

Crab Imperial Bites

Source: Adapted from the Ultimate Southern Living Cookbook

HUs: 1

Serves: 30

Posted by: Kate (KateWD)

November 22, 2005

Notes: These were easy to put together and a huge hit in my house. I used a bit more Worcestershire and sherry than called for, and I used regular milk and mayonnaise. (I would think you could sub 1% milk and light mayonnaise). You could also bake the crab mixture in a large baking dish or 4 individual ramekins and bake a little longer for a main dish.

- 2 T chopped onion
- 2 T chopped green pepper
- 3 T light butter
- 2 T flour
- ½ cup milk
- 1 lb fresh crabmeat, drained
- ¼ cup mayonnaise
- 1 T Old Bay seasoning (original called for 1 tsp)
- ¼ tsp black pepper
- ¼ tsp Worcestershire sauce
- dash of hot sauce
- 1 T dry sherry
- Paprika
- 2 packages Athens Mini Fill shells (15 per package)

Sauté onion and green pepper in butter in large skillet until tender.

Combine the flour and the milk, stirring well. Add to the vegetable mixture; cook stirring constantly, 1 to 2 minutes or until mixture is thickened.

Add crabmeat and next 5 ingredients, stir in sherry. Spoon mixture into mini fillo shells and sprinkle with paprika. Baked, uncovered for 15 minutes at 350 or until thoroughly heated.

Sweet Potato and Squash Bake

Source: weightwatchers.com

HU's: 2

Servings: 6

Posted by: CJMartin717 (Cindy)

11/25/05

WW Comment: This sweet root-vegetable side dish is the perfect accompaniment to all of your fall gatherings. Serve it on Rosh Hashanah or Thanksgiving for a tasty side dish to poultry or meat.

Cindy's Comment: We served this on Thanksgiving and everyone liked it - kids included. It was the only dish I had seconds of.

Ingredients

1/2 pound sweet potato(es)
2 pounds acorn squash, about 1 large
2 tsp canola oil (we used olive oil)
1 Tbsp unpacked brown sugar
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg (I probably used more - I love nutmeg)

Instructions

Preheat oven to 375°F. Coat an 8-inch square pan with cooking spray.

Peel sweet potatoes and squash, cut into 1-inch cubes and place in prepared pan. Drizzle with oil and sprinkle with sugar, cinnamon and nutmeg; toss to coat mixture well.

Bake, covered with aluminum foil, for 35 minutes, stirring occasionally. Yields about 1/2 cup per serving.

Whole-Wheat Finger Rolls

Source: Weight Watchers Magazine Nov/Dec 2005

HUs: 2.45

Serves: 12

Posted by: Kate (KateWD)

November 25, 2005

Notes: I made these the night before and put them in the fridge until I was ready to bake them. They have a nice light texture and a hint of sweetness from the brown sugar.

2 cups whole-wheat flour

3 T brown sugar

1 T baking powder

1 tsp baking soda

½ tsp salt

3 T cold unsalted butter, cut into small pieces (I used light butter)

¾ cup low-fat buttermilk

¼ cup fat-free egg substitute

¾-1 cup all-purpose flour

Preheat oven to 375. Spray an 8 inch square baking pan with nonstick spray. Whisk the whole-wheat flour, brown sugar, baking powder, baking soda and salt in a bowl. Add the butter and stir until coarse crumbs form.

Combine the buttermilk and egg substitute and slowly add the flour mixture, stirring until well blended. Add the all purpose flour ¼ cup at a time stirring until a soft dough forms.

Turn the dough onto a lightly floured work surface and knead 3-4 times. Pat into an 8-inch square and place in baking pan. Score the dough to mark 12 finger-size pieces. If desired, cover the rolls with plastic and wrap and refrigerate up to 3 hours (I refrigerated overnight and they were fine). Bake until golden brown, 25-30 minutes. Serve warm.

Per serving (1 roll); 140 cal; 3 gr fat; 3 gr fiber

Sausage Quiches

Source: Southern Living Holidays

Serves: 45

HUs: 1

Posted by: Kate (KateWD)

November 25, 2005

These bite size quiche taste mimic the flavor of turkey stuffing. I froze these before baking, and put them in the oven directly from the freezer for about 20 minutes.

¼ pound ground hot Italian turkey sausage
¼ cups minced celery
3 T minced onion
3 large eggs, lightly beaten
¾ cup fat free half and half
½ cup finely shredded light mozzarella cheese
½ tsp poultry seasoning
¼ tsp salt
¼ tsp ground pepper
1/8 tsp rubbed sage
3 (2.1 oz) packages mini phyllo shells (15 per package)
Garnish: chopped fresh chives

Cook first 3 ingredients in skillet over medium high heat 8 minutes, stirring occasionally or until sausage is finely crumbled and no longer pink.

Combine sausage mixture, eggs and next 6 ingredients in a medium bowl; stir well and spoon mixture evenly into shells. Bake at 350 for 15 minutes or until set. Garnish with chives and serve warm.

Eggnog Cranberry Pie

posted by: MisssFittt (VickieMN)

Serving Size: 8

Categories: dessert

"Country Woman Nov/Dec 2005

6.8 HU per serving

Amount Measure Ingredient -- Preparation Method

1 each rolled dough pie crust -- 9 inch, baked

1/2 cup sugar

1 tablespoon cornstarch

6 tablespoons cold water -- divided

2 cups cranberries -- fresh or frozen

1 tablespoon unflavored gelatin

1 3/4 cups LandOLakes Light Eggnog

2 tablespoons rum -- or 1 teaspoon rum extract

1/2 cup heavy whipping cream

1/8 teaspoon ground nutmeg

Bake pie crust and allow to cool.

In a large saucepan, combine the sugar, cornstarch, and 2 tablespoons water until smooth; stir in cranberries. Cook over medium heat for 5 minutes or until thickened, stirring occasionally. Cool for 15 minutes. Pour into pastry shell; set aside.

In a small saucepan, sprinkle the gelatin over the remaining water; let stand for 5 minutes. Cook and stir over low heat, stirring until gelatin is completely dissolved.

Gradually stir in the eggnog and rum. Refrigerate for 5 minutes or until slightly thickened, stirring occasionally.

Fold in whipped cream; pour over cranberry layer. Refrigerate for 2 hours or until set. Sprinkle with nutmeg.

Per Serving (excluding unknown items): 292 Calories; 14g Fat (41.5% calories from fat); 3g Protein; 41g Carbohydrate; 1g Dietary Fiber; 36mg Cholesterol; 192mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

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Pumpkin & Cheesecake Roll

Adapted from unknown source

HU: 3.3 per serving

Servings 10

Posted by DebMj1

November 26, 2005

My Notes: This creates a very light and airy pumpkin roll. The directions say to let it refrigerate for an hour, but we found it to be considerably better the day after it's made. Therefore, plan to make it a day ahead of serving.

1/2 cup all-purpose flour
2 tsp pumpkin pie spice
1 tsp baking powder
2 egg yolks
1/3 cup Splenda sugar substitute
1/2 cup sugar
1/2 cup pumpkin, canned
3 Tbsp skim milk

4 egg whites
powdered sugar
4 oz. Neufchatel cheese (soft or brick is fine)
1/2 cup powdered sugar
1 tsp vanilla
1 cup nonfat ricotta cheese

To make the cake: Preheat the oven to 375 F. Spray a 15x10x1" baking pan with nonstick spray. Line the bottom of the pan with wax paper, then spray the wax paper with nonstick spray. Set the pan aside.

In a small bowl, stir together the flour, pumpkin pie spice and baking powder; set aside.

Place the egg yolks in a large bowl. Use an electric mixer to beat the yolks on high speed about 5 minutes. Slowly add the 1/3 cup sugar, beating constantly. Then add the pumpkin and buttermilk. Beat until well combined. Add the flour mixture to the yolk mixture and beat on low speed until just combined.

In another large bowl, beat the egg whites with clean, dry beaters until soft peaks form. Then slowly beat in the 1/2 cup sugar. Stir 1/4 of the egg white mixture into the pumpkin mixture, and then gently fold in the remaining egg white mixture.

Spread the batter evenly in the prepared pan. Bake for 12 to 15 minutes or until the cake springs back when lightly touched in the center. Meanwhile, lightly sift the powdered sugar onto a clean dishtowel.

Immediately loosen the cake from the sides of the pan and invert it onto the towel. Remove the wax paper and roll up the towel and the cake together, jelly-roll fashion, starting from a short end. Transfer the cake to a wire rack, seam side down, and cool completely.

To make the filling: In a small bowl, beat together the cream cheese, powdered sugar and vanilla until well mixed. Stir in the ricotta cheese until well combined. Cover and refrigerate until ready to use.

To assemble the roll: Unroll the cake. Spread the filling on the cake to within 1/2" of the edge.

Then roll up the cake without the towel. Transfer the cake to a serving plate. Cover with plastic wrap and chill in the refrigerator for at least 1 hour before serving.

Dark Chocolate Orange Cake

Source: Cooking Light November 2005

HU: 3.5

Servings: 6 (serving size: 1 slice)

Posted by: Emily (EJWyatt)

November 26, 2005

CL Notes: You will need an eight-inch springform pan for this rich and fudgy dessert. Dark chocolate and orange are a classic flavor combination. Garnish the center of the cake with curls of orange rind for a great finishing touch.

Em's Notes: The reviews on the CL site were not very good. Many had problems with the cake being very flat. I had no problems. I did bake it about 5-10 minutes longer than the recipe called for, I didn't think that the top was completely set at 20 minutes.

Ingredients:

Cooking spray	flavored liqueur)
3/4 cup powdered sugar	1 tablespoon hot water
3 large eggs	Dash of salt
2 tablespoons cornstarch	2 ounces bittersweet chocolate,
3 tablespoons unsweetened cocoa	chopped
2 tablespoons fresh orange juice	Powdered sugar (optional)
1 tablespoon Triple Sec (orange-	Orange rind strips (optional)

Instructions:

Preheat oven to 350°.

Coat an 8-inch springform pan with cooking spray; line bottom of pan with parchment or wax paper. Wrap outside of pan with aluminum foil.

Place 3/4 cup sugar and eggs in a bowl; beat with a mixer at high-speed 7 minutes.

Combine cornstarch and cocoa in a small bowl; set aside. Place juice, liqueur, water, salt, and chocolate in a small glass bowl; microwave at high 1 minute or until almost melted, stirring every 20 seconds until smooth. Add cornstarch mixture; whisk until smooth.

Gently stir one-fourth of egg mixture into chocolate mixture; gently fold into remaining egg mixture. Scrape batter into prepared pan. Place pan in a 13 x 9-inch baking pan; add hot water to larger pan to a depth of 1 inch. Bake at 350° for 20 minutes or until top is set. Remove cake pan from water; cool 5 minutes on a wire rack. Loosen cake from sides of pan using a narrow metal spatula; cool to room temperature. Cover and chill at least 4 hours or overnight. Garnish with powdered sugar and rind just before serving, if desired.

CALORIES 175(31% from fat); FAT 6.1g (sat 3g,mono 1.3g,poly 0.4g); PROTEIN 4.3g; CHOLESTEROL 107mg; CALCIUM 17mg; SODIUM 33mg; FIBER 1.7g; IRON 0.8mg; CARBOHYDRATE 26.1g

Glazed Carrots With Orange & Cranberries

Source: Cook's Illustrated

Healthy Units: 1

Servings: 6

Posted By: Bawstinn32 (Maria)

November 27, 2005

1/4 cup dried cranberries
1 pound carrots -- peeled and sliced 1/4-inch thick on the bias
1/2 teaspoon table salt
2 tablespoons granulated sugar
1/4 cup low-sodium chicken broth
1/2 teaspoon orange zest
1/4 cup orange juice
1 tablespoon unsalted butter -- cut into 4 pieces
Ground black pepper

Bring cranberries, carrots, salt, 1 tablespoon sugar, chicken broth, orange zest, and orange juice to boil, covered, in 12-inch nonstick skillet over medium-high heat; reduce heat to medium and simmer, stirring occasionally, until carrots are almost tender when poked with tip of paring knife, about 5 minutes. Uncover, increase heat to high, and simmer rapidly, stirring occasionally, until liquid is reduced to about 2 tablespoons, 1 to 2 minutes.

Add the butter and remaining 1 tablespoon sugar to the skillet. Toss the carrots to coat and cook, stirring frequently, until the carrots are completely tender and the glaze is light gold, about 3 minutes. Transfer the carrots to a serving dish, scraping the glaze from the pan into the dish. Season to taste with pepper and serve immediately.

Per Serving (excluding unknown items): 68 Calories; 2g Fat (26.5% calories from fat); 1g Protein; 12g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 219mg Sodium.
Exchanges: 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Roasted Green Beans with Red Onion and Walnuts

Source: Cook's Illustrated

Healthy Units: 1 (3 with walnuts)

Servings: 4

Posted By: Bawstinn32 (Maria)

November 27, 2005

Comments: Not a fan of nuts in my vegetables, so I left them off.

1 tablespoon balsamic vinegar
1 teaspoon honey
1 teaspoon fresh thyme leaves
2 medium cloves garlic -- thin sliced
1 pound green beans -- stem ends snapped off
1/2 whole red onion -- cut into 1/2-inch-thick wedges
1 tablespoon olive oil
Table salt and ground black pepper
1/3 cup chopped walnuts

Combine vinegar, honey, thyme, and garlic in small bowl; set aside.

Adjust oven rack to middle position; heat oven to 450 degrees. Line rimmed baking sheet with aluminum foil; spread beans and onion wedges on baking sheet. Drizzle with oil; using hands, toss to coat evenly. Sprinkle with 1/2 teaspoon salt, toss to coat, and distribute in even layer. Roast 10 minutes.

Remove baking sheet from oven. Using tongs, coat beans and onion evenly with vinegar/honey mixture; redistribute in even layer. Continue roasting until onions and beans are dark golden brown in spots and beans have started to shrivel, 10 to 12 minutes longer.

Adjust seasoning with salt and pepper and toss well to combine. Transfer to serving dish, sprinkle with walnuts, and serve.

Per Serving (without walnuts): 77 Calories; 4g Fat (37.4% calories from fat); 2g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Per Serving (with walnuts): 140 Calories; 9g Fat (55.4% calories from fat); 5g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Fresh-Herb Turkey

Source: The Complete Cooking Light

HU: 6

Servings: 12

Posted by: Waneyvant (Jane)

Date: November 28, 2005

1 (12-pound) fresh or frozen whole turkey, thawed
2 T. chopped fresh sage
3 t. chopped fresh chives, divided
2 t. chopped fresh thyme, divided
1 t. chopped fresh parsley
Cooking spray
2 3/4 c. fat-free, less-sodium chicken broth, divided
1/3 c. dry sherry
2 T. all-purpose flour
2 T. chopped fresh parsley

Preheat oven to 350°. Remove giblets and neck from turkey; discard. Rinse turkey thoroughly with cold water; pat dry. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Combine sage, 2 t. chives, 1 t. thyme, and 1 t. parsley in a small bowl. Rub sage mixture under loosened skin and inside body cavity. Tie ends of legs with cord. Lift wing tips up and over back; tuck under bird.

Place turkey on a broiler pan coated with cooking spray or on a rack set in a shallow roasting pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone. Bake at 350° for 3 hours or until thermometer registers 180°. (Cover turkey loosely with foil if it gets too brown.) Remove turkey from oven. Cover loosely with foil; let stand at least 10 minutes before carving.

Place a zip-top plastic bag inside a 2-cup glass measure. Pour drippings from pan into bag; let stand 10 minutes (fat will rise to the top). Seal bag; snip off 1 bottom corner of bag. Drain drippings into a medium saucepan, stopping before the fat layer reaches the opening. Stir in 2 1/2 cups broth and sherry. Bring to a boil; reduce heat, and simmer 10 minutes. Combine 1/4 cup broth and flour in a small bowl, stirring well with a whisk. Stir into sherry mixture, and bring to a boil, stirring constantly. Stir in 2 T. parsley, 1 t. chives, and 1 t. thyme. Serve sauce with turkey.

Serving size: 6 ounces turkey and 1/4 cup sauce

CALORIES 264; FAT 4.1g; FIBER 0.1g

Blue Cheese and Bacon Twice-Baked Potatoes

Source: Cooking Light, Nov. 2005

HU: 5

Servings: 8

Posted by: Waneyvant (Jane)

Date: November 30, 2005

CL Notes: You can stuff and refrigerate the potato shells up to two days ahead. Add about five min. to the cook time if starting with cold potatoes. Serve with everything from steak to Thanksgiving dinner.

5 (12-oz.) baking potatoes
1 1/2 c. low-fat buttermilk
1/2 c. (2 oz.) crumbled blue cheese
1/4 c. finely chopped fresh chives
2 T. butter
1 1/4 t. salt
1/4 t. freshly ground black pepper
4 bacon slices, cooked and crumbled

Preheat oven to 375°. Bake potatoes at 375° for 1 hour or until tender. Cool 10 minutes or until cool enough to handle. Cut each potato in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell. Place potato pulp, buttermilk, and remaining ingredients in a large bowl; beat with a mixer at medium speed until well blended. Spoon about 1/2 cup potato mixture into each of 8 shells (reserve remaining shells for another use). Arrange stuffed shells on a baking sheet. Bake at 375° for 20 minutes or until thoroughly heated.

Yield: 8 servings (serving size: 1 stuffed shell)

CALORIES 264; FAT 7.4g; FIBER 3.8g

Waney Notes: i would use a stronger blue cheese next time, very mild flavor

Smashed Spiced Sweet Potatoes

Source: Eating Well Oct/Nov, 2005

HU: 2

Servings: 12

Posted by: Emily (EJWyatt)

November 30, 2005

Em's Notes: These sweet potatoes were delicious. My chili powder was very spicy, so they were pretty hot. If you prefer less heat, be sure that you use a mild chili powder.

4 pounds sweet potatoes (about 4-5 large)
2 T butter
2 T pure maple syrup
1 T chili powder
2 t cumin seeds, toasted and ground (I used ground cumin)
1 t ground ginger
1 t salt
½ t freshly ground pepper

Preheat oven to 350°. Pierce each sweet potato in several places with a fork. Place directly on the oven rack and roast until soft, 45 minutes to 1 hour. Transfer to a cutting board; let stand until cool enough to handle, about 10 minutes. Slip off the skins and cut the sweet potatoes into 1" slices; transfer to a large bowl.

Smash the sweet potatoes with a potato masher or fork until fluffy but some lumps remain. Add maple syrup, chili powder, ground cumin, ginger, salt and pepper. Stir to combine.

Yield: 12 ½ Cup servings

CALORIES 113; FAT 2g (sat 1g,mono 1g,); PROTEIN 2g; CHOLESTEROL 5mg;
SODIUM 243mg; FIBER 3g; CARBOHYDRATE 22g

Steak, Shiitake, and Bok Choy Stir-Fry

Category: Meats (M)

Source: Cooking Light December, 2005

HU: 5.5

Servings: 4 (serving size: about 1 1/2 cups)

Posted by: Emily (EJWyatt)

November 30, 2005

CL Notes: Pick up sliced onions, bell peppers, and mushrooms at the supermarket deli salad bar. You can use Asian stir-fry greens (usually a mix of bok choy and mustard greens) from the produce aisle in place of bok choy. Total time: 45 minutes.

2 tablespoons grated fresh ginger
1 tablespoon minced fresh garlic
3 tablespoons low-sodium soy sauce
4 teaspoons cornstarch, divided
1 teaspoon toasted sesame oil
1/2 teaspoon crushed red pepper
1 pound flank steak, trimmed and thinly sliced
Cooking spray
2 cups thinly sliced shiitake mushrooms (about 1/2 pound)
1 cup thinly vertically sliced onion
1 cup red bell pepper strips
4 cups sliced bok choy (about 1 medium head)
1 cup less-sodium beef broth

Combine ginger, garlic, soy sauce, 2 teaspoons cornstarch, oil, and crushed red pepper in a large zip-top bag; add steak to bag. Seal and marinate in refrigerator 20 minutes. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray, and add mushrooms, onion, and bell pepper to pan. Cook 3 minutes or until crisp-tender; transfer to a large bowl. Add bok choy to pan; sauté 2 minutes or until slightly wilted; add to bowl; keep warm.

Recoat pan with cooking spray. Add half of steak mixture to pan; cook 3 minutes or until browned, stirring occasionally. Transfer to a large bowl; keep warm. Coat pan with cooking spray. Add remaining steak mixture to pan; cook 3 minutes or until browned, stirring occasionally. Add to bowl; keep warm.

Combine broth and remaining 2 teaspoons cornstarch, stirring with a whisk. Add to pan, scraping pan to loosen browned bits. Bring to a boil; cook 1 minute or until mixture thickens, stirring constantly. Return steak and vegetables to pan; toss gently to coat.

CALORIES 270(30% from fat); FAT 9g (sat 3.1g,mono 3.2g,poly 1g); PROTEIN 28.6g; CHOLESTEROL 45mg;

CALCIUM 244mg; SODIUM 706mg; FIBER 3.4g; IRON 4.5mg; CARBOHYDRATE 16.9g
Cooking Light, DECEMBER 2005

Curried Chicken with Fresh & Dried Cranberries

Source: Eating Well Oct/Nov, 2005

HU: 4.5

Servings: 8 (3/4 cup servings)

Posted by: Emily (EJWyatt)

November 30, 2005

Em's Notes: This was delicious served over brown rice. It is a mild dish and will be only as hot as the curry powder that you use.

3 t canola oil, divided
2 pounds boneless, skinless chicken breasts, trimmed of fat and cut cross-wise into 1/2"-thick slices
3 T mild or medium curry powder, divided
2 t butter
1 small onion, chopped
1 T yellow mustard seeds
Generous 1/4 t of ground cardamom or cloves
1 15-ounce can diced tomatoes with mild green chiles
1 1/2 C reduced-sodium chicken broth
1 1/3 C sweetened dried cranberries
1 C cranberries, fresh or frozen, thawed, coarsely chopped
1 T minced fresh ginger
1/4 t salt, or to taste
Chopped fresh cilantro leaves for garnish

1. Heat 1 1/2 t oil in a non-reactive Dutch oven over medium-high heat until hot but not smoking. Add half the chicken pieces and sprinkle with a generous 1/2 t curry powder. Cook, stirring occasionally, until chicken is beginning to brown, about 5 minutes. Transfer to a large plate. Add the remaining 1 1/2 t oil to the pot and heat until hot. Add the remaining chicken; sprinkle with another generous 1/2 t of curry powder and cook, stirring occasionally, until beginning to brown, about 5 minutes. Transfer to a large plate.

2. Add butter, onion and mustard seed to the pot; cook, stirring, until the seeds pop and the onion begins to brown, 2 to 4 minutes. Return the chicken and any accumulated juices to the pot, sprinkle with the remaining curry powder and cardamom (or cloves); stir to coat the chicken with the spices. Cook, stirring, for 1 minute.

3. Stir in tomatoes, broth, dried and fresh cranberries, ginger and salt. Bring to a boil, reduce heat to a simmer and cook, stirring occasionally, until the mixture reduces slightly and the chicken is cooked through, 10 to 12 minutes more. Serve garnished with cilantro.

Yield: 8 3/4 Cup servings

CALORIES 251; FAT 6g (sat 2g,mono 2g,); PROTEIN 25g; CHOLESTEROL 66mg; SODIUM 224mg; FIBER 4g; CARBOHYDRATE 25g

Fettuccine with Lump Crab Meat & Garlic Cream

Source: CLBB posted by landk

HUs: 7

Serves: 6

Posted by: Kate (KateWD)

December 2, 2005

I lightened the original recipe by using light butter, fat free half and half and whole wheat pasta, it was still very rich and satisfying, truly restaurant quality and it is ready in 30 minutes. HUs are with my subs; using regular fettuccine brings the HUs to 8. Instead of fish stock I subbed Better Than Bouillon lobster base which definitely contributed to the overall flavor of the dish

16 oz. Jumbo lump or backfin crab meat

16 oz. fettuccine (I used whole wheat)

2 TBS. butter (I used light butter)

2 TBS. flour

1 cup fish stock, or 1/2 cup clam juice mixed with 1/2 cup water (subbed Better Than Bouillon lobster base)

2 TBS. brandy

2 bay leaves

1 TBS. minced garlic (doubled)

12 fresh basil leaves, chopped

1 cup heavy cream (subbed fat free half and half)

Salt and ground white pepper

Freshly grated Parmesan cheese

Cook fettuccine according to package directions. While fettuccine is cooking prepare sauce. In a saucepan melt butter and whisk in flour, stirring constantly for about 2 minutes, taking care not to brown flour. Off heat, whisk in fish stock or clam juice mixture, brandy, bay leaves, garlic and half of the chopped basil and cream. Bring to a boil, reduce heat, and allow sauce to cook over a med. heat for about 5 minutes. Remove and discard bay leaves. Season with salt & pepper. Gently fold in about 12 oz. of Crabmeat. Drain fettuccine and transfer it to a warm serving bowl. Pour sauce over the fettuccine and toss gently, but making sure pasta is coated. Garnish w/remaining 4 oz. of Crabmeat and chopped basil. Serve immediately w/Parmesan cheese on the side.

Chicken Enchilada Soup

Source: Recipe Review Board

Healthy Units: 6 (4)

Yield: 8 servings (12)

Posted by: Suzfehr

December 4, 2005

1 pound boneless, skinless, chicken breast, cooked (I boiled)
1/2 cup diced onion (1 small onion)
6 cloves garlic, minced
4 cups fat-free chicken broth
1 cup masa harina (corn flour; I found the Quaker brand near the specialty foods)
3 cups water
10 oz can enchilada sauce (I used mild)
16 oz. Velveeta Light (diced)
1 tsp chili powder
1/2 tsp cumin

Add 2 tbsp of chicken broth to a large pot over medium heat. Add onions and garlic and sauté over medium heat for about 2 minutes or until onions become translucent. Add remaining chicken broth.

Combine masa harina with 2 cups of water in a medium bowl and whisk until blended. Add masa mixture to onions, garlic and broth.

Add 1 cup water, enchilada sauce, cheese and spices and bring mixture to a boil (be careful of scorching on bottom of pan).

Shred chicken into small, bite-sized pieces and add to the mixture.

Reduce heat and simmer for 30-40 minutes, or until thick.

Serve soup in cups and garnish with shredded cheese, corn tortilla chips, salsa, avocado, etc.

French Onion Burgers

Source: Cooking Light

Serves: 4

HU: 7

Posted by: Suzfehr

December 4, 2005

2 teaspoons vegetable oil
2 cups chopped onion
1 pound ground round
1/4 teaspoon pepper
1 large egg white, lightly beaten
1 teaspoon salt
4 (1 1/2-ounce) French bread rolls or hamburger buns, split and toasted
4 teaspoons fat-free French or blue cheese salad dressing

Heat oil in a 12-inch cast-iron skillet over medium-high heat. Add onion; sauté 10 minutes or until tender. Spoon onion into a bowl; let cool.

Add beef, pepper, and egg white to onion, and stir well. Divide beef mixture into 4 equal portions, shaping into 3/4-inch-thick patties.

Sprinkle salt evenly over surface of skillet. Heat salt in skillet over high heat 2 minutes. Add patties; cook 5 minutes on each side or until done. Place patties on bottom halves of rolls; top each with 1 teaspoon French dressing and top halves of buns.

My notes: I prefer to make old-fashioned hamburgers by adding mustard, pickles and ketchup and maybe a slice of reduced fat cheddar or other cheese. You can lower points further by using 1 point buns. It's the preparation of the onions and spices that make these so unique and delicious.

CALORIES 340(21% from fat); FAT 7.8g (sat 2.4g,mono 3g,poly 1.8g); PROTEIN 31.6g; CHOLESTEROL 66mg; CALCIUM 40mg; SODIUM 957mg; FIBER 2.3g; IRON 3.5mg; CARBOHYDRATE 33.1g

Simple Roast Duckling

Source: Cooking Light Oct. 1997

HU: 4.2

Servings: 4

Posted by: Waneyvant (Jane)

Date: December 5, 2005

1 (4-pound) cleaned domestic duckling (fresh or frozen and thawed)

1 1/2 tablespoons five-spice powder

1 teaspoon salt

4 cups rock salt

Fresh herbs such as thyme and parsley (optional)

Preheat oven to 500°.

Remove giblets and neck from duckling; reserve for another use. Rinse duck under cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, and gently pushing your hand between the skin and meat.

Combine five-spice powder and 1 teaspoon salt. Sprinkle spice mixture under loosened skin; rub into the body cavity. Tie ends of legs together with cord. Lift wing tips up and over back; tuck under duckling.

Spread rock salt in bottom of a shallow roasting pan. Place the duckling, breast side up, on rock salt. Pierce skin several times with a meat fork. Insert a meat thermometer in- to meaty part of thigh, making sure not to touch bone. Bake at 500° for 45 minutes or until the thermometer reaches 180°. Cover duckling loosely with foil; let stand 10 minutes. Discard skin before serving. Garnish with fresh herbs, if desired.

Yield: 4 servings (serving size: 3 ounces)

CALORIES 178(48% from fat); FAT 9.5g (sat 3.6g,mono 3.2g,poly 1.2g); PROTEIN 20.1g; CHOLESTEROL 76mg; CALCIUM 45mg; SODIUM 642mg; FIBER 0.6g; IRON 3.3mg; CARBOHYDRATE 2g

Brussels Sprouts-and-Rice Casserole

Source: Cooking Light November 1997

HU: 2.5

Servings: 6

Posted by: Waneyvant (Jane)

Date: December 5, 2005

Comments: I added some Italian seasoning to the breadcrumbs; I may just use some thyme next time. *I also used a 16 oz package, which would increase the fiber and lower the points. Pts are for 10 oz.

1 (10-ounce) package frozen Brussels sprouts*
1/4 cup water
1 tablespoon stick margarine
2 tablespoons all-purpose flour
1 1/2 cups 1% low-fat milk
1/4 teaspoon salt
1/8 teaspoon white pepper
Cooking spray
1 cup cooked long-grain rice
1 ounce thinly sliced prosciutto or ham, cut into thin strips
1/4 cup fresh breadcrumbs
2 tablespoons grated fresh Parmesan cheese

Preheat oven to 375°.

Combine the Brussels sprouts and water in a medium saucepan, and bring to a boil. Cover, reduce heat, and simmer 5 minutes. Uncover sprouts, and cook 1 minute. Drain.

Melt margarine in a small saucepan over low heat; add flour, stirring with a whisk. Gradually add milk to saucepan. Bring to a boil; cook 3 minutes over medium heat or until thick and bubbly, stirring constantly. Stir in salt and pepper. Set aside.

Coat a 9-inch quiche or round baking dish with cooking spray. Pat rice into bottom of dish; arrange Brussels sprouts, stem sides down, on top of rice. Sprinkle Brussels sprouts with prosciutto; pour sauce over prosciutto. Combine breadcrumbs and cheese; sprinkle over sauce. Bake at 375° for 20 minutes or until lightly browned.

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

CALORIES 133(26% from fat); FAT 3.9g (sat 1.4g,mono 1.5g,poly 0.8g); PROTEIN 6.6g; CHOLESTEROL 7mg; CALCIUM 129mg; SODIUM 280mg; FIBER 2.6g; IRON 1.2mg; CARBOHYDRATE 18.5g

Apple, Walnut, and Mixed Greens Salad with Zinfandel-Cranberry Vinaigrette Salad

Cooking Light Nov. 05

Healthy Units: 2

Servings: 10

Posted by "soon2bthin" (Bonnie)

December 5, 2005

Cooking light notes: Tossing the cubed apples with lemon juice will help keep them from turning brown. If you prefer sharper onion flavor, use red onions instead of Walla Walla.

My notes: I used port instead of zinfandel because that's what I had on hand and it worked terrifically. I also used pecans so as not to make a trip to POG.

1 cup sweetened dried cranberries (such as Craisins)
3/4 cup apple juice
1/2 cup zinfandel or other fruity dry red wine
1/2 cup cranberry juice cocktail
3 tablespoons minced shallots
1 1/2 tablespoons fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon walnut oil
10 cup gourmet salad greens
3 cups cubed Gala apple (about 2 apples)
1 cup thinly sliced Walla Walla or other sweet onion (about 1 medium onion)
1/3 cup coarsely chopped walnuts, toasted

Combine cranberries and apple juice in a medium saucepan; bring to a boil. Remove from heat; let stand for 10 minutes. Drain cranberries; discard apple juice. Set cranberries aside.

Bring wine and cranberry juice to a boil in pan, and cook until reduced to 1/3 cup (about 8 minutes). Pour wine mixture into a medium bowl; add shallots, lemon juice, salt, and pepper. Gradually add oil, stirring with a whisk.

Combine cranberries, greens, apple, and onion in a large bowl. Drizzle dressing over salad; toss gently to coat. Sprinkle with toasted walnuts.

Yield: 10 servings (serving size: about 1 1/3 cups salad and about 1 1/2 teaspoons walnuts)

White Cheddar and Black Pepper Biscuits

Source: Cooking Light November 2005

Healthy Units: 3

Servings: 12 (2 per serving)

Posted by: Laura6286

Date: December 5, 2005

Comments: The richness of buttermilk and cheddar cheese mellows the spicy black pepper. Make these for your family, and prepare a second batch to give as a gift. These travel well and can be made ahead.

Ingredients:

2 Cups all-purpose flour (about 9 ounces)

1 tablespoon baking powder

1/2 teaspoon salt

1/2 teaspoon baking soda

1/2 teaspoon freshly ground black pepper

1/2 cup (2 ounces) shredded extra sharp white cheddar cheese

3 tablespoons chilled butter, cut into small pieces

1 cup fat-free buttermilk

Cooking spray

Instructions

Preheat oven to 400 degrees.

Lightly spoon flour into dry measuring cups, level with a knife. Place flour and next 4 ingredients (through pepper) in a food processor, pulse 3 times or until well combined. Add cheese and butter, pulse 5 times or until well combined.

Place mixture in a large bowl. Add buttermilk, stir just until moist.

Turn dough out onto a floured surface. Knead lightly 5 times. Roll dough out into a 1/2 inch thickness, cut with a 2 inch biscuit cutter into 24 biscuits. Place on a baking sheet coated with cooking spray. Bake at 400 degrees for 15 minutes or until golden. Yield: 12 services (serving size: 2 biscuits)

Note: This recipe is quick and easy, freezes well and is kid friendly. You can barely taste the pepper.

NUTRITION PER SERVING

CALORIES 129(33% from fat); FAT 4.7g (sat 2.6g,mono 1.2g,poly 0.2g); PROTEIN 3.9g;
CHOLESTEROL 13mg; CALCIUM 130mg; SODIUM 342mg; FIBER 0.6g; IRON 1.1mg;
CARBOHYDRATE 17.4g

Colby-Jack, Poblano and Corn Bread Dressing

Source: Cooking Light November 2005

Healthy Units: 5

Servings 12 (Serving size: about 2/3 cup)

Posted by Laura6286

Date: December 5, 2005

Much of this recipe can be made ahead. Toast the corn bread pieces and sauté the vegetable mixture a day ahead; toss them together with the remaining ingredients just before baking.

Note: The dressing is fantastic, our thoughts were that it would be great with ham or pork tender. I baked it according to the recipe and for our liking it was a dry dressing. Next time I think that I will add more chicken broth to make it more wet like we like it. Keep this in mind as you make it. It is very adaptable and easy to make!

Corn bread:

3/4 cup all-purpose flour (about 3 1/3 ounces)

1 1/4 cups yellow cornmeal

2 tablespoons sugar

1 teaspoon baking powder

3/4 teaspoon salt

1/4 teaspoon baking soda

1 1/2 cups low-fat buttermilk

2 large eggs, lightly beaten

Cooking spray

Stuffing:

3 tablespoons sugar

3/4 teaspoon salt

1/2 teaspoon chipotle chile powder

2 large eggs, lightly beaten

1 large egg white, lightly beaten

1 tablespoon butter

2 cups chopped onion

1 cup chopped poblano pepper

1 cup chopped red bell pepper

1 tablespoon minced garlic

1 1/2 teaspoons ground cumin

1 (10-ounce) package frozen whole-kernel corn

1 1/2 cups (6 ounces) pre-shredded reduced-fat Colby-Jack cheese

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

1/3 cup chopped fresh cilantro

Preheat oven to 425°. To prepare corn bread, lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 5 ingredients (through baking soda) in a medium bowl. Combine buttermilk and 2 eggs; stir well. Add to flour mixture; stir just until moist. Spoon into an 11 x 7-inch baking dish coated with cooking spray. Bake at 425° for 20 minutes or until lightly browned and a wooden pick inserted in center comes out clean. Cool on a wire rack. Cut into 1/2-inch pieces; arrange on a large baking sheet.

Reduce oven temperature to 375°. Bake corn bread pieces at 375° for 20 minutes, stirring occasionally.

To prepare stuffing, combine 3 tablespoons sugar and the next 4 ingredients (through egg white); set aside.

Melt butter in a large nonstick skillet over medium-high heat. Add onion, poblano, bell pepper, and garlic; sauté 7 minutes or until tender. Add cumin and corn; cook for 5 minutes. Combine corn bread pieces, egg mixture, poblano mixture, cheese, broth, and cilantro in a large bowl; toss well. Spoon into a 13 x 9-inch baking dish coated with cooking spray; cover with foil. Bake at 375° for 30 minutes. Uncover; bake 5 minutes or until top of dressing is slightly crisp.

Yield: 12 servings (serving size: about 2/3 cup)

Nutrition per Serving:

CALORIES 230(26% from fat); FAT 6.6g (sat 3.4g,mono 2g,poly 0.6g); PROTEIN 10.4g; CHOLESTEROL 84mg; CALCIUM 183mg; SODIUM 556mg; FIBER 2.5g; IRON 1.7mg; CARBOHYDRATE 33.4g

Sautéed Chicken Breasts with Creamy Chive Sauce

Source: Eating Well

HU: 6

Servings: 4

Posted by: Donna (Carots)

Date: December 6, 2005

*Notes-Quick and easy, and kid friendly. Loved the sauce, and I served it with some steamed cauliflower, mashed potatoes.

Ingredients:

4 boneless, skinless chicken breasts (I used thin sliced)
1 teaspoon kosher salt, divided
1/4 cup plus 1 tablespoon all purpose flour, divided
3 teaspoons extra virgin olive oil, divided
2 large shallots, finely chopped
1/2 cup dry white wine
1 14 ounce can reduce-sodium chicken broth
1/3 cup reduced-fat sour cream
1 tablespoon Dijon Mustard
1/2 cup chopped chives (about 1 bunch)

Instructions:

Place chicken between sheets of plastic wrap and pound with a meat mallet or heavy skillet until flattened to an even thickness, about 1/2 inch. Season both sides of the chicken with 1/2 teaspoon of salt. Place 1/4 cup flour in a shallow glass baking dish, and dredge the chicken in it. Discard the excess flour.

Heat 2 teaspoons oil in a large nonstick skillet over medium high heat. Add the chicken and cook until golden brown. 1 to 2 minutes per side. Transfer to a plate, cover and keep warm

Heat the remaining 1 teaspoon oil in the pan over medium high heat. Add shallots, and cook stirring constantly and scraping up any browned bits, until golden brown. 1 to 2 minutes. Sprinkle with the remaining 1 tablespoon flour; stir to coat. Add wine, broth and the remaining 1/2 teaspoon salt; bring to boil, stirring often

Return the chicken to the pan and any accumulated juices; reduce heat to a simmer and cook until heated through and no longer pink in the center, about 6 minutes. Stir in sour cream and mustard until smooth; turn the chicken to coat with the sauce. Stir in chives and serve immediately.

244 calories; 9g fat; 72 mg cholesterol; 8g carbohydrate; 26 g protein; 0 g fiber; 679 sodium

Mini Black-and-White Cookies

Source: WW

Healthy Units: 2

Servings: 26

Posted by: Suzfehr

December 6, 2005

4 Tbsp butter
1/4 cup part-skim ricotta cheese
1/2 cup sugar
1 tsp vanilla extract
1 large egg(s)
1 cup all-purpose flour
1/4 tsp baking powder
1/4 tsp table salt
2 Tbsp butter
2 tsp canola oil
3 Tbsp fat-free skim milk
1 1/2 cup powdered sugar
1 Tbsp unsweetened cocoa

Cream together 4 tablespoons butter, ricotta and 1/2 cup sugar. Add vanilla and egg; mix thoroughly.

Sift together flour, baking powder and salt, and blend into rest of mixture. Refrigerate for 15 minutes.

Place chilled dough on a strip of wax paper and roll into a 14-inch cylinder. Put in freezer for 2 to 3 hours. (I chilled mine for about an hour and that was enough time).

Preheat oven to 375°F. Slice off 1/3-inch-thick rounds and place on a non-stick baking sheet sprayed with cooking spray. Bake for 8 to 10 minutes (cookies should stay pale in color). Cool on baking rack.

****For icing:** Melt 2 tablespoons butter in microwave or over a very low flame. Mix with canola oil and milk. Sift powdered sugar, and blend into liquids. Divide icing into two bowls. To one bowl add cocoa and mix to blend. ****If the icing is a little thin, add a little more powdered sugar and/or put in freezer for about 15 minutes and it will thicken up nicely.** Instead of two bowls, I iced half the cookies with the plain icing then added cocoa to the rest and iced the other half.

When cookies are cool, spread white icing on half of each cookie and chocolate icing other half of cookie, or cover each cookie completely with one type of icing. Yields 1 cookie per serving.

Sweet Challah

Source: CL 11/2005

Healthy Units: 3

Servings: 12

Posted by: Lynn

December 7, 2005

Ingredients:

1 package dry yeast (about 2 1/4 teaspoons)	3 cups bread flour (about 14 1/4 ounces), divided
1 cup warm water (100° to 110°)	Cooking spray
3 tablespoons honey	1 teaspoon cornmeal
Dash of saffron threads, crushed	1 teaspoon water
3 tablespoons butter, melted and cooled	1 large egg yolk, lightly beaten
1 teaspoon salt	1/4 teaspoon poppy seed
1 large egg	

Instructions:

Dissolve yeast in 1 cup warm water in a large bowl; stir in honey and saffron threads. Let stand for 5 minutes. Add melted butter, 1 teaspoon salt, and egg; stir well with a whisk.

Lightly spoon flour into dry measuring cups; level with a knife. Add 2 3/4 cups flour to yeast mixture, and stir until a soft dough forms. Cover and let stand for 15 minutes.

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

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, 40 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.)

Punch dough down. Shape dough into a ball; return to bowl. Cover and let rise an additional 40 minutes or until doubled in size. Punch dough down; cover and let rest 15 minutes.

Divide dough into 3 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), on a lightly floured surface, roll each portion into a 25-inch rope with slightly tapered ends. Place ropes lengthwise on a large baking sheet sprinkled with cornmeal; pinch ends together at un-tapered ends to seal. Braid ropes; pinch loose ends to seal. Cover and let rise 20 minutes or until almost doubled in size.

Preheat oven to 375°.

Combine 1 teaspoon water and large egg yolk, stirring with a fork until blended. Uncover loaf, and gently brush with egg yolk mixture. Sprinkle evenly with 1/4 teaspoon poppy seeds. Bake at 375° for 30 minutes or until loaf sounds hollow when tapped. Cool on a wire rack.

Pumpkin Chili

Healthy Units: 7

Servings: 10

Posted by: Suzfehr

December 8, 2005

3 lbs. of ground beef (95% lean)
1 medium onion, chopped
1 cup canned pumpkin
1 tsp salt
1 tsp pepper
2 tsp pumpkin pie spice
2 cans (10 3/4 ounces ea.) condensed tomato soup, undiluted
2 cans (16 ounces each) hot chili beans
2 bottles (12 ounces each) chili sauce
1 tsp sugar
1 tsp chili powder

In a large Dutch oven or soup kettle, cook ground beef and onion over medium-heat until meat is no longer pink; drain. Add remaining ingredients; stir to mix well. Add water, if desired, to reduce thickness. Bring to a boil and reduce heat and simmer for at least one hour. (I would simmer for 2 to 3 hours, stirring occasionally).

Coconut-Macadamia Nut Cookies

Source: Cooking Light December, 2000

HU: 2

Servings: 30 (1 cookie per serving)

Posted by: Emily (EJWyatt)

December 11, 2005

CL Notes: You can make these cookies a day or two before the party and store them in an airtight container. But be warned--these are so good, you should probably stash them somewhere out of sight so you don't eat them all yourself. (Em's notes – THIS IS TRUE!)

1 cup all-purpose flour
1 cup regular oats
1 cup packed brown sugar
1/3 cup golden raisins
1/3 cup flaked sweetened coconut
1/4 cup chopped macadamia nuts
1/2 teaspoon baking soda
1/4 cup butter or stick margarine, melted
3 tablespoons water
2 tablespoons honey
Cooking spray

Preheat oven to 325°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and the next 6 ingredients (flour through baking soda). Combine butter, water, and honey, stirring well to combine. Add butter mixture to flour mixture, stirring until well blended. Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake at 325° for 10 minutes or until almost set. Cool on pan 2 to 3 minutes or until firm. Remove cookies from pan, and cool on wire racks.

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

CALORIES 90(30% from fat); FAT 3g (sat 1.5g,mono 1.2g,poly 0.2g); PROTEIN 1.1g;
CHOLESTEROL 4mg; CALCIUM 10mg; SODIUM 43mg; FIBER 0.5g; IRON 0.5mg;
CARBOHYDRATE 15.4g
Cooking Light, DECEMBER 2000

Senatorial Bean Soup

Source: Cooking Light Nov/Dec, 1997

HU: 3

Servings: 8

Posted by: Emily (EJWyatt)

December 11, 2005

CL Notes: For decades this soup has been served in the cafeteria of our nation's Capitol. If you prefer a smooth, creamy texture, purée all of the soup. It's even better when refrigerated several hours, and then reheated.

1 cup dried navy beans
2 tablespoons margarine
Cooking spray
2 1/2 cups chopped leek
2 cups sliced carrot
1 cup thinly sliced celery
1 cup diced cooked ham (such as Light & Lean)
4 garlic cloves, minced
8 cups water
2 teaspoons chicken-flavored bouillon granules
1 teaspoon beef-flavored bouillon granules
1 teaspoon dried rubbed sage
2 bay leaves
Celery leaves (optional)

Sort and wash beans, and place in a large Dutch oven. Cover with water to 2 inches above beans, and bring to a boil. Cook the beans 2 minutes. Remove from heat; cover and let beans stand 1 hour. Drain beans.

Melt margarine in pan coated with cooking spray over medium-high heat. Add leek and next 4 ingredients (leek through garlic); sauté 10 minutes. Add beans, 8 cups water, bouillon granules, sage, and bay leaves, and bring to a boil. Cover, reduce heat, and simmer mixture 1 1/2 hours or until beans are very tender. Discard bay leaves.

Place half of soup in a blender; process until smooth. Pour puréed mixture into remaining soup in pan, and cook over medium-low heat 30 minutes. Garnish with celery leaves, if desired.

Yield: 8 servings (serving size: 1 cup)

CALORIES 174(24% from fat); FAT 4.7g (sat 1.1g,mono 1.7g,poly 1.2g); PROTEIN 10g;
CHOLESTEROL 9mg; CALCIUM 77mg; SODIUM 525mg; FIBER 4g; IRON 2.5mg;
CARBOHYDRATE 24.5g
Cooking Light, NOVEMBER 1997

Baked Pears with Cranberry-Ginger Filling and Cider Sauce

Source Cooking Light

Healthy Units 4

Servings: 8

Posted by "soon2bthin" AKA Bonnie

December 12, 2005

CL Notes: Use a miniature food processor to chop the filling. Rubbing the peeled pears with cut lemon prevents discoloration. Use a corer to remove the center of the pears and to create even-sized cavities that hold the same amount of filling. Be careful when you tent with foil not to knock off the pear caps.

Bonnie's notes: This was good, festive, and not too sweet. I halved the recipe and it worked terrifically.

8 firm, ripe Bartlett pears
1 lemon, halved
1 cup fresh cranberries
1/2 cup packed brown sugar
1 tablespoon chopped crystallized ginger
1 teaspoon grated orange rind
1 cup apple cider
1 tablespoon butter, melted
1 tablespoon brown sugar
1/2 teaspoon ground ginger

Preheat oven to 400°.

Peel pears, leaving stems intact. Slice 1 inch from top of each pear to form a cap. Slice about 1/4 inch from base of each pear so it will sit flat. Core each pear. Rub outside of pears with cut sides of lemon halves. Discard lemon.

Combine cranberries, 1/2 cup sugar, crystallized ginger, and rind in a food processor; pulse until finely chopped. Place pears in a 13 x 9-inch baking dish. Fill each pear cavity with 3 teaspoons cranberry mixture, 1 teaspoon at a time. Top each pear with its cap.

Pour cider over pears.

Drizzle butter evenly over pears. Combine 1 tablespoon of sugar and ground ginger; sprinkle evenly over pears. Carefully cover with foil. Bake at 400° for 1 hour or until tender, basting every 20 minutes.

Using a spatula, carefully remove pears from baking dish; place on individual dessert plates. Pour liquid from baking dish into a medium saucepan. Cook over medium-high heat until reduced to 1/2 cup (about 12 minutes). Drizzle 1 tablespoon sauce over each pear.

East Indian Cheese Ball

Source: Of Tide and Thyme

HU: 1.5 per tbsp.

Servings: 50 serving size 1 Tbs each

Posted By: Zephyr1

December 12, 2005

Notes: Does not look all that appetizing but people will not be able to walk away from it.

Ingredients:

2 8 oz packs of 1/3 less fat cream cheese

1 cup ff cottage cheese

2 tsp curry powder adjust to taste and freshness of curry powder

1 cup finely chopped scallion green and all

1 cup chopped dry roasted peanuts both salted or unsalted work fine

1 cup raisins- I omit

1/2 cup shredded coconut

3/4 cup mango chutney

Instructions:

Beat cream cheese and cottage cheese till smooth with mixer, by hand add remaining ingredients except for chutney. Refrigerate overnight. Form into 2 balls and wrap in wax paper. Chill another 6 hours or so. To serve place a ball on a platter spoon chutney over top and surround with crackers or pita triangles.

Chicken in a Pot, No Pie Recipe

Source: Food Network.com

HUs: 6 per serving

Yield: 6 Servings

Posted by: Kwe730 (Kim)

December 16, 2005

Notes: The original recipe calls this "4 Servings", but I made this in a 6 qt. pot, 4 servings were dished out, and I have 2-3 servings leftover.

Ingredients:

- 1 tablespoon extra-virgin olive oil, 1 turn of the pan
- 2 tablespoons butter, cut into pieces
- 2 small starchy potatoes, skin left on and diced (recommended: Idaho)
- 1 medium onion, chopped
- 2 ribs celery with leafy green tops, finely chopped
- 2 carrots, peeled and diced
- 1 bay leaf, fresh or dried
- Salt and pepper
- 1 teaspoon poultry seasoning
- 3 tablespoons all-purpose flour
- 1 cup dry white wine, eyeball it
- 5 cups chicken stock
- 1 1/2 pounds chicken tenders, chopped
- 1 small bunch pencil asparagus, trimmed of woody ends and cut into 2-inch pieces
- 1 cup frozen peas, a couple of handfuls
- 2 to 3 tablespoons fresh tarragon, 4 to 5 sprigs, chopped

Heat a large, deep skillet or a medium soup pot over medium high heat. Add extra-virgin olive oil and butter. Melt butter into oil then add the potatoes, onions, celery and carrots, adding them to the pot as you chop them. Add bay leaf and season veggies with salt, pepper and poultry seasoning, cook 5 to 6 minutes to soften them a bit. Add flour and cook another minute then whisk in wine and cook off a minute more. Add stock and put a lid on the pan or pot and raise heat to bring to a quick boil. Slide in chicken and cook 5 minutes. Stir in asparagus and cook 3 minutes more. Turn off heat and add the peas and tarragon. Stir to combine and adjust salt and pepper, to your taste.

