, toasted

7 cups sliced peeled Granny Smith apple (about 3 pounds)

1/3 cup Amaretto (almond-flavored liqueur) or apple juice

Preheat oven to 375°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and sugars in a bowl; cut in butter with a pastry blender or 2 knives until mixture is crumbly. Add almonds; toss well.

Combine apple and Amaretto in a bowl; toss well. Spoon apple mixture into an 8-inch square baking dish or 1 1/2-quart casserole. Sprinkle with crumb mixture. Bake at 375° for 45 minutes or until golden brown.

Yield: 9 servings

CALORIES 204 (29% from fat); FAT 6.5g (satfat 3.4g, monofat 2.2g, polyfat 0.5g); PROTEIN 1.3g; CARBOHYDRATE 32.5g; FIBER 2g; CHOLESTEROL 14mg; IRON 0.6mg; SODIUM 55mg; CALCIUM 16mg;

## **Muffuletta**

Source: Cooking Light, May 2004

Healthy Units: 8

Servings: 4 at 1 piece

Posted By: Bawstinn32 (Maria)

May 2, 2004

Comments: I don't care for reduced calorie Italian, so I used Newman's reduced calorie Balsamic Vinaigrette instead. I used regular salami since I couldn't find low fat. I liked the flavor of the roasted vegetables on the sandwich with the olive salad. Used sharp provolone and could detect just a "bite" from the cheese in every bite. Not enough salami on the sandwich to notice it was really there!

### **Grilled vegetables:**

1/4 cup reduced-fat Italian dressing  
8 (1/2-inch-thick) slices eggplant (about 1 pound)  
2 (1/2-inch-thick) slices Vidalia or other sweet onion  
1 medium yellow squash, thinly sliced  
1 medium red bell pepper, cut into 4 wedges

Cooking spray

### **Olive salad:**

1 cup chopped tomato or quartered cherry tomatoes  
1/3 cup chopped pepperocini peppers  
1/4 cup sliced pimiento-stuffed olives  
2 tablespoons pepperocini juice  
1/2 teaspoon dried thyme  
1/2 teaspoon cracked black pepper

### **Remaining ingredients:**

1 (16-ounce) loaf French bread, cut in half horizontally  
2 ounces thinly sliced provolone cheese  
2 ounces thinly sliced reduced-fat hard salami (such as Franklin)

To prepare grilled vegetables, combine first 5 ingredients in a zip-top plastic bag; seal and marinate in refrigerator 2 hours, turning bag occasionally.  
Prepare grill.

Remove vegetables from plastic bag; place vegetables on grill rack coated with cooking spray. Grill 5 minutes on each side or until vegetables are tender.

To prepare olive salad, combine the tomato and next 5 ingredients (tomato through black pepper).

Hollow out bottom half of bread, leaving a 1-inch-thick shell; reserve torn bread for another use. Arrange cheese in bottom half of the bread. Top with salami, grilled vegetables, olive salad, and top half of bread. Wrap loaf with plastic wrap; refrigerate up to 24 hours. Cut into 4 pieces just before serving.

CALORIES 384 (% from fat); CALORIESFROMFAT 28%; FAT 11.9g (satfat 4.3g; MONOFAT 3.4g; POLYFAT 1.9g; PROTEIN 16.3g; CARBOHYDRATE 55.1g; FIBER 7.9g; CHOLESTEROL 23mg; IRON 3.4mg; SODIUM 1313mg; CALCIUM 204mg

### **Triple-Chocolate Cheesecake**

Source: Cooking Light April, 1996

Servings: 12 and serving size=1 wedge

Healthy Units: 6

Posted by: EJWyatt(Emily)

May 2, 2004

#### **Ingredients:**

1/4 cup sugar  
1 tablespoon stick margarine  
1 tablespoon egg white  
1 1/3 cups chocolate graham cracker crumbs (about 16 crackers)  
Vegetable cooking spray  
3 tablespoons dark rum  
3 (1-ounce) squares semisweet chocolate  
1/4 cup chocolate syrup  
1 (8-ounce) block nonfat cream cheese, softened  
1 (8-ounce) block Neufchâtel cheese, softened  
1 cup sugar  
2 tablespoons unsweetened cocoa  
1 teaspoon vanilla extract  
1/4 teaspoon salt  
2 eggs  
1/2 cup low-fat sour cream  
1 tablespoon sugar  
2 teaspoons unsweetened cocoa  
Chocolate curls (optional)

#### **Instructions:**

- ☐ Preheat oven to 350°.
- ☐ Place first 3 ingredients in a bowl; beat at medium speed of a mixer until blended. Add crumbs; stir well. Firmly press mixture into bottom and 1 inch up sides of an 8-inch springform pan coated with cooking spray. Bake at 350° for 10 minutes; let cool on a wire rack.
- ☐ Combine rum and chocolate squares in the top of a double boiler. Cook over simmering water 2 minutes or until chocolate melts, stirring frequently. Remove from heat; add chocolate syrup, stirring until smooth.
- ☐ Preheat oven to 300°. Place cheeses in a large bowl; beat at medium speed of a mixer until smooth. Add 1 cup sugar, 2 tablespoons cocoa, vanilla, and salt; beat until smooth. Add rum mixture; beat at low speed until well-blended. Add eggs, 1 at a time, beating well after each addition.
- ☐ Pour cheese mixture into prepared pan; bake at 300° for 40 minutes or until almost set.
- ☐ Combine sour cream, 1 tablespoon sugar, and 2 teaspoons cocoa; stir well. Turn oven off, and spread sour cream mixture over cheesecake. Let cheesecake stand for 45 minutes in oven with door closed. Remove cheesecake from oven, and let cool to room temperature.
- ☐ Cover and chill at least 8 hours. Garnish with chocolate curls, if desired.

CALORIES 260 (35% from fat); FAT 10.1g (satfat 5.5g, monofat 2g, polyfat 0.5g); PROTEIN 7.5g; CARBOHYDRATE 35.9g;  
FIBER 0.1g; CHOLESTEROL 57mg; IRON 0.7mg; SODIUM 205mg; CALCIUM 85mg;

## **Sautéed Garlic Scallops with Dried Tomatoes**

H.U. - 4.5

Serves - 4

Posted by: Emalee33(Barbara S.)

Date: May 2, 2005

Source: Do not remember- I think WW

### **Ingredients:**

1 LB fresh or frozen sea scallops

6 sun dried tomatoes (not oil packed)

1/2 c boiling water

2 tsp. olive oil

3 large cloves garlic minced

2 cups sliced fresh mushrooms

2 TBS lemon juice

2 tsp. cornstarch

4 green onions sliced

2 TBS snipped parsley

1/2 tsp. shredded lemon peel

1 9 oz package refrigerated spinach or plain fettuccini

Parsley sprigs for garnish

In a small bowl combine dried tomatoes and boiling water. Let stand 10 minutes. Drain tomatoes, reserving liquid. Cut tomatoes into julienne strips. Set aside. Pour oil into a large nonstick skillet, preheat over medium high heat. Cook garlic in hot oil for 15 seconds. Add mushrooms. Cook and stir for 2 minutes. Add scallops and tomatoes. Cook and stir for 5 minutes or until scallops are opaque. Combine lemon juice and cornstarch. Add to skillet along with reserved tomato liquid, green onions, snipped parsley and lemon peel. Cook and stir until slightly thickened and bubbly (about 3 or 4 minutes) then cook and stir one minute more. Meanwhile, cook pasta according to package directions. Drain pasta. Serve scallop mixture over hot pasta. Garnish with parsley sprigs if desired.

## **Seafood Chiles Rellenos**

Source: MissVN's Pillsbury Reject

Healthy Units: 9

Servings: 8

Posted by: MissVN(Victoria)

Date: May 3, 2004

### **Ingredients:**

8 poblano chiles  
1 cup shredded queso Chihuahua cheese  
1 cup shredded Colby/jack cheese  
1 cup chopped imitation crabmeat  
1 cup shrimp, coarsely chopped  
1/2 cup canned corn, drained (or fresh corn)  
2 packages Pillsbury Reduced Fat Crescent Dough  
1 cup light sour cream  
1/2 cup salsa

### **Instructions:**

1. Roast the chiles. Chiles can be roasted on a gas range by simply placing them directly on the burners on a high flame. Turn with tongs until blackened. Place the roasted chiles in a covered bowl for 20 minutes, or place them in an airtight container overnight in the refrigerator. To peel, simply rub off the charred skins.
2. Mix the cheeses, imitation crabmeat, shrimp and corn in a bowl. Set aside.
3. Open up each of the chiles and remove all the seeds. You can turn the chiles "inside out" and just chop off the seeds. Be sure to remove all seeds from the pepper.
4. Open up Crescent dough and separate each container into 4 squares. Pinch and seal the seams.
5. Fill each chile with about 1/2 cup of the cheese and seafood mixture. Then, place the filled chile on a square of crescent dough and roll the dough around the chile. Make sure the chili is well encased in the dough.
6. Place chiles, seam side down, on a baking sheet and bake per crescent package instructions, until golden brown.
7. While baking, mix the sour cream and salsa together.
8. Place the chile on a plate. Spoon the salsa and sour cream sauce over the chiles Rellenos. 1 serving yields 1 chile and 3 tablespoons of the sauce.

NOTE: Any extra cheese mixture can be frozen for later use. It also makes a great filling for quesadillas.

## **Rockin' Hot & Spicy Shrimp**

Source: Figaro's kitchen

Posted by: Figaro (Mary Anne)

Servings: 4

HU: 5

May 4, 2004

Comments: This dish makes a great spicy sauce. I recommend serving this with steamed white rice as the rice will soak up some of the "juice" and it gives it a good kick. This is also great served as an appetizer with toasted French bread on the side in which to dip into the spicy sauce. Buon Appetito!

### **Ingredients:**

1 1/4 lb. raw shrimp peeled and de-veined (suggest 16 - 20 count size per lb.)

2 T butter

1 tsp. olive oil

1 tsp. Chef Paul Prudhomme's "seafood magic"

4 oz Louisiana hot sauce (aprox. a little over 1/2 of 6z bottle)

Tabasco - couple drops to your liking

lemon wedges for garnish and flavor

### **Instructions:**

Rinse and pat shrimp dry with paper towels.

Coat large skillet with cooking spray. Add olive oil. After heating oil, add butter.

In single layer add shrimp, and toss seafood magic over shrimp.

Cook approximately 2 minutes on each side or until shrimp is just cooked (pink).

Add Louisiana Hot Sauce and Tabasco and toss coating all of the shrimp; simmer on low for a minute or so.

Note: Here is my spicy shrimp recipe that rocks! When I used to make this (pre WW days), this was loaded with butter! I've drastically reduced the fat, but it still has some great flavor. Please let me know if you like it. By the way, the recipe is an original after tasting something similar at a restaurant, I made a stab at replicating it - I was told the "secret" ingredient was Chef Paul Prudhomme's "seafood magic."

### **Thai Chicken Pizzas for comp**

Source: Cooking light supplement "what's for dinner"

Healthy units: as is 9 I used WW pita to get it to 8

Servings: 4

Posted BY: Zephyr1

Date Posted: 5/4/04

Comments: This one is a keeper I would play with it you can cut the chicken to half the amount and use WW pitas, quick easy and full of flavor!! Rivals CPK!

Ingredients:

1/4 cup Hoisin sauce

3 TBS Bangkok Padang peanut sauce-delish

1 to 3 teaspoons chile paste with garlic

4 6 inch pitas

2 cups cubed chicken {could easily 1/2}

1 cup shredded carrot

1 cup bean sprouts-I omitted

1/2 cup scallion- I doubled

2 tbsp. fresh chopped cilantro- I doubled

1 cup shredded part skim mozzarella

Instructions:

Preheat oven to 450

Combine first 3 ingredients, stir.

Spread 2 Tbsp. on each pita.

Place pitas on a baking sheet.

Top each pita with 1/2 cup chicken, 1/4 cup carrot and rest of ingredients.

Sprinkle cheese and cilantro.

Bake for 8 minutes or until heated and browned.

Nutritionals: Calories 454, fat 11.9 fiber 3.7 grams

**Sweet Hot Cucumber salad**

Source: Cooking light supplement "what's for dinner"

Healthy Units: 0

Servings: 7

Posted by: Zephyr1

Date Posted: 5/4/04

Comments: A great zero point side dish, nice with an Asian or Mexican menu better the longer they marinate!

**Ingredients:**

1/3 cup red wine vinegar

1 Tbsp. sugar

1/2 tsp. salt

1/2 to 3/4 tsp. crushed red pepper flakes

4 1/4 cups thinly sliced cucumber about 2 large

**Instructions:**

Combine first 4 ingredients and stir add cucumbers, cover and let sit at least 2 hours.

Nutritionals: Calorie: 16 Fat.1 fiber .5



## **Baked Ziti with Shrimp & Scallops**

Source: Cooking Light website

HU: 11 as is But I made 6 still large servings to cut the HU down

Servings: 4

Posted By: Zephyr1

Date posted: 5/4/04

Comments: This one is a hearty portion and a great one to serve to guests, lots of possibilities with this dish, the sauce is great!! I like to add a bit of Asiago. Freezes very well!

### **Ingredients:**

8 ounces uncooked Ziti (short tube-shaped pasta)

1/2 cup hot water

1 (12-ounce) bottle roasted red bell peppers, drained

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

1 tablespoon olive oil

1/8 teaspoon salt

8 ounces large shrimp, peeled, deveined, and chopped

8 ounces bay scallops

4 garlic cloves, minced

1 tablespoon chopped fresh parsley

Cooking spray

3/4 cup (3 ounces) shredded sharp provolone cheese

Preheat oven to 400°.

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

Combine hot water, roasted red bell peppers, and cream cheese in a food processor; process until smooth, scraping sides.

Heat the oil in a Dutch oven over medium-high heat. Add salt, shrimp, scallops, and garlic; sauté 2 minutes or until shrimp and scallops are almost done. Add pepper mixture to pan; bring to a simmer. Reduce heat; cook 2 minutes, stirring frequently. Add pasta and parsley to shrimp mixture, tossing well to combine. Spoon pasta mixture into an 8-inch square baking dish lightly coated with cooking spray, and sprinkle evenly with cheese. Bake at 400° for 20 minutes or until cheese melts; remove from oven. Preheat broiler. Return dish to oven; broil 2 minutes or until cheese begins to brown. Remove from heat; let stand 10 minutes.

### **NUTRITION PER SERVING**

CALORIES 508 (21% from fat); FAT 11.7g (sat 4.7g, mono 4.3g, poly 1.3g); PROTEIN 43.3g; CARB 53.4g; FIBER 2.4g; CHOL 130mg; IRON 4mg; SODIUM 977mg; CALC 388mg;

## **Chocolate Chip Orange Muffins**

Source: CL bulletin board lady named Beth

HU:4

servings:12

Posted By:Zephyr1

Date posted:5/5/04

Comments: This is a do not miss muffin if you like orange and chocolate chip.

### **Ingredients:**

2 1/4 cups all-purpose flour

2 teaspoons baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

3 tablespoons miniature semisweet chocolate chips

3/4 cup granulated sugar (reserve 1 tablespoon for topping)

2/3 cup plain nonfat yogurt

1 tablespoon grated orange peel

2/3 cup orange juice (reserve 3 tablespoons for topping)

1 large egg and 1 egg white

3 tablespoons vegetable oil

1 1/2 teaspoons vanilla extract

### **Directions:**

1.Preheat oven to 375. Spray a 12-cup muffin tin with nonstick cooking spray or use paper liners. In a large bowl, stir together flour, baking powder, baking soda and salt. Stir in chocolate chips. In a medium bowl, whisk together sugar, yogurt, orange peel, orange juice, whole egg, egg white, oil and vanilla extract. Pour wet ingredients over dry and mix together until just blended.

2.Spoon evenly into muffin cups, filling each almost to the top. Bake 20 to 25 minutes, or until golden and springy to the touch. Turn out of pan onto a rack.

3.In a shallow bowl, mix reserved orange juice and sugar. Dip tops of warm muffins in mixture; with a spoon, dribble any remaining mixture on tops.

**Broccoli Wild Rice soup**

Source: I do not remember or note sorry either CL BB or WW

HU: 2 per 1 cup serving

Servings: 10

Posted By: Zephyr1

Date Posted: 5/5/04

Note: Freezable

Comments: I know yet another Broccoli soup but this one is making me throw away all others if you are craving a really creamy delish soup this is it. I was pretty skeptical about the cream of soup and the ff cream cheese as I never use that or like it but it is a winner.

**Ingredients:**

5 Cups Water I used 3 cups water 2 cups chicken stock FF

1 (6 oz.) Package Uncle Ben's Original Long Grain Wild Rice Mix

1 (10 oz.) Can 98% Fat Free Cream of Chicken Soup I used Cream of broccoli

1 1/2 Cups Fat Free Milk I used FF 1/2 and 1/2

1 (8 oz.) Package Fat Free Cream Cheese, cubed

1/4 teaspoon Salt I also added No salt seasoning and a bit of Chicken herb seasoning

1/2 teaspoon Pepper

1 (10 oz.) Package Frozen Broccoli, thawed and chopped small

1 (14.5 oz.) Can Sliced Carrots, drained and chopped small

**Instructions:**

In a large saucepan, combine the water and rice mix with the contents of the seasoning packet; bring to a boil. Reduce heat; cover and simmer for 20 minutes. Add the soup, milk, cream cheese, salt and pepper; stir until cheese is melted. Add Broccoli and carrots; cook over medium-low heat for 5-6 minutes or until broccoli and rice are tender.

## **Mango Shrimp Salad in Wonton Cups**

Source: Epicurious

Healthy Units: 8 with wonton cup 6 without

Servings: 4

Posted By: Zephyr1

Date posted: 5/5/04

Comments: A fantastic brunch dish, a really different way to serve shrimp salad and fancy it up. Tons of flavor and my one note would be use only Major Grey's chutney. I also served with a chopped fresh avocado used 2 oz for an extra 2 points the flavors went well together. Ingredients:

1/2 cup lite Mayo I used Hellmann's garlic flavor

2 tablespoons fresh cilantro -- chopped

5 teaspoons fresh lime juice

2 teaspoons mango chutney

3/4 teaspoon Thai green curry paste (I used red curry paste)

12 ounces cooked medium shrimp -- coarsely chopped

Whisk mayonnaise, chopped fresh cilantro, lime juice, chutney, and curry paste in medium bowl to blend.

Stir in shrimp. Season to taste with salt and pepper.

Cover and refrigerate. Can be prepared up to 1 day ahead.

Wonton Cups: 16 wonton wrappers 4 for each cup. Each cup is 1.5 points already figured into recipe above.

Take a muffin tin spray with cooking spray using 4 wrappers put in muffin tin to form a cup, spray the wrappers lightly before you bake for 10 minutes at 325 allow to cool then remove from muffin tin. I used a large cup muffin tin and it took a bit of practice but it worked nicely.

### **Creamy Cilantro Lime Sauce**

Source: NA

Healthy Units: 1

Servings: 8

Posted by: MissVN

May 6, 2004

#### **Ingredients**

1/4 cup light sour cream

1/4 cup reduced-calorie mayonnaise

1 Tbsp. cilantro

1 Tbsp. fresh lime juice

1/2 Tbsp. white wine vinegar

2 clove garlic clove(s), minced

#### **Instructions**

Mix everything together & season with salt and pepper. Cover &

## **Vegetarian Black Bean Burgers**

Source: Pampered Chef - It's Good for You Cookbook

HU: 2

Servings: 5 Patties

Posted by: KZBaskets (Kristin)

Date: May 7, 2004

### **Ingredients:**

1 15 ounce can black beans -- drained, rinsed, and mashed

1/4 cup finely chopped onion

1/3 cup corn kernels

1/4 cup salsa -- (thick and chunky)

1 clove garlic -- minced

2 tablespoons fresh cilantro -- chopped (parsley may be substituted)

1/4 teaspoon salt

1/8 teaspoon pepper

1/2 cup dry bread crumbs

2 egg whites -- lightly beaten

### **Directions:**

Mash beans with a potato masher (I used a fork). Finely chop onion. Add onion, corn, salsa, garlic, cilantro, salt and pepper to the beans and mix well. Add breadcrumbs and egg whites to the bean mixture and mix well. Form bean mixture into patties about 1/2 inch thick.

Heat non stick skillet and spray with cooking spray. Cook patties 6-8 minutes or until lightly browned, turning once.

Place burgers on whole-wheat buns and top as desired. Suggested toppings are LF sour cream, salsa, and lettuce.

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Per Serving (1 patty): 138 Calories; 1g Fat (8.8% calories from fat); 8g Protein; 23g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 541mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

## Vegetarian Black Bean Burgers-Part II

### NOTES:

The original recipe says 4 patties, but I got 5 patties of 1/2 cup mixture each (great on a larger roll) and would probably have preferred 6 slightly smaller patties (I like to use a smaller bun, though).

The first night I topped it with cucumbers and hot sauce on a 1 point whole wheat bun - yummy. The next night I topped it with roasted red peppers and feta cheese and stuffed it in a 1 point small whole-wheat pita - yummiier!

My other ideas:

with the cilantro --

add chili powder or taco seasonings to mix, top with salsa and sour cream

with the parsley --

turkey bacon, BBQ sauce, cheddar cheese. Sautéed mushrooms, swiss cheese, honey mustard sauce. Add Worcestershire sauce, top with caramelized onions and blue cheese.

Add hot sauce, top with blue cheese.

Add basil, top with fresh mozzarella or sharp provolone and roasted red peppers.

(ok, I am getting carried away...)

I think it is a great base using parsley (even though I love cilantro) and changing the toppings or seasonings (it's a veggie burger, so may be a bit bland for some tastes) to your tastes. If you like the instant black bean soup, you'll like these.

I ran the recipe through MasterCook and got 1 point for 6 patties, 2 points for 5 patties, and 3 points for 4 patties.

For 6 patties the nutritionals are:

Per Serving (excluding unknown items): 115 Calories; 1g Fat (8.8% calories from fat); 7g Protein; 19g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 451mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat.

For 4 patties the nutritionals are:

Per Serving (excluding unknown items): 172 Calories; 2g Fat (8.8% calories from fat); 10g Protein; 29g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 676mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

## **Rhubarb Pudding Cake**

Cooking Light, May 2004

Healthy Units: 5

Servings: 9

Posted By: Bawstinn32 (Maria)

May 10, 2004

Tender, lightly spiced vanilla cake covers a layer of juicy rhubarb. The batter may not cover all of the fruit, but it spreads as the pudding cake bakes.

Comments: I used light butter and then realized after the fact it doesn't affect the healthy units at all.

1 cup all-purpose flour  
1 1/4 teaspoons baking powder  
1/8 teaspoon salt  
5 tablespoons unsalted butter, softened  
1 1/3 cups granulated sugar, divided  
1 teaspoon vanilla extract  
1/4 teaspoon ground cinnamon  
1 large egg  
1/2 cup 1% low-fat milk  
4 cups (1-inch-thick) slices rhubarb (about 1 pound)  
Cooking spray  
1 teaspoon powdered sugar

Preheat oven to 350°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, baking powder, and salt, stirring well with a whisk. Place butter in a large bowl, and beat with a mixer at medium speed until smooth. Add 2/3 cup granulated sugar; beat until well blended. Add vanilla, cinnamon, and egg, beating well. Beating at low speed, add flour mixture and milk alternately to sugar mixture, beginning and ending with flour mixture; beat just until smooth.

Combine rhubarb and remaining 2/3 cup granulated sugar in an 8-inch square baking dish coated with cooking spray. Spoon batter over rhubarb mixture. Bake at 350° for 45 minutes or until a wooden pick inserted in center comes out clean. Sprinkle with powdered sugar.

Yield: 9 servings

CALORIES 249 (% from fat); CALORIESFROMFAT 26%; FAT 7.3g (satfat 4.2g); MONOFAT 2.1g; POLYFAT 0.4g; PROTEIN 3.1g; CARBOHYDRATE 44g; FIBER 1.4g; CHOLESTEROL 41mg; ; IRON 1mg; SODIUM 118mg; CALCIUM 109mg;



## **Chocolate Banana Bran Muffins**

Source: Original

Healthy Units: 2

Servings 20

Posted by: Kimberley

Date: May 10, 2004

### **Ingredients**

2 cups all-Bran® Cereal  
2 1/2 cups whole wheat flour  
2 teaspoons baking powder  
1 1/2 teaspoons baking soda  
1 teaspoon salt  
1/2 cup cocoa powder  
2/3 cup sugar  
1/2 cup egg beaters® 99% egg substitute  
3 tablespoons canola oil  
1/4 cup applesauce, unsweetened  
3/4 cup buttermilk  
1 1/2 teaspoons vanilla  
1 cup mashed banana

### **Instructions**

Preheat oven to 350 and grease muffin tins.

In a large bowl combine cereal, sugar, eggs, oil, applesauce, buttermilk, vanilla, and mashed banana. Mix well and let sit.

Wisk together flour, baking powder, baking soda, salt, and cocoa.

Add flour mixture to wet ingredients and stir just to moisten. Divide among muffin cups and bake until browned and tops spring back when touched, about 20-25 minutes.

Per Serving: 135 Calories; 3g Fat (17.5% calories from fat); 4g Protein; 27g Carbohydrate; 5g Dietary Fiber; trace Cholesterol; 281mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

## **Adobo Flank Steak with Summer Corn-and-Tomato Relish**

Source: Cooking Light 2002 Annual

Servings: 5

Healthy Units: 7

Posted By: Bawstinn32 (Maria)

May 17, 2004

Comments: Next time I will double the recipe for the marinade as there didn't seem to be quite enough. Slightly spicy and may add an extra chipotle for a bit more kick next time. Corn relish tasted better after it sat in the refrigerator a couple of hours, rather than eating it right away. I used frozen corn since it is not "corn season" yet. Bet fresh would be great!

The sherry vinegar gives the relish lots of flavor, so choose a good one.

### **Steak:**

- 1 teaspoon black peppercorns
- 1 teaspoon cumin seeds
- 2 whole cloves
- 1 (7-ounce) can chipotle chiles in Adobo sauce
- 2 tablespoons sherry vinegar
- 1 tablespoon fresh thyme leaves
- 2 teaspoons brown sugar
- 3/4 teaspoon kosher salt
- 1 garlic clove, peeled
- 1 (1 1/4-pound) flank steak, trimmed
- Cooking spray

### **Relish:**

- 2 cups fresh corn kernels (about 4 ears)
- 1 cup chopped seeded tomato
- 1/4 cup chopped bottled roasted red bell peppers
- 2 tablespoons sherry vinegar
- 1 tablespoon extra-virgin olive oil
- 3/4 teaspoon kosher salt
- Fresh thyme leaves (optional)

To prepare steak, cook the first 3 ingredients in a small nonstick skillet over medium heat for 45 seconds or until toasted. Place the peppercorn mixture in a spice or coffee grinder; process until finely ground. Remove 1 chile from can; reserve remaining chiles and sauce for another use. Place peppercorn mixture, chile, 2 tablespoons vinegar, and the next 4 ingredients (vinegar through garlic) in a blender; process until smooth, scraping sides occasionally. Combine vinegar mixture and steak in a large zip-top plastic bag; seal and marinate in refrigerator 24 hours. Remove from bag; discard marinade.

Prepare grill or broiler.

Place steak on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness. Cut steak diagonally across the grain into thin slices.

To prepare the relish, heat a large nonstick skillet coated with cooking spray over medium-high heat. Add corn; sauté 5 minutes or until lightly browned. Remove from heat; stir in tomato and remaining ingredients except thyme leaves. Garnish with thyme, if desired.

Yield: 5 servings (serving size: 3 ounces steak and 1/2 cup relish).

**David's Carnitas**

Source: CL Bulletin Board

Healthy Units: See comments below

Servings: varies

Posted By: Bawstinn32 (Maria)

May 18, 2004

Comments: I cooked it on low for 9 hours. A bit too long as it was a tad bit dry. 8 hours on low would be plenty. Healthy Units depends on the cut of pork you use. I weighed my serving (3-oz) and calculated the points based on cooked pork loin. I do not think there is enough juice to make a difference in the HUs. I added extra garlic.

2-2 1/2 lb. pork loin roast

Juice of 1 lime

Juice of 1 orange

2 T. ground cumin

3 garlic cloves, coarsely chopped

salt

pepper

Turn crock pot to \*high and spray with cooking spray, add juices and seasonings. Put roast into crock pot. You may need to slice it in half to get it to fit. It should take 4 to 5 hours for it to be done.

Shred; serve with rice, beans, cheese, sour cream, cilantro, salsas or any accompaniments of choice.

### **Rhubarb, Pear, and Apple Compote**

Source: Cooking Light, May 2004

Healthy Units: 2

Servings: 3

Posted By: Bawstinn32 (Maria)

May 20, 2004

Though rhubarb is the star of this sauce, sweet apples and pears help to cut its characteristically sour flavor. Use this compote as an accompaniment to savory entrées, such as pork or poultry. Or serve it as a dessert dolloped with whipped topping.

Comments: I served warm over some Breyer's Natural Light Vanilla ice cream.

2 cups (1-inch-thick) slices rhubarb (about 1/2 pound)

1/2 cup sugar

1 teaspoon grated orange rind

1/4 cup fresh orange juice

1 (3-inch) cinnamon stick

1 cup cubed peeled Gala apple

1 cup cubed peeled Bartlett pear

Combine first 5 ingredients in a medium saucepan; bring to a boil over medium-high heat. Reduce heat, and simmer 3 minutes. Add apple, and cook 2 minutes. Add pear; cook 1 minute or until fruit is tender, stirring gently. Remove from heat; cool. Discard cinnamon stick. Serve chilled or at room temperature.

Yield: 3 cups (serving size: 1/2 cup)

CALORIES 105 (% from fat); CALORIESFROMFAT 3%; FAT 0.3g ( satfat 0.0g, ); MONOFAT 0.1g; POLYFAT 0.1g; PROTEIN 0.6g; CARBOHYDRATE 26.5g; FIBER 1.8g;

## **Pumpkin Dal**

Source: WW Veg Board (don't remember who, sorry)

Healthy Units: 3

Servings: 6

Posted by: JJ (Dibranchia)

Date 5/20/04

1 Tbsp. olive oil  
2 tsp. onion powder  
2 cloves garlic  
1 Tbsp. ginger root  
1 tsp. ground turmeric  
1 tsp. ground coriander  
1/4 tsp. black pepper  
1/4 tsp. cayenne pepper  
8 oz dry lentils  
16 oz canned pumpkin  
4 cups Imagine Foods Organic No-Chicken Broth  
1 1/2 tsp. table salt.

Heat oil, onion powder, garlic, and ginger in bottom of saucepan/stock pot for 5 minutes. Add rest of spice, cook for 1 minute. Add broth, lentils, salt and pumpkin. Stir until pumpkin is completely blended with broth.

Cook on medium low for 45-60 minutes, stirring occasionally.

Makes 6 cups

My notes: I used butter instead of oil, chopped onions (no powder), and madras curry powder and garam masala instead of the individual spices (I do not keep turmeric around by itself). For lentils, I used plain brown and a few french puy lentils because that's what I had on hand. For the pumpkin, home cooked and thawed pumpkin. I drained the day before (2 cups pumpkin juice) and used that as part of the "broth". I used bouillon cubes (veggie) and 2 cups water and no extra salt. WONDERFUL! I served with Basmati rice, cucumber Raito and whole wheat pita (to sop up juices!)

## **Ham with Cranberry and Bourbon Glaze**

Source: Cooking Light, DECEMBER 2001

Healthy Units: 3

Yield: 25 servings (serving size: 3 ounces ham and about 2 teaspoons sauce)

Posted By: Bawstinn32 (Maria)

May 24, 2004

Whole-berry cranberry sauce is the jump start for an easy glaze spiked with bourbon and horseradish.

1 (10-pound) 33%-less-sodium smoked, fully cooked bone-in ham

Cooking spray

3/4 cup packed brown sugar

3/4 cup canned whole-berry cranberry sauce

1/4 cup bourbon

1 tablespoon prepared horseradish

1 bay leaf

Preheat oven to 325°.

Trim fat and rind from ham. Score outside of ham in a diamond pattern. Place the ham, bone end up, on a roasting pan coated with cooking spray. Bake at 325° for 1 1/2 hours.

Combine the sugar and remaining ingredients in a small saucepan. Bring to a boil. Reduce heat; simmer for 5 minutes. Remove from heat; discard bay leaf.

Increase the oven temperature to 400° (do not remove the ham from the oven). Brush the cranberry mixture over the ham. Bake at 400° for 15 minutes. Place ham on a platter, and cover with foil. Let stand for 15 minutes. Do not discard drippings.

Place a zip-top plastic bag inside a 2-cup glass measure or bowl. Pour the drippings into the bag, and let stand for 10 minutes (the fat will rise to the top). Seal the bag, and carefully snip off 1 bottom corner of the bag. Drain the drippings into a bowl, stopping before the fat layer reaches the opening; discard the fat. Serve the sauce with the ham.

CALORIES 146 (26% from fat); FAT 4.2g (satfat 1.4g, monofat 2g, polyfat 0.4g); PROTEIN 15.9g; CARBOHYDRATE 9.7g; FIBER 0.1g; CHOLESTEROL 40mg; IRON 1.2mg; SODIUM 741mg; CALCIUM 11mg

## **Lamb Burgers with Cucumber Mint-Relish**

Source: Real Simple magazine

Healthy Units: 5.5 per burger, 1 per serving of relish (don't forget to add points for point or pita bread)

Yield: 4 servings

Posted by: Kwe730 (Kim)

May 24, 2004

1 pound ground lamb  
1 shallot, chopped  
2 cloves garlic, minced  
1 teaspoon dried thyme (I used oregano)  
1/8 teaspoon freshly ground black pepper  
1/2 teaspoon kosher salt  
2 rounds pita bread, sliced into pockets and toasted

In a large bowl, combine the lamb with shallot, garlic, thyme, pepper and salt. Form 4 patties. Place on a medium-hot grill and cook 5 to 6 minutes per side. Serve in pita pockets and top with Cucumber-Mint Relish if desired.

### **Cucumber-Mint Relish**

In a small bowl, combine 1 cup plain yogurt (preferably Greek), 1/2 cucumber (halved, seeded, and thinly sliced), 1 teaspoon chopped fresh mint, and 1/4 teaspoon kosher salt. Mix well.

### **Overnight Asian Salad**

From: WW Magazine May/June 2003

Healthy Units: 3 points for 1 scant cup

Servings: 8

Posted by Tracy (Nikkie1t)

May 24, 2004

Recipe notes: This salad gets more delicious the longer it stands in your refrigerator. Turn it into a main dish by adding shredded cooked chicken if you like.

My notes: This does improve the longer it sits. I ended up adding a couple of packets of Splenda, because I was looking for a little sweet taste.

- 1 (8 oz) can mandarin oranges in syrup, drained (reserve 2 T. syrup)
- 2 T. Peanut or Canola oil
- 2 T. Rice vinegar
- 1 T. Soy sauce
- 1 "Oriental" or "Original" ramen soup seasoning packet
- 6 cups shredded cabbage
- 4 scallions, thinly sliced
- 1 (3 oz) package ramen noodles, crushed
- 1/4 cup slivered almonds

In a large bowl, stir together the oranges and their reserved syrup, the oil, rice vinegar, soy sauce, and seasoning packet. Add the cabbage, scallions, and noodles; toss gently. Cover with plastic wrap and refrigerate at least 6 hours or overnight. Sprinkle with almonds before serving.

Per scant one cup serving: 131 cal, 8 g. fat, 1 g. sat fat, 0 mg. chol, 245 mg. sodium, 15 g. carb, 2 g. fiber, 45 mg. calcium.



## **Clam-Stuffed Shrimp**

Source: The Ultimate Southern Living Cookbook

Healthy Units: 6 (as written)

Serves: 4

Posted by: Kate (KateWD)

May 24, 2004

Comments: Loved the stuffing, restaurant quality and so easy to put together. More delicate and flavorful than the traditional butter laden stuffing; basting with the sherry added a wonderful mellow flavor. Stuffing would also be good baked en casserole with scallops. I used light butter and light townhouse crackers which brought the HU's down to 5 per serving, but ended up using more stuffing (1/3 of the stuffing mix for 4 jumbo shrimp) so HU's remained 6.

1 LB jumbo shrimp (16 shrimp per LB)  
3/4 cup cracker crumbs (about 15 crackers)  
3T melted butter  
6.5 oz can chopped clams (drained)  
2 T fresh minced parsley  
1/4 tsp. garlic powder  
1/8 tsp. salt  
dash pepper  
1/3 cup dry sherry

Peel and devein shrimp, leaving tails in tact. Cut a slit almost through back of shrimp, open and flatten.

Mix together cracker crumbs and melted butter, stir in clams and next four ingredients. Mound stuffing evenly on shrimp. Place shrimp in an ungreased 11x7 pan and bake at 350 degrees for 20 minutes, basting often with sherry. Serve immediately (4 servings)

Per serving: Calories 244; fat 13.3 grams

## **Whole Red Snapper with Garlic-Soy Sauce**

HU's: 8 (as written, see comments)

Servings: 4

Posted by: littlechi92

Date: May 25, 2004

Comments: Splenda could easily be substituted for sugar to save points, and I only needed a little bit of sauce, so that cut the points down as well. We wrapped the fish in foil since we didn't have a grill pan and grilled it and then let the fish sit, still wrapped, for a few minutes after the time was up. Points will also depend on how much flesh you get out of your fish.

### **Ingredients:**

2 whole red snapper - (about 1 LB ea.) scaled, cleaned

1 bunch fresh chives or scallions

Salt to taste

Freshly-ground black pepper to taste

### **GARLIC-SOY SAUCE**

1 cup light soy sauce

1/4 cup unseasoned rice wine vinegar

6 x garlic cloves minced

2 TBS. minced fresh ginger

2 TBS. toasted sesame oil

3 tbl. sugar

1/2 tsp. crushed red pepper

### **GARNISH**

6 x scallions cut 2" lengths

### **Instructions:**

Mix all sauce ingredients together in a large bowl. Reserve.

Have your fish scaled and cleaned. With a sharp knife, cut 2 to 3 diagonal slashes on both sides of the fish (this will facilitate the cooking of the fish). Brush the fish with a small amount of vegetable oil and sprinkle with a little salt and pepper. Stuff the cavity with whole chives; close with a toothpick or trussing pin.

Place the fish in the center of the cooking grate. Grill approximately 8 to 10 minutes. Carefully turn fish over and cook for 5 to 8 minutes or until cooked to desired doneness. Place fish on a warm plate.

Heat reserved sauce and pour over fish. Garnish with plenty of scallions.

This recipe yields 4 servings.

## **Rachel Ray's Baked Chimichangas**

Source: Food Network website Rachel Ray listing

Healthy units: 6

Servings: 4 but could do smaller and decrease the points one as is makes a substantial meal portion. I also figured the nutritional based on the ingredients I used.

Posted By: Zephyr1

Date posted: 5/25/04

Comments: This is a very modified recipe the original calls for smoked turkey, a very unusual filling of slaw mix but you would never know that is what it is. A great tasty chimichanga!! Also has great possibilities for variations by adding different stuff or varying the cheeses.

### **Ingredients V:**

1 Tbsp. chile powder- I used McCormick

2 cups shredded slaw mix- I used broccoli slaw as that was all they had, have had with regular and just as good.

1-2 chipotles in adobe sauce, I used one as this was my first experience with them.

1 cup tomato sauce- I used and so did my friend paste about 1 and 1/2 small cans

3 scallions chopped

4 tortilla shells- I used the trader Joe's chile flour ones 12 inch.

1 1/2 cups cheese shredded, I used 3/4 2 % shredded sharp cheddar and 3/4 Monterey jack original recipe called for 2 cups

Pam- original recipe calls for 2 tbsp. of EVOO to be put in pan and brushed on the shells I decided to skip this part and use Pam with good results.

Garnish of choice I used cilantro and TJ guacamole and added the extra points

### **Instructions:**

Mix all but the tortillas in a large bowl until it melds together and forms a filling like consistency. You may need more or less tomato paste to suit your filling. Start with one can then add more as needed. Divide mixture and fill and roll 4 tortilla shells. Place on sprayed pan and spray them yourself a bit. Bake at 400 for 17-20 minutes until crispy.

## **Rachel Rays Black Bean & Corn Salad**

Source: Food network site

Healthy Units: 3 if 4 servings but could easily make smaller serving size and increase the number of servings.

Servings: 4 large servings

Posted By: Zephyr1

Date posted: 5/25/04

Comments: This could easily be a main meal with some added cheese or chicken. I used the trader Joe's roasted corn from the freezer section yummy. Add a little limejuice the next day before eating the leftovers as mine needed a little more punch after sitting. This paired great with the baked Chimichangas. Ingredients:

1 15 oz can black beans rinsed and drained

2 cups corn frozen

1 red pepper finely diced

1/2 onion finely chopped

1 1/2 tsp. cumin ground

2 tsp. hot sauce, I used sirachi sauce

1 lime juiced

1 tbs. EVOO original recipe calls for 2 I might try omitting this next time

Instructions:

Mix all and allow to sit as you make the rest of dinner the corn thawing will chill the rest of the salad nicely.

## **Mushroom Stuffed Beef Tenderloin**

Source: WW 1-2-3 cookbook/title unknown (1997)

Healthy Units: 4

Servings: 16

Post by: MoOzark(Donna)

Date: May 27, 2004

Comments: Delicious

Cooking Spray

3/4 pound mushrooms, sliced

3/4 pound chopped fresh spinach

1 1/2 cup chopped green onion

1/4 cup chopped fresh parsley

1/2 teaspoon salt

1 (4 LB) trimmed beef tenderloin

1 teaspoon salt free herb and spice blend

1/2 cup low sodium soy sauce

1/3 cup dry sherry

2 tablespoons brown sugar

2 tablespoons honey

2 garlic cloves, minced

Coat a large non-stick skillet with cooking spray, and place over medium high heat until hot. Add mushrooms, spinach and green onions: sauté 3 minutes or until tender. Remove skillet from heat, and stir in parsley and salt. Set mixture aside.

Trim fat from tenderloin. To butterfly, slice tenderloin lengthwise, cutting to, but not through, other side, leaving one long side connected; open flat. Sprinkle herb-and-spice blend over inside of tenderloin. Spread mushroom mixture down center of tenderloin to within 1/2 " of sides. Fold sides of tenderloin over mushroom mixture; secure at 2" intervals with heavy string. Set aside.

