

Southwest Chicken Soup

Source REAL SIMPLE, October 2004

Healthy Units 5

Core: I BELIEVE this is 100% core. (Except the sour cream)

Servings 4 - 1 1/2 cup servings

Posted by jillybean03

Date 9/26/04

12 ounces salsa Verde -- 1 jar

10 1/2 ounces cooked chicken breast half (My measurement - recipe called for 3 cups cooked chicken. I used what I had and nutritionals are based on my measurement)

1 can Cannellini beans -- 1 can - 15 oz

3 cups chicken broth

1 teaspoon ground cumin

2 green onions -- chopped

1/2 cup lowfat sour cream

Empty the salsa into a large saucepan. Cook 2 minutes over medium high heat, then add the chicken, beans, broth, and cumin.

Bring to a boil, lower heat to a simmer, and cook for 10 minutes, stirring occasionally.

Top each bowl with a sprinkling of onions, a dollop of sour cream, and some tortilla chips (if desired.)

For a soupier dish, use 4 cups of broth.

Per Serving (excluding unknown items): 280 Calories; 7g Fat (25.0% calories from fat); 28g Protein; 22g Carbohydrate; 4g Dietary Fiber; 57mg Cholesterol; 933mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Braised Beef with Sun-Dried Tomatoes

Cooking Light September 2004

Healthy Units: 5

Servings: 8 (I only got 6)

Posted by Janey

September 27, 2004

CL Notes: The tomatoes cook so long in the liquid that they soften to the point of falling apart, adding flavor and body to the braise. The long cooking time also makes the beef very tender.

Janey's Notes: I measured out $\frac{3}{4}$ cup servings, but I only got 6 servings. This could be because I cooked it about 15 minutes longer than was called for, or my original servings may have been "wishful thinking" $\frac{3}{4}$ cup! I also only used one onion, because I had only one BIG onion on hand. I was able to find sun-dried tomatoes in julienne strips at the POG, so I used those.

2 teaspoons olive oil
2 pounds beef stew meat, cut into 1-inch cubes
2 medium onions, vertically sliced
2 garlic cloves, minced
1 tablespoon all-purpose flour
1 $\frac{3}{4}$ cups water
1 cup dry red wine
1 cup less-sodium beef broth
1 cup sun-dried tomato halves, packed without oil, cut into strips (about 2 $\frac{1}{2}$ ounces)
1 tablespoon brown sugar
1 tablespoon Worcestershire sauce
1 $\frac{1}{2}$ teaspoons chopped fresh rosemary
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground black pepper
1 bay leaf
 $\frac{1}{4}$ cup chopped fresh parsley

Heat olive oil in a large Dutch oven over medium-high heat. Add beef; cook 4 minutes, browning on all sides. Add sliced onion; cook for 7 minutes or until onion is softened, stirring occasionally. Add minced garlic; cook 1 minute, stirring frequently. Stir in flour; cook 2 minutes, stirring often.

Stir in water and next 9 ingredients (through bay leaf). Reduce heat to medium-low; cover and simmer 1 hour. Uncover and simmer 30 minutes or until beef is tender. Discard bay leaf. Sprinkle each serving with parsley.

Yield: 8 servings (serving size: $\frac{3}{4}$ cup beef stew and 1 $\frac{1}{2}$ teaspoons parsley)

CALORIES 241 (35% from fat); FAT 9.4g (sat 3.2g, mono 4.4g, poly 0.5g); PROTEIN 23.8g; CARB 10g; FIBER 1.5g; CHOL 71mg; IRON 3.7mg; SODIUM 443mg; CALC 33mg

Bree's Lentil-Tomato Soup

Cooking Light September 2001

Healthy Units: 3

Core

Servings: 11 (serving size: 1 cup)

Posted by: Savannahblues

September 27, 2004

Debbie's Notes: This soup does not, as Sara Moulton would say, get an A+ in visuals, but it's tasty and filling. I use 1/4 tsp. of cayenne pepper, not the full teaspoon. I also leave out the cilantro, as I am not a fan of it.

1 tablespoon olive oil
2 cups chopped onion
1 teaspoon ground turmeric
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon ground red pepper
1/4 teaspoon salt
1/4 teaspoon black pepper
2 garlic cloves, minced
3 1/3 cups water
2 1/3 cups dried lentils
1/3 cup chopped fresh cilantro
3 (14 1/2-ounce) cans fat-free, less-sodium chicken broth
1 (28-ounce) can diced tomatoes, undrained
Chopped fresh tomatoes (optional)
Cilantro sprig (optional)

Heat olive oil in a large Dutch oven over medium-high heat. Add the onion; sauté for 3 minutes or until tender. Add the turmeric and the next 6 ingredients (turmeric through garlic); sauté for 1 minute. Add water and next 4 ingredients (water through diced tomatoes); bring to a boil. Reduce heat; simmer 1 hour.

Reserve 2 cups lentil mixture. Place half of remaining mixture in blender; process until smooth. Pour pureed soup into a large bowl. Repeat procedure with other half of remaining mixture. Stir in reserved 2 cups lentil mixture. Garnish with chopped tomatoes and a cilantro sprig, if desired.

Yield: 11 servings. (serving size: 1 cup)

CALORIES 186 (9% from fat); FAT 1.9g (satfat 0.3g, monofat 1g, polyfat 0.4g);
PROTEIN 14.1g; CARBOHYDRATE 29.8g; FIBER 13.9g; CHOLESTEROL 0.0mg;
IRON 4.4mg; SODIUM 412mg; CALCIUM 54mg;

Chicken and Carrots with Wine Sauce

Hours of cooking mellow the garlic. Serve French bread to sop up the sauce

Source: Cooking Light September 1999

HU: 5 points

Servings: 4

Posted by: Waneyvant (Jane)

Date: September 27, 2004

2 cups diagonally sliced carrot (8 oz)
8 chicken thighs, about 2 pounds, skinned
12 garlic cloves, peeled
1/2 cup dry white wine
1 tsp. dried thyme
1/2 tsp. salt
1/4 tsp black pepper

Combine carrot, chicken & garlic in an electric slow cooker, add wine. Sprinkle with rest. Cover with lid; cook on low-heat setting for 8 hours.

Remove carrot, chicken & garlic with a slotted spoon, reserving cooking liquid. Place 1/3 cup carrot, 3 garlic cloves & 2 chicken thighs in each of 4 shallow bowls. Spoon 2 T. of reserved cooking liquid over each serving.

Cal: 243, Fat: 6.8 g; Fiber 2 g.

My Notes: do not cut down on the garlic, it is not over powering, i use 1 # of baby carrots, sliced diagonally in 1/2.

Black Bean Lasagna

Adapted from 7daymenuplanner.com

Servings: 8

HU: 5

Posted by DebMj1

9/28/04

Note: Next time, I may add 8 oz. of sautéed 96% ground beef and 4 oz. of thawed frozen corn to the tomato mixture in order to bulk it up even more. Points will go to 6 per serving if I do that.

15 ounces canned black beans, rinsed and drained
28 ounces crushed tomatoes, with puree
1 medium chopped onion
1/2 cup chopped green bell pepper
1/2 cup salsa, medium
1 teaspoon chili powder
1/2 teaspoon cumin
15 ounces nonfat ricotta cheese
2 cloves garlic, crushed
1 large egg
6 ounces no-bake lasagna noodles (2 layers of noodles)
6 ounces lowfat cheddar cheese

Heat oven to 350 degrees. Coat a 9-by-13-inch baking dish with cooking spray. In large bowl, mash beans slightly. Stir in tomatoes, onions, bell pepper, salsa, chili powder and cumin; mix well. In small bowl, combine ricotta, garlic powder and egg; blend well. Spread 1 cup of tomato mixture over bottom of dish. Top with half of noodles, overlapping slightly. Top with half of remaining tomato mixture. Spoon ricotta mixture over top; spread carefully. Top with half of cheddar cheese, then with remaining noodles, tomato mixture and cheddar cheese. Cover with nonstick foil; cover and bake 40 to 45 minutes or until noodles are tender. Uncover; let stand 15 minutes before serving.

Chipotle Black Bean Chili

Source: Complete CL Cookbook

Healthy Units: 5

Core: Yes

Servings: 4 (1 1/2 Cups)

Posted By: DonnaLoo

September 28, 2004

Comments: I use 2 cans of Rotel tomatoes and chiles for the separate tomatoes and chiles called for. I've increased the chipotle chile to one whole. I've also substituted one can of black beans with a can of great northern. We love to eat this over 1/2 Cup WW macaroni for an additional 1.5 units.

1 tsp olive oil
1 cup finely chopped onion
6 garlic cloves, minced
2 tablespoons chili powder
1 teaspoon minced drained canned chipotle chile in Adobo sauce
1/4 teaspoon black pepper
1/8 teaspoon salt
2 (15 ounce) cans black beans
2 (14.5 ounce) cans no-salt-added whole tomatoes, chopped and undrained
1 (4.5 ounce) can chopped green chiles

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic; sauté 3 minutes or till tender. Add chili powder and next 6 ingredients; bring to a boil. Reduce heat; cover and simmer 15 minutes, stirring occasionally. Ladle chili into individual bowls and garnish with cilantro sprigs, if desired.

Calories 285 (9% from fat); Fat 3g (sat 0.5 g, mono 1g, poly 0.8g); Protein 16.4g; Carb 53.2g; Fiber 10.2g; Chol 0mg; Iron 5mg; Sodium 634 mg; Calc 139 mg

Pork and Grilled Vegetable Salad

Cooking Light, September 2004

Healthy Units: 6

Yield: 4 servings (serving size: 1 3/4 cups salad and 1 bread slice)

Posted By: Bawstinn32 (Maria)

September 29, 2004

2/3 pound red potatoes, cut into (1/8-inch-thick) slices

1 1/2 tablespoons extra-virgin olive oil, divided

Cooking spray

1 small zucchini, cut lengthwise into (1/4-inch-thick) slices

1 medium yellow squash, cut lengthwise into (1/4-inch-thick) slices

1 large red bell pepper, quartered

1 large orange bell pepper, quartered

1 medium red onion, cut into (1/4-inch-thick) slices

4 (1-ounce) slices sourdough bread

1 garlic clove, peeled and halved

1 1/2 cups thinly sliced Simply Roasted Pork (about 8 ounces)

1 1/2 tablespoons white wine vinegar

1 tablespoon honey

1 teaspoon chopped fresh oregano

1 teaspoon Dijon mustard

3/4 teaspoon salt

1/2 teaspoon chopped fresh thyme

1/4 teaspoon black pepper

Prepare grill.

Toss potatoes with 1 teaspoon oil. Place potatoes on grill rack coated with cooking spray; grill 4 minutes on each side or until tender. Place zucchini, squash, bell peppers, and onion on grill rack; cook 3 minutes on each side. Place bread slices on grill rack; grill 1 minute on each side or until well marked. Rub both sides of each bread slice with cut sides of garlic. Coarsely chop zucchini, squash, and bell peppers. Combine vegetables and Simply Roasted Pork in a large bowl, tossing gently.

Combine vinegar and remaining ingredients, stirring with a whisk. Gradually add remaining 3 1/2 teaspoons oil, stirring with a whisk. Drizzle vinegar mixture over vegetable mixture, tossing to coat. Serve bread with salad.

CALORIES 310 (25% from fat); FAT 8.5g (satisfat 1.7g, monofat 5.1g, polyfat 1.1g);
PROTEIN 15g; CARBOHYDRATE 45.1g; FIBER 5.6g; CHOLESTEROL 26mg; IRON
2.6mg; SODIUM 755mg; CALCIUM 73mg;

Spicy Thai Beef-Noodle Soup

Source WW Recipe Swap

Healthy Units | 4

Servings | 8

Posted by Want2Run (Barbara in SD)

Date September 30, 2004

soups | To make a complete meal out of this rich, mildly spicy soup with hints of green onions and ginger, pair it with a mixed green salad.

Ingredients

6 oz packaged rice noodles, or vermicelli

2 tsp peanut oil

4 medium scallion(s), green and white parts, divided and chopped

1 medium jalapeno pepper(s), seeded and minced

1 Tbsp ginger root, minced

6 oz lean beef round, or sirloin, trimmed of fat and diced

7 cup fat-free beef broth

2 Tbsp low-sodium soy sauce

2 Tbsp cilantro, chopped

1 tsp hot pepper sauce, or to taste

1/2 cup frozen green peas, baby size

Instructions:

Using sharp scissors, cut noodles into 3-inch (7.5 cm) pieces.

Heat oil in a medium saucepan over medium-high heat. Add white portion of onions, jalapeño and ginger and sauté 1 minute. Add beef and sauté until browned all over, 3 minutes, stirring constantly. Add broth and soy sauce and bring mixture to a boil.

Reduce heat to medium-low, partially cover and simmer 10 minutes (if necessary, skim fat from the surface during cooking).

Add noodles and peas and simmer until noodles are just tender, 3 minutes. Remove from heat and add green portion of scallions, cilantro and pepper sauce. Serve hot.

Yields about 1 cup per serving.

Coconut Curried Chicken

Cooking Light, September 2004

Healthy Units 7

of servings 4

Posted by LMaybloom (Lesley)

Date 10/01/04

1 1/2 c. water, divided
2/3 c. uncooked couscous
1 c. light coconut milk
1 T. cornstarch
1 T. fish sauce
2 t. sugar
2 t. bottled minced garlic
2 t. bottled minced ginger
1 t. green curry paste
2 t. vegetable oil, divided
1 pound chicken breast tenders
1/2 t. salt, divided
1 c. frozen green peas
1/2 c. pre-chopped onion
1 8-oz package presliced mushrooms
1 t. lime juice
Lime wedges (optional)

1. Bring 1 c of water to a boil in a medium saucepan. Stir in couscous, and cover and remove from heat. Let stand 5 minutes. Fluff with fork.
2. While couscous cooks, combine 1/2 c. water, coconut milk, and next 6 ingredients (through curry paste), stirring well with a whisk.
3. Heat 1 t. oil in a large nonstick skillet over medium-high heat. Sprinkle chicken with 1/4 t. salt. Add chicken to pan; cook 6 minutes or until done, turning once. Remove from pan. Keep warm.
4. Add remaining 1 t. oil to pan. Add peas, onion and mushrooms; cook 3 minutes or until mushrooms are tender. Add coconut milk mixture and 1/4 t. salt to pan; bring to a boil. Reduce heat and simmer one minute. Add chicken and lime juice to pan; cook one minute or until thoroughly heated. Serve over couscous; garnish with lime wedges if desired.

Yield 4 servings (1 1/2 chicken mixture and 1/2 c. couscous)

Cal 361 Fat 7.2 Fiber 4.4 Protein 34.4 Carb 38.1

Spicy Turkey Burgers

Cooking Light Bulletin Board

Yield: 4 servings

Healthy Units: 5

Posted By: Bawstinn32 (Maria)

October 2, 2004

Comments: Original recipe called for 2 tbl oil in the meat. I cut out all the oil and used lean ground turkey. They were very moist.

1 1/4 pounds ground turkey
3/4 cup salsa -- divided
1/4 cup chopped cilantro
1/4 cup minced shallot
1 tablespoon chipotle hot sauce
1 teaspoon cumin
1 teaspoon salt
1/2 teaspoon black pepper

Mix turkey, 1/2 cup salsa and rest of ingredients. Shape into 4 patties.

Spray PAM in a nonstick pan over medium heat. Cook burgers about 3 minutes, flip and cover. Cook an additional 8 minutes or until done.

Top with remaining salsa.

Per Serving (excluding unknown items): 219 Calories; 10g Fat (41.1% calories from fat); 30g Protein; 3g Carbohydrate; 1g Dietary Fiber; 101mg Cholesterol; 847mg Sodium.
Exchanges: 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Buttermilk-Brined Pork Chops

Cooking Light, October 2004

HU: 4

Core: Probably but I'll go with 1pt for the sugar in the brining liquid.

Servings: 4.25

Posted By: shari_csf (Shari)

10/3/04

Though these pork chops require overnight brining, they make dinner the next night a breeze. Brine these chops up to two days beforehand. Just remove from brine after an overnight soak, cover in plastic wrap, and refrigerate until ready to cook.

2 cups fat-free buttermilk
2 tablespoons kosher salt
2 tablespoons sugar
1 tablespoon grated lemon rind
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh sage
4 (6-ounce) bone-in center-cut pork chops (about 1/2 inch thick)
2 teaspoons freshly ground black pepper
Cooking spray

Combine first 6 ingredients in a large zip-top plastic bag; shake well to dissolve salt and sugar. Add pork; seal and refrigerate overnight, turning bag occasionally. Remove pork from bag; discard brine. Pat pork dry with a paper towel. Sprinkle pork with pepper. Heat a large nonstick grill pan over medium-high heat. Coat the pan with cooking spray. Add pork; cook 3 1/2 minutes on each side or until desired degree of doneness.

Yield: 4 servings (serving size: 1 chop)

NUTRITION PER SERVING

CALORIES 183 (35% from fat); FAT 7.2g (sat 2.5g, mono 3.2g, poly 0.6g); PROTEIN 26g; CARB 2g; FIBER 0.3g; CHOL 69mg; IRON 0.8mg; SODIUM 345mg; CALC 43mg;

Bay Leaf and Thyme-Scented Roasted Winter Squash and Garlic

Cooking Light, October 2004

HU: 1.25

Core: Yes (counts toward oil serving)

Posted By: shari_csf (Shari)

10/3/04

Whole, unpeeled garlic cloves roast along with butternut squash in this aromatic side dish. Give each guest a couple of garlic cloves, and invite them to extract the mellow roasted pulp over the squash.

10 cup (2-inch) cubed peeled butternut squash (about 3 pounds)

1 tablespoon olive oil

3/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

12 garlic cloves, unpeeled

8 fresh thyme sprigs

6 bay leaves

Cooking spray

Preheat oven to 450°.

Combine all of the ingredients except cooking spray in a large bowl; toss to coat.

Arrange in a single layer on a jelly-roll pan coated with cooking spray. Bake at 450° for 45 minutes or until tender, stirring after 20 minutes. Discard thyme and bay leaves before serving.

Yield: 6 servings (serving size: 1 cup)

NUTRITION PER SERVING

CALORIES 131 (17% from fat); FAT 2.5g (sat 0.4g, mono 1.7g, poly 0.3g); PROTEIN 2.7g; CARB 28.6g; FIBER 7.9g; CHOL 0.0mg; IRON 1.7mg; SODIUM 303mg; CALC 120mg;

Autumn Apple and Spinach Salad

Cooking Light, October 2004

HU: 1

Core: No (cheese, juice, and sugar)

Servings: 4

Posted By: shari_csf (Shari)

10/3/04

Goldrush, a recent apple cultivar, has a nice balance of sweetness and acidity that's ideal for this salad. Other suitable varieties include Albemarle (Newtown) Pippin, Honeycrisp, Pink Lady, Golden Russet, and Roxbury Russet. 2 tablespoons fresh orange juice

2 tablespoons fresh lime juice

2 teaspoons Dijon mustard

2 teaspoons honey

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

1/2 cup thinly vertically sliced red onion

8 cups bagged pre-washed baby spinach (about 8 ounces)

1 large, firm, sweet-tart apple, cored and thinly sliced

1/4 cup (1 ounce) crumbled blue cheese

Combine first 6 ingredients, stirring well with a whisk.

Combine onion, spinach, and apple in a large bowl. Drizzle with dressing; toss gently to coat. Sprinkle with cheese.

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

NUTRITION PER SERVING

CALORIES 60 (29% from fat); FAT 1.9g (sat 1g, mono 0.5g, poly 0.1g); PROTEIN 2.7g; CARB 9.4g; FIBER 2.2g; CHOL 4mg; IRON 1.3mg; SODIUM 251mg; CALC 76mg;

Chili-Glazed Tofu over Asparagus and Rice

Cooking Light, October 2004

HU: 5.6

Core: No, without substitutions (brown rice, olive oil, Splenda)

Posted By: shari_csf (Shari)

10/3/04

Cooking the rice and asparagus in the same pot of boiling water saves a little time. 4 cups water

1 (3 1/2-ounce) bag boil-in-bag long-grain rice

2 1/4 cups chopped asparagus (about 1 pound)

1 tablespoon peanut oil

1 tablespoon sugar

2 tablespoons rice vinegar

2 tablespoons low-sodium soy sauce

1 teaspoon bottled minced ginger

1 teaspoon hot chili sauce with garlic (such as KA-ME)

1 pound extra firm tofu, drained and cut lengthwise into 9 pieces

1 teaspoon salt, divided

1/4 teaspoon black pepper

3/4 cup pre-shredded carrot

1 teaspoon dark sesame oil

Bring 4 cups water to a boil in a 2-quart saucepan. Add bag of rice, submerging bag completely in water. Boil 10 minutes. Carefully remove bag from pan, leaving boiling water in pan. Add asparagus to pan; cook 1 minute. Drain.

While rice cooks, heat peanut oil in a large nonstick skillet over medium-high heat.

Combine sugar, vinegar, soy sauce, ginger, and chili sauce in a small bowl. Sprinkle tofu with 1/2 teaspoon salt and pepper. Add tofu to pan; cook 3 minutes on each side or until browned. Add soy sauce mixture; cook 20 seconds, stirring constantly. Remove from heat. Combine rice, asparagus, 1/2 teaspoon salt, carrot, and sesame oil. Serve tofu over rice.

Yield: 3 servings (serving size: 3 tofu pieces and 1 1/3 cups rice mixture)

NUTRITION PER SERVING

CALORIES 296 (26% from fat); FAT 8.4g (sat 1.1g, mono 2.8g, poly 2.3g); PROTEIN 15.7g; CARB 41g; FIBER 4.9g; CHOL 0.0mg; IRON 3.7mg; SODIUM 913mg; CALC 126mg;

Ziti Baked with Spinach, Tomatoes, and Smoked Gouda

Posted by: kwe730 (Kim)

October 4, 2004

HUs: 8 per serving

Yield: 5 Servings

Substitute smoked cheddar for the Gouda, if you like. I used smoked Fontina this time around.

8 ounces uncooked ziti
1 tablespoon olive oil
1 cup chopped onion
1 cup chopped yellow bell pepper
3 garlic cloves, minced
1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano
1 (10-ounce) can Italian seasoned diced tomatoes (such as Rotel Bold Italian)
4 cups baby spinach
1 1/4 cups (5 ounces) shredded, smoked Gouda cheese, divided
Cooking spray

Preheat oven to 375°.

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

Heat the oil in a Dutch oven over medium-high heat. Add onion and pepper; sauté 5 minutes. Add garlic to pan; sauté 2 minutes or until onion is tender. Stir in tomatoes; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally. Add spinach to pan; cook 30 seconds or until spinach wilts, stirring frequently. Remove from heat. Add pasta and 3/4 cup cheese to tomato mixture, tossing well to combine. Spoon pasta mixture into an 11 x 7-inch baking dish lightly coated with cooking spray; sprinkle evenly with remaining 1/2 cup cheese. Bake at 375° for 15 minutes or until cheese melts and begins to brown.

Yield: 5 servings

NUTRITION PER SERVING

CALORIES 382 (30% from fat); FAT 12.7g (sat 5.7g, mono 4.6g, poly 0.9g); PROTEIN 17g; CARB 52.3g; FIBER 4.3g; CHOL 33mg; IRON 4.4mg; SODIUM 977mg; CALC 334mg;

Chicken Lasagna Florentine

Source: Cooking Light Slow Cooker cookbook

Healthy Units: 7

Servings: 8 (about 1 cup)

Posted By: medleydawn

Oct. 5, 2004

Note: I used fresh baby spinach (chopped), skim milk, 2% mozzarella and Tyson grilled chicken strips. Next time I will try fresh Asiago in place of the Parmesan. My changes did not affect the total points (ran changes through recipe builder).

2 cans condensed reduced-fat, reduced sodium cream of chicken soup, undiluted
1 (10 oz) pkg. frozen chopped spinach, thawed, drained & squeezed dry)
1 (9oz) pkg. diced, cooked chicken
1 (8 oz) carton low-fat sour cream
1 cup 1% low-fat milk
½ cup (2 oz) grated fresh Parmesan cheese
1/3 cup chopped onion
½ tsp salt
¼ tsp. Black pepper
1/8 tsp ground nutmeg
9 uncooked lasagna noodles
cooking spray
1 cup (4 oz) shredded part-skim mozzarella cheese

1.combine first 10 ingredients in a bowl

2.Spray 5-qt. slow cooker with cooking spray. Place 3 noodles in bottom breaking as necessary to fit. Spread 1/3 of chicken mixture over noodles. Sprinkle with 1/3 cup mozzarella. Layer 3 more noodles, half of remaining chicken mixture, and 1/3 cup mozzarella. Top with remaining noodles, chicken mixture and mozzarella.

3. Cover with lid and cook on high-heat setting 1 hour. Reduce to low-heat setting 5 hours or until pasta is done. (I did low-heat for about 7 ½ hours.)

339 cal. 23.9 g protein, 12.5 g fat, 31 g carb, 2 g fiber, 62 mg chol, 2.1 mg iron, 729 g sodium, 334 g calc

Beef Stew

Source: Cooking Light, January 2004

Healthy Units: 6

Servings: 6

Posted by: ejwyatt (Emily)

Date: October 5, 2004

CL Notes: Serve this Mediterranean-inspired stew over Creamy Mashed Potatoes. Make and keep warm in a Dutch oven or slow cooker.

1 1/2 teaspoons olive oil
1 1/2 pounds beef stew meat, cut into 1-inch pieces
3 1/2 cups halved mushrooms (about 8 ounces)
2 cups diagonally cut carrot
1 1/2 cups coarsely chopped onion
1 1/2 cups sliced celery
2 garlic cloves, minced
1 1/2 cups water
1 cup Cabernet Sauvignon or other dry red wine
1/2 teaspoon dried thyme
1 1/4 teaspoons kosher salt
1/4 teaspoon coarsely ground black pepper
2 (14.5-ounce) cans no-salt-added stewed tomatoes, undrained
2 bay leaves
1 (2 1/4-ounce) can sliced ripe olives, drained
2 tablespoons red wine vinegar
1/4 cup chopped fresh flat-leaf parsley

Heat oil in a large Dutch oven over medium-high heat. Add beef; cook 5 minutes, browning on all sides. Remove from pan. Add mushrooms and next 4 ingredients (mushrooms through garlic) to pan; cook 5 minutes, stirring occasionally. Return beef to pan. Stir in water and next 6 ingredients (water through bay leaves); bring to a boil. Cover, reduce heat, and simmer 1 hour. Stir in olives, and cook for 30 minutes or until beef is tender. Discard bay leaves. Stir in vinegar. Sprinkle with parsley.

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

CALORIES 288 (32% from fat); FAT 10.3g (satisfat 3.3g, monofat 5g, polyfat 0.6g);
PROTEIN 25.2g; CARBOHYDRATE 20.1g; FIBER 5.7g; CHOLESTEROL 71mg; IRON
5.5mg; SODIUM 584mg; CALCIUM 100mg;

Italian Wedding Soup

source: unknown

HU: 2.1

Servings: 10 (approximately 1 cup)

Posted by DebMj1

10/6/04

7 cups fat-free chicken broth, 4 14-oz cans

2 cloves garlic

1/2 cup orzo

2 Tablespoons fresh parsley, chopped

1 carrot, thinly sliced

4 ounces chopped fresh spinach

salt and pepper to taste

Meatballs:

1/2 pound 96% lean ground beef

4 tablespoons seasoned bread crumbs

2 teaspoons fresh parsley, chopped

1/4 cup onion, finely minced

1 egg

1. Combine meatball mixture and form into tiny meatballs about the size of marbles. Refrigerate until ready.

2. In a soup pot, combine the chicken broth, garlic, orzo, parsley, carrot and spinach. Bring to a rapid boil. Drop meatballs into the boiling broth mixture.

3. Cook until carrots are tender and meatballs are cooked through, about 10 minutes. Serve with grated Parmesan if desired.

Smothered Chicken and Barley

Source: CLBB

Healthy Units: 5

Core

Serves: 6

Posted by Kate (KateWD)

October 6, 2004

Comments: Super-nutritious barley takes the place of rice in this chicken-and-rice update. This simple casserole contains almost 10 grams of fiber, which is more than one-third of the recommended daily intake. Cooking Light, January/February 1998

Notes: I left out the mint because I'm not a mint fan. You can sub chicken breasts or any other chicken part for the thighs.

1 teaspoon ground cumin
3/4 teaspoon chili powder
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 teaspoon dried mint flakes
1/8 teaspoon garlic powder
1/8 teaspoon ground red pepper
6 (4-ounce) chicken thighs -- skinned
1/2 teaspoon vegetable oil
Cooking spray
1 1/2 cups chopped onion
1 cup chopped red bell pepper
1 tablespoon low-sodium soy sauce
3 1/2 cups low-salt chicken broth
1 1/4 cups uncooked pearl barley
1 (14.5-ounce) can diced tomatoes -- drained
6 tablespoons chopped green onions

Combine the first 7 ingredients in a small bowl, and rub chicken with half of spice mixture.

Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken; cook 1 minute on each side or until chicken is browned. Remove the chicken from the skillet.

Recoat skillet with cooking spray; add chopped onion, bell pepper, and soy sauce. Cook over medium-high heat 3 minutes or until vegetables are lightly browned. Add broth, barley, tomatoes, and remaining spice mixture, and stir well. Add chicken to skillet, nestling into vegetable mixture. Bring to a boil; cover, reduce heat, and simmer 55 minutes or until chicken is done. Let stand 15 minutes. Sprinkle with green onions.

Serving Size: 1 chicken thigh, 1 cup barley mixture, and 1 tablespoon green onions

Per Serving: 286 Calories; 5g Fat (14.7% calories from fat); 25g Protein; 43g Carbohydrate; 9g Dietary Fiber; 54mg Cholesterol; 468mg Sodium.

Sautéed Boneless Pork Chops with Tomato-Sage Pan Sauce

Source: CL October 2004

Healthy Units: 4

Core

Serves: 4

Posted by: Kate (KateWD)

October 7, 2004

Suggested side dish: Pasta with butter and parmesan cheese. The black pepper bite of this pan sauce pairs well with the mild flavor of buttered penne. Serve pork chops whole or sliced and spooned over pasta.

2 teaspoons chopped fresh sage, divided
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
4 (4-ounce) boneless center-cut loin pork chops (about 3/4 inch thick)
Cooking spray
1/2 cup dry white wine
2 garlic cloves, minced
1 cup chopped seeded tomato
1/4 cup fat-free, less-sodium chicken broth
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper

Combine 1 teaspoon sage, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a small bowl. Sprinkle both sides of pork with sage mixture.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork; cook 3 minutes on each side or until browned. Remove from heat; set aside.

Add remaining 1 teaspoon of sage, white wine, and minced garlic to pan, scraping to loosen browned bits. Cook 1 1/2 minutes or until reduced to about 1/4 cup. Stir in seeded tomato and chicken broth, and cook 4 minutes or until slightly thick. Return pork and accumulated juices to pan. Cover and cook 1 minute or until heated. Sprinkle with 1/4 teaspoon kosher salt and 1/8 teaspoon black pepper.

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

NUTRITION PER SERVING

CALORIES 175 (34% from fat); FAT 6.6g (sat 2.4g, mono 2.9g, poly 0.5g); PROTEIN 24.6g; CARB 3.3g; FIBER 0.6g; CHOL 65mg; IRON 1.1mg; SODIUM 435mg; CALC 35mg;

Chicken & Chinese Vegetable Stir Fry

HU: 6

Servings: 4

Source: WeightWatchers.com

Posted by: Waneyvant (Jane)

Date: October 8, 2004

1/3 cup teriyaki sauce
1/2 tsp. ground ginger
1 medium garlic cloves, minced
1 1/2 # raw boneless skinless chicken breasts, tenders (About 12)
2 tsp canola oil
1 cup bamboo shoots
1 cup water chestnuts, sliced
1 1/2 cups carrots, sliced
1 1/2 cups chinese cabbage, shredded
2 cup snow peas

Place teriyaki sauce, ginger & garlic in large zip lock bag; add chicken & marinate for at least 20 minutes.

Heat oil in wok or large skillet over high heat until sizzling. Add veggies & stir fry 5 minutes. Remove from wok, cover, keep warm. (Note Save time by purchasing two 12 oz bags of ready to eat Asian veggies).

Add chicken & marinade to wok, stir fry until chicken is no longer pink in center, about 8 minutes.

Add veggies back to wok & stir until well combined. Serve hot. Yields about 3 tenders & 1 1/2 cups of veggies per serving.

MY NOTES: I cut the chicken into cubes; added some sliced mushrooms.

Barley-Stuffed Cabbage Rolls with Pine Nuts and Currants

Source: Cooking Light, October 2004

Healthy Units: 8

Yield: 4 servings (serving size: 4 cabbage rolls and 2 tablespoons sauce)

Posted by: ritasmom1 (Kay)

October 9, 2004

This dish works well assembled the night before, so a little planning gives you a great head start on the next day's dinner. Trimming away part of the thick center vein from the cabbage leaves makes them more pliable and easier to roll up. Try stirring in one cup thawed frozen meatless crumbles in place of or in addition to the feta cheese. You can also cook the rolls on LOW for six to eight hours.

Comments: I think next time I would add a little water or veggie broth, maybe ½ C. It could have used a little more moisture. Might add some as I reheat them.

- 1 large head green cabbage, cored
- 1 tablespoon olive oil
- 1 1/2 cups finely chopped onion
- 3 cups cooked pearl barley
- 3/4 cup (3 ounces) crumbled feta cheese
- 1/2 cup dried currants
- 2 tablespoons pine nuts, toasted
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 1/2 cup apple juice
- 1 tablespoon cider vinegar
- 1 (14.5-ounce) can crushed tomatoes, undrained

Steam cabbage head 8 minutes; cool slightly. Remove 16 leaves from cabbage head; discard remaining cabbage. Cut off raised portion of the center vein of each cabbage leaf (do not cut out vein); set trimmed cabbage leaves aside.

Heat oil in a large nonstick skillet over medium heat. Add onion; cover and cook 6 minutes or until tender. Remove from heat; stir in barley and next 4 ingredients (through parsley). Stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.

Place cabbage leaves on a flat surface; spoon about 1/3 cup barley mixture into center of each cabbage leaf. Fold in edges of leaves over barley mixture; roll up. Arrange cabbage rolls in bottom of a 5-quart electric slow cooker.

Combine the remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, apple juice, vinegar, and tomatoes; pour evenly over cabbage rolls. Cover and cook on high 2 hours or until thoroughly heated.

CALORIES 402 (25% from fat); FAT 11.3g (satfat 4.2g, monofat 4.4g, polyfat 1.9g);
PROTEIN 11.3g; CARBOHYDRATE 70.1g; FIBER 11.3g; CHOLESTEROL 19mg; IRON
5mg; SODIUM 693mg; CALCIUM 234mg;

Risotto with Shrimp & Asparagus

Cooking Light 2003 Annual

Servings: 4 (about 1 1/4 cups each)

HU: 8.6

Posted by DebMj1

10/9/04

Notes: I cut the vermouth to 2 Tbsp. from four. I was worried about it being a little too prominent, but I think 1/4 cup would be fine also.

4 cups fat-free, less sodium chicken broth
3 cups (1-inch) sliced asparagus
1/2 pound peeled and deveined medium shrimp
1 tablespoon olive oil
1 cup chopped onion
1 cup Arborio rice
1/4 cup dry vermouth (I only used 2 Tbsp.)
1/4 teaspoon salt
1/2 cup grated fresh parmesan cheese
1 teaspoon butter
1/2 teaspoon fresh lemon juice
1/8 teaspoon freshly ground black pepper

Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.

Cook asparagus in boiling water for 3 minutes or until crisp-tender. Drain and rinse with cold water; drain.

Heat oil in a large nonstick skillet over medium-high heat. Add onion; sauté 5 minutes or until tender, stirring frequently. Add rice; cook 3 minutes, stirring constantly. Stir in 1 cup broth; cook 5 minutes or until the liquid is nearly absorbed, stirring frequently. Stir in 1/2 cup broth, vermouth and salt. Add remaining broth, 1/2 cup at a time, stirring frequently until each portion of broth is absorbed before adding the next (about 25 minutes). Add asparagus and shrimp; cook 4 minutes. Stir in cheese and remaining ingredients.

NUTRITION PER SERVING

CALORIES 443 (20% from fat); FAT 6.8g (sat 2.2g, mono 2.5g, poly 1.7g); PROTEIN 19.9g; CARB 20g; FIBER 3.9g; CHOL 32mg; IRON 2.6mg; SODIUM 469mg; CALC 70mg;

Peppery Chicken Pasta Salad

Cooking Light June, 2004

HU: 5.4 as written

Servings: 6

Posted by DebMj1

10/12/04

My notes: I cut the recipe in half to try it, but ended up making 1 1/2 times the dressing for that amount (probably adds about 1/2 point per serving). It's a little on the dry side, but very tasty. I'm a little concerned about how it will be tomorrow when the dressing has had a chance to absorb. I may sprinkle some extra lemon juice on it to revive it.

CL Notes: Serve this soon after you dress the salad so the pasta stays moist.

Salad:

3 cups uncooked farfalle (about 8 ounces uncooked bow tie pasta)
2 cups (1-inch) cut green beans (about 1/2 pound)
2 cups chopped skinless, boneless rotisserie chicken breast meat
2/3 cup (1/8-inch-thick) diagonally cut celery
1 red bell pepper, chopped
1/2 small red onion, thinly sliced (I used a vidalia)

Dressing:

2 tablespoons water
3 tablespoons light mayonnaise
4 teaspoons fresh lemon juice
4 teaspoons commercial pesto
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt

To prepare salad, cook pasta in boiling water 11 minutes or until al dente. Add green beans during final 5 minutes of cooking. Drain and rinse pasta mixture under cold water. Place pasta mixture, chicken, celery, bell pepper, and onion in a large bowl; toss gently to combine.

To prepare dressing, combine 2 tablespoons water and remaining ingredients, stirring with a whisk. Drizzle over pasta mixture, tossing gently to coat.

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

NUTRITION PER SERVING

CALORIES 279 (20% from fat); FAT 6.3g (sat 1.4g, mono 2.3g, poly 1.8g); PROTEIN 21.1g; CARB 34g; FIBER 3.5g; CHOL 43mg; IRON 2.2mg; SODIUM 232mg; CALC 66mg;

Smothered Buttermilk Chicken

Source: CLBB

Healthy Units: 5

Core + 1

Servings: 4

Posted by: Kate (KateWD)

October 13, 2004

1 pound boneless skinless chicken thighs
3 medium carrots -- sliced
1/3 cup onion -- chopped
1/2 cup water
2 tablespoons butter or margarine (I used light)
1/4 teaspoon salt
1/4 teaspoon pepper
1 bay leaf
1 package roasted chicken gravy mix (used McCormick's Roasted Chicken Gravy mix, nice seasoning blend)
1/3 cup buttermilk
2 teaspoons flour
1 cup frozen peas

In a 4 to 6 quart crock pot, combine chicken, carrots, onion, water, butter, salt, pepper and bay leaf; mix well.

Cover; cook on low setting for 6 to 8 hours or on high setting for 3 to 4 hours.

About 20 minutes before serving, stir gravy mix into crock pot. Remove and discard bay leaf.

In a measuring cup, blend buttermilk and flour until smooth. Stir flour mixture and peas into chicken; mix well.

Cover, increase heat to high; cover and cook an additional 25-20 minutes or until peas are cooked.

Serve with rice or biscuits.

NOTES: **You can use frozen bone in chicken thighs as well. Just turn up the heat to high for the first hour, then down to low for the remaining 6 hours. Before stirring in gravy mix, remove the skin from the chicken. The chicken will fall apart and meld nicely with the rest of the dish- just be sure to remove the bones before serving.

Swiss Steak

Source: WW Boards

Healthy Units: 5

Core: Core + 1

Servings: 6

Posted by Tracy (Nikkie1T)

Date: October 14, 2004

My Notes: I usually omit the potatoes and carrots and serve it over mashed potatoes. I have substituted cube steak for the round steak with good results.

1 1/2 lb. beef boneless round steak, about 3/4" thick

1/2 tsp. prepared seasoned salt

6 to 8 new potatoes, cut into fourths

1 1/2 cups baby-cut carrots

1 med. onion, sliced

1 can (14 1/2 oz.) diced tomatoes with basil, garlic and oregano, undrained

1 jar (12 oz) home-style beef gravy

Chopped fresh parsley, if desired

Remove excess from beef. Cut beef into 6 serving pieces. Spray 12" skillet with cooking spray; heat over med.-high heat. Sprinkle beef with seasoned salt. Cook beef in skillet about 8 min., turning once, until brown. Layer potatoes, carrots, beef and onion in 3 1/2 to 6 qt. slow cooker. Mix tomatoes and gravy; spoon over beef and vegetables.

Cover and cook on LOW 7-9 hrs. or until beef and vegetables are tender. Sprinkle with parsley.

Per serving: cal 275, fat 5g, sat fat 2g, chol 60mg, sod 600mg, carb 34g, fiber 4g, prot 28g

Candy Corn Popcorn Balls

October 14, 2004

Posted by: Carots/Donna

Servings: 20 balls (only if you don't eat the popcorn before making them:)

HU: 4

Notes: Very easy to put together, DD made these and only got 13 balls.

8 cups popped light butter microwave popcorn (about 1 [3 ounce] bag)

1 cup candy corn

1/4 cup butter

1/4 teaspoon salt

1 [10 ounce] bag marshmallows

Cooking Spray

Combine popcorn and candy corn in a large bowl.

Melt 1/4 cup butter in a large saucepan over medium heat; stir in 1/4 teaspoon salt and (10 ounce) bag marshmallows. Reduce heat to low; cook for 7 minutes or until the marshmallows melt and the mixture is smooth, stirring frequently.

Pour marshmallow mixture over popcorn mixture, stirring to coat well. Lightly coat hands with cooking spray; shape popcorn mixture into 20 (2 inch) balls.

Yield: 20 servings

serving size: 1 popcorn ball

Overnight Apple Butter

Source: Cooking Light, OCTOBER 2004

Healthy Units: 2

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

Posted By: Bawstinn32 (Maria)

October 17, 2004

A mixture of apple varieties, rather than just one type, will produce apple butter with rich, complex flavor in this slow cooker recipe. Good choices include Esopus Spitzenburg, Granny Smith, Jonathan, Northern Spy, Rome, Stayman, Winesap, and York. Enjoy the apple butter over toast or English muffins, or serve it with pork chops or chicken.

1 cup packed brown sugar

1/2 cup honey

1/4 cup apple cider

1 tablespoon ground cinnamon

1/4 teaspoon ground cloves

1/8 teaspoon ground mace

10 medium apples, peeled, cored, and cut into large chunks (about 2 1/2 pounds)

Combine all ingredients in a 5-quart electric slow cooker. Cover and cook on low 10 hours or until apples are very tender.

Place a large fine-mesh sieve over a bowl; spoon one-third of apple mixture into sieve. Press mixture through sieve using the back of a spoon or ladle. Discard pulp. Repeat procedure with remaining apple mixture. Return apple mixture to slow cooker. Cook, uncovered, on high 1 1/2 hours or until mixture is thick, stirring occasionally. Spoon into a bowl; cover and chill up to a week.

Stovetop variation: Combine all ingredients in a Dutch oven. Cover and cook over medium-low heat 1 hour or until apples are very tender, stirring occasionally. Strain through a sieve as recipe instructs in Step 2. Return mixture to pan. Cook, uncovered, over medium-low heat 15 minutes or until thick, stirring frequently.

CALORIES 132 (0.0% from fat); FAT 0.0g (satfat 0.0g, monofat 0.0g, polyfat 0.0g);
PROTEIN 0.1g; CARBOHYDRATE 35.3g; FIBER 3.1g; CHOLESTEROL 0.0mg; IRON
0.7mg; SODIUM 6mg; CALCIUM 18mg;

Down-Home Chicken Stew

Source: Cooking Light March 2000

HU 3.5 per serving

Posted by MG-Driver

Date October 17, 2004

Ingredients:

- 2 cups diced peeled baking potato, divided
- 1 cup diced peeled turnips (about 6 ounces)
- 2 (16-ounce) cans fat-free, less-sodium chicken broth, divided
- 3 tablespoons 2% reduced-fat milk
- 1 teaspoon butter or stick margarine
- 2 cups thinly sliced leek (about 2 large)
- 1 teaspoon dried thyme
- 4 garlic cloves, minced
- 1 cup sliced carrot
- 4 cups torn turnip greens
- 3/4 pound skinned, boned chicken breast, cut into 1/2-inch pieces
- 1 teaspoon white vinegar
- 1/2 teaspoon hot pepper sauce
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

My notes: Instead of turnip greens, I used one 10-oz. box of frozen chopped spinach.

Combine 1 cup potato, turnips, and 1 can of broth in a small saucepan, and bring to a boil. Reduce heat; simmer 8 minutes or until tender. Combine potato mixture and milk in a blender or food processor; process until smooth.

Heat the butter in a large, heavy saucepan over medium-low heat. Add leek, thyme, and garlic; sauté 12 minutes or until leek is tender. Add 1 cup of potato, 1 can of broth, and carrot. Cover and simmer 8 minutes. Stir in the greens and chicken. Cover and simmer 12 minutes or until chicken is done. Stir in the potato purée, vinegar, pepper sauce, salt, and pepper; simmer, uncovered, 6 minutes.

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

HOT FUDGE CAKE

Cooking Light Annual Recipes 1999 & Submitted by Audrey Wood, Baton Rouge, Louisiana

Healthy Units (WW Points): 5.46

Servings: Yield 12 servings

Posted by: Cathy Geha (Cathy in Fih, Lebanon)

Date: October 18, 2004

1 cup all-purpose flour
3/4 cup granulated sugar
3 tablespoons unsweetened cocoa
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup fat-free milk
1 teaspoon vanilla extract
1 cup packed brown sugar
3 tablespoons unsweetened cocoa
1 1/2 cups hot water

1. Preheat oven to 350 degrees Fahrenheit.
2. Lightly spoon flour into a dry measuring cup, and level with a knife. Combine flour and next 4 ingredients in a medium bowl. Stir in milk and vanilla extract.
3. Spoon batter into a 9-inch square baking pan. Combine brown sugar and 3 tablespoons cocoa; sprinkle over cake batter. Pour water over batter (do not stir). Bake at 350 degrees Fahrenheit for 40 minutes or until cake springs back when lightly touched in center. Serve warm.

CALORIES: 250 (27% from fat); Fat 7.4 g(sat 2.4 g, mono 1.6 g, poly 2.9g); PROTEIN 4.3g; CARB 42.2 g; FIBER 0.8g; CHOL 0mg; IRON 1.5 mg; SODIUM 281 mg; CALC 54mg

Butternut Bisque with Cider Syrup

Source CL Website

Healthy Units 3

Servings 8

Posted by jillybean03

Comments: I used FF coffeemate (would've used FF half/half, but didn't have it. I also grated some fresh nutmeg, which I thought was good. I also used regular onions -as that's what I had!)

Ingredients

4 cups apple cider, divided

2 large butternut squash (about 4 1/2 pounds)

1/2 cup grated peeled fresh ginger

3 cups water

2 1/2 cups thinly sliced leek (about 4 large)

1/2 teaspoon salt

1 cup whole milk

Bring 2 1/2 cups cider to a boil in a small saucepan over medium-high heat. Cook until reduced to 1/2 cup (about 20 minutes); cool. Cover and chill.

Preheat oven to 400°.

Cut squash in half lengthwise; discard seeds and membrane. Place squash halves, cut sides down, on a baking sheet; bake at 400° for 1 hour or until tender. Cool. Remove pulp; set aside.

Place grated ginger on several layers of paper towels. Gather the edges of paper towels together; squeeze paper towel bag over a small bowl, reserving ginger juice. Discard solids. Set aside.

Combine 1 1/2 cups cider, water, leek, and salt in a Dutch oven. Bring to a boil. Cover, reduce heat, and simmer 40 minutes or until leek is soft.

Add squash, ginger juice, and milk to leek mixture, stirring well. Cook 15 minutes. Place half of squash mixture in a blender or food processor; process until smooth. Pour pureéd squash mixture into a large bowl. Repeat procedure with remaining squash mixture. Return pureéd squash mixture to pan. Keep warm. Ladle soup into bowls; drizzle with cider syrup.

Yield: 8 servings (serving size: 1 cup soup and 1 tablespoon syrup)

CALORIES 149 (8% from fat); FAT 1.4g (satfat 0.7g, monofat 0.3g, polyfat 0.2g);

PROTEIN 3.3g; CARBOHYDRATE 34.5g; FIBER 2.9g; CHOLESTEROL 4mg; IRON

2mg; SODIUM 177mg; CALCIUM 147mg;

Unfried Green Tomatoes w/ Fresh Tomato Gravy

Cooking Light June 2001

Healthy Units: 2.8

Core: Yes + 1 (with changes)

Posted by: Tracy (Nikkie1t)

Date: October 18, 2004

CL Comments: We found a way to get the flavor of a fried tomato without all the oil. To make sure the pan is hot enough to yield a crispy crust, preheat it while you're preparing the green tomatoes.

Green Tomatoes:

1/4 cup all-purpose flour

1/4 cup yellow cornmeal

1/4 teaspoon salt

1/4 teaspoon black pepper

Dash of sugar

16 (1/2-inch-thick) slices green tomatoes (about 3 green tomatoes)

1/3 cup fat-free milk

Cooking spray

Gravy:

1 tablespoon butter (I subbed 1/2 T. olive oil)

1 cup chopped mushrooms

1/2 cup finely chopped onion

2 cups finely chopped peeled red tomato

1/4 teaspoon salt

1/4 teaspoon black pepper

Preheat oven to 400°. To prepare the green tomatoes, combine flour and next 4 ingredients (flour through sugar) in a shallow dish. Dip tomato slices in milk; dredge in flour mixture. Lightly coat both sides of tomato slices with cooking spray.

Place a baking sheet in oven; heat at 400° for 5 minutes. Remove from oven; immediately coat with cooking spray. Place tomato slices on preheated baking sheet. Bake at 400° for 25 minutes, turning after 15 minutes.

To prepare the gravy, melt butter in a medium nonstick saucepan over medium heat. Add mushrooms and onion, and cook 4 minutes or until tender, stirring frequently. Add chopped red tomato; bring to a boil, and cook for 10 minutes or until liquid almost evaporates. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper. Spoon the gravy over the tomato slices.

Yield: 4 servings (serving size: 4 tomato slices and about 1/3 cup gravy)

CALORIES 142 (27% from fat); FAT 4.2g (satfat 1.9g, monofat 1g, polyfat 0.5g); PROTEIN 4.2g; CARBOHYDRATE 23.5g; FIBER 3g; CHOLESTEROL 8mg; IRON 1.7mg; SODIUM 348mg; CALCIUM 41mg;

Grubbin' Spicy Chicken Soup

Cooking Light January 1997

Healthy Units: 8

Core: Yes + 1

Posted by: Tracy (Nikkie1t)

October 18, 2004

My comments: This recipe got rave reviews on the website. It is easy to alter the amount of spice/heat. Very complex flavors, absolutely wonderful.

1 tablespoon olive oil
1 cup diced sweet onion
2 tablespoons chili powder
1 tablespoon grated orange rind
1 teaspoon crushed red pepper (I used 1/2 t.)
4 garlic cloves, minced
2 cups shredded cooked chicken breast
1/2 cup fresh orange juice
4 (10 1/2-ounce) cans low-salt chicken broth, divided
2 cups red bell pepper strips
1/3 cup (1-inch) julienne-cut carrot
1/3 cup diced seeded Anaheim chile (I omitted)
2 tablespoons diced seeded jalapeño pepper (I used 1/2 T.)
1/2 teaspoon salt
4 cups coarsely chopped green cabbage
4 cups vegetable juice
1 cup uncooked wild rice
1 tablespoon chili powder
4 plum tomatoes, each cut onto eight wedges
3 cups drained canned navy beans
1/2 cup low-fat sour cream

Heat oil in a large nonstick skillet over medium heat. Add the onion and next 4 ingredients (onion through garlic); sauté 4 minutes or until the onion is tender. Stir in chicken and orange juice; bring to a boil. Cook for 2 minutes or until the liquid is almost evaporated, stirring constantly. Add 1 can broth; bring to a boil. Stir in the bell pepper, carrot, Anaheim chile, jalapeño, and salt. Cook over medium heat 15 minutes or until vegetables are tender. Set aside.

Combine remaining 3 cans broth, cabbage, vegetable juice, rice, 1 tablespoon chili powder, and tomatoes in a large Dutch oven; bring to a boil. Reduce heat, and simmer 20 minutes. Add chicken mixture and beans; cook an additional 45 minutes. Serve with sour cream.

Note: Make this soup 1 day ahead of time--the flavors meld and become more intense the next day. Yield: 8 servings (serving size: 1 1/2 cups soup and 1 tablespoon sour cream)

CALORIES 383 (22% from fat); FAT 9.3g (satfat 2.6g, monofat 3.5g, polyfat 2g); PROTEIN 22.4g; CARBOHYDRATE 56.1g; FIBER 10.9g; CHOLESTEROL 37mg; IRON 4.7mg; SODIUM 990mg; CALCIUM 109mg;

Sun-Dried Tomato Tortellini Soup

Cooking Light September 2004

Healthy Units: 5

Core: I don't think so...

Servings: 6 (1 ½ cup) servings

Posted by Janey

October 19, 2004

CL Notes: The dry-packed tomatoes rehydrate in this quickly made soup, eliminating the need to steep them.

Janey's notes: This is a good, easy weeknight soup. Before adding the tortellini, I pureed some of the solids in the food processor, which gave the soup a little more body. I don't think the bok choy really added anything – you could sub spinach or leave it out entirely.

- 1 1/2 teaspoons olive oil
- 1 cup chopped onion
- 1 cup (1/4-inch-thick) slices carrot
- 2/3 cup chopped celery
- 2 garlic cloves, minced
- 5 cups fat-free, less-sodium chicken broth
- 2 cups water
- 1 1/4 cups sun-dried tomato halves, packed without oil, chopped (about 3 ounces)
- 1/2 teaspoon dried basil
- 1/4 teaspoon freshly ground black pepper
- 1 bay leaf
- 3 cups fresh cheese tortellini (about 12 ounces)
- 1 cup chopped bok choy

Heat oil in a large Dutch oven over medium-high heat. Add onion, carrot, celery, and garlic; sauté 5 minutes. Add broth and next 5 ingredients (through bay leaf); bring to a boil. Reduce heat; simmer 2 minutes. Add pasta and bok choy; simmer 7 minutes or until pasta is done. Discard bay leaf.

NUTRITION PER SERVING

CALORIES 256 (28% from fat); FAT 8g (sat 2.6g, mono 3.9g, poly 0.7g); PROTEIN 12.1g; CARB 33.9g; FIBER 3.9g; CHOL 25mg; IRON 1.1mg; SODIUM 681mg; CALC 47mg;

Chicken and Wild Rice Soup

Cooking Light September 2004

Healthy Units: 6

Core: Doubtful...

Servings: 8 (1 ¼ cup) servings

Posted by Janey

October 19, 2004

Janey's notes: This was a little bland, but a good comfort food soup. I might add some red bell pepper and ground cayenne next time for some more color and kick.

1 cup uncooked quick-cooking wild rice

Cooking spray

1 cup chopped onion

2 garlic cloves, minced

3 cups fat-free, less-sodium chicken broth

1 1/2 cups cubed peeled baking potato

3 cups 2% reduced-fat milk

1/3 cup all-purpose flour

10 ounce light processed cheese, cubed (such as Velveeta Light)

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

1/2 teaspoon freshly ground black pepper

1/4 teaspoon salt

1/4 cup chopped fresh parsley (optional)

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

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add onion and garlic; sauté 3 minutes. Add broth and potato; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 5 minutes or until potato is tender.

Combine milk and flour, stirring well with a whisk. Add the milk mixture to potato mixture; cook 5 minutes or until slightly thick, stirring constantly. Remove from heat; add cheese, stirring until cheese melts. Stir in rice, chicken, pepper, and salt. Garnish with parsley, if desired.

NUTRITION PER SERVING

CALORIES 280 (23% from fat); FAT 7g (sat 4g, mono 1g, poly 0.5g); PROTEIN 24.9g; CARB 28.7g; FIBER 1.6g; CHOL 52mg; IRON 1.1mg; SODIUM 879mg; CALC 329mg;

Yankee Bean Pot

EW Favorite: October 1998

Healthy Units: 2.6

Core + 1

Serves: 12

Posted by: Kate (KateWD)

October 20, 2004

Notes: My beans were still a little crunchy after 11 hours on low, so I cooked them for another hour on high. I think 8 servings at 3/4 cup per serving for 4 pts is more realistic.

Test Kitchen Tip: Start soaking beans a day ahead.

1 lb dried navy or great northern beans
1 tsp. canola oil
2 medium onions, chopped
4 oz. Canadian-style bacon, diced (3/4 cup)
6 cloves garlic, minced
1 tsp. dried thyme leaves
Pinch of crushed red pepper
1/4 cup pure maple syrup or molasses
1/4 cup tomato ketchup
2 Tbsp. Worcestershire sauce
1 Tbsp. dry mustard
1/2 lb. smoked ham hock, pork neck bones or turkey wings (optional- I did not use)
3 cups boiling water
2 bay leaves
1-2 Tbsp. cider vinegar
Hot sauce, such as Tabasco, to taste
Salt & freshly ground black pepper to taste

1. In a large bowl, cover beans with cold water. Let soak for at least 8 hours or overnight. (Alternatively, in a large pot, cover beans with enough water to cover by 2 inches. Bring to a boil. Cook for 2 minutes. Remove from the heat and let stand for 1 hour.)
2. Drain and rinse beans. Place in a 3-1/2-qt. slow cooker.
3. In a large nonstick skillet, heat oil over medium-high heat. Add onions and bacon; cook, stirring often, until onions are softened and light golden, about 5 minutes. Add garlic, thyme and crushed red pepper; cook, stirring, for 1 minute more. Add to beans.
4. Add maple syrup (or molasses), ketchup, Worcestershire and mustard to beans; stir to combine. Bury ham hock (or neck bones or turkey wings), if using, in the beans. Add boiling water and top with bay leaves.
5. Cover and cook until beans are tender, about 4-1/4 hours on high or about 11 hours on low. Remove bay leaves and bones. Season with vinegar, hot sauce, salt and pepper. (The beans will keep, covered, in the refrigerator for up to 4 days.) Serve hot.

Makes about 7 cups, for 12 servings.

160 calories per serving: 9 grams protein, 2 grams fat (0.2 gram saturated fat), 29 grams carbohydrate; 210 mg sodium; 4 mg cholesterol; 5 grams fiber.

Chipotle Lime Flank Steak

Source: CLBB

Healthy Units: 4

Serves: 4

Posted by: Kate (KateWD)

October 20, 2004

Notes: Nutritionals exclude garlic oil, I did use the oil, which would add 1.5 HU's per serving. Leftovers make great fajitas.

Ingredients:

1 (1 1/2 pound) flank steak
4 chipotle chiles canned in Adobo
1/2 cup fresh lime juice
1/2 cup honey
1/2 cup (about 1/2 of a bunch) chopped cilantro
3 tablespoons Dijon mustard
2 tablespoons garlic oil
1 1/2 tablespoons minced garlic
1 1/2 teaspoons ground cumin
1/2 teaspoon ground allspice
salt and fresh ground black pepper

Combine all ingredients for marinade. Marinate flank steak in the refrigerator 8 hours or overnight. Remove steak from marinade and reserve marinade. Grill or broil to desired degree of doneness.

Meanwhile, as steak is grilling, bring marinade to a boil and boil until slightly reduced and thickened. Serve sauce over thinly sliced steak.

Nutritional Info: Per Serving (4 servings excluding garlic oil): 200 Calories; 3g Fat (13.8% calories from fat); 7g Protein; 40g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 254mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates.

Praline Pumpkin Pie

Source: Food Network Website

Healthy Units: 4

Serves: 8

Posted by: Kate (KateWD)

October 20, 2004

Praline Crust:

2 tablespoons hot melted light butter
1/2 cup finely chopped pecans
1/2 cup sugar substitute (recommended: Splenda)
1/8 teaspoon salt
1/8 teaspoon ground cinnamon

Pie Filling:

1 (15-ounce) can no sugar added pumpkin filling
3/4 cup sugar substitute (recommended: Splenda)
1 tablespoon plus a dash pumpkin pie spice (I used a mixture of cinnamon, ginger, allspice)
1 1/4 cups fat free half and half
4 eggs

Preheat oven to 350 degrees F. Make the crust: Mix all crust ingredients together in a small bowl. While mixture is still warm from the butter, press it evenly into the bottom of a deep-dish pie pan. Bake for about 5 minutes, or until browned. Remove piecrust from oven.

Preheat oven to 425 degrees F. Make the filling: Place all filling ingredients in a medium bowl and mix well with a wire whisk. Pour filling into pre-baked piecrust. Bake for 15 minutes and then reduce the oven temperature to 350 degrees F. Continue to bake for an additional 50 to 55 minutes. To test for doneness, stick a toothpick in the center; if it comes out clean, the pie is done.

Cool and then chill before serving.

Mixed Rice and Barley Bake

Source: Light & Tasty Oct./Nov. 2004 as posted on the RRB by CrispyRice

Healthy Units: 2

Core: Yes, with substitution

Servings: 7

Posted by: Tracy (Nikkie1T)

October 22, 2004

Notes: {*Note added by Tracy 11-5-04*} This was great out of the oven, but did not freeze well. It got very mushy in the freezer.

1/3 cup wild rice -- uncooked
1/3 cup long-grain brown rice -- uncooked
1/3 cup pearl barley -- uncooked
1 garlic clove -- minced
1 tablespoon butter (I used 1/2 T. olive oil)
1 large sweet onion -- chopped
8 ounces fresh mushrooms -- sliced
3 cups lowfat beef broth -- or veggie broth
2 teaspoons dried thyme
3/4 teaspoon salt -- or less, depending on broth
1/4 teaspoon pepper
2 tablespoons fresh parsley -- minced

Preheat oven to 350F. Spray 2-qt. baking casserole (with lid) with Pam.

Rinse wild rice with hot water and drain. Combine wild rice, brown rice and barley. In a saucepan, sauté garlic in butter. Add rice mixture and sauté for 2 to 3 minutes. Add onion, mushrooms, broth, thyme, salt and pepper. Bring to a boil.

Transfer to casserole, cover and bake for 70 minutes or until rice and barley are tender. Uncover; bake 5 to 10 minutes longer until liquid is absorbed. Garnish with parsley.

Per Serving (excluding unknown items): 131 Calories; 2g Fat (13.7% calories from fat); 8g Protein; 24g Carbohydrate; 3g Dietary Fiber; 4mg Cholesterol; 472mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Cider Roaster Chicken

Source: October 2004 Cooking Light

Healthy Units: 5

Servings: 8

Posted by: Leslie(OH)

October 23, 2004

Note: Brining overnight in a salt-and-cider mixture makes this chicken incredibly flavorful and moist; basting with reduced apple cider adds a hint of sweetness to the finished chicken. Use tongs to carefully remove skin from the hot chicken.

Ingredients:

3 quarts water

1 quart apple cider

¼ cup kosher salt

1 T. black peppercorns

1 bay leaf

1 (6 lb) roasting chicken

2 cups apple cider

1 large onion, peeled and halved

4 flat-leaf parsley sprigs

4 garlic cloves, minced

1. Combine the first 5 ingredients in a saucepan; bring to a boil, stirring until salt dissolves. Remove from heat; cool completely. Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Pour brine into a 2-gallon zip-top plastic bag. Add chicken; seal. Refrigerate 8 hours or overnight.
2. Preheat oven to 400.
3. Bring 2 cups cider to a boil in a small saucepan over medium-high heat. Cook until cider has thickened and reduced to ¼ cup (about 15 minutes). Set aside
4. Remove chicken from bag; discard brine. Pat chicken dry with paper towels. Place the onion halves, parsley, and garlic into cavity. Lift wing tips up and over back; tuck under chicken. Tie legs. Place chicken on rack of a broiler pan. Bake at 400 for 1 hour and 30 minutes or until thermometer reads 175. Remove from oven (do not turn oven off). Carefully remove and discard skin. Baste chicken with half of reduced cider; return to 400 oven for 10 minutes. Remove from oven; baste with remaining cider reduction. Transfer chicken to a platter.
5. Place a zip-top plastic bag inside a 2-cup glass measure. Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into a small bowl, stopping before fat layer reaches opening; discard fat. Serve jus over chicken.

Spicy Sweet Potato Wedges

Source: October 2004 Cooking Light

Healthy Units: 3

Servings: 8

Posted by: Leslie(OH)

October 23, 2004

Note: These peppery-sweet potatoes are delicious with roasted meats. Cooking them at a high heat makes their interior tender just as the sugar-and-spice coating begins to caramelize and brown on the outside.

Ingredients:

6 medium sweet potatoes (about 2 ¼ pounds)

Cooking spray

2 t. sugar

½ t. salt

¼ t. ground red pepper

1/8 t. black pepper

Instructions:

1. Preheat oven to 500.

2. Peel potatoes; cut each lengthwise into quarters. Place potatoes in a large bowl; coat with cooking spray. Combine sugar, salt, and peppers, and sprinkle over potatoes, tossing well to coat. Arrange potatoes, cut sides down, in a single layer on a baking sheet. Bake at 500 for 10 minutes; turn wedges over. Bake an additional 10 minutes or until tender and beginning to brown.

Salmon with Orange Marmalade

Cooking Light, October 2004

Healthy Units: 8

Yield: 4 servings (about 4 1/2 ounces)

Posted by: Bawstinn32 (Maria)

October 24, 2004

Comments: This couldn't be any faster to put together on a weeknight.

1/4 c. orange marmalade
2 T. low-sodium soy sauce
2 garlic cloves, minced
1(1 1/2 lb.) Salmon fillet
1/4 tsp. salt

Directions:

Preheat oven to 400°.

Combine first 3 ingredients, stirring with a whisk. Place salmon on rack of a broiler pan lined with foil; sprinkle fish evenly with salt. Spread half of marmalade mixture over fish. Bake for 18 minutes or until fish flakes easily when tested with a fork. Remove from oven. Spread remaining marmalade mixture evenly over fish.

Preheat broiler.

Broil fish 3 minutes or until topping browns.

Calories 328, fat 13.1 g, fiber .1

Chicken and Acorn Squash Cassoulet

CL.com

HUs: 4.9 per 1 1/2 cups

serves: 8

posted by: danikam

Date: 10/24/04

The squash-and-bean mixture (paragraphs 1 and 2 in the method) can be prepared a day ahead of time; cover and refrigerate.

1 tablespoon stick margarine or butter
2 cups chopped onion, divided
2 garlic cloves, minced
1/2 cup dry Marsala or apple cider
2 tablespoons chopped fresh parsley
3/4 teaspoon dried thyme, divided
3/4 teaspoon black pepper, divided
1/2 teaspoon salt, divided
1/2 teaspoon dried basil
1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano
2 cups water
2 cups diced peeled acorn squash
1 cup diced carrot
2 (15-ounce) cans Great Northern beans, drained
1 pound skinned, boned chicken breast
2 bacon slices
1/2 pound smoked turkey sausage, cut into 1/4-inch slices

Melt margarine in a large ovenproof Dutch oven over medium heat. Add 1 cup onion and garlic, and sauté for 5 minutes. Add Marsala, parsley, 1/4 teaspoon thyme, 1/4 teaspoon pepper, 1/4 teaspoon salt, basil, and tomatoes; bring to a boil. Reduce heat; simmer, covered, 10 minutes. Spoon into a bowl; set aside.

Combine 1/4 teaspoon salt, 2 cups water, squash, and carrot in pan, and bring to a boil. Reduce heat, and simmer, partially covered, 30 minutes or until the vegetables are tender. Partially mash the beans with a potato masher, and add beans and tomato mixture to pan. Cook over medium-low heat 30 minutes or until thick. Remove from heat.

Preheat oven to 325°. Rub chicken with 1/2 teaspoon thyme and 1/2 teaspoon pepper; set aside. Cook bacon in a large nonstick skillet over medium-high heat until crisp. Remove bacon from pan; crumble bacon, and set aside. Add chicken to bacon drippings in pan; cook 3 minutes on each side or until browned. Remove chicken from skillet; cut into 1-inch pieces. Add 1 cup onion and sausage to skillet; sauté 5 minutes or until

lightly browned. Add the chicken, crumbled bacon, and sausage mixture to bean mixture in pan, stirring to combine.

Cover and bake at 325° for 1 hour. Uncover and bake an additional 30 minutes.

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

CALORIES 261 (21% from fat); FAT 6.1g (satfat 2.2g, monofat 1.9g, polyfat 1.3g);
PROTEIN 25g; CARBOHYDRATE 27.8g; FIBER 4.5g; CHOLESTEROL 50mg; IRON
6mg; SODIUM 817mg; CALCIUM 108mg;

Fresh-Vegetable Soup

Source: Cooking Light, April 1999

HU: 5 points

Servings: 8

Posted by: Waneyvant (Jane)

Date: October 25, 2004

2 tablespoons olive oil
2 cups chopped onion
5 garlic cloves, minced
2 cups chopped celery (about 4 stalks)
2 cups (2-inch) cut green beans (about 1/2 pound)
1 1/2 cups fresh corn kernels (about 3 ears)
1 cup thinly sliced carrot
1 medium zucchini, halved lengthwise and sliced (about 1 cup)
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon dried rosemary
4 (14 1/4-ounce) cans fat-free beef broth
1 (15-ounce) can kidney beans, drained
4 cups chopped seeded tomato
2/3 cup uncooked elbow macaroni (about 3 ounces)
1 (8-ounce) can no-salt-added tomato sauce
2 cups shredded green cabbage
3/4 teaspoon salt
3/4 teaspoon black pepper
1 cup grated Parmesan cheese

Heat oil in a stockpot over medium-high heat. Add onion and garlic; sauté 2 minutes. Stir in celery and next 9 ingredients (celery through kidney beans). Bring to a boil; cover, reduce heat, and simmer 30 minutes. Add tomato, macaroni, and tomato sauce. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pasta is done. Add cabbage, salt, and pepper; cook 5 minutes or until cabbage wilts. Serve with cheese. Note: Refrigerate any remaining soup in an airtight container for up to one week, or freeze for up to 3 months.

Yield: 8 servings (serving size: 2 cups soup and 2 tablespoons cheese)

CAL 272 (25% from fat); FAT 7.6g; PROT 12.5g; CARB 39.4g; FIBER 6.4g; CHOL 8mg; IRON 3mg; SOD 529mg; CALC 213mg

Milwaukee Sweet-Tart Supper

Cooking Light, September 1995

Healthy Units: 6

Yield: 8 servings (serving size: 1 1/2 cups sausage mixture, 1 cup potatoes, and 1 1/2 teaspoons cheese)

Posted By: Bawstin32 (Maria)

October 26, 2004

Comments: I was hesitant on using the apples but liked the flavor when it all came together. If cooking in the crockpot, I think 14.5 ounces of broth is too much; the onions, sauerkraut and apples give off water too. Think this could be adapted easily to the oven. The cheese (1.5 teaspoon) didn't seem to add much. I would up the caraway seeds next time as I couldn't taste them.

1 1/2 pounds low-fat turkey kielbasa, cut into 3-inch pieces
3 (10-ounce) cans Bavarian-style sauerkraut, rinsed and drained
3 large peeled Granny Smith apples, cored and cut crosswise into rings
1 medium onion, thinly sliced and separated into rings
1 (14 1/4-ounce) can fat-free chicken broth
1/2 teaspoon caraway seeds
8 medium peeled red potatoes (about 3 1/2 pounds), quartered
1/4 cup (1 ounce) shredded Swiss cheese

Place half of sausage in an electric slow cooker; top with sauerkraut, remaining sausage, apple slices, and onion rings. Pour broth over mixture, and sprinkle with caraway seeds. Cover with lid, and cook on high-heat setting for 4 hours or until apples and onion are tender.

Place potatoes in a saucepan; cover with water, and bring to a boil. Cook 20 minutes or until tender; drain.

Arrange sausage mixture and potatoes on individual plates, and sprinkle cheese over sausage mixture.

CALORIES 323 (25% from fat); FAT 8.9g (satfat 2.9g, monofat 3.4g, polyfat 2.4g);
PROTEIN 16.1g; CARBOHYDRATE 52.8g; FIBER 8.2g; CHOLESTEROL 48mg; IRON
10.7mg; SODIUM 1213mg; CALCIUM 51mg;

Two Potato Bake

Source: CL Complete Cookbook

HU's: 3

Servings: 8 (1/2 Cup)

Posted by: DonnaLoo

Date: October 26, 2004

Notes: This was super easy and delicious. Having 2 potato choices helps with picky eaters.

Cooking Spray

4 Cups thinly sliced peeled sweet potatoes (about 1 ¼ pounds)

4 Cups thinly sliced peeled red potatoes (about 1 ¼ pounds)

2 tablespoons minced fresh onion

3 tablespoons stick butter or margarine, melted

½ teaspoon salt

¼ teaspoon black pepper

¾ Cup fat-free milk

2 tablespoons fresh minced parsley

2 tablespoons fresh grated parmesan cheese

1. Preheat oven to 425*
2. Coat an 11 x 7 baking dish with cooking spray
3. Place 2 cups sweet potato in half of baking dish. Place 2 cups red potato in other half of dish. Sprinkle evenly with onion. Drizzle with 1 ½ tablespoons margarine. Sprinkle with ¼ teaspoon salt and 1/8 teaspoon pepper. Repeat layers with remaining potatoes, onion, margarine, salt and pepper. Bring milk to a boil in a small saucepan; pour over mixture.
4. Cover with aluminum foil; cut 8 (1 inch) slits in foil. Bake at 425* for 50 minutes. Uncover and bake for 10 minutes. Remove from oven; sprinkle with parsley and cheese. Let stand 5 minutes before serving.

Calories 184, Fat 5.1g, Protein 4.3g, Carb 31.3g, Fiber 3.6g, Chol 1 mg, Iron 1.6 mg, Sodium 247mg, Calc 75mg

Steak with Mustard-Caper Sauce

Cooking Light, August 2004

Healthy Units: 5

Yield: 4 servings (serving size: 1 steak and 1 tablespoon of sauce)

Posted by: Maggie3427

October 26, 2004

Comments: CL suggestion is to serve with bulgur and a sauté of zucchini and summer squash.

4 (4 oz.) beef tenderloin steaks, trimmed (1 inch thick)

1/8 tsp. salt

1/8 tsp. black pepper

Cooking Spray

1/4 cup less-sodium beef broth

1/4 cup dry red wine

1 tbsp Dijon mustard

1 tsp. Worcestershire sauce

1 1/2 tbsp. capers

2 tsp. butter (I used ICBINB)

1. Sprinkle steaks with salt and pepper. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Add steaks, cook 3 minutes on each side or until browned. Reduce heat to medium-low; cook 1-1/2 minutes on each side or until desired degree of doneness. Place steaks on platter and keep warm.

2. Add the broth, wine, mustard, and Worcestershire sauce to pan, cook 30 seconds, stirring with a whisk to combine. Remove from heat; add capers and butter, stirring until butter melts.

CALORIES 230 (33% from fat); FAT 8.4g (sat 3.5g, mono 3.3g, poly 0.4g); PROTEIN 33.3g; CARB 1.2g; FIBER 0.2g; CHOL 83mg; IRON 2.6mg; SODIUM 372mg; CALC 16mg

Breaded Pork Cutlets

Cooking Light, October 2004

Healthy Units: 5

Yield: 4 servings (serving size: 2 pork chops)

Posted by: Maggie 3427

October 26, 2004

Comments: Once you have coated the pork chops, place them on a wire rack that's resting on a baking sheet. This prevents the chops from getting soggy while the pan heats.

2 (1 oz.) slices white bread (I used D'Italiano lite bread)
3/4 tsp. kosher salt
1/2 tsp. freshly ground black pepper
1/2 tsp. dried rubbed sage
1/2 tsp. dried thyme
8 (2 oz.) boneless pork chops (1/4 in. thick) (I just bought thin pork cutlets)
1/4 cup all-purpose flour
3 large egg whites, lightly beaten
2 tsp. vegetable oil
Cooking spray
4 lemon wedges

1. Place bread slices in a food processor; pulse 10 times or until coarse crumbs measure 1 cup. Place breadcrumbs in a shallow dish.

2. Combine salt, pepper, sage, and thyme; sprinkle over both sides of pork. Place flour in a shallow dish; place egg whites in another shallow dish. Dredge pork in flour, dip in egg whites, and dredge in breadcrumbs. Heat oil in a large nonstick skillet over medium-high heat. Add pork to pan. Cook 2-1/2 minutes or until lightly browned. Lightly coat surface of chops with cooking spray; turn chops over. Cook 2-1/2 minutes or until done. Serve with lemon wedges.