Lemon-Ginger Biscotti

CB (Cookies/Bars)

Cooking Light, DECEMBER 2003

HU: 1.5

Servings: 30 (serving size: 1 biscotto) Yield=2.5 dozen

Posted by: CJMartin717 (Cindy)

12/16/05

2 1/2 cups all-purpose flour
1 cup sugar
1 teaspoon baking soda
1/2 teaspoon ground ginger
1/4 teaspoon salt
1/4 cup finely chopped crystallized ginger
2 tablespoons grated lemon rind
1 tablespoon fresh lemon juice
3 large eggs
Cooking spray
1 tablespoon water
1 large egg white
1 tablespoon sugar

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and the next 4 ingredients (flour through salt) in a large bowl, stirring with a whisk. Stir in crystallized ginger.

Combine rind, juice, and whole eggs; add to flour mixture, stirring until well blended (dough will be crumbly). Turn dough out onto a lightly floured surface; knead lightly 7 or 8 times.

Divide dough in half. Shape each portion into a 9-inch-long roll. Place rolls 6 inches apart on a baking sheet coated with cooking spray; flatten each roll to a 1-inch thickness. Combine water and egg white, and brush over rolls. Sprinkle rolls evenly with 1 tablespoon sugar.

Bake at 350° for 20 minutes. Remove rolls from baking sheet; cool 10 minutes on a wire rack. Cut each roll diagonally into 15 (3/4-inch) slices. Carefully stand slices upright on baking sheet. Reduce oven temperature to 325°; bake 20 minutes (cookies will be slightly soft in the center but will harden as they cool). Remove from baking sheet; cool completely on a wire rack.

NUTRITION PER SERVING

CALORIES 77(7% from fat); FAT 0.6g (sat 0.2g,mono 0.2g,poly 0.1g); PROTEIN 1.8g; CHOLESTEROL 21mg; CALCIUM 6mg; SODIUM 70mg; FIBER 0.3g; IRON 0.6mg; CARBOHYDRATE 16.1g

Grandma Louise's Oatmeal With Grated Apple

Source: French Women Don't Get Fat

Posted by: Suzfehr

Date: 12/9/05

Serves 2 @ 4 points

(or)

Serves 4 @ 2 points

Ingredients:

1 cup old-fashioned oatmeal (I use McCann's Irish Oats)

2 1/3 cups water

Pinch of salt

1 medium apple, coarsely grated

1/2 tsp lemon juice

1/3 cup milk

1/2 tsp butter

Combine the oatmeal, water and salt in a medium saucepan. Bring to a boil.

Add the grated apple and lemon juice and cook for about 5 minutes, stirring occasionally.

Add the milk and butter. Stir well and cook for 1 minute. Serve immediately, perhaps with a sprinkle of brown sugar or a drizzle of maple syrup.

Notes: This is pure comfort (or even baby) food. I never knew oatmeal could taste so good. I don't even bother to peel the apple.

Spinach Stuffed Shells

Source: Waney's Kitchen

HU: 7

Servings: 12 (3 shells)

Posted by Waneyvant

Date: December 20, 2005

1 box jumbo shells (36 per box), cooked per pkg. instructions
2 cup fat-free cottage cheese
2 cup part-skim mozzarella cheese, divided
15 oz fat-free ricotta cheese
3/4 cup grated Parmesan cheese, divided
2 boxes (10 oz each) chopped frozen spinach, thawed & squeezed dry
2 jars Ragu light tomato & basil (fat free) pasta sauce
1 1/2 tsp dried basil
1 Tbsp dried parsley
2 tsp minced garlic
1/2 cup fat-free egg substitute
1 tsp. salt
pepper to taste
1 pound 95% lean/5% fat raw ground beef

Brown & drain beef, add pasta sauce. In large bowl, mix cottage & ricotta cheeses, egg substitute, herbs, garlic, salt, pepper, spinach, 1 1/2 cups mozzarella, and 1/2 cup parmesan.

Ladle about 1 cup of the sauce into the bottom of a large lasagna dish. Stuff each shell with some of the cheese mixture. Place into lasagna dish. Top with meat sauce. Sprinkle with reserved 1/2 cup mozzarella & 1/4 cup parmesan. Cover loosely with foil. Bake for 1 hour at 350 degrees. Remove foil; bake 10 minutes more or until bubbly.

Eggplant Rotini

Source: WW online

HU: 6

Servings: 3

Posted by: ibdqt34 (Cynthia)

Date: 12-20-05

Ingredients:

3 C tricolor rotini

6 oz FF ricotta cheese

1 C Classico Four Cheese Tomato Sauce

4 Tbsp grated parmesan cheese

8 sliced porcini mushrooms (can also use cremini)

1/2 C chopped onions

1/2 C chopped yellow bell pepper

1/2 Cup chopped eggplant **

1/8 cup FF Italian dressing

Instructions:

Marinate mushrooms in Italian dressing. As mushrooms are marinated, begin to boil rotini according to package directions. Lightly spray frying pan with WW canola oil and fry onions, green peppers. Add mushrooms and eggplant when onions start to soften. Drain rotini and spread on bottom of baking dish. Add layer of ricotta cheese. Top with onions, pepper, etc. Pour four-cheese sauce over the top. Sprinkle with Parmesan cheese. Bake 400 until bubbly.

Notes:

Next time I make this I probably will chop about 1 1/2 cups of eggplant to really give it a better flavor. You could barely taste the eggplant (IMO).

I also plan to add garlic to the recipe as well, either fresh 2 cloves or 1 T bottled.

I cooked it in the oven for about 20 minutes. It was perfect!!!

Great dish and very easy to make!!! Huge serving sizes! Enjoy!

Bailey's Irish Cream Fudge

Posted by MisssFittt (VickieMN)

Serving Size: one piece

Categories: dessert

12/20/05

Ingredients:

4 1/2 cups sugar

12 ounces evaporated skim milk

8 ounces butter

2 packages milk chocolate chips

1 package semisweet chocolate chips

2 jars marshmallow cream

2 teaspoons vanilla

2/3 cup Bailey's Irish Cream

2 cups walnuts -- chopped

Instructions:

Set chocolate chips, Marshmallow cream, vanilla, Bailey's, and nuts in a very large bowl setting aside for later.

Bring butter, sugar, and milk to a boil and cook slowly for 11 minutes stirring constantly.

Pour milk mixture over the other ingredients and stir slowly to blend. (Do not use mixer)

Pour into buttered 9 x 13 or 10 x 15 Jellyroll pan and chill.

Makes about 5 pounds. (Line with buttered foil to be able to lift fudge out of pan to cut. tried 13 x 9 pan and may want to try the 10 x 15 pan next time) Keep refrigerated.

Description:

"2.6 points per piece"

Per Serving (excluding unknown items): 112 Calories; 5g Fat (39.4% calories from fat); 1g Protein; 16g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 29mg Sodium.

Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Additional notes: I did make it in a jelly roll pan this year and haven't cut it up yet but I think it will yield more pieces and bring down the points.

Chicken Focaccia Sandwiches

Cooking Light (online)

Servings: 4 (1 sandwich)

HU: 9

Posted by: lbdqt34 (Cynthia)

Date: 12-23-05

Notes: Next time I'll probably choose a different type of bread to cut the POINTS since that is what drives it to be that high. Also, I used half of the salt and used 2 med. bell peppers (1 red and 1 yellow) to give it more color! Very easy to cook and is a HUGE portion!!!!

2 (6oz) skinless, boneless chicken breast halves

Cooking spray

1 tsp dried Italian Seasoning

1/2 tsp garlic powder

1/2 tsp freshly ground black pepper

1/4 tsp salt, divided **

1T olive oil

1/2 cup water

1 1/2 cups (1/4" thick) sliced red onion

2 1/2 cups red bell pepper strips (about 2 med) **

1/3 cup chopped green onions

10 ounce Focaccia bread, cut in half horizontally

1/2 cup (2oz) shredded sharp cheddar cheese

Cut each chicken breast half in half horizontally, and lightly coat chicken with cooking spray. Sprinkle Italian seasoning, garlic powder, black pepper and 1/8tsp of salt over chicken. Heat oil in a large nonstick skillet over med-high heat. Add chicken; cook 2 minutes on each side or until browned. Reduce heat to med; add water. Cook 10 minutes or until chicken is done. Remove chicken from pan; keep warm.

Return pan to med-high heat. Add red onion, sauté 2 minutes. Add bell pepper, green onions, and remaining 1/8 teaspoon salt; sauté 2 minutes or until tender.

Preheat broiler.

Place bottom half of Focaccia on a baking sheet; top with chicken. Arrange onion mixture evenly over chicken; sprinkle with cheese. Broil 2 minutes or until cheese melts. Top with remaining bread; slice into 4 equal portions.

ENJOY!

Green Onion-Mushroom Broth

Cooking Light (Online)

Servings: 6

HU: 0

Posted by: lbdqt34 (Cynthia)

Date: 12-23-05

1/2 cup water

2 (14 1/2 oz) cans Oriental broth (such as Swanson's) **

1/2 tsp ground ginger

1/4 tsp pepper

6T chopped green onions

6 T presliced mushrooms

Combine water and broth in a med. sauce pan; bring to a simmer. Stir in ginger and pepper. Ladle 2/3 cup soup into individual cups; top with 1T of green onions and 1T mushrooms.

NOTES: I used the oriental flavor packet from Ramen Noodles since I couldn't find the oriental broth. I added a total of 6 1/2 cups of water (each packet is 3 cups plus the 1/2cup of water the recipe called for.)

Sautéed Spinach with Garlic

My kitchen

Servings: 4

HU: 0, yes that is zero!

Posted by: lbdqt34 (Cynthia)

Date: 12-23-05

8oz fresh spinach

1/2 tsp garlic (bottled)

1/2 tsp sesame seeds

cooking spray

1T balsamic vinegar

NOTES: Next time I make this, I'll probably double up on the garlic. It's all about preference though. DH and I LOVE garlic!

Toast sesame seeds and put aside.

Coat skillet with cooking spray. Place garlic in skillet on med-high heat. Cook about 1 minute before placing spinach in pan. Place on medium heat and toss spinach in pan as it begins to wilt. Cook spinach approximately 3-5 minutes (until spinach wilts). Remove from heat, add sesame seeds, toss & add balsamic vinegar on top.

The servings are small, so DH and me had 2 servings apiece but with ZERO points, what is the harm?? :-) Enjoy! This is SUPER easy and quick to make!!!

Pasta Salad with Italian Dressing

My Kitchen

HU: 3

Servings: 10

Posted by: lbdqt34 (Cynthia)

Date: 12-23-05

16oz tricolor pasta

1 cup Kraft Free Italian Dressing divided

1 small red onion chopped

1 medium green bell pepper chopped

Cook pasta according to package instructions.

While pasta is cooking, cut onion and bell pepper (you can also add any other veggie, broccoli, carrot, etc.).

Drain pasta and let cool for a couple of minutes. Place onion and green pepper in bowl with pasta & toss. Add 1/2 - 3/4 cup of Italian dressing & toss.

Place in refrigerator to cool. Add other 1/4 - 1/2 cup of Italian dressing before serving (pasta will look dry when you take it out of the fridge because it has "soaked up" the dressing).

NOTES: This is a great make ahead side dish. It's very light & you can tweak the dressing to how much you like in it. My mom has made this for years and it's always a favorite around our house. ENJOY!

Red Snapper Parmigiana

Cooking Light March/April 1994

HU: 4.1

Servings: 4

Posted by DebMj1

December 23, 2005

Notes: I think this would work with any medium-firmness white fish. I'm pretty freaked out by the skin on fish and will use something other than red snapper next time unless I can buy it without the skin. The recipe itself has an excellent flavor and is quite simple to prepare.

1/2 cup dry white wine
1/2 teaspoon dried thyme
1/4 teaspoon crushed red pepper
3 cloves garlic, crushed
16 ounces red snapper, 1-inch thick fillets (4 ounces each)
1/4 cup all-purpose flour
1/4 cup Parmesan cheese, or Romano, freshly grated
1/4 teaspoon salt
1/4 teaspoon pepper
vegetable cooking spray
1 1/2 teaspoons olive oil
lemon wedges

1. Combine first 4 ingredients in a large zip-top heavy-duty plastic bag. Add fish; seal bag, and marinate in refrigerator for 30 minutes, turning bag occasionally. Remove fish from bag; discard marinade. Set fish aside.
2. Combine flour and next 3 ingredients in a large zip-top plastic bag. Add fillets; seal bag and shake to coat fillets with flour mixture.
3. Coat a large nonstick skillet with cooking spray; add oil and place over medium heat until hot. Add fish and cook 6 minutes on each side or until fish flakes easily when tested with a fork. Serve with lemon wedges.

Maple-Sweet Potato Casserole

Cooking Light (online)

Servings: 8

HU: 4

Posted by: lbdqt34 (Cynthia)

Date: 12-23-05

NOTES: This is a great recipe. DH said something was missing, so I might double the allspice & cinnamon next time I make it. Enjoy!

1/3 cup yellow cornmeal
1 1/2 cups skim milk
2 tablespoons margarine
2 cups mashed cooked sweet potato (about 1 1/4 pounds)
1/3 cup maple syrup
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/4 teaspoon pepper
2 eggs, lightly beaten (I used Egg Beaters)
Vegetable cooking spray

Place the cornmeal in a medium saucepan. Gradually add milk, stirring with a wire whisk until blended. Bring to a boil; reduce heat to medium. Cook, uncovered, 2 minutes, stirring constantly with a wire whisk. Remove from heat; stir in margarine. Set aside.

Combine sweet potato and next 6 ingredients (sweet potato through eggs) in a large bowl; stir until well-blended. Gradually add cornmeal mixture, stirring constantly. Pour sweet potato mixture into a 1 1/2-quart casserole coated with cooking spray. Bake at 350° for 40 minutes. Let stand 10 minutes before serving.

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

NUTRITION PER SERVING

CALORIES 204(21% from fat); FAT 4.7g (sat 1.1g,mono 1.8g,poly 1.2g); PROTEIN 5g;
CHOLESTEROL 56mg; CALCIUM 94mg; SODIUM 232mg; FIBER 2.8g; IRON 1.1mg;
CARBOHYDRATE 35.8g

Baked (like fried) Eggplant

WW online

Servings: 4

HU: 1

Posted by: lbdqt34 (Cynthia)

12-23-05

1 eggplant

1 tablespoon flour

1 egg, lightly beaten

Butter flavored Cooking spray

Peel and slice eggplant, soaking them in water for 20 minutes.

Lightly coat baking sheet with cooking spray.

Pat eggplant dry and dredge eggplant in egg and flour, shaking off excess flour before placing on baking sheet.

Place onto baking sheet and lightly spray top of eggplant with cooking spray. Put in oven and bake at 450 for 20 minutes. At 10 minutes, open oven and flip eggplant onto other side.

I could eat an entire eggplant myself as good as these are! Enjoy!

Simply Great Steak with Grilled Fries

Source Cooking Light

HU: 9 (includes steak & fries)

Servings - 6 (serving size: 3 ounces beef and 8 fries)

Posted by - Shari (walkmuch)

12/23/2005

Quick and Easy, probably kid friendly Core - core +1

My notes - we use this recipe for all our steaks now whether we cook them on the grill or broil them.

CL notes - A superior steak for grilling needs to be an inch or more thick to provide the right combination of seared surface and juicy interior. Keep the smaller, tenderer tip of the steak angled away from the hottest part of the fire to prevent it from cooking too quickly. To test for doneness, cut into the steak with the tip of a knife and peek, or insert an instant-read thermometer into the side of the steak--medium rare will register 145°. If you have a large enough grill, start grilling the potatoes with the steak so everything will be done at the same time. Otherwise, tent the beef with foil to keep it warm.

Steak:

1 (2-pound) porterhouse steak (about 1 1/2 inches thick)

2 tablespoons Worcestershire sauce

1 teaspoon sea or kosher salt

1 teaspoon coarsely ground black pepper

Cooking spray

1 teaspoon unsalted butter, softened

Fries:

1 teaspoon sea or kosher salt

2 teaspoons paprika

1 teaspoon coarsely ground black pepper

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon chili powder

1 teaspoon olive oil

2 medium baking potatoes, each cut into 12 wedges (about 1 1/2 pounds)

2 medium sweet potatoes, each cut into 12 wedges (about 1 1/2 pounds)

To prepare steak, coat porterhouse steak with Worcestershire. Cover and marinate steak in refrigerator 30 minutes, turning occasionally.

Prepare grill with one side on medium heat and one side on high heat.

Remove steak from Worcestershire; discard Worcestershire. Sprinkle steak with 1 teaspoon salt and 1 teaspoon pepper; let stand at room temperature 15 minutes. Place steak on grill rack coated with cooking spray over high heat; grill 3 minutes on each side. Turn steak and place over medium heat; grill 3 minutes on each side or until desired degree of doneness. Place steak on a platter. Rub butter over top of steak; let stand 10 minutes.

To prepare fries, combine 1 teaspoon salt, paprika, 1 teaspoon pepper, garlic powder, onion powder, and chili powder. Combine oil and potatoes in a large bowl, tossing to coat. Sprinkle potatoes with paprika mixture; toss gently to coat.

Place potatoes on grill rack coated with cooking spray over medium heat; grill 18 minutes or until sweet potatoes are tender, turning occasionally. Remove sweet potatoes; keep warm. Grill baking potatoes an additional 6 minutes or until tender.

NUTRITION PER SERVING:CALORIES 446(29% from fat); FAT 14.6g (sat 5.1g,mono 6.6g,poly 0.7g); PROTEIN 33.1g;
CHOLESTEROL 79mg; CALCIUM 47mg; SODIUM 898mg; FIBER 5.5g; IRON 6.6mg; CARBOHYDRATE 45g

Roasted Brussels Sprouts and Carrots with Red Onions

Source: Williams Sonoma (adapted)

HU: 3

Servings: 4

Posted by Waneyvant (Jane)

Date: December 24, 2005

3/4 pound fresh brussel sprouts, trimmed

1 pound baby carrots

1 large red onion, sliced

4 to 6 garlic cloves, sliced in half if large

1 1/2 Tbsp olive oil

1 tsp ground cumin

salt & pepper to taste

Preheat oven to 350. Place an 8 x 11 inch heavy roasting pan or a very large, ovenproof fry pan on the rack.

In a large bowl, toss together sprouts thru olive oil, then sprinkle with cumin, salt & pepper. Toss lightly again, then transfer to preheated pan and spread evenly. Roast, stirring occasionally, until the veggies are tender & lightly browned, 45 to 55 minutes. Taste & adjust the seasonings.

Note: original recipe called for 3/4 pound of fresh trimmed green beans, blanched & plunged into ice water, dried, then transferred to the large bowl with the carrots, & only 2 garlic cloves. Also, only 1/2 pound of carrots. Made that way, HUs would be 2.

Jamaican Black Bean Soup

Source: Weight Watchers Annual Recipes for Success 2004

HU: 4

Servings: 11 (1 cup)

Posted by: Waneyvant

Date: December 24, 2005

My Notes: Points are for recipe as written by WW: I subbed 1 chipotle pepper (packed in adobo) for the Jamaican seasoning, used regular tomato paste, added 1 tsp of Mexican oregano. I had to cook this about 2 hours total to get the beans tender. I also used leftover lean ham. We omitted the sour cream.

Ingredients:

1 pound dried black beans	1 (12 oz) pkg. 96% fat free diced ham
4 cups water	(such as Hormel)
1 T. vegetable oil	1 (6 oz) can tomato paste with basil,
3/4 cup finely chopped celery (about 2 stalks)	garlic & oregano
3/4 cup finely chopped onion	2 tsp. salt free Jamaican jerk seasoning
3/4 cup chopped green bell pepper (about 1 small)	1 tsp. salt
4 minced garlic cloves	1 tsp. chili powder
2 (14 oz) cans low salt beef broth	1/2 cup reduced fat sour cream
	1/2 cup chopped green onions

Sort and wash beans, place in a large dutch oven. Cover with water to 2 inches above beans. Cover & let stand 8 hours (or use quick soak: bring to boil, boil 2 minutes, let set 1 hour, rinse & proceed with recipe).

Drain beans, return to pan. Add 4 cups water plus broth. Bring to a boil, cover, reduce heat to medium & cook for 1 hour.

Heat oil in large nonstick skillet over medium heat. Sauté celery & next 3 ingredients until tender, about 6 minutes.

Add celery mixture, ham, tomato paste, jerk seasoning, salt & chili powder to beans; cook an additional 1 hour or until beans are tender. Let stand 30 minutes before serving.

Top each serving with sour cream & green onions.

Cal: 231, Fat: 4.5g; Fiber 7.5g.

Ceviche de Camaron (Shrimp Ceviche Cocktail)

Source: Cooking Light, December 2001

HU: 2.9

Servings: 6

Posted by: Waneyvant

Date: December 24, 2005

CL Notes: While most of us think of classic Ceviche as raw fish marinated in fresh lime juice long enough to give it a cooked texture, in Mexico there are Ceviche "cocktails" that combine seafood that's been cooked with fresh vegetables, hot sauce, lime juice and just a little ketchup. It's an easy, refreshing crowd pleaser, and you don't have to track down the just-off-the-boat fresh fish necessary for the classic Ceviche. Serve with tostadas, tortilla chips, or saltines.

Waney Notes: add finely diced jalapeno to the mixture. Serve with a thinly sliced fan of avocado as a garnish. This is identical to our favorite Mexican restaurant, except they use more ketchup.

Ingredients:

1/2 cup chopped onion

6 cups water

3/4 cup fresh lime juice, divided

1 pound medium shrimp

1 cup chopped peeled cucumber

1/2 cup ketchup

1/3 cup chopped fresh cilantro

2 tablespoons Mexican hot sauce (such as Tamazula)

1 tablespoon olive oil

1/4 teaspoon salt

Instructions:

Place chopped onion in a colander, and rinse with cold water. Drain. Bring 6 cups water and 1/4 cup juice to a boil in a Dutch oven. Add shrimp; cook 3 minutes or until done. Drain and rinse with cold water; peel shrimp. Combine shrimp and 1/2 cup juice in a large bowl; cover and chill 1 hour. Stir in onion, cucumber, and remaining ingredients. Serve immediately or chilled. (Serving size: 1/2 cup)

CALORIES 138(25% from fat); FAT 3.8g (sat 0.6g,mono 1.9g,poly 0.8g); PROTEIN 16.2g;

CHOLESTEROL 115mg; CALCIUM 53mg; SODIUM 483mg; FIBER 0.8g; IRON 2.1mg;

CARBOHYDRATE 10.8g

Cooking Light, DECEMBER 2001

Peppercorn-Crusted Pork Tenderloin with Soy-Caramel Sauce

Category of recipe: Meats

Source: Cooking Light Magazine December 2005

Healthy Units: 5

Servings: 8

Posted by: Laura6286

Date: December 26, 2005

This recipe is to die for! The best pork tenderloin that my entire family has ever eaten! This is very easy and quick to put together. I prepared the sauce while the pork tender was baking. The serving was very generous!

The crushed peppercorns that coat the pork provide taste and texture counterpoints to the smooth, semisweet sauce. When adding the soy mixture to the caramelized sugar, be careful of steam that may rise from the pan.

Ingredients:

Cooking spray	1 1/2 teaspoons Dijon mustard
1/4 cup minced white onion	2 tablespoons butter
1 teaspoon grated peeled fresh ginger	2 (1-pound) pork tenderloins, trimmed
2 garlic cloves, minced	1 tablespoon black peppercorns, crushed
1 cup water	1 1/2 teaspoons chopped fresh thyme
1/2 cup sugar	1/4 teaspoon salt
1/4 cup low-sodium soy sauce	
2 tablespoons red wine vinegar	

Instructions:

Heat a small saucepan over medium heat. Coat pan with cooking spray. Add onion, ginger, and garlic; sauté 2 minutes. Add water and sugar; bring to a boil. Cook until reduced to 1/2 cup (about 5 minutes). Remove from heat; carefully stir in soy sauce, vinegar, and mustard. Add butter, stirring with a whisk. Set aside; keep warm. Preheat oven to 350°.

Rub tenderloins evenly with crushed peppercorns, thyme, and salt. Heat a large ovenproof nonstick skillet over medium-high heat. Coat pan with cooking spray. Add tenderloins, browning on all sides (about 5 minutes). Bake at 350° for 23 minutes or until a thermometer registers 160° (slightly pink); let stand 10 minutes. Cut each tenderloin into 12 slices; serve with sauce.

Yield: 8 servings (serving size: 3 slices pork and 2 tablespoons sauce)

CALORIES 227(28% from fat); FAT 7g (sat 2.8g,mono 3g,poly 0.6g); PROTEIN 24.5g; CHOLESTEROL 81mg; CALCIUM 16mg; SODIUM 441mg; FIBER 0.4g; IRON 1.7mg; CARBOHYDRATE 15.3g

Sautéed Green Beans & Cherry Tomatoes

Category: Veggie

Source: Eating Well, Dec 2005

HU: 1

Core: yes

Serves: 4

Posted by: KZBaskets (Kristin)

Date: 12/28/05

Quick & Easy

My notes: I added a sliced shallot with the garlic and they were a fantastic addition.

Ingredients:

2 teaspoons extra-virgin olive oil, divided

1 pound green beans, trimmed

½ cup water

2 cloves garlic, minced

1½ cups halved cherry tomatoes

1 tablespoon balsamic vinegar

Salt & freshly ground pepper to taste

1. Heat 1 teaspoon oil in a large skillet over medium-high heat. Add green beans and cook, stirring often, until seared in spots, 2 to 3 minutes. Add water, cover, reduce heat to medium and cook, stirring occasionally, about 3 minutes for tender-crisp or 6 minutes for tender.

2. Push the beans to the side; add the remaining 1 teaspoon oil and garlic and cook until fragrant, about 30 seconds. Add tomatoes, stir everything together and cook until the tomatoes begin to break down, 2 to 3 minutes. Remove from heat; stir in vinegar, salt and pepper.

Makes 4 servings, 1 cup each.

Per serving: 71 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 11 g carbohydrate; 3 g protein; 5 g fiber; 157 mg sodium.

Hot Artichoke Dip

Dec '05 Cooking Light

Serves: 12 (1/3 cup)

HUs: 1.8

Posted by Danikam

Date: 12/29/05

Notes: Although initially served hot, this dip will stay delicious as it cools. A combination of canned beans gives the dip body and creamy texture, and minimizes the need for sour cream and mayonnaise. Serve with fresh vegetables (such as carrots and celery) and crackers.

1/2 cup reduced-fat sour cream

1/3 cup reduced-fat mayonnaise

1 tablespoon fresh lemon juice

1/2 teaspoon salt

2 (14-ounce) cans artichoke hearts, rinsed and drained, divided

1 (15.5-ounce) can Great Northern beans, rinsed and drained

1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese, divided

2 tablespoons chopped fresh parsley, divided

3 garlic cloves, minced

Cooking spray

Preheat oven to 400°.

Combine first 4 ingredients in a food processor; add 1 can of artichokes and beans.

Process until smooth. Add remaining can of artichokes, 3/4 cup of Parmigiano-Reggiano cheese, 1 tablespoon parsley, and garlic. Pulse 20 times or until artichokes are coarsely chopped.

Spoon mixture into an 8-inch square baking dish coated with cooking spray; sprinkle top with remaining 1/4 cup of Parmigiano-Reggiano cheese and remaining 1 tablespoon parsley. Bake at 400° for 25 minutes or until bubbly.

Yield: 12 servings (serving size: 1/3 cup)

NUTRITION PER SERVING

CALORIES 98(37% from fat); FAT 4g (sat 2.2g,mono 0.9g,poly 0.1g); PROTEIN 5.8g;

CHOLESTEROL 9mg; CALCIUM 108mg; SODIUM 488mg; FIBER 2.4g; IRON 0.5mg;

CARBOHYDRATE 10.3g

Fresh Fruit Salad with Nutmeg-Cinnamon Syrup

Dec 05 Cooking Light

Serves: 8 (1/2 cup)

HUs: 1.1

Posted by: Danikam

Date: 12/29/05

CL notes: Substitute your favorite apple for Granny Smith, if desired.

Danika's notes: I used cherries in place of strawberries which was great. Also, I cooked the syrup mixture a little too long and it hardened slightly. Be sure to keep the heat low and do not overcook.

2 cups thinly sliced Granny Smith apple (about 1 large apple)

2 cups thinly sliced ripe pear (about 1 large pear)

1 cup sliced strawberries

1/2 cup orange sections (about 1 orange)

1/2 cup sliced banana (about 1 medium)

1/4 cup fresh lemon juice

1/4 cup maple syrup

1/8 teaspoon ground nutmeg

1/8 teaspoon ground cinnamon

Combine first 5 ingredients in a large bowl. Drizzle with juice; toss gently.

Combine syrup, nutmeg, and cinnamon in a small saucepan. Cook over low heat 10 minutes, stirring occasionally. Spoon over fruit, and toss gently. Serve immediately.

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

NUTRITION PER SERVING

CALORIES 76(2% from fat); FAT 0.2g (sat 0.0g,mono 0.0g,poly 0.1g); PROTEIN 0.6g;
CHOLESTEROL 0.0mg; CALCIUM 19mg; SODIUM 2mg; FIBER 2.3g; IRON 0.4mg;
CARBOHYDRATE 19.9g

Belgian Endive-and-Apple Salad

Nov '00 Cooking Light

Posted by: Danikam

Serves: 6 (1 1/3 cups)

HUs: 1.8

Date: 12/29/05

You can make the dressing early in the day and toss the apples with it to keep them from browning. Wait as long as you can to cut the endive because it discolors where touched with a knife. It should be one of the last things you do before serving dinner. Walnut oil gives the dressing a rich, nutty flavor, but you can use olive oil instead.

Ingredients:

2 tablespoons minced shallots

2 tablespoons white wine vinegar

2 tablespoons red wine vinegar

1/2 teaspoon salt

1/2 teaspoon black pepper

1 tablespoon olive oil

1 tablespoon walnut oil or olive oil

4 cups julienne-cut Golden Delicious apple (about 2 large)

3 heads Belgian endive, halved and thinly sliced lengthwise (about 4 cups)

2 tablespoons chopped fresh parsley

Instructions:

Combine first 5 ingredients; add oils, stirring well with a whisk. Add apple, tossing well; cover and chill.

Combine apple mixture, endive, and parsley in a large bowl; toss well to coat. Serve immediately.

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

NUTRITION PER SERVING

CALORIES 92(47% from fat); FAT 4.8g (sat 0.5g,mono 3.3g,poly 0.7g); PROTEIN 0.5g; CHOLESTEROL 0.0mg; CALCIUM 9mg; SODIUM 199mg; FIBER 2.1g; IRON 0.4mg; CARBOHYDRATE 13g

Asparagus Veneto

Adapted from Wegman's Meal Station recipes

HU: 1.6

Servings: 4

Posted by DebMj1

December 29, 2005

Note: This loses a lot as a leftover because you lose the crunchiness of the topping. Still has good flavor though.

To make this Kosher, use crushed matzo in place of the panko and use other kosher ingredients.

1 1/2 pounds asparagus, trimmed
1/4 cup panko
3 Tablespoons grated Parmesan cheese
1 Tablespoon chopped fresh parsley
1 Tablespoon olive oil
1 teaspoon sea salt

Preheat oven to 375 F.

Heat large pan of salted water to boiling on High. Add asparagus, return to boiling and blanch for 2 minutes (for thin asparagus - may need to increase time for thicker stalks). Drain and shock by immediately transferring to large bowl filled with ice cubes and water. Drain.

Arrange asparagus spears in single layer in parchment-lined shallow pan.

Combine panko, cheese, parsley, olive oil and sea salt; sprinkle over asparagus. Roast 8-10 minutes until topping starts to brown.

Chocolate Pudding Cake

Desserts

Source: Cooking Light - was on paper cover for September 2005 magazine

Healthy Units: 7

Servings: 8

Posted by: Natalie (Xercize2)

Date: December 29, 2005

Quick & Easy

My comments: I subbed skim milk for 2% RF.

Ingredients:

1 cup all-purpose flour

2 1/4 cups sugar, divided

1/2 cup unsweetened cocoa

2 teaspoons baking powder

1/4 teaspoon salt

3/4 cup 2% reduced-fat milk

1/4 cup melted butter, divided

1 teaspoon vanilla extract

1 1/2 cups water

Instructions:

Preheat oven to 375 degrees.

Lightly spoon flour into a dry measuring cup; level with a knife. Sift together flour, 3/4 cup sugar, cocoa, baking powder and salt over a large bowl. Add milk, 3 Tablespoons butter, and vanilla, stirring until smooth. Set aside.

Combine 1 1/2 cups sugar and water (1 1/2 cups) in a small saucepan. Bring to a boil, stirring to dissolve sugar. Remove from heat.

Place a 10" cast-iron skillet in a 375-degree oven for 15 mins. Place 1 Tablespoon melted butter in preheated pan, swirling to evenly coat pan. Add batter, spreading evenly over pan. Pour sugar water mixture slowly over batter; DO NOT STIR (mixture will bubble).

Bake at 375 degrees for 28 minutes or until cake is set. Let stand 10 minutes before serving.

Yield: 8 servings.

Nutritionals:

CALORIES: 351 (18% from fat); FAT 7g (sat 4.3g, mono 2g, poly 0.3g); PROTEIN 3.5g; CARB 72.6g; FIBER 2.2g; CHOL 17mg; IRON 1.7mg; SODIUM 267mg; CALC 108mg

Cherry Swirl Coffee Cake

Source: Smuckers

Serves: 16

H.U.: 4.68 per serving

Posted by: Suzfehr

Date: 1/1/06

Ingredients:

1 1/4 cups skim milk	2 eggs
1 teaspoon salt	1/2 teaspoon vanilla
1/4 cup granulated sugar	1 cup cherry preserves
1/2 cup light butter	1/2 cup powdered sugar
1 package active dry yeast	2 Tablespoons skim milk
3 1/4 cups all-purpose flour	1/4 cup sliced almonds

Instructions:

Heat 1 1/4 cups milk, salt, granulated sugar, and butter in small saucepan just to boiling; cool to lukewarm (105 to 115 degrees).

Stir in yeast; transfer mixture to medium bowl. Add one cup of the flour to milk mixture; beat well. Add eggs and vanilla; beat well. Stir in enough remaining flour to make a thick batter; beat until smooth. (Note: I ended up only using 3 cups total).

Let rise, covered, in warm place, free from drafts, until doubled in bulk, about one hour. (Note: I preheated oven on "warm" then turned it off).

Stir batter down. Pour batter into two greased 9-inch round cake pans; let rise in warm place until doubled in bulk; about one hour.

Make a swirl design on top of batter with a floured spoon; fill grooves with preserves, using 1/4 cup for each coffee cake.

Heat oven to 375 degrees. Bake coffee cakes until golden, 30 to 35 minutes. Remove from pans, cool on wire racks.

Fill grooves with remaining preserves

Mix powdered sugar with enough milk to make thin glaze consistency; drizzle over warm coffee cakes. Sprinkle with almonds.

Per Serving (excluding unknown items): 223 Calories; 5g Fat (19.9% calories from fat); 5g Protein; 41g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 195mg Sodium. Exchanges: 1 1/2 Grain (Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 1/2 Other Carbohydrates.

Notes: Makes two 9" round coffee cakes.
Cut in 20 pieces for 3 points each.

Smoked Salmon and Onion Frittata

Category: Egg category (Seafood doesn't seem right)

Source: Cooking Light January 2006

Healthy Units: 3.47 Not Core

Servings: six (serving size: 1 wedge)

Posted by jillybean03

Date 01/01/06

CL Notes: You can make the onion mixture for this dish up to two days ahead of time. Refrigerate it in an airtight container, then bring the mixture to room temperature before assembling the frittata. Serve with cut-up fruit and toasted bagels with cream cheese. We call for baking the frittata in a cast-iron skillet; nine-inch pie plate also works.

My notes: I used the cast iron skillet - It worked GREAT! This is a wonderful dish for smoked salmon/cream cheese lovers. It would work well at room temperature cut into small squares (use an 8" glass square dish) for appetizers. Great brunch dish.

1 tablespoon olive oil, divided
1 cup vertically sliced onion
1/4 cup thinly sliced green onions
1 tablespoon minced fresh thyme
1/2 teaspoon freshly ground black pepper, divided
Cooking spray
2 cups pre-shredded potatoes (such as Simply Potatoes)
3 ounces smoked salmon, chopped
2 1/2 ounces 1/3-less-fat cream cheese, cut into small pieces
1/8 teaspoon salt
2 cups egg substitute

Heat 1 1/2 teaspoons olive oil in an 8-inch cast-iron skillet over medium heat. Add onion; sauté 5 minutes or until tender. Remove from heat. Stir in green onions, thyme, and 1/4 teaspoon pepper. Remove onion mixture from the skillet; set aside. Preheat broiler.

Coat skillet with cooking spray. Combine the potatoes, remaining 1 1/2 teaspoons oil, and remaining 1/4 teaspoon pepper. Press potato mixture into the bottom of skillet. Broil 15 minutes or until potatoes are crisp and golden.

Reduce the oven temperature to 375°.

Spread the onion mixture over the potato mixture; sprinkle with salmon, cheese, and salt. Pour egg substitute over the top. Bake at 375° for 38 minutes or until it is puffy and lightly browned.

CALORIES 163(30% from fat); FAT 5.4g (sat 2.1g,mono 2.7g,poly 0.5g); PROTEIN 13.5g; CHOLESTEROL 12mg; CALCIUM 46mg; SODIUM 572mg; FIBER 1.2g; IRON 2mg; CARBOHYDRATE 14.9g

Lasagna Rolls with Roasted Red Pepper Sauce

Category: Pasta

Cooking Light, April 2004

Healthy Units: 8

Servings: 4 (serving size: 2 rolls)

Posted by: Eileen (Classact75)

1/1/06

Freezer Friendly

CL Notes: These rolls require some assembly time but are a nice change of pace from layered pasta. Use baby spinach to eliminate the task of trimming stems.

My Notes: You could probably substitute canned mushrooms and frozen spinach to save prep time but I love it with the fresh vegetables. I put each roll with sauce in individual containers in the freezer as soon as they are rolled since no baking is required. One roll (defrosted and microwaved) and served with a salad is a delicious and satisfying lunch.

Lasagna:

8 uncooked lasagna noodles	1/2 cup (2 ounces) shredded mozzarella cheese
4 teaspoons olive oil	
1/2 cup finely chopped onion	1/2 cup part-skim ricotta cheese
1 (8-ounce) package presliced mushrooms	1/4 cup minced fresh basil, divided
1 (6-ounce) package fresh baby spinach	1/2 teaspoon salt
3 garlic cloves, minced	1/4 teaspoon crushed red pepper

Sauce:

1 tablespoon red wine vinegar	undrained
1/4 teaspoon salt	1 (7-ounce) bottle roasted red bell peppers, undrained
1/4 teaspoon freshly ground black pepper	
2 garlic cloves, minced	1/8 teaspoon crushed red pepper
1 (14.5-ounce) can diced tomatoes,	

To prepare lasagna, cook noodles according to package directions, omitting salt and fat. Drain and rinse under cold water. Drain.

Heat oil in a large nonstick skillet over medium-high heat. Add onion, mushrooms, spinach, and 3 garlic cloves; sauté 5 minutes or until onion and mushrooms are tender. Remove from heat, (I drain the liquid) and stir in cheeses, 2 tablespoons basil, 1/2 teaspoon salt, and 1/4 teaspoon crushed red pepper.

To prepare sauce, place vinegar and remaining ingredients in a blender; process until smooth.

Place cooked noodles on flat surface; spread 1/4 cup cheese mixture over each noodle. Roll up noodles, jelly-roll fashion, starting with short side. Place the rolls, seam sides down, in a shallow 2-quart microwave-safe dish. Pour 1/4 cup sauce over each roll, and cover with heavy-duty plastic wrap. Microwave at high 5 minutes or until thoroughly heated. Sprinkle with 2

tablespoons basil. Yield: 4 servings (serving size: 2 rolls)

CALORIES 393(27% from fat); FAT 11.7g (sat 4.3g,mono 3.6g,poly 1.5g); PROTEIN 19.3g; CHOLESTEROL 20mg; CALCIUM 253mg; SODIUM 924mg; FIBER 5.9g; IRON 3.8mg; CARBOHYDRATE 58.3g

Dutch Babies Pancake

Breakfast

Given to Tracy many years ago

HU: 4

Servings: 4

Posted: Tracy Elliff

1/2/06

kid friendly, quick and easy

8 ounces Egg Beaters® 99% egg substitute

2 large eggs

2 tablespoons light butter, melted

1 cup milk, warm

1 tablespoon vanilla

pinch salt

1 cup flour, sifted

Preheat oven to 375 degrees.

Spray a 9x9 square pan with non-stick spray.

Place all ingredients in a blender. Blend until smooth.

Bake 20 minutes at 375 degrees. Turn down oven to 325 degrees and bake for 5 minutes.

Makes 4 large servings

Clapshot (Mashed Potatoes and Rutabaga)(Lightened)

Source: The Gourmet Cookbook

Healthy Units: 2.8 for nearly a cup

Servings: 6

Posted by Tracy (Nikkie1T)

Date: 1/2/06

Gourmet Notes: Clapshot goes with rich, flavorful meats such as duck, venison, even a grilled porterhouse. Some of us like to use a y-shaped peeler to remove the skin from a rutabaga, others prefer a sharp paring knife, lopping off one end to make a flat surface, then removing the skin in lengthwise strips. Look for medium rutabagas; the huge ones have woody cores that need to be cut out and discarded.

My comments: I cooked the rutabaga and potato together until the rutabaga was tender, rather than using two kettles. It worked fine. I served it with BS&O.

1 pound rutabaga, peeled and cut into 1-inch pieces

2 pounds Yukon Gold or russet potatoes, diced

1/4 cup whole milk

2 Tablespoons ICBINB Lite (original recipe called for 4 T. butter)

1/4 cup finely chopped fresh chives (I omitted)

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1. Cook rutabaga in a 4-quart saucepan of boiling well-salted water, uncovered, until very tender, about 15 minutes. With a slotted spoon, transfer to a colander and drain.
2. Meanwhile, peel potatoes and cut into 1-inch pieces. Simmer potatoes in same cooking water, uncovered, until very tender, about 20 minutes. Drain potatoes in colander.
3. Heat milk with butter in same saucepan over moderate heat until butter is melted. Remove from heat, add rutabaga and potatoes, and coarsely mash with a potato masher. Stir in chives, salt and pepper.

Per serving: 170 calories, 2 grams fat, 4 grams fiber.

Crunchy Shrimp with Toasted Couscous and Ginger-Orange Sauce

From: Cooking Light Jan/Feb 2006

Posted By: Danikam

Date: 1/2/06

HUs: 7.6

Serves: 4

Grand Prize Winner/Category Winner--Entrées. "The sauce that accompanies the shrimp is one of my favorites. I've used it as a dipping sauce for vegetables, and to top grilled chicken and salmon."

Danika's notes: do not skip the 'toasting' couscous step. It gives a great flavor. The couscous would be great as a side dish.

Sauce:

- 1 cup orange juice
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons reduced-fat mayonnaise
- 1 1/2 tablespoons fat-free, less-sodium chicken broth
- 1 teaspoon grated peeled fresh ginger
- 1 teaspoon fresh lime juice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon ground red pepper

Couscous:

- 1 cup uncooked couscous
- 1 1/2 cups fat-free, less-sodium chicken broth
- 1/2 cup orange juice
- 1/2 teaspoon salt
- 1/3 cup chopped green onions
- 2 tablespoons sliced almonds, toasted
- 1 tablespoon unsalted butter

Shrimp:

- 20 jumbo shrimp, peeled and deveined (about 3/4 pound)
- 1 large egg white, lightly beaten
- 1/2 cup panko (Japanese breadcrumbs)
- 1 teaspoon chopped fresh cilantro
- 1/2 teaspoon grated peeled fresh ginger
- 1/8 teaspoon freshly ground black pepper
- 1 tablespoon canola oil
- 2 cups trimmed watercress

To prepare sauce, bring 1 cup orange juice to a boil in a small saucepan over medium-high heat; cook until reduced to 1/4 cup (about 10 minutes). Remove from heat; cool completely. Stir in 1 tablespoon cilantro and next 7 ingredients (through red pepper); set aside.

To prepare couscous, place couscous in a large nonstick skillet over medium-high heat; cook 3 minutes or until toasted, stirring constantly. Add 1 1/2 cups broth, 1/2 cup orange juice, and 1/2 teaspoon salt; bring to a boil. Remove from heat; cover and let stand 5 minutes. Fluff with a fork; add onions, almonds, and butter, stirring until butter melts. Keep warm.

To prepare shrimp, combine shrimp and egg white in a large bowl, tossing to coat. Combine the panko, 1 teaspoon cilantro, 1/2 teaspoon ginger, and black pepper in a large zip-top plastic bag. Add shrimp to the bag, and seal and shake to coat.

Heat oil in a large nonstick skillet over medium-high heat; arrange shrimp in a single layer in pan. Cook 2 minutes on each side or until done.

Place 3/4 cup couscous on each of 4 plates; top each with 1/2 cup watercress and 5 shrimp. Drizzle each with 1 1/2 tablespoons sauce.

Yield: 4 servings

NUTRITION PER SERVING

CALORIES 376(25% from fat); FAT 10.6g (sat 2.7g,mono 4.1g,poly 2g); PROTEIN 17.6g; CHOLESTEROL 61mg; CALCIUM 84mg; SODIUM 763mg; FIBER 3.9g; IRON 2.1mg; CARBOHYDRATE 51.9g

Cinnamon Spirals

Cookies/Bar Cookies

Adapted from Good Housekeeping

HU: 1 per cookie

Servings: 48

Posted by DebMj1

01/04/06

Freezer Friendly

My Notes: These are time-consuming, but oh so cute and very tasty. I looked at subbing half light butter & half regular, but it only saves 4 calories & 1 gm. fat (1/10th of a point). Not worth it for what might be a compromise in quality.

1/2 cup butter or margarine, softened

4 oz Neufchatel cheese, softened

1 1/4 c all-purpose flour

1/4 tsp salt

1/3 c sugar

1 1/2 teaspoons ground cinnamon

In large bowl, with mixer at medium speed, beat butter and cream cheese until creamy, about 2 minutes. Reduce speed to low; gradually beat in flour and salt until well mixed, occasionally scraping bowl with rubber spatula.

On sheet of plastic wrap, pat dough into small rectangle. Wrap in plastic wrap and refrigerate 1 hour or until dough is firm enough to roll (or freeze 30 minutes).

Meanwhile in small bowl mix sugar and cinnamon; set aside.

On lightly floured surface, with floured rolling pin, roll dough into 15x12 rectangle. Sprinkle cinnamon-sugar mixture evenly over dough.

Starting from a long side, tightly roll rectangle jelly-roll fashion. Brush last 1/2 inch of dough with water to help seal edge. Cut log crosswise in half. Slide logs onto cookie sheet, cover with plastic wrap and refrigerate 2 hours or until dough is firm enough to slice (or freeze dough for 45 minutes).

Preheat oven to 400 F. Remove 1 log from freezer/refrigerator; with serrated knife, cut log crosswise into 1/4-inch thick slices. Place cookies, 1/2 inch apart, on ungreased large cookie sheet.

Bake cookies 12 to 14 minutes or until lightly browned. Transfer cookies to wire rack to cool. Repeat with remaining log. Store cookies in tightly covered container at room temperature up to 3 days, or in freezer up to 3 months.

Basic Bean-Soup Mix

www.cookinglight.com

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

Healthy Units: 5.5

Posted By: Bawstinn32 (Maria)

January 3, 2006

DRIED-BEAN MIX:

1 pound dried kidney beans

1 pound dried yellow lentils

1 pound green split peas

1 pound dried black beans

1 pound dried black-eyed peas

SPICE MIX:

5 teaspoons salt

5 teaspoons dried basil

5 teaspoons dried rosemary

5 teaspoons dried marjoram

2 1/2 teaspoons black pepper

1 1/4 teaspoons crushed red pepper

5 bay leaves

Additional Soup Ingredients for 1 Packet dried-bean Mix and 1 packet spice mix:

8 cups water

1 smoked ham hock (about 1/2 pound)

1 cup chopped onion

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

To prepare dried-bean mix, combine first 5 ingredients in a large bowl. Divide the bean mixture into 5 equal portions (about 2 1/2 cups each), and place in airtight containers.

To prepare spice mix, combine the salt and the next 6 ingredients (salt through bay leaves) in a bowl. Divide spice mix into 5 equal portions. Place in small airtight containers.

To prepare the soup, sort and wash 1 portion dried-bean mix, and place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours. Drain. Combine the drained bean mixture, 8 cups water, and the ham hock in a large Dutch oven; bring to a boil. Add 1 packet spice mix, onion, and tomatoes. Cover, reduce heat, and simmer 2 hours. Uncover; cook 1 hour. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup.

CAL 288 (14% from fat); FAT 4.5g (sat 1.9g, mono 1.1g, poly 1.1g); PROTEIN 18.4g; CARB 45.9g; FIBER 7.1g; CHOL 4 mg; IRON 4.9mg; SODIUM 503mg; CALC 98mg.

Buffalo Turkey Burgers w/Bleu Cheese Dressing (Lightened)

Source: Rachael Ray 365/No Repeats

Healthy Units: 5 (doesn't include bun points)

Servings: 5

Posted by Tracy (Nikkie1T)

January 3, 2006

RR Comments: I've made other versions of this - with chicken breasts and Buffalo-fried salads - but I think this is the tastiest takeoff on wings so far!

1 package (1-1/3 lb.) ground turkey breast
1-1/2 teaspoons poultry seasoning
1 tablespoon grill seasoning (such as McCormick's Montreal Steak Seasoning)
2 garlic cloves, chopped
4 scallions, finely chopped
1 celery rib, finely chopped
1 tablespoon lite butter
1/4 cup hot sauce, such as Frank's Red Hot
1/2 cup reduced-fat sour cream
2 tablespoons bleu cheese crumbles
salt and freshly ground pepper
leaf lettuce

1. In bowl, mix turkey, poultry seasoning, grill seasoning, garlic, scallions and celery. Mix the burgers and form 5 1-inch thick patties.

2. Spray a nonstick skillet with cooking spray and drizzle with a little EVOO. Heat skillet over medium-high heat and cook the burgers for 6 minutes on each side. Remove to a plate.

3. Wipe the pan clean and reduce the heat to low. Melt the butter in the pan. Add the hot sauce to the melted butter. Return the patties to the skillet and turn to coat in the hot sauce-butter mixture. Place the burgers on bun bottoms.

4. In a small bowl, mix the sour cream and bleu cheese crumbles and season with salt and pepper. Top the burgers with lettuce and bleu cheese sauce then set the bun tops in place.

Per burger and 1/5 of sauce - 199 calories, 12 grams fat, 1 gram fiber.

Lemony Lentil Salad with Salmon

Category: Salads (S)

Source: Eating Well – Healthy in a Hurry Cookbook

HU: 7.8

Core: Yes (w/ my changes)

Servings: 6

Posted by: Emily (EJWyatt)

January 3, 2006

Quick and Easy

EW Notes: Salmon and lentils are a familiar combo in French bistro cooking. For the best presentation, flake the salmon with a fork, and then stir it gently into the salad to keep it in chunks, not tiny bits.