Combine soy sauce, sherry, brown sugar, honey, and garlic in a large shallow baking dish; stir mixture well. Add tenderloin, turning to coat. Cover and marinate in refrigerator 8 hours, turning occasionally.

Preheat oven to 425\*. Remove tenderloin from shallow baking dish, reserving marinade. Place tenderloin on broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of the tenderloin. Bake at 425\* for 45 minutes or until meat thermometer registers 135 (rare) or 160 (medium), basting occasionally with the reserved marinade. Place tenderloin on a large serving platter, and let stand 10 minutes before slicing.

## **Cheeseburger Macaroni**

Cooking Light, What's for Dinner? Spring 2004

Healthy Units: 5.5

Servings: 9 (1 c. each)

Posted by Carol (sandythecur)

May 27, 2004

Comments: Simple and quick supper for a hurried night. I served with Green Beans Amandine.

### **Ingredients**

8 ounces macaroni

3/4 pound ground beef, extra lean

1 1/4 cups onion -- chopped

2 cloves garlic -- minced

29 ounces diced tomatoes -- undrained

1/4 cup ketchup

1 teaspoon black pepper

1/2 teaspoon salt

6 ounces cheddar cheese, low fat -- shredded

### **Instructions**

1. Cook macaroni according to package directions.
2. Cook beef, onion, and garlic in a large nonstick skillet over medium-high heat until beef is browned, stirring to crumble. Drain well, and return to pan.
3. Add tomatoes, ketchup, black pepper, and salt; cook 3 minutes. Add macaroni and 3/4 c. cheese, and cook 2 minutes, or until cheese melts and macaroni is thoroughly heated, stirring occasionally.
4. Remove from heat; sprinkle with remaining 3/4 c. cheese.

Per Serving (excluding unknown items): 251 Calories; 9g Fat (30.6% calories from fat); 16g Protein; 28g Carbohydrate; 2g Dietary Fiber; 30mg Cholesterol; 349mg Sodium

## **Grilled Ham and Cheese with Tomato**

Source: Cooking Light June 2004

Healthy Units: 8

Servings: 4

Posted by: MissVN

Date: May 28, 2004

NOTES: It's very easy to reduce the points on this recipe by using some lower point bread and low fat ham. I managed to make it about 5.5 points per sandwich with these modifications. These came together very quickly. The spread would also be great on any other grilled sandwich.

Wheat bread would be a good stand-in for the white bread in this modified ham-and-cheese sandwich. A creamy spread of sour cream, Dijon mustard, and Parmesan cheese adds lots of flavor.

### **Ingredients:**

2 tablespoons Dijon mustard  
2 tablespoons reduced-fat sour cream  
1 tablespoon grated fresh Parmesan cheese  
8 (1 1/2-ounce) slices hearty white bread  
16 (1/2-ounce) slices 33%-less- sodium ham  
8 (1/8-inch-thick) slices tomato (about 1 medium)  
8 (1/2-ounce) slices reduced-fat Swiss cheese  
2 teaspoons chopped fresh chives  
Cooking spray

### **Instructions:**

1. Combine mustard, sour cream, and Parmesan cheese in a small bowl. Spread 2 teaspoons mustard mixture over each bread slice. Top each of the 4 bread slices with 4 ham slices, 2 tomato slices, 2 cheese slices, and 1/2 teaspoon fresh chives. Top with the remaining bread slices. Lightly coat outside of bread with cooking spray.
2. Heat a large nonstick skillet over medium heat. Add 2 sandwiches to pan. Place a cast-iron or heavy skillet on top of sandwiches; press gently to flatten. Cook 3 minutes on each side or until cheese melts and bread is toasted (leave cast-iron skillet on sandwiches while they cook). Repeat with the remaining sandwiches.

Yield: 4 servings (serving size: 1 sandwich)

### **NUTRITION PER SERVING**

CALORIES 407 (30% from fat); FAT 13.5g (sat 5.9g, mono 3.7g, poly 0.8g); PROTEIN 28.2g; CARB 47.5g; FIBER 5g; CHOL 54mg; IRON 2.9mg; SODIUM 1229mg; CALC 337mg;

## **Chipotle Slaw**

Source: CLBB

Healthy Units: 1.5

Serves: 2

Posted by: Kate (KateWD)

May 28, 2004

Notes: Original recipe called for 1/2 cup of full fat Mayo, 1/4 cup of reduced fat was plenty. I subbed shredded carrots for the red cabbage, and used a full cup of sliced red onion-made it very colorful. Loved the kick from the chipotles, nice crunchy slaw that keeps well.

2 teaspoons finely chopped chipotle pepper in Adobo sauce

1/4 cup reduced fat mayo (I used Hellmann's Just2Good)

1 tablespoons honey

1 tablespoon lime juice

1/2 tsp. salt

1/4 pound shredded white cabbage (about 1 generous cup)

1/4 pound shredded red cabbage (about 1 generous cup- subbed shredded carrots)

1/4 cup finely chopped red onions (used a full cup of sliced)

1/4 cup chopped green onions

Combine the chipotle pepper, mayonnaise, honey, salt and lime juice in a large mixing bowl. Stir well, and then add the shredded cabbage, red onions, green onions and stir to thoroughly combine. Adjust seasoning to taste.

Source:

"CLBB"



## **Southwestern Bean Salad**

Source: CLBB

Healthy Units: 3.5

Serves: 6

Posted by: Kate (KateWD)

May 28, 2004

Notes: The original recipe stated 10 servings, fine as a side dish, but 6 servings is more realistic as a lunch portion. Best served at room temp.

1 each- 15 oz cans of kidney beans, black beans, and garbanzo beans

2 celery ribs, sliced

1 medium onion, diced

1 med. tomato diced (I use a 14 oz can diced Muir glen toms)

1 cup frozen corn, thawed

Dressing:

3/4 cup salsa (I used TJ's Smokey Chipotle salsa)

1 T olive oil

1/4 cup lemon or lime juice

1-1/2 tsp. chili powder

1 tsp. salt

1/2 tsp. cumin

[optional add chopped garlic and/or shredded carrots]

Combine dressing; pour over ingredients above. Chill for about 2 hours.

## All-Purpose Southwestern Corn and Black Bean Salad

Source: Cooking Light, May 2004  
Healthy Units: 4 (3 if you count all fiber)  
Serves: 12  
Posted by: Shari (shari\_csf)  
May 28, 2004

CL Notes: This recipe makes 12 servings and keeps in the refrigerator up to 5 days. It's quite versatile-- add shredded chicken and serve tortillas on the side to make it a main-dish salad. Or serve it as a dip with baked tortilla chips, a side for burgers or grilled chicken, or a salad on a bed of lettuce.

### Salad:

- 1 pound dried black beans (I used 2 cans and skipped the cooking part)
- 11 1/2 cups water, divided (omit if using canned)
- 1 teaspoon olive oil (omit if using canned)
- 2 teaspoons cumin seeds (omit if using canned)
- 2 garlic cloves, minced (omit if using canned)
- 2 cups fresh corn kernels (I pan sautéed mine, recipe doesn't say to cook??)
- 2 cups chopped seeded tomato
- 1 cup finely chopped Vidalia or other sweet onion
- 1 cup chopped red bell pepper
- 1 cup chopped green bell pepper

### Dressing:

- 1/2 cup fresh lime juice (about 3 limes)
- 1 tablespoon chili powder
- 3 tablespoons olive oil (could be cut back, just for flavor)
- 2 teaspoons salt
- 1 1/2 teaspoons ground cumin
- 2 teaspoons honey
- 3 garlic cloves, minced
- 2 jalapeño peppers, seeded and minced
- 1/3 cup chopped fresh cilantro

To prepare salad, sort and wash the beans. Combine beans and 5 1/2 cups water in a 6-quart pressure cooker. Close lid securely; bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure; cook 1 minute. Remove from heat; place cooker under cold running water. Remove lid. Drain beans; rinse with cold water. Drain and cool.

Heat 1 teaspoon oil in cooker over medium heat. Add cumin seeds and 2 garlic cloves; cook 1 minute, stirring frequently. Add beans and 6 cups water. Close lid securely; bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure, and cook 12 minutes. Remove from heat; place cooker under cold running water. Remove lid. Drain bean mixture; rinse with cold water. Drain and cool. Combine bean mixture, corn, tomato, onion, and bell peppers in a large bowl.

To prepare dressing, combine juice and next 7 ingredients (juice through jalapeños), stirring with a whisk. Stir in cilantro. Pour dressing over bean mixture; stir gently to combine. Cover and refrigerate at least 30 minutes.

Yield: 12 servings (serving size: 1 cup)

### NUTRITION PER SERVING

CALORIES 216 (21% from fat); FAT 5g (sat 0.7g, mono 3g, poly 0.8g); PROTEIN 10g; CARB 35.7g;  
FIBER 8g; CHOL 0.0mg; IRON 2.8mg; SODIUM 408mg; CALC 65mg

## **Oven "Fries"**

From: WW New Complete Cookbook

Healthy Units: 3

Servings: 4

Posted by: JJ (Dibranchia)

Date: 5/29/04

1 1/4 pounds baking potatoes, peeled and cut into 1/2" strips

3/4 tsp. salt

1/2 teaspoon sugar

4 teaspoons oil

1 teaspoon paprika

Preheat oven to 450 F, spray a nonstick baking sheet with nonstick cooking spray.

In a large bowl, combine the potatoes, 1/4 tsp. salt and the sugar with cold water to cover. Soak for 15 minutes; drain and blot dry.

In another large bowl, toss the potatoes with the oil and paprika. Place in a single layer on the baking sheet. Bake, turning the potatoes over as they brown, until cooked through and crisp, about 45 minutes. Sprinkle with the remaining 1/2 teaspoon of salt.

Per serving: 159 calories, 5 g Total fat, 1 g saturated fat, 0 mg cholesterol, 442 mg sodium, 28 g total carbohydrate, 3 g dietary fiber, 2 g protein, 7 mg calcium POINTS per serving: 3

Their notes: Soaking the potatoes in a salt-sugar solution draws out some of the water. This way they brown in the oven rather than steam. HOW WE DID IT: Sugar on French fries? The sugar (and the salt) serve to drain the liquid from the potatoes, giving them a crisper bite. Since the potatoes do not get crisped by frying, this extra step helps a lot.

My notes: I love using Morton's Hot Salt on these!

## Bayou Catfish Fillets

Source: Cooking Light May 2004

Healthy Units: 6

Servings: 6

Posted by Shari (shari\_csf)

5/30/2004

Note: The spicy cornmeal breading stays crispy when the fish is baked on a ventilated broiler pan. You can also use yellow cornmeal. Try this breading on other white fish fillets.

2T white cornmeal  
1 1/2 tsp. seasoned salt  
1 1/2 tsp. dried oregano  
1 tsp. garlic powder  
1 tsp. onion powder  
3/4 tsp. ground red pepper  
1/2 tsp. chili powder  
1/4 tsp. ground cumin  
1/4 tsp. black pepper  
6 (6 ounce) catfish fillets  
Cooking spray  
6 lemon wedges (optional)

1 preheat broiler  
2 combine first 9 ingredients in a Ziploc bag. Add 1 catfish fillet. Seal and shake well. Remove fillet from bag, and place on a broiler pan coated with cooking spray. Repeat with remaining fillets. Broil 6 inches from heat for 6 minutes. Carefully turn fillets over, and broil 6 minutes or until the fish flakes easily when tested with a fork. Serve with lemon wedges if desired.

Yield: 6 servings (serving size: 1 fillet)

247 calories  
13.2 g fat  
27g protein  
3.8g carb  
.8g fiber  
474mg

## Grilled Salmon Fillets with Creamy Horseradish Sauce

Source: Epicurious.com

Yield: 6 servings

Healthy Units: 6 for salmon, 3 per serving of sauce

Posted By: Kwe730(Kim)

May 17, 2004

### Sauce

3/4 cup sour cream

1/4 cup mayonnaise

2 tablespoons prepared white horseradish

2 tablespoons chopped fresh basil (I used fresh dill)

1 tablespoon fresh lemon juice

1 teaspoon soy sauce

### Salmon

Nonstick vegetable oil spray

3 tablespoons vegetable oil

1 tablespoon prepared white horseradish

1 tablespoon soy sauce

1 small garlic clove, minced

1/2 teaspoon salt

1/4 teaspoon coarsely ground black pepper

6 1-inch-thick salmon fillets (each about 6 ounces)

For sauce:

Mix all ingredients in small bowl. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill.)

For salmon:

Spray grill rack generously with nonstick spray.

Prepare barbecue (medium-high heat).

Whisk oil, horseradish, soy sauce, garlic, salt, and pepper in another small bowl.

Brush oil mixture over both sides of salmon fillets.

Grill salmon just until opaque in center, about 4 minutes per side.

Transfer salmon to plates.

Serve with sauce.

Makes 6 servings.

Bon Appétit

July 2003

### **Napa Cabbage and Snow Pea Slaw**

Source: Cooking Light May 2004

Healthy Units: 1

Servings: 4

Posted by: Elizabeth (condiment)

Date: 1 June 2004

This salad tastes best after chilling in the refrigerator for about 30 minutes.

#### **Dressing:**

2 tablespoons sugar

2 tablespoons fresh lime juice

1 tablespoon fish sauce

1 teaspoon dark sesame oil

1/2 teaspoon grated peeled fresh ginger

Dash of ground red pepper

#### **Slaw:**

4 cups (1/4-inch) slices Napa (Chinese) cabbage

1/2 cup snow peas, trimmed and cut lengthwise into (1/8-inch) thin strips

1/2 cup fresh bean sprouts

1/2 cup (1/8-inch) julienne-cut peeled jicama

1/4 cup (1/8-inch) julienne-cut red bell pepper

2 tablespoons thinly sliced green onions

2 tablespoons finely chopped fresh cilantro

To prepare dressing, combine first 6 ingredients, stirring with a whisk.

To prepare slaw, combine cabbage and remaining ingredients in a large bowl. Add dressing, and toss well to coat. Chill 30 minutes.

Yield: 4 servings (serving size: 1 cup)

#### **NUTRITION PER SERVING**

CALORIES 65 (19% from fat); FAT 1.4g (sat 0.2g, mono 0.5g, poly 0.6g); PROTEIN 2.2g; CARB 12.3g; FIBER 2.3g; CHOL 0.0mg; IRON 1.1mg; SODIUM 396mg; CALC 86mg;

## **Bistro Chicken and Peppers**

Source: Cooking Light June 2004

Healthy Units: 8

Servings: 2

Posted by: Shari (shari\_csf)

Date: 1 June 2004

Notes: Very easy, almost one-dish, meal. I'd go with the mashed potatoes since there is a sauce involved. I didn't read far enough into the recipe when I made my potato choice of skillet hash browns. Still good but ... Oh, and if I \*had\* read the recipe first, I probably would have taken the easy way out and purchased bottled roasted peppers :->

CL Notes: The garlic rub enhances the browning and adds flavor.

1 medium red bell pepper  
1 medium yellow bell pepper  
1/4 teaspoon salt  
1 garlic clove, coarsely chopped  
2 (6-ounce) skinless, boneless chicken breast halves  
3/4 teaspoon vegetable oil  
2 tablespoons finely chopped shallots  
1/2 cup fat-free, less-sodium chicken broth  
1 teaspoon curry powder  
1/8 teaspoon dried thyme  
1/8 teaspoon fennel seeds  
2 cups prepared packaged mashed potatoes (such as Simply Potatoes)

Preheat broiler.

Cut bell peppers in half lengthwise, and discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 20 minutes. Peel and cut into (1/2-inch) strips; set aside.

Combine salt and garlic on a cutting board; chop until mixture becomes a coarse paste. Rub garlic mixture over chicken. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 5 minutes or until golden, turning once. Add shallots; cook 1 minute, stirring frequently. Add broth, curry, thyme, and fennel. Cover, reduce heat, and simmer 10 minutes. Add peppers; cook 2 minutes or until chicken is done.

Warm the mashed potatoes according to package directions. Serve potatoes with chicken and pepper mixture.

Yield: 2 servings (serving size: 1 chicken breast half, 1/2 cup pepper mixture, and 1 cup potatoes)

NUTRITION PER SERVING

CALORIES 411 (14% from fat); FAT 6.5g (sat 0.9g, mono 1g, poly 1.7g); PROTEIN 45g; CARB 42.7g; FIBER 5.5g; CHOL 99mg; IRON 2.5mg; SODIUM 1074mg; CALC 49mg;

## Moroccan Summer Vegetable and Sausage Stew

Source: Cooking Light June 2004

Healthy Units: 8

Servings: 8

Posted by: Shari (shari\_csf)

Date: 1 June 2004

Notes: I did not use a pressure cooker. Just made it in a large pot, cooking onions and sausage first. I think it simmered about 20 minutes until all the veggies were tender. I used dried cranberries instead of raisins (just what I had on hand). Next time, I'd add more. Easy to cut in half if you can find the 7oz cans of garbanzos. I used the whole can of tomatoes though.

CL Notes: Eggplant, onion, and summer squash join sausage, raisins, and feta cheese for a hearty dish that tastes as though it simmered for hours. Use kitchen scissors to split the sausage casings.

2 teaspoons olive oil  
2 cups chopped onion  
1 pound hot turkey Italian sausage  
5 cups (3/4-inch) cubed eggplant (about 1 1/2 pounds)  
4 cups coarsely chopped yellow squash (about 1 pound)  
1 cup fat-free, less-sodium chicken broth  
1 tablespoon ground cumin  
1 tablespoon ground coriander  
1/2 teaspoon salt  
1/4 teaspoon crushed red pepper  
3 garlic cloves, minced  
1 (15 1/2-ounce) can chickpeas (garbanzo beans), drained  
1 (14.5-ounce) can diced tomatoes, undrained  
1/3 cup golden raisins  
3 tablespoons chopped fresh thyme  
6 cups hot cooked couscous  
1 cup (4 ounces) crumbled feta cheese

Heat oil in a 6-quart pressure cooker over medium-high heat. Add onion, and sauté 2 minutes. Remove casings from sausage. Add sausage to cooker; cook 2 minutes, stirring to crumble. Add eggplant and next 9 ingredients (eggplant through tomatoes). Close lid securely; bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure; cook 4 minutes. Remove from heat; place cooker under cold running water. Remove lid, and stir in raisins and thyme. Serve over couscous; sprinkle with cheese.

Yield: 8 servings (serving size: about 1 1/3 cups stew, 3/4 cup couscous, and 2 tablespoons cheese)

NUTRITION PER SERVING

CALORIES 401 (24% from fat); FAT 10.8g (sat 4g, mono 3.7g, poly 2.2g); PROTEIN 21.7g; CARB 55.8g; FIBER 8.9g; CHOL 60mg; IRON 2.8mg; SODIUM 885mg; CALC 151mg;



## **Raspberry Sorbet**

Source: Krups Ice Cream Maker Recipe Book

Healthy Units = 1

Servings = 8 servings (1/2 cup each)

Posted by Tricia Loe

June 2, 2004

### **Ingredients:**

3 cups fresh raspberries (or 1-12 oz. bag whole raspberries, frozen without sugar)

1/2 cup water

2/3 cup sugar

2 egg whites

1/2 cup orange juice

### **Instructions:**

In a saucepan over medium heat, combine raspberries, water and sugar. Stir until sugar is dissolved. Puree, then chill thoroughly. Beat egg whites until soft peaks form. Add orange juice to raspberries, then whisk in whites. This recipe makes 1 Qt. and can be used in the countertop style ice cream makers.

If you use frozen raspberries with sugar, thaw and puree. Do not add sugar and water.

## **Roasted Corn, Black Bean, and Mango Salad**

Source: Cooking Light July 2000

Healthy Units;4

Servings:8

Posted By: Zephyr1

date posted: 6/2/04

CL comments:

Browning corn in a skillet gives it a nutty, caramelized flavor that contrasts with the tartness of the mango. But brown it good--corn likes it that way.

My Comments: This is a great versatile salad, my favorite of all the black beans ones so far. I brought this to a BBQ and then also stretched it out for a few more meals at home.

Adding chicken and throwing it in fajita shell was a great way to use up leftovers. I cheated with this recipe and used trader joes frozen roasted corn, threw the garlic in raw and I also used the TJ frozen mango chunks. makes it take a whole 5 minutes to throw this one together.

Ingredients;

1 tablespoon vegetable oil

2 garlic cloves, minced

3 cups fresh corn kernels (about 6 ears)

2 cups diced peeled ripe mango (about 2 pounds)

1 cup chopped red onion

1 cup chopped red bell pepper

1/3 cup fresh lime juice

3 tablespoons chopped fresh cilantro

1/2 teaspoon salt

1/2 teaspoon ground cumin

1 drained canned chipotle chile in adobo sauce, chopped

2 (15-ounce) cans black beans, rinsed and drained

8 cups gourmet salad greens

Instructions:

Heat oil in a large nonstick skillet over medium-high heat. Add garlic; cook 30 seconds.

Stir in corn; cook 8 minutes or until browned, stirring occasionally. Place corn mixture in a large bowl. Add mango and remaining ingredients except greens; stir well. Arrange 1 cup greens on each of 8 plates. Spoon 1 cup corn mixture over greens.

### **NUTRITION PER SERVING**

CALORIES 204 (15% from fat); FAT 3.3g (sat 0.6g, mono 0.8g, poly 1.5g); PROTEIN 9.2g; CARB 39g; FIBER 6.9g; CHOL 0.0mg; IRON 2.8mg; SODIUM 315mg; CALC 56mg;

## **Green Bean Salad with Cilantro and Soy-Glazed Almonds**

From [www.epicurious.com](http://www.epicurious.com)

(Originally from Bon Appetit June 1996 – Cooking for Health)

Healthy Units = 3 (or 2 pts with the variation below)

Servings = 4

Posted by Tricia

June 2, 2004

### **Ingredients:**

1/4 cup whole almonds (about 1-1/2 ounces)  
4 teaspoons low-sodium soy sauce  
1 pound green beans, trimmed, cut into 1-inch pieces  
2 tablespoons rice vinegar  
1 tablespoon vegetable oil  
1 large garlic clove, pressed  
1 teaspoon minced peeled fresh ginger  
2 tablespoons thinly sliced green onions  
1/3 cup fresh cilantro leaves

### **Instructions**

Place almonds in small nonstick skillet. Stir over medium heat until almonds are lightly toasted, about 5 minutes. Increase heat medium-high. Add 3 teaspoons soy sauce and stir until soy sauce evaporates and coats almonds, about 1 minute. Transfer to plate and cool. Chop almonds.

Cook beans in large pot of boiling salted water until just tender, about 5 minutes. Drain. Rinse beans under cold water. Drain well. (Almonds and beans can be prepared 6 hours ahead. Cover almonds and store at room temperature.

Cover and refrigerate beans; bring to room temperature before continuing.)

Whisk vinegar, oil, garlic, ginger and remaining 1 teaspoon soy sauce in large bowl to blend. Add beans and toss to coat. Sprinkle green onions, cilantro and almonds over salad and serve.

Variation: My friend used tamari roasted almonds and skipped the first step of stirring the almonds in the soy sauce. I tried this out in the Recipe Builder and it cuts the points to 2! A great variation if you can find the tamari roasted almonds

## **Strawberry Cheesecake Trifle**

Source; CLBB poster Linda in MO

Healthy Units: 7

Servings:15

Posted By: Zephyr1

Date posted: 6/2/04

Comments; My dh declared this the best dessert I have ever made even better than the WW tiramisu, I was shocked by that as he is not a big fruit eater. this could be played with and reduced further but I am not a fan of FF and so I did not reduce it. It is well worth the points! I shaved chocolate curls on top for garnish.

### **Ingredients;**

2 quarts strawberries -- sliced (2 to 2 1/2)

2 Tablespoons sugar -- (2 to 3)

1 tsp almond extract -- I used amaretto syrup sugar free.

1 large angel cake, whole -- torn into pieces

16 ozs light cream cheese -- softened

2 cups powdered sugar

1 cup light sour cream

16 ozs Cool Whip Lite®

1 teaspoon vanilla extract I used all amaretto syrup

1/4 teaspoon almond extract

### **Instructions:**

Mix strawberries with the 2-3 T. sugar and almond extract, if using. Set aside.

Mix cream cheese, sour cream, powdered sugar, vanilla and almond extract. Fold in Cool Whip.

You can either mix everything together at this point or (this is what I do)---layer everything in a large clear glass bowl in this order: 1/2 cake pieces, 1/2 strawberries, 1/2 cream cheese mixture, repeat layers.

You might want to decorate the top with additional strawberries and/or Cool Whip. Refrigerate.

### **Linda's ideas & notes:**

Serving Ideas : You can make individual trifles by making them in 9 oz. clear plastic cups made by Solo. I used a 1/2 flat of strawberries and sugar to taste. I layered strawberries in the bottom of the cup, then the angel food cake mixture, then more strawberries. Garnish with additional Cool Whip if desired. This made a maximum of 26.

NOTES : I have also cut the recipe in half and just used a small angel food cake. I've also substituted 2 cans cherry pie filling for the strawberries, which is good but I like the strawberries better.

Per Serving (excluding unknown items): 347 Calories; 10g Fat (25.9% calories from fat); 6g Protein; 57g Carbohydrate; 2g Dietary Fiber; 18mg Cholesterol; 400mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 3 1/2 Other Carbohydrates.

## **Veal in Mushroom Cream Sauce**

Source: From the Mind of MissVN

Healthy Units: 6

Servings: 4

Posted by: MissVN

Date: June 2, 2004

Notes: I made this with veal, but it would probably also be good with pork or chicken cutlets. The sauce could easily be doubled by doubling the amount of oil, flour and milk.

### **Ingredients**

1 pound veal cutlets  
2 cups mushroom, chopped  
1/2 cup shallots, chopped  
2 teaspoons olive oil  
2 1/2 teaspoons flour  
1 1/2 cup 1% low-fat milk  
salt  
pepper

### **Instructions**

1. Pound veal cutlets to 1/4 inch thick. Sprinkle with salt & pepper.
2. Heat a pan to medium high. Add 2 t. oil.
3. Add the chopped shallots and mushrooms to the pan. Lightly salt. Cook for about 7 minutes, or until softened.
4. Mix the flour with the milk until the flour has dissolved.
5. Remove the shallots and mushroom from the pan.
6. Return pan to the heat. Add veal cutlets. Cook 2 minutes per side and remove from pan.
7. Return the shallots and mushrooms to the pan.
8. Pour the milk in to the pan. Season with salt & pepper. Bring to a simmer and cook until thickened.
9. Turn the heat off. Return the cutlets to the pan to heat through.

Serving: 1 cutlet and approx 1/4 cup sauce.

Per Serving (excluding unknown items): 251 Calories; 11g Fat (40.3% calories from fat); 26g Protein; 11g Carbohydrate; trace Dietary Fiber; 97mg Cholesterol; 143mg Sodium.

## **Raspberry-Almond Muffins**

Cooking Light, April 2004

Healthy Units: 5

Posted By: Bawstinn32

June 3, 2004

Almond paste is coarser in texture and less sweet than marzipan, but either will work for this recipe. Both can be found on the baking aisle of the supermarket. To make mini muffins, spoon 1 heaping teaspoon of batter into each of 48 miniature muffin cups; bake at 375° for 10 to 12 minutes. To get ahead, bake 2 days before the party.

Comments: I discovered when I went to add the raspberries that they were moldy, so I substituted frozen blueberries instead. Used light butter, which I am thinking cut the points by 1. I was surprised at how high they turned out. Very light almond flavor and extremely moist.

1/2 cup granulated sugar  
1/2 cup packed brown sugar  
2 1/2 tablespoons almond paste  
1/4 cup butter, softened  
2 large eggs  
1/2 cup fat-free buttermilk  
1 teaspoon vanilla extract  
1 teaspoon fresh lemon juice  
2 cups all-purpose flour  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1 1/2 cups fresh raspberries  
Cooking spray  
2 tablespoons turbinado sugar or granulated sugar

Preheat oven to 375°.

Place first 3 ingredients in a food processor, and process until well blended. Add butter, and pulse 4 to 5 times or just until combined. Add the eggs, 1 at a time, pulsing 1 or 2 times after each addition. Add buttermilk, vanilla, and lemon juice; pulse until blended.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, baking soda, and salt in a large bowl, stirring with a whisk. Make a well in center of mixture. Add buttermilk mixture; stir just until moist. Gently fold in raspberries. Let batter stand 5 minutes. Spoon batter into 12 muffin cups coated with cooking spray. Sprinkle with turbinado sugar. Bake at 375° for 22 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; place on a wire rack.

Yield: 12 servings (serving size: 1 muffin)

CALORIES 222 (23% from fat); FAT 5.7g (satfat 2.7g, monofat 2g, polyfat 0.6g); PROTEIN 4g; CARBOHYDRATE 39.1g; FIBER 1.8g; CHOLESTEROL 46mg; IRON 1.5mg; SODIUM 186mg; CALCIUM 50mg;

## **Pressed Cubano with Bacon**

Cooking Light, June 2004

Healthy Units: 9

Posted By: EJWyatt (Emily)

June 6, 2004

Comments: Garlic oil gives these sandwiches a crisp, flavorful crust. Hawaiian rolls provide a slightly sweet contrast to the salty ham, pickles, and mustard. To make this easy supper even quicker to prepare, use precooked bacon. Serve with banana peppers.

1 teaspoon extra virgin olive oil  
1 garlic clove, minced  
4 (3-ounce) Hawaiian rolls, sliced in half horizontally  
2 tablespoons yellow mustard  
8 (1/2-ounce) slices reduced-fat Swiss cheese, divided  
4 bacon slices, cooked and halved  
12 dill pickle slices  
2 teaspoons minced fresh cilantro  
6 ounces thinly sliced 33%-less-sodium ham  
2 ounces thinly sliced deli roasted turkey breast

Combine oil and garlic.

Spread cut sides of rolls evenly with mustard. Place 1 cheese slice, 2 bacon halves, 3 pickle slices, and 1/2 teaspoon cilantro on bottom half of each roll. Divide ham and turkey evenly among bottom halves of rolls; top each serving with 1 cheese slice and top half of roll. Brush garlic oil evenly over outside of rolls.

Heat a large nonstick skillet over medium heat. Add 2 sandwiches to pan. Place a cast-iron or heavy skillet on top of sandwiches, and press gently to flatten. Cook 3 minutes on each side or until cheese melts and bread is toasted (leave cast-iron skillet on sandwiches while they cook). Repeat with remaining sandwiches.

Yield: 4 servings (serving size: 1 sandwich)

CALORIES 432 (30% from fat); FAT 14.5g (satfat 6.3g, monofat 4.1g, polyfat 1.2g);  
PROTEIN 27.1g; CARBOHYDRATE 47.6g; FIBER 2.8g; CHOLESTEROL 49mg; IRON  
3.1mg; SODIUM 1053mg; CALCIUM 292mg;

## **Quick Chicken and Spinach**

Posted by: littlechi92 (Loren)

Source: CL Dec 01

Hu's: 9

Date: June 6, 2004

Comments: this was quick and easy and would be very adaptable.

### **Ingredients:**

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

1/8 teaspoon salt

1/8 teaspoon black pepper

1 tablespoon olive oil

3/4 cup chopped onion

1 garlic clove, minced

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

2 (14 1/2-ounce) cans diced tomatoes with onions and green peppers, drained

4 cups fresh spinach

1 tablespoon chopped fresh basil

1 tablespoon butter

4 cups hot cooked ziti (short, tube-shaped pasta)

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

### **Instructions:**

Cut chicken into 1-inch pieces, and sprinkle with salt and pepper.

Heat oil in a large nonstick skillet over medium-high heat; add chicken, onion, and garlic. Sauté 5 minutes, stirring frequently. Stir in broth and tomatoes. Bring to a boil; reduce heat and cook 5 minutes, stirring occasionally. Add spinach, basil, and butter; cook 2 minutes.

Toss chicken mixture with pasta, and top with cheese.

### **Nutritionals:**

Yield: 4 servings (serving size: 2 cups)

CALORIES 431 (% from fat); (CALORIES FROM FAT 23%; FAT 10.8g, satfat 4.1g, MONOFAT 3.8g; POLYFAT 1.3g;) PROTEIN 37.8g; CARBOHYDRATE 46.3g; FIBER 6.5g; CHOLESTEROL 80mg; IRON 4mg; SODIUM 911mg; CALCIUM 183mg;

Cooking Light, DECEMBER 2001



## **Bourbon-Bacon Scallops**

www.cookinglight.com

Healthy Units: 5

Servings: 4

Posted By: Bawstinn32 (Maria)

June 7, 2004

Comments: Marinade was light tasting and I thought these were delicious. Might also be because I am a fan of scallops wrapped in bacon. I made the mistake of buying center cut bacon, which is much shorter. Made it harder to wrap, but it all worked out!

3 tablespoons minced green onions  
2 tablespoons bourbon  
2 tablespoons maple syrup  
1 tablespoon low-sodium soy sauce  
1 tablespoon Dijon mustard  
1/4 teaspoon pepper  
24 large sea scallops (1 1/2 pounds)  
6 low-sodium bacon slices (4 ounces)  
Cooking spray

Combine first 6 ingredients in a bowl; stir well. Add scallops, stirring gently to coat. Cover and marinate in refrigerator 1 hour, stirring occasionally. Remove scallops from bowl, reserving marinade. Cut each slice of bacon into 4 pieces. Wrap 1 bacon piece around each scallop (bacon might only wrap halfway around scallops if they are very large). Thread scallops onto 4 (12-inch) skewers, leaving some space between scallops so bacon will cook.

Place skewers on a broiler pan coated with cooking spray; broil 8 minutes or until bacon is crisp and scallops are done, basting occasionally with reserved marinade (cooking time will vary greatly with size of scallops).

Yield: 4 servings (serving size: 6 scallops)

CALORIES 245 (26% from fat); FAT 7g (satfat 2g, monofat 2.5g, polyfat 1.1g);  
PROTEIN 32.4g; CARBOHYDRATE 11.3g; FIBER 0.1g; CHOLESTEROL 68mg; IRON  
0.7mg; SODIUM 642mg; CALCIUM 51mg;

### **CL Chocolate Decadence**

Source: CL 2004 Annual Recipes

Healthy Units: 7

Servings: 4

Posted by: Figaro67

Date: June 7, 2004

$\frac{1}{2}$  C plus 3 T. sugar, divided

$\frac{1}{4}$  C 2% milk

8 t. unsweetened cocoa

1  $\frac{1}{2}$  T. butter

$\frac{1}{2}$  ounce unsweetened chocolate, chopped

5 T. flour

$\frac{1}{2}$  teaspoon vanilla extract

$\frac{1}{8}$  teaspoon salt

1 large egg white, lightly beaten

8 teaspoon semisweet chocolate chips

1. Preheat oven to 350.
2. Lightly coat 4 (2 ounce) ramekins with cooking spray, and sprinkle  $\frac{3}{4}$  teaspoon into each, shaking and turning to coat. Set ramekins aside.
3. Combine  $\frac{1}{2}$  C plus 2 tablespoons sugar, milk, and cocoa in a small saucepan, stirring well with a whisk. Bring to a boil over medium heat. Cook 30 seconds or until sugar dissolves, stirring constantly. Remove from heat; add butter and unsweetened chocolate. Stir until chocolate melts and mixture is smooth. Cool chocolate mixture 10 minutes.
4. Add flour, vanilla, salt, and egg to chocolate mixture, stirring with a whisk just until blended. Spoon 2 tablespoons chocolate mixture into each prepared ramekin, and top with 2 teaspoons chocolate chips. Divide remaining chocolate mixture evenly among ramekins, spreading to cover chocolate chips. Bake at 350 for 20 minutes or until barely set. Cool 10 minutes. Inverts onto dessert plates. Serve warm.

Calories: 315, Fat: 11, Fiber: 1.6

## **Honey and Thyme-Brined Turkey Breast**

Source: Cooking Light, June 2004

HU: 5 for 4 oz.

Servings: 12 4 oz. servings

Posted by: Janey

Date: June 7, 2004

7 cups water, divided  
3 tablespoons freshly ground black pepper, divided  
6 thyme sprigs  
1/2 cup kosher salt (such as Diamond Crystal)  
1/2 cup honey  
1/4 cup packed brown sugar  
2 cups ice cubes  
1 (6-pound) whole bone-in turkey breast, skinned  
2 tablespoons olive oil  
1 tablespoon chopped fresh thyme  
Cooking spray  
Fresh thyme sprigs (optional)

Combine 1 cup of water, 2 tablespoons pepper, and thyme sprigs in a small saucepan. Bring to a boil, and remove from heat. Pour into a large bowl; cool to room temperature. Add remaining 6 cups water, salt, honey, and sugar, stirring until salt and sugar dissolve. Pour salt mixture into a 2-gallon zip-top plastic bag. Add ice and turkey; seal. Refrigerate 24 hours, turning the bag occasionally. Remove turkey from bag, and discard brine. Pat turkey dry with paper towels. Rub turkey with oil. Combine 1 tablespoon pepper and chopped thyme; rub over turkey.

Preheat oven to 400°.

Place the turkey on a roasting pan coated with cooking spray. Bake at 400° for 1 hour or until thermometer inserted into thickest portion of the breast registers 180°. Place turkey on a platter. Cover with foil; let stand 15 minutes. Garnish with thyme sprigs, if desired.

Yield: 12 servings (serving size: about 4 ounces)

### **NUTRITION PER SERVING**

CALORIES 207 (26% from fat); FAT 5.9g (sat 1.5g, mono 2.3g, poly 1.2g); PROTEIN 34g; CARB 2.5g; FIBER 0.2g; CHOL 78mg; IRON 1.8mg; SODIUM 359mg; CALC 29mg;

CL notes: Even if you are only serving the turkey to a small group, it is great to have leftovers for sandwiches. Briefly boiling the thyme and black pepper in water extracts the flavor and helps infuse the brine. If the turkey starts to brown too fast, shield with aluminum foil. Serve with mashed red potatoes and roasted baby carrots.

## **TVP Chili**

Source: Vegetarian revamp of family recipe

Healthy Units:2

Servings: 20 @ 1 cup

Posted by: Kimberley

Date: June 8, 2004

### **Ingredients**

5 ounces TSP -- (about 1 1/4 cups dry)

1 1/4 cups hot water

1 cup chopped green bell pepper

5 cloves garlic -- minced

2 large onions -- chopped

2 28 ounce cans diced tomatoes

1 8 ounce can tomato sauce

1 tablespoon Worcestershire sauce

1 teaspoon beef bouillon granules

5 tablespoons chili powder -- or to taste

1 tablespoon Tabasco sauce -- or to taste

2 teaspoons cumin

1 tablespoon paprika

2 teaspoons oregano

1 can kidney beans

2 cans black beans

salt to taste

Combine TVP and hot water in a bowl, let sit to rehydrate TVP.

Sauté green pepper, garlic, and onion until starting to brown.

Add all remaining ingredients except TVP and beans. Reduce heat, cover, and let simmer for 3-4 hours to develop flavors.

Add TVP and beans, heat through.

Per Serving: 154 Calories; 1g Fat (6.2% calories from fat); 12g Protein; 27g

Carbohydrate; 9g Dietary Fiber; trace

Cholesterol; 128mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1

Vegetable; 0 Fat; 0 Other Carbohydrates

## **Italian Stuffed Summer Vegetables**

Source: Cooking Light June 2004

Healthy Units: 1

Servings: 8

Posted by: KZBASKETS (Kristin)

Dater Posted: June 8, 2004

CL Comments: This can be made with all bell peppers or squash. If you use only bell peppers, add equal amounts of bread crumbs and tomatoes until you get enough filling.

My notes: I subbed bread crumbs because I never have Italian bread in the house. I also think I would use smaller red pepper than large - mine were pretty big so I only filled the 2 pepper halves and the 2 zucchini halves and cut those 4 in half to make the 8 servings. It was well worth the bit of prep it took. They do microwave well afterwards. I forgot to cover them and didn't broil them without a problem.

1 large bell pepper  
2 large yellow squash, halved lengthwise (about 1 pound)  
1 large zucchini, halved lengthwise (about 1/2 pound)  
cooking spray  
3 ounces Italian Bread  
2 garlic cloves, minced  
1 1/2 cups chopped peeled plum tomato  
1/2 cup (2 ounces) finely shredded Parmesan cheese, divided  
1/4 cup chopped fresh parsley  
1/2 teaspoon freshly ground black pepper  
1/4 teaspoon salt

1. Preheat oven to 375 degrees.
2. Discard seeds and membranes from the bell pepper. Carefully scoop out squash and zucchini pulp, leaving the shells intact. Finely chop the pulp and set aside. Place bell pepper halves, squash shells, zucchini shells, cut side up, in a 13x9 pan coated with cooking spray. Coat shells with cooking spray.
3. Place bread in a food processor; pulse ten times or until crumbs measure 1 1/2 cups. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Add chopped pulp and garlic; cook 4 minutes or until moisture evaporates, stirring frequently. Add tomato, cook 2 minutes or until tomato begins to soften, stirring frequently. Remove from heat. Stir in the breadcrumbs, 1/4 cup cheese, parsley, salt and pepper. Divide mixture evenly among prepared shells; sprinkle evenly with 1/4 cup cheese. Cover pan with foil, and bake at 375 for 40 minutes or until shells are tender.

Serving size - 1 shell.

Nutritionals: calories 80; fat 2g, protein 4.5g; carb 10.9g; fiber 2.3g; chol 4mg; iron .9mg; sodium 242ng, calc 90mg.

**Sugar Free Strawberry Glazed Pie**

Source: WW Community Boards (I think..)

Healthy Units: 3.5 points

Servings: 8

Posted by: Kzbaskets (Kristin)

Date: June 8, 2004

**Ingredients:**

- 1 4 serving pkg of Sugar Free Strawberry Instant Jell-O
- 1 4 serving pkg of Cook and Serve Sugar Free Vanilla Pudding
- 1 cup water
- 2 pounds (6 cups) of strawberries, halved
- 1 baked pie shell

Bring the first 3 ingredients to a boil in a saucepan over medium heat stirring with a whisk until thickened. Pull off the heat and stir in the strawberries. Place strawberries in a cooled baked pie shell and chill before serving. Serve with Cool Whip if desired.

Basically, add 1/2 a point to whatever your crust's points are. This is a great pie, and makes a nice presentation.

## **Fried-Chicken Salad**

Source: Cooking Light Complete

Healthy Units: 6

Serves: 4

Posted by: Kate (KateWD)

June 9, 2004

Notes: I added extra veggies (tomatoes, onions, green beans) and subbed feta for the bleu cheese.