CALORIES 245 (29% from fat); FAT 8g (sat 2.2g, mono 2.9g, poly 1.8g); PROTEIN 28.4g; CARB 13g; FIBER 0.8g; CHOL 70mg; IRON 1.9mg; SODIUM 502mg; CALC 33mg

Split Pea Soup

Source: Emily's Kitchen

Healthy Units: 5

Core: Yes

Servings: 7

Submitted by: EJWyatt (Emily)

Date: 10/26/04

1 pound dried split peas
5 oz. Canadian bacon, cut into strips
1 C diced carrots
1 medium onion, chopped
2 cloves garlic, minced
2 bay leaves
½ tsp. salt
½ tsp. black pepper
5 C boiling water

Layer the 1st 8 ingredients in a crock pot in the order listed. Pour boiling water over the dry ingredients. Cover and cook on high for 1 hour. Turn back to low for 6 hours. Stir soup, it will be nice and thick. Discard bay leaves.

Notes: If desired, you can remove ½ and puree it then return to the crock pot. That was my original plan, but it wasn't necessary with this batch.

Italian Wilted Salad

Source: MoOzark original Modified from favorite St. Louis pizza place salad

HU: 1

Serves 8

Posted by MoOzark(Donna)

October 28, 2004

Comments: I thought that since I had white balsamic vinegar I would try that...don't. This is much better with cider vinegar.

Ingredients

1 large head iceberg lettuce
1 medium head Romaine lettuce
1 medium red or Bermuda onion, sliced thin
1 2 ounce jar pimiento, chopped
1 cup artichoke hearts, drained and cut in half
¼ cup parmesan cheese, grated
1 teaspoon salt
¼ teaspoon fresh ground black pepper
1/8 cup extra virgin olive oil
¼ cup cider vinegar
1/8 cup water

- Toss salad ingredients in a large bowl
- Chill until 15 minutes before serving
- Set out to room temperature for 15 minutes with salad dressing on and tossed
- Toss again just before serving

Per Serving: 80 Calories; 5g Fat (45.6% calories from fat); 4g Protein; 8g Carbohydrate; 4g Dietary Fiber; 2mg Cholesterol; 347mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates

Caramel Apple Fluff

Source: WW RRB (modified)

HU: 1.5

Servings: 6

Posted by: Waneyvant (Jane)

Date: October 30, 2004

2 small Granny Smith apples, (4 oz each)

1 8 oz. Fat Free Cool Whip

1 20 oz can Dole crushed pineapple in juice

1 pkg. Jell-O Sugar Free Fat Free butterscotch pudding (dry)

Mix CoolWhip & pudding powder; add can of pineapple w/juice. Fold in apples. Place in refrigerator, will set in about 10 minutes

Hot Chicken & Chips Retro

Cooking Light November 2004

HU: 6.8

Servings: 6

Posted by DebMj1

10/30/04

Notes: We're not huge fans of water chestnuts, so I only used 1/2 a can and then added 1/4 cup of chopped celery as a replacement. We also topped ours with shredded Gruyere instead of Swiss cheese. I made this earlier in the day and felt that it needed to bake at least 20 minutes, covered, at 400 F to get it to temperature. Remove the foil, add the chips and bake another 5-10 minutes. Watch that the chips don't get overly browned.

Personally, any time I see a CL dish that has 6 servings out of an 11x7 pan, I'm usually thinking they're going to be small servings, and I feel the same way about this one. I think this is really more like 4 servings at 10.2 points per serving, but I've always had a problem with portion control which is why I'm on WW in the first place! The chicken mixture of this (chicken through black pepper) would also make a very tasty chicken salad.

CL Notes: This recipe has a nostalgic appeal that harks back to the 1950's and 1960's. If you make it ahead, don't add the baked potato chips until it's time to bake the casserole, or they'll become soggy.

4 cups chopped roasted skinless, boneless chicken breast (about 4 breasts)
1/4 cup chopped green onions
1/4 cup chopped red bell pepper
2 Tbsp. finely chopped fresh flat-leaf parsley
1 8-ounce can sliced water chestnuts, drained and chopped (see my notes)
1/2 cup low-fat mayonnaise
1/4 cup reduced fat sour cream
2 TBS's. fresh lemon juice
2 tsp. Dijon mustard
1/2 tsp salt
1/2 tsp freshly ground black pepper
cooking spray
3/4 cup (3 ounces) shredded Swiss cheese (see my notes)
3/4 cup crushed baked potato chips (about 2 ounces)

Preheat oven to 400 F. Combine chicken and next 4 ingredients (through water chestnuts) in a large bowl; stir well. Combine low-fat mayonnaise and next 5 ingredients (through black pepper) in a small bowl, stirring with a whisk. Add mayonnaise mixture to chicken mixture; stir well to combine. Spoon chicken mixture into an 11x7-inch baking dish coated with cooking spray and sprinkle with cheese. Top cheese evenly with chips. Bake at 400 F. for 13 minutes or until filling is bubbly and chips are golden. (I think chips will overbrown at 13 minutes - might want to add them halfway through bake time.)

Calories 321 (31% from fat); Fat 10.9g (sat 4.1, mono 2.6, poly 1); Protein 34.3g; Carb 20.4g; Fiber 2.6g; Chol 96mg; Iron 11.4mg; Sodium 606mg; Cal 175mg

Sour-Cream Hazelnut Bundt Cake

Cooking Light November 2004

HU: 6.4 per 14 servings

HU with my changes: 4.2 per 16 servings

Servings: 14

Posted by DebMj1

10/30/04

Notes: I subbed out half the sugar with Splenda and used 1/2 light butter and 1/2 regular butter. Next time I make this, my inclination is to skip the chopped hazelnuts and use 1/4 cup of Nutella instead (that stuff is awesome!). Doing so will not affect the points in either calculation.

CL Notes: The moist cake is enhanced by the hidden surprise of crunchy hazelnuts and chocolate-hazelnut spread. Bake the cake up to two days ahead of the brunch, and store at room temperature. Or bake it up to a month ahead and freeze; thaw at room temperature.

Cooking spray

1 Tbsp. dry breadcrumbs (I omitted this)

1 1/2 cups granulated sugar (see my notes)

1/2 cup butter, softened (see my notes)

2 large eggs

1 tsp. vanilla extract

1 16-ounce carton fat-free sour cream

2 1/2 cups all-purpose flour

1 tsp. baking powder

1/2 tsp. baking soda

1/4 tsp. salt

1/4 cup chopped hazelnuts, toasted (see my notes)

2 Tbsp. chocolate-hazelnut spread (such as Nutella)

1 tsp. powdered sugar

Preheat oven to 350 F. Coat a 12-cup Bundt pan with cooking spray; dust with breadcrumbs. Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes). Add eggs, 1 at a time, beating well after each addition. Add vanilla and sour cream; beat until well blended.

Lightly spoon flour into dry measuring cups and level with a knife. Combine flour, baking powder, baking soda, and salt in a medium bowl, stirring with a whisk until well-combined. Add flour mixture to sugar mixture, stirring just until combine.

Spoon half of batter (it will be thick) into prepared Bundt pan; sprinkle evenly with hazelnuts. Drop small spoonfuls of chocolate spread over nuts. Spoon remaining batter over chocolate spread; swirl batter using the tip of a knife. Bake at 350 F. for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack for 15 minutes; remove cake from pan. Cool completely on a wire rack. Sprinkle cake with powdered sugar.

Calories 293 (30% from fat); Fat 9.8g (sat 4.8, mono 3.6, poly 0.7); Protein 5.4g; Carb 46.1g; Fiber 1g; Chol 51mg; Iron 1.4mg; Sodium 226mg; Calc 82mg

Country Rye Loaves

Cooking Light, October 2004

Healthy Units: 3

Yield: 2 loaves, 10 servings per loaf (serving size: 1 slice)

Posted By: Bawstinn32 (Maria)

October 31, 2004

This bread has hearty flavor with a thick crust and soft interior. Combine the yeast, water, rye flour, and molasses the night before so it has time to ferment and create a sponge; this makes for tangy, dense loaves. The dough is soft, so be patient when kneading, and add only as much flour as is necessary to keep the dough from sticking to your hands.

2 packages dry yeast (about 2 1/4 teaspoons)

3 cups warm water (100° to 110°)

3 cups rye flour

6 tablespoons molasses

1 tablespoon olive oil

2 1/2 teaspoons salt

2 cups whole wheat flour

2 cups bread flour, divided

Cooking spray

2 teaspoons cornmeal

2 tablespoons bread flour

Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon rye flour into dry measuring cups; level with a knife. Add rye flour and molasses to yeast mixture, and stir until combined. Cover and let stand at room temperature for 8 hours or overnight to make a sponge. Stir oil and salt into sponge. Lightly spoon whole wheat flour and bread flour into dry measuring cups; level with a knife. Add whole wheat flour and 1 1/2 cups bread flour to sponge; stir until a soft dough forms. Turn the dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide dough into 2 equal portions. Shape each portion into a (6-inch) round. Place dough rounds on a baking sheet sprinkled with 2 teaspoons cornmeal. Lightly coat surface of dough with cooking spray. Cover and let rise in a warm place (85°), free from drafts, 20 minutes or until doubled in size.

Preheat oven to 350°. Uncover loaves. Place 2 tablespoons bread flour in a small sifter, and sift flour evenly over loaves. Cut a shallow (1/4-inch) X in the center of each loaf. Bake at 350° for 1 hour or until bread is browned on bottom and sounds hollow when tapped. Cool on wire rack.

CALORIES 170 (7% from fat); FAT 1.4g (satfat 0.1g, monofat 0.6g, polyfat 0.2g); PROTEIN 5.6g; CARBOHYDRATE 34.5g; FIBER 4.6g; CHOLESTEROL 0.0mg; IRON 1.9mg; SODIUM 301mg; CALCIUM 17mg;

Spinach-Pear Salad with Mustard Vinaigrette

Cooking Light November 2004

HU: 1 per serving

Servings: 12 (2/3 cup salad and about 1 tsp. cheese)

Posted by DebMj1

November 1, 2004

Notes: Be prepared; this makes a really small salad. I think 6 servings at 2 points each is more realistic.

CL Notes: A fresh salad featuring ripe fall pears is a welcome addition to the Thanksgiving table. Save time by using packaged, prewashed spinach. Prepare and refrigerate the vinaigrette up to two days ahead, and shave and refrigerate the cheese up to one day ahead.

2 Bosc pears, cored and thinly sliced
1 6-ounce package fresh baby spinach
3 Tbsp. water
2 Tbsp. balsamic vinegar
1 tsp. sugar
5 tsp. extravirgin olive oil
1 1/2 tsp. stone-ground mustard
3/4 tsp. salt
1/2 tsp. coarsely ground black pepper
1/4 cup (1 ounce) shaved Parmigiano-Reggiano cheese

Combine pear slices and spinach in a large bowl. Combine water and the next 6 ingredients (through pepper), stirring with a whisk. Drizzle vinaigrette over salad, and toss gently to coat. Sprinkle with cheese.

Calories 52 (47% from fat); Fat 2.7g (sat 0.7, mono 1.6, poly 0.2); Protein 1.7g; Carb 6.1g; Fiber 1.4g; Chol 2mg; Iron 0.8 mg; Sodium 215mg; Calc 58mg

Mushroom Sauced Roast Beef

Better Homes and Gardens New Cookbook

HU: 5 points with mods

Servings: 8 to 10 (depending on the size of your roast)

Posted by: Maggie3427

November 1, 2004

Comments: Whip up some mashed potatoes to serve with this roast and its savory sauce of mushrooms and green onions

1 2-3 pound beef eye of round roast
2 tablespoons Dijon-style mustard
1/2 teaspoon coarsely ground pepper
3 cups quartered fresh mushrooms
4 green onions, bias-sliced into 1/2-in. pieces
1 clove garlic, minced
2 tablespoons margarine (I used Country Crock Spreadable Sticks)
1/4 cup all-purpose flour
1/2 teaspoon dried thyme or marjoram, crushed
1 1/2 cups beef broth (I used FF)
1/4 cup light cream or milk (I used skim)

1. Trim fat from meat. Mix mustard and pepper. Rub onto meat. Place meat on a rack in a shallow roasting pan. Insert a meat thermometer. Roast in a 325 degree oven till thermometer registers 140 degrees for medium rare (1 1/2 to 2 hours) or 155 degrees for medium (1 3/4 to 2 1/4 hours). Cover with foil; let stand 15 minutes before carving. (The meat's temperature will rise 5 degrees during standing.)

2. Meanwhile, for sauce, in a medium saucepan cook mushrooms, green onions, and garlic in hot margarine till tender. Stir in flour and thyme. Gradually stir in beef broth. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Stir in light cream or milk. Cook and stir till heated through.

3. Thinly slice meat across the grain. Arrange on a serving platter. Pour some sauce atop meat. Pass remaining sauce.

CALORIES 230 (32% from fat); TOTAL FAT 8g (sat 2; mono 1; poly 1); PROTEIN 31g; CARB 6g; FIBER 1g; CHOL 69mg; IRON 1mg; SODIUM 388mg;

Chocolate Chip Zucchini Bread

Cooking Light July 2004

HUs: 3 per slice

Servings: 1 loaf of 16 slices

Posted by Maggie 3427

November 1, 2004

3/4 cup sugar
3 tablespoons vegetable oil
2 large eggs
1 cup unsweetened applesauce
2 cups all-purpose flour
2 tablespoons unsweetened cocoa
1 1/4 teaspoons baking soda
1 teaspoon ground cinnamon
1/4 teaspoon salt
1 1/2 cups finely shredded zucchini (about 1 medium)
1/2 cup semisweet chocolate chips
Cooking spray

1. Preheat oven to 350 degrees.
2. Place first 3 ingredients in a large bowl, beat with a mixer at low speed until well blended. Stir in applesauce.
3. Lightly spoon flour into dry measuring cups, level with a knife. Combine flour and the next 4 ingredients (through salt), stirring well with a whisk. Add flour mixture to sugar mixture, beating just until moist. Stir in the zucchini and chocolate chips. Spoon batter into a 9 X 5-in. loaf pan coated with cooking spray. Bake at 350 for 1 hour or until a wooden pick inserted in center comes out almost clean. Cool in pan 10 minutes on a wire rack, and remove from pan. Cool completely on wire rack.

CALORIES 161 (29% from fat); FAT 5.1g (sat 1.6g, mono 1.4g, poly 1.7g); PROTEIN 2.9g; CARB 27.3g; FIBER 1.4g; CHOL 27mg; IRON 1.2mg; SODIUM 145mg; CALCIUM 12mg

Chicken Breasts Dijon

Source: CL "Chicken" Recipe Booklet

Healthy Units: 4

Core + 1

Servings: 4

Posted by: Tracy (Nikkie1t)

November 2, 2004

Comments: This was flavorful, and got really crispy. I pounded my chicken breasts to shorten the cooking time. I only used about 1/2 the crumb mixture.

1/3 cup fine, dry breadcrumbs

1 tablespoon grated parmesan cheese

1/2 teaspoon dried thyme

1/4 teaspoon pepper

2 tablespoons creamy mustard-mayonnaise blend (I used Dijonnaise)

4 (4 ounce) skinned, boned chicken breast halves

vegetable cooking spray

Combine first 4 ingredients in a shallow dish; stir well and set aside.

Brush mustard blend evenly over both sides of chicken. Dredge chicken in breadcrumb mixture.

Place chicken on a rack coated with cooking spray; place rack in shallow cooking pan. Bake at 375 degrees for 45 minutes or until done.

Per serving: 174 calories (14% from fat), fat 2.8 g (saturated fat 0.7 g.), protein 27.8 g., carbohydrates 6.8 g., cholesterol 67 mg., sodium 381 mg.

Belgian Turkey Ragout

Cooking Light, November 2004

Yield: 8 servings; 1 cup per serving

Healthy Units: 5

Posted By: Bawstinn32 (Maria)

November 3, 2004

Comments: If you are lucky enough to find boneless turkey thighs, 2 1/2 pounds would be the equivalent. I used Newcastle for the beer and I used some of Penzey's turkey base for the chicken broth. Serving over mashed potatoes was not a hit; egg noodles would probably work better. I cooked it an additional 15 minutes after adding the vinegar and mustard so that the flavors would have a chance to meld.

3 1/2 pounds turkey thighs
1 teaspoon salt, divided
1/2 teaspoon black pepper, divided
2 teaspoons vegetable oil
1 tablespoon butter
4 cups thinly sliced leek (about 5 large)
2 cups (1/2-inch) pieces carrot
3 tablespoons all-purpose flour
1 cup fat-free, less-sodium chicken broth
1 tablespoon brown sugar
1 (12 ounce) bottle amber lager
1 tablespoon Dijon mustard
1 tablespoon white wine vinegar
2 tablespoons chopped fresh parsley

Preheat oven to 300 degrees. Remove skin from turkey; cut meat from bones. Discard skin and bones; cut meat into 1 1/2-inch pieces. Sprinkle turkey with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Heat oil in a small Dutch oven over medium-high heat. Add turkey; cook for 6 minutes or until browned, stirring occasionally. Remove turkey and juices from pan. Reduce heat to medium; melt butter in the pan. Add leek and carrot; cover and cook 12 minutes or until leek begins to brown, stirring occasionally.

Return turkey and juices to pan. Sprinkle flour over turkey mixture; stir well to coat. Add 1/2 teaspoon salt, 1/4 teaspoon pepper, broth, sugar, and beer. Bring to a boil; cover. Place in oven. Bake at 300 for 50 minutes or until turkey is tender. Stir in mustard and vinegar; sprinkle with parsley.

Nutritional information: 253 cal, 8.4g fat, 26.8g pro, 14.7g carb, 2g fiber, 89mg chol, 3.5mg iron, 538mg sod, 67mg calc.

Spaghetti Bolognese

Source: WW Turnaround Cookbook

Healthy Units: 8 (1 cup pasta, 3/4 cup sauce)

Core: yes

Servings: 4

Posted by Tracy (Nikkie1t)

November 4, 2004

My comments: This is a thick, meaty sauce. You can "sauce it up a bit" by adding extra tomato sauce.

WW Comments: Traditional Bolognese sauce takes hours to simmer, but our healthy version, chock-full of ground lean beef and vegetables, is ready in a fraction of the time. The sauce freezes beautifully, so make a double batch and thaw half in the microwave for an almost instant supper on a night when you get home late.

3/4 pound ground lean beef (5% or less fat)
1 onion, finely chopped
2 garlic cloves, minced
1 carrot, chopped
3 cups sliced fresh mushrooms
1 (14.5 ounce) can diced tomatoes
1 tablespoon tomato paste
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 cup fat-free milk
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1/2 pound whole wheat spaghetti
fresh basil leaves for garnish (optional)

1. Spray a large nonstick skillet with nonstick spray and set over medium-high heat. Add the beef and cook, stirring frequently to break it up, until browned, 5-8 minutes. Add the onion and garlic; cook, stirring occasionally, until softened, about 5 minutes. Stir in the carrot and cook about 2 minutes. Stir in the mushrooms, tomatoes, tomato paste, basil and oregano; bring to a boil. Reduce the heat and simmer, covered, 10 minutes. Add the milk and cook, uncovered, until the sauce is thickened, about 15 minutes longer. Stir in the salt and pepper.

2. Meanwhile, cook the spaghetti according to package directions. Drain, divide among 4 plates, and top with the sauce. Garnish with the basil leaves (if using).

Per serving (about 1 cup pasta and 3/4 cup sauce): 402 calories, 2 g. saturated fat, 0 g. trans fat, 65 mg. chol, 510 mg. sodium, 56 g. carb, 11 g. fiber, 34 g. protein, 92 mg calcium.

Sun-Dried Tomato-Parmesan Scones

CL Website

Healthy Units 3

Core: Nope

Servings 12

Posted by Jillybean03

Date 11/6/04

Comments: I made this exactly as written - very yummy!!! Could possibly be lightened with some Splenda and maybe eggbeaters instead of egg white and olive oil. It is on the cusp of 2 points.

1/2 cup boiling water
2 tablespoons sun-dried tomato sprinkles (I chopped regular sdt's)
2 cups all-purpose flour
1/2 cup grated Parmesan cheese
2 tablespoons sugar
1 teaspoon baking powder
3/4 teaspoon dried oregano
1/2 teaspoon baking soda
1/2 teaspoon salt
3/4 cup low-fat buttermilk
2 tablespoons olive oil
2 large egg whites
Cooking spray

Combine boiling water and sun-dried tomato sprinkles in a bowl, and let stand 30 minutes. Drain. Preheat oven to 400°.

Lightly spoon flour into dry measuring cups, and level with a knife. Combine the flour and next 6 ingredients (flour through salt) in a bowl. Combine tomatoes, buttermilk, oil, and egg whites in a bowl. Add sun-dried tomato mixture to flour mixture, 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 an 8-inch circle on a baking sheet coated with cooking spray. Cut dough into 12 wedges, cutting into, but not through, dough. Bake at 400° for 18 minutes or until golden. Yield: 12 scones

CALORIES 135 (25% from fat); FAT 3.8g (satfat 1.1g, monofat 2.1g, polyfat 0.3g);
PROTEIN 4.9g; CARBOHYDRATE 20.1g; FIBER 0.6g; CHOLESTEROL 3mg; IRON
1.1mg; SODIUM 299mg; CALCIUM 94mg;
Cooking Light, OCTOBER 1998

Red Pepper Cheese Dip

Source: Cooking Light, October 2004

HUs: 0 points for up to 1/4 cup

Servings: 16 servings at 2 tablespoons each or 8 servings at 1/4 cup.

Posted by: Maggie3427

November 6, 2004

1 large red bell pepper
1 small onion, peeled and halved
Cooking Spray
1 whole garlic head
1 cup plain fat-free yogurt
1/2 cup (4 ounces) block-style FF cream cheese
1/4 teaspoon ground cumin
1/8 teaspoon ground red pepper
1/4 cup chopped fresh flat-leaf parsley

1. Preheat broiler.

2. Cut bell pepper 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 10 minutes. Remove peel and discard. Set roasted peppers aside.

3. Reduce oven temperature to 400 degrees.

4. Place onion halves, cut sides down, on a baking sheet coated with cooking spray. Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap in foil. Place garlic on baking sheet with onion. Bake at 400 degrees for 15 minutes; turn over onion halves. Bake an additional 15 minutes or until onions are soft and begin to brown. Place onion halves on a plate. Return garlic to oven, and bake an additional 15 minutes. Cool 10 minutes. Separate the cloves; squeeze to extract garlic pulp. Discard skins.

5. Place roasted pepper, onion, and garlic pulp in a food processor; process until fairly smooth. Add yogurt, cheese, cumin seed, and ground red pepper; process until smooth. Spoon dip into a bowl, and stir in parsley. Cover and chill.

PER SERVING (excluding unknown items): CALORIES: 20 (9% from fat); FAT 0.2g (sat 0.1g, MONO 0g, poly 0g); PROTEIN 1.9g; CARB 3.1g; FIBER; 0.3g; CHOL 1mg; IRON 0.2mg; SODIUM 85mg; CALC 37mg

Artichokes Au Gratin

Source: Better Homes and Gardens New Cookbook

HUs: 3 points

Servings: 3

Posted by: Maggie3427

November 8, 2004

1 14-oz. can artichoke hearts
1 tablespoon grated Parmesan cheese
1 tablespoon fine dry bread crumbs (I took 2 slices of 1 point bread and processed)
1/4 teaspoon paprika
1 teaspoon margarine, softened
1 cup sliced fresh mushrooms
1 tablespoon margarine
1 tablespoon all-purpose flour
1 teaspoon Dijon-style mustard
1/8 teaspoon salt
1/8 teaspoon dried marjoram or thyme, crushed
Dash black pepper
2/3 cup milk

1. Drain artichoke hearts. Combine cheese, breadcrumbs, and paprika; stir in 1 teaspoon softened margarine. Set aside artichokes and crumb mixture.

2. For sauce, in a medium saucepan cook mushrooms in 1 tablespoon of the margarine over medium-high heat about 3 minutes or until almost tender. Stir in flour, mustard, salt, marjoram, and pepper. Add milk all at once. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Stir in the artichoke hearts.

3. Transfer mixture to a 1-quart casserole. Sprinkle crumb mixture over the artichoke hearts. Bake, uncovered in a 350 degree oven about 20 minutes or until bubbly.

CALORIES: 141 (30% from fat); TOTAL FAT 5g (sat 1g, mono 1g, poly 1g); CHOL 2mg; SODIUM 569mg; CARB 16g; FIBER 1g; PROTEIN 7g; CALCIUM 100mg

Apple Cider Caramel Cake

Source: Cooking Light, October 1998

HUs: 6 according to CL's NI; 5 according to Mastercook

Yield: 18 servings (1 slice)

Posted by: Maggie3427

November 8, 2004

2 1/4 cups apple cider, divided
2 1/4 cups granulated sugar, divided
1 tablespoon margarine or butter
3 cups sliced peeled cooking apples (such as Braeburn, Rome, or McIntosh)
2 1/2 tablespoons dry breadcrumbs (I omitted)
1/2 cup stick margarine or butter, softened
1 tablespoon grated lemon rind
1 8 oz. block fat-free cream cheese
3 large eggs
6 tablespoons fresh lemon juice, divided
3 cups all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup low-fat buttermilk
1 teaspoon vanilla extract
1 tablespoon powdered sugar

1. Bring 2 cups cider to a boil in a large, heavy saucepan over high heat. Cook until reduced to 1/2 cup (about 20 minutes). Reduce heat to medium-high; stir in 1/2 cup granulated sugar. Cook 5 minutes or until sugar dissolves and cider is thick and dark-colored, stirring occasionally. Remove from heat; cool 1 minute. Stir in 1 tablespoon margarine. Stir in apple; cook 15 minutes over medium-high heat or until the liquid is absorbed, stirring frequently. Remove from heat; cool. (If apple mixture hardens, place it over low heat until softened).

2. Preheat oven to 325 degrees.

3. Coat a 12-cup Bundt pan with cooking spray; dust with breadcrumbs.

4. Combine 1 1/2 cups granulated sugar, 1/2 cup margarine, lemon rind, and cream cheese in a large bowl; beat at medium speed of a mixer until well-blended (about 5 minutes). Add eggs, 1 at a time, beating well after each addition. Beat in 2 tablespoons lemon juice.

5. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and salt. Add flour mixture to sugar mixture alternately with buttermilk, beginning and ending with flour mixture. Fold in apple mixture. Pour into prepared pan; bake at

325 degrees 1 1/2 hours or until a wooden pick inserted in center comes out clean.

6. Combine 1/4 cup cider, 1/4 cup granulated sugar, 1/4 cup lemon juice, and vanilla; let stand until sugar dissolves, stirring occasionally. Cool cake in pan 5 minutes and pierce with a wooden skewer in several places. Pour cider mixture over cake in pan, and let stand 10 minutes. Remove from pan, and cool completely on a wire rack. Sift powdered sugar over top of cake.

CALORIES 286 (22% from fat); FAT 7.1g (sat 1.6g, mono 3g, poly 2g); PROTEIN 5.8g; CARB 50.1g; FIBER 1.2g; CHOL 39mg; IRON 1.3mg; SODIUM 237mg; CALCIUM 68mg.

Hummus

Source: Mediterranean Light

HU: 2

Servings: 12 (about a $\frac{1}{4}$ cup each)

Posted by: Emily (ejwyatt)

Date: November 08, 2004

$\frac{1}{2}$ pound dried chick-peas, washed or 2 C canned chick-peas

1 quart water

1 t salt

2 large garlic cloves

4 to 6 T fresh lemon juice

2 T olive oil

3 T tahini (sesame paste)

$\frac{1}{2}$ t cumin

$\frac{1}{2}$ to 1 t salt

$\frac{1}{2}$ C plain low-fat yogurt (I use non-fat)

Soak chick-peas overnight in a quart of water.

The next day, drain the beans and combine in a large pot with a fresh quart of water.

Bring to a boil; reduce heat, cover, and simmer 2 hours, until beans are tender. Add 1 t salt.

Drain beans and puree along with the garlic in a food processor or blender. Add the lemon juice, olive oil, tahini, cumin, salt and yogurt. Blend until smooth.

Beef Tenderloin with Mushrooms and Onions

Source: WeightWatchers Turnaround Cookbook

HU: 4

Servings: 4

Posted by Leslie(OH)

11/9/04

$\frac{3}{4}$ lb beef tenderloin, trimmed of all visible fat

$\frac{3}{4}$ t. ground cumin

$\frac{3}{4}$ t. salt

$\frac{1}{4}$ t. freshly ground pepper

2 t. olive oil

2 onions, thinly sliced

1 (8 oz) package sliced mushrooms

3 garlic cloves, minced

$1\frac{1}{2}$ c. reduced sodium beef broth

1 t. Worcestershire sauce

Preheat oven to 425 degrees. Spray the rack of a roasting pan with olive oil nonstick spray and place in pan.

Sprinkle the beef with $\frac{1}{2}$ t. cumin, $\frac{1}{2}$ t. salt, and $\frac{1}{8}$ t. pepper. Heat 1 t. oil in a large nonstick skillet over medium-high heat. Add the beef and cook, turning occasionally, until well browned, 6-8 minutes.

Place the beef on the rack in the pan and roast until an instant-read thermometer inserted in the center registers 135 degrees, 25-30 minutes. Transfer to a platter and let stand 10 minutes (the internal temperature will increase to 145 degrees for medium-rare).

Meanwhile, heat the remaining 1 t. oil in the same skillet over medium-high heat. Add the onions, mushrooms, garlic, and the remaining $\frac{1}{4}$ t. cumin, $\frac{1}{4}$ t. salt, and $\frac{1}{8}$ t. pepper; cook, stirring occasionally, until the onions and mushrooms are browned and softened, 9-10 minutes. Add the broth and Worcestershire sauce; bring to a boil. Boil until the liquid is reduced by about $\frac{1}{3}$, 7-8 minutes.

Cut the beef into 8 slices and serve with the sauce.

Triple-Pepper Steamed Halibut

Source: Oct 2003 CL

HU: 6

Serves 6

Posted by Leslie(OH)

11/9/04

Comments: This colorful entrée is inspired by the Italian vegetable dish peperonata, which includes sweet bell peppers, garlic, and onions. Use a large, two-inch deep skillet to make sure everything fits.

My Comments: I subbed cooking spray for the oil and had great results. The HU above do not reflect that change.

1 ½ T. olive oil
4 c. vertically sliced yellow onion
2 ½ c. red bell pepper, cut into ½ inch strips
2 ½ c. yellow bell pepper, cut into ½ inch strips
2 ½ c. orange bell pepper, cut into ½ inch strips
¾ t. salt, divided
½ t. freshly ground pepper, divided
4 garlic cloves, minced
1 c. dry white wine
¼ c. chopped fresh basil
2 T. chopped fresh oregano
6 (6-ounce) halibut fillets

Heat oil in large nonstick skillet over medium-high heat. Add onion, bell peppers, ¼ t. salt, ¼ t. black pepper, and garlic; sauté 20 minutes or until tender. Stir in wine, basil, and oregano; cook 1 minute. Sprinkle fish with remaining ½ t. salt and ¼ t. black pepper; arrange fish over bell pepper mixture. Cover, reduce heat, and simmer 10 minutes or until fish flakes easily when tested with fork.

Chinese Pork Tenderloin w/ Garlic-Sauced Noodles

Source: Cooking Light Slow Cooker cookbook

Healthy Units: 8

Servings: 8 (1 $\frac{3}{4}$ c. noodle, $\frac{2}{3}$ c. pork, 2 tsp. Peanuts, 2 tsp. Cilantro)

Posted By: medleydawn

Nov. 9, 2004

NOTES: I made it the day before & it was wonderful re-heated. I didn't use the cilantro. I used regular rather than seasoned rice vinegar.

2 (1-lb.) pork tenderloins, trimmed
1 T Hoisin sauce
1 T Tomato sauce
1 T Low-sodium soy sauce
1 tsp. Sugar
1 tsp. Grated peeled fresh ginger
2 cloves garlic, minced
 $\frac{1}{4}$ c. low sodium soy sauce
 $\frac{1}{4}$ c. seasoned rice vinegar
1 tsp. Dark sesame oil
8 cups hot cooked Chinese egg noodles/vermicelli (16 oz.)
1 c. shredded carrot
 $\frac{3}{4}$ c. diagonally sliced green onion
 $\frac{1}{4}$ c. fresh cilantro leaves
 $\frac{1}{3}$ c. dry-roasted peanuts
 $\frac{1}{3}$ c. chopped fresh cilantro

1. Place tenderloin in 4- $\frac{1}{2}$ quart slow cooker. Combine hoisin sauce and next 5 ingredients (through garlic); drizzle over tenderloin in cooker. Cover with lid; cook on high for 1 hour. Reduce to low and cook 5 hours. Remove pork from cooker, reserving liquid. Let pork stand 10 minutes.
2. Pour cooking liquid into a bowl; let stand 15 minutes. Skim fat from surface of liquid. Wipe crockery insert clean. Shred pork and combine with $\frac{1}{4}$ cup cooking liquid in a bowl. Toss well. Cover and set aside. Return remaining strained cooking liquid to cooker. Stir in soy sauce, rice vinegar, and sesame oil. Cover with lid. Cook on high for 10 minutes. Add hot noodles, carrot, green onion and cilantro leaves. Toss to coat. Cover and let stand 5 minutes.
3. Serve pork over noodle mixture. Sprinkle with peanuts and cilantro.

398 calories; 32.3 g protein; 9.3 g fat (2.3 sat.); 48.8 g carbs; 8.9 g fiber; 72 mg Chol; 3.9 mg iron; 853 mg sodium; 38 mg calc

It's Italian Sausage Soup

Source: CLBB

Date:11/10/04

HU: 7

Posted by: CAROTS(Donna)

Servings: 8

*Notes- I sprayed the bottom of the pot with olive oil, so that the sausage wouldn't stick. Loved the fennel seeds, and smelled awesome while simmering. I didn't add the pasta to the soup; I prepared it on the side, and poured the soup over it. Very filling.

- 1 pound Italian sausage, casings removed
- 1 large onion, chopped (1 cup)
- 1 medium carrot, chopped (1/2 cup)
- 1 stalk celery, chopped (1/2 cup)
- 8 cups chicken broth (I used Fat-Free, low sodium)
- 1 14 1/2 ounce can diced tomatoes
- 1 8 ounce can tomato sauce
- 1 clove garlic, minced
- 1 teaspoon dried oregano, crushed
- 1/2 teaspoon dried rosemary, crushed
- 1/2 teaspoon dried basil, crushed
- 1/4 teaspoon dried thyme, crushed
- 1/4 teaspoon fennel seeds, crushed
- 1 bay leaf
- 1/2 cup dried orzo pasta or finely broken cappellini pasta
- Finely shredded parmesan cheese (optional)

In a 4 quart Dutch oven, cook the sausage, onion, carrot, and celery over medium heat until the sausage is no longer pink. Drain well.

Add chicken broth, undrained tomatoes, tomato sauce, garlic, oregano, rosemary, basil, thyme, fennel seeds, and bay leaf. Bring to boiling; reduce heat. Cover and simmer 1 hour.

Add pasta and return to boiling. Reduce heat and cook, uncovered, for 30 minutes more. Remove and discard bay leaf. Serve with Parmesan cheese.

Beef Daube Provençal

Cooking Light, November 2004

Healthy Units: 8

Yield: 6 servings (serving size: about 3/4 cup stew and 1/2 cup noodles)

Posted By: Bawstinn32 (Maria)

November 11, 2004

This classic French braised beef, red wine, and vegetable stew is simple and delicious. The flavor and texture allow you to keep it warm for your guests. Buy a whole-grain baguette, bagged salad greens, and bottled vinaigrette to round out the meal.

Comments: I added some baby bellas to this to bulk it up a bit. Thought it was 'eh' on day one, but tasted SO much better the next day!

2 teaspoons olive oil
12 garlic cloves, crushed
1 (2-pound) boneless chuck roast, trimmed and cut into 2-inch cubes
1 1/2 teaspoons salt, divided
1/2 teaspoon freshly ground black pepper, divided
1 cup red wine
2 cups chopped carrot
1 1/2 cups chopped onion
1/2 cup less-sodium beef broth
1 tablespoon tomato paste
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh thyme
Dash of ground cloves
1 (14 1/2-ounce) can diced tomatoes
1 bay leaf
3 cups cooked medium egg noodles (about 4 cups uncooked noodles)

Preheat oven to 300°. Heat oil in a small Dutch oven over low heat. Add garlic; cook 5 minutes or until garlic is fragrant, stirring occasionally. Remove garlic with a slotted spoon, and set aside. Increase heat to medium-high. Add beef to pan; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook 5 minutes, browning on all sides. Remove beef from pan. Add wine to pan; bring to a boil, scraping pan to loosen browned bits. Add garlic, beef, 1 teaspoon salt, 1/4 teaspoon pepper, carrot, and next 8 ingredients (through bay leaf), and bring to a boil.

Cover and bake at 300° for 2 1/2 hours or until beef is tender. Discard bay leaf. Serve over noodles.

Note: To make in a slow cooker, prepare through Step 2. Place beef mixture in an electric slow cooker. Cover and cook on high for 5 hours.

CALORIES 367 (31% from fat); FAT 12.8g (satfat 4.3g, monofat 5.8g, polyfat 0.9g); PROTEIN 29.1g; CARBOHYDRATE 33.4g; FIBER 3.9g; CHOLESTEROL 105mg; IRON 4.3mg; SODIUM 776mg; CALCIUM 76mg;

Mushroom and Turkey Casserole

Cooking Light, November 2004

Healthy Units: 8

Yield: 6 servings (serving size: about 1 cup casserole and 2 tablespoons sauce)

Posted by: Bawstinn32 (Maria)

November 10, 2004

This one-dish meal needs only a green salad to make it complete. Day-old bread is best for breadcrumbs, but you can bake fresh bread cubes in a 350° oven until toasted.

Comments: I didn't fully read the directions (bad Maria) and used the spice packet in the rice. I thought this was very good comfort food. Next time I'll try a different flavor of Uncle Ben's, such as Roasted Garlic, and added some freshly roasted garlic to it. I ended up using skim rather than 2% and regular sour cream rather than fat free since that was all I had. My only complaint was that the topping was not bread crumb-y enough for me. May cut out some cheese and increase the bread and butter next time.

1 (6-ounce) package long-grain and wild rice (such as Uncle Ben's)
1 ounce French bread or other firm white bread, cubed
1 tablespoon butter, melted and divided
3/4 cup (3 ounces) grated fresh Parmesan cheese
1/2 cup chopped onion
2 garlic cloves, minced
1 (8-ounce) package presliced mushrooms
1 1/2 cups chopped cooked turkey
1 cup turkey gravy
1/2 cup 2% low-fat milk
1/2 cup reduced-fat sour cream
1/4 cup chopped fresh parsley
3/4 teaspoon minced fresh or 1/4 teaspoon dried sage
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
Cooking spray
3/4 cup whole-berry cranberry sauce

Preheat oven to 325°. Prepare rice according to package directions, omitting fat and seasoning packet. Set aside.

While rice cooks, place bread in a food processor; pulse 15 times or until fine crumbs measure 1/2 cup. Add 1 teaspoon butter to processor; pulse until combined. Add cheese to processor, and pulse until combined.

Heat a large skillet over medium-high heat. Add 2 teaspoons of butter, onion, garlic, and mushrooms; sauté 7 minutes or until onion is tender. Stir in turkey and next 7

ingredients (through pepper). Add cooked rice; stir.

Spoon rice mixture into a 1 1/2-quart casserole coated with cooking spray. Sprinkle with breadcrumb mixture. Bake at 325° for 30 minutes or until golden brown. Serve with cranberry sauce.

CALORIES 363 (27% from fat); FAT 10.8g (satfat 6g, monofat 2.3g, polyfat 0.8g);
PROTEIN 23g; CARBOHYDRATE 44.3g; FIBER 1.9g; CHOLESTEROL 62mg; IRON
2.6mg; SODIUM 766mg; CALCIUM 268mg;

Roast Tomato Basil Soup

Source: Secrets of Slow Cooking

Serves: 6

HU: 8 for whole recipe

Posted by: Alleycat (Allison)

November 10, 2004

I made this on the stove top instead of using a crockpot. I've made it using skim milk instead of evaporated (when using this, I use FF evaporated), and dried basil instead of fresh. All depends on what I have on hand!

I did not run this recipe builder – just figured points per item.

2 cans (28-oz. each) peeled whole tomatoes, drained, seeded, and liquid reserved

2 ½ tablespoons packed brown sugar

1 medium onion, finely chopped

3 cups tomato liquid, reserved from canned tomatoes

3 cups chicken broth

3 tablespoons tomato paste

¼ tsp ground allspice

1 can (5-oz) low-fat or fat-free evaporated milk

¼ cup shredded fresh basil leaves (about 10 large)

salt and pepper to taste

To roast tomatoes, preheat oven to 450. Line cookie sheet with foil sprayed with cooking spray. Arrange tomatoes on foil in single layer. Sprinkle with brown sugar and top with onion. Bake 25-35 minutes or until tomatoes look dry and light brown. Let tomatoes cool slightly. Finely chop.

Place tomato mixture, liquid reserve, broth, tomato paste, and allspice into slow cooker. Mix well. Cover; cook on LOW 8 hours or HIGH 4 hours.

Add evaporated milk and basil. Season with salt and pepper. Cook 30 minutes or until hot.

Lemon Chicken Cutlets

Source: CL's "Chicken Recipes" Booklet

HUs: 5 (as written before my changes)

Servings: 6

Posted by: Tracy (Nikkie1t)

November 10, 2004

My comments: This made a really nice lemony sauce, and looked very impressive. A nice company dish, I think. I cut the amount of parmesan cheese on top in half, and actually could have omitted it. I don't think it added a lot to the recipe.

6 (4-oz) skinned, boned chicken breast halves
1/4 teaspoon salt
1/4 teaspoon pepper
vegetable cooking spray
1 tablespoon margarine (I subbed olive oil)
1/4 cup dry sherry
1/4 cup diced onion
2 tablespoons grated lemon rind
2 tablespoons lemon juice
1 cup water
1 teaspoon chicken-flavored bouillon granules
1/4 cup water
2 tablespoons flour
1/4 cup grated parmesan cheese (I only used 2 T.)
1/4 teaspoon paprika
2 tablespoons chopped fresh parsley

Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4 inch thickness. Sprinkle with salt and pepper, set aside. Coat a large skillet with cooking spray, add margarine, and place over medium heat until margarine melts. Add chicken to skillet, and cook 3 minutes on each side or until lightly browned. Transfer chicken to a 13 x 9 x 2 inch baking dish coated with cooking spray, reserving liquid in skillet.

Add sherry, onion, lemon rind, and lemon juice to skillet, cook over medium heat 5 minutes or until onion is tender. Add 1 cup water and bouillon granules to skillet. Combine 1/4 cup water and flour, stirring well; add to liquid in skillet. Cook over medium heat, stirring constantly, 5 minutes or until thickened and bubbly. Spoon sauce over chicken; sprinkle with parmesan cheese, paprika and parsley. Bake at 350 degrees for 15 minutes or until thoroughly heated.

Per serving: 201 calories, 6.3 g. fat, 28.4 g. protein, 6.3 g. carb, 75 mg. cholesterol, 384 mg. sodium.

Arepas (Cornmeal Flatcakes)

Source: Steve Raichlen's Healthy Latin Cooking

Serves: 8

HU's: 3

Posted by: Alleycat (Allison)

November 10, 2004

What do you get when you cross polenta with a pancake? Arepas. Look for arepa flour (masarepa), or fine white corn flour, in Hispanic markets and the international aisle of large supermarkets.

Per arepa - before: 139 calories, 9.6 grams fat

Per arepa - after: 134 calories, 3.7 grams fat

2-2 ¼ cups warm water (105 to 115 degrees)

1 teaspoon salt

2 cups arepa flour

1 tablespoon canola oil

Combine 2 cups of the water and the salt in a large bowl. Stir in the flour and knead for 2 minutes, or until the dough is firm yet pliable. The consistency should resemble that of mashed potatoes; if it is too firm, add a little more water.

Divide the dough into 8 balls. Wet your hands and pat the dough into patties about ¼" thick and 4" across.

Heat 1-½ teaspoons of the oil in a large nonstick skillet or on a griddle over medium heat. Add 4 of the patties and cook for 3 minutes per side, or until lightly browned. Transfer to a plate and cover to keep warm. Repeat with the remaining patties.

Cooking tips: To make fat free Arepas, omit the oil and skillet and cook the flatcakes on a nonstick baking sheet in a 400 degree oven for 5 to 10 minutes instead.

Arepas will keep well in the refrigerator. To store, wrap each arepa in plastic and refrigerate for up to 3 days. Reheat in the toaster.

Variations:

Colombian Cheese and Herb Arepas: Add ¼ cup grated Muenster or Parmesan cheese, 2 tablespoons chopped fresh herbs (such as parsley, oregano, and cilantro) and 1 clove minced garlic to the dough.

North American Fresh Corn Arepas: Warm 1 ½ teaspoons olive oil in a large non-stick skillet over medium heat. Add 1 small onion, finely chopped, and 1 clove garlic, minced. Cook for 3 minutes. Add 1 cup fresh or frozen corn kernels and cook for 3 minutes or until soft. Add the 2 cups warm water. Remove the heat from the pan. Stir in the salt, flour and 3 tablespoons chopped fresh cilantro or parsley. Proceed as directed.

Mofongo (Garlicky Plantain Puree)

Source: Steve Raichlen's Healthy Latin Cooking

Serves: 4

HU's: 3.125 per serving

Core: Yes

Posted by: Alleycat (Allison)

November 10, 2004

Plantain puree is a staple in the Spanish-speaking Caribbean. Depending on how it is prepared, it can be called Mofongo, mangu, or fufu. The traditional version is deep-fried in lard, then mashed with chicharrones (fried pork rinds). To lower the fat, I simmer the plantains in chicken stock. The smoky pork flavor comes from lean Canadian bacon instead of high-fat chicharrones.

Per serving – before: 486 calories, 24.6 grams fat

Per serving – after: 192 calories, 6.2 grams fat

2 green plantains, peeled and cut into ½" thick slices
2 cups chicken stock or fat-free reduced sodium chicken broth
1 ½ tablespoons olive oil
1 small onion, finely chopped
3-4 garlic cloves, minced
1 ounce (1 slice) Canadian bacon, cut into thin slivers
Salt and ground black pepper
2 tablespoons finely chopped chives or scallion greens

In a large saucepan over medium heat, combine the plantains and stock or broth. Simmer for 10 minutes, or until the plantains are very tender. Drain in a strainer, reserving the cooking liquid. Leave the plantains in the strainer.

Heat the oil in the saucepan. Add the onions, garlic, and bacon. Cook for 4 minutes, or until the onions are just beginning to brown. Stir in the plantains and mash with a pestle or the back of a wooden spoon. Add the reserved stock as necessary to obtain a thick, creamy puree. Season with salt and pepper. Transfer to serving bowl. Sprinkle with chives or green onions.

Cooking tip: For this recipe, I sometimes like to use a pinton, a half-ripe plantain with yellow skin that has a hint of banana-like sweetness, but really tastes more starchy than sweet.

Variation: Vegetarian Garlicky Plantain Puree: Substitute vegetable stock for the chicken stock and omit the Canadian bacon. Add a few drops of liquid smoke and 1 tablespoon lightly toasted pine nuts. To toast the nuts, place them in a dry nonstick skillet and cook, shaking the pan often, for 3 to 5 minutes, or until golden and fragrant.

Salsa Pica Pica (Hothead Hot Sauce)

Source: Steve Raichlen's Healthy Latin Cooking

Serves: Makes 2 cups.

HU's: 1 per 2 tablespoons

Posted by: Alleycat (Allison)

November 10, 2004

The Caribbean and Central America are home to the world's hottest chile pepper, the habanero. A cousin of Jamaica's Scotch bonnet, the habanero chile is 50 times hotter than a jalapeno chile. I like to think of (this recipe) as the ultimate flavor booster. It can be stirred into soups and stews or served over grilled meats and fish. This may be the hottest sauce you have ever tasted. A little goes a long way.

1 mango
12 habanero chile peppers, stemmed (wear plastic gloves when handling)
5 cloves of garlic, coarsely chopped
½ cup hot water
1/3 cup lime juice
1/3 cup white vinegar
2 tablespoons olive oil
1 tablespoon Dijon mustard
1-2 tablespoons sugar
1-1 ½ teaspoons molasses
Salt

Peel the mango. Cut the flesh off the seeds and chop the flesh. You should have about ¾ cup.

In a food processor or blender, combine the chile peppers, mangoes, garlic, water, lime juice, vinegar, oil, mustard, 1 tablespoon of sugar, 1 teaspoon of molasses, and 1 tablespoon salt. Puree until smooth. Transfer the mixture to a medium saucepan. Simmer over medium heat for 5 minutes, or until heated through. Taste and add more molasses and salt, if desired.

Pour the warm sauce into a 16-oz bottle that has been sterilized in boiling water. Screw on the lid and let cool to room temperature. Store in the refrigerator. Once opened, the sauce will keep in the refrigerator for up to a month. (You can use the sauce right away, but the flavor will improve if you refrigerate it for a few days. Shake well before using.)

Variation:

Tongue-Scorching Habanero Hot Sauce: Use red Caribbean habanero chiles, which check in at 450,000 Scoville units. That's nearly twice as hot as a typical habanero and 100 times hotter than a jalapeno

Tacos de Bistec con Chiles Torreados (Seared Steak Tacos with Blistered Serranos and Browned Onions)

HU: 6

Servings: 6 (2 tacos each)

Posted by: Waneyvant (Jane)

Date: November 12, 2004

In Mexico, the taco is the cultural equivalent of our sandwich--the daily bread with a little something delicious inside. We've used flank steak here since it's readily available, but the author also likes to use cecina, tosaajo, or butterflied skirt steak from a Mexican market, or thinly cut round tip (minute, or breakfast, steak) from an American market.

WaneyNotes: double onion, peppers & lime; seed peppers (use gloves). I heated the oil in skillet until very hot, then put peppers in skillet, topped them with onions, let them sear for 3 or 4 minutes without turning; says sauté for 6 minutes, took me 12 minutes to get the onions browned to my taste; also, we used Herdez salsa verde, good compliment to the flank steak

2 1/2 teaspoons vegetable oil or bacon drippings, divided
3 cups (1/4-inch-thick) sliced onion, separated into rings (1 medium)
6 small serrano chiles, quartered lengthwise
3/4 teaspoon salt, divided
1 1/2 tablespoons fresh lime juice
1 (1-pound) flank steak, trimmed and cut into 1/4-inch strips
12 warm corn tortillas
3/4 cup bottled green salsa

Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add onion and chiles; sauté 6 minutes. Sprinkle onion mixture with 1/4 teaspoon salt; stir in lime juice. Remove onion mixture from pan. Add 3/4 teaspoon oil to pan. Sprinkle steak with 1/2 teaspoon salt. Place half of steak in a single layer in pan; cook 2 minutes on each side. Repeat procedure with 3/4 teaspoon oil and remaining steak. Divide steak and onion mixture evenly down center of each tortilla. Top each taco with 1 tablespoon salsa; roll up.

Yield: 6 servings (serving size: 2 tacos)

CALORIES 284 (30% from fat); FAT 9.4g (satfat 2.9g, monofat 3.1g, polyfat 2g);
PROTEIN 19.4g; CARBOHYDRATE 31.4g; FIBER 4.3g; CHOLESTEROL 38mg; IRON
2.5mg; SODIUM 608mg; CALCIUM 113mg;
Cooking Light, DECEMBER 2001

Black Bean Hummus

Source: Emily's Kitchen

HU: 2

Servings: 8 (about a $\frac{1}{4}$ cup each)

Posted by: Emily (ejwyatt)

Date: November 15, 2004

Notes: I used the juice of $\frac{1}{2}$ of a lemon, but I think it needs a little more lemon juice. Next time, I plan to use the juice of a whole lemon. I served this with baked tortilla chips and raw veggies.

1 can black beans, drained and rinsed

1 large garlic clove

2 to 3 T fresh lime juice (1 lime)

2 T olive oil

3 T tahini (sesame paste)

$\frac{1}{2}$ t cumin

$\frac{1}{2}$ to 1 t salt

Drain beans and puree along with the garlic in a food processor or blender. Add the lemon juice, olive oil, tahini, cumin, and salt. Blend until smooth.

Updated Mac & Cheese

Source: The Essential Eating Well Cookbook

Healthy Units: 10.5 (see note)

Serves: 4

Posted by: Kate (KateWD)

Date: November 15, 2004

Note: HU's are for the recipe as written; I used low fat cheddar cheese which brought it down to 9.5 HUs for a generous main dish serving.

To make ahead: Prepare through Step 4. Cover and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, then bake for 35 to 45 minutes.

3 tablespoons plain dry breadcrumbs
1 teaspoon extra-virgin olive oil
1/4 teaspoon paprika
1 10-ounce package frozen spinach
1 3/4 cups low-fat milk, divided
3 tablespoons all-purpose flour
2 cups grated extra-sharp Cheddar cheese (6 ounces)
1 cup low-fat (1%) cottage cheese
1/8 teaspoon ground nutmeg
1/2 teaspoon salt, or to taste
Freshly ground pepper to taste
8 ounces whole-wheat elbow macaroni or penne (2 cups)

Bring a large pot of lightly salted water to a boil for cooking pasta. Preheat oven to 450°F. Coat an 8-inch square (2-quart) baking dish with cooking spray.

Mix breadcrumbs, oil and paprika in a small bowl; set aside. Cook spinach according to package directions. Drain and refresh under cold water; press out excess moisture. Set aside.

Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.

Cook pasta in the boiling water for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon spinach on top. Top with the

remaining pasta; sprinkle with the breadcrumb mixture.

Bake until bubbly and golden, 25 to 30 minutes.

Makes 4 servings.

Per serving: 500 calories; 17 g total fat (9 g sat, 2 g mono); 54 mg cholesterol; 60 g carbohydrate; 31 g protein; 7 g fiber; 927 mg sodium.

Nutrition Note: A serving of our mac and cheese provides 578 mg calcium, about half of an average adult's daily requirement

Chipotle Bacon Cornbread

Cooking Light July 2004

HU = 3

Servings = 9

Posted by: Shanda

November 16, 2004

CL's description:

Bacon and chipotle chiles give this corn bread double the smokiness to offset the buttermilk's tang.

Ingredients:

1 cup all-purpose flour
3/4 cup yellow cornmeal
3 tablespoons sugar
1 teaspoon baking powder
1 teaspoon salt
1/2 teaspoon ground cumin
1/4 teaspoon baking soda
1 1/3 cups fat-free buttermilk
2 tablespoons butter, melted
1 1/2 tablespoons chopped canned chipotle chiles in Adobo sauce
1 large egg, lightly beaten
3 bacon slices, cooked and crumbled
Cooking spray

Directions:

1. Preheat oven to 425°
2. Combine first 7 ingredients in a large bowl, stirring well. Combine buttermilk, butter, chiles, and egg in a medium bowl, stirring with a whisk. Add buttermilk mixture to flour mixture, stir just until moist. Fold in bacon. Pour batter into an 8-inch square baking pan coated with cooking spray.
3. Bake at 425° for 18 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack.

CL's Nutrition info:

CALORIES 165 (28% from fat); FAT 5.1g (sat 2.4g, mono 1.6g, poly 0.5g); PROTEIN 4.9g; CARB 25.1g; FIBER 1.2g; CHOL 34mg; IRON 1.3mg; SODIUM 460mg; CALC 82mg

Chicken and Mushroom Florentine

Cooking Light December 2000

HU = 9

Servings = 6

Posted by Shanda

November 16, 2004

CL's notes:

"This recipe is the result of an experiment. I was trying to use up what I had on hand, threw some things together, and came up with this wonderful dish. The key to the great taste is shredding the chicken, which allows it to really absorb all of the different flavors. The shredding is easy--I just pull the boiled meat apart with my fingers after it cools."
--Donna Galloway, Fairport, N.Y.

My Notes:

This is a little high in points but sooo worth it! I layered everything into the casserole dish (except for the cheese on top) and then stirred it all together a bit then topped with cheese. Otherwise, I believe the pasta on the very bottom might be a little dry. Also, I couldn't find Cheddar/Monterey Jack, so I used Colby/Monterey Jack.

Ingredients:

1 can fat free chicken broth, divided
4 cups mushrooms, sliced
1/3 cup onion, chopped
10 ounces fresh spinach
12 ounces evaporated skim milk, divided
1 teaspoon garlic powder
1/2 teaspoon seasoned salt
1 tablespoon cornstarch
1 cup mozzarella cheese, part skim milk, shredded
4 cups pasta, hot, cooked ziti
Cooking spray
2 cups chicken breast, cooked and shredded
1 cup marbled Cheddar and Monterey Jack Cheese, shredded

Directions:

1. Preheat oven to 350 degrees.
2. Bring 1 cup broth to a boil in a large nonstick skillet. Add mushrooms, onion, and spinach; reduce heat, and simmer for 10 minutes.
3. Combine the remaining broth, 1 cup milk, garlic powder, and salt in a medium saucepan; bring to a simmer. Combine remaining milk and cornstarch in a small bowl. Add cornstarch mixture and mozzarella to broth mixture; cook 2 minutes or until thick

4. Arrange pasta in bottom of a 3-quart casserole coated with cooking spray; top with spinach mixture and chicken. Spoon broth mixture over chicken, and sprinkle with Colby/Monterey Jack cheese. Bake at 350 degrees for 30 minutes or until cheese melts and begins to brown. Yield: 6 servings (serving size: 1-1/2 cups).

CL's Nutritional info:

CALORIES 442 (25% from fat); FAT 12.4g (sat 6.7g, mono 3.5g, poly 1.3g); PROTEIN 39.5g; CARB 41.8g; FIBER 3.6g; CHOL 82mg; IRON 4.1mg; SODIUM 718mg; CALC 487mg

TUSCAN CHICKEN STEW

Taken from: Cooking Light Annual Recipes 2001-pg 67

Healthy Units 5

Serves 4 (1 cup)

Posted by: doroathy831

Date: Nov 16, 04

Notes: I use about a half bag of spinach or more depending on if I just bought it or need to use up the bag.

Ingredients:

½ tsp dried rosemary, crushed

½ tsp salt

¼ tsp black pepper

1 pound skinned, boned chicken breast, cut into (1 inch) pieces

2 tsp olive oil

2 tsp bottled minced garlic

½ cup fat free, less sodium chicken broth

1 (15.5 ounce) can cannelloni beans or other white beans, rinsed and drained

1 (7 ounce) bottle roasted red bell peppers, drained and cut into ½ inch pieces

3 ½ cups torn spinach

Instructions:

Combine first 4 ingredients; toss well. Heat oil in a nonstick skillet over medium-high heat. Add chicken; sauté 3 minutes. Add garlic: sauté 1 minute. Add broth, beans, and peppers; bring to a boil. Reduce heat; simmer 10 minutes or until chicken is done. Stir in spinach; simmer 1 minute.

Sun-Dried Tomato Pesto and Chicken Pasta Toss

Source: Cooking Light September 2004

HU: 9 per 2 cup serving, this could be easily reduced.

Servings: 6-2 cup servings size I would reduce to 1 1/2 cups or even one..

Posted By: Zephyr1

Date Posted 11/15/04

Comments: I subbed Asiago torteline and precooked chicken also fresh sun-dried instead of oil packed I omitted any of the oils used and did not miss it at all.

Ingredients:

Pesto:

- 1 (7-ounce) jar oil-packed sun-dried tomato halves
- 1 1/2 cups loosely packed fresh basil leaves
- 1 tablespoon water
- 1/4 teaspoon salt
- 2 garlic cloves

Pasta:

- 2 teaspoons olive oil
- 1 pound skinless, boneless chicken breast, cut into 1-inch pieces
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 garlic cloves, minced
- 2 tablespoons balsamic vinegar
- 1 (6-ounce) bag prewashed baby spinach
- 1 (12-ounce) can evaporated fat-free milk
- 1 (3-ounce) package goat cheese, crumbled
- 6 cups hot cooked cavatappi (about 4 cups uncooked pasta)

To prepare pesto, drain sun-dried tomatoes in a sieve over a bowl, reserving oil. Place 2 tablespoons reserved oil in a food processor. Place remaining oil in sun-dried tomato jar; reserve for another use. Coarsely chop 1/4 cup drained tomatoes; set aside. Place remaining drained tomatoes in food processor. Add basil, water, 1/4 teaspoon salt, and 2 garlic cloves to food processor; process until finely minced.

To prepare pasta, heat olive oil in a large nonstick skillet over medium-high heat. Sprinkle chicken with 1/4 teaspoon salt and pepper. Add chicken to pan; sauté 5 minutes or until chicken is done. Remove chicken from pan. Add minced garlic; sauté 30 seconds. Add balsamic vinegar and baby spinach; cook for 2 minutes or until spinach wilts. Stir in pesto and evaporated fat-free milk. Bring to a boil, and cook for 2 minutes. Add crumbled goat cheese; cook until cheese melts, stirring constantly. Return chicken to pan; cook 1 minute or until thoroughly heated. Combine chicken mixture and pasta, tossing well to coat. Sprinkle with reserved 1/4 cup chopped drained tomatoes.

NUTRITION PER SERVING

CALORIES 423(26% from fat); FAT 12g(sat 3g,mono 6.3g,poly 1.5g); PROTEIN 27.2g;
CHOLESTEROL 39mg; CALCIUM 203mg; SODIUM 360mg; FIBER 3.6g; IRON 3mg;
CARBOHYDRATE 52.1g

Pork Marsala

Source: Cooking Light

Posted by: Joyce

HU per serving: 10

Servings: 4

Posting date: November 17, 2004

Comments: I used slices of pork tenderloin instead of chops, and it worked out very well. Also eliminated the butter, as the pork has a great sauce. This recipe is a bit heavy on points, but it includes the pasta.

CL notes: Smoky Marsala wine brings out the woodsy note of the mushrooms.

Ingredients:

- 1 (9-ounce) package refrigerated angel hair pasta
- 1 tablespoon butter
- 3/4 teaspoon salt, divided
- 1 tablespoon olive oil, divided
- 1/4 cup all-purpose flour
- 8 (2-ounce) boneless center-cut loin pork chops (1/4 inch thick), trimmed
- 1/4 teaspoon black pepper
- 1/2 cup chopped shallots
- 1 (8-ounce) package presliced mushrooms
- 3/4 cup fat-free, less-sodium chicken broth
- 3/4 cup Marsala wine
- 1/4 cup chopped green onions

Cook the pasta according to package directions, omitting salt and fat. Drain; toss with butter and 1/4 teaspoon salt.

While the pasta cooks, heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.

Place flour in a shallow dish. Sprinkle pork with 1/2 teaspoon salt and pepper; dredge pork in flour. Add half of pork to pan; cook 2 minutes on each side or until browned. Remove pork from pan. Repeat procedure with remaining 1 1/2 teaspoons oil and pork.

Add shallots and mushrooms to pan; sauté 2 minutes. Add broth and wine; bring to a boil. Reduce heat, and simmer 2 minutes, stirring occasionally. Return pork to pan; cover and simmer for 3 minutes or until pork is done. Serve the pork mixture over pasta. Sprinkle with onions.

Yield: 4 servings (serving size: 2 chops, about 1 cup pasta, and 1 tablespoon onions)

NUTRITION PER SERVING

CALORIES 495(25% from fat); FAT 13.7g(sat 4.5g,mono 6.1g,poly 1.7g); PROTEIN

35.9g; CHOLESTEROL 126mg; CALCIUM 50mg; SODIUM 651mg; FIBER 3.8g; IRON 4.4mg; CARBOHYDRATE 49.9g

Slow-Cooker Fajitas

Source: CL Superfast Dinners Cookbook

Healthy Units: 8

Serves: 6

Posted by: DonnaLoo

November 19, 2004

CL notes: Try this no-mess, no-stress way to make full-flavored fajitas. Instead of the usual two-step process of marinating the meat then grilling or pan frying, the slow cooker cooks the meat and intensifies its flavor in one easy step.

My notes: This was really good, although next time I will leave the steak whole and slice it across the grain when finished. Shredding flank steak leaves you with some chewy meat. I used roasted garlic (frozen, just popped it in the slow cooker). If you like it *hot* you may want to add another jalapeno...this was "warm". Also, the healthy units are calculated as the recipe is written. If you use low-fat, high fiber tortillas, I'm sure it will drop.

- 1 1/2 pounds flank steak, cut into 6 pieces
- 1 cup frozen chopped onion (I used fresh)
- 1 green bell pepper, sliced
- 1 jalapeno pepper, seeded and sliced
- 1 tablespoon bottled, minced garlic (I used roasted, from the freezer)
- 2 teaspoons salt-free Mexican seasoning
- 1 (10 ounce) can diced tomatoes and green chiles, drained
- 6 (8 inch) flour tortillas
- 6 tablespoons low-fat sour cream

Place flank steak in bottom of 5-quart electric slow-cooker; top with chopped onion and next 5 ingredients. Cover with lid; cook on high setting for one hour. Reduce heat to low; cook 6-7 hours or until meat is tender. (Or cook on high heat 4-5 hours) Remove meat and shred with a fork. Return meat to slow-cooker and stir.

Serve shredded meat mixture with flour tortillas, low-fat sour cream and, if desired, salsa.

Yield: 6 servings (serving size: 1 tortilla, 2/3 cup meat mixture and 1 tablespoon sour cream)

Calories=379, Fat=13.9, Protein=29.7, Carb=32.6, Fiber=1.2,

Pork Medallions in Cherry Sauce

Source: CL Superfast Suppers Cookbook

Healthy Units: 5

Serves: 2

Posted By: DonnaLoo

November 19, 2004

Quick and Easy!!

CL Notes: If you don't care to use wine, add 2 more tablespoons of chicken broth.

My notes: Very easy and very tasty! DH loved it and proclaimed it a "make-it-again-meal". (He never knew there was fruit involved!!!)

1/2 pound pork tenderloin, trimmed and cut crosswise into 4 pieces

1/4 fat-free, less sodium chicken broth

2 tablespoons ruby port (I used merlot)

2 tablespoons cherry preserves

1/2 teaspoon corn starch

1/4 teaspoon salt

1/4 teaspoon coarsely ground black pepper

1/8 teaspoon ground cloves

2 teaspoons seasoned breadcrumbs

1 teaspoon olive oil

cooking spray

1 teaspoon chopped fresh parsley

Pound pork medallions to 1/2 inch thickness, using the palm of your hand.

Combine chicken broth and next 6 ingredients in a medium bowl; whisk until smooth.

Dredge pork in breadcrumbs. Heat oil in a nonstick skillet coated with cooking spray over medium-high heat. Add pork; cook 1 1/2 minutes on each side or until golden brown. Add broth mixture; cover, reduce heat, and simmer 8 minutes or until pork is done. Transfer pork to serving plates. Spoon cherry sauce over pork, and sprinkle evenly with parsley.

Yield: 2 servings (serving size: 2 slices pork and about 2 1/2 tablespoons sauce)

Calories=220, Fat=6.2, Fiber=0.5, Protein= 24.8, Carb=15.9, Chol=74, Sodium=504

Spiced Fruity Oatmeal

Cooking Light Supplement

Healthy Units: 4 w/ walnuts, 3 w/o

Yield: 4 servings (serving size: 3/4 c oatmeal and 1 1/2 teaspoons walnuts)

Posted By: Bawstinn32 (Maria)

November 21, 2004

Comments: I used apple cider instead of apple juice. Servings came out slightly smaller than 3/4 cup. Leftovers kept well and reheated nicely.

1 1/2 cups apple juice

1/2 cup water

1/8 teaspoon salt

1 1/3 cups oatmeal

1/4 cup Craisins

1/4 cup 1% low-fat milk

1 tablespoon brown sugar

3/4 teaspoon cinnamon

1/8 teaspoon nutmeg

Combine the first three ingredients in a medium saucepan; bring to a boil. Stir in oats and cranberries; reduce heat and simmer 4 minutes, stirring occasionally. Stir in milk, sugar, cinnamon and nutmeg; cook one minute. Spoon oatmeal into bowls; sprinkle with walnuts.

Calories (with walnuts): 212, Fat: 4.2, Fiber: 3.7

Calories (without walnuts): 188, Fat: 2, Fiber: 4

Green Beans with Caramelized-Shallot Butter

Source: Cooking Light November 2003

Healthy Units: 1.5

Serves: 10

Posted by: Kate (KateWD)

November 22, 2004

To make this dish ahead, plunge the beans into ice water after boiling, and drain and refrigerate up to a day ahead. Prepare and chill the shallot mixture up to 2 days ahead. To serve, place the beans and shallot mixture in a large microwave-safe bowl, cover with plastic wrap, and microwave at HIGH 3 minutes or until heated. Toss well before serving.

2 1/2 tablespoons butter
1 cup sliced shallots
1/3 cup balsamic vinegar
2 teaspoons chopped fresh thyme
1 teaspoon grated lemon rind
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 pounds green beans, trimmed (about 10 cups)

Melt the butter in a saucepan over medium-high heat. Add shallots; sauté 4 minutes or until golden. Stir in vinegar; cook 1 1/2 minutes. Remove from heat. Stir in thyme, rind, salt, and pepper.

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

Yield: 10 servings (serving size: 1 cup)

NUTRITION PER SERVING

CALORIES 90(29% from fat); FAT 2.9g(sat 1.8g,mono 0.8g,poly 0.1g); PROTEIN 2.8g;
CHOLESTEROL 8mg; CALCIUM 49mg; SODIUM 207mg; FIBER 3.3g; IRON 1.1mg;
CARBOHYDRATE 14.8g

Apple Cider "Doughnuts" with Maple Glaze

Source: Eating Well

Healthy Units: 5.5

Serves: 12

Posted by: Kate (KateWD)

November 22, 2004

Notes: I subbed whole wheat pastry flour for the regular flour, these are also great right out of the oven without the glaze

Approx 3 Tbsp sugar for preparing pans

2 c flour

1 1/2 tsp baking powder

1 1/2 tsp baking soda

1/2 tsp salt

2 tsp cinnamon

1 egg, lightly beaten

2/3 c brown sugar

1/2 c apple butter

1/3 c pure maple syrup

1/3 c apple cider

1/3 c nonfat plain yogurt

3 tbsp vegetable oil

Maple Glaze:

1 1/4 c sifted powdered sugar

1 tsp vanilla

1/4 - 1/3 c pure maple syrup

Preheat oven to 400. Coat molds of mini Bundt pan with nonstick spray or oil. Sprinkle with sugar, shaking out excess.

In a mixing bowl, whisk together flour, baking powder and soda, salt, and cinnamon; set aside. In another bowl, whisk together egg, brown sugar, apple butter, maple syrup, cider, yogurt, and oil. Add dry ingredients and stir until moistened. Divide half the batter among the prepared mold, spooning about 2 generous tablespoonfuls of batter into each mold.

Bake 10-12 minutes or until tops spring back when touched. Loosen edges and turn out onto a rack to cool. Clean mini Bundt pan, recoat with oil and sugar. Repeat with remaining batter.

For glaze: Combine powdered sugar and vanilla. Gradually whisk in enough syrup to

make a coating consistency. Dip the shaped side of the doughnuts into the glaze to coat. Then set them glazed side up on a rack over waxed paper until the glaze has set.

Makes 12

252 calories, 4 g fat

Curried Beef with Potatoes and Peas

Source: Cooking Light June, 2000

HU: 6 per serving (1 cup)

Servings: 4

Posted by: Emily (EJWyatt)

November 23, 2004

Notes: This was very quick and easy. I used "hot" madras curry. Nice level of spice and heat. Mild curry powder would also work well.

1 pound ground round
1 cup chopped onion
1 cup frozen green peas
2 teaspoons olive oil
2 cups red potatoes, peeled and cut into 1/2-inch cubes (about 3/4 pound)
1 cup fat-free, less-sodium chicken broth
2 1/2 teaspoons curry powder
1 tablespoon mango chutney (such as Sharwood's Major Grey)
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
Chopped fresh cilantro (optional)

Cook beef and onion in a large nonstick skillet over medium-high heat until browned; stir to crumble. Stir in peas.

While the meat mixture is cooking, heat oil in a large nonstick skillet over medium-high heat. Add potatoes; cook 8 minutes or until lightly browned. Add broth and curry; cook for 2 minutes. Add potato mixture, chutney, salt, and pepper to meat mixture; simmer 1 minute. Sprinkle with cilantro, if desired.

Yield: 4 servings (serving size: 1 cup)

CALORIES 310 (27% from fat); FAT 9.4g (satfat 2.8g, monofat 4.7g, polyfat 0.6g);
PROTEIN 29.1g; CARBOHYDRATE 25.7g; FIBER 4.7g; CHOLESTEROL 70mg; IRON
4mg; SODIUM 579mg; CALCIUM 34mg;

Spicy Pork, Turkey, and Swiss Cubano Roll

Cooking Light, September 2004

Healthy Units: 6

Yield: 4 servings (serving size: 1 roll)

Posted By: Bawstinn32 (Maria)

November 23, 2004

To reheat, wrap rolls with aluminum foil, and heat in a conventional oven or toaster oven at 425° for 8 minutes or until warm.

4 teaspoons prepared yellow mustard
4 (8-inch) flour tortillas
4 (3/4-ounce) slices reduced-fat Swiss cheese
1 cup thinly sliced Simply Roasted Pork (about 6 ounces)
4 (1/2-ounce) slices deli turkey breast
1/2 cup cilantro leaves
16 pickled jalapeño pepper slices, patted dry

Spread 1 teaspoon mustard evenly over each tortilla. Top each tortilla with 1 cheese slice, 1/4 cup Simply Roasted Pork, and 1 turkey slice. Arrange 2 tablespoons cilantro and 4 jalapeño slices evenly over each tortilla; roll up.

Heat large skillet over medium heat. Add rolls to pan. Place a cast-iron or heavy skillet on top of rolls; press gently to flatten. Cook 3 minutes on each side or until cheese melts and rolls are crisp (leave cast-iron skillet on rolls while they cook).

CALORIES 272 (22% from fat); FAT 6.6g (satfat 2g, monofat 2.7g, polyfat 0.7g);
PROTEIN 18.6g; CARBOHYDRATE 33.2g; FIBER 2g; CHOLESTEROL 31mg; IRON
2.1mg; SODIUM 772mg; CALCIUM 227mg;

Pacific Rim Pork Sandwiches with Hoisin Slaw

Source: Cooking Light November 2004

Healthy Units: 7.5

Serves: 4

Posted by: Kate

November 23, 2004

Notes: Instead of slicing and grilling the pork, I marinated the whole tenderloin and cooked it on the oven at 500 degrees for 20 minutes. I used whole wheat Kaiser rolls which cut the points to 6.5. The slaw is best dressed just before serving, it does not improve with age. Quick to throw together, but it does need to marinate, so you need to plan ahead.

Pork:

- 2 T minced peeled fresh ginger
- 3 T low-sodium soy sauce
- 3 T dry sherry
- 3 T Hoisin sauce
- 1 T dark sesame oil
- 1 ½ tsp hot Chinese mustard
- ½ tsp 5 spice powder
- 1 garlic clove, minced
- 1 lb pork tenderloin trimmed and cut into ¼ inch slices

Slaw:

- 2 T seasoned rice wine vinegar
- 1 T Hoisin sauce
- 1 tsp minced peeled fresh ginger
- 3 T low-sodium soy sauce
- 2 tsp dark sesame oil
- ¼ tsp hot Chinese mustard
- 1 garlic clove, minced
- 2 ½ cups packaged cabbage and carrot coleslaw
- ¼ cup sliced green onions

4 (2 oz) sesame seed buns

Combine first 8 ingredients in large zip-lock bag, add pork and seal. Marinate in refrigerator for 2 hours turning occasionally.

Slaw: Combine vinegar and next 6 ingredients in a large bowl. Add coleslaw and green

onions, toss well.

Heat a large no –stick skillet over medium heat, coat pan with cooking spray. Remove pork from marinade and discard marinade. Cook pork 2 minutes per side or until done.

Divide pork evenly among bottom halves of buns, top each with ½ cup of slaw and top of bun. Yield: 4 servings

Calories: 360; Fat 9.2 grams; Fiber 2.8 grams

Crustless Pumpkin Pie

Source: Old WW recipe

HU: 1.5 per serving

Servings: 8

Posted by: Emily (EJWyatt)

November 23, 2004

1 pound canned pumpkin
2 large egg(s)
1 cup Skimmed Evaporated Milk
1 tsp pumpkin pie spice
1 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp ground ginger
1 Tbsp maple syrup
1/3 C Splenda

Mix pumpkin and milk. Add eggs. Add maple syrup, equal and spices. Use heaping measurements for spices. Pour into pie pan.