My Notes: I cut the oil slightly to keep it to 2t per serving. With the change, the recipe is Core.

1/3 C lemon juice

1/3 C chopped fresh dill

2 t Dijon mustard

½ t salt, or to taste

Freshly ground pepper to taste

1/3 C extra-virgin olive oil (I used ¼ C)

1 medium red bell pepper, seeded and diced

1 C diced seedless cucumber

½ C finely chopped red onion

2 15-oz cans lentils, rinsed, or 3 C cooked brown lentils or green lentils (see tip)

2 7-oz cans salmon, drained and flaked, or 1 ½ C flaked cooked salmon

Whisk lemon juice, dill, mustard, salt and pepper in a large bowl. Gradually whisk in oil. Add bell pepper, cucumber, onion, lentils and salmon; toss to coat.

Yield: 6 servings (serving size: 1 cup)

CALORIES 354; FAT 18g (sat 3g, mono 12g); PROTEIN 24g; CHOLESTEROL 31mg; SODIUM 194mg; FIBER 9g; CARBOHYDRATE 25g

Tip: To cook lentils; place in a saucepan, cover with water and bring to a boil. Reduce heat to a simmer and cook until just tender, about 20 minutes for green lentils and 30 minutes for brown. Drain and rinse under cold water.

Dijon Roasted Vegetables

Source: Adapted from WW.Com

HU: 3

Servings: 6

Posted by: Waneyvant (Jane)

Date: January 4, 2006

1 1/2 pound uncooked new potatoes*
3/4 pound brussels sprouts
1 large red onion(s)
1 pound baby carrots
4 clove garlic clove(s)
1 sprays olive oil cooking spray
1 Tbsp olive oil
1/4 cup Dijon mustard
1 1/2 tsp paprika
1/2 tsp dried thyme
1 tsp table salt
1/2 tsp black pepper

Preheat oven to 350. Spray a baking sheet with cooking spray.

Scrub & slice potatoes in 1/2, place in bowl with sprouts, carrots, sliced red onion, & garlic cloves.

Whisk together mustard, oil, & spices. Add to vegetables & toss with spatula.

Transfer to cookie sheet & roast for about 1 hour or until tender, stirring after 30 minutes.

My Notes: I used baby Yukon golds & roasted mine for about 80 minutes.

Original recipe called only for 1 1/2 Pounds of new potatoes, quartered. To use potatoes only, use 1/2 of the mustard & seasonings, and roast at 425 for 30 minutes, stirring midway.

Dijon Chicken Stew with Potatoes and Kale

Soups and Stews

From Cooking Light, January 2006

HU = 6.34

Servings: 6 (serving size: 1 1/2 cups)

Core +1

Posted by Shari (walkmuch)

1/4/2006

4 teaspoons olive oil, divided
2 cups sliced leek
4 garlic cloves, minced
1/3 cup all-purpose flour (about 1 1/2 ounces)
1 pound skinless, boneless chicken thighs, cut into bite-sized pieces
1/2 pound skinless, boneless chicken breast, cut into bite-sized pieces
1/2 teaspoon salt, divided
1/2 teaspoon freshly ground black pepper, divided
1 cup dry white wine
3 cups fat-free, less-sodium chicken broth, divided
1 tablespoon all-purpose flour
1 1/2 cups water
2 tablespoons Dijon mustard
2 cups (1/2-inch) cubed peeled white potato (about 1 pound)
8 cups loosely packed torn kale (about 5 ounces)
Crushed red pepper (optional)

Heat 1 teaspoon oil in a Dutch oven over medium-high heat. Add leek; sauté 6 minutes or until tender and golden brown. Add garlic; sauté 1 minute. Spoon leek mixture into a large bowl.

Place 1/3 cup flour in a shallow bowl or pie plate. Dredge chicken in flour, shaking off excess. Heat remaining 1 tablespoon oil in pan over medium-high heat. Add half of chicken mixture; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper. Cook 6 minutes, browning on all sides. Add browned chicken to leek mixture. Repeat procedure with remaining chicken mixture, 1/8 teaspoon salt, and 1/8 teaspoon black pepper.

Add wine to pan, scraping pan to loosen browned bits. Combine 1 cup broth and 1 tablespoon flour, stirring with a whisk until smooth. Add broth mixture, remaining 2 cups broth, water, and mustard to pan; bring to a boil. Stir in chicken mixture, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper. Cover, reduce heat, and simmer 30 minutes.

Stir in potato. Cover and simmer 30 minutes or until potato is tender. Stir in kale; cover and simmer 10 minutes. Garnish with crushed red pepper, if desired.

NUTRITION PER SERVING CALORIES 324(22% from fat); FAT 7.9g (sat 1.5g,mono 3.5g,poly 1.7g); PROTEIN 30.9g; CHOLESTEROL 85mg; CALCIUM 180mg; SODIUM 659mg; FIBER 5g; IRON 4.6mg; CARBOHYDRATE 33.7g

Pork and Stir-Fried Vegetables with Spicy Asian Sauce

(M) - Meats

Cooking Light, January 2006

HU: 5.25

Servings: 4

Posted by CJMartin717 (Cindy)

Date: 1/4/2006

CL: Use your favorite sliced vegetables in place of the zucchini and bell pepper; mushrooms and water chestnuts would also be good. To round out the meal, serve with quick-cooking rice stick noodles.

Cindy's Notes: I used a little less green onion and added some water chestnuts. I also added about 1/2 teaspoon Sriracha sauce and served this over rice.

- 1 teaspoon canola oil
- 1/4 cup Hoisin sauce
- 1/4 cup ketchup
- 1 teaspoon low-sodium soy sauce
- 1/2 teaspoon bottled minced garlic
- 1/8 to 1/4 teaspoon ground red pepper
- 1 (1-pound) pork tenderloin, trimmed, cut into 1/2-inch pieces
- 1 teaspoon black pepper
- 1/4 teaspoon salt
- 2 teaspoons dark sesame oil
- 1 cup presliced zucchini
- 1 cup presliced red bell pepper
- 1 teaspoon bottled ground fresh ginger (such as Spice World)
- 1/2 cup chopped green onions
- 1 teaspoon toasted sesame seeds

Heat canola oil in a large nonstick skillet over medium-high heat. Combine Hoisin sauce and next 4 ingredients (through ground red pepper), stirring until blended; set side. Add pork to pan; sprinkle with black pepper and salt. Cook 3 minutes on each side or until done. Remove from pan. Add sesame oil to pan. Add zucchini, bell pepper, and ginger; stir-fry 4 minutes or until bell pepper is tender. Stir in onions and pork. Add Hoisin mixture to pan; toss to coat. Sprinkle with sesame seeds.

Yield: 4 servings (serving size: about 1 cup)

NUTRITION PER SERVING

CALORIES 244(31% from fat); FAT 8.5g (sat 1.9g,mono 3.6g,poly 2.3g); PROTEIN 25.6g; CHOLESTEROL 74mg; CALCIUM 24mg; SODIUM 678mg; FIBER 1.7g; IRON 2mg; CARBOHYDRATE 15.6g

Spaghetti Squash Gratins with Chunky Tomato Sauce

Category: Vegetarian

Cooking Light December 2005

HU: 2.5

Servings: 8

Posted by DebMj1

January 5, 2006

CL Notes: These individual casseroles are like little lasagnas with spaghetti squash replacing the traditional lasagna noodles.

Deb's Notes: Instead of roasting the spaghetti squash whole, I cut it in half and roasted it in a pan of shallow water for 45 minutes at 350 to speed it up. I used dried herbs in place of fresh. Using more spaghetti squash per gratin doesn't really impact the points.

- 1 (2-pound) spaghetti squash
- 1 teaspoon olive oil
- 2 garlic cloves, minced
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon crushed red pepper
- 2 (28-ounce) cans whole tomatoes, drained and chopped
- 3 oregano sprigs
- 3 thyme sprigs
- 1/2 cup (2 ounces) grated fresh Parmesan cheese
- 2 teaspoons chopped fresh oregano
- 1 teaspoon chopped fresh thyme
- 1 (15-ounce) carton fat-free ricotta cheese

Preheat oven to 400°.

Pierce squash with a fork. Place squash on a baking sheet; bake at 400° for 1 hour or until tender. Cool. Cut squash in half lengthwise; discard seeds. Scrape inside of squash with a fork to remove spaghetti-like strands to measure 4 cups.

Heat olive oil in a large saucepan over medium heat. Add garlic; cook 2 minutes, stirring frequently. Add 1/2 teaspoon salt, 1/4 teaspoon black pepper, crushed red pepper, tomatoes, oregano, and thyme sprigs; bring to a boil. Reduce heat, and simmer for 20 minutes or until thickened, stirring occasionally. Discard oregano and thyme sprigs.

Combine remaining 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, Parmesan, and remaining ingredients. Spoon 1/2 cup squash into each of 8 (8-ounce) ramekins. Spoon tomato sauce evenly over squash; divide ricotta mixture evenly among ramekins, spreading to cover. Bake at 400° for 50 minutes or until lightly browned.

Blueberry Oatmeal Muffins

breakfast, quick breads

Cooking Light Magazine Jan/Feb2006

HU's 3.5 points

Servings: 16

Posted by: Tracy Elliff

Date: 1/5/06

quick and easy, freezer friendly, kid friendly.

Notes: These turned out better with defrosted blueberries rather than frozen. The toothpick came out clean when using frozen blueberries but some of the muffins were doughy around the fruit.

Ingredients:

1-2/3 cup quick cooking oats
2/3 cup all purpose flour, about 3 ounces
1/2 cup whole wheat flour, about 2 1/3 ounces
3/4 cup packed light brown sugar
2 tsp ground cinnamon
1 tsp baking powder
1 tsp baking soda
3/4 tsp salt

1 1/2 cup fat-free buttermilk
1/4 cup canola oil
2 tsp. grated lemon rind
2 large eggs
2 cups frozen, defrosted (drained), or fresh blueberries
2 TBSP flour, omit if using defrosted or fresh blueberries
Nonstick cooking spray
2 TBSP granulated sugar

Instructions:

Preheat oven to 400 degrees.

Place oats in a food processor, pulse 5 or 6 times until oats resemble coarse meal. Place in a large bowl.

Lightly spoon flours into dry measuring cups, level with knife. Add flours and next 5 ingredients to oats in bowl; stir well with a whisk. Make a well in center of mixture.

Combine buttermilk, oil, rind, and eggs in small bowl; stir well with a whisk. Add to flour mixture, stirring just until moist.

If using frozen berries toss with 2 Tablespoons flour, and gently fold them into batter.

Spoon batter into 16 muffin cups coated with cooking spray; sprinkle batter with 2 tablespoons granulated sugar.

Bake at 400 degrees for 20 minutes or until muffins spring back when touched lightly in center. Remove from pans immediately. Place on a wire rack.

Serve warm or at room temperature.

170 calories, 5 grams fat, 2 grams fiber

Tomato Spinach Slow Cooker Soup

Posted by: Aimster04 (Amy)

6 servings - 3 points each

1/5/06

Ingredients:

10 oz spinach, baby, washed
2 medium carrot(s), chopped
2 medium stalk celery, chopped
1 large onion(s), chopped
1 clove garlic clove(s), minced
4 cup vegetable broth, low-sodium
28 oz canned diced tomatoes, no-salt added
2 leaf bay leaf
1 Tbsp dried basil
1 tsp dried oregano
1/2 tsp red pepper flakes, crushed

Instructions

Place all ingredients in a slow cooker. Cover and cook on high for 5 hours. Remove bay leaves, stir and serve. Yields about 1 cup per serving.

6 servings - 3 points each

Per Serving (excluding unknown items): 169 Calories; 3g Fat (16.4% calories from fat); 7g Protein; 31g Carbohydrate; 7g Dietary Fiber; 2mg Cholesterol; 1154mg Sodium.
Exchanges: 1 Grain(Starch); 2 1/2 Vegetable; 1/2 Fat.

Chicken with Creamy Herb-Cheese Sauce

Category: Poultry

Source: CL What's for Dinner

Healthy Units: 6

Servings: 4 (1 chicken breast half, ½ cup rice, and 2 T. sauce)

Posted by: Jodi (jhoulihan)

1/6/06

CL Note: Speed up dinner by using boil-in-bag rice. It will be done by the time the chicken is cooked. Look for the herb cheese in the specialty cheese case.

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

Cooking spray

½ cup fat-free, less-sodium chicken broth

¼ cup dry white wine

½ of a 6-ounce tub reduced-fat minced garlic and herbs spreading cheese (such as Fleur de Lait)

1/8 t. black pepper

2 cups hot cooked long-grain rice

1 T. chopped fresh parsley

1. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to ¼-inch thickness using a meat mallet or rolling pin.

2. Coat chicken with cooking spray. Place a large nonstick skillet over med-high heat until hot. Add chicken; cook 3 minutes on each side or until lightly browned. Add broth and wine, cook 6 minutes or until chicken is done and liquid is reduced to ¼ cup.

Remove chicken from pan and keep warm.

3. Add cheese to the liquid in pan; cook 3 minutes or until cheese melts, and sauce is smooth. Remove from heat; stir in pepper. Serve chicken over rice, spoon sauce over chicken. Sprinkle with parsley.

Cal: 277, Fat: 5.3 g., Fiber: 0.4g

P.F. Chang's Chicken Lettuce Wraps

Source: Recipe Clone

Servings: 4

HU: 5

Posted by: Waneyvant (Jane)

Date: January 6, 2006

Wraps:

8 slices Eden Dried Sliced Shitake
Mushrooms
1 tsp cornstarch
2 tsp dry sherry
2 tsp soy sauce
2 tsp water
1 pound uncooked boneless, skinless
chicken breast, cut into small chunks
3 tsp vegetable oil
1 tsp ginger root

2 clove garlic cloves
2 green onions
2 dried hot chile pepper(s), whole
(optional)
1 (8 oz) can bamboo shoots, drained &
minced
1 (8 oz) can water chestnuts, drained &
minced
1 oz packaged rice noodles
Salt & pepper, to taste

Cooking Sauce:

1 Tbsp hoisin sauce
1 Tbsp soy sauce
1 Tbsp dry sherry
2 Tbsp oyster sauce

2 Tbsp water
1 tsp sesame oil
1 tsp sugar
2 tsp cornstarch

12 to 16 Lettuce leaves (iceberg, Boston, etc)

Cover mushrooms with very hot water, let stand 30 minutes, then drain, mince & discard woody stems. Set aside. Mix together ingredients for cooking sauce in small bowl, set aside.

In medium bowl, combine cornstarch, sherry, water, soy sauce, salt, pepper & chicken. Stir to coat. Stir in 1 tsp. oil and let sit 15 minutes to marinate.

Heat wok over medium high heat. Add 1 tsp oil, then add chicken and stir-fry for 3 to 4 minutes. Remove chicken to bowl. Add 1 tsp. oil to wok. Add ginger, garlic, chilies & onion; stir-fry for 2 minutes. Return chicken to pan. Add mixed cooking sauce to pan. Cook until thickened and hot, about 1 minute. Cover bottom of serving dish with cooked noodles, and top with chicken mixture. Spoon into lettuce leaf.

To cook noodles, soak in hot water for 10 minutes. Drain well.

Sunny Frittata

E (Eggs)

Cooking Light, JANUARY 2006

HU: 4.37

Servings: 4

Posted by: CJMartin717 (Cindy)

January 7, 2006

CL: A combination of eggs, cheddar cheese, and orange bell pepper lends the frittata a cheerful hue. Substitute red or green bell pepper, if you prefer. Stir the egg mixture while it cooks for the first two minutes to keep it from browning too much. Total time: 45 minutes.

Cindy's Note: I had to bake this at least 10 minutes longer than the time stated in order for the frittata to set in the middle. I added a dash of cayenne pepper and just a little Italian seasoning too.

2 cups egg substitute
1/2 cup fat-free milk
1/4 teaspoon salt
1/4 teaspoon black pepper
Cooking spray
2/3 cup (4 ounces) diced ham
1/2 cup diced orange bell pepper
1/2 cup thinly sliced green onions
1/4 cup (1 ounce) reduced-fat shredded cheddar cheese

Preheat oven to 375°.

Combine first 4 ingredients in a small bowl, stirring well with a whisk.

Heat a medium nonstick skillet over medium-high heat. Coat pan with cooking spray. Add ham, bell pepper, and onions; sauté 2 minutes. Stir in egg mixture. Reduce heat to medium, and cook 5 minutes, stirring occasionally for first 2 minutes. Top mixture with cheese. Wrap handle of pan with foil; bake at 375° for 12 minutes or until center is set. Cut frittata into 4 wedges.

Yield: 4 servings (serving size: 1 wedge)

NUTRITION PER SERVING

CALORIES 194(37% from fat); FAT 8g (sat 2.7g,mono 2.1g,poly 2.2g); PROTEIN 24.8g; CHOLESTEROL 28mg; CALCIUM 153mg; SODIUM 401mg; FIBER 0.9g; IRON 3.1mg; CARBOHYDRATE 4.6g

Mexican Black Bean Sausage Chili

Soups/Stews

Cooking Light, JANUARY 2006

HU 8

Servings: 6

Posted by Poisonqueen (Laurie)

1/7/06

CL notes: You may need to thin the chili with water if you've made it ahead. Or combine the sausage ingredients in advance, and finish the chili later.

Laurie's Notes: This makes 6 huge bowls of chili. For myself, I'd probably get 10-12 lunch servings and about 8 dinnertime servings.

Ingredients:

Sausage:

1 1/2 tablespoons Hungarian sweet paprika	1/2 teaspoon dried oregano
2 tablespoons minced garlic	1/2 teaspoon ground coriander
3 tablespoons dry red wine	1/2 teaspoon black pepper
2 tablespoons sherry vinegar	Dash of kosher salt
2 teaspoons ancho chili powder	3/4 pound lean ground pork
1 teaspoon ground cumin	3/4 pound ground turkey breast

Chili:

2 tablespoons olive oil	divided
2 cups diced onion (about 2 medium)	3 cups water
1 tablespoon ground cumin	2 (14.5-ounce) cans no salt-added diced tomatoes, drained (I used 1 28 1.2 oz can)
1 tablespoon finely minced garlic	1/4 cup freshly squeezed lime juice
2 teaspoons dried oregano	1/4 cup very finely chopped cilantro, divided
3 canned chipotle chiles in adobo sauce, minced	
4 (15-ounce) cans black beans, rinsed and drained, divided	Low-fat sour cream (optional)
3 cups fat-free, less-sodium chicken broth,	Sliced green onions (optional)

Instructions:

To prepare sausage, combine first 12 ingredients in a large bowl. Cover and refrigerate overnight.

To prepare chili, heat oil in a large saucepan over medium-high heat. Add sausage mixture; cook 7 minutes or until browned, stirring to crumble. Add onion, 1 tablespoon cumin, 1 tablespoon garlic, 2 teaspoons oregano, and chiles; cook 4 minutes or until onion is tender. Place 1 1/2 cups black beans and 1 cup broth in a food processor; process until smooth. Add puréed beans, remaining beans, remaining 2 cups broth, water, and tomatoes to pan; bring to a boil. Reduce heat, and simmer, partially covered, 45 minutes or until slightly thick. Stir in juice and cilantro. Ladle about 1 3/4 cups chili into each of 6 bowls. Garnish each serving with sour cream and sliced green onions, if desired.

CALORIES 395(27% from fat); FAT 11g (sat 2.9g,mono 6g,poly 2.1g); PROTEIN 35.3g;

CHOLESTEROL 78mg; CALCIUM 128mg; SODIUM 989mg; FIBER 13.7g; IRON 6mg;
CARBOHYDRATE 40.4g

Chicken & White Bean Soup

Category: Soups/Stews (ST)

Source: Eating Well – Healthy in a Hurry Cookbook

HU: 3.68

Core: Yes

Servings: 6

Posted by: Emily (EJWyatt)

January 8, 2006

Quick and Easy

Freezer Friendly

EW Notes: Once again, rotisserie chickens can really relieve the dinner-rush pressure – especially in this Italian-inspired soup that cries out for a piece of crusty bread and a glass of red wine.

My Notes: I added a pinch of salt and some freshly ground pepper.

2 t extra-virgin olive oil

2 leeks, white and light green parts, only, cut into ¼-inch rounds (no leeks available this week, so I subbed 2 bunches of green onions)

1 T chopped fresh sage or ¼ t dried

2 14-oz cans reduced-sodium chicken broth

2 C water

1 15-oz can cannelloni beans, rinsed

1 2-pound rotisserie chicken, skin discarded, meat removed from the bones and shredded (4 Cups)

Heat oil in a Dutch oven over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes. Stir in sage and continue cooking until aromatic, about 30 seconds. Stir in broth and water, increase heat to high, cover and bring to a boil. Add beans and chicken and cook, uncovered, stirring occasionally, until heated through, about 3 minutes. Serve hot.

Yield: 6 servings (serving size: 1 ½ cup)

CALORIES 199; FAT 6g (sat 1g,mono 3g); PROTEIN 23g; CHOLESTEROL 52mg;
SODIUM 530mg; FIBER 4g; CARBOHYDRATE 16g

Apricot Lemon Tea Bread

BR (Breads)

Source: Miracle Muffins -Amazingly Delicious Treats Without All That Fat by Patty Neeley

HU: 3.5

Servings: 20

Posted by: CJMartin717 (Cindy)

January 8, 2006

1 cup dried apricots -- quartered
1 cup water
1/4 cup granulated sugar
2 cups all-purpose flour
1 cup whole wheat flour (I used King Arthur's White Whole Wheat Flour)
1 cup granulated sugar
1 tablespoon baking powder
1/2 teaspoon salt
1 tablespoon grated lemon peel
1/3 cup low fat buttermilk
1/2 cup 1% low-fat milk
1 cup tea -- brewed strong, room temp
1/4 cup canola oil
1 large egg white
2 teaspoons vanilla extract
1 tablespoon fresh lemon juice
In a small saucepan, combine apricots, water and 1/4 cup sugar. Cook over medium-high heat for 10-15 minutes until apricots are tender and most of liquid has been absorbed. Set aside to cool.

Preheat oven to 350°F. Lightly coat two 8x3-inch loaf pans with vegetable oil cooking spray.

In a large mixing bowl, combine flours, 1 cup sugar, baking powder, salt, and lemon peel. In a separate bowl, combine all remaining ingredients, including the reserved apricots. Stir into dry ingredients and mix just until moist.

Pour batter into prepared pans and bake 35-40 minutes. I used 5 mini-loaf pans and baked for approx 30-35 minutes.

Cool in pans 5 minutes then transfer to a wire rack to finish cooling. Store in an airtight container.

Per serving: 165 Calories; 3g Fat (16.5% calories from fat); 3g Protein; 32g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 140mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

Spinach Mushroom Frittata

Category: Eggs (E)

Source: Moosewood Restaurant Low-Fat Favorites

HU: 2.62

Core: Yes, with my changes

Servings: 4

Posted by: Emily (EJWyatt)

January 8, 2006

MR Notes: This nicely textured, very tasty frittata, featuring classic Greek flavorings, is an appetizing brunch dish that is hearty enough for supper.

Em's Notes: I decided that it would be easier to transfer the frittata to the oven to finish rather than flipping it as the directions suggest. I baked the frittata at 375 for about 15 minutes after the edges were set on the stovetop.

2-3 garlic cloves, minced or pressed
1 large onion, chopped
2 t olive oil
10 ounces mushrooms, sliced (about 4 cups)
½ t dried thyme
10 ounces spinach, stemmed and rinsed
2 whole eggs
6 egg whites
1 T fresh dill (1 t dried)
¼ t salt
¼ t black pepper
½ cup grated feta cheese (I used fat-free feta)

In a 10 to 12-inch nonstick skillet, sauté the garlic and onions in 1 teaspoon of olive oil on low heat for about 5 minutes. Add the mushrooms and thyme, cook for 5 minutes, and remove skillet from heat. Meanwhile, in a separate pot, cover and cook the spinach on low heat with just the water that clings to it from rinsing, until the spinach is just wilted. Let cool in a colander, press to remove some liquid and chop.

In a large bowl, beat the eggs, egg whites, dill salt and pepper until evenly colored. Stir in the spinach, mushrooms and feta into the eggs.

Coat the bottom of the skillet with the remaining teaspoon of oil and return it to medium heat. When the skillet is hot, pour in the egg mixture. Cover and cook for 5 to 8 minutes, until the edges are firm and the bottom is golden and just beginning to brown. Place a large, flat plate or pizza pan over the skillet and flip the skillet over so that the frittata falls onto the plate. Slide the frittata back into the skillet and cook about 5 minutes more, until the eggs are fully cooked. Serve immediately or at room temperature.

CALORIES 134; FAT 6.2g (sat 1.4g, poly 0.8, mono 3.0g); PROTEIN 13.1g; CHOLESTEROL 132mg; SODIUM 329mg; FIBER 2.9g; CARBOHYDRATE 7.9g

Onion and Fontina Beer Batter Bread

Cooking Light, January 2006

Yield: 16 servings (serving size: 1 slice)

Healthy Units: 3

Posted By: Bawstinn32 (Maria)

January 9, 2006

Comments: Seems dry as you are making it, but the oil from the onions and the butter brushed on top makes for a nice, moist bread. Served with beef stew.

Bake this quick bread before you leave town, or mix dry ingredients, sauté onions, and grate cheese in advance, then bake the loaf on-site.

1 tablespoon olive oil
1 cup diced onion
3 cups all-purpose flour (about 13 1/2 ounces)
3 tablespoons sugar
2 teaspoons baking powder
1 teaspoon salt
1 cup (4 ounces) grated fontina cheese
1 (12-ounce) bottle beer (such as amber ale)
Cooking spray
1/4 cup butter, melted and divided

Preheat oven to 375°.

Heat olive oil in a large nonstick skillet over medium heat. Add onion and sauté 6 minutes or until tender. Cool to room temperature.

Lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, sugar, baking powder, and salt in a bowl; make a well in center of mixture. Add onion, cheese, and beer; stir just until moist.

Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; drizzle evenly with 2 tablespoons butter. Bake at 375° for 35 minutes; brush with remaining 2 tablespoons butter. Bake an additional 23 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

CALORIES 149(30% from fat); FAT 5g (sat 2.3g,mono 2.1g,poly 0.3g); PROTEIN 3.5g; CHOLESTEROL 12mg; CALCIUM 61mg; SODIUM 259mg; FIBER 0.8g; IRON 1.2mg; CARBOHYDRATE 22.2g

Edamame-Feta Dip

Category: Appetizer/Snack

Source: The Essential Eating Well

HU: 1

Core with nonfat or soy feta cheese

Servings: 28 (Yield: 1-3/4 cup; serving size 1 Tbsp)

Posted by CrissyBear

January 9, 2006

My Comments: For a stronger flavor, I used 2 cloves of garlic while cooking the edamame and added 2 cloves of raw garlic during the puree process. I also preferred a thicker consistency (less 2Tbsp of cooking liquid).

2 cups frozen shelled edamame (fresh soybeans)

3 cloves garlic, peeled

1/2 cup crumbled feta cheese

2-1/2 Tbsp fresh lemon juice

2 Tbsp extra virgin olive oil

1/4 tsp salt, or to taste

1/4 tsp pepper

In a large pot of boiling lightly salted water, add edamame and garlic. Return to a boil; reduce heat and simmer for 5-6 minutes or until edamame are tender. Drain edamame, reserving 1/2 cup of cooking liquid.

Add all ingredients and 1/4 cup of reserved cooking liquid into food processor. Process, scraping down sides as necessary. Add extra cooking liquid as needed to obtain a smooth consistency. Cover and let sit at room temperature for 30 minutes to incorporate flavors.

Best served at room temperature with toasted whole-wheat tortilla or pita triangles.

Per 1 Tbsp serving: 31 Calories, 2g Protein, 2g Carbohydrate, 2g Fat, 1g Fiber

Leftover Turkey Bake

Category P (Poultry)

Light & Tasty, Dec/Jan '06

recipe by Alice Slagter of Wyoming, Michigan

HU: 5.4

Serves: 4

Posted by: CJMartin717 (Cindy)

January 9, 2006

Cindy's Comments: This Leftover Turkey Bake was good; although I found it a bit too moist. When I make it again, I would decrease the chicken broth by at least 1/4 cup. It would also be very good with chopped apples either in addition to or instead of the cranberries. Extra servings reheated nicely in the microwave and I actually thought it got better after a couple of days. If the stuffing or dressing is your favorite part of the Thanksgiving meal – this casserole is for you.

Crissybear's Comments: I though it was a bit too "bready" but DBF loved and it used up my leftovers.

- 1-1/2 cups finely chopped onion
- 1/2 cup finely chopped celery
- 1 can (14-1/2 ounces) reduced-sodium chicken broth, divided
- 2 eggs, lightly beaten
- 2 teaspoons poultry seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups cubed whole grain bread
- 3 cups cubed white bread
- 2 cups cubed cooked turkey breast
- 1/2 cup chopped fresh or frozen cranberries

In a large saucepan, bring the onion, celery and 1/2 cup broth to a boil. Reduce heat; simmer, uncovered, for 5-8 minutes or until vegetables are tender. Remove from the heat. Stir in the eggs, poultry seasoning, salt, pepper and remaining broth until blended. Add the bread cubes, turkey and cranberries; mix well.

Spoon into a 2-qt. baking dish coated with nonstick cooking spray. Cover and bake at 350° for 15 minutes. Uncover; bake 20-25 minutes longer or until lightly browned and a knife inserted near the center comes out clean.

Nutritional Analysis: 1 serving equals 290 calories, 5 g fat (1 g saturated fat), 154 mg cholesterol, 916 mg sodium, 34 g carbohydrate, 4 g fiber, 27 g protein. Diabetic Exchanges: 3 lean meat, 1-1/2 starch, 1 vegetable.

Mexican Chicken and Lime Soup

Source: Adapted from Culinary SOS, Los Angeles Times, 2/27/92

HU: 8 (6 without cheese)

Servings: 4

Posted By: Waneyvant

Date: January 10, 2006

Ingredients:

4 cups fat-free chicken broth

juice of two fresh limes (about 6 T.)

1 tsp dried Mexican oregano

1 tsp dried basil

1 pureed chipotle chile (1 minced)

1 leaf bay leaf

Salt and white pepper to taste

14 1/2 oz canned diced tomatoes, undrained

1/2 cup red onion, thinly sliced

1 Tbsp chopped fresh cilantro

1 medium avocado, peeled & sliced

2 cup cooked chicken breast, shredded

1/4 cup raw white rice

2 oz 2% cheese, Colby & Monterey Jack, cubed (optional)

Lime slices & fresh cilantro, for garnish

Instructions:

Combine stock, lime juice, oregano, basil, chipotle, bay leaf, salt, and pepper in stockpot.

Bring to boil.

Add rice.

Cover and simmer 15 minutes.

Add shredded chicken, tomatoes, onion & cilantro.

Return to boil.

Simmer 15 more minutes.

Adjust seasonings to taste.

Ladle very hot soup into warm bowls. Drop in 1/2 oz. cheese cubes to each bowl (optional). Garnish with avocado slices, lime slice & cilantro sprigs.

Garlicky Black-eyed Peas 'n Greens

Category: Vegetarian/Meatless

Source: Moosewood Restaurant Low-Fat Favorites

HUs: 5.4 (for 5 servings), 3 (for 8 - servings) *Does not include rice

Servings: 5 (for meal), 8 (for side)

Posted by: Misdirected311 (Shanna)

January 11, 2006

Note: This was yummy, even better today for lunch, but I would definitely up the amount of kale next time, there wasn't enough per serving. Also, I didn't have thyme so I used marjoram. The recipe doesn't say what to do with the garlic cloves you cook with the beans so I just pulled them out and spread on some bread. And the recipe calls for 2-4 tbsp of minced garlic but I split the difference and used 3.

Ingredients:

2 cups dried black-eyed peas

4 cloves garlic -- peeled

3/4 pound kale -- rinsed and chopped

1 tablespoon olive oil

3 tablespoons garlic -- minced

1 teaspoon thyme

Salt and pepper

*rice

Instructions:

Rinse the black eye peas and place them in a soup pot with garlic cloves and water to cover. Bring to a boil, lower heat, cover and cook 45 minutes until tender, adding water occasionally as needed. The black-eyed peas should be moist but not soupy, so it is best when most of the water has been absorbed at the end of cooking. Drain if needed, cover and set aside.

Rinse greens and set aside. Sauté minced garlic and thyme for 1 minute, stirring constantly. Add damp greens and stir until wilted but still bright green. Stir the greens into the black-eyed peas and mix. Add salt and pepper to taste. Serve over rice, topped with scallions or red onions and lemon edges or hot pepper vinegar on the side.

Per Serving (for 5 servings): 294 Calories; 4g Fat (11.8% calories from fat); 18g Protein; 49g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 41mg Sodium. Exchanges: 2 1/2 Grain (Starch); 1 Lean Meat; 2 Vegetable; 1/2 Fat.

Per Serving (for 8 servings): 184 Calories; 3g Fat (11.8% calories from fat); 12g Protein; 31g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.

Mediterranean Chickpea, Tomato, and Pasta Soup

Source: Cooking Light Annual Recipes 1999 page 271

Healthy Units 4.4

Core: 100% CORE if you use whole wheat pasta

Servings: 4 (serving size: 1.5 cups)

Posted by Cathy Geha/Cathy in Fih, Lebanon

Date 1/12/06

Preparation time: 10 minutes

Cooking time: 22 minutes

Ingredients:

2 teaspoons olive oil

1 cup diced onion

1 1/2 cups water

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

1/2 teaspoon ground cumin

1/4 teaspoon ground cinnamon

1/4 teaspoon black pepper

1 (15.5-ounce) can chickpeas (garbanzo beans), drained

1 (14.5-ounce) can diced tomatoes, undrained

1/2 cup uncooked ditalini (very small tube-shaped macaroni)**

2 tablespoons chopped parsley

Instructions:

Heat olive oil in a large saucepan over medium-high heat.

Add onion and sauté 3 minutes or until tender.

Add water and next 6 ingredients.

Bring mixture to a boil; cover, reduce heat, and simmer 5 minutes, stirring occasionally.

Add pasta, and cook 9 minutes or until pasta is tender.

Stir in parsley.

*I used bouillon cube with 2 cups water – the bouillon cubes here (magi or Knorr) are larger and to be made with 2 cups water)

**I used whole-wheat elbow macaroni because I did not have ditalini.

Nutritional Information:

Calories: 242 (17% from fat); Fat: 4.7g (sat 0.6g; mono 2.2g; poly 1.3g); Protein: 11.4g; Carbohydrates: 39.9g; Fiber: 4.6g; Chol: 0mg; Iron 3.5mg; sodium 560mg; calc: 79mg

Asian Coleslaw

Source: CL January/Feb 2006

Healthy Units: 2 per 2/3 cup slaw and 1 tsp almonds

Posted By: Zephyr1

Date posted: 1/12/2006

My Notes: Yet another slaw but this one is really different from the others so I posted. Do not skimp the cilantro it really makes the dish as well as the sesame seeds add nice crunch.

Ingredients:

- 7 cups shredded Napa (Chinese) cabbage
- 1 cup shredded red cabbage
- 1 cup chopped Daiken radish
- 1 cup chopped green onions
- 1 cup loosely packed fresh cilantro leaves
- 1 cup frozen green peas, thawed
- 3 tablespoons sesame seeds
- 3/4 cup reduced-fat mayonnaise
- 3 tablespoons white wine vinegar
- 1 tablespoon soy sauce
- 1/2 teaspoon dark sesame oil
- 1/4 teaspoon ground red pepper
- 1/4 cup sliced almonds

Instructions:

Combine first 7 ingredients in a large bowl.
Combine mayonnaise and next 4 ingredients (through pepper), stirring with a whisk.
Add mayonnaise mixture to cabbage mixture; toss well to combine.
Sprinkle with almonds.
Cover and chill at least 1 hour before serving.

NUTRITION PER SERVING

CALORIES 79(50% from fat); FAT 4.4g (sat 0.8g,mono 1.6g,poly 1.8g); PROTEIN 2.4g; CHOLESTEROL 0.0mg; CALCIUM 58mg; SODIUM 224mg; FIBER 2.2g; IRON 0.6mg; CARBOHYDRATE 7.6g

Shrimp and Broccoli in Chili Sauce

Source: Cooking Light, May 2000

Servings: 4

HU: 8.6

Posted by: Waneyvant (Jane)

Date: January 13, 2005

CL notes: Chili sauce, which is made by Heinz and other companies, comes in a 12-ounce bottle next to the ketchup in the supermarket. Waney Notes: I used Sriracha chili sauce and it was very spicy

Ingredients:

1 1/2 pounds medium shrimp, peeled and deveined
2 tablespoons minced seeded jalapeño pepper (about 2 peppers)
2 tablespoons dry sherry
1 1/2 teaspoons paprika
1/2 teaspoon ground red pepper
4 garlic cloves, crushed
1/3 cup water
1/4 cup chili sauce (such as Heinz; Waney used Sriracha hot chili sauce)
2 teaspoons cornstarch
2 teaspoons sugar
1/2 teaspoon salt
1 tablespoon oil
3 cups broccoli florets
4 cups cooked soba (about 8 ounces uncooked buckwheat noodles) or vermicelli (I used 3 cups hot brown rice)

Instructions:

Combine the first 6 ingredients in a medium bowl; cover and chill for 1 hour.

Combine water and next 4 ingredients (water through salt) in a small bowl; set aside.

Heat oil in a stir-fry pan or wok over medium-high heat. Add broccoli; stir-fry 2 minutes. Add shrimp mixture; stir-fry 5 minutes or until shrimp are done. Add cornstarch mixture, and bring to a boil. Cook 1 minute or until sauce thickens. Serve over noodles or brown rice.

Yield: 4 servings (serving size: about 1 cup stir-fry and 1 cup noodles or 3/4 cup brown rice)

CALORIES 441(14% from fat); FAT 7g (sat 1.3g,mono 2g,poly 2.6g); PROTEIN 35.7g; CHOLESTEROL 194mg; CALCIUM 130mg; SODIUM 1219mg; FIBER 5.6g; IRON 5.1mg; CARBOHYDRATE 54.2g

Apple Pie Bundt Cake

Source: adapted from WW RRB (Jeanette2006)

HU: 4

Servings: 16

Posted by: Waneyvant (Jane)

Date: January 15, 2006

Ingredients:

1 box Betty Crocker Spice Cake Mix

21 oz. can apple pie filling

3/4 cup fat free egg substitute

3/4 cup low fat sour cream

1/4 cup water

2 T. applesauce

1 tsp. vanilla extract

2 T. brown sugar

2 tsp. cinnamon

Instructions:

Heat oven to 350 degrees.

Spray a 10" Bundt pan with cooking spray.

Measure 1 1/2 cups of apple pie filling in a separate bowl and set aside.

Mix 1 T. of the cake mix with the brown sugar and cinnamon in a small bowl. Set aside.

Combine the remaining cake mix; egg substitute, water, sour cream, applesauce, extract, and remaining pie filling.

Beat with mixer for 2 minutes.

Pour half the batter into the bundt pan.

Sprinkle the brown sugar mixture evenly over batter.

Spoon the reserved pie filling over batter to within 3/4" of the edges.

Top with remaining batter.

Bake for 40 – 45 minutes. Cool 10 minutes and then remove to wire rack or turn onto plate.

Asiago-Black Pepper Drop Biscuits

Category: Bread

Source: Cooking Light, Dec. 2005

HU's: 3

Servings: 8 (serving size: 1 biscuit)

Posted by: kim/TX

January 15, 2006

CL notes: These savory biscuits are incredibly easy to make, as there's no need to roll or cut out the dough. If the batter seems too thick, you can add another tablespoon of fat-free buttermilk.

My notes: They really are easy; just be careful not to over mix, or the biscuits will be 'gummy'. I like that the recipe gives the measurements by weight. That makes for a much lighter biscuit.

Ingredients:

1 1/4 cups all-purpose flour (about 5 1/2 ounces)
1 teaspoon baking powder
1/2 teaspoon salt
1/4 teaspoon cracked black pepper
1 1/2 tablespoons chilled butter, cut into small pieces
1/2 cup (2 ounces) grated fresh Asiago cheese
3/4 cup fat-free buttermilk
Cooking spray

Instructions:

1. Preheat oven to 450°.
2. Lightly spoon flour into dry measuring cups; level with a knife.
3. Combine flour, baking powder, salt, and pepper in a medium bowl; stir well with a whisk. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
4. Add cheese; toss well to combine.
5. Add buttermilk; stir just until moist.
6. Drop dough into 8 equal mounds on a baking sheet coated with cooking spray.
7. Bake at 450° for 13 minutes or until edges are lightly browned.

NUTRITION PER SERVING

CALORIES 125(31% from fat); FAT 4.3g (sat 2.4g,mono 1.4g,poly 0.2g); PROTEIN 4.9g; CHOLESTEROL 12mg; CALCIUM 134mg; SODIUM 285mg; FIBER 0.6g; IRON 1mg; CARBOHYDRATE 16.7g

Carrot Soup

Category: Soups/Stews (ST)

HU: 2

Servings: 4

Posted by: Suzfehr

Date: January 16, 2006

Notes: I'm posting a recipe here that I make often (not often enough) that's so good and so low in points and filling, etc. A great way to get in your vegetables. It actually originates from our junior league cookbook, but I've made a few revisions. Makes a great light lunch with toasted whole wheat bread, or easy first course for dinner.

Ingredients:

1 Tbsp Butter

1/2 Large Onion, chopped

6 large carrots, peeled and chopped

32 oz fat-free, low-sodium chicken broth

2 Tbsp uncooked white rice

pinch salt

dash white or black pepper

pinch of basil

2 Tbsp tomato puree (or 2 tsp tomato paste)

1/3 cup 2% milk

Instructions:

Melt butter (med heat) in medium to large saucepan. Add onion and stir for a few minutes, then add chopped carrots and cook about 5 minutes. Add seasonings, chicken broth, rice and tomato puree (or paste). Cover and cook about 30 minutes. Add to blender and puree. Return to stove and add milk and blend.

Keema Samosas

Category: Appetizers
Source: WW Take Out Tonight
HU: 1
Servings: 34
Posted by: Waneyvant
Date: January 16, 2006
Freezer Friendly

WW Notes: great party food, freeze in a snap. Prepare thru step 3. Freeze on wax paper lined baking sheets in single layers. Transfer frozen samosas to zip lock freezer bags. To serve: thaw at room temperature for 15 minutes, then bake as directed.

Waney notes: I cut the recipe in ½, I recommend them highly, & they were very easy. This recipe goes with Raita and Mint Chutney.

Ingredient:

2 T. canola oil
1/2 cup finely chopped onion
1 jalapeno pepper, seeded and finely chopped
2 cloves minced garlic
1 tsp. garam masala
3/4 tsp. Madras curry powder
1/4 tsp. ground turmeric
1 pound ground skinless chicken (I used turkey breast)
3/4 tsp. salt
3 T. chopped fresh cilantro
1 T. fresh lime juice
34 (3 inch) square wonton wrappers

Instructions:

1. To make the filling, heat a large nonstick skillet over medium high heat. Swirl in the oil, then add the onion, jalapeno and garlic. Cook 3 to 4 minutes, until onion softens. Stir in the garam masala, curry powder & tumeric; cook 30 seconds. Add the chicken & the salt, cook, breaking up the chicken with a wooden spoon, until it is no longer pink, about 5 to 7 minutes. Remove from heat, add cilantro & lime juice. Cool 10 minutes.
2. Preheat oven to 425. Spray a baking sheet with non-stick spray.
3. Arrange 6 wonton wrappers on a work surface. Place 1 scant tablespoon of the filling in the center of each wrapper. Moisten the edges of the wrapper with water & pull one of the top corners diagonally over the filling to make a triangle. Press the edges firmly to seal. Place completed samosas on the baking sheet in a single layer. Repeat to make 34 samosas.
4. Spray samosas lightly with non-stick spray. Bake, turning once, until crisp and golden, about 11 to 14 minutes.

Per serving: 1 samosa: 55 cal, 1 g. fat, 0 g. fiber

Cucumber Raita

Category: Appetizers

Source: WW Take Out Tonight

HU: 1

Servings: 12

Posted by: Waneyvant

Date: January 16, 2006

WW Notes: this will actually improve if refrigerated in an airtight container overnight & served the next day. It will remain fresh & flavorful refrigerated up to one week.

Waney Notes: goes with samosas, chapati & mango chutney recipes

Ingredients:

2 cups plain low fat yogurt

2 cucumbers, peeled, seeded, grated, squeezed dry

1/2 jalapeno pepper, seeded and thinly sliced

2 T. chopped fresh mint

1 tsp. ground cumin

3/4 tsp salt

1/4 tsp. ground coriander

Instructions:

1. Spoon yogurt into a coffee filter or a cheesecloth lined strainer. Set over a bowl & let stand for 20 minutes. Discard the liquid.
2. Combine the strained yogurt with the rest. Mix well.

Per serving: 1/4 cup: 32 cal, 1 g fat, 0 g. fiber.

Fresh Mint Chutney

Category: Sauces/Spreads/Condiments

Source: WW Take Out Tonight

HU: 0

Servings: 4

Posted by: Waneyvant

Date: January 16, 2006

WW Notes: Serve with keema samosas, or stirred into some plain fat free yogurt and served with chapati. This recipe easily doubles, and extra can be refrigerated up to 3 days. Transfer the chutney to an airtight container and press a piece of plastic wrap directly onto the surface. Keep in mind that the flavor will be more assertive the longer it melds.

Ingredients:

2 cups loosely packed fresh mint leaves (about 2 bunches)

1/2 jalapeno pepper, seeded and chopped

2 T. chopped fresh cilantro

2 T. chopped onion

1 T. fresh lime juice

2 tsp. grated lime rind

2 tsp. sugar

1 tsp. peeled, minced fresh ginger

1/2 tsp. salt

Instructions:

Combine all in a food processor or blender; blend until smooth.

Per Serving: 2 Tablespoons. 34 cal, 0 g fat, 3 g. fiber.

Chapati (Indian flat bread)

Category: Bread

Source: WW Take Out Tonight

HU: 1

Servings: 12

Posted by: Waneyvant

Date: January 16, 2006

WW Notes: Chapati can be made up to 1 day ahead; cool the breads completely, wrap in foil, then refrigerate. To reheat, heat in a heavy skillet, one at a time, until heated through, about 30 to 60 seconds on each side. (Waney Notes: I cut recipe in 1/2, 6 loaves)

Ingredients:

1 1/3 cups whole wheat flour

2/3 cup all purpose flour

1/2 tsp. salt

3/4 cup warm water

Instructions:

1. Combine flours & salt in large bowl. Make a well in the center of the flour mixture, and slowly pour in the water, mixing with your fingers to form a dough.
2. Turn the dough out onto a well-floured surface & knead until smooth, soft and pliable, about 7 to 10 minutes. Cover dough and let it rest 10 minutes.
3. Divided dough into 12 equal portions. Under the palm of your hand, roll each into a ball. Working one ball at a time, roll each into a 6 to 7 inch circle.
4. Heat a heavy bottomed skillet over medium high heat until hot but not smoking. Place one dough circle in the skillet and press it down with a spatula. Cook until the top is bubbled and the bottom is lightly browned. Turn the chapati over; press with the spatula and cook 1 minute longer. Remove from skillet and keep warm. Repeat to make 12 chapati.

Per serving: 1 chapati: 71 cal, 0 g. fat, 2 g. fiber

Banana-Bran Muffins

Category: Muffins

Source: The Essential Eating Well Cookbook

Healthy Units: 4 per muffin (see note)

Servings: 12

Posted by jhoulihan

Date 1/16/06

Note: Nutrition info is without optional ingredients. I ran this through Recipe builder and you can use either the optional walnuts or the optional chocolate chips and it is still 4 points. If you use both optional ingredients, the points increase to 5 per muffin. I used the walnuts on top but not the chips, and these were very good. Although these muffins are a little higher in points than I like for a muffin, they are pretty large - much larger than the CL muffins that I have made.

Ingredients:

2 large eggs
2/3 cup packed light brown sugar
1 cup mashed ripe bananas (2 medium)
1 cup buttermilk
1 cup unprocessed wheat bran
1/4 cup canola oil
1 t. vanilla extract
1 cup whole-wheat flour
3/4 cup all-purpose flour
1 1/2 t. baking powder
1/2 t. baking soda
1/2 t. ground cinnamon
1/4 t. salt
1/2 cup chocolate chips (optional)
1/3 cup chopped walnuts (optional)

Instructions:

1. Preheat oven to 400 F. Coat 12 muffin cups with cooking spray.
2. Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in bananas, buttermilk, wheat bran, oil and vanilla.
3. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, cinnamon and salt in a large bowl. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined. Stir in chocolate chips if using. Scoop the batter into the prepared muffin cups (they'll be quite full). Sprinkle with walnuts, if using.
4. Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 - 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly before serving.

Per muffin: 196 calories; 6 g. fat (1 g. Sat, 3 g. Mono); 36 mg cholesterol; 32 g carbohydrate; 5 g. protein; 4 g. fiber; 182 mg sodium

Dal with Rice and Vegetables

Category: Rice

Source: WW Take Out Tonight

HU: 8

Servings: 4

Posted by: Waneyvant

Date: January 16, 2006

WW Notes: Great make ahead recipe. Prepare as directed (omitting cilantro), then spread the mixture out on a baking sheet and cool to room temperature. Transfer to a plastic container, cover & refrigerate up to 2 days. To reheat, spray a non-stick skillet with spray & set over medium heat. Add the rice mixture, and reheat, stirring often, 5 to 6 minutes. Remove from heat and add cilantro.

Ingredients:

3/4 cup basmati or long grain white rice
3 T. canola oil
1 onion, chopped
1 1/2 tsp. cumin seeds
1/4 tsp. mustard seeds
1 (10 oz) box frozen mixed vegetables, thawed
1 T. minced peeled fresh ginger
3 cloves garlic, minced
1/2 tsp. ground turmeric
1/2 cup red lentils, picked over, rinsed and drained
3/4 tsp salt
2 T. chopped fresh cilantro

Instructions:

1. To rinse, place the rice in a bowl. Add enough water to cover by several inches and swish gently with your fingertips until the water becomes cloudy; drain. Repeat 3 or 4 times, until the water is clear.
2. Add enough fresh water to rice to cover by 2 inches. Soak rice 20 minutes. Drain.
3. Heat a large saucepan over medium high heat. Swirl in the oil, then add the onion, cumin and mustard seeds. Cook until onion is softened, 3 to 4 minutes. Add the mixed vegetables, ginger, garlic and turmeric. Cook 3 minutes. Add the drained rice and lentils. Cook 1 minute. Pour in 1 2/3 cups water and salt. Bring to a boil, cover, reduce heat to medium low and simmer until water is absorbed, 15 to 18 minutes. Remove the saucepan from the heat and let the rice set undisturbed for 10 minutes longer. Stir in cilantro.

Per serving: 1 1/4 cups. Cal: 370, fat, 11 g., fiber 8 g.

Spicy Chicken Pasta

Category: Pasta

Source: Light and Tasty, February/March 2006

Healthy Units: 7.5

Servings: 2

Posted by CJMartin717 (Cindy)

Date: January 17, 2006

Quick & Easy

Comments: The original, submitted to Light & Tasty by LaDonna Reed of Ponca City, Oklahoma, used spaghetti and green peppers. I subbed the Barilla Pasta and used a combo of red and orange bell peppers. This dish was excellent and filling.