1/4 cup dry breadcrumbs

1/4 cup all-purpose flour

1 teaspoon garlic powder

1 teaspoon dried thyme

1/2 teaspoon salt

1/2 teaspoon pepper

3/4 pound skinned, boned chicken breasts, cut into thin strips

1/2 cup low-fat buttermilk

Cooking spray

1 tablespoon olive oil

4 cups thickly sliced romaine lettuce (cut across rib)

1 (15-ounce) can whole baby beets, drained and halved

1/2 cup fat-free honey-Dijon mustard salad dressing

1/2 cup (2 ounces) crumbled blue cheese

Combine first 6 ingredients in a shallow dish. Stir well; set aside. Combine chicken and buttermilk in a bowl; stir. Cover; marinate in refrigerator 30 minutes. Drain; dredge a few strips at a time in breadcrumb mixture, tossing to coat.

Coat a nonstick skillet with cooking spray. Add oil; place over medium heat until hot. Add chicken to skillet; cook 3 minutes on each side or until done.

Arrange 1 cup lettuce on each of 4 plates; divide chicken and beets among plates. Top with 2 tablespoons dressing and 2 tablespoons cheese.

Yield: 4 servings

CALORIES 287 (27% from fat); FAT 7.4g (satfat 2.2g, monofat 3.4g, polyfat 0.8g);  
PROTEIN 25.8g; CARBOHYDRATE 28.3g; FIBER 2g; CHOLESTEROL 60mg; IRON  
2.9mg; SODIUM 710mg; CALCIUM 116mg;  
Cooking Light, MARCH 1997

## **Cranberry Streusel Cake**

Source: Old Family recipe revamp

Healthy Units: 4

Servings: 8

Posted by: Kimberley

Date: June 10, 2004

### **Ingredients**

1/3 cup all-purpose flour  
1/3 cup brown sugar  
1/2 teaspoon cinnamon  
1 1/2 tablespoons light margarine  
1 1/4 cups all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
6 1/2 tablespoons sugar  
1 tablespoon canola oil  
1 tablespoon fat-free cream cheese  
3 tablespoons egg beaters®  
1 teaspoon vanilla  
1/4 teaspoon almond extract  
1/2 cup plain nonfat yogurt  
1 2/3 cups fresh cranberries -- (or frozen)  
2 tablespoons icing sugar

### **Instructions**

For crumb mixture, combine 1/3c. flour, brown sugar, and cinnamon. Add margarine and work with fingers until crumbs form. Set aside.

Preheat oven to 350. Butter and flour a 10" springform pan. Sift together 1 1/4c. flour, baking powder, soda, salt, and cinnamon.

In another bowl, cream together sugar, canola oil, and cream cheese. Add egg beaters and extracts and blend well. Add yogurt and blend. Stir in flour mixture being careful not to overmix.

Spread batter in pan (gently patting with floured hands works best as dough is rather sticky and won't spread in the greased pan). Top with about 1/3 of crumb mixture. Sprinkle with cranberries and push down to slightly embed the berries in the batter. Sprinkle with remaining crumb mixture.

Bake for 25-30 minutes or until golden and cranberries are bubbling. Cool on a wire rack and sprinkle with icing sugar before serving.

Per Serving (excluding unknown items): 208 Calories; 3g Fat (13.3% calories from fat); 4g Protein; 41g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 330mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

Notes: any fruit or berry can be used in this cake. I've used sliced peaches, apples, pears, blueberries, strawberries, raspberries, etc.



## Peach Upside Down Cake

Source: CL Annual Recipes 2004

HU: 6

Servings: 8

Posted by: Figaro 67

Date: June 10, 2004

2 tablespoons butter  
1/4 cup firmly packed brown sugar  
6 oz. Pineapple juice  
4 peeled peaches halved and pitted (I quartered the peaches)  
16 pitted sweet cherries (used "bings")  
3 tablespoons butter, softened  
2/3 cup granulated sugar  
2 oz. block style reduced fat (1/3) cream cheese  
1 egg  
1 egg white  
1 teaspoon vanilla extract (I used almond)  
1 cup all-purpose flour  
1/2 cup soy flour ( I used whole wheat)  
2 teaspoons baking powder  
1/4 teaspoon salt

1. Preheat oven to 350.
2. Melt 2 tablespoons butter in a 10-inch cast iron skillet over medium heat. (I used a 10 inch round cake pan, and melted butter in it in oven.) Sprinkle brown sugar into pan. Remove from heat. Place 1 peach half up in center of pan, arrange remaining peach halves around center peach half. Arrange cherry halves, cut side up, around peach halves. Set pan aside.
3. Combine flours, baking powder, and salt, stir with whisk. Place granulated sugar, cream cheese, and 3 tablespoons butter in a large bowl, beat with a mixer at medium speed for 3 minutes. Add egg and egg whites, beat well. Add flour mixture and juice alternately to mixture, mix well. Stir in vanilla. Spoon batter into center of prepared pan, gently spread batter to cover fruit.
4. Bake at 350 for 35 minutes or until cake springs back when lightly touched in center. Cool in pan 10 minutes on wire rack. Run a knife along the edges of cake. Place a plate upside down on top of pan, invert onto plate. Let stand 2 minutes before removing pan. Serve warm.

calories = 299/ fat = 9.2 / fiber = 2.8

## **Albondigas Soup**

Source: Figaro67's Kitchen

HU: 5

Servings | 8

Posted by: Figaro67

Date: June 10, 2004

The recipe I have indicated is made in a crock pot, however, you can speed this up considerably by preparing in a soup pot on the stove. I used ground turkey, but ground sirloin works wonderfully too.

### **Ingredients**

49 oz reduced-sodium chicken broth

14 oz canned chicken broth

14 oz canned diced tomatoes

1 1/2 pound uncooked Yukon gold potatoes

1/2 pound baby carrots

1 average jalapeno pepper(s)

1/4 cup Old London Bread Crumbs, Seasoned

2 1/2 tsp ground cumin

1 cup cooked white rice

16 oz Butterball Fresh Lean Ground Turkey

2 Tbsp cilantro

1 item egg

Add broths, tomato, peeled and cubed potatoes, cut carrots, and jalapeno pepper (cut in half and seeded) and 2 teaspoons cumin, salt and pepper in crock pot. Cook on high for 4 hours.

After soup has been cooking for 4 hours, preheat oven to 350. Next, mix ground turkey, bread crumbs, cooked rice, chopped cilantro, egg, and remaining cumin together and additional salt and pepper if you prefer. Form little meatballs. (I usually get aprox 25-28 meatballs out of this mixture.) Line large baking sheet with foil and coat with cookie spray. Place meatballs on cookie sheet, and bake for approximately 20-25 minutes or until just done. Turn oven to broil, place sheet in broiler for 2 minutes or meatballs have nice golden brown. Remove from broiler and add to crock pot. Simmer on high for an additional hour. Remove jalapeno pepper halves before serving.

## **Blueberry Oatmeal Muffins**

Source: Cooking Light Bulletin Board

Healthy Units: 3

Servings: 12

Posted By: Bawstinn32 (Maria)

June 11, 2004

Comments: I added some lemon zest to the batter for an extra lemony boost! Nice fruity-tasting muffin.

1 1/2 cups blueberries, frozen  
1 1/2 cups all-purpose flour  
1/2 cup Quaker Oats -- quick cooking  
1 tablespoon baking powder  
1/2 teaspoon salt  
1 large egg  
1/3 cup sugar  
3 tablespoons butter -- melted  
1 cup lemon yogurt, low fat

Preheat oven to 400 deg. Grease muffin cups with Pam.

In a small bowl, dust berries with 1 T. of the flour. In a large bowl, combine the remaining flour, rolled oats, baking powder, and salt until well mixed.

In another small bowl, whisk egg, sugar, butter and yogurt together until well mixed.

Stir the liquid ingredients into the dry ingredients just until blended, about 20 strokes. Gently fold in blueberries.

Spoon batter evenly into muffin cups. Bake for 15-20 minutes, or until muffins are lightly browned and toothpick comes out clean.

Cool 1 min., then remove muffins from the muffin tins and cool on wire rack or serve warm.

Per Serving (excluding unknown items): 148 Calories; 4g Fat (24.0% calories from fat); 4g Protein; 25g Carbohydrate; 1g Dietary Fiber; 24mg Cholesterol; 258mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

## Scrambled Eggs With Lox And Cream Cheese

Source Bon Appétit, September 1995 (epicurious.com)

Healthy Units - 5 (with my modifications) **(4)**

Servings - 6

Posted by - Shari (shari\_csf)

6/12/04

My notes: Yum! I'll put my ingredients in and then put the original in (). This dish is quite rich. You could easily get by with 4oz of cream cheese and 4oz of lox which brings the points down to 3.5.

Recipe Notes: Called Goldie Lox at Sarabeth's restaurant in New York, this delicious dish gets its name from the golden color of the eggs, which are combined with the lox. There are pockets of cream cheese throughout this savory mixture, the key to creating them is keeping the cheese cold until it is folded into the eggs. Be sure to have plenty of coffee and an assortment of teas on hand to complete the meal.

8 large egg whites **(I use 3 C Egg Beater)**

~~4 large eggs (they used 12 whole eggs)-~~

1/2 teaspoon salt

1/2 teaspoon pepper

1 tablespoon light butter (they used 3T regular butter)

1 8-ounce package well-chilled light cream cheese, cut into 1/2-inch cubes (they used regular cream cheese)

6 ounces thinly sliced Nova Scotia smoked salmon or lox, cut into 1/2-inch-wide strips

Chopped fresh chives (optional)

Whisk eggs, salt and pepper in large bowl to blend. Melt butter in large nonstick skillet over medium-high heat. Add eggs. Using wooden spoon, stir until eggs are almost set, about 5 minutes. Gently fold in cheese and salmon and stir just until eggs are set, about 1 minute.

Transfer eggs to platter. Sprinkle with chives, if desired, and serve.

Serves 6.

## Chocolate Peanut Butter Crunch Muffins

Source: Combination of recipes from CLBB

Healthy Units: 3.5

Serves: 12

Posted by Kate (KateWD)

June 14, 2004

Comments: Chocolate and peanut butter make for a wonderful start to the day. I used natural peanut butter which I keep in the fridge, which made for a nice crumbly topping. Warm pb will not yield the same result.

Topping:

3 Tbsp peanut butter (I used TJ's natural crunchy pb)

4 Tbsp granulated sugar

2 Tbsp all-purpose flour

1/8 tsp salt

In a bowl, combine peanut butter, sugar, flour, and salt; mix with a fork. Set aside.

1 1/2 cups all purpose flour (I used  $\frac{3}{4}$  all purpose and  $\frac{3}{4}$  cup whole wheat pastry flour)

1/2 cup sugar

1/4 cup baking cocoa

2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon salt

2/3 cup fat-free vanilla yogurt

2/3 cup fat-free milk

1/2 teaspoon vanilla extract

1/3 cup mini chocolate chips

In a bowl, combine the first six ingredients. Stir in yogurt, milk and vanilla just until moistened, fold in chips. Coat muffin cups with nonstick cooking spray; fill two-thirds full, sprinkle with topping. Bake at 400 degrees for 15-20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack.

Yield: 1 dozen

## Warm Corn and Tomato Salad

Source: Rachel Ray 30 Minute Meals

Healthy Units: 2.5

Serves: 8

Posted by: Kate (KateWD)

June 14, 2004

Comments: Either fresh corn or frozen can be used in this dish.

- 1 tablespoon extra-virgin olive oil
- 1 small red bell pepper, chopped
- 1 small green or orange bell pepper, chopped
- 4 scallions, chopped, whites and greens
- 3 cloves chopped garlic cloves
- 4 cups frozen corn kernels (I used fresh)
- 3 plum tomatoes, seeded and chopped
- 1 ripe lime, juiced
- 1/2 teaspoon ground cumin
- 1 tablespoon cayenne pepper sauce, (recommended Tabasco I used TJ's jalapeno sauce)
- 1 teaspoon sweet paprika
- Coarse salt and pepper
- 2 tablespoons chopped cilantro or parsley leaves, to garnish

Heat a large nonstick skillet over medium high heat. Add oil, peppers, scallions and garlic. Cook 5 minutes, stirring frequently. Add corn to the pan and allow the liquids from frozen corn to cook out, about 3 minutes. Add tomatoes to the pan and the juice of 1 lime. Throw the lime halves right into the pan with the veggies, it will really punch up the flavor. Season with cumin, cayenne sauce, paprika, salt and pepper. Top with cilantro or parsley and transfer the warm salad to a serving dish

## Seven Layer Salad

Source: Holly Clegg's Trim and Terrific Cookbook

Healthy Units: 2.5

Serves: 8

Posted by: Kate (KateWD)

June 14, 2004

Comments: This salad bears little resemblance to the traditional lettuce, mayo and peas layered salad. It was a little on the dry side, but I think that was due to not using a large enough bowl, the ingredients were packed too tightly, so I served Ken's FF Italian on the side, and it was terrific. Leftovers kept well for several days in the fridge.

½ cup FF sour cream

½ cup buttermilk

½ cup crumbled feta cheese

1 tsp sugar

¼ tsp dried dill weed

½ tsp dry basil

1/8 tsp ground white pepper

1 p oz package spinach tortellini

6 cups fresh torn spinach leaves or romaine

½ lb fresh sliced mushrooms

2 plum tomatoes, chopped

4 scallions, chopped

2 ½ oz Canadian bacon, pan cooked and cut into pieces

Dressing: Blend the sour cream, buttermilk, feta, sugar, dill, basil and pepper in a food processor until smooth.

Cook tortellini according to package directions. Drain and rinse in cold water.

In 3 quart oblong dish, layer the spinach or romaine, tortellini, mushrooms, tomatoes and scallions. Pour dressing over salad, spreading to cover (do not toss). Sprinkle with bacon. Cover and chill at least 2 hours to blend flavors.

Per serving: Cal, 112; Fat 4g; Fiber 1 g

## **Lime-Glazed Cookies**

Source: Everyday Food July/August 2004

Healthy Units: 2

Servings: Makes 32 cookies

Posted by: Nikkie1t (Tracy)

June 14, 2004

Notes: To keep these cookies flaky and light, do not overmix the butter and sugars; they should be combined but not be too soft when you add the remaining ingredients.

My notes: These are a tart, buttery shortbread cookie.

3/4 cup (1-1/2 sticks) unsalted butter  
1/4 cup granulated sugar  
1/4 cup powdered sugar  
2 tablespoons grated lime zest (2 med. limes)  
2 tablespoons fresh lime juice  
1/4 teaspoon salt  
1-1/2 cups all-purpose flour  
Lime Glaze (recipe to follow)

1. With electric mixer, cream butter and sugars until light, scraping down sides of bowl as needed. Add lime zest, lime juice, and salt; beat until combined. Add flour, beat until dough is just combined.

2. Place dough on a 16 x 12 inch piece of parchment paper or wax paper. Using your hands, shape into an 8-inch log; flatten into a rectangle (1-1/2 inches high and 2-1/2 inches wide). Fold paper over log; flatten sides against work surface. Refrigerate dough until firm, at least 1 hour and up to 1 day.

3. Preheat oven to 350 degrees. Line two baking sheets with parchment. Slice dough crosswise 1/4 inch thick; place on sheets. Bake, rotating sheets halfway through, until cookies are puffed and barely golden, about 15 minutes. Transfer to a wire rack to cool; glaze.

### **Lime Glaze**

In a small bowl, whisk together 3/4 cup powdered sugar, 5 teaspoons fresh lime juice and 1 teaspoon lime zest until spreadable. Using back of a small spoon, spread about 1/2 teaspoon glaze on each cooled cookie.

Per cookie: 81 calories; 4.3 grams fat; 0.7 gram protein; 10.1 grams carbohydrates; 0.2 grams fiber.



## Southwestern Chicken Roll-Ups

Source: Cooking Light June '04

HU: 5.5 per serving

Servings: 6

Posted by: Emily (EJWyatt)

June 14, 2004

6 (6-ounce) skinless, boneless chicken breast halves  
6 tablespoons (about 3 ounces) 1/3-less-fat cream cheese  
6 tablespoons picante sauce  
6 cilantro sprigs  
6 tablespoons Italian-seasoned breadcrumbs  
Cooking spray

Preheat oven to 350°.

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Top each breast half with 1 tablespoon cheese, 1 tablespoon picante sauce, and 1 cilantro sprig. Roll up jelly-roll fashion, beginning at narrow end.

Dredge chicken rolls in breadcrumbs. Place rolls, seam sides down, on a baking sheet coated with cooking spray; lightly coat rolls with cooking spray. Bake at 350° for 20 minutes or until chicken is done.

Yield: 6 servings (serving size: 1 chicken roll)

CALORIES 257 (20% from fat); FAT 5.8g (satfat 2.7g, monofat 1.5g, polyfat 0.6g);  
PROTEIN 41.7g; CARBOHYDRATE 6.9g; FIBER 0.3g; CHOLESTEROL 109mg; IRON  
1.6mg; SODIUM 385mg; CALCIUM 40mg;  
Cooking Light, JUNE 2004

## **White Bean and Roasted Chicken Salad**

Cooking Light, June 2004

Healthy Units: 7

Yield: 5 servings (serving size: about 1 1/4 cups)

Posted By: Bawstinn32 (Maria)

June 15, 2004

Cannellini beans, or white kidney beans, are smaller than Great Northern beans and add just the right texture. Great for picnics or lazy-day suppers, this salad stirs together in a flash.

Comments: Great cold salad when it is too hot to cook! Would go great with a piece of crusty bread.

### Salad:

2 cups coarsely chopped skinless, boneless rotisserie chicken

1 cup chopped tomato

1/2 cup thinly sliced red onion

1/3 cup sliced fresh basil

2 (16-ounce) cans cannellini beans or other white beans, rinsed and drained

### Dressing:

1/4 cup red wine vinegar

2 tablespoons extra virgin olive oil

1 tablespoon fresh lemon juice

2 teaspoons Dijon mustard

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 garlic cloves, minced

To prepare salad, place first 5 ingredients in a large bowl; stir gently to combine.

To prepare dressing, combine vinegar and remaining ingredients, stirring with a whisk. Drizzle over salad, tossing gently to coat.

CALORIES 369 (25% from fat); FAT 10.1g (satfat 2g, monofat 5.7g, polyfat 1.7g);  
PROTEIN 29.2g; CARBOHYDRATE 41.5g; FIBER 9.6g; CHOLESTEROL 45mg; IRON  
4mg; SODIUM 342mg; CALCIUM 117mg;

## **French Toast**

Source: Food Network (Alton Brown)

Healthy Units: 7

Servings: 4

Posted by: MissVN

Date: June 15, 2004

Comments: If you use full fat half & half as originally listed in the recipe, it raises the points to 9 per serving. Pretty quick and easy to make. I used leftover Vienna/Italian bread slices.

### **Ingredients**

8 (1/2-inch) slices day-old or stale country loaf, brioche or challah bread  
1 cup 1% low-fat milk  
3 large egg  
2 Tbsp honey, warmed in microwave for 20 seconds  
1/4 teaspoon salt  
2 Tbsp butter

### **Instructions**

1. In medium size mixing bowl, whisk together the half-and-half, eggs, honey, and salt. You may do this the night before. When ready to cook, pour custard mixture into a pie pan and set aside.
2. Preheat oven to 375 degrees F. Dip bread into mixture, allow to soak for 30 seconds on each side, and then remove to a cooling rack that is sitting in a sheet pan, and allow to sit for 1 to 2 minutes.
3. Over medium-low heat, melt 1 tablespoon of butter in a 10-inch nonstick sauté pan. Place 2 slices of bread at a time into the pan and cook until golden brown, approximately 2 to 3 minutes per side. Remove from pan and place on rack in oven for 5 minutes. Repeat with all 8 slices, adding additional butter as needed. Serve immediately with maple syrup, whipped cream or fruit.

## **Balsamic Roasted Sausage & Onion Pitas**

Source: Cooking Light BB  
Healthy Units: 5 (see notes)  
Serves: 5  
Posted by: Kate (KateWD)  
June 15, 2004

Notes: These was a nice twist to the usual sausage, peppers and onions, very easy to prepare and smelled fabulous while in the oven. I calculated the HUs using the nutrition label from my store brand Italian chicken sausage and low carb pitas. Different brands of sausage and pitas could change the HU's. I found the sausage was too soft to cut into 1 inch chunks, so I cut larger chunks and broke them up with a wooden spoon as the cooked.

1 TO 1-1/4 lbs. sweet Italian turkey sausage (I used 1 1/4 lb package of "hot")  
3 onions, cut in one inch chunks (I used Vidalias, but any kind are OK)  
1/3 cup plus one Tbsp. balsamic vinegar  
5 pita loaves

Preheat oven to 425.

In a 9 x 13 pan combine sausage, cut into one inch chunks, with onion and balsamic vinegar. (I added a hearty amount of black pepper.) Roast in oven until sausages are completely browned, onions nicely caramelized and liquid is almost completely evaporated, about forty-five minutes. Stir occasionally, and add water in 1/4 cups if pan seems to be drying out.

Remove from oven, add an additional Tbsp. of balsamic vinegar and one Tbsp. water. Let stand for three minutes, then stir, scraping up brown bits and sauce. Pour into serving dish, or directly in pitas, whole wheat or white. Serves five.

## **Spiced Apple Loaf**

Cooking Light, June 1995

HU: 3.8

Servings: 12

Posted by DebMj1

June 15, 2004

1 teaspoon margarine  
1 cup finely chopped Granny Smith apple  
2 Tablespoons brown sugar  
2 cups all-purpose flour  
1 1/2 teaspoons baking powder  
1 teaspoon ground cinnamon  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
3/4 cup nonfat buttermilk  
1/2 cup sugar  
1/2 cup unsweetened applesauce  
1/4 cup vegetable oil  
1 teaspoon vanilla extract  
2 egg whites  
1 egg  
vegetable cooking spray  
2 teaspoons all-purpose flour (I omitted this)

Preheat oven to 450 F. Melt margarine in a small nonstick skillet over medium-high heat. Add apple and brown sugar; sauté until apple is deep golden and caramelized. Remove from heat and set aside.

Combine 2 cups flour and the next 4 ingredients (flour through salt) in a large bowl; stir well, and make a well in the center of mixture. Combine the buttermilk and the next 6 ingredients (buttermilk through egg) and stir well with a wire whisk. Stir in apple mixture. Add to flour mixture, stirring just until dry ingredients are moistened.

Coat an 8x4 inch loaf pan with cooking spray; lightly dust with 2 tsps. flour. Pour batter into prepared pan. Place pan in 450 F. oven. Immediately reduce oven temperature to 350 F., and bake 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean. Let cool in pan 10 minutes on a wire rack; remove from pan and let cool completely on wire rack.

Each serving has 179 calories, 5.6 gms. fat and 1 gm. fiber.

## **Oriental Flank Steak**

Cooking Light January, 1996

HU: 4.4

Servings: 5 (3 ounces each)

Posted by DebMj1

June 16, 2004

Note: Next time, I'll marinate the steaks for a few hours, drain off the marinade and bring it to a boil in the microwave before continuing to brush it on the steaks. I did this on the grill.

1/4 cup soy sauce

1 teaspoon sugar

2 garlic cloves, minced

1 (1 1/4-pounds) flank steak

1 teaspoon sesame seeds, toasted

Combine soy sauce, sugar, and garlic cloves. Place flank steak on a broiler pan; broil 8 minutes on each side or until desired degree of doneness, basting occasionally with soy sauce mixture. Sprinkle with sesame seeds, and cut diagonally across the grain into thin slices.

Yield: 5 servings (serving size: 3 ounces)

### **NUTRITION PER SERVING**

CALORIES 180 (53% from fat); FAT 10.5g (sat 4.4g, mono 4.4g, poly 0.5g); PROTEIN 18.1g; CARB 2.4g; FIBER 0.0g; CHOL 48mg; IRON 2.1mg; SODIUM 720mg; CALC 14mg;

## **Pork Souvlaki**

Source: The Carefree Cook – Rick Rodgers

Healthy Units: 4 (if using 1 tbs. olive oil)

Serves: 8 (4 ounces per serving)

Posted by: KateWD

June 16, 2004

Comments:

I cut the oil down to 1 Tablespoon, grilled some veggies separately and served them with Greek salad. (Kate)

I added the zest of one lemon. I did not puree the onion and lemon juice, rather grilled the onion chunks with the pork. Nutritional info is based on 8 servings. Original recipe called for 4-6 servings. If you serve 4 then the healthy units are 7.5 I also used a grill pan/sheet rather than skewers. Cooked along with red potatoes, green bell pepper, and more onion. Start the vegetables first. (DonnaMO)

2 pounds center-cut boneless pork loin

½ cup chopped onion

1/3 cup fresh lemon juice

¼ cup extra-virgin oil

2 garlic cloves, chopped

1 tablespoon dried oregano

½ teaspoon salt

¼ teaspoon freshly ground black pepper

Metal skewers (or wooden skewers that have been soaked in water for 30 minutes, then drained)

Trim the fat from the pork and cut it into 1½-inch cubes.

Puree the onion with the lemon juice, oil, garlic, oregano, salt, and pepper in a food processor or blender. Pour into a zip-tight plastic bag and add the pork cubes.

Refrigerate to marinate while you prepare the fire, or for up to 24 hours.

Build a charcoal fire in an outdoor grill and let burn until the coals are covered with white ash. (Or preheat a gas grill on High.)

Thread the meat onto the skewers, leaving a little space between the cubes. Lightly oil the grill. Grill the skewers, turning occasionally, until the meat is well browned and looks barely pink in the center when prodded with a sharp knife, 10 to 12 minutes.

Remove the pork from the skewers and serve hot.

Per Serving (excluding unknown items): 155 Calories; 7g Fat (39.6% calories from fat); 21g Protein; 2g Carbohydrate; trace Dietary Fiber; 51mg Cholesterol; 176mg Sodium.

Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

## **Cajun-Spiced Chicken Fettuccine**

Cooking Light June '04

9 HU

8 servings

Posted by Petiteyaya (Cindy)

06/17/04

CL comments: Instead of plating individual servings of this pasta dish, bake it as a casserole that guests can spoon out for themselves at the table. While the dish bakes, toss together a simple salad to complete the meal. Leftover chicken would also work well in this recipe.

My comments: Used light butter and whole-wheat pasta, but had negligible effect on HUs. Nutritionals are CL's not mine. We didn't do the baking step. We will definitely use more Cajun seasoning next time, adding some to sauce as well.

2 pounds skinless, boneless chicken breasts  
1 teaspoon Cajun seasoning  
Cooking spray  
2 tablespoons butter  
1 cup chopped green bell pepper  
1 cup chopped onion  
1/2 teaspoon salt  
1 (8-ounce) package presliced cremini mushrooms  
1 garlic clove, minced  
2 tablespoons all-purpose flour  
1 tablespoon Worcestershire sauce  
1 tablespoon Creole mustard  
3 cups 2% low-fat milk  
1 cup thinly sliced green onions, divided  
1/2 cup (2 ounces) grated fresh Parmesan cheese, divided  
1/4 cup coarsely chopped fresh parsley, divided  
8 cups hot cooked fettuccine (about 1 pound uncooked pasta)

Preheat oven to 350°.

Heat a large nonstick skillet over medium-high heat. Sprinkle chicken with Cajun seasoning. Coat pan with cooking spray. Add chicken to pan, and cook 7 minutes on each side or until done. Cut chicken into 1/4-inch-thick slices; set aside

Melt butter in a large Dutch oven over medium-high heat. Add bell pepper and next 4 ingredients (bell pepper through garlic); sauté 7 minutes or until tender. Sprinkle with flour, and cook 1 minute, stirring constantly. Stir in the Worcestershire and mustard; gradually add milk, stirring with a whisk. Bring to a boil; reduce heat, and simmer 3 minutes or until slightly thick. Remove from heat; stir in 3/4 cup green onions, 6 tablespoons cheese, and 3 tablespoons parsley. Add chicken and pasta to sauce mixture; toss well to combine.

Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray. Sprinkle with remaining 1/4 cup green onions, 2 tablespoons cheese, and 1 tablespoon parsley. Cover and bake at 350° for 20 minutes; uncover and bake an additional 5 minutes.

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

### **NUTRITION PER SERVING**

CALORIES 469 (17% from fat); FAT 8.8g (sat 4.7g, mono 2.2g, poly 0.6g); PROTEIN 41.6g; CARB 54.2g; FIBER 4g; CHOL 85mg; IRON 3.5mg; SODIUM 632mg; CALC 233mg.



## **Curried Roasted Shrimp with Chutney and Yogurt**

Source: Food & Wine, January 2003

Servings: 4

Healthy Units: 6

Posted by: LMaybloom

Date: June 19, 2004

### **Ingredients:**

1/4 c. mango or peach chutney, finely chopped  
2 T. finely chopped cilantro  
2 T. finely chopped basil  
1/4 c. plain fat-free yogurt (I think the original recipe called for reg or low-fat...don't remember)  
1 1/2 large shrimp, peeled and deveined  
1 T. extra virgin olive oil  
1 T. Madras curry powder  
1 t. Kosher salt  
1/2 t. freshly ground pepper  
Lime wedges for serving

Preheat oven to 500. In a medium bowl, mix the chutney w/ the cilantro and basil. In a small bowl, mix half of the herbed chutney into the yogurt. Heat a large rimmed baking sheet in the oven for 5 minutes. In a large bowl, toss the shrimp with the olive oil, curry powder, salt and pepper. Spread the shrimp on the heated baking sheet and roast in the upper-third of the oven for about 5 minutes, or until pink and curled. Toss the shrimp with the remaining herbed chutney. Transfer to plates and serve with the chutney yogurt sauce and lime wedges.

Nutritionals (Sorry, didn't keep very good track when I wrote this down over a year ago!)  
241 calories, 6.6 fat, .5 fiber

Note; The chutney, cilantro, basil, curry and s&p mix well with goat cheese for a GREAT cracker spread!

### **Garlicky Lemon Scallops**

Source: Weight Watchers Magazine, May/June 2004

Servings: 4

Healthy Units: 4

Posted by: LMaybloom

Date: June 19, 2004

#### **Ingredients:**

1 T. olive oil

1 1/4 pounds sea scallops, dried with paper towels (don't skimp...get the really good big fresh scallops)

2 T. all-purpose flour

1/4 t. salt

4-6 garlic cloves, minced

1 scallion or large shallot

Juice of one lemon

2 T. chopped parsley

Heat oil in a large, non-stick skillet. In medium bowl, toss scallops with flour and salt. Transfer to skillet. Add garlic and scallion. Sauté 3-4 minutes or until scallops are just opaque. Stir in lemon juice and parsley.

#### **Nutritionals:**

180 cal, 5 fat, 0 fiber

## **Grouper with Puttanesca Sauce**

Source: Cooking Light July, '04

HU: 5 per serving

Servings: 4

Posted by: Emily (EJWyatt)

June 20, 2004

4 (6-oz) grouper or flounder filets  
1/8 tsp salt  
1/4 tsp pepper  
Cooking spray  
1 1/2 tsp olive oil  
1 C thinly sliced onion  
1 Tbsp bottled minced garlic (I used fresh)  
1/4 tsp dried oregano (I used about 1 Tbsp fresh)  
1 (28-oz) can whole tomatoes, drained  
1/3 C chopped pitted kalamata olives  
2 Tbsp capers  
1/4 C chopped fresh flat-leaf parsley (optional)

1. Heat a nonstick grill pan over medium-high heat. Sprinkle fish with salt and pepper. Coat pan with cooking spray. Add fish to pan, cook 5 minutes on each side or until fish flakes easily when tested with a fork.

2. While fish cooks, heat oil in a large nonstick skillet over medium heat. Add onion; cook 4 minutes or until tender, stirring frequently. Add garlic, oregano, and tomatoes; bring to a boil. Reduce heat, and simmer 6 minutes, stirring frequently. Stir in olives and capers; cook 1 minute. Spoon tomato mixture over fish. Sprinkle with chopped parsley, if desired. Yield 4 servings (serving size: 1 fillet, 3/4 C tomato mixture, and 1 Tbsp chopped parsley).

CALORIES 238 (18% from fat); FAT 4.8g (sat 0.8g, mono 2.5g, poly 0.8g); PROTEIN 35.5g; CARB12g; FIBER 1.5g; CHOL 63mg; IRON 2.4mg; SODIUM 736mg; CALC 142mg.

**Thin & Creamy Coleslaw**

Source: Healthy Cooking for Two or Just for You

HU: 1.5 per serving

Servings: 2

Posted by: Emily (EJWyatt)

June 20, 2004

¼ C Light Sour Cream (I used fat-free)

2 tsp sugar

2 tsp cider vinegar

½ tsp Dijon mustard

Pepper, to taste

3 C thinly sliced or shredded cabbage

1 green onion, thinly sliced

In a medium salad bowl, whisk together the sour cream, sugar, vinegar, mustard and pepper. Add cabbage and green onions; toss well.

Chill for at least 30 minutes to blend the flavors. Just before serving, toss the slaw again.

CALORIES 83; FAT 2.1g (sat 1.2g); PROTEIN 2.1g; CARB 18g; FIBER 2.8g; CHOL 6mg; SODIUM 34mg.

## Pasta Salad Nicoise

Source: CLBB

Healthy Units: 5

Serves: 8

Posted by: Kate (KateWD)

June 21, 2004

Notes: I added sliced marinated hearts of palm to the tuna mixture and served it over mixed greens and sliced grape tomatoes as a lunch entrée.

2 clove garlic -- crushed  
1/2 tsp salt  
14 ozs white tuna in water -- drained and flaked  
1/2 c roasted red peppers -- diced  
1/4 c chopped fresh basil  
1/4 c chopped chives or scallions  
1/4 c black olives -- chopped  
2 tbsps capers -- drained  
1 tbsp extra virgin olive oil  
2 tbsps balsamic vinegar  
2 tbsps fresh lemon juice  
1/2 tsp pepper  
1/2 tsp harissa (I used Siriacha)  
3/4 lb pasta shells

With a chef's knife, mash garlic and salt into a paste. Transfer to a large bowl and add tuna, peppers, basil, chives, olives, capers, oil, vinegar, lemon juice, pepper, and harissa. Toss gently to combine. Let stand 15 minutes to allow the flavors to blend.

In a large pot of boiling salted water, cook shells for about 10 minutes. Drain and rinse until cool. Press to remove excess water. (If not serving immediately, toss the shells with 1 tsp of oil. refrigerate the shells and the tuna mixture separately for up to 1 day.)

Add the shells to the tuna mixture and toss gently to combine.

Source:

"Eating Well, May/June 1996, page 93"

Yield: "8 c"

**Title: Spiced Fillet of Trout**

HU's: 6.7

Serves: 4

Source: CL website

Posted by: littlechi92

Date: June 21, 2004

Comments: The topping was really good and spicy. I omitted the oil all together and just sprayed PAM on the fish before and after the breading. Also left out the pumpkin pie spice as I didn't have any. Very simple and easy.

**Ingredients:**

4 (6-ounce) trout fillets

1 tablespoon olive oil, divided

1/8 teaspoon salt

1/8 teaspoon black pepper

1 cup fresh breadcrumbs

1 teaspoon curry powder

1 teaspoon chili powder

1 teaspoon pumpkin-pie spice

1/4 teaspoon dried thyme

1/4 teaspoon ground red pepper

1/4 teaspoon ground nutmeg

Watercress sprigs (optional)

**Instructions:**

Preheat oven to 450°.

Place fillets on a baking sheet. Lightly brush fillets with 1 teaspoon oil, and sprinkle with salt and black pepper. Combine breadcrumbs and the next 6 ingredients (breadcrumbs through nutmeg) in a small bowl. Pat the breadcrumb mixture onto fillets, and drizzle 2 teaspoons oil evenly over fillets. Bake at 450° for 8 minutes or until fish flakes easily when tested with a fork. Garnish with watercress sprigs, if desired.

Yield: 4 servings

CALORIES 269 (33% from fat); FAT 10g (satfat 1.7g, monofat 4.5g, polyfat 2.5g);  
PROTEIN 36.1g; CARBOHYDRATE 6.9g; FIBER 0.7g; CHOLESTEROL 97mg; IRON  
4mg; SODIUM 183mg; CALCIUM 132mg;

## **Grilled Salmon with Sherry Vinegar-Honey Glaze**

Yield: 4 Servings

Source: Food Network.com

Healthy Units: 8

Posted by: Kwe730 (Kim)

June 21, 2004

### **Ingredients:**

1 cup sherry vinegar

2 tablespoons Dijon mustard

1/4 cup honey

1 tablespoon ancho chile powder

Salt and freshly ground pepper

4 salmon fillets, 6 ounces each

In a small saucepan over high heat, reduce the vinegar to 1/4 cup. In a mixing bowl, combine the vinegar syrup with the mustard, honey, and ancho chile powder and season to taste with salt and pepper. Let rest 30 minutes. Preheat grill. Brush the salmon with the glaze and grill 3 minutes on each side for medium.

## **Chicken and Blue Cheese Slaw**

Source; Cooking Light June 2004

HU:6

Servings: 4 servings each 2 cups size

Posted By; Zephyr1

Date Posted: 6/24/04

CL Comments:

Chopped apple or green grapes would also work well in this fast summer dinner. Ready-to-use slaw and preshredded carrots make short work of this refreshing salad.

My Comments: This is a great quick salad I used a great maytag blue and crumbled it myself, definitely a repeater. I would also recommend letting it sit a minimum of 2 hours not dress and serve it needs to blend. I also subbed roasted garlic almonds in place of walnuts as I am allergic. They added great flavor.

Ingredients:

Salad:

2 cups chopped skinless, boneless rotisserie chicken breast meat

2 cups seedless red grapes, halved

1 cup shredded carrot

1/2 cup thinly sliced red onion

1 (10-ounce) package angel hair slaw

Dressing:

1/4 cup rice vinegar

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

1/4 cup thawed orange juice concentrate

2 teaspoons vegetable oil

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

Remaining ingredients:

3 tablespoons crumbled blue cheese

2 tablespoons coarsely chopped walnuts

Instructions:

To prepare salad, place the first 5 ingredients in a large bowl, and toss gently to combine. To prepare dressing, combine vinegar, broth, juice concentrate, oil, salt, and pepper, stirring with a whisk. Drizzle over salad, tossing to coat. Sprinkle with cheese and walnuts, and toss gently to combine.

NUTRITION PER SERVING

CALORIES 312 (28% from fat); FAT 9.6g (sat 2.6g, mono 2.4g, poly 3.6g); PROTEIN 26.7g; CARB 32g; FIBER 4g; CHOL 64mg; IRON 1.8mg; SODIUM 340mg; CALC 106mg;



## Spiced Blueberry Muffins

Source: Cooking Light, July, 2004

Servings: 14

Posted by: PeggyMcV

Date posted: June 25, 2004

HU: 4

These muffins are beautiful; eat them while they're warm, and they'll melt in your mouth. This recipe is adapted from the one that won Brittany Ayers her first blue ribbon when she was just eight years old. Fresh berries are best for these muffins, but you can also use frozen.

Notes (KateWD): I used frozen wild Maine blueberries and made 12 muffins rather than 14 so I could use one muffin pan. Subbing light butter and reducing the sugar to 1/2 cup changes the HU's to 3 for 12 muffins. Also used part whole wheat pastry flour, that did not change HU's.

2 cups all-purpose flour  
3/4 cup sugar  
1 tblsp. baking powder  
1/2 tsp. salt  
1/2 tsp. ground cinnamon  
1/8 tsp. ground nutmeg  
1/8 tsp. ground cloves  
1 1/2 cups fresh or frozen wild blueberries  
1 tblsp. all-purpose flour  
1/3 cup butter, softened  
1 8 oz. block FF cream cheese, softened  
1/2 cup 2% RF milk  
2 large eggs  
1 tsp. vanilla extract  
Cooking spray  
1 1/2 tblsp. sugar

1. Preheat oven to 425.
  2. Lightly spoon 2 cups of flour into dry measuring cups, and level with a knife. Combine 2 cups flour and next 6 ingredients (through cloves) in a large bowl, stirring with a whisk. Make a well in center of mixture.
  3. Place blueberries in a small bowl. Sprinkle 1 tblsp. flour over blueberries; toss to coat.
  4. Place butter and cream cheese in a medium bowl, beat with a mixer at high speed 1 minute or until blended. Add milk, eggs, and vanilla to butter mixture; beat to combine. Add butter mixture to flour mixture; stir just until moist. Gently fold in blueberry mixture. Spoon batter into 14 muffin cups coated with cooking spray. Sprinkle 1 1/2 tblsp. sugar evenly over batter. Bake at 425 for 15 minutes or until muffins spring back when touched lightly in center. Cool in pans 5 minutes on a wire rack. Remove muffins from pans; place on a wire rack.
- Yield: 14 servings (serving size: 1 muffin)

Calories 192 (26% from fat); Fat 5.5 g; Protein 5.5 g; Carb 29.9 g; Chol 46 mg; Iron 1.1 mg; Sodium 327 mg; Calc 124 mg

### **Classic Steak House Rubbed Filet Mignon**

Source: Cooking Light, July 2004

Servings: 4

Healthy Units: 4

Posted By: Bawstinn32 (Maria)

June 28, 2004

Comments: Simple to put together; tasty. Not too pepper-y. I used extra garlic.

#### **Ingredients:**

2 tsp black peppercorns

1/4 tsp dried rosemary

1 tsp dry mustard

3/4 kosher salt

1/2 tsp garlic powder

4 beef tenderloin steaks, 4 oz each

Cooking spray

Prepare grill. Place peppercorns and rosemary in a spice or coffee grinder and pulse until peppercorns are ground. Combine all spice ingredients and rub evenly over both sides of the steaks.

Place steaks on a grill rack coated with cooking spray and grill approximately 3 minutes on each side or until done.

## Key Lime Cheesecake

From Cooking Light

Posted By Condiment (Elizabeth)

Servings: 8

HUs:5

Date: 29 June 2004

Notes: Silken tofu and fat-free cream cheese create a lush, low-fat cheesecake. Egg yolks thicken the lime curd to yield a velvety texture. You won't use all of the sweet-tart lime curd for the cheesecake; serve leftovers over angel food cake or fresh fruit. Lightly blotting the lime rind on a paper towel makes it easier to sprinkle over the cheesecake batter.