Bake at 350 for 45-60 minutes

Notes for Pumpkin pie - This recipe is made without a crust. If using this as a pie filling, which I do at Thanksgiving, be sure to add the points for the pie crust.

Spiced Cranberry and Zinfandel Sauce

Source: Cooking Light, November 2004

HU: 2 per serving

Servings: 10 (1/4 cup per serving)

Posted by: MissVN(Victoria)

November 23, 2004

Notes: This version of the traditional Thanksgiving relish is updated with the addition of spices and wine. Yet it still bears essentials of the holiday season. The fruitiness of zinfandel enhances the flavor of the cranberries and adds a lovely, rich red color to the sauce. For a little kick, we stir in fall spices like ginger, cloves and cinnamon. Fresh cranberries are tart, so we add sugar and orange juice for sweetness. For the holiday meal, prepare this sauce up to two days ahead, then refrigerate. It's delicious with the traditional turkey, but it can also dress up a weeknight chicken or duck.

2 C zinfandel or other fruity dry red wine

¼ C sugar

5 (2 inch) pieces of orange rind strips

½ C fresh orange juice

6 whole cloves

4 slices peeled fresh ginger

2 (3 inch) cinnamon sticks

1 (12 ounce) package fresh cranberries

1. Combine the first 7 ingredients in a medium saucepan; bring to a boil over high heat. Reduce heat to medium, and cook 15 minutes or until mixture begins to thicken and sugar dissolves, stirring occasionally. Strain mixture through a sieve into a bowl, and discard the solids. Return mixture to pan.

2. Add cranberries to pan, cook over high heat 10 minutes or until cranberries pop. Reduce heat to low, simmer 30 minutes or until mixture is slightly thick. Pour into a bowl and let cool.

Yield: 10 servings (serving size: ¼ cup)

Calories 119 (0% from fat); Fat 0g; Protein 0.2g; Carb. 22.1g; Fiber 1.3g; Chol 0mg; Iron 0.2mg; Sodium 3mg; Calc 5mg

Crispy Salmon Cakes w/ Lemon-Caper Mayo

Source: CL April 2001

HU: 7 (6 w/changes)

Servings: 4

Posted by: Waneyvant

Date: November 24, 2004

NOTE: SEE CHANGES BELOW

Chilling the patties keeps them from falling apart when you cook them in the skillet. The lemon-caper mayo (used here instead of commercial tartar sauce) is also great with other fish.

Flavored Mayo:

6 tablespoons fat-free mayonnaise

2 teaspoons capers

1/2 teaspoon grated lemon rind

1/2 teaspoon lemon juice

1/4 teaspoon freshly ground black pepper

1/8 teaspoon crushed red pepper

Salmon Cakes:

1 tablespoon vegetable oil, divided

1/4 cup finely chopped onion

1/4 cup finely chopped celery

3/4 cup crushed fat-free saltine crackers (about 20 crackers), divided

1 tablespoon Dijon mustard

1/4 teaspoon freshly ground black pepper

2 (7.5-ounce) cans salmon, drained, flaked, and bone pieces removed

1 large egg, lightly beaten

To prepare flavored mayonnaise, combine first 6 ingredients in a small bowl; cover and chill.

To prepare salmon cakes, heat 1 teaspoon oil in a medium nonstick skillet over medium heat. Add onion and celery; sauté 4 minutes or until tender. Combine onion mixture, 1/2 cup crackers, mustard, 1/4 teaspoon black pepper, salmon, and egg in a medium bowl. Divide salmon mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Coat each patty with 1 tablespoon crackers. Cover and chill 20 minutes.

Heat 2 teaspoons oil in a large nonstick skillet over medium heat until hot. Add patties; cook for 5 minutes on each side or until lightly browned. Serve the salmon cakes with flavored mayonnaise.

Yield: 4 servings (serving size: 1 cake and 1 1/2 tablespoons mayonnaise)

CALORIES 306 (32%/fat); FAT 11g FIBER 1.1g

WANEYNOTES: 5 minutes aside not long enough, finish in 350 oven for 20 minutes; to lower points to 6, sauté onion/celery in cooking spray (omit 1 tsp oil); use 3/4 c. Panko instead of saltines; use ff egg sub instead of egg

Creamy Mushroom Spread

Cooking Light, NOVEMBER 2004

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

Healthy Units: 1

Posted By: Bawstinn32 (Maria)

November 26, 2004

This spread is delicious either warm or cold.

Comments: Not a pretty dip by any means, but it had a great mushroom flavor. I preferred it warm rather than cold. I added a tablespoon of dry sherry to the mushroom mixture while cooking. Added a nice flavor.

2 (8-ounce) packages sliced mushrooms
1 tablespoon olive oil
1/4 cup finely chopped shallots
1 1/2 teaspoons chopped fresh thyme
2 garlic cloves, minced
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/2 cup light sour cream

Place mushrooms in a food processor; process until finely chopped. Heat olive oil in a large nonstick skillet over medium-high heat. Add mushrooms, shallots, thyme, and garlic; cook for 10 minutes or until liquid evaporates, stirring occasionally. Stir in salt and pepper.

Place mushroom mixture in a bowl; stir in sour cream. Serve spread at room temperature or chilled.

CALORIES 42 (54% from fat); FAT 2.5g (satfat 1g, monofat 1g, polyfat 0.2g); PROTEIN 2.4g; CARBOHYDRATE 3.2g; FIBER 0.6g; CHOLESTEROL 4mg; IRON 0.3mg; SODIUM 130mg; CALCIUM 21mg;

Shredded Brussels Sprouts with Bacon and Hazelnuts

Source: Cooking Light November, 2004

HU: 1 per serving (3/4 cup)

Servings: 12

Posted by: Emily (EJWyatt)

November 26, 2004

CL Notes: To get a head start before the Thanksgiving meal, cut the bacon and Brussels sprouts in the morning, and toast the hazelnuts up to two days ahead. Quick tip: Use a food processor's thin slicing blade attachment to prepare the Brussels sprouts.

Notes: This is easily cut in half. Very quick and easy to make.

1/2 cup chopped bacon (about 3 slices)

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

13 cups thinly sliced Brussels sprouts (about 2 pounds)

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

3 tablespoons chopped hazelnuts, toasted

Cook bacon in a large Dutch oven over medium-high heat 4 minutes or until crisp. Remove the bacon from pan, reserving 1 1/2 teaspoons drippings in pan; set bacon aside. Add chicken broth to pan; bring to a simmer. Add sliced Brussels sprouts; cook 4 minutes or until crisp-tender, stirring frequently. Sprinkle with salt and ground black pepper, tossing gently to combine. Sprinkle evenly with bacon and hazelnuts. Serve immediately.

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

CALORIES 59 (41% from fat); FAT 2.7g (satfat 0.7g, monofat 1.5g, polyfat 0.4g); PROTEIN 3.4g; CARBOHYDRATE 7.2g; FIBER 3.1g; CHOLESTEROL 2mg; IRON 1.2mg; SODIUM 262mg; CALCIUM 35mg;

Cranberry-Orange Relish

Source: Cooking Light December 1998

HU: 0

Servings: 32 @ 1 T. each

Posted by: The Waneyvant (Jane)

Date: November 28, 2004

This lively relish adds zing to roast turkey or a ham sandwich.

1 1/2 cups fresh cranberries

1 small thin-skinned Valencia orange, quartered and seeded

1/2 cup sugar

3 tablespoons chopped walnuts

1 tablespoon Grand Marnier or other orange-flavored liqueur (optional)

Combine cranberries and orange in a food processor, and pulse 5 times or until chopped. Combine cranberry mixture, sugar, walnuts, and Grand Marnier in a bowl, and let stand at least 30 minutes before serving. Cover and store in refrigerator for up to 2 weeks.

Yield: 2 cups (serving size: 1 tablespoon)

CALORIES 23 (16% from fat); FAT 0.4g (satfat 0.0g, monofat 0.1g, polyfat 0.3g);
PROTEIN 0.3g; CARBOHYDRATE 4.7g; FIBER 0.4g; CHOLESTEROL 0.0mg; IRON
0.0mg; SODIUM 0.0mg; CALCIUM 4mg;

Jane's Notes: This doubles easily; I would add more orange liqueur, maybe 50% more.

Chocolate Chip Pumpkin Bread

HU's: 3

Source: Dec 2004 Cooking Light

Date: 11/29/04

Servings: 32 (makes two loafs)

Posted by: CAROTS/Jessica/DD

Notes: Jess followed the directions to the letter, found that it was an easy recipe to make. Will be a repeater for her:)

Maria's comments:

Very moist. I used milk chocolate chips rather than semi-sweet and 2 whites and 1 whole egg since I only had 3. Could use a bit more spice and I would probably add cloves and nutmeg next time.

2 cups sugar
2 cups canned pumpkin
1/2 cup canola oil
1/2 cup fat-free vanilla pudding
4 large egg whites
3 cups all purpose flour
2 teaspoons ground cinnamon
1 1/4 teaspoons salt
1 teaspoon baking soda
1 cup semisweet chocolate chips
Cooking spray

1. Preheat oven to 350.
2. Combine first 5 ingredients in a large bowl, stirring well with a whisk. Lightly spoon flour into dry measuring cups, level with a knife. Combine flour, cinnamon, salt, and baking soda in a medium bowl, stirring well with a whisk. Add flour mixture to pumpkin mixture, stirring just until moist. Stir in Chocolate chips.
3. Spoon batter into 2 (8x4 inch) loaf pans coated with cooking spray. Bake at 350 for 1 hour and 15 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes in pans on a wire rack, and remove from pans. Cool completely on wire rack. 32 servings (1 slice)

Bacon and Hash Brown Casserole

Cooking Light, November 2004

Healthy Units: 4

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

Posted By: Bawstinn32 (Maria)

November 29, 2004

Comments: Have to admit that I had my doubts with this one, but it went well with grilled steaks.

This quick side dish is well-suited for a casual brunch. The leftover turkey gravy makes it creamy and flavorful.

1 cup turkey gravy
3/4 cup (3 ounces) shredded extra-sharp cheddar cheese, divided
1/2 cup thinly sliced green onions
1/4 teaspoon freshly ground black pepper
1/2 (32-ounce) package frozen shredded hash brown potatoes, thawed
1 (8-ounce) carton fat-free sour cream
Cooking spray
2 slices bacon, cooked and crumbled

Preheat oven to 350°.

Combine turkey gravy, 1/2 cup cheese, onions, pepper, potatoes, and sour cream. Spoon into a shallow 1-quart casserole coated with cooking spray. Bake at 350° for 35 minutes. Sprinkle with 1/4 cup cheese and bacon. Bake an additional 5 minutes or until the cheese melts.

CALORIES 184 (32% from fat); FAT 6.5g (satfat 3.5g, monofat 2g, polyfat 0.6g);
PROTEIN 7.6g; CARBOHYDRATE 22.2g; FIBER 1.6g; CHOLESTEROL 22mg; IRON
1.2mg; SODIUM 400mg; CALCIUM 159mg;

English Muffin Hot Browns

Source: Cooking Light November, 2004

HU: 7

Servings: 4

Posted by: Emily (EJWyatt)

November 29, 2004

CL Notes: Hot Browns, sandwiches that are a cross between grilled cheese and BLT, were created at the Brown Hotel in Louisville, Kentucky, in the 1930s. This version uses English muffins instead of regular bread. .

4 English muffins, split and toasted
Cooking spray
1 teaspoon butter
1 1/2 tablespoons all-purpose flour
1 cup 2% low-fat milk
1 cup turkey gravy
Dash of ground red pepper
1 cup chopped cooked turkey
2 slices Canadian bacon, cut into thin strips
8 (1/4-inch-thick) slices tomato
1/4 cup (1 ounce) grated fresh Parmesan cheese
1/4 teaspoon freshly ground black pepper

Preheat broiler.

Arrange English muffin halves in a single layer in a 13 x 9-inch baking dish coated with cooking spray.

Melt butter in a small saucepan over medium heat. Add flour, and stir with a whisk until combined. Gradually add milk, stirring with a whisk until blended. Cook for 2 minutes or until bubbly and slightly thick, stirring constantly with a whisk. Add gravy and red pepper; cook 1 minute or until thoroughly heated, stirring constantly. Add turkey, and stir gently to combine.

Spoon turkey mixture evenly over muffin halves; sprinkle evenly with bacon. Broil 5 minutes or until the top is lightly browned. Remove from oven. Place 1 tomato slice over each muffin half, and sprinkle evenly with Parmesan cheese. Broil 1 minute or until the cheese is lightly browned. Sprinkle with black pepper.

Yield: 4 servings (serving size: 2 muffin halves)

CALORIES 326 (24% from fat); FAT 8.8g (satfat 3.7g, monofat 2.6g, polyfat 1.6g);
PROTEIN 23.9g; CARBOHYDRATE 36.6g; FIBER 2.3g; CHOLESTEROL 46mg; IRON
3mg; SODIUM 967mg; CALCIUM 257mg;

Creamy Citrus-Ginger Vinaigrette

Source: Printed on the side of a salad dressing bottle (from a store like Sur La Table) with measurements for use for making your own dressings.

HU: 1 per ounce

Servings: 9

Posted by: MoOzark(DonnaMO)

November 30, 2004

Comment: I found that this dressing much better after a day in the fridge. Flavors had merged for best taste.

2 ounces fat-free yogurt, plain

4 ounces orange juice

2 tablespoons lemon juice

1 tablespoon olive oil

1 teaspoon fresh garlic, minced

1 teaspoon fresh ginger root, finely minced (use your microplane here)

3 packages Splenda

1 teaspoon ground black pepper

dash of salt

Place ingredients in bottle with cap and shake. Refrigerate. Shake again before serving.

Per Serving: 21 Calories; 2g Fat (62.8% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 30mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Fat.

Nantucket Cranberry Pie (Lightened)

Source: Kathleen's cooking thin show

HU:5

Servings:8

Posted by: Zephyr1

Date posted: 11/30/04

Comments: This one truly shines for the season I subbed almonds and a good quality almond extract pure would highly recommend the change.

Ingredients:

2 cups fresh (or frozen) cranberries

1/2-cup sugar

1/2 cup chopped walnuts

2 tablespoons unsalted butter, melted

3/4-cup flour

3/4 sugar

1-teaspoon baking powder

1-teaspoon salt

3/4-cup milk

1/4 teaspoon almond extract

Instructions:

Preheat the oven to 350F. Toss cranberries with sugar and walnuts, set aside.

Pour melted butter into 9" pie plate and swirl to cover bottom evenly. Keep in warm place.

In a mixing bowl, stir together flour, sugar, baking powder and salt. Add milk and almond extract and stir until just combined. Pour the batter into the pie pan (it will be pancake batter thin, this is what you want). Pour cranberry mixture over batter, distributing evenly. Bake for 40-50 minutes or until cranberries are bubbly and soft and slightly golden. Serve warm

Nutrition Info: Calories 223; Fat 6.8 g; Saturated Fat 2.5 g; Carbohydrates 40 g; Protein 3 g; Fiber 2 g

Curry Turkey Salad

Source: Cooking Light November, 2004

HU: 6.5

Servings: 4

Posted by: Emily (EJWyatt)

December 2, 2004

CL Notes: This flavorful salad is chock-full of grapes, cashews, and turkey, and it's dressed with a creamy honey-lime sauce.

Emily's Notes: I used hot curry powder (all that I had in the house), but I think that mild would work a little better in this recipe.

2 tablespoons reduced-fat sour cream
2 tablespoons plain yogurt
1 tablespoon fresh lime juice
1 tablespoon honey
1 teaspoon curry powder
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 cups chopped cooked turkey
1 cup seedless red grapes, halved
1/2 cup diced celery
1/4 cup chopped red onion
2 tablespoons cashew pieces
20 mini pita rounds (about 5 ounces, such as Toufayan Pitettes)

Combine first 7 ingredients in a large bowl. Add turkey, grapes, celery, onion, and cashews; stir gently to combine. Serve with pitas.

Yield: 4 servings (serving size: about 1 cup salad and 5 pitas)

CALORIES 309 (21% from fat); FAT 7.3g (satfat 2.4g, monofat 2.2g, polyfat 1.7g);
PROTEIN 25.5g; CARBOHYDRATE 35.3g; FIBER 2g; CHOLESTEROL 57mg; IRON
2.8mg; SODIUM 419mg; CALCIUM 83mg;

Jack Quesadillas with Cranberry Salsa

Cooking Light, November 2004

Healthy Units: 7

Yield: 8 servings (serving size: 3 wedges, about 1/4 cup salsa, and 1 tablespoon sour cream)

Posted By: Bawstinn32 (Maria)

December 2, 2004

This salsa is also great on turkey sandwiches. To make meatless quesadillas, use sautéed vegetables in place of the turkey.

SALSA:

- 1 cup whole-berry cranberry sauce
- 1/4 cup chopped fresh cilantro
- 2 tablespoons chopped green onions
- 1 tablespoon fresh lime juice
- 1/2 teaspoon ground cumin
- 1 Anjou pear, cored and finely diced
- 1 jalapeño pepper, seeded and minced

QUESADILLAS:

- Cooking spray
- 1/4 cup (2-inch-thick) slices green onions
- 1 cup (4 ounces) shredded Monterey Jack cheese with jalapeño peppers
- 8 (8-inch) flour tortillas
- 2 cups chopped cooked turkey
- 1/2 cup fat-free sour cream

To prepare salsa, combine first 7 ingredients. Cover and chill.

To prepare quesadillas, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add 1/4 cup sliced onions to pan; sauté 3 minutes or until tender. Remove onions from pan; reduce heat to medium. Sprinkle 2 tablespoons cheese over each of 4 tortillas. Top each cheese-covered tortilla with one-fourth of onions, 1/2 cup turkey, 2 tablespoons cheese, and 1 tortilla.

Recoat pan with cooking spray. Add 1 quesadilla to pan; cook 2 minutes on each side or until lightly browned and cheese melts. Repeat with remaining quesadillas. Cut each quesadilla into 6 wedges. Serve with cranberry salsa and sour cream.

CALORIES 356 (25% from fat); FAT 9.7g (satfat 4.2g, monofat 3.5g, polyfat 1.2g);
PROTEIN 19.4g; CARBOHYDRATE 47.8g; FIBER 3g; CHOLESTEROL 42mg; IRON
2.7mg; SODIUM 372mg; CALCIUM 218mg;

Chianti-Stained Risotto with Pears and Blue Cheese

Source: Cooking Light December 2004

HU: 5 if doing 10 servings or 10 if doing 5 servings

Servings: 10 if a side dish 5 if a main dish I used as main dish

Posted by: Zephyr1

Date posted: 12/2/04

Comments: This is one of the tastiest risotto's I have ever made. Will repeat again for sure. I used as a main dish. I subbed pine nuts for the walnuts. Cooking light notes: This winter risotto would enhance a simple roasted beef tenderloin seasoned with cracked black pepper and sea salt. Serve the rest of the Chianti with your meal.

Ingredients:

- 1 cup pear nectar
- 1/4 teaspoon ground cinnamon
- 3 (14-ounce) cans fat-free, less-sodium chicken broth
- 1 1/2 tablespoons olive oil, divided
- 1/4 cup chopped shallots
- 1 1/2 teaspoons chopped fresh thyme
- 3 garlic cloves, minced
- 1 1/2 cups Arborio rice
- 1/2 cup Chianti or other dry red wine
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon butter
- 2 firm Bosc pears, peeled, cored, and cut lengthwise into 1/4-inch-thick slices
- 1/2 cup (2 ounces) crumbled blue cheese
- 1/3 cup chopped walnuts, toasted
- 2 tablespoons chopped fresh parsley

Instructions:

Bring first 3 ingredients to a simmer in a medium saucepan (do not boil). Keep warm over low heat.

Heat 1 tablespoon olive oil in a large saucepan over medium-high heat. Add shallots, thyme, and garlic; sauté 2 minutes. Add rice; cook 3 minutes, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add broth mixture, 3/4 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in salt and pepper. Heat remaining 1 1/2 teaspoons of oil and butter in a large nonstick skillet over medium-high heat. Add pears; sauté 4 minutes. Serve pears over risotto; sprinkle with cheese, nuts, and parsley.

Yield: 10 servings (serving size: about 1/2 cup risotto, about 1/4 cup pears, about 1 tablespoon cheese, 1 1/2 teaspoons nuts, and about 1/2 teaspoon parsley))

NUTRITION PER SERVING

CALORIES 247(27% from fat); FAT 7.5g(sat 2.2g,mono 2.9g,poly 2.1g); PROTEIN 7.6g;
CHOLESTEROL 6mg; CALCIUM 51mg; SODIUM 379mg; FIBER 1.8g; IRON 0.6mg;
CARBOHYDRATE 36.6g

Baked Buffalo Chicken

Source: Cream of Crop Cookbook (via RRB)

HU: 5

Servings: 4

Posted by: Waneyvant

Date: December 3, 2004

4-4 oz skinned, boned chicken breasts

1/4 cup hot sauce

1 T. white vinegar

1 T. stick margarine or butter, melted

1 tsp. celery seed

1/8 tsp. pepper

1/2 cup fat free bleu cheese dressing

Preheat oven to 400. Coat non stick skillet with cooking spray; place over medium high heat until hot. Add chicken, cook 4 minutes on each side or until browned. Place chicken in an 11 x7 baking dish coated with cooking spray. Combine hot sauce & next four ingredients. Pour over chicken. Bake, uncovered, for 25 minutes.

MY Notes: i put butter in baking dish, melted in microwave, poured sauce ingredients & mixed in baking dish, then just rolled the chicken in it; also, think 20 minutes is long enough to bake.

Mole-Style Pork Chops

Source Cooking Light

Healthy Units = 4

Core: +.5 (for sugar)

Servings - 4

Posted by Shari

12/4/04

CL Notes: Discover more uses for smoked paprika and ground chipotle chile peppers at the new Flavor Profiles section on CookingLight.com.

1 tablespoon brown sugar

1 teaspoon smoked paprika

1 teaspoon ground cumin

1 teaspoon unsweetened cocoa powder

1 teaspoon ground chipotle chile peppers

1/2 teaspoon salt

4 (6-ounce) bone-in center-cut pork chops (about 1/2 inch thick)

Cooking spray

Heat a grill pan over medium heat.

Combine first 6 ingredients; rub evenly over both sides of pork. Lightly coat pork with cooking spray. Place pork on grill pan; cover and grill 3 minutes on each side or until done. Let stand 3 minutes.

Yield: 4 servings (serving size: 1 pork chop)

NUTRITION PER SERVING

CALORIES 180(32% from fat); FAT 6.4g(sat 2.1g,mono 3g,poly 1.2g); PROTEIN 25.4g;
CHOLESTEROL 70mg; CALCIUM 11mg; SODIUM 376mg; FIBER 0.8g; IRON 0.5mg;
CARBOHYDRATE 4.4g

Butternut Squash and Leek Gratins

Source Cooking Light

Healthy Units = 3.5

Core: +1

Servings - 6

Posted by Shari

12/4/04

CL Notes: Individual gratins bake more quickly than a large casserole would.

1 (2-pound) butternut squash, halved lengthwise and seeded

Cooking spray

1 teaspoon butter

4 cups finely chopped leek (about 6 large)

1 tablespoon sugar

3/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Dash of ground nutmeg

4 large eggs

1 large egg yolk

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

Preheat oven to 375°.

Place squash halves, cut sides down, on a baking sheet coated with cooking spray. Bake at 375° for 45 minutes or until tender. Cool 30 minutes. Scoop out pulp, and mash with a potato masher or fork until smooth.

Reduce oven temperature to 325°.

Heat a large nonstick skillet over medium heat; coat pan with cooking spray. Melt butter in pan. Add leek; cover and cook 20 minutes or until tender, stirring once. Reduce heat to medium-low; uncover and cook 10 minutes or until lightly browned, stirring occasionally. Cool slightly.

Combine sugar and next 5 ingredients (through egg yolk) in a large bowl, stirring with a whisk. Add squash and leek; stir until well combined. Divide the squash mixture evenly among 6 (6-ounce) ramekins or custard cups coated with cooking spray. Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch. Cover pan with foil; bake at 325° for 25 minutes. Uncover and cook an additional 15 minutes or until a knife inserted in center comes out clean. Remove from oven, and place the ramekins on a baking sheet.

Sprinkle 2 teaspoons Parmesan cheese over each ramekin.

Preheat broiler.

Broil gratins for 2 minutes or until cheese melts and begins to brown.

NUTRITION PER SERVING CALORIES 186(31% from fat); FAT 6.4g(sat 2.6g,mono 2.2g,poly 0.8g); PROTEIN 8.6g; CHOLESTEROL 181mg; CALCIUM 170mg; SODIUM 437mg; FIBER 3.6g; IRON 2.9mg; CARBOHYDRATE 25.9g

Black Bean Soup

POINTS® Value | 7

Servings | 6

Source: Cook's Illustrated, Jan & Feb 2005, but slimmed down by me

Posted by: Julie Kovach

Date: December 4, 2004

Ingredients:

1 pound dry black beans
4 oz extra-lean ham steak
2 serving Durkee Bay Leaves
5 cup water
1/8 tsp baking soda
1 tsp table salt
3 cup onion(s)
1/2 cup carrot(s)
1 cup celery
1/2 tsp table salt
5 clove garlic clove(s)
1/2 tsp red pepper flakes
1 1/2 Tbsp ground cumin
6 cup reduced-sodium chicken broth
2 Tbsp cornstarch
2 Tbsp water
2 Tbsp fresh lime juice
3/4 cup fat-free sour cream
1 Tbsp olive oil

Instructions:

1. For the Beans:

Place beans, ham, bay leaves, water and baking soda in a large saucepan with a tight-fitting lid. Bring to a boil over medium-high heat; using large spoon, skim scum as it rises to the surface. Stir in salt, reduce heat to low, cover, and simmer briskly until beans are tender, 1 1/4 to 1 1/2 hrs (if necessary, add another 1 cup water and continue to simmer until beans are tender); do not drain beans. Discard bay leaves. Remove ham steak (ham steak darkens to the color of beans), cut into 1/4 inch cubes, and set aside.

2. For the Soup:

Heat 1 TBSP oil, in 8-quart Dutch oven over medium-high heat until shimmering but not smoking (Original recipe called for 3 TBSP here, but was 9 PTS per serving); add onions, carrot, celery, and salt and cook, stirring occasionally, until vegetables are soft and lightly browned, 12 to 15 minutes. Reduce heat to medium-low and add garlic, pepper flakes, and cumin; cook, stirring constantly until fragrant, about 3 minutes. Stir in beans, bean cooking liquid, and chicken broth. Increase heat to medium-high and bring

to a boil, then reduce heat to low and simmer, uncovered, stirring occasionally, to blend flavors, about 30 min.

3. To finish the soup:

Ladle 1 1/2 cups beans and 2 cups liquids into a food processor or blender, process until smooth and return to pot. Or, remove to bowl, process with stick blender and return to pot. Stir together cornstarch and water in a small bowl until combined, then gradually stir about half of the cornstarch mixture into the soup; bring to a boil over medium-high heat, stirring occasionally, to fully thicken soup. If soup is thinner than desired after boiling, stir remaining cornstarch mixture to recombine, add to soup, and boil again to fully thicken soup. Off the heat, stir in lime juice and reserved ham. Ladle soup into bowls and garnish with 2 TBSP fat free sour cream. Can also garnish with lime wedges, chopped cilantro, finely diced red onion, or diced avocado.

Pasta with Chicken, Mushrooms, and Broccoli

Source: Cook's Illustrated (used sun-dried tomatoes in oil so was modified and slimmed down by me)

POINTS® value | 12

Servings | 4

Posted by Julie Kovach

December 4, 2004

Ingredients:

2 Tbsp unsalted butter
1 pound uncooked boneless, skinless chicken breast(s)
1 small onion(s)
1/4 tsp table salt
6 clove garlic clove(s)
1/4 tsp red pepper flakes
2 tsp thyme, fresh
2 tsp all-purpose flour
1 cup white wine
2 cup reduced-sodium chicken broth
6 cup broccoli
1/2 pound uncooked pasta
1 cup Boar's Head Imported Italian Grated Pecorino Romano Cheese
1 Tbsp parsley
1/8 tsp Durkee Pepper, Black Ground
1 cup mushroom(s)

Mince garlic cloves or push through press. Slice mushrooms. Chop onions into small dice. Cut broccoli florets into 1 inch pieces, discard stems, about 6 cups. Trim chicken breasts of fat and cut crosswise into 1/4 inch thick slices. For pasta: penne, ziti, cavatappi, or campanelle. Recipe calls for ASIAGO, not Romano cheese, but this is not in WW ingredient database.

Instructions:

1. Bring 4 quarts water to rolling boil, covered, in stockpot.
2. Heat 1 tbsp butter in 12-in non-stick skillet over high heat until just beginning to brown, about 1 min. Add chicken in a single layer; cook for 1 min without stirring, then stir chicken and continue cooking until most, but not all of pink color has disappeared and chicken is lightly browned around the edges, about 2 min. Transfer chicken to clean bowl and set aside.
3. Return skillet to high heat and add 1 tbsp butter; add chopped onion, sliced mushrooms, and 1/4 tsp salt and cook, stirring, until browned about the edges, 2 to 3 min. Stir in garlic, red pepper flakes, chopped fresh thyme, and flour. Cook, stirring constantly, until fragrant, about 30 sec. Add wine and chicken broth; bring to a simmer, then reduce heat to medium and continue to simmer, stirring, until sauce has thicken slightly and reduced to 1 1/4 cups, about 15 min.
4. While sauce simmers, add 1 tbsp salt and broccoli; cook until tender crisp, about 2 min. Remove with slotted spoon and transfer broccoli to paper-towel lined plate. Return water to boil and stir in pasta, cook until al dente. Drain, reserving 1/2 cup pasta liquid and return pasta to pot.
5. Stir Asiago, parsley, and chicken into sauce in skillet; cook until chicken is hot and cooked through, about 1 min. Off heat, season to taste with pepper. Pour chicken/sauce mixture over pasta and add broccoli, tossing gently to combine, adding pasta cooking water as needed to adjust sauce consistency. Serve immediately with additional grated cheese.

White Chocolate Cranberry Loaf

Source: Community Recipe Swap- Christine

Healthy Units = 3

Core= not a core recipe

Servings: 24 12 slices per loaf

12/5/04

1 box white cake mix -- (18 & 1/4 oz)

3/4 cup unbleached flour

1 teaspoon orange peel

1 cup fresh cranberries

1 large egg

2 large egg whites

3/4 cup water

1/2 cup orange juice

2 tablespoons unsweetened applesauce

1 cup white chocolate chips

Preheat oven to 350F. Prepare 2 loaf pans with cooking spray.

Mix cake mix, flour, and orange peel. Add egg, egg whites, water, orange juice, and applesauce. Fold in cranberries and white chocolate chips.

Spread batter evenly between the two pans. Bake for one hour or until a toothpick inserted in the middle comes out clean.

This recipe yields 24 servings (2 loaves--12 slices per loaf). WW points calculated @ 3

Per Serving (excluding unknown items): 139 Calories; 5g Fat (29.8% calories from fat); 2g Protein; 22g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 120mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 1 Other Carbohydrates

Orange Citrus Glaze -- Stir together 1/2 cup sifted powdered sugar and 1-2 Tbsp orange juice, 1 Tbsp at a time until smooth & drizzling consistency. Drizzle glaze over completely cooled cake. (21 Calories 0g Fat 0g Fiber--same points per slice)

Cheese Fondue with Apples

CL Website

Healthy Units 2

Servings 9

Posted by jillybean03

Date: 12/6/04

CL Comments: We recommend Pink Lady apples, which don't discolor as quickly as other apples, for this fondue. Use your favorite apple, or a combination of a few varieties; just toss the apple wedges with 2 teaspoons lemon juice to prevent browning. Kirsch, a type of cherry brandy, traditionally finishes cheese fondues, but you can substitute white wine.

My comments: This was EASY EASY EASY and very tasty. I made it exactly as written.

1/4 cup all-purpose flour

3/4 cup (3 ounces) shredded Emmenthaler or Swiss cheese

1/8 teaspoon ground nutmeg

1 garlic clove, halved

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

1/4 cup dry white wine

1 teaspoon kirsch (cherry brandy)

3 Pink Lady apples, each cored and cut into 9 wedges

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cheese, and nutmeg, tossing well.

Rub cut sides of garlic on inside of a medium, heavy saucepan. Add broth and wine to pan; bring to a simmer over medium heat.

Add one-third cheese mixture to pan, stirring with a whisk until combined. Repeat procedure with remaining cheese mixture. Reduce heat to medium-low; cook 5 minutes or until smooth, stirring frequently.

Remove cheese mixture from heat; stir in kirsch. Pour mixture into a fondue pot. Keep warm over low flame. Serve with apple wedges.

Yield: 9 servings (serving size: 3 apple wedges and about 2 tablespoons fondue)

CALORIES 84 (32% from fat); FAT 3g (satisfat 1.8g, monofat 0.7g, polyfat 0.2g);
PROTEIN 3.4g; CARBOHYDRATE 9.9g; FIBER 1.3g; CHOLESTEROL 9mg; IRON
0.3mg; SODIUM 80mg; CALCIUM 101mg;

Dinner Rolls, Five Ways

Cooking Light, DECEMBER 2004

Healthy Units: 3

Yield: 16 servings (serving size: 1 roll)

Posted By: Bawstinn32 (Maria)

December 7, 2004

Note: One dough recipe yields five roll variations. To freeze rolls, bake, cool completely, wrap in heavy-duty foil, and freeze. Thaw and reheat (still wrapped) at 350° for 12 minutes or until warm. Heat the milk in the microwave or on the stovetop; if it's too hot, let it cool to no warmer than 110° so your dough will rise nicely.

Comments: Made these for Thanksgiving dinner and they were well received. Fluffy on the inside, crusty on the outside. My variation was to simply roll them into balls.

2 teaspoons sugar

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

1 (12-ounce) can evaporated fat-free milk, warmed (100° to 110°)

4 cups all-purpose flour, divided

1 large egg, lightly beaten

1 teaspoon salt

Cooking spray

1 teaspoon cornmeal

2 tablespoons butter, melted and cooled

Poppy seeds (optional)

Dissolve sugar and yeast in warm milk in a large bowl; let stand 5 minutes.

Lightly spoon flour into dry measuring cups; level with a knife. Add 3 cups flour and egg to milk mixture, stirring until smooth; cover and let stand 15 minutes.

Add 3/4 cup flour and salt; stir until a soft dough forms. Turn the dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent the dough from sticking to hands (dough will feel tacky).

Place the dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, for 40 minutes or until doubled in size. (Press two fingers into the dough. If an indentation remains, the dough has risen enough.) Punch dough down; cover and let rest for 5 minutes.

Divide dough into 16 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), shape each portion into desired form (see "Shaping Options"). Place shaped dough portions on each of 2 baking sheets lightly sprinkled with 1/2 teaspoon cornmeal. Lightly coat shaped dough portions with cooking spray; cover with plastic wrap. Let rise in a warm place (85°), free from drafts, 20 minutes or until doubled in size. Preheat oven to 400°.

Gently brush dough portions with butter; sprinkle with poppy seeds, if desired. Place 1 baking sheet on bottom oven rack and 1 baking sheet on middle oven rack. Bake at 400° for 10 minutes; rotate baking sheets. Bake an additional 10 minutes or until lightly browned on top and hollow-sounding when tapped on bottom. Place on wire racks. Serve warm, or cool completely

on wire racks. CALORIES 151 (13% from fat); FAT 2.1g (saffat 1.1g, monofat 0.5g, polyfat 0.2g); PROTEIN 5.4g; CARBOHYDRATE 27g; FIBER 0.9g; CHOLESTEROL 18mg; IRON 1.7mg; SODIUM 187mg; CALCIUM 69mg;

Chupe de Pollo con Chipotle (Chicken Chowder with Chipotle)

Cooking Light, December 2004

Healthy Units: 5

Yield: 8 servings (serving size: about 1 1/3 cups soup and 1 lime wedge)

Posted By: Bawstinn32 (Maria)

December 7, 2004

This hearty soup makes enough to feed a crowd and is simple to prepare on a weeknight.

Comments: Not really simple enough to prepare on a weekday unless you get home early! Thought this was great, but needed a bit more kick. Texture was not as thick as I had hoped and I may add some extra veggies in at the beginning. We skipped the lime (IUOF)

1 (7-ounce) can chipotle chiles in Adobo sauce
1 tablespoon extravirgin olive oil
2 cups chopped onion
1 cup chopped carrot
1/2 cup chopped celery
1 teaspoon ground cumin
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
6 garlic cloves, crushed
6 cups fat-free, less-sodium chicken broth
1 1/2 pounds skinless, boneless chicken breast
2 medium red potatoes (about 12 ounces), cut into 1/2-inch pieces
1 (15.5-ounce) can white or golden hominy, rinsed and drained
1/4 cup whipping cream
1 cup chopped seeded plum tomato
1/4 cup chopped fresh cilantro
1/2 teaspoon salt
8 lime wedges

Remove 1 chile and 1 teaspoon Adobo sauce from can; reserve remaining chiles and sauce for another use. Finely chop chile; set chile and sauce aside separately.

Heat oil in a large Dutch oven over medium heat. Add chopped chile, onion, and next 6 ingredients (through garlic); cook 7 minutes or until onion is tender, stirring frequently. Stir in broth; bring to a boil. Add chicken; cover, reduce heat to medium-low, and simmer 30 minutes or until chicken is tender. Remove chicken with a slotted spoon, and cool slightly. Shred chicken with 2 forks; cover and keep warm.

Remove pan from heat; let stand 5 minutes. Place one-third of broth mixture in a blender; process until smooth. Pour pureed broth mixture into a large bowl. Repeat procedure in two more batches with remaining broth mixture. Return pureed broth mixture to pan. Stir in potatoes and hominy; bring to a simmer over medium heat. Cook, uncovered, 20 minutes or until potatoes are tender. Stir in chicken and cream; simmer 5 minutes. Remove from heat, and stir in reserved Adobo sauce, tomato, cilantro, and salt. Serve with lime wedges.

CALORIES 246 (23% from fat); FAT 6.2g (sattfat 2.3g, monofat 2.4g, polyfat 0.8g); PROTEIN 24.5g; CARBOHYDRATE 21.8g; FIBER 3.5g; CHOLESTEROL 60mg; IRON 1.7mg; SODIUM 672mg; CALCIUM 52mg;

Golden Corn Chowder with Roasted Chiles

Source: Cooking Light, September, 1999

HUs: 5

Servings: 6

Posted by: misdirected311 (shanna)

Date Posted: December 7, 2004

My Notes: I only had 2% milk so I used that but cut the butter in half, ran it thru recipe builder and points stayed the same. The reviews on CL said that it was way hot and recommended using 2 peppers, I used 4 and that was plenty hot for me. Very chunky and great flavor but I think next time I'll add chicken to make it a whole meal.

6 jalapeño peppers
3 cups cubed peeled Yukon gold or red potato (about 1 pound)
2 tablespoons butter or stick margarine
1 cup chopped onion
2/3 cup diced orange or yellow bell pepper
3 tablespoons chopped celery
3 cups fresh corn kernels (about 4 ears)
3 cups 1% low-fat milk
2 cups chopped seeded yellow tomato (about 1 pound)
3/4 teaspoon salt
1/4 teaspoon white pepper
6 tablespoons (1 1/2 ounces) shredded reduced-fat Monterey Jack cheese
2 tablespoons chopped fresh cilantro

Preheat broiler.

Place jalapeño peppers on a foil-lined baking sheet; broil 10 minutes or until blackened, turning occasionally. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel peppers; cut in half lengthwise, discarding seeds and membranes. Finely chop jalapeño peppers; set aside.

Place potato in a medium saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 15 minutes or until tender. Drain; partially mash potato with a potato masher.

Melt butter in a Dutch oven over medium heat. Add onion, bell pepper, and celery; cook 10 minutes, stirring frequently. Add jalapeño peppers, potato, corn, milk, tomato, salt, and white pepper; cook until thick (about 30 minutes), stirring occasionally. Ladle soup into each of 6 bowls, and sprinkle with cheese and cilantro.

Yield: 6 servings (serving size: 1 1/3 cups soup, 1 tablespoon cheese, and 1 teaspoon cilantro)

NUTRITION PER SERVING

CALORIES 265(26% from fat); FAT 7.8g(sat 4.2g,mono 2.3g,poly 0.8g); PROTEIN 11.4g;
CHOLESTEROL 20mg; CALCIUM 230mg; SODIUM 466mg; FIBER 5.4g; IRON 1.8mg;
CARBOHYDRATE 41.5g

Pecan Cranberry Spread

Source: www.keebler.com

Healthy Units: 1 (per 1/8 cup)

Yields: 1 cup

Posted by "diAne"

December 07, 2004

Comments: I usually double this recipe. If serving with crackers, don't forget to add the HU's. This could be a nice stuffing for celery!

Ingredients:

1/2 cup FF cream cheese

1/4 cup chopped pecans

1/4 cup dried cranberries

1/8 cup orange juice concentrate

Instructions :

Beat cream cheese until fluffy; stir in the remaining ingredients. Refrigerate for 24 hours.

Serve with crackers and vegetables.

Honey-Jalapeno Corn Bread

Cooking Light, July 1999

Healthy Units: 3

Yield: 12 servings

Posted By: Bawstinn32 (Maria)

December 8, 2004

Comments: Quick and easy to put together. Loved the taste of honey in this.

1 cup all-purpose flour
1 cup yellow cornmeal
1 tablespoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
3/4 cup low-fat buttermilk
1/2 cup honey
2 tablespoons butter or stick margarine, melted
2 jalapeno peppers, seeded and minced
1 large egg, lightly beaten
Cooking spray

Preheat oven to 425°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cornmeal, baking powder, baking soda, and salt in a large bowl; make a well in center of mixture. Combine buttermilk, honey, butter, peppers, and egg in a bowl; add to flour mixture. Stir just until moist. Spoon batter into an 8-inch square baking pan coated with cooking spray. Bake at 425° for 18 minutes or until a wooden pick inserted in center comes out clean.

CALORIES 156 (17% from fat); FAT 2.9g (satfat 0.7g, monofat 1.1g, polyfat 0.8g);
PROTEIN 3.3g; CARBOHYDRATE 29.8g; FIBER 0.9g; CHOLESTEROL 18mg; IRON
1.2mg; SODIUM 239mg; CALCIUM 93mg;

Super Simple Peanut Soup with Vegetables

Source: Cooking Light January 2002

HU:6

Servings: 6 servings 1 cup soup and 2/3 cup rice per serving

Posted by:Zephyr1

date posted:12/8/04

My notes: Pretty spicy a definite nose runner. Goes together in all of 5 minutes I used frozen broccoli.

CL Comments:"This recipe is ridiculously easy, and everything except the dressing mix is substitutable. Leftover pork chops or chicken tastes great in place of tofu, and almost any fresh veggie tastes great. In a pinch, I've even used frozen vegetables." -CL Reader

2 (14 1/2-ounce) cans fat-free, less-sodium chicken broth

1 (2.9-ounce) packet peanut salad dressing mix (such as Taste of Thai)

4 cups small broccoli florets

1 cup chopped red bell pepper

1 (12.3-ounce) package extra-firm tofu, drained and cubed

4 cups hot cooked basmati rice

2 tablespoons chopped fresh cilantro (optional)

Combine broth and dressing mix in a large saucepan; bring to a boil. Add broccoli, bell pepper, and tofu. Reduce heat, and simmer 10 minutes. Serve over rice, and garnish each serving with 1 teaspoon cilantro, if desired.

NUTRITION PER SERVING

CALORIES 318(25% from fat); FAT 8.8g(sat 2.1g,mono 1.2g,poly 3g); PROTEIN 17.3g;
CHOLESTEROL 3mg; CALCIUM 499mg; SODIUM 567mg; FIBER 3.6g; IRON 7.9mg;
CARBOHYDRATE 47g

Scallops au Gratin

Source: Dec. 2004 Cooking Light

Healthy Units: 9

Servings: 4 (serving size: 2 topped muffin halves)

Posted by: MissVN

Date: Dec, 9, 2004

Note: Don't disturb the scallops while they cook so they get a nice brown crust.

Ingredients

1 tablespoon butter
1 pound sea scallops
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1 cup fat-free, less-sodium chicken broth
1/2 cup half-and-half
1/2 cup reduced-fat sour cream
3 tablespoons all-purpose flour
1/4 teaspoon salt
1/4 teaspoon paprika
1/8 teaspoon freshly ground black pepper
1/8 teaspoon ground nutmeg
2 tablespoons sherry
1 (2-ounce) jar diced pimiento, drained
4 English muffins, split and toasted
1/4 cup dry breadcrumbs
2 tablespoons grated Parmesan cheese

Instructions

1. Preheat broiler.
2. Melt butter in a large nonstick skillet over medium-high heat. Add scallops; cook 3 minutes on each side or until done. Remove from pan, and keep warm. Add onion and bell pepper to pan; sauté 5 minutes or until tender.
3. Combine chicken broth, half-and-half, sour cream, flour, salt, paprika, black pepper, and nutmeg in a medium bowl; stir well with a whisk. Add broth mixture to pan; bring to a boil. Reduce heat to medium-low; simmer 5 minutes or until thick, stirring constantly. Remove from heat; stir in scallops, sherry, and diced pimiento.
4. Place English muffins on a foil-lined jelly-roll pan. Spoon about 1/2 cup scallop mixture over each muffin half. Sprinkle each muffin half with 1 1/2 teaspoons breadcrumbs and about 3/4 teaspoon Parmesan cheese. Broil 5 minutes or until browned and bubbly. Serve immediately.

NUTRITION PER SERVING

CALORIES 420(26% from fat); FAT 12.1g(sat 7g,mono 1.5g,poly 0.9g); PROTEIN 29.5g; CHOLESTEROL 77mg; CALCIUM 232mg; SODIUM 809mg; FIBER 1.3g; IRON 3.1mg; CARBOHYDRATE 45g

Crackle Spice Drops

Source WW Website

Healthy Units 1

Core: Nope

Servings 36

Posted by jillybean03

Date 12/9/04

Ingredients

1/2 cup reduced-calorie margarine, soft

1/2 cup unpacked brown sugar

1 large egg(s)

1 Tbsp vanilla extract

2 cup all-purpose flour

1/2 tsp baking soda

1/4 tsp table salt

1 Tbsp pumpkin pie spice

1/4 cup powdered sugar

Instructions

Preheat oven to 375°F.

In a mixing bowl, on medium speed, beat margarine with brown sugar until creamy. Add egg and vanilla extract; beat until light and fluffy. Stir in flour, baking soda, salt and spice.

Roll rounded teaspoonfuls of dough into powdered sugar to coat. Place onto baking sheet. Bake until golden, about 7 to 8 minutes. Yields 1 cookie per serving

Chocolate Turtle cookies

WW Website

Healthy Units (2

Core: Nope

Servings 24

Posted by jillybean03

Date 12/9/04

Comments: Rich, fudgy cookies. Definite yum. I think you could get away with cutting the caramel in half - not sure if it would change the points.

Ingredients

1 cup all-purpose flour

1/3 cup unsweetened cocoa

2/3 cup sugar

1/4 cup reduced-calorie margarine

1/4 cup fat-free cream cheese

1 large egg white(s)

2 Tbsp fat-free skim milk

1 tsp vanilla extract

1 serving cooking spray (5 one-second sprays per serving)

24 piece caramel candies

24 pieces pecan halves

Instructions

Combine flour and cocoa in a small bowl; set aside. Beat together sugar, margarine, cream cheese, egg white, milk and vanilla extract in a large bowl; add flour mixture and blend well. Chill dough at least 30 minutes, or until firm.

Preheat oven to 350°F. Lightly coat 2 baking sheets with cooking spray.

Shape dough into 1-inch balls; place on baking sheets about 1 to 2 inches apart. Press a caramel into each cookie and flatten; top each caramel with a pecan half. Bake for 10 minutes. Allow cookies to cool on baking sheets and then remove to a wire rack to cool completely. Yields 1 cookie per serving.

Sesame-Crusted Tuna with Wasabi-Ponzu Sauce

Cooking Light July, 2004

HU: 6.8

Servings: 4

Posted by DebMj1

12/11/04

My Notes: I think what I may do next time is reduce the sauce so it's less of a dipping sauce and more of a glaze and drizzle it over the fish. I added extra wasabi for more of a kick.

CL Notes: Wasabi comes in different intensities. You may want to experiment with several brands to find the right amount of heat for your taste buds. Some of the sesame seeds might pop out of the pan as the tuna cooks, so use caution and wear an oven mitt as you turn the fish over.

- 1 tablespoon chopped green onions
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons fresh orange juice
- 1 tablespoon rice vinegar
- 1 teaspoon brown sugar
- 1 teaspoon grated lemon rind
- 2 teaspoons fresh lemon juice
- 2 teaspoons honey
- 1 1/4 teaspoons prepared wasabi paste
- 1 teaspoon grated peeled fresh ginger
- 2 teaspoons vegetable oil
- 4 (6-ounce) tuna steaks (about 3/4 inch thick)
- 1/4 teaspoon salt
- 3 tablespoons sesame seeds
- 2 tablespoons black sesame seeds
- Sliced green onions (optional)

Combine first 10 ingredients, stirring with a whisk.

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle tuna with salt. Combine sesame seeds in a shallow dish. Dredge tuna in sesame seeds. Add tuna to pan; cook 3 minutes on each side or until desired degree of doneness. Garnish with green onions, if desired. Serve tuna with sauce.

Yield: 4 servings (serving size: 1 tuna steak and 2 tablespoons sauce)

NUTRITION PER SERVING

CALORIES 302(28% from fat); FAT 9.5g(sat 1.4g,mono 3.5g,poly 3.3g); PROTEIN 40g;
CHOLESTEROL 80mg; CALCIUM 54mg; SODIUM 507mg; FIBER 0.2g; IRON 3.2mg;
CARBOHYDRATE 9.9g

Cottage Cheese Pancakes w/Lemon

Source: Martha Stewart Living (Nov.? 2004)

Healthy Units: 5

Servings: 6 (makes 24 pancakes total)

Posted by Tracy (Nikkie1T)

December 11, 2004

Recipe Notes: After making the batter, cook the pancakes immediately to ensure that they retain their volume.

My Notes: These had really good flavor. I used 1 percent cottage cheese. They needed a little oil in the pan to keep them from sticking.

6 large eggs, separated, yolks slightly beaten
pinch cream of tartar
2 cups 2-percent cottage cheese
1/4 cup sugar
2/3 cup flour
1/2 teaspoon baking powder
1/4 teaspoon coarse salt
1/4 teaspoon ground cinnamon
vegetable-oil cooking spray
1 tablespoon confectioner's sugar
2 lemons (1 zested; 1 cut in wedges)

1. Beat egg whites on medium high speed until foamy. Add cream of tartar; beat until stiff, glossy peaks form.

2. Heat a griddle or large skillet over medium-high heat. Stir together yolks, cottage cheese, sugar, flour, BP, salt and cinnamon in a medium bowl. Whisk in 1/3 of the whites. In two batches, gently fold in remaining whites with a rubber spatula.

3. Spray griddle with cooking spray, heat until a drop of batter sizzles upon contact. Working in batches, pour 1/4 cup batter per pancake onto griddle; cook until surfaces bubble and edges are slightly dry, about 1 minute. Flip pancakes; cook until undersides are golden brown, about 3 minutes more. Divide confectioner's sugar among pancakes. Serve sprinkled with lemon zest and with lemon wedges on the side.

Per serving: 218 calories, 6 g. fat, 216 mg. cholesterol, 23 g. carbs, 152 mg sodium, 17 g. protein, 1 g. fiber

Roasted Squash Soup

Source: Cooking Light soups and stews supplement and November 2003 issue

Healthy Units: 4

Servings: 4 (1 1/2 cup each)

Posted By: Zephyr1

Date posted: 12/13/04

Comments: This was a great soup. Rich in flavor. Will make again for sure. I made just the soup portion because as is the recipe is too high in points.

Ingredients:

2 lbs. butternut squash, or pumpkin

1 tablespoon honey

1/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1 teaspoon canola oil

3/4 cup finely chopped onion

1/2 cup finely chopped carrot

1/4 cup finely chopped celery

3 garlic cloves, minced

4 cups fat-free, less-sodium chicken broth

1 cup 2% reduced-fat milk

1/4 teaspoon kosher salt

Dash of freshly ground black pepper

Preheat oven to 400°. To prepare soup, cut squash in half lengthwise. Discard seeds and membrane. Place squash, cut-sides up, on a foil-lined baking sheet. Drizzle with honey; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Bake at 400° for 1 hour or until tender; cool. Scoop out squash with a spoon; discard skin. Heat 1 teaspoon oil in a saucepan over medium-high heat. Add onion, carrot, celery, and garlic; sauté 10 minutes or until tender. Add broth to pan; cook over medium heat 12 minutes. Stir in squash. Reduce heat; simmer 15 minutes. Place soup in food processor; process until smooth. Add 1 cup milk, 1/2 teaspoon salt, and dash of pepper.

Cappuccino Biscotti

Source: Cooking Light March, 1995

HU: 1.5

Servings: 30

Posted by: Emily (EJWyatt)

December 14, 2004

2 cups all-purpose flour
1 cup sugar
1/3 cup chopped walnuts
1/4 cup unsweetened cocoa
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
2 teaspoons instant coffee granules
2 teaspoons hot water
1 teaspoon vanilla extract
2 eggs
1 egg white
Vegetable cooking spray

Combine first 8 ingredients in a large bowl. Combine coffee granules and hot water in a small bowl. Stir in vanilla and next two ingredients, and add to flour mixture, stirring until well blended.

Turn dough out onto a lightly floured surface, and knead lightly 7 or 8 times. Shape dough into a 16-inch-long roll. Place roll on a baking sheet coated with cooking spray, and flatten roll to 1-inch thickness.

Bake at 325° for 30 minutes. Remove the roll from the baking sheet to a wire rack, and let cool for 10 minutes. Cut the roll diagonally into 30 (1/2-inch) slices, and place, cut sides down, on baking sheet. Bake for 10 minutes. Turn cookies over, and bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool). Remove cookies from the baking sheet, and let cool completely on wire rack.

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

CALORIES 75 (16% from fat); FAT 1.3g (satfat 0.2g, monofat 0.4g, polyfat 0.6g);
PROTEIN 2g; CARBOHYDRATE 13.7g; FIBER 0.3g; CHOLESTEROL 15mg; IRON
0.6mg; SODIUM 67mg; CALCIUM 10mg;

Cinnamon Biscotti

Source: Cooking Light May, 1997

HU: 2

Servings: 24

Posted by: Emily (EJWyatt)

December 14, 2004

2 1/2 cups all-purpose flour
3/4 cup sugar
1 1/2 teaspoons baking powder
1 1/2 teaspoons ground cinnamon
1/4 teaspoon salt
3 large eggs
2 tablespoons stick margarine, melted
2 teaspoons vanilla extract
Cooking spray
2 tablespoons sugar
1/2 teaspoon ground cinnamon

Preheat oven to 325°.

Combine first 5 ingredients in a large bowl; make a well in center of mixture. Combine eggs, margarine, and vanilla; stir with a whisk. Add to flour mixture, stirring just until moist.

Turn dough out onto a lightly floured surface; knead lightly 10 times. Shape dough into a 16-inch-long roll. Place roll on a baking sheet coated with cooking spray; flatten to a 3/4-inch thickness. Combine 2 tablespoons sugar and 1/2 teaspoon cinnamon; sprinkle over dough.

Bake at 325° for 30 minutes. Remove roll from baking sheet; let cool 10 minutes on a wire rack. Cut roll diagonally into 24 (1/2-inch) slices. Place, cut sides down, on a baking sheet. Bake at 325° for 10 minutes. Turn cookies over; bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet; let cool completely on a wire rack.

Yield: 24 Biscotti

CALORIES 96 (17% from fat); FAT 1.8g (satfat 0.4g, monofat 0.7g, polyfat 0.4g);
PROTEIN 2.2g; CARBOHYDRATE 17.6g; FIBER 0.4g; CHOLESTEROL 28mg; IRON
0.8mg; SODIUM 44mg; CALCIUM 25mg;

White Chocolate-Cashew Coffee Biscotti

Source: Cooking Light December 2004

HU: 2

Servings: 42

Posted by: Emily (EJWyatt)

December 14, 2004

CL Notes: A drizzle of white chocolate lends these Biscotti holiday flair. For contrast, melt semisweet chocolate to drizzle over half the batch.

1/2 cup granulated sugar
1/2 cup packed brown sugar
2 tablespoons butter, softened
1 teaspoon vanilla extract
2 large eggs
1 large egg white
2 1/2 cups all-purpose flour
1/4 cup instant coffee granules
3 tablespoons unsweetened cocoa
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
3/4 cup dry-roasted cashews, coarsely chopped
Cooking spray
1 tablespoon granulated sugar
3 ounces premium white chocolate, chopped

Preheat oven to 350°.

Place first 6 ingredients in a large bowl, and beat with a mixer at medium speed until well blended.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, instant coffee granules, cocoa, baking soda, ground cinnamon, salt, and ground nutmeg; gradually add to sugar mixture, beating until well blended. Stir in the cashews. Turn dough out onto a lightly floured surface; knead lightly 7 times. Divide dough in half. Shape each portion into a 12-inch-long roll. Place rolls on a baking sheet coated with cooking spray; pat to 3/4-inch thickness. Sprinkle rolls evenly with 1 tablespoon granulated sugar.

Bake at 350° for 22 minutes. Remove rolls from baking sheet; cool 10 minutes on a wire rack.

Cut each roll diagonally into 21 (1/2-inch) slices. Carefully stand slices upright on baking sheet.

Reduce oven temperature to 325°; bake 20 minutes (the cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet, and cool completely on wire rack.

Place chocolate in a small heavy-duty zip-top plastic bag; microwave at high 1 minute or until the chocolate is soft. Knead bag until smooth. Snip a tiny hole in corner of bag; drizzle chocolate over Biscotti.

CALORIES 83 (30% from fat); FAT 2.8g (satisfat 1.1g, monofat 0.9g, polyfat 0.3g); PROTEIN 1.8g; CARBOHYDRATE 13g; FIBER 0.4g; CHOLESTEROL 12mg; IRON 0.7mg; SODIUM 56mg; CALCIUM 13mg

Ferakh bel Hummus (Chicken with Chickpeas)

Source: Cooking Light October 2001

HU: 5.5

Servings: 6

Posted by: Emily (EJWyatt)

December 15, 2004

CL NOTES: This Egyptian dish (pronounced fi-ra-KAH bel hoo-MUS) was a family favorite that the author's mother served with plain rice. The mix of tumeric, garlic, and lemon yields a special flavor characteristic of the area. Chickpeas are a staple of the Middle East.

Notes: There is a lot of broth with this dish, almost like a soup. I served it over WW couscous to soak up the broth. I might try adding some cumin next time.

1 tablespoon vegetable oil
1 cup finely chopped onion
3/4 teaspoon ground turmeric
2 chicken drumsticks (about 1/2 pound), skinned
2 chicken thighs (about 1/2 pound), skinned
2 chicken breast halves (about 1 pound), skinned
2 1/2 cups water
2 tablespoons fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon black pepper
3 garlic cloves, crushed
2 (15 1/2-ounce) cans chickpeas (garbanzo beans), drained

Heat oil in a large Dutch oven over medium heat. Add onion, and cook 12 minutes or until onion is golden, stirring often. Stir in the turmeric. Add the chicken to pan, turning to coat. Add the water and next 4 ingredients (water through garlic); bring to a boil. Cover, reduce heat, and simmer 1 hour or until chicken is tender. Remove from heat. Remove the chicken from broth. Remove chicken from bones; cut meat into bite-size pieces. Discard bones. Return chicken to pan, and add chickpeas. Cook 5 minutes or until the chickpeas are thoroughly heated.

Yield: 6 servings (serving size: 1 cup)

CALORIES 275 (25% from fat); FAT 7.5g (satfat 1g, monofat 2.4g, polyfat 3.6g);
PROTEIN 25.7g; CARBOHYDRATE 26.1g; FIBER 6.3g; CHOLESTEROL 59mg; IRON
3.1mg; SODIUM 499mg; CALCIUM 68mg;

Linguine with White Clam Sauce

Source CL Website

Healthy Units 7

Servings 4

Posted by jillybean03

Date 12/15/04

My Comments: This is QUICK and really good. In the time it took the water to boil and the pasta to cook, I had the sauce ready. Actually had to wait on the noodles! There are other recipes that call for fresh clams, but this is a great PANTRY dish.

INGREDIENTS:

1 (10-ounce) can whole baby clams, undrained
2 tablespoons light butter
1 tablespoon olive oil
3 garlic cloves, minced
1 tablespoon all-purpose flour
1/2 cup dry white wine
2 tablespoons chopped fresh parsley
1 teaspoon chopped fresh or 1/4 teaspoon dried thyme
1/8 teaspoon pepper
1 (6 1/2-ounce) can minced clams, drained
4 cups hot cooked linguine (about 8 ounces uncooked pasta)
Thyme sprigs (optional)

INSTRUCTIONS:

Drain baby clams in a sieve over a bowl, reserving juice.
Heat butter and olive oil in a medium saucepan over medium heat. Add garlic, and sauté 1 minute. Stir in flour. Stir in the reserved clam juice, wine, chopped parsley, chopped thyme, and pepper, and cook 2 minutes, stirring frequently. Add the baby clams and the minced clams, and cook 3 minutes or until thoroughly heated. Serve clam sauce over pasta. Garnish with thyme sprigs, if desired.

Yield: 4 servings (serving size: 1 cup pasta and about 1/2 cup sauce)

CALORIES 328 (23% from fat); FAT 8.5g (satfat 2.9g, monofat 3.7g, polyfat 1g);
PROTEIN 18.9g; CARBOHYDRATE 44.9g; FIBER 2.4g; CHOLESTEROL 53mg; IRON
19.7mg; SODIUM 265mg; CALCIUM 75mg;
Cooking Light, MARCH 1998

Creamed Cauliflower with Herbed Crumb Topping

Yield: 10 servings (serving size: about 1 1/4 cups)

Posted by: Jill W.(JilliW)

Date Posted: 12/16/04

CL notes: Making fresh breadcrumbs from sourdough bread and tossing them with garlic butter gives the topping the flavor of garlic bread and a crispy texture that contrasts the creamy filling.

Place bread slices in a food processor and process until fine crumbs measure 3 cups. Set aside.

Cook cauliflower in boiling water 15 minutes or until tender; drain.

Melt 1 tablespoon butter in a large nonstick skillet over medium heat. Add leek and 3 garlic cloves; cook 7 minutes or until tender, stirring frequently. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and milk, stirring with a whisk; add to pan. Bring to a simmer; cook 2 minutes or until thick, stirring constantly. Stir in 3/4 teaspoon salt, cheese, and pepper. Remove from heat; stir in cauliflower. Spoon cauliflower mixture into a 13 x 9-inch baking dish coated with cooking spray.

Melt remaining 1 teaspoon butter in a small skillet over medium heat. Add remaining 3 garlic cloves; cook 30 seconds or until lightly browned, stirring constantly. Remove from heat. Combine breadcrumbs, remaining 1/4 teaspoon salt, parsley, and thyme. Drizzle with garlic-butter mixture; toss to combine. Sprinkle breadcrumb mixture evenly over cauliflower mixture. Bake at 400° for 30 minutes or until bubbly and browned.

CALORIES 214 (29% from fat); FAT 6.9g (satfat 4g, monofat 1.9g, polyfat 0.4g); PROTEIN 11.6g; CARBOHYDRATE 27.9g; FIBER 3.8g; CHOLESTEROL 18mg; IRON 2mg; SODIUM 612mg; CALCIUM 295mg;

Angel Hair Pasta with Scallops Marinara

Source 365 Easy Italian Recipes

Healthy Units: 5 as modified

Servings 8

Posted by jillybean03(Jill)

Date 12/19/04

My comments: I lightened this from the original (haven't tested, but am pretty confident). Original recipe served 4-6 and used 2 TABLESPOONS of olive oil. At 6 servings, that is 8 points (still manageable).

2 teaspoons olive oil
3 tablespoons onion -- finely chopped
2 large garlic cloves -- chopped
12 ounces bay scallop
3/4 cup dry white wine
14 ounces canned tomatoes -- Italian peeled, drained & chopped
2 tablespoons basil, fresh -- chopped or 1 tea. dried
1 tablespoon fresh parsley -- chopped
3/4 teaspoon salt
1/3 teaspoon pepper
1 pound angel hair pasta

Source (from CL or elsewhere)

In a non-reactive large flameproof casserole (pot), heat olive oil over medium heat. Add onion and garlic, and cook 3 to 4 minutes, or until soft and fragrant.

Add scallops to pan and increase heat to medium high. Cook, turning once, 2 to 3 minutes, or until a pale golden color. Remove with a slotted spoon and set aside. Add wine to pan and bring to a boil over high heat. Cook until reduced by half, about 2 minutes. Stir in tomatoes, basil and parsley. Cook, stirring, 3 to 5 minutes or until sauce thickens

Reduce heat to medium. Return scallops to pan and cook 1-2 minutes, or until just heated through. Season with salt and pepper

Meanwhile, cook angel hair pasta in a large pot of boiling salted water until tender but still firm, 4-6 minutes; drain. Pour pasta and sauce into a warmed large bowl and toss together.

Per Serving (excluding unknown items): 285 Calories; 2g Fat (8.1% calories from fat); 15g Protein; 46g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 347mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Cranberry-Apple Crumble

Cooking Light, November 2004

Healthy Units: 6

Servings: 14

Posted By Bawstinn32 (Maria)

December 20, 2004

Note: Apples, cranberries, and an oat topping are an ideal combination of flavors for the holidays. Vary this dessert by using different nuts and nut oils in the topping.

Filling:

1 3/4 cups granulated sugar, divided
1/2 cup cranberry juice
1 (12-ounce) package fresh cranberries
2 pounds Gala apples, peeled, cored, and thinly sliced (about 6 apples)
1 tablespoon all-purpose flour
1/4 teaspoon ground cinnamon
Cooking spray

Topping:

1/2 cup regular oats
3/4 cup all-purpose flour
1/2 cup whole wheat pastry flour
1/2 cup chopped walnuts
1/4 cup packed dark brown sugar
1/2 teaspoon salt
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cardamom
1/4 cup walnut or canola oil
3 tablespoons honey
2 large egg yolks, lightly beaten

INSTRUCTIONS:

- Preheat oven to 375°. To prepare filling, combine 1 1/2 cups granulated sugar, cranberry juice, and fresh cranberries in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer until cranberries pop, stirring occasionally (about 10 minutes). Set aside.
- Combine apples, 1/4 cup granulated sugar, 1 tablespoon all-purpose flour, and 1/4 teaspoon cinnamon in a large zip-top plastic bag. Seal; shake to coat.
- Place cranberry mixture in an 11 x 7-inch baking dish coated with cooking spray; top evenly with apple mixture.
- To prepare topping, place oats in a food processor, and pulse until coarsely chopped. Place oats in a large bowl. Lightly spoon 3/4 cup all-purpose flour and whole-wheat pastry flour into dry measuring cups; level with a knife. Add flours and next 5 ingredients (through cardamom) to the oats; stir to combine. Combine oil, honey, and egg yolks, stirring with a whisk. Add to flour mixture; stir just until moistened. Squeeze handfuls of topping to form large pieces. Crumble over filling. Bake at 375° for 40 minutes or until topping is golden and bubbly.

CALORIES 302 (24% from fat); FAT 7.9g (satfat 0.9g, monofat 1.6g, polyfat 4.7g); PROTEIN 3g; CARBOHYDRATE 58g; FIBER 4.6g; CHOLESTEROL 30mg; IRON 1.2mg; SODIUM 88mg; CALCIUM 17mg

Chocolate Creme Brulee

Source: The New American Heart Association Cookbook

HU: 3 per serving

Servings: 10

Posted by: MissVN

Date posted: 12/20/04

INGREDIENTS:

3 cups fat free half & half

1/2 cup unsweetened cocoa powder, sifted

Egg substitute equivalent to 6 eggs

2/3 cup sugar

3 tablespoons plus 1 teaspoon mini chocolate chips

Scant 1/2 cup sugar

1 cup fresh raspberries

INSTRUCTIONS:

Preheat the oven to 325 degrees.

In a medium microwave safe bowl, whisk together the half and half and cocoa (the mixture will be lumpy). Cover with plastic wrap. Microwave on 100 percent power for 1 minute to 1 minute and 30 seconds, until slightly warm. Whisk again to dissolve lumps.

Whisk in the egg substitute and 2/3 cup sugar. Pour 1/2 cup mixture in to each of 10 6-ounce broiler proof custard cups.

Spoon 1 teaspoon chocolate chips in to the middle of each custard cup. Place the custard cups on a 17x12x1 inch rimmed baking sheet or large baking pan. Fill the baking sheet half full with warm water, or fill the baking pan to the depth of 1 inch.

Bake for 30 to 35 minutes or until the center is set (does not jiggle when gently shaken). Transfer the baking sheet to a cooling rack. Carefully transfer the custard cups to another cooling rack. Let cool for 15 minutes. Cover and refrigerate for 2 hours to 2 days.

At serving time, preheat the broiler. Uncover the custard cups. Sprinkle 2 teaspoons sugar over each serving. Put the cups on a broiler proof pan.

Broil with the top of the cups about 2 inches from the heat source for 2 to 4 minutes, or until the sugar is caramelized.

To serve, put each cup on a plate. Garnish with the raspberries. 172 Calories; 2g Fat (12.1% calories from fat); 1g Protein; 32g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 76mg Sodium. Exchanges: 0 Grain(Starch); Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 1/2 Fat; 1 1/2 Other Carbohydrates.

Date-and-Maple Scones

Source: The Best of Cooking Light Cookbook

HU's: 4

Serves: 12

Posted by: Kate (KateWD)

December 21, 2004

Comments: Nice and moist, loved the date/maple combination, the syrup adds just the right amount of sweetness.

2 C. all-purpose flour (used whole wheat pastry flour)
1/4 C. firmly packed brown sugar
1-1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1/3 C. chilled stick margarine, cut into small pieces (used light butter)
1/2 C. pitted, chopped dates
1/2 C. 1% low-fat milk
3 T. maple syrup
Vegetable cooking spray

Preheat oven to 400 degrees.

Combine first five ingredients in a bowl; cut in margarine with pastry blender or two knives until mixture resembles coarse meal. Add dates; toss well. Combine milk and syrup. Add to flour mixture, stirring just until moist.

Turn dough out onto a lightly floured surface; knead four or five times. Pat dough into an 8-inch circle on a baking sheet coated with cooking spray. Cut dough into 12 wedges, cutting into, but not through, dough. Do not separate wedges.

Bake at 400 degrees for 15 minutes or until golden. Serve warm. Yield: one dozen.

Yield: 1 dozen

NUTRITION PER SERVING

CALORIES 176 (28% from fat); FAT 5.5g (sat 1.1g, mono 2.3g, poly 1.7g); PROTEIN 2.7g; CARB 29.8g; FIBER 1.2g; CHOL 0.0mg; IRON 1.3mg; SODIUM 168mg; CALC 61mg;

White Bean & Vegetable Stew in Red Wine

Source: CL January 1999

Healthy Units (7)

Servings 6 (1 ½ cup) servings

Posted by diAne

Date: 21 Dec 2004

CL Notes: I've taken liberties with a French recipe, expanding it into a hearty winter bean-and-vegetable stew. Cannellini or plump white Aztec beans make a dramatic, handsome dish. While olive oil is always splendid with beans, butter gives this dish its silky texture.

2 cups dried Cannellini or other white beans (about 12 ounces)

1 onion, peeled

2 whole cloves

8 cups water

6 tablespoons chopped fresh parsley, divided

1/2 cup diced celery

1/2 cup diced carrot

1 teaspoon salt

1/4 teaspoon dried thyme

2 bay leaves

2 cups thinly sliced leeks

2 cups (1-inch) cubed chopped peeled celeriac or 2 cups sliced celery (I used celery)

1 cup (2-inch-thick) sliced carrot

1/4 teaspoon black pepper

1 garlic clove, minced

4 tablespoons chilled butter or stick margarine, divided

2/3 cup diced shallots

1 cup dry red wine

Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil, and cook 2 minutes. Remove from heat; cover and let stand 1 hour. Drain beans, and discard soaking liquid. Return beans to pan.

Cut onion in half. Stud one onion half with cloves; dice remaining onion half. Add clove-studded onion, diced onion, 8 cups water, 1/4 cup parsley, 1/2 cup diced celery, and next 4 ingredients (diced celery through bay leaves) to beans; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Discard clove-studded onion and bay leaves. Add leeks, celeriac, and sliced carrot; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until sliced carrot is tender. Drain bean mixture in a colander over a bowl, reserving 1 1/2 cups liquid. Return bean mixture to pan. Stir in pepper and garlic.

Melt 2 tablespoons butter in a medium skillet over medium heat. Add shallots, and sauté 3 minutes. Add wine, and bring to a boil. Reduce heat, and simmer until liquid almost evaporates (about 8 minutes). Remove from heat. Cut 2 tablespoons butter into small pieces, and add wine mixture, stirring until well blended. Gently stir butter mixture into bean mixture. Stir in reserved cooking liquid, and simmer gently for 5 minutes. Garnish with 2 tablespoons chopped parsley.

NUTRITION PER SERVING

CALORIES 343(23% from fat); FAT 8.8g(sat 5.1g,mono 2.3g,poly 0.8g); PROTEIN 15.6g; CHOLESTEROL 21mg; CALCIUM 179mg; SODIUM 561mg; FIBER 27g; IRON 5.1mg; CARBOHYDRATE 54g

White Chocolate-Cashew Coffee Biscotti

Source: Cooking Light December 2004

HU's: 2

Serves: 42

Posted by: Kate (KateWD)

Date posted: December 21, 2004

A drizzle of white chocolate lends these Biscotti holiday flair. For contrast, melt semisweet chocolate to drizzle over half the batch.

1/2 cup granulated sugar
1/2 cup packed brown sugar
2 tablespoons butter, softened
1 teaspoon vanilla extract
2 large eggs
1 large egg white
2 1/2 cups all-purpose flour
1/4 cup instant coffee granules
3 tablespoons unsweetened cocoa
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
3/4 cup dry-roasted cashews, coarsely chopped
Cooking spray
1 tablespoon granulated sugar
3 ounces premium white chocolate, chopped

Preheat oven to 350°.

Place first 6 ingredients in a large bowl, and beat with a mixer at medium speed until well blended.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, instant coffee granules, cocoa, baking soda, ground cinnamon, salt, and ground nutmeg; gradually add to sugar mixture, beating until well blended. Stir in the cashews. Turn dough out onto a lightly floured surface; knead lightly 7 times. Divide dough in half. Shape each portion into a 12-inch-long roll. Place rolls on a baking sheet coated with cooking spray; pat to 3/4-inch thickness.

Sprinkle rolls evenly with 1 tablespoon granulated sugar.

Bake at 350° for 22 minutes. Remove rolls from baking sheet; cool 10 minutes on a wire rack.

Cut each roll diagonally into 21 (1/2-inch) slices. Carefully stand slices upright on baking sheet.

Reduce oven temperature to 325°; bake 20 minutes (the cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet, and cool completely on wire rack.

Place chocolate in a small heavy-duty zip-top plastic bag; microwave at high 1 minute or until the chocolate is soft. Knead bag until smooth. Snip a tiny hole in corner of bag; drizzle chocolate over Biscotti.

Yield: 3 1/2 dozen (serving size: 1 biscotto)

NUTRITION PER SERVING: CALORIES 83(30% from fat); FAT 2.8g(sat 1.1g,mono 0.9g,poly 0.3g); PROTEIN 1.8g; CHOLESTEROL 12mg; CALCIUM 13mg; SODIUM 56mg; FIBER 0.4g; IRON 0.7mg; CARBOHYDRATE 13g

Jambalaya

Source: Cooking Light December 2004

HU's: 6

Serves: 6

Posted by: Kate (KateWD)

December 21, 2004

This dish came together quickly and is delicious.

This Creole dish is a breeze to prepare and works well for busy nights after holiday shopping. It's great when you need a meal that can stand for a while once it's ready, and it reheats well. Serve with hot sauce.

INGREDIENTS:

2 teaspoons vegetable oil

1/4 pound skinless, boneless chicken breast, cut into bite-sized pieces

1/4 pound skinless, boneless chicken thighs, cut into bite-sized pieces

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 cup chopped smoked turkey sausage (about 4 ounces)

1 cup chopped onion

1/2 cup chopped green bell pepper

1/2 cup chopped celery

1 garlic clove, minced

1 1/2 cups uncooked long-grain white rice (I used brown Basmati rice)

2 3/4 cups fat-free, less-sodium chicken broth

2 teaspoons paprika

1/2 teaspoon dried thyme

1/4 teaspoon ground red pepper

1 (14.5-ounce) can diced tomatoes, undrained

1/4 pound large shrimp, peeled, deveined, and chopped

1/4 cup thinly sliced green onions

INSTRUCTIONS:

Heat oil in a large skillet over medium-high heat. Sprinkle chicken with salt and black pepper.