Ingredients:

3 ounces Barilla Plus Penne
1/2 pound boneless skinless chicken breast -- cubed
1 1/2 teaspoons Cajun seasoning
1 cup sliced fresh mushrooms
1/2 cup chopped red bell pepper
2 medium green onions -- thinly sliced
1 clove garlic -- minced
1 tablespoon cornstarch
1/8 teaspoon salt
1/8 teaspoon black pepper
1 cup fat free half-and-half

Instructions:

1. Cook pasta according to package directions.
2. Meanwhile, sprinkle chicken with Cajun seasoning. In a nonstick skillet coated with nonstick cooking spray, cook chicken 7-9 minutes or until lightly browned and juices run clear. Remove and keep warm.
3. In the same skillet, sauté mushrooms, bell pepper, onions and garlic until almost tender. Combine cornstarch, salt and pepper; sprinkle over vegetables. Cook and stir for 1 minute. Gradually stir in half-and-half. Bring to a boil over medium heat; cook and stir 1-2 minutes or until thickened.
4. Return chicken to the pan and heat through. Drain pasta and toss with chicken & sauce.
5. Garnish with fresh chopped parsley if desired.

Per Serving: 405 Calories; 3g Fat (6.2% calories from fat); 36g Protein; 52g Carbohydrate; 5g Dietary Fiber; 66mg Cholesterol; 512mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Chicken Gizzard Jambalaya

Category: Poultry (P)

Source: Guiltless Gourmet Goes Ethnic

HU: 3

Core: Yes

Servings: 8

Posted by: Emily (EJWyatt)

January 18, 2006

Em's Notes: I added ½ a bell pepper and ¼ t of cayenne pepper.

1 pound chicken gizzards, trimmed of gristle and diced

½ pound boned and skinned chicken thighs, cubed

1 medium onion chopped

1 cup carrots, chopped

1 cup celery, chopped

1 ½ t ground white pepper

1 t ground pepper

1 t ground thyme

½ t ground sage

1 15oz can diced tomatoes in juice

2 cups brown rice

1 ½ cup low-sodium chicken broth

2 bay leaves

In a Dutch oven coated with a nonstick cooking spray, brown gizzards and thighs. Remove from pan and set aside.

Add onion, celery and carrots (and bell pepper, if using) to pan. Sauté until soft. Add seasonings (including cayenne, if using) and sauté 30 seconds.

Add tomatoes and juice, rice and chicken broth to pan. Return chicken to pan and bring to a boil. Add bay leaves. Cover and cook 50 minutes or put in a 350 degree oven for 1 hour.

Yield: 8 servings

CALORIES 164; FAT 3g; PROTEIN 16g; CHOLESTEROL 118mg; SODIUM 154mg;

FIBER 3g; CARBOHYDRATE 19g

Greek Stew

Category: Vegetarian/Meatless (VG)

Source: Moosewood Restaurant Low-Fat Favorites

HU: 5

Core: Yes

Servings: 4

Posted by: Emily (EJWyatt)

Date: January 18, 2006

MR Notes: Kasseri cheese is a dry, crumbly sheep's milk cheese that melts readily. The small amount added here is just enough to coat the vegetables lightly, adding a smooth finish to this unpretentious, tangy stew.

Em's Notes: I could not find Kasseri cheese, so I used French feta. I used small red potatoes and left the peels on. It was nice and lemony.

Ingredients:

1 t olive oil
2 ½ cups chopped onions
1 T minced garlic
1 t dried oregano
1 t salt
2 cups chopped fresh tomatoes
4 cups peeled and cubed potatoes (about 2 pounds)
1 pound green beans, stems removed (about 4 cups)
¼ cup chopped fresh parsley
½ cup grated kasseri or feta cheese (about 2 ounces)
juice of 2 lemons (about ¼ cup), or more to taste
ground black pepper to taste

Instructions:

1. Heat the oil in a non-reactive soup pot. Stir in the onions and garlic, cover, and sauté on low heat for 10 minutes, or until the onions are translucent, stirring often to prevent sticking. Add the oregano, salt, tomatoes, potatoes, and beans. Cover the pot and simmer for about 20 minutes, until the potatoes and beans are tender.
2. Just before serving, stir in the parsley, grated kasseri cheese, and lemon juice and pepper to taste. If you're using feta cheese rather than kasseri cheese, sprinkle it on top.

Yield: 4 servings

CALORIES 281; FAT 5.3g (sat 2.5g, poly 0.7g, mono 1.6g); PROTEIN 5.3g;
CHOLESTEROL 13mg; SODIUM 778mg; FIBER 8.5g; CARBOHYDRATE 54.2g

Ham, Spinach, and Sun-Dried Tomato Calzones

Category: Sandwiches/Pizza (SW)

Source: Cooking Light, January 2005

HU: 7.5

Servings: 5

Posted by: Waneyvant

Date: January 19, 2006

CL Notes: Refrigerated pizza dough makes this easy to put together. Spoon warmed bottled marinara sauce over the calzones before serving, or serve sauce on the side.

Waney Notes: I would lower the cooking temp to 350, as the stuffing did not get hot enough for me; I would also cook & drain the spinach. This would be good meatless, with sautéed mushrooms & onions, or with turkey pepperoni instead of ham.

Ingredients:

1 cup part-skim ricotta
3/4 cup (3 ounces) shredded part-skim mozzarella cheese
1/4 cup (1 ounce) grated Parmesan cheese
1 teaspoon dried basil
1/2 teaspoon fennel seed, crushed
1/4 teaspoon black pepper
1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
3 ounces lean ham, chopped
6 oil-packed sun-dried tomato halves, drained and chopped
1 (13.8-ounce) can refrigerated pizza crust dough
Cooking spray

Instructions:

1. Preheat oven to 450°. (I suggest 350)
2. Combine first 9 ingredients.
3. Divide dough evenly into 5 pieces; pat each dough piece into a 5-inch circle. Spoon about 1/2 cup spinach mixture onto half of each circle, leaving a 1/2-inch border. Fold dough over filling until edges almost meet. Bring bottom edge over top edge; crimp edges of dough with fingers to form a rim. Place calzones on a baking sheet coated with cooking spray. Bake at 450° for 14 minutes or until browned.

Yield: 5 servings (serving size: 1 calzone)

CALORIES 356(32% from fat); FAT 12.5g (sat 5.6g,mono 4g,poly 1.5g); PROTEIN 25.2g; CHOLESTEROL 37mg; CALCIUM 497mg; SODIUM 967mg; FIBER 3.2g; IRON 3.6mg; CARBOHYDRATE 44.3g

Lime and Honey Glazed Salmon

Category: Fish/Seafood (FS)

Source: Rachael Ray: 365 No Repeats

HU: 5.5

Yield: 4 servings

Posted by: Bawstinn32 (Maria)

Date: January 20, 2006

Comments: Quick and Easy. I left out the EVOO and found that as long as the heat wasn't up too high, I had no problems with it sticking. The flavors complimented the salad well.

Ingredients:

4 (6 ounce) salmon fillets
1 whole lime -- juiced
3 tablespoons honey
1 teaspoon chili powder
salt and pepper (to taste)

Instructions:

1. Spray a skillet with cooking spray and place over medium heat.
2. In a shallow dish combine the juice of one lime, honey, chili powder, salt and pepper. Add salmon fillets to the mixture and toss to coat thoroughly. Add the seasoned salmon to the hot skillet and cook until just cooked through, about 3 to 4 minutes on each side.
3. Serve with the Warm Black Bean and Corn Salad

Per Serving (excluding unknown items): 258 Calories; 6g Fat (20.9% calories from fat); 34g Protein; 17g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 122mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Fruit; 0 Fat; 1 Other Carbohydrates.

Warm Black Bean and Corn Salad

Category: Salads (S)

Source: Rachael Ray: 365 No Repeats

HU: 4.5 (4 w/o EVOO)

Serving: 8 (3/4 cup each)

Posted By: Bawstinn32 (Maria)

Date: January 20, 2006

Comments: Very colorful! Complimented the salmon nicely. Leftovers tasted great too.

Ingredients:

1 tablespoon extra virgin olive oil
1 medium red onion -- chopped
2 whole garlic clove -- chopped
1/2 teaspoon red pepper flakes
1 teaspoon ground cumin
1 whole red pepper -- chopped
10 ounces frozen corn
1/2 cup chicken broth
1 whole lime -- juiced
15 ounces black beans -- drained and rinsed
2 tablespoons fresh cilantro
6 cups fresh spinach

Instructions:

1. Preheat a skillet over medium heat with one tablespoon olive oil. Add the onions, garlic, red pepper flakes, cumin, salt and pepper to taste. Cook, stirring occasionally, for 3 minutes.
2. To the cooked onions, add the bell pepper and corn kernels and cook for one minute. Add the chicken stock and continue to cook for 2 minutes. Add the black beans and cook until the beans are just heated through. Remove the skillet from the heat and add the lime juice, cilantro and spinach. Toss to wilt the spinach. Taste and adjust seasonings.

Serve with the Lime and Honey Glazed Salmon.

Per Serving (excluding unknown items): 251 Calories; 3g Fat (10.2% calories from fat); 14g Protein; 45g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 71mg Sodium.
Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

No EVOO

Per Serving (excluding unknown items): 236 Calories; 1g Fat (4.8% calories from fat); 14g Protein; 45g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 71mg Sodium.
Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.

Broccoli-Walnut Sauté

Category: Vegetables (V)

Source: Weight Watchers

HU: 2.45

Servings: 3

Posted by: CJMartin717 (Cindy)

Date: January 21, 2006

Quick & Easy

Ingredients:

4 cups broccoli -- blanched

1 teaspoon peanut oil

1 cup sliced onions

1 ounce walnuts

1 clove garlic -- thinly sliced

1/2 cup water

1 tablespoon light soy sauce

2 teaspoons cornstarch

1 packet chicken broth, packet, dry

Instructions:

1. Blanch broccoli in boiling water for 1-2 minutes. Drain and set aside.
2. Heat oil in skillet and add next 3 ingredients. Sauté over high heat 1 minute.
3. Combine remaining ingredients in a small bowl and whisk until cornstarch and chicken seasoning mix are dissolved. Add to skillet and cook, stirring, until mixture comes to a boil. Reduce heat to low, add broccoli and stir to cook 1-2 minutes.

Per Serving: 129 Calories; 8g Fat (48.0% calories from fat); 6g Protein; 12g Carbohydrate; 4g Dietary Fiber; trace Cholesterol; 602mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat.

Lentil Sambar

Category: Vegetarian/Meatless (VG)

Source: Moosewood Restaurant Low-Fat Favorites

HU: 6

Core: Yes

Servings: 6

Posted by: Emily (EJWyatt)

January 21, 2006

MR Notes: One of the great pleasures of cooking is experimenting with new spices or new combinations of old favorites. At Moosewood we are always looking for new flavor blends and adapting them to suit our needs and tastes.

Sambar powder or masala is used in southern Indian cooking and traditionally fiery hot. Here is our version of sambar, a colorful dish that pleases the eye and the palate. Make it as spicy as you dare.

Ingredients:

1 cup lentils	1 t ground coriander
3 cups water	1 t ground cinnamon
1 onion	¼ t cayenne
1 small head of cauliflower	1 fresh green chile, minced, seeds removed for a milder "hot"
2 sweet potatoes	1 T tamarind concentrate, dissolved in 1 cup hot water
1 red bell pepper	1 t salt
2 t canola or other vegetable oil	2 to 3 T minced fresh cilantro
1 t mustard seeds	2 cups Cooked brown basmati rice
½ t fenugreek seeds	
1 t cumin seeds	
1 t turmeric	

Instructions

1. Rinse the lentils, place them in a small saucepan with the 3 cups of water, and bring them to a boil. Reduce the heat, cover and simmer for 45 to 60 minutes, until tender. Stir occasionally, adding more water if necessary.
2. While the lentils are cooking, chop the onion, cauliflower, sweet potatoes, and bell pepper into bite-sized pieces and set aside. Warm the oil in a pot and sauté the mustard, fenugreek and cumin seeds on medium heat, covering the pot and shaking it occasionally to prevent burning. When the mustard seeds begin to pop, stir in the turmeric, coriander, cinnamon, cayenne and chopped chile and sauté another 2 minutes, stirring occasionally.
3. Stir in tamarind liquid, then add the onions, cauliflower, sweet potatoes, and salt and combine. Cover and simmer for 10 minutes. Add the bell peppers, cover, and continue to cook until all of the vegetables are tender, about 5 minutes.
4. Drain the cooked lentils and stir them into the vegetable mixture. Reheat if necessary, then stir in the cilantro. Ladle over basmati rice and a generous dollop of yogurt, if desired.

Yield: 4 servings

CALORIES 320; FAT 4.0g (sat 0.6g, poly 1.8, mono 0.9g); PROTEIN 11.1g; CHOLESTEROL 0mg; SODIUM 478mg; FIBER 10.3g; CARBOHYDRATE 64.1g

Maple-Apple Oatmeal Cookies

Category: Cookies, Bars (CB)

Source: Andrea Chesman, "366 Delicious Ways to Cook Rice, Beans, & Grains"

HU: 1

Servings: 48

Posted by: CJMartin717 (Cindy)

Date: January 21, 2006

Cindy's Comments: I really liked this cookie - nice and chewy. The original recipe called for 1-1/2 cups chopped dried apple and I only had 1 cup - so I finished off a bag of Craisins to make up the difference.

Ingredients:

3/4 cup pure maple syrup	1 teaspoon baking powder
3/4 cup unsweetened applesauce	1 teaspoon ground cinnamon
1 large egg	1/2 teaspoon salt
3 tablespoons canola oil	1/4 teaspoon ground nutmeg
1 tablespoon butter -- softened	1 cup dried apple -- chopped
2 teaspoons vanilla extract	1/3 cup Craisins
2 1/4 cups rolled oats	1/2 cup raisins
1 1/4 cups unbleached flour	
1/4 cup toasted wheat germ	

Instructions:

1. Preheat the oven to 350°F. Spray cookie sheets with nonstick cooking spray.
2. In a large bowl, beat together the maple syrup, applesauce, egg, canola oil, butter and vanilla.
3. In a separate large bowl, combine the oats and next 6 ingredients (through nutmeg). Toss to mix. Stir in the apple and raisins. Add to maple syrup mixture and blend well, but do not over mix.
4. Drop the batter by the tablespoon about 2 inches apart onto the baking sheets. Bake for 15 minutes, until golden. Transfer to wire racks to cool thoroughly.

Yield: 4 dozen

Per Serving: 63 Calories; 2g Fat (20.3% calories from fat); 1g Protein; 12g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 38mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Spicy Apricot Chicken

Category: Poultry (P)

Source: Guiltless Gourmet Goes Ethnic

HU: 4.6

Core: Core + 1

Servings: 4

Posted by: Emily (EJWyatt)

Date: January 22, 2006

Ingredients:

4 chicken breasts, skinned (I used a pound of skinless, boneless breasts.)

¼ C low calorie or low sugar apricot jam (I used an apricot all-fruit spread.)

2 T Dijon mustard

1/8 t cayenne pepper

Directions:

1. Preheat oven to 350°.
2. Place chicken breasts in a small baking dish.
3. Combine apricot jam, mustard and cayenne pepper.
4. Pour or spoon jam mixture over chicken. Cover loosely with foil and bake about 35 to 45 minutes or until done.

Yield: 4 servings

CALORIES 212; FAT 5.0g; PROTEIN 33g; CHOLESTEROL 88mg; SODIUM 171mg;
FIBER 0g; CARBOHYDRATE 7g

Darjeeling-Chocolate Layer Cake

Category: Desserts (D)

Source: CL.com

HUs: 6

Serves: 16

Posted by: Danikam

Date: January 22, 2006

CL notes: While Darjeeling is a strong black tea, in this cake its flavor is muted so that it enhances the deep chocolate flavor. Sift the cake flour after measuring, not before, to achieve moist, tender results.

My notes: I couldn't find loose Darjeeling so I substituted loose oolong tea leaves.

Cake:

Cooking spray	1/4 cup plain fat-free yogurt
2/3 cup boiling water	2 teaspoons vanilla extract
6 tablespoons loose Darjeeling tea	1 1/4 cups granulated sugar
2 cups cake flour	3/4 cup packed brown sugar
1 teaspoon baking soda	1/4 cup butter, softened
1/4 teaspoon salt	3 large egg whites
2/3 cup unsweetened cocoa	1 large egg
2/3 cup boiling water	

Icing:

1/2 cup boiling water	
5 tablespoons loose Darjeeling tea	2 1/2 cups powdered sugar
2/3 cup (6 ounces) 1/3-less-fat cream cheese, softened	1/2 cup unsweetened cocoa

Remaining ingredient:

2 tablespoons chopped hazelnuts, toasted

Instructions:

1. Preheat oven to 350°.
2. To prepare cake, coat 2 (9-inch) round cake pans with cooking spray; line bottoms of pans with wax paper. Coat wax paper with cooking spray; set aside.
3. Pour 2/3 cup boiling water over 6 tablespoons tea leaves in a bowl; steep 5 minutes. Strain through a fine sieve into a bowl; cool to room temperature.
4. Lightly spoon flour into dry measuring cups; level with a knife. Sift together flour, baking soda, and salt; set aside.

5. Combine 2/3 cup cocoa and 2/3 cup boiling water, stirring with a whisk. Cool in freezer 10 minutes, and stir in brewed tea, yogurt, and vanilla.
6. Place granulated sugar, brown sugar, and butter in a large bowl, and beat with a mixer at medium speed until well blended (about 5 minutes). Add egg whites and egg, 1 at a time, beating well after each addition. Add flour mixture and brewed tea mixture alternately to sugar mixture, beginning and ending with flour mixture. Pour batter into prepared cake pans; sharply tap pans once on counter to remove air bubbles. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Carefully remove and discard wax paper. Cool completely on wire rack.
7. To prepare icing, pour 1/2 cup boiling water over 5 tablespoons tea leaves in a bowl; steep 5 minutes. Strain through a fine sieve into a bowl; cool to room temperature. Place cream cheese in a large bowl, and beat with a mixer at medium speed until fluffy (about 1 minute). Sift together powdered sugar and 1/2 cup cocoa. Gradually add cocoa mixture and 2 1/2 to 3 tablespoons brewed tea to cream cheese. Beat just until smooth. (Do not over beat or icing will be too thin.) Discard any remaining tea.
8. Place 1 cake layer on a plate; spread with 1/2 cup icing. Top with another cake layer. Spread remaining icing over top and sides of cake. Sprinkle with hazelnuts. Store cake loosely covered in refrigerator.

Yield: 16 servings (serving size: 1 slice)

NUTRITION PER SERVING

CALORIES 305(21% from fat); FAT 7.1g (sat 3.9g,mono 2.3g,poly 0.4g); PROTEIN 4.7g; CHOLESTEROL 29mg; CALCIUM 33mg; SODIUM 212mg; FIBER 2.5g; IRON 1.9mg; CARBOHYDRATE 60.3g

Pecan-Date Bars

Category: Desserts (D)

Source: CL

HU: 2

Serves: 24

Posted by: Suzfehr

Date: January 23, 2006

Comments: These are like pecan bars and dixie pie all wrapped up in one delicious little bar; and only 2 points each.

Ingredients:

Crust:

1 cup all-purpose flour	pieces
1/3 cup packed brown sugar	Cooking Spray
1/4 tsp salt	
1/4 cup chilled butter, cut into small	

Filling:

3/4 cup cup light corn syrup	1/4 tsp salt
1/3 cup packed brown sugar	2 large dates (chopped)
2 eggs	1/3 cup chopped pecans (toasted, if desired)
2 tbsp all-purpose flour	2 tbsp bittersweet chocolate shavings
1 tsp rum extract	
1 tsp vanilla extract	

Instructions:

1. Preheat oven to 400 degrees.
2. To prepare crust, lightly spoon 1 cup flour into a dry measuring cup; level with a knife. Combine 1 cup flour, 1/3 cup sugar, and 1/4 teaspoon salt, stirring well with a whisk. Cut in butter with a pastry blender until mixture resembles coarse meal. Press mixture into the bottom of an 11 x 7-inch baking dish coated with cooking spray. Bake at 400 degrees for 12 minutes, or until lightly browned. Cool completely.
3. Reduce oven temperature to 350 degrees.
4. To prepare filling, combine corn syrup and next 6 ingredients in a large bowl, stirring well with a whisk. Stir in dates and pecans. Pour mixture over prepared crust. Sprinkle with chocolate shavings. Bake at 350 degrees for 25-35 minutes (watch closely) or until set. Cool in pan on a wire rack. Cover and chill 1 hour or until firm.
5. Cut into squares. Enjoy.

Carrots Glazed with Mustard and Brown Sugar

Category: Vegetables (V)

Source: Adapted from Williams-Sonoma, Thanksgiving Entertaining

HU: 1

Servings: 8

Posted by: Waneyvant (Jane)

Date: January 23, 2006

WS Notes: Brown sugar caramelized with butter and Dijon mustard creates a sweet-hot glaze for carrots. A sprinkling of fresh chives adds a colorful finish.

Ingredients:

Salt, to taste

2 pounds baby carrots

1 Tbs. unsalted butter

1 Tbs. Dijon mustard

1 Tbs. firmly packed light brown sugar

Freshly ground pepper, to taste

1/3 cup coarsely chopped fresh chives or flat-leaf parsley

Instructions:

1. Bring a saucepan three-fourths full of water to a boil over high heat. Salt the water, add the carrots and cook until tender, 6 to 8 minutes. Drain well.
2. Return the carrots to the pan and set over medium heat. Add the butter, mustard and brown sugar, season with salt and pepper, and stir gently to coat. Cook, stirring constantly, until the carrots are evenly glazed. Transfer to a warmed serving bowl and sprinkle with the chives. Serve hot.

Balsamic Braised Chicken

Category: Poultry (P)

Source: Adapted from Health Magazine (Jan 2005)

HU: 6

Servings: 4

Posted by: Waneyvant

Date: January 23, 2006

Ingredients:

4 chicken leg quarters (thighs & legs), skinned

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 teaspoons olive oil

1/4 cup minced shallots

1 tablespoon minced fresh thyme

1/4 cup dry red wine

3/4 cup balsamic vinegar

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

1/4 cup honey

1 bay leaf

Instructions:

1. Preheat oven to 350°. Season chicken with salt and pepper, and heat olive oil in a braising pan over medium-high heat. Sear chicken thoroughly on all sides until it is a deep, golden color, about 3-5 minutes per side. Transfer chicken to a plate.
2. Add shallots and thyme to the pot, and sauté until soft and golden. Pour wine into pan, and scrape up any bits left from the chicken. Cook 1-2 minutes, until nearly all liquid has evaporated.
3. Add vinegar, broth, honey, bay leaf, and chicken to the pot, and bring to a simmer. Cover tightly and transfer to oven. Cook 30 minutes, turning once, until chicken is cooked through and is a deep, mahogany brown.
4. Remove the pan from the oven and transfer chicken to a plate. Remove bay leaf, and skim off and discard any fat floating on the surface of the sauce. Cook sauce uncovered on a burner over medium-high heat to reduce liquid by half, until it has the consistency of light syrup. Reduce heat to medium-low, add chicken back to pan, spoon sauce over top, and cook for 2 minutes to reheat. Serve hot.

Quinoa Salad with Toasted Pistachios and Dried Pineapple

Category: Salads

Source: Cooking Light Jan/ Feb 2006

HU: 7 per 1 cup serving

Servings: 4 (1 cup servings)

Posted by: Zephyr1

Date: January 23, 2006

CL Notes: Fluffy quinoa offers a crunchy texture to this filling salad. Closely related to Swiss chard and spinach, quinoa is a good source of protein, fiber, and iron. Toast the quinoa before cooking if you prefer a nuttier flavor.

My Notes: I added 1 tablespoon of Penzey's Bangkok seasoning which is a few different chilies and cilantro and parsley also subbed turkey and raisins.

Ingredients:

- 1 1/2 cups water
- 3/4 cup uncooked quinoa
- 1/4 cup shelled, chopped pistachios (about 1 ounce)
- 2 cups rotisserie chicken breast, chopped
- 1/3 cup chopped green onions
- 1/3 cup chopped dried pineapple
- 1 tablespoon toasted sesame oil
- 1 1/2 teaspoons bottled ground fresh ginger (such as Spice World)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper

Instructions:

Boil water in a small saucepan. Add quinoa. Cover, reduce heat, and simmer 12 minutes. Heat a small skillet over medium-high heat. Add chopped pistachios, and cook 2 minutes or until lightly toasted, stirring frequently. Transfer pistachios to a large bowl; add cooked quinoa and remaining ingredients to bowl. Toss gently to coat.

NUTRITION PER SERVING

CALORIES 344(28% from fat); FAT 10.7g (sat 1.6g,mono 4.7g,poly 3.7g); PROTEIN 27g; CHOLESTEROL 60mg; CALCIUM 42mg; SODIUM 362mg; FIBER 3.7g; IRON 3.2mg; CARBOHYDRATE 32.5g

Chicken Noodle Casserole

Category: Poultry (P)

Source: WW Everyone Loves Chicken

HU: 7

Serves: 6

Posted by: Nancy (Fancy.Nancy)

Date: January 25, 2006

Kid (& DBF) Friendly

WW Notes: Here's an old-fashioned, family favorite: chicken, peas, and noodles, all bound together in a creamy sauce. No one will ever think it's something you made for your "diet" – and that's because it's not "diet food." It's good, homey fare, prepared so you can honor the choices you've made. This dish is assembled easily, thanks partly to precooked chicken.

Ingredients:

½ pound no-yolk egg noodles	1 tbsp. Chopped fresh tarragon
3 tbsp. All purpose flour	½ tsp. salt
1 cup reduced-sodium chicken broth (separated)	freshly ground pepper
2 teaspoons canola oil	1 (10-ounce) pkg. frozen peas
1 small onion, finely chopped	2 cups chopped cooked chicken
2 cups fat-free milk	½ cup (2 ounces) shredded reduced-fat cheddar or Swiss cheese
1 tbsp. Dijon mustard	

Instructions:

1. Preheat oven to 350. Spray a 2-qt. high-sided baking dish with nonstick spray.
2. Cook the noodles according to package directions, omitting the salt. Drain & set aside.
3. Meanwhile, whisk the flour & ½ cup of the broth in a small bowl until the flour dissolves.
4. Heat the oil in a large saucepan over medium heat. Add the onion & cook, stirring frequently, until softened, about 3 minutes. Stir in the milk and the remaining ½ cup broth; bring the mixture to a simmer. Whisk in the flour mixture; cook, stirring constantly, until the sauce bubbles & thickens, about 3 minutes. Stir in the mustard, tarragon, salt & pepper.
5. Remove the pan from the heat & stir in the noodles, peas, chicken, and cheese. Pour the mixture into the baking dish. Bake until bubbling and golden brown, about 40 minutes. Let stand about 5 minutes before serving.

Per Serving (1 ½ cups): 343 calories, 6 g fat, 1 g sat fat, 0 g trans fat, 42 mg Chol, 543 mg sodium, 44 g carb, 4 g fiber, 28 g protein, 200 mg calcium

Citrus-Marinated Mushrooms

Category: Vegetables

Source: Cooking Light January 2006

HUs: 1

Serves: 6

Posted by: Kate (KateWD)

Date: January 25, 2006

Notes: Best made a day ahead as the flavor intensifies with time. Wonderful compliment to Asian entrees.

Fresh citrus and sweet, sour, and spicy Asian flavors put a new twist on mushroom salad. If mushrooms are very large, quarter them. Marinating overnight intensifies the taste.

Ingredients:

- 1/4 cup rice vinegar
- 2 tablespoons sugar
- 2 tablespoons fresh lime juice
- 1 tablespoon low-sodium soy sauce
- 3/4 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 4 garlic cloves, thinly sliced
- 1 teaspoon grated orange rind
- 2 teaspoons extra virgin olive oil
- 1 teaspoon dark sesame oil
- 1/2 teaspoon grated lime rind
- 1 pound mushrooms, halved
- 2 tablespoons chopped fresh parsley

Instructions:

Combine first 7 ingredients in a small saucepan. Bring to a boil; cook 1 minute or until sugar dissolves. Remove from heat; stir in orange rind, oils, and lime rind. Combine vinegar mixture and mushrooms in a large bowl; toss well to combine. Cover; refrigerate overnight. Add parsley; toss to combine.

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

CALORIES 63(34% from fat); FAT 2.4g (sat 0.3g,mono 1.4g,poly 0.5g); PROTEIN 3.1g; CHOLESTEROL 0.0mg; CALCIUM 7mg; SODIUM 188mg; FIBER 1.2g; IRON 0.5mg; CARBOHYDRATE 8.6g

Asian Salisbury Steaks

Category: Meats

Source: Eating Well Feb/March 2006

HU: 7

Serves: 4

Posted by: Kate (KateWD)

Date: January 25, 2006

Kate's Notes: I subbed spinach for the watercress and sherry for the rice wine, eliminated brushing the steaks with the oil, and reduced the oil for sautéing the greens to 1 tsp.

Ingredients:

12 ounces 90%-lean ground beef
3/4 cup finely diced red bell pepper
3/4 cup chopped scallions
1/4 cup plain dry breadcrumbs
4 tablespoons Hoisin sauce, divided
2 tablespoons minced fresh ginger
3 teaspoons canola oil, divided
4 bunches or 2 4-ounce bags watercress, trimmed (16 cups)
1/2 cup Shao Hsing rice wine (see Note) or dry sherry

Instructions:

1. Place rack in upper third of oven; preheat the broiler. Coat a broiler pan and rack with cooking spray.
2. Gently mix beef, bell pepper, scallions, breadcrumbs, 3 tablespoons hoisin sauce and ginger in a medium bowl until just combined. Form the mixture into 4 oblong patties and place on the broiler-pan rack. Brush the tops of the patties with 1 teaspoon oil. Broil, flipping once, until cooked through, about 4 minutes per side.
3. Meanwhile, heat the remaining 2 teaspoons oil in a large skillet over high heat. Add watercress and cook, stirring often, until just wilted, 1 to 3 minutes. Divide the watercress among 4 plates. Return the skillet to medium-high heat, add rice wine (or sherry) and the remaining 1 tablespoon hoisin sauce and stir until smooth, bubbling and slightly reduced, about 1 minute. Top the watercress with the Salisbury steaks and drizzle with the pan sauce.

Makes 4 servings.

Per serving: 303 calories; 13 g fat (4 g sat, 6 g mono); 56 mg cholesterol; 18 g carbohydrate; 21 g protein; 2 g fiber; 392 mg sodium.

Ingredient note: Shao Hsing (or Shaoxing) is a seasoned rice wine available in most Asian specialty markets and some larger supermarkets' Asian sections.

Lemony Lentils with Black Olives

Category: Salads

Source: Cooking Light March 2004

HU: 3

Serves: 6 (as a side dish)

Posted by: Kate (KateWD)

Date: January 25, 2006

Notes: I liked this best made a day ahead and served at room temp.

Warm lentils flavored with fresh lemon juice, olive oil, oregano, and salty kalamata olives make a nice addition to a mezzes buffet. Though they're served warm here, they're also good cold or at room temperature.

Ingredients:

Dressing:

2 teaspoons grated lemon rind
3 tablespoons fresh lemon juice
1 tablespoon extra virgin olive oil
2 teaspoons chopped fresh or 3/4
teaspoon dried oregano

1/2 teaspoon salt
1/4 teaspoon freshly ground black
pepper
1 garlic clove, minced

Lentils:

3 cups water
1 cup dried lentils
1/2 cup chopped carrot
2 garlic cloves, crushed
1 thyme sprig
1 rosemary sprig

1/2 cup chopped seeded plum tomato
1/3 cup chopped pitted kalamata olives
1/4 cup chopped fresh parsley
1/4 cup chopped green onions

Instructions:

To prepare dressing, combine first 7 ingredients, stirring with a whisk.

To prepare lentils, combine water and next 5 ingredients (water through rosemary) in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 18 minutes or until lentils are tender. Drain; discard thyme and rosemary. Place lentil mixture in a large bowl; stir in tomato, olives, parsley, and onions. Pour dressing over lentil mixture; toss to coat.

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

CALORIES 179(30% from fat); FAT 6g (sat 0.8g,mono 4.3g,poly 0.7g); PROTEIN 9.7g;

CHOLESTEROL 0.0mg; CALCIUM 35mg; SODIUM 410mg; FIBER 10.8g; IRON 3.3mg;
CARBOHYDRATE 23.1g

Vietnamese Fresh Spring Rolls

Category: Appetizers

Source: Delicious Noodles cookbook

HU: 1 roll is 1 point

Servings: 20 rolls

Posted By: Zephyr1

Date: January 26, 2006

Notes: Do not fear the rice wrapper they are really easy and forgiving to use once you get a rhythm down with them, totally worth it!

Ingredients:

Dipping sauce

1/4 cup sweet chile sauce or hoisin

1 tb lime juice

Rolls:

3 1/2 oz dried rice vermicelli

1/2 green mango- I omitted never had it in my rolls

1/2 avocado in thin strips

4 scallions thinly sliced

1/2 cup cilantro chopped

1 tbs fresh mint chopped

1 tbs sweet chile sauce or hoisin

2 tbs lime juice

20 square rice wrappers I used round

Instructions:

1. Mix dipping sauce and set aside
2. Cover vermicelli noodles in boiling water and let sit 6-7 minutes. Drain well then cut into 4 inch lengths.
3. Combine vermicelli with rest of the ingredients except wrappers.
4. Dip one wrapper at a time into hot water and let soften for 10 seconds then lay flat and place 1 tbsp of filling in wrapper. Fold up bottom then tuck in the sides and roll to other end. Repeat until all wrappers are full. Serve immediately. Obviously we did not eat them all so I kept the filling and will do more tomorrow. I also mixed lime juice with peanut sauce as a dip.

Nutrition info: calories 45, fat 1.5 g, fiber 1/2 gram, carbs 6.5

Cornmeal-Battered Oven-Fried Catfish

Category: Fish/Seafood (FS)

Source: WW Online, March 25, 2005

HU: 5

Servings: 4

Posted by: Waneyvant (Jane)

Date: January 27, 2006

WW Notes: For a down-home dinner at its simplest, serve this dish over mesclun greens tossed with a little rice vinegar. Now that's Southern hospitality! Waney Notes: what part of the South are they talking about, very good recipe. DBF proclaimed this the best non-fried catfish ever; with that endorsement, I am posting to Comp! (We omitted the asparagus & served with oven fries & salad)

Ingredients:

- 1/2 cup uncooked yellow cornmeal
- 1 tsp paprika
- 1 tsp dried thyme
- 1 tsp table salt
- 1/2 tsp celery seed
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp black pepper, freshly ground
- 1/2 cup fat-free skim milk
- 2 sprays cooking spray
- 1 pound catfish fillet(s), cut into 4 pieces
- 1 pound asparagus, steamed
- 1 medium lemon(s), quartered

Instructions:

1. Preheat oven to 425°F. Mix cornmeal, paprika, thyme, salt, celery seeds, onion powder, garlic powder and pepper together in a shallow soup bowl. Pour milk into another shallow soup bowl.
2. Coat a large nonstick baking sheet with cooking spray. Dredge fillets first in milk, then in cornmeal mixture, coating both sides and pressing cornmeal mixture gently to adhere. Place coated fillets on baking sheet and lightly spray each with cooking spray.
3. Bake until cooked through, about 15 minutes. Let stand at room temperature 2 minutes before serving. Serve with lemon wedge. Yields 1 fillet and 1/4 of asparagus per serving.

Cook's notes: I omitted the asparagus & my fillets took about 22 minutes to bake. Very crispy.

Chili-Rubbed Tilapia with Asparagus & Lemon

Category: Fish/Seafood (FS)

Source: Eating Well – Healthy in a Hurry Cookbook

HU: 4

Core: Yes

Servings: 4

Posted by: Emily (EJWyatt)

Date: January 27, 2006

Quick and Easy

EW Notes: Tilapia, a relatively plentiful fish, has the unfortunate reputation of being dull. All it need is a spice rub, a familiar barbecuing technique that works just as well indoors. You could also use this rub on chicken breasts or toss it with lightly oiled shrimp before cooking.

Ingredients:

2 pounds asparagus, tough ends trimmed, cut into 1" pieces

2 T chili powder

½ t garlic powder

½ t salt, divided

1 pound tilapia, Pacific sole or other firm white fish fillets

2 T extra-virgin olive oil

3 T lemon juice

Instructions:

1. Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, place in the pan, cover and steam until tender-crisp, about 4 minutes. Transfer to a large plate, spreading out to cool.
2. Combine chili powder, garlic powder and ¼ t salt on a plate. Dredge fillets in the spice mixture to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the fish and cook until just opaque in the center, gently turning halfway, 5 to 7 minutes in total. Divide among 4 plates. Immediately add lemon juice, the remaining ¼ t salt and asparagus to the pan and cook, stirring constantly, until the asparagus is coated and heated through, about 2 minutes. Serve asparagus with the fish.

Yield: 4 servings

CALORIES 210; FAT 10g (sat 1g,mono 6g); PROTEIN 24g; CHOLESTEROL 48mg;
SODIUM 418mg; FIBER 4g; CARBOHYDRATE 8g

Three Sisters Stew

Category: Soups/Stews (ST)

Source: Moosewood Restaurant Low-Fat Favorites

HU: 4.65

Core: Yes

Servings: 6

Posted by: Emily (EJWyatt)

January 27, 2006

MR Notes: Over 60% of the foods we eat today originated in the Americas. In Native American cosmology, corn beans and squash are called "the three sisters." They are often grown together, using an agricultural technique in which each crop supports and protects the others. Tasting this wonderfully hearty stew, we are reminded of their symbiotic relationship be the way the cooked corn, beans and squash complement one another.

Ingredients:

3 C brown or cremini mushrooms	
3 C oyster mushrooms	1 red bell pepper, seeded and coarsely chopped
2 C coarsely chopped onions	
2 to 4 garlic cloves, minced or pressed	2 C water or vegetable stock
2 t vegetable oil	2 C fresh or frozen corn kernels
2 t dried dill (1 T fresh)	2 C cooked kidney beans
1 t dried thyme	2 T cider vinegar
1 butternut or other winter squash, peeled, seeded and cubed (2 pounds or about 6 cups, cubed)	Salt and ground black pepper to taste
	1 T cornmeal

Instructions:

1. Wash the mushrooms with as little water as possible. Quarter the brown mushrooms. Trim the bottoms of the oyster mushroom clumps and gently pull them apart into smaller bite-sized clusters. Set aside.
2. In a covered soup pot on low heat, sauté the onions and garlic in the oil, stirring often, until the onions are translucent. Add the dill and thyme cooking 2 minutes, stirring continuously. Add the squash, bell peppers, brown mushrooms, and water or stock and bring to a boil. Simmer until the squash is tender, about 3 to 5 minutes (I let mine simmer for 10-12 minutes). Stir in the corn and beans. When the stew returns to a simmer, add the oyster mushrooms, vinegar and salt and pepper to taste. Stir in the cornmeal and simmer, stirring often, until the broth is thickened.

Yield: 4 servings

CALORIES 257; FAT 2.8g (sat 0.4g, poly 1.4, mono 0.6g); PROTEIN 11.8g; CHOLESTEROL 0mg; SODIUM 57mg; FIBER 3.6g; CARBOHYDRATE 52.3g

Tomato Lentil Soup with Prosciutto

Category: Soups/Stews (ST)

Adapted from Natural Health Magazine, 10/2005

HU: 3

Servings: 6 1-cup servings

Posted by DebMj1

Date: January 28, 2006

My notes: The prosciutto in this makes it especially salty so be sure to use low-sodium broth. The original recipe called for 4 ounces of prosciutto; next time I'll make it with only 2, which not only saves on sodium, but on fat and calories as well.

Ingredients:

1 cup brown lentils, washed and picked over for debris
5 cups nonfat chicken broth, low-sodium
15 ounces canned diced tomatoes with juice
2 ounces prosciutto, finely diced (cut from 4 ounces in original recipe)
1/2 cup onion, finely chopped
4 cloves garlic, minced
1/2 teaspoon cumin
1/8 teaspoon oregano
2 teaspoons extra virgin olive oil (cut from 2 Tbsps. in original recipe)
1 Tablespoon red wine vinegar
1/4 teaspoon Tabasco sauce
salt and freshly ground black pepper to taste

Instructions:

1. In a large pot, combine the lentils, broth, tomatoes, prosciutto, onion, garlic, cumin and oregano. Bring the mixture to a boil over high heat, uncovered, stirring occasionally. Reduce the heat to low and cook until the lentils are tender but not mushy, 45 minutes to 1 hour.
2. In a small bowl, whisk together the olive oil, vinegar and Tabasco. Stir into the soup and cook for an additional 5 minutes. Season with salt and pepper if desired. (I personally didn't think it was necessary.)
3. Ladle the soup into wide bowls and serve with Italian bread sticks or garlic bread.

Lentil-and-Sausage-Stuffed Peppers

Category: Meats (M)

Cooking Light, SEPTEMBER 2000

HU: 5.85

Serves: 6

Posted by: CJMartin717 (Cindy)

Date: January 28, 2006

Cindy's comments: I can't find Gerhard's sausage anymore. I used Coleman's sundried-tomato & basil chicken sausage which has less fat per serving than Gerhard's. Although this requires several pots on the stovetop, it was pretty quick to put together after the lentils and rice were cooked. I cut the recipe in half and just fit the peppers in an 11x7-inch pan. If you make the full recipe, you'll need a bigger pan.

Ingredients:

3 red bell peppers	mozzarella cheese
3 yellow bell peppers	1/4 cup dried currants or raisins
3 cups water, divided	1/4 cup chopped fresh parsley
1/2 cup dried brown lentils	2 tablespoons balsamic vinegar
1/4 teaspoon salt	1 tablespoon capers
1/2 cup uncooked long-grain rice	2 tablespoons chopped fresh basil
1 cup diced onion	1/4 teaspoon black pepper
8 ounces basil, pine nut, and chicken sausage, chopped (such as Gerhard's)	1/4 cup (1 ounce) grated fresh Parmesan cheese
1 cup (4 ounces) shredded part-skim	

Instructions:

1. Cut bell peppers in half lengthwise, keeping stems intact. Discard seeds and membranes. Cook bell peppers in boiling water 5 minutes; drain and set aside.
2. Combine 2 cups water, lentils, and salt in a saucepan. Bring to a boil; cover, reduce heat to medium-low, and simmer 20 minutes. Drain and set aside.
3. Bring 1 cup water to a boil in a medium saucepan; add rice and onion. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat. Set aside. Place sausage in a small nonstick skillet over medium-high heat; sauté until browned. (I skipped this step since the sausage was already pre-cooked.)
4. Preheat oven to 350°.
5. Combine lentils, rice mixture, sausage, mozzarella, and remaining ingredients except Parmesan in a large bowl. Divide lentil mixture evenly among bell peppers; sprinkle with Parmesan. Place stuffed peppers in an 11 x 7-inch baking dish; cover and bake at 350° for 15 minutes. Uncover and bake an additional 15 minutes.

Yield: 6 servings (serving size: 2 pepper halves)

NUTRITION PER SERVING

CALORIES 292(30% from fat); FAT 9.7g (sat 4.2g,mono 2.4g,poly 2.7g); PROTEIN 19.2g;
CHOLESTEROL 48mg; CALCIUM 211mg; SODIUM 541mg; FIBER 4.3g; IRON 4mg;
CARBOHYDRATE 33.7g

Garlic-Rosemary Roasted Chicken

Category: Poultry (P)

Source: Cooking Light, October 1996

HU: 4.7*

Servings: 8**

Posted by: Waneyvant (Jane)

Date: January 29, 2006

Waney Notes: It appears the Calories were computed on a mixture of white & dark meat. **I cooked a 5 pounder, would say it had 6 servings. I baked the onions & garlic heads the entire 1 hour & 45 minutes, mine actually took about 2 hours to roast, but the chicken was very cold when I put it in the oven.

Ingredients:

- 1 (5 to 6-pound) roasting chicken
- 1 tablespoon chopped fresh rosemary
- 8 garlic cloves, crushed
- 2 medium red onions, quartered
- 2 whole garlic heads
- 2 teaspoons olive oil

Instructions:

1. Preheat oven to 450°.
2. Remove and discard giblets and neck from chicken. Rinse chicken under cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers and gently pushing fingers between the skin and meat. Place rosemary and crushed garlic beneath skin of breast and drumsticks. Lift wing tips up and over back; tuck under chicken. Place chicken, breast side up, on a broiler pan.
3. Cut a thin slice from end of each onion. Remove white papery skins from garlic heads (do not peel or separate cloves). Cut tops off garlic heads, leaving root end intact.
4. Insert meat thermometer into meaty part of thigh, making sure not to touch bone. Bake at 450° for 30 minutes. Brush onions and garlic heads with olive oil. Arrange onions and garlic heads around chicken. Reduce oven temperature to 350°; bake an additional 1 hour and 15 minutes or until meat thermometer registers 180°. Cover chicken loosely with foil; let stand 10 minutes. Discard skin from chicken. Squeeze roasted heads of garlic to extract pulp; serve as a spread on French bread, if desired.

Yield: 8 servings (serving size: 3 ounces chicken and 1 onion quarter)

CALORIES 231; FAT 7.7g, FIBER 2.7g

Citrus-Glazed Chicken Thighs

Category: Poultry (P)

Source: Cooking Light, January 2006

Healthy Units: 4

Core: Core+1

Servings: 6

Posted by: ejwyatt (Emily)

Date: January 29, 2006

CL Notes: Besides being juicy, chicken thighs cook quickly and come with built-in portion control: Two two-ounce chicken thighs are the appropriate serving of meat. The sweet-tangy sauce is easy to make and drizzles nicely over rice or couscous.

Ingredients:

1 cup orange juice
2 tablespoons low-sodium soy sauce
2 tablespoons honey
2 teaspoons bottled minced garlic
2 teaspoons bottled ground fresh ginger (such as Spice World)
1/2 teaspoon grated lime rind
1/4 to 1/2 teaspoon ground red pepper
12 (2-ounce) skinless, boneless chicken thighs
Cooking spray
1 tablespoon all-purpose flour
1/2 teaspoon salt

Instructions:

1. Place first 7 ingredients in a large zip-top plastic bag. Add chicken; seal bag, and marinate in refrigerator 1 hour, turning occasionally. Remove chicken, reserving marinade.
2. Preheat broiler.
3. Place chicken on a foil-lined jelly-roll pan coated with cooking spray; broil 8 minutes on each side or until done.
4. While chicken cooks, place reserved marinade, flour, and salt in a small saucepan, stirring with a whisk until blended. Bring to a boil over medium-high heat. Reduce heat, and cook for 1 minute or until thickened. Serve sauce with chicken.

Yield: 6 servings (serving size: 2 thighs and 2 1/2 tablespoons sauce)

CALORIES 189(23% from fat); FAT 4.7g (sat 1.2g,mono 1.4g,poly 1.1g); PROTEIN 23g; CHOLESTEROL 94mg; CALCIUM 18mg; SODIUM 470mg; FIBER 0.2g; IRON 1.5mg; CARBOHYDRATE 12.1g

Cooking Light, JANUARY 2006

Cassoulet

Category: Vegetarian/Meatless (VG)

Source: Moosewood Restaurant Low-Fat Favorites

HU: 4

Core: Yes

Servings: 6

Posted by: Emily (EJWyatt)

January 29, 2006

MR Notes: Cassoulet is the name for the classic baked bean dish that is popular bistro fare throughout France. Although baking is the traditional method, you can gently simmer our vegetarian version for 20 minutes on the stove top instead.

Ingredients:

1 t olive oil	1 C diced potatoes
6 garlic cloves, minced	1 C diced tomatoes
1 ½ C onions, chopped	¾ C diced pepperoni seitan
½ t dried thyme	1 T molasses
3 bay leaves	1 T Dijon mustard
½ t dried marjoram	15 oz can kidney beans, drained
1 t minced fresh or dried rosemary	15 oz can cannellini beans, drained
½ C dry red wine	salt and pepper to taste
1 C peeled and diced carrots	
¾ C diced celery	

Instructions:

1. Preheat the oven to 350°.
2. In a medium saucepan, warm the olive oil. Add the garlic, onions, thyme, bay leaves, marjoram and rosemary and sauté for 2 minutes. Add wine, cover and simmer until onions are soft, about 5 minutes. Stir in carrots, celery, potatoes, and tomatoes, cover and simmer 10 more minutes, stirring occasionally. Add the seitan, molasses, mustard, and both kinds of beans. Return to a simmer, stirring gently, just until the seitan and beans are heated through. Add salt and pepper with cooking spray, cover, and bake for 45 minutes.

Yield: 6 servings

CALORIES 237; FAT 1.7g (sat 0.2g, poly 0.4, mono 0.7g); PROTEIN 11.9g;
CHOLESTEROL 0mg; SODIUM 164mg; FIBER 5.1g; CARBOHYDRATE 42.7g

Rachael's Buffalo Chicken Chili

Category: Soups and Stews

Source: Everyday with Rachael Ray

HUs: 4 (more if original recipe is followed)

Serves: 4

Posted by: Kate (KateWD)

January 30, 2006

This chili really satisfies the Buffalo wing craving. Fantastic paired with a salad with Waney's Bleu Cheese dressing.

Notes: made several changes to this recipe; used 1 Lb lean ground turkey and eliminated the EVOO and butter, subbing olive oil spray, doubled the amount of jalapeño, tripled the amount of carrots, added a chopped red pepper and doubled the cayenne sauce. **HUs are with my changes.**

Ingredients:

- 1 tablespoon extra virgin olive oil (EVOO), 1 turn of the pan (did not use)
- 2 tablespoons unsalted butter, plus more for greasing (did not use)
- 2 pounds ground chicken (used 1 lb lean ground turkey)
- 2 garlic cloves, chopped
- 2 celery ribs, finely chopped
- 1 medium onion, finely chopped
- 1 carrot, finely chopped (used 3 and added a chopped red pepper)
- 1 jalapeno, seeded and finely chopped (used 2)
- Salt and freshly ground pepper
- 1 1/2 teaspoons ground cumin (half a palmful)
- 1 teaspoon ground coriander (one-third palmful)
- 6 ounces beer (your favorite brew)
- 1/4 cup cayenne pepper hot sauce (used 1/2 cup Frank's Red Hot Sauce)
- One 15-ounce can tomato sauce

Instructions:

Heat a medium Dutch oven or large skillet over high heat. Add the olive oil, 1 turn of the pan, and the butter and melt together. Add the chicken and cook, breaking up the meat, for 6 minutes. Add the garlic, celery, onion, carrot and jalapeno. Season with salt, pepper, cumin and coriander, and cook for 5 minutes. Add the beer and scrape up any browned bits from the bottom of the pan. Concentrate the flavor of the beer by reducing the mixture over medium heat for 2 to 3 minutes. Stir in the hot sauce and the tomato sauce. Reduce the heat to low and simmer the chili (uncovered) for 15 minutes.

Warm Spinach and Sausage Salad

Category: Salads

Source: Rachel Ray everyday magazine Feb/March 2006

HU: 4

Core: I think it is?

Servings: 4

Posted By: Zephyr1

Date: January 30, 2006

Ingredients:

6 oz. bulk turkey sausage- I used zesty spicy

1 tbs EVOO*

1 1/2 tbsp fresh lemon juice

1 tsp grated lemon zest

one 8 oz bag of spinach fresh baby

Course salt and pepper

4 large eggs

Instructions:

1. Cook sausage in skillet and break into crumbles. Let it get crispy about 10 minutes remove with slotted spoon.
2. Add the EVOO, zest and juice to the pan and stir for about one minute to scrape up all the browned bits from the bottom of the pan. Add spinach and cook down just a bit. Remove from heat and toss to cover with dressing.
3. Divide among 4 bowls and top with the sausage mixture.
4. Cook the 4 eggs over easy and put one atop each salad.