### Crust:

8 sheets honey-flavored graham crackers  
2 tablespoons apple juice  
1 tablespoon butter, melted  
Cooking spray

### Filling:

3/4 cup Key Lime Curd  
1/3 cup sugar  
1 tablespoon cornstarch  
2 large eggs  
1 large egg white  
1 (12.3-ounce) package soft silken tofu, drained  
1 (8-ounce) block fat-free cream cheese  
1 tablespoon grated lime rind

Preheat oven to 350°.

To prepare crust, place crackers in a food processor; process until crumbly. Add apple juice and butter; pulse 4 to 5 times or until moist. Press mixture into bottom and 1/2 inch up sides of a 9-inch springform pan coated with cooking spray. Bake at 350° for 8 minutes. Cool.

To prepare filling, combine Key Lime Curd, sugar, and next 5 ingredients (sugar through cream cheese) in food processor; process until smooth. Pour into prepared pan. Sprinkle evenly with rind.

Bake at 350° for 15 minutes. Reduce oven temperature to 325° (do not remove cheesecake from oven); bake an additional 20 minutes or until almost set. Turn off oven, and partially open oven door. Cool cheesecake in oven 20 minutes. Remove from oven; run a knife around outside edge. Cool to room temperature. Cover and chill 8 hours or overnight.

Note: Nutritional analysis includes Key Lime Curd.

Yield: 8 servings (serving size: 1 wedge)

### NUTRITION PER SERVING

CALORIES 239 (30% from fat); FAT 7.9g (sat 2.8g, mono 2.6g, poly 1.7g); PROTEIN 10g; CARB 30.9g; FIBER 0.5g; CHOL 131mg; IRON 1.3mg; SODIUM 277mg; CALC 112mg;

Cooking Light, APRIL 2004

### **Key Lime Curd**

From Cooking Light

Posted by: Condiment (Elizabeth)

HU: N/A

Servings: enough for 2 Key Lime Cheesecakes

Date: 29 June 2004

This recipe goes with Key Lime Cheesecake

1/2 cup sugar

1/2 cup bottled key lime juice (such as Nellie and Joe's)

5 large egg yolks

1 1/2 tablespoons butter, cut into small pieces

Combine first 3 ingredients in a medium, heavy saucepan. Cook over medium heat 7 minutes or until thick, stirring constantly with a whisk. Remove from heat. Add butter; stir with a whisk until butter melts. Place pan in a large ice-filled bowl for 20 minutes or until lime curd comes to room temperature, stirring occasionally. Cover and chill.

Yield: About 1 1/2 cups (serving size: 1 1/2 tablespoons)

#### **NUTRITION PER SERVING**

CALORIES 54 (45% from fat); FAT 2.7g (sat 1.2g, mono 0.9g, poly 0.3g); PROTEIN 0.9g; CARB 7g; FIBER 0.0g; CHOL 69mg; IRON 0.2mg; SODIUM 13mg; CALC 8mg;

## **BLT Bread Salad**

Source: Cooking Light July 2004

Healthy Units: 3

Serves: 6

Posted by: Kate (KateWD)

June 29, 2004

6 cups (1/2inch) cubed French bread (4 oz)

1/4 cup white wine vinegar

2 T. water

2 T fat-free mayonnaise (I use Hellmann's Just 2 Good)

2 1/2 tsp sugar

2 tsp extra virgin olive oil

1/4 tsp salt

1/4 tsp freshly ground black pepper

3 cups torn curly leaf lettuce

2 cups chopped seeded tomato

2 T sliced green onions

4 bacon slices, cooked and crumbled

1. Preheat oven to 400 degrees

2. Place bread cubes in a single layer on a jelly roll pan, lightly spray with cooking spray and bake for 10 minutes until golden, stirring once.

3. Combine vinegar and next 7 ingredients (through red pepper) in a large bowl, stirring with a whisk. Add toasted bread cubes, lettuce, tomato; toss gently to coat. Sprinkle with onions and bacon; serve immediately. Yield: 6 servings (serving size about 1 1/3 cups).

Cal 159; Fat 5.2 g; Protein 5 g; Carb 23.4g; Fiber 2.1g; Chol 4 mg; Iron 1.7mg; sodium 402 mg; Calc 48 mg.

## Blueberry Gingerbread Cake

Cooking Light, July 2004

Yield 15 servings - serving size 1 piece **(18 servings)**

Healthy Units: 4 **(2.5 with Emily's Changes)**

Posted by: Bawstinn32 (Maria)

June 29, 2004

Blueberry farmer Robert Ouelette enjoys this snack cake his wife, Marion, created. Tossing the berries with flour before folding them into the batter prevents them from sinking. Frozen blueberries can be used in place of fresh; however the batter will be tinted lavender and the baking time will increase to 40 minutes.

Comments: Looked skimpy when I poured it in the pan but it rose beautifully. Tasted great warm (with a scoop of vanilla) and at room temperature. Mine took 35 minutes using frozen blueberries

1 cup fresh or frozen blueberries  
2 cups plus 2 tablespoons all purpose flour, divided **(1C all-purpose flour / 1C whole wheat flour)**  
1 tsp baking soda  
1 tsp ground cinnamon  
1/2 tsp salt  
1/2 tsp ground ginger  
1 cup sugar **(1/2 cup sugar / 1/2 cup Splenda)**  
7 tablespoons vegetable shortening, melted **(I used light butter)**  
3 tablespoons molasses  
1 large egg  
1 cup fat-free buttermilk  
cooking spray

Preheat oven to 350 degrees.

Combine blueberries and 2 tablespoons flour, tossing gently to coat.

Lightly spoon remaining 2 cups flour into dry measuring cups and level with a knife. Combine 2 cups flour, baking soda, cinnamon, salt and ginger, stirring with a whisk. Place sugar, shortening, molasses and egg in large bowl. Beat with a mixer at medium speed until well blended. Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture. Fold in blueberry mixture.

Pour batter into a 13x9 baking pan coated with cooking spray. Bake at 350 degrees for 30 minutes or until a wooden pick inserted in center comes out clean.

Calories- 195 (29% from fat), Fat - 6.2 (sat 1.5, mono 2g, poly 1.5g), Protein - 2.9 g, Carb - 32.1 g, Fiber .8 g, Chol - 15mg, Iron - 1.1 mg, sodium 185 mg, Calc - 35 mg

## **Grilled Corn with Creamy Chipotle Sauce**

Source: Cooking Light July 2004

Healthy Units: 2

Servings: 6

Posted by: Kate (KateWD)

June 29, 2004

Notes: The chipotle sauce would be great served on other grilled vegetables, to spice up fajitas and quesadilla, and as a sandwich spread.

¼ tsp salt

1 drained canned chipotle chile, seeded (I like spicy so I left the seeds in)

1 garlic clove

½ cup reduced fat cottage cheese

2 T light mayo

2 T plain fat free yogurt

6 ears shucked corn

1. Prepare grill

2. Place the first 3 ingredients in a food processor; process until minced. Add cottage cheese, process until smooth. Add mayo and yogurt, process until blended. Spoon sauce into bowl, cover and chill.

3. Place corn on grill rack coated with cooking spray. Grill 10 minutes, turning frequently. Serve corn with sauce. Yield: 6 servings (serving size 1 ear of corn and 2T sauce)

Cal 116; Fat 3.2g; Fiber 2.5g

## **Sesame-Pork Fajitas**

The Complete CL Cookbook

Healthy Units: 5, as written

Servings: 4

Posted by Tracy (Nikkie1t)

June 29, 2004

Recipe notes: Moo shu shells are similar to flour tortillas; made with wheat or rice flour, they can be found in Asian markets.

My notes: I think next time I would bulk these up with some veggies (onion, red bell pepper, mushrooms) and double the marinade. Also, I substituted flour tortillas because I could not find the moo shu shells.

1 (1-pound) pork tenderloin  
2 teaspoons dark sesame oil  
1 teaspoon grated peeled fresh ginger  
1/4 teaspoon salt  
1/4 teaspoon ground red pepper  
2 garlic cloves, minced  
4 moo shu shells  
Cooking spray  
1/4 cup hoisin sauce

1. Trim fat from pork, and cut pork into thin strips. Combine pork and next 5 ingredients in a large zip-lock plastic bag, seal bag and shake well to coat pork strips. Marinate in refrigerator for 20 minutes.
2. Warm moo shu shells according to package directions.
3. Coat a medium nonstick skillet with cooking spray; place over medium heat until hot. Add pork mixture, stir-fry 5 minutes or until done.
4. Divide pork mixture evenly among moo shu shells. Drizzle hoisin sauce over pork mixture and roll up. Yield: 4 fajitas

Calories 253 (29% from fat); Fat 8.1 g.; protein 27.1 g.; carb 17.7 g.; fiber 1.5 g.; chol 80 mg.; iron 1.8 mg.; sodium 502 mg; calc 96 mg.



## **Rhubarb Muffins**

servings: 18

HU: 1 muffin is 1, 2 muffins is 3, and 3 muffins is 4 points.

Posted by: Fittley (Vickie MN)

Date posted: 06/29/2004

1 C. quick cooking oats  
1 C buttermilk  
1/2 C packed brown sugar  
1 C flour  
1 tsp baking soda  
2 tsp baking powder  
1 pinch salt  
1 tsp cinnamon  
1/3 egg substitute  
1/3 C unsweetened applesauce  
1 C rhubarb

Preheat oven to 350 degrees. combine oats, buttermilk, and brown sugar in a bowl and let stand for 10 minutes. Mix flour, soda, baking powder, salt and cinnamon in a small bowl and set aside.

Finely chop rhubarb and set aside. Add egg and applesauce to the oat mixture. Mix oatmeal mixture with the dry ingredients stirring just enough to mix. Stir in the rhubarb. Fill muffin tins half full. Bake for 30 to 40 minutes until a rich golden brown and a toothpick in the center comes out clean. Remove from muffin pans by running a knife around the edge between the muffin and the pan to loosen and pop them out.

oops... Think I forgot to say to spray muffin tins generously with non-stick spray. Let me know if I should repost this....  
Newbie alert!!!!!!

Recipe originally called for sour milk, oil, and not as much rhubarb or cinnamon. I really like these. They aren't too sweet and love the tart, soft rhubarb flavor as well as the health of the oatmeal.

## **Old-Fashioned Strawberry Shortcakes**

Cooking Light, JUNE 1998

Healthy Units – 5.5 (as written)

Yield: 6 servings

Posted by MG-Driver

June 30, 2004

(I used Splenda and skim milk soured with lemon juice which cut out 1 HU)

3 1/2 cups halved strawberries, divided

1/3 cup sugar

1/3 cup orange juice

2 teaspoons vanilla extract

1 teaspoon lemon juice

1 1/4 cups all-purpose flour

3 tablespoons sugar

1 teaspoon baking powder

1/4 teaspoon baking soda

1/8 teaspoon salt

3 tablespoons chilled stick margarine or butter, cut into small pieces

1/2 cup low-fat buttermilk

Cooking spray

6 tablespoons frozen reduced-calorie whipped topping, thawed

Whole strawberries (optional)

Combine 1 cup strawberry halves, 1/3 cup sugar, orange juice, vanilla, and lemon juice in a bowl, and mash with a potato masher. Stir in 2 1/2 cups strawberry halves. Cover and chill.

Preheat oven to 425°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, 3 tablespoons sugar, baking powder, baking soda, and salt in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Add buttermilk, stirring just until moist (dough will be sticky).

Turn dough out onto a lightly floured surface, and knead lightly 4 times with floured hands. Pat dough into a 6 x 4-inch rectangle. Cut dough into 6 squares. Place 1 inch apart on a baking sheet coated with cooking spray. Bake at 425° for 12 minutes. Cool on a wire rack.

Split shortcakes in half horizontally using a serrated knife; place each bottom half on a dessert plate. Spoon 1/4 cup strawberry mixture over each bottom half. Top with shortcake tops; spoon 1/4 cup strawberry mixture over each top. Top each serving with 1 tablespoon whipped topping; garnish with whole strawberries, if desired.

## **Grilled Potatoes**

Source: N/A

Healthy Units: 2

Servings: 4

Posted by: MissVN

Date: July 2, 2004

### **Ingredients**

3 large potatoes, red or white  
cooking spray  
salt

### **Instructions**

1. Poke potatoes in several places with a fork or sharp knife. Place on paper towels in the microwave and cook on high per your microwave instructions (approx 4-8 minutes, or the time for two baked potatoes). When done, remove from oven.
2. Slice potatoes into 1/2 inch slices or cut each potato into 8 wedges. Potatoes are partially cooked, so it is best to use a sharp knife.
3. Place wedges or rounds on a plate. Coat with cooking spray. Sprinkle lightly with salt.
4. Place potato wedges or rounds on the grill over medium-high heat. Grill for about 10 minutes, turning after 5 minutes. Potatoes will get browned and crispy.

## **Garlicky Baked Shrimp**

Cooking Light May, 1995

Servings: 4

HU: 4.8 per serving

Posted by DebMj1

July 4, 2004

Notes: I think you can easily cut the oil to 3 tsps. I used panko instead of bread crumbs.

1 1/4 pounds medium shrimp, peeled and deveined

1/2 cup dry breadcrumbs (I used panko)

3 Tablespoons finely chopped fresh parsley

1 teaspoon grated lemon rind

1/4 teaspoon salt

3 cloves garlic, minced

2 Tablespoons fresh lemon juice

4 teaspoons olive oil

1. Coat 4 individual gratin dishes with cooking spray. Divide shrimp evenly among dishes; set aside.

2. Combine the breadcrumbs, parsley, lemon rind, salt and garlic in a bowl; stir in lemon juice and oil. Sprinkle the breadcrumb mixture evenly over shrimp. Place dishes on a baking sheet. Bake at 400 F. for 13 minutes or until shrimp are done and breadcrumbs are lightly browned.

According to CL, each serving has 220 calories, 24.7 gms. protein, 7.3 gms fat (1.1 gm sat, 4 gm mono, 1.3 gm. poly), carb 12.5 gm., fiber 0.7 gms., chol 170 mg., iron 3.8 mg, sodium 431 mg., calc 99 mg.

### **Raspberry Custard Brulee**

Adapted from hungrymonster.com

Servings: 3

HU: 2.3

Posted by DebMj1

July 4, 2004

- 1 cup fresh raspberries
- 2 Tablespoons granulated sugar
- 2 teaspoons cornstarch
- 1 egg, lightly beaten
- 1 cup skim milk
- 2 Tablespoons low fat sour cream
- 1/2 teaspoon vanilla extract
- 1 Tablespoon brown sugar

Gently rinse raspberries; drain. Divide raspberries evenly among 3 (8-ounce) ovenproof ramekins or custard cups; set aside.

Combine sugar and cornstarch in a small saucepan; stir well. Add egg; stir well. Gradually add milk, stirring well. Cook over low heat 12 minutes or until thickened, stirring constantly. Remove from heat; let cool 5 minutes. Add sour cream and vanilla; stir well.

Spoon custard mixture evenly over raspberries. Place ramekins on a baking sheet. Sprinkle each with 1 teaspoon brown sugar. Broil 4 to 5 inches from heat 2 minutes or until sugar melts. Serve warm.

## **Red, White and Blueberry Crisp**

Source: WW recipe of the day (WW website)7-1-04

Healthy Units| 2

Servings | 8

Posted by: MoOzarks(Donna)

Posted: July 5, 2004

Preparation Time | 15 min

Cooking Time | 15 min

Level of Difficulty | Easy

desserts | Our simple red, white and blue dessert will make your taste buds soar.

### **Ingredients**

2 cup blueberries

2 Tbsp sugar

2 cups strawberries, hulled and quartered

1/2 cup uncooked old-fashioned oats

2 Tbsp unpacked brown sugar

2 Tbsp reduced-calorie margarine, melted

1/2 cup lite whipped topping

### **Instructions**

1. Toss blueberries with 1 tablespoon of granulated sugar in a small bowl; set aside. Toss strawberries with remaining tablespoon of granulated sugar in another small bowl; set aside.
2. Preheat oven to 375°F. Stir together oats, brown sugar and margarine in a third small bowl; spread mixture on a sheet pan and bake, stirring occasionally, until lightly browned, about 15 minutes.
3. Spread blueberries and strawberries in an 8 x 8-inch glass dish, alternating to create stripes. Sprinkle with oat topping, decorate with whipped topping and serve. Yields 8 servings. (Note: Retain the crispness of the oat topping by sprinkling it on the fruit just before serving.)

**Title: Shrimp Spedini with Basil and Peppers**

Source: Eating Well, summer 2004

Hu's: 3.45 (main dish serving)

Servings: 3 main dish, 6 appetizer

Date: July 7, 2004

Posted by: littlechi92

Comments: The rosemary branches lend a subtle rosemary flavor that is not overpowering. I have also made them with metal skewers, simply poking some fresh rosemary pieces into the shrimp.

Eating Well Comments: Spedini are Italian kebabs. You'll need fairly stiff rosemary branches, the sort you find on a small rosemary bush at a plant shop and often packed in small plastic bags in supermarket produce section. For a simplified version, use bamboo skewers.

**Ingredients:**

24 large shrimp, peeled and deveined (@12oz)  
1 TBS fresh lemon juice  
1 TBS Extra Virgin olive oil  
1 clove garlic, minced  
12 stiff sprigs fresh rosemary, each 4-5" long  
1/2 small red bell pepper, cut into 1" triangles  
1/2 small yellow bell pepper, cut into 1" triangles  
12 leaves fresh basil, rinsed  
1/4 tsp salt or to taste  
ground pepper to taste

**Instructions:**

1. Combine shrimp, lemon juice, oil and garlic in a glass bowl and toss to mix. Cover and refrigerate for 15 mins. Drain, discard marinade.
2. Preheat grill to medium-high. To prepare spedini: strip the leaves off the bottom 2 inches of each rosemary sprig. Use a wooden or metal skewer to pierce holes in peppers and shrimp, then thread a piece of red pepper, followed by 2 shrimp (through head and tail), yellow pepper and a basil leaf on each sprig. Season the shrimp with salt and pepper.
3. Oil the grate. Grill the spedini until the shrimp are pink and opaque in the center, 2 to 3 minutes per side.

Nutrition, per main dish serving: 156 calories; 4g fat; 172 mg cholesterol; 4g carbs; 24g proteins; 0g fiber; 363mg sodium.

### **Oriental Pasta Salad**

Adapted from Cooking Light March, 1995

HU: 2.5

Servings: 4 (approximately 1 cup each)

Posted by DebMj1

July 8, 2004

2 cups broccoli florets  
3 ounces whole wheat pasta, uncooked  
2/3 cup chopped red bell pepper  
1/4 cup chopped green onions  
2 Tablespoons low sodium soy sauce  
1 Tablespoon dark sesame oil  
1/4 teaspoon hot pepper flakes  
1 Tablespoon sunflower seeds, roasted

Cook pasta according to package directions. Drain; set aside. Steam broccoli, covered, 5 minutes or until crisp-tender. Rinse under cold water. Combine broccoli and remaining ingredients; toss gently. Cover and chill.



## **Blueberry Cinnamon-Burst Muffins**

Cooking Light July, 2004

HU: 4.1

Servings: 18

Posted by DebMj1

July 8, 2004

Note: If you make the substitutions I made, points drop to 3.2 per muffin.

1/4 cup all-purpose flour

1/4 cup sugar

1 Tbsp. ground cinnamon

3 Tbs. chilled butter, cut into small pieces

1 cup sugar (I used 1/2 cup sugar and 1/2 cup Splenda)

1/3 cup butter, softened (I used light butter)

2 large eggs

2 1/2 cups all-purpose flour

5 tsps. baking powder

1/2 tsp. salt

1 cup 2% reduced-fat milk (I used 3/4 cup skim milk blended with 1/4 cup fat-free half and half)

1 1/2 cups fresh or frozen wild blueberries (I used fresh high-bush berries)

cooking spray

Preheat oven to 400 F. Lightly spoon 1/4 cup flour into a measuring cup; level with a knife. Combine 1/4 cup flour, 1/4 cup sugar and cinnamon in a medium bowl, and cut in 3 Tbs. butter with a pastry blender or 2 knives until mixture resembles coarse meal. Cover and chill 30 minutes.

Place 1 cup sugar and 1/3 cup butter in a bowl; beat with a mixer at high speed 1 minute or until combined. Add eggs, 1 at a time, beating well after each addition. Lightly spoon 2 1/2 cups flour into dry measuring cups; level with a knife. Combine 2 1/2 cups flour, baking powder and salt, stirring with a whisk. Add flour mixture and milk alternately to butter mixture, beginning and ending with flour mixture. Fold in blueberries and cinnamon mixture (batter will be thick).

Spoon batter into 18 muffin cups coated with cooking spray. Bake at 400 F for 18 minutes or until muffins spring back when touched lightly in center. Cool in pans 5 minutes on a wire rack. Remove muffins from pans; place on a wire rack.

### **Creamy Chipotle Sauce**

Source: Cuisine at Home - Feb 2003 (CLBB)

Healthy Units: 1

Servings: 8

Posted by: MissVN

Date: July 9, 2004

Notes: Original recipe I copied called for yogurt rather than sour cream. While I found the sauce very spicy on its' own, it was perfect paired with fish tacos.

#### **Ingredients**

1/4 cup light sour cream

1/4 cup reduced-calorie mayonnaise

2 tsp. sugar

1-2 chipotle chiles in adobo sauce, seeded and minced

juice of 1/2 lime

salt

#### **Instructions**

Stir all ingredients together in a small bowl and adjust seasonings to taste. Let stand at least 10 minutes to allow flavors to blend. (May be made several days ahead. Keep chilled until ready to serve.)

Yield 1 Tablespoon per serving.

## **Tangy Tuna-Salad Sandwiches**

www.cookinglight.com

Healthy Units: 5

Servings: 4

Posted By: Bawstinn32 (Maria)

July 11, 2004

Comments: New twist on a tuna sandwich; not gourmet but great for a quick lunch. Tasted better on Day 2; after it had time to chill. Will try with the spicy version of the Vigo Giardinera next time.

These sandwiches make a great light lunch for a friend. It's best to make the salad ahead and deliver it with the arugula and bread in separate containers.

1/2 cup chopped red bell pepper  
1/4 cup bottled pickled vegetables, drained and chopped (such as Vigo Giardinera)  
1/4 cup finely chopped red onion  
1/4 cup fat-free mayonnaise  
1 (12-ounce) can albacore tuna in water, drained and flaked  
8 (1-ounce) slices multigrain bread  
2 cups trimmed arugula or spinach

Combine the first 5 ingredients in a medium bowl. Spread 1/2 cup tuna salad over 4 bread slices. Top each slice with 1/2 cup arugula and 1 bread slice.

Yield: 4 servings (serving size: 1 sandwich)

CALORIES 272 (14% from fat); FAT 4.3g (satfat 1g, monofat 1.4g, polyfat 1.3g);  
PROTEIN 21.3g; CARBOHYDRATE 32g; FIBER 5.1g; CHOLESTEROL 33mg; IRON  
2.9mg; SODIUM 876mg; CALCIUM 71mg;

## **Asparagus and Chicken Carbonara**

Source: CL June 2004

HUs: 8.6

Serves: 5

Posted by: Danika

Date: 7/11/04

CL's comments: Raw egg yolks and whipping cream traditionally add the creaminess and fat to pasta carbonara. This lighter version achieves the same texture with egg substitute and nonfat evaporated milk. Prevent the eggs from scrambling by being careful not to heat the egg mixture too rapidly. Eat this dish immediately to enjoy its velvety creaminess; if it stands, the sauce can become too thick.

Danika's comments- I used regular fat free milk and green beans instead of asparagus. DH called it 'stupendous!'

### **Ingredients:**

8 ounces uncooked spaghetti  
2 cups (1-inch) slices asparagus (about 3/4 pound)  
1/2 cup egg substitute  
1/2 cup evaporated fat-free milk  
2 teaspoons olive oil  
1/2 cup chopped onion  
1/4 cup dry vermouth  
2 cups chopped skinless, boneless rotisserie chicken breast meat  
1/2 cup (2 ounces) grated fresh Parmesan cheese  
3 tablespoons finely chopped fresh flat-leaf parsley  
3/4 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
4 bacon slices, cooked and crumbled

### **Instructions:**

Cook pasta in boiling water 10 minutes or until al dente; add asparagus during final 2 minutes of cooking. Drain pasta mixture in a colander over a bowl, reserving 1/3 cup cooking liquid. Combine reserved cooking liquid, egg substitute, and milk, stirring with a whisk.

Heat a large nonstick skillet over medium-high heat. Add oil and onion to pan; sauté 2 minutes. Add vermouth; cook 1 minute. Add pasta mixture; stir to combine. Remove from heat; stir in milk mixture, chicken, and cheese. Place pan over medium heat, and cook 4 minutes or until slightly thick, stirring frequently. Remove from heat; stir in parsley, salt, pepper, and bacon. Serve immediately.

Yield: 5 servings (serving size: about 1 1/4 cups)

### **NUTRITION PER SERVING**

CALORIES 416 (23% from fat); FAT 10.8g (sat 3.7g, mono 4.4g, poly 2g); PROTEIN 34.7g; CARB 41.9g; FIBER 3.1g; CHOL 60mg; IRON 3.4mg; SODIUM 700mg; CALC 236mg;

Oh, and one more comment. Next time I make this, I'll add a clove or two of garlic.

## **Italian Sausage Soup**

Cooking Light, July 2004

Healthy Units: 5

Yield: 4 servings (serving size: 1 1/3 cups soup, 1 1/2 teaspoons cheese, and 1 1/2 teaspoons basil)

Posted By: Bawstinn32 (Maria)

July 12, 2004

Comments: I used what I had for small pasta in the house and hot sausage. Next time I'd use sweet Italian sausage and add some white beans as suggested on the CL bulletin board. Make sure you see a higher quality brand of tomatoes (I used Muir Glen) as it is only cooked for a short period of time, else it may be too acidic. I used regular diced tomatoes and added fresh basil and garlic.

This soup has that simmered-all-day flavor but takes just minutes to prepare. Serve it with hot crusty bread.

8 ounces hot or sweet turkey Italian sausage  
2 cups fat-free, less-sodium chicken broth  
1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano  
1/2 cup uncooked small shell pasta  
2 cups bagged baby spinach leaves  
2 tablespoons grated fresh Parmesan or Romano cheese  
2 tablespoons chopped fresh basil

Heat a large saucepan over medium heat. Remove casings from sausage. Add sausage to pan, and cook about 5 minutes or until browned, stirring to crumble. Drain; return to pan.

Add broth, tomatoes, and pasta to pan, and bring to a boil over high heat. Cover, reduce heat, and simmer 10 minutes or until pasta is done. Remove from heat; stir in spinach until wilted. Sprinkle each serving with cheese and basil.

Yield: 4 servings (serving size: 1 1/3 cups soup, 1 1/2 teaspoons cheese, and 1 1/2 teaspoons basil).

CALORIES 216 (30% from fat); FAT 7.1g (sat 2.6g, mono 2.5g, poly 1.8g); PROTEIN 17.4g; CARB 20g; FIBER 1.6g; CHOL 52mg; IRON 3.2mg; SODIUM 1020mg; CALC 153 mg

**Title: White-Bean Hummus Dip**

Source: CL May 2000

Hu's: 2.02

Servings: 7

Posted by: littlechi92

Date: July 12, 2004

Comments: 1/4 c is a lot of dip, and you could probably cut the points a bit, by using less tahini. I thought this was a bit thick, so I added more lemon juice and I thought it needed more salt than what was called for. The dip can be made up to three days ahead and stored in the refrigerator. Bring to room temperature before serving.

**Ingredients:**

1/4 cup chopped green onions

2 tablespoons fresh lemon juice

2 tablespoons tahini (sesame-seed paste)

1/2 teaspoon dried oregano

1/4 teaspoon ground cumin

1/8 teaspoon salt

1/8 teaspoon black pepper

1 (19-ounce) can cannellini beans or other white beans, rinsed and drained

1 garlic clove, peeled

**Instructions:**

Combine all of the ingredients in a food processor, and process until the mixture is smooth.

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

CALORIES 108 (30% from fat); FAT 3.6g (satfat 0.4g, monofat 1.2g, polyfat 1.6g);  
PROTEIN 5g; CARBOHYDRATE 15g; FIBER 2.2g; CHOLESTEROL 0.0mg; IRON 2mg;  
SODIUM 144mg; CALCIUM 48mg;  
Cooking Light, MAY 2000

## **Basil-Stuffed Chicken with Red Potatoes and Olives**

Source: August 2004 Shape Magazine

Healthy Units: 7.5 pts.

Servings: 4

Posted by: Linda (lxn1996)

July 12, 2004

Shape's Note: The basil filling is like a mock pesto, using water instead of oil for few calories (but not less flavor!).

My notes: I thought this was very good and DF loved it. I used a too small pan the first time and the potatoes took longer to cook than I thought they would and the chicken dried out a little. I'll make sure to use a larger pan next time.

### **Ingredients**

Cooking spray

2 T. pine nuts

1 c. packed fresh basil leaves

4 cloves garlic

1 T. grated Parmesan cheese

¼ c. water

4 4-oz. skinless, boneless chicken breast halves

Salt and ground black pepper to taste

6 small red potatoes, quartered

16 pitted kalamata olives

¼ c. balsamic vinegar

1 T. honey

2 t. olive oil

### **Instructions**

Preheat oven to 375. Coat a shallow baking pan with cooking spray.

Place pine nuts in a small, dry skillet and set pan over medium-low heat. Cook 2-3 minutes, until nuts are golden brown, shaking the pan frequently to prevent burning.

Transfer nuts to a blender and add basil, garlic, Parmesan and water. Puree until a thick paste forms.

Using a sharp knife, make a "pocket" in each chicken breast by slicing into the side of each half (cut almost through to the other side). Spoon ¼ basil mixture into each pocket.

Place stuffed chicken in prepared pan and season with salt and black pepper. Arrange potatoes and olives around sides of chicken.

Whisk together vinegar, honey and oil. Pour mixture over chicken and potatoes.

Bake 45 minutes, until chicken cooked through and potatoes are tender when tested with a fork.

Nutrition Score per serving (1 chicken breast half, 1 ½ potatoes and 4 olives): 363 calories, 29% fat (11g; 2 g saturated), 37% carbs (34 g), 34% protein (30 g), 3 g fiber, 65 mg calcium, 3 mg iron, 291 mg sodium.



## **Roasted Cauliflower**

Source: Cooking Light, Nov. 2002

Healthy Units: 2

Posted by: MoOzark(Donna)

July 12, 2004

Comments: If you like the roasted Brussels sprouts (in comp) you will like these...a bit milder and sweeter. The Dijon mustard gives a hint of flavor, too.

Mellow, slightly sweet roasted garlic and onions round out the flavor of cauliflower.

2 teaspoons olive oil  
2 medium onions, quartered  
5 garlic cloves, halved  
4 cups cauliflower florets (about 1 1/2 pounds)  
Cooking spray  
1 tablespoon water  
1 tablespoon Dijon mustard  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 tablespoon chopped fresh flat-leaf parsley

-Preheat oven to 500°.

-Heat oil in a large skillet over medium heat. Add onions and garlic; cook 5 minutes or until browned, stirring frequently. Remove from heat.

-Place onion mixture and cauliflower in a roasting pan coated with cooking spray.

-Combine water and mustard; pour over vegetable mixture. Toss to coat; sprinkle with salt and pepper.

-Bake at 500° for 20 minutes or until golden brown, stirring occasionally. Sprinkle with parsley.

Yield: 4 servings (serving size: 1 cup)

CALORIES 94 (30% from fat); FAT 3.1g (satfat 0.4g, monofat 1.8g, polyfat 0.5g);  
PROTEIN 4.5g; CARBOHYDRATE 15.4g; FIBER 5.4g; CHOLESTEROL 0.0mg; IRON  
1.1mg; SODIUM 408mg; CALCIUM 63mg;

## **Beer-Batter Baked Fish**

Cooking Light, MARCH 1996

Healthy Units: 5

Yield: 4 servings (serving size: 1 fillet)

Posted By: Bawstinn32 (Maria)

July 12, 2004

Comments: Based upon the comments on the CL site, I added some Cajun spice to the batter to spice it up a bit. The crust came out light and the fish inside (I used cod) was extremely moist. Squeezed fresh lemon on top. My cod was thicker so it took longer than 10 minutes.

1 tablespoon all-purpose flour  
1/4 teaspoon salt  
4 (6-ounce) orange roughy or other lean white fish fillets  
Vegetable cooking spray  
1/2 cup all-purpose flour  
1/4 teaspoon pepper  
1/2 cup beer  
1 tablespoon extra-virgin olive oil  
1 egg yolk  
2 egg whites (at room temperature)

Preheat oven to 500°.

Sprinkle 1 tablespoon flour and salt over 1 side of fillets. Place fillets, flour sides up, in a 13 x 9-inch baking dish coated with cooking spray.

Combine 1/2 cup flour and pepper in a medium bowl. Gradually add beer, oil, and egg yolk, stirring with a wire whisk until blended.

Beat egg whites at high speed of a mixer until stiff peaks form. Gently fold egg whites into beer mixture, and spread evenly over fillets. Bake at 500° for 10 minutes.

CALORIES 248 (22% from fat); FAT 6.2g (satfat 0.9g, monofat 3.8g, polyfat 0.6g);  
PROTEIN 29.3g; CARBOHYDRATE 14.7g; FIBER 0.5g; CHOLESTEROL 88mg; IRON  
1.3mg; SODIUM 430mg; CALCIUM 13mg;

## **Chipotle Macaroni and Cheese**

Cooking Light, July 2004

Yield: 6 servings (serving size about 1 cup)

Healthy Units: 7

Posted By: Bawstinn32 (Maria)

July 12, 2004

Comments: Made a nice side-dish, but I'm not sure if I'd like it as a main meal. Not your traditional creamy mac-n-cheese but it had a nice flavor with just a bit of heat.

This macaroni and cheese is a favorite of ours because it is incredibly tasty and easy to prepare. You don't even have to make a white sauce for this creamy dish. The acidic tomatoes counter the richness of the cheeses.

1 (7-ounce) can chipotle chiles in adobo sauce  
1 tablespoon butter  
1/2 cup finely chopped onion  
1/2 cup finely chopped green bell pepper  
1 garlic clove, minced  
2 tablespoons all-purpose flour  
1 (14 1/2 ounce) can diced tomatoes and green chiles, undrained  
4 cups hot cooked elbow macaroni (about 2 cups uncooked)  
2 cups (8 ounces) shredded reduced-fat sharp cheddar cheese  
1 cup 1% low-fat cottage cheese  
1 cup 2% reduced fat milk  
1/4 cup (1 ounce) grated fresh Parmesan cheese  
1 large egg, lightly beaten  
cooking spray  
3 tablespoons dry breadcrumbs

Preheat oven to 350 degrees.

Remove 1 teaspoon adobo sauce from can; set aside. Remove 2 chipotle chiles from can; finely chop to measure 1 tablespoon. Reserve remaining chiles/sauce for another use.

Melt butter in a Dutch oven over med-high heat. Add chopped chiles, onion, bell pepper, and garlic; cook 4 minutes or until onion is tender, stirring frequently. Sprinkle with flour; cook 30 seconds, stirring constantly. Reduce heat to medium; add tomatoes. Cook 3 minutes or until thickened.

Add reserved 1 tsp adobo sauce, pasta, cheddar cheese, cottage cheese, milk, parmesan and egg; stir to combine.

Spoon pasta mixture into a 2-quart baking dish coated with cooking spray; top with breadcrumbs. Bake at 350 deg. for 30 minutes or until bubbly.

Cal 342; fat 8.5g; pro 34.2g; carb 39.6g; fiber 2g; chol 56 mg; iron 2.4mg; sodium 756 mg; calc 307mg

### **Broiled Tilapia with Vegetables**

CLBB and Cooking Light & Easy Menus

3 pts (per recipe builder)

Servings:

Posted by Petiteyaya1 (Cindy)

07/14/04

Comments: I added a green bell pepper to the veggies, and used 1 large vidalia. Next time I will shorten broil time on fish - 4 minutes total ought to do it.

2 small yellow squash, cut into 1/2-inch cubes  
2 cups grape or cherry tomatoes  
2 small onions, peeled, cut into eighths and separated  
Cooking spray  
1/4 teaspoon salt  
4 4 oz tilapia (or flounder, sole, or orange roughy)  
1 teaspoon Old Bay seasoning  
2 teaspoons olive oil  
1 tablespoon fresh lime juice

Preheat broiler.

Place squash, tomatoes, and onion on a baking sheet coated with cooking spray; coat veggies lightly with cooking spray, and sprinkle with salt.

Broil 10 minutes, stirring once. Transfer veggies to a bowl; cover and set aside.

Spray pan with cooking spray. Place fish (flattest side down) on pan; coat fish lightly with cooking spray.

Broil 3 minutes; turn, coat other side of fish with cooking spray, and sprinkle with seasoning. Broil 2-3 minutes or until fish flakes easily when tested with a fork.

Drizzle olive oil and lime juice over fish and veggies.

## **Curry Chickpeas**

Source: Geoff Wyatt (this is my brother's creation)

HU: 6 per serving

Servings: 4

Posted by: Emily (EJWyatt)

July 14, 2004

Comments: This is very easy to make. I start the rice and then the curry.

### **Ingredients**

15 oz canned chickpeas

1 ¼ Tbsp Patak mild curry paste

1 large onion(s)

2 clove garlic clove(s)

1 tsp olive oil

1 ½ cup fat-free cottage cheese

2 C cooked brown rice

### **Instructions**

Sauté onion and garlic in olive oil. Add curry paste. Add Chick peas with liquid. Add cottage cheese. Bring to a boil and simmer while rice cooks.

Serves 4: ½ C brown rice and about ¾ C chickpea mixture.

**Title: Sautéed Mushrooms**

Source: Epicurious.com

Servings: 2

Hu's: 1 (see notes)

Posted by: littlechi92

date: July 15, 2004

Comments: the original recipe called for 2 TBS of olive oil, but I omitted that and used PAM. It also called for margarine and sugar, and I subbed Splenda and RF Margarine. I don't know the exact points, as recipe builder is not cooperating today, but 1 HU per serving with my modifications sounds about right. As originally written, it came out to about 6.

**Ingredients:**

1 TBS fresh lemon juice

1/2 TBS soy sauce

1 tsp Splenda (original calls for sugar)

PAM (original calls for 2 TBS olive oil)

10 oz mushrooms, quartered

1 TBS margarine (original calls for butter)

1 garlic clove, chopped

Stir together lemon juice, soy sauce, and sugar (Splenda). Heat a 12-inch heavy skillet over moderately high heat until very hot. Add oil (PAM), then sauté mushrooms, stirring, until golden brown, about 5 minutes. Add butter and garlic and sauté, stirring, until butter is absorbed. Add lemon mixture to mushrooms, stirring until sauce is absorbed.

## **Balsamic Zucchini**

Source: Gourmet July, 2004

HU: 1.5

Servings: 2

Posted by DebMj1

July 16, 2004

Note: The original recipe called for a significant amount of olive oil. I used my misto to spray both sides of the zucchini with the oil. I don't think I actually used a tsp. of oil to do that, but for purposes of calculating points, I assumed that amount. The recipe says to cool to room temperature before serving, but I thought it tasted best on the slightly warmer side of room temp.

2 medium zucchini, cut diagonally into 3/4-inch-thick slices

1 tsp extra-virgin olive oil

salt and coarsely ground black pepper to taste

3/4 Tbsp. balsamic vinegar

3 Tbs. finely grated Parmigiano-Reggiano

Preheat broiler.

Toss zucchini with oil, salt and pepper in a large bowl. Arrange zucchini in 1 layer on shallow baking pan (1-inch deep). Broil pan 3-5 inches from heat, without turning, until browned in spots and beginning to soften, about 4 minutes. Drizzle vinegar over broiled zucchini, and shake pan a few times, then continue to broil until most of vinegar is evaporated, about 2 minutes. Sprinkle cheese over broiled zucchini and broil until cheese is melted, about 1 minute more. Cool to room temperature to serve.

## **Pineapple Bran Muffins**

Healthy Units=1

Source: June 2004 WW dinner group menu

Servings=1 muffin

Yield=12 servings

Posted by: MoOzark(DonnaMO)

July 16, 2004

Comments: can substitute oat bran. The person I got the recipe from prefers a half oat bran/half wheat bran combination. Can also substitute 1/4 cup egg beaters.

1 1/4 cups skimmed milk  
1 1/2 cup wheat bran  
1/2 cup brown sugar, not packed  
1 1/2 cups whole wheat flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
2 teaspoons cinnamon  
1/4 teaspoon nutmeg  
8 ounces crushed pineapple in juice, undrained  
2 egg whites  
1 teaspoon vanilla

Combine the milk, wheat bran, and brown sugar. Let stand for 15 minutes.

Combine the flour, salt, and baking powder and stir well to mix.

Add the bran mixture, pineapple, and egg whites.

Stir until the dry ingredients are just combined.

Coat 12 muffin cups with non-stick spray and fill about 3/4 full.

Bake at 350\* for 18 minutes.

Nutritional Info: 115 cal, 1 g fat (4.7% calories from fat), 5 g protein, 26g carb, 5 g fiber, trace cholesterol, 237 sodium.



## **Thai Style Chicken**

Cooking Light, July 2004

Yield: 4 serving (serving size: 1 cup)

Healthy Units: 4

Posted By: Bawstinn32 (Maria)

July 17, 2004

Comments: Went together quickly. Recipe calls for tenders, but since I hate that white string thing in them, I used breasts and cut into chunks. Added a bit more curry paste since I like it hot and threw some green onions in at the end for more color. Will use fresh roasted peppers next time, rather than jarred. Can also sub shrimp for the chicken. I served over rice.

1 1/2 teaspoons vegetable oil  
1 medium onion -- cut into wedges  
3/4 cup light coconut milk  
1/2 teaspoon red curry paste  
1/8 teaspoon black pepper  
1 pound boneless skinless chicken breasts  
3 tablespoons cilantro  
1 1/2 tablespoons fish sauce  
1/4 teaspoon salt  
7 ounces roasted red peppers -- chopped

Heat oil in a large non stuck skillet over medium-high heat. Add onion, cook for 4 minutes or until onion is golden, stirring frequently. Stir in coconut milk, curry paste and black pepper. Add the chicken, bring to a simmer. Cook 8 minutes or until chicken is done, stirring frequently. Stir in cilantro and remaining ingredients and cook one minute.