Add chicken to pan, and cook 5 minutes or until lightly browned, stirring occasionally. Remove chicken from pan; cover and keep warm. Add sausage to pan; cook 5 minutes or until lightly browned, stirring occasionally. Add 1 cup onion, bell pepper, celery, and garlic; cover, reduce heat to low, and cook 12 minutes or until vegetables are tender, stirring occasionally.

Stir in rice; cook 2 minutes, stirring constantly. Add broth, paprika, thyme, and red pepper; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Add chicken and tomatoes; cook, uncovered, 10 minutes or until liquid is absorbed. Stir in shrimp; cover and cook 5 minutes or until shrimp are done. Remove from heat, and let stand 5 minutes. Fluff with a fork. Sprinkle with green onions.

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

NUTRITION PER SERVING CALORIES 322(14% from fat); FAT 5.1g(sat 1.1g,mono 1.5g,poly 1.9g); PROTEIN 20.4g; CHOLESTEROL 68mg; CALCIUM 72mg; SODIUM 640mg; FIBER 3.2g; IRON 3.3mg; CARBOHY

Shortbread Bites

Source: CLBB "Good Housekeeping, December 2003"

HU's: .25 per cookie

Serves: 160

Posted by: Kate (KateWD)

December 21, 2004

These are adorable bite size cookies, they look like tiny Christmas gifts, are very easy to make and they taste great too! The 160 above is correct, these are tiny cookies.

1 1/4 c flour

3 tbsp. sugar

1/2 c butter

1 tbsp. red and green sprinkles or nonpareils or

1/2 cup mini baking bits (I used 1T colored green and red sugar)

Preheat oven to 325.

In food processor with a knife blade, pulse flour and sugar until combined.

Add butter and pulse until dough begins to come together.

Place dough in a medium bowl.

With hands, gently knead in sprinkles until evenly blended and dough forms a ball.

On lightly floured waxed paper, pat dough into an 8x5 rectangle; freeze 15 minutes.

Cut dough into 1/2-inch squares.

Place squares 1/2 inch apart on ungreased cookie sheet.

Bake 18 to 20 minutes or until lightly browned on bottom.

Transfer cookies to a wire rack to cool.

Mocha Truffle Cookies

Source: CLBB

HU's: 3

Serves: 36

Posted by: Kate (KateWD)

December 21, 2004

These are not terribly light, but they are a good size, very rich, satisfying, decadent and delicious.

INGREDIENTS:

1/2 cup butter
1/2 cup chocolate chips
1 tablespoon instant coffee granules
3/4 cup sugar
3/4 cup brown sugar
2 large eggs
2 teaspoons vanilla extract
2 cups flour, all-purpose
1/2 cup cocoa
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup chocolate chips

INSTRUCTIONS:

Melt butter and 1/2 cup chocolate chips. Add instant coffee and blend well. Allow to cool for 5 minutes.

Add sugars, eggs, and vanilla to coffee mixture. Add dry ingredients. Stir in chocolate chips.

Bake at 350 degrees for 10 minutes. Do not overbake.

Yield:"3 dozen"

Per Serving (excluding unknown items): 127 Calories; 6g Fat (38.5% calories from fat); 2g Protein; 19g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 53mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1 Other Carbohydrates.

Spinach Balls

Source: CLBB Cyber Cookbook

HU's: 1

Serves: 40

Posted by: Kate (KateWD)

December 21, 2004

This is a great app to keep on hand in the freezer.

INGREDIENTS:

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

2 cups crushed herb stuffing mix

1 cup grated Parmesan cheese, firmly packed

1/2 cup butter, melted

4 scallions, chopped

3 eggs

1 dash nutmeg

INSTRUCTIONS:

Combine all ingredients in a large bowl.

Shape into 1-inch balls.

Cover and refrigerate or freeze until ready to bake.

Arrange spinach balls on an ungreased cookie sheet and bake 10 to 15 minutes at 350° until lightly browned.

If frozen, there is no need to thaw first, but you may need to increase the baking time.

Serve with your favorite mustard for dipping.

Makes about 40 spinach balls.

Nutritional Info: Per Serving (40 servings): 48 Calories; 3g Fat (62.1% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 111mg Sodium.

Herbed Potato Frittata

Source: CL, January 1995

HUs: 6

Servings: 1/4 of the frittata

Posted by: Maggie3427

December 22, 2004

2 cups diced red potato
1 tablespoon reduced margarine
1/3 cup sliced green onions
1 teaspoon dried basil
1/2 teaspoon dried marjoram (I only used 1/4 teaspoon)
1/4 teaspoon salt
1/4 teaspoon black pepper
1 garlic clove, minced
2 8-ounce cartons egg substitute
3/4 cup (3 ounces) reduced fat sharp cheddar cheese

1. Place potato in a saucepan; add water to cover, and bring to a boil. Cover, reduce heat, and simmer 15 minutes or until tender; drain.

2. Melt margarine in a 10-inch nonstick skillet over medium-high heat. Add potato, onions, and next 5 ingredients; sauté 2 minutes. Spread mixture evenly in bottom of skillet; pour egg substitute over potato mixture. Reduce heat to medium-low, and cook, uncovered, 8 minutes or until almost set.

3. Wrap handle of skillet with aluminum foil; broil 5 1/2 inches from heat 3 minutes. Sprinkle with cheese; broil an additional 30 seconds or until cheese melts.

NUTRITIONAL INFORMATION: CALORIES 274(24% from fat); FAT 7.4g(sat 3.5g,mono 2.2g,poly 1g); PROTEIN 25.6g; CHOLESTEROL 19mg; CALCIUM 331mg; SODIUM 681mg; FIBER 2g; IRON 3.6mg; CARBOHYDRATE 26.1g

Cinnamon Cranberry Snack Mix

Source: a TX book club friend

Healthy Units: 3 (based on ¼ cup serving)

Servings: approx. 5 cups

Posted by: diAne

Date: 24 Dec 04

My Notes: Original recipe uses ½ cup of sugar; I substituted ¼ cup sugar and ¼ cup Splenda.

Ingredients:

- 1 cup whole almonds, blanched
- 2 cups Pepperidge Farm Goldfish Pretzel Crackers (I used mini pretzels)
- 1 cup dried cranberries (I used Craisins)
- 1/4 cup sugar
- 1/4 cup Splenda
- 1 egg white
- 1/2 tsp. ground cinnamon
- 1/2 tsp. table salt

Instructions:

Preheat oven to 350 degrees.

Spread almonds evenly on a baking sheet; toast in oven 7 to 8 minutes, or until they are slightly darker in color. Cool completely.

Reduce oven to 225 degrees.

Combine almonds and pretzels in a large bowl. In a small bowl, beat egg white until foamy; pour over pretzel mixture and toss until well coated. In another bowl, combine spices; sprinkle over pretzel mixture and toss until well coated. Spread evenly on a greased baking sheet.

Bake for 1 hour, stirring every 15 minutes. Cool completely; toss with cranberries and store in an airtight container.

Sesame Ginger Scallion Oven Roasted Salmon

Source: www.wildthymes.com

Healthy Units: 8 (based on 4 oz. salmon serving & ¼ sauce serving)

Servings: 4

Posted by: diAne

Date: 24 Dec 04

Notes: HUs can easily be lowered by reducing salmon serving to 3 oz. and in using less olive oil. Well worth the points...truly gourmet! Be sure to visit Wild Thymes web site.

- 4 salmon fillets (any fish can be substituted)
- 1/4 cup Wild Thymes Sesame Ginger Scallion Mustard
- 1/2 cup non-fat sour cream (plain yogurt can be substituted)
- 1 tablespoon olive oil
- 2 shallots (or small onion)
- Salt & pepper to taste

Preheat oven to 425 degrees. Brush oil over salmon; season with salt & pepper. Roast in oven for 7-10 minutes.

While salmon is roasting, sauté shallots in olive oil until golden brown. Reduce heat to low and add Wild Thymes Ginger Scallion Mustard and sour cream. Cook 1 minute. Remove from heat; pour down the center of each salmon fillet.

Cheese Pie with Bourbon Cream Eggnog

Cooking Light, DECEMBER 2004

Healthy Units: 6

Yield: 10 servings (serving size: 1 pie slice and about 2 teaspoons bourbon cream)

Posted by MG-Driver

December 26, 2004

Ingredients

Crust:

32 low-fat graham crackers (8 cookie sheets)

2 tablespoons granulated sugar

1 1/2 tablespoons butter, melted

1 large egg white

Cooking spray

Filling:

1/2 cup plain fat-free yogurt

1/2 cup (4-ounces) block-style 1/3-less-fat cream cheese, softened

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

1 teaspoon vanilla extract

2 large eggs

1/3 cup granulated sugar

2 tablespoons all-purpose flour

1/8 teaspoon salt

2/3 cup eggnog

2 large egg whites

2 tablespoons granulated sugar

Bourbon cream:

3/4 cup frozen fat-free whipped topping, thawed

2 tablespoons eggnog

1 teaspoon bourbon

1/8 teaspoon grated nutmeg

Instructions:

-Preheat oven to 350°.

-To prepare crust, place crackers in a food processor; process until crumbly. Add 2 tablespoons sugar, butter, and 1 egg white; pulse 5 times or just until moist. Press crumb mixture evenly into a 9-inch pie plate coated with cooking spray. Bake at 350° for 8 minutes; cool on a wire rack for 15 minutes.

-Reduce oven temperature to 325°.

-To prepare filling, spoon yogurt onto several layers of heavy-duty paper towels; spread yogurt to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes. Scrape into a bowl using a rubber spatula. Place cream cheeses and vanilla in a bowl; beat with mixer at medium speed until smooth. Add eggs, one at a time, beating well after each addition. Combine sugar, flour, and salt, stirring with a whisk. Add sugar mixture to cheese mixture; beat until combined. Add yogurt to cheese mixture; add eggnog. Beat at low speed just until combined.

-Beat 2 egg whites with a mixer at medium speed until soft peaks form. Add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold egg whites into the eggnog mixture. Pour filling into prepared crust. Bake at 325° for 40 minutes or until center is almost set. Cool completely on wire rack. Chill overnight.

-To prepare bourbon cream, place the whipped topping in bowl. Gently fold in 2 tablespoons

eggnog and bourbon; chill. Top each pie slice with bourbon cream; sprinkle with nutmeg before serving.

CALORIES 263 (29% from fat); FAT 8.6g (satfat 4.3g, monofat 1.5g, polyfat 0.4g); PROTEIN 8.4g; CARBOHYDRATE 37.8g; FIBER 0.9g; CHOLESTEROL 68mg; IRON 1.2mg; SODIUM 293mg; CALCIUM 87mg;

Coconut Nests

Good Housekeeping, December 2004

HU: 1.8 per nest

Servings: 36 nests

Posted by DebMj1

12/27/04

Notes: These taste like little Mounds bars. I subbed dark chocolate chips instead of the semisweet. You could also do semisweet and add some chopped almonds and turn them into little Almond Joy cups. They're great warmed up in the microwave for just a few seconds - just long enough to soften the chocolate just a tiny bit.

3 large egg whites

1/3 Tablespoon sugar

1 teaspoon vanilla extract

14 ounces sweetened coconut flakes

1 cup semisweet chocolate chips

1. Preheat oven to 325 F. Grease 36 mini muffin pan cups.
2. In large bowl, with mixer at high speed, beat egg whites until soft peaks form. Beating at high speed, gradually sprinkle in sugar until whites stand in stiff, glossy peaks when beaters are lifted. Beat in vanilla. Stir in coconut.
3. Spoon coconut mixture by heaping measuring tablespoons into prepared muffin-pan cups. With end of wooden spoon handle or with finger, form an indentation in center of each cup, pressing coconut mixture up sides of cups. Place about 12 chocolate chips in center of each nest. Bake nests 20 minutes.
4. Transfer pan to wire rack; let stand 5 minutes to cool slightly. With fork, carefully lift each nest from cup and transfer to rack to cool completely.
5. Store in tightly covered container with waxed paper between layers at room temperature up to 1 week or in freezer up to 3 months.

Each nest has 80 calories, 1 gm. protein, 9 gms. carbohydrates, 5 gms total fat (4 gms. saturated), 1 gm. fiber, no cholesterol and 5 mg. sodium.

Onion-Smothered Roast Brisket and Vegetables

Source: Cooking Light March 2000

HU: 7

Posted by: Waneyvant

Date: December 28, 2004

(See My Notes Below)

A meat-and-three classic, this dish puts meat and potatoes squarely in the center of the plate, yet leaves room for more.

1 (2 1/2-pound) beef brisket
6 cups thinly sliced onion, separated into rings
1 cup bottled chili sauce
1/2 cup beer
1 tablespoon brown sugar
1 tablespoon Worcestershire sauce
1 pound carrots, cut into 1 1/2-inch-thick pieces (about 2 cups)
1 1/2 pounds red potatoes (about 6), quartered
1/2 teaspoon seasoned salt
1/2 teaspoon garlic pepper (such as Lawry's)

Preheat oven to 325°. Trim fat from brisket. Place brisket in a large roasting pan; top with onion. Combine chili sauce, beer, sugar, and Worcestershire sauce; pour over onion. Cover and bake at 325° for 1 1/2 hours.

Stir onion into cooking liquid. Arrange the carrots and potatoes around brisket; spoon cooking liquid over vegetables. Sprinkle seasoned salt and garlic pepper over meat and vegetables. Cover and bake an additional 1 1/2 hours or until vegetables are tender.

Cut brisket diagonally across the grain into thin slices. Arrange the beef and vegetables in each of 8 shallow bowls, and serve with sauce.

Note: If you don't have a large roasting pan, cut brisket in half, and place in a large Dutch oven. MY NOTES: i added some halved fresh white mushrooms, about 8 oz, i also did not have enough chili sauce, so i used the substitution of tomato sauce w/spices & brown sugar from the Complete Cooking Light: 1 8-oz can tomato sauce, 1/4 c. brown sugar, 2 T. vinegar, 1/4 tsp cinnamon, dash of ground cloves, dash of ground allspice

Yield: 8 servings (serving size: 3 ounces beef, 1 cup vegetables, and 1/3 cup sauce)

CALORIES 361 (28% from fat); FAT 11.3g (satfat 4.1g, monofat 5g, polyfat 0.5g);
PROTEIN 29.2g; CARBOHYDRATE 35.8g; FIBER 4g; CHOLESTEROL 79mg; IRON
4.2mg; SODIUM 682mg; CALCIUM 55mg;

Moroccan Cornish Hens

Source: CL.com from Cooking Light, APRIL 1998

Healthy Units 8

Servings 8

Posted by jillybean03

12/28/04

Note: Make the paste and marinade the day before; marinate the hens the day of the party.

4 large oranges, sliced
2 cups whole pitted dates (about 8 ounces)
4 (1 1/2-pound) Cornish hens

Paste:

2 cups cilantro sprigs
1/2 teaspoon ground cardamom
2 teaspoons ground cumin
1/4 teaspoon ground coriander
12 garlic cloves
1/2 cup pimento-stuffed olives

Marinade:

1/2 cup balsamic vinegar
1/2 cup dry Marsala
1/4 cup honey

Arrange orange slices in 2 (13 x 9-inch) baking dishes, and sprinkle evenly with dates. Remove and discard giblets and necks from hens. Rinse hens with cold water; pat dry. Remove skin, and trim excess fat. Split hens in half lengthwise. Place hen halves, meaty side up, on top of dates.

Prepare paste: Place cilantro in a food processor; pulse 4 times or until coarsely chopped. Add cardamom, cumin, coriander, and garlic, and process until finely chopped. Pat cilantro mixture onto hens; arrange olives around hens.

Prepare marinade: Combine vinegar, wine, and honey; stir well with a whisk until well-blended. Place in refrigerator for up to two days, if desired.

Slowly pour marinade over hens. Cover and marinate in refrigerator 2 to 24 hours, basting once with the vinegar mixture.

Preheat oven to 350°.

Uncover hens, and bake at 350° for 1 hour and 25 minutes or until juices run clear, basting occasionally with the vinegar mixture. Shield wings with foil, if needed.

Yield: 8 servings

CALORIES 412 (23% from fat); FAT 10.5g (satfat 2.7g, monofat 4.3g, polyfat 2.1g); PROTEIN 35.5g; CARBOHYDRATE 46.9g; FIBER 8.3g; CHOLESTEROL 101mg; IRON 3.5mg; SODIUM 1198mg; CALCIUM 111mg;

Coffee-Braised Pot Roast with Caramelized Onions

Source: Eating Well, Fall 2004

HUs: 6

Servings: 10 (3oz. of meat and 1/3 cup gravy)

Posted by: Maggie 3427

December 28, 2004

Comments: My gravy came out like more of an au jus rather than a thick gravy but it was still delicious.

1 4-pound beef chuck roast, trimmed of fat
1/2 teaspoon salt, or to taste
4 teaspoons extra virgin olive oil, divided
2 large onions, halved and thinly sliced (4 cups)
4 cloves garlic, minced
1 teaspoon dried thyme
3/4 cup strong brewed coffee
2 tablespoons balsamic vinegar
2 tablespoons cornstarch mixed with 2 tablespoons water

1. Preheat oven to 300.

2. Season beef with salt and pepper. Heat 2 teaspoons oil in a Dutch oven or soup pot over medium high heat. Add beef and cook, turning from time to time, until well browned on all sides, 5 to 7 minutes. Transfer to a plate.

3. Add the remaining 2 teaspoons of oil to the pot. Add onions, reduce heat to medium and cook, stirring often, until softened and golden, 5 to 7 minutes. Add garlic and thyme; cook, stirring for 1 minute. Stir in coffee and vinegar; bring to a simmer. Return the beef to the pot and spoon some onions over it. Cover and transfer to the oven.

4. Braise the beef in the oven until fork tender but not falling apart, 2 1/2 hours to 3 hours. Transfer beef to a cutting board, tent with foil and let rest for about 10 minutes.

5. Meanwhile, skim fat from the braising liquid; bring to a boil over medium high heat. Add the cornstarch mixture and cook, whisking until the gravy thickens slightly, about 1 minute. Season with black pepper.

PER SERVING: 252 CAL; 12g FAT (4g SAT, 6g MONO); 97mg CHOL; 5g CARB; 29g PROTEIN; 0g FIBER; 172mg SODIUM.

Hearty Navy Bean Soup

Source: CL March 2000

Healthy Units: 4

Servings: 8 servings, 1 1/2 cups each

Posted by Petiteyaya (Cindy)

Date: 12/28/04

Comments: I used a ham bone instead of hocks, added about 1 cup chopped celery and chopped carrots instead of slicing them. I did the quick-soak method. Cooking time was shorter than recipe states. The soup tastes almost buttery rich.

1 pound dried navy beans (about 2 cups)
8 cups water
1 cup chopped onion
3 garlic cloves, chopped
2 smoked ham hocks (about 10 ounces)
2 bay leaves
2 cups thinly sliced carrot
3/4 teaspoon salt
1/2 teaspoon black pepper

Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours. Drain beans.

Combine the beans, 8 cups water, and next 4 ingredients (8 cups water through bay leaves) in pan, and bring to a boil. Cover, reduce heat, and simmer 2 hours. Stir in the sliced carrot, salt, and pepper. Simmer for 40 minutes or until the beans are tender.

Remove bay leaves, and discard. Remove the ham hocks, and shred meat, discarding fat and gristle. Return the meat to pan.

Note: To quick-soak the beans, sort and wash beans, and place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil and cook 2 minutes. Remove from heat; cover and let stand 1 hour. Drain beans.

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

CALORIES 251 (9% from fat); FAT 2.6g (satfat 0.9g, monofat 0.9g, polyfat 0.6g); PROTEIN 17.8g; CARBOHYDRATE 40.5g; FIBER 6.6g; CHOLESTEROL 11mg; IRON 4.2mg; SODIUM 545mg; CALCIUM 108mg.

Carrot Coins with Maple-Balsamic Browned Butter

Source: CL December 2004

Healthy Units: 1

Servings: 4 servings

Posted by Petiteyaya (Cindy)

Date: 12/28/04

Comments: A glaze dresses up steamed carrots, making them upscale enough for the holiday table. This recipe tastes best when you start with whole carrots. The peeling and slicing take less than five minutes.

3 1/4 cups (1/4-inch-thick) slices peeled carrots (about 1 pound)

1 tablespoon butter

1 tablespoon maple syrup

1 teaspoon balsamic vinegar

1/8 teaspoon salt

1/8 teaspoon freshly ground black pepper

1 teaspoon chopped fresh parsley

Steam carrots, covered, 15 minutes or until tender.

Melt butter in a medium nonstick skillet over medium heat. Cook butter 3 minutes or until lightly browned, stirring occasionally. Add syrup, vinegar, salt, and black pepper; stir until combined. Add carrots; cook 1 minute or until thoroughly heated, stirring to coat. Stir in parsley.

Yield: 4 servings (serving size: about 2/3 cup)

CALORIES 86 (32% from fat); FAT 3.1g (satfat 1.8g, monofat 0.8g, polyfat 0.2g); PROTEIN 1.1g; CARBOHYDRATE 14.5g; FIBER 3.4g; CHOLESTEROL 8mg; IRON 0.5mg; SODIUM 173mg; CALCIUM 43mg;

Cooking Light, DECEMBER 2004

Dolmades: Stuffed Vine Leaves

Source FoodTV.com

Healthy Units 3 with sauce, 2 without

Core: Core if Brown Rice is used?

Servings: 12 appetizer or 2-4 Entree

Posted by jillybean03

12/30/04

My comments: A huge hit! I skipped the sauce, and served them with TJ's Tahini sauce and a homemade Tzatziki (yogurt/cucumber sauce). The recipe didn't give amts for the herbs - I used ~1 T. oregano, and about 1/4c. parsley and mint (each). It called for a full 16 oz bottle of grape leaves, but I found that I only used 1/2. (Maybe I put too much filling in - probably used closer to 1 T. for each)

1 pound ground beef, 96% lean
1 medium yellow onion -- minced
Dried oregano
Fresh Parsley -- finely chopped
Mint leaves -- cut into chiffonade
2/3 cup rice -- uncooked
Salt and freshly ground black pepper
8 ounces grape leaves -- (1/2 of 16 ounce jar)
4 small eggs -- beaten*
3 lemons -- juiced
1 cup water

In a bowl mix the raw ground beef, onion, oregano, parsley, mint, rice, salt, and pepper together.

Carefully, separate the vine leaves. Place each leaf on a wooden board shiny side down, with its stem toward you. Put a teaspoon of the stuffing near the bottom of the leaf, fold the bottom and 2 sides to cover the filling, and roll tightly toward the tip of the leaf.

Place them in a casserole dish or pan and cover with several of the remaining grape leaves. Cover completely with stock or water and place in a preheated 350 degree F oven to bake for 1 hour, or until the rice and the leaves are tender and the juice absorbed.

Once the grape leaves are done, uncover them. Carefully pour any remaining liquid out of the pan into a bowl. In a separate bowl, mix the lemon into the eggs and beat until frothy. Slowly whisk in the remaining broth from the grape leaves into the egg/lemon mixture. If it is done too fast, the eggs will curdle. Pour the entire egg mixture over the grape leaves and let sit to warm. Serve cold as a meze (appetizer) or warm as an entree.

Per Serving (excluding unknown items): 124 Calories; 3g Fat (32.0% calories from fat); 3g Protein; 12g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 257mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.

Beet Roesti with Rosemary (AKA Beet pancake)

from The Minimalist Cooks at Home by Mark Bittman

Healthy Units: 4 per serving

Servings: 4

Posted by Lynette

1/2/2005

Ingredients:

2 pound beets

2 tsp rosemary

Salt and Pepper to taste

1/2 cup all-purpose flour

2 Tbsp butter

Minced parsely or rosemary leaves for garnish

Instructions:

1. Trim beets and peel them as you would potatoes; grate them in a food processor or by hand. Begin preparing a 12-inch nonstick skillet over medium heat.
2. Toss the grated beets in a bowl with the rosemary, salt and pepper. Add about half the flour; toss well, add the rest of the flour, toss again.
3. Place butter in skillet and heat until it begins to turn nut-brown. Scrape the beet mixture into the skillet, and press it down with a spatula to form a round. With the heat at medium to medium high-- the pancake should be getnly sizzling--cook, shaking the pan occasionally, until the bottom of the beet cake is nicely crisp, 8 to 10 minutes. Slide the cake out onto a plate, top with another plate, invert the two plates, and return the cake to the pan. Continue to cook, adjusting the heat if necessary, until the second side is browned, another 10 minutes or so. Garnish, cut into wedges, and serve hot or at room temperature.

Chicken Soup for the Bowl

Source: Crazy Plates, pg 45

HUs: 5

Servings: 1/6 of the pot

Posted by: andiette

Jan 2, 2005

2 lbs skinless, bone-in chicken thighs and drumsticks (about 8 pieces)

6 C low-fat chicken broth

3 stalks lemongrass, cut into 1 in pieces

1 tsp grated gingerroot

10 black peppercorns

1/2 tsp ground coriander

1/2 tsp crushed red pepper flakes

2 C sliced mushrooms

1 C light coconut milk

1/4 C chopped green onions

1 tsp sugar

1/2 tsp coconut extract

2 T chopped, fresh cilantro

1 T lime juice

2 C cooked white rice

In a large soup pot, combine chicken pieces, broth, lemongrass, gingerroot, peppercorns, coriander and crushed red pepper flakes. Bring to a boil. Reduce heat and simmer, partially covered, for 30 minutes. Skim off any foam.

Remove chicken. Strain off bones and set aside.

Strain the broth and discard solids. Return to pot and stir in chicken, mushrooms, coconut milk, green onions, sugar and coconut extract. Cook over med heat until mushrooms are tender; about 10 minutes. Stir in cilantro, lime juice and cooked rice. Serve hot.

Cashew Sweet and Sour Pork

Source: Cooking Light, November 2003

HUs: 10 with rice

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

Posted by: Maggie 3427

January 3, 2005

Comments: Stir-frying is fast but requires constant attention. To succeed, the ingredients must be ready to go before cooking begins. Once you start, keep stirring the food, maintaining the medium-high heat.

While this is kind of high in points, I thought that this really satisfied my Chinese food craving.

1 (3-1/2 oz.) bag boil-in-bag long grain rice
2 tablespoons cornstarch, divided
1 tablespoon sherry
1 (1-pound) pork tenderloin, trimmed and cut into 1/2-inch pieces
1/3 cup water
1/4 cup sugar
1/4 cup cider vinegar
3 tablespoons low-sodium soy sauce
3 tablespoons ketchup
1 tablespoon peanut oil (I used regular canola oil)
1/3 cup finely chopped dry-roasted cashews, unsalted
1/4 cup chopped green onions
2 teaspoons bottled minced fresh ginger
1 teaspoon bottled minced garlic
1/2 pound snow peas, trimmed
1 (8-ounce) can pineapple chunks in juice, drained

1. Cook rice according to package directions, omitting salt and fat. Combine 1 tablespoon cornstarch, sherry, and pork, tossing well. Combine 1 tablespoon cornstarch, water, sugar, vinegar, soy sauce, and ketchup, stirring with a whisk.

2. Heat the peanut oil in a large nonstick skillet over medium-high heat. Add pork mixture; stir-fry 3 minutes. Add cashews, green onions, ginger, and garlic; stir-fry 1 minute. Add snow peas and pineapple; stir-fry 3 minutes or until snow peas are crisp-tender.

3. Add vinegar mixture to pan; bring to a boil. Cook 1 minute, stirring frequently. Serve the pork mixture over rice.

NUTRITION PER SERVING CALORIES 468(25% from fat); FAT 13g(sat 3g,mono 6.5g,poly 2.6g); PROTEIN 30.4g; CHOLESTEROL 74mg; CALCIUM 51mg; SODIUM 603mg; FIBER 3.1g; IRON 4.8mg; CARBOHYDRATE 58.2g

Caramelized-Onion, Spinach, and Bacon Quiche

Hu's: 5

Posted by: littlechi92

date: 1/3/05

Comments: This was good, and filling if served with some breakfast potatoes. For the onions, I simply cut one up lengthwise and cooked with some margarine for about 20 mins in a skillet until browned and caramelized.

Ingredients:

1 (10-ounce) can refrigerated pizza crust

Cooking spray

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

1/4 cup low-fat sour cream

2 tablespoons minced shallots

1 cup evaporated skim milk

1/4 teaspoon salt

1/8 teaspoon pepper

2 large egg whites

1 large egg

3/4 cup Caramelized Onions (about 3 cups uncooked)

1/3 cup chopped Canadian bacon

1/4 cup (1 ounce) shredded reduced-fat Monterey Jack cheese

Preheat oven to 350°.

Shape the dough into a 4-inch circle; cover and let stand for 5 minutes. Roll the dough into an 11-inch circle on a lightly floured surface. Fit the dough into a 9-inch pie plate coated with cooking spray, and flute.

Combine the spinach, sour cream, and shallots in a small bowl. Combine the evaporated milk, salt, pepper, egg whites, and egg in a medium bowl, and stir well with a whisk. Stir 1/3 cup milk mixture into spinach mixture. Spoon the spinach mixture into bottom of prepared crust. Add Caramelized Onions, and top with bacon and cheese. Pour the remaining milk mixture over cheese. Place pie plate on a baking sheet, and bake at 350° for 45 minutes or until set. Let quiche stand 10 minutes.

Yield: 6 servings (serving size: 1 wedge)

CALORIES 261 (22% from fat); FAT 6.3g (satfat 2.3g, monofat 2.1g, polyfat 0.9g);
PROTEIN 12.6g; CARBOHYDRATE 35g; FIBER 2.7g; CHOLESTEROL 50mg; IRON
1.5mg; SODIUM 607mg; CALCIUM 244mg;

Tex-Mex Chicken and Barley Soup with Avocado

Source Kathleen Daelemann's Getting Thin and Loving Food

Healthy Units 12

Servings 6

Posted by ellen6242

Date 1/3/05

Ingredients

1 teaspoon extra-vigin olive oil
1 small onion, diced
1 carrot, peeled and diced - I also added diced celery
6 cups homemade low-sodium chicken broth or water - I used half store-bought broth and half water
3/4 pound boneless, skinless chicken broth
1 cup barley
1 14.5 oz can diced tomatoes
1 tsp ground cumin
1 tsp chili powder
1 tsp dried oregano - I omitted the oregano
Coarse-grained salt and cracked black pepper
1 avocado, peeled, pitted and diced
1/2 cup loosely packed, coarsely chopped fresh cilantro
1 lime, cut into 6 wedges

Instructions

Heat olive oil in a large soup pot over high heat until hot but not smoking, add onion, carrot and 1/4 cup chicken broth or water. Bring to a boil, cover, reduce heat to medium, and cook until onion is soft, about 10 minutes. Add remaining 5 3/4 cups chicken broth or water and chicken breasts and cook until chicken is fork-tender and cooked through, 6 - 8 minutes. Remove chicken to a plate to cool.

Add barley, tomatoes and their juice, cumin, chili powder and oregano. Bring to a boil, reduce to a simmer, and cook until barley is tender, about 1 hour. Dice or shred chicken and add to soup. Add salt and pepper to taste. Ladle soup into bowls. Top each bowl with avocado slices, cilantro and a lime wedge to serve.

Cornmeal-Cheddar Muffins

Cooking Light, JANUARY 2005

Healthy Units: 3

Yield: 10 servings (serving size: 1 muffin)

Posted By: Bawstinn32 (Maria)

January 5, 2005

Use Monterey Jack cheese with jalapeño peppers to add a bit of heat. Sprinkling cheese on the top before baking gives the muffins a nice crust. These are a delicious accompaniment to either stew. Store cooked muffins in an airtight container for up to two days.

Comments: I used pepper jack cheese in these as suggested above. They rose beautifully and were very light. Would probably add all the cheese into the muffins next time, as sprinkling it on the top didn't do much for me.

1 3/4 cups all-purpose flour
1/4 cup yellow cornmeal
1 1/2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/8 teaspoon ground red pepper
3 tablespoons chilled unsalted butter, cut into small pieces
1/3 cup (about 1 1/2 ounces) shredded reduced-fat cheddar cheese, divided
1 cup fat-free buttermilk
1/4 cup water
1 large egg, lightly beaten
Cooking spray

Preheat oven to 350°. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, cornmeal, baking powder, baking soda, salt, and pepper in a large bowl, stirring with a whisk. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in 3 tablespoons cheese. Combine buttermilk, water, and egg, stirring with a whisk. Add buttermilk mixture to flour mixture; stir just until moistened.

Divide batter evenly among 10 muffin cups coated with cooking spray. Sprinkle batter evenly with remaining cheese. Bake at 350° for 30 minutes or until muffins spring back when touched lightly in center. Cool muffins completely on a wire rack.

Note: Place in heavy-duty zip-top plastic bags, and freeze for up to 3 months.

CALORIES 151 (30% from fat); FAT 5g (satfat 2.8g, monofat 1.2g, polyfat 0.3g); PROTEIN 5g; CARBOHYDRATE 20.9g; FIBER 0.9g; CHOLESTEROL 34mg; IRON 1.1mg; SODIUM 247mg; CALCIUM 99mg;

Thai Fish Sauce and Lime Chicken

Source: Cooking Light January, 2005

HU: 6.5

Servings: 4

Posted by: Emily (EJWyatt)

January 5, 2005

CL Notes: Sweetened chili sauce is found in Asian markets, and it is often served alongside egg rolls. A similar condiment available in most grocery stores is called Thai sweet red chile dipping sauce. Serve this chicken with white rice.

Emily Notes: I served this over brown rice.

4 (6-ounce) skinless, boneless chicken breast halves
1/4 teaspoon salt
1 tablespoon canola oil
1 cup fat-free, less-sodium chicken broth
3 tablespoons sweetened chili sauce
2 teaspoons fish sauce
1/4 cup fresh lime juice
1 teaspoon creamy peanut butter
2 tablespoons chopped roasted peanuts
Lime wedges (optional)

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin. Sprinkle chicken evenly with 1/4 teaspoon salt.

Heat oil in a large nonstick skillet over medium heat. Add chicken; cook 6 minutes on each side or until done. Remove chicken from pan; keep warm.

Add broth, chili sauce, and fish sauce; bring to a boil, scraping pan to loosen browned bits. Cook until broth mixture is reduced to 2/3 cup (about 4 minutes). Remove from heat; add lime juice and peanut butter, stirring until smooth. Serve sauce over chicken; sprinkle with peanuts. Garnish with lime wedges, if desired.

Yield: 4 servings (serving size: 1 chicken breast half, about 3 tablespoons sauce, and 1 1/2 teaspoons peanuts)

CALORIES 296 (26% from fat); FAT 8.5g (satfat 1.7g, monofat 3.6g, polyfat 2.4g); PROTEIN 41.8g; CARBOHYDRATE 12.1g; FIBER 0.6g; CHOLESTEROL 99mg; IRON 1.4mg; SODIUM 649mg; CALCIUM 25mg;

Coconut-Cranberry Muffins

Cooking Light January/February 2005

HU: 3.5 with my changes

Servings: 12

Posted by DebMj1

1/6/05

CL Comments: Coconut milk gives these muffins a little more sweetness and a slightly denser texture than cakelike muffins. Use any other dried fruit you like in place of the cranberries--dried currants or chopped dried apricots, for example, would work well.

My comments: These are great, and so easy to make. I made some substitutions to lower points to 3.5 per muffin (see ingredients). However, I'm thinking that next time I make these, I'll sub all light butter and make 10 muffins at 4 points each.

2 cups all-purpose flour
2/3 cup sugar (I used 1/3 cup sugar and 1/3 cup Splenda)
2 teaspoons baking powder
1/4 teaspoon salt
1 cup sweetened dried cranberries
2/3 cup light coconut milk
1/4 cup butter, melted (I used 2 Tbsps. light butter and 2 Tbsps. regular butter)
1 teaspoon grated lemon rind
1/2 teaspoon vanilla extract
1 large egg, lightly beaten
2 teaspoons sugar (I used 1 tsp. but will omit next time)

Preheat oven to 400°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 3 ingredients (through salt) in a medium bowl, stirring with a whisk. Stir in cranberries; make a well in center of mixture. Combine coconut milk and next 4 ingredients (through egg), stirring well with a whisk. Add to flour mixture, stirring just until moist.

Place 12 muffin cup liners in muffin cups. Spoon batter into lined cups. Sprinkle evenly with 2 teaspoons sugar. Bake at 400° for 20 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; place on a wire rack.

Yield: 1 dozen (serving size: 1 muffin)

NUTRITION PER SERVING

CALORIES 200(23% from fat); FAT 5.1g(sat 2.7g,mono 1.7g,poly 0.3g); PROTEIN 2.9g;
CHOLESTEROL 28mg; CALCIUM 52mg; SODIUM 167mg; FIBER 1.1g; IRON 1.2mg;
CARBOHYDRATE 36.1g

Beef Cabbage Soup

Source: Waneyvant's Kitchen

HU: 2 1/2 pts

Servings: 10 at 1 cup each

Posted by: Waneyvant (Jane)

January 6, 2005

Comments: I use a bag of cole slaw mix, plus I use a regular can of beef broth (14 oz) instead of consomme; I add more onions, and sometimes used diced tomatoes.

- 1 lb lean ground beef
- 1/2 medium onion, chopped
- 1/2 large bell pepper, finely chopped
- 1 can (15 oz) red kidney beans
- 1 can (10.75 oz) beef consomme
- 1 can (14 oz) stewed tomatoes
- 2 cans (8 oz each) tomato sauce
- 2 cups water
- 1/2 head cabbage, coarsely chopped
- 1 tsp salt
- 1 tsp pepper
- 2 tsp sugar
- 1 Tbsp Worcestershire sauce

Brown ground beef with onion; drain; transfer to large pot & add rest. Cook until cabbage is tender.

Creamy Pasta with Chicken and Mushrooms

Cooking Light, June 2004

HU: 8.5

Serving Size: 4

Posted By: Carol (sandythecur)

Date: January 6, 2005

Notes: I substituted whole wheat penne for the egg noodles, which dropped the HU to 7.5.

8 ounces egg noodles
1 tablespoon olive oil
1/2 cup onion -- chopped
8 ounces fresh mushroom -- sliced
8 ounces chicken breast, no skin, no bone, R-T-C -- cut into bite-sized pieces
2 cups fresh spinach -- baby, prewashed
1/2 cup white wine
1 cup evaporated milk, fat free
1 tablespoon flour
3/4 teaspoon salt
1/2 teaspoon black pepper

1. Cook noodles according to package directions.
2. While noodles cook, heat oil in a large nonstick skillet over medium high heat. Add onion and mushrooms to pan; cook 3 minutes or until mushrooms are tender, stirring constantly.
3. Add chicken to pan; cook 4 minutes, stirring constantly. Add spinach and wine; cook 2 minutes or until spinach wilts, stirring occasionally.
4. Combine milk and flour, stirring with a whisk. Add milk mixture to pan; cook 2 minutes or until sauce thickens. Stir in salt and pepper. Stir in noodles.

Per Serving (excluding unknown items): 415 Calories; 8g Fat (17.2% calories from fat); 27g Protein; 55g Carbohydrate; 3g Dietary Fiber; 88mg Cholesterol; 538mg Sodium.

Black Bean Burritos with Avocado

Source: Cooking Light Jan/Feb 2005

Healthy Units: 8.5

Core: Yes + tortilla points

Serves: 4

Posted by: Kate (KateWD)

January 7, 2005

Notes: My only change was to add some hot sauce to the beans. I used low carb tortillas that are 1 HU. Super easy to throw together, dinner was ready in 15 minutes.

1/2 cup diced peeled avocado
1 tablespoon fresh lime juice
1 teaspoon olive oil
2 garlic cloves, minced
1/4 cup water
2 teaspoons ground cumin
2 (15-ounce) cans black beans, drained
4 (10-inch) flour tortillas
6 tablespoons fat-free sour cream
6 tablespoons bottled salsa

Combine avocado and lime juice, tossing to coat.

Heat oil in a medium saucepan over medium-high heat. Add garlic; sauté 1 minute. Stir in water, cumin, and beans. Reduce heat to medium; simmer 3 minutes or until thoroughly heated, stirring occasionally. Warm tortillas according to package directions. Spoon 1/4 cup bean mixture into each tortilla. Top with 1 1/2 tablespoons sour cream, 1 1/2 tablespoons salsa, and 2 tablespoons avocado; roll up.

Yield: 4 servings (serving size: 1 burrito)

CALORIES 424 (23% from fat); FAT 10.7g (satisfat 2.1g, monofat 5.3g, polyfat 2.2g);
PROTEIN 15.7g; CARBOHYDRATE 65g; FIBER 11g; CHOLESTEROL 2mg; IRON
5.6mg; SODIUM 931mg; CALCIUM 178mg;

Cuban Beans and Rice Salad

Source: CL 2003 Annual

HUs: 3

Serves: 6

Posted by: Kate (KateWD)

January 7, 2005

Notes: Served this with pineapple salsa .

1/2 cup diced peeled avocado
2 tablespoons balsamic vinegar
1 tablespoon olive oil
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon black pepper
3 cups cooked white rice
1 cup chopped, seeded plum tomato (about 3 tomatoes)
1/4 cup minced fresh parsley
1 (15-ounce) can black beans, rinsed and drained
2 tablespoons minced fresh cilantro (optional)

Combine first 6 ingredients in a bowl, and toss gently. Add rice, next 3 ingredients (rice through beans), and cilantro, if desired; toss well. Serve chilled or at room temperature.

Yield: 6 servings (serving size: 1 cup)

CALORIES 184 (23% from fat); FAT 4.6g (satfat 0.7g, monofat 3g, polyfat 0.5g);
PROTEIN 4.9g; CARBOHYDRATE 32.8g; FIBER 4g; CHOLESTEROL 0.0mg; IRON
2.3mg; SODIUM 421mg; CALCIUM 36mg;

Fudge Mocha-Toffee Brownies

Source: Cooking Light, Jan/Feb 2005

HUs: 3

Yield: 20 Brownies

Posted by: Maggie 3427

January 7, 2005

Comments: Coffee and toffee give these rich chocolate brownies a unique twist. If they haven't all been gobbled up, store leftover brownies in an airtight container for up to a week or wrap tightly in aluminum foil and freeze for up to four months.

Cooking spray
2 tablespoons instant coffee granules
1/4 cup hot water
1/4 cup butter
1/4 cup semisweet chocolate chips
1 1/2 cups all-purpose flour
1 1/3 cups sugar
1/2 cup unsweetened cocoa
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon vanilla extract
2 large eggs
1/4 cup toffee chips

1. Preheat oven to 350°.
2. Coat bottom of a 9-inch square baking pan with cooking spray.
3. Combine coffee and hot water, stirring until coffee dissolves.
4. Combine butter and chocolate chips in a small microwave-safe bowl. Microwave at high 1 minute or until butter melts; stir until chocolate is smooth.
5. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, cocoa, baking powder, and salt in a large bowl, stirring with a whisk. Combine coffee mixture, butter mixture, vanilla, and eggs in a medium bowl, stirring with a whisk. Add coffee mixture to flour mixture; stir just until combined. Spread evenly into prepared pan. Sprinkle evenly with toffee chips. Bake at 350° for 22 minutes. Cool on a wire rack.

NUTRITION PER SERVING CALORIES 145(30% from fat); FAT 4.8g(sat 2.4g,mono 1.8g,poly 0.3g); PROTEIN 2.2g; CHOLESTEROL 30mg; CALCIUM 23mg; SODIUM 121mg; FIBER 1.1g; IRON 0.9mg; CARBOHYDRATE 24.9g

Mushroom Barley Soup

Source: Gourmet, January 2002

HUs: 3 for 1 cup; 6 for 2 cups per MC

Yield: 8 cups

Posted by: Maggie3427

January 7, 2005

COMMENTS: I thought this was very filling and could probably be modified even more by reducing the amount of oil.

1/3 cup quick-cooking barley

7 cups water

1/4 oz dried porcini (1/4 cup) (I used dried shitake mushrooms instead)

1 large leek (white and pale green parts only), halved lengthwise and thinly sliced crosswise

1 tablespoon olive oil

1 large onion, chopped

2 celery ribs, cut into 1/3-inch dice

2 carrots, chopped

1/2 lb fresh shiitakes, stems discarded and caps thinly sliced (I used 8 oz regular sliced white mushrooms)

2 tablespoons tomato paste

2 tablespoons medium-dry Sherry

1 3/4 cups low-sodium fat-free beef broth

1 1/2 teaspoons salt

1/4 teaspoon black pepper

Garnish: chopped fresh flat-leaf parsley

1. Simmer barley in 3 1/2 cups water in a 5- to 6-quart heavy pot, uncovered, until almost tender, 10 to 15 minutes. Drain in a colander.

2. While barley is cooking, soak porcini in 1/2 cup water in a small bowl until softened, about 20 minutes. Drain in a sieve lined with a dampened paper towel set over a bowl, reserving liquid. Rinse porcini to remove any grit, then coarsely chop. Wash sliced leek in a bowl of water, then lift from water and drain in sieve.

3. Heat oil in cleaned pot over moderately high heat until hot but not smoking, then sauté onion and celery, stirring occasionally, until golden, 6 to 8 minutes. Add carrots, shiitakes, leek, and porcini and sauté, stirring frequently, until liquid mushrooms give off is evaporated and mushrooms are golden, 4 to 6 minutes.

4. Stir in tomato paste, Sherry, beef broth, mushroom soaking liquid, barley, salt, pepper, and remaining 3 cups water and bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, until vegetables and barley are tender, 10 to 15 minutes. Season with salt and pepper.

NUTRITIONAL INFORMATION: CAL: 165 (11% from fat); TOTAL FAT: 2g; CHOL: 0mg;
SODIUM: 656mg; TOTAL CARBOHYDRATE: 35g; DIETARY FIBER: 6g; PROTEIN: 5mg;

Portobello Mushroom Fajitas

Cooking Light, January 2005

Healthy Units: 9

Yield: 4 servings (serving size: 3 fajitas)

Posted By: Bawstinn32 (Maria)

January 8, 2005

Portobello mushrooms and red onions make a meaty fajita filling with satisfying, pungent flavors. If you can't find queso fresco, crumbled feta cheese is a good substitute.

1 tablespoon olive oil
4 cups (1/2-inch-thick) slices portobello mushrooms (about 8 ounces)
1 cup vertically sliced red onion
1 cup (1/4-inch-thick) green bell pepper strips
2 garlic cloves, minced
3 tablespoons chopped fresh cilantro
1 tablespoon fresh lime juice
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 serrano chile, minced
12 (6-inch) flour tortillas
1 cup (4 ounces) crumbled queso fresco
3/4 cup salsa verde

Heat oil in a large nonstick skillet over medium-high heat. Add mushrooms; sauté 5 minutes or until almost tender. Add onion, bell pepper, and garlic. Reduce heat to medium, and cook for 4 minutes or until bell pepper is crisp-tender, stirring frequently. Remove from heat; stir in cilantro, lime juice, salt, black pepper, and chile. Warm tortillas according to package directions. Spoon about 1/4 cup mushroom mixture down center of each tortilla; top each tortilla with 4 teaspoons cheese and 1 tablespoon salsa. Roll up.

CALORIES 437 (26% from fat); FAT 12.7g (satfat 3.6g, monofat 6.8g, polyfat 1.5g); PROTEIN 13.8g; CARBOHYDRATE 65.9g; FIBER 4.9g; CHOLESTEROL 9mg; IRON 3.9mg; SODIUM 792mg; CALCIUM 219mg;

Em's Pizza Sauce

Source: Emily's Kitchen

HU: 1.5

Servings: 4 (enough for 4 individual or 2 medium pizzas)

Posted by: Emily (ejwyatt)

Date: January 09, 2005

1 Tbsp Olive Oil

1 onion chopped

3 cloves of garlic

1 15oz can of crushed tomatoes

½ tsp salt

1 tsp oregano

1 tsp basil

¼ tsp marjoram

½ tsp Italian seasoning

2 Tbsp tomato paste

Sauté onion and garlic in olive oil over medium heat until translucent, about 3 – 5 minutes. Add all other ingredients and stir. Bring the mixture to a boil, then reduce heat to simmer. Let simmer uncovered for about 30 minutes.

This will make enough sauce for 4 individual or 2 medium pizzas.

Per Serving (excluding unknown items): 87 Calories; 4g Fat (35.6% calories from fat); 3g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 473mg Sodium.
Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 1/2 Fat.

French Onion Soup

Servings: 8

HU: 6

Source Cooking Light, Jan 2005

Posted by Julie

January 10, 2005

Ingredients:

2 tsp olive oil

4 cups thinly vertically sliced sweet onions (like Walla Walla, etc.)

4 cups thinly vertically sliced red onions

1/2 tsp sugar

1/2 tsp freshly ground pepper

1/4 tsp salt

1/4 cup dry white wine

8 cups less-sodium beef broth (I prefer half chicken/half beef)

1/4 tsp chopped fresh thyme

8 (1 oz) slices French bread (the recipe calls for this to be cubed...I sliced it thinly and toasted the thin slices)

8 (1 oz) slices Alpine Lace Swiss cheese

Instructions:

1. Heat olive oil in a Dutch oven over medium high heat. Add onions to pan; saute for 5 min or until tender. Stir in sugar, pepper, and salt. Reduce heat to medium and cook 20 minutes, stirring frequently. Increase heat to medium-high and saute for 5 min or until onion is golden brown (I had to add a few tbsp of broth at times during this long saute to keep the onions from sticking to the pan). Stir in wine and cook for 1 minute. Add broth and thyme; bring to a boil. Cover, reduce heat to simmer, and simmer for 2 hours. Taste and correct seasonings (I added more salt).

2. Preheat broiler. Place bread in a single layer on a baking sheet; broil 2 minutes or until toasted, turning after 1 minute.

3. Place 8 ovenproof bowls on a baking sheet. Ladle 1 cup of soup into each bowl. Put 1 oz bread in each bowl. Top each bowl with 1 oz Alpine Lace cheese. Broil for 2 to 3 minutes or until cheese begins to brown.

290 calories, 9.6(4.8) g fat, 3.1 g fiber

MILK CHOCOLATE BISCOTTI

Source: www.nickmalgieri.com

Healthy Units: 2 per biscotti

Servings: 5 dozen

Posted by: diAne

Date: January 10, 2005

My Notes: A low point chocolate fix. I didn't have 5 dozen; but even at 2 points per biscotti, I'm a happy camper!

1 cup sugar
1 1/2 cups chopped skinned hazelnuts or walnuts (I used walnuts)
1/2 cup alkalized (Dutch process) cocoa powder
8 ounces milk chocolate, cut into 1/4-inch pieces (I used a 6 oz. bar)
2 cups all-purpose flour
2 teaspoons baking powder
1 pinch of salt
4 large eggs
1 teaspoon vanilla extract

Set a rack in the middle level of the oven and preheat to 325 degrees. Cover 2 large cookie sheets or jelly roll pans with parchment or foil and set aside.

Place the sugar, nuts, cocoa, and milk chocolate in the food processor and pulse until finely ground.

Mix the flour, baking powder, and salt and sift into a mixing bowl. Stir in the ground mixture.

Whisk the eggs and vanilla and stir into the flour mixture to form a dough.

On a lightly floured surface, press dough together. Divide dough in half and roll each half into a log the length of the pans you are using (14 to 18 inches). Place each log on a pan and flatten slightly. (If the dough is very soft, use a spatula to transfer it to the pan.) Bake until well risen and firm, about 30 minutes. Cool the logs on the pans.

After the logs have cooled, detach from paper and slice them about 1/2-inch thick with a sharp serrated knife. Place back on paper-lined pans, cut side down, and bake again until dry and crisp, about 20 minutes. Cool on pans and store in a tin or plastic container with a tight-fitting lid.

Per Serving (excluding unknown items): 52 Calories; 1g Fat (25.4% calories from fat); 1g Protein; 9g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 25mg Sodium.
Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

German-Style Potato Salad with Ham

Source: Cooking Light Jan 2005

HUs: 5

Core: Yes

Serves: 4

Posted by: Kate (KateWD)

January 10, 2005

Ham takes the place of bacon in this version of the classic.

Notes: I used a piece of lean cooked ham instead of the Simply Baked Ham.

2 pounds small red potatoes
1 cup finely chopped Simple Baked Ham (about 5 ounces)
1 cup finely chopped celery
2/3 cup finely chopped green bell pepper
2/3 cup finely chopped red onion
1/3 cup white wine vinegar
1 tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/3 cup chopped fresh parsley

Place potatoes in a large Dutch oven; cover with water. Bring to a boil; reduce heat, and simmer 10 minutes or until tender. Drain and cool slightly. Cut potatoes into quarters; place in a large bowl. Add Simple Baked Ham and next 7 ingredients (through black pepper). Toss gently to combine. Sprinkle with parsley. Serve chilled or at room temperature.

Yield: 4 servings (serving size: about 2 cups)

CALORIES 270 (22% from fat); FAT 6.5g (satfat 1.4g, monofat 3.8g, polyfat 0.8g);
PROTEIN 11.2g; CARBOHYDRATE 42.6g; FIBER 4.9g; CHOLESTEROL 22mg; IRON
2.7mg; SODIUM 680mg; CALCIUM 52mg;

Mexican Cheese Cake

Source "A Dear Friend of Mine, Rebecca"

Healthy Units: 6 HU for 1/8 of pie, 8 HU for 1/6 of pie

Servings 6 or 8

Posted by Laura6286

1/10/05

14 oz fat-free sweetened condensed milk

3 large egg(s)

1 tsp vanilla extract

1 Ready Crust 25% Less-Fat Graham Cracker Ready pie crust

8 oz fat-free cream cheese

Blend everything in blender and pour into graham cracker crust. Bake 350 degrees for 35-40 minutes or cake no longer jiggles in the center and is light brown. Cool, then refrigerate.

Curried Chicken Rice Soup

Source: Unknown

HU: 3.5

Servings: 4 (1 1/4 cups each)

Posted by DebMj1

1/10/05

2 tablespoons light butter

1/2 cup onion, chopped

1/3 cup celery, chopped

1 medium carrot, grated

1/2 teaspoon lemon peel, grated

1/4 cup flour

1/4 teaspoon seasoned salt

1/4 teaspoon salt

1/4 teaspoon curry powder

1/8 teaspoon pepper

14 1/2 ounces defatted chicken broth, 1 can

1 1/2 cups skim milk

1/2 cup cooked chicken, cooked and chopped

1/3 cup brown and wild rice, raw, cook according to package directions before adding to soup (I used a Trader Joe's California Trilogy of brown rice, brown basmati and wild rice - points are based on those nutritional)

Melt butter in large saucepan. Saute onion, celery, carrot and lemon peel until tender, about 8 minutes. Remove from heat. Stir in flour, salts, curry powder and pepper. Gradually stir in broth and milk. Return to heat. Bring to boil, stirring constantly for one minute. Stir in chicken and rice. Heat through.

POTATO LEEK SOUP

Source: Debi (dbcandoit)

HU: 2.5

Serves 5

Posted by dbcandoit

1-10-05

Ingredients

2 tsp olive oil (2 HU)

red pepper flakes to taste (omit if you don't like spicy)

1 small onion, chopped

2-3 toes garlic, chopped

20 oz. potato -- I used 1 russet and 1 yam, peel and chop (6 HU)

2 leeks, cleaned and chopped

1 small crown of broccoli, chopped

handful of parsley, chopped

1/2 tsp fresh thyme

4C water (or chicken stock)

3 chicken bouillon cubes (use only if not using chicken stock as liquid)

tabasco to taste (again, omit if you don't like spicy, but it gives great flavor!)

fresh ground pepper to taste

salt to taste (depends on how salty your bouillon or stock is)

1/2C 1% or 2% milk (or 1/2C fat-free Half and Half) (1.5 HU)

1 ounce Extra Sharp Cheddar, grated (3 HU)

Instructions

Heat large pan to medium high(I used a non-stick wok-type pan), add oil and red pepper flakes to taste (I use about 1/4 tsp), reduce heat to medium and add onion and garlic, saute till soft. Add potato, leeks, broccoli, parsley, thyme and salt -- be careful if you're using bouillon cubes because they're usually pretty salty, but it's important to salt the potatoes a bit for the best flavor -- let cook for a few minutes. Add water and bouillon cubes (or chicken stock), plus tabasco and pepper to taste. Let cook, uncovered, on top of stove for about an hour or till potatoes can be easily mashed or processed with handheld blender in pot. I use a potato ricer, which leaves chunks of all the vegetables. Or you can process the whole pot smooth if you prefer. Stir in milk or FF Half and Half and the grated cheese. Heat for about 15 minutes and then serve. After it sits for a while (the next day?) it gets pretty thick, which I like, but you can thin with a bit of chicken stock (or even water)

Notes: I make different versions of this soup (usually with lots more veges) all the time, but it usually makes so much I get sick of it. This combination and amount is perfect for me since I live alone. The yam adds nice flavor and color, but I've used all Yukon Gold and even a combo of red and white potatoes. I had a double serving for lunch today and it was great and very filling.

Chicken with Sun-Dried Tomato Sauce

Source: CL Jan/Feb 2005

Healthy Units: 6

Servings: 4

Posted by: Trish

Date: 1/11/05

CL comments: Sun dried tomatoes and balsamic vinegar elevate chicken to a dinner fit for company.

1 (8-oz.) jar oil-packed sun dried tomato halves
4 (6-oz) skinless, boneless chicken breast halves
1/4 teaspoon salt, divided
1/4 teaspoon freshly ground black pepper
1 cup fat-free, less-sodium chicken broth
1 teaspoon oregano
1/2 teaspoon balsamic vinegar

Drain sun dried tomatoes in a sieve over a bowl, reserving oil. Set aside 1 1/2 tablespoons reserved oil to cook chicken. Finely chop 1/4 cup tomatoes and set aside for sauce. Place remaining oil and tomatoes in sun dried tomato jar, reserving for another use.

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2 inch thickness using a meat mallet or rolling pin. Sprinkle chicken evenly with 1/8 teaspoon salt and pepper.

Heat 1 1/2 tablespoons reserved oil in a large nonstick skillet over medium heat. Add chicken, cook 6 minutes on each side or until done. Remove chicken from pan, keep warm.

Add chopped sun dried tomatoes, 1/8 teaspoon salt, broth, oregano, and vinegar; bring to a boil, scraping pan to loosen brown bits. Cook until broth mixture is reduced to 1/2 cup (about 3 minutes). Serve sauce over chicken.
Yield 4 servings: 1 chicken breast half and 2 tablespoons of sauce.

Calories - 254 (29% from fat); fat 8.2g; protein 40.4g; carb 2.3g; fiber 0.6g; chol 99mg; iron 1.7mg; sodium 387mg; calc 29 mg.

Spicy Coconut Soup with Spinach and Shrimp

Source: Jan/Feb 2005 CL

HU: 3

Servings:6

Posted By: leslie8909 (Leslie)

1/11/05

Notes: Curry paste and crushed red pepper give this soup a double dose of heat that's balanced by the coconut milk.

Cooking spray

2/3 cup chopped onion

1/2 cup chopped red bell pepper

2 garlic cloves, minced

1 1/2 teaspoons red curry paste

1/4 teaspoon crushed red pepper

2 (14-ounce) cans fat-free, less-sodium chicken broth

1 (14-ounce) can light coconut milk

1 pound medium shrimp, peeled and deveined

6 cups torn spinach

Heat a medium saucepan over medium-high heat. Coat pan with cooking spray. Add onion, bell pepper, and garlic; sauté 4 minutes. Add curry paste and red pepper; cook 1 minute, stirring constantly. Stir in broth and coconut milk; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes, stirring occasionally. Add shrimp; cook 4 minutes or until shrimp are done. Stir in spinach; cook 2 minutes or until spinach wilts.

6 servings (serving size: about 3/4 cup)

CALORIES 145(30% from fat); FAT 4.8g(sat 3.2g,mono 0.3g,poly 0.6g); PROTEIN 18.7g; CHOLESTEROL 115mg; CALCIUM 84mg; SODIUM 384mg; FIBER 1.5g; IRON 3.3mg; CARBOHYDRATE 7.8g

Coconut Rice with Beef Stir-Fry

Source: Jan/Feb 2005 CL

HU: 9

Servings: 4

Posted by: leslie8909 (Leslie)

1/11/05

Notes: Fragrant jasmine rice cooks in a combination of coconut milk and water to become soft and slightly creamy--a fitting foil to the spicy stir-fry.

RICE:

1 cup water

1/4 teaspoon salt

Dash of ground red pepper

1 (14-ounce) can light coconut milk

1 cup uncooked jasmine rice

STIR-FRY:

1 teaspoon dark sesame oil, divided

1 (1-pound) flank steak, trimmed and thinly sliced across the grain

1 cup vertically sliced onion

1 cup red bell pepper strips

3 cups sliced bok choy

2 tablespoons chopped fresh cilantro

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

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

4 lime wedges

To prepare rice, bring first 4 ingredients to a boil in a medium saucepan; stir in rice. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.

To prepare stir-fry, heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat. Add half of beef; stir-fry 4 minutes or until done. Remove from pan; cover and keep warm. Repeat procedure with remaining oil and beef.

Add onion and bell pepper to pan; stir-fry 5 minutes. Add bok choy; stir-fry 3 minutes or until vegetables are tender. Add beef, cilantro, chili garlic sauce, 1/4 teaspoon salt, and black pepper; cook 2 minutes or until thoroughly heated. Serve with rice and lime wedges.

4 servings (serving size: 1 1/4 cups stir-fry, about 3/4 cup rice, and 1 lime wedge)

CALORIES 416(28% from fat); FAT 13.1g(sat 7.5g,mono 3.2g,poly 0.9g); PROTEIN 28.3g; CHOLESTEROL 45mg; CALCIUM 90mg; SODIUM 561mg; FIBER 1.7g; IRON 4.7mg; CARBOHYDRATE 46.5g

Creamed Spinach

Source: Patti LaBelle's Lite Cuisine

HU's: 1.5

Serves: 6

Posted by: Kate (KateWD)

January 12, 2005

Notes: This is very rich and creamy. I subbed frozen spinach for the fresh.

4 scallions chopped (about 1 cup)
3 10 oz packages of fresh baby spinach
2 T cornstarch
½ cup ff half and half
3 oz reduced fat cream cheese
¼ cup reduced fat sour cream
½ cup fresh chives (I used Penzey's dried)
½ tsp salt
¼ tsp white or black pepper
1/8 tsp red pepper flakes

Coat a medium saucepan with cooking spray and heat over medium heat. Add scallions and cook 5 minutes. Add the spinach and cook stirring occasionally until the spinach is just wilted, about 5 minutes.

Whisk together the half and half and the cornstarch until cornstarch is dissolved. Move the spinach to the sides of the pan and pour the cornstarch mixture in the center. Cook and stir until thickened, about 2-3 minute. Reduce heat to low and stir in cream cheese, sour cream, chives , salt and pepper. Cook until creamy and heated through, about 1 minute.

Per serving: 100 cal; 4 gr fat; 4 gr fiber.

Chicken with Creamy Herb Sauce

Source: Cooking Light April 1996

HUs: 3.5

Core: Yes

Serves: 6

Posted by Kate (KateWD)

January 12, 2005

Notes: I doubled the amount of garlic in the sauce and used skinless bone-in breasts. The sauce is wonderful, thick, creamy and garlicky, next time I will double it.

6 (4-ounce) skinned, boned chicken breast halves
1/3 cup balsamic vinegar
1 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon pepper
3 garlic cloves, unpeeled
1/4 cup low-fat buttermilk
2 tablespoons minced fresh parsley
3 tablespoons reduced-calorie mayonnaise
1 tablespoon water
1 1/2 teaspoons minced fresh or 1/2 teaspoon dried thyme
1/8 teaspoon salt
1/8 teaspoon pepper
Thyme sprigs (optional)

Preheat oven to 375°.

Arrange chicken in a single layer in a 13 x 9-inch baking dish. Pour vinegar over chicken, and sprinkle with oregano, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Place garlic cloves in dish. Bake at 375° for 25 minutes, basting occasionally with pan drippings.

Remove garlic from dish, and peel. Place garlic in a bowl, and mash into a paste. Add buttermilk and next 6 ingredients (buttermilk through 1/8 teaspoon pepper); stir with a wire whisk until well-blended.

Cut each breast half diagonally across the grain into thin slices. Arrange 1 sliced breast half on each of 6 plates; spoon 1 1/2 tablespoons sauce over chicken. Garnish with thyme sprigs, if desired.

Yield: 6 servings

CALORIES 156 (21% from fat); FAT 3.6g (satfat 0.8g, monofat 0.9g, polyfat 1.4g);
PROTEIN 26.8g; CARBOHYDRATE 2.4g; FIBER 0.2g; CHOLESTEROL 68mg; IRON
1.1mg; SODIUM 380mg; CALCIUM 35mg;

Ham and Bacon Cobb Wraps

Cooking Light, JANUARY 2005

Healthy Units: 5

Yield: 6 servings (serving size: 1 wrap)

Posted By: Bawstinn32 (Maria)

January 12, 2005

1/4 cup low-fat mayonnaise

1 tablespoon crumbled blue cheese

6 (8-inch) fat-free flour tortillas

3 cups thinly sliced Simple Baked Ham (about 1 pound)

2 cups chopped romaine lettuce

2 cups thinly sliced plum tomato (about 5 tomatoes)

1/2 cup thinly vertically sliced red onion

4 bacon slices, cooked and crumbled

Combine mayonnaise and cheese; spread evenly over tortillas. Arrange 1/2 cup Simple Baked Ham on each tortilla; top each tortilla with 1/3 cup lettuce and 1/3 cup tomato. Divide onion and bacon evenly among tortillas. Roll up.

CALORIES 244 (24% from fat); FAT 6.5g (satfat 2g, monofat 2.5g, polyfat 0.7g);
PROTEIN 13.7g; CARBOHYDRATE 32.6g; FIBER 2.3g; CHOLESTEROL 34mg; IRON
1.9mg; SODIUM 1005mg; CALCIUM 23mg;

Simple Baked Ham

Cooking Light, JANUARY 2005

Healthy Units: 3

Yield: 26 servings (serving size: about 3 ounces)

Posted By: Bawstinn32 (Maria)

January 12, 2004

This basic recipe yields a fine ham to serve for breakfast or dinner. Because the seasonings are mild, leftovers are at home in a variety of dishes. Soaking the ham in water draws out some of the sodium so the ham won't taste too salty.

1 (8-pound) 33%-less-sodium smoked, fully cooked ham half
2 teaspoons whole cloves
Cooking spray
2 cups apple juice, divided
2 tablespoons dark brown sugar
1 tablespoon Dijon mustard

Place ham in a large Dutch oven or stockpot. Cover with water to 2 inches above ham; cover and refrigerate for 24 hours. Drain; rinse well with warm water. Drain. Preheat oven to 325°.

Trim fat and rind from ham. Score outside of ham in a diamond pattern; stud with cloves. Place ham, skin side down, on the rack of a broiler pan coated with cooking spray. Place rack in pan; pour 1 cup apple juice over ham. Cover ham loosely with foil. Bake at 325° for 2 1/2 hours, basting occasionally with remaining 1 cup apple juice.

Remove ham from oven (do not turn oven off); uncover ham. Combine sugar and mustard; brush over ham. Bake, uncovered, at 325° for 30 minutes or until a thermometer inserted into thickest portion registers 140°. Place ham on a cutting board; cover and let stand 10 minutes before slicing.

CALORIES 130 (44% from fat); FAT 6.3g (satfat 2.1g, monofat 3g, polyfat 0.7g);
PROTEIN 14.6g; CARBOHYDRATE 3.5g; FIBER 0.0g; CHOLESTEROL 52mg; IRON
0.8mg; SODIUM 819mg; CALCIUM 1.9mg

Spicy Slippery Noodles

From Cooking Light March 1997

HU:7

Servings: 4

Posted by: Condiment (Elizabeth)

January 13, 2005

As the noodles cook, they swell, soaking up the hearty broth which is liberally seasoned with garlic, ginger, and chile paste.

4 ounces uncooked cellophane noodles (bean threads)
2 cups boiling water
4 green onions
1/2 pound lean ground pork
4 1/2 tablespoons soy sauce, divided
1 teaspoon vegetable oil
2 tablespoons minced peeled fresh ginger
1 teaspoon chile paste
10 garlic cloves, minced
1 1/2 cups thinly sliced leek
1/2 cup finely shredded carrot
3 1/2 tablespoons mirin (sweet rice wine), divided
1 1/2 cups low-salt chicken broth
1 teaspoon sugar
1 teaspoon dark sesame oil

Combine noodles and boiling water in a bowl; let stand 5 minutes or until soft. Drain; set aside. Remove tops from green onions; chop to measure 1 tablespoon. Set aside. Mince white part of green onions to measure 3 tablespoons; set aside.

Combine pork and 1 tablespoon soy sauce in a bowl; stir well. Cook pork mixture in a large nonstick skillet or wok over medium-high heat until browned, stirring to crumble. Drain in a colander. Wipe skillet clean with a paper towel.

Heat vegetable oil in skillet over high heat. Add 3 tablespoons minced green onions, ginger, chile paste, and garlic, and stir-fry 1 minute. Add leek, carrot, and 2 tablespoons mirin; stir-fry 2 minutes. Add 3 1/2 tablespoons soy sauce, 1 1/2 tablespoons mirin, chicken broth, sugar, and sesame oil; bring to a boil. Return pork to skillet. Add noodles; cook 4 minutes or until liquid is absorbed. Spoon noodle mixture onto serving platter; sprinkle with 1 tablespoon chopped green onion tops.

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

NUTRITION PER SERVING

CALORIES 324(29% from fat); FAT 10.4g(sat 2.7g,mono 3.8g,poly 2g); PROTEIN 16.2g;
CHOLESTEROL 40mg; CALCIUM 96mg; SODIUM 1013mg; FIBER 1.5g; IRON 3.3mg;
CARBOHYDRATE 41.9g

Baked Cheese Polenta with Swiss Chard

Source: Cooking Light May 2001

HUs: 3.5

Core: Yes + 1

Posted by: Kate (KateWD)

January 13, 2005

Parmesan and goat cheeses add a sharp flavor and creamy texture to the polenta.

Serve with focaccia and cherry tomatoes tossed in a vinaigrette.

Notes: I subbed a bag of fresh baby spinach for the swiss chard. Served this as a side dish, was not substantial enough as an entrée for me.

CHARD:

2 bunches Swiss chard (about 1 1/2 pounds)

Cooking spray

8 garlic cloves, minced

2 tablespoons water

POLENTA:

1 3/4 cups water

1/4 teaspoon salt

1 (14 1/2-ounce) can vegetable broth

1 cup yellow cornmeal

1/2 cup (2 ounces) crumbled goat cheese

3 tablespoons grated fresh Parmesan cheese

1/4 cup reduced-fat sour cream

Preheat oven to 400°.

To prepare chard, remove stems and center ribs. Discard stems and chop ribs; coarsely chop leaves. Heat a large nonstick skillet coated with cooking spray over medium heat. Add garlic; sauté 30 seconds. Add ribs and 2 tablespoons water; cover and cook 5 minutes. Add the leaves; cover and cook 5 minutes or until wilted.

To prepare polenta, place 1 3/4 cups water, salt, and broth into a large saucepan.

Gradually add the cornmeal, stirring constantly with a whisk. Bring to a boil; reduce heat to medium, and cook 8 minutes, stirring constantly. Add cheeses, stirring constantly with a whisk. Spoon half the polenta into a 2-quart baking dish coated with cooking spray, spreading evenly. Top with the chard mixture. Spoon sour cream over chard, spreading evenly. Quickly add remaining polenta, spreading evenly.

Bake at 400° for 20 minutes. Let stand 5 minutes.

Yield: 6 servings (serving size: about 1 cup)

NUTRITION PER SERVING: CALORIES 169(28% from fat); FAT 5.3g(sat 2.9g,mono 1.2g,poly 0.5g); PROTEIN 6.4g; CHOLESTEROL 15mg; CALCIUM 146mg; SODIUM 647mg; FIBER 1.9g; IRON 2.4mg; CARBOHYDRATE 24.1g

Chicken with Goat Cheese Sauce

Source: CL January 05

HU: 6

Servings : 4

Posted by : Figaro67

Date: January 15, 2005

To create the smoothest sauce, use soft goat cheese and serve immediately. Pluck the tiny leaves of a thyme sprig to get one teaspoon of leaves for the sauce.

4 (6-ounce) skinless, boneless chicken breast halves
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon canola oil
2 tablespoons dry white wine
1 cup fat-free, less-sodium chicken broth
4 thyme sprigs
1/4 cup (2 ounces) soft (log-style) goat cheese
1 teaspoon fresh thyme leaves

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin. Sprinkle chicken evenly with salt and pepper.

Heat oil in a large nonstick skillet over medium heat. Add chicken; cook 6 minutes on each side or until done. Remove chicken from pan; keep warm.
Add wine to pan; bring to a boil, scraping pan to loosen browned bits. Cook until mixture is reduced to 1 tablespoon (about 1 minute). Add broth and thyme sprigs; cook until mixture is reduced to 1/2 cup (about 5 minutes). Remove from heat; discard thyme sprigs.

Add cheese to pan; stir with a whisk until smooth. Serve sauce over chicken; sprinkle with thyme leaves.

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

CALORIES 267 (29% from fat); FAT 8.6g (satfat 2.9g, monofat 3.3g, polyfat 1.6g);
PROTEIN 42.7g; CARBOHYDRATE 0.6g; FIBER 0.1g; CHOLESTEROL 105mg; IRON
1.6mg; SODIUM 421mg; CALCIUM 41mg;

French Onion-Beef Bowl

Source: CL.Com

Healthy Units 8 or 11

Servings 6

Posted by jillybean03

January 15, 2005

Comments: I omitted the croutons/cheese for an 8 point serving. Very hearty and filling. In the future I would probably add one more can of beef broth and reduce the water appropriately.

1 1/2 pounds sirloin steak, trimmed -- thinly sliced
1/2 cup chopped fresh parsley
2 tablespoons balsamic vinegar
2 teaspoons fresh thyme -- or 1/2 teaspoon dried
4 garlic cloves -- crushed
1 tablespoon butter -- or stick margarine
3 large onion -- vertically sliced
1 teaspoon sugar
3 tablespoons all-purpose flour
3 cups water
1 cup dry white wine
1 can fat-free chicken broth -- (16-ounce) less-sodium chicken broth
1 can beef consommé -- (10 1/2-ounce)
1 tablespoon Worcestershire sauce
1/2 teaspoon black pepper
1/4 teaspoon salt
8 ounces soba noodles -- cooked and drained
Optional (I did not use)
cup croutons, seasoned -- garlic flavor - 2 cups
ounce gruyere cheese -- (2 ounces) shredded

Combine the first 5 ingredients in a large zip-top plastic bag. Seal and marinate in refrigerator 1 to 4 hours.

Melt butter in a large Dutch oven over medium-high heat. Add onion and sugar, and cook 10 minutes or until golden brown, stirring frequently. Reduce heat to medium. Cover and cook 10 minutes, stirring frequently. Stir flour into onion mixture, and cook, uncovered, 2 minutes. Add water, wine, broth, and consommé, stirring with a whisk. Bring to a boil; partially cover, reduce heat, and simmer 20 minutes. Add the beef mixture, Worcestershire, pepper, and salt; cook, uncovered, 5 minutes. Place noodles into each of 6 large bowls; top with broth mixture, croutons, and cheese.

Yield: 6 servings (serving size: 2/3 cup noodles, about 1 2/3 cups broth mixture, 1/3 cup croutons, and about 1 tablespoon cheese)

CL's original Nutritionals (Including croutons & Gruyere)

CALORIES 526 (25% from fat); FAT 14.9g (saturated 6.1g, monofat 5.4g, polyfat 2g); PROTEIN 37.7g; CARBOHYDRATE 56.1g; FIBER 2.6g; CHOLESTEROL 94mg; IRON 5.2mg; SODIUM 733mg; CALCIUM 159mg;

MC Nutritionals without croutons & gruyere

Per Serving (excluding unknown items): 377 Calories; 7g Fat (18.2% calories from fat); 34g Protein; 40g Carbohydrate; 2g Dietary Fiber; 73mg Cholesterol; 810mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Chicken Cordon Bleu (Version 2)

Source: Cooking Light "Chicken" Cookbook

HU: 5

Servings: 4

Posted by: Tracy (Nikkie1t)

January 16, 2005

My comments: This was really good, lots of crumb topping and impressive looking. My chicken breasts were 8 oz., so I adjusted the cooking times accordingly. I subbed cheddar cheese for the mozzarella, because it is what I had. I think swiss would be very good, also.