*EVOO-Extra Virgin Olive Oil

Lai Zi Ngam Pin (Litchi and Duck Stir Fry)

Category: Poultry (P)

Source: Martin Yan

HUs: 5 per serving

Servings: 4

Posted by: TrishBlau

Date: 1/30/06

Quick and Easy

My notes: I altered this a bit by using less oil. You could probably get by with less oil and fewer points. I think pork tenderloin would be a good substitute for the duck. Don't be afraid of the litchi. If you have an Asian grocery nearby, they are easy to find and so yummy!

Ingredients:

- 1 tablespoon rice wine, shaoxing jiu
- 2 teaspoons dark soy sauce
- 2 1/2 teaspoons cornstarch
- 1 pound duck meat without skin, breast, skinned and thinly sliced
- 3 tablespoons plum sauce
- 3 tablespoons pineapple juice
- 2 tablespoons chicken stock
- 1 tablespoon soy sauce
- 1 tablespoon vegetable oil
- 2 slices ginger, peeled
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 cup litchi, canned or fresh

Instructions:

1. Mix rice wine, dark soy sauce, and 2 teaspoons of the cornstarch in a medium bowl. Add duck and let marinate for 10 minutes. Mix plum sauce, pineapple juice, stock, and soy sauce in a small bowl. Mix remaining cornstarch and 1 teaspoon water in a tiny bowl.
2. Heat oil in a wok over high heat. Stir-fry ginger for 8-10 seconds. Add duck and its marinade and stir-fry for 1 minute. Transfer to a small bowl. Stir-fry peppers and litchis for 1 minute. Return duck and ginger to wok, add plum sauce mixture, and bring to a boil. Add cornstarch mixture and stir-fry until sauce thickens, 30-45 seconds.

Pot Roast Hash

Category: Meats

Source: 12 Best Foods Cookbook

HUs: 4.3

Servings: 4 large servings (1-1/2 cups+)

Posted by Tracy (Nikkie1T)

January 31, 2006

My comments: This went together really easily and is a great way to use leftover roast beef. My comments are in parenthesis. It was very tasty, and very filling. I served it with diced and sautéed rutabaga, steamed green beans and sliced cucumbers, and our plates were heaping! DH and I had fun counting how many different vegetables we were eating.

Author comments: I make Pot Roast just to use it in this comforting yet lean hash. However, any leftover long-grained meat, including brisket or lean stewing beef, can be used.

Ingredients:

1 slice bacon, or 1 tablespoon canola oil (I used the oil)
1/2 medium onion, chopped
1 8-oz. pkg. sliced mushrooms (I added this to the recipe)
1 small green bell pepper, finely chopped
4 plum tomatoes, seeded and chopped
1 Yukon Gold potato, peeled and finely chopped
3/4 cup beef broth or 3/4 cup water
2 cups shredded beef
1 teaspoon Worcestershire sauce (I increased this amount to almost 1 tablespoon)
1/4 cup chopped flat-leaf parsley
Salt and pepper to taste

Instructions:

1. Cook the bacon, if using, in a medium skillet over medium-high heat until it is crisp. Drain it on a paper towel and set aside. Using the fat remaining in the pan, sauté the onion, mushrooms, celery and bell pepper until the onion is translucent, about 4 minutes. Or heat the canola oil in a medium skillet and sauté the vegetables.
2. Add the tomatoes and cook until they start to soften, 3 minutes. Add the potatoes and beef broth or water. Simmer until the tomatoes break down and the potato is almost soft, 6 minutes. Mix in the shredded meat, Worcestershire sauce, and parsley and cook 2 minutes, until the meat is heated through and most of the liquid has evaporated. Season to taste with salt and pepper, and serve.

Makes 4 servings. Per serving: 216 calories, 7 g. fat, 3 g. saturated fat, 23 g. protein, 15 g. carbohydrates, 3 g. fiber.

Giada's Italian Style Baked Beans

Category: Rice/Pasta/Grains (RP)

Source: Food TV Network

HU: 3.67

Servings: 8

Posted by: Tracy Elliff

Date: January 31, 2006

Freezer Friendly

Comments: Very easy to put together. There were no servings listed. I put 8 since there are 4 cans of beans in the recipe. My dh taste tested and approved this recipe for the Comp.

Ingredients:

6 ounces pancetta, thinly sliced, chopped
2 onions, chopped
4 cloves garlic, minced
1 cup dark beer
1 cup tomato sauce
1/3 cup light brown sugar
1/4 cup balsamic vinegar
3 tablespoons molasses, mild flavored
6 teaspoons Dijon mustard
3/4 teaspoon salt
1/2 teaspoon pepper
4 cans cannellini beans, drained

Instructions:

1. Preheat oven to 400 degrees F.
2. Cook the pancetta in a heavy, large, oven-safe pot over medium heat until crisp, about 8 minutes.
3. Add the onions and garlic, and sauté until the onions are translucent, about 5 minutes.
4. Mix in the beer, tomato sauce, brown sugar, vinegar, molasses, mustard, salt and pepper. Stir in the beans. Bring to a simmer.
5. Transfer to the oven and bake, uncovered, until the bean mixture bubbles and thickens slightly, stirring occasionally, about 45 minutes.

215 Calories; 2g Fat (9.6% calories from fat); 16g Protein; 34g Carbohydrate; 9g Dietary Fiber

Thai Tuna Salad Wraps

Category: Salads (S)

Source: recipe recreated by me

HU: 1 for one fourth of the recipe

Core: Yes

Servings: 4

Posted By: Zephyr1

Date: 2/1/2006

Notes: we used to get this salad appetizer at our favorite Thai restaurant and have tried to recreate it since they moved back to Thailand. This comes close.

Ingredients:

2 Tbs fresh lime juice

1 tbs. ponzu sauce

tsp. of Bangkok blend spice

1 1/2 tsp. sugar

2 jalapeños minced- I used sirichia sauce

1/4 cup cilantro finely chopped

zest of 2 limes

2 cans albacore tuna in water drained

1/2 cup scallions minced

1/2 cup shredded carrot

1 orange, red or yellow pepper diced

1 head of romaine leaves to be used as wrappers.

Instructions

Combine the first 6 ingredients and mix well. Add the tuna and the veggies and mix well. Spoon into lettuce leaves to serve. You can top with hoisin sauce, peanut sauce or chopped peanuts if you like but take the points into consideration.

Sweet Potato and Broccoli Shepherd's Pie

Category: Vegetarian/Meatless

Source: 12 Best Foods Cookbook

HU: 4

Servings: 6

Posted by Tracy (Nikkie1T)

February 2, 2006

Freezer Friendly

Cookbook notes: Keeping only the mashed potatoes of traditional Shepherd's Pie, this meatless version replaces the usual minced lamb with generous layers of broccoli and cheese, making it as comforting as the British classic but much lighter. It freezes well and reheats beautifully.

My notes: Next time I make this, I will decrease the amount of salt used. I might also omit the bread crumbs and Parmesan cheese from the top; they didn't really add anything but calories. The portions are big. I baked this in a deep-dish pie plate.

Ingredients:

2 pounds Beauregard, Garnet, or Jewel yams
1 teaspoon freshly grated ginger
1/2 teaspoon five-spice powder
2 teaspoons salt, divided
Freshly ground black pepper
1 large egg white
4 cups broccoli florets

1 tablespoon fresh lemon juice
1-1/2 cups reduced-fat ricotta cheese
1/4 cup crumbled fat-free feta cheese
1/4 cup buttermilk
1/2 teaspoon dried oregano
2 tablespoons dry breadcrumbs
1/4 cup freshly grated parmesan cheese.

Instructions:

1. Preheat oven to 400 degrees.
2. Bake the yams 1 hour, until they are soft. When cool enough to handle, peel the yams and place their flesh in a mixing bowl. Add the ginger, five-spice powder, and 1/2 teaspoon of salt. Mash with a fork until the potatoes are creamy. Season with pepper, and mix in the egg white.
3. Steam the broccoli until tender, 8 minutes. Place them in a bowl and season with the lemon juice and 1/2 teaspoon of salt.
4. Place the ricotta, feta, buttermilk, and remaining 1 teaspoon salt in a food processor. Whirl until the mixture is smooth, 2 minutes. Add the oregano, and pulse to distribute it evenly. Season the mixture with pepper.
5. Coat a 1-1/2 quart baking dish with cooking spray. Spread half the potato mixture over the bottom of the baking dish. Spoon half the cheese mixture over the potatoes. Arrange the broccoli on top of the cheese. Cover the broccoli with the remaining cheese mixture. Cover the cheese with the remaining sweet potatoes. Sprinkle with the breadcrumbs and Parmesan cheese.
6. Bake the pie uncovered for 30 minutes, or until it is bubbling around the edges and hot in the center. Remove from the oven and let sit for 20 minutes before serving.

Makes 6 servings. Per serving, 200 calories, 7 g. fat, 4 g. saturated fat, 12 g. protein, 22 g. Carbs, 3 g. fiber

Shrimp with Mango & Basil

Category: Fish/Seafood (FS)

Source: Eating Well – Healthy in a Hurry Cookbook

HU: 3.5

Core: Yes

Servings: 4

Posted by: Emily (EJWyatt)

February 2, 2006

EW Notes: This one-pan stir-fry is an Indian feast of sweet shrimp, perfumy mangoes and spice basil. It's guaranteed to evoke dinnertime ooohs and ahhs. Carbs are a time-tested way to take the pop out of the heat, so make sure you have plenty of aromatic jasmine rice to go with this fiery dish. Use pre-peeled shrimp to make a preparation a breeze.

Em's Notes: This was not very hot. If you like spicy, definitely go to the upper end of the cayenne or more. I think that I will add $\frac{3}{4}$ t of cayenne next time.

Ingredients:

1 pound raw shrimp [21-25 per pound], peeled and deveined, tails left on

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

$\frac{1}{4}$ - $\frac{1}{2}$ t cayenne pepper

$\frac{1}{4}$ t ground turmeric

1 large, ripe, firm mango, peeled and cut into $\frac{1}{2}$ " cubes

1 bunch of scallions, green tops only, thinly sliced

$\frac{1}{4}$ C firmly packed fresh basil leaves, finely chopped

Instructions:

1. Toss shrimp with salt, cayenne to taste and turmeric in a medium bowl. Cover; refrigerate for about 30 minutes.
2. Heat oil in a large nonstick skillet over medium-high heat; place the shrimp in a single layer and cook until the undersides turn salmon-pink, about 1 minute. Flip them over and cook for 1 minute more.
3. Add mango, scallion greens and basil and cook, stirring, until the shrimp is just cooked and starts to barely curl, 1 to 2 minutes.

Yield: 4 servings

CALORIES 183; FAT 5g (sat 1g, mono 3g); PROTEIN 20g; CHOLESTEROL 168mg;
SODIUM 325mg; FIBER 3g; CARBOHYDRATE 16g

Honey-Glazed Roasted Carrots and Parsnips

Category: Vegetable-potatoes (VP)

Source: Bon Appétit, December 2005

Posted by kwe730 (Kim)

HUs: 3

Yield: 8 Servings

February 4, 2006

Kim's Notes: The original recipe called for 3 Tbs of olive oil. I cut back to 1 Tbs and used olive oil spray on the foil.

Ingredients:

2 pounds carrots (1 to 1 1/2 inches in diameter), peeled, halved lengthwise
2 pounds parsnips (1 to 1 1/2 inches in diameter), peeled, halved lengthwise
1 tablespoons olive oil
1 1/2 tablespoons butter
1 1/2 tablespoons honey
1 teaspoon balsamic vinegar

Instructions:

1. Position 1 rack in center and 1 rack in bottom third of oven and preheat to 400°F. Line 2 rimmed baking sheets with foil. Divide carrots and parsnips between prepared sheets. Sprinkle generously with salt and pepper, then drizzle 1/2 tablespoons oil over vegetables on each sheet; toss to coat.
2. Roast vegetables 10 minutes; stir. Roast vegetables 10 minutes longer, stir, and reverse sheets. Continue roasting until vegetables are tender and slightly charred, about 15 minutes longer. (Can be prepared 2 hours ahead. Tent with foil and let stand at room temperature. Re-warm uncovered in 350°F oven 10 minutes.)
3. Melt butter in heavy small saucepan over medium heat. Stir in honey and vinegar. Drizzle honey glaze over vegetables and serve.

Orange-Infused Cherry-Almond Biscotti

Category: Cookies (CB)

Source: Cooking Light, January 2006

HU: 1.5

Servings: 40 (serving size- 1 Biscotti)

Posted by: ejwyatt (Emily)

Date: February 5, 2006

CL Notes: You can make these cookies up to a week ahead and store them at room temperature in an airtight container. When buying dried cherries, look for those without added sugar. Serve with coffee or tea.

Em's Notes: The points are the same with or without my ingredient changes.

Ingredients:

1-3/4 cups all-purpose flour (about 7-1/2 ounces)	2 tablespoons melted butter (I used light butter)
1 cup whole wheat pastry flour (about 5-1/8 ounces)	1 tablespoon fresh orange juice
1 cup sugar (I used 1/2 Splenda)	1/2 teaspoon almond extract
2 teaspoons baking powder	3 large eggs
3/4 teaspoon salt	3/4 cup dried sweet cherries, chopped
1 tablespoon grated orange rind	3/4 cup slivered almonds, toasted and chopped
	Cooking spray (optional)

Instructions:

1. Preheat oven to 350°.
2. Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, sugar, baking powder, and salt in a large bowl; stir with a whisk. Combine rind, butter, juice, almond extract, and eggs in a bowl; stir with a whisk. Add egg mixture to flour mixture; stir until a soft dough forms. Stir in cherries and almonds. Turn dough out onto a lightly floured surface; knead lightly 8 times. Divide dough in half. Shape each portion into an 11-inch-long roll. Place rolls 4 inches apart on a baking sheet coated with cooking spray or lined with parchment paper.
3. Bake at 350° for 25 minutes or until golden. Remove the rolls from pan, and cool for 10 minutes on a wire rack. Cut each roll diagonally into 20 (1/2-inch) slices. Carefully stand slices upright on baking sheet.
4. Reduce oven temperature to 325°.
5. Bake biscotti for 20 minutes or until almost firm (biscotti will be slightly soft in center but will continue to harden as they cool). Remove from baking sheet; cool completely on a wire rack.

CALORIES 83(23% from fat); FAT 2.1g (sat 0.5g,mono 1g,poly 0.4g); PROTEIN 2g; CHOLESTEROL 17mg; CALCIUM 26mg; SODIUM 79mg; FIBER 1.1g; IRON 0.6mg; CARBOHYDRATE 14.3g

Green Beans with Bacon Vinaigrette

Category: Vegetables (V)

Source: Gourmet, March 1996

HUs: 2 Per Serving

Yield: 4 Servings

Posted by: Kwe730 (Kim)

February 6, 2006

Kim's Note: Just because of personal preference, I replaced the red wine vinegar with cider vinegar. I'm sure you could also use balsamic and that would be good as well. I also cooked me green beans for just a little longer than 3 minutes.

Ingredients:

- 1 pound green beans, trimmed
- 1/4 pound sliced bacon (about 4 slices)
- 1 tablespoon red-wine vinegar

Instructions:

1. In a kettle of boiling salted water cook beans until al dente, about 3 minutes. Drain beans in a colander and plunge into a bowl of ice and cold water to stop cooking. Drain beans well.
2. In a large heavy skillet cook bacon over moderate heat until crisp and transfer to paper towels to drain. Crumble bacon.
3. Pour off all but 1 tablespoon fat from skillet and cook beans with vinegar and half of bacon over moderate heat, tossing, until tender. Season beans with salt and pepper and serve topped with remaining bacon.

Cranberry Zucchini Loaf

Category: Breads (BR)

Source: 125 Best Quick Bread Recipes

HU: 4 (3 for 16 servings)

Yield: 12 servings

Posted By: Bawstinn32 (Maria)

February 6, 2006

Ingredients:

2 cups all-purpose flour

3/4 cup sugar

1 tablespoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon cinnamon

1/4 teaspoon nutmeg

1 cup zucchini -- grated

1/4 cup vegetable oil

2 whole eggs

1/4 cup milk, 1% lowfat

1 cup cranberries -- chopped

Instructions:

1. Preheat oven to 350. Spray a 9 by 5-inch loaf pan with cooking spray.
2. In a large bowl stir together flour, sugar, baking powder, baking soda, salt, cinnamon and nutmeg. Stir in zucchini.
3. In a separate bowl, using an electric mixer, beat oil, eggs and milk until combined. Pour mixture over dry ingredients and stir until just combined. The batter should be drop-biscuit thick. Gently fold in cranberries. Spoon into prepared pan.
4. Bake in preheated oven for 70 to 80 minutes (mine took 50) or until a cake tester inserted in the center comes out clean. Let cool in pan on rack for 10 minutes. Remove from pan and let cool completely on rack.

Per Serving (excluding unknown items): 186 Calories; 6g Fat (27.3% calories from fat); 4g Protein; 30g Carbohydrate; 1g Dietary Fiber; 36mg Cholesterol; 278mg Sodium.

Exchanges: 1 Grain (Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Lemon-Ricotta Pancakes

Category: Desserts (breakfast)

Source: Redbook Magazine February 2006

HU: 4.5 Probably on the high side

Servings: 6

Posted: Tracy Elliff

Date: February 6, 2006

Mastercook only had part-skimmed ricotta in it's list. So the calories and points are a little high. I felt it was better to be over than under. These are a very light but very filling. They are not sweet. We decide for our first try not to go the usual syrup route. We topped them with fresh strawberries. Dh even put a little whipped topping on his for an "IHOP" effect. We will be making these again.

Ingredients:

1 15 oz ricotta cheese, lowfat
1 1/4 cups Egg Beaters® 99% egg substitute
2 tablespoons sugar
2 1/2 teaspoons lemon zest, finely grated
2 teaspoons vanilla extract
1/2 cup 1% low-fat milk
3/4 cup flour
1 teaspoon baking powder
1/4 teaspoon salt
5 egg whites, room temp

Instructions:

1. Preheat oven to 225 degrees.
2. In a food processor, process ricotta cheese, egg substitute, sugar, lemon zest, and vanilla until smooth.
3. Add milk and remaining pancake ingredients; process until blended.
4. Pour into a large bowl.
5. Place egg whites into in a large bowl and beat with electric mixer until stiff peaks form; gently fold into ricotta mixture.
6. Spray a non-stick griddle with non-stick cooking spray. Heat over medium heat.
7. Drop batter by 1/4 cupfuls. Cook about 2 minutes or until lightly browned on underside. Turn pancakes; cook second side for 2 minutes or until golden.
8. Keep warm in oven. Cook remaining pancakes.

Calories per serving 219, fat 6 gr., fiber 1 gr.

Cilantro Turkey Burgers with Chipotle Ketchup

Category: Sandwiches (SW)

Source: Cooking Light April 2002

HUs: 9 (per CL, see note)

Serves: 4

Posted by: Kate (KateWD)

Date: February 6, 2006

Notes: Moist and delicious, loved the chipotle ketchup which has quite a kick, use less chipotle pepper for less heat.

Based on the NI from CL, the HUs come out to 9 per serving. Based on the lean ground turkey (7% fat) and whole wheat buns (1 HU each) I used, the HUs came out to 6.75 per serving.

Ingredients:

1/3 cup dry breadcrumbs
1/4 cup minced fresh cilantro
1/4 cup (1 ounce) pre-shredded Parmesan cheese
1/4 teaspoon salt
1/4 teaspoon black pepper
1 pound ground turkey
Cooking spray
1 (7-ounce) can chipotle chilies in adobo sauce
1/4 cup ketchup
4 (2 1/2-ounce) whole wheat hamburger buns
4 red leaf lettuce leaves

Instructions:

1. Combine first 6 ingredients in a large bowl. Divide turkey mixture into 4 equal portions, shaping each into a 1/3-inch-thick patty.
2. Heat a large grill pan or large nonstick skillet coated with cooking spray over medium-high heat. Add turkey patties, and cook 5 minutes on each side or until done.
3. Remove 1 chile and 1 teaspoon adobo sauce from can. Reserve remaining chiles and sauce for another use. Mince the chile. Combine chile, adobo sauce, and ketchup.
4. Place 1 patty on bottom half of each bun; top each patty with 1 tablespoon chipotle ketchup and 1 lettuce leaf. Cover with top halves of buns.

Yield: 4 servings (serving size: 1 burger)

CALORIES 406(30% from fat); FAT 13.6g (sat 4.3g,mono 4g,poly 3.7g); PROTEIN 26.6g;
CHOLESTEROL 73mg; CALCIUM 229mg; SODIUM 977mg; FIBER 1.5g; IRON 4.4mg;
CARBOHYDRATE 44.5g

Five-Grain Cereal with Apricots, Apples, and Bananas

Category: Breakfast Items (BR)

Source: Cooking Light, January 2003

Healthy Units: 5

Servings: 9

Posted by: ejwyatt (Emily)

Date: February 6, 2006

CL Notes: Store this dry cereal in a zip-top plastic bag in the freezer to keep it fresh. To make the cereal a batch at a time, add 1/2 cup dry cereal mix to 1 1/2 cups boiling water for each serving.

Em's Notes: This was a nice, filling breakfast. It was easy to cook up. I got it started as I was getting ready for work and it was ready for me when I was dressed. It is a little point heavy for a breakfast cereal, but it stuck with me all morning.

Ingredients:

1/3 cup flaxseed
1 1/4 cups steel-cut (Irish) oats
2/3 cup dried apricots, coarsely chopped
2/3 cup dried apple, coarsely chopped
2/3 cup dried banana chips
1/2 cup cracked wheat
1/2 cup uncooked regular grits
1/2 cup oat bran
1/3 cup wheat bran
3/4 teaspoon salt
13 1/2 cups water

Instructions:

1. Place flaxseed in a spice or coffee grinder; process until coarsely ground. Combine flaxseed, oats, and remaining ingredients except water in a large bowl, stirring well to combine.
2. Bring water to a boil in a large saucepan. Add cereal; cover, reduce heat, and simmer 15 minutes, stirring occasionally. Uncover and cook 2 minutes or until thick, stirring constantly. Serve immediately.

Yield: 9 servings (serving size: 1 1/2 cups)

CALORIES 271(22% from fat); FAT 6.5g (sat 2.5g,mono 1.1g,poly 2g); PROTEIN 8g;
CHOLESTEROL 0.0mg; CALCIUM 38mg; SODIUM 205mg; FIBER 8.9g; IRON 3.2mg;
CARBOHYDRATE 51g

Goat Cheese-Stuffed Chicken

Category: Poultry (P)

Source: January 2006 Food & Wine

Yield: 4 Servings

HUs: 6 Per Serving

Posted By: Kwe730 (Kim)

Date: February 7, 2006

Kim's Notes: The original recipe calls for 2 T. of walnut oil to be added to the pan sauce. I did that the first time I made the recipe, but would not do it again. It makes the sauce too oily, adds points, and doesn't really contribute to the flavor. I also needed to roast the chicken breasts longer than 5 minutes.

Ingredients:

1/4 cup walnut halves
1/4 cup fresh goat cheese, softened
1/2 teaspoon finely grated lemon zest
1 garlic clove, minced
Salt and freshly ground pepper
Four 6-ounce skinless, boneless chicken breast halves
1 tablespoon extra-virgin olive oil
3 tablespoons fresh lemon juice
1/4 cup chicken stock or low-sodium broth
1/4 cup chopped flat-leaf parsley

Instructions:

1. Preheat the oven to 400°. Spread the walnuts in a pie plate and toast for 6 minutes, until fragrant. Let cool, then chop.
2. In a small bowl, mash the goat cheese with the lemon zest, garlic and half of the walnuts; season with salt and pepper. Using a small knife, cut a pocket in the side of each chicken breast; keep the pocket opening as small as possible. Stuff the chicken breasts with the mixture and gently press to flatten them.
3. In a large ovenproof skillet, heat the olive oil until shimmering. Season the chicken with salt and pepper and cook over moderately high heat, turning once, until browned, about 6 minutes. Transfer the skillet to the oven and roast the chicken for 5 minutes. Transfer the chicken breasts to a platter and keep warm.
4. Add the lemon juice and stock to the skillet and cook over moderately high heat, scraping up any browned bits stuck to the pan. Simmer for 3 minutes. Stir in the walnut oil, parsley and the remaining chopped walnuts. Transfer the chicken breasts to plates, spoon the walnut sauce on top and serve.

Vegetarian Delight

Category: Vegetarian/Meatless (VG)

Source: Old WW recipe

HU: 5.4 points

Servings: 4

Posted by: Tracy (Nikkie1t)

Date: February 7, 2006

Quick & Easy

My notes: One serving of this is a huge plateful of food. You can use any combination of vegetables you choose. I threw leftover BBB asparagus and honey roasted carrots in the batch I just made, plus the vegetables listed in the recipe. To control the portions, I place $\frac{1}{2}$ cup of brown rice in each individual serving dish and add $\frac{1}{4}$ of the vegetable recipe, rather than stirring everything together. I also omitted the cashews.

Ingredients:

2 T. creamy peanut butter

1 T. light soy sauce

1-1/2 tsp. honey

2 tsp. vegetable oil

$\frac{1}{2}$ cup thinly sliced carrot

$\frac{1}{4}$ cup chopped onion

$\frac{1}{2}$ cup chopped broccoli

$\frac{1}{2}$ cup chopped cauliflower

$\frac{1}{2}$ cup chopped zucchini

$\frac{1}{2}$ cup frozen corn

$\frac{1}{4}$ cup chopped red bell pepper

1 garlic clove, minced

2 cups cooked brown rice

1 oz. cashews (I omitted)

Instructions:

Combine pb, soy, honey and 1 T. water. In large skillet, heat oil under medium heat. Add carrots and onion until onion is translucent, about 2 minutes. Add remaining ingredients except rice and cashews. Cook, stirring frequently, until veggies are tender-crisp, about 3 minutes. Add pb mixture; cook stirring constantly until just boiling, about 2 minutes. Stir in rice until heated through, about 2 minutes. Top w/cashews.

4 servings, 268 calories, 11 fat, 4 fiber, 8 g. protein

Cannellini Minestrone

Category: Soups/Stews (ST)

Source: Cooking Light, January 2006

Healthy Units: 4.5

Core: Core

Servings: 8 (serving size: about 1 1/3 cups soup and 1/2 teaspoon oil)

Posted by: ejwyatt (Emily)

Date: February 7, 2006

CL Notes: This is a marvelously flavorful soup from the northwestern region of Liguria, also known as the Italian Riviera. Dried mushrooms and Swiss chard are both commonly used ingredients there. The addition of green chiles may seem out of place, but peppers are often used to infuse soups with a little heat. Serve with breadsticks.

Em's Notes: The directions in the magazine are incorrect. They have been corrected on the web-site and are correct in this post. I made some changes based on what I had in the pantry or could find in the store. I noted those below. Points are based on the recipe as written.

Ingredients:

2 cups dried cannellini beans	1 tablespoon finely chopped fresh basil
8 cups water	1/2 teaspoon crushed red pepper
1 cup dried porcini mushrooms (about 1 ounce)	1 (14.5-ounce) can diced tomatoes, drained (I used a can of Rotel)
1 teaspoon salt	1 (4.5-ounce) can chopped green chiles (I omitted because I used a can of Rotel)
1/8 teaspoon freshly ground black pepper	3 cups torn Swiss chard (about 1 pound) (I couldn't find Swiss chard, so I used Red chard.)
1 tablespoon olive oil	4 teaspoons olive oil (I omitted this.)
1 cup finely chopped onion	
1/2 cup finely chopped celery	
1 garlic clove, minced	
2 tablespoons finely chopped fresh flat-leaf parsley	

Instructions:

1. Sort and wash beans; place in a large bowl. Cover with water to 2 inches above beans; cover and let stand for 8 hours or overnight. Drain and rinse beans.
2. Combine beans and 8 cups water in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beans are tender.
3. Combine mushrooms and boiling water to cover in a small bowl. Cover and let stand 30 minutes or until tender. Drain and chop.
4. Place 2 cups cooked beans in a blender or food processor. Process until smooth; return pureed beans to pan. Stir in salt and pepper.
5. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add onion, celery, and garlic; cook 10 minutes or until vegetables are tender. Stir in mushrooms, parsley, and the next 4 ingredients (through chiles); cook for 3 minutes, stirring frequently. Add onion mixture and chard to beans in pan; bring to a boil. Reduce heat, and simmer 10 minutes or until chard is tender. Ladle soup into individual bowls; drizzle with oil.

CALORIES 250(17% from fat); FAT 4.7g (sat 0.7g,mono 3.1g,poly 0.7g); PROTEIN 15.1g; CHOLESTEROL 0.0mg; CALCIUM 171mg; SODIUM 492mg; FIBER 10.7g; IRON 7.3mg; CARBOHYDRATE 39.7g

Grilled Halibut with Lemon-Caper Vinaigrette

Category: Fish

Source: Cooking Light Jan/Feb 2006

HU: 5 points

Servings: 4

Posted by: Kristin (Kzbaskets)

Date: February 7, 2006

Quick & Easy

CL Notes: Halibut is a light-textured white fish, but this simple vinaigrette could be used on any grilled fish. You can prepare extra vinaigrette to toss with salad greens.

My notes: If you do not like a strong lemon flavor, I would try to sub half with red wine vinegar.

VINAIGRETTE:

1 1/2 tablespoons fresh lemon juice
1 tablespoon extra virgin olive oil
1 1/2 teaspoons finely chopped shallot
1 teaspoon chopped capers
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

FISH:

Cooking spray
4 (6-ounce) halibut fillets
1/2 teaspoon kosher salt
2 tablespoons chopped fresh chives

Instructions:

To prepare the vinaigrette, combine first 6 ingredients in a small bowl; stir with a whisk. To prepare fish, heat a nonstick grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle fish with 1/2 teaspoon salt. Add fish to pan; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Spoon vinaigrette over fish. Sprinkle with chives.

Yield: 4 servings (serving size: 1 fillet, about 2 teaspoons vinaigrette, and 1 1/2 teaspoons chives)

CALORIES 221(30% from fat); FAT 7.4g (sat 1.1g,mono 4g,poly 1.6g); PROTEIN 35.6g; CHOLESTEROL 54mg; CALCIUM 83mg; SODIUM 531mg; FIBER 0.1g; IRON 1.5mg; CARBOHYDRATE 0.5g

Mediterranean Couscous

Category: Rice/Pasta/Grains (RP)

Source: Cooking Light Jan/Feb 2006

HU: 2.5 points

Servings: 4

Posted by: Kristin (Kzbaskets)

February 7, 2006

Quick & Easy

CL Notes: Quick-cooking couscous is now even better since it's available in a whole-wheat version. Fresh sage gives this side dish an earthy taste and aroma. You can use other fresh herbs such as basil, cilantro, or mint instead. To make this an entree, add a little feta cheese, water-packed tuna, or shredded cooked chicken.

My notes: I added French Feta to each serving for an extra point. It was delish both hot and cold. I also added extra veggies and got 5 servings total.

Ingredients:

1 3/4 cups fat-free, less-sodium chicken broth
3/4 cup whole wheat couscous
1 cup grape tomatoes, halved
1/2 cup chopped seeded peeled cucumber
1/2 cup chopped red bell pepper
1/4 cup sliced green onions
1 tablespoon chopped fresh sage (I subbed basil)
1/4 teaspoon grated lemon rind
2 tablespoons fresh lemon juice
4 teaspoons extra virgin olive oil
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

Instructions:

Bring broth to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Combine couscous, tomatoes, and remaining ingredients in a large bowl.

Yield: 4 servings (serving size: about 1 cup)

CALORIES 150(32% from fat); FAT 5.4g (sat 0.7g,mono 3.7g,poly 0.5g); PROTEIN 4.8g; CHOLESTEROL 0.0mg; CALCIUM 25mg; SODIUM 467mg; FIBER 4.4g; IRON 1.2mg; CARBOHYDRATE 22.1g

Mexican Lentil Soup with Roasted Garlic

Category: Soups/Stews (ST)

Source: Cooking Light, January 2005

Healthy Units: 6

Servings: 6 (serving size: about 1 1/3 cups)

Posted by: ejwyatt (Emily)

Date: February 8, 2006

CL Notes: This is a hearty soup with deep, subtle flavors that are especially welcome this time of year. Serve with a green salad, crusty bread, and a cold Mexican beer. If you can find fresh epazote, a pungent herb available in Latin markets and some supermarkets, use it in place of the parsley. Fresh bay leaves are becoming available in supermarkets, but if you can't find them, substitute one dried bay leaf.

Em's Notes: Based on Maria's warning, I doubled the spices/flavorings in the soup.

Ingredients:

1 whole garlic head (I used 2)	½ C chopped fresh parsley (I used 1 cup)
2 tablespoons, plus 1 teaspoon olive oil, divided	2 fresh bay leaves (I used 2 dried)
2 C chopped onion (about 1 large)	1 t ground cumin (I used 2 t)
1 ½ C chopped peeled carrot (about 2 medium)	½ t ground coriander (I used 1 t)
1 C chopped celery (about 2 stalks)	1 ½ t hot pepper sauce (I used 1 T)
8 C fat-free, less-sodium chicken broth	¼ t black pepper (I used ½ t)
2 C black lentils, rinsed	1 teaspoon sherry vinegar (I used 2)

Instructions:

1. Preheat oven to 325°.
2. Remove white papery skin from garlic heads (do not peel or separate the cloves). Rub ½ t olive oil over each garlic head, and wrap individually in foil. Bake at 325° for 1 hour, cool for 10 minutes. Separate cloves and squeeze to extract garlic pulp, discard skins. Place pulp in food processor for later use.
3. Heat 2 T olive oil in a Dutch oven over medium-high heat. Add onion, carrot and celery, sauté 5 minutes or until softened. Stir in broth, lentils, parsley, and bay leaves; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until lentils are tender.
4. Remove and discard bay leaves. Place 2 C lentils mixture in food processor with garlic pulp. Add cumin, coriander, hot pepper sauce, and pepper. Return pureed mixture to pot, stir well. Stir in vinegar.

CALORIES 325(17% from fat); FAT 6.2g (sat 0.8g,mono 4g,poly 0.9g); PROTEIN 23.1g; CHOLESTEROL 0.0mg; CALCIUM 74mg; SODIUM 657mg; FIBER 21.6g; IRON 6.5mg; CARBOHYDRATE 45.7g

Wheat Berry-Black Bean Soup

Category: Soups/Stews (ST)

Source: Cooking Light, January 2005

Healthy Units: 4

Core: Yes

Servings: 8

Posted by: ejwyatt (Emily)

Date: February 11, 2006

CL Notes: "I often make a big pot of soup for my husband's colleagues since they are enthusiastic 'guinea pigs' for my culinary adventures." -Beth Easter, Watertown, MA

Ingredients:

- 1 tablespoon olive oil
- 4 cups chopped onion
- 1 3/4 cups chopped carrot
- 1 cup chopped celery
- 3 garlic cloves, minced
- 1/2 cup uncooked wheat berries (hard winter wheat)
- 4 1/3 cups water, divided
- 2 (14-ounce) cans fat-free, less-sodium chicken broth
- 1/2 cup sun-dried tomatoes, packed without oil, chopped
- 2 teaspoons ground cumin
- 2 (15-ounce) cans black beans, rinsed and drained
- 1 (7-ounce) can chipotle chiles in adobo sauce
- 1 tablespoon tomato paste

Instructions:

Heat olive oil in a Dutch oven over medium-high heat. Add onion, carrot, celery, and garlic; sauté 15 minutes or until tender. Stir in wheat berries; sauté 2 minutes. Add 4 cups water and broth; bring to a boil. Partially cover, reduce heat, and simmer 1 hour. Stir in sun-dried tomatoes, 2 teaspoons cumin, and beans. Remove 1 1/2 teaspoons adobo sauce from can of chipotle chiles; reserve remaining chipotle chiles and adobo sauce for another use. Add adobo sauce to onion mixture; simmer 30 minutes or until wheat berries are tender. Combine remaining 1/3 cup water and tomato paste in a bowl, stirring with a whisk. Add tomato paste mixture to onion mixture. Simmer for 15 minutes.

Yield: 8 servings (serving size: 1 cup)

CALORIES 215(14% from fat); FAT 3.4g (sat 0.3g,mono 1.3g,poly 1.1g); PROTEIN 10.5g;
CHOLESTEROL 0.0mg; CALCIUM 80mg; SODIUM 704mg; FIBER 9.9g; IRON 3.5mg;
CARBOHYDRATE 36.4g

Rice Pudding with Vanilla

Category: dessert, breakfast (BR)

Source: Everyday Italian

HU: 4.5

Servings: 6

Posted by: Tracy Elliff

Date: February 12, 2006

This recipe doesn't call for eggs. It's very delicious. You can use medium grain rice instead of the arborio.

Ingredients:

5 cups 1% low-fat milk

2/3 cup arborio rice

1 vanilla bean, split length wise

1/2 cup sugar

2 teaspoons rum, optional

Instruction:

1. In a heavy, medium saucepan, combine milk and rice. Scrape in the seeds from the vanilla bean and add the bean.
2. Bring the milk to a boil, stirring occasionally.
3. Reduce the heat and simmer, stirring frequently, until rice is tender, about 25 minutes.
4. Stir in the sugar and rum. Cook until mixture thickens about 10 minutes longer.
5. Discard the vanilla bean.
6. Cover and refrigerate until pudding is cold, about 5 hours and up to one day ahead.

Golden Chicken with Spicy Refried Beans

Category: Poultry (P)

Source: EatingWell, February/March 2006

Healthy Units: 3.5

Core: Core+0.5

Servings: 6

Posted by: ejwyatt (Emily)

Date: February 12, 2006

Quick and Easy

EW Notes: Kids love this combination of refried white beans and chicken tenders. If you're concerned about making it too spicy, omit the jalapeño. Serve with extra cheese to sprinkle on top.

2 teaspoons ground cumin
2 teaspoons ground coriander
1/4 teaspoon freshly ground pepper
1/4 teaspoon kosher salt
1 pound chicken tenders
3 teaspoons canola oil, divided
1 small onion, chopped
1 jalapeño pepper, chopped
2 15-ounce cans white beans, rinsed (I used pinto beans.)
3/4 cup canned diced tomatoes with green chiles or tomato salsa (I used salsa.)
1/4 cup shredded Monterey Jack or Cheddar cheese

1. Combine cumin, coriander, pepper and salt in a medium bowl. Add chicken and toss to coat.

2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the chicken and sauté until golden brown and just cooked through, 2 to 4 minutes per side. Transfer to a plate and cover to keep warm.

3. Reduce heat to medium and add the remaining 1 teaspoon oil to the pan. Add onion and jalapeño and cook until beginning to soften, 1 to 2 minutes. Add beans, tomatoes (or salsa) and any accumulated juices from the chicken; cook, stirring often, until heated through, about 3 minutes. Transfer the bean mixture to a medium bowl and mash with a potato masher until creamy but still slightly chunky. Stir in cheese. Serve with the chicken.

Makes 6 servings.

Per serving: 205 calories; 5 g fat (1 g sat, 2 g mono); 37 mg cholesterol; 26 g carbohydrate; 22 g protein; 8 g fiber; 645 mg sodium.

Nutrition bonus: Fiber (31% daily value), Folate (30% dv).

Broccolini with Pepper Dressing

V (Vegetables)

Cooking Light, DECEMBER 2002

HU: 0.7

Serves 4

Posted by: CJMartin717 (Cindy)

Date: February 13, 2006

CL Notes: Broccolini is a cross between broccoli and Chinese kale. It has long, thin, edible stalks topped with tiny buds that resemble broccoli florets. The flavor is reminiscent of broccoli, but with a peppery bite. Substitute broccoli or asparagus if you can't find broccolini.

Cindy's Note: I thought the pepper dressing would also be very good over a green salad.

1/3 cup finely chopped red bell pepper
2 tablespoons finely chopped shallots
1 tablespoon sugar
2 tablespoons rice vinegar
1 tablespoon fresh lime juice
2 teaspoons minced peeled fresh ginger
1 teaspoon vegetable oil
1/2 teaspoon salt
1/4 teaspoon crushed red pepper
1 pound broccolini, trimmed

Combine first 9 ingredients in a bowl; toss well.

Steam broccolini, covered, for 5 minutes or until crisp-tender; drain. Spoon pepper dressing over broccolini.

Yield: 4 servings (serving size: 1 cup broccolini and 2 tablespoons pepper dressing)

NUTRITION PER SERVING

CALORIES 60(24% from fat); FAT 1.6g (sat 0.2g,mono 0.3g,poly 0.9g); PROTEIN 3.5g;
CHOLESTEROL 0.0mg; CALCIUM 57mg; SODIUM 325mg; FIBER 3g; IRON 1.1mg;
CARBOHYDRATE 10.5g

Shrimp and Egg Flower Soup

Source: Cooking Light, January 2006

Healthy Units: 4

Core: Core + 0.5

Servings: 4

Posted by: ejwyatt (Emily)

Date: February 14, 2006

Quick and Easy

CL Notes: Better than takeout, this fast Cantonese-style menu works both for weeknight dining and impromptu entertaining. Drizzle the egg into the soup while stirring to create "flowers." Total time: 45 minutes.

My Notes: Not sure why this should have taken 45 minutes, but I spent less than 30. Definitely a good weeknight meal.

2 tablespoons cornstarch
2 tablespoons water
5 cups fat-free, less-sodium chicken broth
1 tablespoon dry sherry
1 tablespoon low-sodium soy sauce
1 1/2 teaspoons grated peeled fresh ginger
1 teaspoon dark sesame oil
2 cups (4 ounces) presliced mushrooms
1 cup shredded carrot
1 cup frozen petite peas, thawed
3/4 pound medium shrimp, peeled and deveined, cut lengthwise
2 large eggs, lightly beaten
1/4 cup thinly sliced green onions

Combine cornstarch and water in a small bowl, stirring with a whisk.
Combine cornstarch mixture, broth, sherry, soy sauce, ginger, and oil in a large saucepan. Bring to a boil. Add mushrooms and carrot; cook 2 minutes. Add peas and shrimp; cook 3 minutes or until shrimp are done. Remove from heat. Slowly drizzle egg into broth mixture, stirring constantly. Stir in onions.

Yield: 4 servings (serving size: 2 cups)

CALORIES 226(23% from fat); FAT 5.7g (sat 1.4g,mono 1.3g,poly 1.1g); PROTEIN 26.7g; CHOLESTEROL 235mg; CALCIUM 104mg; SODIUM 841mg; FIBER 4g; IRON 4.1mg; CARBOHYDRATE 15.6g
Cooking Light, JANUARY 2006

Pumpkin Pudding

Category: Desserts (D)

Source: EatingWell, February/March 2006

Healthy Units: 2.5

Core: No

Servings: 8

Posted by: ejwyatt (Emily)

Date: February 14, 2006

EW Notes: This low-fat pudding is a lovely alternative to rich pumpkin pie. It is so good I don't think you'll feel deprived; it tastes rich even when made with skim milk. If you are inclined to use fresh pumpkin, look for small pie pumpkin, around 3 pounds. It will yield more puree than you need, but leftovers can be frozen and used in soups or pies. Top with whipped cream for a special treat.

My notes: these were even better the second day. You might want to make them a day before you plan to serve them, so that they can be well chilled and set.

1 ½ C pumpkin puree, canned or fresh
2 large eggs
¼ C cornstarch
½ C packed light brown sugar
½ t ground cinnamon
½ t ground ginger
¼ t freshly grated nutmeg
¼ t ground cardamom
2 C skim or whole milk (I used skim)
2/3 C orange juice

Beat pumpkin and eggs in a large heavy saucepan. Combine cornstarch, brown sugar, cinnamon, ginger nutmeg and cardamom in a medium bowl and stir into pumpkin mixture. Add milk and juice. Cook over medium heat, whisking continuously – be sure to get the corners where lumps can hide – until the pudding is very thick, about 10 minutes. Reduce the heat and give the pudding a few quick whisks to remove any lumps. Divide among 8 ramekins or place in a serving bowl. Cover with plastic wrap and refrigerate until chilled, about 2 hours.

Makes 8 servings.

Per serving: 133 calories; 2 g fat (1 g sat, 1 g mono); 54 mg cholesterol; 26 g carbohydrate; 4 g protein; 2 g fiber; 58 mg sodium.

Nutrition bonus: Vitamin A (150% daily value), Vitamin C (20% dv)

Broiled Salmon with Herb Mustard Glaze

Category: FS

Source: Recipe courtesy Giada De Laurentiis, Show: Everyday Italian Episode: The Lighter Side of Italian

HUs Per Serving: 8

Yield: 6

Posted by: Kwe 730 (Kim)

February 15, 2006

Kim's Notes: My salmon pieces were pretty thick, so I broiled them longer before I put the sauce on.

Ingredients:

- 2 garlic cloves
- 3/4 teaspoon finely chopped fresh rosemary leaves
- 3/4 teaspoon finely chopped fresh thyme leaves
- 1 tablespoon dry white wine
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons Dijon mustard
- 2 tablespoons whole-grain mustard
- Nonstick olive oil cooking spray
- 6 (6 to 8-ounce) salmon fillets
- Salt and freshly ground black pepper
- 6 lemon wedges

In a mini food processor, combine garlic, rosemary, thyme, wine, oil, Dijon mustard, and 1 tablespoon of whole-grain mustard. Grind the mustard sauce until combined, about 30 seconds. Transfer to a small bowl. Add remaining 1 tablespoon of whole-grain mustard to the sauce and stir to combine. Set aside mustard sauce.

Preheat the broiler. Line a heavy rimmed baking sheet with foil. Spray the foil with nonstick spray. Arrange the salmon fillets on the baking sheet and sprinkle them with salt and pepper. Broil for 2 minutes. Spoon the mustard sauce over the fillets. Continue broiling until the fillets are just cooked through and golden brown, about 5 minutes longer.

Transfer the fillets to plates and serve with lemon wedges.

Caramelized Onion and Canadian Bacon Strata

Source: Cooking Light, January 2001

HUs: 7.36

Serves: 6 serving

Posted by: breezylou (Rebecca)

Date posted: 2/17/06

A strata is always a good option for a make-ahead meal since you assemble it in advance.

Ingredients:

- 1 teaspoon butter
- 1 1/2 cups vertically sliced onion
- 1 1/3 cups finely chopped red bell pepper
- 3/4 cup chopped Canadian bacon
- 6 cups (1-inch) cubed sourdough bread (about 12 ounces)
- Cooking spray
- 2 cups 1% low-fat milk
- 1 1/2 tablespoons spicy brown mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 large egg whites
- 2 large eggs
- 1 cup (4 ounces) shredded Swiss cheese

Instructions:

Melt butter in a large nonstick skillet over medium-high heat. Add onion, and sauté 4 minutes. Reduce heat; cook 10 minutes or until golden brown, stirring occasionally. Add bell pepper; cook for 1 minute. Remove from heat; stir in bacon.

Arrange 3 cups bread in an 11 x 7-inch baking dish coated with cooking spray; top with half of onion mixture. Repeat layer with remaining bread and onion mixture.

Combine milk and next 5 ingredients (milk through eggs) in a medium bowl; stir well with a whisk. Pour egg mixture over bread mixture, and top with the cheese.

Cover and refrigerate at least 8 hours or overnight.

Preheat oven to 375°.

Let the casserole stand 30 minutes at room temperature. Uncover and bake at 375° for 40 minutes or until golden brown. Let stand 5 minutes before serving.

NUTRITION PER SERVING

CALORIES 340(30% from fat); FAT 11.5g (sat 5.7g,mono 3.7g,poly 1.1g); PROTEIN 21.8g; CHOLESTEROL 105mg; CALCIUM 358mg; SODIUM 926mg; FIBER 2g; IRON 2.4mg; CARBOHYDRATE 37g

Fresh-Fruit Pizza with Lemon Curd

Source: Cooking Light, May 2000

HUs: 5.3

Serves: 12 (1 wedge each serving)

Posted by: breezylou (Rebecca)

Date posted: 2/17/06

The lemon curd not only holds the fruit in place, it serves as an exquisite anchor for all the flavors. You may have never imagined such a pizza. Now you'll never forget it. It's best served the day it's made.

Ingredients:

1 (18-ounce) package refrigerated sugar cookie dough
Cooking spray
2 tablespoons seedless raspberry jam, melted
3/4 cup Lemon Curd (*see recipe for Lemon Curd on Page 1541*)
2 cups fresh raspberries
2 cups blackberries
1 cup sliced strawberries
1 plum, sliced
2 teaspoons sugar

Instructions:

Preheat oven to 350°.

Press dough into a 12-inch pizza pan coated with cooking spray. Bake at 350° for 12 minutes or until golden brown. Cool completely on a wire rack.

Preheat broiler.

Spread jam over crust. Spread Lemon Curd over jam; arrange raspberries, blackberries, strawberry slices, and plum slices on top. Sprinkle sugar over fruit; broil 3 minutes.

Yield: 12 servings (serving size: 1 wedge)

NOTE ON LEMON CURD: For a lime-curd variation, substitute lime rind and juice for the lemon rind and juice. This recipe goes with Roasted Chicken with Lemon Curd, Fresh-Fruit Pizza with Lemon Curd, Lemon-Swirled Cheesecake, Brown Sugar Shortcakes with Berries and Lemon Curd, Double-Lemon Soufflés of which are on the Cooking Light Website.

NUTRITION PER SERVING: CALORIES 261(30% from fat); FAT 8.6g (sat 2.3g,mono 2.8g,poly 3g); PROTEIN 2.5g; CHOLESTEROL 37mg; CALCIUM 19mg; SODIUM 173mg; FIBER 3.1g; IRON 1.4mg; CARBOHYDRATE 43.1g

Turkey and Oat Burgers

Source: Cooking Light, June 2003

HUs: 8.2

Serves: 6

Posted by: breezylou (Rebecca)

Date posted: 2/17/06

Cooking Light notes: Cooking Light staffer Rita Kinnamon-Jackson tinkered with her father's original meat loaf-style burger by replacing the ground beef with ground turkey and using chili powder instead of pepper for a flavor boost. But this recipe remains true to the spirit of the original. "My dad would be so proud that his mini-meatloaf on a bun was such a hit," she says. The patties might seem a little wet, but they bind together nicely once they begin to cook. Because they're delicate, a grill pan works best.

Ingredients:

- 1 cup regular oats
- 1 cup finely chopped Vidalia onion
- 1 tablespoon chili powder
- 1 1/4 teaspoons salt
- 2 large egg whites, lightly beaten
- 1 (14.5-ounce) can no salt-added tomatoes, drained and chopped
- 1 1/2 pounds ground turkey
- Cooking spray
- 6 (2-ounce) onion sandwich buns, toasted
- 4 curly leaf lettuce leaves
- 6 (1/4-inch-thick) slices tomato

Instructions:

Combine first 7 ingredients. Divide mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.

Heat a grill pan coated with cooking spray over medium-high heat.

Add patties; cook 6 minutes on each side or until done.

Place 1 patty on bottom half of each roll; top each serving with 1 lettuce leaf, 1 tomato slice, and top half of roll.