Per Serving (excluding unknown items): 206 Calories; 6g Fat (27.8% calories from fat); 28g Protein; 9g Carbohydrate; 2g Dietary Fiber; 67mg Cholesterol; 234mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

### **Three Pepper Beef**

Cooking Light, July 2004

Healthy Units: 7

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

Posted By: Bawstinn32 (Maria)

July 17, 2004

Comments: I upped the garlic, ginger, salt and pepper. Basic stir-fry recipe for a quick weeknight supper. Added some whole mushrooms in at the same time as the peppers.

2 1/2 teaspoons cornstarch -- divided  
1 teaspoon sugar -- divided  
1/2 teaspoon salt  
1 pound flank steak -- trimmed and thinly sliced  
1/4 cup beef broth, Swanson  
3 tablespoons soy sauce, low sodium  
1 teaspoon black pepper  
1 teaspoon vegetable oil  
1/4 cup green onion -- thinly sliced  
1 teaspoon ginger -- peeled and minced  
1 whole garlic clove -- minced  
1 cup sugar snap peas  
1 1/4 cups red bell pepper  
1 1/4 cups yellow bell pepper  
1 1/4 cups green bell pepper

Combine 1/2 teaspoon cornstarch, 1/2 teaspoon sugar, salt and flank steak in a medium bowl; toss to coat. Set aside.

Combine 2 teaspoons cornstarch, 1/2 teaspoon sugar, broth, soy sauce and black pepper, stirring with a whisk until sugar dissolves. Set aside.

Heat oil in a wok or nonstick skillet over medium-high heat. Add the green onions, ginger and garlic; stir-fry 10 seconds. Add beef mixture. Stir-fry 3 minutes or until done. Remove the beef mixture from the pan; cover and keep warm. Add the peas and bell peppers to the pan, stir-fry 4 minutes or until crisp tender. Add beef and broth mixture to pan; cook 2 minutes or until thickened, stirring constantly.

### **Lemon Pound Cake with Mixed Berries**

Cooking Light, May 2004

Healthy Units: 6 (as written)

Yield: 8 servings

Posted By: Bawstinn32 (Maria)

July 18, 2004

Comments: I used light butter which brought it down to 5 HU per serving. I was unable to find raspberries in light syrup in the store, so I used frozen and added 2 tablespoons of sugar. Used Penzey's lemon extract and peel for the first time; great lemon flavor. Pound cake was light tasting and not dense; nice light summer dessert.

Draper says she will never reveal the original recipe for her grandmother Alice Walker's lemon pound cake, but her lighter variation pays tribute to it. Use any combination of berries you like for the topping.

#### **Cake:**

Cooking spray

2 teaspoons all-purpose flour

1 cup all-purpose flour

1/4 teaspoon baking powder

2/3 cup sugar

1/3 cup butter, softened

2 large egg whites

1 large egg

1 teaspoon grated lemon rind

1 teaspoon lemon extract

1/4 cup vanilla low-fat yogurt

#### **Topping:**

1 cup sliced strawberries

1/2 cup fresh blueberries or blackberries

1 (10-ounce) package frozen raspberries in light syrup, thawed and undrained

1 cup vanilla low-fat yogurt

Preheat oven to 350°.

Coat an 8 x 4-inch loaf pan with cooking spray; dust with 2 teaspoons flour.

Lightly spoon 1 cup flour into a dry measuring cup; level with a knife. Combine 1 cup flour and baking powder, stirring with a whisk; set aside.

Place sugar and butter in a large bowl; beat with a mixer at high speed until fluffy (about 2 minutes). Add egg whites and egg, beating well after each addition. Beat in rind and extract. Add flour mixture and 1/4 cup yogurt alternately to sugar mixture, beginning and ending with flour mixture; mix well after each addition. Spoon batter into prepared pan. Bake at 350° for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan. Cool completely on wire rack.

To prepare topping, combine berries, tossing well. Cut cake into 8 slices. Top each cake slice with 1/4 cup berry mixture and 2 tablespoons yogurt.

CALORIES 286 (28% from fat); FAT 9g (saturated 5.3g, monounsaturated 2.6g, polyunsaturated 0.5g); PROTEIN 5.8g; CARBOHYDRATE 46.7g; FIBER 2.8g; CHOLESTEROL 49mg; IRON 1.2mg; SODIUM 141mg; CALCIUM 92mg;

## **Grilled Summer Squash**

Cooking Light, July 2004

Healthy Units: 0 (Honest, the online calculator said so! 2 servings is 1 HU)

Yield: 6 servings (serving size: 2 squash halves)

Posted By: Bawstinn32 (Maria)

July 18, 2004

You can use either all yellow squash or zucchini, but the dish is prettiest with a combination of the two.

Comments: Subtle flavor, but nice. Squash did not dry out, a problem I usually have when grilling!

1/4 cup fresh lemon juice  
1/4 cup plain fat-free yogurt  
1 tablespoon olive oil  
2 teaspoons chopped fresh rosemary  
1/2 teaspoon freshly ground black pepper  
2 garlic cloves, minced  
3/4 teaspoon salt, divided  
3 small yellow squash, halved lengthwise (about 1 pound)  
3 small zucchini, halved lengthwise (about 1 pound)  
Cooking spray

Prepare grill.

Combine the first 6 ingredients in a 13 x 9-inch baking dish. Add 1/2 teaspoon salt. Make 3 diagonal cuts 1/4-inch deep across cut side of each squash and zucchini half. Place squash and zucchini halves, cut sides down, in baking dish. Marinate squash and zucchini at room temperature for 15 minutes.

Remove squash and zucchini from marinade, and discard marinade. Place squash and zucchini on grill rack coated with cooking spray. Grill 5 minutes on each side or until tender. Sprinkle evenly with 1/4 teaspoon salt.

CALORIES 45 (30% from fat); FAT 1.5g (satfat 0.2g, monofat 0.9g, polyfat 0.2g);  
PROTEIN 2.1g; CARBOHYDRATE 7.7g; FIBER 2.9g; CHOLESTEROL 0.0mg; IRON  
0.8mg; SODIUM 202mg; CALCIUM 41mg;

## **Parmesan Chicken and Rice**

Cooking Light, June 2004

Healthy Units: 8 (as written)

Yield: 4, 1 cup servings

Posted By: Andiette (Andie)

July 18, 2004

Comments: this went together VERY fast. I didn't have any dry white wine, so I used marsala. I'm not sure if this impacts the HUs, but it provided a good flavor.

1 T olive oil  
1/2 C chopped onion  
1 tsp bottled minced garlic  
1/2 tsp dried thyme  
1 (8 oz) package presliced mushrooms  
3/4 lb skinless, boneless chicken breast, cut into bite-sized pieces  
1/2 C dry white wine  
1/2 tsp salt  
1/4 tsp freshly ground black pepper  
1 C uncooked instant rice  
1 C fat-free, less-sodium chicken broth  
1/2 C grated fresh parmesan cheese  
1/4 C chopped fresh parsley

Heat oil in a large nonstick skillet over medium-high heat. Add the onion, garlic, thyme and mushrooms; sauté 5 minutes or until onion is tender. Add chicken; sauté 4 minutes or until the chicken is lightly browned. Add wine, salt, and pepper, cook 3 minutes or until liquid almost evaporates.

Stir in rice and broth. Bring to a boil; cover, reduce heat, and simmer 5 minutes or until liquid is absorbed. Stir in cheese and parsley.

Yield: 4 servings (1 C)

CALORIES 395 (18% from fat); FAT 8g (satisfat 2.8g, monofat 3.7g, polyfat 0.8g);  
PROTEIN 29.9g; CARBOHYDRATE 44.4g; FIBER 2g; CHOLESTEROL 57mg; IRON  
4.1mg; SODIUM 656mg; CALCIUM 171mg

## **Mexican Chili-Cheese Burgers**

www.cookinglight.com

Healthy Units: 8 (as written)

Yield: 4 servings

Posted By: Bawstinn32 (Maria)

July 19, 2004

Comments: I used 93% ground beef, 1/2 oz Kraft 2% extra sharp cheese per burger and a light roll. Burger was extremely moist. Will add some of the jalapeno seeds next time for a bit of kick; could have used a tad more salt as well. 7 HU per serving with my changes.

1 pound ground round  
1 cup chopped seeded plum tomato  
1/4 cup minced fresh cilantro  
1 tablespoon chili powder  
2 teaspoons minced seeded jalapeño pepper  
1/2 teaspoon salt  
1/2 teaspoon dried oregano  
1/2 teaspoon ground cumin  
1/4 teaspoon pepper  
Cooking spray  
4 (3/4-ounce) slices reduced-fat Monterey Jack or cheddar cheese  
1/4 cup fat-free sour cream  
4 (1 1/2-ounce) hamburger buns  
4 iceberg lettuce leaves  
8 (1/4-inch-thick) slices tomato  
Grilled onions (optional)

Combine first 9 ingredients in a bowl; stir well. Divide mixture into 4 equal portions, shaping into 1/2-inch-thick patties.

Prepare grill. Place patties on grill rack coated with cooking spray; grill 6 minutes on each side or until done. Place 1 cheese slice on top of each patty; cover and grill an additional minute or until cheese melts.

Spread 1 tablespoon of sour cream over top half of each bun, and set aside. Place patties on bottom halves of buns; top each with lettuce, tomato, onions (if desired), and top half of bun.

CALORIES 381 (31% from fat); FAT 13.1g (satfat 5g, monofat 6.4g, polyfat 0.7g);  
PROTEIN 36.3g; CARBOHYDRATE 28.1g; FIBER 1.7g; CHOLESTEROL 84mg; IRON  
4.2mg; SODIUM 655mg; CALCIUM 212mg;

## **Spaghetti with Cecca Sauce**

Servings: 4

HU's: 8

Source: Foodtv.com: Everyday Italian

Posted by: littlechi92

Date: July 19, 2004

Comments: Quick and easy. I cut the oil from 3 TBS to 1 TBS, used a little less Parmesan and mozz cheese.

### **Ingredients:**

8 ounces spaghetti or angel hair pasta

4 scallions (white and pale green parts only), coarsely chopped

3 garlic cloves, crushed

1 (12-ounce container) cherry tomatoes, halved

1 (1-ounce) piece Parmesan, coarsely chopped

8 to 10 fresh basil leaves

Salt and freshly ground black pepper

3 tablespoons olive oil

4 ounces fresh mozzarella cheese, cut into 1/2-inch cubes

Salt and freshly ground black pepper

### **Instructions:**

Cook the pasta in a large pot of boiling salted water until al dente, tender but still firm to the bite, stirring often, about 8 minutes.

Meanwhile, combine the next 7 ingredients in a food processor. Pulse just until the tomatoes are coarsely chopped (do not puree).

Drain the pasta, reserving some of the pasta water. Toss the pasta with the tomato mixture and fresh mozzarella in a large bowl. Add some of the reserved pasta water (about 1/4 cup) if the sauce looks dry. Serve immediately.

## **Lemon and Oregano-Rubbed Chicken Paillards**

Source: CL July 2004

Healthy Units: 5

Servings: 4

Posted By: bms2003 (Betty)

Date: July 19,2004

Chicken breasts are pounded thin with a meat mallet or rolling pin to create paillards; the increased surface allows you to use even more of the flavorful rub.

- 4 (6-oz) skinless, boneless chicken breast halves
- 5 teaspoons grated lemon rind
- 1 tablespoon olive oil
- 1-1/2 teaspoons dried oregano
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon water
- 2 garlic cloves, minced
- Cooking spray
- 4 lemon wedges
- 2 tablespoons chopped fresh parsley

Prepare grill.

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound to 1/4-inch thickness using a meat mallet or rolling pin.

Combine lemon rind and next 6 ingredients (through garlic); rub evenly over both sides of chicken. Place chicken on a grill rack coated with cooking spray, and grill 3 minutes on each side or until chicken is done. Remove from heat. Squeeze 1 lemon wedge evenly over each chicken breast half. Sprinkle parsley evenly over chicken.

Yield 4 servings (serving size: 1 chicken breast half)

Calories 226; Fat 5.6g; Protein 39.6g; Carb 2.2g; Fiber 0.7g; Chol 99mg; Iron 1.8 mg; Sodium 465mg; Calc 38mg



**Greek Farmers' Salad**

Source: CL July 2004

Healthy Units: 2

Servings: 4

Posted By: bms2003 (Betty)

Date: July 19,2004

2 T red wine vinegar

2 t Dijon mustard

1 t extra virgin olive oil

½ t dried oregano

¼ t salt

¼ t crushed red pepper

2 minced garlic cloves

3 cups coarsely chopped English cucumber

2 cups halved cherry tomatoes

1 c chopped yellow bell pepper

¼ c finely chopped red onion

¼ c halved kalamata olives

Combine red wine vinegar, Dijon mustard, olive oil, dried oregano, salt, crushed red pepper and garlic. Stir with a whisk.

Combine cucumber, cherry tomatoes, yellow bell pepper, red onion and kalamata olives. Drizzle dressing over salad; toss to coat.

Calories 96; Fat 5g; Carb 12g; Sodium 401mg, Protein 2g; Fiber 2g; Chol 0; Calc 30mg

### **BBQ Turkey Smokey Joes**

Source: Cooking Light Bulletin Board

Healthy Units: 4

Yield: 13 1/2-cup servings

Posted By: Bawstinn32 (Maria)

July 19, 2004

Comments: I took the cover off of the crock pot for an hour and a half to help thicken them up. They have a bit of spice from the cayenne pepper, but otherwise have a sweet BBQ flavor; I could barely detect a hint of smoky flavor. I got 13 1/2-cup servings; recipe stated 10 (6 HU) to 12 (5 HU).

- 3 pounds lean ground turkey
- 1 whole onion -- finely chopped
- 1 whole green pepper -- seeded and finely chopped
- 16 ounces tomato sauce
- 3/4 cup ketchup
- 1/4 cup brown sugar
- 3 tablespoons cider vinegar
- 1 tablespoon liquid smoke
- 1 tablespoon Worcestershire sauce
- 1 teaspoon cayenne pepper
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon garlic powder

Brown the turkey in a skillet and drain the fat. Place in the crock pot slow cooker and add the remaining ingredients. Stir thoroughly. Cover; cook on Low 8 to 10 hours (or on High for 3 to 4 hours). To serve, spoon turkey and sauce over the rolls.

Per Serving (excluding unknown items): 193 Calories; 8g Fat (34.0% calories from fat); 22g Protein; 11g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 463mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

## **Blueberry-Almond Streusel Muffins**

Source: Midwest Living August 2004

Healthy Units: 4

Serving: 12

Posted by Tracy (Nikkie1T)

July 21, 2004

My comments: These are really good, not too sweet. I didn't have whole wheat flour, so used all white flour.

Recipe comments: These tender, low-fat muffins freeze well. Ricotta cheese is the unusual ingredient that adds moistness.

1/2 cup finely chopped almonds  
1/4 cup all-purpose flour  
1 T. packed brown sugar  
1 T. butter, melted  
1-1/4 cups all-purpose flour  
1/2 cup whole wheat flour  
1/2 cup sugar  
2-1/2 tsp. baking powder  
1/4 tsp. baking soda  
1/4 tsp. salt  
3/4 cup light ricotta cheese  
1/2 cup fat-free milk  
1/4 cup buttermilk  
1 egg  
2 T. canola oil  
2 tsp. vanilla  
1/2 tsp. almond extract  
1 cup fresh blueberries

1. Lightly coat twelve 2-1/2 inch muffin cups with cooking spray or line with paper bake cups. Set aside.
2. For topping: In a small bowl, stir together almonds, 1/4 cup flour, brown sugar and melted butter. Set aside.
3. For muffins: In a large bowl, combine 1-1/4 cups flour, the whole wheat flour, granulated sugar, baking powder, baking soda and salt. Make a well in center of flour mixture. Set flour mixture aside.
4. In a food processor or blender, combine ricotta cheese, milk, buttermilk, egg, canola oil, vanilla and almond extract. Cover, process or blend till smooth. Add ricotta mixture all at once to flour mixture. Stir till just moistened. Stir in the blueberries. Spoon batter into prepared muffin cups, filling almost full. Sprinkle almond topping over the muffin batter in the muffin cups.
5. Bake in a 400 degree oven for 18 to 20 minutes or till golden and a wooden toothpick inserted in centers comes out clean. Cool in muffin cups on a wire rack for 5 minutes.

Nutrition facts per muffin: 205 calories, 7 g. fat, 25 mg. chol, 200 mg. sodium, 29 g. carbo, 2 g. fiber, 6 g. protein.

## **Yakitori**

Cooking Light July 2004

HU: 4 HU/Serving

4 Servings

Posted by: Elizabeth (condiment)

22 July 2004

### **Ingredients**

¼ c. sake (rice wine) (I used mirin, since that's all I can get here!)

¼ c. low-sodium soy sauce

3 T. sugar

2 T. grated peeled fresh ginger

¼ t. crushed red pepper

2 garlic cloves, minced

1 pound skinless, boneless chicken thighs, cut into 24 bite sized pieces

5 green onions, each cut into 4 2 inch pieces

### **Instructions**

1. combine first 6 ingredients in a small saucepan. Bring to a boil; cook until reduced to ¼ cup (about 2.5 minutes). Remove from heat; cool.
2. combine soy sauce mixture and the chicken. Cover and marinate in the refrigerator for at least one hour (I have done it overnight).
3. heat a large grill pan over medium high heat.
4. thread 6 chicken cubes and 5 green onion pieces alternately onto each of 4 10-inch skewers. Brush kebabs with the soy mixture. Coat pan with cooking spray. Place kebabs in pan, and cook 4 minutes on each side or until the chicken is done. Serving size: 1 skewer.

172 cal (24% from fat), 4.5 Fat; .3g Fiber

## **Tabasco Shrimp Tacos with Spiked Sour Cream**

Cooking Light, July 2004

Healthy Units: 8

Yield: 4 servings (serving size: 2 tacos, 1 tablespoon sour cream mixture, and 1 tablespoon salsa)

Posted By: Bawstinn32 (Maria)

July 24, 2004

Comments: I sautéed the onions with the shrimp mixture rather than putting them on the tacos raw. Spicy -- I used Penzey's hot chili powder. Definitely satisfied my craving for something spicy.

1/2 cup reduced-fat sour cream  
3 1/4 teaspoons hot pepper sauce (such as Tabasco), divided  
1 1/4 teaspoons chili powder, divided  
3/4 teaspoon ground cumin  
1/2 teaspoon garlic powder  
1/2 teaspoon hot smoked paprika  
1/4 teaspoon salt  
1 1/2 pounds large shrimp, peeled and deveined  
1 tablespoon vegetable oil  
3 garlic cloves, minced  
1 tablespoon fresh lime juice  
8 (6-inch) corn tortillas  
2 cups shredded iceberg lettuce  
1/2 cup chopped Vidalia or other sweet onion  
1/4 cup prepared salsa verde (such as Herdez)

Combine sour cream, 1 1/4 teaspoons hot pepper sauce, and 1/2 teaspoon chili powder.

Combine remaining 3/4 teaspoon chili powder, cumin, garlic powder, paprika, and salt in a large bowl. Add shrimp; toss to coat. Let stand 10 minutes.

Heat oil in a large nonstick skillet over medium-high heat. Add garlic; sauté 30 seconds. Add shrimp mixture; sauté 3 minutes or until done. Stir in remaining 2 teaspoons hot pepper sauce and juice. Remove from heat.

Heat tortillas according to package directions. Arrange about 2 ounces shrimp, 1/4 cup lettuce, and 1 tablespoon onion down center of each tortilla. Serve with sour cream mixture and salsa verde.

CALORIES 401 (24% from fat); FAT 10.7g (satfat 3g, monofat 2.9g, polyfat 2.9g); PROTEIN 40.7g; CARBOHYDRATE 34.9g; FIBER 4.7g; CHOLESTEROL 269mg; IRON 5.5mg; SODIUM 593mg; CALCIUM 274mg;

### **Zesty Macaroni Salad**

Source: adapted from 2 WW recipes (one titled same as this one)

Healthy Units: 3

Serving Size : 10

Posted by: Marlar1(Janet)

7/26/04

#### **Ingredients:**

7 ounces dry elbow macaroni -- cooked as directed

½ cup fat-free mayonnaise

¼ cup Best Foods (or Hellmann's) Light Mayonnaise

¼ cup light sour cream

3 tbsp sweet pickle relish

2 tsp Dijon mustard

¼ large red bell pepper -- diced small

1 medium carrot -- sliced thin, into 1/4 rounds

1 oz sugar snap peas -- sliced into rings

¼ cup sweet onion (I used Vidalia) -- minced

1/8 tsp table salt

1/8 tsp black pepper

#### **Instructions:**

Mix the mayonnaise, sour cream, relish and mustard in a small bowl. Add to cooked and drained macaroni while it's still warm. Add peppers, carrots, peas and onion; toss gently to combine. Serve warm or chilled.

Per Serving (excluding unknown items): 117 Calories; 1g Fat (8.2% calories from fat);

3g Protein; 20g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 228mg Sodium.

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

## BOURBON-MOLASSES CHICKEN DRUMSTICKS

Source: Bon Appetit July 2004

Healthy Units: 3 per drumstick

Serves: See Notes

Posted by Kate (KateWD)

July 2, 2004

Notes: The entire batch of sauce with my changes is 19 HU's. I used half a batch for 5 lbs (16) of meaty drumsticks (2 oz of meat per drumstick).

1/4 cup (1/2 stick) butter (Used light butter)

1 cup minced onion

1 cup ketchup

1/4 cup molasses

2 tablespoons (packed) brown sugar

1 1/2 tablespoons Worcestershire sauce

2 teaspoons yellow mustard

3/4 teaspoon ground black pepper, divided

1/4 teaspoon chili powder

1/4 cup bourbon

1 1/2 teaspoons coarse kosher salt

12 chicken drumsticks (skin removed)

Melt butter in large saucepan over medium heat. Add onion; sauté until soft, about 6 minutes. Add next 5 ingredients, 1/4 teaspoon pepper, and chili powder. Reduce heat to medium-low; simmer until sauce thickens, about 15 minutes. Stir in bourbon; cook until heated through, about 3 minutes. Season with salt. (Can be made 1 day ahead. Cover and chill.)

Mix 1 1/2 teaspoons salt and 1/2 teaspoon pepper in bowl. Loosen skin on drumsticks. Rub salt and pepper mixture under skin without tearing skin. Cover; let stand at room temperature 30 minutes. (since mine were skinless, I just tossed with s&p).

Prepare barbecue (medium heat). Grill drumsticks until skin is crisp and juices run clear, turning to cook all sides, about 25 minutes. Transfer 1/2 cup barbecue sauce to small bowl; reserve. Brush drumsticks with remaining sauce and cook until glaze forms, about 3 minutes longer. Transfer drumsticks to platter and serve with reserved sauce.

## **Mexican Chocolate Cake**

Cooking Light August 2004

HU: 5.2

Servings: 8

Posted by DebMj1

July 26, 2004

My Notes: The recipe called for an 8-inch pan, but mine ran all over the oven and needed to bake for 50 minutes. I think it may be a typo; next time I'm using a 9-inch which may cut the baking time down to the 35 minutes specified in the recipe. I looked everywhere and couldn't find Mexican baking chocolate, so I substituted 1 oz. of semi-sweet chocolate chips mixed with 1/2 tsp. of cinnamon. Next time, I may try making this with light butter - I used regular butter this time.

CL Notes: This is a great way to finish a Mexican dinner. It's not too sweet so it provides balance for the hot and spicy flavors of the rest of the meal. Mexican chocolate is sweet, with a hint of cinnamon. Look for it at your local ethnic grocery store, or order a box of Ibarra Mexican Sweet Chocolate disks from [www.gourmetsleuth.com](http://www.gourmetsleuth.com).

### **Cooking spray**

1 cup plus 2 tsps. all-purpose flour, divided  
1/3 cup Dutch process cocoa  
1 tsp. ground cinnamon  
3/4 tsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. salt  
1 cup packed light brown sugar  
1/4 cup unsalted butter, softened  
3 large egg whites  
1 cup plain fat-free yogurt  
1 tsp. vanilla extract  
1 large egg  
1 Tbsp. fat-free milk  
1 ounce Mexican Chocolate (such as Ibarra), coarsely chopped (see my notes)  
2 Tbs. powdered sugar

Preheat oven to 350 F. Coat an 8-inch round cake pan (see notes!!) with cooking spray; line bottom of pan with wax paper. Coat wax paper with cooking spray; dust with 2 tsps. flour. Set aside.

Lightly spoon 1 cup flour into dry measuring cup; level with a knife. Sift 1 cup flour and next 5 ingredients (through salt) into a bowl. Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Add egg whites, 1 at a time, beating well after each addition. Add yogurt, vanilla and egg, beating until blended. Gradually add flour mixture, beating until combined. Pour batter into prepared pan; sharply tap dish once on counter to remove air bubbles. Bake at 350 F for 35 minutes or until wooden pick inserted in center comes out clean. Remove from oven; cool 10 minutes in pan. Place a plate upside down on top of cake; invert cake onto plate. Carefully peel off wax paper.

Combine milk and chocolate in a small microwave-safe bowl. Microwave at HIGH for 30 seconds or until chocolate melts; stir until smooth. Cool slightly; drizzle over cake. Let glaze set; sprinkle with powdered sugar.



## **Fruit Cobbler**

Source: WW Boards

Healthy Units: 1.5

Serves: 8

Posted by: Kate (KateWD)

July 26, 2004

Notes: I used frozen blueberries and mixed a little of the 1/3 cup sugar called for in the recipe with the fruit and the rest in the topping.

3 cups Fresh fruit (Blueberries, raspberries or blackberries)

1/2cup non fat milk

1/2cup flour

1/3cup sugar

1 1/2 tsp. baking powder

1 tsp vanilla extract

1/4 tsp cinnamon

1/8 tsp salt

Preheat oven to 375\*, spray an 8x8 inch baking dish with non stick spray. combine fruit with honey or Sugar substitute to sweeten, and a pinch of nutmeg. Place in bottom of baking dish.

In a bowl combine milk, sugar, baking powder, vanilla, cinnamon, and salt and whisk until smooth. Pour mixture over fruit and bake for 30 min. serve warm

## **Cider-Dijon Chicken**

Weight Watchers Simply the Best

Healthy Units 8

Servings 4

Posted by LMaybloom

07/27/04

Comments: My changes:

\* I used 1/4 t. Penzeys chicken soup base (oh Linda, the soup bases are a MUST!) and microwaved it in 1/2 c. of water instead of using chicken broth

\* I used low-fat sour cream, since I don't like cooking with fat-free. I doubt it changed the points, since it only works out to about 1 T. of the sour cream per serving.

\*Made the rice in my microwave rice cooker -- everything was ready at exactly the same time!

### **Ingredients**

1 t. canola oil

2 garlic cloves, minced

4 (4-oz) skinless boneless chicken breasts

2 c. sliced mushrooms

1/2 c. low-sodium chicken broth

2 T. Dijon mustard

3 T. all-purpose flour

1/2 c. apple cider or juice

1/4 c. nonfat sour cream

1/4 c. minced parsley

4 c. hot cooked brown rice

### **Instructions**

1. In a large nonstick skillet, heat the oil. Add the garlic and cook, stirring as needed, until lightly browned, about 1 minute.

2. Add the chicken, mushrooms, broth and mustard; bring to a boil. Reduce the heat and simmer, covered, until the chicken is cooked through, 8-10 min.

3. In a small bowl, combine the flour with enough of the cider to make a smooth paste. Stir in the remaining cider. Add to the chicken mixture. Cook, stirring constantly, until the mixture boils and thickens, about 2 minutes. Stir in the sour cream and parsley. Cook until heated through, about 1 minute. Serve the rice, topped w/ chicken and sauce.

Nutritional Info: (1 chicken breast and 1 c. rice)

Cal: 421 Fat: 5g Fiber: 4g Carb: 56g Protein: 34g

## **Chopped Salad with Chicken, Couscous, and Vegetables**

Source: Bon Appétit October 2002 (epicurious.com)

HU: 6.5 (with my modifications)

Servings: 8

Posted By: shari\_csf (Shari)

7/27/2004

Recipe Notes: This main-course salad is presented with the ingredients lined up in rows. For convenience, you could just toss the salad instead.

My Notes: I mixed everything together except for the arugula. I tossed that with the remaining dressing and place the 'chicken salad' on top before serving.

1 cup (packed) fresh basil leaves  
1 cup Just 2 mayonnaise (recipe used regular)  
1 shallot, halved  
1 cup 1% buttermilk (recipe used regular)  
1 tablespoon fresh lemon juice

1/3 cup grated Asiago cheese\*  
1/3 cup dried currants (I used dried cranberries)  
1/3 cup shelled pumpkin seeds

1 10-ounce package plain couscous, cooked according to package instructions (about 5 cups)  
3 cups coarsely chopped arugula  
1 pound plum tomatoes, seeded, diced (about 2 cups)  
2 grilled chicken breast halves, diced  
2 cups fresh corn kernels (from about 2 ears)

Blend basil leaves, mayonnaise, and shallot in processor until smooth. Gradually blend in buttermilk and lemon juice. Season dressing to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)

Mix Asiago cheese, currants, and pumpkin seeds in medium bowl.

Using 1/8 of couscous, 1/8 of arugula, 1/8 of tomatoes, 1/8 of chicken, 1/8 of corn, and 1/8 of Asiago cheese mixture, form rows on each of 8 plates. Serve, passing dressing separately.

\* Available at specialty foods stores and some supermarkets.

Makes 8 servings. the dressing itself is 2.5pts per 1/4 cup (8 servings)

Calories 326 Total Fat 8.25g, Saturated Fat 2.25g, Polyunsaturated Fat .75g , Monounsaturated Fat 1.5g, Cholesterol 38.25mg, Sodium 398.25mg, Potassium 456.75mg, Total Carbohydrate 42g, Dietary Fiber 3.75g, Protein 21.75g, Vitamin A 17%, Vitamin C 24%, Calcium 12% , Iron 7%

### **Kiwi, Orange, and Baby Greens**

Source: Moosewood

Healthy Units: 1

Serves: 4-6

Posted by: Scarehair (Carrie)

07/27/04

Comments: I added more greens, tripled the strawberries and dressing, and added two sautéed, chilled chicken breasts. Fabulous! Recipe and Nutritionals do not reflect changes I made.

#### Ingredients:

6 oz baby greens (mesclun, field mix)  
2 navel oranges, peeled and sectioned  
3 kiwis, peeled and sliced 1/4" thick  
4 fresh strawberries, hulled and sliced

#### Citrus Dressing:

2 Tlbs fresh orange juice  
1 tsp fresh lime juice  
1 Tlbs cider vinegar  
1 tsp mild honey  
1/4 tsp salt  
1/4 tsp fresh ground pepper

Whisk together the dressing ingredients. Set aside.

Toss greens, kiwi, oranges and strawberries in a bowl. Add dressing and toss again.  
Serve right away.

Per 4.5 oz. serving: Cal: 56, Protein: 1.1g, Fat: 0.4, Carb: 13.6, Chol: 0mg, Sodium: 103 mg, Fiber 1.4g

## Louisiana Crab Cakes with Creole Tartar Sauce

Source: Cooking Light, July 2004

HU: 7.25

Servings: 4

Posted By: shari\_csf (Shari)

7/27/2004

Recipe Notes: The Maryland classic goes Creole with a double dose of spicy, vinegary hot pepper sauce in the tartar sauce and the crab cakes. The tartar sauce stands for 10 minutes to let the flavors meld, but you can make it up to a day ahead and store it, covered, in the refrigerator. Lump crabmeat makes great crab cakes, but they're prone to falling apart. Handle them patiently and gently for the best results.

My Notes: I used breadcrumbs on the inside and panko on the outside.

Tartar sauce:

1/2 cup low-fat mayonnaise

3 tablespoons sweet pickle relish

2 tablespoons capers, drained and rinsed

1 teaspoon Creole mustard

1/4 teaspoon salt-free Cajun-Creole seasoning (such as The Spice Hunter)

1/4 teaspoon hot pepper sauce (such as Tabasco)

Crab cakes:

4 (1-ounce) slices white bread

1/4 cup finely chopped onion

1/4 cup finely chopped red bell pepper

1 tablespoon chopped fresh parsley

1 tablespoon fresh lemon juice

1 tablespoon hot pepper sauce (such as Tabasco)

1/4 teaspoon freshly ground black pepper

1 pound lump crabmeat, shell pieces removed

1 large egg, lightly beaten

1 large egg white, lightly beaten

4 teaspoons vegetable oil, divided

Fresh parsley sprigs (optional)

Lemon wedges (optional)

To prepare tartar sauce, combine first 6 ingredients, stirring with a whisk. Let stand 10 minutes.

To prepare crab cakes, place bread in a food processor; pulse 10 times or until coarse crumbs measure 2 cups. Combine 1 cup breadcrumbs, onion, and next 8 ingredients (through egg white); mix well. Divide crab mixture into 8 equal portions. Form each portion into a 1/2-inch-thick patty. Place 1 cup breadcrumbs in a shallow dish. Dredge patties, one at a time, in breadcrumbs.

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add 4 patties; cook 3 minutes on each side or until golden brown. Repeat procedure with remaining oil and patties. Serve with tartar sauce. Garnish with parsley sprigs and lemon wedges, if desired.

Yield: 4 servings (serving size: 2 crab cakes and 2 tablespoons tartar sauce)

NUTRITION PER SERVING

CALORIES 331 (30% from fat); FAT 11g (sat 1.8g, mono 2.6g, poly 5.3g); PROTEIN 28.2g; CARB 29.1g; FIBER 1.4g; CHOL 167mg; IRON 2.5mg; SODIUM 992mg; CALC 163mg;

## **Ginger-Lime Swordfish**

Cooking Light, JANUARY 2002

Servings: 4

Healthy Units: 5

Posted by Elizabeth (condiment)

July 27, 2004

Comments: This is a great sauce that can be used for chicken or other fish. Be careful not to add too much lime, or the flavor is sour.

### **Ingredients**

2 teaspoons grated lime rind  
1/2 cup fresh lime juice (about 2 limes)  
1/4 cup honey  
2 tablespoons bottled fresh ground ginger  
2 tablespoons minced green onion  
1 tablespoon low-sodium soy sauce  
2 teaspoons bottled minced garlic  
4 (6-ounce) swordfish steaks (about 3/4 inch thick)  
Cooking spray  
1/4 teaspoon salt  
1/4 teaspoon black pepper

### **Instructions**

Preheat broiler.

Combine first 7 ingredients in a small saucepan. Dip each steak into the lime mixture to coat.

Place fish on a broiling pan coated with cooking spray. Sprinkle with salt and pepper. Broil 10 minutes or until fish flakes easily when tested with a fork.

While fish cooks, place lime juice mixture over medium heat; cook until reduced by half (about 8 minutes). Serve sauce with fish.

Yield: 4 servings (serving size: 1 swordfish steak and 2 tablespoons sauce)

### **NUTRITION PER SERVING**

CALORIES 235 (20% from fat); FAT 5.2g (sat 1.4g, mono 2g, poly 1.2g); PROTEIN 25.8g; CARB 22g; FIBER 0.6g; CHOL 50mg; IRON 1.3mg; SODIUM 397mg; CALC 15mg;

## **Fresh Cherry Cobbler**

Source: Cooking Light June 2004

Servings 9

Healthy Units: 6.2

Posted by: Elizabeth (condiment)

Date: 28 July 2004

Comments: GREAT. very easy to throw together at the last minute. Made crust top on parchment paper, which saved me from trying to maneuver it with two spatula. I have also made it with mixed berries: cherry, blueberry and hulled strawberries. Even better than cherry alone.

### **Ingredients**

1/2 (15-ounce) package refrigerated pie dough (such as Pillsbury)

Cooking spray

1 large egg white, lightly beaten

1 tablespoon sugar

4 cups pitted fresh cherries (about 1 3/4 pounds)

1 cup sugar

3 tablespoons uncooked quick-cooking tapioca

1 tablespoon fresh lemon juice

1/8 teaspoon salt

2 tablespoons chilled butter, cut into small pieces

### **Instructions**

Preheat oven to 375°.

Cut dough into 8 (9 x 1-inch) strips. Arrange dough strips in a lattice design on a baking sheet coated with cooking spray. Brush dough with egg white, and sprinkle evenly with 1 tablespoon sugar. Bake at 375° for 15 minutes or until crust is golden brown. Cool on pan, on a wire rack, 10 minutes. Carefully lift crust using 2 spatulas; cool completely on a wire rack.

Combine cherries, 1 cup sugar, tapioca, juice, and salt. Let stand 15 minutes. Spoon the cherry mixture into an 8-inch baking dish coated with cooking spray. Top with butter. Bake at 375° for 40 minutes or until hot and bubbly. Place crust on top of cherry mixture.

Yield: 8 servings

### **NUTRITION PER SERVING**

CALORIES 312 (30% from fat); FAT 10.4g (sat 4.9g, mono 1g, poly 0.3g); PROTEIN 2.3g; CARB 54g; FIBER 1.7g; CHOL 13mg; IRON 0.3mg; SODIUM 171mg; CALC 12mg;

### **Tuna and Red Pepper Pasta Salad**

Source: Cooking Light August 2004

Healthy Units: 6.5

Servings: 4 ( 1 1/4 cup each )

Posted by DebMj1

7/28/04

Lemon juice and capers give this simple pasta salad a tangy zip.

2 cups uncooked small seashell pasta  
1 cup finely chopped red bell pepper  
1/2 cup chopped fresh parsley (I used 1/4 cup)  
1/2 cup finely chopped red onion  
1/2 cup finely chopped celery  
1 (6-ounce) can solid white tuna in water, drained  
1/3 cup fresh lemon juice  
2 Tbs. Extra virgin olive oil  
2 Tbs. capers  
1/2 tsp. salt  
1 garlic clove, minced  
1/4 tsp. freshly ground black pepper

Cook pasta according to package directions, omitting salt and fat. Drain and rinse with cold water; drain. Combine pasta, bell pepper, parsley, onion, celery and tuna in a large bowl, tossing gently to combine.

Combine lemon juice and remaining ingredients in a small bowl, stirring with a whisk. Drizzle over pasta mixture; toss gently to coat.



### **Apple Pie a la Mode Parfaits**

Source: Cooking Light August 2004

Healthy Units: 5.7

Servings: 8

Posted by DebMj1

July 29, 2004

My Notes: My 4 1/2 cups of apples cooked down to more like 3 cups, rather than the 4 cups necessary to use 1/4 cup of cooked apples on each layer, so I had to cut the amount I used in each parfait. I cooked my apples longer though so that they'd be a little softer. I assembled mine with the apples at a touch warmer than room temperature so the ice cream would melt just a little.

4 1/2 cups chopped peeled cooking apple (such as Braeburn)  
1/2 cup sugar (I used 1/4 cup sugar and 1/4 cup Splenda)  
1 tablespoon fresh lemon juice  
1 teaspoon apple-pie spice  
3 cups oatmeal cookie crumbs (about 4 ounces, crushed)  
3 cups vanilla low-fat ice cream, softened (I used low fat yogurt)

1. Combine the first 4 ingredients in a medium saucepan, and bring to a boil. Cover, reduce heat, and simmer 5 minutes. Uncover; simmer 5 minutes or until tender, stirring occasionally. Spoon into a bowl; cover and chill.

2. Spoon 1 tablespoon cookie crumbs into each of 8 (8-ounce) glasses; top each with 1/4 cup apple mixture and 3 tablespoons ice cream. Repeat the layers once, ending with ice cream. Serve immediately. Yield: 8 servings (serving size: 1 parfait)

per serving: 284 cal (24% from fat), 7.7g fat (2.3g sat, 3.7g mono, 0.9g poly), 4.4g protein, 51.4g carbs, 3g fiber, 9mg chol, 0.9mg iron, 129mg sodium, 83mg calcium

## **Summer Squash Soup with Pasta and Parmesan**

Source: CL Aug 2004

Healthy Units: 5

Servings: 4

Posted by Petiteyaya1 (Cindy)

07/29/04

Comments: Serving size is 2 cups. I thought 1 cup (3 HU) was plenty when paired with a salad. I subbed small shells for farfalle.

6 cups fat-free, less-sodium chicken broth  
3 cups water  
2 1/4 cups uncooked farfalle (about 6 oz bow tie pasta)  
2 cups finely chopped yellow squash  
2 cups finely chopped zucchini  
1 tablespoon chopped fresh parsley  
1 tablespoon chopped fresh basil  
1 tablespoon fresh lemon juice  
1/2 teaspoon chopped fresh thyme  
1/2 teaspoon chopped fresh oregano  
1/2 teaspoon freshly ground black pepper  
1/2 cup (2 oz) grated Parmigiano-Reggiano cheese  
1/4 cup thinly sliced fresh basil

1. Bring broth and water to a boil in a Dutch oven. Add pasta, and cook 8 minutes or until almost tender. Add squash and next 7 ingredients (through pepper). Reduce heat, and simmer 4 minutes or until pasta is done and squash is tender. Sprinkle with cheese and basil.

Yield: 4 servings (serving size: about 2 cups)

per serving: 269 calories (15% from fat), 4.6g fat (2.5g sat, 1.2g mono, 0.5g poly), 16.5g protein, 39.4g carbs, 3.4g fiber, 10mg chol, 2.6mg iron, 912mg sodium, 210mg calcium

### **Parmesan Crusted Halibut**

source: Figaro's kitchen

Healthy Units: 6

servings:8

posted: Figaro67

date: July 30, 2004

2 1/5 to 3 pounds of halibut filets

1/2 c. parmesan cheese

1/2 c. flour

olive oil cooking spray (I use Trader Joes)

1 1/2 tablespoon olive oil

1 tablespoon butter

salt, pepper, lemon, parsley

Start with thawed halibut fillets (no bones/skin.) Generously sprinkle some salt, pepper, and a dash of paprika on the filets. Coat lightly with olive oil cooking spray and dredge in flour/parmesan mixture. (I use plain ol' Kraft parmesan grated in the can). Coat a very large fry pan with cooking spray, add 1.5 tablespoons of olive oil and 1 tablespoon of butter (adjust down if using less than 3lbs of fish) and cook on both sides (aprox 5-6 minutes each side) until done. Right before turning off the heat, sprinkle a little more parmesan and chopped fresh parsley on top and sear each side quickly to harden the cheese. It's great with some fresh lemon squeezed on top.