4 (4-oz) boneless skinless chicken breasts
1/4 teaspoon pepper
2 (1-oz.) sliced 98% fat free ham, halved
3/4 cup (3 oz.) shredded part-skim mozzarella cheese
1/2 cup cornflake crumbs
1/2 tsp. paprika
1/4 tsp. garlic powder
1/3 cup skim milk
cooking spray

Place chicken between 2 sheets of heavy-duty plastic wrap. Flatten to 1/4 inch thickness, using a meat mallet or rolling pin. Sprinkle with pepper.

Top each chicken breast half with a piece of ham and 3 tablespoons mozzarella cheese. Roll up jelly-roll fashion. Tuck in sides; secure each roll with wooden picks.

Combine cereal, paprika, and garlic powder in a shallow dish. Dip each roll in milk; dredge in cereal mixture. Place in a 11 x 7 x 2 inch baking dish coated with cooking spray. Bake at 350 degrees for 30 minutes or until done. Discard wooden picks. Yield: 4 servings

Per serving; 247 calories, 5.7 g. fat, 35.4 g. protein, 11.5 g. carbohydrates, 85 mg. cholesterol, 398 mg. sodium

Ma Po Tofu

Cooking Light

Posted by: Elizabeth (condiment)

HU: 6

Servings: 4

JANUARY 16, 2005

Notes: May be one of THE best CL recipes i have ever had. I added chopped leek to the recipe after the pork was done cooking. Those who are afraid of tofu- this is a great place to start.

This simple Chinese stir-fry uses tofu, the food touted by Susan Love. In addition to its potential health benefits for women, the soy in tofu may help protect against prostate cancer. Depending on how much chili garlic sauce you use, you can customize the heat in this mix of lean ground pork, tofu, and Asian spices. Add a side of chilled melon and a cold glass of dry riesling for a satisfying supper.

1 (1-pound) package reduced-fat firm tofu, cut into 6 slices
1/2 cup fat-free, less-sodium chicken broth
1 tablespoon cornstarch
2 tablespoons low-sodium soy sauce
1 tablespoon oyster sauce
1 to 2 teaspoons chili garlic sauce (such as Lee Kum Kee)
4 ounces lean ground pork
1 tablespoon grated peeled fresh ginger
3 garlic cloves, minced
2 cups hot cooked long-grain brown rice
1/3 cup chopped green onions

Place tofu slices on several layers of paper towels; cover with additional paper towels. Place a dinner plate on top of covered tofu; let stand 30 minutes. Remove plate; discard paper towels. Cut tofu slices into 1/2-inch cubes.
Combine broth, cornstarch, soy sauce, oyster sauce, and chili garlic sauce, stirring with a whisk.

Heat a large nonstick skillet over medium-high heat. Add pork; cook 4 minutes or until done, stirring to crumble. Add ginger and garlic; cook 1 minute, stirring constantly. Add tofu; cook 4 minutes or until golden, stirring frequently. Add broth mixture to pan. Bring to a boil; cook 1 minute or until mixture thickens. Remove from heat.

Serve tofu mixture over rice. Sprinkle with onions.

Yield: 4 servings (serving size: 1/2 cup rice, about 2/3 cup tofu mixture, and about 1 tablespoon onions)

NUTRITION PER SERVING

CALORIES 290(26% from fat); FAT 8.4g(sat 1.9g,mono 2.5g,poly 3.3g); PROTEIN 21.5g;
CHOLESTEROL 21mg; CALCIUM 72mg; SODIUM 390mg; FIBER 4.6g; IRON 2.8mg;
CARBOHYDRATE 32.5g

Southwestern Corn and Potato Soup

Notes: From Moosewood Restaurant Low-Fat Favorites page 102.

Posted by: Lynette (Nette87)

HU: 2

Servings: 6

January 16, 2005

Notes: This is a stick to your ribs type soup. Very thick! I've added water if it was too thick. I like to use garnet yams instead of sweet potatoes, giving the soup a nice orange color. Vary the type of pepper depending on how much heat you like to eat.

Ingredients

1 cup finely chopped onion(s)
2 clove garlic cloves, minced or pressed
1 small fresh chili, seeded and minced
1/4 tsp salt
3 cups vegetable broth
2 tsp ground cumin
1 medium sweet potato, diced (about 2 cups)
1/2 red bell pepper, finely chopped
3 cups fresh or frozen corn kernels
salt to taste

lime wedges
finely chopped cilantro leaves

Instructions

1. In a covered soup pot, simmer the onions, garlic, chile, and salt in 1 cup of vegetable broth for about 10 minutes or until onions are soft.
2. Meanwhile, in a small bowl, make a paste with cumin and a tablespoon of broth. Stir into pot once onions are soft. Simmer for another 1-2 minutes.
3. Add sweet potatoes and the remaining broth and simmer for another 10 minutes, until sweet potatoes soften.
4. Add bell pepper and corn and simmer, covered, for another 10 minutes, or until all of the vegetables are tender.
5. Puree about half the soup in the blender or food processor and return it to the pot.
6. Soup will be creamy and thick. Add salt to taste and gently reheat on low heat.
7. If desired, serve with lime wedges and top with cilantro.

Per 9-oz serving: 186 calories, 4.8g protein, 1.5g fat, 42.7g carbohydrates, .2g saturated fatty acids, .6g polyunsaturated fatty acids, .3g monounsaturated fatty acids, 0mg cholesterol, 297 mg sodium, 5.3g total dietary fiber

Spicy Scallop Pasta Toss

Cooking Light Light and Easy Menus

HU: 9

Yield: 4 servings

Posted By: CJMartin717

January 17, 2005

Comments: The HU's are higher than some options; but we served it with a fresh spinach/mandarin orange salad with a 0 point dressing - not bad for the entire meal.

6 oz uncooked farfelle (bow-tie) pasta
1/4 cup reduced fat peanut butter
2 Tbsp brown sugar
2 Tbsp low sodium soy sauce
2 Tbsp rice wine vinegar
1/2 tsp crushed red pepper
2 tsps vegetable oil
1 lb. sea scallops (I used bay scallops)
1 cup red bell pepper strips
3 cups snow peas, trimmed & halved
2 garlic cloves, minced

Cook pasta according to package directions.

Combine peanutbutter with next 4 ingredients. Whisk well. Set aside.

Heat oil in large nonstick skillet over high heat. Add scallops, saute 2 mins per side. Remove from pan. Coat bell pepper strips with cooking oil spray. Place pan over medium-high heat until hot. Add bell pepper and garlic, saute 2 mins, add snow peas and saute another 2 mins. Return scallops to skillet, add peanut butter mixture. Cook 2 mins or until thoroughly heated. Combine with drained pasta and toss gently.

432 calories per serving, 10.3 g fat, 4.2 g fiber.

Cherry-Almond Muffins

Source: Cooking Light Cookbook 1995

HU's: 3

Yield: 15 muffins

Posted By: CJMartin717

January 17, 2005

Comments: Who has muffin pans for 15? I put batter into 12 muffin cups and then put the rest into a mini loaf pan. The loaf pan needed to cook for about 22 minutes.

1 cup dried sweet cherries (I used a combination of cherries and dried cranberries because I didn't have enough cherries)

1/2 cup unsweetened apple juice

1 3/4 cups all-purpose flour (I substituted whole wheat flour for 1/4 cup of the regular.)

2 1/2 tsps baking powder

1/4 tsp. salt

1/2 cup sugar

1 tsp. grated lemon rind

1/2 cup plus two tablespoons skim milk

2 tablespoons vegetable oil

1 egg, lightly beaten

1 tsp. almond extract

Vegetable cooking spray

2 teaspoons sugar

Combine cherries and juice. Let set 30 minutes. Drain and reserve 1/4 cup juice.

Coarsely chop cherries. (I did this before soaking them.)

Combine flour and next 4 ingredients; make a well in center of mixture.

Combine reserved juice, milk, oil, egg and extract. Add to dry ingredients, stirring just until moistened. Spoon batter into muffins pans coated with cooking spray, filling two-thirds full. Sprinkle with 2 teaspoons sugar (I forgot to do this.) Bake at 400 F for 15-18 minutes or until golden.

Per muffin:

138 calories, 2.9 g fat, 1.3 g fiber,

15 mg cholesterol, 68 mg calcium, 2.7 g protein, 25.7 g carbohydrate, 49 mg sodium.

Spicy Mulligatawny

Source: Cooking Light, January/February, 2002

HU: 4.5 per serving

Servings: 4

Posted by: Emily (EJWyatt)

January 17, 2005

CL Notes: The name of this highly seasoned Indian soup means "pepper water." It gets quite a kick from the combination of curry powder, ground ginger, and crushed red pepper, but you can halve those ingredients if you don't like spicy foods.

My Notes: I would make this the day before and re-heat. It is fabulous once the flavors meld.

1 tablespoon vegetable oil, divided
1/2 pound skinless, boneless chicken breast, cut into bite-sized pieces
1 cup chopped peeled Gala or Braeburn apple
3/4 cup chopped onion
1/2 cup chopped carrot
1/2 cup chopped celery
1/2 cup chopped green bell pepper
2 tablespoons all-purpose flour
1 tablespoon curry powder
1 teaspoon ground ginger
1/2 teaspoon crushed red pepper
1/4 teaspoon salt
2 (14 1/2-ounce) cans fat-free, less-sodium chicken broth
1/3 cup mango chutney
1/4 cup tomato paste
Chopped fresh parsley (optional)

Heat 1 teaspoon oil in a Dutch oven over medium-high heat. Add chicken, and sauté 3 minutes.

Remove from pan; set aside.

Heat 2 teaspoons oil in pan. Add apple and next 4 ingredients (apple through bell pepper); sauté 5 minutes, stirring frequently. Stir in the flour and next 4 ingredients (flour through salt); cook 1 minute. Stir in broth, chutney, and tomato paste; bring to a boil.

Reduce heat; simmer 8 minutes. Return chicken to pan; cook 2 minutes or until mixture is thoroughly heated. Sprinkle with parsley, if desired.

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

CALORIES 236 (18% from fat); FAT 4.8g (satisfat 0.8g, monofat 1.1g, polyfat 2.3g); PROTEIN 18g; CARBOHYDRATE 31g; FIBER 4.9g; CHOLESTEROL 33mg; IRON 1.9mg; SODIUM 599mg; CALCIUM 42mg;

Thai Basil Beef with Rice Noodles

Source: Cooking Light, January/February, 2005

HU: 6.5 per serving

Servings: 4

Posted by: Emily (EJWyatt)

January 17, 2005

CL NOTES: Use kitchen shears or a knife and fork to chop the noodles into smaller pieces, which will make them easier to toss with the curry-lime juice dressing.

My Notes: I couldn't find bánh pho, so I used pad thai noodles which are narrower and they worked just fine.

8 cups water
1 pound flank steak, trimmed
1/4 teaspoon salt
1 1/2 cups (1 1/2-inch-long) slices fresh asparagus (about 1 pound)
4 ounces wide rice stick noodles (bánh pho)
1 tablespoon sugar
3 tablespoons fresh lime juice
1 tablespoon fish sauce
1/2 teaspoon Thai red curry paste
1 cup cherry tomatoes, halved
1/2 cup thinly sliced fresh basil

Heat a large grill pan over medium-high heat.

While pan heats, bring water to a boil in a large saucepan.

Add steak to grill pan; grill 5 minutes on each side or until desired degree of doneness. Sprinkle steak with salt. Cut steak across grain into thin slices.

While steak cooks, add asparagus to boiling water; cook 2 minutes. Remove asparagus with a slotted spoon. Add noodles to boiling water; cook 3 minutes or until done. Drain; rinse well. Cut noodles into smaller pieces; place in a medium bowl.

While noodles cook, combine sugar, lime juice, fish sauce, and curry paste in a large bowl. Add one-half of lime mixture to medium bowl with noodles; toss to coat. Add steak, asparagus, tomatoes, and basil to remaining lime mixture in large bowl; toss to combine. Serve steak mixture over noodles.

Yield: 4 servings (serving size: 1/2 cup noodles and 1 cup steak mixture)

CALORIES 328 (24% from fat); FAT 8.6g (satfat 3.6g, monofat 3.4g, polyfat 0.4g); PROTEIN 26.1g; CARBOHYDRATE 34.9g; FIBER 3.6g; CHOLESTEROL 54mg; IRON 3.2mg; SODIUM 615mg; CALCIUM 50mg;

Zinfandel-Braised Beef Brisket with Onions and Potatoes

Source: Cooking Light J/F 2005

Points: 7

Servings: 8

Posted by: Petiteyaya1 (Cindy)

Jan. 18, 2005

My comments: I added some zinfandel to the onions while they were caramelizing. The potatoes would be good with other dishes too.

2 cups zinfandel or other fruity dry red wine
1/2 cup fat-free, less-sodium chicken broth
1/4 cup tomato paste
1 (2 1/2-pound) beef brisket, trimmed
2 teaspoons salt, divided
1/2 teaspoon freshly ground black pepper, divided
Cooking spray
8 cups sliced Walla Walla or other sweet onion (about 4 medium)
2 tablespoons sugar
1 1/4 teaspoons dried thyme, divided
6 garlic cloves, thinly sliced
2 carrots, peeled and cut into (1/2-inch-thick) slices
2 celery stalks, cut into (1/2-inch-thick) slices
1 1/2 pounds small red potatoes, cut into quarters
1 1/2 teaspoons extravirgin olive oil
1 teaspoon dried oregano
1/4 teaspoon ground red pepper
Chopped fresh parsley

Preheat oven to 325°.

Combine first 3 ingredients, stirring with a whisk.

Heat a large Dutch oven over medium-high heat. Sprinkle beef with 3/4 teaspoon salt and 1/4 teaspoon black pepper. Coat pan with cooking spray. Add beef to pan; cook for 8 minutes, browning on all sides. Remove beef from pan; cover and set aside.

Add 1/2 teaspoon salt, 1/4 teaspoon black pepper, onion, sugar, and 1 teaspoon thyme to pan. Cook 20 minutes or until onions are tender and golden brown, stirring occasionally. Add garlic, carrots, and celery; cook 5 minutes, stirring occasionally. Place beef on top of onion mixture; pour wine mixture over beef. Cover and place in oven.

Bake at 325° for 1 3/4 hours.

While beef mixture cooks, place potatoes in a large bowl. Add 3/4 teaspoon salt, 1/4 teaspoon thyme, oil, oregano, and red pepper; toss to coat. Arrange in a single layer on a jelly-roll pan coated with cooking spray.

Remove beef from oven; turn beef over. Place potatoes on lower rack in oven. Cover beef; return to oven. Bake potatoes and beef at 325° for 45 minutes or until beef is tender. Remove beef from oven; cover and keep warm. Increase oven temperature to 425°. Place potatoes on middle rack in oven; bake at 425° for 15 minutes or until crisp and edges are browned.

Remove beef from pan; cut across the grain into thin slices. Serve with onion mixture and potatoes. Sprinkle with parsley.

Yield: 8 servings (serving size: about 3 ounces beef, 3/4 cup onion mixture, and 1/2 cup potatoes)

CALORIES 342 (25% from fat); FAT 9.5g (satisfat 3.1g, monofat 4.6g, polyfat 0.5g); PROTEIN 27.2g;
CARBOHYDRATE 34.4g; FIBER 4.7g; CHOLESTEROL 70mg; IRON 3.5mg; SODIUM 619mg; CALCIUM 67mg;
Cooking Light, JANUARY 2005

Triple Ginger Cake with Blueberry Coulis

From Sur La Table cooking class

HU's: 4

Servings: 12

Posted by: Nette87 (Lynette)

January 19, 2005

Notes: Sifting and folding carefully are the keys to this recipe. It is a yummy ginger flavored angel food cake. You may choose to put the crystallized ginger on the bottom if you are using a bunt pan. That way you can have a nice top.

Ingredients:

1 1/4 cups sifted cake flour
1 1/2 cup sugar, divided
1 1/2 Tbsp ground ginger
1 tsp ground cinnamon
12 large egg white(s)
1 tsp cream of tartar
1/2 tsp salt
2 tsp vanilla
1 tsp lemon juice
2 tsp grated ginger root or ginger juice
1 1/2 cup crystallized ginger, minced

4 cups blueberries (fresh or thawed frozen)
1/4 cup maple syrup
2 Tbsp lemon juice

1. Preheat the oven to 325.
2. Combine flour, 3/4 cup sugar, ginger powder and cinnamon in a small bowl, stirring with a whisk.
3. Beat egg whites in a large bowl with a mixer at high speed until foamy. Add cream of tartar and salt. Beat until soft peaks form. Slowly add 3/4 cup sugar, beating until stiff peaks form.
4. Sift flour mixture over egg mixture, 1/4 cup at a time, folding in each portion with a large spatula. Fold in vanilla, lemon juice & ginger root or juice.
5. Spoon mixture into a non-stick 10-inch tube or bunt pan, spreading evenly. Break air pockets by cutting through batter with knife.
6. Bake for about 30 minutes and top with crystallized ginger. Bake for an additional 20 minutes or until cake springs back when lightly touched. Invert pan and cook completely. Remove from pan and cut into 12 slices.
7. Meanwhile, place blueberries, maple syrup and lemon juice into a blender and process until smooth. Press through a fine mesh strainer to remove the seeds. Chill sauce in refrigerator.
8. Serve cake with coulis and if you dare some vanilla ice cream.

Spiced Butternut Squash and Lentil Soup

Source: Biggest Book of Slow Cooker Recipes

HU's: 3

Core: Yes

Serves: 4

Posted by: Kate (KateWD)

January 19, 2005

Garam Masala makes this soup, I used double the amount. Makes 4 generous servings.

1 cup dry lentils

2 ½ cups peeled butternut squash

½ cup chopped onion (1 medium)

1/2 cup chopped carrot (1 medium)

½ cup chopped celery (1 stalk)

2 cloves garlic, minced

1 tsp garam masala

4 cups chicken or vegetable broth

Rinse and drain lentils. Place first 5 ingredients in 3 ½ - 4 qt. slow cooker and sprinkle with garlic and garam masala. Pour broth over all. Cover and cook on low 8 to 9 hours or high 4 to 4 ½ hours.

Honey-Pecan Chicken

Source: WW make it in Minutes Cookbook

HU: 7

Servings: 4

Posted By: DonnaLoo

January 19, 2005

Notes: A crunchy coating of cornflakes and chopped pecans, flavored with just the right touch of honey, make this Southern-accented recipe one the whole family will love. This recipe also doubles as a main-dish salad: Simply cut the cooked chicken into strips and arrange on top of mixed greens tossed with light vinaigrette dressing.

My notes: a quick, yummy entree. I substitute tenderloins for the breasts.

1/2 cup pecans
2 tablespoons cornflake crumbs
2 tablespoons honey
1 tablespoon reduced sodium soy sauce
4 (5 ounce) skinless, boneless chicken breasts

1. Preheat oven to 425*. Line a baking dish with foil.
2. Finely chop the pecans in a food processor. Sprinkle the pecans and cornflake crumbs on a sheet of waxed paper. Combine the honey and soy sauce in a shallow bowl. Dip both sides of chicken in the honey mixture, then dip into the pecan mixture to coat. Arrange on the foil lined baking sheet. Spray lightly with cooking spray. Bake until the chicken is cooked through, about 5 minutes on each side.

Calories: 296, Fat: 12g, Fiber: 1 g

Beefy Vegetable Soup

Source: Tracy's Aunt Jackie

Healthy Units: 4

Core: Yes

Servings 12

Posted by Tracy (Nikkie1t)

January 19, 2005

Notes: This is our family's favorite vegetable beef soup. The recipe is old, and calls for cross-cut beef shanks. I usually use what I have on hand - sometimes I use a pound of beef stew meat and replace some of the water with canned beef broth, other times a roast, or soup bones. The points were calculated using a 1 lb. beef roast. Vary the vegetables to your taste, potatoes are also very good in it.

6 cross-cut beef shanks
10 cups water
1 T. salt
3 stalks of celery (diced)
3 large carrots (diced)
2 medium onions (diced)
1 small rutabaga (diced)
1 28 oz. can diced tomatoes
1/2 c. chopped fresh parsley
1/2 t. dried basil
1/2 t. dried thyme leaves
1/2 t. pepper
salt to taste
1/2 cup barley
1 10 oz. pkg. frozen mixed vegetables
1 cup frozen corn
1 cup frozen lima beans

Boil beef shanks, 1 T. salt and 10 cups hot water. Reduce heat, add rest except frozen vegetables, cook 2 hours; add vegetables and 2 t. salt.

Serving sizes are about 1-1/2 cups each. According to Master Cook, each serving is 200 calories, 7 grams fat and 6 grams fiber. You can reduce the fat by choosing leaner beef.

Goat Cheese, Roasted Garlic & Tomato Croutes

Cooking Light March 2002

6 servings of 2 croutes each

HU: 2.7 per serving

Posted by DebMj1

1/21/05

CL Note: For a more authentic approach, roast the garlic and invite guests to rub the cloves on toasted bread themselves. Serve cheese and tomatoes on the side.

My Notes: After trying a few different ways of fixing these after having the ingredients pre-made, I found it's best to do this: Let the goat cheese/roasted garlic mixture and roasted tomatoes come to room temperature. Spread the goat cheese mixture on the sliced (untoasted) baguette, top with a tomato, and pop it in the oven at 300 F for about 5 minutes. This will toast the bread and warm the cheese and tomato. It makes it a super easy way to prepare this appetizer so it's hot for your guests.

1 whole garlic head

Cooking spray

3 plum tomatoes, each cut into 4 wedges

1/2 cup (2 ounces) crumbled goat cheese

12 (1/2-inch-thick) slices diagonally cut French bread baguette, toasted

Preheat oven to 425°.

Remove white papery skin from garlic head (do not peel or separate the cloves); wrap in foil. Line a baking sheet with foil; coat foil with cooking spray. Arrange tomato wedges in a single layer on foil. Bake garlic and tomatoes at 425° for 40 minutes, turning tomatoes after 20 minutes. Remove tomatoes from oven; bake garlic an additional 5 minutes. Remove garlic from oven; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Mash garlic pulp and goat cheese with a fork until blended.

Spread 2 teaspoons goat cheese mixture over each bread slice. Top each with 1 tomato wedge.

NUTRITION PER SERVING

CALORIES 135(23% from fat); FAT 3.4g(sat 1.7g,mono 0.9g,poly 0.5g); PROTEIN 5g;
CHOLESTEROL 8mg; CALCIUM 90mg; SODIUM 298mg; FIBER 1.5g; IRON 1.2mg;
CARBOHYDRATE 21.4g

Crackling Cauliflower

Source: adaptation from deli

HU: 1 /CORE

Servings: 4 (at 1 cup each)

Posted By: MoOzarks(Donna)

January 24, 2005

Comments: if you like Indian flavors you will like this mildly hot side dish. Fragrant and filling.

Ingredients:

1 teaspoon olive oil
PAM olive oil spray
1 cup chopped onion
4 cups, coarsely broken cauliflower
5 cloves garlic, minced
½ teaspoon fresh ginger root, grated
1 ½ teaspoons curry powder
1 ½ teaspoons garam masala
½ teaspoon salt
1/8 teaspoon red pepper flakes
1 cup frozen peas
½ teaspoon lemon zest
2 teaspoons lemon juice
3 Tablespoons water

Directions:

In a large skillet (I used my electric skillet) heat to med-high. Add oil and onions. Sauté onions until soft and they start to caramelize. Add cauliflower. Spray with PAM to mist the cauliflower. Add garlic, ginger, salt, red pepper, peas, lemon zest. Stir in seasonings. Add lemon zest, lemon juice and water. Stir and cover. Reduce heat to low to allow the small amount of moisture to steam the cauliflower. Cook until crunchy tender. Add more water in small amounts if needed.

Per Serving: 87 Calories; 2g Fat (15.5% calories from fat); 5g Protein; 16g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 73mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Vegetable; 0 Fruit; 0 Fat.

Spaghetti Squash Sauté

Source: WW Turnaround Cookbook, pg 144

HU: 2/CORE

Servings: 4 (about 1 cup each)

Posted by: MoOzarks(Donna)

January 25, 2005

Comments: Spaghetti squash is a great stand in for pasta. Its crisp-tender, golden strands have a slightly sweet flavor; making the vegetable perfect to pair with asparagus, peas, and lemon. When selecting spaghetti squash, remember that the larger the vegetable, the thicker the strands---and usually the greater the flavor.

Ingredients:

1 (2 pound) spaghetti squash
2 teaspoons olive oil
2 scallions, thinly sliced
2 garlic cloves, minced
½ cup chicken broth
½ teaspoon dried marjoram
½ teaspoon grated lemon zest
¼ teaspoon salt
12 thin fresh asparagus spears, trimmed and cut into 2-inch diagonal lengths
1 cup frozen peas, thawed
2 teaspoons fresh lemon juice.

Directions:

1. Preheat the oven to 350°F. Cut the squash in half lengthwise and scoop out the seeds. Place the squash, cut-side down, in a 7x11 inch baking dish; add water to a depth of about ½ inch. Cover with foil and bake until tender, about 45 minutes. Remove the squash from the water and let stand until cool enough to handle. With a fork, scrape out the pulp; then transfer it to a medium bowl.

2. Heat the oil in a large nonstick skillet over medium-high heat. Add the scallions and garlic; cook, stirring constantly, until fragrant, about 1 minute. Add the broth, marjoram, lemon zest, and salt; bring to a boil. Add the asparagus and peas, reduce the heat, and simmer, covered, about 2 minutes. Stir in the squash and lemon juice; cook, stirring occasionally, until heated through, about 3 minutes.

Nutritionals per serving: (About 1 cup) 117 calories, 4 g fat, 1 g sat. fat, 0g trans fat, 0 mg cholesterol, 320 mg sod, 19 g carb, 2 g fiber, 5 g prot, 63 mg calc,

TIP: The spaghetti squash may also be cooked in a microwave. Pierce with a fork, place on a paper towel, and microwave on High until softened, 8-12 minutes, turning it over and rotating a quarter turn every 3 minutes. Let stand 5 minutes. Then cut open, discard the seeds, and scrape the pulp into a bowl.

Brussel Sprouts with Parmesan

Source: WW CMB - Texas Star

Servings: 4

HU: 2

Posted by: Waneyvant

Date: January 25, 2005

1 pound fresh brussels sprouts
2 small garlic cloves, chopped
2 T. melted reduced calorie margarine
1 T. lemon juice
1/4 tsp salt
1/2 tsp ground pepper
3 T. grated low fat parmesan cheese

Rinse & trim sprouts; steam in saucepan for 10-15 minutes until just tender. Drain. In a small saute pan, saute garlic in margarine until limp. Add lemon juice, salt & pepper; Pour over sprouts, top with cheese, toss.

Waney Notes: i used frozen sprouts, cooked them per pkg directions in microwave, then drained. I sliced the garlic cloves.

Salsa Grilled Chicken Fiesta

Source: adaptation from Betty Crocker website

HU: 4

Servings: 6

Posted by: MoOzark(DonnaMO)

January 26, 2005

Comments: Reminds me of a Mexican version of the deep dish pizza we all like. I changed the original by grilling the chicken (better flavor IMO), using rf bisquick, lf cheese, eliminating oil. This reduced the HUs from 7.5 to 4. I also added the onion and cilantro. This would be an easy and quick way to use leftover grilled chicken or roasted turkey.

Ingredients:

2/3 cup RF Bisquick® mix

2 tablespoons water

2 ounces eggbeaters

6 ounces shredded lf Cheddar cheese

12 ounces boneless skinless chicken breast halves, grilled whole and when cooked cut into 1/2-inch pieces

1 1/4 cups Pace Thick 'n Chunky salsa

1/4 cup red onion, chopped

2 Tablespoons chopped fresh cilantro

cooking spray

1. Heat oven to 400°F. Spray 8-inch or 9-inch square pan with cooking spray. Stir together Bisquick mix, water and egg in small bowl; spread in pan. (I had to lightly sprinkle dough and my hands with flour to spread crust.) Sprinkle with 1 1/4 cups of the cheese.

2. Cook chicken on grill. (I cooked on the Weber. Boneless/skinless chicken breasts were sprinkled with the juice of one lime, McCormick's Mexican seasoning, ancho chile powder, and two cloves of minced garlic for additional flavor) Saute onions in non-stick skillet sprayed with cooking oil until onions are tender. Stir in salsa; heat until hot. Stir in cooked chicken and fresh cilantro. Spoon over batter and cheese in pan to within 1/2 inch of edges.

3. Bake 22 to 25 minutes or until edges are dark golden brown. Sprinkle with remaining 1/4 cup cheese. Bake 1 to 3 minutes longer or until cheese is melted; loosen from sides of pan.

Per Serving: 174 Calories; 4g Fat (23.2% calories from fat); 21g Protein; 11g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 388mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fat.

Pan Fried Tilapia With White Wine and Capers

Source: WW Annual Recipes for Success 2003

HU: 5

Servings: 4

Posted by: Bliss

Date: 1/26/05

Ingredients:

1/4 c. dry white wine
1/4 c. chopped seeded tomato
2 Tbsp fresh lemon juice
2 Tbsp. drained capers
1 garlic clove, minced
1/2 tsp. dried basil
4 (6 oz) tilapia fillets
1/2 tsp. salt
1/4 tsp freshly ground pepper
1/4 c. all-purpose flour
Cooking spray
1 Tbsp. olive oil
2 Tbsp. light butter
2 Tbsp. chopped fresh parsley
Lemon wedges (optional)

Instructions:

1. Combine first 6 ingredients, stirring well with a whisk; set aside.
2. Sprinkle fillets with salt and pepper. Dredge fillets lightly in flour, and coat both sides of fillets with cooking spray.
3. Heat oil in a large nonstick skillet over med-high heat. Add fillets; cook 3 mins. Reduce heat to medium; turn fillets and cook 3 mins or until fish flakes easily with a fork. Remove from pan.
4. Add wine mixture to pan; cook 30 seconds, stirring constantly. Remove from heat; stir in butter until melted. Spoon wine mixture over fillets; sprinkle with parsley. Serve with lemon wedges, if desired. (serving size: 1 fillet and 2 Tbsp sauce)

Crunchy Turkey Salad

Source: can't remember

HU: 4

Servings: 6 1/2-cup servings

Posted by Petiteyaya1 (Cindy)

Jan. 26, 2005

Notes: This makes a good sandwich filling or it can be served on a bed of lettuce. Sometimes I use white grapes instead of apples.

8 oz cooked turkey breast, chopped (about 1 1/2 cups)
1 medium apple, chopped
2 stalks celery, chopped
1/2 cup chopped walnuts
1/4 cup Just 2 Good mayo
1/4 cup fat-free sour cream
2 Tbsp chopped fresh parsley
2 Tbsp fresh lemon juice
1 Tbsp honey
1 Tbsp Dijon mustard
1/4 tsp salt
Black pepper to taste

Combine turkey, apple, celery and nuts in a bowl. In a small bowl, whisk together remaining ingredients.

Pour dressing over salad ingredients and mix until coated. Chill 2 hours to allow flavors to blend.

Pasta Primavera

Source Everyday Italian, with modifications

HU: 6

Servings: 6

Posted by Petiteyaya1 (Cindy)

Jan. 26, 2005

My notes: I cut the amount of oil, pasta and parm to lower points from original 10 to 6, and added garlic. Veggies are great on their own, would be good as an omelette filling.

3 carrots, peeled and cut into thin strips
2 medium zucchini or 1 large zucchini, cut into thin strips
2 yellow squash, cut into thin strips
1 red onion, thinly sliced
1 yellow bell pepper, cut into thin strips
1 red bell pepper, cut into thin strips
3 tablespoons olive oil
2 cloves minced garlic (or more if you like)
Kosher salt and freshly ground black pepper
1 tablespoon dried Italian herbs or herbes de Provence
10 ounces farfalle (bowtie pasta)
15 cherry tomatoes, halved
1/3 cup grated Parmesan

Preheat the oven to 450 degrees F.

On a large heavy baking sheet, toss all of the vegetables with the oil, salt, pepper, garlic and dried herbs to coat. Transfer half of the vegetable mixture to another heavy large baking sheet and arrange evenly over the baking sheets. Bake until the carrots are tender and the vegetables begin to brown, stirring after the first 10 minutes, about 20 minutes total.

Meanwhile, cook the pasta in a large pot of boiling salted water until al dente, tender but still firm to the bite, about 8 minutes. Drain, reserving 1 cup of the cooking liquid.

Toss the pasta with the vegetable mixtures in a large bowl to combine. Toss with the cherry tomatoes and enough reserved cooking liquid to moisten. Season the pasta with salt and pepper, to taste. Sprinkle with the Parmesan and serve immediately.

Herbes de Provence

Source King Arthur Flour BB

HU: 0

Servings N/A

Posted by Petiteyaya1 (Cindy)

Jan. 26, 2005

Various combinations of herbs can be used to create this blend of herbs from Southern France. (There is no "one" official blend.) This herb mixture is great in breads, on vegetables and chicken. Also used in other ways in specific recipes.

Blend equal amounts of the following dried herbs:

- Thyme
- Savory (I have omitted this in the past if I don't have any with no problem)
- Marjoram
- Oregano

Optional Additions (use only half - or less of the quantity of herbs listed above). Only use 1 or 2 of these - not all.

- Sage
- Rosemary
- Lavender flowers
- Fennel Seed

Chicken Sausage and Provolone Penne Bake

Source: CL January/February 2005

Healthy Units: 10

Servings: 8

Posted By: Janey

Date: January 27, 2005

Janey's notes: I used chicken sausage with sun-dried tomatoes and basil. I wasn't able to find the brand they mention. I also drained 2 cans of the tomatoes and simmered the sauce uncovered – I'm afraid it would have been too watery otherwise.

1 pound uncooked penne (tube-shaped pasta)
1 tablespoon olive oil
1 1/2 cups chopped onion
3/4 cup chopped red bell pepper
1 (12-ounce) package sweet basil and pine nut chicken sausage (such as Gerhard's), halved lengthwise and cut crosswise into 1/2-inch-thick slices
2 garlic cloves, minced
1 tablespoon tomato paste
1 tablespoon balsamic vinegar
1/2 teaspoon salt
1/4 teaspoon dried oregano
1/4 teaspoon crushed red pepper
3 (14.5-ounce) cans diced tomatoes, undrained
Cooking spray
1 cup (4 ounces) shredded sharp provolone cheese
1 cup (4 ounces) grated fresh Parmesan cheese

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

Preheat oven to 350°.

Heat olive oil in a large nonstick skillet over medium-high heat. Add onion, bell pepper, sausage, and garlic; sauté 5 minutes or until sausage is browned. Add tomato paste and next 5 ingredients (through diced tomatoes); cover, reduce heat, and simmer 15 minutes.

Combine pasta and tomato mixture; spoon into a 13 x 9-inch baking dish coated with cooking spray. Sprinkle with cheeses. Bake at 350° for 25 minutes or until bubbly.

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

NUTRITION PER SERVING

CALORIES 453(30% from fat); FAT 15.3g(sat 6.6g,mono 5.7g,poly 2.1g); PROTEIN 24.4g;
CHOLESTEROL 56mg; CALCIUM 319mg; SODIUM 954mg; FIBER 4.6g; IRON 2.1mg;
CARBOHYDRATE 55.3g

Pear & Cranberry Scones with Fresh Lemon Glaze

Source: Silk Soy Milk website

HU: 3

Servings: 16

Posted by: damcwilliams01

January 27, 2005

Ingredients:

2 cups all purpose unbleached flour
1/4 cup sugar
1 tablespoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup Silk Unsweetened Soymilk
1/4 cup fresh lemon juice
1/3 cup dried cranberries
2 teaspoons grated lemon zest
1/4 cup canola oil
1 cup coarsely chopped peeled pears

Instructions:

Preheat the oven to 375°F. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Set aside. In a separate bowl, stir together the Silk, lemon juice, cranberries, lemon zest and canola oil. Pour the wet mixture into the dry and mix together with a wooden spoon, stirring with as few strokes as possible. Fold in the chopped pears. Drop the batter on to parchment lined baking sheets, using an ice cream scoop. Bake for 12-15 minutes or until tops are lightly browned. Cool and drizzle with the lemon glaze.

Fresh Lemon Glaze

1 cup confectioners' sugar
1 tablespoon grated lemon rind
2-3 tablespoons fresh lemon juice

Whisk all ingredients together until smooth and creamy. Drizzle on scones, reserve some for dipping.

Cheeseburger Soup

HU's: 7

Serves: 6

Posted by: Zephyr1 (Michelle)

January 27, 2005

3/4 pound ground turkey breast -- browned and drained
3 cups diced potatoes
3/4 cup chopped onions
1 tablespoon light butter
1/4 cup flour
3/4 cup shredded carrots
8 oz Velveeta Light
3/4 cup diced celery
1 1/2 cup fat free half-and-half
1 tsp dried basil
3/4 tsp salt
1 tsp dried parsley flakes
1/4tsp pepper
3 cups chicken broth

1. Sauté beef, onion, carrot, celery in 1 T. light butter (or I've used PAM successfully) about 10 minutes, or until meat is browned and veggies are soft. Drain excess liquid/fat.(Optionally you can brown/drain meat separately).
2. Add potatoes and 2 cups of stock. Simmer until potatoes are done - about another 10 minutes. (I also successfully subbed frozen potatoes O'Brien here)
3. Shake flour with remaining 1 cup of stock until you form a smooth (no lumps) slurry. Add this to the pot, and bring to a boil - 2-3 minutes or until thick.
4. Reduce heat and add half/half and Velveeta. Stir until warmed through and melted. Add additional seasonings to taste.

Comments: Michelle also adds:

2 tablespoons all purpose no-salt seasoning
1 tablespoon Montreal steak seasoning
lemon pepper to taste

Per Serving (excluding unknown items): 365 Calories; 9g Fat (29.1% calories from fat); 17g Protein; 35g Carbohydrate; 3g Dietary Fiber; 27mg Cholesterol; 1759mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Basic Cornbread

Source: Southern Living 2002 Annual Recipes

Servings: 16

HU: 2

Posted by: Waneyvant

Date: January 28, 2005

Note: You can freeze bread in a heavy zip lock bag for one month; thaw in fridge.

1/3 cup butter

2 cups self rising white cornmeal

3/4 cup all purpose flour

1 T. sugar

2 1/4 cups low fat buttermilk

2 large eggs

Place butter in a 10 inch cast iron skillet & heat in a 425 oven for 5 minutes or until melted.

Combine meal, flour & sugar in a large bowl; stir together buttermilk & eggs. Add to dry ingredients; stir just until moistened. Pour over melted butter in skillet. Bake for 25 minutes or until golden.

Rice Pilaf with Shallots and Parmesan

Cooking Light 2004 Annual

HU: 5.7

Servings: 2 (about 3/4 cup each)

Posted by DebMj1

January 29, 2003

CL Notes: Cooked basmati rice smells like popcorn and has a delicate texture, but you can use any long-grain white rice in this recipe.

My Notes: Excellent flavor in this rice. I used long-grain white rice and found I had to simmer it about 25 minutes. I think each of 2 servings is rather large. I'd consider it more like 3 servings of 1/2 cup each. That takes the points to about 3.8 each.

2 teaspoons butter
2 tablespoons minced shallots
1 garlic clove, minced
1/2 cup basmati rice
1 cup fat-free, less-sodium chicken broth
1/4 cup dry white wine
2 tablespoons grated fresh Parmesan cheese (I used Piave)
2 tablespoons minced fresh parsley
1/8 teaspoon freshly ground black pepper
Dash of sea salt

Melt butter in a small saucepan over medium-high heat. Add shallots and garlic; sauté 1 minute. Stir in rice; sauté 1 minute. Stir in broth and wine; bring to a boil. Cover, reduce heat, and simmer 15 minutes.

Remove from heat; stir in cheese, parsley, pepper, and salt.

NUTRITION PER SERVING

CALORIES 266(21% from fat); FAT 6.3g(sat 3.8g,mono 1.8g,poly 0.4g); PROTEIN 8.4g;
CHOLESTEROL 15mg; CALCIUM 100mg; SODIUM 455mg; FIBER 0.6g; IRON 0.8mg;
CARBOHYDRATE 43.9g

Butternut Squash Ragout

Source: Cooking Light JANUARY 1997

HU : 6

Core: No

Servings: 6 servings (serving size: 1 1/2 cups ragout with 1/2 cup couscous)

Posted by bhatb

Date: Jan 29, 2005

2 teaspoons olive oil
2 cups chopped onion
4 cups cubed peeled butternut or acorn squash (about 1 1/2 pounds)
2 cups sliced carrot
1 cup chopped peeled celeriac
1 teaspoon curry powder
2 garlic cloves, minced
1 cup drained canned chickpeas (garbanzo beans)
1 cup canned vegetable broth
1 cup no-salt-added tomato juice
1/2 cup chopped dried apricots
1/4 cup chopped almonds, toasted
Chopped fresh parsley
3 cups cooked couscous

Heat oil in a large nonstick saucepan over medium heat. Add onion and next 5 ingredients (onion through garlic), and sauté 2 minutes. Add chickpeas, broth, and tomato juice, and bring to a boil. Reduce heat, and simmer, uncovered, 30 minutes or until tender. Top with apricots and almonds, and sprinkle with parsley. Serve over couscous.

NUTRITION PER SERVING

CALORIES 337 (13% from fat); FAT 4.9g (sat 0.5g, mono 2.7g, poly 0.9g); PROTEIN 9.9g; CARB 68.9g; FIBER 9.7g; CHOL 0.0mg; IRON 3.5mg; SODIUM 174mg; CALC 101mg;

German Apple Pancake

From Inside America's Test Kitchen, p.278

HU's: 5 for 6 servings; 7 for 4 servings

Servings:4-6

Posted by: Lynette (Nette87)

January 30, 2005

Notes: Great brunch dish. I like to use a cast-iron skillet for this recipe. To do this, I adjust the temperature to 425 from the beginning and only cook the apples until barely golden, 6 minutes. The quick heat is what makes this pancake puff-up so move very quickly between stove top and oven. There is a caramel sauce that can be serve with this but healthy units would go through the roof. I have never made the sauce and it is super tasty by itself.

Ingredients

1/2 cup all-purpose flour

1 Tbsp sugar

1/2 tsp table salt

2 large egg(s)

2/3 cup half-and-half

1 tsp vanilla extract

2 Tbsp unsalted butter

1 1/4 pound apple(s): Granny Smith if you like tart or Braeburn is you like sweet. (I use Braeburns)

1/4 cup packed light or dark brown sugar

1/4 tsp ground cinnamon

1 tsp fresh lemon juice

Powdered sugar for dusting

Instructions

1. Adjust an oven rack to upper-middle position and heat the oven to 500 degrees.
2. Whisk to combine the flour, granulated sugar, and salt in a medium bowl. In another medium bowl, whisk the eggs, half-and-half, and vanilla until combined. Add the liquid ingredients to the dry ingredients and whisk until no lumps remain, about 20 seconds. Set batter aside.
3. Heat the butter in a 10-inch oven proof nonstick skillet over medium-high heat until sizzling. Add apples, brown sugar, and cinnamon; cook, stirring frequently with a heatproof rubber spatula, until apples are golden brown, about 10 minutes. Off heat, stir in the lemon juice.
4. Working quickly, pour batter around the edge of the pan and then over the apples. Place the skillet in the oven and immediately reduce the oven temperature to 425 degrees. Bake until the pancake edges are brown and puffy and have risen above the edges of the skillet, about 18 minutes.
5. Remove the hot skillet from the oven and loosen the pancake edges with a heatproof rubber spatula; invert pancake onto a serving platter. Dust with powdered sugar, cut into wedges, and serve. Add syrup or caramel sauce if desired.

Stove-Top Macaroni and Cheese with Roasted Tomatoes

From Cooking Light Jan-Feb. 05

Posted By: Pantelb (Braelin)

HU: 8

January 30, 2005

Notes: This is a great week-day meal and would also be good with other veggies added in to the mixture. I used ff evaporated milk instead of the lf- but I'm not sure how the pts. were change (if at all...)

In Step 4, the macaroni mixture is cooked over medium-low heat so the cheese won't become stringy and the sauce, grainy.

3 cups halved cherry tomatoes
Cooking spray
1/4 teaspoon black pepper
3 ounces sourdough bread, torn into pieces
1 teaspoon butter, melted
12 ounces large elbow macaroni
2 cups (8 ounces) shredded extrasharp cheddar cheese
1/4 cup egg substitute
1 1/2 teaspoons kosher salt
1/4 teaspoon ground red pepper
1 (12-ounce) can evaporated low-fat milk

Preheat oven to 375°.

Place tomatoes in a 13 x 9-inch baking dish coated with cooking spray. Sprinkle with black pepper. Bake at 375° for 30 minutes or until browned, stirring occasionally.

While tomatoes cook, place bread in a food processor; pulse 2 times or until crumbly. Toss crumbs with melted butter. Sprinkle the crumbs on a baking sheet, and bake at 375° for 12 minutes or until golden, stirring frequently.

Cook macaroni in boiling water 7 minutes; drain. Return macaroni to pan; place over medium-low heat. Add cheese and remaining ingredients; cook 4 minutes or until cheese melts, stirring constantly. Stir in tomatoes. Sprinkle each serving with about 3 tablespoons breadcrumbs.

Yield: 8 servings (serving size: 1 cup)

NUTRITION PER SERVING

CALORIES 357(29% from fat); FAT 11.4g(sat 6.6g,mono 3.1g,poly 0.8g); PROTEIN 18.1g;
CHOLESTEROL 33mg; CALCIUM 350mg; SODIUM 669mg; FIBER 2g; IRON 2.7mg;
CARBOHYDRATE 45.2g

Oatmeal Chocolate Chip Cookies

Adapted from CL June, 1994 (Oatmeal Raisin Cookies)

HU: 1.3 per cookie

48 cookies

Posted by DebMj1

1/31/05

Note: You can tell that these are lower in fat than standard chocolate chip cookies, but they have a terrific flavor. The dough, prior to baking, is fantastic. I'd probably be inclined to just eat the dough :) At 1.3 points per cookie, I think they're worth adding to the comp.

3/4 cup firmly packed brown sugar

6 Tablespoons butter, softened

1/4 cup Splenda sugar substitute

1 egg

6 Tablespoons skim milk

1 teaspoon vanilla extract

1 1/2 cups all-purpose flour

3/4 teaspoon baking soda

1/4 teaspoon ground cinnamon

1/4 teaspoon salt

1 1/2 cups quick-cooking oats, uncooked

3/4 cup semisweet chocolate chips

1. Cream first 3 ingredients at medium speed of an electric mixer until light and fluffy. Add egg; beat well. Add milk and vanilla; beat well.

2. Combine flour and next 4 ingredients; gradually add to creamed mixture, beating well. Stir in oats and chocolate chips.

3. Drop dough by rounded tablespoonfuls onto baking sheets coated with nonstick cooking spray. Bake at 375 F. for 8 minutes or until lightly browned. Cool on wire racks.

Fast, Fake-Baked Ziti

Source: Rachel Ray's Cooking Around the Clock

HU's: 8

Serves: 8

Posted by Kate (KateWD)

February 1, 2005

Notes: the original recipe called for 3 T EVOO and full fat milk and cheese. It also called for whole tomatoes cut-up rather than crushed, but my kids don't like big chunks of tomatoes in the sauce. This was quick and easy, loved the browned and bubbly layer of cheese on top. Freezes well.

1 tablespoon extra-virgin olive oil
3 cloves garlic, finely chopped
1 (28-ounce) can crushed tomatoes
1 (14-ounce) can diced tomatoes
Coarse salt
A handful fresh basil leaves, torn
1 pound ziti rigate, with ridges
2 tablespoons light butter
2 tablespoons all-purpose flour
Freshly ground black pepper
A generous grating nutmeg
2 cups 1% milk
1/2 cup shredded asiago cheese
1/2 cup shredded Parmigiano-Reggiano
1 cup shredded light mozzarella

Put pasta water on to boil.

In a medium sauce pot over medium heat, saute garlic in extra-virgin olive oil. Add diced and crushed tomatoes and salt and simmer 10 minutes, add basil and simmer over low heat 10 minutes more.

Add salt and pasta to boiling water and cook 6 minutes, leaving pasta a little chewy.

While pasta cooks, melt butter in a small pot over medium heat. Whisk in flour, then cook 1 minute, adding salt and pepper and nutmeg to flour. Add milk and bring sauce to a bubble. Reduce 5 minutes.

Drain pasta and transfer to a large casserole dish. Pour the tomato and basil sauce over the pasta and turn to coat the pasta. Pour the bechamel over the already coated pasta. Cover the top of the pasta with Asiago, Parmesan and mozzarella. Place the casserole under hot broiler and melt the 3 cheeses until brown and bubbly, 3 to 5 minutes. Serve immediately.

Kentucky Burgoo

Source: The Complete Cooking Light Cookbook(2000)

HU 4/Cup

Core-I think it's all Core

Servings 15 Cups

Posted by Poisonqueen

Ingredients:

1 lb lean beef sirloin steak, cubed
1 1/2 lbs boneless, skinless chicken breasts, cubed
8 cups ff beef broth
4 cups potatoes, peeled and cubed
2 1/2 cups carrots, sliced
1 cup celery, sliced
1 cup onion, diced
1 1/2 tsp curry powder
1 tsp dried thyme
1 tsp salt
14 1/2 oz canned whole tomatoes, coarsely chopped
1 clove garlic, minced
2 cups cooked frozen corn, thawed
10 oz frozen lima beans, thawed

Instructions

1-trim fat from beef, cube-brown in dutch oven coated w/cooking spray

2-remove beef from pan and repeat same w/chicken

3-add broth and bring to boil

4-add meat, potatoes, carrots, celery, onion, garlic, tomatoes with liquid, and seasonings. Simmer until vegies are tender-about 1 hour

5-add corn and lima beans, simmer another 15 minutes

I ran this thru the WW recipe builder to get the points. The recipe in the cookbook called for oil to brown the meat in, but it worked fine w/cooking spray.

Oven-Roasted Sweet Potatoes and Onions

Source: CL December 2002

HU's: 5 as written

Serves: 6 (1 cup servings)

Posted by: Tracy (Nikkie1t)

February 2, 2005

My comments: I added a couple of yukon gold potatoes to the recipe. I also reduced the olive oil by about 1/2 and sprayed with an olive oil spray.

4 medium peeled sweet potatoes, cut into 2-inch pieces (about 2 1/4 pounds)
2 medium Oso Sweet or other sweet onions, cut into 1-inch pieces (about 1 pound)
2 tablespoons extra-virgin olive oil
3/4 teaspoon garlic-pepper blend (such as McCormick)
1/2 teaspoon salt

Preheat oven to 425°.

Combine all ingredients in a 13 x 9-inch baking dish, tossing to coat.

Bake at 425° for 35 minutes or until tender, stirring occasionally.

CALORIES 247 (19% from fat); FAT 5.1g (satfat 0.7g, monofat 3.4g, polyfat 0.6g);
PROTEIN 3.6g; CARBOHYDRATE 47.8g; FIBER 6.5g; CHOLESTEROL 0.0mg; IRON
1.2mg; SODIUM 255mg; CALCIUM 53mg;

Chicken w/Sweet Peppers & Balsamic Vinegar

Source: a SB recipe

HU's: 6

Posted by: CAROTS/Donna

Date: Feb 3, 2005

Servings: 4

*Notes: This was a very quick and easy dinner to throw together. Used frozen peppers from TJ, and they worked out fine. I also decreased the amount of Olive Oil and added 1 teaspoon of light butter, I like doing this because I think the chicken browns better.

4 skinless boneless chicken breasts, 4 ounces each (I used thin slice chicken cutlets)

4 Tablespoons Olive Oil (I used 3 tablespoons of Oil, and one teaspoon of light butter)

4 Cups of thinly sliced mixed red/yellow/orange/green peppers (I used 3/4 of a 16 oz bag of frozen mixed peppers from TJ)

1 medium Onion, thinly sliced

4 large garlic cloves, finely chopped (I used 5, really like garlic)

1/3 Cup chopped fresh basil (I used dried, only because that's what I had on-hand)

3 Tablespoon High Quality Balsamic Vinegar

Salt and pepper to taste

Season the chicken and saute in 2 Tablespoons of oil (I used the 1 teaspoon of light butter here, with 1 tablespoon of oil)in a large skillet over medium high heat, turning once until golden. Transfer the chicken to a plate.

Transfer the veggies to the skillet with the 2 Tablespoons of oil and reduce the heat to medium. Cook the bell peppers, and onion, stirring often until just softened, about 4 minutes. Add the garlic, stir and cook for 1 minute. Stir in about 1/2 of the basil, and all of the vinegar.

Reduce the heat to medium low and simmer until the chicken is cooked through which is about 3 minutes. Stir in the remaining basil and season with salt and pepper. Serve piping hot.

Balsamic Vinaigrette II

Source: CLBB

HU's: 1

Serves: 8 (1 Tbs per serving)

Posted by: Kate (KateWD)

February 3, 2005

Without a doubt, this is the best balsamic vinaigrette dressing I've tried. The original recipe called for $\frac{1}{4}$ cup honey, but I knew that would be too sweet for me, so I cut it in half.

2 Tbs Honey

3 Tbs Balsamic Vinegar

1 Tbs Red Wine Vinegar

1 Tbs minced red onion

$\frac{1}{2}$ Tbs Dijon

Salt and Pepper to taste

2 Tbs Olive Oil

Place all ingredients in blender and blend with oil (I used my mini chopper).

Spicy Turkey and Bean Soup

Source: Adapted from "Great Recipes Collection-Chicken Dinners" cookbook, 2003.

Their version is called "Spicy Chicken and Beans".

HU: 3/Cup, Core+0

Yield: about 9 cups

Posted by: PoisonQueen(Laurie)

February 6, 2005

Ingredients

1 lb 99% Fat Free Ground Turkey Breast
1 cup diced onion
3 clove garlic cloves, minced
1 medium jalapeno pepper, minced
1 tsp ground cumin
1/2 tsp table salt
1/2 tsp black pepper
28 oz can diced tomatoes
15 oz can tomato sauce
2 cups fat-ff chicken broth
15 oz can black beans , drained and rinsed
15 oz can cannellini beans , drained and rinsed
cooking spray

Instructions

Spray large sauce pan with cooking spray.
Brown turkey, onion, garlic, and jalapeno pepper(optional).
Add seasonings-stir, tomatoes and juice, sauce and broth. Bring to a boil. Cover, reduce heat and simmer 20 minutes.

Add beans, cook another 15 minutes and serve.

Bleu Cheese Dressing

Source: Waneyvant(Jane)

Servings: Makes 3 cups/ 2 Tablespoons/ serving

HU: 1.5-1.8

Posted by: Waneyvant

Date: 01/06/05

1 3 oz pkg bleu cheese, crumbled
1 cup buttermilk, low fat
1 cup low fat mayo (i use Hellman's)
1 tsp garlic salt
juice of 1 lemon (3 T)

Mix garlic salt in lemon juice, then add mayo, whisk well, let sit for 5 minutes; then add buttermilk, whisk again, let rest 5 more minutes. Add bleu cheese. Best if made one day ahead to blend flavors. Store in fridge.

Per Serving (excluding unknown items): 49 Calories; 4g Fat (79.3% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 145mg Sodium.
Exchanges: 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Apple Oat Bars

adapted from Vegetarian Times, February 2005

12 servings

2.4 HU per serving

Posted by DebMj1

2/4/05

1 1/2 cups unbleached flour

1 cup old-fashioned rolled oats

1/2 cup packed light brown sugar (originally called for 1 cup brown sugar)

1/2 cup Splenda

3/4 teaspoon baking powder

1/2 teaspoon salt

3/4 teaspoon cinnamon

2 Tablespoons unsweetened applesauce (originally called for 3 Tbsps. vegetable oil)

1/2 cup apple juice

3 cups chopped apples, peeled, tart apples such as Granny Smith (I used Cortlands)

1. Preheat oven to 350 F. Lightly grease 8-inch square baking pan or coat with nonstick cooking spray.

2. Mix flour, oats, brown sugar, Splenda, baking powder, salt and cinnamon in mixing bowl. Using fork, work in applesauce and apple juice until well mixed. Mixture will be gooey.

3. Spread about 1 1/2 cups oat mixture firmly into bottom of prepared pan. Sprinkle with apples. Scatter small drops of remaining oat mixture over apples.

4. Bake 35-40 minutes, or until top is golden and apples are tender when pierced with a fork. Cool completely on a wire rack before cutting into bars.

Byerly's Wild Rice Soup (Lightened)

Source: Byerly's Cookbook/Lightened by Tracy

Healthy Units: 4

Servings: 6 (1-1/2 cups each)

Posted by: Tracy (Nikkie1t)

Date: 2-6-05

Comments: Byerly's is a MN grocery store and their wild rice soup is a signature recipe.

Cooking spray

1 T. onion, diced

1/2 cup flour

6 cups chicken broth

1 t. granular chicken bouillon

3 cups cooked wild rice

1/2 cups cooked, diced ham

3/4 cups carrots, finely grated

3 T. slivered almonds

1/2 t. table salt

black pepper to taste

2 T. dry sherry

1 cup fat free half and half

fresh parsley

Sautee onion in cooking spray until translucent. In small bowl, whisk flour and 1 cup chicken broth until smooth. Gradually add to onion. Add rest of broth, cook, stirring constantly, until mixture comes to a boil, boil one minute. Stir in bouillon, rice, ham, carrots, almonds, salt and pepper; simmer about 5 minutes. Blend in half & half. Add sherry. Heat to serving temperature and garnish with parsley.

Fruit Salad with Honey-Yogurt Sauce

CL Nov. 2004

HU: 3.5

Servings: 6

Posted by: Figaro67 (Mary Anne)

February 7, 2005

You can prepare and refrigerate the yogurt sauce up to a day in advance. You can also combine and refrigerate the fruit mixture (except the banana) up to three hours ahead; stir in the banana just before serving to prevent discoloring. (Note: I substituted mandarin oranges in this for fresh and it was great!)

- 1 cup vanilla low-fat yogurt
- 1 tablespoon honey
- 1 1/2 teaspoons grated lime rind
- 3 cups cubed pineapple (about 1 medium)
- 1 1/2 cups chopped Braeburn apple (about 1 large)
- 1 cup orange sections (about 2 oranges)
- 1 cup chopped peeled kiwi (about 2 large)
- 1/3 cup flaked sweetened coconut
- 1 medium banana, sliced
- 1/4 cup slivered almonds, toasted

Combine yogurt, honey, and lime rind in a small bowl.

Combine pineapple and next 4 ingredients (through coconut) in a large bowl; toss gently to combine. Just before serving, stir in banana. Top fruit mixture with yogurt sauce; sprinkle with almonds.

Yield: 6 servings (serving size: 1 1/4 cups fruit mixture, 2 tablespoons sauce, and 2 teaspoons almonds)

CALORIES 196 (22% from fat); FAT 4.8g (satfat 1.8g, monofat 1.7g, polyfat 0.8g); PROTEIN 4.3g; CARBOHYDRATE 37.9g; FIBER 4.7g; CHOLESTEROL 2mg; IRON 0.9mg; SODIUM 40mg; CALCIUM 111mg;

Pistachio Granola

CL Nov. 2004

HU: 5

Servings: 10

Posted by: Figaro67 (Mary Anne)

February 7, 2005

This easy stovetop method makes preparing granola a breeze. Handle the cooled granola according to your preference--leave it in larger chunks, or break it into smaller pieces. Serve with vanilla low-fat yogurt, over ice cream, in a bowl with milk, or as a snack.

2/3 cup packed brown sugar
1/4 cup apple cider
2 cups regular oats
2/3 cup chopped pistachios
2/3 cup nutlike cereal nuggets (such as Grape-Nuts)
2/3 cup dried sweet cherries
1/2 cup sunflower seed kernels
1/2 teaspoon ground cinnamon
1/4 teaspoon salt

Combine sugar and cider in a large nonstick skillet; cook over medium-high heat 3 minutes or until sugar dissolves, stirring frequently. Stir in oats and remaining ingredients; cook 5 minutes or until granola is lightly browned, stirring frequently. Cool completely. Store in an airtight container up to a week.

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

CALORIES 263 (29% from fat); FAT 8.4g (satfat 1g, monofat 3.1g, polyfat 3.7g);
PROTEIN 6.9g; CARBOHYDRATE 42.9g; FIBER 4.6g; CHOLESTEROL 0.0mg; IRON
3.9mg; SODIUM 149mg; CALCIUM 45mg;

Potato Gratin with Haricots Verts and Ham

Cooking Light 2003 Annual and website

8 servings

4.2 HU per serving

Posted by DebMj1

2/9/05

Notes: These 8 servings are small, side-dish size servings. I made this as a main-dish and with my changes (substitutions, increased quantities), and making it 6 servings rather than 8, the points come out to 5.7.

3 cups 2% low-fat milk (I used 2 1/2 cups of skim milk blended with 1/2 cup fat free half and half)

2 pounds small red potatoes, thinly sliced

2 garlic cloves, thinly sliced

2 bay leaves

4 ounces haricots verts, trimmed (I increased this to 8 ounces)

Cooking spray

1/2 cup thinly sliced deli smoked ham, chopped (I increased this to 8 ounces)

1 cup (4 ounces) shredded Gruyère cheese

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/8 teaspoon ground nutmeg

Preheat oven to 400°.

Combine first 4 ingredients in a large saucepan over medium heat; bring to a boil, stirring constantly. Reduce heat; simmer 10 minutes, stirring frequently. Remove from heat, and let stand 10 minutes. Drain potatoes in a colander over a bowl, reserving 1 cup milk mixture. Discard bay leaves.

Cook haricots verts in boiling water for 2 minutes or until crisp-tender. Rinse in cold water; drain.

Arrange half of potatoes in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange haricots verts and ham over potatoes. Sprinkle with half of cheese, salt, and pepper. Top with remaining potatoes. Sprinkle with remaining cheese, salt, and pepper. Stir nutmeg into reserved milk mixture; pour over potatoes.

Cover with foil; cut 3 (1-inch) slits in foil. Bake at 400° for 20 minutes. Uncover and bake an additional 20 minutes or until cheese begins to brown. Let stand 10 minutes before serving.

Layered Bean Dip

www.cookinglight.com

Healthy Units: 2

Yield: about 2 1/2 cups dip (serving size: 1/4 cup)

Posted By: Bawstinn32 (Maria)

February 9, 2005

Serve with pita chips or baked tortilla chips.

NOTE: HU of chips not included. Add value for any chips eaten. Or use vegetables such as carrots, celery or cucumbers for dipping...no added HU value.

Comments: I added a can of green chilies to the bean mixture. Used hot salsa, and about 1 1/2 cups of it, to give it a bit of a kick.

1 (16-ounce) can fat-free refried beans

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

1/2 cup reduced-fat sour cream

1 cup bottled salsa

1 cup (4 ounces) preshredded reduced-fat Mexican blend or cheddar cheese

Chopped cilantro (optional)

Preheat oven to 375°.

Combine beans; spread in an 8-inch square baking dish. Spread sour cream over beans; top with salsa and cheese. Cover; bake at 375° for 20 minutes. Uncover; bake 10 minutes or until bubbly. Garnish with cilantro, if desired.

Note: To make pita chips, cut 5 (6-inch) onion-flavored or regular pitas into 8 wedges each. Arrange on a baking sheet coated with cooking spray. Lightly coat tops of wedges with cooking spray, sprinkle with 1/2 teaspoon garlic powder and 1/4 teaspoon salt. Bake at 375° for 8 minutes or until lightly browned.

CALORIES 107 (19% from fat); FAT 2.3g (satfat 1.4g, monofat 0.2g, polyfat 0.0g); PROTEIN 8.8g; CARBOHYDRATE 15.8g; FIBER 5.8g; CHOLESTEROL 9mg; IRON 1.6mg; SODIUM 497mg; CALCIUM 111mg;

Mahogany Turkey Breast with Vegetable Gravy

Source: Cooking Light Dec, 2001

Servings: 8

HU: 7

Posted by: Waneyvant (Jane)

Date: February 9, 2005

2 c. thinly sliced onion

1 c. sliced carrot

1/2 c. thinly sliced celery

Cooking spray

3 T. low-sodium soy sauce, divided

1 (14 1/2-ounce) can fat-free, less-sodium chicken broth, divided

1 (5- to 6-pound) bone-in turkey breast

1/2 t. black pepper

1/4 t. salt

2 T. dry sherry or Madeira

2 T. molasses

1 T. all-purpose flour

Preheat oven to 350°.

Combine onion, carrot, & celery in a roasting pan coated with cooking spray. Add 1 T. soy sauce and 2/3 c. broth; stir to coat. Place turkey breast, skin side up, on vegetables. Sprinkle with pepper & salt. Insert meat thermometer into turkey breast, making sure it does not touch bone. Bake at 350° for 1 hour; baste turkey with 2 T. broth every 30 minutes. Combine 2 T. soy sauce, sherry, and molasses in a small bowl. Bake turkey an additional 45 minutes or until thermometer registers 180°, brushing with sherry mixture every 15 minutes. Place turkey on a platter. Cover turkey loosely with foil; let stand 15 minutes. Do not discard drippings.

Combine remaining broth & flour, stirring with a whisk until well blended to form a slurry. Drain onion mixture and drippings into a colander over a bowl, reserving both. Place a zip-top plastic bag inside a 2-cup glass measure or bowl. Pour drippings into bag; let stand 10 minutes (fat will rise to top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into a medium saucepan, stopping before fat layer reaches opening; discard fat. Add reserved onion mixture to pan; stir in slurry. Bring to a boil; reduce heat & simmer 5 minutes. Serve turkey with gravy.

Yield: 8 servings (serving size: 6 ounces turkey and 3 tablespoons gravy)

CALORIES 336; FAT 8.6g; PROTEIN 51.8g; CARBOHYDRATE 9.6g; FIBER 1.2g;
CHOLESTEROL 129mg; IRON 3.6mg; SODIUM 543mg; CALCIUM 70mg

Roasted Butternut Squash, Rosemary, & Garlic Lasagna

Cooking Light Nov. 2004

HU's 6

Servings:10

Posted by Lynette (Nette87)

February 10, 2005

Notes: Great having people over dish. I roasted the squash a couple days ahead and it turned out fine. CL suggests you could do the white sauce early as well. The suggested number of servings was 8 with 8 HU's each. The portions were huge! So I upped the servings and of course the points fell.

Ingredients:

8 1/4 cup (1/2 inch) cubed butternut squash

Cooking spray

4 cup fat-free skim milk, divided

2 Tbsp dried rosemary

1/4 cup all-purpose flour

1 Tbsp butter

1 Tbsp minced garlic

1 1/2 tsp table salt, divided

1/2 tsp black pepper

1 (8 oz) package precooked lasagna noodles

3/4 cup (3 ounces) Parmigiano Reggiano Cheese, shaved

1/2 cup light whipping cream

1. Preheat oven to 450.
2. Arrange butternut squash in a single layer in a large roasting pan coated with cooking spray. Coat squash with cooking spray. Bake at 450 for 25 minutes or until squash is just tender, stirring once. Set aside.
3. Lower oven temperature to 350.
4. Combine 3 1/2 cups of milk and rosemary in a 1-quart glass measuring cup, and microwave on high 5 minutes or until mixture begins to boil. Let stand 10 minutes. Strain milk through a fine sieve and discard rosemary.
5. Combine flour and remaining 1/2 cup of milk, stirring flour mixture with a whisk until well blended to form a slurry.
6. Melt butter in a large saucepan over medium heat. Add garlic; cook for one minute or until tender, stirring constantly. Stir in steeped milk, and increase heat to medium-high. Gradually add slurry to pan, stirring constantly with a whisk. Cook 15 minutes or until thick, stirring frequently. Remove from heat; stir in 3/4 teaspoon salt and pepper. Combine milk mixture and squash, tossing gently.
7. Spread about 1 1/2 cups squash mixture into the bottom of an 11 x 7-inch baking dish coated with cooking spray. Arrange 3 noodles over squash mixture; top with 2 cups squash mixture and 1/4 cup cheese. Repeat layers once with 3 noodles, 2 cups of squash, and 1/4 cup of cheese. Top with 3 noodles.
8. Beat whipping cream and remaining 3/4 teaspoon of salt with mixer at high speed until soft peaks form. Spread whipping cream mixture over noodles; sprinkle with remaining 1/4 cup cheese. Cover with foil coated with cooking spray. Bake 350 for 30 minutes. Uncover and bake an additional 15 minutes or until golden. Let stand 10 minutes.

Rosemary Polenta

Source: The Barefoot Countessa

HU: 3

Servings: 6 large

Posted by: TracyEL (Tracy Elliff)

February 10, 2005

Note: you can fry the Polenta in butter instead of olive oil. Just remember to lower the heat on the skillet.

2 tablespoons butter
1 clove garlic, minced
1/4 teaspoon crushed red pepper flakes
1/2 teaspoon fresh rosemary sprigs
1/4 teaspoon black pepper
1 cup chicken stock
1 cup fat free half-and-half
3/4 cup milk
1 cup cornmeal
1/4 cup grated parmesan cheese
flour, olive oil, and butter for frying

1. In a medium sized saucepan, heat the butter.
2. Add the minced garlic, red pepper flakes, rosemary, pepper and sauté for one minute.
3. Add the chicken stock, half-and-half, and milk. Bring to a boil. Remove from and slowly sprinkle the cornmeal into the milk while stirring constantly with a whisk. Cook over low heat, stirring constantly, for a few minutes, until thickened and bubbly. Off the heat, stir in the Parmesan.
4. Pour into a 8 x 8 pan, tap to smooth the top. Refrigerate until firm and cold.
5. Cut the chilled polenta into 6 squares, as you would brownies. Lift each one out with a spatula and cut diagonally into triangles. Dust each lightly with flour.
6. Heat 1/2 TBSP. Olive Oil in a large sauté pan and cook the triangles in batches over medium heat for 3 to 5 minutes, turning once, until browned on the outside and heated inside. Add more oil and butter , if needed. Salt to taste.

Calories per serving: 99, Fat:6 gr. Carbs: 6 gr. Protein: 3 gr. Fiber: trace gr.

Spicy Cooked Carrot Salad w/Paprika, Feta, and Olives

Source: Vegetarian Cooking for Everyone - Deborah Madison

HU - 2.3 (core if fat free feta is used, I like TJs)

Serves 4 (Serving size ~2/3 cup)

Posted by: shari_csf

February 9, 2005

****My Notes** - The original recipe calls for 3T olive oil but it's mainly used for flavor. Omitting the cheese or olives would work fine. Using sweet paprika will take the bite out of this dish but it's a nice alternative to sweetened carrots using the hot paprika (actually, I used Penzey's half sharp and it was the right amount of spicy for me). Points are calculated with regular feta and black (not kalamata) olives.

1 pound carrots
1 garlic clove, minced
salt
2 tsp hot paprika or Harrisa
1 T red wine vinegar or fresh lemon juice
1 T olive oil
2 T chopped parsley
1/3 cup crumbled feta cheese
12 oil-cured black olives, pitted and diced

Boil carrots in salted water until tender but not soft, then drain and rinse with cold water. Slip off the skins and slice them into rounds or dice into small pieces. (I used baby carrots and didn't need to peel and decided not to slice or dice).

Smash the garlic with 1/4 tsp salt, then add paprika, vinegar, and whisk in the oil. Toss the carrots with vinaigrette, parsley, and most of the cheese and olives. Taste for salt. Mound carrots on a plate and garnish with remaining feta and olives.

Calories = 118, fat = 7.25, fiber = 3.25

Scallops with Chipotle-Orange Sauce

Cooking Light December 2003

HU: 5

Servings: 4

Posted by TracyEL (Tracy Elliff)

2/11/05

2 tablespoons butter, divided

1 1/2 pounds large scallops

1/2 teaspoon paprika

1/4 teaspoon salt, divided

1/2 cup fresh orange juice

1 tablespoon canned chipotle chile in adobe sauce, finely chopped

1/4 cup green onions, chopped

Melt 1 TBSP butter in a large skillet coated with cooking spray over medium-high heat. Sprinkle scallops with paprika and 1/8 tsp salt.

Add Scallops to pan; cook 3 minutes on each side or until browned. Remove from pan and , and keep warm.

Add orange juice and chile to pan, scraping pan to loosen browned bits. Bring to a boil, and cook until reduced to 1/4 cup(about 1 minute).

Add 1 TBSP butter and 1/8 tsp salt, stirring with a whisk until smooth. Serve the sauce with scallops.

Serving size: about 4 1/2 ounces scallops, 1 Tablespoon sauce, and 1 Tablespoon onions.

Calories 218; Fat 7.1 g;Protein 28.9 g;Carb 8.1 g;Fiber 0.4 g; Sodium 488mg

Beef Tenderloin with Horseradish-and-Roasted Garlic Crust

Cooking Light, November 1998

Healthy Units: 3

Yield: 12 servings (serving size: 3 ounces)

Posted By: Bawstinn32 (Maria)

February 14, 2005

Pair this robust dish with a side of creamy mashed potatoes.

1 whole garlic head
Olive oil-flavored cooking spray
1/3 cup prepared horseradish
1/4 teaspoon salt
1/4 teaspoon dried basil
1/4 teaspoon dried thyme
1/4 teaspoon black pepper
1 (3-pound) beef tenderloin

Preheat oven to 350°.

Remove white papery skin from garlic head (do not peel or separate the cloves). Coat with cooking spray; wrap in foil. Bake at 350° for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Mash garlic pulp, horseradish, salt, basil, thyme, and pepper with a fork until blended.

Preheat oven to 400°.

Trim fat from tenderloin; fold under 3 inches of small end. Rub garlic mixture over roast. Place tenderloin on a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of tenderloin. Bake at 400° for 40 minutes or until thermometer registers 145° (medium-rare) to 160° (medium).

Place tenderloin on a platter. Cover and let stand 10 minutes before slicing.

CALORIES 179 (38% from fat); FAT 7.5g (satfat 3g, monofat 2.8g, polyfat 0.4g);
PROTEIN 24g; CARBOHYDRATE 2.5g; FIBER 0.2g; CHOLESTEROL 70mg; IRON
3.3mg; SODIUM 117mg; CALCIUM 22mg;

Mussels Marinara

Source: Cooking Light January 1996

HU: 6 (with pasta)

Servings: 5

Posted by: Waneyvant (Jane)

Date: February 14, 2005

My Note: I served w/o pasta as an appetizer that would lower points

1 tablespoon olive oil
1 cup finely chopped onion
3 garlic cloves, minced
2 cups chopped tomato
1/2 cup dry white wine
1/3 cup chopped fresh flat-leaf parsley
2 tablespoons chopped fresh basil
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 teaspoon crushed red pepper
2 bay leaves
5 pounds fresh mussels, scrubbed and de-bearded (about 100 mussels)
5 cups hot cooked linguine (about 10 ounces uncooked pasta)
Basil sprigs (optional)

Heat oil in a large stockpot over medium-high heat. Add onion and garlic; sauté 3 minutes. Add tomato and next 7 ingredients (tomato through bay leaves); cook over medium heat 5 minutes. Add mussels; cover and cook 10 minutes or until mussels open. Discard bay leaves and any unopened shells. Remove mussels with a slotted spoon, and divide into 5 individual shallow bowls. Spoon tomato mixture over mussels. Serve over linguine. Garnish with basil sprigs, if desired.

Yield: 5 servings (serving size: about 20 mussels, 1/2 cup sauce, and 1 cup pasta)

CALORIES 305 (17% from fat); FAT 5.6g (satfat 0.9g, monofat 2.5g, polyfat 1.2g);
PROTEIN 16g; CARBOHYDRATE 47.6g; FIBER 4.1g; CHOLESTEROL 20mg; IRON
5.8mg; SODIUM 451mg; CALCIUM 56mg;

Smoked Salmon

Source: Cooking Light June 2004

HU: 6

Servings: 4

Posted by: Waneyvant (Jane)

Date: February 14, 2005

This recipe gives you a moist smoked salmon - not the drier type (lox) that you purchase to serve on bagels with cream cheese. Start soaking the wood chips while the salmon brines. (Waney adds: best darn smoked salmon I have ever had)

3 1/2 cups water
1/2 cup kosher salt
1/4 cup sugar
2 tablespoons dried dill
2 tablespoons low-sodium soy sauce
1 cup ice cubes
1 (1 1/2-pound) salmon fillet (about 1 inch thick)
4 cups hickory wood chips
Cooking spray
Cracked black pepper (optional)
Fresh dill sprigs (optional)

Combine water, salt, sugar, dill, and soy sauce in a large bowl, stirring until salt and sugar dissolve. Pour salt mixture into a large zip-top plastic bag. Add ice and salmon; seal. Refrigerate 2 hours, turning bag occasionally.
Soak the wood chips in water for 1 hour. Drain well.