NUTRITION PER SERVING: CALORIES 394(30% from fat); FAT 13.2g (sat 4.7g,mono 4.1g,poly 4.2g); PROTEIN 26.1g; CHOLESTEROL 73mg; CALCIUM 97mg; SODIUM 946mg; FIBER 4.5g; IRON 4.1mg; CARBOHYDRATE 43.6g

Ham and Swiss Bread Pudding

Source: Cooking Light, April 2003

HUs: 8

Serves: 4

Posted by: breezylou (Rebecca)

Date posted: 2/17/06

Toasting give the delicate bread a firmer texture, so the milk and eggs don't make it mushy. You can also use toasted French bread cubes, but the slight sweetness of the Hawaiian bread brings out the salty ham and nutty cheese flavors. Use the remaining rolls to make mini ham and cheese sandwiches.

Ingredients:

Cooking spray

1 1/4 cups chopped green onions

3/4 cup chopped ham (about 3 ounces)

2 garlic cloves, chopped

7 (1-ounce) Hawaiian bread rolls, cut into 1/2-inch cubes

1 3/4 cups fat-free milk

3/4 cup egg substitute

2 tablespoons Dijon mustard

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/8 teaspoon ground nutmeg

3/4 cup (3 ounces) shredded Swiss cheese, divided

Instructions:

Heat a small nonstick skillet coated with cooking spray over medium-high heat. Add onions, ham, and garlic; sauté 5 minutes. Remove from heat; cool.

Preheat oven to 350°.

Arrange bread cubes on a baking sheet. Bake at 350° for 15 minutes or until lightly browned, turning occasionally.

Combine milk and next 5 ingredients (milk through nutmeg) in a large bowl, stirring with a whisk until well blended. Stir in ham mixture. Add bread, tossing gently to coat.

Arrange half of bread mixture in an 8-inch square baking dish coated with cooking spray. Sprinkle with half of cheese; top with remaining bread mixture. Bake at 350° for 25 minutes. Sprinkle with remaining cheese; bake an additional 20 minutes or until set.

NUTRITION PER SERVING: CALORIES 353(30% from fat); FAT 11.9g (sat 5.7g,mono 3.9g,poly 1.1g); PROTEIN 23.9g; CHOLESTEROL 50mg; CALCIUM 384mg; SODIUM 993mg; FIBER 1.4g; IRON 2.9mg; CARBOHYDRATE 35.9g

Sweet Brisket

Category: Meats

Source: adapted from a friend's recipe

Healthy Units: 5 Core: ??

Servings: 10

Posted by: Melody (medleydawn)

Date: 12/17/06

Note: Trim as much of the fat off the meat as possible. Better the next day. It was a bit too sweet so I might use 1/3 c brown sugar next time. Great on a sandwich with BBQ sauce. Very moist. I cut the meat in half to fit it my round crock-pot. There is enough marinade to do a big brisket.

Ingredients

3 pound raw beef brisket

Marinade:

1 medium onion(s)chopped

1/2 cup unpacked brown sugar

1/4 cup yellow mustard

1/2 cup ketchup

1/2 cup apple cider vinegar

2 TBS chopped garlic

1 Tbsp liquid smoke

Instructions

Place meat in a ziploc bag. Add ingredients for the marinade. Double bag. Place in refrigerator overnight. Cook in crock-pot on low for 8 - 10 hours.

Spinach Pie

Category: Appetizers/Sides/Vegetarian
Source: The Barefoot Contessa Cookbook
Healthy Units: 9
Servings: 8
Posted by "MRSCOUSCOUS"
February 18, 2006

Cook's Comments: 1/8 of this is a BIG piece. 7 of us ate half the pie at the potluck and the pieces were plenty big.

-This was really good, but not "tangy" like Greek spanakopita. I made it in a Pyrex pie plate - not sure why they bake it in a sauté pan? It turned out fine. I also used unsalted butter - I should have used more salt, but I think it was fine.

-If you haven't used phyllo, again, it's not difficult - just make sure to keep a damp (not sopping wet) dish towel over the pieces you're not working with.

-I could take or leave the pine nuts - I ran thru recipe builder, and it would lower this to 8 points per serving if you took them out. I know you can spray phyllo instead of brushing w/ butter; I'll try that next time.

Ingredients

2 tablespoons olive oil
2 teaspoons kosher salt
1 1/2 teaspoons fresh ground black pepper
3 10 ounce packages frozen chopped spinach -- (10 ounce) defrosted
6 large eggs -- beaten
2 teaspoons grated nutmeg
1/2 cup parmesan cheese -- freshly grated
3 tablespoons bread crumbs -- (dry, plain)
1/2 lb feta cheese -- cut into 1/2-inch cubes
1/2 cup pine nuts
1/4 lb butter (1/2 stick) -- melted
6 sheets phyllo dough -- defrosted
Preheat the oven to 375 degrees.

-In a medium sauté pan on medium heat, sauté the onions with the olive oil until translucent and slightly browned, 10 to 15 minutes. Add the salt and pepper and allow to cool slightly.

-Squeeze out and discard as much of the liquid from the spinach as possible. Put the spinach into a bowl and then gently mix in the onions, egg, nutmeg, Parmesan cheese, bread crumbs, feta and pignoli.

-Butter an ovenproof, non-stick, 8-inch sauté pan and line it with 6 stacked sheets of phyllo dough, brushing each with melted butter and letting the edges hang over the pan.

-Pour the spinach mixture into the middle of the phyllo and neatly fold the edges up and over the top to seal in the filling.

-Brush the top well with melted butter.

-Bake for 1 hour, until the top is golden brown and the filling is set.

-Remove from the oven and allow to cool completely. Serve at room temperature.

Per Serving (excluding unknown items): 415 Calories; 32g Fat (72.5% calories from fat); 17g Protein; 10g Carbohydrate; 4g Dietary Fiber; 219mg Cholesterol; 1219mg Sodium.

Cheese Puffs (Gougeres)

Category: Appetizers/Breads

Source: Barefoot in Paris

Healthy Units: 1

Servings: 40

Posted by "MRSCOUSCOUS"

February 18, 2006

Reviewer's comments: These are AWESOME - basically you're making a "pate a choux" dough (like for eclairs) and adding cheese to it. These are small - and by themselves, low in points - yet addictive! You can pass them with cocktails, or serve them (as we did on Xmas eve) as the "rolls" with your dinner. Either way, they're absolutely outstanding.

1/4 pound unsalted butter -- (1 stick)
1 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
1 Pinch nutmeg
1 cup all-purpose flour
4 large eggs
1/2 cup Gruyere cheese -- grated, plus extra for sprinkling
1/4 cup parmesan cheese -- grated
1 egg
1 Cup of milk
1 egg and 1 teaspoon of water, for eggwash

Preheat the oven to 425 degrees F. Line 2 baking sheets with parchment paper.

In a saucepan, heat the milk, butter, salt, pepper, and nutmeg over medium heat, until scalded. Add the flour all at once and beat it vigorously with a wooden spoon until the mixture comes together. Cook, stirring constantly, over low heat for 2 minutes. The flour will begin to coat the bottom of the pan. Dump the hot mixture into the bowl of a food processor fitted with the steel blade. Immediately add the eggs, Gruyere, and Parmesan and pulse until the eggs are incorporated and the dough is smooth and thick.

Spoon the mixture into a pastry bag fitted with a large plain round tip. Pipe in mounds 1 1/4 inches wide and 3/4-inch high onto the baking sheets. With a wet finger, lightly press down the swirl at the top of each puff. (You can also use 2 spoons to scoop out the mixture and shape the puffs with damp fingers.) Brush the top of each puff lightly with egg wash and sprinkle with a pinch of Gruyere. Bake for 15 minutes, or until golden brown outside but still soft inside.

Per Serving (excluding unknown items): 49 Calories; 4g Fat (65.4% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 35mg Cholesterol; 70mg Sodium.

Waimea Chicken and Tomato Soup with Puna Goat Cheese and Avocado

Category: Soups

Source: Restaurant (Coast Grill?) at Hapuna Beach Prince Resort, Hawaii (Big Island)

Healthy Units: 3

Core + FP: count 1.5 for 1/2 oz of goat cheese

Servings: 4

Posted by "MRSCOUSCOUS"

February 18, 2006

Reviewer's comments: OMG, other than the pineapple, this was the single most memorable thing I ate in Hawaii. It was served with fried wonton strips, which I couldn't find in master cook, so I didn't include in the nutritionals. The chef was kind enough to email me the recipe

Ingredients:

3 ounces Diced Onion

1 t. Minced Garlic

3 c. Chicken Stock

1 t. chipotle chile canned in adobo

4 ounces (cooked) boneless skinless chicken breast -- shredded

8 ounces crushed tomatoes

2 ounces diced avocado

1 Tbsp. chopped cilantro

2 ounces Goat Cheese -- crumbled

salt and pepper -- to taste

Instructions:

In a large stock pot heat oil then add onions and garlic and cook until translucent approximately 3 to 5 minutes.

Add chicken stock, chili and tomatoes. Heat to a boil and simmer for approximately 5 minutes.

In a soup bowl, place 2 ounces chicken meat, 1/2 ounce avocado and 1/2 ounce goat cheese in the center of the bowl. Pour the tomato chicken broth around and top with cilantro.

Per Serving (excluding unknown items): 161 Calories; 8g Fat (45.7% calories from fat); 13g Protein; 8g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 1759mg Sodium.

Sun-dried Tomato Dip

Category: Appetizers

Source: The Barefoot Contessa Cookbook

Healthy Units: 2

Servings: 12

Posted by "MRSCOUSCOUS"

February 18, 2006

Reviewer's comments: The original recipe is with full fat cream cheese, mayo and sour cream; it's about 4 points for 2 tbsp. It's just fine with the lower fat ingredients. Serve with fresh veggies or crackers; makes a nice spread on a turkey sandwich, too. Also, I think MC accounts for a lot more oil than I had in my dip.

Ingredients:

1/4 cup sun-dried tomatoes, oil-packed -- drained and chopped
8 ounces Philadelphia Light Cream Cheese -- room temperature
1/2 cup light sour cream
1/2 cup light mayonnaise
10 dashes Tabasco sauce
1 teaspoon Kosher salt
3/4 teaspoon black pepper
2 scallions -- thinly sliced (white and green parts)

Instructions:

Place tomatoes, cream cheese, sour cream, mayonnaise, Tabasco, salt and pepper in a food processor. Add scallions and pulse twice. Serve at room temperature.

Per Serving (excluding unknown items): 72 Calories; 6g Fat (66.5% calories from fat); 2g Protein; 4g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 324mg Sodium.

Monster Cookies

Category: Desserts/Cookies

Source: Penzey's "One" Magazine

Healthy Units: 2

Servings: 72

Posted by "MRSCOUSCOUS"

February 18, 2006

Reviewer's comments: This is actually 1/4 of the original recipe and it yielded 72 cookies!! I made them for Halloween last year with brown and orange M&Ms. I baked them on my Silpats and let them sit for a few minutes when they came out of the oven. Since they don't contain flour, they break easily.

Ingredients:

3 eggs

1 stick butter

8 ounces brown sugar, packed

1 cup sugar

1 Tablespoon vanilla extract

1 cup plus 2 Tbsp crunchy peanut butter

4 1/2 cups quick cooking oats

1/2 cup semisweet chocolate chips

1/2 cup M&Ms® plain chocolate candies

Preheat oven to 350.

In a large bowl, cream together eggs, butter, sugars and vanilla extract. Mix in the other ingredients by hand to form a stiff dough. (Make sure the oats are the quick cooking variety (not instant!) as they make the cookies fluffier than regular oats.) Bake teaspoonfuls of dough on a greased cookie sheet for about 10 minutes.

Per Serving (excluding unknown items): 94 Calories; 4g Fat (41.6% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 38mg Sodium.

Thursday Night Shrimp Stir Fry

Category: Fish/Seafood

Source: MrsCouscous' Chinese Kitchen :)

Healthy Units: 3

Servings: 2

Posted by "MRSCOUSCOUS"

February 18, 2006

Ingredients

Stir Fry

- 1 tsp. ginger, freshly grated
- 2 cloves garlic, minced
- 2 c. broccoli florets
- 2 c. pea pod (snap peas)
- 1 c. sliced mushrooms
- 3 T. dry white wine
- 4 ounces shrimp, peeled and deveined
- 2 T. chopped green onions

Sauce

- 2 Tablespoons low-sodium soy sauce
- 1 teaspoon sambal oelek (Thai chili sauce)
- 1 teaspoon Dijon mustard
- 1 teaspoon sugar

Instructions:

In a large wok or skillet, heat the oil. Add ginger and garlic; cook until fragrant, about 1 minute. Add broccoli and snap peas; cook approx. 5 minutes or until tender. Add sliced mushrooms; cook until juices start to come out, 1-2 minutes. Add wine; cook until reduced, about 1 minute. Add shrimp; cook until nearly done, about 3 minutes.

Combine sauce ingredients in small bowl; add to shrimp/vegetable mixture and mix well.

Serve plain or with whole-wheat couscous, brown rice or noodles.

Per Serving (excluding unknown items): 179 Calories; 2g Fat (9.3% calories from fat); 18g Protein; 17g Carbohydrate; 5g Dietary Fiber; 86mg Cholesterol; 744mg Sodium.

Maple-Rosemary Sweet Potatoes

Category: Vegetable

Source: (none listed)

Healthy Units: 3

Servings: 4

Posted by "MRSCOUSCOUS"

February 18, 2006

Reviewer's comments: Not sure how many sweet potato recipes there are, but this is my favorite "non-recipe" recipe for sweet potatoes. Delicious with pork or chicken.

Ingredients

1 pound sweet potatoes -- peeled, cut into 1/2" discs

2 Tablespoons extra virgin olive oil

1 teaspoon Kosher salt

2 tablespoons maple syrup

1 teaspoon fresh rosemary -- chopped or 1/2 t. dried

Instructions:

Preheat oven to 450.

Spread sweet potatoes on a large baking sheet. Drizzle with olive oil, and add remaining ingredients. Roast for 40-45 min, or until golden brown and tender.

Per Serving (excluding unknown items): 171 Calories; 7g Fat (36.2% calories from fat); 1g Protein; 26g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 482mg Sodium.

Creamy Apple-Amaretto Rice Pudding

Source: Cooking Light, OCTOBER 1999 (adapted)

HU: 3.8

Servings: 6

Posted by: CJMartin717 (Cindy)

February 19, 2006

CL Comment: "The apples are cooked down to a sauce that is then stirred into the rice pudding. Arborio rice, used for risotto, provides the creamy texture here."

Cindy's Notes: Recipe recommended McIntosh, Jonathan, or Winesap apples. Original called for apple cider and 2% milk. I used apple juice and a combination of FF half and half and skim milk. I also changed the serving size from 8 3/4-cup servings to 12 1/2-cup servings and then halved the recipe so I would have 6 servings. This recipe reflects all my changes.

1/2 pound apples -- peeled, cored and quartered

1/8 cup apple juice (or cider)

1 1/2 cups skim milk

1 cup fat free half-and-half

3/8 cup sugar

1/16 teaspoon salt

3/8 cup Arborio rice

1/8 teaspoon ground nutmeg

1 tablespoon Amaretto

1/2 teaspoon vanilla extract

1 large eggs

Combine the apples and cider in a medium, heavy saucepan. Bring to a boil, stirring frequently. Cover, reduce heat to medium, and cook 20 minutes or until apples are very soft. Spoon apple mixture into a small bowl; cool.

Combine milk, sugar, and salt in pan; bring to a simmer. Add rice and nutmeg; stir well. Reduce heat, and simmer 40 minutes or until rice is tender, stirring occasionally.

Combine apple mixture, amaretto, vanilla, and eggs in a blender or food processor; process until smooth. Stir egg mixture into rice mixture; cook until thick (about 5 minutes), stirring constantly (do not boil).

Spoon rice mixture into a large bowl; cover and chill 8 hours.

Per Serving: 180 Calories; 1g Fat (5.4% calories from fat); 4g Protein; 35g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 105mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 0 Fat; 1 Other Carbohydrates.

Spicy Bean Soup

Category: Soups/Vegetarian

Source: Everyday Italian

Healthy Units: 7

Servings: 10

Posted by MRSCOUSCOUS

February 18, 2006

Reviewer's comments: I didn't do the Parmesan rind thing. This is VERY hearty, and freezer friendly. It makes 10 VERY generous servings. (Then again, I find most of Giada's stuff is for half the portions I'd use it for! How does she stay so skinny?) It fills you up all afternoon, and is so healthy!

Ingredients:

2 large onions -- chopped	1 piece Parmesan cheese rind -- (3-inch optional)
2 large celery stalks -- cut into 1/2-inch pieces	2 teaspoons salt -- plus more to taste
1 carrot -- peeled and cut into 1/2-inch pieces	8 cups chicken broth -- or vegetable broth
1 red bell pepper -- cut into 1/2-inch pieces	2 15 1/2 ounce cans garbanzo beans, canned
6 cloves garlic -- finely chopped	2 15 ounce cans white beans, canned
1/2 cup chili powder	1/2 cup dried lentils -- green lentils
1 tablespoon ground coriander	3 cups broccoli florets
1 tablespoon ground cumin	2 zucchini -- cut crosswise into 1/2-inch thick rounds
2 teaspoons dried oregano	2 yellow squash -- cut crosswise into 1/2-inch thick rounds
1 teaspoon crushed red pepper flakes -- optional	1/2 cup parmesan cheese
2 14 1/2 ounce diced tomatoes	1/4 cup fresh basil leaves -- thickly sliced
1 11 1/2 ounce tomato juice	
1 6 ounce tomato paste	

Instructions:

Heat the oil in a heavy large stockpot over medium-high heat. Add the onions, celery, carrot, bell pepper, and garlic, and sauté until the onions are translucent, about 15 minutes. Add the chili powder, coriander, cumin, oregano and crushed red pepper, and cook for 2 minutes. Stir in the tomatoes with their juices, tomato juice, tomato paste, cheese rind, and 2 teaspoons of salt. Add the broth, garbanzo beans, cannellini beans, and lentils. Stir in the broccoli, zucchini, and yellow squash. Bring to a simmer over high heat. Decrease the heat to medium. Simmer, uncovered, until the lentils are tender and the mixture thickens slightly, stirring often, about 20 minutes. Season the stew to taste with more salt, if desired.

Ladle the stew into bowls. Sprinkle with the shredded cheese and basil, and serve.

Per Serving (excluding unknown items): 381 Calories; 6g Fat (12.3% calories from fat); 23g Protein; 65g Carbohydrate; 18g Dietary Fiber; 3mg Cholesterol; 1719mg Sodium.

Cucumber Orange Salad

Source: Weight Watchers Quick Start Program Cookbook, 1984

HU: 0.8

Servings: 3

Posted by: CJMartin717 (Cindy)

February 19, 2006

Cindy's Comments: I like to use green onions although the original recipe called for Spanish onions. Original recipe called this 2 servings and I always get three or even four. The nutrition info is based on three servings. This is a wonderful side dish for spicy foods. The quality of the orange makes or breaks this salad. The parsley was not in the original recipe; but, I like it for visual appeal and flavor.

- 1 medium cucumber -- scored & thinly sliced
- 1 medium orange -- peeled and sectioned
- 2 tablespoons minced onion
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon olive oil
- 1 tablespoon fresh parsley -- chopped fine

Combine cucumbers and onion in a bowl. Working over bowl, cut each orange section in two or three pieces. Add to bowl.

Whisk together lemon juice, salt, pepper, and olive oil. Toss with cucumbers and oranges. Sprinkle with parsley and toss again.

Serve immediately or chill until serving time. Will keep for 1-3 days.

Per Serving: 52 Calories; 2g Fat (27.0% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 181mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1/2 Fat.

Serving Ideas: Serve over a bed of lettuce if desired.

Pumpkin Chutney Bread

Category: Bread/BR

Source: Weight Watchers Magazine, Sept/Oct 2005

Yield: 16 servings

Healthy Units: 3.5

Posted By: Bawstinn32 (Maria)

February 21, 2006

1 1/2 cups all-purpose flour
2/3 cup packed dark brown sugar
1 teaspoon baking soda
1 teaspoon ground ginger
1 teaspoon cinnamon
1/2 teaspoon baking powder
1/2 teaspoon allspice
1/2 teaspoon salt
1 cup canned pumpkin
8 1/2 ounces mango chutney
3/4 cup golden raisins
1 large egg
2 whole egg whites
1/3 cup vanilla low-fat yogurt
1/4 cup vegetable oil

Preheat the oven to 350. Lightly spray a 9 x 5 loaf pan with cooking spray.

Combine the flour, sugar, baking soda, ginger, cinnamon, baking powder, allspice and salt in a large bowl. Combine the pumpkin, chutney, raisins, egg, egg whites, yogurt and oil in a small bowl. Add the pumpkin mixture to the flour mixture and stir with a rubber spatula until just blended.

Pour the batter into the loaf pan and bake, 60 - 70 minutes. Cool the bread in the pan on a rack for 10 minutes; remove from pan and cool completely.

Per Serving (excluding unknown items): 184 Calories; 4g Fat (19.2% calories from fat); 3g Protein; 35g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 184mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Corn and Wild Rice Soup with Smoked Sausage

Category: Soups

Source: Bon appetite November 1995

HU: 5

Servings: 12

Posted by: Zephyr1

Date: 2/21/06

Reviewer's comments: Original recipe called for oil and full fat half and half. I did not miss those at all. This soup is very much like a rich chowder it is very hearty, a soup that is a meal.

Ingredients:

12 1/2 cups canned low-salt chicken broth -- (or more)

1 1/4 cups wild rice (about 7 1/2 ounces)

6 cups frozen corn kernels (2 pounds) thawed or 2 bags frozen

10 ounces fully cooked smoked sausage (such as kielbasa) -- cut into 1/2-inch cubes

3 carrots -- peeled, diced

2 medium onions -- chopped

1 1/2 cups Fat free half and half

Chopped fresh chives or parsley

Bring 5 cups broth to simmer in heavy medium saucepan over medium heat. Add wild rice and simmer until all liquid evaporates and rice is almost tender, stirring occasionally, about 40 minutes.

Meanwhile, blend 3 3/4 cups corn and 1 1/2 cups chicken broth in processor until thick, almost smooth puree forms. Sauté sausage and sauté until beginning to brown, about 5 minutes. Add carrots and onions and stir 3 minutes. Add remaining 6 cups chicken broth and bring soup to simmer. Reduce heat to low and simmer soup 15 minutes.

Add cooked wild rice, corn puree and remaining 2 1/2 cups corn kernels to soup. Cook until wild rice is very tender and flavors blend, about 15 minutes longer. Mix in half and half. Thin soup with more chicken broth, if desired. Season soup to taste with salt and pepper.

Italian-Style Meat Loaf

Cooking Light, March 2006

Yield: 6 servings (serving size: 2 slices)

Healthy Units: 6

Posted By: Bawstinn32 (Maria)

February 21, 2006

Line the bottom part of the broiler pan with aluminum foil for easy cleanup.

Comments: I really liked this; comfort food. I made it into a sandwich for lunch and it reminded me of a meatball sub. I cut the oregano in half (personal preference) and used half Romano and half Parmesan cheese, as that is what I had. Sauce is a nice change from the ketchup that so many other recipe use.

1 1/2 pounds 92% lean ground beef
1 cup fat-free tomato-basil pasta sauce, divided
1/2 cup Italian-seasoned breadcrumbs
1/2 cup (2 ounces) pre-shredded fresh Parmesan cheese
1/2 cup finely chopped onion
1/3 cup chopped fresh flat-leaf parsley
1 teaspoon garlic powder
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon black pepper
2 large egg whites
Cooking spray

Preheat oven to 350°.

Combine beef, 1/2-cup pasta sauce, and remaining ingredients except cooking spray in a large bowl. Shape beef mixture into an 8 x 4-inch loaf on a broiler pan coated with cooking spray. Brush remaining 1/2-cup pasta sauce over top of meat loaf. Bake at 350° for 1 hour and 10 minutes or until a thermometer registers 160°. Let stand 10 minutes. Cut loaf into 12 slices.

CALORIES 263(42% from fat); FAT 12.1g (sat 5.7g,mono 4.7g,poly 0.6g); PROTEIN 27.8g; CHOLESTEROL 67mg; CALCIUM 175mg; SODIUM 859mg; FIBER 1.4g; IRON 3.3mg; CARBOHYDRATE 11.9g

Whole Grain Blackberry Spice Muffins

Category: Breads and Muffins/Quick and Easy

HUs: 3 per muffin

Source: Cooking Light Jan/Feb 2006

Posted by: Trishblau

Date: 2/21/06

Comments - This recipe makes 17 muffins, which was an odd number for me. I made 12, but the points should be adjusted if you do this. These are a good, basic, muffin.

2 cups flour
1 cup rolled oats
1 cup brown sugar, packed
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon apple pie spice
1 cup skim milk
3 tablespoons butter, melted
1 teaspoon vanilla extract
1 large egg, lightly beaten
1 1/2 cups frozen blackberries, coarsely chopped
1/4 cup sugar

1. Preheat oven to 400 degrees.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 6 ingredients (through apple pie spice) in a large bowl. Make a well in center of mixture. Combine milk, butter, vanilla, and egg in a small bowl, add to flour mixture; stirring until just moist. Gently stir in blackberries.
3. Spoon a heaping 1/4 cup of batter into each of 12 paper-lined muffin cups coated with cooking spray. Bake at 400 degrees for 16 minutes. Sprinkle muffins evenly with granulated sugar; bake 3 minutes or until muffins spring back when touched lightly in center. Cool in pans 10 minutes on wire rack.

Sugared Asparagus

Category: vegetable, side dishes

Source: CLBB

HU: 2 with real butter 1 with light butter

Servings: 6

Posted By: Zephyr1

Date: 2/22/06

Notes: Easy and very simplistic recipe that would be great to serve to guests. I used real butter but I think you could sub light nicely. Would make your non-veggie eaters pick them up and ask for more.

Ingredients:

3 tablespoons butter or margarine

2 tablespoons brown sugar

2 lbs. fresh asparagus, cut into 2-inch pieces (about 4 cups)

1 cup FF chicken broth

1. In a skillet over medium-high heat, melt butter and brown sugar until sugar is dissolved.
2. Add asparagus; sauté for 2 minutes.
3. Stir in chicken broth; bring to a boil.
4. Reduce heat cover and simmer for 8-10 minutes or until asparagus is crisp-tender.
5. Remove asparagus to a serving dish and keep warm.
6. Cook sauce, uncovered, until reduced by half.
7. Pour sauce over warmed asparagus and serve immediately.

Nutritionals:

Light butter 74 Calories, 3 g Fat, 3 g Fiber - 1.1 pts.

Butter 100 Calories, 6 g Fat, 3 g Fiber - 1.9 pts.

Moo Shu Chicken with Vegetables

Category: Poultry/Quick and Easy

Source: CL 2003 Annual

HUs: 3 per serving

Yield: 6 Servings

Posted by: Trishblau

Date: 2/22/06

1 teaspoon dark sesame oil, divided
3 tablespoons hoisin sauce
3 tablespoons soy sauce
2 tablespoons water
1 tablespoon orange marmalade
1 1/2 teaspoons fresh lemon juice
1 teaspoon oyster sauce
1/2 teaspoon chicken-flavored bouillon granules
1 clove garlic, minced
1/2 pound skinless, boneless chicken breast, cut into bite sized pieces
1 1/2 cups chopped mushrooms
1 1/2 cups very thinly slice green cabbage (I use Napa cabbage)
1 cup shredded carrot
1 cup shredded zucchini
6 (6-inch) fat free flour tortillas

1. Combine 1/2 teaspoon oil, hoisin and next 7 ingredients, stir well with a whisk.

2. Heat 1/2 teaspoon oil in a large non-stick skillet over medium-high heat. Add chicken; sauté 4 minutes or until done. Add hoisin mixture to pan; cook 1 minute, stirring frequently. Add mushrooms, cabbage, carrots, and zucchini, cook 3 minutes, stirring occasionally.

3. Warm tortillas according to package directions. Spoon about 1/2 cup chicken mixture down center of each tortilla, roll up. Yield 6 servings

calories 182; fat 2g; protein 12g; carb 28.5g; fiber 4g; chol 22mg; iron 1 mg; sodium 754mg; calc 28mg

Stuffed Zucchini

Category: Vegetables

Source: Recipe cards from produce section of POG

HU: 2

Serves: 4

Posted by: Natalie (Xercize2)

Date: February 23, 2006

Reviewer's comments: I used grape tomatoes, chopped in fourths - added extra garlic as we love garlic.

Ingredients:

2 lb zucchini (about 4)

2/3 cup chicken broth, divided

2 cloves garlic, minced

2 TB chopped fresh basil or 1 tsp dried

2 tsp cornstarch

1/2 lb extra-lean ground turkey

1 medium tomato, coarsely chopped

1/2 cup fat-free or part-skim mozzarella cheese

salt & pepper to taste

Preheat broiler. Halve zucchini lengthwise. In a large skillet, bring 1/3 cup of chicken broth, garlic and basil to a boil over medium-high heat.

Add zucchini halves, skin side up. Cook for 5 mins. Remove the zucchini, cool slightly.

Use a spoon to scoop out flesh leaving a shell. Chop flesh. In a small bowl combine remaining 1/3 cup broth with cornstarch. In same skillet cook and stir ground turkey until no longer pink. Add chopped zucchini and cornstarch mixture. Cook and stir until thickened. Add tomato, heat through.

Place zucchini shells on a foil-lined baking sheet. Fill with zucchini mixture and sprinkle with mozzarella. Broil 2 to 3 minutes or until cheese is melted.

Per Serving: Calories 126; carbo 11g; prot 20g; fat 2g(10% calories from fat); fib 3g; chol 29mg; sod 327mg

Roasted Mango with Coconut Topping

Category: F (Fruits)

Source: BH&G Diet 2006 Special Interest Magazine

HU: 1.5

Servings: 2

Posted by CJMartin717 (Cindy)

February 24, 2006

Reviewer's Comments: I've become very fond of mango and spotted this recipe which was similar to one I just sort of created last month. I loved the coconut topping and the sweetness of the mango is really enhanced by roasting. I debated whether to classify this as fruit or dessert. I picked fruit because it would be very good at breakfast or brunch; although, I enjoyed it for dessert today.

1 medium ripe mango, seeded, peeled and cubed
1 tablespoon flaked coconut
1 teaspoon finely shredded orange peel
1 teaspoon finely chopped crystallized ginger

Preheat oven to 350°F. Place mango cubes in two 6-ounce ovenproof dessert or custard cups.

For topping, in a small bowl, combine coconut, orange peel, and crystallized ginger. Sprinkle topping over mango cubes.

Bake 10 minutes or until topping begins to brown.

Per serving: 89 calories, 2 g total fat (1 g saturated fat), 0 mg cholesterol, 14 mg sodium, 20 g carbohydrates, 2 g fiber, 1 g protein.

Red Lentil Soup

Category: ST (Soups/Stews)

Source: Vegetable Soups from Deborah Madison's Kitchen, 2/2006; adaptation published in Your Diet magazine, January 2006

HU: 2.1

Servings: 7 (1-cup each)

Posted by: CJMartin717 (Cindy)

February 24, 2006

Reviewer's Comments: Servings and HUs are based on my changes - What I changed: used 1 tablespoon oil instead of 2; reduced cumin to 1/16 teaspoon instead of 1/2; added cayenne. Omitted 3 Tablespoons minced cilantro stems and 2 tablespoons butter used to sauté scallions. Recipe indicated 8 servings at 1 cup each - I only got 7 cups yield.

- 1 tablespoon olive oil
- 1 large onion -- finely diced
- 1 stalk celery -- finely chopped
- 1 cup carrots -- finely chopped
- 1 cup zucchini -- diced
- 1 teaspoon sea salt
- 1 dash black pepper
- 1 teaspoon ground turmeric
- 1/16 teaspoon ground cumin
- 1/8 teaspoon cayenne
- 1 cup diced tomato -- including juice
- 1 cup dried red lentils, rinsed well
- 5 1/2 cups water
- 2 tablespoons lime juice
- 4 scallions -- sliced

Heat oil in a soup pot. Add onion and cook over medium heat, stirring occasionally, until tender, about 5 minutes, while you dice the celery, carrots and zucchini. Add to the onion and sprinkle with salt, turmeric, cumin and cayenne. Stir well and cook for 5 minutes.

Add the tomatoes, lentils and water. Bring to a boil, then lower heat and simmer, partially covered, until lentils have softened, 25-30 minutes. Add additional salt (if desired) and pepper to taste. Stir in lime juice.

Serve soup garnished with scallions. Recipe called for sautéing the scallions for 2 minutes in 2 tablespoons butter; I omitted this step and garnished the soup with raw scallions.

Per Serving (1-cup, based on 7 servings): 138 Calories; 2g Fat (15.0% calories from fat); 9g Protein; 22g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 293mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.

Original NI: 163 calories, 5.9 g fat, 5.7 g fiber (2.9 HUs per serving) Based on 8 1-cup servings as published.

Veggie-Surimi Sushi

Source: Cooking Light, October 2003

HU: 6.5-7

Servings: 6

Posted by: Waneyvant

Date: February 25, 2006

CL Notes: This is a great introduction to sushi. The ingredients are familiar, and the flavor is mild. Kids love it.

Reviewer's Comments: I made 1/2 a recipe. Very easy. I subbed green onion for the carrots. Served with slivers of pickled ginger & wasabi.

2 cups sushi rice or other short-grain rice
1/3 cup seasoned rice vinegar
1 1/2 teaspoons salt
6 nori (seaweed) sheets
12 (1/4-inch) slices peeled avocado
12 (1/4-inch) julienne-cut carrot strips
12 (1/4-inch) julienne-cut seeded peeled cucumber strips
6 imitation crab sticks, halved lengthwise

Prepare rice according to package directions. Stir in vinegar and salt; cool. Cut off the top quarter of nori sheets along short end. Place 1 nori sheet, shiny side down, on a sushi mat covered with plastic wrap, with long end toward you. Pat 1 cup rice over nori with moist hands, leaving a 1-inch border on one long end of nori.

Arrange 2 avocado slices, 2 carrot strips, 2 cucumber strips, and 2 crab halves along the top third of the rice-covered nori.

Lift edge of nori closest to you; fold over filling. Lift bottom edge of sushi mat; roll toward top edge, pressing firmly on sushi roll. Continue rolling to top edge; press mat to seal sushi roll. Let rest, seam side down, 5 minutes. Slice crosswise into 8 pieces. Repeat procedure with remaining nori, rice, avocado, carrot, cucumber, and crab sticks.

Yield: 6 servings (serving size: 8 pieces)

CALORIES 345(11% from fat); FAT 4.4g (sat 0.7g,mono 2.5g,poly 0.7g); PROTEIN 10.4g; CHOLESTEROL 19mg; CALCIUM 32.6mg; SODIUM 883mg; FIBER 3.9g; IRON 3.4mg; CARBOHYDRATE 64.7g

Lemon Coleslaw

Gourmet Cookbook

Healthy Units: 0.5

Servings: 6

Posted by Tracy (Nikkie1t)

February 25, 2006

Reviewer's comments: This is a nice, fresh tasting slaw. It is on the same page of the cookbook as a BBQ pulled pork sandwich, and they suggest serving it on top of that sandwich. I served it as a separate side dish with grilled meat.

Gourmet comments: Adding a little salt and sugar to sliced cabbage and grated carrots encourages their juices to flow, so you can get away with just a jot of mayonnaise. The result? A very clean-tasting slaw, and one that's not too sweet. Scallions bring a little zestiness to the party.

2 tablespoons lite sour cream
2 teaspoons lite mayonnaise
1/2 teaspoon finely grated lemon zest
4 teaspoons fresh lemon juice
3 tablespoons water
1 teaspoon sugar (I used 1-1/2 teaspoons)
1/4 teaspoon salt
1/8 teaspoon pepper
4 cups thinly sliced green cabbage (about 1 pound)
2 carrots, coarsely grated
1 cup thinly sliced scallions (1 bunch)
1/2 cup chopped fresh flat-leaf parsley

Whisk together sour cream, mayonnaise, zest, juice, water, sugar, salt and pepper in a large bowl until sugar is dissolved. Add cabbage, carrots, scallions and parsley and toss well. Refrigerate, covered, for 1 hour to allow flavors to develop. Season coleslaw with salt and pepper.

Per serving: 43 calories, 1 g. fat, 3 g. fiber

Skillet Chicken Breast Aglio e Olio

Source: March 06 CL

Category: Mains/Poultry

HUs: 6.3

Serves: 6

Posted by: Danikam

Date: 2/26/06

Chicken benefits from the strong flavors of garlic, capers, and cherry peppers in the sauce for this dish. Taste the sauce before serving to be sure the flavors are balanced. You can use more or fewer capers to suit your taste. Breadcrumbs serve as a thickener, lending the sauce body and texture. Serve with green beans and rice.

6 (6-ounce) skinless, boneless chicken breast halves
1/2 teaspoon salt, divided
1/3 cup all-purpose flour (about 1 1/2 ounces)
1 tablespoon olive oil
2 tablespoons butter
8 garlic cloves, thinly sliced
2 to 3 tablespoons capers, drained
4 pickled hot cherry peppers, halved and seeded
1 cup organic vegetable broth (such as Swanson Certified Organic)
1 tablespoon dry breadcrumbs
3 tablespoons chopped fresh flat-leaf parsley

Sprinkle chicken with 1/4 teaspoon salt. Dredge chicken in flour. Heat oil and butter in a large nonstick skillet over medium heat. Add chicken; cook 4 minutes on each side or until browned. Add garlic; cook 30 seconds. Add capers and peppers; cook 30 seconds. Add broth; bring to a boil. Reduce heat, and simmer 5 minutes or until chicken is done. Stir in breadcrumbs; cook until liquid thickens (about 1 minute). Taste sauce, and add remaining 1/4 teaspoon salt, if needed. Remove from heat; sprinkle with parsley.

Yield: 6 servings (serving size: 1 chicken breast half and about 2 1/2 tablespoons sauce)

NUTRITION PER SERVING

CALORIES 286(27% from fat); FAT 8.5g (sat 3.3g,mono 3.3g,poly 0.9g); PROTEIN 40.9g; CHOLESTEROL 109mg; CALCIUM 42mg; SODIUM 831mg; FIBER 0.6g; IRON 2mg; CARBOHYDRATE 9.1g

Oat-Topped Fig Muffins

Cooking Light, March 2006

Healthy Units: 4.5

Yield: 12

Posted By: Bawstinn32 (Maria)

February 27, 2006

NOTES: Offer these low-fat, heart-healthy muffins as a side dish or a dessert option for your lunch buffet. To enjoy them to the fullest, heat briefly in the microwave and pair them with raspberry or orange preserves. Bake the muffins the day before, cool to room temperature, and store in an airtight container. Save leftovers for breakfast.

Comments: I took mine out at 18 minutes and I probably could have taken them out a minute or so earlier. They were moist nonetheless. I liked the idea of processing the figs with the rest of the wet ingredients and wonder how it would work with other dried fruit such as dates or apricots. Keep an eye on the topping; places where it hits the muffin tins could burn. I had a couple that had some burnt topping stuck on the side.

1 1/2 cups all-purpose flour (about 6 3/4 ounces)
1 cup whole wheat pastry flour (about 5 1/8 ounces)
1/2 cup sugar
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 1/2 cups low-fat buttermilk

1 1/4 cups chopped dried figs
2 tablespoons canola oil
1 teaspoon vanilla extract
1 large egg
Cooking spray
1/3 cup packed brown sugar
1/4 cup quick-cooking oats
1 tablespoon butter, melted

Preheat oven to 400°.

Lightly spoon flours into measuring cups; level with a knife. Combine flours and next 4 ingredients (through salt) in a large bowl; stir with a whisk. Make a well in center of mixture.

Place buttermilk, figs, oil, vanilla, and egg in a food processor; process until well blended. Add fig mixture to flour mixture, stirring just until combined. Divide batter evenly among 12 muffin cups coated with cooking spray.

Combine brown sugar, oats, and butter in a small bowl; toss with a fork until combined. Sprinkle oat mixture evenly over muffins. Bake at 400° for 18 minutes or until a wooden pick inserted in center of a muffin comes out clean. Cool in pans on a wire rack for 5 minutes; remove muffins from pans, and cool completely on rack.

Yield: 12 muffins (serving size: 1 muffin)

CALORIES 235(19% from fat); FAT 4.9g (sat 1.4g,mono 2g,poly 1g); PROTEIN 5.4g; CHOLESTEROL 23mg; CALCIUM 100mg;
SODIUM 281mg; FIBER 3g; IRON 1.7mg; CARBOHYDRATE 44g

Lamb Chops with Sautéed Apples

Category: Meats

Source: CL March 2003

Healthy Units: 4

Servings: 4

Posted by: BMS2003 (Betty)

Date: February 27, 2006

CL Notes: Slice apples while the chops cook.

Cooking spray

8 (4-oz) lamb loin chops, trimmed

1 teaspoon butter

2 cups sliced Braeburn apple (about 2 medium)

2 tablespoons brown sugar

1 tablespoon water

1/2 teaspoon salt

1/4 teaspoon ground cinnamon

1/8 teaspoon ground cloves

Heat a large skillet coated with cooking spray over medium-high heat. Add lamb chops, and cook 5 minutes on each side or until desired degree of doneness. Remove lamb chops from pan, and keep warm.

Add butter to pan, scraping pan to loosen browned bits. Add apple; sauté 5 minutes. Add brown sugar, water, salt, cinnamon, and cloves; cook 2 minutes or until sugar dissolves, stirring constantly. Serve with lamb. Yield: 4 servings (serving size: 2 chops and about 1/2 cup apples).

Calories 202; Fat 7.1g; Protein 18.8g; Carb 15.5g; Fiber 2.6g; Chol 62mg; Iron 1.5mg; Sodium 355mg; Calc 18mg

Sautéed Tilapia with Almonds and Red Cherries

Category: Fish/Seafood; Quick and Easy

Source: WW.com, posted on the CLC Book Club Thread by SCCA1429 (KathyR)

HU: 3

Servings: 4

Posted by Laurie (PoisonQueen)

Date: 2/27/06

Ingredients:

1 Tbsp almonds, sliced
1 pound raw tilapia, four 4 oz fillets
1/4 tsp table salt
1/4 tsp black pepper, freshly ground
3 tsp olive oil, extra-virgin, divided
1 small onion(s), chopped
2 Tbsp wine, dry white or dry vermouth (see note)
1/2 cup cherries, sweet, pitted, halved
1/3 cup vegetable broth, reduced-sodium, fat-free
1/2 tsp dried thyme

Instructions:

1. Toast the almonds in a large nonstick skillet set over medium-low heat until aromatic and golden, shaking the pan often, about 4 minutes. Transfer to a bowl.
2. Season fish with salt and pepper. Heat 2 teaspoons oil in the skillet, then add the fish. Cook until firm and lightly browned, about 2 minutes, then flip and cook about 2 more minutes. Remove fish to four serving plates.
3. Heat the remaining teaspoon oil in the skillet, then add the onion. Cook until softened, about 2 minutes. Add the vermouth or wine; loosen any browned bits of food on the bottom of the pan with a wooden spoon. Cook for 20 seconds, then add the cherries, broth and thyme. Heat until simmering; cook for 30 seconds to reduce slightly. Divide the sauce and toasted almonds among the fish. Serve at once. Yields 1 fillet plus 1/4 of sauce per serving.

Quick Choucroute

Category: Meats (M)

Source: Cooking Light, March 2006

Healthy Units: 6.5 Core: No

Servings: 4

Posted by: ejwyatt (Emily)

Date: February 27, 2006

Quick and Easy

CL Notes: This choucroute version is inspired by the classic Alsatian braise of pork, sausage, apples, and sauerkraut. Serve with rye or pumpernickel bread to soak up the sauce.

2 teaspoons canola oil
1 pound boneless center-cut loin pork chops, cut into 1/2-inch slices
1/8 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 cup chopped Golden Delicious apple (about 1)
3/4 cup thinly sliced onion (about 1 medium)
1 bay leaf
1 (12-ounce) bottle light beer
2 cups sauerkraut, rinsed and drained
1/2 pound low-fat smoked sausage, cut diagonally into 1/2-inch slices
1/3 cup chopped fresh parsley
2 tablespoons prepared horseradish
1 tablespoon whole-grain mustard

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle pork with salt and pepper. Add pork to pan; sauté 2 minutes. Remove pork from pan, and keep warm. Add apple, onion, and bay leaf to pan; cook 2 minutes or until onion is lightly browned. Add beer, scraping pan to loosen browned bits. Add sauerkraut and sausage; bring to a simmer, and cook 5 minutes. Return pork to pan; cover and cook 2 minutes or until pork is thoroughly heated. Discard bay leaf. Stir in parsley. Serve with horseradish and mustard.

Yield: 4 servings (serving size: 2 cups pork mixture, 1 1/2 teaspoons horseradish, and 3/4 teaspoon mustard)

CALORIES 307(32% from fat); FAT 11g (sat 3.3g,mono 5.1g,poly 1.5g); PROTEIN 31g; CHOLESTEROL 84mg; CALCIUM 53mg; SODIUM 837mg; FIBER 3.3g; IRON 3.2mg; CARBOHYDRATE 19.9g

Garlicky Brussels Sprout Sauté

Category: Vegetables (V)

Source: Vegetarian Times, Nov/Dec 2005

HU: 1 (with my changes) to 1.47 Core: Core+0

Servings: 6

Posted by: ejwyatt (Emily)

Date: February 27, 2006

Quick and Easy

VT Notes: Even people who don't like Brussels sprouts will eat—and enjoy—this fast dish with a tender crunch. Pre-peeled garlic cloves from the produce section make this recipe even quicker.

Reviewer's comments: I cut the oil back to 1 T and that was plenty. The browned garlic paired very nicely with the sprouts. The vinegar gives the dish a very nice finish. Nutritionals below are as written with 2T of olive oil.

1 lb. Brussels sprouts, ends trimmed
2 Tbs. olive oil (I used 1 T)
12 cloves garlic, peeled and quartered lengthwise
1 Tbs. brown sugar
1/2 tsp. salt
1/8 tsp. ground black pepper
1 Tbs. apple cider vinegar

Directions:

1. Place Brussels sprouts in bowl of food processor. Pulse 12 to 15 times, or until shredded.
2. Heat oil in large nonstick skillet over medium-low heat. Add garlic, and cook 5 to 7 minutes, or until light brown. Increase heat to medium-high, and add shredded Brussels sprouts, brown sugar, salt and pepper. Cook 5 minutes, or until browned, stirring often. Add 1 1/2 cups water, and cook 5 minutes more, or until most of liquid is evaporated. Stir in vinegar, and season to taste with salt and pepper. Serve immediately.

PER SERVING: 87 CAL; 3 G PROT; 4 G TOTAL FAT (0 SAT. FAT); 10 G CARB.; 0 MG CHOL; 213 MG SOD.; 3 G FIBER; 2 G SUGARS

Santa Fe Meat Loaf

Source: CL March 2006

Category: Meats

HU: 7

Servings: 6 (two slices)

Posted by MargoKidd

Date: 02-28-06

Cooking spray

1/2 cup chopped onion

1/3 cup finely chopped red bell pepper

1 teaspoon chili powder

1/2 teaspoon ground cumin

4 garlic cloves, minced

1 tablespoon minced canned chipotle chile in adobo sauce

1/2 pound 7% fat ground turkey

1 pound ground turkey breast

3/4 cup dry breadcrumbs

2/3 cup mild chunky salsa, divided

1 teaspoon dried oregano

6 slices 30%-less-fat center-cut bacon (such as Oscar Mayer), cooked and crumbled

2 large egg whites

3/4 cup (3 ounces) reduced-fat finely shredded Mexican-style four cheese blend (such as Kraft 2% milk)

Preheat oven to 350°.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion, bell pepper, chili powder, cumin, and garlic to pan; sauté 1 1/2 minutes or until onion is tender. Stir in chipotle chile; sauté 30 seconds. Remove from pan; cool.

Combine onion mixture, turkey, turkey breast, breadcrumbs, 1/3 cup salsa, oregano, bacon, and egg whites in a large bowl.

Place half of turkey mixture in an 8 x 4-inch loaf pan coated with cooking spray. Arrange cheese over top, leaving a 1/2-inch border around outside edges. Arrange remaining turkey mixture over cheese, pressing edges to pack. Spread the remaining 1/3 cup salsa over top of meat loaf. Bake at 350° for 1 hour and 25 minutes or until a thermometer registers 165°. Let stand 10 minutes. Remove from pan; cut into 12 slices.

Yield: 6 servings (serving size: 2 slices)

NUTRITION PER SERVING

CALORIES 288(33% from fat); FAT 10.5g (sat 4g,mono 3.3g,poly 1.6g); PROTEIN 31.5g; CHOLESTEROL 88mg; CALCIUM 256mg; SODIUM 876mg; FIBER 1.4g; IRON 2.2mg; CARBOHYDRATE 14.8g

Roasted Vegetable Curry

Source: Moosewood Restaurant Simple Suppers

Category: Vegetables

HU: 4

Servings: 4

Posted by Scarehair (Carrie)

Date: February 28, 2006

Kid Friendly, Quick and Easy

Moosewood notes: Roasting intensifies the flavors in this fragrant dish, which is easily prepared and requires little attention while it is in the oven. If you like the flavor of garam masala or commercial curry powder and it is in your cupboard, use it.

Reviewer's Comments: I add a can of drained chickpeas to this. It adds 4 HUs more per serving but the kids like it. This also works great to sub whatever veggies you have on hand. I only changed the coconut milk to light coconut milk.

- 1 large sweet potato, peel and diced to 3/4"
- 1 onion, diced
- 3 Cups cauliflower flowerets
- 2 Tablespoons Canola oil
- 1/2 Teaspoon salt
- 2 teaspoons peeled, grated ginger root
- 2 Tablespoons Curry powder
- 1/2 Teaspoon salt
- 1 Cup light coconut milk
- 1 Cup diced tomatoes

Preheat oven to 450. Toss the sweet potato, onion, and cauliflower in a bowl with the oil and 1/2 teaspoon salt. Spread the veggies in a single layer on one or two oiled baking trays. Roast for 20 minutes, stirring once after 10.

Meanwhile, in a bowl whisk together the ginger, curry powder, 1/2 teaspoon salt, and coconut milk until smooth. Stir in tomatoes.

After the veggies have roasted for 20 minutes, pour the curry sauce over them and stir to coat. Return them to the oven until tender, 5 more minutes.

Moosewood Menu ideas: Serve on rice and top w/ raisins, and/or toasted nuts, cooked green peas and chopped cilantro, and a dollop of cool yogurt.

Cal 177; Fat 11g (sat 2g, Mono 4g, Poly 2g); Chol 0mg; sodium 581mg; Fiber 5g; Carb 20g, Protein 4g

Roasted Asparagus with Feta

Source: Cooking Light 2003 Annual

Vegetables category

HU: .8 per serving

Servings: 4

Posted by DebMj1

March 2, 2006

1 pound asparagus

1/4 cup crumbled feta (I used French feta)

2 Tablespoons. fresh lemon juice

1 tsp. chopped fresh thyme

Trim asparagus and arrange in an 11x7-inch baking dish. Top with cheese, lemon juice and thyme. Cover and bake at 450 F. for 12 minutes or until asparagus is crisp-tender.

Shrimp Florentine with Caramelized Garlic

Source: CL March 2006

Category: FS

HU: 10 as written, (8 with my changes)

Servings: 4 (serving size: 1 1/2 cups)

Posted by Laurie (PoisonQueen)

Date: 3/2/06

CL notes: Make sure to buy frozen loose-leaf spinach for this recipe since you can measure just what you need. Purchase fresh, peeled garlic to save on prep time.