## **Mango Salsa Salmon**

Source: allrecipes.com

serves: 2

HUs: 8

Posted by: Danika

Date: 7/28/04

### **Ingredients:**

2 (6 ounce) salmon filets

1/3 cup red onion, diced

2 cloves garlic, peeled and minced

1 tomato, diced

2T fresh cilantro, chopped

1 mango - peeled, seeded, and diced

### **Directions:**

Preheat the oven broiler. Line a broiler pan with foil. Broil salmon on the prepared pan 12 minutes, or until easily flaked with a fork.

Heat a small saucepan over medium heat (I used cooking spray), and sauté onion until tender. Stir in garlic, tomato, and cilantro. Cook until heated through, 1 to 2 minutes, and remove from heat. Mix in the mango. Serve over the salmon.

## **Corn Bread with Fresh Corn**

Source: Cooking Light July 2004

HUs: 3.5

Serves: 12

Posted by: Kate (KateWD)

August 2, 2004

This corn bread is wonderfully moist with a hint of sweetness.

2 ears corn  
2 tablespoons vegetable oil -- divided  
1 tablespoon butter  
1 3/4 cups 2% low-fat milk -- divided  
1 1/2 cups yellow cornmeal  
1 cup all-purpose flour  
1/4 cup sugar  
1 tablespoon baking soda  
1 teaspoon salt  
1 large egg white -- lightly beaten  
1 large egg -- lightly beaten

Preheat oven to 400 degrees.

Cut kernels from ears of corn into a bowl; scrape "milk" and remaining pulp from cobs using the dull side of a knife.

Coat a 10-inch cast-iron skillet with 1 1/2 teaspoons oil. Place pan in 400 degree oven for 10 minutes.

While pan preheats in oven, melt the butter in a medium nonstick skillet over medium-high heat. Add corn mixture; sauté 2 minutes. Remove from heat. Place half of corn and 1/2 cup milk in a blender or food processor, and process until smooth. Place pureed corn and sautéed corn in a medium bowl.

Lightly spoon the cornmeal and flour into dry measuring cups; level with a knife. Combine cornmeal, flour, sugar, baking powder, and salt in a large bowl; make a well in center of mixture. Add 1 1/2 tablespoons oil, 1 1/4 cups 2% milk, egg and egg white to corn mixture; stir to combine. Add to flour mixture, stirring just until moist. Pour batter into preheated skillet; bake at 400 deg. for 25 minutes or until a wooden pick inserted in the center comes out clean.

cal 181; fat 5.1 g; pro 5.1 g; carb 30.6 g; fiber 2.2 g; chol 23 mg; iron 1.3 mg; sodium 355 mg; calc 115 mg

## **Funky Monkey Parfaits**

Source: Cooking Light August 2004

HU's: 4

Serves: 8

Posted by: Kate (KateWD)

August 2, 2004

6 tablespoons sugar

1/4 cup Dutch process cocoa

2 tablespoons cornstarch

Dash of salt

1 1/2 cups 2% reduced-fat milk

1/2 teaspoon vanilla extract

1 cup peanut butter sandwich cookie crumbs (such as Nutter Butter; about 8 cookies, crumbled)

3 cups sliced bananas

1. Combine the first 4 ingredients in a 2-quart glass measure; stir well. Gradually add milk, stirring with a whisk. Microwave at HIGH for 2 1/2 minutes, stirring occasionally. Microwave at MEDIUM-HIGH (70% power) for 2 1/2 minutes or until thick, stirring occasionally. Stir in vanilla. Cover surface of mixture with plastic wrap; chill.

2. Spoon 1 tablespoon cookie crumbs into each of 8 (8-ounce) glasses; top each with 3 tablespoons bananas and 1 1/2 tablespoons chocolate mixture. Repeat layers once, ending with chocolate mixture. Serve immediately.

Yield: 8 servings (serving size: 1 parfait)

per serving: 191 cal (21% from fat), 4.5g fat (sat 1.4g, mono 1.4g, poly 0.6g), 4g protein, 37.7g carbs, 1.9g fiber, 5mg chol, 0.9mg iron, 127mg sodium, 53mg calcium

## **Chicken Philly Sandwiches**

Cooking Light, June 2003

Healthy Units: 10

Yield: 4 servings (serving size: 1 sandwich)

Posted By: Bawstinn32 (Maria)

August 3

Comments: Points can be lowered by using different bread and eliminating the oil used to cook the chicken. Quick to put together once all vegetables chopped; just a bit of a kick from the pepper sauce.

Taking a cue from the classic Philly cheese steak, this recipe replaces the traditional beef with chicken but keeps the cheese and onion-bell pepper topping. Pressing the already-warm filling helps the cheese melt and binds the ingredients so they don't fall out as you enjoy the sandwich.

2 teaspoons olive oil  
3/4 pound skinless, boneless chicken breast, cut into (1-inch-thick) strips  
1/8 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
1 cup red bell pepper strips  
1 cup green bell pepper strips  
1 cup vertically sliced onion  
1 1/2 teaspoons white wine vinegar  
1/8 teaspoon salt  
2 garlic cloves, minced  
1/2 teaspoon hot pepper sauce  
4 (3-ounce) submarine rolls (such as Cobblestone Mill brand)  
4 (1-ounce) slices provolone cheese

Heat oil in a medium nonstick skillet over medium-high heat. Add chicken to pan; sprinkle with 1/8 teaspoon salt and black pepper. Sauté 5 minutes or until chicken is done. Remove chicken from pan. Add red bell pepper and next 5 ingredients (red bell pepper through garlic) to pan; sauté 6 minutes or until tender. Stir in chicken and pepper sauce; remove from heat. Slice each roll in half horizontally, cutting to, but not through, other side. Place 1 cheese slice and 1 cup chicken mixture on bottom half of each roll, and gently press roll halves together.

Heat a large nonstick skillet over medium heat; add 2 sandwiches. Place a cast-iron or heavy skillet on top of sandwiches; press gently to flatten. Cook 4 minutes on each side or until cheese melts and bread is toasted (leave skillet on sandwiches while they cook). Repeat with remaining sandwiches.

CALORIES 490 (28% from fat); FAT 15.4g (sattfat 6.5g, monofat 6.2g, polyfat 1.5g); PROTEIN 35.2g; CARBOHYDRATE 51.3g; FIBER 4.2g; CHOLESTEROL 69mg; IRON 3.9mg; SODIUM 945mg; CALCIUM 359mg;

### **Chicken Waldorf Salad**

Source: Changing Thymes

HU: 2

Servings: 12 (1/2 cup serving size)

Submitted by: bms2003 (Betty)

August 3, 2004

Notes: I used Craisins instead of raisins. Also, I used low-fat mayo instead of the reduced calorie. Points are as recipe reads.

2 cups cubed cooked chicken breast  
1 1/2 cups seedless red grapes  
1 cup cubed unpeeled red apple  
2/3 cup sliced celery  
1/4 cup raisins, optional  
2 T diced purple onion

Dressing:

1/3 cup plain non-fat yogurt  
2 T reduced-calorie mayonnaise  
1 1/2 T lemon juice  
1/8 to 1/4 t celery salt

Combine chicken, grapes, apple, celery, raisins and onion, tossing gently to mix.

Prepare dressing by blending yogurt, mayonnaise, lemon juice and celery salt.

Add dressing to chicken mixture and toss gently to coat thoroughly.

Chill, covered, until ready to serve

Makes approximately 6 cups.

Calories 89; Protein 8.37g; Carbohydrates 7.65g; Fat 3g; Cholesterol 22.3mg; Sodium 86.8mg; Fiber 1g



**Asian Peanut Slaw**

Source: WW Boards/Posted by BlondeBelle

Healthy Units: 2 per 1 cup serving

Servings: 5

Posted by Tracy (Nikkie1t)

Date: August 4, 2004

5 c shredded green cabbage (about 1 pound)  
1/3 c green onion, sliced on diagonal  
1 med carrot, peeled and shredded  
3 T natural rice vinegar  
2 1/2 T peanut butter  
2 T or 3 packs Splenda  
1 T brown sugar  
2 t lite soy sauce  
2 t sesame oil  
1 T water  
1/8 t red pepper flakes (or to taste)  
2 1/2 T chopped, unsalted peanuts (for garnish)  
Fresh cilantro (optional for garnish)

Place cabbage, green onion and carrot in large bowl.

In another bowl whisk together remaining ingredients until smooth. Pour dressing over cabbage and toss to coat. Add garnish.

This slaw is best served within an hour or so of tossing. Take the dressing separate if toting it and toss at serving location.

per serving :calories = 120 / fat = 8 g / fiber = 3 g

### **Orange Sauced Chicken**

Source: CL Superfast Suppers

HU: 4

Serves: 2 (1 chicken breast and 1/4 c sauce)

Posted by: DonnaLoo

August 4, 2004

This recipe is easily doubled, tripled or more. Very tasty and QUICK.

Prep time: 8 minutes cook time: 10 minutes

1/4 cup fresh orange juice  
1/4 cup fat-free, less-sodium chicken broth  
1 T orange marmalade  
1 t fresh lemon juice  
3/4 t cornstarch  
1/8 t dried crushed rosemary  
1/8 t salt  
1/4 t ground black pepper  
2 (4 oz) boneless, skinless chicken breast  
1 T Italian-seasoned breadcrumbs  
1 t olive oil  
cooking spray  
1 t chopped fresh parsley

Combine first 8 ingredients in a medium bowl, stirring with a whisk. Set aside.

Dredge chicken in bread crumbs.

Heat oil in a large non-stick skillet coated with cooking spray over med-high heat. Add chicken, cook 4 minutes on each side, till lightly browned. Add broth mixture; cover, reduce heat and simmer another 5-8 minutes. Sprinkle with parsley.

Per serving: 204 calories, 3.8 grams fat, 24.7 grams protein, 14 grams carb, 0.4 grams fiber, 66 mg cholesterol, 398 sodium, 27 mg calcium

## **French Dips**

Source: CLBB

Healthy Units: 4

Servings:

Posted by: MissVN

Date: August 4, 2004

NOTES: I used a can of beef broth in place of the bouillon and soy sauce. Also, since I wanted mine more spicy, I added a half a can of hot Italian peppers to it, in addition to some sliced green pepper and onion. Best I could figure for points was based on nutritional for "lean beef".

### **Ingredients**

- 1 3-pound chuck roast, all visible fat trimmed
- 1/2 cup low-sodium soy sauce
- 1 beef bouillon cube
- 1 bay leaf
- 3 to 4 whole peppercorns
- 2 tsp Italian seasoning
- 1 tsp garlic powder

### **Instructions**

Combine seasonings and pour over roast in crock pot. Add 1/2 cup water. Cover and cook on low 10-12 hours. Remove roast and let cool. I usually pour the "au jus" into a large Ziploc, let the fat rise to the top, then snip off a corner to drain. Shred the beef into bite-sized pieces, removing the fat. Serve in toasted buns, with a small bowl of "au jus" for dunking.

Serving size - 3/4 cup of meat

### **Steak Onion Sauce**

Serves: 2

HU: 0

Posted by: DonnaLoo

August 6, 2004

Comments: You can use 1 small thinly sliced onion instead of shallots, but you'll get a bolder onion flavor. We love this with peppered steaks or grilled chicken breasts.

4 shallots, peeled and sliced

1 Cup fat-free beef broth

2 teaspoons Dijon mustard

Heat a non-stick skillet over med-high heat. Coat pan and shallots with cooking spray and sauté 2 minutes. Add broth; bring to a boil. Cook and stir frequently for 5 minutes. Stir in mustard. cook 1 minute more. Spoon over steaks.

## **Jam Muffins**

Source: WW New Complete Cookbook

Healthy Units: 3 per muffin

Servings: 6

Posted by: jhoulih

8/7/04

Note: Barely press the jam into the muffin, or it will bake down to the bottom of the muffin leaving a sticky jam hole at the bottom of the muffin. I cut back a little on the jam to help avoid this problem.

2/3 cup all-bran cereal flakes, crumbled

1/2 cup + 1 T whole-wheat flour

3 T AP flour

1/4 cup sugar

1 t baking powder

1/2 t baking soda

1/2 t cinnamon

1/4 t salt

Pinch ground nutmeg

1/2 cup low-fat buttermilk

2 T vegetable oil

1 egg white

1/2 t vanilla extract

1/4 cup black raspberry spreadable fruit

1. Preheat oven to 350; spray a 6-cup muffin tin with nonstick cooking spray, then sprinkle with flour.
2. In a medium bowl, combine the cereal, flours, sugar, baking powder, baking soda, cinnamon, salt & nutmeg. In a small bowl, beat the buttermilk, oil, egg white and vanilla. Add to the cereal mixture; stir just until combined (do not overmix).
3. Spoon the batter into the cups, filling each about two-thirds full. Spoon 2 teaspoons of the spreadable fruit on each muffin, pressing it gently into the batter. Bake until lightly golden and a toothpick inserted in a muffin (not the spreadable fruit) comes out clean, about 25 minutes. Cool in the pan on a rack 10 minutes; remove from the pan and cool completely on the rack.

## **Chicken Tortilla Soup**

Source: Adapted by JaneStarr from "Desperation Dinners!" by Beverly Mills and Alicia Ross

Healthy Units: 3 pts for soup plus extras

Servings: 4

Posted by: JaneStarr

Date: 8/9/04

Comments: each (~1 1/2 cup) serving is 4 pts. If you include the cheese and tortillas. It comes to 3 pts w/o the toppings. Similar to Chili's SW vegetable soup (without the beans and with lots of chicken instead). Very good!

### **Ingredients:**

2/3 pound skinless & boneless chicken breast halves--about 2 halves, fresh or frozen

1/2 teaspoon olive oil

1 cup frozen chopped onions

1 tablespoon bottled lime juice-I use fresh

1/2 teaspoon bottled minced garlic

1/2 teaspoon chili powder

1/4 teaspoon ground cumin

28 ounces fat-free chicken broth -- original was 2 cans-14 1/2-oz each

1 cup bottled salsa -use med.

1 cup frozen corn -(optional) or 11 oz can MexiCorn

### **Extras:**

2 ounces baked tortilla chips

4 tablespoons shredded, reduced fat cheddar cheese (Kraft preferred) -- Jane uses Colby- Mont. Jack

### **Instructions:**

1. If the chicken is frozen, run hot water over it so you can remove any packaging. Place the chicken on a microwave-safe plate and microwave 2 minutes, uncovered, high, to begin defrosting.

2. Meanwhile, heat the oil on low in a 4 1/2-quart Dutch oven or soup pot. Cut the chicken (fresh or partially defrosted) into bite-sized chunks, adding them to the pot as you cut. Raise the heat to high and cook for 2 minutes, stirring occasionally. Add the onions, lime juice, garlic, chili powder, and cumin. Cook 2 minutes.

3. Add the broth, salsa and corn (if using). Stir to mix. Cover the pot and bring the broth to a boil. Reduce the heat to medium-high and continue to boil 8 to 10 minutes to develop the flavor. Meanwhile, crush the tortilla chips slightly. Place the crushed chips in 6 soup bowls. Ladle the soup into the bowls. Sprinkle each portion with cheese and serve.

Nutritional Info: Per Serving: 239 Calories; 3g Fat (10.3% calories from fat); 32g Protein; 29g Carbohydrate; 4g Dietary Fiber; 45mg Cholesterol; 875mg Sodium.

## **Edamame and Bean Salad with Shrimp and Fresh Salsa**

Source: CL July 04

Healthy Units: 6 for WHOLE RECIPE

Servings: 1 (1 1/2 C

Posted by: Andie

Date: Aug 10, 2004

Comments: I used Melissa's precooked edamame. I can find it in my produce section. CL says if you want to use the whole can of beans, triple the recipe. It didn't work that way for me. I didn't have enough beans.

### **Ingredients**

1/4 C frozen shelled edamame  
1/2 C chopped cooked small shrimp (about 6 oz)  
1/2 C canned cannellini beans, rinsed and drained  
1/2 C halved cherry tomatoes  
1-2 T chopped red onion  
1 tsp minced jalapeno pepper  
1 T chopped fresh cilantro  
2 tsp fresh lime juice  
1 1/2 tsp extra virgin olive oil  
1/8 tsp salt

### **Instructions**

Cook edamame according to package directions. Drain and rinse with cold water, drain.

Combine edamame, shrimp, cannellini beans, cherry tomatoes, onion, and jalapeno. Combine cilantro and remaining ingredients, stirring with a whisk. Drizzle over edamame mixture, and toss gently to combine. Cover and chill.

Cal 314 (29% from fat), fat 10.1g; protein 28.1g; carb 28g; fiber 8.2g; chol 167mg; iron 5.8mg; sodium 803mg; calc 94mg

## **Simple Strawberry Mousse**

CL May 1999,Pg 170

HU 1-2

Servings 6

Posted by: JaneStarr

8/10/04

Comments: This can be made with FF Cool Whip and sour cream to further reduce the calcs and fat. For Weight Watchers, I substitute 3 T Equal Measure (or 5 packets) for the sugar. This reduces the point count to 1 pt.

### **Ingredients:**

2 cups strawberries, halved

3 tablespoons sugar

1/2 cup light sour cream

1 1/2 cups Cool whip Lite®, thawed

### **Instructions:**

Combine the strawberries and sugar in a blender, and process until smooth.(I used my hand-held immersion blender.)

Combine strawberry puree and sour cream in a large bowl, stirring well with a whisk.

Fold whipped topping into strawberry mixture.

Spoon into 6 (6-ounce) custard cups.

Cover and freeze 4 hours or until firm.

Nutritional info: 102 calcs, 4.7g fat (41%CFF), 1.2g fiber = 2 WW Points



## **GREEN BEAN SALAD WITH FRESH TOMATO CHUTNEY**

Source: Bon Appetite August 2004

Healthy Units: 1

Serves: 8

Posted by: Kate (KateWD)

August 11, 2004

The easy tomato chutney is adapted from Madhur Jaffrey's cookbook From Curries to Kebabs. Make the chutney and combine it with the green beans about four hours before serving, which allows plenty of time for the beans to soak up the flavors.

2 1/4 pounds green beans, trimmed  
4 medium tomatoes, quartered  
1 1/2 tablespoons dark brown sugar  
1 large garlic clove, chopped  
1 tablespoon chopped peeled fresh ginger  
1 teaspoon ground cumin  
1/2 teaspoon chopped seeded serrano chile

Cook beans in large pot of boiling salted water until crisp-tender, about 6 minutes. Drain; rinse with cold water and drain again. Pat dry. (Beans can be made 1 day ahead. Wrap in paper towels and store in re-sealable plastic bags; refrigerate.) Chop tomatoes in processor using on/off turns. Add brown sugar, garlic, ginger, cumin, and chile. Process until almost smooth. Pour tomato mixture over beans; toss to coat. Cover and refrigerate until cold, about 4 hours. Season to taste with salt and pepper. Arrange beans on large platter and serve.

### **Peach Upside-Down Cake (2000)**

Source: Adapted from Mango Upside-Down Cake recipe - 2000 Cooking Light Annual

HU: 4.4

Servings 8

Posted by DebMj1

August 12, 2004

Note: This is a super easy recipe to make, especially when peaches are in season. In fact, you might want to make two right away!

1 Tablespoon light butter  
1/4 cup brown sugar  
2 peaches, peeled and sliced  
1/3 cup sugar  
1/3 cup Splenda sugar substitute  
5 Tablespoons light butter, softened  
1/2 cup egg substitute, or 3 egg whites  
1 1/2 teaspoons vanilla extract  
1 1/3 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon ground cinnamon  
1/4 teaspoon salt  
3/4 cup skim milk

Preheat oven to 350. Coat bottom of a 9-inch round cake pan with 1 tablespoon melted butter. Sprinkle with brown sugar. Arrange peach slices spoke-like over the brown sugar mixture; set aside.

Beat granulated sugar and 5 tablespoons butter at medium speed of a mixer until well-blended. Add egg substitute and vanilla, beating until well-blended. Lightly spoon flour into measuring cups; level with a knife. Combine flour, baking powder, cinnamon, and salt. Add flour mixture to sugar mixture alternately with milk, beginning and ending with flour mixture; mix after each addition. Pour batter into prepared pan.

Bake at 350 for 40 (more like 35) minutes. Cool in pan 5 minutes on a wire rack. Loosen cake from sides of pan. Place a plate upside down on top of cake. Invert onto plate. Garnish with whipped topping, if desired.

## **Cheese Soufflé with Fresh Corn**

Cooking Light June 1997

HU: 4

Servings 6

grdretreat

August 12, 2004

I made a few changes. I put in an extra ear of corn, 1 c. of sautéed chopped onion, 3 tbs. chopped basil and 1 tsp. splenda. I cooked in a water bath to make sure it did not crack.

1 1/2 cups fresh corn kernels (about 3 ears)  
1 cup skim milk  
1/2 cup all-purpose flour  
1/2 cup fat-free cottage cheese  
1/2 teaspoon salt  
1/4 teaspoon ground red pepper  
1/8 teaspoon ground nutmeg  
2 large egg yolks  
1 cup (4 ounces) reduced-fat extra-sharp cheddar cheese  
4 large egg whites (at room temperature)  
1/2 teaspoon cream of tartar  
Cooking spray

Preheat oven to 400°.

Place first 8 ingredients in a food processor; process until blended, scraping sides of processor bowl once. Add cheddar cheese; pulse 2 times or until well-blended. Spoon corn mixture into a large bowl.

Beat egg whites and cream of tartar at high speed of a mixer until stiff peaks form. Gently fold one-fourth of egg white mixture into corn mixture; gently fold in remaining egg white mixture. Pour mixture into a 2 1/2 quart soufflé dish coated with cooking spray.

Place soufflé in a 400° oven; immediately reduce oven temperature to 375°, and bake 45 minutes or until puffy and golden.

Yield: 6 servings (serving size: 1 cup)

### **NUTRITION PER SERVING**

CALORIES 187 (29% from fat); FAT 6.1g (sat 2.8g, mono 1.8g, poly 0.6g); PROTEIN 14.9g; CARB 19.1g; FIBER 1.5g; CHOL 87mg; IRON 1mg; SODIUM 467mg; CALC 239mg;

## **Vegetable Curry In a Hurry**

Source: Experience Life magazine, Sept. 2003

Healthy Units: 1

Servings: 8 (1 cup servings)

Posted by: MoOzark(Donna)

August 12, 2004

Comments: Serving suggestions: serve over basmati rice and with a cool cucumber salad seasoned with mint and lemon juice.

### **Ingredients:**

1 Tablespoon minced fresh ginger

2 teaspoons minced fresh garlic

2 Tablespoons Madras-style curry powder

1 teaspoon ground cumin

1 teaspoon ground coriander

several pinches red chili flakes

14 ounce can chopped tomatoes

1 chopped onion

2 chopped carrots

(I misread this and used 1 cup onion and 2 cups carrot...turned out fine)

2 cups frozen spinach (there are 16 ounce (2 cups) bags at the store)

14 ounce can chickpeas

2 cups chicken or vegetable stock

(I used fat free chicken stock, 14 ounce can and added 2 more ounces of water with a chicken bullion cube)

1 Tablespoon olive oil

### **Directions:**

- Heat a large pan over medium heat.
- Rinse the chickpeas and drain, set aside. Rinse the spinach and defrost, squeeze dry and reserve.
- Add the oil to the pan and swirl once or twice to coat the entire surface.
- When the oil ripples and is aromatic, add the ginger, garlic, onion and spices and stir several times.
- Cook for a minute or two and add the carrots, spinach and chickpeas.
- Stir once or twice and add the stock and tomatoes; bring to a simmer.
- Adjust heat to maintain a simmer and cook until the liquids in the pan have reduced by 75%. Season with sea salt and a squeeze of fresh lime and serve immediately, garnish with a dollop of yogurt if you like. For a fun twist, try upping the stock amount by a cup and throwing in a half cup of lentils. (Adjust points if you add lentils)

## **Chocolate Mint Cheesecake Cups**

Source: CL Jul/Aug 1990, pg 66, modified

HU 1

Servings 24

Posted by: "JaneStarr"

8/12/04

Comments: Original recipe called for one egg, but I've had good luck with FF egg substitute.

When I tried this recipe with FF cottage cheese, the texture became unpleasantly grainy.

For some reason I had much better results using a blender than using my ancient food processor. These were my favorite treats to bring to gatherings when I was actively losing weight.

### **Ingredients:**

6 ounces light cream cheese, 3/4 of 8oz brick

1/2 cup sugar

1/2 cup low fat cottage cheese

2 tablespoons all-purpose flour

3 tablespoons unsweetened cocoa

2 tablespoons crème de menthe

1 teaspoon vanilla extract

1/8 teaspoon salt

1/4 cup Egg Beaters® 99% egg substitute

or

1 large egg

1 tablespoon semisweet chocolate chips,mini

Place all ingredients in blender except mini-chips. Cover & process until smooth. Spoon batter evenly into 24 paper-lined miniature muffin pans (I prefer the foils ones, if available -- easier to remove finished cupcakes from foil wrappers). Top each with 4 to 5 mini-chips.

Bake at 300°F for 18 minutes.

Let cool in pans on a wire rack. Cover and chill at least 2 hours.

Nutritional info from MasterCook: 50 calories, 1.5g fat (29%CFF), 0.1g fiber= 1 Pt

### **Seven Seas Viva FF Italian Dressing**

Healthy Units: 0

Source: Top Secret Recipes

Servings: 12 (2 Tablespoons each serving)

Posted by: AnneM81

August 12, 2004

1 1/3 cups water  
1 1/2 tablespoons granulated sugar  
2 teaspoons cornstarch  
1 teaspoon salt  
1/2 teaspoon dried minced onion  
1/2 teaspoon dried minced garlic  
1/2 teaspoon finely minced red bell pepper  
1/2 teaspoon Italian seasoning  
1/4 teaspoon gelatin  
1/2 cup white vinegar  
1 teaspoon dry nonfat buttermilk

1. Combine water, sugar, cornstarch, salt, onion, garlic, bell pepper, Italian seasoning, and gelatin in a small saucepan. Whisk to dissolve cornstarch, then set pan over medium/low heat.
2. Heat mixture until boiling, stirring often. When mixture begins to boil, cook for 1 additional minute, stirring constantly, then remove from heat.
3. Add vinegar and dry buttermilk to saucepan and stir. Transfer dressing to a covered container and refrigerate--preferably overnight--before serving.

(<http://www.topsecretrecipes.com>)

Makes 1 1/2 cups.

Nutrition Facts Fat (per serving) – 0g Calories (per serving) – 10

### **Scrumptious Shrimp with Artichokes**

Source: Cooking Light, August 2003

HU: 4

Servings: 4

Posted by: Kzbaskets

Date: August 12, 2003

CL Notes: It can be served over rice or pasta, and tastes even better with a big hunk of crusty bread.

My notes: I added all of the ingredients at the same time so I didn't overcook my shrimp. I served it over rice to soak up the sauce and it is very easy - cleaning the shrimp and dicing the tomatoes are the hardest parts.

#### **Ingredients:**

- 1 tablespoon olive oil
- 1 pound large shrimp, peeled and de-veined
- 1 1/2 tablespoons dried red pepper flakes
- 2 garlic cloves, minced
- 2 cups diced tomatoes
- 2 tablespoons chopped fresh flat leaf parsley
- 1 teaspoon paprika
- 1/4 teaspoon salt
- 1 (14 oz) can quartered artichoke hearts, drained

#### **Instructions:**

Heat oil in a large nonstick skillet over medium high heat. Add shrimp, pepper flakes, and garlic, sauté 3 minutes. Add remaining ingredients, cook 3 minutes, stirring frequently or until shrimp are done and mixture is thoroughly heated.

Yield: 4 servings - 1 1/2 cups each

Calories 233, Fat 6.1g, Protein 27.8g, Carb 17.9g, Fiber 5.3g, Chol 172mg, Iron 3.6mg, Sodium 926mg, Calc 73mg

## **Loads-of-Blueberries Coffee Cake**

Recipe courtesy Elizabeth Alston

HUs: 5 per serving

Servings: 9 large serving **(I changed to 12 servings)**

Posted by: Jill(JilliW)

Date posted: Aug. 13, 2004

Comments:

Although this recipe calls for 9 servings, I do feel that that would be a pretty large serving. The number of points could be cut down by making smaller servings.

Notes: I have frozen these with very good results. Although the sugar topping isn't as distinguishable after freezing, the taste is still superb.

Coffee Cake:

4 tablespoons unsalted butter, plus extra butter for greasing baking dish **(light butter)**

3 cups (1 dry pint) blueberries

2 cups all-purpose flour **(1 cup AP flour / 1 cup WW flour)**

2 1/2 teaspoons baking powder

1/2 teaspoon salt

3/4 cup milk

2/3 cup granulated sugar **(1/3 cup sugar / 1/3 cup Splenda)**

2 large eggs **(1/2 cup Eggbeaters)**

Topping:

2 tablespoons sugar mixed with 1/4 teaspoon ground nutmeg

8 or 9- inch square glass baking dish

Heat the oven to 350 degrees.

Grease the dish.

Melt the butter in a medium-size saucepan (or in a bowl in a microwave oven.); Let cool.

Wash and drain the blueberries; spread them out on paper towels to removing any bits of leaf or stalk.

Put the flour, baking powder, and salt in a large bowl; Stir to mix well.

Add the milk, sugar, and eggs to butter; whisk to blend well.

Add to the flour mixture, stirring to blend well.

Fold in the blueberries.

Spread the batter in the prepared dish.

Sprinkle with the sugar nutmeg topping.

Bake until a wooden pick inserted in the center of the cake comes out clean, 50 to 60 minutes.

Place the dish on a wire rack to cool at least 30 minutes before serving.



## **Salmon with Crispy Horseradish Crust**

Recipe Courtesy of Cathy Lowe (Food Network)

HU's: 6.0-11.0

Serves: 2

Posted by: Jill (JilliW)

Date: August 13, 2004

Prep time: 10 minutes

Yield: 2 servings

Notes: This has been one of my very favorite recipes for a long time. It is great!  
(Lightened version in parenthesis and equal to 6.0 HU's instead of 11)

### **Ingredients:**

2-6 oz. (4 oz.) salmon filets

3 Tbsp. butter, softened or (lightened butter)

2 Tbsp. horseradish

1 cup fresh breadcrumbs (we use a bread that is low in points-3 slices at 1 pt. each)

Salt

Pepper

1 Tbsp. olive oil (use spray instead)

### **Instructions:**

Check that all bones have been removed from filets.

In a small bowl, cream together butter and horseradish with a spoon.

Stir in breadcrumbs and combine well.

Season salmon and mound breadcrumb mixture on top and press down to cover top of salmon.

Preheat broiler.

Heat oil in nonstick skillet; lay salmon pieces into skillet and cook over medium high heat until browned on bottom; slide under broiler and cook for 3-4 minutes or until golden brown on top.

Keep warm in oven until ready for serving.

## **Ultimate Crab Dip**

Source: Cooking Light October 1999

Servings: 16

Healthy Units: .5 per serving

Posted by: LMaybloom

Date: 08/16/04

Comments: Note: I made this dip and served it with packaged bruschetta rounds for the Olympics in Athens Party -- Cousin George LOVED this dip. I used LF cream cheese and FF yogurt, b/c I can't stand FF cream cheese. I figured even if it doubled the # of points, it's still 1 point for a generous 1/4 cup. Lump crabmeat is pretty expensive just to make a dip from it, so you could \*probably\* get away with mincing artificial crabmeat. It would add a little more color, too.

### **Ingredients**

2 (8-ounce) blocks fat-free cream cheese  
1/4 cup low-fat plain yogurt  
1 tablespoon prepared horseradish  
1/2 teaspoon Worcestershire sauce  
1/4 teaspoon ground red pepper  
1/4 teaspoon hot sauce  
1 tablespoon finely chopped green onions  
1/2 cup chopped water chestnuts  
1 pound lump crabmeat, shell pieces removed

### **Directions:**

Beat cream cheese at high speed of a mixer until smooth. Add yogurt, horseradish, Worcestershire sauce, pepper, and hot sauce; beat well. Stir in green onions, water chestnuts, and crabmeat.

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

### **NUTRITION PER SERVING**

CALORIES 15 (6% from fat); FAT 0.4g (sat 0.0g, mono 0.0g, poly 0.1g); PROTEIN 10g;  
CARB 2g; FIBER 1.2g; CHOL 32mg; IRON 0.4mg; SODIUM 256mg; CALC 116mg;

## **Harvest Pear Crisp**

Cooking Light September 2002

Servings:8

Healthy Units: 5

Posted by LMaybloom

Date 08/16/04

### **Ingredients:**

6 cups Anjou or Bartlett pears, cored and cut lengthwise into 1/2-inch-thick slices (about 3 pounds)

1 tablespoon fresh lemon juice

1/3 cup granulated sugar

1 tablespoon cornstarch

1 1/2 teaspoons ground cinnamon, divided

1/3 cup all-purpose flour

1/2 cup packed brown sugar

1/2 teaspoon salt

3 tablespoons chilled butter, cut into small pieces

1/3 cup regular oats

1/4 cup coarsely chopped walnuts

### **Directions:**

Preheat oven to 375°.

Combine pears and lemon juice in a 2-quart baking dish; toss gently to coat. Combine granulated sugar, cornstarch, and 1 teaspoon cinnamon; stir with a whisk. Add cornstarch mixture to pear mixture; toss well to coat.

Lightly spoon flour into a dry measuring cup; level with a knife. Place flour, 1/2 teaspoon cinnamon, brown sugar, and salt in a food processor; pulse 2 times or until combined. Add chilled butter; pulse 6 times or until mixture resembles coarse meal. Add oats and walnuts; pulse 2 times. Sprinkle flour mixture evenly over pear mixture.

Bake at 375° for 40 minutes or until pears are tender and topping is golden brown. Cool 20 minutes on a wire rack; serve warm or at room temperature. Yield: 8 servings

NUTRITION PER SERVING CALORIES 285 (24% from fat); FAT 7.7g (sat 3g, mono 1.8g, poly 2.2g); PROTEIN 2.4g; CARB 55.5g; FIBER 5.1g; CHOL 12mg; IRON 1.2mg; SODIUM 197mg; CALC 42mg;

## **Pesto Chicken Spirals**

Cooking Light June 2003

Servings: 6

Healthy Units: 6

Posted by LMaybloom

Date 08/16/04

### Ingredients:

#### Pesto:

2 teaspoons extra virgin olive oil  
6 garlic cloves, crushed  
1 1/2 cups basil leaves  
1 1/2 cups chopped fresh flat-leaf parsley  
2 tablespoons grated Parmesan cheese  
2 tablespoons fat-free, less-sodium chicken broth  
1 teaspoon salt, divided  
3/4 teaspoon black pepper, divided

#### Chicken:

12 skinless, boneless chicken thighs  
Cooking spray

### Directions:

Preheat oven to 375°.

To prepare pesto, combine oil and garlic in a microwave-safe bowl. Microwave at HIGH 40 seconds. Combine garlic mixture, 1 1/2 cups basil, parsley, cheese, chicken broth, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a food processor; process until finely chopped.

To prepare chicken, spread 1 teaspoon pesto down center of each thigh, leaving a 1/4-inch border on short ends. Roll up jelly-roll fashion, starting with a short end; secure with a toothpick. Sprinkle rolls evenly with 3/4 teaspoon salt and 1/2 teaspoon pepper; arrange rolls 1/2 inch apart, seam sides down, in a 13 x 9-inch baking dish coated with cooking spray. Bake at 375° 30 minutes or until a thermometer registers 170°, turning rolls after 15 minutes. Cool and transfer to a serving container using a slotted spoon. Cover and refrigerate overnight. Remove toothpicks; cut each roll crosswise into 1/4-inch-thick slices. Yield: 6 servings (serving size: 2 thighs)

NUTRITION PER SERVING CALORIES 276 (27% from fat); FAT 8.4g (sat 2g, mono 3.1g, poly 1.5g); PROTEIN 35g; CARB 13.7g; FIBER 1g; CHOL 116mg; IRON 15mg; SODIUM 568mg; CALC 663mg;

## **Chicken Salad with Asparagus and Toasted Almonds**

Cooking Light 2002 Annual

HU: 3.6

Servings: 4 1-cup servings

Posted by DebMj1

August 17, 2004

CL Note: Serve this salad on lettuce leaves with fruit salad and muffins.

2 1/2 cups (1-inch) diagonally cut asparagus

1/4 cup fat-free mayonnaise

1/4 cup plain low-fat yogurt

1 teaspoon curry powder

1 teaspoon fresh lemon juice

1/4 teaspoon salt

1/8 teaspoon black pepper

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

1/3 cup chopped red bell pepper

1/4 cup chopped fresh flat-leaf parsley

2 tablespoons sliced almonds, toasted

Steam the asparagus, covered, 2 minutes or until crisp-tender.

Combine the mayonnaise and next 5 ingredients (mayonnaise through black pepper) in a large bowl, stirring well with a whisk. Add the asparagus, chicken, bell pepper, parsley, and almonds; toss to coat.

CALORIES 188 (25% from fat); FAT 5.3g (sat 1.3g, mono 2.2g, poly 1.1g); PROTEIN 25.4g; CARB 10g; FIBER 2.7g; CHOL 61mg; IRON 2.1mg; SODIUM 415mg; CALC 73mg;

## Tomatoes Roasted with Rosemary and Lemon

Source: Cooking Light June 2004

Healthy Units: 1

Serves: 10

Posted by: Kate (KateWD)

August 17, 2004

Proof that simple foods are often best, this colorful multipurpose combination of tomatoes, herbs, and lemon smells almost as good as it tastes. To serve over pasta, cook 12 ounces dried pasta; drain and return pasta to pan. Stir in 3 cups of the roasted tomatoes; cook over low heat until liquid thickens. Serve with grated Parmesan cheese.

1/4 cup chopped fresh flat-leaf parsley  
1 tablespoon chopped fresh rosemary  
1 tablespoon extra virgin olive oil  
2 teaspoons grated lemon rind  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
4 pounds plum tomatoes, quartered lengthwise  
3 garlic cloves, minced

Preheat oven to 400°.

Place all ingredients in a large bowl, and toss well to combine. Place tomato mixture in a 13 x 9-inch baking dish. Bake at 400° for 30 minutes, stirring every 10 minutes.

Remove mixture from oven.

Preheat broiler.

Broil tomatoes for 10 minutes or until they begin to brown. Remove from oven; stir gently to combine.

Note: Place chilled tomatoes in heavy-duty zip-top plastic bags; freeze for up to 3 months.

Yield: 10 servings (serving size: 1/2 cup)

### NUTRITION PER SERVING

CALORIES 53 (34% from fat); FAT 2g (sat 0.3g, mono 1.1g, poly 0.4g); PROTEIN 1.7g; CARB 9g; FIBER 2.2g; CHOL 0.0mg; IRON 1mg; SODIUM 134mg; CALC 15mg

**Critter Crunch**

Source: WW boards/ DMADOLE 2/28/04

Healthy Units: 4

Servings: 6

Posted by:

8-17-04

3 Tbs brown sugar  
3 Tbs low-cal stick margarine  
1 tsp cinnamon  
1 C low-fat animal crackers  
1 C honey flavored Teddy Grahams  
1 C Kellogg's Crispix Cereal  
1 C Quaker Toasted Oatmeal Squares  
1 C bite sized shredded wheat squares  
1 C low-fat tiny pretzels

**Instructions:**

Preheat oven to 350 degrees.

combine sugar and margarine and microwave for 1 minute. Stir to dissolve and add cinnamon. Combine rest of ingredients in a 9 x 13 baking dish. Drizzle butter mixture and toss to coat. Bake 20 minutes, stirring occasionally. Let cool and store in air-tight container.

1 Cup equals 4 points.

### **Chipotle Mashed Sweet Potatoes**

Source: Cooking Light – October 2002

Healthy Units: 5

Servings: 8 (serving size: 2/3 cup)

Posted by: KellyM

August 17, 2004

2 1/2 pounds cubed peeled sweet potato  
1/2 cup half-and-half  
3 tablespoons butter, softened  
2 tablespoons fresh lime juice  
1 (7-ounce) can chipotle chiles in adobo sauce  
1/2 cup packed brown sugar  
3/4 teaspoon salt  
3/4 teaspoon ground cinnamon, divided

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

Drain and return potato to pan. Add half-and-half, butter, and juice; mash to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly.

Remove 2 chiles from can and chop (I removed the seeds from mine); reserve remaining chiles and adobo sauce for another use. Stir chopped chiles, brown sugar, salt, and 1/2 teaspoon cinnamon into potato mixture. Sprinkle with 1/4-teaspoon cinnamon.

CALORIES 264 (22% from fat); FAT 6.4g (satfat 3.8g, monofat 1.8g, polyfat 0.4g);  
PROTEIN 3g; CARBOHYDRATE 49.4g; FIBER 4.4g; CHOLESTEROL 19mg; IRON  
1.2mg; SODIUM 328mg; CALCIUM 65mg;



### **Burst O'Lemon Muffins**

Source: Taste of Home magazine (this is a lightened version)

Healthy Units: 3 per muffin

Servings: 12

Posted by: Panda(Shanda)

August 17, 2004

1 3/4 cups flour  
3/4 cup Splenda  
1 teaspoon baking powder  
3/4 teaspoon baking soda  
1/4 teaspoon salt  
1 cup low-fat yogurt -- (8 oz.) lemon flavored  
1 large egg  
1/3 cup light butter -- melted  
2 tablespoons lemon peel -- grated  
1 tablespoon fresh lemon juice  
1/2 cup coconut flakes

#### **TOPPING:**

1/3 cup fresh lemon juice  
1/4 cup Splenda  
1/4 cup coconut flakes -- toasted

In a large bowl, combine the flour, sugar, baking powder and soda, and salt.  
In another bowl, beat the yogurt, egg, butter, lemon peel and lemon juice until smooth;  
stir into dry ingredients just until moistened. Fold in the coconut.

Fill greased muffin cups 2/3 full. Bake at 400° for 18-22 minutes or until golden brown  
and muffins test done.

Cool for 5 min. before removing from pan to a wire rack. (Lay a piece of foil under the  
rack to catch any drips from the glaze)

In a saucepan, combine the lemon juice and sugar; cook and stir until sugar is  
dissolved. Stir in toasted coconut.

Using a toothpick, poke 6-8 holes in each muffin. Spoon the coconut mixture over the  
muffins. serve warm or cool to room temperature.