Prepare the grill for indirect grilling, heating one side to medium and leaving one side with no heat.

Place half of wood chips on hot coals. Remove salmon from bag; discard brine. Pat salmon dry with paper towels. Place salmon on grill rack coated with cooking spray over unheated side. Close lid; grill 10 minutes. Place remaining wood chips on hot coals; close lid, and grill 15 minutes or until fish flakes easily when tested with a fork. Sprinkle with black pepper and garnish with dill sprigs, if desired.

Yield: 4 servings (serving size: about 4 ounces salmon)

CALORIES 279 (42% from fat); FAT 13.1g (satfat 3.1g, monofat 5.7g, polyfat 3.2g);
PROTEIN 36.3g; CARBOHYDRATE 1.7g; FIBER 0.0g; CHOLESTEROL 87mg; IRON
0.7mg; SODIUM 958mg; CALCIUM 28mg;

Dave's Marinated Salmon

Source: epicurious.com

HU: 6 (see Deb's comments)

Servings: 4

Posted by kwe730 (Kim)

February 15, 2005

Deb's notes: The original recipe called for 2 pounds of salmon - 4 8-oz portions. I buy mine in 6-oz portions. I cut the oil to 1 Tbsp. and used only 2 tsps. of ginger. My changes take the points to 6.

3 tablespoons soy sauce
2 tablespoons hoisin sauce
2 tablespoons olive oil (use 1 Tbsp.)
1 tablespoon fresh lemon juice
2 garlic cloves, minced
2 tablespoons finely chopped scallion
1 tablespoon finely grated peeled fresh ginger
1/4 teaspoon black pepper
4 (1/2-lb) pieces center-cut salmon fillet with skin (1 inch thick) (use 4 6-oz. pieces)

1. Combine all ingredients and marinate for at least 2 hours.
2. Preheat oven to 375 F. Line a baking sheet with foil.
3. Remove salmon from marinade; pour marinade over salmon. Bake salmon, skin-side down, on baking sheet until just cooked through, about 20 minutes. Lift salmon from skin with a metal spatula and transfer to plate (discard skin).

Orange-Dijon Pork Loin

Source: Southern Living, November 2000

Healthy Units: 4 (serving size: 3 oz. cooked pork loin)

Servings: unknown (21-26 if using 4-5 pound roasts)

Posted by: diAne (in the UK)

Date: Feb. 17, 2005

My Notes: Serve with Orange-Dijon Sauce.

Ingredients:

2 teaspoons dried thyme

1 teaspoon salt

1 teaspoon sage

1/4 teaspoon ground allspice

1/4 teaspoon pepper

1 4-5 lb. boneless pork top loin, rolled (I used pork tenderloins)

Instructions:

Combine first 5 ingredients; rub evenly over roast. Place roast in a lightly greased 13- x 9-inch pan.

Bake at 325° for 1 hour. Cover and bake 30 more minutes or until a meat thermometer inserted into thickest portion registers 160°. Top with Orange-Dijon Sauce.

Orange-Dijon Sauce

Source: Southern Living, November 2000

Healthy Units: 2 (per 2 Tablespoon serving)

Servings: 16 (Yields: 2 cups)

Posted by: diAne (in the UK)

Date: Feb. 17, 2005

My Notes: serve with Orange-Dijon Pork. HUs change to 1 per serving if low sugar marmalade is used.

Ingredients:

2 (12 oz.) jars orange marmalade (I used Smucker's)

1/4 cup Dijon mustard

1/4 cup Worcestershire sauce

1 teaspoon ground ginger

4 large garlic cloves, minced

Instructions:

Bring all ingredients to a boil in a small saucepan over medium heat. Serve with pork loin.

World's Best Braised Green Cabbage

Source : All About Braising by Molly Stevens

HU: 3 per serving (HU=2 if using half the oil)

6 servings

Posted by Petiteyaya1 (Cindy)

Feb. 17, 2005

My notes: I used half the olive oil called for. I would up the crushed red pepper next time.

1 medium head green cabbage (about 2 pounds)
1 large yellow onion (about 8 ounces), thickly sliced
1 large carrot, cut into 1/4-inch rounds
1/4 cup chicken stock or water
1/4 cup extra-virgin olive oil (I used 1/8 cup)
Coarse salt and freshly ground black pepper
1/8 teaspoon crushed red pepper flakes, or to taste
Fleur de sel or coarse sea salt

1. Heat oven to 325 degrees. Lightly oil a large gratin dish or 9-by-13 baking dish.
2. Peel off and discard any bruised or ragged outer leaves from the cabbage. The cabbage should weigh close to 2 pounds. If it weighs more, it won't fit in the baking dish and won't braise as beautifully. To remedy this, cut away a wedge of the cabbage to trim it down to size. Save the leftover wedge for salad or slaw. Then cut the cabbage into 8 wedges. Arrange the wedges in the baking dish; they may overlap some, but do your best to make a single layer.
3. Scatter in the onion and carrot. Drizzle over the oil and stock or water. Season with salt, pepper and the pepper flakes. Cover tightly with foil, and slide into the middle of the oven to braise until the vegetables are completely tender, about 2 hours. Turn the cabbage wedges with tongs after an hour. Don't worry if the wedges want to fall apart as you turn them; just do your best to keep them intact. If the dish is drying out at all, add a few tablespoons of water.
4. Once the cabbage is completely tender, remove the foil, increase the oven heat to 400, and roast until the vegetables begin to brown, another 15 minutes or so. Serve warm or at room temperature, sprinkled with fleur de sel or other coarse salt.

Variation: Add a splash of balsamic vinegar to enhance the cabbage's sweetness. In step 4, after you remove the foil, sprinkle on 1 1/2 tablespoons balsamic and turn the cabbage with tongs to distribute the vinegar, then roast for another 15 minutes, uncovered, as directed.

Fruit and Vegetable Fiesta Salad

Source: RR's 30 Minute Meals

HU: 2

Serves: 4

Posted by: Kate (KateWD)

February 17, 2005

This salad is a great side with spicy Mexican dishes. I subbed scallions for the red onion (several reviews noted the onion was overpowering) and used canned pineapple. Kept well several days in the fridge.

1 fresh, cored pineapple, chopped
or 1 can cut pineapple in natural juice, reserve 1/4 cut of the juice of either product.
1 large green or red bell pepper, seeded and chopped
1/2 red onion, chopped
1/2 seedless cucumber, chopped
2 ribs celery, chopped
1 vine ripe tomato, chopped
1 lime, juiced
1 teaspoon chili powder
1 T EVOO
Salt and pepper
Hot sauce (recommended: Tabasco), to your taste, optional

Combine chopped pineapple with chopped peppers, onions, cucumber, celery and tomatoes. In a bowl combine reserved pineapple juice with the lime juice and chili powder, whisk in extra-virgin olive oil and season dressing with salt and pepper, to taste. Add in a few dashes of hot sauce if you like it spicy! Pour dressing over salad and toss.

Shrimp Bisque

Source: adapted from Country Home magazine, Jan/Feb 2005

HU: 3.9

Serves: 5 (approx. 1 2/3 cup each)

You could also serve seven 1-cup servings at 2.8 HU's per serving

Posted by: CJMartin717(Cindy)

February 27, 2005

Notes: recipe originally called for 2 Tablespoons butter. I reduced to one Tablespoon margarine (I used I Can't Believe it's not Butter). Original recipe also called for cilantro. I don't care for it and substituted parsley. Original also called for one 15-oz can pumpkin and did not include sweet potato. I was trying to use up some pumpkin and didn't want to open another can. The ingredients and HU's reflect my changes. I found the bisque to be a little thin. I might suggest adding the coconut milk a little at a time until the soup is the consistency you like. I also seasoned mine with a little white pepper and might try some cayenne next time for a little more spice. I liked trying a dairy-free bisque; but, if you don't care for coconut – try substituting ff half-and-half.

1 large onion, thinly sliced
2 medium carrots, thinly sliced
1/4 cup red bell pepper, chopped
1 medium sweet potato, peeled and chopped
2 teaspoons fresh ginger root, grated
2 cloves garlic, minced
1 tablespoon parsley, chopped
1/2 teaspoon allspice
1/4 teaspoon salt
1 Tablespoon margarine
14 ounces nonfat chicken broth
8 ounces canned pumpkin
13 1/2 ounces light coconut milk
12 ounces cooked shrimp

1. Cook onions, carrots, sweet, potato, ginger, garlic, allspice, parsley, and salt in butter or margarine over medium heat, covered, for 10-12 minutes. Add a little of the broth if necessary.

2. Puree vegetables in food processor with 1/2 cup chicken broth.

3. Combine remaining broth with the pumpkin, and coconut milk, in the saucepan. Stir in vegetable puree and shrimp. Heat through. Season to taste with pepper if desired. Garnish with additional chopped parsley if desired.

NI for 5 servings: Per Serving (excluding unknown items): 208 Calories; 7g Fat (29.3% calories from fat); 20g Protein; 20g Carbohydrate; 4g Dietary Fiber; 133mg Cholesterol; 488mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat

Zucchini Pie

Source: Adapted from Deb's adaptation from Real Simple magazine

HU: 3.2 for 6 servings OR 2.5 for 8 servings

Posted by: CJMartin717(Cindy)

February 20, 2005

Notes for Deb – what I changed: I added the red bell pepper because I had some; but it added a nice color. I omitted the vegetable oil and substituted $\frac{1}{4}$ cup low-fat cottage cheese. I did use the whole tsp. of salt; but I thought it was a little too salty; so, my ingredient list recommends $\frac{1}{2}$ tsp. salt. I also reduced the light butter by half to 1 Tbsp. I might recommend squeezing a little of the moisture out of the zucchini next time. I took mine out of the oven at 45 minutes; but, I probably should have waited until 50 minutes. The flavor was very nice.

This reheats nicely and was great for Sunday brunch.

3 cups shredded zucchini
1 small onion, chopped
2 $\frac{1}{2}$ tablespoons red bell pepper, finely chopped
 $\frac{3}{4}$ cup all-purpose flour
1 $\frac{1}{2}$ ounces provolone cheese, grated
1 $\frac{1}{2}$ ounces lowfat cheddar cheese, shredded
 $\frac{1}{2}$ cup Egg Beaters® 99% egg substitute
2 large egg whites
 $\frac{1}{4}$ cup cottage cheese, lowfat
1 Tablespoon margarine/butter blend, melted
3 Tablespoons grated parmesan cheese, divided
2 teaspoons chopped basil
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{2}$ teaspoon ground black pepper

1. Preheat oven to 350° F. Combine all the ingredients in a large bowl, reserving 1 tablespoon of the Parmesan.

2. Spoon the zucchini mixture into a 10-inch round glass pie plate or metal pie pan that has been coated with vegetable cooking spray.

3. Bake for 45 to 50 minutes or until golden brown. Sprinkle with the reserved Parmesan.

4. Cool 10 to 15 minutes before slicing.

NI for 6 servings: Per Serving (excluding unknown items): 161 Calories; 5g Fat (30.2% calories from fat); 11g Protein; 17g Carbohydrate; 2g Dietary Fiber; 11mg Cholesterol; 499mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; $\frac{1}{2}$ Vegetable; $\frac{1}{2}$ Fat; 0 Other Carbohydrates.

Additional note: Original recipe didn't say if basil was dried or fresh. I used fresh.

Banana Pudding

Source: The Complete Cooking Light

HU: 6

Servings: 10 @ 3/4 cup each

Posted by: Waneyvant (Jane)

Date: February 21, 2005

Comments: HU: 4 for 15 servings of 1/2 cup each; plus, I think the cooking times are reversed, took me 25 to 30 minutes to get custard to thicken, & only 10 to 12 for meringue to brown! I also put 15 cookies on bottom of dish, rather than around edge. Chill well.

1/3 cup all-purpose flour
Dash of salt
2 1/2 cups 1% low-fat milk
1 (14-ounce) can fat-free sweetened condensed milk
2 large egg yolks
2 teaspoons vanilla extract
3 cups sliced ripe banana, divided
45 reduced-fat vanilla wafers, divided
4 large egg whites (at room temperature)
1/4 cup sugar

Preheat oven to 325°. Combine flour and salt in a medium saucepan. Gradually add milks and yolks; stir well. Cook over medium heat 13 minutes or until thick, stirring constantly. Remove from heat; stir in vanilla.

Arrange 1 cup banana slices in bottom of a 2-quart baking dish. Spoon one-third of pudding mixture over banana. Arrange 15 wafers on top of pudding. Repeat layers twice, arranging the last 15 wafers around edge of dish. Push cookies into pudding.

Beat egg whites at high speed of a mixer until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form. Spread meringue evenly over pudding, sealing to edge of dish. Bake at 325° for 25 minutes or until golden.

Note: Banana Pudding may be a bit soupy when you first remove it from the oven. Let cool at least 30 minutes before serving.

CALORIES 255 (10% from fat); FAT 2.9g (satfat 1g, monofat 0.9g, polyfat 0.2g);
PROTEIN 7.9g; CARBOHYDRATE 49.5g; FIBER 0.1g; CHOLESTEROL 51mg; IRON
0.4mg; SODIUM 155mg; CALCIUM 161mg;

Pesto Chicken Spirals

Source: Cooking Light June 2003

HU: 6

Servings: 6

Posted by: Waneyvant

Date: February 23, 2005

Comments: To save time, use bottled pesto in place of the homemade--although the flavors won't be as bright. This was featured for a picnic, but is good warm. I used bottled pesto, & would figure points by weighing cooked thigh meat & adding points for 1 tsp. pesto.

Pesto:

2 t. extravirgin olive oil
6 garlic cloves, crushed
1 1/2 c. basil leaves
1 1/2 c. chopped fresh flat-leaf parsley
2 T. grated Parmesan cheese
2 T. fat-free, less-sodium chicken broth
1 t. salt, divided
3/4 t. black pepper, divided

12 skinless, boneless chicken thighs
Cooking spray

Preheat oven to 375°. To prepare pesto, combine oil & garlic in a microwave-safe bowl. Microwave at HIGH 40 seconds. Combine garlic mixture, 1 1/2 c. basil, parsley, cheese, chicken broth, 1/4 t. salt, and 1/4 t. pepper in a food processor; process until finely chopped.

To prepare chicken, spread 1 t. pesto down center of each thigh, leaving a 1/4" border on short ends. Roll up jelly-roll fashion, starting with short end; secure w/a toothpick. Sprinkle rolls evenly w/ 3/4 t. salt and 1/2 t. pepper; arrange rolls 1/2" apart, seam sides down, in a 13 x 9" baking dish coated w/ cooking spray. Bake at 375° 30 minutes or until thermometer registers 170°, turning rolls after 15 minutes. Cool, transfer to a serving container using a slotted spoon. Cover, refrigerate overnight. Remove toothpicks; cut each roll crosswise into 1/4-inch-thick slices.

CALORIES 276 (27% from fat); FAT 8.4g (satfat 2g, monofat 3.1g, polyfat 1.5g);
PROTEIN 35g; CARBOHYDRATE 13.7g; FIBER 1g; CHOLESTEROL 116mg; IRON
15mg; SODIUM 568mg; CALCIUM 663mg

Cheater Caesar Dressing

From Deb's kitchen

HU: 1.1 per Tbsp.

Servings: 44 Tablespoons

Posted by DebMj1

2/23/05

Notes: I created this because I couldn't find a low-fat Caesar dressing that I liked. I always keep a supply on hand. The ingredients are key. Cain's is the best fat-free dressing to use; it has a tanginess that's just right matched up with the creaminess of the Marie's and the spiciness of the Ken's. Michelle (Zephyr) said that she's used Girard's fat-free in place of the Cain's.

6 oz. Marie's Caesar dressing (1/2 of a 12-oz. jar)

8 oz. Ken's Lite Caesar

8 oz. Cain's Fat-Free Caesar

Combine all ingredients, mixing well. Store in refrigerator.

Each Tablespoon has 41.36 calories and 3.68 grams of fat.

Sausage, Beans and Broccoli Rabe “Stoup”

Source: RR's Cooking 'Round the Clock

HU: 4

Serves: 4

Posted by: Kate (KateWD)

February 24, 2005

This hearty, filling, delicious, “stoup” was ready in 30 minutes, but the rich flavor tasted like it simmered for hours. I lightened the recipe considerable by reducing the amount of EVOO and sausage. The original called for a pound of regular Italian sausage and the yield was 2 servings.

- 1T extra virgin olive oil
- 2 links Italian sweet turkey sausage
- 1 medium onion chopped
- 1 carrot chopped
- 1 starchy potato, peeled and cut into small dice
- 2 cloves garlic, chopped
- 1 bay leaf
- 1 can (15oz) white beans, rinsed and drained
- 1 quart chicken broth
- 1 bunch broccoli rabe chopped (3 cups)

Heat a medium pot or deep skillet over medium-high heat. Add EVOO and sausage, brown, crumbling with a spatula. Add onions, carrots, potatoes, garlic, bay leaf and beans, season with salt and pepper. Cook to begin to soften the veggies, 5 minutes. Add broccoli rabe and cook just until wilted. Add chicken broth and cover pot. Raise heat and bring stoup to a boil. Reduce heat and simmer and cook 15 minutes. Remove bay leaf, adjust seasoning and serve with grated cheese if desired.

Chicken Cacciatore Subs

Source: RR's Cooking 'Round the Clock

HU: 9

Serves: 6

Posted by: Kate (KateWD)

February 24, 2005

1 T extra virgin olive oil

Grill seasoning such as Montreal Seasoning by McCormick or salt and freshly ground pepper

1 lb boneless, skinless chicken breast

6 sub rolls split

2 cloves garlic cracked away from skins

1 tsp crushed pepper flakes

2 large portobello mushroom caps, sliced

1 green pepper, seeded and sliced

1 large onion, sliced

1 tsp dried oregano

1/2 cup dry red wine or chicken broth

1 can (14oz) crushed tomatoes

2- 3 T chopped fresh flat-leaf parsley

6 oz deli sliced provolone cheese

Heat a grill pan or large skillet over medium-high heat. Drizzle EVOO over chicken making sure it's coated and season with grill seasoning or salt and pepper. Grill or pan fry 6 minutes per side, set aside.

Preheat broiler, place rolls on cooked sheet and lightly toast them. Remove rolls and leave broiler on.

Heat a large skillet over medium-high heat, spray with cooking spray and add garlic, red pepper flakes, mushrooms, peppers, onions. Sauté veggies and season with salt and pepper, cook 5 minutes and add wine or broth. Scrape up tasty browned bits off the bottom of the pan. Add tomatoes and parsley. Slice chicken breasts on an angle and add to the sauce. Pile chicken and veggies on sub rolls and top with sliced provolone. Place sandwiches on cookie sheet and melt cheese under broiler.

Roasted Red Pepper-Lentil Bisque

Source: 1999 CL Annual

Servings: 8 (1 cup each)

HU: 2 per serving

Posted by DebMj1

2/26/05

Notes: I made a 1/2 batch of this recipe and ended up adding in the entire can of plum tomatoes with their liquid. You'll need it to thin the soup sufficiently, and it won't add any points. With the extra tomatoes, it produced exactly 4 cups of soup.

3 cups water

1 cup diced carrot

2/3 cup dried lentils

1/2 cup sun-dried tomatoes, packed without oil (about 13)

1 bay leaf

1 14-1/2 oz. can plum tomatoes, un-drained

4 cups (1-inch pieces red bell pepper

1 Tbsp. olive oil

8 garlic cloves, peeled

1 cup dry red wine (I used a Roodeberg from South Africa)

1 tsp. ground cumin

1/2 tsp. salt

1 Tbsp. fresh lemon juice

Combine first 5 ingredients in a large saucepan; bring to a boil. Partially cover, reduce heat and simmer 30 minutes, stirring occasionally. Discard bay leaf. Place mixture in a blender; process until smooth. Add plum tomatoes; process until smooth. Return mixture to pan; cover and set aside.

Preheat oven to 400 F. While lentil mixture simmers, combine bell pepper, oil, and garlic on a foil-lined jelly roll pan. Bake at 400 F. for 30 minutes, stirring after 15 minutes. Place bell pepper mixture, wine, cumin and salt in blender; process until smooth. Stir into lentil mixture; cook over medium heat 5 minutes or until thoroughly heated. Stir in lemon juice.

Sautéed Cherry Tomatoes with Shallots

CL Online

Healthy Units 1

Core: Yes - No FP

Servings 6

Posted by jillybean03

Date 2/29/05

CL Note: Heat brings out the inherent sweetness of the tomatoes, while shallots give them a soft garlic-onion bite. Once the tomatoes pop, they're ready to serve. The ripeness of the tomatoes will determine how long they need to cook; the riper the tomatoes, the less time they'll need to pop. Grape tomatoes also work well in this recipe.

My note: I think a splash of balsamic at the end would be lovely... Also, I think some thyme with the olive oil & Shallot would be a nice add. This was QUICK AND SIMPLE - and quite tasty!!!

2 teaspoons olive oil
3 tablespoons finely chopped shallots (about 1 large)
4 cups cherry tomatoes
1/4 cup chopped fresh parsley
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Heat olive oil in a large nonstick skillet over medium heat. Add shallots; cook 2 1/2 minutes or until tender, stirring occasionally. Add tomatoes; cook 5 minutes or until slightly soft and thoroughly heated. Remove from heat. Stir in parsley, salt, and pepper. Serve immediately.

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

CALORIES 39 (44% from fat); FAT 1.9g (satfat 0.3g, monofat 1.2g, polyfat 0.3g);
PROTEIN 1.1g; CARBOHYDRATE 5.7g; FIBER 1.2g; CHOLESTEROL 0.0mg; IRON
0.7mg; SODIUM 206mg; CALCIUM 11mg;
Cooking Light, OCTOBER 2004

Roasted Ratatouille with Balsamic Vinegar

CL, March 2005 (and online)

Healthy Units 1

Core: Yes

Servings 4 - 1 cup

Posted by jillybean03

Date 2/29/05

Eggplant, zucchini, and onion are coated with a blend of herbs and spices prior to baking. This dish nicely complements beef or chicken.

My notes: I didn't have cilantro, so I skipped it. My eggplant was a tad larger (1.25 lbs), and I added a large yellow pepper (diced), omitted the roasted red pepper...and threw in about 6 whole (peeled) cloves of garlic). This made a TON - I've got to believe I got 6-8 cups rather than the 4 stated. Cherry or Grape tomatoes would be great in it as well.

1 1/2 teaspoons chopped fresh cilantro
1/2 teaspoon Old Bay seasoning
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
2 medium zucchini, halved crosswise and cut lengthwise into (1/4-inch) slices
2 small onions, cut into (1/4-inch) slices
1 (3/4-pound) eggplant, peeled and cut crosswise into (1/4-inch) slices
Cooking spray
2 tablespoons balsamic vinegar
1/2 cup drained bottled roasted red bell peppers, cut into (1/4-inch) strips
1/4 cup chopped fresh parsley
1/4 cup coarsely chopped kalamata olives

Preheat oven to 425°.

Combine first 4 ingredients in a large heavy-duty zip-top plastic bag. Add zucchini, onions, and eggplant; seal and shake to coat. Arrange vegetables in a shallow roasting pan coated with cooking spray. Lightly coat vegetables with cooking spray. Bake at 425° for 20 minutes; drizzle with vinegar. Bake an additional 20 minutes or until vegetables are tender. Combine vegetables, peppers, parsley, and olives, tossing well.

Yield: 4 servings (serving size: 1 cup)

CALORIES 91 (16% from fat); FAT 1.6g (satfat 0.3g, monofat 0.7g, polyfat 0.4g);
PROTEIN 3.6g; CARBOHYDRATE 18.3g; FIBER 5.8g; CHOLESTEROL 0.0mg; IRON
1.9mg; SODIUM 271mg; CALCIUM 62mg;
Cooking Light, MARCH 2005

Chunky Two-Bean and Beef Chili

Cooking Light, March 2005

Healthy Units: 8

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

Posted By: Bawstinn32 (Maria)

February 28, 2005

Garnish with Monterey Jack cheese, chopped onion, chopped cilantro, and chopped tomato.

Comments: I would hesitate to call it chili, since it isn't what I would traditionally think of as chili. I thought it was very good. Although I couldn't taste the cinnamon, I could smell it. If you are not a fan of spicy, I would suggest using medium chili beans or cut the amount of red pepper in half.

1 tablespoon canola oil, divided

Cooking spray

1 1/2 pounds beef stew meat

3/4 teaspoon salt

1 1/2 cups chopped onion

1/2 cup chopped green bell pepper

1 tablespoon minced fresh garlic

2 teaspoons finely chopped jalapeño pepper

2/3 cup Cabernet Sauvignon or dry red wine

1 1/2 tablespoons brown sugar

2 tablespoons tomato paste

1 1/2 teaspoons ground ancho chile pepper

1 teaspoon dried oregano

1 teaspoon ground red pepper

1/2 teaspoon chili powder

1/4 teaspoon ground cumin

1/4 teaspoon ground coriander

1/8 teaspoon ground cinnamon

1 (28-ounce) can whole tomatoes, undrained and chopped

1 (15-ounce) can dark red kidney beans, rinsed and drained

1 (15-ounce) can hot chili beans

Heat 1 teaspoon oil in a large Dutch oven coated with cooking spray over medium-high heat.

Sprinkle beef with salt. Place half of beef in pan; sauté 8 minutes or until browned. Remove from pan. Repeat procedure with remaining beef; remove from pan.

Add 2 teaspoons oil, onion, and bell pepper to pan, and sauté for 3 minutes. Add garlic and jalapeño; sauté for 1 minute. Add wine, scraping pan to loosen browned bits. Return beef to pan.

Stir in remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beef is tender, stirring occasionally.

CALORIES 390 (26% from fat); FAT 11.4g (satfat 3.2g, monofat 4.8g, polyfat 1.1g); PROTEIN 31.3g; CARBOHYDRATE 37.5g; FIBER 10.1g; CHOLESTEROL 71mg; IRON 5mg; SODIUM 825mg; CALCIUM 94mg;

Sour Cream, Cheddar, and Green Onion Drop Biscuits

Cooking Light, March 2005

Healthy Units: 3

Yield: 1 dozen (serving size: 1 biscuit)

Posted By: Bawstinn32 (Maria)

February 28, 2005

Roll out these biscuits, or drop into 12 muffin tins and bake the same amount of time. These are best the same day they're baked, but you can store them in an airtight container for up to two days. To warm them, wrap loosely in aluminum foil, and place in a 300° oven for five to 10 minutes.

Comments: I used light sour cream rather than fat free. They came out very light and moist. Would add a bit more green onion next time. I cooked them in muffin tins and they took less than the 15 minutes the recipe states.

2 cups all-purpose flour
1 tablespoon sugar
2 teaspoons baking powder
1 teaspoon salt
1/4 teaspoon baking soda
3 tablespoons chilled butter, cut into small pieces
3/4 cup (3 ounces) shredded reduced-fat sharp cheddar cheese
1/4 cup finely chopped green onions
1 cup fat-free buttermilk
1/2 cup fat-free sour cream
Cooking spray

Preheat oven to 450°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, baking powder, salt, and baking soda in a large bowl, stirring with a whisk. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Add cheese and onions; toss well. Add buttermilk and sour cream; stir just until moist.

Drop dough by 1/4 cupfuls onto a baking sheet coated with cooking spray. Bake at 450° for 15 minutes or until edges are brown. Remove biscuits from pan; cool on wire racks.

CALORIES 146 (29% from fat); FAT 4.7g (satfat 2.9g, monofat 0.8g, polyfat 0.2g);
PROTEIN 5.2g; CARBOHYDRATE 20.1g; FIBER 0.7g; CHOLESTEROL 14mg; IRON
1mg; SODIUM 406mg; CALCIUM 134mg;

Moroccan Style Lentil Chickpea Soup

Source: Fresh From the Vegetarian Slow Cooker

Serves: 6

HUs: 2

Posted by: Kate (KateWD)

February 28, 2005

This soup is thick and spicy and smells heavenly as it simmers in the crock pot all day.

- 1 T olive oil
- 1 medium size yellow onion chopped
- 1 small carrot chopped
- 3 garlic cloves chopped
- ½ tsp peeled and minced fresh ginger
- ½ tsp turmeric
- ¼ tsp cardamom
- ½ tsp ground cinnamon
- ¼ tsp ground cumin
- ½ cup dried lentils picked over and rinsed
- One 14.5 oz can plum tomatoes, drained and chopped
- One 15.5 oz can chickpeas drained and rinsed
- 6 cups vegetable stock
- 1 T fresh lemon juice
- salt and freshly ground pepper

Heat the oil in a large skillet over medium heat. Add the onion, carrot and garlic, cover and cook until slightly softened, about 5 minutes. Add the ginger, tumeric, cinnamon, cardamom, cumin, stirring to coat the vegetables.

Transfer the vegetable mixture to a 4 to 6 quart slow cooker, add the lentils, tomatoes, chickpeas and stock. Cover and cook on Low for 8 hours.

About 10 minutes before serving, add the lemon juice and salt and pepper to taste.

Easy Enchilada Casserole

Source: Southern Living June 2002

Healthy Units: 6 if 12 servings; 8 if 9 servings

Posted by Tracy (Nikkie1T)

February 28, 2005

My comments: This was like a Mexican lasagna. I did some lightening from the original recipe.

1 medium onion, chopped

Cooking spray

1 (19 oz.) can enchilada sauce

1 (16 oz.) can black beans, rinsed and drained

1 (14-1/2 oz.) can diced tomatoes w/jalapenos

1 (11 oz.) can Mexican-style corn, drained

1 teaspoon fajita seasoning or chili powder

1 teaspoon ground cumin

1 (10 oz.) pkg. 6-inch corn tortillas

3 cups chopped cooked chicken

3 cups (12 oz.) shredded lite Mexican four-cheese blend

Sauté onion in cooking spray over medium heat until tender. Stir in next 6 ingredients. Reduce heat to low, and cook, stirring often, 5 minutes or until thoroughly heated.

Spoon 1/3 of sauce mixture in bottom of lightly greased 9 x 13 pan. Layer with 1/3 of tortillas, 1/2 of chicken, and 1 cup cheese. Top with 1/3 sauce and 1/3 tortillas. Top with remaining chicken, 1 cup cheese. Top with remaining tortillas, remaining sauce, and 1 cup cheese.

Bake at 350 degrees for 20 minutes or until golden and bubbly.

12 servings: 289 calories, 8 grams fat, 8 grams fiber. 9 servings: 385 calories, 11 grams fat, 10 grams fiber.

Pollo Al Cartoccio

Rice Epicurean Cooking School

HU: 3.6 HUs if you use 4 ounces chicken per person

4.3 per serving with 5 ounces chicken per person

Notes: Add 3 HUs per serving when prepared and served as suggested with Herb Butter & Marinara Sauce.

Servings:1 but can be modified for more

Posted By: Dutch3376

February 28, 2005

Ingredients:

Parchment Paper

1/2 chicken breast per person

Vegetables chopped very fine julienne such as: onions, fennel, zucchini, grated carrots, celery and/or mushrooms

Herb butter (recipe to follow) or pesto

Salt and Pepper and Olive Oil

Method: Pound chicken breast between two pieces of plastic wrap until uniformly thick. Cut parchment paper into a heart shape, large enough to contain the chicken with 1 inch margins around the edge. (for multiple people: write your name on the top half of the heart). Open the parchment paper and place the vegetables on half of the heart. On top of the vegetables place a pat of herb butter then a piece of chicken. Sprinkle the chicken with salt and pepper and brush top with olive oil. Fold the top of the heart over and seal the chicken inside using a running fold. Twist the end.

Place on baking sheet.

Bake in a 400 degree oven for 15 to 20 minutes.

Variation: Replace the vegetables with a slice of prosciutto or ham and top the chicken with pasta sauce and a slice of provolone cheese. You can add mushrooms and onions and chopped basil.

My notes: We did not use the salt and pepper and olive oil. The chicken was marinated prior to combining with other ingredients. (Worcestershire sauce and garlic salt I think) The chicken recipe was served over the next recipe.. marinara sauce.

Marinara Sauce

Rice Epicurean Cooking School

HU??

Servings: ?

Posted by: Dutch3376

February 28, 2005

Ingredients:

- 1 28 ounce can crushed tomatoes
- 4 fresh tomatoes skinned and rough chopped (optional) (Score the tomatoes opposite the stem end, place in boiling water for 30 seconds to 1 minute; depending on the ripeness of the tomato then shock with ice water peel and rough chop)
- 3 Tablespoons chopped parsley
- 3 Tablespoons chiffonade basil
- 1 Tablespoon fresh Thyme
- 1 Teaspoon Kosher or sea salt
- 1 Teaspoon sugar
- 1/2 Teaspoon oregano
- 2 Tablespoons extra virgin olive oil
- 1/2 Teaspoon pepper
- 1 Teaspoon garlic, smashed or minced
- 1/2 teaspoon crushed red pepper (optional)
- 1 onion chopped fine (for Marinara sauce)

Method: For Marinara Sauce

Score the bottom of the tomato and place in boiling water for 30 seconds to 1 minute, shock in ice bath, peel and rough chop.

Saute the chopped onions until it is translucent in the olive oil: add the garlic sauté for a minute stirring constantly then add the fresh tomatoes. Add the dry herbs, sugar and salt. Simmer for 20 minutes stirring occasionally. Add the fresh herbs at the end to prevent bitterness. Top with Parmesan cheese or fresh steamed vegetables, shredded cooked chicken, shrimp or meatballs.

For Pizza sauce: Whisk all the ingredients together. Lightly spoon over the pizza dough. Top with toppings of your choice. Place on a greased sheet pan sprinkled with cornmeal. Bake at 400 degrees preheated oven for 10 to 15 minutes or until cheese is melted and dough is light brown.

For Sauce Milanese:

Marinara sauce plus 2 cups of brown sauce and the addition of 1/2 cup chopped ham to the onion and garlic and olive oil sauté and the rest is the same.

My notes: We did use the fresh tomatoes. The sauce was excellent. Not too acid tasting. I do not think we used the crushed red pepper.

Herb Butter

Rice Epicurean Cooking School

HU 2.4 per each 1 ½ teaspoon serving

Servings: 40

Posted by: Dutch3376

February 28, 2005

1 pound butter, softened

1 to 2 large garlic cloves smashed or 2 Tablespoons garlic chives

1/4 cup finely chopped green onions or chives

1 Tablespoon each of various fresh herbs such as: parsley, basil, thyme, and oregano or fresh herbs of your choice

1 to 2 teaspoons of the stronger herbs such as: rosemary, or tarragon or Mexican marigold mint

Juice of 1/2 lemon squeezed (optional)

Method:

Chop the herbs, garlic, and butter and place in food processor. Blend. Make a log and place in plastic wrap and roll up like a Tootsie roll. Can be frozen for up to 3 months.

My notes: Delicious. Was made before the cooking class. The teacher suggested this is a great way to use up your fresh herbs.

Torta Caprese

Rice Epicurean Cooking School

HU:?? (again probably not friendly)

Servings: 6-8

Posted by: Dutch3376

February 28, 2005

Ingredients:

6 ounces softened butter

6 ounces melted and cooled chocolate

3/4 cup sugar

6 eggs seperated

1 1/2 cup finely ground toasted almonds

1 Tablespoon brandy (or other flavoring)

1 Teaspoon vanilla

Method:

1. Preheat the oven to 375 degrees. Butter and line the bottom of a spring form pan with parchment paper. Sprinkle 1/4 cup of the ground toasted almonds evenly over the surface.
2. Beat the softened butter until fluffy. Add the sugar and beat until creamy.
3. Add the egg yolks, one at a time, beating well with each addition.
4. Add the melted and cooled chocolate, beating just until blended. Then stir in the remaining ground almonds, the brandy and the vanilla.
5. Beat the egg whites with a pinch of salt until medium stiff.
6. Fold one third of the beaten egg whites into the batter to lighten it and then fold in the remainder.
7. Pour into pan and bake for 15 minutes, then lower heat to 350 degrees and bake for another 30 minutes.
8. Unmold, bottom side and peel off parchment paper. Dust with confectioner's sugar just before serving.

My notes: I did not try this but the other people there did and said it was good. We served on decorated plates with chocolate, strawberry and caramel sauce.

Italian Sausage Tortellini Soup

Source: Allrecipes

HU: 6

Posted by: Donna/Carots

Date: March 1, 2005

Serving 11

*Notes: Very good, nice comfort food, made some changes, omitted zucchini, and green peppers. Used Contadina Stewed Tomatoes which has onions/celery/green peppers in the can, used frozen tortellini. Omitted the tomato sauce, instead added 2 Tablespoons of tomato paste. Didn't even slice the carrots, used whole baby carrots. Probably can lower the HU's by using Turkey or Chicken sausage.

1 pound Italian sausage
1 cup chopped onion
2 cloves garlic, minced
5 cups beef broth
1/2 cup water
1/2 cup dry red wine (optional)
8 ounces fresh tortellini pasta
1 cup sliced carrots
2 cups stewed tomatoes
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
8 ounces tomato sauce
1 1/2 cups sliced zucchini
2 green bell peppers, seeded and cubed
3 tablespoons chopped fresh parsley

DIRECTIONS:

Remove casings from sausage. Brown sausage and cook until crumbly. Remove meat from pot. Reserve 1 tablespoon drippings.

Cook onion and garlic in the drippings until tender. Add broth, water, wine, carrots, tomatoes, basil, oregano, tomato sauce, and the cooked sausage. Bring to a boil; reduce heat and simmer uncovered 30 minutes.

Add zucchini, green peppers, parsley, and tortellini. Simmer another 25 minutes, covered, for fresh tortellini, or 45 minutes, covered, for frozen tortellini. Serve with fresh parmesan cheese sprinkled over the top.

Asian Chicken

Source: Family Circle Online

Healthy Units: 4

Servings: 6

Posted by Fancy.Nancy

Date: 3/2/05

Marinade:

- 1/4 cup low-sodium soy sauce
- 1 green onion, chopped (I used more)
- 1 tablespoon peanut butter
- 1 tablespoon rice vinegar
- 1/2 tablespoon grated fresh ginger
- 1 teaspoon minced fresh garlic
- 1/8 teaspoon hot-pepper sauce

- 6 skinless chicken cutlets (4 ounces each), lightly pounded
- 1 sweet onion, cut into strips

1 tablespoon olive oil (recipe called for 2 Tbsp, but 1 was more than enough)
(I added a bag of frozen stir fry vegetables)

Puree marinade in blender. Scrape into bowl. Add chicken and onion. Refrigerate 12 hours or overnight.

Sauté chicken with onion in oil in skillet, 8 minutes, turning once.

Nutritional Value Per Serving: 164 calories, 6 g fat, 24 g protein, 2 g carbohydrates, 474 mg sodium, 63 mg cholesterol.

Chicken with Provençal Sauce

Source: Cooking Light, JANUARY 2005

HU: 6

Servings: 4 servings

Posted by: Natalie (Xercize2)

Date: March 2, 2005

CL notes: A heady combination of dried basil, thyme, marjoram, rosemary, lavender, and sage, herbes de Provence is a classic French seasoning. Try it in other Mediterranean dishes, such as pasta sauce or baked black olives. Serve with roasted potato wedges.

My notes: I didn't pound the chicken, added it back to sauce and cooked till chicken was fork tender. Also used half the amount of oil in the non-stick pan when cooking the chicken.

Ingredients:

4 (6-ounce) skinless, boneless chicken breast halves

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 1/2 tablespoons olive oil

1 garlic clove, minced

1 cup fat-free, less-sodium chicken broth

1 1/2 teaspoons dried herbes de Provence

1 teaspoon butter

1 teaspoon fresh lemon juice

Fresh thyme sprigs (optional)

Instructions:

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin. Sprinkle chicken evenly with salt and pepper.

Heat oil in a large nonstick skillet over medium heat. Add chicken; cook 6 minutes on each side or until done. Remove chicken from pan; keep warm.

Add garlic to pan; cook 1 minute, stirring constantly. Add broth and herbes de Provence; bring to a boil, scraping pan to loosen browned bits. Cook until broth mixture is reduced to 1/2 cup (about 3 minutes). Remove from heat; add butter and lemon juice, stirring until butter melts. Serve sauce over chicken. Garnish with thyme sprigs, if desired.

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

NUTRITION PER SERVING

CALORIES 248(30% from fat); FAT 8.2g(sat 1.8g,mono 4.5g,poly 1g); PROTEIN 40.2g; CHOLESTEROL 101mg; CALCIUM 32mg; SODIUM 376mg; FIBER 0.3g; IRON 1.5mg; CARBOHYDRATE 1g

Beef Tenderloin Steaks with Creole Spice Rub

source: Cooking Light March 2005

HUs: 3.5

Serves: 4

Posted by: Kate (KateWD)

March 2, 2005

Total time: 38 minutes. The kicky spice rub for the steaks is easy to make, and the results are dynamite. The steaks need to stand for a few minutes after cooking to allow their juices to reabsorb

CREOLE SPICE RUB:

1 teaspoon dry mustard

1 teaspoon garlic powder

1 teaspoon ground sage

1 teaspoon dried thyme

3/4 teaspoon salt

1/2 teaspoon ground cumin

1/2 teaspoon ground red pepper

1/2 teaspoon freshly ground black pepper

REMAINING INGREDIENTS:

4 (4-ounce) beef tenderloin steaks, trimmed (1 inch thick)

Cooking spray

Combine mustard and next 7 ingredients (through black pepper); rub evenly over steaks.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness.

Remove from heat; let stand 5 minutes.

Yield: 4 servings (serving size: 1 steak)

CALORIES 155 (35% from fat); FAT 6g (satfat 2g, monofat 2.2g, polyfat 0.4g);

PROTEIN 22.8g; CARBOHYDRATE 1.4g; FIBER 0.5g; CHOLESTEROL 52mg; IRON

2.1mg; SODIUM 490mg; CALCIUM 31mg;

Cooking Light, MARCH 2005

Savory Two-Cheese Biscotti

Source: Cooking Light March 2005

HUs: 2

Serves: 24

Posted by: Kate (KateWD)

March 2, 2005

These have a great cheese flavor and are the perfect texture for dunking into soups or chili, firm, yet not crumbly. I subbed whole wheat pastry flour for the all-purpose flour to up the fiber.

2 3/4 cups all-purpose flour
3/4 cup (3 ounces) shredded extra sharp cheddar cheese
1/2 cup (2 ounces) grated fresh Parmesan cheese
2 teaspoons baking powder
3/4 teaspoon salt
1/4 teaspoon ground red pepper
1/4 cup fat-free milk
2 teaspoons olive oil
3 large eggs
Cooking spray

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (through pepper) in a large bowl. Combine milk, oil, and eggs; stir with a whisk. Add milk mixture to flour mixture, stirring until well blended (dough will be dry and crumbly). Turn out onto a lightly floured surface; knead 8 times. Divide dough in half. Shape each portion into an 8-inch-long roll. Place rolls, 6 inches apart, on a baking sheet coated with cooking spray; flatten to 1-inch thickness. Bake at 350° for 30 minutes. Remove from baking sheet; cool 10 minutes on wire rack.

Reduce oven temperature to 325°.

Cut each roll diagonally into 12 (2/3-inch) slices. Place slices, cut sides down, on baking sheet. Bake at 325° for 10 minutes. Turn biscotti over; bake an additional 10 minutes (biscotti will be slightly soft in center but will harden as they cool). Remove from baking sheet; cool completely on wire rack.

Yield: 2 dozen (serving size: 1 biscotto)

CALORIES 83 (30% from fat); FAT 2.8g (satfat 1.5g, monofat 0.5g, polyfat 0.1g);
PROTEIN 3.9g; CARBOHYDRATE 10.8g; FIBER 0.4g; CHOLESTEROL 32mg; IRON
0.8mg; SODIUM 160mg; CALCIUM 80mg;
Cooking Light, MARCH 2005

Corn Maquechoux

Source: Cooking Light March 2005

HUs: 2.5

Serves: 4

Posted by: Kate (KatedWD)

March 2, 2005

This is nice compliment for spicy entrees, it is crunchy and sweet with a hint of heat, would pair well with Mexican food.

Corn Maquechoux is a traditional Cajun side dish. You can also use it as a chunky salsa over meat strips in soft tacos.

1 T butter

1 Cup chopped yellow or red pepper (I recommend red to add color to the dish)

½ cup finely chopped onion

2 garlic cloves minced

3 cups frozen corn kernels (I used TJ's)

1 cup 1 % milk

¼ cup fresh chopped parsley

¼ cup chopped green onions

¼ tsp dried thyme

¼ tsp ground red pepper

hot sauce

1/8 tsp sugar

Melt butter in saucepan. Add pepper, onion and garlic and sauté until tender, about 5 minutes. Add corn, milk, parsley, green onions, thyme and red pepper. Reduce heat, simmer 15 minutes or until milk is mostly absorbed. Stir in sugar, a dash of hot sauce, and salt and pepper to taste.

Crock pot Pepperoni Pizza Turkey Meatloaf

Source: Woman's Day February 2005

HUs: 5

Serves: 4

Posted by: Kate (KateWD)

March 3, 2005

Notes: The mixture is very wet when you put it into the crock pot, but it firms up nicely and stays nice and moist. I upped the amount of garlic to 2 cloves and added a bit of oregano and marjoram.

1 1/1 lb ground turkey breast

1 cup bottled marinara sauce

1/2 bottled roasted red and/or yellow peppers, sliced

1/2 cup each light mozzarella, Italian seasoned bread crumbs and finely chopped onion

16 slices Hormel turkey pepperoni (8 slices diced)

1 large egg

2 tsp minced garlic

1/4 tsp salt

Optional: fresh basil for garnish

In medium bowl, mix ground turkey, 1/2 cup marinara, 1/4 cup each peppers and cheese, bread crumbs, onion and pepperoni (reserve sliced pepperoni). Pat mixture into bottom of 3 1/2 quart slow cooker (if using larger cooker, pat mixture into an 8 " round). Spread 1/4 cup marinara on top.

Cover and cook on low 4 – 6 hours or until meat thermometer inserted in center registers 165 degrees (mine cooked 8 hours)

Spread with remaining sauce, sprinkle with remaining cheese, then top with remaining pepperoni slices and peppers. Cover and cook 5 minutes or until cheese melts. Cut in wedges.

Spanish Rice with Chicken and Peppers

Adapted from Cooking Light

Posted by Poisonqueen (Laurie)

HU 7

Core + 0.5 HU

Servings 4

Ingredients

2 tsp olive oil, divided

3/4 pound uncooked boneless, skinless chicken breasts, cubed

1 1/3 cup chopped onion

1/2 cup chopped green pepper

2/3 cup chopped sweet red pepper

1 1/4 cup uncooked brown rice

1/2 tsp ground oregano

1/2 tsp ground cumin

2 clove garlic clove(s)

2 cups fat-free chicken broth

10 oz can diced tomatoes with green chilies

1/2 tsp salt

Instructions

1- Heat 1 tsp oil in lg. skillet over med-high heat. Add cubed chicken and brown. Remove chicken and cover to keep warm.

2-Add second tsp oil to pan. Add chopped onions, green pepper and red pepper. Saute 3 min.

3- Add rice, oregano, cumin and garlic. Sauté 2 min.

4- Add both, tomatoes and salt. Bring to a boil. Cover, reduce heat and simmer 25 minutes until liquid is almost absorbed.

5- Add chicken back to pan. Stir, cover and continue to simmer until all liquid is absorbed, about another 25 minutes.

Just Like Corner Bakery's Swiss Oatmeal

Source: Made it up

Servings: 3

Healthy Units: 3 (3.5 if you cap fiber at 4g)

Posted by: Lesley (Imaybloom)

Date: 03/04/05

1 cup old-fashioned oats
1 cup plain, fat-free yogurt
1 c. frozen blueberries or cranberries
1 Granny Smith apple, finely chopped
2 T. sliced almonds
1/2 t. cinnamon
1/2 t. vanilla
2 packets Splenda.

Combine all ingredients, let soak a couple of hours overnight.

Don't know the nutritionals for the recipe, but the entire thing is about 9 points. Makes 2 HUGE servings, or 3 just-right servings. Really delicious and healthy!

DonnaMO ran the nutritionals.

Nutritional: Per Serving: 192 Calories; 5g Fat (23.8% calories from fat); 6g Protein; 32g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Fruit; 1 Fat; 0 Other Carbohydrates

Cajun-Spiced Catfish Kebabs

Source: Cooking Light; August 2001

Servings: 4

Healthy Units: 6

Posted by: Waneyvant (Jane)

Date: 03/04/05

Notes: The creamy mayonnaise-horseradish sauce works wonderfully with the spicy catfish. Serve with rolls, lettuce, and tomato slices if you want to turn these kebabs into easy po'boys.

2 teaspoons paprika
1 teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon dried thyme
1/2 teaspoon salt
1/2 teaspoon ground red pepper
4 (6-ounce) catfish fillets, cut into 24 (1-inch) pieces
1/2 cup fat-free mayonnaise
1 tablespoon fresh lemon juice
2 teaspoons capers, chopped
2 teaspoons prepared horseradish
2 ears corn, each cut crosswise into 8 pieces
3 green bell peppers, each cut into 8 wedges
Cooking spray

Combine first 6 ingredients in a medium bowl; add catfish, tossing to coat. Cover and refrigerate 20 minutes.

Combine mayonnaise, juice, capers, and horseradish in a small bowl; stir with a whisk. Cover and refrigerate.

Prepare grill.

Cook the corn in boiling water for 3 minutes, and drain.

Thread 3 catfish pieces, 2 corn pieces, and 3 bell pepper pieces alternately onto each of 8 (12-inch) skewers. Place kebabs on a grill rack coated with cooking spray; grill for 4 minutes on each side or until fish flakes easily when tested with a fork. Serve with sauce.

Yield: 4 servings (serving size: 2 kebabs and 2 1/2 tablespoons sauce)

CALORIES 290 (26% from fat); FAT 8.3g (sattfat 1.8g, monofat 2.9g, polyfat 2.3g); PROTEIN 33.2g; CARBOHYDRATE 21.3g; FIBER 2.8g; CHOLESTEROL 99mg; IRON 3.2mg; SODIUM 645mg; CALCIUM 85mg;
Cooking Light, AUGUST 2001

Banana-Walnut Scones

Cooking Light 1999 Annual

HU: 3.6 (with my changes)

Servings: 12

Posted by DebMj1

3/4/05

My Notes: These make huge scones. I didn't turn it out to knead it - just turned it over a few times on itself in the bowl - and did drop scones rather than wedges. The changes I made decrease the points from 4.3 to 3.6. See below.

CL Notes: Try these scones for extra protein, vitamin E and potassium.

3 cups all-purpose flour (I used 2 cups of all-purpose and 1 cup of whole wheat flour)
1/2 cup packed brown sugar (I used 1/3 cup of brown sugar and 3 Tbsps. of splenda)
2 tsps. baking powder
1/2 tsp. salt
1/4 tsp baking soda
3 Tbsps. chilled stick margarine or butter (I used Corman's light butter)
1/4 cup low-fat buttermilk (I used nonfat)
1 tsp. vanilla extract
2 large egg whites
1 cup mashed ripe banana (I used 1 1/2 cups)
cooking spray
1/3 cup coarsely chopped walnuts (I cut this to 1/4 cup)
1 Tbsp. brown sugar

Preheat oven to 400 F. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.

Combine buttermilk, vanilla and egg whites; stir well with a whisk. Add buttermilk mixture and banana to flour mixture, stirring just until moist (dough will be wet and sticky).

Turn dough out onto a lightly floured surface; with floured hands, knead lightly 4 times. Pat dough into a 9-inch circle on a baking sheet coated with cooking spray. Sprinkle walnuts and 1 Tbsp. brown sugar over dough, pressing gently into dough. Cut into 12 wedges, cutting into, but not through, dough. Bake at 400 F. for 20 minutes or until golden.

Eggplant Caviar

Source : Lowfat Cooking for Dummies

Healthy Units : 0

Servings: 4 cups, about 16 servings

Posted by: Fancy.Nancy

Date: 3/4/05

Note: This Middle Eastern-style dip is slightly sweet, yet tangy and savory, and has a rich reddish color flecked with green peppers. You can serve it at room temperature or make it a day ahead and chill it. You can even mold it, because eggplant is slightly gelatinous when chilled. Vary the amount of lemon and vinegar to taste. Serve with crackers, crudités, or toasted pita triangles and garnish with sprigs of fresh parsley or lemon wedges.

Nancy's Note: This is pretty served in a scooped out red or green pepper, placed in the center of tray of crackers or pita triangles.

Ingredients

1 large eggplant
1 cup finely chopped onion
½ cup finely chopped green bell pepper
½ cup finely chopped red bell pepper
2 cloves garlic, peeled and minced
¼ cup finely chopped fresh parsley
1 Tbsp. Fresh lemon juice
1 to 2 tbsp. Balsamic or cider vinegar
½ tsp. Sugar
1 Tbsp. Tomato paste
1 15-1/2 oz can crushed tomatoes, undrained
1 tsp. Dried basil
salt (optional)
2 tsp. Drained capers (optional)

1. Pierce the eggplant several times with a fork. Microwave in a microwavable dish for 15 minutes, turning once or twice, or bake on foil on a baking sheet in a 400* oven for 45 minutes or until tender, turning over once. Cut in half and let cool slightly.
2. Coat a large nonstick skillet with no-stick vegetable spray. Lightly spray the onion, green & red peppers, and garlic and sauté for 5 minutes until the vegetables begin to soften, adding a tbsp or two of water for moisture if needed.
3. With a spoon, scrape the pulp from the eggplant and add the pulp to the mixture in the skillet. Discard the skin.
4. Add the parsley, lemon juice, vinegar, sugar, tomato paste, crushed tomatoes, basil & salt. Cook for 3 minutes, crushing the eggplant with the back of a spoon to break it up, mashing but not pureeing it.
5. Cover the skillet, reduce the heat to low, and simmer for 1 hour, stirring occasionally.
6. Transfer the eggplant caviar to a bowl and stir in the capers. Garnish and serve chilled or at room temperature.

Nutrition: Calories 24; Total fat 0 g; Protein 1 g; Dietary fiber 1 g; Carb 5 g; Cholesterol 0 mg.

Chocolate/Chocolate Chip Banana Bran Muffins-2 pts

Source: Off the WW website

HU: 2

Servings: 24

Posted by doroathy0831

03/06/05

2 cups skim milk
4 tablespoons vinegar
3 cups All-Bran® Cereal
2 cups flour
4 each egg whites
2 teaspoons baking soda
1 teaspoon cinnamon
1 cup applesauce, unsweetened
2 each banana, mashed
2 tablespoons vanilla
1/2 cup cocoa (I use 1/3 cup)
1/2 cup chocolate chip, mini sized
1/4 cup splenda

1. Mix the milk, vinegar and bran together. Let sit for 15-30 minutes.
2. Add remaining ingredients and stir to combine.
3. Spray muffin pans with cooking spray and pour batter into pans.
4. Bake 16 minutes at 375.
5. Let cool in pan for 5 minutes then remove.

Do not eat these warm. I don't think they taste very good that way. I throw mine in the freezer and take out as I need. Also I use only 1/3 cup cocoa.

Southwestern Chili

From Cooking Light - March 2005

Healthy Units - 7

Servings - 7

Posted by shari

3/6/05

CL Notes: Chili-grind beef is coarse and makes chunkier chili than regular ground beef. When browning the beef, stir gently to avoid breaking it up into small pieces. Salsa verde, made with tomatillos, and masa harina, used to thicken the chili, will be in the Latin foods section of your supermarket. Mexican beer is a natural to use in and drink with this chili. Green onions, queso fresco, and sour cream are good condiment choices.

My notes: I used 1lb ground turkey. Made more than 7 servings. I don't know if there is any point reduction this way. It's nearly core but again I don't know the points for the sausage.

Cooking spray

1/4 teaspoon salt

1/2 pound chili-style ground sirloin

1 cup chopped onion

1 cup chopped green onions

1/3 cup chopped green bell pepper

1/2 pound Cajun smoked sausage, chopped (such as Conecuh)

1 tablespoon minced fresh garlic

1 (12-ounce) bottle beer

2 teaspoons chili powder

1/2 teaspoon ground chipotle chile pepper

1/4 teaspoon ground cumin

1/4 teaspoon ground coriander

1 (28-ounce) can whole tomatoes, undrained and chopped

1 (15-ounce) can dark red kidney beans, rinsed and drained

1 (15-ounce) can yellow hominy, rinsed and drained

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

1 (7-ounce) can salsa verde (such as Herdez)

2 tablespoons masa harina

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add salt and beef to pan; cook 5 minutes or until browned, stirring gently. Remove from pan.

Add onion, green onions, bell pepper, and sausage to pan; sauté 5 minutes or until sausage is lightly browned. Add garlic; sauté 1 minute. Add beer, scraping pan to loosen browned bits.

Return beef to pan. Stir in chili powder and next 8 ingredients (through salsa verde); bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally. Stir in masa; cook 30 minutes.

Yield: 7 servings (serving size: about 1 1/3 cups)

NUTRITION PER SERVING

CALORIES 410(33% from fat); FAT 15.2g(sat 5.2g,mono 6.2g,poly 1.7g); PROTEIN 20.6g; CHOLESTEROL 43mg; CALCIUM 88mg; SODIUM 913mg; FIBER 12.3g; IRON 2.7mg; CARBOHYDRATE 45g

Chicken Santa Fe

Source: modified from CLBB recipe

HU 4

8 servings (about 3/4 each)

Posted by Petiteyaya1 (Cindy)

March 7, 2005

Notes: I served with brown rice; used as stuffing for whole-wheat pitas another time. Original recipe called for 8 ounces cream cheese, which I thought was too much. Original also called for sprinkling with 1 cup 2% shredded cheddar for serving, but I thought it didn't add much.

15 ounces canned black beans
15 ounces frozen corn kernels
1 cup salsa
5 ounces reduced-fat cream cheese
1 1/2 pounds boneless skinless chicken breast
1/4 teaspoon ground cumin
1/4 teaspoon oregano
1/4 teaspoon cilantro
1/8 teaspoon salt
1/8 teaspoon black pepper
1/8 teaspoon garlic powder

In a 3.5 or 4-quart electric slow cooker, mix together beans, corn, and 1/2 cup salsa. Season chicken with cumin, oregano, cilantro, salt, pepper and garlic powder. Place chicken breasts in slow cooker, then pour remaining salsa over chicken.

Cover and cook on high heat setting 2.5-3 hours or until chicken is tender and white throughout. Do not overcook or chicken will be tough. Remove chicken and cut into bite-sized pieces. Add back to slow cooker.

Add cream cheese (cut into cubes to melt faster) and turn cooker to high heat. Heat until cream cheese melts and blends into sauce. Serve over rice.

Per Serving (excluding unknown items): 236 Calories; 5g Fat (19.3% calories from fat); 26g Protein; 21g Carbohydrate; 5g Dietary Fiber; 59mg Cholesterol; 494mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

NOTES : 4 HU per serving (about 3/4 cup each)

Spicy Asian Lettuce Wraps

Cooking Light, March 2005

Healthy Units: 4.5

Servings: 4

Posted by Emily(ejwyatt)

Date: March 7, 2005

CL Notes: Cooked, chopped shrimp or pork work in these wraps, also.

2 1/2 ounces bean threads (cellophane noodles)
1/4 cup minced fresh cilantro
1/4 cup low-sodium soy sauce
1 tablespoon chile paste with garlic
2 teaspoons dark sesame oil
2 cups chopped roasted skinless, boneless chicken
12 large Boston or Romaine lettuce leaves

Cover bean threads with boiling water. Let stand for 5 minutes or until softened. Drain, and rinse under cool water. Chop noodles.

While bean threads soak, combine cilantro, soy sauce, chile paste, and oil in a large bowl, stirring with a whisk. Add noodles and chicken to soy sauce mixture; toss well to coat. Spoon about 1/3 cup chicken mixture down center of each lettuce leaf; roll up.

Yield: 4 servings (serving size: 3 lettuce wraps)

CALORIES 213 (21% from fat); FAT 4.9g (satfat 1g, monofat 1.8g, polyfat 1.5g);
PROTEIN 23.2g; CARBOHYDRATE 18.3g; FIBER 0.7g; CHOLESTEROL 60mg; IRON
1.7mg; SODIUM 641mg; CALCIUM 31mg;

Lemon-Mint Bulgur Risotto with Garlic Shrimp

Cooking Light, March 2005

Healthy Units: 6.5

Servings: 4

Posted by Emily(ejwyatt)

Date: March 7, 2005

CL Notes: The strong mint flavor makes this risotto a great foil for the garlic-infused shrimp. Although chewy bulgur grains separate in tabbouleh, they stick together when cooked as a risotto.

3 cups water
1 teaspoon salt, divided
2 tablespoons olive oil, divided
3/4 cup finely chopped green onions
1 cup uncooked bulgur
4 cups torn spinach
1/3 cup chopped fresh mint
1 tablespoon grated lemon rind
2 tablespoons fresh lemon juice
4 garlic cloves, minced
1/4 teaspoon freshly ground black pepper
1 pound medium shrimp, peeled and deveined
Lemon wedges (optional)

Combine water and 3/4 teaspoon salt in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat.

Heat 1 tablespoon oil in a medium sauté pan over medium heat. Add green onions; cook 1 minute, stirring constantly. Add bulgur; cook 2 minutes, stirring constantly. Add warm salted water, 1/2 cup at a time, stirring frequently until each portion of warm salted water is absorbed before adding the next (about 20 minutes total). Remove from heat. Add spinach, mint, rind, and juice; stir until spinach wilts. Keep warm.

Heat 1 tablespoon oil in a medium nonstick skillet over medium-high heat. Add garlic; sauté 30 seconds. Add 1/4 teaspoon salt, pepper, and shrimp; sauté for 2 minutes or until shrimp are done. Divide risotto evenly among 4 small bowls or plates, and arrange shrimp evenly over risotto. Garnish with lemon wedges, if desired.

Yield: 4 servings (serving size: about 3/4 cup risotto and about 3 ounces shrimp)

CALORIES 321 (26% from fat); FAT 9.4g (satfat 1.4g, monofat 5.3g, polyfat 1.6g);
PROTEIN 28.9g; CARBOHYDRATE 32.3g; FIBER 8.2g; CHOLESTEROL 172mg; IRON
4.9mg; SODIUM 789mg; CALCIUM 132mg;

Garlic Pizza Dough

Source: The Healthy Gourmet, c. 1996

32 servings (4 12" pizza rounds, 8 slices each)

1 HU per serving (add your own HU's for your toppings).

Posted By: CJMartin717(Cindy)

Date: March 8, 2005

3 tablespoons extra virgin olive oil

2 tablespoons minced garlic

1/2 teaspoon italian seasoning

1 teaspoon black pepper

2 1/4 teaspoons active dry yeast

1 1/4 cups warm water

1 teaspoon honey

2 cups unbleached flour

1 cup whole wheat flour

1/4 cup cornmeal

2 teaspoons sea salt

Heat 2 tablespoons olive oil in a small skillet and saute garlic, herbs, and pepper about 5 minutes (until garlic softens). Set aside to cool slightly.

Place all ingredients in baking pan of bread machine, starting with water, honey, garlic mixture, and remaining oil. Then put in the flours, salt and cornmeal. Put the yeast in last.

Select the machine dough cycle. Remove from machine, punch down dough, put in a lightly oiled bowl. Cover and let set 30 minutes or until doubled in size.

Separate dough into portions (makes 4 12-inch pizza rounds or 8 6-inch rounds). Let rest 15-20 minutes. Use as desired.

Dough can be frozen for later use.

Use idea: I used half the dough, rolled it out in a rectangle shape. I spread it with approx. 1 Tbsp pesto (I would have put in more; but, that's all I had left). Put approx. 18 turkey pepperoni slices on dough. Sprinkle with approx. 1/2 cup shredded part-skim mozzarella. Roll up dough jelly-roll fashion. Place on baking pan, seam side down, tuck in ends. Bake at 350 F for approx. 25-30 minutes. Slice into 16 servings - approx. 2.5 - 3 HUs per serving.

Per Serving (excluding unknown items): 55 Calories; 1g Fat (21.8% calories from fat); 2g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 118mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Pastitsio

Source: WW Take-Out Tonight!

Healthy Units: 7

Servings: 8

Posted by: Fancy.Nancy

3/8/05

WW NOTES: This baked pasta casserole is probably one of the most recognizable Greek dishes on restaurant menus. (Moussaka is a similar dish but substitutes fried eggplant for the pasta). Serve pastitsio with a salad of tossed greens, chopped scallions, fresh fennel and fresh dill.

My notes: Be sure the bottom layer of spaghetti is moistened with tomato juices. I think adding a package of fresh spinach to wilt while the meat cooks would be a tasty addition, but I forgot to add it!

Ingredients:

3 cups reduced-fat 2% milk (I used 2 ½ cups 1% + ½ cup fat free half & half)
¼ cup cornstarch
3 large eggs, lightly beaten
8 Tbsp. Grated Parmesan cheese
¾ tsp. Salt
¼ tsp. Freshly ground pepper
1/8 tsp. Ground nutmeg
½ pound spaghetti
1 Tbsp. EVOO
1 onion, chopped
¾ pound lean ground sirloin – 10% or less fat (I used ground turkey)
1 pound plum tomatoes, chopped – about 2 cups (I used canned diced tomatoes)
2 garlic cloves, minced
¾ tsp. Ground cinnamon (I omitted this)

Preheat oven to 350. Spray a 7 x 11-inch baking dish with nonstick spray; set aside.

To make the white sauce, combine the milk, cornstarch & eggs in a large saucepan. Cook over low heat, stirring constantly, until thickened, 7-9 minutes. Remove from heat and stir in 6 Tbsp of the Parmesan, ¼ tsp of the salt, 1/8 tsp of the pepper, & the nutmeg; cover and set aside.

Bring a large pot of salted water to a boil (I threw in a chicken bouillon cube, too) Add spaghetti & cook according to package directions. Drain and set aside.

To make the filling, heat a large nonstick skillet over medium-high heat. Swirl in the oil, then add the onion. Cook, stirring occasionally, until the onion is softened, 4-6 minutes. Add the sirloin (or turkey) and cook, breaking up the meat with a wooden spoon, until browned, 5-6 minutes. Stir in the tomatoes, garlic, cinnamon and the remaining ½ tsp salt and 1/8 tsp pepper. Cook, stirring often, about 4-5 minutes. (I meant to add fresh spinach at this step, but forgot!)

Arrange half of the cooked spaghetti in an even layer on the bottom of the baking pan. Top with the filling (including the tomato juices) then top with the remaining spaghetti. Spread the white sauce evenly over the spaghetti. Sprinkle with the remaining 2 Tbsp. Cheese. Bake until top is golden, 30-35 minutes. Cool at least 5 minutes before serving.

Per serving (1 cup): 319 calories, 11 g. fat, 4 g. sat fat, 103 mg chol, 512 mg sod, 36 g carb, 3 g fiber, 19 g protein, 226 mg calc.

Buffalo Chicken and Blue Cheese Dipping Sauce

Source: Food Network (Calorie Commando)

Healthy Units: 7

Servings: 4

Posted by: MissVN

Date: March 10, 2005

Notes: Comes together very fast. Might marinate the chicken for longer, usually I go for overnight because I really like spicy!

Ingredients

Blue Cheese Dipping Sauce:

1/4 cup crumbled blue cheese

2 tablespoons buttermilk

1/2 cup light sour cream

1/4 teaspoon freshly ground black pepper

Chicken:

12 chicken tenders, about 12 ounces

1/2 cup Louisiana hot sauce

1/2 cup all-purpose flour

1 teaspoon kosher salt

1 tablespoon Cajun seasoning

1 tablespoon butter

2 tablespoons vegetable oil

Blue Cheese Dipping Sauce, recipe follows

4 ribs celery, cut into 3-inch lengths

Instructions

Dipping Sauce:

Combine all ingredients in a small bowl, mixing well. With the back of the mixing spoon, mash the blue cheese into the sour cream until almost all of the lumps are gone. Chill in the refrigerator for at least 1 hour before serving.

Chicken:

Soak the chicken in the hot sauce in the refrigerator for at least 30 minutes. Put the flour in a pie tin and season with salt and Cajun seasoning. Remove chicken from hot sauce, shake off excess, and dredge chicken in the flour. Set on a baking rack.

Heat the butter and oil in a large skillet over medium heat. When the butter has stopped bubbling, add the chicken tenders and cook until golden and cooked through, about 3 minutes per side. Remove from the pan and drain on paper towels. Serve warm with blue cheese dipping sauce and celery pieces.

Difficulty: Easy

Prep Time: 15 minutes

Inactive Prep Time: 1 hour

Cook Time: 6 minutes

Yield: 4 servings (each serving is 3 pieces)

Nutritional Analysis per Serving Calories: 293

Total Fat: 16 grams Saturated Fat: 6 grams

Carbohydrates: 12 grams Fiber: 2 grams

Sautéed Chicken Breasts with Latin Citrus Sauce

Source: Cooking Light (?)

HU: 5

Serves: 4

Posted by: damcwilliams01

March 12, 2005

Cooking Light Notes: The sauce, also known as mojo criollo, requires very little chopping and provides a tangy counterpart to the cumin-rubbed chicken. Serve over white rice.

My Notes: Before making the sauce, it would probably be a good idea to let the pan cool a bit. I ended up making the sauce twice because the garlic burned the first time around.

Chicken:

2 teaspoons brown sugar

1 teaspoon ground cumin

1/2 teaspoon salt

1/2 teaspoon garlic powder

1/8 teaspoon ground red pepper

4 (6-ounce) skinless, boneless chicken breast halves

1 teaspoon vegetable oil

Sauce:

1 1/2 teaspoons bottled minced garlic

1/4 cup fresh lime juice

1/4 cup orange juice

2 tablespoons honey

2 tablespoons chopped fresh cilantro

2 tablespoons chopped fresh mint

To prepare chicken, combine brown sugar, cumin, salt, garlic powder, and red pepper; rub over chicken. Heat vegetable oil in a large nonstick skillet over medium-high heat. Add chicken, and cook for 5 minutes on each side or until done. Remove from pan; keep warm.

To prepare sauce, add garlic to pan; sauté 30 seconds. Add juices and honey; cook 3 minutes or until slightly thickened. Remove from heat; stir in cilantro and mint. Serve with chicken.

Yield: 4 servings (serving size: 1 chicken breast half and about 1 tablespoon sauce)

NUTRITION PER SERVING

CALORIES 255 (12% from fat); FAT 3.4g (sat 0.7g, mono 0.8g, poly 1.2g); PROTEIN 39.8g; CARB 15g; FIBER 0.5g; CHOL 99mg; IRON 1.6mg; SODIUM 405mg; CALC 34mg;

Honey-Molasses Chicken Drumsticks

Cooking Light, MARCH 2005

Healthy Units: 4

Yield: 6 servings (serving size: 1 drumstick)

Posted By: Bawstinn32 (Maria)

March 13, 2005

The zesty chicken and sauce are good warm right out of the pan but will keep for up to two days in the refrigerator.

Comments: I think this would work well with breasts too, which I probably will do next time. Drumsticks can be a hassle. Sauce was very good.

1 tablespoon brown sugar
2 tablespoons water
2 tablespoons honey
2 tablespoons balsamic vinegar
1 tablespoon Dijon mustard
1 tablespoon molasses
1 teaspoon minced garlic
1 teaspoon olive oil
6 chicken drumsticks, skinned
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

Combine first 7 ingredients, stirring with a whisk.

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle the chicken with salt and pepper. Add chicken to pan, browning on all sides. Add honey mixture to pan, turning chicken to coat. Reduce heat to medium-low. Cover and cook 15 minutes or until chicken is done, turning chicken every 5 minutes. Uncover and cook an additional 1 minute or until mixture is thick and a mahogany color, and chicken is well coated. Remove from heat; cool 15 minutes. Cover and chill.

CALORIES 180 (36% from fat); FAT 7.2g (satisfat 1.8g, monofat 3g, polyfat 1.6g);
PROTEIN 16.7g; CARBOHYDRATE 11.9g; FIBER 0.1g; CHOLESTEROL 53mg; IRON
1.3mg; SODIUM 291mg; CALCIUM 24mg;

Chocolate Walnut Cranberry Cake

Cooking Light March 2005

HUs: 4.3 per serving

Servings: 12

Posted by: cjmartin717 (CJ/Cindy)

March 13, 2005

This cake was 5.9 HUs per serving as originally written.

What I changed:

I subbed 1/2 c. Splenda for equal part of sugar

Decreased cocoa powder to 2/3 cup from 3/4 cup

Used unsweetened applesauce and soy milk

Decreased cranberries to 3/4 cup from 1 cup

Decreased walnuts to 1/3 cup from 1/2 cup

My ingredient list:

1 2/3 cups all-purpose flour

1 cup sugar

1/2 cup Splenda

2/3 cup cocoa powder

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 cup unsweetened applesauce

1/2 cup unsweetened plain soy milk

1/4 cup canola oil

3/4 cup dried cranberries

1/3 cup chopped walnuts, toasted

1 tablespoon powdered sugar

Preheat oven to 350 F.

Lightly spoon flour into dry measuring cups, level with a knife. Combine flour, sugar, cocoa, baking powder, baking soda, and salt in a large bowl, stirring with a fork.

Combine applesauce, soy milk, and oil. Add to flour mixture, stirring just until moistened.

Stir in cranberries and walnuts. Spread batter into a 10-inch springform pan coated with cooking spray. (Batter will be thick.)

Bake 45 minutes or until edges begin to pull away from sides of pan. Cool on a wire rack. Sprinkle with powdered sugar.

(I forgot to use the powdered sugar and served my cake with some FF Cool Whip.)

MC Nutrition info for the Chocolate-Walnut-Cranberry Cake:

Per Serving (excluding unknown items): 215 Calories; 8g Fat (29.6% calories from fat); 4g Protein; 36g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 205mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

Cornflake-Crusted Halibut with Chile-Cilantro Aioli

Source: CookingLight.com

posted by: Danikam

Serves: 4

HUs: 7.8

Date: 3/13/05

CL comments: We gave this recipe our highest rating. Make the mayonnaise-based aioli ahead, if you like. To crush the cornflakes, place them in a zip-top plastic bag, seal, and press with a rolling pin.

Aioli:

- 2 tablespoons minced fresh cilantro
- 3 tablespoons fat-free mayonnaise
- 1 serrano chile, seeded and minced
- 1 garlic clove, minced

Fish:

- 1 cup fat-free milk
- 1 large egg white, lightly beaten
- 2 cups cornflakes, finely crushed
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- 4 (6-ounce) halibut fillets
- Lemon wedges

To prepare aioli, combine first 4 ingredients, stirring well.

To prepare fish, combine milk and egg white in a shallow dish, stirring well with a whisk. Combine cornflakes, flour, salt, and black pepper in a shallow dish.

Heat oil in a large nonstick skillet over medium-high heat. Dip fish in milk mixture; dredge in cornflake mixture. Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork. Serve with mayonnaise mixture and lemon wedges.

Yield: 4 servings (serving size: 1 fish fillet, about 1 tablespoon mayonnaise mixture, and 1 lemon wedge)

NUTRITION PER SERVING

CALORIES 367(27% from fat); FAT 11.2g(sat 1.6g,mono 6.3g,poly 1.9g); PROTEIN 40.8g;
CHOLESTEROL 56mg; CALCIUM 166mg; SODIUM 645mg; FIBER 2.2g; IRON 2.4mg;
CARBOHYDRATE 25.1g

Cabbage and Mixed Greens Salad with Tangy Herb Vinaigrette

Source: Cooking Light 03/04

Posted by: Danikam

HUs: 1 per 2 cup serving

Serves: 4

Date: 3/13/05

CL comments: Make the dressing ahead and chill it in the refrigerator, but add the herbs just before tossing the salad.

Dressing:

- 2 tablespoons water
- 2 tablespoons balsamic vinegar
- 1 tablespoon chopped fresh chives
- 1 tablespoon fresh lemon juice
- 1 tablespoon stone-ground mustard
- 1 teaspoon chopped fresh dill
- 2 teaspoons olive oil
- 1 teaspoon honey
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt

Salad:

- 4 cups mixed salad greens
- 2 cups thinly sliced Savoy cabbage
- 1 cup grape or cherry tomatoes, halved
- 1/2 cup diagonally cut green onions

To prepare dressing, combine first 10 ingredients, stirring well with a whisk.

To prepare salad, combine the salad greens, cabbage, tomatoes, and onions in a large bowl. Drizzle dressing mixture over salad mixture; toss gently to coat. Serve immediately.