Reviewer's comments: I used fresh baby spinach because I didn't plan far enough ahead to defrost frozen, and evaporated skim milk instead of half and half. I wasn't sure that FF half and half would work, but I noticed when I copied the recipe from CL.com that one of the reviewers used FF half and half with good results. If you use whole wheat pasta, the HU may be different due to increased fiber.

Ingredients:

Garlic	20 garlic cloves, peeled
1/2 teaspoon kosher salt (I used 1/4 tsp)	Cooking spray
Shrimp	
2 teaspoons olive oil	1/4 teaspoon salt
1 pound medium shrimp, peeled and deveined	1/4 teaspoon crushed red pepper
1 teaspoon butter (I used light)	1/8 teaspoon black pepper
3/4 cup half-and-half (I used evaporated skim milk)	2 cups frozen loose-leaf spinach, thawed, drained, and squeezed dry (I used half a bag of fresh baby spinach)
1/2 cup fat-free, less-sodium chicken broth	4 cups hot cooked linguine (about 8 ounces uncooked pasta)
1/3 cup (about 1 1/2 ounces) grated Parmesan cheese	

Instructions

-Preheat oven to 350°

-To prepare garlic, combine 1/2 teaspoon kosher salt and garlic in a bowl. Place garlic mixture on a jelly-roll pan coated with cooking spray. Bake at 350° for 25 minutes or until browned, stirring occasionally.

-To prepare shrimp, heat oil in a large nonstick skillet over medium-high heat. Add shrimp; sauté 3 minutes or until done. Remove shrimp from pan.

-Melt butter in pan over medium heat. Stir in half-and-half, broth, cheese, 1/4 teaspoon salt, red pepper, and black pepper. Cook 1 minute or until cheese melts, stirring constantly. Stir in shrimp and spinach; cook 1 minute. Combine shrimp mixture, garlic mixture, and pasta in a large bowl; toss well. Serve immediately.

CALORIES 484(24% from fat); FAT 13.1g (sat 5.8g,mono 4.4g,poly 1.6g); PROTEIN 38.2g; CHOLESTEROL 202mg; CALCIUM 362mg; SODIUM 811mg; FIBER 5.2g; IRON 6.6mg; CARBOHYDRATE 51.1g

Creamed Spinach (From The Berghoff)

Category: Vegetable

Source: Chicago Tribune "Good Eating" section, 2/22/06

HU: 3

Servings: 6

Posted by Lesley (MRSCOUSCOUS)

Date: 3/2/06

My notes: The Berghoff was a famous German restaurant that closed down the other day. It's a Chicago institution. Their creamed spinach is very well known. This is the best creamed spinach I've ever made. I know this is a lot of butter...next time, I'd double the spinach (or make 3 boxes i/o 2) to lower the % of cals from fat!

1/2 stick (1/4 c) unsalted butter
1 small onion finely chopped
3 tbsp flour
1 cup milk or half and half (I used 2% milk)
1 t. granulated chicken base or bullion
1/2 tsp salt
1/4 tsp each: freshly grated nutmeg, white pepper
2 boxes (10 oz each) frozen chopped spinach, thawed

Melt butter in medium skillet. Add onion; cook over medium heat until tender, 5-6 minutes. Stir in the flour; cook 1 minute stirring constantly. Whisk in the milk. Cook, stirring often, until mixture comes to a boil and thickens. Stir in the chicken base, salt, nutmeg and pepper. Set aside.

Squeeze the thawed spinach to remove as much water as possible. Add the spinach to the cream sauce; mix well. Cook until spinach absorbs some of the sauce, about 5 minutes.

CALORIES 129 (58% from fat); FAT 9g (sat 5); PROTEIN 5g; CHOLESTEROL 23mg;
CALCIUM ??mg; SODIUM 385mg; FIBER 2g; CARBOHYDRATE 10g

Kamut Spirals with Chicken-Artichoke Wine Sauce

Source: March 2006, Cooking Light

Category: P/RP

HU: 9

Servings:

Posted By: MargoKidd(Margo)

March 3, 20067

Kamut (kuh-MOOT) gets its name from the ancient Egyptian word for "wheat." Its grains are up to three times larger and boast up to 40 percent more protein than standard wheat grains. Kamut is also high in lipids, amino acids, vitamins, and minerals.

1 (12-ounce) package kamut spirals
2 tablespoons olive oil
1 1/2 pounds chicken breast tenders, cut into bite-sized pieces
4 garlic cloves, minced
1/2 cup white wine
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 (15-ounce) cans artichoke quarters, rinsed, drained, and finely chopped
1/2 cup (2 ounces) grated Parmigiano-Reggiano cheese
1/3 cup finely chopped fresh basil
Chopped fresh basil (optional)

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

Heat oil in a large skillet over medium-high heat. Add chicken to pan; sauté 2 minutes or until browned. Add garlic; sauté 1 minute. Add wine, salt, pepper, and artichokes; simmer 5 minutes or until sauce is thickened and chicken is done. Remove from heat; stir in cheese and 1/3 cup basil. Place sauce and pasta in a large bowl; stir gently to combine. Garnish with chopped basil, if desired.

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

NUTRITION PER SERVING

CALORIES 434(19% from fat); FAT 9.2g (sat 2.7g,mono 4.5g,poly 1.2g); PROTEIN 40.1g; CHOLESTEROL 72mg; CALCIUM 156mg; SODIUM 629mg; FIBER 4.7g; IRON 4.3mg; CARBOHYDRATE 49g

Ginger-Garlic Broccolini

Category: veggies

Source: Cooking Light March 2006

HU: 2

Servings: 4

Posted by: Andie (Andiette)

Date: 3/3/06

Q&E

1 T canola oil

2 tsp minced peeled fresh ginger

¼ tsp crushed red pepper

2 garlic cloves, minced

1 lb Broccolini, trimmed

¼ tsp salt

¼ c mirin

¼ c water

Heat oil in a large nonstick skillet over medium-high heat. Add ginger, pepper and garlic, sauté 30 seconds. Add Broccolini and salt, sauté 2 minutes. Add mirin and water, cover and cook over low heat 10 minutes or until tender.

CALORIES 108 (29% from fat); FAT 3.5g (sat .3); PROTEIN 3.7g; CHOLESTEROL 0mg; CALCIUM 75mg; SODIUM 472mg; FIBER 1.3g; CARBOHYDRATE 12.4g

Broccoli in Spicy Orange Sauce

Source: The Mayo Clinic Williams-Sonoma Cookbook

V (Vegetables)

HU: 0.6

Servings: 6

Posted by CJMartin717 (Cindy)

March 4, 2006

Reviewer's comments: I halved everything except the red pepper flakes. Depending on how much heat you like, you may wish to increase the red pepper flakes.

- 2 pounds broccoli
- 1/2 cup orange juice
- 2 teaspoons honey
- 1 teaspoon Dijon mustard
- 1 teaspoon grated orange zest
- 1/2 teaspoon reduced-sodium soy sauce
- 1 garlic clove, crushed
- 1/8 teaspoon red pepper flakes
- 1 1/2 teaspoons cornstarch
- 1 tablespoon water
- 1 teaspoon sesame seeds, toasted

Trim the broccoli florets into pieces about 1-1/2-inches long. Cut the stalks crosswise about 1/3-inch thick.

In a large pot fitted with a steamer basket, bring 2-inches water to a boil. Add the stalks, cover and steam 2 minutes. Add the florets, cover and steam 2 more minutes or until crisp-tender.

Meanwhile, in a small saucepan over medium-high heat, bring the orange juice, honey, mustard, orange zest, soy sauce, garlic, and pepper flakes to a boil.

In a small bowl, whisk together the cornstarch and water. Stir into the orange juice mixture and cook until thickened, about 1 minute.

To serve, in a serving bowl, gently toss the broccoli with the sauce to coat. Sprinkle with the sesame seeds.

Per serving: 67 calories, 5 g protein, 13 g carbohydrates, <1g fat, 0 mg cholesterol, 78 mg sodium, 4 g fiber.

Lime Scallops and Orzo

Source: The Mayo Clinic Williams-Sonoma Cookbook

FS (Fish/Seafood)

HU: 6.8

Serves: 6

Posted by: CJMartin717 (Cindy)

March 4, 2006

Reviewer's comments: Very tasty dish. The serving size is very generous. I halved the recipe which should have been 3 servings and I easily got 4 servings. If you do the same, HU's drop to 5.1 per serving.

1 pound orzo pasta
4 fresh dill sprigs plus 1/3 cup chopped fresh dill
1 tablespoon olive oil
1 carrot, shredded
1 pound bay scallops
1/2 teaspoon ground pepper
1/4 cup lime juice
1 tablespoon finely shredded lime zest
2 garlic cloves, minced

Fill a large pot three-quarters full of water and bring to a boil. Add the orzo and dill sprigs and cook until the orzo is al dente, about 10 minutes or according to package directions. Remove 1 cup of the cooking water. Drain the orzo. Remove and discard the dill sprigs.

Coat a wok with nonstick cooking spray. Add the oil and place over medium-high heat. When hot, add the carrot and stir-fry for 1 minute.

Add the scallops, orzo, and reserved cooking water and cook, stirring frequently until most of the liquid has evaporated and the scallops are opaque throughout, about 4-5 minutes.

Stir in the pepper, chopped dill, lime juice, lime zest, and garlic.

Divide among serving plates.

Per serving: 343 calories, 21 g protein, 54 g carbohydrates, 4 g fat, 25 mg cholesterol, 133 mg sodium, 2 g fiber.

Broccoli Rabe with Roasted Tomatoes

Source: Vegetarian Times, October 2005

Category: Vegetables (V)

Healthy Units: 2.5 (1.5 with my changes) Core: Yes

Servings: 6

Posted by: ejwyatt (Emily)

Date: March 5, 2006

VT Notes: Italians love broccoli rabe, a relative of both turnips and cabbage. Cherry tomatoes are a great choice for summer-sweet flavor once tomatoes go out of season. Here, they tame assertive broccoli rabe, making for a colorful and harmonious match.

1 pint cherry tomatoes

4 Tbs. olive oil, preferably extra virgin (I used 2 T – 1 for the tomatoes and 1 for the broccoli rabe)

1 Tbs. balsamic vinegar

1/2 tsp. salt

1/8 tsp. ground black pepper

5 cloves garlic: 3 thinly sliced, 2 minced

4 sprigs fresh rosemary

1 large bunch broccoli rabe (about 1 lb.), large stems removed

Directions:

1. Preheat oven to 375F. Spread tomatoes in an 8-inch square glass baking dish. Toss with 3 Tbs. olive oil, vinegar, salt, black pepper and sliced garlic. Tuck rosemary sprigs among tomatoes. Roast uncovered, 30 minutes, or until tomatoes are wrinkled. Discard rosemary.

2. Heat remaining 1 Tbs. olive oil in skillet over medium heat. Cook minced garlic 1 to 2 minutes, or until golden. Add broccoli rabe. Cover; reduce heat to medium-low and cook 3 to 5 minutes, or until tender. Uncover, and stir in tomatoes. Season to taste with salt and pepper. Serve hot.

Three-Cheese Chicken Penne Florentine

Source: Cooking Light, March 2006

Category: Pasta (RP)

Healthy Units: 7.5 (6 with my changes) Core: No

Servings: 8

Posted by: ejwyatt (Emily)

Date: March 5, 2006

CL Notes: Fresh spinach, chicken, and a combination of cheeses make this dish comforting enough for the last days of winter yet fresh enough for the first days of spring. You also can cook the pasta mixture in individual eight-ounce ramekins; bake for 15 minutes.

1 teaspoon olive oil

Cooking spray

3 cups thinly sliced mushrooms

1 cup chopped onion

1 cup chopped red bell pepper

3 cups chopped fresh spinach

1 tablespoon chopped fresh oregano

1/4 teaspoon freshly ground black pepper

1 (16-ounce) carton 2% low-fat cottage cheese (I used non-fat cottage cheese)

4 cups hot cooked penne (about 8 ounces uncooked tube-shaped pasta) - (I used whole wheat)

2 cups shredded roasted skinless, boneless chicken breast

1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese, divided

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

1/2 cup 2% reduced-fat milk (I used skim milk)

1 (10 3/4-ounce) can condensed reduced-fat, reduced-sodium cream of chicken soup, undiluted

-Preheat oven to 425°.

Heat olive oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add mushrooms, onion, and bell pepper; sauté 4 minutes or until tender. Add spinach, oregano, and black pepper; sauté 3 minutes or just until spinach wilts.

-Place cottage cheese in a food processor; process until very smooth. Combine spinach mixture, cottage cheese, pasta, chicken, 3/4 cup cheddar cheese, 1/4 cup Parmesan cheese, milk, and soup in a large bowl. Spoon mixture into a 2-quart baking dish coated with cooking spray. Sprinkle with remaining 1/4 cup cheddar cheese and remaining 1/4 cup Parmesan cheese. Bake at 425° for 25 minutes or until lightly browned and bubbly.

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

CALORIES 345(25% from fat); FAT 9.7g (sat 5.1g,mono 3.1g,poly 1g); PROTEIN 31.7g; CHOLESTEROL 56mg; CALCIUM 275mg; SODIUM 532mg; FIBER 2.1g; IRON 2mg; CARBOHYDRATE 32.9g

Chicken and Broccoli Casserole

Source: Cooking Light - September 2005

Category: P (poultry)

HU: 6

Servings: 8

Posted by: SCCA1429 (Kathie R in CA)

March 06, 2006

For crisper broccoli, remove it from the boiling water after three minutes. Serve with a simple green salad.

3 quarts water

1 (12-ounce) package broccoli florets

4 (6-ounce) skinless, boneless chicken breast halves

1 (12-ounce) can evaporated fat-free milk

1/4 cup all-purpose flour (about 1 ounce)

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Dash of nutmeg

1 cup fat-free mayonnaise

1/2 cup fat-free sour cream

1/4 cup dry sherry

1 teaspoon Worcestershire sauce

1 (10.75-ounce) can condensed 30% reduced-sodium 98% fat-free cream of mushroom soup, undiluted

1 cup (4 ounces) grated fresh Parmesan cheese, divided

Cooking spray

-Preheat oven to 400°.

-Bring water to a boil in a large Dutch oven over medium-high heat. Add broccoli, and cook 5 minutes or until crisp-tender. Transfer broccoli to a large bowl with a slotted spoon. Add chicken to boiling water; reduce heat, and simmer 15 minutes or until done. Transfer chicken to a cutting board; cool slightly. Cut chicken into bite-sized pieces, and add chicken to bowl with broccoli.

-Combine evaporated milk, flour, salt, pepper, and nutmeg in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly. Remove from heat. Add mayonnaise, next 4 ingredients (through soup), and 1/2 cup cheese, stirring until well combined. Add mayonnaise mixture to broccoli mixture; stir gently until combined.

-Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray. Sprinkle with remaining 1/2 cup cheese. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven; let cool on a wire rack 5 minutes.

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

CALORIES 276(25% from fat); FAT 7.8g (sat 3.5g,mono 1.8g,poly 1.1g); PROTEIN 31.1g;
CHOLESTEROL 66mg; CALCIUM 365mg; SODIUM 696mg; FIBER 2.1g; IRON 1.6mg;
CARBOHYDRATE 18.9g

Cuban-Style Red Beans and Rice

Source: Cooking Light, March 2006

Category: Rice/Pasta (RP)

Healthy Units: 5.5

Servings: 10

Posted by: ejwyatt (Emily)

Date: March 7, 2006

CL Notes: A classic Latin sofrito--pork fat, tomato paste, onion, garlic, bell pepper, herbs, and spices--gives this dish complexity. Prepare it the night before, cool to room temperature, and refrigerate; reheat single servings in the microwave the next day. Serve with Black Pepper Corn Bread.

Reviewer's comments: I added a couple of drops of Tabasco to spice it up a little.

8 bacon slices
1 teaspoon olive oil
1 1/2 cups chopped onion
1 1/2 cups chopped green bell pepper (about 1 medium)
4 garlic cloves, minced
2 tablespoons tomato paste
2 cups uncooked long-grain rice
1 1/2 teaspoons dried oregano
1 1/2 teaspoons ground cumin
1 teaspoon salt
1/2 teaspoon black pepper
1 bay leaf
2 cups water
3 (14-ounce) cans fat-free, less-sodium chicken broth, divided
3 (16-ounce) cans red beans, rinsed and drained
Sliced green onions (optional)

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan; crumble bacon, and set aside. Add oil to pan. Add onion and bell pepper; sauté over medium-high heat 4 minutes or until onion is tender. Add garlic; sauté 1 minute or just until garlic begins to brown. Add tomato paste; cook 1 minute, stirring constantly. Add rice, oregano, cumin, salt, and black pepper; cook 2 minutes, stirring constantly.

Place reserved bacon and bay leaf in pan; stir in water and 2 cans broth. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until rice is tender. Remove from heat; discard bay leaf. Stir in remaining can of broth and beans. Cook 5 minutes over low heat or until heated through, stirring frequently. Garnish with green onions, if desired.

-Yield: 10 servings (serving size: about 1 1/3 cups)

CALORIES 287(11% from fat); FAT 4.5g (sat 1.3g,mono 1.9g,poly 0.5g); PROTEIN 11.8g;
CHOLESTEROL 7mg; CALCIUM 25mg; SODIUM 883mg; FIBER 7.5g; IRON 2.1mg;
CARBOHYDRATE 49.3g

Diner Meat Loaf "Muffins"

Source: Cooking Light, March 2006

HU: 6

Yield: 6 servings (serving size: 2 "muffins")

Posted By: Bawstinn32 (Maria)

March 8, 2006

Sit down to a meat loaf in a half hour with this recipe. Serve with steamed green beans and roasted potato wedges for an at-home version of a blue-plate special.

Reviewer's Comments: Dare I say I liked these better than the Mini-Meatloaves. I really liked the flavor and I liked the way the tops got crusty. Beware, you really need to let them sit the 10 minutes to set. I had a couple that fell apart, they were so moist. I used 93% ground beef, but didn't check to see if it changed the HUs at all. I also used Heinz Kicks ketchup (with tabasco) on the top to give them a little kick.

1 teaspoon olive oil
1 cup finely chopped onion
1/2 cup finely chopped carrot
1 teaspoon dried oregano
2 garlic cloves, minced
1 cup ketchup, divided
1 1/2 pounds ground beef, extra lean (raw)
1 cup finely crushed fat-free saltine crackers (about 20)
2 tablespoons prepared mustard
1 teaspoon Worcestershire sauce
1/4 teaspoon freshly ground black pepper
2 large eggs
Cooking spray

-Preheat oven to 350°.

-Heat the olive oil in a large nonstick skillet over medium-high heat. Add chopped onion, chopped carrot, dried oregano, and minced garlic; sauté 2 minutes. Cool.

-Combine onion mixture, 1/2 cup ketchup, and the remaining ingredients except cooking spray in a large bowl.

-Spoon the meat mixture into 12 muffin cups coated with cooking spray. Top each with 2 teaspoons ketchup. Bake at 350° for 25 minutes or until a thermometer registers 160°. Let stand for 5 minutes.

CALORIES 276(28% from fat); FAT 8.6g (sat 3g,mono 4g,poly 0.8g); PROTEIN 28.7g; CHOLESTEROL 131mg; CALCIUM 48mg; SODIUM 759mg; FIBER 1.8g; IRON 3.9mg; CARBOHYDRATE 21.7g

Asian Pasta Salad

Source: Cooking Light March 2006

Category: RP/S

HU: 2.6

Servings 12

Posted by DebMj1

March 8, 2006

CL Notes: Use any combination of nuts and seeds. This salad would also be good with sliced bell pepper or shiitake mushrooms. Serve as an accompaniment to pepper steak or pork chops glazed with hoisin sauce. Look for the wheat noodles labeled as plain for this salad.

Reviewer's comments: This is crispy when you first make it (noodles and slaw), and then the characteristics change as it sits. The noodles soften and it becomes more of a traditional pasta salad. I added shredded carrots and diced red pepper, and cut the oil to 4 tsp. rather than 2 Tbsps. Points are calculated based on CL nutritionals.

2 tablespoons sliced almonds
2 tablespoons unsalted sunflower seed kernels
1 (8-ounce) package Chinese noodles, crumbled (such as ka-me)
1/3 cup white wine vinegar
1/3 cup less-sodium beef broth
1/4 cup sugar
2 tablespoons canola oil
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 cup chopped green onions
1 (10-ounce) package angel hair slaw

Heat a medium nonstick skillet over medium heat. Add almonds, sunflower seed kernels, and noodles to pan; cook 3 minutes or until lightly toasted, stirring frequently. Combine vinegar, broth, sugar, oil, salt, and pepper in a small bowl, stirring with a whisk.

Combine toasted noodle mixture, green onions, and slaw in a large bowl. Add vinegar mixture, tossing well to combine. Let stand 5 minutes before serving.

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

NUTRITION PER SERVING

CALORIES 130(28% from fat); FAT 4g (sat 0.3g,mono 1.9g,poly 1.3g); PROTEIN 3g;
CHOLESTEROL 0.0mg; CALCIUM 12mg; SODIUM 165mg; FIBER 1.5g; IRON 0.5mg;
CARBOHYDRATE 20.9g

Sour Cream Scones

Category: BR

March, 2006 Cooking Light

HU: 2.8 with substitutions

Servings: 12

Posted by DebMj1

March 8, 2006

CL Notes: Whole wheat flour adds nutty flavor to a basic scone recipe. Split one in half, and fill with your choice of curd.

Reviewer's comments: I substituted Splenda for the granulated sugar in the scones (but not on top), and light butter instead of regular butter. Points are based on my substitutions as calculated in MC.

1 1/2 cups all-purpose flour (about 6 3/4 ounces)
2/3 cup whole wheat flour (about 3 ounces)
1/3 cup packed brown sugar
2 tablespoons granulated sugar (I subbed Splenda)
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
2/3 cup reduced-fat sour cream
3 tablespoons butter, melted and cooled (I used light butter)
1 large egg white
1/3 cup dried currants or raisins
Cooking spray
1 tablespoon granulated sugar
1/4 teaspoon ground cinnamon

-Preheat oven to 400°.

-Lightly spoon flours into dry measuring cups; level with a knife. Combine both flours and the next 5 ingredients (through salt) in a large bowl; stir well with a whisk.

-Combine sour cream, butter, and egg white in a small bowl. Add sour cream mixture to flour mixture, stirring just until moist. Stir in currants.

-Turn dough out onto a lightly floured surface; knead lightly 6 to 12 times with floured hands. (Dough will be crumbly.) Divide dough in half. Pat each half into a 6-inch circle on a baking sheet coated with cooking spray. Cut each circle into 6 wedges; do not separate.

-Combine 1 tablespoon granulated sugar and cinnamon. Lightly coat top of dough with cooking spray. Sprinkle with cinnamon mixture. Bake at 400° for 15 minutes or until lightly browned.

NI as in Cooking Light: CALORIES 175 (25% from fat); FAT 4.8 g(sat 2.9g, mono 1.3g, poly 0.3g)PROTEIN 3.6g; CARB 30.2g; FIBER 1.4g; CHOL 14mg; IRON 1.3mg; SODIUM219mg; CALC 81mg

Creamy Rice, Chicken & Spinach Dinner

Source: Kraft Foods e-mail/web recipe Category(P) Poultry

HU: 9

Servings: 4 (1-1/2 cups each)

Posted by CJMartin717 (Cindy)

March 8, 2006

Reviewer's comments: I used a reduced-fat Italian dressing and I replaced 1 ounce of the cream cheese with a reduced-fat feta cheese. The HUs are based on the original recipe nutrition info.

1/4 cup KRAFT Roasted Red Pepper Italian with Parmesan Dressing
1 lb. boneless skinless chicken breasts, cut into thick strips
1-1/2 cups fat-free reduced-sodium chicken broth
2 cups MINUTE Brown Rice, uncooked
4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Neufchatel Cheese, 1/3 Less Fat than Cream Cheese, cubed
1 pkg. (8 oz.) baby or torn spinach leaves (8 cups packed leaves)
1 medium tomato, chopped (about 1 cup)
2 Tbsp. KRAFT 100% Grated Parmesan Cheese

-HEAT dressing in large deep skillet on medium-high heat. Add chicken; cook 3 min. Add broth; bring to boil. Stir in rice; return to boil. Cover. Reduce heat to medium; simmer 5 min.

-STIR Neufchatel cheese into rice mixture until melted. Add spinach (skillet will be full); cover. Cook 1 min. or until spinach is wilted. Stir rice mixture gently to mix in spinach. Cover.

-REMOVE from heat; let stand 5 min. Stir in tomatoes; sprinkle with Parmesan cheese.

-KRAFT KITCHENS TIPS

Make it Easy - Purchase bagged pre-washed fresh baby spinach in your produce section.

Great Substitute - Prepare as directed, using KRAFT LIGHT DONE RIGHT! Zesty Italian Reduced Fat Dressing.

NUTRITION INFORMATION: Diet Exchange:

2-1/2 Starch, 1 Vegetable, 4 Meat (VL), 1-1/2 Fat

Nutrition (per serving)

Calories 430 Total fat 13g Saturated fat 6g Cholesterol 90mg Sodium 690mg
Carbohydrate 40g Dietary fiber 3g Sugars 3g Protein 37g Vitamin A 120%DV Vitamin C
15%DV Calcium 15%DV Iron 15%DV

Beef Goulash

Source: Cooking Light, March 2006

Category: Soups/Stews (ST)

Healthy Units: 6

Servings: 8

Posted by: Tracy Elliff

Date: March 10, 2006

CL Notes: Garnish bowls of this dish with reduced-fat sour cream and chopped fresh parsley.

1/3 cup all-purpose flour (about 1 1/2 ounces)
2 pounds lean beef stew meat, cut into bite-sized pieces
4 cups diced peeled baking potato (about 1 1/2 pounds)
2 cups chopped onion (about 1 large)
1 cup (1/4-inch-thick) slices carrot
1 cup chopped red bell pepper (about 1 medium)
1/3 cup ketchup
1 tablespoon Worcestershire sauce
2 teaspoons Hungarian sweet paprika
2 teaspoons minced garlic
1 teaspoon salt
1 (10-ounce) can double-strength beef broth

Combine flour and beef in a medium bowl; toss well. Combine beef mixture, potatoes, and remaining ingredients in an electric slow cooker. Cover and cook on low for 8 hours.

Yield: 8 servings (serving size: 1 cup)

CALORIES 304(25% from fat); FAT 8.3g (sat 3g,mono 3.4g,poly 0.4g); PROTEIN 25.4g;
CHOLESTEROL 72mg; CALCIUM 33mg; SODIUM 744mg; FIBER 3.2g; IRON 3.5mg;
CARBOHYDRATE 31.3g

Spelt Spaghetti with Shiitakes and Pecan Cream

Source: Cooking Light March 2006

Category: Pasta and Vegetarian/Quick and Easy

HU: 6.4

Servings: 6 (1 1/3 cups pasta and 1 tsp. parsley)

Posted by DebMj1

March 10, 2006

CL Notes: The use of nuts to thicken sauces has been recorded in recipes dating back to medieval Rome. This luscious, creamy sauce features toasted pecans. If you can't find spelt pasta, use whole wheat instead.

Reviewer's comments: I did buy spelt spaghetti for this, but whole wheat would work just as well. I don't use 1% milk so I mixed a little FF half and half in with skim milk to thicken it a little. I also used a little less oil to sauté the garlic, shallots and mushrooms.

Points are calculated on CL nutritionals. [Em's notes: see blue for single serving measurements](#)

1 (12-ounce) package spelt spaghetti (such as Vita-Spelt) [\[2 oz\]](#)

1 1/2 cups 1% low-fat milk [\[1/4 cup\]](#)

1/2 cup chopped pecans, toasted [\[<1/2 oz\]](#)

2 teaspoons olive oil [\[cooking spray\]](#)

3 cups chopped shiitake mushroom caps (about 8 ounces) [\[1 1/3 oz\]](#)

1/2 cup diced shallots [\[1 tbsp and 1 tsp\]](#)

4 garlic cloves, minced [\[1 small clove\]](#)

1 1/4 teaspoons salt [\[1/4 tsp\]](#)

2 tablespoons chopped fresh parsley [\[1 tsp\]](#)

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

Place milk and pecans in a blender or food processor; process until smooth. Set aside.

Heat oil in a large nonstick skillet over medium-high heat. Add mushrooms, shallots, and garlic; sauté 3 minutes or until golden. Stir in pecan mixture and salt; bring to a boil.

Reduce heat, and simmer 5 minutes or until slightly thickened.

Remove from heat. Add pasta; toss gently to combine. Sprinkle with parsley, and serve immediately.

NUTRITION PER SERVING

CALORIES 321(28% from fat); FAT 10.1g (sat 1.2g,mono 5.1g,poly 2.2g); PROTEIN 12.2g; CHOLESTEROL 2.4mg; CALCIUM 87mg; SODIUM 534mg; FIBER 6.1g; IRON 3mg; CARBOHYDRATE 49.3g

Tangy Leek Salad

Category: Salad / Quick & Easy

Source: Cooking Light, MAY 1997

HU: According to NI, 2 -- But, the only pointed item is the olive oil and that's only 1/2 HU per serving. This is also CORE.

Servings 4

Posted by CrissyBear (Christine)

March 10, 2006

CL Comment: Select leeks with clean, white bottoms and crisp, fresh-looking green tops. Small to medium leeks, less than 1 1/2 inches in diameter, are the most tender and have a mild, delicate flavor.

6 medium leeks
2 tablespoons red wine vinegar
2 teaspoons olive oil
1/2 teaspoon Dijon mustard
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon capers
1/2 cup diced tomatoes (I used grape tomatoes/halved)
1 tablespoon chopped fresh basil

Remove roots, outer leaves, and tops from leeks, leaving 2 inches of each leek. Cut leeks into 2-inch pieces. Steam leeks, covered, 10 minutes or until tender. Rinse leeks under cold water; drain and chill. (Once chilled, I cut the leeks into 1-inch pieces for easier eating.)

Combine vinegar, oil, mustard, salt, and pepper in a small bowl; stir with a whisk. Stir in capers. Divide leeks and tomatoes evenly among 4 small bowls. Spoon dressing over vegetables; sprinkle with basil.

Yield: 4 servings

CALORIES 141(19% from fat); FAT 3.1g (sat 0.4g,mono 1.6g,poly 0.6g); PROTEIN 3.1g; CHOLESTEROL 0.0mg; CALCIUM 112mg; SODIUM 372mg; FIBER 2.6g; IRON 4mg; CARBOHYDRATE 27.9g

Sesame Chicken Edamame Bowl

Category: Poultry

Source: Cooking Light, March 2006

Healthy Units: 5

Servings: 6

Posted by: Andiette (Andie)

Date: March 12, 2006

QUICK and EASY

CL Notes: Frozen stir-fry mixes and frozen shelled edamame save time and don't require thawing. The slightly sweet and nutty stir-fried vegetables complement the delicately flavored chicken. You can serve this over udon noodles or rice stick noodles instead of rice.

Reviewer's comments: This was really light and satisfying. I had 2 servings because I liked it so much. Very quick and easy for a weeknight meal made with some of my pantry staples. Definitely added to the rotation. Sauce doesn't thicken up much, so don't expect it to.

2 tsp canola oil
1 T minced peeled fresh ginger
2 tsp minced peeled fresh lemongrass (I used dried)
1 lb skinless, boneless chicken breast, cut into bite-sized pieces
2 C frozen shelled edamame (green soybeans)
2 C frozen bell pepper stir-fry mix
2T low-sodium soy sauce
1T mirin (sweet rice wine)
1 tsp dark sesame oil
¼ tsp cornstarch
½ C diagonally cut green onions
2 tsp dark sesame seeds
½ tsp salt
2 C hot cooked brown rice (we used sushi rice)

Heat canola oil in a large nonstick skillet over medium high heat. Add ginger, lemongrass, and garlic. Sauté 1 minute or just until mixture begins to brown. Add chicken. Sauté 2 minutes. Add edamame and stir-fry mix, sauté 3 minutes. Combine soy sauce, mirin, sesame oil, and cornstarch, stirring with a whisk. Add to pan, cook 1 minute. Remove from heat. Stir in onions, sesame seeds, and salt. Serve over rice.

Yield: 6 servings (serving size: 2/3 cup chicken and 1/3 cup rice)

CALORIES 277 (21% from fat); FAT 6.5g (sat .7g, mono 2.3g, poly 2.6g); PROTEIN 25.5g; CHOLESTEROL 44mg; CALCIUM 72mg; SODIUM 452mg; FIBER 5.4g; IRON 2.4mg; CARBOHYDRATE 27.1g

Wasabi and Panko-Crusted Pork with Gingered Soy Sauce

Category: Meats

Source: Cooking Light, March 2006

Healthy Units: 5

Servings: 4

Posted by: Andiette (Andie)

Date: March 12, 2006

QUICK and EASY

CL Notes: Look for panko and wasabi paste in the ethnic foods section of the supermarket. Substitute chicken broth if you don't have sake or sherry on hand. Serve with rice and steamed snow peas and carrots for a complete meal.

Reviewer's comments: Another quick and easy winner from March. I would probably add a bit more wasabi next time for a little extra zing.

2/3 C panko

1 large egg white, lightly beaten

4 (4oz) boneless center cut loin pork chops (1/2 inch thick)

1 tsp peanut oil

cooking spray

1/8 tsp salt (I omitted)

1 T bottled ground fresh ginger

1/3 C fat-free, less-sodium chicken broth

2 T sake or dry sherry

2 T low-sodium soy sauce

2 tsp sugar

1 tsp wasabi paste

1/3 C thinly sliced green onions

-Place panko in a shallow dish. Place egg white in another shallow dish. Dip pork in egg white; dredge in panko.

-Heat peanut oil in a large nonstick skillet coated with cooking spray over med-high heat; add pork. Cook for 4 minutes on each side or until done. Remove pork from pan; sprinkle with salt.

-Reduce heat to medium. Add ginger to pan; cook 30 seconds, stirring constantly. Combine broth and the next 4 ingredients (through wasabi) in a small bowl, stirring well with a whisk. Add broth mixture to pan, scraping pan to loosen browned bits. Stir in green onions. Spoon sauce over pork.

-Yield: 4 servings (serving size: 1 pork chop and about 1 T sauce)

CALORIES 215 (28% from fat); FAT 6.8g (sat 2.1g, mono 2.9g, poly 0.8g); PROTEIN 24.5g; CHOLESTEROL 65mg; CALCIUM 15mg; SODIUM 454mg; FIBER 0.9g; IRON 1.1mg; CARBOHYDRATE 10.8

Susan's Pesto

Category: Sauces (SC)

Source: Moosewood Restaurant Low Fat Favorites

HU: 0

Servings: 8

Posted by: MRSCOUSCOUS (Lesley)

Date: March 12, 2006

QUICK and EASY

Ingredients:

1 c. firmly packed fresh basil

1 c. chopped tomatoes

1 clove of garlic, chopped or minced

1 T. toasted pine nuts

1/2 tsp. salt

Combine all ingredients in blender or food processor and puree. Makes 1 c. (enough to coat 1 lb of pasta).

Nutrition Information:

Per 1-oz Serving: 13 Calories, 0.7 g protein, 1.6 g carbohydrates, 0 mg cholesterol, 135 mg sodium, .3 g total dietary fiber

Date Hazelnut Chocolate Biscotti

Category: CB (Cookies/Bars)

Source: "Moosewood Restaurant Book of Desserts"

HU: 1.3

Servings: 42

Posted by: CJMartin717 (Cindy)

March 12, 2006

Reviewer's comments: I replaced half of sugar with Splenda, 1/2 cup of flour with whole wheat flour, and decreased both dates and chocolate chips from 1/2 cup each to 1/3 cup each. I also got 42 biscotti and the recipe yield stated 24 which would be 96 calories, 4 g fat, 1 g fiber = 2 HUs each.

1/2 cup hazelnuts
1/4 cup light butter -- room temperature
1/3 cup sugar
1/3 cup Splenda
2 large eggs
1 tablespoon brandy
1 teaspoon vanilla extract
1 teaspoon baking powder
1/2 teaspoon salt
1 1/2 cups unbleached flour
1/2 cup whole wheat flour
1/3 cup chopped pitted dates
1/3 cup semisweet chocolate chips

-Preheat the oven to 325°F. -Spread the hazelnuts on a baking sheet and toast in the oven for about 10 minutes, until fragrant. Allow the nuts to cool for a few minutes and then rub them in a dry towel to remove most of the skins. Coarsely chop and set aside.

-Turn the oven up to 350°F and lightly coat a baking sheet with nonstick cooking spray.

-Cream the butter, sugar, and Splenda until light and blended. Beat in the eggs, brandy, and vanilla. Sift in the baking powder, salt, and flours and mix well. Stir in the chopped nuts, dates and chocolate chips. Using lightly floured hands, form the dough into 2 logs about 3 inches in diameter. Pat the logs to an even thickness.

-Bake 30-35 minutes or until logs are set and firm. Cool on a rack for 10 minutes.

Reduce oven temperature to 325°F. Using a sharp knife and cutting on the diagonal, slice the logs into pieces about 1/2-inch thick. Place cut side down on the baking sheet and bake for another 25-30 minutes until firm and lightly browned.

-Store in an airtight container.

Per Serving: 55 Calories; 2g Fat (35.4% calories from fat); 1g Protein; 8g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 47mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Spinach-and-Cheese-Stuffed Chicken Breasts

P (Poultry)

Cooking Light, MAY 1997 Jeanne Kelley

HU: 4

Servings: 4 (serving size: 1 chicken breast half and 3 tablespoons sauce)

Posted by: CJMartin717 (Cindy)

March 12, 2006

Cindy's Note: The recipe calls for blue cheese (which I love and will try next time); but, I had some crumbled feta to use up. I used the feta cheese and added about 1 teaspoon fresh dill to the spinach stuffing. The sauce does not get very thick. I might add a little flour or cornstarch to thicken it up next time.

1 teaspoon vegetable oil, divided
1 1/4 cups finely chopped onion, divided
4 garlic cloves, minced
1/2 cup frozen chopped spinach, thawed, drained, and squeezed dry
2 tablespoons crumbled blue cheese
1 teaspoon Dijon mustard
4 (4-ounce) skinned, boned chicken breast halves
1/4 teaspoon pepper
1/3 cup dry white wine
1/2 teaspoon dried thyme
1 cup low-salt chicken broth
2 tablespoons Dijon mustard

Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat. Add 1/4 cup onion; sauté 6 minutes or until tender. Add garlic, and sauté 1 minute. Add spinach, and sauté 3 minutes. Combine spinach mixture, cheese and 1 teaspoon mustard in a small bowl. Stir well; set aside. Wipe pan dry with a paper towel.

Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff about 2 tablespoons spinach mixture into each pocket. Sprinkle chicken with pepper.

Heat 1/2 teaspoon oil in skillet over medium-high heat. Add chicken; sauté 6 minutes on each side or until chicken is done. Remove chicken from skillet. Set aside, and keep warm. Add 1 cup onion to pan, and sauté 5 minutes. Add wine and thyme; cook 3 minutes or until reduced by half. Add broth and 2 tablespoons mustard; cook 4 minutes or until slightly thick, stirring occasionally. Return chicken to skillet; cover and simmer 2 minutes or until thoroughly heated. Serve sauce with chicken.

NUTRITION PER SERVING: CALORIES 199(21% from fat); FAT 4.7g (sat 1.3g,mono 1.4g,poly 1.1g); PROTEIN 29.2g; CHOLESTEROL 68mg; CALCIUM 87mg; SODIUM 427mg; FIBER 1.9g; IRON 1.9mg; CARBOHYDRATE 8.6g

Artichoke, Chanterelle, and Cipollini Sauté

V (Vegetables)

Cooking Light, March 2006

HU: 3.5

Servings: 6 (serving size: about 1 cup artichoke mixture and 1 tablespoon cheese)

Posted by: CJMartin717 (Cindy)

March 12, 2006

CL: March marks the beginning of peak season for artichokes. The smaller the artichoke, the more tender its texture.

Cindy's comments: I couldn't find chanterelle mushrooms and substituted some baby button mushrooms instead. This was my first use of fresh artichokes and I suspect I did not trim away enough outer leaves - the artichokes needed way more than 3 minutes to become tender. This was a lot of work for 1 person; but would make a great company side dish.

3 cups water
2 1/2 tablespoons fresh lemon juice, divided
2 pounds baby artichokes
1 tablespoon butter, divided
1 (10-ounce) bag cipollini onions, peeled and halved (about 2 cups)
1 tablespoon olive oil
2 1/2 tablespoons finely chopped shallots
2 1/2 ounces fresh chanterelle mushrooms, halved
2 garlic cloves, minced
1/2 cup dry white wine
1 cup sugar snap peas
1 tablespoon chopped fresh parsley
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
6 tablespoons (1 1/2 ounces) shredded Parmesan cheese

Combine water and 2 tablespoons juice. Working with one artichoke at a time, bend back outer green leaves of artichokes, snapping at base, until reaching light green leaves. Trim about 1/4 inch from top of artichoke. Cut off stem of artichoke to within 1/4 inch of base; peel stem. Cut artichoke in half vertically. Place artichoke halves in lemon water. Repeat with remaining artichokes. Set aside.

Melt 1 1/2 teaspoons butter in a large nonstick skillet over medium-high heat. Add onions; cook for 3 minutes or until onions begin to brown, stirring occasionally. Remove onions from pan, and set aside.

Add remaining 1 1/2 teaspoons butter and oil to pan, stirring until butter melts. Add shallots, mushrooms, and garlic; sauté 1 1/2 minutes or until shallots are tender. Add onions and wine; cook for 3 minutes or until wine almost evaporates. Drain artichokes. Stir artichokes and peas into onion mixture; cook 3 minutes or until artichokes are tender. Remove from heat; stir in remaining 1 1/2 teaspoons juice, parsley, salt, and pepper. Sprinkle with cheese.

Feta-Stuffed Chicken

Source: CL.com (June 1995)

HU: 4

Servings: 4 servings (serving size: 1 chicken breast half and 3/4 cup salad)

Posted by: MRSCOUSCOUS (Lesley)

March 13, 2006

My notes: I used RF feta and sundried tomatoes, rather than the flavored feta (don't care for it). Also, I served this as an entree and salad separately since I don't like warm meat in my salad (it makes the salad all wilted). This was REALLY good. Paired it with CPO (which turned out nicely this time - I figured out that I didn't let all of the water absorb last time, hence the "gumminess".)

Ingredients:

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

1/4 cup dry breadcrumbs

1/4 cup (1 ounce) crumbled feta cheese with basil and tomato

Vegetable cooking spray

1 1/2 teaspoons margarine, melted

3 cups torn spinach

1/2 cup chopped fresh basil

1 tablespoon balsamic vinegar

1 teaspoon olive oil

1/8 teaspoon pepper

Directions:

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a meat mallet or rolling pin. Dredge chicken in breadcrumbs. Spoon 1 tablespoon of cheese onto each piece of chicken, and fold chicken in half. Place folded breast halves in an 8-inch square baking dish coated with cooking spray. Drizzle margarine over chicken. Bake at 400° for 25 minutes or until done.

Combine spinach and basil in a bowl, and drizzle with vinegar and oil. Sprinkle pepper over salad; toss well. Serve chicken over salad.

NUTRITION PER SERVING

CALORIES 207(27% from fat); FAT 6.2g (sat 1.9g,mono 2.3g,poly 1.1g); PROTEIN 29.6g; CHOLESTEROL 71mg; CALCIUM 114mg; SODIUM 237mg; FIBER 2g; IRON 2.4mg; CARBOHYDRATE 7g

Overnight Oatmeal

Source: MRSCOUSCOUS's Country Kitchen (adapted from Alton Brown/FoodNetwork.com)

HU: 5.9

Servings: 4 (about 1 to 1 1/2 cups)

Posted by: MRSCOUSCOUS (Lesley)

March 13, 2006

Ingredients:

1 cup McCann's Irish Oatmeal

1 cup dried cranberries

3 cups water

1 1/2 cups 2% low-fat milk

1/4 cup chopped pecans

2 packets Splenda

1 t. cinnamon

1 t. vanilla

1 large granny Smith apple, chopped

My notes: I had some steel cut oats in the pantry and wanted to find a unique way to cook them. This works better in a small-ish crockpot, not one of the huge ones. (The reviews on FN.com said that it burns in the larger crocks.) This cooks up so creamy, and is chock full of fruit and nuts.

Instructions:

In a slow cooker, combine all ingredients and set to low heat. Cover and let cook for 8 to 9 hours.

Stir and remove to serving bowls. This method works best if started before you go to bed. This way your oatmeal will be finished by morning.

Per Serving (excluding unknown items): 297 Calories; 10g Fat (21.7% calories from fat); 15g Protein; 52g Carbohydrate; 6g Dietary Fiber; 4mg Cholesterol; 132mg Sodium.

Open-faced tuna and artichoke melt

SW (Sandwiches)

Source: WeightWatchers online

POINTS® Value | 6

Servings | 2

Posted by CJMartin717 (Cindy)

March 14, 2006

WW: You won't find any mayo in this tuna salad just lemon juice and a hint of olive oil. Use albacore tuna because it flakes better.

Cindy's Comment: I used leftovers from the Artichoke, Chanterelle & Cipollini Sauté that I posted last weekend to replace the artichokes and scallions in this recipe. The Brand/point value of your English Muffins might change the total points in this dish.

1/2 cup canned artichoke hearts, without oil, about four pieces, drained and chopped

1/4 cup scallion(s), chopped

1 Tbsp fresh lemon juice

1 tsp olive oil

1/2 tsp Italian seasoning

1/8 tsp black pepper

1/8 tsp cayenne pepper

6 oz water-packed tuna fish, drained, albacore, and flaked

2 average whole-wheat english muffin(s), split

3 Tbsp grated Parmesan cheese

Preheat broiler. (I used a toaster oven.)

Combine first 8 ingredients in a medium-sized bowl. Divide the mixture evenly among muffin halves; sprinkle with cheese.

Place on a baking sheet; broil 5 inches from heat until golden brown, 5 minutes.

Chicken & Broccoli with Chinese Noodles

Category: Poultry

Created by DebMj1 (loosely adapted from Food Network/Michele Urvater)

HU: 6.6

Servings: 2 (about 1 3/4 cups each)

Posted by DebMj1

3/17/06

2 1/2 cups broccoli florets
1/2 cup thinly sliced carrot
1/2 Tablespoon vegetable oil
1/2 Tablespoon sesame oil
1/4 cup minced scallions
1 teaspoon grated ginger root
1 clove garlic
6 ounces boneless skinless chicken breast, sliced in thin strips
2 ounces uncooked chinese noodles
3 ounces angel hair slaw
1 Tablespoon tamari soy sauce
1/8 teaspoon sugar
1/2 cup chicken broth, mixed with
1 teaspoon cornstarch

Bring a pot of water to a boil. Parboil the broccoli and carrots for a minute and drain.

In a large nonstick skillet heat the vegetable and sesame oils. When hot, add the scallion, ginger and garlic and cook, stirring for 30 seconds. Add the chicken and sauté, stirring continuously, for about 5 minutes. Add the noodles and angel hair slaw and continue to cook, stirring, for 5 minutes longer. Add the tamari and sugar and simmer 10 seconds. Stir in the parboiled broccoli and carrots.

Add the broth mixed with cornstarch and just bring to a simmer. Cook until lightly thickened.

Each serving has 333 calories, 9 gms. fat and 5 gms. fiber.

Apricot-Cream Cheese Braid

Category: BR

Created by Cooking Light

HU: 3.2

Servings: 4 loaves, 10 slices per loaf (serving size: 1 slice)

Posted by Scarecare (Carrie)

NOTE: All the good stuff from a cream cheese Danish is rolled into this bread, which was a favorite in our Test Kitchens. The finished braids can be covered and refrigerated for a couple of days or frozen for up to a month. The extra loaves are great gifts; wrap in plastic and cinch with a bow. Feel free to substitute any kind of fruit preserves.

Dough:

1/2 cup granulated sugar
1/3 cup butter
1/2 teaspoon salt
1 (8-ounce) carton light sour cream
2 packages dry yeast (about 4 1/2 teaspoons)
1/2 cup warm water (100° to 110°)
2 large eggs, lightly beaten
4 cups all-purpose flour

Filling:

2/3 cup apricot preserves
1/4 cup granulated sugar
1 teaspoon vanilla extract
2 (8-ounce) blocks 1/3-less-fat cream cheese, softened
1 large egg, lightly beaten
Cooking spray

Glaze:

1 1/2 cups sifted powdered sugar
2 tablespoons fat-free milk
1 teaspoon vanilla extract

To prepare dough, combine first 4 ingredients in a saucepan over medium heat, stirring until sugar dissolves. Remove from heat; cool. Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Stir in sour cream mixture and 2 eggs. Lightly spoon flour into dry measuring cups; level with a knife. Gradually stir flour into sour cream mixture (dough will be soft and sticky). Cover dough; chill 8 hours or overnight.

To prepare filling, combine preserves and next 4 ingredients (preserves through 1 egg) in a medium bowl; beat with a mixer at medium speed until well blended.

Divide dough into 4 equal portions. Turn each portion out onto a lightly floured surface; knead lightly 4 or 5 times. Roll each portion into a 12 x 8-inch rectangle. Spread one-fourth of filling over each portion, leaving a 1/2-inch border. Starting at a long side, carefully roll up each portion jelly roll fashion; pinch seam and ends to seal.

Place 2 loaves on each of 2 baking sheets coated with cooking spray. Cut 4 (1/4-inch-deep) "X"s in top of each loaf with scissors. Cover and let rise in a warm place (85°), free from drafts, 25 minutes or until doubled in size.

Preheat oven to 375°.

Place 1 baking sheet in oven (cover remaining loaves to keep from drying). Bake at 375° for 15 minutes or until lightly browned. Repeat procedure with remaining loaves. Cool loaves slightly.

To prepare glaze, combine powdered sugar, milk, and 1 teaspoon vanilla, stirring with a whisk. Drizzle warm loaves with glaze.

NUTRITION PER SERVING:CALORIES 145(31% from fat); FAT 5g (sat 3g,mono 1.5g,poly 0.3g);
PROTEIN 3.3g; CHOLESTEROL 30mg; CALCIUM 26mg; SODIUM 102mg; FIBER 0.5g; IRON 0.8mg;
CARBOHYDRATE 21.6g

Guinness-Braised Beef Brisket

Source: Cooking Light, March 2003

Healthy Units: 5 per serving

Servings: 6

Posted by: One Grand Girl (Mary Ellen)

Date: 3/15/04

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

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

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

Yield: 6 servings (serving size: 3 ounces)

NUTRITION PER SERVING

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

Double-Coconut Cake

Category of recipe: Desserts

Source: CL 12/2001

Healthy Units (WW Points): **8** (includes frosting)

Servings: 14

Posted by Cockermom13 (Barbara)

Date: 3/15/06

Coconut milk, found with the Asian foods in the supermarket, makes this cake moist and rich.

Cooking spray

1 tablespoon cake flour

2 1/4 cups sifted cake flour

2 1/4 teaspoons baking powder

1/2 teaspoon salt

1 2/3 cups sugar

1/3 cup butter, softened

2 large eggs

1 (14-ounce) can light coconut milk

1 tablespoon vanilla extract

Fluffy Coconut Frosting

2/3 cup flaked sweetened coconut, divided

Preheat oven to 350°.

Coat 2 (9-inch) round cake pans with cooking spray; dust with 1 tablespoon flour.

Combine 2 1/4 cups flour, baking powder, and salt, stirring with a whisk. Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (for about 5 minutes). Add eggs, 1 at a time, beating well after each addition. Add flour mixture and milk alternately to sugar mixture, beginning and ending with flour mixture. Stir in vanilla.