Per serving: 162 Calories (kcal); 5g Total Fat; (26% calories from fat); 4g Protein; 26g  
Carbohydrate; 25mg Cholesterol; 259mg Sodium

## **TEX MEX BEEF TACOS**

Source CL May 2004

Servings: 10

Healthy Units: 5

Posted by: Waneyvant (Jane)

August 18, 2004

### **INGREDIENTS:**

cooking spray

1 cup chopped onion

2 garlic cloves, minced

1 pound ground sirloin

1 cup frozen whole kernel corn

1/2 cup water

1/4 tsp salt

1/8 tsp black pepper

1 (15 oz) can black beans, rinsed, drained

1 (8 oz) can tomato sauce

1 to 3 drained canned chipotle chiles in adobe sauce, chopped

10 (8 inch) Fat free flour tortillas

Heat a large nonstick skillet over med high heat; Coat pan w/spray; add onion, garlic, beef, cook 6 minutes or until browned, stir to crumble beef. Stir in corn and next 6 ingredients. Bring to boil, reduce heat, simmer 10 minutes. Serve in warm tortillas, 1/2 cup beef mixture per tortilla.

Calories: 266, Fat 7.3g, Fiber 4.6.

### **Chicken w/Broccoli & Garlic Sauce**

Source: WW.com

Servings 4

Healthy Units: 6

Posted by Waneyvant (Jane)

August 19, 2004

Comments: needed more salt & broccoli (I used 4 cups last night, but think 6 would be ok); also, may add some quartered mushrooms and bamboo shoots or water chestnuts next time. I also added LOTS OF GARLIC

2 tsp. olive oil  
3 garlic cloves, minced (more to taste)  
1 pound boneless, skinless chicken breast, cut into 1 inch pieces  
1 tsp. dried thyme, or 2 T. fresh  
3/4 tsp salt  
1/4 tsp black pepper  
2 cups broccoli florets  
1 1/2 cup canned chicken broth (divided)  
1 1/2 T. cornstarch  
2 cup cooked brown rice, kept hot

Heat oil in large skillet over med high heat; Add garlic, cook 1 min. Add chicken & thyme, salt, pepper. Cook about 3 minutes, stirring frequently, until browned on all sides.

Add broccoli, cover & cook 2 min. Add 1 cup of broth, cover & simmer until chicken is cooked thru, about 5 min.

Dissolve cornstarch in 1/2 cup broth, add to skillet. Simmer until mixture thickens, stirring constantly, about 1 minute. Serve over rice. Yields about 1 c. of chicken mixture & 1/2 c. rice per serving.

### **Sweet Onion, Tomato, and Corn Salad with Basil**

Healthy Units: 1.5

Servings: 4

Source: CL Website

Posted by: littlechi

date: Aug, 19, 2004

Comments: This seasonal salad only takes a few minutes to prepare. You can use dark balsamic vinegar in place of the white, though the salad won't look as pretty.

#### **Ingredients:**

- 1 tablespoon chopped fresh basil
- 2 tablespoons white balsamic vinegar
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1/2 cup basil leaves
- 2 large tomatoes, thinly sliced
- 1/2 cup thinly sliced Vidalia or sweet onion
- 1 cup fresh white corn kernels (about 2 ears)

#### **Instructions:**

Combine first 4 ingredients in a bowl; stir well, and set aside.

Combine basil and remaining ingredients; toss well. Drizzle vinegar mixture over salads, and toss gently.

Yield: 4 servings

CALORIES 89 (32% from fat); FAT 3.2g (satfat 0.4g, monofat 1.9g, polyfat 0.6g);  
PROTEIN 2.3g; CARBOHYDRATE 15.5g; FIBER 2.9g; CHOLESTEROL 0.0mg; IRON  
0.7mg; SODIUM 52mg; CALCIUM 17mg;

## **Empanada (or Taco) Filling - Casa Berrios**

Source A dear Family Friend (from Puerto Rico)

Healthy Units: 4

Servings 2

Posted by Jillybean03 (Jill)

Date 08/20/04

### **Ingredients**

1/2 pound ground beef, 95% lean  
1/2 cup onion -- chopped  
1 clove garlic -- minced  
1/2 cup bell pepper -- chopped  
1 teaspoon dried oregano  
1 teaspoon dried basil  
2 tablespoons goya brand sofrito  
2 tablespoons beef broth  
2 tablespoons tomato sauce

Brown ground beef with onion, bell pepper and garlic.

Add sofrito, broth, tomato sauce and flavorings. Add salt to taste.

Simmer 10-15 minutes or until flavors are concentrated and the consistency is not soupy.

Optional: Add another spoonful of sofrito at the end.

(The beef broth is my addition, I think it gives a nice beefy boost of flavor - but I guarantee you'll like it even if you don't add this)

Optional: minced parsley or cilantro add a nice burst of flavor as well.

Yield:

"2 cups"

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NOTES : Goya sofrito - 1 tsp = 0 cals

(I'm sure there are calories in a Tablespoon, but can't find documentation. MC puts in a Tablespoon of generic sofrito as 35 calories, which I don't believe either... So, I've left the sofrito as "unknown" and am taking it as zero points)

Per Serving (excluding unknown items): 180 Calories; 5g Fat (50.5% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 175mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat.

Unknown Items: goya brand sofrito

## Potato, Ham, and Spinach Gratin

Source: CL website Oct 2003

HU: 5

Servings: 8

Posted by: Andygrammy (Claudia)

Date: 8/20/04

CL comments: This simple gratin uses yellow-fleshed potatoes to good advantage--sliced thin, they remain toothsome but light. For best results, peel and slice the potatoes just before assembling the gratin so their starch doesn't leach out. Using a "V" slicer or mandoline really helps to make uniformly thin slices.

Claudia's comments: I used skim milk, regular white all-purpose potatoes, and doubled the ham. Also used 3 oz. fresh grated parmesan in place of gruyere, because it was all I had. Turned out very creamy and rich tasting. One more note about above recipe: mine would never have fit in an 8 inch square pan. I used a 9 by 13 inch pan.

### Ingredients:

2 teaspoons olive oil

1/2 cup thinly sliced shallots

2 garlic cloves, minced

1 cup chopped reduced-fat ham (about 4 ounces)

1 teaspoon salt, divided

3/4 teaspoon freshly ground black pepper, divided

1/8 teaspoon grated whole nutmeg

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

2 cups 1% low-fat milk

1/3 cup all-purpose flour

7 cups (1/8-inch-thick) slices Yukon gold potato (about 2 1/2 pounds)

Cooking spray

3/4 cup (3 ounces) shredded Gruyère cheese

### Directions:

Preheat oven to 375°.

Heat oil in a small nonstick skillet over medium-high heat. Add shallots and garlic; sauté 2 minutes or until tender. Remove from heat; stir in ham, 1/4 teaspoon salt, 1/4 teaspoon pepper, nutmeg, and spinach.

Combine milk, flour, 1/2 teaspoon pepper, and 1/4 teaspoon salt, stirring with a whisk.

Arrange half of potato slices in an 8-inch square baking pan (see note above) coated with cooking spray; sprinkle with 1/4 teaspoon salt. Spread spinach mixture over potato slices. Arrange remaining potato slices over spinach mixture; pour milk mixture over top. Sprinkle with 1/4 teaspoon salt. Cover with foil coated with cooking spray. Bake at 375° for 1 hour and 15 minutes or until potato is tender. Uncover and sprinkle with cheese; bake an additional 15 minutes.

Preheat broiler.

Broil gratin for 2 minutes or until cheese is lightly browned.

CALORIES 240 (24% from fat); FAT 6.3g (satfat 2.9g, monofat 2.5g, polyfat 0.5g); PROTEIN 12.8g; CARBOHYDRATE 34g; FIBER 3g; CHOLESTEROL 22mg; IRON 1.7mg; SODIUM 581mg; CALCIUM 235mg; Cooking Light, OCTOBER 2003

## **Boursin Smashed Potatoes**

Source: modified from Rachel Ray

Healthy Units: 5

Servings: 4

Posted by: MissVN

Date: August 20, 2004

Notes: To make the recipe lighter, I used half the amount of cheese as her original recipe, and milk instead of half and half.

### **Ingredients**

2 pounds potatoes, peeled and chunked

Salt and pepper

1/2 cup milk, 1% low fat

2 ounces garlic and herb cheese (Boursin)

3 tablespoons chopped chives or 2 scallions, thinly sliced

### **Instructions**

1. Place potatoes in a pot and covered with water. Cover pot with lid and bring water to a boil. Salt boiling water and potatoes. Leave lid off pot and simmer at rolling boil until tender.

2. Drain potatoes and return to hot pot. Smash potatoes with milk and the and garlic and herb (boursin) cheese. Smash and incorporate chives. Add salt and pepper, to your taste.

## **FREEZING BROCCOLI**

Source: JillW

Date Posted: 08-20-04

- Select firm, young, tender stalks with compact heads.
- Wash and remove leaves and woody portions.
- Separate heads into convenient size sections and immerse in brine (1 cup salt to 1 gallon water) for 30 minutes to remove insects. (Whether I am freezing the fresh broccoli or not, this is a step I always do anyway.)
- Rinse and drain.
- Blanch medium-size sections 3 minutes and large-size sections 4 minutes.
- Cool. The vegetable should be cooled quickly in order to prevent the cooking time from being too long. You can do this by immersing in ice water.
- Drain.
- Pack broccoli into can-or-freeze jars or plastic freezer boxes. Seal, label and freeze.



## **Chicken Thighs with Marsala-Mushroom Cream Sauce Over Noodles**

Cooking Light 2002 Annual and CL website

HU: 6.8

Servings: 4

Posted by DebMj1

August 22, 2004

CL Note: Sun-dried tomatoes, shiitake mushrooms, and Marsala wine give this sauce a rich, robust flavor. While the sun-dried tomatoes are re-hydrating, prepare the rest of the ingredients.

My Notes: I substituted boneless, skinless chicken breast halves & reduced the cooking time to 15 minutes. We honestly couldn't really taste the difference between the shiitakes and button mushrooms, so if you're looking to make it easier and save money, just use 6 ozs. of button mushrooms. I think, with substituting fat-free half-and-half and chicken breasts rather than thighs, the points will drop to approximately 6 per serving.

1/4 cup sun-dried tomatoes, packed without oil (about 12)

4 (6-ounce) chicken thighs, skinned

1/2 teaspoon salt, divided

1/4 teaspoon black pepper, divided

2 teaspoons olive oil

2 cups quartered button mushrooms (about 4 ounces)

1 1/2 cups sliced fresh shiitake mushroom caps (about 3 ounces)

1/2 teaspoon dried thyme

1 garlic clove, minced

1 bay leaf

1/3 cup fat-free, less-sodium chicken broth

5 tablespoons Marsala wine, divided

3 tablespoons half-and-half

4 teaspoons chopped fresh parsley

2 cups hot cooked wide egg noodles (about 1 1/2 cups uncooked)

Combine boiling water and the sun-dried tomatoes in a bowl; let stand 15 minutes. Drain and chop. Sprinkle chicken with 1/4 teaspoon salt and 1/8 teaspoon pepper. Heat the olive oil in a large nonstick skillet over medium-high heat. Add chicken, and sauté 5 minutes, turning once. Remove chicken from pan.

Reduce heat to medium-low. Add 1/4 teaspoon salt, 1/8 teaspoon pepper, and mushrooms; sauté 2 minutes. Add thyme, garlic, and bay leaf; sauté for 30 seconds. Return chicken to pan. Add sun-dried tomatoes, broth, and 1/4 cup wine. Cover, reduce heat, and simmer 25 minutes, turning chicken once.

Add 1 tablespoon wine and half-and-half, and bring to a boil. Discard bay leaf. Sprinkle with parsley. Serve over noodles.

Yield: 4 servings (serving size: 1 thigh, 1/4 cup sauce, and 1/2 cup noodles)

### **NUTRITION PER SERVING**

CALORIES 333 (28% from fat); FAT 10.2g (sat 2.7g, mono 4g, poly 2g); PROTEIN 31.5g; CARB 28.5g; FIBER 3.4g; CHOL 137mg; IRON 4.8mg; SODIUM 583mg; CALC 63mg;

## **Snow Peas and Cherry Tomatoes**

Source Cooking Light Dec 2000

Servings: 2

Healthy Units: 1

Posted by Waneyvant (Jane)

August 22, 2004

1 1/2 cups snow peas, trimmed

3 T. water

1/2 t. butter

1/4 t. sugar

12 cherry tomatoes, halved

1/2 t. dark sesame oil

1/8 t. salt

1/8 t. black pepper

Combine 1st 4 ingredients in a large, nonstick skillet. Cook over med-high heat 2 minutes or until liquid almost evaporates. Add tomatoes, cook for 2 minutes more, or until tomatoes are thoroughly heated. Remove from heat, stir in rest.

Serving size: 1 cup. Calories 88; fat 2.7g, fiber, 4 g.

### **Strawberry Refrigerator Cake**

Source: Recipe Review Board, 8/20/4

Healthy Units: 4

Servings: 15

Posted by: Waneyvant (Jane)

August 22, 2004

1 pkg Betty Crocker supreme moist strawberry cake w/dbl pudding in mix

3 eggs

1 1/3 cups water

1 10 oz. pkg (I used 14 oz) frozen sweetened sliced strawberries

Topping:

4 oz. fat free Cool Whip

1 small box ff/sf instant vanilla pudding mix (4 serving)

1 cup fat free milk

Mix cake mix, eggs & water; bake according to box directions in 9 x 13 pan. Allow cake to cool for 15 minutes. Poke holes in cake using straw or wooden spoon handle, approx 1 inch apart.

Puree thawed strawberries w/juice and pour over cake. Allow to soak into cake for a few minutes.

Make topping by making pudding using only 1 cup of fat free milk. Mix well, fold in Cool Whip. Top cake. Refrigerate at least 4 hours before serving, preferably overnight.

## **Rosemary-Crusted Rack of Lamb With Balsamic Sauce**

Cooking Light, November 1997

Yield: 4 servings (serving size: 2 lamb chops and about 2 teaspoons sauce)

Healthy Units: 5

Posted By: Bawstinn32 (Maria)

August 23, 2004

Ask your butcher for a French-cut rack of lamb (for which bones have been cleaned down to loin).

1 (1 1/2-pound) French-cut lean rack of lamb (about 8 ribs)  
3 tablespoons balsamic vinegar  
3 teaspoons chopped fresh or 1 teaspoon dried rosemary, divided  
2 garlic cloves, minced  
1/8 teaspoon pepper  
1/4 cup fresh breadcrumbs  
Cooking spray  
1/2 teaspoon olive oil  
1/4 cup minced shallots  
1/4 cup dry white wine  
1/2 cup low-salt chicken broth  
2 teaspoons honey  
1/2 teaspoon cornstarch  
Thyme sprigs (optional)  
Red grapes (optional)

Trim fat from lamb. Combine vinegar, 2 teaspoons rosemary, and minced garlic in a large zip-top plastic bag. Add the lamb to bag, and seal. Marinate in refrigerator for at least 6 to 12 hours, turning occasionally.

Preheat oven to 450°.

Remove lamb from bag, reserving marinade. Sprinkle lamb with pepper. Combine the breadcrumbs and 1 teaspoon chopped rosemary, and pat breadcrumb mixture into meaty side of lamb. Place lamb, meat side up, on a jelly-roll pan coated with cooking spray. Insert a meat thermometer into the thickest part of lamb, making sure not to touch bone. Bake lamb at 450° for 20 minutes or until the meat thermometer registers 145° (medium-rare) or until the lamb is desired degree of doneness.

Heat olive oil in a large nonstick skillet over medium-high heat; add shallots, and sauté for 4 minutes. Add white wine and reserved marinade, and bring to a boil. Reduce heat, and simmer, uncovered, 8 minutes or until liquid almost evaporates. Add chicken broth, and bring to a boil. Reduce heat, and simmer, uncovered, until reduced to 1/3 cup (about 5 minutes). Combine honey and cornstarch, and add to the broth mixture. Bring to a boil, and cook for 1 minute, stirring constantly.

Slice rack into 8 chops. Serve sauce with lamb; garnish with thyme sprigs and red grapes, if desired.

Note: You can use 3/4 cup low-salt chicken broth and omit the wine, if desired.

CALORIES 208 (45% from fat); FAT 10.3g (saturated 3.4g, monofat 4.2g, polyfat 1g); PROTEIN 20.6g; CARBOHYDRATE 7.7g; FIBER 0.2g; CHOLESTEROL 65mg; IRON 2.2mg; SODIUM 87mg; CALCIUM 25mg;

### **Individual Cheesecakes**

Source" The Joslin Diabetes Quick and Easy Cookbook

Healthy Units: 1

Servings: 2

Posted by: MissVN

Date: August 23, 2004

#### **Ingredients:**

- 1 teaspoon graham cracker crumbs
- 2 1/2 ounces reduced fat cream cheese
- 1 tablespoon sour cream, light
- 4 teaspoons sugar
- 2 tablespoons egg substitute, liquid

#### **Instructions:**

1. Place 2 paper baking cup liners (2 1/2 inch size) in 2 microwave safe baking cups. Divide the graham cracker crumbs between the two cups and set aside.
2. Place all the ingredients except the berries in a medium bowl. Beat with an electric mixer until fluffy and well blended, about 2 minutes. Spoon the mixture into the paper cups liners, filling the cups 2/3 full.
3. Place in the microwave and cook at MEDIUM for 90 seconds. Turn the cups and continue to cook at MEDIUM for 1 minute, or until the top is firm.
4. Remove from the oven and cool on a rack.

## **Beer Cheese Muffins**

Source: CL Low Fat Low Calorie Q/E cookbook

Healthy Units 2

Servings 1.5 dozen

Posted by Jillybean03 (Jill)

Date 8/23/04

Comments (theirs) Serve with tomato soup and a tossed green salad  
(Mine) These are good basic muffins with a little bit of cornmeal. You could play with the add-ins... I think chives, green chiles, jalapenos and/or garlic would make welcome additions/substitutions. For 2 points I think they're a bargain.

2 1/2 cups low-fat biscuit/baking mix  
1/2 cup cornmeal  
3 oz shredded reduced fat cheddar  
1/2 cup (2 large) chopped green onions  
2 tsp dry mustard  
1 tsp dried dill weed (I omitted - hate the stuff)  
1 (12 oz) can light beer

### **Instructions**

1. Combine first 6 ingredients; stir well. Add beer, stirring until dry ingredients are just moist.
2. Spoon batter evenly into muffin pans coated with cooking spray - about 2/3 full (I used a 2 T. measure). Bake at 375 for 25 minutes or until golden. Remove from pans immediately.

Per muffin:

94 cal; 2.2g fat; 3.1g protein; 15.3g carb; 0.4g fiber; 3mg cholesterol; 230 mg sodium

## **Bell Pepper-Feta Pasta Toss**

Source CL Website

Healthy Units 5.6

Servings 4

Posted by jillybean03

Date 8/26/04

Comments (theirs)

Draining the pasta over the bell pepper may seem an unusual procedure, but it works great. This method cooks the pepper strips slightly before you toss them with the rest of the ingredients.

Comments (Mine) This is a nice, basic, quick and easy recipe for feta/olive lovers! I used a mixture of green Lebanese olives and Kalamata - YUMMY. This is definitely Quick and Easy... by the time the pasta is done, you should be ready to toss it all together.

6 ounces uncooked linguine

1 large yellow or red bell pepper, seeded and cut into 1/8-inch strips

1 1/4 cups quartered cherry tomatoes

3/4 cup finely chopped fresh parsley

1/4 teaspoon salt

1 (4-ounce) package crumbled feta cheese with basil and sun-dried tomatoes

1 (2 1/4-ounce) can or 1/4 cup sliced ripe olives, drained

Cook pasta according to package directions, omitting salt and fat. Place bell pepper in a colander; drain pasta over bell pepper. Combine pasta, bell pepper, tomatoes, and remaining ingredients in a large bowl; toss gently. Serve immediately.

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

CALORIES 275 (28% from fat); FAT 8.7g (satfat 4.7g, monofat 2.6g, polyfat 0.9g);  
PROTEIN 10.8g; CARBOHYDRATE 39.4g; FIBER 3.3g; CHOLESTEROL 25mg; IRON  
3.8mg; SODIUM 602mg; CALCIUM 181mg;  
Cooking Light, MAY 1999

## **BERRY BLAST SMOOTHIE**

Source: SHAPE Life Guides Magazine

Servings: 2

Healthy Units: 2

Posted By: DonnaLoo

August 26, 2004

Notes: I increase juice to 1/2 C to thin mixture. Also, it takes longer than 10 seconds to whip this together, but of course it may be my old blender.

1/2 C frozen strawberries

1/2 C frozen blueberries

1/2 C frozen raspberries

1/2 C low-fat silken tofu

1/4 C low-cal cranberry juice

1/4 t vanilla extract

2 T wheat germ

1 -2 T sugar (to taste)

Allow frozen strawberries to defrost slightly (about 7 minutes on countertop or 30 seconds in microwave) In a blender, mix juice, tofu, blueberries and raspberries and whip for 10 seconds. Add remaining ingredients and mix for 5 seconds.

Leftovers may be frozen and then defrosted for about 10 minutes, then blended for 10 seconds till smooth.

Calories 141, fat 1 gram, fiber 6 grams, protein 7 grams



### **Lemon Caper Tilapia -modified**

HU: 4 pts

Servings: 2

Posted by Waneyvant (Jane)

8/26/04

12 oz tilapia

2 T. all purpose flour

Old bay seasoning

2 serving butter flavor cooking spray

1/2 tsp lemon zest

3 T. Capers

Juice of one lemon

2 tsp light butter

Spray non stick skillet w/cooking spray; begin to heat pan over med-high heat. Dust fillets w/flour and old Bay. Sauté until almost done. Add lemon Zest, capers & juice. Simmer for about one minute. Remove fillets from pan. Melt butter into remaining sauce and pour over fillets. (There was very little sauce, so I deglazed pan with just a little white wine).

## **Onion-Smothered Chicken Sandwiches**

Cooking Light, September 2000

Healthy Units: 7

Yield: 4 servings

Posted By: Bawstinn32 (Maria)

August 27, 2004

Comments: Next time I may cut the honey out a bit in the onions (or add more onions since they reduce so much) because I thought it a bit sweet on their own. Pairs well with the glaze on the chicken. I bet spicier mustard would work well too.

1 teaspoon olive oil  
2 cups thinly sliced onion  
1/4 cup honey  
1/4 cup cider vinegar  
4 (4-ounce) skinned, boned chicken breast halves  
2 tablespoons Dijon mustard  
1 tablespoon honey  
1/2 teaspoon paprika  
1/8 teaspoon salt  
Cooking spray  
4 (1 1/4-ounce) slices rye bread, toasted

Heat oil in a large nonstick skillet over medium-high heat. Add onion; cook for 1 minute. Cover, reduce heat to medium, and cook for 6 minutes or until soft. Stir in 1/4 cup honey and vinegar. Cook, uncovered, 10 minutes, stirring occasionally. Set aside.

While onions are cooking, place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and flatten to 1/2-inch thickness using a meat mallet or a rolling pin. Combine mustard, 1 tablespoon honey, paprika, and salt in a small bowl. Brush half of mustard mixture over chicken. Heat a large grill pan or skillet coated with cooking spray over medium-high heat. Place the chicken, coated side down, in pan; cook for 4 minutes. Brush chicken with the remaining mustard mixture. Turn chicken over; cook 4 minutes or until done. Place 1 chicken breast on each toast slice, and top each with 2 tablespoons onion mixture.

CALORIES 351 (12% from fat); FAT 4.6g (satfat 0.8g, monofat 2.1g, polyfat 0.9g);  
PROTEIN 30.3g; CARBOHYDRATE 47.1g; FIBER 3.4g; CHOLESTEROL 66mg; IRON  
2.3mg; SODIUM 630mg; CALCIUM 55mg;

## **Bell Pepper and Fresh Mozzarella Couscous**

Cooking Light, July 2004

Healthy Units: 9 <for whole recipe>

Yield: 1 serving (serving size: 2 cups)

Posted By: Bawstinn32 (Maria)

August 27, 2004

Comments: Next time, I'd roast the red peppers myself. Think the flavor would make a nice addition.

Bottled roasted red peppers and superfast-cooking couscous make this a perfect recipe for your busiest day. It can be doubled to make two meals. Use any leftover artichoke hearts, bell peppers, and mozzarella for a vegetarian pizza.

1/2 cup water  
1/3 cup uncooked couscous  
1/8 teaspoon salt  
1/4 cup chopped bottled roasted red bell peppers  
1/4 cup canned artichoke hearts, rinsed, drained, and chopped  
1/4 cup (1 ounce) chopped fresh mozzarella cheese  
1 tablespoon chopped fresh basil  
1 tablespoon balsamic vinegar  
1 teaspoon extra virgin olive oil  
1/8 teaspoon freshly ground black pepper  
2 kalamata olives, pitted and sliced

Bring water to a boil in a small saucepan; gradually stir in couscous and salt. Remove from heat; cover and let stand 5 minutes. Fluff with a fork.

Add bell peppers and remaining ingredients; toss gently to combine. Cover and chill.

CALORIES 407 (29% from fat); FAT 13.3g (satisfat 5.1g, monofat 4.9g, polyfat 1g);  
PROTEIN 14.7g; CARBOHYDRATE 54.7g; FIBER 3.5g; CHOLESTEROL 22mg; IRON  
2.2mg; SODIUM 798mg; CALCIUM 197mg;

### **Easy Cucumber, Tomato & Onion Salad**

Source: WW Golden Spoon Awards

HU: 0

Servings: 4

Posted by: Waneyvant (Jane)

1 1/2 c. cucumber(s), thinly sliced

1 1/2 c. tomatoe(s), romas, sliced or cubed

1/2 c. onions, chopped

2 T. Splenda

1/2 c. red wine vinegar

1/2 c. water

1 t. dried Dill Weed

Place cut up veggies in glass bowl, mix remainder and pour over (I added a dash of Cavendar's Greek Seasoning). Refrigerate at least one hour (longer is better). Serve w/Slotted spoon.

Yield: 2/3 heaping cup per serving

## Honey Vanilla Panna Cotta

Source: <http://www.naturalhealthmag.com/nutrition/recipes/6>

Serves 4

Healthy Units=3

Core+1

Posted by: MoOzark(Donna)

08-28-04

This classic Italian dessert (its name translates as "cooked cream") is normally prepared with heavy cream and sugar, but our lighter rendition is made with low-fat milk and nonfat yogurt; it's also sweetened with honey, a wonderful source of antioxidants. Both milk and yogurt are rich in calcium, which is important for strong bones and teeth, while yogurt with active cultures may help reduce recurrent yeast infections. The strawberry topping is low in calories, fat and sodium, and high in fiber and vitamin C. The berries also contain ellagic acid, which may fight certain cancer-causing agents.

Comments: I used skimmed milk and 1 teaspoon regular pure vanilla extract. Since the honey is a pronounced flavor, use a good quality honey.

### Ingredients

1 cup plus 1 tablespoon low-fat (2%) milk

1 1/2 teaspoons unflavored gelatin

1/2 vanilla bean, cut in half lengthwise

1/8 teaspoon sea salt

1 cup plain nonfat yogurt, preferably Greek-strained style (try Total Greek brand, available at health-food stores and Trader Joe's)

4-5 tablespoons Tupelo or forest honey

1 basket strawberries, preferably organic, halved or quartered if large

1 tablespoon chopped fresh mint leaves

### Directions

1. Place 1 tablespoon milk in small bowl. Sprinkle gelatin over milk. Let stand until gelatin softens, about 10 minutes. Place remaining 1 cup milk, vanilla bean and salt in small, heavy saucepan. Bring to simmer. Remove pan from heat; add gelatin mixture and stir until dissolved. Remove vanilla bean from milk; scrape seeds from bean back into milk; discard pod.

2. Place yogurt in medium bowl; whisk until smooth. Gradually whisk milk mixture into yogurt. Add 3 tablespoons honey; if more sweetness is desired, add another tablespoon honey. Pour mixture into four 1/2- to 2/3-cup ramekins or custard cups. Refrigerate until set, about 4 hours. (Can be prepared up to 3 days ahead.)

3. Place strawberries in bowl. Add remaining 1 tablespoon honey and mint; toss to coat. Run small, sharp knife around edges of panna cottas to loosen. Invert onto dessert plates. Spoon strawberries over top, and serve.

### Nutrition Facts

Per serving: 155 calories; 9% fat (1 g; < 1 g saturated); 74% carbs (29 g); 17% protein (7 g); 2 g fiber; 211 mg calcium; 1 mg iron; 87 mg sodium.

## **CHICKEN, SPINACH, & RICE CASSEROLE**

HU: 5

Servings: 6

Source: modified from Yesterday, Today & Tomorrow, by Charles Baddour

Posted by: Waneyvant (Jane)

Date: August 29, 2004

### **Ingredients:**

4 T. chopped onion

4 T. chopped celery

minced garlic to taste

cooking spray

2 cups chicken broth

1 can beef broth

1 can reduced fat cream of mushroom soup

1 10 oz. pkg frozen chopped spinach, cooked and squeezed dry (I nuke)

1 lb. chicken breast, cooked and shredded

(will be about 10 to 12 oz)

1 cup rice, uncooked

salt and pepper

1/2 cup reduced fat shredded cheddar cheese

Spray large nonstick skillet (I make this in pan that can go into oven, or you can prepare in skillet & transfer to 3 quart casserole dish). Sauté onion, garlic & celery in skillet until soft. Add broths, soup, spinach & chicken & stir. Add rice & stir well, salt and pepper to taste. Transfer to casserole dish. Bake covered at 375 for about 1 hour, or until most of liquid is absorbed, remove cover, sprinkle with cheese, bake uncovered until cheese melts.

Notes: I use the chicken poaching liquid for the chicken broth, plus sometimes add a dash of Cavendar's or Herbes de Provence.

### **Triple Chocolate Bundt Cake**

Source: Community Built Recipe (EDW918)

HU: 3

Servings: 16

Posted by: Waneyvant (Jane)

Date: August 29, 2004

- 1 box devil's food cake mix
- 1 small sugar free instant choc pudding mix
- 1 small sugar free instant white choc pudding mix
- 1 cup egg substitute (Better n eggs=0 pts)
- 1 1/2 cups water
- 1/2 cup chocolate chips
- 1 cup applesauce

Mix together per box instructions & pour into a sprayed Bundt pan. Bake at 350 degrees for 45 to 50 minutes. Serve w/ff cool whip.

Note by original poster: 24 cupcakes at 2 pts each, bake for 20 minutes

My Note: I used a chocolate fudge cake mix, and calculated points manually, still came out to 3 per slice

## **Stir-Fried Beef and Eggplant**

Cook's Illustrated: The Quick Recipe

Healthy Units: 5

Servings: 4 (mine were 1 1/2 cups)

Posted By: Bawstinn32 (Maria)

August 30, 2004

I cut a bit of oil out of the original recipe. I used a yellow pepper as well, and doubled the sauce ingredients, other than the oil, to make sure I had enough sauce. It was suggested the next time I sub whole button mushrooms for the eggplant, I put that in Mastercook as well. Slicing the beef very thin is the key.

3/4 pound beef flank, R-T-C -- sliced thin  
2 teaspoons soy sauce  
2 teaspoons dry sherry  
2 tablespoons garlic -- minced  
1 tablespoon ginger root -- minced  
3 medium scallions -- green parts cut into 1/4-inch lengths and white parts minced  
2 teaspoons peanut oil  
3/4 pound eggplant -- cut into 1/2-inch cubes  
1 medium red bell pepper -- cut into 1/2-inch wide strips  
Oyster Sauce  
3 tablespoons dry sherry  
3 tablespoons oyster sauce  
2 teaspoons sesame oil  
1/2 teaspoon sugar  
1/2 teaspoon cornstarch  
1/8 teaspoon ground black pepper

Combine all sauce ingredients in a small bowl and set aside.

Toss the beef with the soy sauce and sherry in a medium bowl. Combine the garlic, ginger and scallions whites in a small bowl.

Heat a 12-inch skillet over medium high heat. Add the beef and cook, stirring occasionally and breaking up the clumps until well browned, 2 to 3 minutes. Transfer the beef to a clean bowl.

Add 2 teaspoons oil to the skillet and heat until shimmering. Add the eggplant and cook, stirring occasionally, until browned and no longer spongy, about 5 minutes. Transfer the eggplant to the bowl with the beef. Add the bell pepper to the skillet and cook, stirring occasionally, until crisp tender, about 2 minutes.

Clear the center of the pan and add the garlic mixture. Cook, mashing the garlic mixture with the back of the spatula until fragrant, about 45 seconds. Stir the garlic mixture into the vegetables. Add the scallion greens, beef and eggplant and toss to combine. Whisk the sauce to recombine and add it to the skillet. Remove the pan to the heat and toss until all ingredients are well coated with sauce and sizzling hot. Serve immediately.

Per Serving (excluding unknown items): 239 Calories; 13g Fat (50.0% calories from fat); 18g Protein; 10g Carbohydrate; 3g Dietary Fiber

For mushrooms (16 oz ) instead of eggplant: 249 Calories; 13g Fat (48.0% calories from fat); 20g Protein; 12g Carbohydrate; 3g Dietary Fiber;



### **Jane's Summer Squash Casserole**

Posted by: Waneyvant

HU: 2

Servings: 6

Source: Waneyvant's Kitchen

Date: August 30, 2004

2 1/2 pounds yellow summer squash

1/4 cup fat free egg substitute

3/4 cup Panko

4 T. Light stick butter

1/8 cup granulated sugar

1 cup chopped onion

salt and white pepper to taste

Preheat oven to 350. Cut off tips from squash, cut each into 3 or 4 pieces. Drop squash into large sauce pan w/enough boiling water to cover, return to boil, cook until tender, drain & mash. Stir in remaining ingredients. Spoon into a 2 quart casserole sprayed with cooking spray. Sprinkle a light layer of panko on top (just a dusting). Bake until lightly browned and set, about 45 minutes.

## **Fresh Strawberry Muffins**

Cooking Light 1993

Yield: 18 muffins

Healthy Units: 3

Posted By: Bawstinn32 (Maria)

August 31, 20004

Comments: I used 2 1/4c strawberries, light butter and made 12 good sized muffins for 4 points each. Nutritionals reflect original recipe.

2 1/2 cups all-purpose flour  
2/3 cup sugar  
1 teaspoon baking soda  
3/4 teaspoon ground cinnamon  
1/2 teaspoon salt  
1 1/2 cups fresh strawberries -- sliced  
1 cup nonfat buttermilk  
1/3 cup margarine -- melted  
1 1/4 teaspoons vanilla extract  
1 egg -- lightly beaten  
1 egg white -- lightly beaten  
Vegetable cooking spray  
1 1/2 tablespoons sugar

Combine flour and next 4 ingredients in a large bowl, and stir well. Add fresh strawberries; stir well, and make a well in center of mixture.

Combine buttermilk and next 4 ingredients; stir well. Add to dry ingredients, stirring just until moistened.

Divide batter evenly among 18 muffin cups coated with cooking spray; sprinkle 1-1/2 tablespoons sugar evenly over muffins.

Bake at 350 degrees for 25 minutes or until a wooden pick inserted in center comes out clean. Remove from pans immediately; let cool on a wire rack.

Per Serving (excluding unknown items): 141 Calories; 4g Fat (25.2% calories from fat); 3g Protein; 23g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 190mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

## Southwest Roasted Red Pepper Bisque With Cilantro Cream

CL Website (5 stars by reviewers)

Healthy Units 3 as written (by CL)

Core: By substituting FF dairy and Brown rice, this would be core. I'm not sure about subbing brown rice, due to how it is used, but 3/4 c. white rice is only 3 points for the whole recipe - so .5 or so per serving.

Servings 5

Posted by Jillybean03

Date 8/31/04

My comments: Do NOT, repeat do NOT use the full 1/2 teaspoon of salt called for in the cilantro cream. Put salt in last, and salt to taste - I would start with 1/8 tsp. I had to double the sour cream and I thought it was still too salty (and I like salty). Otherwise, this is a nice soup, with subtle spiciness. Reminiscent of cream of tomato, but different. I had some \$1 Red peppers from a farm stand, and it was a great use of them!

I subbed FF milk and it was fine.

### Ingredients

1/3 cup finely chopped fresh cilantro  
1/4 cup low-fat sour cream  
2 teaspoons 2% low-fat milk  
1/2 teaspoon salt (Please, just use salt to taste)  
1 1/2 pounds red bell peppers (3 large), roasted and peeled  
2 teaspoons olive oil  
2 cups chopped onion  
1/2 cup chopped carrot  
1 tablespoon tomato paste  
1/2 teaspoon ground cumin  
1/4 teaspoon chili powder  
Dash of ground red pepper  
2 garlic cloves, minced  
3/4 cup cooked long-grain rice  
1/2 cup water  
2 (10 1/2-ounce) cans low-salt chicken broth  
1/2 cup 2% low-fat milk  
1/4 teaspoon salt  
1/8 teaspoon black pepper

Combine first 4 ingredients in a small bowl; stir well, and set aside.

Chop bell peppers; set aside. Heat oil in a Dutch oven over medium heat. Add onion and carrot; sauté 8 minutes or until vegetables are lightly browned. Stir in bell peppers, tomato paste, and next 4 ingredients (tomato paste through garlic); cook 5 minutes, stirring frequently. Stir in rice, water, and broth, scraping skillet to loosen browned bits. Bring to a boil; partially cover, reduce heat, and simmer for 15 minutes.

Place broth mixture in a food processor; process until smooth. Return puree to pan, and stir in 1/2 cup milk, 1/4 teaspoon salt, and black pepper. Cook over medium heat until thoroughly heated (do not boil). Ladle bisque into bowls; top with sour cream mixture.

Yield: 5 servings (serving size: 1 cup bisque and 2 teaspoons sour cream mixture)

CALORIES 167 (29% from fat); FAT 5.4g (satisfat 1.8g, monofat 2.3g, polyfat 0.8g); PROTEIN 5.5g; CARBOHYDRATE 26.1g; FIBER 4.3g; CHOLESTEROL 7mg; IRON 3.3mg; SODIUM 426mg; CALCIUM 84mg;

## **Tofu Larb**

Source - Cooking Light September 2004

Healthy Units (WW Points) - 1.5

Core: core +.5 or see \*\*\* for all core notes.

Servings - 9

Posted by shari\_csf (shari)

9/1/2004

\*\*\* if splenda is used in place of sugar (I used 3/4T for the 1T called for). The sesame oil is negligible if spread into 9 servings.

CL Notes: Traditionally made with ground chicken, larb is a spicy Thai appetizer. This rendition works well because the tofu readily absorbs the seasonings. Serve with lime wedges for extra zip.

1/3 cup fresh lime juice (about 3 limes)  
1 tablespoon sugar  
1 1/2 tablespoons fish sauce  
1/2 teaspoon salt  
1/4 teaspoon crushed red pepper  
2 (14-ounce) packages water-packed firm reduced-fat tofu, drained and crumbled  
2 teaspoons vegetable oil  
1/2 teaspoon dark sesame oil  
2 cups thinly vertically sliced red onion  
3 garlic cloves, minced  
2 serrano chiles, thinly sliced  
1/2 cup chopped fresh basil  
1/4 cup chopped fresh mint  
9 large green or red cabbage leaves

Combine first 5 ingredients, stirring until sugar dissolves; set aside.

Spread tofu in a single layer onto several layers of paper towels; cover with additional paper towels. Let stand 15 minutes, pressing down occasionally.

Heat oils in a large nonstick skillet over medium-high heat. Add onion, garlic, and chiles; sauté 3 minutes. Add tofu; cook 8 minutes or until lightly browned, stirring occasionally. Stir in juice mixture; cook 1 minute or until heated. Remove from heat; stir in basil and mint. Spoon about 1/2 cup tofu mixture into each cabbage leaf.

Yield: 9 servings (serving size: 1 filled cabbage leaf)

### **NUTRITION PER SERVING**

CALORIES 80 (28% from fat); FAT 2.5g (sat 0.2g, mono 0.6g, poly 1.4g); PROTEIN 6.3g; CARB 7.5g; FIBER 1.2g; CHOL 0.0mg; IRON 1.1mg; SODIUM 426mg; CALC 66mg;

## **Bedeviled Eggs**

Source: Moosewood Celebrates

Healthy Units: 2

Core Recipe

Serves: 6

Posted by: Kate (KateWD)

6 large eggs at room temp

3 T low fat or nonfat mayonnaise (I used Hellmann's Just 2 Good)

1/4 tsp fresh grated lemon peel

2 tsp fresh lemon juice

2 T fresh minced basil

salt and pepper to taste

Additional basil leaves for garnish

Arrange eggs in a pot in a single layer and add water to cover by about an inch. Bring to rapid simmer on med. high heat, then remove from heat and let sit 10-15 minutes. Drain and cool with very cold water and peel.

Slice each egg in half lengthwise and scoop yolk into a bowl, mash with a fork. Add remaining ingredients and mix until smooth and creamy.

Mound mixture into egg white halves and garnish each with a basil leaf.

### **Cheaters Chicken Cacciatore**

Hu's:(5.5 Points)

Servings: 6

Posted by: littlechi92

Source: WW Boards, poster unknown

Date: Sept 1, 2004

6 skinless, boneless chicken breast halves

1 (28 ounce) jar spaghetti sauce

2 green bell pepper, seeded and cubed

8 ounces fresh mushrooms, sliced

1 onion, finely diced

2 tablespoons minced garlic

Put the chicken in the slow cooker. Top with the spaghetti sauce, green bell peppers, mushrooms, onion and garlic. Cook on low for 7 to 9 hours. Serve!

Yield: 5 Servings

Calories 283, Protein 37g, Total Fat 5g, Sodium 742mg, Cholesterol 82mg,  
Carbohydrates 21g, Fiber 4g

**Curried Rice Salad**

Posted by Waneyvant (Jane)

HU: 2 1/2 pts

Servings: 10

Date: 9/1/4

2 (8 oz) pkgs chicken RiceaRoni  
6 oz jar marinated artichoke hearts  
2 tsp. curry powder (more to taste)  
1 large bunch scallions, chopped  
1/2 cup green olives, sliced  
1 bell pepper, chopped  
2/3 cup fat free mayonnaise

Cook rice according to pkg instructions, omitting oil/butter. (I spray a non stick skillet and brown the rice mixture lightly, then follow rest of recipe). Let rice cool. Drain & chop artichokes. Add them & remaining ingredients. Chill. Will keep for several days.

## **Wasabi-Crusted Chicken Breasts**

Cooking Light Bulletin Board

Yield: 4 servings

Healthy Units: 5

Posted By: Bawstinn 32 (Maria)

September 2, 2004

Comments: I modified this recipe by cutting out quite a bit of oil. I reduced the amount of panko originally called for as it only took 3/4 cup (if that) to coat the chicken. If you like wasabi, I recommend a good quality wasabi powder; one that has a bit of "bite" to it.