Yield: 4 servings (serving size: 2 cups)

NUTRITION PER SERVING CALORIES 72(34% from fat); FAT 2.7g(sat 0.4g,mono 1.7g,poly 0.4g); PROTEIN 2.3g; CHOLESTEROL 0.0mg; CALCIUM 53mg; SODIUM 197mg; FIBER 3.6g; IRON 1.3mg; CARBOHYDRATE 10.7g

Frozen Peanut Butter Pie

Cooking Light January/February 1994

HU: 4.1

8 Servings

Posted by DebMj1

3/13/05

Note: I ended up doing two layers in this. I did the crust, put down some of the filling, arranged the bananas on that, and then topped it with the rest of the filling.

1/2 cup graham cracker crumbs

2 Tbsps. honey

cooking spray

3/4 cup nonfat ricotta cheese

1/2 cup fat-free process cream cheese product (I think they mean the tub, but you can use the brick product)

1/2 cup sifted powdered sugar

1/4 cup chunky peanut butter

1/2 tsp. vanilla extract

1 cup thawed reduced-calorie frozen whipped topping (Cool Whip Lite)

1 cup sliced ripe banana

1 ounce semisweet chocolate (I used dark baking chocolate)

Combine crumbs and honey in a small bowl and stir well. Press into bottom and 1 inch up sides of a 9-inch pie plate coated with cooking spray. (It doesn't completely cover). Bake at 350 F. for 5 minutes. Let cool on a wire rack.

Combine cheeses in a bowl; beat at high speed of an electric mixer 2 minutes. Add powdered sugar, peanut butter and vanilla; beat at high speed of an electric mixer for 45 seconds or until well blended. Gently fold whipped topping into peanut butter mixture.

Arrange banana on crust (see my notes). Pour peanut butter mixture over banana; set aside.

Place chocolate in a zip-top heavy duty bag, and seal bag. Submerge bag in boiling water until chocolate melts. Snip a tiny corner off bag; drizzle chocolate over pie. Freeze at least 3 hours. Let stand 30 minutes at room temperature before serving.

Raspberry-Balsamic Chicken with Shallots

Eating Well April/May 2005

Healthy Units: 6

Servings: 4

Posted By: Bawstinn32 (Maria)

March 14, 2005

Comments: Very tasty. I don't see where using oil was an advantage over spraying the pan with PAM. Would probably just use PAM next time.

1 pound chicken breast, no skin, no bone,
1/4 cup balsamic vinegar
3/4 cup raspberry jam, Polaner All Fruit
1/2 teaspoon salt
1/4 teaspoon black pepper
2 1/2 teaspoons olive oil
1/2 cup shallots -- chopped
1/2 teaspoon dried thyme

Combine jam and vinegar in a small pan over medium heat. Cook, stirring often, until jam is dissolved. Remove from heat, stir in salt and pepper and let cool slightly. Reserve 1/2 cup of the sauce. Place chicken breasts and the rest of the sauce in a large sealable bag. Seal and shake gently to coat. Marinate in the refrigerator 1 to 1 1/2 hours.

Heat oil in a large nonstick skillet over medium heat. Add shallots and thyme and cook, stirring often, until the shallots begin to soften, about 1 minute. Remove the chicken from the marinade (discard marinade). Add the chicken to pan and cook until just beginning to brown, 2 minutes on each side. Add the reserved raspberry sauce, stir to melt the jam and coat the chicken. Reduce heat to low, cover and cook until the chicken is cooked through and no longer pink in the center, 6 to 10 minutes.

Per Serving (excluding unknown items): 275 Calories; 6g Fat (19.2% calories from fat); 26g Protein; 29g Carbohydrate; trace Dietary Fiber; 69mg Cholesterol; 329mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Savory Breakfast Muffins

Eating Well April/May 2005

Healthy Units: 4

Servings: 12

Posted By: Bawstinn32 (Maria)

March 14, 2005

Comments: Due to someone hovering over me, I forgot the cheese, and wouldn't you know, they are the same HU with or without the cheese. These has a good flavor and were very light and fluffy. Some extra sharp cheddar would have been very good and I think they could have used a bit more salt.

2 cups whole-wheat flour
1 cup all-purpose flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt
2 eggs
1 1/3 cups buttermilk
3 tablespoons extra-virgin olive oil
2 tablespoons butter -- melted
1 cup scallions -- thinly sliced
3 ounces Canadian bacon -- diced
1/2 cup grated Cheddar cheese
1/2 cup red pepper, finely diced

Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.

Combine whole-wheat flour, all-purpose flour, baking powder, baking soda, pepper and salt in a large bowl.

Whisk eggs, buttermilk, oil and butter in a medium bowl. Fold in scallions, bacon, cheese and bell pepper. Make a well in the center of the dry ingredients. Add the wet ingredients and mix with a rubber spatula until just moistened. Scoop the batter into the prepared pan (the cups will be very full).

Bake the muffins until the tops are golden brown, 20 to 22 minutes. Let cool in the pan for 5 minutes. Loosen the edges and turn the muffins out onto a wire rack to cool slightly before serving.

Per Serving (without cheese): 192 Calories; 7g Fat (33.6% calories from fat); 9g Protein; 25g Carbohydrate; 3g Dietary Fiber;

Per Serving (with cheese) (excluding unknown items): 211 Calories; 9g Fat (37.1% calories from fat); 9g Protein; 25g Carbohydrate; 3g Dietary Fiber;

BBQ Chicken and Black Bean Pizza

Sorry got it from a friend so I have no idea on the source

Pts/Healthy Units: 7

Servings: 6

Posted by: Louweegie

Date: 3/14/2005

Ingredients:

1/2 lb. boneless, skinless chicken breast - cubed

1/2 cup BBQ sauce divided in half

16 ounce pizza crust, pre-baked

1.5 cups of shredded reduced fat or fat free mexican cheese

7.5 oz can of black beans (rinsed and drained)

1 sm. red onion, finely chopped

1 tbsp. of cilantro, chopped

Directions:

Place rack in center of oven and preheat oven to 450 degrees F

Spray a non-stick skillet and stir fry chicken over medium-high heat for about 10 minutes. Transfer chicken to a medium-sized bowl and toss with half of the BBQ sauce.

Place pizza crust on a baking sheet. Sprinkle with 3/4 cup of shredded cheese. Arrange chicken and black beans over crust; sprinkle with onion and cilantro. Drizzle the remaining BBQ sauce and cheese over pizza.

Bake 10 minutes or until the cheese bubbles.

Cut into 6 large slices and serve immediately.

Notes: My kids even like this one, its a quick fix on a busy night, and the slices are large and filling

Panera Bread French Onion Soup

Adapted from Top Secret Recipes (with changes)

HU: 3.1

Servings: 8

Posted by DebMj1

3/15/05

Notes: Each serving (a little more than a cup of soup plus about croutons and asiago) has 3.1 points. If you focaccia instead of Italian bread for the croutons, the points increase to 3.3.

2 Tablespoons butter
8 cups sliced yellow onions
43 1/2 ounces nonfat beef broth, 3 cans
3/4 cup nonfat chicken broth
2 Tablespoons all-purpose flour
1 1/2 cups water
1 teaspoon concentrated beef stock
1 Tablespoon tomato sauce
1 1/2 teaspoons ground black pepper
1 teaspoon salt
1/4 teaspoon dried thyme
1/4 teaspoon garlic powder
4 drops hot pepper sauce
2 1/2 ounces asiago Cheese, shaved
3 ounces Italian bread (I used diced Portuguese rolls)
1 Tablespoon light butter
1/8 teaspoon garlic powder
1/8 teaspoon italian seasoning

1. Melt butter in a large saucepan over medium heat. When the butter is melted, add sliced onions and saute for 15 to 20 minutes, stirring often, until onions turn brown.

2. Add next 11 ingredients (beef broth through tabasco sauce) to the pan and stir to combine. Heat soup until it's boiling, then reduce heat and simmer (covered) for 20 minutes, stirring occasionally.

3. In the meantime, make croutons by slicing Italian (or focaccia or any bread you may have) into 3/4-inch thick slices. Very lightly butter both sides of those slices, then cut slices into bite-size cubes. Sprinkle with garlic powder and Italian seasoning. Bake the bread cubes at 425 F. for about 10 minutes or until browned and crispy. Shave the asiago by dragging a potato peeler over the edge of a wedge.

4. Serve the soup super hot with a handful of croutons floating on top, followed by about a Tbsp. of shaved asiago.

Fierce Potatoes

Source: RRB - Michelle/AlbanyNYLady

HU: 1

Servings: 8 1/2 cup w/2 T. Sauce **

Posted by: Waneyvant (Jane)

Date: March 15, 2005

Recipe says 8 servings, I would say 4- 1 cup @ 2 points each!

2 pounds red potatoes, peeled & cut into 1-inch pieces

1 T. olive oil

1 t. dried thyme

1/4 t. salt

1 garlic clove, minced

Cooking spray

Fierce Sauce

Preheat oven to 400°. Place potatoes in a large saucepan, cover with water. Bring potatoes to a boil. Cover, reduce heat, & simmer 5 minutes; drain. Combine potatoes, olive oil, dried thyme, salt, & garlic in a large bowl, toss gently to coat. Spoon mixture onto a 15 x 10-inch jelly-roll pan coated with cooking spray. Bake at 400° for 15 minutes. Serve with Fierce Sauce. (I baked 25 minutes to get the taters golden - Waney Note)

CAL 66(26% from fat); FAT 1.9g; FIBER 1.6g

Fierce Sauce

This sauce can be used as a spicy dip for raw vegetables.

1/2 c. no-salt-added tomato sauce

1/4 c. fat-free mayonnaise

3 T. plain low-fat yogurt

2 T. white vinegar

1 t. paprika

1/2 t. ground cumin

1/4 t. ground red pepper

Combine all in a small bowl, stir with a whisk until well-blended.

Yield: 1 1/4 c. (serving size: 2 T.)

CALORIES 7(26% from fat); FAT 0.2g; FIBER 0.0g

North End Penne with Chicken and Broccoli

The New England Cookbook

HU: 9

Servings: 6

Posted by Carrie (scarehair)

March 16, 2005

Comments: This is one recipe that my kids and DH request often. Super easy to make and tastes restaurant quality. original recipe allowed for 4 servings but those are huge. Even at 6 servings I can still eat less and add a salad.

1 penne pasta
1 lb broccoli florets
3 Tablespoons flour
1/2 tsp each salt and pepper
1 lb skineless, bonless chicken breasts
1 Tablespoons olive oil
1 Tablspoon butter
3 garlic cloves minced
1 tsp dried oregano
1/3 Cup fresh-grated parmesan cheese

Cook pasta according to directions, adding broccoli to last 3 minutes of cooking time. Reserve 3/4 C. cooking water and drain the rest.

In the meantime, combine flour, salt and pepper in shallow dish. Dredge the chicken and shake off excess.

Heat half of the butter and oil in skillet. Cook half the chicken over medium heat until golden brown on both sides and cooked through. REmove chicken from skillet and keep warm. Add remaining oil and butter to skillet and cook the remaining chicken. Remove chicken and leave drippings in the pan.

Let chicken rest for a few minutes and then cut crosswise into 1/2" wide slices.

Add garlic and oregano to skillet and cook stirring for one minute. Add reserved pasta water and bring to a simmer to make a sauce.

Toss pasta, broccoli, chicken and the sauce in a large bowl. Add cheese and toss again. Serve immediately.

CAL 450, FAT 7g, FIBER 5g, CHOL 53mg, CARB 63, SODIUM 350mg

Fideos con Frijoles

Source: Cooking Light, March 2005

Healthy Units: 7.5

Servings: 4

Posted by: ejwyatt (Emily)

Date: March 16, 2005

CL Notes: Fideos are very thin vermicelli noodles. They're broken into pieces and browned in the pan before being cooked in the soup. This procedure is typical of Mexico's sopa seca, in which the noodles absorb nearly all the broth and make a thick, almost dry, soup.

My Notes: This was very hearty and tasty. I didn't have a Serrano pepper, so I substituted a can of diced jalapenos. It was pretty hot, but I loved it.

- 1 tablespoon olive oil
- 6 ounces vermicelli, broken into thirds
- 1 cup chopped white onion
- 3 garlic cloves, minced
- 1 serrano pepper, seeded and minced
- 1 teaspoon ground cumin
- 1/4 teaspoon ground chipotle chile pepper
- 1/2 teaspoon salt
- 2 (14-ounce) cans fat-free, less-sodium chicken broth
- 1 (15-ounce) can pinto beans, rinsed and drained
- 1 cup chopped fresh tomato
- 2 tablespoons chopped cilantro
- 1/2 cup chopped green onions
- 1/2 cup (2 ounces) reduced-fat shredded cheddar cheese

Heat oil in a large nonstick skillet over medium heat. Add pasta; cook 4 minutes or until brown, stirring frequently. Add white onion, garlic, and serrano; cook 1 minute or until fragrant, stirring constantly. Add cumin and ground chipotle chile; cook 30 seconds, stirring constantly.

Add salt, broth, and beans; increase heat to medium-high. Bring to a boil; reduce heat, and simmer 12 minutes or until pasta is done. Remove from heat; stir in tomato and cilantro. Divide evenly among 4 bowls; top each with 2 tablespoons green onions and 2 tablespoons cheese. Serve immediately.

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

CALORIES 371 (20% from fat); FAT 8.3g (satfat 2.7g, monofat 2.6g, polyfat 1.3g);
PROTEIN 18g; CARBOHYDRATE 55.9g; FIBER 9.7g; CHOLESTEROL 10mg; IRON
3.5mg; SODIUM 758mg; CALCIUM 172mg;

Cheater Chocolate Chip Bundt Cake

Source: Deb's Revisions of CL Recipe

Healthy Units: 3.7

Servings: 16

Posted by DebMj1

3/17/05

cooking spray

1 cup lowfat sour cream

3/4 cup warm water, plus 1 tablespoon

3 Tablespoons unsweetened applesauce, or Baking Healthy oil replacement

2 teaspoons espresso coffee, instant powder

8 ounces egg substitute

1 package chocolate cake mix, devil's food or chocolate fudge with pudding in the mix

1/2 cup semisweet chocolate chips

1 Tablespoon powdered sugar, optional

1. Preheat oven to 350 F. Coat a 12-cup Bundt pan with cooking spray; set aside.
2. Combine the sour cream and next 5 ingredients (through the cake mix) in a large bowl, and beat mixture at medium speed of a mixer for 3 minutes. Add the chocolate chips, and beat the mixture for 30 seconds.
3. Spoon the cake batter into the prepared Bundt pan. Bake cake at 350 F for 50-55 minutes or until a wooden pick inserted in center comes out clean. Cool cake in pan 10 minutes on a wire rack. Invert cake onto a wire rack, and cool completely. Sprinkle cake with powdered sugar, if desired.

Pappardelle with Smoked Salmon

Source: Cooking Light, March 2005

Healthy Units: 5.5

Servings: 6

Posted by: ejwyatt (Emily)

Date: March 17, 2005

CL Notes: "This is a recipe I created for my husband and me. It's great for a quick work-night meal with a salad of spinach, thinly sliced sweet onion, and pine nuts." -Karlette Warner, Palo Alto, CA

My notes: a very filling serving.

1/2 pound uncooked pappardelle (wide ribbon pasta) or fettuccine
1 teaspoon butter
2 cups chopped Oso or other sweet onion
1 cup fat-free, less-sodium chicken broth
1/2 cup (4 ounces) 1/3-less-fat cream cheese, cubed
1/2 cup chopped plum tomato
1 (10-ounce) package frozen petite green peas, thawed
1 (4-ounce) smoked salmon fillet, skinned and cut into small pieces
1/2 teaspoon dried dill
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Cook pasta according to package directions, omitting salt and fat. Drain. Keep warm. Melt butter in a large nonstick skillet over medium-high heat. Add onion; sauté 4 minutes or until tender. Add broth and cheese; cook 4 minutes or until cheese melts, stirring frequently. Add tomato, peas, and salmon; cook 3 minutes or until thoroughly heated. Stir in dill, salt, and pepper.

Combine pasta and salmon mixture in a large bowl; toss gently.

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

CALORIES 290 (23% from fat); FAT 7.4g (satfat 3.7g, monofat 2.1g, polyfat 0.5g);
PROTEIN 15g; CARBOHYDRATE 41.6g; FIBER 4.4g; CHOLESTEROL 26mg; IRON
1.9mg; SODIUM 322mg; CALCIUM 39mg;

Thai-Style Black Bean Salad

Source:CLBB

HU: 4.4

Servings:4

Posted By: Zephyr1

Date posted: 3/20/05

Comments: A great accompaniment to any asian dish could also stand alone as a hearty main dish if you tossed in chicken or made it 2 servings.

Ingredients:

2 cups black beans -- cooked and drained (can sub one 15 oz can)
1 cup corn -- roasted
1/2 cup celery -- diced I omitted this as we are not fans of raw celery
1/2 cup onion -- diced added extra
1/2 cup red bell pepper -- diced added extra
1/4 cup cilantro leaves -- whole -- chopped
2 jalapeños -- minced fine used jared ones
2 cloves garlic -- minced
1 teaspoon ginger -- minced
2 tablespoons sesame oil
2 tablespoons rice vinegar
1 tablespoon lime juice

Combine black beans, corn, celery, onion, red pepper, cilantro, jalapenos, garlic and ginger in a large bowl. Whisk oil with vinegar and lime juice. Pour dressing over bean mixture and toss to combine. Season to taste with salt. Chill until ready to serve.

Green Beans With Caramelized Pearl Onions and Dill

Source: WW

HU: 1

Servings: 8 (1/2 cup)

Posted by Nana Texas (Sandy

Date: 3/20/05

I used slightly less sugar than it called for.

1 tsp. olive oil

1 T. sugar

16 oz. frozen pearl onions

16 oz. frozen gr. Beans, whole or cut

2 Tbsp. fresh dill, chopped

½ tsp. salt

¼ tsp. pepper

Heat the oil and sugar in a large skillet (medium-high).

Add onions and sauté' until tender and golden brown, stirring frequently for 10 minutes.

Add gr. Beans and cook until crisp, stirring frequently, about 3 minutes.

Remove from heat and stir in dill, salt, and pepper.

Keeps well in refrigerator for up to three days.

Overnight Caramel-Pecan Bread

Source: WW Annual Recipes for Success 2005

HU: 3

Servings: 24

Posted by: Nancy (Fancy.Nancy)

Date: March 20, 2005

WW Notes: Prepare these gooey caramel rolls before bed and wake up to a no-stress, no-fuss morning. Our Test Kitchens staff could not believe these rolls were light and awarded this recipe the highest possible rating.

My notes: I used almost an entire bag of the rolls, but didn't increase the other ingredients. It yielded about 36 servings & the HU were lower than 3 for each.

Ingredients:

1/3 cup chopped pecans

Cooking Spray

1 (25-ounce) package frozen yeast rolls

¼ cup sugar-free vanilla instant pudding mix (I used 1 small pkg)

1 cup packed light brown sugar

1/3 cup light butter, melted

Sprinkle pecans evenly in bottom of a 10-inch Bundt pan coated with cooking spray. Place rolls evenly in pan, overlapping when necessary. Sprinkle rolls with pudding mix; sprinkle with brown sugar, and drizzle evenly with butter. Cover pan with a damp towel, and place in a cold oven 8 hours.

Remove pan from oven.

Preheat oven to 350.

Uncover rolls and bake for 32 to 35 minutes or until rolls are browned. Remove from oven and let stand 5 minutes. Invert rolls onto a serving platter. Serve immediately.

YIELD: 24 servings (serving size 1 roll)

Paula Deans Coleslaw

Source: Food network site

HU:3

Servings:12

Posted by:Zephyr1

Date posted: 3/20/05

Comments: This is my one and only traditional slaw now. My dh gobbles it up. Do not use light mayo it needs real helmans also do not skimp on the seasonings I use the crazy salt then lots of no salt all purpose herb seasoning. As it sits it gets plenty liquidy. Guests always want the recipe.

1/2 bell pepper, chopped I omit
1 green onion, chopped I use regular
1/2 large carrot, chopped I use the preshredded bagged carrot i whole bag
1/8 cup chopped fresh parsley leaves
1/2 cabbage head again I use the prebagged slaw mix 1 whole bag
1/2 cup mayonnaise Helmans only or best foods
1/2 teaspoon seasoning salt (recommended: Jane's Krazy Mixed-up salt)
1/4 teaspoon coarsely ground black pepper
2 tablespoons sugar
1/4 teaspoon lemon-pepper seasoning
1 tablespoon white vinegar

Combine the mayonnaise mixture with the vegetables and toss. Chill for 1 hour.

Raspberry Cheesecake Bars

Source: Cooking Light, March 2005

Healthy Units: 2.5 (2 with my changes)

Servings: 30

Posted by: ejwyatt (Emily)

Date: March 20, 2005

CL Notes: Line your pan with foil to easily remove and cut these bars. They are better if made the day before you serve them.

My Notes: I subbed Splenda for the granulated sugar in the filling and used light butter. With my changes they are 2 HU's per serving. I used a pizza cutter to slice them, which made slicing them a snap.

1 1/2 cups all-purpose flour
3/4 teaspoon salt
3 1/2 tablespoons butter, melted (I used light butter)
1 cup packed brown sugar
1 1/2 teaspoons vanilla extract, divided
3 large eggs
1/2 cup granulated sugar (I used Splenda)
1/2 cup light sour cream
1 teaspoon grated lemon rind
1 tablespoon fresh lemon juice
1 (8-ounce) package 1/3-less-fat cream cheese
Cooking spray
1 1/2 cups fresh raspberries

1. Preheat oven to 350°.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and salt, stirring with a whisk.
3. Combine butter, brown sugar, 1 teaspoon vanilla, and eggs in a medium bowl, stirring with a whisk until smooth. Add flour mixture to butter mixture; stir just until moist.
4. Place 1/2 teaspoon vanilla, granulated sugar, and next 4 ingredients (through cream cheese) in a large bowl; beat with a mixer at high speed until fluffy.
5. Line a 13 x 9-inch baking pan with foil that extends 1 inch beyond sides; coat foil with cooking spray. Spread half of batter into pan. Pour cream cheese mixture over batter in pan, and spread evenly over batter. Sprinkle with raspberries. Drop remaining batter by tablespoonfuls over raspberries. Swirl batter, cream cheese mixture, and raspberries together with a knife.
6. Bake at 350° for 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely on wire rack. Remove from pan by lifting foil. Remove foil; cut into 30 bar cookies.

Yield: 30 servings (serving size: 1 cookie)

CALORIES 111 (32% from fat); FAT 4g (satfat 2.3g, monofat 1.1g, polyfat 0.2g); PROTEIN 2.3g; CARBOHYDRATE 16.9g; FIBER 0.6g; CHOLESTEROL 32mg; IRON 0.6mg; SODIUM

Brown Sugar Zucchini Bread

www.foodtv.com (modified)

Healthy Units: 4

Servings: 12

Posted By: Bawstinn32 (Maria)

March 20, 2004

Comments: I substituted apple butter for most of the oil and used 1/2 all purpose and half whole wheat pastry flour. This was extremely moist and very flavorful.

1 cup flour, all-purpose
1 cup whole wheat pastry flour
1/2 cup brown sugar, packed
6 tablespoons granulated sugar
1 1/4 teaspoons ground cinnamon
1/2 teaspoon ground ginger
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon salt
1 cup old-fashioned rolled oats
3 large eggs
1/2 cup plus 2 tablespoons apple butter
2 tablespoons vegetable oil
2 teaspoons vanilla extract
2 cups zucchini -- grated

Preheat the oven to 350 degrees F. Grease and flour a 9 x 5-inch loaf pan.

Stir the flour, brown sugar, granulated sugar, cinnamon, ginger, baking soda, baking powder, and salt together in a large mixing bowl. When combined, mix in the oats. Make a well in the center of the ingredients. Whisk the eggs, oil, and vanilla together in a small bowl and pour the mixture into the well. Combine lightly, then stir in the zucchini. Do not overmix.

Scrape the batter into the prepared pan, mounding it up in the center. Sprinkle with the turbinado sugar if you wish. Bake for 60 or 65 minutes, until a toothpick inserted in the center comes out clean. Cool in the pan for 10 minutes, then turn out onto a rack covered with a clean dish towel to prevent indentations. Let the bread cool at least 10 minutes longer before slicing. The bread can be served warm or at room temperature. It keeps well and makes good toast, too.

Variation: Brown-Sugar Carrot Bread: Replace the zucchini with 2 cups grated carrot. Because the carrots are a little starchier, reduce the oats to 3/4 cup.

Per Serving (excluding unknown items): 234 Calories; 4g Fat (16.2% calories from fat); 5g Protein; 44g Carbohydrate; 3g Dietary Fiber;

French-Style Stuffed Eggs

Cooking Light, March 2005

Healthy Units: 1 serving = 1, 2 = 1.5, 3 = 2.5, 4 = 3.5

Yield: 16 servings (serving size: 1 egg half)

Posted By: Bawstinn32 (Maria)

March 20, 2005

Comments: While mixing the filling, I thought they seemed to be a bit dry. I add one more tablespoon mayonnaise and added add 2 more teaspoons of mustard. I used Dijon.

If you plan to dye Easter eggs, cook extras for this dish. Stuffed eggs are often served warm in France, and this recipe is similar to one from the Périgord region.

8 large eggs
1/3 cup minced reduced-fat ham
1 tablespoon minced green onions
1 tablespoon minced parsley
1 tablespoon low-fat mayonnaise
1 teaspoon mustard
1/4 teaspoon chopped fresh thyme
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
2 (1-ounce) slices white bread, torn into large pieces
Cooking spray
Fresh thyme leaves (optional)

Place eggs in a large saucepan. Cover with water to 1 inch above eggs; bring just to a boil. Remove from heat; cover and let stand 12 minutes. Drain and rinse with cold running water until cool.

Peel eggs; slice in half lengthwise. Remove yolks; discard 4 yolks. Place remaining 4 yolks in a medium bowl. Add ham and next 7 ingredients (through pepper); stir until combined.

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

Spoon about 1 teaspoon yolk mixture into each egg white half. Top each half with 1 tablespoon breadcrumbs. Coat breadcrumbs with cooking spray.

Preheat broiler.

Place eggs on a baking sheet; broil 1 minute or until breadcrumbs are toasted. Garnish with thyme leaves, if desired.

CALORIES 38 (38% from fat); FAT 1.6g (sattfat 0.5g, monofat 0.6g, polyfat 0.2g); PROTEIN 3.3g; CARBOHYDRATE 2.3g; FIBER 0.1g; CHOLESTEROL 54mg; IRON 0.4mg; SODIUM 127mg; CALCIUM 14mg;

Broccoli Salad

Source: Market Street

HU: 6

Servings: 10

Posted by Nana Texas (Sandy)

Date: 03/20/05

This received rave reviews from our DD#2, who never eats raw broccoli.

It is delicious, but needs to be lightened. I will use less bacon next time.

8 oz bacon, uncooked

1 cup canned mandarin oranges in light syrup

3 Bunches broccoli crowns

3 medium scallions, sliced on the bias

1/2 cup chopped pecans

1/2 cup raisins

Fry bacon until crisp. Remove and drain on a paper towel.

Place pecans on a baking sheet and toast in 350 degree oven, 4-6 min. Remove and cool. When cool, chop coarsely.

Cut broccoli into bite size pieces and place in bowl.

Add mandarin oranges, which have been cut in half, raisins, scallions, bacon, and pecans.

Toss with Earth and Vine Passion Fruit Mango Vinaigrette.

Chilled Chocolate-Banana Souffle

Cooking Light 1998 Annual

HU: 3.6 per serving

Servings: 8

Posted by DebMj1

3/21/05

My Notes: Next time, I might try subbing 1/4 cup of Splenda for part of the sugar in the custard mixture. I may also plan to make these in individual ramekins rather than the souffle dish.

CL Notes: Once this soufflé chills, it deflates and takes on the consistency of a mousse or a baked pudding.

Cooking spray

2 teaspoons sugar

1/2 cup sugar

1/4 cup all-purpose flour

3 tablespoons unsweetened cocoa

1 cup 1% low-fat milk (I used 7/8 cup skim and 1/8 cup of fat-free half and half)

2 large egg yolks

1/2 cup mashed ripe banana

1 tablespoon margarine, melted

1 tablespoon dark rum

1 teaspoon vanilla extract

6 large egg whites

1/4 teaspoon salt

2 tablespoons sugar

1/2 cup frozen reduced-calorie whipped topping, thawed (I omitted this)

Preheat oven to 350°.

Coat a 2-quart soufflé dish with cooking spray; sprinkle with 2 teaspoons sugar. Set aside.

Combine 1/2 cup sugar, flour, and cocoa in a medium saucepan; gradually add milk, stirring with a whisk until blended. Cook over medium heat 5 minutes or until thick and bubbly, stirring constantly with a whisk.

Beat yolks in a large bowl with a whisk. Gradually add chocolate mixture to yolks, stirring constantly with a whisk. Stir in banana, margarine, rum, and vanilla. Set aside.

Beat egg whites and salt at high speed of a mixer until foamy. Gradually add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold one-fourth of egg white mixture into chocolate mixture; gently fold in remaining egg white mixture. Spoon into prepared soufflé dish.

Place soufflé dish in a 9-inch square baking pan; add hot water to pan to a depth of 1 inch. Bake at 350° for 55 minutes or until puffy and set. Remove from water; let cool to room temperature. Cover and chill 8 hours. Top each serving with 1 tablespoon whipped topping.

NUTRITION PER SERVING

CALORIES 169(21% from fat); FAT 4g(sat 1.5g,mono 1.2g,poly 0.8g); PROTEIN 5.5g; CHOLESTEROL 56mg; CALCIUM 53mg; SODIUM 151mg; FIBER 0.5g; IRON 0.8mg; CARBOHYDRATE 26.7g

Sautéed Cherry Tomatoes with Shallots

Cooking Light 2005 Annual

HU: .7

Servings: 6 (1/2 cup each)

Posted by DebMj1

3/22/05

CL Notes: Heat brings out the inherent sweetness of the tomatoes, while shallots give them a soft garlic-onion bite. Once the tomatoes pop, they're ready to serve. The ripeness of the tomatoes will determine how long they need to cook; the riper the tomatoes, the less time they'll need to pop. Grape tomatoes also work well in this recipe.

2 teaspoons olive oil
3 tablespoons finely chopped shallots (about 1 large)
4 cups cherry tomatoes
1/4 cup chopped fresh parsley
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Heat olive oil in a large nonstick skillet over medium heat. Add shallots; cook 2 1/2 minutes or until tender, stirring occasionally. Add tomatoes; cook 5 minutes or until slightly soft and thoroughly heated. Remove from heat. Stir in parsley, salt, and pepper. Serve immediately.

NUTRITION PER SERVING

CALORIES 39(44% from fat); FAT 1.9g(sat 0.3g,mono 1.2g,poly 0.3g); PROTEIN 1.1g;
CHOLESTEROL 0.0mg; CALCIUM 11mg; SODIUM 206mg; FIBER 1.2g; IRON 0.7mg;
CARBOHYDRATE 5.7g

Barbecue Shrimp

Source: The Best of Cooking Light

HUs: 8

Serves: 5

Posted by: Kate (KateWD)

March 22, 2005

This signature Creole-Sicilian favorite from New Orleans is reborn with a low-fat shortcut or two. The peels are left on the shrimp so they can add flavor to the lush, buttery-peppery sauce. The bread means no sauce goes to waste.

Notes: I used frozen deviened shrimp with the peels left on and added a few more dashes of hot sauce.

1/2 cup fat-free Caesar dressing
1/3 cup Worcestershire sauce
2 tablespoons butter or stick margarine
1 tablespoon dried oregano
1 tablespoon paprika
1 tablespoon dried rosemary
1 tablespoon dried thyme
1 1/2 teaspoons black pepper
1 teaspoon hot pepper sauce
5 bay leaves
3 garlic cloves, minced
2 pounds large shrimp
1/3 cup dry white wine
10 (1-ounce) slices French bread baguette
10 lemon wedges

Combine the first 11 ingredients in a large nonstick skillet; bring to a boil. Add shrimp, and cook 7 minutes, stirring occasionally. Add wine, and cook 1 minute or until shrimp are done. Serve with bread and lemon wedges.

Yield: 5 servings (serving size: 5 ounces shrimp with sauce and 2 bread slices)

CALORIES 403 (20% from fat); FAT 9.1g (satfat 3.8g, monofat 2.4g, polyfat 1.7g);
PROTEIN 34.4g; CARBOHYDRATE 41.7g; FIBER 2.8g; CHOLESTEROL 219mg; IRON
7mg; SODIUM 1021mg; CALCIUM 211mg;
Cooking Light, APRIL 2000

Sweet and Hot Bean and Veggie Salad

Source: Southern Living 2004 Annual

HUs: 1

Serves: 8

Posted by: Kate (KateWD)

March 22, 2005

I loved the contrast of the sweet and spicy in this salad, and the contrasting crunchy and smooth textures. Keeps well in the fridge for several days.

3 T fresh lemon juice
2 tsp olive oil
1 tsp salt
1 tsp ground cumin
1 T Splenda
1 -2 tsp hot sauce (I used more)
1 garlic clove, minced
1 can (15 oz) black beans, rinsed and drained
1 cup fresh or frozen corn
2 ribs celery chopped
½ red onion, diced
1 can diced tomatoes and green chiles, drained
1 red or green pepper chopped

Whisk together first 7 ingredients, add remaining ingredients and mix well to coat. Chill at least 3 hours. 8 servings.

Cal: 71; fat 1.4 gr; fiber 3.4 gr

Rice Pilaf with Shallots and Parmesan

Cooking Light December, 2003

HU: 5.7 (see my notes though)

Servings: 2 (3/4 cup each)

Posted by DebMj1

3/22/05

My Notes: Making this two servings is pretty-point heavy for a side dish and almost seemed like too much food. If you turn it into 3 servings of 1/2 cup each, the points drop to 3.8. Much more manageable. I used Uncle-Ben's converted long-grain rice instead of the basmati and had to increase the cooking time to 25 minutes.

CL Notes: Cooked basmati rice smells like popcorn and has a delicate texture, but you can use any long-grain white rice in this recipe.

2 teaspoons butter
2 tablespoons minced shallots
1 garlic clove, minced
1/2 cup basmati rice
1 cup fat-free, less-sodium chicken broth
1/4 cup dry white wine
2 tablespoons grated fresh Parmesan cheese
2 tablespoons minced fresh parsley
1/8 teaspoon freshly ground black pepper
Dash of sea salt

Melt butter in a small saucepan over medium-high heat. Add shallots and garlic; sauté 1 minute. Stir in rice; sauté 1 minute. Stir in broth and wine; bring to a boil. Cover, reduce heat, and simmer 15 minutes.

Remove from heat; stir in cheese, parsley, pepper, and salt.

NUTRITION PER SERVING

CALORIES 266(21% from fat); FAT 6.3g(sat 3.8g,mono 1.8g,poly 0.4g); PROTEIN 8.4g;
CHOLESTEROL 15mg; CALCIUM 100mg; SODIUM 455mg; FIBER 0.6g; IRON 0.8mg;
CARBOHYDRATE 43.9g

Lemony Asparagus-Mushroom Stir-Fry

Source: Cooking Light, March 2004

Healthy Units: 1

Servings: 4

Posted by: ejwyatt (Emily)

Date: March 22, 2005

CL Notes: The parsley and lemon rind topping adds a fresh, bright flavor.

2 teaspoons olive oil
2 cups (1 1/2-inch) diagonally cut asparagus
2 cups sliced mushrooms
1 cup snow peas, trimmed and diagonally cut
1 garlic clove, minced
1/3 cup finely chopped fresh parsley
1 1/2 teaspoons grated lemon rind
1/4 teaspoon kosher salt
1/8 teaspoon coarsely ground black pepper

Heat oil in a large nonstick skillet over medium-high heat. Add asparagus, mushrooms, and snow peas; sauté 7 minutes or until vegetables are tender. Add garlic; sauté 1 minute.

Combine parsley and remaining ingredients. Sprinkle over the vegetables. Serve immediately.

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

CALORIES 55 (44% from fat); FAT 2.7g (satfat 0.4g, monofat 1.8g, polyfat 0.3g);
PROTEIN 3.2g; CARBOHYDRATE 6.4g; FIBER 2.5g; CHOLESTEROL 0.0mg; IRON
1.6mg; SODIUM 124mg; CALCIUM 32mg;

Cuban-Style Chicken

Cooking Light, MARCH 2005

Healthy Units: 5

Yield: 4 servings (serving size: 1 chicken breast half, 1/2 cup bean mixture, and 1 tablespoon cilantro)

Posted By: Bawstinn32 (Maria)

March 23, 2005

Comments: I thought this was very quick and easy to put together. Tasted great. I used canned pineapple; I bet fresh would really make it taste great. Personal preference, I would add a little salt and a touch more red pepper to the salsa. Served with yellow rice and roasted asparagus.

Toss a green salad while the chicken cooks, then serve it with this dish and warm corn tortillas for a complete meal. To save time, use drained canned pineapple tidbits in place of fresh fruit.

1/2 cup diced fresh pineapple
2 tablespoons rice vinegar
1 tablespoon orange marmalade
1 (15-ounce) can black beans, rinsed and drained
1/4 teaspoon ground red pepper, divided
1/2 teaspoon salt
1/2 teaspoon paprika
4 (6-ounce) skinless, boneless chicken breast halves
Cooking spray
1/4 cup chopped fresh cilantro

Combine the first 4 ingredients in a medium saucepan; add 1/8 teaspoon pepper. Bring to a simmer over medium heat; cook 1 minute or until thoroughly heated. Keep warm. Heat a large nonstick skillet over medium heat. Combine the remaining 1/8 teaspoon pepper, salt, and paprika, and sprinkle evenly over chicken. Coat the chicken with cooking spray. Add chicken to pan; cook 5 minutes on each side or until done. Serve with bean mixture; sprinkle with cilantro.

Yield: 4 servings (serving size: 1 chicken breast half, 1/2 cup bean mixture, and 1 tablespoon cilantro)

CALORIES 293 (8% from fat); FAT 2.7g (satfat 0.6g, monofat 0.5g, polyfat 0.5g);
PROTEIN 45.2g; CARBOHYDRATE 22.4g; FIBER 6.2g; CHOLESTEROL 99mg; IRON
2.9mg; SODIUM 632mg; CALCIUM 57mg;

Butternut Squash and Red Pepper

Source: Cooking Light, October 2004

HU: 3

Servings: 5

Posted by: Kzbaskets (Kristin)

March 23, 2005

My notes: Very easy to put together, especially if you buy the pre-peeled butternut squash. I served it as a side with the Balsamic Roasted Sausage and Onions, but would also pair well with chicken or pork dishes.

Ingredients:

7 cups (1 inch) cubed peeled butternut squash (about 3 1/2 pounds)

1 1/2 cups (1 inch) pieces red bell pepper

3 tablespoons minced fresh parsley

1 tablespoon minced fresh rosemary

2 teaspoons olive oil

3/4 teaspoon salt

2 garlic cloves, minced

Cooking Spray

2 tablespoons grated fresh parmesan cheese

Instructions:

1. Preheat oven to 450 degrees.

2. Combine the first 7 ingredients, tossing well. Place in a 13x9 inch baking dish coated with cooking spray. Bake at 450 for 30 minutes or until tender. Sprinkle with cheese.

Yield: 5 servings (1 cup each)

Calories 160; Fat 3.4g; Protein 6.2g; Carb 31.5g; Fiber 5.8g; Chol 2mg; Iron 2.3mg; Sodium 412mg; Calc 143mg

Salmon Croquettes with Rémoulade

Source: Cooking Light, January/February 2005

Healthy Units: 5.5

Servings: 4 (serving size: 2 croquettes, 1 tablespoon sauce, and about 1/2 cup carrot salad)

Posted by: ejwyatt (Emily)

Date: March 25, 2005

CL Notes: If you wish to omit the carrots, dollop all the rémoulade on the croquettes.

My Notes: These fell apart on me a little when I tried to turn them, but were delicious. I think that dill would work well, if you don't care for tarragon.

Rémoulade:

1/3 cup plain fat-free yogurt
1 1/2 tablespoons low-fat mayonnaise
2 teaspoons chopped fresh parsley
2 teaspoons chopped green onions
2 teaspoons whole-grain Dijon mustard
1 teaspoon capers
1/4 teaspoon dried tarragon
1/8 teaspoon freshly ground black pepper
Dash of hot pepper sauce

Salmon croquettes:

1/3 cup plain fat-free yogurt
1 tablespoon whole-grain Dijon mustard
2 large egg whites
Cooking spray
1/2 cup chopped onion
1/2 cup chopped celery
1 cup crushed saltine crackers (about 15 crackers), divided
1/4 teaspoon dried tarragon
1/8 teaspoon freshly ground black pepper
2 (6-ounce) cans pink salmon, skinless, boneless, and drained (such as Bumble Bee)
2 1/4 cups grated carrot
4 teaspoons butter
Fresh tarragon sprigs (optional)

1. To prepare rémoulade, combine first 9 ingredients in a bowl; cover and chill.
2. To prepare croquettes, combine 1/3 cup yogurt, 1 tablespoon mustard, and egg whites in a bowl. Set aside.
3. Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray. Add 1/2 cup onion and celery; cook 4 minutes or until tender. Cool slightly. Combine onion mixture, yogurt mixture, 1/2 cup crackers, 1/4 teaspoon dried tarragon, 1/8 teaspoon pepper, and salmon in a bowl; toss gently. Cover and chill 10 minutes. Divide salmon mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty. Coat patties evenly with remaining 1/2 cup crackers. Cover and chill 20 minutes.
4. Combine carrot and 1/4 cup rémoulade in a bowl (reserve remaining sauce); toss gently to coat.
5. Melt butter in a large nonstick skillet over medium-high heat. Add patties; reduce heat to medium. Cook 4 minutes on each side or until lightly browned. Serve croquettes with carrot salad and remaining sauce. Garnish with fresh tarragon, if desired.

CALORIES 273 (30% from fat); FAT 9.1g (sattfat 3g, monofat 2.6g, polyfat 1.6g); PROTEIN 24.6g; CARBOHYDRATE 26.7g; FIBER 3.2g; CHOLESTEROL 43mg; IRON 1.1mg; SODIUM 743mg; CALCIUM 91mg;

Hash Brown Casserole

Cooking Light January/February 1993

HU: 3.8

Servings: 8 (1 cup each)

Posted by DebMj1

March 26, 2005

Notes: I think this is similar to the Party Potatoes that have been discussed before, but without the crushed corn flakes. You could add those (and the points) to make it more authentic. I'm not sure since I've only had that once.

This divides in half really easily. I cut all ingredients right in half and made it in an 8x8 baking dish. Cooking times remain the same.

1 cup chopped onion
3 Tablespoons all-purpose flour
1/2 teaspoon dry mustard
1/4 teaspoon salt
1 1/4 cups skim milk
1/2 cup defatted chicken broth
6 ounces reduced fat cheddar cheese, shredded (1 1/2 cups)
3 ounces Swiss cheese, shredded (3/4 cup)
1/2 teaspoon pepper
1 cup light sour cream
32 ounces hash browns, frozen, Southern-style (thawed)
paprika

1. Coat a medium saucepan with cooking spray; place over medium heat until hot. Add onion and saute 3 minutes or until tender. Add flour, mustard and salt; stir well and cook an additional minute. Remove from heat; gradually add milk and broth, stirring with a wire whisk until blended. Cook over medium heat 5 minutes or until thickened, stirring constantly. Remove from heat; add cheese and pepper, stirring until cheese melt. Stir in sour cream.

2. Combine cheese mixture and potatoes; stir well. Spoon into a 13x9x2 inch baking dish coated with cooking spray. Sprinkle with paprika. Cover and bake at 350 F. for 35 minutes. Uncover and bake an additional 35 minutes.

190 calories, 5 gms. fat and 2 gms. fiber per serving.

Sea Bass Crusted with Moroccan Spices

Source: Cooking Light May 2001

HU: 5 (4 if grilled)

Servings: 4

Posted by: Waneyvant (Jane)

Date: March 26, 2005

Marinade:

1/4 cup fresh lemon juice

1 tablespoon minced fresh cilantro

1 teaspoon ground cumin

1/4 teaspoon crushed red pepper

3 garlic cloves, crushed

4 (6-ounce) sea bass fillets (about 1 inch thick)

Spice rub:

2 tablespoons ground coriander

2 teaspoons freshly ground black pepper

1 teaspoon caraway seeds

1 teaspoon ground cumin

1 teaspoon paprika

1/4 teaspoon salt

Remaining ingredients:

1 tablespoon olive oil (omit if grilling)

Lemon wedges (optional)

Cilantro sprigs (optional)

To prepare marinade, combine first 5 ingredients in a large zip-top plastic bag; add fish to bag. Seal and marinate in refrigerator 45 minutes. Remove fish from bag; discard marinade.

To prepare spice rub, combine coriander and the next 5 ingredients (coriander through salt) in a medium bowl. Rub fish with spice mixture to coat.

Heat the oil in a large nonstick skillet over medium heat. Add the fish; cook 6 minutes on each side or until the fish flakes easily when tested with a fork. Garnish with lemon wedges and cilantro, if desired. (Or grill for 7 to 8 minutes per side)

CALORIES 210; FAT 7.2g; PROTEIN 32.1g; CARBOHYDRATE 3.2g; FIBER 0.7g;
CHOLESTEROL 70mg; IRON 2mg; SODIUM 267mg; CALCIUM 48mg

Notes from Cooking Light on Recipe:

The coast of the southern Mediterranean yields a rich bounty of fish that's prepared in numerous ways. One constant in Morocco, however, is the use of chermoula, a combination marinade and spice rub. It typically contains an acid-based marinade (we used lemon juice) and a spice rub made from black pepper, cumin, coriander, and paprika.

My notes: I used a 1 pound fillet, but used all the marinade & rub I think this would be excellent on grouper, halibut, sea bass, monkfish & snapper

Herbed Lamb Chops

Source: Complete Cooking Light **

HU: 6 **

Servings: 2

Posted by: Waneyvant (Jane)

Date: March 27, 2005

4 (4-ounce) lean lamb loin chops
1/2 cup Burgundy or other dry red wine
1 1/2 T. fresh snipped rosemary
1 tsp. dried herbes de provence
2 T. bottled minced fresh garlic
1/2 teaspoon salt
Vegetable cooking spray

Trim fat from chops. Combine chops and next 5 ingredients in a large zip-top heavy-duty plastic bag. Seal bag; marinate in refrigerator 8 hours, turning bag occasionally. Remove chops from bag, reserving marinade. Coat grill rack with cooking spray; place rack on grill over medium-hot coals. Place chops on rack; cover and cook 4 to 6 minutes on each side or to desired degree of doneness, basting occasionally with reserved marinade.

Yield: 2 servings (serving size: 2 chops)

**Notes: the original recipe was Minted Lamb Chops, p. 340 of Complete Cooking Light; per nutritionals, HU of original recipe (w/2 T. mint jelly) were 8.

Coconut Biscotti

Source: Cooking Light, April 2005

Healthy Units: 2 (1.5 with my changes)

Servings: 20

Posted by: ejwyatt (Emily)

Date: March 27, 2005

CL Notes: Standing the cookies eliminates the traditional step of flipping them halfway through baking. Chocolate lovers can stir 1/2 cup mini chocolate chips into the batter or dip half of each cookie into melted chocolate.

1 1/2 cups all-purpose flour
3/4 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon baking soda
1/8 teaspoon grated whole nutmeg
3/4 cup sugar (I used 1/2 cup Splenda and 1/4 cup sugar)
1 teaspoon vanilla extract
2 large eggs
1 cup flaked sweetened coconut

Preheat oven to 300°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients (through nutmeg). Place sugar, vanilla, and eggs in a large bowl; beat with a mixer at medium speed 2 minutes or until thick. Add flour mixture and coconut; stir to combine (dough will be very sticky). Turn dough out onto a heavily floured surface; knead lightly 7 or 8 times. Shape dough into a 15 x 3-inch roll. Place roll on a baking sheet lined with parchment paper, and pat to 1-inch thickness. Bake at 300° for 40 minutes or until roll is golden brown. Cool for 5 minutes on a wire rack.

Cut roll diagonally into 20 (1/2-inch-thick) slices; stand slices upright on baking sheet. Bake 20 minutes (cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet; cool completely on wire rack.

Yield: 20 cookies (serving size: 1 biscotto)

CALORIES 90 (25% from fat); FAT 2.5g (satfat 2.2g, monofat 0.2g, polyfat 0.1g);
PROTEIN 1.8g; CARBOHYDRATE 15.3g; FIBER 0.6g; CHOLESTEROL 21mg; IRON
0.5mg; SODIUM 87mg; CALCIUM 13mg;

Sriracha-Glazed Chicken and Onions over Rice

Source: Cooking Light April 2005

HUs: 7.5

Serves: 4

Posted by: Kate (KateWD)

March 28, 2005

I used triple the amount of Sriracha since I love it, and I think it would have been a bit too sweet for me as written.

Hot, sweet sauce coats the chicken and onions. Snow peas, broccoli, or edamame would be a colorful vegetable side.

- 1 (3 1/2-ounce) bag boil-in-bag long-grain rice
- 3 tablespoons hoisin sauce
- 1 tablespoon ketchup
- 1 1/4 teaspoons Sriracha (hot chile sauce, such as Huy Fong)
- 1 1/2 tablespoons canola oil
- 1 1/2 cups presliced onion
- 1 tablespoon bottled minced fresh ginger
- 1 tablespoon bottled minced garlic
- 3/4 teaspoon curry powder
- 1 pound skinless, boneless chicken breast, cut into 1-inch-thick slices

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

While rice cooks, combine hoisin, ketchup, and Sriracha in a small bowl.

Heat oil in a large nonstick skillet over medium-high heat. Add onion; sauté 3 minutes or until tender. Add ginger and remaining ingredients; sauté 6 minutes or until chicken is done. Stir in hoisin mixture; cook 1 minute, tossing to coat. Serve over rice.

Yield: 4 servings (serving size: 3/4 cup chicken mixture and about 1/2 cup rice)

NUTRITION PER SERVING

CALORIES 326(20% from fat); FAT 7.3g(sat 0.9g,mono 3.6g,poly 2.1g); PROTEIN 29.5g; CHOLESTEROL 66mg; CALCIUM 35mg; SODIUM 338mg; FIBER 2.2g; IRON 2mg; CARBOHYDRATE 34g

Pork Tenderloin with Dijon Cranberry Sauce

Source: Cooking Light March 2005

HUs: 5.5

Serves: 8

Posted by: Kate (KateWD)

March 28, 2005

Since I accidentally defrosted thick boneless pork chops instead of tenderloin, I used them for this recipe and cooked them on the grill. The dijon marinade added a nice flavor to the pork, and the cranberry sauce complimented them perfectly.

PORK:

1/2 cup Dijon mustard

3 tablespoons chopped fresh tarragon

1/2 teaspoon freshly ground black pepper

2 (1-pound) pork tenderloins, trimmed

1 tablespoon olive oil

SAUCE:

1 1/2 cups whole-berry cranberry sauce

2 teaspoons chopped fresh tarragon

2 teaspoons Dijon mustard

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

To prepare pork, combine first 3 ingredients in a large zip-top plastic bag. Add pork; seal and marinate in refrigerator 8 hours, turning bag occasionally.

Preheat oven to 400°.

Remove pork from bag, discarding marinade.

Heat oil in a large ovenproof skillet over medium-high heat. Add pork; cook 4 minutes, browning on all sides. Place pan in oven; cook at 400° for 15 minutes or until thermometer registers 155°. Remove from heat; let stand 5 minutes. Cut pork into 1/4-inch slices; keep warm.

To prepare sauce, combine cranberry sauce and remaining ingredients in a small saucepan; cook over medium heat 5 minutes or until thoroughly heated, stirring occasionally. Serve sauce with pork.

Yield: 8 servings (serving size: about 3 ounces pork and 1/4 cup sauce)

NUTRITION PER SERVING

CALORIES 248(26% from fat); FAT 7.1g(sat 1.6g,mono 3.5g,poly 1g); PROTEIN 25g;

CHOLESTEROL 74mg; CALCIUM 34mg; SODIUM 552mg; FIBER 1g; IRON 1.9mg;

CARBOHYDRATE 21.6g

Christopher Green, Sur La Table

Cooking Light, MARCH 2005

Sweet Potatoes in Picante Sauce

Source: Cooking Light March 2005

HUS: 2.5 (see notes)

Serves: 6

Posted by: Kate (KateWD)

March 28, 2005

The CL nutritionals are based on 10 servings at 1 cup each- there is no way this recipe makes that amount, the HU's are based on the 6 one cup servings the recipe yielded for me. The combination of warmth from the spices, the heat from chile pepper and the sweetness of the potatoes makes for a wonderful combination.

Also known as Picante de Papas, this dish is often made in Latin American countries using a tropical sweet potato known as a boniato. Enjoy this with pork chops.

1 tablespoon olive oil
1/2 cup minced celery
1/2 teaspoon crushed fennel seeds
2 garlic cloves, minced
3/4 cup finely chopped onion
1 teaspoon salt
1/2 teaspoon ground turmeric
1/4 teaspoon paprika
1 dried red chile, crumbled (about 1/4 ounce)
6 cups (1 1/2-inch) cubed peeled sweet potatoes (about 2 pounds)
1 cup water
1 tablespoon chopped fresh cilantro

Heat olive oil in a Dutch oven over medium heat. Add celery, fennel, and garlic; cook 1 minute, stirring constantly. Add onion and the next 4 ingredients (through chile); cook 10 minutes, stirring frequently. Add potato and water; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until potato is tender. Sprinkle with cilantro.

Yield: 10 servings (serving size: 1 cup)

NUTRITION PER SERVING

CALORIES 105(15% from fat); FAT 1.7g(sat 0.3g,mono 1g,poly 0.3g); PROTEIN 1.7g;
CHOLESTEROL 0.0mg; CALCIUM 26mg; SODIUM 252mg; FIBER 3g; IRON 0.7mg;
CARBOHYDRATE 21.5g

Texas Two Step Slam

Source Austin Junior Forum

HUs: 2

Servings 8

Posted by Laura6286

Date March 28, 2005

Note: I don't even like Cole Slaw but I love this recipe! You can add the seeds from the jalapeno to make it more intense. I always add at least the seeds to one pepper, but then I'm a Texas and we like things HOT!

Ingredients

4 cup red cabbage
4 cup green cabbage
1/4 cup red onion(s)
2 medium jalapeno pepper(s)
2 Tbsp cilantro
12 oz Green Giant Canned Mexicorn, With Peppers
1 cup Kraft Free Shredded Cheddar Cheese
1/4 cup Kraft Ranch Dressing
1 Tbsp fresh lime juice
1 tsp ground cumin

Instructions

Combine cabbage, onion, jalapeno (seeded and chopped) cilantro (fresh chopped), mexi-corn (drained), cheese in a large salad bowl.

Combine Ranch Dressing, lime and cumin in small bowl and mix well. Pour over and mix into salad.

Garnish with Cilantro Sprigs

Ham, Collard Greens, and Egg Noodle Bowl

Source Cooking Light, MARCH 2005

HUs: 5

Servings 6

Posted by LUCYLU34

Date March 28, 2005

3 1/3 cups uncooked wide egg noodles (about 6 ounces)
1 tablespoon butter
2 cups diced reduced-sodium smoked ham (about 11 ounces)
1 cup chopped onion
1/2 cup chopped carrot
1/2 cup chopped celery
1/2 cup chopped red bell pepper
1 teaspoon dried oregano
1/2 teaspoon dried thyme
3 garlic cloves, minced
4 cups sliced collard greens, stems removed
2 tablespoons cider vinegar
3 cups fat-free, less-sodium chicken broth
1/4 teaspoon freshly ground black pepper

Cook noodles according to package directions, omitting salt and fat. Drain. Melt butter in a large Dutch oven over medium-high heat. Add smoked ham; cook 8 minutes or until lightly browned, stirring frequently. Add chopped onion and next 6 ingredients (through garlic); cook 5 minutes or until vegetables are just tender, stirring frequently. Add collard greens; cook 1 minute, stirring constantly. Stir in vinegar; cook 1 minute. Stir in chicken broth; bring to a boil. Cover, reduce heat, and simmer 12 minutes. Stir in the egg noodles and black pepper, and cook 1 minute or until thoroughly heated.

Yield: 6 servings (serving size: about 1 1/4 cups)

CALORIES 270 (29% from fat); FAT 8.8g (satfat 2.8g, monofat 2.3g, polyfat 3g);
PROTEIN 18.8g; CARBOHYDRATE 29.4g; FIBER 3.5g; CHOLESTEROL 76mg; IRON
2.1mg; SODIUM 999mg; CALCIUM 76mg;

Shrimp Vindaloo

Source: Cooking Light, April 2005

Healthy Units: 4.5

Servings: 4

Posted by: ejwyatt (Emily)

Date: March 28, 2005

CL Notes: Although most people know this fiery stew as an Indian dish, it actually was created in the Portuguese-Indian colony of Goa. The name comes from two of the curry's key ingredients--vinho, which refers to wine vinegar, and alhos, which means garlic. The original Goan version was not as spicy, but as India adopted the dish as its own, the seasonings became hotter. Vindaloos are often made with meat, but this seafood version is pleasantly light. Customize according to your preference--just go up or down on the ground red pepper to suit your taste. Serve over white or brown rice to cut the heat.

Emily Notes: I served this over brown rice, but didn't think that the recipe was too spicy. I might bump up the cayenne next time.

2 teaspoons minced peeled fresh ginger
1/2 teaspoon salt
1/2 teaspoon dry mustard
1/2 teaspoon ground coriander
1/2 teaspoon ground cumin
1/2 teaspoon ground turmeric
1/4 to 1/2 teaspoon ground red pepper
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1 tablespoon red wine vinegar
1 tablespoon canola oil
1 1/2 cups chopped onion
2 tablespoons minced peeled fresh ginger
3 garlic cloves, minced
1 1/4 cups fat-free, less-sodium chicken broth
2 tablespoons golden raisins, chopped
1 pound medium shrimp, peeled and deveined

Combine first 9 ingredients in a small bowl. Add vinegar, stirring to form a paste; set aside. Heat oil in a large nonstick skillet over medium-high heat. Add onion, and sauté for 2 minutes. Stir in 2 tablespoons ginger and garlic; sauté for 20 seconds. Add spice paste; cook 30 seconds, stirring constantly. Stir in broth and raisins. Simmer, uncovered, 10 minutes. Add shrimp; cook for 4 minutes or until shrimp are done, stirring occasionally.

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

CALORIES 208 (26% from fat); FAT 5.9g (satisfat 0.7g, monofat 2.4g, polyfat 1.9g); PROTEIN 25.3g; CARBOHYDRATE 12.5g; FIBER 1.9g; CHOLESTEROL 127mg; IRON 3.4mg; SODIUM 607mg; CALCIUM 87mg;

Roasted Sesame Asparagus

Source: Cooking Light, April 2005

Healthy Units: 1

Servings: 6

Posted by: ejwyatt (Emily)

Date: March 28, 2005

CL Notes: "I was invited to a potluck party and wanted to take something quick and easy. I looked around in the fridge and pantry, and came up with this asparagus recipe."
-Lynn Brandt, Franklin, PA

Emily Notes: I thought that the servings were a little small, so I counted this as 2 points and had a double serving. This doesn't surpass the BBB Asparagus, but pretty darn good.

1 1/2 pounds asparagus spears
Cooking spray
1 1/2 teaspoons dark sesame oil
1 tablespoon balsamic vinegar
1 1/2 teaspoons sesame seeds, toasted
1/2 teaspoon crushed red pepper
1/8 teaspoon salt
1/8 teaspoon black pepper
1 tablespoon shaved fresh Parmesan cheese

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; brush with sesame oil. Bake at 450° for 10 minutes or until crisp-tender. Remove pan from oven. Add vinegar, sesame seeds, and red pepper to asparagus, tossing gently to combine. Place asparagus on a platter; sprinkle with salt and black pepper. Top with cheese.

Yield: 6 servings

CALORIES 50 (31% from fat); FAT 1.7g (satfat 0.4g, monofat 0.7g, polyfat 0.6g);
PROTEIN 2.9g; CARBOHYDRATE 5.6g; FIBER 2.6g; CHOLESTEROL 1mg; IRON
0.5mg; SODIUM 63mg; CALCIUM 36mg;

Pear and Dried Apricot Salsa with Lemon and Rosemary

Source: Eating Well Spring 2005

HUs: 1.6

Serves: 4

Posted by: Kate (KateWD)

March 29, 2005

This salsa is best made ahead of time and I like it best served at room temperature.

Make this salsa the next time you have extra pears on hand- it turns ordinary pork chops or chicken into a sweet-savory delight.

1 cup dry white wine
½ cup dried apricots
1 bay leaf
2 firm, ripe Bosc pears cut into ½ inch dice
2 strips lemon zest cut into thin slivers
1 T lemon juice
1 tsp finely chopped fresh rosemary or ½ tsp dried.

Combine wine, apricots and bay leaf in medium saucepan. Bring to boil; cover and cook over low heat until the apricots are plumped but not too soft, about 10 minutes. Use a slotted spoon to transfer apricots to cutting board, leaving wine in the pan. When cool enough to handle, cut into quarters and transfer to medium bowl.

Toss pears with lemon zest and juice; add the pears and zest to the wine in the pan (if using dried rosemary add now). Return to simmer and cook, stirring, over medium low heat until juices are reduced and pears are just tender, about 5-7 minutes. Add pear mixture to apricots, stir in fresh rosemary if using. Remove bay leaf; serve the salsa warm, at room temp or chilled.

Makes about 2 cups

Per ½ cup serving: 121 calories; 0 gr fat; 4 gr fiber.

Avocado-Mango Salsa with Roasted Corn Chips

Source: Cooking Light 2005

Serves: 12

HUs: 1.5

Posted by: Kate (KateWD)

March 30, 2005

This is not what I think of as being a traditional salsa, as it has no hot peppers, but the combination of the creamy avocado, sweet mango and tart lime juice is wonderful.

Makes a great side to the Chicken Thighs with Garlic and Lime on page 1190 of the comp.

Avocado provides more than half of the 158 milligrams of potassium in each serving of this snack, which is also a good source of fiber and monounsaturated fat.

12 (6-inch) corn tortillas, each cut into 6 wedges

Cooking spray

1/4 teaspoon kosher salt, divided

1 1/4 cups chopped peeled avocado

1 cup chopped peeled mango

1 tablespoon finely chopped fresh cilantro

4 teaspoons fresh lime juice

Fresh cilantro sprigs (optional)

Preheat oven to 425°.

Arrange tortilla wedges in a single layer on baking sheets coated with cooking spray.

Coat wedges with cooking spray; sprinkle 1/8 teaspoon salt evenly over wedges. Bake at 425° for 8 minutes or until crisp.

Combine remaining 1/8 teaspoon salt, avocado, mango, chopped cilantro, and juice, tossing gently. Garnish with cilantro sprigs, if desired. Let stand 10 minutes. Serve with chips.

Yield: 12 servings (serving size: about 3 tablespoons salsa and 6 chips)

NUTRITION PER SERVING

CALORIES 92(30% from fat); FAT 3.1g(sat 0.5g,mono 1.7g,poly 0.6g); PROTEIN 1.9g;
CHOLESTEROL 0.0mg; CALCIUM 49mg; SODIUM 83mg; FIBER 2.4g; IRON 0.6mg;
CARBOHYDRATE 15.8g

White Bread 101

King Arthur Flour Baking Companion

Yield: 1 loaf, 16 servings

Healthy Units: 3

Posted By: Bawstinn32 (Maria)

April 1, 2005

Comments: I served this with Easter dinner. It had a nice soft texture. I used my Kitchen Aid mixer to knead - incredibly easy. Easiest and most successful bread I have ever made!

3 cups flour, all-purpose
2 teaspoons yeast -- instant
1 1/4 teaspoons salt
3 tablespoons sugar
4 tablespoons butter
1/4 cup nonfat dry milk
1/2 cup potato flakes
1 1/8 cups water -- lukewarm

Combine all of the ingredients, and mix and knead them together -- by hand, mixer or bread machine -- till you've made a soft, smooth dough. Adjust the dough's consistency with additional flour or water as needed; but remember, the more flour you add while you're kneading, the heavier and drier your final loaf will be. Allow the dough to rise, covered, for 1 hour, or until it's puffy (though not necessarily doubled in bulk).

Transfer the dough to a lightly greased work surface, and shape it into an 8-inch log. Transfer the log to a lightly greased 8 1/2 x 4 1/2-inch loaf pan, cover the pan and allow the bread to rise till the outer edge has just barely risen over the rim of the pan, about 45 minutes.

Uncover the pan and place it in a cold oven. Turn the oven heat to 350°F, and bake the bread for 35 to 40 minutes, tenting it lightly with aluminum foil for the final 10 to 15 minutes if it appears to be browning too quickly. Remove the bread from the oven, take it out of the pan, and place it on a wire rack to cool completely. While the bread is hot, brush it with butter or margarine, if desired; this will give it a soft crust.

Per Serving (excluding unknown items): 133 Calories; 3g Fat (21.4% calories from fat); 3g Protein; 23g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 209mg Sodium.
Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Onion Rye Bread

King Arthur Flour Baking Companion

Healthy Units: 3

Yield: one loaf, about 12 servings

Posted By: Bawstinn32 (Maria)

April 1, 2005

1 3/4 cups rye flour
3/4 cup flour, all-purpose
1 1/2 teaspoons salt
1 tablespoon sugar
1 teaspoon caraway seeds
1 cup french fried onions
2 teaspoons baking powder
1/4 teaspoon baking soda
3 tablespoons vegetable oil
1 tablespoon cider vinegar
1 large egg
1 cup water
1/2 cup sour cream, light

Preheat your oven to 350°F and spray an 8 1/2 x 4 1/2-inch loaf pan.

In a medium-sized bowl, whisk together the dry ingredients. In another medium-sized bowl, whisk together the oil, egg, water and sour cream, then stir the liquid ingredients into the dry ingredients, mixing just until blended. The mixture will look a bit lumpy; that's OK.

Pour the batter into the prepared pan and bake the bread for 50 to 55 minutes, or until a tester inserted into the center comes out clean. Remove the bread from the oven, wait 5 minutes, then turn it out of the pan and cool it on a wire rack.

Per Serving (excluding unknown items): 158 Calories; 6g Fat (38.8% calories from fat); 3g Protein; 21g Carbohydrate; 3g Dietary Fiber;

Buffalo-Style Catfish Strips with Ranch Dressing

Source: Cooking Light, SEPTEMBER 2002

HU: 4

Servings: 8 servings (serving size: about 2 ounces fish, 1/2 celery stalk, 1/2 carrot, and 1 tablespoon dressing)

Posted by: MoOzark(DonnaMO)

April 2, 2005

CL comments: The inspiration for this appetizer is Buffalo chicken wings. We breaded and baked catfish strips, then drizzled them with a spicy sauce. If you don't like spicy foods, omit the hot pepper sauce. Products labeled "hot sauce" generally have less heat and stronger vinegar flavor than those labeled "hot pepper sauce," which are intensely hot and should be used sparingly.

Notes: while this is a small serving of fish it is very tasty. I used catfish nuggets which are sold at my POG. And I used Louisiana Hot Sauce (don't know Crystal brand). Substitute amberjack or pompano if you don't like catfish.

2 tablespoons all-purpose flour
1 teaspoon garlic powder
1 teaspoon paprika
1/2 teaspoon onion powder
1/2 teaspoon salt
1/8 teaspoon ground red pepper
2 large egg whites, lightly beaten
1 1/2 cups coarsely crushed cornflakes
1 pound catfish fillets, cut into 1/2-inch-thick strips
Cooking spray
1/3 cup hot sauce (such as Crystal)
1 teaspoon hot pepper sauce (such as Tabasco)
1/2 teaspoon Worcestershire sauce
1 tablespoon butter
1/2 cup fat-free ranch dressing
4 celery stalks, cut into 1/4 x 3-inch sticks
4 carrots, cut into 1/4 x 3-inch sticks

Buffalo-Style Catfish Strips with Ranch Dressing (continued)

-Preheat oven to 400°.

-Combine first 6 ingredients in a shallow dish, stirring with a whisk. Place egg whites in a shallow dish. Place cornflakes in a shallow dish. Working with 1 fish strip at a time, dredge in flour mixture.

-Dip in egg whites; dredge in cornflakes.

-Place on a baking sheet coated with cooking spray. Repeat procedure with remaining fish strips, flour mixture, egg whites, and cornflakes.

-Lightly coat fish strips with cooking spray. Bake at 400° for 10 minutes or until done, turning once.

-Combine hot sauce, pepper sauce, and Worcestershire in a small saucepan; bring to a boil. Reduce heat, and simmer 1 minute. Remove from heat; stir in butter. Drizzle hot sauce mixture over fish. Serve with ranch dressing, celery, and carrots.

NUTRITION PER SERVING:CALORIES 183(30% from fat); FAT 6.2g(sat 2g,mono 2.5g,poly 1.1g); PROTEIN 12.5g; CHOLESTEROL 31mg; CALCIUM 34mg; SODIUM 618mg; FIBER 2g; IRON 3mg; CARBOHYDRATE 19.2g

Roasted Tomato and Garlic Soup

HUs: 4

Servings: 4

Posted by: Adrienneclamp

Date: April 2, 2005

I use fresh ripe tomatoes "on the vine" that are about 2 inches in diameter and fresh parsley.

2 pound tomato(es)
1 bulb garlic clove(s)
3 Tbsp olive oil
2 medium onion(s)
2 medium carrot(s)
2 medium stalk celery
2 Tbsp parsley
1/2 tsp table salt
1/4 tsp black pepper

Preheat oven to 400 degrees. Remove the stems from tomatoes and place in a roasting pan in a single layer. Drizzle with 1 TBS olive oil. Roast for 20-30 minutes until the skins split and then peel the skins off (careful not to burn yourself). Meanwhile split apart the cloves of garlic but leave in the skins and place in a small ovenproof dish. Drizzle with 1 TBS olive oil and roast in the oven for 15 minutes until very soft. Squeeze out the soft garlic cloves from the papery skins and reserve. Skin and roughly chop the onions. Peel and slice the carrots. Slice the celery sticks. Heat 1 TBS olive oil in saucepan and add the onion, carrot and celery and stir fry until soft, about 10 minutes. Add the roasted garlic and tomatoes with their juice, 1 pint of water and chopped parsley, salt and pepper. Bring to a boil and then reduce heat and simmer 20 minutes. Serve with a dollop of sour cream on each serving if you can spare the POINTS.

Kasha Stuffed Portobellos

Source: The Vegetarian Grill by Andrea Chesman

Hu: 3

Core: Yes

Servings: 4

Posted by: Crissybear

Date: 4/3/05

"The earthy flavor of kasha is perfectly complemented by the mushrooms in this dish."

My Comments: I melted a slice of jarlsberg lite swiss cheese over the top for some added protein & a more complete meal -- 4 pts (210/ 7/ 5); served w/ soup, a great veg*an meal on a rainy night.

4 large Portobello mushroom caps
1 tablespoon extra virgin olive oil
2 shallots, finely chopped
1/2 medium red bell pepper, finely chopped
2 cloves garlic, minced
2/3 cup uncooked kasha (buckwheat groats) (I used whole granulation; it comes whole medium & fine)
1-1/3 cups boiling water
1 teaspoon salt, plus more to taste
black pepper, to taste

Prepare grill. (I used an outdoor GF grill)

Remove stems from mushrooms. Brush caps with 1 tsp olive oil (I use olive oil cooking spray); finely chop the stems.

Heat the remaining oil in a large skillet over medium heat. Add the chopped mushrooms, shallots, pepper, garlic and kasha and cook, stirring, until the veggies are softened and the kasha smells toasted, about 5 minutes.

Add the water and salt. Return to boil, cover, reduce the heat, and simmer until the liquid is absorbed and the kasha is tender, about 15 minutes. Season to taste with more salt, if needed, and pepper.

Grill the mushroom caps, gill side down, for 2 minutes. Turn and grill until tender and juicy throughout, about 5 minutes.

Remove the mushroom from the grill and mound the kasha mixture on the top. Serve immediately.

Four-Cheese Vegetable Lasagna

Source: Cooking Light, November / December, 1992 - originally

Healthy Units: 7

Servings: 9

Posted by: ejwyatt (Emily)

Date: April 3, 2005

CL Notes: This lasagna from our November/December 1992 issue proves a welcome change from your standard meat-and-tomato-based dishes. The creamy white sauce in this meatless version complements the spinach and fresh broccoli. A lasagne isn't a lasagna unless it's both filling and flavorful--and this one is that and more.

My Notes: This is my favorite veggie lasagna.

12 uncooked lasagna noodles
2 teaspoons vegetable oil
Cooking spray
2 cups chopped broccoli
1 1/2 cups thinly sliced carrot
1 cup sliced green onions
1/2 cup chopped red bell pepper
3 garlic cloves, minced
1/2 cup all-purpose flour
3 cups 1% low-fat milk
1/2 cup (2 ounces) grated fresh Parmesan cheese, divided
1/4 teaspoon salt
1/4 teaspoon pepper
1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
1 1/2 cups 1% low-fat cottage cheese
1 cup (4 ounces) shredded part-skim mozzarella cheese
1/2 cup (2 ounces) shredded Swiss cheese
Freshly ground pepper (optional)

Cook lasagna noodles, omitting salt and fat. Drain; set aside.
Preheat oven to 375°.

Heat oil in a Dutch oven coated with cooking spray over medium heat until hot. Add broccoli and next 4 ingredients (broccoli through garlic), and sauté 7 minutes. Set aside.

Place flour in a medium saucepan. Gradually add milk, stirring with a whisk until blended. Bring to a boil over medium heat; cook 5 minutes or until thick, stirring constantly. Add 1/4 cup Parmesan cheese, salt, and pepper; cook 1 minute, stirring

constantly. Remove from heat; stir in spinach. Reserve 1/2 cup spinach mixture for top layer of casserole, and set aside.

Four-Cheese Vegetable Lasagna (continued)

Combine cottage cheese, mozzarella, and Swiss cheese; stir well. Spread 1/2 cup spinach mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 lasagna noodles over spinach mixture in dish; top with half of cottage cheese mixture, half of broccoli mixture, and half of remaining spinach mixture. Repeat layers, ending with noodles. Spread reserved 1/2 cup spinach mixture over noodles; sprinkle with 1/4 cup Parmesan cheese. Cover and bake at 375° for 35 minutes. Let stand 10 minutes before serving. Sprinkle with pepper, if desired.

Yield: 9 servings

CALORIES 341 (22% from fat); FAT 8.4g (satfat 4.3g, monofat 2.2g, polyfat 1.1g);
PROTEIN 21.6g; CARBOHYDRATE 44.9g; FIBER 3.7g; CHOLESTEROL 21mg; IRON
3.2mg; SODIUM 457mg; CALCIUM 394mg;

Flank Steak with Caramelized Onions and Balsamic Glaze

Cooking Light, April 2005

Healthy Units: 6

Yield: 4 servings (serving size: about 3 ounces steak, about 1/4 cup onions, and about 1 tablespoon balsamic glaze)

Posted By: Bawstinn32 (Maria)

April 4, 2005

A sauce made from reduced balsamic vinegar gives this steak unique flavor. Both the steak and onions contribute a hefty dose of potassium to this entrée--766 milligrams in each serving. Serve with steamed broccoli or asparagus, and drizzle some of the glaze over the vegetable.

Comments: The combination of the sweet onions and the glaze made the meal. I grilled it rather than broiling.

2/3 cup balsamic vinegar
1 tablespoon olive oil
6 cups vertically sliced onion (about 1 1/2 pounds)
1/2 teaspoon salt, divided
1 (1-pound) flank steak, trimmed
1/4 teaspoon freshly ground black pepper
1/4 teaspoon dried thyme
Cooking spray

Bring balsamic vinegar to a boil in a small, heavy saucepan. Reduce heat to medium; cook until reduced to 1/4 cup (about 5 minutes). Remove from heat.

Heat oil in a large nonstick skillet over medium-high heat. Add onion, and sauté 10 minutes or until tender. Sprinkle with 1/4 teaspoon salt; sauté 18 minutes or until onions are golden brown. Remove from heat.

Preheat broiler.

Sprinkle steak with remaining 1/4 teaspoon salt, pepper, and thyme. Place steak on a broiler pan coated with cooking spray; broil 6 minutes on each side or until desired degree of doneness. Cut steak diagonally across grain into thin slices. Serve steak over onions; drizzle with balsamic glaze.

CALORIES 317 (28% from fat); FAT 9.9g (satfat 2.8g, monofat 4.8g, polyfat 0.7g);
PROTEIN 26.9g; CARBOHYDRATE 30.6g; FIBER 3.4g; CHOLESTEROL 37mg; IRON
2.7mg; SODIUM 375mg; CALCIUM 95mg;

STEAK DA VINCI

Source: CLBB (posted by Jewel)

HUs: 8.5

Serves: 4

Posted by: Kate (KateWD)

April 4, 2005

Simmering the steak in the sauce makes it tender and delicious and adds a wonderful rich flavor to the sauce, pure comfort food.