3/4 cup panko

4 teaspoons wasabi powder

1/2 teaspoon salt

1/4 teaspoon pepper

1 whole eggs -- beaten to blend

1 pound boneless skinless chicken breasts -- flattened to 1/3-inch thickness

1 tablespoon peanut oil

3 tablespoons teriyaki sauce

3 tablespoons dry sherry

3 tablespoons low-salt chicken broth

3 whole green onions -- thinly sliced

Combine panko, wasabi powder, salt, and pepper in large shallow dish. Place eggs in pie dish. Dip chicken, 1 breast at a time, in egg, then in panko mixture. Turn to coat completely

Heat 1 tablespoon peanut oil in heavy large skillet over medium-high heat. Sauté chicken breasts until golden and cooked through, about 3 minutes per side. Transfer to platter.

Add teriyaki sauce, sake, and chicken broth to skillet; bring to boil, scraping up browned bits. Drizzle sauce over chicken. Sprinkle with sliced green onions and serve.

Per Serving (excluding unknown items): 244 Calories; 6g Fat (25.4% calories from fat); 31g Protein; 12g Carbohydrate; 1g Dietary Fiber; 113mg Cholesterol; 908mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fat.



## **Stir-Fried Chicken, Pineapple and Red Onion in Sweet-and-Sour Sauce**

Cook's Illustrated: The Quick Recipe

Healthy Units: 5

Yield: 4 servings (mine were 1 1/2 cups)

Posted By: Bawstinn32 (Maria)

September 2, 2003

Comments: Hardest part is chopping everything up, but chop everything before you start as the cooking part goes quickly. I added a red and a yellow pepper shortly after adding the onion.

3/4 pound chicken breasts, no skin, no bone, R-T-C  
2 teaspoons soy sauce  
2 teaspoons dry sherry  
1 tablespoon garlic -- minced  
1 tablespoon ginger root -- minced  
3 medium green onions -- white parts minced and green parts cut into 1/4-in lengths  
2 teaspoons peanut oil  
2 small red onions -- halved and cut into wedges  
2 cups pineapple chunks in juice

### **Sweet and Sour Sauce**

3 tablespoons red wine vinegar  
3 tablespoons orange juice  
2 1/2 tablespoons sugar  
1 1/2 tablespoons ketchup  
1/2 teaspoon cornstarch  
1/4 teaspoon salt

Combine all sauce ingredients in a small bowl and set aside.

Toss the chicken with the soy sauce and sherry in a medium bowl. Combine the garlic, ginger and scallions whites in a small bowl.

Heat a 12-inch skillet over medium high heat. Add the chicken and cook, stirring occasionally and breaking up the clumps until well browned, 2 to 3 minutes. Transfer the chicken to a clean bowl.

Add 2 teaspoons oil to the skillet and heat until shimmering. Add the onions and cook, stirring occasionally, until browned, 2-3 minutes. Add the pineapple to the skillet and stirring until warm.

Clear the center of the pan and add the garlic mixture. Cook, mashing the garlic mixture with the back of the spatula until fragrant, about 45 seconds. Stir the garlic mixture into the vegetables. Add the scallion greens and chicken; toss to combine. Whisk the sauce to recombine and add it to the skillet. Remove the pan to the heat and toss until all ingredients are well coated with sauce and sizzling hot. Serve immediately.

Per Serving (excluding unknown items): 282 Calories; 5g Fat (14.9% calories from fat); 21g Protein; 40g Carbohydrate; 3g Dietary Fiber; 52mg Cholesterol; 423mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

## **Corn Fritter Casserole**

Cooking Light, September 2004

Healthy Units: 5

Yield: 9 servings (serving size: about 2/3 cup)

Posted By: Bawstinn32 (Maria)

September 5, 2004

This moist, sweet-savory side dish is a cross between corn bread and corn pudding. Bake it before the lobsters go in the oven; if you cover it loosely with foil, it should still be warm enough when the lobsters are finished. You can use 1 1/2 cups fresh corn kernels in place of the canned corn, if you prefer.

3 tablespoons butter, softened

3 large egg whites

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

1/2 cup finely chopped onion

1/2 cup finely chopped red bell pepper

1 (15 1/4-ounce) can whole-kernel corn, drained

1 (14 3/4-ounce) can cream-style corn

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

1/4 teaspoon black pepper

Cooking spray

Preheat oven to 375°.

Combine first 3 ingredients in a large bowl, stirring with a whisk until smooth. Stir in onion, bell pepper, whole-kernel corn, and cream-style corn; mix well. Add muffin mix and black pepper, stirring until well combined. Pour into an 11 x 7-inch baking dish coated with cooking spray. Bake at 375° for 50 minutes or until a wooden pick inserted in center comes out clean.

CALORIES 247 (31% from fat); FAT 8.4g (satfat 3.7g, monofat 2.7g, polyfat 0.7g); PROTEIN 8.6g; CARBOHYDRATE 36.7g; FIBER 1.9g; CHOLESTEROL 31mg; IRON 1.3mg; SODIUM 629mg; CALCIUM 72mg;

### **Nonnie's Spaghini Stick-to-your-Ribs Soup**

Adapted from CL November/December 1995

HU: 2

Servings: 8 (1-cup each)

Posted by DebMj1

September 5, 2004

6 ounces 96% lean ground beef  
2 1/2 cups water  
1/2 cup chopped green bell pepper  
1 small onion, chopped  
2 cups green cabbage leaves, chopped  
1 1/2 cups tomato juice  
1/2 Tablespoon dried oregano  
4 cloves garlic  
1/2 teaspoon basil  
1/2 teaspoon salt  
3/4 teaspoon ground black pepper  
1/8 teaspoon dried thyme  
1/2 teaspoon hot sauce  
1 cup canned black beans, drained and rinsed  
28 ounces canned tomatoes, petite diced, undrained  
14 1/2 ounces nonfat beef broth  
2 ounces angel hair pasta, uncooked

Cook the ground beef in a large Dutch oven over medium heat until browned, stirring to crumble. Drain meat; set aside. Wipe the drippings from pan with a paper towel.

Return meat to pan. Add water and all remaining ingredients, except pasta, and simmer, covered, 2 hours, stirring occasionally.

Break pasta in small pieces; stir into soup and cook an additional 15 minutes or until the pasta is done.

## **Peanut Chicken Soba Salad**

Source: Cooking Light, May 2004

Healthy Units: 5

Core 2.5 HU

Servings: 4

Posted by: jseeger (Jan)

September 6, 2004

CL Comments: You'll only need about 15 minutes to cook the chicken and noodles for this Asian salad. If short on time, substitute rotisserie chicken or leftover cooked chicken, and purchase pre-shredded carrots from your supermarket's produce section.

Jan's comments: The roasted peanut oil makes this salad. I had to search a few stores, but I think dark sesame oil would work okay too. I added a bit more chili garlic sauce because I tend to like things spicier. This was a definite keeper. Great salad to have on hand for lunch. It gets better as it sits!

2 cups water  
2 (6-ounce) skinless, boneless chicken breast halves  
4 black peppercorns  
1 bay leaf  
1 tablespoon rice vinegar  
2 tablespoons roasted peanut oil  
2 teaspoons low-sodium soy sauce  
1 teaspoon honey  
1 teaspoon chili garlic sauce (such as Lee Kum Kee)  
1/2 teaspoon salt  
2 cups cooked soba noodles (about 4 ounces uncooked)  
1 cup grated carrot  
1/2 cup thinly sliced green onions  
1/4 cup minced red onion  
1/4 cup chopped fresh basil  
4 teaspoons chopped unsalted, dry-roasted peanuts  
Lime wedges (optional)

1. Combine first 4 ingredients in a medium saucepan; bring to a boil. Cover, remove from heat, and let stand 15 minutes or until chicken is done.
2. Remove chicken from pan, and discard peppercorns, bay leaf, and cooking liquid.
3. Shred chicken; place in a large bowl.
4. Combine vinegar and next 5 ingredients (vinegar through salt), stirring with a whisk. Pour over chicken; let stand 5 minutes.
5. Add soba noodles and the next 4 ingredients (noodles through chopped basil) to chicken mixture, and toss well. Sprinkle with peanuts. Garnish with lime wedges, if desired.

Yield: 4 servings (serving size: 1 cup salad and 1 teaspoon peanuts)

### **NUTRITION PER SERVING**

CALORIES 256 (33% from fat); FAT 9.5g (sat 1.7g, mono 4.2g, poly 2.9g); PROTEIN 23.9g; CARB 19.5g; FIBER 2.5g; CHOL 49mg; IRON 1.3mg; SODIUM 538mg; CALC 30mg;

## **Garlic and Lemon Marinated-Chicken Kebabs**

Source: CLBB

HU:5

Core: yes

Servings:4

Posted by: zephyr1

date posted: 9/6/04

Comments: A leisurely wait in a mellowing spiced sour cream marinade makes this an easy dish to ready for last minute grilling. This is an excellent summer dish - everything can be prepared in advance except for the final quick grilling of the chicken. Do not marinate longer than 3 hours.

### **Ingredients:**

1 1/4 pounds skinless, boneless chicken breasts

4 large garlic cloves

2 pinches Middle Eastern spices; or substitute a pinch of ground cinnamon and a pinch of ground allspice

1/2 teaspoon freshly ground pepper

2 tablespoons FF sour cream

3 tablespoons fresh lemon juice

1 tablespoon extra virgin olive oil

### **Instructions:**

1. Cut the chicken breasts into 1-inch cubes. You should have 3-4 dozen pieces.

2. Pound the garlic with the salt until pureed. Add the spices, pepper, sour cream, lemon juice, and oil and whisk until smooth. Roll the chicken in the sour cream mixture to coat. Cover, refrigerate and let marinate for 3-4 hours.

3. Preheat the broiler or light a hot fire in a barbeque grill. String the chicken on 4 long metal skewers. Broil or grill, brushing with the marinade, turning and basting, until well browned and cooked., 8-10 minutes. For safety, stop basting 3-4 minutes before the chicken is fully cooked

## **Lemon Tabouli with Tender Romaine**

Source: CLBB

HU:2

Core: yes

Servings:6

Posted By: zephyr1

Date posted: 9/6/04

Comments: this dish is really good the first day but amazing the second!!!! I am throwing all my other tabouli recipes away. Original calls for oil, I omitted. I also used Kate's lemon, rosemary roasted tomatoes as my diced tomatoes and threw the juice in as well. I highly recommend the subs. I also needed more liquid as did the original poster.

### **Ingredients:**

1/2 cup fine grain #1 bulgur

1/4 cup fresh lemon juice

2 cups finely diced tomatoes

1/2 cup thinly sliced scallions

2 pinches of ground cinnamon

salt and freshly ground pepper

2 cups finely chopped flat-leaf parsley

2 tablespoons slivered fresh mint leaves

Tender romaine leaves

### **Instructions:**

1. Place the bulgur in a fine sieve, rinse under cold running water, squeeze dry, and soak in the lemon juice for 45 minutes. Use a fork to fluff the bulgur.
2. In a bowl, combine the tomatoes, scallions, cinnamon, and a few pinches of salt and pepper. Fold in the bulgur, parsley, mint and mix well. Refrigerate, stirring occasionally.
3. Taste and correct the flavors with lemon juice, salt and pepper. Serve with crisp inner leaves of romaine lettuce for scooping up the salad.

### **Everyday Vinaigrette**

Source: WW Turnaround Program Cookbook

Healthy Units: 1 (CORE)

Posted by: Linda (lxn1996)

September 7, 2004

Comments: Instead of reaching for the bottled stuff, make a batch of this foolproof dressing. Once you taste it, you'll use it frequently – for tossing with greens or veggies or for marinating chicken or seafood. Vary the taste and add 2 teaspoons minced fresh herbs – thyme, tarragon, chives, parsley, or any combinations – if desired. (My note: I used dried tarragon.) Serve the dressing immediately or cover and refrigerate for up to 1 week. You may use white-wine vinegar instead of the red.

1 t salt  
2 small garlic cloves, minced  
6 T reduced-sodium chicken broth  
¼ cup balsamic vinegar  
¼ cup red wine vinegar  
2 T plus 2 t extra-virgin olive oil  
2 shallots, very finely chopped

1. Sprinkle the salt over the garlic on a cutting board. Mash to a paste with the flat side of a heavy knife.
2. Combine the mashed garlic, the broth, vinegars, oil, and shallots in a small jar with a tight-fitting lid. Cover and shake well.

Per serving (2 tablespoons): 50 cal, 5 g fat, 1 g sat fat, 0 g trans fat, 0 mg chol, 322 mg sod, 2 g carb, 0 g fib, 0 g prot, 4 mg calc.

### **Roasted-Garlic Salad Dressing**

Source: WW Turnaround Program Cookbook

Healthy Units: 1 (CORE)

Posted by: Linda (lxn1996)

September 7, 2004

Comments: If you think yogurt dressings are boring, this recipe, featuring sweet roasted garlic and zesty chives, may change your mind. The garlic can be roasted several days ahead and refrigerated, cutting the prep time to just a matter of minutes.

My notes: I didn't have any yogurt, so I subbed fat free sour cream. I also used Penzey's Fox Point seasoning instead of the fresh chives. It was very thick and creamy.

1 small garlic bulb  
2 T warm water  
½ cup fat-free ricotta cheese  
¼ cup plain fat-free yogurt  
2 T finely chopped fresh chives  
½ t salt  
¼ t freshly ground pepper

1. Preheat the oven to 350. Wrap the garlic in foil and roast until soft and fragrant, 45-60 minutes. When cool enough to handle, separate the cloves.  
2. Squeeze the garlic from the cloves into a blender or food processor. Add the water, ricotta, and yogurt; puree. Transfer to a bowl then stir in the chives, salt, and pepper. Cover and refrigerate at least 2 hours to allow the flavors to blend. Stir again before serving.

Per serving (1/4 cup): 54 cal, 5 g fat, 0 g sat fat, 0 g trans fat, 6 mg chol, 348 mg sod, 8 g carb, 0 g fib, 5 g prot, 127 mg calc.



### **Tuscan Herb Vinaigrette**

Source: WW Turnaround Program Cookbook

Healthy Units: 1 (CORE)

Posted by: Linda (lxn1996)

September 7, 2004

Comments: This dressing needs to marinate overnight to allow the full flavor of the basil, lemon zest, garlic, and oregano to develop. Up the garlic to a couple of cloves if you're so inclined, and if you have a garlic press handy, by all means use it.

My notes: I think this is my favorite homemade dressing so far. Super easy to put together and great taste.

½ cup reduced sodium chicken broth  
2 T chopped fresh basil, or 1 teaspoon dried (I used dried)  
2 T white-wine vinegar  
1 T plus 1 t extra-virgin olive oil  
1 t grated lemon zest  
1 t salt  
1 garlic clove, minced (I used 2)  
½ t dried oregano, crumbled  
¼ t freshly ground pepper

Combine all of the ingredients in a jar with a tight-fitting lid. Cover and shake well. Refrigerate overnight. Shake again before serving.

Per serving (1 1/2 T): 23 cal, 2 g fat, 0 g sat fat, 0 g trans fat, 0 mg chol, 330 mg sod, 1 g carb, 0 g fib, 0 g prot, 4 mg calc.

## **Horseradish and Caramelized Onion Pork Sandwiches**

Cooking Light, SEPTEMBER 2004

Healthy Units: 7

Yield: 4 servings (serving size: 1 sandwich quarter)

Posted By: Bawstinn32 (Maria)

September 8, 2004

Comments: I really like the taste of the sweet onions and the spicy horseradish. Messy sandwich, but good!

Sweet onions are paired with a spicy-hot, creamy sauce in this fancy sandwich.

- 1 tablespoon olive oil
- 4 cups vertically sliced onion (about 1 1/4 pounds)
- 1 1/2 tablespoons sugar
- 1 tablespoon red wine vinegar
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon chopped fresh thyme
- 1/8 teaspoon ground red pepper
- 2 garlic cloves, minced
- 2 tablespoons reduced-fat sour cream
- 2 tablespoons low-fat mayonnaise
- 1 tablespoon prepared horseradish
- 1 (8-ounce) loaf French bread, halved lengthwise
- 1 cup torn red leaf lettuce leaves
- 1 1/2 cups thinly sliced Simply Roasted Pork (about 8 ounces)

Heat oil in a large nonstick skillet over medium heat. Add onion and next 6 ingredients (through garlic) to pan; cook 30 minutes or until onions are golden, stirring occasionally. Remove from heat; let cool.

Combine sour cream, mayonnaise, and horseradish; spread evenly over cut side of top half of bread. Arrange lettuce over bottom half of bread. Arrange onions and Simply Roasted Pork over lettuce. Top with top half of bread. Cut stuffed loaf into 4 pieces.

CALORIES 369 (22% from fat); FAT 9.2g (satfat 2.4g, monofat 4.3g, polyfat 1.1g);  
PROTEIN 16.7g; CARBOHYDRATE 55.8g; FIBER 5.1g; CHOLESTEROL 30mg; IRON  
2.6mg; SODIUM 666mg; CALCIUM 113mg;

## **Simply Roasted Pork**

Cooking Light, September 2004

Healthy Units: 4

Yield: 14 servings (serving size: about 3 ounces)

Posted By: Bawstinn32 (Maria)

September 8, 2004

Comments: I cooked this on the grill, using indirect heat and it came out wonderful! Very juicy, not dry like the ones I usually cook in the oven. My roast was 3.75 pounds and took about 2 hours on the grill.

Use apple jelly in place of the apricot preserves for a slightly sweeter flavor.

This recipe goes with Thai Pork Salad with Chili Dressing, Spicy Pork, Turkey, and Swiss Cubano Roll, Chipotle Pork and Avocado Wrap, Pork Tabbouleh, Pork and Grilled Vegetable Salad, Sourdough Pork Sandwiches with Parsley-Pesto Mayonnaise, Pork and Peanut Noodle Salad, Pork and Grilled Stone Fruit Couscous Salad, Horseradish and Caramelized Onion Pork Sandwiches

1/2 cup apricot preserves  
1 teaspoon salt  
1 teaspoon dried oregano  
3/4 teaspoon garlic powder  
1/2 teaspoon freshly ground black pepper  
1 (3-pound) boneless pork loin, trimmed  
Cooking spray

Preheat oven to 425°.

Place the preserves in a small saucepan over medium-low heat, and cook 10 minutes or until melted. Keep warm over low heat.

Combine salt, oregano, garlic powder, and pepper; rub evenly over pork. Place pork on a rack coated with cooking spray; place rack in a shallow roasting pan. Bake at 425° for 30 minutes. Brush 1/4 cup preserves evenly over pork. Bake an additional 10 minutes. Brush remaining preserves evenly over pork. Bake an additional 10 minutes or until thermometer registers 155° (slightly pink). Let stand 10 minutes before slicing.

CALORIES 159 (27% from fat); FAT 4.7g (satfat 1.6g, monofat 2.1g, polyfat 0.5g); PROTEIN 20.6g; CARBOHYDRATE 7.6g; FIBER 0.2g; CHOLESTEROL 59mg; IRON 0.9mg; SODIUM 232mg; CALCIUM 24mg;

## Spaghetti and Meatballs

Cooking Light September 2000

Healthy Units: 9

Servings: 4

Posted by: Janey

September 8, 2004

Comments: This recipe calls for a CL-recipe tomato sauce, which I wasn't able to find the recipe for online. I have always used Healthy Choice spaghetti sauce from a jar with good results, and I don't think it would mess with the points too much. I'm sure you could use any low fat spaghetti sauce. DH loves this.

1/3 cup Italian-seasoned breadcrumbs  
1/4 cup (1 ounce) grated fresh Parmesan cheese  
1/4 cup chopped fresh parsley  
1/2 teaspoon dried basil  
1 pound ground turkey  
2 large egg whites  
1 teaspoon olive oil  
3 cups Tomato Sauce (I use jarred Healthy Choice spaghetti sauce)  
3 cups hot cooked spaghetti (about 6 ounces uncooked pasta)

Combine first 6 ingredients in a bowl; shape mixture into 16 (1 1/2-inch) meatballs. Heat olive oil in a large nonstick skillet over medium-high heat. Add meatballs; cook 5 minutes, browning on all sides. Add Tomato Sauce, and bring to a boil. Cover, reduce heat, and simmer 15 minutes. Serve over spaghetti.

Yield: 4 servings (serving size: 4 meatballs, about 3/4 cup sauce, and 3/4 cup noodles)

### NUTRITION PER SERVING

CALORIES 437 (17% from fat); FAT 8.4g (sat 2.7g, mono 2.9g, poly 1.7g); PROTEIN 37.9g; CARB 51.2g; FIBER 3.4g; CHOL 79mg; IRON 5.6mg; SODIUM 600mg; CALC 195mg;

### **Chili Spiced Smoked Turkey Breast**

Source: Cooking Light, Dec 1998

Posted By: Waneyvant (Jane)

HU: 3

Servings 16

Date: September 8, 2004

CL NOTE: you don't need a smoker, any covered grill will give same effect. Simply place breast on cool side of grill & use soaked wood chips.

1/4 cup fresh lime juice  
2 T. Olive Oil  
2 t. unsweetened cocoa  
2 t. paprika  
2 t. brown sugar  
1 t. salt  
1 t. dried oregano  
1 t. chili powder  
1 t. dried thyme  
2 garlic cloves, minced  
1 (6 lb) whole turkey breast  
2 cups mesquite chips  
cooking spray

Combine 1st 10 ingredients in small pan; bring to boil. Remove from heat, cool.  
Combine lime juice mixture & turkey in large zip top plastic bag. Seal & marinate in refrigerator 2 hours. Soak wood chips in water at least 30 minutes. Drain well.

Preheat gas grill to med hot (350-400) using both burners. Turn left burner off. Place wood chips in disposable foil pan or foil packet pierced with holes on grill over right burner. Remove turkey from marinade; discard marinade. Place turkey, skin side up, on grill rack coated with cooking spray over left burner. Cover & cook 1 1/2 hrs. Turn turkey over, cook 15 minutes or until registers 170. Remove; tent with foil, let stand 10 minutes. Discard skin.

Cal: 126; fat (1.6); fiber 0.1 g.

### **Apricot-Glazed Pork Tenderloin**

Source: Shape Magazine, June 2004

Healthy Units: 7

Servings: 4

Posted by: Peggymcv

Date: September 9, 2004

2 cups instant brown rice, uncooked  
Salt and ground black pepper to taste  
1 lb. Pork tenderloin, cut crosswise into 1" rounds  
2 tsp. Olive oil  
1 ½ cups sliced fresh apricots (about 4-6 large)  
1/3 cup apricot preserves  
1 tblsp. Hoisin sauce  
1 tblsp. Reduced-sodium soy sauce

In a medium saucepan, bring 2 ¼ cups of water to a boil. Add brown rice and cook according to package directions.

Meanwhile, salt and pepper both sides of pork rounds. Heat olive oil in a large skillet over medium-high heat. Add pork to hot skillet and cook 2 minutes per side, until golden. Add remaining ingredients and bring to a boil. Reduce heat to low and simmer 5 minutes, until pork is cooked through and sauce is thick. Serve over brown rice.

Notes: I used canned apricots (drained) as I couldn't find fresh ones in the grocery store.

Nutritional Information per serving (3 ounces pork, 1/3 cup sauce, ½ cup brown rice): 361 calories, 20% fat (8 g; 2 g saturated), 47% carbs (42 g), 33% protein (30 g), 3 g fiber, 10 mg calcium, 1 mg iron, 264 mg sodium.

### **Chipotle Pork and Avocado Wrap**

Cooking Light, September 2004

Healthy Units: 5

Yield: 4 servings (serving size: 1 wrap)

Posted By: Bawstinn32 (Maria)

September 9, 2004

For a bit more spice in your wrap, add another teaspoon of chipotle chiles to the avocado spread.

- 1/2 cup mashed peeled avocado
- 1 1/2 tablespoons low-fat mayonnaise
- 1 teaspoon fresh lime juice
- 2 teaspoons chopped canned chipotle chiles in adobo sauce
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon dried oregano
- 4 (8-inch) fat-free flour tortillas
- 1 1/2 cups (1/4-inch-thick) slices cut Simply Roasted Pork (about 8 ounces)
- 1 cup shredded iceberg lettuce
- 1/4 cup bottled salsa

Combine the first 7 ingredients, stirring well.

Warm tortillas according to package directions. Spread about 2 tablespoons avocado mixture over each tortilla, leaving a 1-inch border. Arrange Simply Roasted Pork slices down center of tortillas. Top each tortilla with 1/4 cup shredded lettuce and 1 tablespoon salsa, and roll up.

CALORIES 239 (22% from fat); FAT 5.8g (satfat 1.3g, monofat 2.8g, polyfat 0.7g);  
PROTEIN 13.9g; CARBOHYDRATE 32.8g; FIBER 2.6g; CHOLESTEROL 29mg; IRON  
1mg; SODIUM 683mg; CALCIUM 27mg;

**Chicken Diane**

source: magazine add for turkey

HU:4

Core: yes

servings:4

Posted By: Zephyr1

Date 9/12/04

Comments: this is a great pantry dish and throws together in all of 5 minutes. I would love to use this same recipe for scallops or fish. It is a bit spicy so you may want to adjust the pepper, we like spicy so for us it was just right.

**Ingredients:**

1 lb of boneless skinless chicken breast, I cut in strips recipe called to do whole breasts

2 tsp. of lemon pepper

2 TBSP of lemon juice

1 TBSP Worcestershire sauce

1 tsp Dijon mustard- I used a new garlic Dijon at TJ.

1 tsp parsley

**Instructions:**

Coat a skillet with cooking spray and brown chicken till no longer pink in center.

Combine remaining ingredients in a small bowl and mix well. Add to the pan and cook until heated through.



## **Beef Bourguignonne with Egg Noodles**

Source CL September 2004 p. 133

Healthy Units 9

NOT Core

Servings 9

Posted by jillybean03 (jill)

Date 9/12/04

My Comments: This is a time consuming recipe - probably 30 minutes to prep, and then ~2 hours of simmering. The simmering could be done in a crock pot, I believe. This is a delicious, RICH beef stew. I substituted Penne, because that's what I had on hand.

Amount Measure Ingredient -- Preparation Method

1/3 cup all-purpose flour  
2 teaspoons salt -- divided  
3/4 teaspoon black pepper -- freshly ground  
2 1/4 pounds beef stew meat  
3 slices bacon  
1 cup onion -- chopped  
1 cup carrot -- sliced  
4 garlic clove -- minced  
1 1/2 cups dry red wine  
14 ounces beef broth -- 1 can (low sodium)  
8 cups halved mushroom -- about 1 1/2 lbs  
2 tablespoons tomato paste  
2 teaspoons fresh thyme -- chopped  
2 bay leaves  
16 ounces frozen pearl onions  
7 cups cooked egg noodles --about 6 cups uncooked  
3 tablespoons parsley -- chopped

Combine flour, 1 tsp salt and 1/4 tsp pepper in a large zip-top plastic bag. Add beef, seal and shake to coat.

Cook half of bacon in a large dutch oven over medium-high heat until crisp. Remove bacon from pan with a slotted spoon; set aside. Add half of beef mixture to drippings in pan; cook 5 minutes, browning on all sides. Remove beef from pan; cover and keep warm. Repeat with remaining bacon and beef. Remove, cover and keep beef warm

Add chopped onion, carrot and garlic to pan, sauté 5 minutes. Stir in red wine and broth, scraping pan to loosen browned bits. Add bacon, beef, remaining 1 tsp salt, remaining 1/2 tsp pepper, mushrooms, tomato paste, chopped thyme, bay leaves and pearl onions; bring to a boil. Cover, reduce heat, and simmer 45 minutes. Uncover and cook 1 hour or until beef is tender. Discard Bay leaves. Serve over noodles, sprinkle with parsley

Serving size: 1 cup beef mixture, 3/4 cup noodles, 1 teaspoon parsley

Per Serving (excluding unknown items): 477 Calories; 13g Fat (26.2% calories from fat); 35g Protein; 47g Carbohydrate; 4g Dietary Fiber; 105mg Cholesterol; 880mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 2 Vegetable; 1/2 Fat.

NOTES : Can be made and frozen (without noodles)

**Lemony Orzo Salad -or barley salad**

Source: Cooking Light March 2000

HU:3

Core: Yes plus 1 flex for the olives and the oil

Servings:6 servings at 3/4 cup each

Posted By:Zephyr1

Date Posted:9/12/04

Comments: this is a tasty core salad do not skimp or sub dried herbs the fresh really light it up. I used barley in place of the orzo and cooked it in stock, also subbed ff feta which I usually hate but in this salad it was good. This is a great lunch dish.

**Ingredients:**

1 cup uncooked orzo (rice-shaped pasta) or for core use barley  
1 1/3 cups diced zucchini  
1/3 cup diced red onion  
1/3 cup minced fresh parsley  
3 tablespoons fresh lemon juice  
1 tablespoon minced fresh or 1 teaspoon dried basil  
1 tablespoon olive oil  
2 teaspoons minced fresh mint  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 cup diced tomato  
1/3 cup (1 1/2 ounces) crumbled feta cheese core use ff feta  
2 tablespoons chopped pitted kalamata olives

**Instructions:**

Cook orzo according to package directions, omitting salt and fat. Drain well. Combine orzo, zucchini, and onion in a large bowl; toss well. Combine parsley and next 6 ingredients (parsley through pepper); stir well with a whisk. Stir into orzo mixture; add tomato, cheese, and olives, tossing gently to coat.

## **Boeuf Bourguignon (Beef Burgundy)**

Source: Cooking Light Slow Cooker cookbook, September 2004

Healthy Units: 8

Core: +0.5 (with substitutions)

Servings: 6

Posted by: tulrose

Date: 9/13/04

WW core substitution: low-salt beef broth and whole wheat egg noodles.

Substitute 1 (16-ounce) bag frozen small whole onions, thawed and drained, for the fresh onions, if desired. Notes on the Boeuf Bourguignon - substitute low-salt broth and whole wheat noodles for core. The alcohol evaporates during cooking leaving only the flour to be counted in WPA.

1 (10-ounce) package fresh pearl onions  
1 (2-pound) top round steak trimmed and cut into 1½-inch cubes  
2½ cups sliced onion (1 large)  
1 garlic clove, minced  
Cooking spray  
⅓ cup all-purpose flour  
1 (10½-ounce) can beef broth  
½ cup Burgundy or other dry red wine  
2 tablespoons tomato paste  
½ teaspoon dried thyme  
½ teaspoon salt  
¼ teaspoon black pepper  
1 bay leaf  
1 (8-ounce) package mushrooms  
3 cups hot cooked medium egg noodles  
(about 6 ounces uncooked)  
Thyme leaves (optional)

1. Drop pearl onions in boiling water; cook 1 minute. Drain onions; peel.  
2. Place a large non-stick skillet over medium-high heat until hot. Add steak; sauté 5 minutes or until browned. Place steak in a 3-quart electric slow cooker. Add sliced onion and garlic to pan; coat with cooking spray, and sauté over medium-high heat 5 minutes or until tender. Sprinkle flour over onion mixture; cook 1 minute stirring constantly. Gradually add broth, wine, and tomato paste, stirring constantly. Cook 1 minute or until thick. Add pearl onions, dried thyme, salt, pepper, bay leaf, and mushrooms.  
3. Pour wine mixture over beef in slow cooker. Cover with lid; cook on high-heat setting 1 hour. Reduce to low-heat setting and cook 4-5 hours. Discard bay leaf. Serve over noodles. Garnish with thyme leaves if desired.

Yield: 6 servings (serving size: 1 cup beef mixture and ½ cup noodles).

CAL 411 (16% from fat); PRO 43.3g; FAT 7.3g (sat 2.3g); CARB 41.1g; FIB 3.3g; CHOL 120mg; IRON 5.9mg; SOD 464mg; CALC 48mg

## **Peach Melba Crisp**

Cooking Light, JULY 2000

Healthy Units: 5

Yield: 6 servings

Posted By: Bawstinn32 (Maria)

September 14, 2004

To take advantage of another fruit in peak season, substitute unpeeled nectarines for the peaches.

Comments: I loved the peach/raspberry combination. I had both yellow and white peaches so used them both.

1/2 cup all-purpose flour  
1/4 cup granulated sugar  
1/4 cup packed brown sugar  
3 tablespoons chilled butter or stick margarine, cut into small pieces  
6 cups sliced peeled peaches (about 2 3/4 pounds)  
2 teaspoons lemon juice  
1 cup fresh raspberries  
1 tablespoon granulated sugar  
1 tablespoon cornstarch  
Cooking spray  
1 tablespoon seedless raspberry jam, melted

Preheat oven to 375°.

Combine first 3 ingredients in a bowl, and cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal.

Combine peaches and juice in a large bowl; toss gently to coat. Add raspberries, 1 tablespoon granulated sugar, and cornstarch; toss gently. Spoon fruit mixture into an 8-inch square baking dish coated with cooking spray; drizzle jam evenly over fruit. Sprinkle with crumb mixture. Bake at 375° for 45 minutes or until browned.

CALORIES 261 (21% from fat); FAT 6.2g (satfat 3.6g, monofat 1.8g, polyfat 0.5g);  
PROTEIN 2.5g; CARBOHYDRATE 52g; FIBER 5.1g; CHOLESTEROL 16mg; IRON  
1mg; SODIUM 64mg; CALCIUM 25mg;

### **Home-Style Meat Loaf**

Cooking Light 1999 Annual

HU: 5.2

Servings: 6

Posted by DebMj1

9/20/04

Note: Using 96% lean ground beef instead of the ground round reduces the points to 4.4 per serving.

3/4 cup ketchup, divided  
1/2 cup quick-cooking oats  
1/4 cup minced fresh onion  
2 tablespoons chopped fresh parsley  
1 tablespoon brown sugar  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 large egg whites, lightly beaten  
1 1/2 pounds ground round (I used 96% lean ground beef)  
Cooking spray

Preheat oven to 350°.

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

Yield: 6 servings (serving size: 1 slice)

#### **NUTRITION PER SERVING**

CALORIES 242 (28% from fat); FAT 7.5g (sat 2.6g, mono 3.1g, poly 0.5g); PROTEIN 27.2g; CARB 15.5g; FIBER 1.4g; CHOL 70mg; IRON 3mg; SODIUM 527mg; CALC 21mg;

## **Apple Snackin' Cake**

Cooking Light September 1993

HU: 3.7 (2.9 with my changes)

Servings: 9 (3-inch square piece)

Posted by DebMj1

9/20/04

Notes: I subbed light butter for the margarine in the cake portion, but stayed with regular butter for the crumb topping. I'm sure you could use light butter there too, but it won't make a huge difference in calories/points.

2 Tablespoons margarine, softened (I used light butter)  
1/3 cup sugar (I used Splenda)  
2 egg whites  
1/3 cup skim milk  
1/3 cup unsweetened applesauce  
1 teaspoon vanilla extract  
1 1/3 cups all-purpose flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
3 cups Golden Delicious apples, peeled and thinly sliced (basically 2 large apples)  
3 Tablespoons all-purpose flour  
3 Tablespoons brown sugar  
1/4 teaspoon ground cinnamon  
1 Tablespoon margarine, melted

Spray 9x9 inch pan with cooking spray; set aside. Preheat oven to 350 F.

Cream 2 Tbsps. margarine and sugar at medium speed of an electric mixer until light and fluffy (about 5 minutes). Add egg whites; beat 2 minutes at medium speed or until well blended. Add milk, applesauce and vanilla; mix well.

Combine 1 1/3 cups flour, baking powder and salt. Add to creamed mixture, stirring just until moistened. Spread into prepared pan, arrange apple slices in a single layer in 3 rows, core side down, on top of batter, pressing gently into batter.

Combine 3 Tbsps. flour, brown sugar and cinnamon, stir well. Add melted margarine and toss well; sprinkle over apples. Bake at 350 For 45 minutes or until browned; cool completely in pan.

## **Shrimp and Couscous Salad**

Source: CL Five Star Recipes

Healthy Units: 5

Core: Yes

Servings: 4

Posted by: Tracy (Nikkie1T)

September 16, 2004

My Notes: This is called Lemony Shrimp & Couscous Salad in the cookbook, but there is another recipe by that name already in the comp (different ingredients). Nice, light salad for lunches.

1 cup water  
3/4 cup couscous, uncooked  
1-1/2 quarts water  
1-1/4 lb. unpeeled medium fresh shrimp  
1/2 cup chopped sweet red pepper  
1/4 cup chopped fresh parsley  
3 T. chopped fresh basil  
2 T. chopped green onion  
2 t. grated lemon rind  
2 T. fresh lemon juice  
1 T. olive oil  
1/2 t. ground allspice  
1/4 t. salt  
1/4 t. pepper

Stir couscous in 1 cup boiling water. Remove from heat. Cover, let stand 5 minutes or until couscous is tender and liquid is absorbed. Fluff with fork.

Bring 1-1/2 q. water to boil; add shrimp, cook 3-5 minutes, or until shrimp turns pink. Drain well; rinse with cold water. Peel, devein and coarsely chop shrimp.

Add shrimp and sweet pepper to couscous. Combine parsley and remaining 8 ingredients. Add to couscous mixture; toss well. Cover, chill. Yields 4 1-cup servings.

Calories - 239; Protein - 22.4 g.; Fat - 4.8 g.; Carb - 26.6 g.; Fiber - 1.8 g.; Cholesterol - 166 mg.; Iron - 3.8 mg.; Sodium - 343 mg; Calcium - 48 mg.

### **Sizzling Steak Fajitas**

Source: Cooking Light, Jan. 1996

Serves: 4

HU's: 7 (I omitted the tortillas and served over a bed of greens.)

Posted by: Alleycat (Allison)

Date: 9/20/04

Here's a fairly traditional version on the fajita: seasoned flank steak cut into thin strips.

3/4 pound lean flank steak  
2 teaspoons ground cumin  
2 teaspoons chili powder  
1/4 teaspoon salt  
1/8 teaspoon garlic powder  
1/8 teaspoon black pepper  
1/8 teaspoon ground red pepper  
4 (8-inch) flour tortillas  
1 teaspoon vegetable oil  
2 cups sliced onion  
1/3 cup green bell pepper strips  
1/3 cup red bell pepper strips  
1/3 cup yellow bell pepper strips  
1 tablespoon lime juice  
1/4 cup nonfat sour cream  
Commercial green salsa (optional)  
Cilantro sprigs (optional)

Trim fat from steak. Slice steak diagonally across grain into thin strips. Combine steak and next 6 ingredients (steak through ground red pepper) in a zip-top heavy-duty plastic bag; seal bag, and shake well to coat.

Heat the tortillas according to package directions.

Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add steak, onion, and bell peppers; sauté 6 minutes or until steak is done. Remove from heat; stir in lime juice. Divide mixture evenly among warm tortillas, and roll up. Serve with sour cream. Garnish with green salsa and cilantro sprigs, if desired.

Yield: 4 servings (serving size: 1 fajita and 1 tablespoon sour cream)

CALORIES 330 (34% from fat); FAT 12.6g (satfat 4.2g, monofat 4.9g, polyfat 2.2g);  
PROTEIN 22.6g; CARBOHYDRATE 31g; FIBER 3.3g; CHOLESTEROL 43mg; IRON  
4.3mg; SODIUM 425mg; CALCIUM 81mg;  
Cooking Light, JANUARY 1996



## **Turkey-Eggplant Casserole**

Source: WW Simply the Best

Serves: 8

HU's: 3

Posted by: Alleycat (Allison)

9/21/04

Notes: You could easily eliminate the bread crumbs, making this recipe a Core one. I usually dish it up as six servings. It's a lot of food for not many points. Very filling, and wonderful on a chilly day!

1 1/4 pounds ground skinless turkey breast  
1 onion, chopped  
3 garlic cloves, minced  
1 large (1 1/2 pound) eggplant, cubed  
1 28-ounce can crushed tomatoes (no salt)  
1 green pepper, seeded and diced  
1 red pepper, seeded and diced  
3/4 cup seasoned dried bread crumbs  
1 teaspoon dried basil  
1/4 cup grated Parmesean cheese

1. Preheat the oven to 350 F. Spray a 13 X 9" baking pan with nonstick cooking spray.
2. Spray a large nonstick saucepan or Dutch oven with nonstick cooking spray; heat. Add the turkey, onion and garlic; cook, stirring as needed, until the turkey is browned and the onion is softened, 5-6 minutes.
3. Add the eggplant, tomatoes, peppers, bread crumbs and basil; bring to boil, stirring as needed.
4. Transfer the turkey mixture to the pan and bake, covered, until the vegetables are tender, 45-50 minutes; uncover and sprinkle with the cheese. Bake until the cheese is lightly browned, about 15 minutes longer. Let stand 5 minutes before serving

Per Serving: 189 Calories, 2g total fat, 1g saturated fat, 46mg cholesterol, 397 mg sodium, 21 g total carbohydrate, 3g dietary fiber, 22g protein, 127 mg calcium.

## **Nuevo Guacamole**

'Nuevo Tex Mex'

Healthy Units - 2pts

Core +4 for entire recipe

Servings ~16 \*\*

Posted by shari\_csf (Shari)

9/25/04

My notes: This is the best guac recipe I have ever made. I generally use way less heat but that's just my taste. I find using dried chile powder (chipotle) add to the onions while cooking easiest. The amount of butter/oil is so little for the whole recipe and the butter really makes the recipe pop so I wouldn't cut back on this. I'm pretty sure I've used lime instead of lemon and I always omit cilantro.

\*\* serving size is approximate because I've never measured the final yield. The whole recipe is 32 points.

2 teaspoons unsalted butter  
2 teaspoons vegetable oil  
3 serrano pepper -- stems removed, halved  
1 onion -- diced  
1 1/2 Tablespoons fresh lemon juice  
salt -- to taste  
3 avocado -- pitted and peeled  
1/2 cup cilantro -- chopped (optional)

Melt butter with oil over high heat. Add chiles and onion and saute for 3 to 5 minutes, or until lightly browned. Add lemon juice and season to taste with salt. Remove from heat.

Transfer chiles to cutting board and chop finely. Rubber gloves are a good idea. Transfer serrano mixture to a mixing bowl (or molcajete if you have one). Add avocados and mash until well mixed. Season to taste with salt.

Serve immediately as a salad, dip, or garnish.

Yield: ~ 2 cups

Per Serving (1/16 of recipe): 76 Calories; 7g Fat (75.2% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.