Notes: The notes on the bottom of the recipe are those of the original poster. I've noted my changes to the original recipe. I used Barilla Healthy Plus pasta and figured the HUs based on that- using regular linguine would add one point per serving.

- 1 lbs flank steak (original called for 1 ½- 2 lbs)
- 1-1/2 cups onion, chopped
- 1-1/2 cup green or red bell pepper, chopped
- 4 cloves garlic, minced
- ¼ cup shallots, minced
- 1 (14.5oz) can diced tomatoes, undrained
- 2 tsp beef bouillon granules
- 1 tsp Oregano
- 1 tsp Basil
- 1 tsp garlic powder
- 1 cup mushrooms, sliced (I used double the amount)
- 4 cups hot, cooked linguine (Original called for 3 cups)
- 4 TBS parsley, chopped
- ½ cup Parmesan cheese, grated

Slice steak in thin slices across the grain, then cut slices into 2" pieces. Coat large nonstick skillet with cooking spray; place over medium-high heat until hot. Add steak and cook until browned, remove from skillet and set aside.

Rinse skillet under hot water and dry. Coat again with cooking spray, add onion, green or red pepper, garlic and shallots to skillet and saute about 3 minutes or until tender. Return steak to skillet; add tomatoes and next 4 ingredients, stirring well.

Cover meat mixture, reduce heat and simmer about 30 minutes. Add mushrooms and simmer another 30 minutes. Uncover and cook mixture an additional 15 minutes or until meat is tender. Serve meat over linguine and sprinkle with parsley and cheese. Serves 4.

Sometimes I add an 8oz can of tomato sauce when it's simmering if it looks like it's getting a little dry! When it's looked a little meat-heavy I've even added a second can of diced tomatoes! I use Cremini mushrooms whenever I can, and I have also subbed Round Steak for the Flank Steak if I had it defrosted. I still prefer the Flank Steak! We like the mixture tossed with the linguine before serving as opposed to serving it over the linguine, but to each his own! YUM!

Strawberry-Buttermilk Gelato

Source: CookingLight.com

Healthy Units: 2.4 per 1/2 cup serving

Servings: 16

Posted By: Tracy (Nikkie1t)

April 5, 2005

My comments: This is a little on the sweet side; you could probably cut back on the sugar. It's very creamy and fresh tasting. Make sure your simple syrup (sugar & water mixture) is fully cooled before putting it in your ice cream maker.

CL comments: Puréed strawberries create the "juice" that flavors this creamy gelato.

2 cups sugar

2 cups water

5 cups quartered strawberries (about 4 pints)

2 cups low-fat buttermilk

Combine sugar and water in a large saucepan; bring to a boil, stirring until sugar dissolves. Pour into a large bowl; cool completely.

Place strawberries in a blender, and process until smooth. Add strawberry purée and buttermilk to sugar syrup; stir to combine.

Pour the strawberry mixture into the freezer can of an ice-cream freezer, and freeze according to the manufacturer's instructions.

NUTRITION PER SERVING

CALORIES 134(5% from fat); FAT 0.8g(sat 0.3g,mono 0.2g,poly 0.1g); PROTEIN 1.6g;
CHOLESTEROL 1mg; CALCIUM 48mg; SODIUM 17mg; FIBER 1.7g; IRON 0.3mg;
CARBOHYDRATE 31.7g

Jamaican Chicken with Mango Salsa

Cooking Light April 2005

Healthy Units: 5

Yield: 4 servings (serving size: 1 chicken breast half and about 1/2 cup salsa)

Posted By: Bawstinn32 (Maria)

April 6, 2005

Comments: I pounded the chicken so it would cook evenly and I grilled them out on the grill. I used Trader Joe's frozen mango. The salsa complimented the slightly spicy chicken. It went together quickly.

1/2 teaspoon Jamaican jerk seasoning (such as Spice Islands)

1/2 teaspoon salt, divided

4 (6-ounce) skinless, boneless chicken breast halves

Cooking spray

1/4 cup minced fresh cilantro

1/4 cup finely chopped red onion

1 tablespoon chopped fresh mint

1 teaspoon brown sugar

2 teaspoons fresh lime juice

1/4 teaspoon black pepper

1/4 teaspoon crushed red pepper

1 (16-ounce) jar sliced peeled mango, drained and chopped (such as Del Monte SunFresh)

Heat a large nonstick skillet over medium-high heat. Sprinkle seasoning and 1/4 teaspoon of salt evenly over chicken. Coat chicken with cooking spray. Add chicken to pan; cook 4 minutes on each side or until done.

While chicken cooks, combine 1/4 teaspoon salt, cilantro, and remaining ingredients.

Serve salsa with chicken.

CALORIES 244 (9% from fat); FAT 2.4g (satfat 0.6g, monofat 0.6g, polyfat 0.5g);
PROTEIN 39.8g; CARBOHYDRATE 14.7g; FIBER 1.6g; CHOLESTEROL 99mg; IRON
1.5mg; SODIUM 445mg; CALCIUM 33mg;

Shrimp and Orzo w/Cherry Tomatoes & Romano Cheese

Source: Cooking Light April 2005

HU: 9

Date: April 7, 2005

Posted by: CAROTS (Donna)

Servings: 4

CL Notes- Parmesan cheese works in this dish, too, if you don't have Percorino Romano on hand. Serve leftovers as a great cold pasta salad for lunch.

My Notes-Very quick and easy to put together. I used dried basil, but I think next time I would use fresh. I used fresh minced garlic, instead of the bottled. Also used pre-cooked frozen shrimp. Definitely would make a nice cold shrimp/pasta salad for the summer especially when basil and tomatoes are in season:)

1 Cup uncooked Orzo (rice-shaped pasta)
2 Tablespoons, olive oil, divided
3/4 Teaspoon salt, divided
1/4 Teaspoon black pepper, divided
1 Pound Medium Shrimp, peeled, & deveined
1 Cup chopped Vidalia or other sweet onion
1 Tablespoon bottled minced garlic
1/4 Teaspoon crushed red pepper
2 Cups cherry tomatoes, halved
1/3 Cup (about 1 1/2 oz) grated fresh percorino Romano cheese
1/3 cup chopped fresh basil

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

While pasta cooks, heat 1 tablespoon oil in a large skillet over medium-high heat. Sprinkle 1/2 teaspoon of salt and 1/8 teaspoon of black pepper evenly over shrimp. Add shrimp to pan; cook 1 1/2 minutes one each side or until done. Remove from pan.

Add remaining 1 tablespoon olive oil to pan. Add onion, garlic, & red pepper; cook 2 minutes, stirring frequently. Add tomatoes, and cook 3 minutes or until tomatoes begin to soften, stirring occasionally. Stir in pasta & shrimp; cook 1 minute or until thoroughly heated. Remove from heat, and stir in 1/4 teaspoon salt, 1/8 teaspoon black pepper, cheese, and basil.

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

Calories 414(26% from fat) Fat 11.9g Protein 33.1 Carb 43.6 g Fiber 3.1g Chol 181mg Iron 4.9mg Sodium 721mg Calc 178mg

Enjoy:)

Shrimp with Potatoes and Feta

Source: Adapted from Women's Day

HU: 7

Core if you use soy feta or fat free feta.

Servings: 4

Posted by: CrissyBear

Date: 4/7/05

My notes: This recipe was simple and very tasty. I've never paired shrimp with potatoes before -- it's always been pasta or rice in our house. This was excellent. While we were eating Dad requested I make it again when mom comes home and this morning, he suggested eating the leftover tonight instead of our planned pasta.

1-1/2 pounds potatoes -- peeled if desired and cut in 1/2 inch thick slices
4 teaspoons olive oil
1 tablespoon chopped fresh oregano -- or 3/4 tsp dried
1/4 teaspoon grated lemon peel
1/2 teaspoon salt and fresh ground pepper
4 plum tomatoes -- sliced
1 teaspoon chopped garlic
1 pound shrimp -- shelled and deveined
2 ounces feta cheese -- crumbled

Cook potatoes in boiling salted water to cover until just tender. Drain and toss with two teaspoons of olive oil, oregano, lemon peel, and 1/4 teaspoon each of the salt and pepper. Spread out in a 13 x 9 inch baking dish.

Preheat oven to 400. Toss together the tomatoes, garlic, remaining oil, salt and pepper. Spoon tomatoes over the potato mixture and arrange shrimp on top. Bake 15 minutes or until shrimp are cooked. Sprinkle with feta before serving

Roasted Carrots

Source: Barefoot Contessa

HUs: 1

Serves: 6

Posted by: Kate (KateWD)

April 8, 2005

A dirt simple, non-gourmet recipe, but an oh-so-yummy way to make carrots. You can also use baby carrots.

12 carrots

2 T good olive oil

1-1/4 tsp kosher salt

1/2 tsp freshly ground black pepper

2 T minced fresh dill or parsley

Preheat the oven to 400. If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice carrots diagonally in 1-1/2 inch thick slices. (The carrots will shrink while cooking, so make the slices big). Toss them in a bowl with the olive oil, salt and pepper. Transfer to a sheet pan in 1 layer and roast in the oven for 20 minutes, until lightly browned and tender. Toss the carrots with minced dill or parsley, season to taste and serve.

Note: I've also done these on the grill, putting the carrots in a sealed foil packet.

Roasted Butternut Squash with Penne Pasta

Source: "The Whole Foods Cookbook (p 187)"

HUs: 8

Serves: 4

Posted by: CrissyBear

Date: 04/10/05

1 medium butternut squash
1 1/2 cups onion -- diced
3 cloves garlic -- minced
1/2 tsp crushed red pepper
3 Tbsp olive oil
1 Tbsp lemon juice
2 tsp salt
1 pound whole wheat pasta -- penne
1/2 cup minced parsley
1/2 cup grated Parmesan cheese
salt & freshly ground pepper to taste

Preheat oven to 375F. Peel the squash; using a heavy knife, cut the squash in half lengthwise. Scoop out the seeds and discard them. Dice the squash into 1" cubes (about 4 cups). Place the squash in a large mixing bowl, and add the onion, garlic, red pepper, olive oil, lemon juice and 2 tsp salt. Toss to mix well.

Place the mixture in a large roasting pan, and roast for about 45 minutes, or until golden brown, stirring occasionally. The squash should be firm-tender, not mushy.

Bring a large pot of salted water to boil. Add the pasta and cook al dente. Drain pasta and place in serving bowl. Mix in the cooked squash mixture, parsley, Parmesan cheese and salt & pepper.

Mimi's Sticky Chicken

Source: CLBB

Healthy Units: same as for chicken; dependent upon the piece

Posted By: Bawstinn32 (Maria)

April 11, 2005

Comments: Mine was done in less than 5 hours and it was extremely moist. I rubbed some of the spice mixture under the skin and well as on it and in the chicken cavity. Crock pot version calls for 4 teaspoons of salt and 8-10 hours on low.

2 teaspoons salt
1 teaspoon paprika
3/4 teaspoon cayenne pepper
1/2 teaspoon onion powder
1/2 teaspoon thyme
1/2 teaspoon white pepper
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1 whole roasting chicken, about 3 pounds
1 cup chopped onions

Combine all spices (first 8 ingredients) in small bowl.

Rinse chicken, inside and out. Drain well.

Rub spice mixture over skin and the inside of chicken.

Place in a resealable plastic bag, seal and refrigerate overnight.

When ready to roast, preheat oven to 250° F and stuff cavity with onions.

Place chicken breast side down in roasting pan.

Roast uncovered at 250°F for about 5 hours. (That's not a typo, it's really 250°. Anything over 225° is safe as long as the chicken reaches an internal temperature of at least 155°, which this does, and more).

Baste occasionally with pan juices or until pan juices start to caramelize on bottom of pan and chicken is golden brown.

Italian Rice Salad

Cooking Light, June 2003

Healthy Units: 4

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

Posted By: Bawstinn32 (Maria)

April 11, 2005

Comments: This was a nice change from a regular pasta salad. The basmati rice had a nice light buttery flavor. I used double the amount of vinegar called for and added some of Penzey's granulated garlic as well. Next time I may cut the tomatoes in half.

This rice and vegetable dish is a refreshing change from pasta salad. Cool the rice so it won't become gummy, or use 3 cups chilled leftover rice.

2 cups water, divided
1 cup basmati or long-grain rice
3/4 teaspoon salt, divided
1 (15.75 ounce) can fat-free, less-sodium chicken broth
Olive oil-flavored cooking spray
1 pound (1-inch) diagonally cut green beans
2 tablespoons red wine vinegar
2 tablespoons extra virgin olive oil
2 cups halved grape tomatoes
3/4 cup chopped green onions
1/4 cup (1-ounce) grated fresh pecorino Romano cheese
1/4 teaspoon ground black pepper

Combine 1 cup water, rice, 1/4 teaspoon salt, and broth in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Coat a large baking sheet with cooking spray. Spread rice in an even layer over pan; cool to room temperature.

Bring 1 cup water to a boil in a large pan. Add beans; cover and cook 5 minutes, or until crisp-tender. Drain and plunge beans into ice water; drain.

Combine vinegar, oil, and 1/2 teaspoon salt in a large bowl, stirring with a whisk. Add rice, beans, tomatoes, green onions, cheese, and pepper; toss gently to combine. Cover and chill.

CALORIES 226 (25% from fat); FAT 6.3g (satfat 1.5g, monofat 4.1g, polyfat 0.7g);
PROTEIN 6.1g; CARBOHYDRATE 36g; FIBER 4g; CHOLESTEROL 4mg; IRON 0.7mg;
SODIUM 474mg; CALCIUM 86mg;

Banana Fudge Cake

Source: CLBB (posted by Pilgrim719)

HUs: 3.5

Serves: 16

Posted by: Kate (KateWD)

April 11, 2005

Notes: Per the original poster's suggestion, I omitted the walnuts from the glaze and instead added 2 Tbsp of chocolate chips, which melted in the microwave and made the glaze very rich and chocolatey. I halved the recipe and baked it in a 9" pan, which made for a thin cake, I think it would have been better to use an 8" pan.

This cake is incredibly moist and fudge, hard to believe it is so low in fat.

1 cup whole wheat flour (I used all whole wheat pastry flour)
1 cup all-purpose flour
1/2 cup cocoa powder
1 1/2 cups sugar
2 tsp baking soda
1/4 tsp salt (optional)
1 1/2 cups mashed very ripe banana (about 3 large bananas)
1/2 cup nonfat buttermilk
2 egg whites
1 1/2 tsp vanilla extract

Glaze:

1 1/2 cups confectioner's sugar
1 Tbsp plus 1 1/2 tsp cocoa powder
3 Tbsp skim milk
1 tsp vanilla extract
1/4 cup plus 2 Tbsp chopped walnuts (optional) (I used 1/4 cup mini chocolate chips)

1. Combine the flours, cocoa, sugar, baking soda, and salt, if desired, and stir to mix well. Add the banana, buttermilk, egg whites, and vanilla, and stir to mix well.
2. Coat a 9x13" pan with nonstick spray. Spread the batter evenly in the pan. Bake at 350 for about 35 minutes, or just until a wooden toothpick inserted in the center of the cake comes out clean. Cool the cake to room temperature.
3. To make the glaze, combine the glaze ingredients in a small bowl. If using a microwave oven, microwave the glaze, uncovered, at high power for 35 seconds, or until runny. If using a conventional stove top, transfer the glaze to a small saucepan and place over medium heat for 30 seconds, stirring constantly. Drizzle the glaze over the cake, and let harden before cutting into squares and serving.

Per serving: 197 cal, 0.9g fat, 2.5g fiber, 0mg cholesterol, 3.5g protein, 146mg sodium, 25mg calcium, 1.1mg iron, 165mg potassium

Very Cranberry Muffins

Source: CLBB (posted by Pilgrim719)

HUs: 2

Serves: 12

Posted by: Kate (KateWD)

April 11, 2005

1 cup quick cooking oats
3/4 cup skim milk
1-1/2 cups whole wheat flour (I used whole wheat pastry flour)
1 tablespoon baking powder
1/4 cup sugar
1 cup whole berry cranberry sauce
2 egg whites
1 tsp. vanilla extract
1/4 cup chopped walnuts (optional- I omitted)

Combine oats and milk, and set aside for 15 minutes.

Combine the flour, baking powder, and sugar, and stir to mix well. Add the oat mixture and the remaining ingredients, and stir just until the dry ingredients are moistened.

Coat muffin cups with nonstick cooking spray, and fill 3/4 full with the batter. Bake at 350° for about 18 minutes, or just until a wooden toothpick inserted in the center of a muffin comes out clean.

Remove the muffin tin from the oven and allow it to sit for 5 minutes before removing the muffins. Serve warm or at room temperature.

Per muffin:

Calories: 137

Fat: 0.7g

Protein: 4.2g

Cholesterol: 0mg

Sodium: 107mg

Fiber: 3.1g

Calcium: 44mg

Potassium: 125mg

Iron: 0.9mg

Toffee Blond Brownies

Source: Cooking Light March 2005

HUs: 4

Serves: 12

Posted by: Kate (KateWD)

April 11, 2005

The toffee bits melt during baking and give the thin, gooey brownies a crunchy topping.

1 cup packed brown sugar
1/4 cup butter, melted
1/4 cup egg substitute
2 teaspoons vanilla extract
1 cup all-purpose flour
1/2 teaspoon baking powder
1/8 teaspoon salt
Cooking spray
1/4 cup toffee baking bits (such as Heath)

Preheat oven to 350°.

Combine first 4 ingredients in a large bowl; stir with a whisk. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, baking powder, and salt. Add flour mixture to sugar mixture; stir just until moist. Spread batter in an 8-inch square baking pan coated with cooking spray. Sprinkle with toffee bits. Bake at 350° for 22 minutes or until a wooden pick inserted in center comes out almost clean. Cool in pan on a wire rack.

Note: Store, covered, for up to 3 days.

Yield: 12 servings

Crustless Broccoli and Cheese Quiche

Cooking Light 2004 Annual

Servings: 6

HU: 4.1

Posted by DebMj1

4/12/05

CL Notes: Serve this for Sunday brunch, and enjoy high-quality protein from the eggs and egg whites, calcium from the cheese and milk, and vitamin C and folate from the broccoli.

Deb's Notes: I ended up making this in a 10-inch pie plate, since it started to overflow in my 9-inch plate. I made several changes to the recipe, as I'll note below. If you omit the toast, and make those other changes, you can turn this into 4 very large servings at the same 4.1 points.

2 teaspoons olive oil (I used 1 tsp)

1/2 cup vertically sliced onion

1 garlic clove, minced

5 cups broccoli florets

Cooking spray

1 1/4 cups 1% low-fat milk (I used 1 cup of skim milk and 1/4 cup of fat-free half and half)

1 cup (4 ounces) shredded reduced-fat Swiss cheese (I didn't have reduced-fat Swiss, so I used

2 ounces of regular Swiss and 2 ounces of Cabot's 50% cheddar)

2 tablespoons chopped fresh parsley

2 teaspoons Dijon mustard

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/8 teaspoon ground nutmeg

4 large egg whites, lightly beaten

2 large eggs, lightly beaten (I used 1/2 cup of egg substitute in place of the eggs)

1 tablespoon grated fresh Parmesan cheese

6 (1-ounce) slices whole wheat bread, toasted (I omitted the toast)

Preheat oven to 350°.

Heat oil in a large nonstick skillet over medium-high heat. Add onion and garlic; sauté 1 1/2 minutes. Add broccoli; sauté 1 minute. Spread broccoli mixture into a 9-inch pie plate coated with cooking spray. Combine milk and next 8 ingredients (milk through eggs) in a large bowl. Pour milk mixture over broccoli mixture; sprinkle with Parmesan. Bake at 350° for 40 minutes or until top is golden and a knife inserted in center comes out clean; let stand 5 minutes. Serve with toast.

Yield: 6 servings (serving size: 1 quiche wedge and 1 toast slice)

NUTRITION PER SERVING (for original recipe)

CALORIES 216(29% from fat); FAT 6.9g(sat 2.3g,mono 2.9g,poly 0.9g); PROTEIN 17.9g;

CHOLESTEROL 81mg; CALCIUM 354mg; SODIUM 577mg; FIBER 4.1g; IRON 2.1mg;

CARBOHYDRATE 22.7g

Peanutty Cabbage-Apple Slaw with Raisins

Source: Cooking Light March 2005

HUs: 2

Serves: 8

Posted by: Kate (KateWD)

April 12, 2005

My Notes: This slaw tastes like it has creamy peanut butter in the dressing. The roasted peanut oil is essential in this recipe. I would not substitute. This slaw is best served the same day it is made. The leftovers were not as flavorful.

1/3 cup white balsamic or cider vinegar
1/4 cup packed brown sugar
1 1/2 tablespoons roasted peanut oil
1/2 teaspoon salt
1/4 teaspoon crushed red pepper
3 cups coarsely chopped Granny Smith apple
1/2 cup golden seedless raisins (I used craisins)
1 (16-ounce) package cabbage-and-carrot coleslaw

Combine first 5 ingredients, stirring with a whisk until sugar dissolves.
Combine apple, raisins, and coleslaw. Drizzle with vinaigrette; toss well to combine.
Chill for up to 3 hours.

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

CALORIES 128 (20% from fat); FAT 2.9g (satfat 0.5g, monofat 1.2g, polyfat 0.9g);
PROTEIN 1.2g; CARBOHYDRATE 26.7g; FIBER 3.1g; CHOLESTEROL 0.0mg; IRON
0.8mg; SODIUM 167mg; CALCIUM 40mg;
Cooking Light, MARCH 2005

Confetti Couscous

Source: WW "Simply the Best"

HU: 4

Servings: 8

Posted by: Waneyvant (Jane)

Date: April 12, 2005

2 cups vegetable broth
1 box couscous (10 oz)
2 tsp. extra virgin olive oil
1 red onion, chopped
3 garlic cloves, minced
1 medium zucchini, diced
1 medium yellow squash, diced
1 red bell pepper, seeded & diced
1 can chickpeas, rinsed & drained
3 T. fresh lemon juice
1/2 tsp. coarsely ground black pepper
24 loose-leaf lettuce leaves
2 T. minced parsley

In a medium saucepan, bring broth to a boil. Stir in couscous; remove from heat. Cover, set aside for 10 minutes.

In a large nonstick skillet, heat the oil. Add onion & garlic, saute, stirring as needed, until soft, about 5 minutes. Add zucchini, squash, & red pepper, saute another 5 minutes, or until veggies are crisp tender.

Transfer couscous to a large serving bowl. Fluff with fork, add veggies, chickpeas, lemon juice & black pepper. Toss with fork. Refrigerate at least 2 hours.

Line each of 8 salad plates with 3 lettuce leaves. Top with couscous & serve, sprinkled with parsley.

My Notes: i used bottled garlic & lemon juice, extra black pepper, mixed parsley in with lemon juice, served over chopped romaine. Would be good with feta, & other herbs & veggies, (grape tomatoes, etc)

Spinach and Rice Pie with Vegetables

Source: "Entertaining Light & Easy"

HU: 3

CORE (if using fat-free cheese)

Serves 6

CrissyBear

April 13, 2005

Ingredients

2 teaspoons olive oil
1 medium onion -- thinly sliced
1/4 pound mushroom -- thinly sliced
1 clove garlic -- finely minced
1/2-pound fresh spinach -- cut into strips
2 tablespoons Parmesan cheese -- freshly grated
Salt and pepper -- to taste
3 cups cooked brown rice
1 large egg white
3 medium tomatoes -- sliced
1/2 cup low-fat Swiss cheese -- shredded

Instructions

In a heavy non-stick skillet, heat the oil to medium-high and sauté the onion and mushrooms for 6-7 minutes, stirring often, until golden. Add the garlic and stir for 30 seconds. Remove from the heat, stir in the spinach, 1 Tbsp of the Parmesan cheese, the salt and pepper; set aside.

Preheat the oven to 450F. Lightly coat a 12" pizza pan or 7x11" pan with cooking spray. [I used the latter but next time, I'll just lay it out on a pizza stone for a crisper crust.]

Combine the rice, egg white and remaining 1 Tbsp Parmesan cheese in a bowl. Press the rice mixture into the bottom of the prepared pan and bake for 4 minutes.

Top with the spinach mixture, distribute the tomatoes evenly over the top, and bake on the top rack of the oven for an additional 9 minutes. Top with the cheese and bake for 2 minutes or until hot and bubbly.

Per Serving (excluding unknown items): 183 Calories; 4g Fat (17.8% calories from fat); 8g Protein; 30g Carbohydrate; 4g Dietary Fiber; 5mg Cholesterol; 102mg Sodium.
Exchanges: 1- 1/2 Grain (Starch); 1/2 Lean Meat; 1 -1/2 Vegetables; 1/2 Fat.

NOTES: Original recipe called for white rice cooked w/ vegetable or chicken broth and suggested any cheese to be used -- Muenster, Cheddar, Monterey jack, Mozzarella or Swiss.

Sweet Crunchy Mustard Chicken

Source: CLBB (Originally from Food and Wine, January 2003)

HUs: 5

Serves: 4

Posted by: Kate (KateWD)

April 13, 2005

The original recipe called for bone in chicken breasts with skin. I used skinless boneless breasts, which cooked in about 20 minutes, and skinless drumsticks which took about 30 minutes. NI is for boneless breasts. Using tips posted on the CLBB, I sprayed the chicken lightly with olive oil spray, and cooked it on a rack in a baking pan so it would be crispy on both sides.

3 TBL fine dry bread crumbs (can sub panko)

2 TSP light brown sugar

1 TSP dried tarragon or basil (I used basil)

1 TSP kosher salt

1/2 TSP freshly ground pepper

2 TBL Dijon mustard

Four 6 oz boneless, skinless chicken breasts

Lemon wedges, for serving (I omitted)

Preheat the oven to 500 degrees. In a small bowl, mix the breadcrumbs, light brown sugar, tarragon or basil, kosher salt, and pepper. Spread the mustard all over the chicken breast and sprinkle with the crumb mixture. Set the breasts in a 9 x 13-inch glass or ceramic baking dish and roast in the upper third of the oven for about 25 minutes, or until they are cooked through and crisp. Serve the chicken breasts hot, with lemon wedges.

Lemon Drop Martini

Posted by DebMj

5 points/1serving

3 ozs. Absolut Citron

1 oz. Triple Sec

1 oz. fresh lemon juice

1 tsp. Splenda (sugar doesn't dissolve and I didn't have simple syrup on hand so this worked well)

Mix all in a shaker with crushed ice and strain into a chilled, sugar-rimmed martini glass.

Pad Thai

Erawan Thai Restaurant, Syracuse NY

HU 7

4 Servings

Posted by Poisonqueen (Laurie)

4/13/05

Ingredients

8 oz. rice sticks

1 Tablespoon cooking oil

6 oz. boneless, skinless chicken breast – pounded thin and cut into bite-sized pieces

1 egg, lightly beaten

1 Tablespoon minced garlic

4 Tablespoons tomato sauce

1 Tablespoon fish sauce

3 Tablespoons Splenda

1 1/2 oz. firm tofu – diced small

1 Tablespoon minced pickled radish

1 Cup bean sprouts

1 Tablespoon chopped peanuts

dried red pepper flakes

lemon wedges

Instructions

1. Soften rice noodles in hot water and drain.
2. Heat oil in large wok or skillet over medium-high heat.
3. Add chicken, garlic and egg; stir slowly for about one minute to shred egg into small bits, and cook chicken.
4. Add fish sauce, tomato sauce, tofu, pickled radish and sugar. Stir until well mixed.
- 5 .Add rice sticks and stir, making sure all noodles are coated with sauce and heated through.
6. Stir until sauce is slightly reduced. Noodles should be slightly moist, but not wet.
- 7.Toss with bean sprouts. Serve with lemon wedges, crushed peanuts and red pepper flakes to season to taste.

I made the following changes from the original recipe:

chicken in place of shrimp

1T fish sauce instead of 2

Splenda in place of sugar

1T oil in place of 4 T

I also omitted the pickled radish - I couldn't find it at Wegman's

Chicken Breasts Stuffed with Italian Sausage and Breadcrumbs

Source: April 2005 Cooking Light

HU: 5

Serves: 4

Posted by: CAROTS(Donna)

Comments: Tangy sourdough bread adds intriguing flavor to the herbed sausage mixture.

My Notes: Excellent, excellent chicken dish! Would be perfect for company, and can be prepared ahead. I used thin-sliced chicken cutlets. Did all the cooking in one skillet, so that I could scrape up all of the bits from the sausage mixture. Added 2 teaspoons of light butter when I added the chicken to the skillet. This will brown the chicken nicely. I cut the crusts off the bread first before toasting, and used my kitchen shears to cut the bread right into the pan (no mess)

1 (4-ounce) Italian sausage link
1/4 cup finely chopped onion
2 tablespoons finely chopped celery
1/4 cup dry white wine
1 (1 1/2-ounce) slice sourdough bread, toasted and crusts removed (Used 2 slices)
1 garlic clove, halved (I used 2)
1 tablespoon minced fresh parsley
1/2 teaspoon salt, divided (I omitted)
1/4 teaspoon freshly ground black pepper
2 (6-ounce) skinless, boneless chicken breast halves (I used thin-sliced chicken cutlets)
Cooking spray
1/2 cup fat-free, less-sodium chicken broth

Remove casing from sausage; crumble sausage. Heat a large nonstick skillet over medium-high heat. Add sausage, onion, and celery; sauté 5 minutes or until sausage is browned and onion is golden. Add wine to pan; cook 1 minute or until most of liquid is absorbed.

Rub each side of bread with cut sides of garlic; discard garlic. Coarsely crumble bread; add to sausage mixture. Stir in parsley, 1/4 teaspoon salt, and pepper. Let stand 5 minutes or until liquid is absorbed; toss to combine.

Place each chicken breast half between 2 sheets of plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Place half of stuffing on one side of each chicken breast half, leaving a 1-inch border around sides. Fold remaining half of each chicken breast over stuffing, and secure with wooden picks. Sprinkle chicken with remaining 1/4 teaspoon salt.

Heat a large skillet over medium-high heat. Coat the pan with cooking spray. Add stuffed chicken breast halves to pan; cook 3 minutes on each side. Add chicken broth, scraping pan to loosen browned bits. Cover, reduce heat, and simmer for 5 minutes or until chicken is done. Remove the wooden picks; slice breasts in half. Serve immediately.

Yield: 4 servings (serving size: 1/2 chicken breast)

NUTRITION PER SERVING

CALORIES 233(29% from fat); FAT 7.6g(sat 2.5g,mono 0.5g,poly 0.4g); PROTEIN 21.9g;
CHOLESTEROL 65mg; CALCIUM 47mg; SODIUM 774mg; FIBER 0.9g; IRON 1.6mg;
CARBOHYDRATE 11.5g

Peanut Butter-Chocolate Chip Brownies

Cooking Light 2001 Annual

HU: 2.7

Servings: 16

Posted by DebMj1

4/15/05

My Notes: These are super easy to throw together. If you cut them into 12 bars, it's 3.6 per brownie. I'd suggest adding a little more salt to these, maybe 3/8 to 1/2 tsp, rather than the 1/4 called for. Next time, I may try adding about 3 Tbsps. of cocoa powder as well. Be sure not to overbake them; I don't think they'll be nearly as good. These brownies are chewy & delicious for about 2 days; mine became dry and brittle after that time. I would suggest eating or freezing them within two days (although I don't know how well they'll freeze).

Cooking spray

1 cup all-purpose flour

1/4 cup semisweet chocolate minichips

1/4 teaspoon baking soda

1/8 teaspoon salt

3/4 cup granulated sugar

1/4 cup packed dark brown sugar

1/4 cup creamy peanut butter

1 tablespoon vegetable oil

1 teaspoon vanilla extract

1 large egg

1 large egg white

Preheat oven to 350°.

Coat bottom of an 8-inch square baking pan with cooking spray (do not coat sides of pan).

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, chocolate chips, soda, and salt in a bowl.

Combine sugars and remaining ingredients in a bowl; stir until well-blended. Add flour mixture, stirring just until blended. Spread batter in bottom of prepared pan. Bake at 350° for 25 minutes or until a wooden pick inserted in center comes out almost clean. Cool on a wire rack.

NUTRITION PER SERVING

CALORIES 125(30% from fat); FAT 4.2g(sat 1.1g,mono 1.7g,poly 1.1g); PROTEIN 2.7g;
CHOLESTEROL 14mg; CALCIUM 7mg; SODIUM 66mg; FIBER 0.5g; IRON 0.6mg;
CARBOHYDRATE 19.8g

Spinach Stuffed Artichoke Bottoms & Mushrooms

Source: Waneyvant's Kitchen

HU: 1.9 for app, 4.2 for side

Servings: 6 appetizer or 3 sides

Posted by: Waneyvant (Jane)

Date: April 15, 2005

1 can artichoke bottoms (6 bottoms)
12 medium mushrooms or 6 large
1 10 oz. box of chopped spinach, thawed
1/3 cup minced onion
1 tsp. light butter, divided
cooking spray
salt & white pepper, to taste
3 T. parmesan, divided
1/3 cup grated swiss cheese
2 T. lemon juice
1/3 cup Italian bread crumbs

Preheat oven to 375 degrees. Cook frozen spinach per package directions (microwave in covered dish for 7 minutes on high). Squeeze dry. Remove & reserve stems from mushrooms, chop stems.

Spray baking dish with cooking spray. Drain artichoke bottoms & place in baking dish. Spray non stick skillet, place over medium high heat. Add 1/2 tsp. light butter. Place mushrooms stem side up in skillet & let saute until mushrooms top begin to brown. Remove to baking dish. Sprinkle bottoms & mushroom caps with a little white pepper.

Melt remaining 1/2 tsp light butter in skillet, add onions & chopped mushrooms stems, saute until soft. Remove from heat, add spinach, and stir. Then add 1 1/2 T. parmesan and remaining ingredients & stir well. Spoon spinach mixture onto the artichoke bottoms & mushrooms caps. Sprinkle with remaining 1 1/2 T. parmesan.

Bake at 375 for about 20 minutes, or until tops start to brown. Makes 6 appetizer servings (1 bottom & 2 med/1 large mushroom) or 3 servings side dish.

Hunan Shrimp

Source: WW take out cookbook

HUs: 5

Servings: 4

Posted by: Terijochums

04/15/05

Note - I used extra chili garlic because I like it spicy and as for cooking time, I like my veggies still really crisp so I cooked very quickly. I didn't have a wok and just did this in a pan on the stove. It was really good, light and filling.

1lb shrimp
1 tablespooon + 2 tsp cornstarch
1/2 cup chicken broth
2 tbsp soy sauce
1 tbsp black bean sauce
1 tbsp (i used 2) chili garlic sauce
1 tbsp oil
2 tbsp fresh ginger
1 onion cut into 1/4" slices
1 red pepper cut into strips
1 green pepper cut into strips
1/2 lb asparagus cut into 1" bits
2 cups cooked brown rice

Toss unfrozen shrimp in 1 tbsp cornstarch and then cook in a little oil on high temp until almost opaque. Set aside. In a bowl mix broth, soy, bean and chili sauce with 2 tsp cornstarch and set aside.

Add the rest of your oil and add ginger and onion cook a few min, add peppers and asparagus and cook a few minutes, add shrimp and sauce and take off when all is done. Serve on rice.

4 servings - 5 points each.

Hazlenut Brownies

Source: adapted from Peanutbutter Brownies from Cooking Light Annual 2001

HU: 2.5

Servings: 16

Recipe By: posted by debmj; adapted by Cindy (CJMartin717)

My Notes: My brownies were crusty on top and very moist in the middle.

Cooking spray
3/4 cup all-purpose flour
1 tablespoon soy flour
1 tablespoon ground hazelnuts
1 1/2 tablespoons cocoa powder
1/4 cup semisweet mini chocolate chips
1/4 teaspoon baking soda
3/8 teaspoon salt
3/4 cup granulated sugar
1/4 cup packed light brown sugar
1/4 cup Nutella
1 tablespoon vegetable oil
1 teaspoon vanilla extract
1 large egg
1 large egg white

Preheat oven to 350°.

Coat bottom of an 8-inch square baking pan with cooking spray (do not coat sides of pan).

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, soy flour, ground hazelnuts, chocolate chips, soda, and salt in a bowl.

Combine sugars and remaining ingredients in a bowl; stir until well-blended. (I used a mixer.) Add flour mixture, stirring just until blended. Spread batter in bottom of prepared pan. Bake at 350° for 25-30 minutes or until a wooden pick inserted in center comes out almost clean. Cool on a wire rack.

Per Serving: 121 Calories; 3g Fat (24.6% calories from fat); 2g Protein; 22g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 82mg Sodium.

Balsamic Succotash

Source: Cooking Light, March 2005

HUs: 2.8

Serves 6

posted by: cjmartin717 (Cindy/CJ)

April 15, 2005

If you have high-quality balsamic vinegar, use it to finish this dish. Serve with shrimp or fish.

2 tablespoons butter
1 cup chopped yellow onion
1 garlic clove, minced
2 cups frozen corn kernels
1/2 cup chopped red bell pepper
1 teaspoon dried basil
1 (10-ounce) package frozen baby lima beans
1/2 cup fat-free, less-sodium chicken broth
1/2 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 tablespoon balsamic vinegar

Melt butter in a large nonstick skillet over medium heat. Add onion and garlic; cook 3 minutes or until onion softens, stirring occasionally. Add corn, bell pepper, basil, and beans; cook 4 minutes, stirring occasionally. Add broth, sugar, salt, and black pepper; cook 7 minutes or until liquid almost evaporates. Remove from heat, and stir in vinegar.

Yield: 6 servings (serving size: 2/3 cup)

NUTRITION PER SERVING

CALORIES 159(29% from fat); FAT 5.4g(sat 2.9g,mono 1.7g,poly 0.4g); PROTEIN 5.1g;
CHOLESTEROL 11mg; CALCIUM 29mg; SODIUM 407mg; FIBER 4.5g; IRON 1.3mg;
CARBOHYDRATE 24.7g

Grilled Pork Tenderloin

Cook's Illustrated

Serving size: 3 ounces of pork

Healthy Units: 4

Posted By: Bawstinn32 (Maria)

April 18, 2005

Comments: My pork tenderloin was bigger, so I let sit in the brine close to 3 hours. I used the spice rub that goes with the Simply Roasted Pork. Came out very moist and tender; extremely juicy.

3 tablespoons Kosher salt (or 1 1/2 tablespoons table salt)

3/4 cup granulated sugar

2 cups water (hot)

2 cups water (cold)

2 pork tenderloins , 1 1/2 to 2 pounds total, trimmed of silver skin

1 recipe wet flavor rub or 1 recipe spice rub

1. In medium bowl, dissolve salt and sugar in hot water; stir in cold water to cool mixture to room temperature. Add tenderloins, cover bowl with plastic wrap, and refrigerate until fully seasoned, about 1 hour. Remove from brine, rinse well, and dry thoroughly with paper towels; set aside.

2. When pork is almost done brining, turn all burners on gas grill to high, close lid, and heat grill until hot, 10 to 15 minutes.

3. Rub tenderloins with rub mixture. Cook with grill lid closed until well browned on three sides, about 3 1/2 minutes per side, then cook on fourth and final side until well browned and instant-read thermometer inserted into thickest part of tenderloin registers 145 degrees or until meat is slightly pink at the center when cut with paring knife, about 2 1/2 minutes. Transfer tenderloins to cutting board, tent loosely with foil, and let rest 5 minutes. Slice crosswise into 1-inch-thick pieces and serve

Thai Roasted Tofu With Chili and Basil

Source: WW Recipe of the Day 04-11-05

HU: 6/CORE

Servings | 4

Preparation Time | 45 min

Cooking Time | 32 min

Level of Difficulty | Difficult

Posted by MoOzark(DonnaMO)

04/18/05

main meals | If you think tofu has no taste, think again! We pressed out its water and then roasted it with soy sauce to create a wonderful dense texture and a delicious, smoky flavor. It's the perfect way to launch our International Recipe Week.

NOTE: This is great! Lots of chopping and you need to watch the last cook at high heat to not burn the ginger/garlic. I used 2 Thai peppers (about 3" each)=one red, one green and that was plenty of heat. I like heat, too. Much more would have been overpowering. I subbed cremini mushrooms for shiitake.

Ingredients

- 1 pound extra firm tofu, sliced into six 1/2-inch slices
- 2 serving cooking spray (5 one-second sprays per serving)
- 3 Tbsp low-sodium soy sauce
- 2 tsp olive oil
- 2 Tbsp ginger root, fresh, minced
- 2 tsp minced garlic, about 1 large clove
- 1 oz green hot chili peppers, or red, Thai-variety, thinly sliced (use 1 small pepper)
- 1/2 cup shiitake mushroom(s), thinly sliced
- 1 small sweet red pepper(s), sliced into 1/4-inch pieces
- 1 cup uncooked string beans, trimmed and cut in half
- 2 Tbsp teriyaki sauce
- 1/4 cup basil, Thai or Italian, fresh, torn (plus a few leaves whole for garnish)
- 2 Tbsp scallion(s), thinly sliced on diagonal (for garnish)
- 2 cup cooked brown rice, kept hot

Instructions

1. Preheat oven to 425°F. Place tofu slices on several layers of paper towels. Cover with more paper towels and top with a cookie sheet. Place several heavy objects (like a can or heavy pots or pans) on cookie sheet to press out water from tofu for 30 minutes.

Thai Roasted Tofu With Chili and Basil (continued)

2. Coat cookie sheet with cooking spray. Cut tofu into cubes to yield 9 cubes per slice. Place on cookie sheet and brush with 2 tablespoons of soy sauce. Coat tofu with cooking spray and place in oven. Roast for 25 minutes, remove from oven and set aside.

3. Heat oil in a large nonstick pan over medium-high heat. Add ginger, garlic and chili; cook until fragrant, about 10 to 15 seconds. Add mushrooms, cook for 2 to 3 minutes. Add peppers and string beans; increase heat to high and cook until vegetables are cooked but still crisp, about 5 minutes.

4. Add remaining tablespoon of soy sauce, teriyaki sauce, basil and roasted tofu. Cook to warm through, about 1 minute. Garnish with scallions and basil. Serve with rice. Yields about 1 3/4 cups of tofu mixture and 1/2 cup of rice per serving.

Roasted Eggplant Spread or dip

Source: Ina Garten

HU:1 for 1 tbsp.

Servings I estimated at least 15 servings probably more

Posted By: Zephyr1

Date posted: 4/18/05

Comments: This is a great versatile dip. I used it as a spread to top asiago bread then put a thin slice of fresh mozzarella on top. On the show it was served as a dip alongside fresh squares of feta and large fresh olives. I questioned the amount of salt and rewatched the show. She said it really needed it to season the dip. I used the amount of crazy salt, which is a mix, and it worked well.

Ingredients:

- 1 medium eggplant -- peeled
- 2 red bell pepper -- seeded
- 1 red onion -- seeded
- 2 garlic cloves -- minced
- 3 tablespoons olive oil
- 5 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon tomato paste

Preheat the oven to 400 degrees

Cut the eggplant, bell pepper, and onion into 1-inch cubes. Toss them in a large bowl with the garlic, olive oil, salt, and pepper. Spread them on a baking sheet. Roast for 45 minutes, until the vegetables are lightly browned and soft, tossing once during cooking. Cool slightly.

Place the vegetables in a food processor fitted with a steel blade, add the tomato paste, and pulse 3 or 4 times to blend. (I usually leave it a little chunky).

Per Serving (excluding unknown items): 42 Calories; 3g Fat (56.7% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 700mg Sodium.
Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fat.

White-Balsamic Raspberry Viniagrette

Source: MoOzark original

HU: 0

Servings: 8

Posted: April 25, 2005

Posted by: MoOzark(DonnaMO)

6 tablespoons white balsamic raspberry vinegar

1 tablespoon water

1 tablespoon olive oil

3 tbs. chopped dried basil

3 tbs. chopped dried oregano

3 tbs. chopped dried thyme

4 packets splenda

salt

fresh ground black pepper

Put all ingredients into salad dressing bottle, shake, store in fridge overnight to blend flavors. Shake well before serving.

Barbecue Pulled Chicken with Marinated Cucumbers

Source: CL BB and CL website

HU:8 if 4 servings and the bun, 6 servings would be 3.5 minus the bun

Posted By: Zephyr1

Date posted:4/18/05

Comments: This is more of a Carolina bbq, not traditional at all but so very flavorful and easy to do. This is one my dh looked for the leftovers on and he does not eat leftovers.

CHICKEN:

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

CUCUMBERS:

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

4 hamburger buns (2 ounces, each)

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

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

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

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

Potato Roti Curry

Source CL April 2005

Healthy Units 3 points per 1 cup serving

Servings 6

Posted by CurlsWannaHaveFun (aka Ericka)

Date 4/18/05

Comments: This was a big hit with me and dbf. Great flavor, very filling and satisfying. Not overly spicy at all---we jazzed it up with some Jamaican pepper sauce and a bit more salt. It was also very easy to make and relatively quick (cooking time less than an hour, prep time 10-15 minutes). I served it with jasmine rice (3 points worth) and 1/2 whole wheat pita (1 point) for a very filling 7 point meal with a 0 point salad.

I did alter the recipe, substituting precut butternut squash for acorn squash, for ease of prep and because I felt butternut was closer to calabaza squash, the classic caribbean squash used in this dish. This recipe is definitely going in my favorites collection

Ingredients

- 1 1/4 teaspoons salt
- 2 teaspoons ground cumin
- 1 1/2 teaspoons ground turmeric
- 1 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/4 teaspoon crushed red pepper
- 1 tablespoon canola oil
- 1 1/2 cups chopped onion
- 4 garlic cloves, minced
- 4 cups (1-inch) cubed peeled Yukon gold potato (about 1 1/2 pounds)
- 3 cups (1-inch) cubed peeled acorn squash (about 3/4 pound)
- 1 cup chopped red bell pepper
- 2 cups water
- 1/2 cup light coconut milk
- 1/2 cup chopped fresh cilantro

Instructions

Combine first 6 ingredients; set aside.

Heat oil in a large Dutch oven over medium heat. Add onion; cook 3 minutes or until tender, stirring frequently. Add garlic; cook 15 seconds, stirring constantly. Add spice mixture; cook 30 seconds, stirring constantly. Add potato, squash, and bell pepper, stirring to coat with spice mixture; cook 1 minute, stirring constantly. Stir in water and coconut milk, scraping pan to loosen browned bits; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until potato is tender. Sprinkle with cilantro.

Orange Date Nut Bread

Source: Small-Batch Baking

HUs: 3

Serves: 4

Posted by: Kate (KateWD)

April 18, 2005

This is a very dense, moist bread. The original recipe did not call for orange zest, omitting it will result in a more subtle orange flavor. The recipe below reflects my changes to lighten the recipe.

$\frac{1}{4}$ cup plus 3 T whole wheat pastry flour

$\frac{1}{4}$ cup 1% milk

1 T frozen orange juice concentrate

$\frac{1}{3}$ cup pitted dates

$\frac{1}{2}$ tsp Penzey's dried orange zest

2 egg whites

2 T sugar

$\frac{1}{4}$ tsp baking soda

$\frac{1}{8}$ tsp baking powder

$\frac{1}{8}$ tsp salt

2 T chopped pecans

Preheat oven to 350 degrees. Spray 1 petite loaf pan (about 5x3 inches) with Pam.

Place milk and OJ concentrate in small saucepan and bring to boil over medium-high heat. Remove pan from heat and add the dates and orange zest, let the mixture stand until cool.

Place the flour, sugar, baking soda, powder and salt in a medium size mixing bowl and whisk to blend. Toss in the pecans and add the date mixture to the flour mixture. Stir just until well blended. Spoon the batter into the prepared pan and bake until a toothpick inserted in the center comes out clean, 23 to 25 minutes. Let cool on a wire rack 10 minutes, remove from pan and let cool completely.

Rogan Josh (Lamb Curry)

Source CL April 2005

Healthy Units 4 as written

Servings 4

Posted by Curls Wanna Have Fun aka Ericka

Date 4/19/05

Ingredients

- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander
- 1 teaspoon ground ginger
- 1 teaspoon chili powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon saffron threads
- 1/4 teaspoon ground cloves
- 1 1/2 pounds boneless leg of lamb, trimmed and cut into 1/2-inch cubes
- 1 teaspoon canola oil
- 1 cup less-sodium beef broth
- 1/2 cup low-fat yogurt
- 1/2 cup chopped fresh cilantro

Instructions

Combine first 9 ingredients in a large zip-top plastic bag. Add lamb; seal and shake to coat. Refrigerator 8 hours or overnight.

Heat oil in a large saucepan over medium-high heat. Add lamb mixture; cook 4 minutes, stirring constantly. Add broth, scraping pan to loosen browned bits; bring to a boil.

Cover, reduce heat, and simmer 1 hour. Increase heat to medium-high; partially cover and cook 1 hour or until lamb is tender. Uncover and cook 5 minutes or until sauce thickens. Remove from heat; stir in yogurt and cilantro.

Very flavorful without being overly spicy. The sauce with the yogurt is fabulous for dipping the pita. YUM!

Asian Barbecue Chicken

Cooking Light, March 2002

Yield: 4 servings (serving size: 2 thighs)

Healthy Units: 7 for 2 thighs, 3.5 for 1

Posted By: Bawstinn32 (Maria)

April 19, 2005

Comments: Was very good - quick and easy to put together. I recommend marinating the full 24 hours. Next time I will double the marinade as some were not fully submerged and I did not have enough left over to boil. Might add a bit more red pepper next time to be able to taste the kick.

"This is a recipe I love to make for family and friends. I usually serve it with roasted sesame asparagus and a sesame-noodle salad. Let the chicken marinate overnight for best results." -Jen McDonald, Centerville, VA

1/4 cup packed brown sugar
1/4 cup low-sodium soy sauce
1 tablespoon fresh lime juice
1/2 teaspoon crushed red pepper
1/4 teaspoon curry powder
3 garlic cloves, minced
8 (6-ounce) chicken thighs, skinned
Cooking spray
Lime wedges (optional)
Green onion tops (optional)

Combine first 6 ingredients in a large zip-top plastic bag; add chicken. Seal and marinate in refrigerator 4 hours, turning occasionally.
Prepare grill.

Remove chicken from bag, reserving marinade. Place marinade in a small saucepan. Bring to a boil; cook 1 minute.

Place chicken on grill rack coated with cooking spray; grill 20 minutes or until done, turning and basting frequently with the marinade. Garnish with lime wedges and green onion tops, if desired.

CALORIES 297 (23% from fat); FAT 7.7g (satfat 2g, monofat 2.4g, polyfat 1.9g);
PROTEIN 39.2g; CARBOHYDRATE 16.1g; FIBER 0.4g; CHOLESTEROL 161mg; IRON
2.7mg; SODIUM 706mg; CALCIUM 39mg;

BRUSCHETTA CHICKEN BAKE

Source: unknown

servings | 6

HU: 6

Posted By: Zephyr1

04/20/05

Comments: Run and go -- make this; it goes together in 5 minutes. Do not sub dried herbs. The flavors in this are terrific. It would be a great pantry weeknight meal. Takes 30 minutes to bake so you can squeeze in some cardio. This too would be great to take to a potluck and very different. The chicken is soooo moist cooked this way.

Ingredients

1 can (14-1/2 oz.) diced tomatoes, undrained

2 cloves garlic, minced I probably used 5-6 large cloves freshly minced

1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken

1/2 cup water

1-1/2 lb. boneless skinless chicken breasts, cut into pieces

1 tsp. dried basil leaves I used fresh and would not substitute

1 cup KRAFT part-skim Shredded Mozzarella Cheese (I used a mix of Italian blend from Trader Joes)

Instructions

PREHEAT oven to 400°F. Place tomatoes with liquid in medium bowl. Add garlic, stuffing mix and water; stir just until stuffing mix is moistened. Set aside.

PLACE chicken in 13x9-inch baking dish; sprinkle with basil and cheese. Top with stuffing mixture.

BAKE 30 min. or until chicken is cooked through.

Margarita Angel Cake

Source: Cooking Light, April 2003, pg. 228

HU: 4

Serves: 12

CrissyBear

April 20, 2005

My notes: I adapted this to a cheater's version by using a one-step cake mix (see notes below) and I found that I like a more lime juice, less rind flavor so I reversed the amounts. Also as per MC, it works out to 3 points w/ a generic angel food cake mix (165 Calories 0g Fat 0g Fiber).

Cake:

1 cup sifted cake flour
1 1/2 cups sugar -- divided
12 large egg whites
1 teaspoon cream of tartar
1/2 teaspoon salt
2 tablespoons grated lime rind
2 teaspoons vanilla extract
1 1/2 teaspoons fresh lime juice

Glaze:

3 tablespoons sugar
3 tablespoons fresh lime juice
3 tablespoons tequila
3 tablespoons Triple Sec
3 tablespoons water

Preheat oven to 325 degrees

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

Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Add cream of tartar and salt; beat until soft peaks form. Add 3/4 cup sugar, 2 tablespoons at a time, beating until stiff peaks form. Beat in rind, vanilla, and 1 1/2 teaspoons juice. Sift 1/4 cup flour mixture over egg mixture; fold in. Repeat procedure with remaining flour mixture, 1/4 cup at a time.

Spoon batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets by cutting through batter with a knife. Bake at 325 degrees for 50 minutes, or until cake springs back when lightly touched. Invert pan; cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert onto a plate.

Margarita Angel Cake (continued)

To prepare glaze, combine 3 tablespoons sugar and remaining ingredients in a small saucepan; bring to a boil. Reduce heat; simmer 3 minutes or until sugar dissolves, stirring occasionally. Pierce entire surface of cake liberally with a skewer; drizzle glaze over cake. Let stand 10 minutes.

181 cal, 0.1g fat, 4.2g pro, 37.1g carb, 0.3g fiber, 0mg chol, 0.6mg iron, 154mg sod, 5mg calc.

For the Cheater's Cake:

1 box 1-Step angel food cake mix (Betty Crocker or Pillsbury)

1 cup + 2 Tbsp water

2 Tbsp fresh lime juice

1-1/2 tsp grated lime rind

Cauliflower- Cheese Pie

Source: Moosewood Cookbook (1992)

HU: 3

Servings: 8

Posted by: Peggymcv

Date: April 20, 2005

This recipe is a leaner version of a 1977 Moosewood Cookbook classic. The original recipe used whole eggs, 3 tablespoons of butter to sauté the vegetables and whole milk.

My notes: This is wonderful comfort food. Can stand alone as a brunch item, but you can make it into a lunch or dinner entrée easily by serving it with a green or fruit salad. I know it could be lightened further by using reduced-fat cheese and/or egg substitute. I think substituting Swiss or Gruyere for the cheddar cheese would also be delicious.

For the crust:

Cooking spray

2 cups grated raw potato, packed (4-5 medium potatoes)

½ tsp. Salt

1 egg white, lightly beaten

¼ cup grated onion

Flour for your fingers

For the filling:

1 tblsp. Olive oil or butter

1 cup onion, chopped

2 medium cloves garlic, minced

½ tsp. Salt

Freshly ground black pepper

¼ tsp. Dried thyme

½ tsp. Dried basil

1 medium cauliflower, broken into small florets

1 cup packed grated cheddar cheese (4-5 ounces)

2 eggs

¼ cup milk (I used fat-free)

Paprika

Cauliflower- Cheese Pie (continued)

Preheat the oven to 400 degrees. Coat a deep-dish pie pan with cooking spray.

To make the crust, place the freshly grated potatoes in a colander set over a bowl. Salt the potatoes and set aside for 10 minutes. Then squeeze out the excess water (which can be used for soup stock). In a large bowl, add the potato to the egg white and onion and combine. Pat the mixture into place in the pan with lightly floured fingers, building up the sides into an edge.

Bake for 30 minutes, then brush the crust with a little oil and bake for 10 more minutes. Remove from the oven and reduce the temperature to 375 degrees.

For the filling, heat the olive oil or butter in a large skillet over medium heat. Sauté the onion, garlic, salt, pepper (to taste) and herbs over medium heat for 5 minutes. Add the cauliflower, stir to coat, and cover. Cook until tender, stirring occasionally, about 8-10 minutes.

Spread half the cheese over the baked crust (it's all right if the crust is still hot). Spoon the sautéed vegetables evenly over the top, then sprinkle with the rest of the cheese.

In a small bowl, beat the eggs and milk together and pour the mixture over the top. Dust lightly with paprika to taste.

Bake 35-40 minutes, or until set. Serve hot or warm.

Nutritionals: Per serving (based on 8): 156 calories, 8 g protein, 14 g carbohydrates, 8 g fat, 69 mg cholesterol, 4 g saturated fat, 430 mg sodium, 2 g dietary fiber.

Rice and Beans with Avocado

Source: Cooking Light April 2005

HUs: 4

Serves: 6

Posted by: Kate (KateWD)

April 20, 2005

Notes: A great side for Mexican, good hot or cold. I subbed instant brown rice.

- 1 cup long-grain brown rice
- 2 cups water
- 1 (15-ounce) can black beans, rinsed and drained
- 2 cups halved cherry tomatoes
- 2/3 cup diced peeled avocado (about 1 medium)
- 1/3 cup chopped green onions
- 1/3 cup (1 1/2 ounces) shredded cheddar cheese
- 1 tablespoon chopped ripe olives
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Combine rice and water in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 35 minutes. Stir in beans; cook 10 minutes or until rice is done. Place rice mixture in a large bowl. Add remaining ingredients, tossing gently to combine.

Yield: 6 servings (serving size: 1 cup)

Broccoli with Dijon Vinaigrette

Source: Recipe Review Board 3/19/5

HU: 0

Servings: 8

Posted by: Waneyvant

Date: April 23, 2005

2 1/4 pounds fresh broccoli
2 tsp. olive oil
1/4 c. finely chopped green onions
1/2 tsp. dried tarragon
1/2 tsp. dry mustard
3 cloves minced garlic
2 T. red wine vinegar
2 T. water
1 T. Dijon mustard
1/8 tsp salt
1/4 tsp pepper

Remove broccoli leaves & cut tough ends of stalks, discard. Wash broccoli & cut into spears. Place in a steamer basket over boiling water. Cover & steam 6 minutes or until crisp tender. Place in a serving bowl, keep warm.

Heat oil in a small saucepan over medium heat. Add green onions & next 3 ingredients & saute 3 minutes. Remove from heat. Add remaining ingredients, stirring with a whisk until blended. Drizzle over broccoli, tossing gently to coat.

Cal: 52, Fat. 1.7 g; fiber 4.1 gram.

Chimichurri Steak with Jicama Salsa

Source: WW Take Out Tonight

HU: 6

Servings: 4

Posted by: Terijochums

Date: April 23, 2005

chimichurri =

1/2 cup cilantro, 1/2 cup parsley, 2 tbsp red wine vinegar, 2 tbsp lime juice, 1 tbsp olive oil, 2 garlic cloves. All in a blender or cuisnart (this is delicious - I made double just to have around).

Steak - 1 lb boneless sirloin in the broiler 5 min or so each side. then let rest and carve in strips across the grain

Jicama salsa - 1 small jicama peeled and cut into cubes mixed with, 4 tomatillos chopped, 1/2 avocado chopped, 1/2 red onion chopped and half the the chimichurri sauce you made above

serve - steak with chimichurri on top, with the jicama "salsa/salad" on the side. I also served FF tortillas with LF monterey jack.

Smoked-Salmon, Goat-Cheese, & Fresh-Dill Frittata

Source: Cooking Light May 1998

HUS:4

Servings: 4

Posted By: Waneyvant (Jane)

Date: April 24, 2005

Waney Notes: I halved the recipe, subbed low fat mozzarella & 1 tsp. dried dill; I used the refrigerated hash browns & just crumbled the salmon; cooking times are accurate.

Cooking spray

2 1/2 cups shredded peeled baking potato or refrigerated shredded hash brown potatoes

1/4 teaspoon salt

1/4 teaspoon pepper

6 large egg whites

2 large eggs

1/2 cup (2 ounces) crumbled goat cheese

3 ounces thinly sliced smoked salmon, cut into 1/4-inch-wide strips

1 tablespoon chopped fresh dill

Preheat oven to 350°. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add potato; sauté 5 minutes or until golden brown, and sprinkle with salt and pepper.

Combine the egg whites, eggs, goat cheese, and smoked salmon in a medium bowl, and stir well with a whisk. Spread the egg mixture evenly over the potato in skillet, and cook 2 minutes or until edges are set and bottom is lightly browned. Sprinkle the top with dill.

Bake at 350° for 5 minutes. Broil 3 minutes or until center is set. Carefully loosen frittata from skillet with a spatula; gently slide frittata onto a platter. Cut into 4 wedges.

CALORIES 202 (30% from fat); FAT 6.8g (satfat 3.2g, monofat 2.1g, polyfat 0.7g); PROTEIN 16.2g; CARBOHYDRATE 18.5g; FIBER 1.6g; CHOLESTEROL 128mg; IRON 1.5mg; SODIUM 589mg; CALCIUM 100mg;

Sea Bass Provençale

Source: Cooking Light, January 1999

Healthy Units: 4.5

Servings: 4

Posted by: ejwyatt (Emily)

Date: April 24, 2005

My notes: this is delicious. My fillet was pretty thick and it took longer to cook than the 10 minutes called for.

2 teaspoons olive oil
2 garlic cloves, minced and divided
1 1/2 cups diced tomato
1/3 cup chopped pitted kalamata olives
1/4 cup chopped fresh parsley, divided
1/4 cup water
1 tablespoon capers
4 (6-ounce) sea bass or striped bass fillets
2 teaspoons fresh lemon juice
1/4 teaspoon black pepper
1/4 teaspoon salt
1 tablespoon grated lemon rind

Heat oil in a large nonstick skillet over medium-high heat. Add 1 garlic clove; sauté 30 seconds. Stir in tomato, olives, 2 tablespoons parsley, water, and capers, and bring to a boil. Cover, reduce heat to medium, and cook 5 minutes. Add fillets, and sprinkle with lemon juice, pepper, and salt. Cover and cook 10 minutes or until fish flakes easily when tested with a fork; remove from heat.

Combine 1 garlic clove, 2 tablespoons parsley, and lemon rind. Spoon 2/3 cup tomato mixture onto each of 4 plates; top each portion with 1 fillet, and sprinkle with 1 tablespoon parsley mixture.

Yield: 4 servings

CALORIES 217 (29% from fat); FAT 7.1g (satfat 1.4g, monofat 3.3g, polyfat 1.8g);
PROTEIN 32.4g; CARBOHYDRATE 5.3g; FIBER 1.5g; CHOLESTEROL 70mg; IRON
1.5mg; SODIUM 463mg; CALCIUM 41mg;

Butter Cookies

Source: Creative Cookies-Toba Garrett

Date: April 25, 2005

HU's: 36 (3 doz) cookies: 2.5 HUs per cookie without icing or 5 HUs with icing.

42 (3 1/2 doz) cookies: 2.2 HUs per cookie without icing or 4.4 HUs with icing.

Posted by: CAROTS/Donna

Yield: up to 3 1/2 dozen cookies

*Notes- This dough is easy to work with, and rolls out beautifully, and tastes great. This dough can be rolled out immediately after making. Also, this dough can be made in advance. Wrap the dough well in plastic wrap, and then place it in a zippered plastic bag. The dough will last at least 2 weeks in the fridge, and up to 2 months if frozen. For a denser cookie, omit the baking powder. Mix the last cup of flour by hand, place the flour on the counter, and add the dough, mixing just enough until the flour is not visible. After rolling out, and cutting out cookies, pick up the scraps, and always add fresh dough to the ball, then roll out again.

1 cup (8 oz) unsalted butter

1 cup (8 oz) granulated sugar

1 large egg

1 tsp baking powder

1 tsp pure vanilla extract

3 cups all purpose flour; plus extra for rolling out dough.

Preheat oven to 350. In a large bowl, cream the butter and sugar with a mixer paddle attachment for 2 minutes. Stop and scrape the bowl. Cream the mixture for an additional 60 seconds. Beat in the egg and vanilla extract. Beat until well combined. (Do Not over mix)

Sift together baking powder and flour. Add the flour mixture 1 cup at a time to the creamed butter and sugar mixture. Mix thoroughly after each addition. Blend in the last cup of flour by hand. The dough will be stiff.

Divide the dough into two balls. Wrap one ball into plastic wrap until ready to use. On a floured surface, roll out the other ball 1/8 inch (the thickness of a quarter). Use a large offset metal spatula to run under the dough to prevent it from sticking. Cut out cookies with cookie cutters, dipping the cutters into flour before each use.

Carefully place the cut-out cookies onto an ungreased nonstick cookie sheet or a parchment lined half-sheet pan. Bake for 6 to 8 minutes or until the edges of the cookies begin to brown lightly. Let the cookies rest on the cookie sheet until ready to use.

Glace Icing

Source: Creative Cookies-Toba Garrett

HU: ?

Date: April 25, 2005

Posted by: CAROTS/Donna

Yield: 2 cups

*Notes-This is the chief icing used in Toba Garretts book. It's delicious, ridiculously easy to make, and dries to a perfect sheen. The drawback is that the icing takes a much longer time to dry. However, it's well worth the wait. This icing will last for up to 2 weeks in the fridge. Put the icing in a brand-new plastic container. Put plastic wrap directly over the icing and seal it with a tight fitting lid. When ready to reuse, stir the icing until the icing has a flow consistency. If you are dairy sensitive, you can replace the milk with water. Without milk, the icing can last over 3 weeks in the fridge. Double the recipe for the Butter Cookie recipe (3 /12 dozens)

1 lb 10x confectioners' sugar

3/8 cup milk

3/8 cup light corn syrup

Flavor Options: 1 tsp of concentrated extracts, or 1 TBSP of your favorite alcohol or liquer, or 2 to 3 drops of concentrated candy oil

In a mixing bowl, thoroughly mix the sugar and the milk first. The icing should be very soft, and have a heavy-cream texture before you add the corn syrup. Add the corn syrup and mix just until combined.

Divide the icing in several bowls. Flavor each bowl with extracts, alcohol, or candy oils.

Color each bowl of icing as desired.

Cover the bowl with plastic wrap to prevent drying until you're ready to use it.

Glace Outline Icing

Source: Creative Cookies-Toba Garrett

Date: April 25, 2005

HU: ?

Posted by CAROTS/Donna

Yield: 2/3 cup

*Notes- This icing produces a translucent outline. It gives a borderless appearance, as though the cookies were NOT outlined. This icing should be placed in a brand-new plastic container with plastic wrap directly over the icing and sealed with a tight fitting lid. Refrigerate up to 2 weeks. Re-beat the icing when you're ready to use it.

1/2 cup Glace Icing

6 to 8 heaping TBSP 10x confectioners' sugar

Mix until combined. The icing should be very stiff. If it's not stiff enough, add additional confectioners' sugar until you have a medium-stiff consistency. Wrap the icing with plastic wrap to prevent drying.

Chile Verde

Cooking Light May 2005

H.U. - 5

Servings: 8

Posted by "Scarehair" (Carrie)

Date 4/25/05

Comments: This was a huge hit and will be used often. I serve it with tortillas and the cabbage salad from the same CL issue as a filler instead of a side. Leftovers taste even better. This also freezes great so when I make this again it will always be in double batches. CL suggests to serve this with extra cilantro and lime wedges.

1 Tablespoon canola oil
2 (1-pound) pork tenderloins, trimmed and cut into 1" cubes
1 1/2 tsps salt
1/4 tsp fresh ground pepper
1/4 Cup all purpose flour
4 Cups chopped onion
2 pounds small tomatillos, husked, stems removed, and quartered
1 pound anaheim or poblano chiles (4 medium) cut into 1 inch pieces
6 garlic cloves, chopped
3 Cups water
1 Cup chopped fresh cilantro
1 tsp cumin
1/2 tsp dried oregano

Heat canola oil in stockpot over medium-high heat. Sprinkle pork with salt and pepper. Place with flour in a large ziplock bag. Shake to coat. Add pork to pan. Saute 5 minutes, browning on all sides. Remove pork from pan.

Add onion, tomatillos, chiles and garlic to the pan; saute 8 minutes or until tender. Add pork, water, and remaining ingredients to pan; bring to a simmer. Cook 2 hours or until pork is tender, stirring occasionally. Yield: 8 servings (serving size 1 1/3 cups.)

CAL 267 (26% from fat); FAT 7g; Protein 26.4g; CARB 18.9g; FIBER 3.7g; CHOL 74mg; IRON 2.7mg; SODIUM 511mg; CALC 45mg

Cabbage Salad (aka Mexican Coleslaw)

CL May 2005

Healthy Units: 1

Servings: 8

Posted by "Scarehair" (Carrie

Date April 25, 2005

Comments: GReat slaw that works well as a taco filler as well as a salad. I personally prefer more lime juice (nearly twice as much, in fact.) Leave out the jalapeno if you have little kids and add red pepper flakes to your own serving.

16 cups thinly sliced cabbage (I did a mix of red and green)

4 Cups thinly sliced onion

1 Cup fresh chopped cilantro

3 Tablespoons lime juice

1 Tablespoon canola oil

1/2 tsp salt

1 jalapeno pepper, seeded and finely chopped

Combine all ingredients; toss well. Yield 8 cups (serving size 1 Cup)

CAL 86 (19% from fat). FAT 2.1g; PROTEIN 3.3g; CARB 16.2g; FIBER 4.6g; CHOL 0g; IRON 1.3mg; SODIUM 184 mg; CALC 101 mg

Simple White Bread

CL May 2005

HU : 2

Servings: 12

Posted by "Scarehair" (Carrie)

4/25/05

Comments: Best and easiest white bread I've ever made. I used my Kitchenaid for the kneading and it worked great. I suggest making two loaves at a time instead of one. Stale leftovers are great toasted or for making french toast or Monte Cristos.

1 tsp sugar
1 pkg dry yeast
1 1/4 Cups warm water, divided
3 Cups all purpose flour
1 1/4 tsp salt
Cooking spray
1 large egg, beaten

Dissolve sugar and yeast in 1/4 Cup warm water in a large bowl; let stand 5 minutes.

Lightly spoon flour into dry measuring cups, level with a knife. Add. 1 cup warm water, flour and salt to yeast mixture; stir until a soft dough is formed. Turn out onto floured surface. Knead dough until smooth and elastic (about 5 minutes).

Place dough in large bowl coated with cooking spray, turn to coat. Cover and let rise in a warm place 45 minutes or until doubled in size.

Uncover dough and punch down. Cover and let rise 30 minutes. Uncover and punch down again. Cover and let rest 10 minutes. Roll into a 14x7" rectangle on floured surface. Roll up tightly starting with short edge, pressing firmly to eliminate air pockets; pinch seam to seal. Place roll seam side down in an 8x4" loaf pan coated with cooking spray. Cover and let rise 30 minutes or until doubled in size.

Uncover dough and gently brush with beaten egg. Bake at 425 for 12 min. Reduce temp to 350 (don't remove bread from oven) and bake additional 15 min. Remove from pan and cool on wire rack. Yields 12 servings (serving size 1 slice).

CAL 123 (6% from fat); FAT 0.8g; PROTEIN 4g; CARB 24.5g; FIBER 1g; CHOL 18 mg; IRON 1.6mg; SODIUM 253 mg; CALC 7g

Tuna-Noodle Casserole

Source: Better Homes & Gardens New Diet Cookbook

Healthy Units: 5

Servings: 6

Posted by: bms2003 (Betty)

Date: April 26, 2005

4 oz dried medium noodles
1 9-1/4 oz can tuna (water-packed)
1 T margarine or butter, melted
1/4 c fine dry bread crumbs
1 10-oz pkg frozen cut green beans (or mixed vegetables)
1 c sliced fresh mushrooms
3/4 c chopped green or red sweet pepper
1/2 c chopped onion
1/2 c sliced celery
1 t instant chicken bouillon granules
1 clove garlic, minced
1-1/2 c skim milk
1 T cornstarch
1/2 t dry mustard
1/2 c shredded American or Swiss cheese

Cook noodles according to package directions; drain and set aside.

Meanwhile, drain and flake the tuna. Toss the margarine or butter with bread crumbs. Set aside.

In a large saucepan combine green beans, mushrooms, sweet pepper, onion, celery, bouillon granules, garlic, and 1/2 cup water. Bring to boiling; reduce heat. Simmer, covered 5 minutes or until vegetables are tender.

Meanwhile, stir together milk, cornstarch and dry mustard. Stir into vegetable mixture. Cook and stir until slightly thickened and bubbly. Remove from heat, then stir in cheese until melted. Stir in noodles and tuna.

Spoon mixture into a 2-quart casserole. Sprinkle bread crumb mixture around outside edge of casserole. Bake, uncovered, in a 350° oven for 25 to 30 minutes or until bread crumbs are golden brown.

Nutritionals: 230 calories, 6 g total fat (2 g saturated fat), 35 mg cholesterol, 519 mg sodium, 25 g carbohydrate, 1 g fiber, 19 g protein.

Turkey Meatloaf

Adapted from The Barefoot Contessa Cookbook

HU: 6

Servings: 8

Posted by Tracy (Nikkie1t)

April 26, 2005

My comments: This is a lightened version of Ina Garten's turkey meatloaf. It is very flavorful and moist. I made it into 8 mini meatloaves rather than one large loaf, and it only baked 30 minutes. The glaze recipe is JillW's. I found the meat loaf recipe on this website, where there is also a good picture of the finished product: <http://wordstoeatby.blogspot.com/2005/04/barefoot-contessas-turkey-meatloaf.html>

1 large yellow onion, chopped fine
1 T. olive oil
1 t. salt
½ t. freshly ground black pepper
1 t. fresh thyme leaves (½ t. ground)
3 T. Worcestershire sauce
6 T. chicken broth
1 t. tomato paste
2 ½ lb. ground turkey [I use 1 package each of "lean" and of breast]
¾ cup plain dry bread crumbs
4 large egg whites, beaten

Glaze ingredients:

1/2 cup ketchup
4 tablespoons brown sugar
4 teaspoons cider vinegar

Preheat the oven to 350. In a medium sauté pan, on medium-low heat, cook the onions, olive oil, salt, pepper, and thyme until the onions are translucent but not browned, approximately 15 minutes. Add the Worcestershire sauce, chicken broth, and tomato paste and mix well. Allow to cool to room temperature. [I put it into the large mixing bowl I'll be using in the next step, and stick it in the fridge for 10-15 minutes.]

While onion mixture is cooling, line a baking sheet with foil and spray with non-stick cooking spray. Set aside. Combine the ground turkey, bread crumbs, egg whites, and onion mixture in a large bowl. Mix well and shape into a rectangular loaf on the prepared baking sheet. Combine the glaze ingredients and spread evenly on top and sides of loaf.

Bake for 1 ½ hours, until the internal temperature is 160 degrees and the meat loaf is cooked through. (A pan of hot water in the oven, under the meatloaf, will keep the top from cracking.)

Serve hot, room temperature, or cold in a sandwich. [Sandwiches made on lightly toasted rye, with mustard and ketchup, are killer.]

Double Corn-And-Ham Casserole

"Cooking Light, July 1998"

HU 5

Serving Size : 6

Posted by MG-Driver

April 27, 2005

NOTES : Make corn bread ahead if you can! I used regular onion instead of green. Also used 2 cups of ham (add 0.5 points). 6 cups of fresh corn was in original recipe but feedback on web was that it wasn't as good as the two cans. I modified the recipe accordingly. Some really liked it with just 2 cans of regular corn.

Corn bread:

1/2 c flour

1/3 c cornmeal

1 T splenda

1 t baking powder

1/2 t salt

1/2 c skim milk

1 T vegetable oil

1 lg egg white

cooking spray

Casserole:

1 can creamed corn

1 can corn

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

1 c ham, extra lean -- diced

1/2 c green onion

1/4 t salt

1/4 t black pepper

1 c reduced fat cheddar cheese - shredded (4 oz.)

1 lg egg

fresh chives

Preheat oven to 400. Prepare corn bread: Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour through salt in a medium bowl; make a well in center of mixture. Add milk, oil, and egg white to flour mixture; stir just until moist. Spoon batter into 9-inch square baking pan coated with cooking spray. Bake at 400 for 18 minutes or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack, and crumble into a medium bowl.

Reduce oven temperature to 350. Prepare casserole: Combine corn through black pepper in a large saucepan, and bring mixture to a boil. Simmer for 6 minutes. Let cool.

Combine the corn mixture, crumbled corn bread, cheese, and egg in a large bowl. Spoon the mixture into a 10-inch deep dish pie plate or 2-quart casserole coated with cooking spray. Bake at 350 for 50 minutes or until golden brown. let stand 5 minutes before serving. Garnish with

chives if desired.