Pour batter into prepared pans. Sharply tap the pans once on countertop to remove air bubbles. Bake at 350° for 30 minutes or until a wooden pick inserted in the center comes out clean. Cool in pans 10 minutes on wire racks, and remove from pans. Cool completely on wire racks.

Place 1 cake layer on a plate; spread with 1 cup Fluffy Coconut Frosting. Sprinkle with 1/3 cup coconut. Top with remaining cake layer; spread remaining frosting over top and sides of cake. Sprinkle 1/3 cup coconut over top of cake. Store cake loosely covered in refrigerator.

(Totals include Fluffy Coconut Frosting.) CALORIES 298(24% from fat); FAT 7.9g (sat 5g,mono 1.7g,poly 0.3g); PROTEIN 3.4g; CHOLESTEROL 42mg; CALCIUM 52mg; SODIUM 273mg; FIBER 0.4g; IRON 1.6mg; CARBOHYDRATE 53.8g

Fluffy Coconut Frosting

HU: 1

This recipe goes with Double-Coconut Cake

4 large egg whites
1/2 teaspoon cream of tartar
Dash of salt
1 cup sugar
1/4 cup water
1/2 teaspoon vanilla extract
1/4 teaspoon coconut extract

Place egg whites, cream of tartar, and salt in a large bowl; beat with a mixer at high speed until stiff peaks form. Combine sugar and water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 238°. Pour hot sugar syrup in a thin stream over egg whites, beating at high speed. Stir in extracts.

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

NUTRITION PER SERVING

CALORIES 54(0.0% from fat); FAT 0.0g (sat 0.0g,mono 0.0g,poly 0.0g); PROTEIN 0.9g;
CHOLESTEROL 0.0mg; CALCIUM 1mg; SODIUM 32mg; FIBER 0.0g; IRON 0.0mg;
CARBOHYDRATE 12.7g

BUTTERMILK CORNBREAD

Source: Marlene Koch's Sensational Splenda Recipes

HU's: 2.59

Serves: 12

Posted by: CAROTS/Donna

Date: March 16, 2006

****My Notes:** This cornbread is moist, sweet, and not too heavy. Quick and easy. I served it right out of the oven..yummy:)

1 large egg plus 2 egg whites
3 Tablespoons margarine, melted
1 1/4 cups buttermilk
1 cup cornmeal
1 cup all-purpose flour
1/2 cup Splenda Granular
4 teaspoons baking powder
1/2 teaspoon baking soda
Pinch salt

Preheat oven to 375. Spray an 8 inch square pan or 9 inch pan with nonstick cooking spray

In a medium bowl, whisk together first 4 ingredients (eggs through vanilla). Set aside.

In a large bowl, combine the dry ingredients. Stir. Make a well in the center and pour in buttermilk mixture. Mix gently with a spoon just until all dry ingredients are wet.

Spoon batter into prepared pan. Bake for 20-25 minutes or until center springs back when light touched.

Calories: 125, Carbohydrate 19 grams, Protein: 4 grams, Fat 3.5 grams (2 saturated), Fiber 1 gram, Sodium 295 mil

Diabetic exchange=1 Carbohydrate, 1 Fat

Chicken with Lemon and Soy Sauce

So Easy, So Delicious by Ellie Deaner

Healthy Units: 5.48

Servings: 4

Posted by: Aimster04 (Amy)

Posted: March 17, 2006

Amy's Notes: This recipe has fast become a family favorite. It assembles and cooks quickly, which makes it perfect for a busy weeknight. I prefer to use chicken tenders because they are more uniform in size and save time. The lemon and soy sauce give the chicken a great tang. I usually serve it with Asian Green beans, and Brown Rice Royale.

1.25 lb boneless skinless chicken breast

1 egg white beaten

1/2 cup bread crumbs

1 T Olive Oil

3T lemon juice

3 T soy sauce

Pound chicken breasts until they are uniform in size.

Dip into egg and then bread crumbs.

Heat oil in a large skillet. Add chicken and sauté on both sides until almost golden brown. Don't cook all the way through. Combine lemon juice and soy sauce and add to skillet. Cover and cook 5-10 minutes until just tender

Per Serving: 249 Calories; 6g Fat: trace Dietary Fiber

Grilled Salmon with Sherry Vinegar-Honey Glaze and Spicy Tomato Relish

Recipe courtesy Bobby Flay/FN.com

Posted by Kwe730 (Kim)

March 18, 2006

HUs: 9 for the salmon, 1 for the relish

Yield: 4 servings

Kim's notes: You could easily sub balsamic vinegar for the sherry vinegar. I also cut back on the amount of vinegar and olive oil in the relish because it was just too much liquid for my taste.

Ingredients:

- 1 cup sherry vinegar
- 2 tablespoons Dijon mustard
- 1/4 cup honey
- 1 tablespoon Worcestershire sauce
- 1 tablespoon ancho chile powder
- Salt and freshly ground pepper, to taste
- 4 salmon fillets, 6 ounces each

Spicy Tomato Relish:

- 2 medium ripe tomatoes, chopped
- 2 tablespoons finely diced Spanish onion
- 2 tablespoons chopped parsley
- 1 teaspoon red pepper flakes
- 1 T red wine vinegar
- 1 T olive oil
- Salt and freshly ground pepper, to taste

In small saucepan over high heat, reduce vinegar to 1/4 cup. In mixing bowl, combine vinegar syrup with mustard, honey, Worcestershire and ancho chile powder and season to taste with salt and pepper. Let rest 30 minutes. Preheat grill. Brush salmon with the glaze and grill 3 minutes on each side. Serve with Spicy Tomato Relish.

For the Spicy Tomato Relish: Combine all ingredients in a bowl and season with salt and pepper to taste. Serve at room temperature.

Garlic Roasted Green Beans with Shallots and Hazelnuts

Recipe courtesy Bobby Flay/FN.com

Posted by Kwe730 (Kim)

Yield: 4 Servings

HUs: 3

March 18, 2006

Kim's notes: I cut back on the olive oil and the amount of hazelnuts to make this more point friendly.

Ingredients:

1 pound green beans, trimmed

1 shallot, thinly sliced

4 cloves garlic, crushed

1 Tablespoon olive oil

Salt and freshly ground pepper

1 teaspoon grated lemon zest

1/8 cup hazelnuts, toasted and chopped

Preheat oven to 425 degrees F.

Instructions:

Toss together green beans, shallots, garlic, oil and salt and pepper in a medium roasting pan.

Roast in the oven about 15 minutes until the beans are cooked through and light golden brown.

Remove from the oven and stir in the lemon zest and hazelnuts.

Transfer to a platter and serve.

Raspberry Cheesecake Parfaits for Two

D (Desserts)

Weight Watchers Make It Fresh

HU: 4

Servings: 2

Posted by CJMartin717 (Cindy)

March 18, 2006

Quick & Easy

Cindy's Comments: This is a wonderful parfait - tastes great and is pretty too. I liked having a "cheesecake" that only serves 2. I used GS shortbread cookies instead of the vanilla wafers.

1/4 cup light ricotta cheese

1/4 cup fat-free cream cheese

2 tablespoons sugar

1 cup raspberries

2 tablespoons seedless raspberry jam

6 tablespoons vanilla wafer cookie crumbs (about 10 cookies)*

2 tablespoons frozen reduced-calorie whipped topping, thawed

Place first three ingredients in a food processor; process until smooth, scraping sides of processor once.

Heat raspberry jam in the microwave for a few seconds to melt it. Combine raspberries and melted jam and stir gently. Spoon 1/4 cup raspberry mixture into each of 2 (8-ounce) parfait glasses. Top each with 2 tablespoons cheese mixture, 3 tablespoons cookie crumbs, 1/4 cup raspberry mixture, and 1 tablespoon whipped topping. Chill at least 2 hours before serving.

Per Serving: 244 calories, 5.9 g fat, 4.6 g fiber. 40.2 g carbohydrates, 8.6 g protein, 9 mg cholesterol, 269 mg sodium, 138 mg calcium. Exchanges: 2 1/2 starch, 1 fat.

CHOCOLATE LOAF

Source: Marlene Koch's 375 Sensational Splenda Recipes

HU's: 3

Servings: 12

Posted by: Donna/CAROTS

Date: March 20, 2006

*My Notes-Good quick bread for breakfast or snack. I would add some cream cheese, or top it with some cool whip, and add some berries. The only thing I did different was to strain the applesauce for a bit. Wrap up tight to keep it from drying out.

14 cup Margarine, softened
1/4 cup Brown Sugar
3/4 cup Splenda Granular
1 large egg
2 large egg whites
1/2 cup applesauce
1 teaspoon vanilla
1 1/2 cups all purpose flour
1/2 cup Dutch process cocoa powder
1 teaspoon baking powder
3/4 teaspoon baking soda
3/4 cup low fat plain yogurt

Preheat oven to 350. Coat a 9x5 inch loaf pan with nonstick cooking spray.

In a large bowl, with an electric mixer, cream together margarine and brown sugar. Beat in Splenda, and then eggs. On low speed, blend in applesauce and vanilla.

In a medium bowl, combine flour, cocoa powder, baking powder, and baking soda. With a large spoon or spatula, stir in the 1/2 the yogurt and then 1/2 of the flour mixture. Repeat, mixing just until blended. Do not overmix.

Spoon mixture into prepared pan and smooth. Bake for 50-55 minutes or until a toothpick or cake tester inserted into the middle of the loaf comes out dry. Cool in pan on wire rack for 10-15 minutes; then remove from pan.

Champ (Mashed Potatoes from Ulster)

Category: Side Dish; Vegetable

Source: The Essential Eating Well Cookbook

Healthy Units: 4

Servings: 4 (1 cup)

posted by CrissyBear (Christine)

March 21, 2006

Traditionally, this dish is made with potatoes and scallions and topped with a great deal of butter. Substituting leeks for scallions produces a mellower flavor, one that doesn't require a rich finish. Yukon golds also add buttery color and flavor.

Ingredients

1-1/2 pounds potatoes, preferably Yukon Gold, peeled and cut into chunks

1 cup chopped leeks, washed (I used only the white and light green part of the leeks)

1 cup 1% milk

1 tablespoon extra-virgin olive oil

1/4 teaspoon salt, or to taste

fresh ground pepper to taste

Instructions

Place potatoes in a saucepan and cover with cold salted water. Bring to a boil and cook, partially covered, until tender, about 15 minutes.

Meanwhile, combine leeks and milk in another saucepan. Bring to a simmer over low heat. Cook, partially covered, stirring occasionally, until the leeks are tender, about 15 minutes.

Drain the potatoes and return them to the pan. With a potato masher, mash until smooth. Stir in the oil and the warm leeks and milk. Season with salt and pepper.

Per Serving: 213 Calories; 4g Fat (1g Sat; 3g Mono); 4mg Chol; 36g Carbohydrate; 7g Protein; 3g Fiber; 192mg Sodium.

Slow-Cooker Pot Roast with Caramelized Onion Gravy

Category: Crockpot

Source: The Essential Cooking Well Cookbook

Healthy Units: 4

Servings: 12 (about 3 oz meat and 1/3 cup gravy)

Posted by CrissyBear (Christine)

March 21, 2006

Ingredients

1 4-pound top or bottom round beef roast, trimmed of fat

salt and pepper to taste

1 tablespoon extra-virgin olive oil, divided

2 large onions, thinly sliced (about 4 cups)

4 cloves garlic, minced

1 teaspoon dried thyme

1/2 cup strong brewed coffee or 1 tsp instant coffee granules dissolved in 1/2 cup water
(I used instant espresso coffee)

2 tablespoons balsamic vinegar

2 tablespoons cornstarch mixed with 2 tablespoons water

Season beef with salt and pepper. Heat 1/2 Tbsp oil in a large heavy skillet over medium-high heat. Add beef and sear until well browned on all sides, 5 to 7 minutes. Transfer to a 4-qt slow cooker.

Add the remaining 1/2 Tbsp oil to the skillet. 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; pour onion mixture over beef.

Cover and cook on high until beef is tender but not falling apart, about 4-1/2 hours. Transfer beef to a cutting board, tent with foil and let rest for about 10 minutes.

Meanwhile, pour juices from slow cooker into a medium saucepan. Skim off fat. 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 pepper. Carve the beef and serve with gravy.

Per serving: 174 Calories; 6g Fat (2g Sat; 3g Mono); 67mg Chol; 4g Carbo; 32g Protein; 0g Fiber; 99mg Sodium.

Red Lentil Mulligatawny with Apple-Celery Salsa

Category: Soups/Stews (ST)

Source: Cooking Light, March 2006

Healthy Units: 5.5

Servings: 4 (serving size: 1 cup soup and 1/4 cup salsa)

Posted by: ejwyatt (Emily)

Date: March 21, 2006

CL Notes: This rich, creamy soup will thicken as it cools. Thin with hot water, a tablespoon at a time, to the desired consistency. Lentils provide fiber, folate, and protein, as well as iron. The fresh topping adds vitamin C, plus a dose of quercetin.

Salsa:

2/3 cup finely chopped Granny Smith apple

1/4 cup finely chopped celery

1 tablespoon chopped fresh cilantro

1 tablespoon fresh lime juice

Soup:

3 1/2 cups fat-free, less-sodium chicken broth

1 cup dried small red lentils

1 cup chopped onion

1 1/2 cups light coconut milk

3 tablespoons tomato paste

1 teaspoon grated peeled fresh ginger

1/2 teaspoon ground cumin

1/8 teaspoon ground turmeric

1 teaspoon fresh lime juice

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

To prepare salsa, combine the first 4 ingredients; cover and chill.

To prepare soup, combine broth, lentils, and onion in a Dutch oven over medium-high heat; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until lentils are tender. Pour half of lentil mixture in a blender; let stand 5 minutes. Process until smooth. Pour pureed lentil mixture into a bowl. Pour remaining lentil mixture into blender; process until smooth. Add coconut milk, tomato paste, ginger, cumin, and turmeric; process until smooth. Return coconut milk mixture and remaining pureed lentil mixture to pan. Cover and simmer over medium heat 10 minutes. Remove from heat; stir in 1 teaspoon juice, salt, and pepper. Ladle about 1 cup soup into each of 4 bowls; top each serving with 1/4 cup salsa.

CALORIES 280(19% from fat); FAT 5.9g (sat 4.4g,mono 0.1g,poly 0.1g); PROTEIN 17.6g;
CHOLESTEROL 0.0mg; CALCIUM 50mg; SODIUM 677mg; FIBER 9.6g; IRON 4.1mg;
CARBOHYDRATE 42.4g

Eggplant-Tomato Casserole

Category: Vegetarian/Meatless (VG)

Source: Vegetarian Times, March 2006

Healthy Units: 2.5

Core: Yes, if you use fat-free feta

Servings: 6

Posted by: ejwyatt (Emily)

Date: March 21, 2006

VT Notes: Enjoy this hearty over hot orzo, whole-wheat couscous or fluffy millet. Or serve it with some crusty bread to sop up the juices.

Em's Notes: I served this over brown rice. It was a delicious low-point meal.

1 Tbsp + 2 tsp olive oil
2 medium-sized onions, halved and cut into thin slices
2 medium-sized red bell peppers, diced (about 2 cups)
3 cloves garlic, minced
2 tsp fennel seeds, crushed
2 tsp dried oregano
1 medium-sized eggplant (about 1 lb.), trimmed and diced (about 5 cups)
6 plum tomatoes, chopped
4 oz. feta cheese, crumbled (about 1 cup)
½ cup chopped fresh mint

Directions:

1. Preheat oven to 350F. Warm 1 Tbsp. oil in 6-qt. Dutch oven over medium-high heat. Add onions and bell peppers, and cook, stirring often, 8 to 10 minutes, or until onions are golden. Stir in garlic, fennel seeds and oregano, and cook 1 minute. Transfer to bowl.

2. Heat remaining 2 tsp olive oil in Dutch oven over medium heat. Add eggplant, and cook, stirring often, 8 minutes, or until lightly browned. Stir in tomatoes and onion-pepper mixture. Season to taste with salt and pepper.

3. Cover casserole and bake 50 minutes. Top with feta cheese and mint, and serve.

Per serving: 145 calories; 7 g fat (2.5 g sat); 7 mg cholesterol; 17 g carbohydrate; 6 g protein; 5 g fiber; 341 mg sodium.

Baby Squash with Capers & Parsley

Category: Vegetables

Adapted from epicurious.com

HU: 1/2 point per serving

Servings: 2

Posted by DebMj1

03/22/06

1/2 pound whole baby squash (I used whole baby zucchini and green & yellow pattypan)

1/2 teaspoon olive oil

1 Tablespoon water

1 1/2 Tablespoons capers, rinsed and drained

1 Tablespoon chopped fresh parsley

3/4 Tablespoon fresh lemon juice

Heat oil in small nonstick skillet over medium-high heat. Add squash and water. Cover; cook squash until almost crisp-tender, about 4 minutes. Uncover; stir until liquid evaporates and squash is crisp-tender, about 2 minutes. Transfer to bowl.

Add capers, parsley and lemon juice to squash and toss to coat. Season to taste with salt and pepper. Serve warm or at room temperature.

Spring Green Pasta Soup

Soup

MSN Recipe File

HU - 5

Servings | 4

Posted by Witchypooh29

March 24, 2006

Ingredients

- 4 cups reduced-sodium fat free chicken broth
- 2 cups water
- 4 ounces dried angel hair pasta, broken
- 2 medium leeks, sliced, or 2/3 cup sliced green onions
- 1 teaspoon bottled minced garlic
- 1-1/2 cups cubed cooked ham
- 4 ounces fresh sugar snap peas, cut in half crosswise (about 1 cup)
- 8 ounces fresh asparagus, cut into 1-inch pieces (about 1 cup)
- 2 tablespoons snipped fresh dill or 2 teaspoons dillweed
- 2 teaspoons finely shredded lemon peel

Directions

In a large saucepan, bring chicken broth and water to boiling. Add pasta, leeks, and garlic. Return to boiling; reduce heat. Boil gently, uncovered, about 3 minutes or until pasta is nearly tender. Add ham, sugar snap peas, asparagus, dill, and lemon peel. Return to boiling. Boil gently about 2 minutes more or until vegetables are crisp-tender.

268 Calories; 6g Fat (18.2% calories from fat); 26g Protein; 36g Carbohydrate; 3g Dietary Fiber; 29mg Cholesterol; 1183mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat.

Balsamic Eggplant Parmesan

Source: Three Fat Chicks on a Diet Website

Category: Vegetables

Healthy Units: 3

Servings: 6

Posted by Eileen (Classact75)

Date: March 26, 2006

My notes: I love eggplant and this is my favorite Eggplant Parmesan recipe. The ingredients I subbed are ones I always have in the house and don't affect the points. I don't care for nonfat mozzarella cheese but using that would lower the points to 2.1 per serving.

3 T. balsamic vinegar
4 tsp. olive oil, divided
1 tsp. salt
3/4 tsp. sugar, divided
1/2 tsp. oregano
1/2 tsp. freshly ground pepper
1 large eggplant (1 1/2 lb.), peeled and cut into 1/2-inch-thick slices
1 cup chopped onions
1 1/2 tsp. minced garlic
4 T dry white wine, divided
1 can (14 1/2 or 16 oz.) stewed tomatoes
1 cup seeded, chopped tomato (I used 14 1/2 oz can petite diced tomatoes, drained)
1/4 cup chopped fresh basil (I used 1 T dried)
1 cup shredded part-skim mozzarella cheese, divided (I used Kraft 2% milk mozzarella)
1 Tbsp. grated Parmesan cheese

Preheat oven to 400°F. Combine vinegar, 1 tablespoon of the oil, 1/2 teaspoon each salt and sugar, the oregano and pepper in bowl. Coat large cookie sheet with cooking spray. Brush both sides of eggplant with vinegar mixture and arrange in single layer on cookie sheet. Bake 15 minutes per side or until fork-tender.

Combine onions, garlic, 1 teaspoon oil and 2 tablespoons wine in large nonstick skillet; cook, stirring, over medium-high heat until onions are soft, 5 minutes. Stir in stewed tomatoes with their liquid, chopped tomato, basil, remaining 2 tablespoons wine, 1/2 teaspoon salt and 1/4 teaspoon sugar. Bring to boil over high heat; reduce heat and simmer uncovered, stirring occasionally to break up tomatoes, 10 minutes.

Spoon one third of the sauce into shallow 2-quart baking dish. Arrange half the eggplant over sauce. Spoon half the remaining sauce over eggplant. Sprinkle with 1/2 cup mozzarella. Top with remaining eggplant, sauce and mozzarella and the Parmesan. Cover with foil and bake 30 minutes. Bake uncovered 15 to 20 minutes more, until bubbly. Let stand 15 minutes before serving for easier cutting.

Curried Chicken on Basmati Rice with Summer Vegetables

from KSL's Marguerite

HU: 7

Servings: 8

Posted by Scarehair (Carrie)

March 28, 2006

My notes: I like to up the veggies (asparagus, roasted baby beets, etc.) as they add bulk w/out calories. In the summer I will grill the veggies rather than steam them.

1 pound boneless skinless chicken breast half
1 teaspoon Kosher salt
2 Tablespoons flour
2 Tablespoons vegetable oil
1 bunch green onions, thinly sliced on diagonal
1 Tablespoon curry powder
1 Cup chicken broth
1 Cup coconut milk (unsweetened)
2 whole limes, juiced
2 Tablespoons cilantro, chopped
2 Tablespoons vegetable oil
2 Cups carrots, julienned
2 Cups broccoli florets
2 whole yellow squash, thinly sliced
2 Cups basmati rice
4 Cups boiling water
1 Tablespoon kosher salt

1. On work surface, salt the chicken on both sides. Cut the chicken into thin strips, dredge in flour. Heat oil in skillet. Add chicken; sauté until brown and almost cooked through, transfer to plate.

2. Add green onions and curry to skillet. Cook 1 minute, stirring often. Add broth, reduce for 1 minute, add coconut milk, and cook another minute or two. Stir in lime juice, cilantro and the reserved chicken pieces. Simmer on low for 2 minutes. Taste for seasoning.

3. In separate skillet, heat oil. Add carrots, broccoli and squash; toss well, add salt and pepper; cover and steam for 3 minutes, tossing often. Veggies should be tender and slightly crunchy.

4. Cook rice in boiling water according to package directions.

5. To serve: place rice in center of platter; top with chicken mixture and surround rice with veggies.

CAL 341; FAT 11g; CHOL 33mg; CARB 43g; FIBER 3g

Three Grain Pilaf

Side dish/Grain

Source: WW Magazine, April 2006

HU: 2

Servings: 6

Posted by: Waneyvant

Date: March 28, 2006

1/4 cup pearl barley

1 tsp olive oil

2 medium leeks, trimmed to white & light green parts, cleaned, halved lengthwise, sliced

2 celery stalks, sliced

1/4 cup wild rice

1 (14 ½ oz) can reduced sodium chicken broth

1/2 cup water

1/2 cup brown rice

3 T. snipped fresh chives

2 T. chopped fresh parsley

Place barley in a large saucepan over medium heat. Cook, shaking pan and stirring constantly, until golden & fragrant, 4 to 5 minutes. Transfer to a plate and cool.

Heat oil in saucepan over low heat. Add leeks & celery; cook, stirring occasionally, until leeks soften, about 5 minutes. Add wild rice, broth, water & salt. Bring to a boil. Reduce heat and simmer, covered 10 minutes.

Stir in brown rice, bring to a boil. Reduce heat and simmer, covered, 15 minutes. Stir in barley, bring to a boil. Reduce the heat and simmer, covered until liquid absorbed and grains are tender but still chewy, 30 to 35 minutes. Remove saucepan from heat. Let stand until grains are tender, about 10 minutes. With a fork, stir in chives and parsley.

Per serving (1/2 cup): 147 calories, 2 g fat, 29 g carb, 4 g fib, 5 g prot.

Mac and Cheese With Roasted Tomatoes

Main Dish

From Cooking Light March 2006

HU: 9

Servings: 10

Posted by: Scarehair (Carrie)

March 28, 2006

My notes: I used fat free skim milk in my recipe which brought HUs down to 8. This is better the next day. Keep in mind that it is a mild flavor. I prefer more kick so I sprinkled my serving with red pepper flakes. My kids liked this as-is. I think it would be good to roast other veggies like asparagus and zucchini to create a one-pan meal. Cooking spray

8 plum tomatoes, cut into 1/4" thick slices (about 2 lbs)

1 Tablespoon olive oil

1 Tablespoon minced fresh thyme (I used basil)

3/4 teaspoon salt, divided

4 garlic cloves, thinly sliced

1 pound uncooked multigrain whole wheat elbow macaroni (such as Barilla Plus)

1/2 Cup all purpose flour

5 Cups 1% lowfat milk

1 1/2 Cups (6 ounces) shredded extra-sharp white cheddar cheese

1 Cup (4 ounces) shredded fontina cheese

1/2 teaspoon black pepper

1/2 Cup (2 ounces) shredded Parmesan cheese

1/3 Cup dry breadcrumbs

1/2 teaspoon paprika

Preheat oven to 400 degrees.

Cover a baking sheet with aluminum foil, and coat foil with cooking spray. Arrange tomato slices in a single layer on baking sheet. Drizzle with olive oil, sprinkle with thyme, 1/4 teaspoon salt and garlic. Bake at 400 degrees for 35 minutes or until tomatoes start to dry out.

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

Place flour in a large Dutch oven, gradually adding milk, stirring with a whisk constantly. Add cheddar, fontina, remaining 1/2 teaspoon salt, and pepper, stirring until cheese melts. Remove from heat. Stir in tomatoes and pasta. Spoon into a 9x13" pan coated with cooking spray. Combine parmesan cheese, breadcrumbs and paprika; sprinkle over pasta mix. Bake at 400 for 25 minutes or until bubbly. Yield 10 servings (servings size 1 Cup)

CAL 411 (31% from fat); FAT 14g (sat 6.9, mono 2.9, poly 0.9); PROTEIN 22.8g; CARB 49.9g; FIBER 4.7g; CHOL 39mg; IRON 2.5mg; SODIUM 638 mg.; CALC 414mg

Andouille and Red Beans with Rice

Category: Rice/Pasta/Grains (RP)

Source: Cooking Light, March 2006

Healthy Units: 4.5

Servings: 4

Posted by: ejwyatt (Emily)

Date: March 31, 2006

CL Notes: Prepare and bake a corn bread mix while the red beans and rice are cooking.

1 (3 1/2-ounce) bag boil-in-bag long-grain rice (I used 4 1/2-C servings of long cook brown rice). Cooking spray
4 ounces andouille sausage, diced
1 cup chopped red bell pepper
1 cup pre-chopped onion
1 1/2 to 2 teaspoons salt-free Cajun seasoning
1 teaspoon dried thyme leaves
1/2 teaspoon hot pepper sauce (such as Tabasco)
1 (16-ounce) can dark kidney beans, rinsed and drained
1 (14-ounce) can fat-free, less-sodium chicken broth
1/4 cup chopped fresh parsley
1/2 teaspoon salt

Cook rice according to the package directions, omitting salt and fat.
Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add sausage; cook 3 minutes or until lightly browned. Using a slotted spoon, transfer sausage to a bowl, and keep warm.

Add bell pepper, onion, Cajun seasoning, thyme, and hot pepper sauce to pan; sauté 3 minutes or until onions are tender. Add beans and broth to pan; cook 8 minutes or until thick, mashing half the beans. Add sausage, parsley, and salt to pan; cook 1 minute or until thoroughly heated, stirring occasionally. Serve over rice.

Yield: 4 servings (serving size: about 3/4 cup bean mixture and about 1/2 cup rice)

CALORIES 245(21% from fat); FAT 5.6g (sat 2.1g,mono 2.4g,poly 0.8g); PROTEIN 11.7g; CHOLESTEROL 20mg; CALCIUM 41mg; SODIUM 900mg; FIBER 4.2g; IRON 2.7mg; CARBOHYDRATE 37g

Lesley's Chicken Paprikash

Entrees

Modified from Joy of Cooking

Healthy Units 9

Servings: 4

Posted by MRSCOUSCOUS

04/01/06

Ingredients

1 Tbsp. + 1 tsp. olive oil, divided
1 1/2 pounds boneless skinless chicken breast, cut into 1" pieces
1 cup thinly sliced onions
4 whole cloves garlic, minced
2 tablespoons all-purpose flour
1/4 cup sweet paprika
salt and pepper, to taste
1 bay leaf, whole
1 1/2 cups low sodium chicken broth
1 cup light sour cream
6 ounces uncooked whole wheat egg noodles (I use "Ronzoni Healthy Harvest")
2 tablespoons fresh lemon juice
1/4 cup chopped parsley

Instructions

1. Heat 1 tsp. oil in a large skillet or dutch oven. Add chicken; brown on both sides. Remove from skillet/dutch oven.
2. Heat 1 tbsp. oil; add onions and garlic. Cook until soft and translucent, about 5-minutes. Sprinkle with flour, paprika, salt and pepper; cook one minute. Add bay leaf and chicken broth; bring to a boil. Turn down to a simmer; cook 15-20 minutes, or until sauce is thickened.
3. While the sauce is simmering, boil the water and cook the egg noodles.
4. Add chicken back into sauce; cook through. Stir in sour cream until thoroughly blended. Cook one minute
5. Drizzle fresh lemon juice over the top; sprinkle with parsley. Serve over egg noodles

Original recipe called for "chicken pieces" (which I'm assuming were bone-in/skin-on), reg sour cream, buttered egg noodles and butter. It was like 740 calories for one serving!

Per Serving (excluding unknown items): 467 Calories; 9g Fat (17.5% calories from fat); 53g Protein; 46g Carbohydrate; 6g Dietary Fiber; 103mg Cholesterol; 329mg Sodium.

Queensland Crab and Asparagus Soup

Source: WW New International Cookbook

Category: Soup

Healthy Units: 3.2

Servings: 2

Posted by: Eileen (Classact75)

Date: April 1, 2006

WW Notes: A richly elegant and delicately flavored soup.

Eileen's Notes: This was a very creamy soup and tasted great reheated the next day. The recipe could easily be doubled or tripled for more servings. I used 1% milk since I never buy skim milk and this increased the points to 4 per serving.

2 tsp. reduced-calorie margarine
1/3 cup chopped onion
1/3 cup chopped celery
2 T finely chopped carrot
1 garlic clove, minced
½ tsp. minced shallots
1 T all-purpose flour
2 cups skim milk
1 T dry sherry
½ bay leaf
½ tsp. salt
½ tsp. Worcestershire sauce
½ tsp. grated lemon peel
1/8 tsp. white pepper
1/8 tsp. thyme leaves
3 ounces well-drained thawed frozen crab meat, flaked (I used a can of Chicken of the Sea jumbo lump crab meat, drained)
½ cup sliced asparagus spears

In 1 ½ quart saucepan heat margarine over medium-high heat until bubbly and hot; add onion, celery, carrot, garlic, and shallots and sauté; stirring occasionally, until vegetables are softened, 2 to 3 minutes. Sprinkle with flour and stir quickly to combine; stirring constantly, gradually adding milk and cook until sauce is smooth. Add remaining ingredients except crab meat and asparagus and bring to a boil. Reduce heat to low and add crab meat and asparagus; cover pan and cook; stirring occasionally, until soup is thickened and asparagus is tender, 20 to 30 minutes. Remove and discard the bay leaf before serving.

Banana Rum Coconut Cookies

CB (Cookies/Bars)

Source: Cooking Light, April 2006

HU: 2-2.4

Servings: 20-24

Posted by: CJMartin717 (Cindy)

April 2, 2006

CL notes - from a finalist in a reader recipe contest: "I love oatmeal cookies, so I did my best to come up with a low-fat version." -Christine Dohlmair, Valrico, FL

Cindy's Notes: I got 24 (2 dozen) cookies which changes the HUs from 2.4 per cookie to 2 per cookie. I subbed white whole wheat flour for the all-purpose which did not significantly impact the HUs. The picture showed flat cookies, mine didn't spread out and are more round - like a ball. I liked the chewy, soft texture.

2/3 cup packed dark brown sugar
1/2 cup ripe mashed banana (about 1 medium)
1/2 cup reduced-fat mayonnaise
1 teaspoon rum
3/4 cup all-purpose flour (about 3 1/3 ounces)
1 cup quick-cooking oats
1/2 cup flaked sweetened coconut
1/2 cup golden raisins
1/2 cup chopped walnuts
1 teaspoon baking powder
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
Dash of ground ginger

Preheat oven to 350°.

Place first 4 ingredients in a large bowl; beat with a mixer at medium speed until blended. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and remaining ingredients, stirring with a whisk. Stir flour mixture into banana mixture. Drop dough by 2 tablespoonfuls onto parchment paper-lined baking sheets. Bake at 350° for 19 minutes or until lightly browned. Remove from pan; cool completely on a wire rack.

Yield: 20 cookies (serving size: 1 cookie)

NUTRITION PER SERVING

CALORIES 118(28% from fat); FAT 3.7g (sat 1.1g,mono 0.3g,poly 1.5g); PROTEIN 1.7g; CHOLESTEROL 0.0mg; CALCIUM 26mg; SODIUM 86mg; FIBER 1.1g; IRON 0.6mg; CARBOHYDRATE 19.9g

Chicken Thighs with Saffron, Green Olives and Mint

Category: Poultry

Source: Mario Batali

HU: 6 per serving

Servings: 6

Posted By: Trish Blau

Date: April 2, 2006

12 skinless chicken thighs
2 tablespoons olive oil
2 large red onion, thinly sliced
1/2 teaspoon saffron threads
1 cup green olives
1 medium carrot, finely chopped
3 cups nonfat chicken broth
1/2 cup fresh mint leaves
1/4 cup flour

Notes: You could probably reduce points even further by reducing the oil and using chicken breasts. This is a Mario Batalli recipe that we modified last week.

Spread the flour on a plate. Season the chicken thighs with salt and pepper and dredge in the flour. In a dutch oven, heat the olive oil over medium high heat. Add the thighs, 6 at a time, and brown well on all sides. Transfer to a plate.

Add the onions and saffron to the pot and cook until the onions are softened, 8 to 10 minutes. Add the olives, carrot, and stock and bring to a boil. Return the chicken thighs to the pot, arranging them in a single layer, and bring to a boil. Lower the heat to a simmer, cover the pot tightly, and simmer for 15 minutes.

Remove the lid and cook, uncovered, until the chicken is just cooked through, about 10 minutes. Transfer the chicken to a platter. Season the sauce with salt and pepper to taste, then add the mint leaves. Pour the sauce over the chicken thighs and serve.

Chicken with Lime Sauce

Main Dish

Cooking Light April 2006

HU: 6

Servings: 4 (serving size: 1 chicken breast half and 2 tablespoons sauce)

Posted By: Scarehair (Carrie)

April 2, 2006

CL Notes: sub lemon if you don't have limes on hand. Garnish with chopped parsley or chives.

My notes: Great pantry meal. This will be on regular rotation at our house. CL served these with Cumin Roasted Potatoes which were great. I would also serve this with couscous.

4 (6-ounce) skinless, boneless chicken breast halves

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 teaspoons olive oil

Cooking spray

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

1 tablespoon brown sugar

3 tablespoons lime juice, divided

2 teaspoons Dijon mustard

2 tablespoons water

1 teaspoon cornstarch

1 tablespoon butter

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Sprinkle chicken with salt and pepper.

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

Add chicken; cook 4 minutes on each side or until browned. Remove from pan; keep warm.

Add chicken broth, sugar, 2 tablespoons juice, and mustard to pan; cook over medium heat, scraping pan to loosen browned bits.

Combine water and cornstarch in a small bowl. Add cornstarch mixture to pan; stir well with a whisk. Bring to a boil over medium-high heat; cook 1 minute or until sauce thickens slightly. Whisk in remaining 1 tablespoon lime juice and butter, stirring until butter melts. Return chicken to pan; simmer 2 minutes or until chicken is thoroughly heated.

CALORIES 260(26% from fat); FAT 7.5g (sat 2.7g,mono 3.1g,poly 0.8g); PROTEIN 40.7g; CHOLESTEROL 106mg; CALCIUM 32mg; SODIUM 382mg; FIBER 0.1g; IRON 1.8mg; CARBOHYDRATE 5.4g

Beer-Cheddar Spread

Category: Appetizers/Snacks/Dips (A)

Source: Vegetarian Times, March 2006

Healthy Units: 1 (per Tbsp)

Servings: 32

Posted by: ejwyatt (Emily)

Date: April 2, 2006

Quick and Easy

VT Notes: Serve this with breads, crackers and celery sticks. Spanish smoked paprika adds an earthy sweetness; it's available at some specialty food stores and supermarkets or online at tienda.com.

Em's Notes: The smoked paprika adds dimension to this spread. Definitely use the smoked if you can find it. The first time I made this I only had Kraft Fat Free Shredded Cheddar. The flavor was good, but the consistency was strange. This batch with the 2% shredded cheddar has a much smoother and pleasing consistency.

2 cups finely grated sharp Cheddar cheese (about 8 oz.) (I used Kraft 2% sharp cheddar)

4 oz. reduced-fat cream cheese

2 tsp. vegetarian Worcestershire sauce

1 tsp. dry mustard

1/2 tsp. smoked or regular paprika

1/2 tsp. garlic powder

1/3 cup Pilsner beer, room temperature

Directions:

1. Place cheeses in food processor. Add Worcestershire, mustard, paprika and garlic powder. Process until blended.

2. Add beer slowly, blending until mixture is smooth and spreadable. Refrigerate, covered, up to one week, until ready to use.

PER TABLESPOON: 42 CAL; 2 G PROT; 3 G TOTAL FAT (2 SAT. FAT); 0 G CARB.; 10 MG CHOL; 63 MG SOD.; 0 G FIBER

No-Bake Lemon Pie

Category: Desserts (D)

Source: Vegetarian Times, January 2006

Healthy Units: 6.5 (5 with my changes)

Servings: 8

Posted by: ejwyatt (Emily)

Date: April 2, 2006

Em's Notes: This is a very lemony pie. The nutritionals listed are based on the original recipe.

1 Cup sugar (I used $\frac{1}{2}$ cup sugar / $\frac{1}{2}$ cup Splenda)
3 Tablespoons cornstarch
3 large egg
5 ounces fat-free evaporated milk
1 cup lemon juice
1 Tablespoon lemon zest
3 Tablespoons butter (I used light butter)
1 9 inch fat graham cracker pie crust (I used a reduced fat crust)

Combine sugar and cornstarch in bowl. Set aside. Whisk together eggs and evaporated milk in saucepan. Add lemon juice, lemon zest and sugar-cornstarch mixture to egg mixture. Whisk to combine.

Bring mixture to a boil over medium heat, whisking constantly. Continue to cook 3 minutes, whisking constantly or until mixture has thickened and whisk strokes leave defined lines in the mixture. Remove from heat, and whisk in butter until melted.

Press lemon curd through sieve into bowl to eliminate any lumps.

Pour into graham cracker crust. Cool on wire rack, and chill well before serving.

Decorate with fresh or candied lemon slices, if desired.

Per Serving (excluding unknown items): 294 Calories; 11g Fat; 5g Protein; 45g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 175mg Sodium.

Vidalia Onion Risotto with Feta Cheese

Category: Rice/Pasta/Grains (RP)

Source: Cooking Light, April 1997

Healthy Units: 6.5

Servings: 5

Posted by: ejwyatt (Emily)

Date: April 2, 2006

CL Notes: This fusion risotto from our June 1995 issue incorporates tangy Greek feta cheese and Georgia's sweet Vidalia onions with Italian Arborio rice. The vegetable broth adds a refreshing twist to the dish which traditionally calls for beef stock. Serve immediately, or it may lose its creaminess.

Em's Notes: I cut the recipe in half and made the ½ recipe 3 servings (the points drop to 5.5).

2 teaspoons vegetable oil
2 cups chopped Vidalia or other sweet onion
2 large garlic cloves, minced
1 1/2 cups uncooked Arborio or other short-grain rice
2 (14 1/2-ounce) cans vegetable broth
1/2 cup (2 ounces) crumbled feta cheese, divided (I used light French Feta)
1/3 cup chopped fresh flat-leaf parsley
1/4 cup (1 ounce) grated Parmesan cheese
Freshly ground pepper

Heat oil in a medium saucepan over medium heat. Add onion and garlic; sauté 1 minute. Stir in rice. Add 1/2 cup broth; cook until liquid is nearly absorbed, stirring constantly. Add remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is nearly absorbed before adding the next portion of broth. Remove from heat; stir in 1/4 cup feta cheese, parsley, and Parmesan cheese. Spoon rice mixture into a serving bowl; top with 1/4 cup feta cheese and pepper.

Yield: 5 servings (serving size: 1 cup)

CALORIES 321(19% from fat); FAT 6.6g (sat 2.9g,mono 1.5g,poly 1.1g); PROTEIN 8.5g; CHOLESTEROL 13mg; CALCIUM 135mg; SODIUM 606mg; FIBER 2.3g; IRON 3.1mg; CARBOHYDRATE 56.1g

Crumb Coffeecake

The Best Light Recipe

Healthy Units: 4

Servings: 12

Posted By: Bawstinn32 (Maria)

April 3, 2006

1 1/2 cups all-purpose flour
1/2 cup cake flour
3/4 cup packed brown sugar
1/2 teaspoon salt
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1 teaspoon cinnamon
3 tablespoons butter -- softened
1 tablespoon butter -- melted and cooled
1/2 cup sugar
2 whole eggs
1 teaspoon vanilla
3/4 cup plain low-fat yogurt

Preheat oven to 350. Spray an 8-inch square pan with cooking spray. Whisk the flours, 1/2 cup of the brown sugar, salt, baking powder and baking soda together in a medium bowl. Remove 1/4 cup of the flour mixture and mix it with the remaining 1/4 cup of brown sugar and cinnamon in a small bowl.

Beat the 3 tablespoons of softened butter and the granulated sugar together with an electric mixer on medium speed until light and fluffy. Add the eggs, one at a time, beating well after each addition.

Reduce the mixer speed to low. Beat in one-third of the flour mixture until just incorporated, followed by the vanilla and one-third of the yogurt, scraping down the sides as needed. Repeat the process twice more, alternating between the flour mixture and the yogurt until the ingredients are just incorporated. Do not over mix. Scrape the cake batter into the prepared pan. Stir the 1 tablespoon of melted butter into the reserved cinnamon mixture and toss gently with a fork until the butter is evenly distributed, creating some large pea-sized crumbs. Sprinkle the crumb mixture evenly over the batter.

Bake until the crumb topping is golden brown and a toothpick inserted in the center comes out with a few crumbs attached, 35 to 45 minutes, rotating the pan halfway through baking. Transfer the baking pan to a wire rack and let the cake cool completely before cutting into squares.

Per Serving (excluding unknown items): 215 Calories; 5g Fat (21.2% calories from fat); 4g Protein; 39g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 203mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 1/2 Other Carbohydrates

Green Beans with Garlic Vinaigrette

Category: Vegetable

Source: CL September 2003

Healthy Units: 1

Servings: 12

Posted by: Andygrammy (Claudia)

Date: 4/3/06

Claudia's Comments: These were fabulous- used TJ's skinny little green beans, which are the only ones I like. Forgot to add the fresh thyme and they were still great.

Ingredients:

VINAIGRETTE:

1/2 teaspoon grated lemon rind
1 tablespoon fresh lemon juice
2 teaspoons extravirgin olive oil
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 garlic cloves, minced

BEANS:

2 1/2 pounds green beans, trimmed
1/3 cup sliced almonds, toasted
1 tablespoon fresh thyme leaves

Instructions:

To prepare vinaigrette, combine first 7 ingredients in a small bowl, stirring with a whisk. To prepare beans, cook beans in a large pot of boiling water 4 minutes or until crisp-tender. Drain well. Place beans in a large bowl. Add lemon mixture; toss well to coat. Sprinkle with almonds and thyme.

Yield: 12 servings (serving size: 1 cup)

CALORIES 54(38% from fat); FAT 2.3g (sat 0.2g,mono 1.5g,poly 0.5g); PROTEIN 2.4g; CHOLESTEROL 0.0mg; CALCIUM 45mg; SODIUM 113mg; FIBER 3.6g; IRON 1.1mg; CARBOHYDRATE 7.7g

Mashed Potatoes with Roasted Garlic and Rosemary

Category: Vegetable/Potato

Source: Cooking Light November 2000

Healthy Units: 2

Servings: 8 (serving size: 1/2 cup)

Posted by Andygrammy (Claudia)

Date: 4/3/06

CL Comments: Yukon gold potatoes taste richer and whip up creamier than russets, but you can use either variety.

Claudia's Comments: These were unusual with all the chopped onions, but very good. I didn't have Yukon Golds, but I think they would make a prettier dish. These are almost fat-free.

Ingredients:

2 whole garlic heads
2 pounds cubed peeled Yukon gold potato
1 cup chopped onion
2 tablespoons plain fat-free yogurt
1 teaspoon dried rosemary, chopped
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Directions:

Preheat oven to 350°.

Remove white papery skin from garlic heads (do not peel or separate the cloves). Wrap each head separately in foil. Bake at 350° for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.

Place potato and onion in a saucepan; cover with water, and bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potato is tender. Drain in a colander over a bowl, reserving 1/4 cup cooking liquid. Combine garlic, potato mixture, 1/4 cup cooking liquid, and remaining ingredients; mash with a potato masher.

CALORIES 93(2% from fat); FAT 0.2g (sat 0.1g,mono 0.0g,poly 0.1g); PROTEIN 2.8g; CHOLESTEROL 0.0mg; CALCIUM 30mg; SODIUM 230mg;

Salmon with Sweet-and-Sour Pan Sauce

Category: Fish

Source: Cooking Light, March 2004

Healthy Units: 7

Servings: 4 (serving size: 1 fillet and 1 1/2 tablespoons sauce)

Posted by: Andygrammy (Claudia)

Date: 4/3/06

CL comments: Sautéing the salmon in a little oil creates a beautiful crust. This sauce is thin but flavorful--perfect with salmon.

Claudia's Comments: The crispy outside of this is delicious- simple to adapt to fewer servings. I just made the full sauce recipe and only used 1/4 of it to serve one.

Ingredients:

- 1 tablespoon vegetable oil
- 1/4 cup fat-free, less-sodium chicken broth
- 2 tablespoons brown sugar
- 2 tablespoons fresh lime juice
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon fish sauce
- 2 garlic cloves, minced
- 4 (6-ounce) salmon fillets (about 1 inch thick)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Instructions:

Heat oil in a large nonstick skillet over low heat.

Combine broth and next 5 ingredients (broth through garlic).

Increase heat to medium-high, and heat 3 minutes.

While pan heats, sprinkle fillets with salt and pepper. Add fillets to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork. Remove fillets from pan. Drain fat from pan, and discard fat. Add broth mixture to pan, scraping to loosen browned bits. Bring to a boil; cook 30 seconds. Remove from heat. Serve sauce over fish.

CALORIES 309(41% from fat); FAT 14.2g (sat 3.3g,mono 5.9g,poly 3.8g); PROTEIN 37g; CHOLESTEROL 87mg; CALCIUM 31mg; SODIUM 736mg; FIBER 0.1g; IRON 0.9mg; CARBOHYDRATE 6.3g

Almond Biscotti II

Cookies/Bars

Source: Cooking Light Lose Weight Cookbook

Healthy Units: 1.6 as written

Servings: Recipe says 2-1/2 dozen, I got 3-1/2 dozen decent sized biscotti

Posted by Tracy (Nikkie1t)

April 5, 2006

My comments: These might be my new favorite. I increased the almond extract, added vanilla, and also added some mini chocolate chips. The points are calculated w/o the added chocolate chips.

2 eggs

1 egg white

1/4 cup sugar

1/4 teaspoon almond extract (I used 1 teaspoon almond extract and 1 teaspoon vanilla)

2-1/3 cups all-purpose flour

3/4 teaspoon baking soda

1/4 teaspoon salt

1/2 cup sugar

1/4 cup chocolate wafer crumbs

1 (2-oz) package slivered almonds, coarsely chopped and toasted

Beat eggs and egg white at high speed of an electric mixer 3 minutes. Gradually add 1/4 cup sugar, beating at high speed. Add almond (and vanilla) extract, and beat 2 additional minutes.

Combine flour and next 4 ingredients in a medium bowl, stirring well; stir in almonds. Slowly add egg mixture to flour mixture, stirring until dry ingredients are moistened (dough will be stiff).

Turn dough out onto lightly floured surface, and knead lightly 7 or 8 times. Divide dough in half; shape each half into an 8 inch log. Place logs, 4 inches apart, on a baking sheet covered with cooking spray. Bake at 350 degrees for 40 minutes (mine only took 30 minutes). Remove from oven, and let cool 15 minutes.

Using a serrated knife, cut each log diagonally into 15 (1/2 inch thick) slices; place slices, cut side down, on baking sheet. Reduce oven temperature to 300 degrees and bake 23 minutes. Cookies will be slightly soft in center but will harden as they cool. Remove from baking sheet, and let cool completely on wire racks. Yield: 2-1/2 dozen (I got 3-1/2 dozen).

Per cookie: 75 calories, 1.6 g. fat, 2.0 g. protein, 13.3 g. carbohydrates, 15 mg. cholesterol, 60 mg. sodium

Navajo Beef and Chile Stew

Category: Soups and Stews

Source: Let's Get Cooking Newsletter Club

Healthy Units: 5 (see my comments)

Core: Yes

Servings: 4 (see my comments)

Posted by CrissyBear (Christine)

April 6, 2006

My comments: If you want to get away from traditional stew or enjoy something in between stew/chile, this is the way to go. I used a full pound of stew meat and added 1 can pinto beans (rinsed and drained) to the mixture. I was able to serve 6 (1-1/4 cup) at 4 points (232 Calories; 7g Fat; 4g Dietary Fiber)

3/4 pound lean beef stew meat -- cut into 3/4-inch cubes

1 large onion

2 large cloves garlic -- minced

1 can ready cut tomatoes with juice -- (14.5 ounce)

1 can diced green chiles -- (7 ounce) drained

1 can whole kernel corn -- (18.5 ounce) undrained

1 1/2 teaspoons dried oregano

1 teaspoon ground cumin

1/2 teaspoon salt

1/4 teaspoon ground red pepper

2 tablespoons yellow cornmeal

Combine all ingredients, except cornmeal, in a 3 1/2-quart crockpot, mixing well. Cover and cook on LOW for 7 to 8 hours or until meat is tender. Turn control to HIGH. Stir in cornmeal. Cover and cook on high 20 to 25 minutes.

Barley Risotto with Julienne Chicken and Parmesan

Category: Poultry

Source: Cooking Light Website

Healthy Units: 5

Servings: 9 (1 cup)

Posted by: Andygrammy (Claudia)

Date: 4/7/06

Claudia's Comments: We ate 1.5 cup servings of this for 8 points each. 1 cup would be a good lunch serving. Comments on the website claim it freezes well, so that is what I did with the leftovers.

Ingredients:

1 tablespoon olive oil
3/4 cup diced carrot
1 thyme sprig
3/4 cup diced celery
3/4 cup thinly sliced leek
1/2 cup finely chopped onion
1/2 teaspoon salt
1/4 teaspoon pepper
6 (4-ounce) skinned, boned chicken breast halves, cut into 1/4-inch strips
1 3/4 cups uncooked pearl barley (about 12 ounces)
6 cups fat-free chicken broth
1 cup water
1/3 cup chopped fresh flat-leaf parsley
1/4 cup (1 ounce) grated fresh Parmesan cheese

Instructions:

Heat oil in a Dutch oven over medium-high heat. Add carrot and thyme; sauté 1 minute. Add celery, leek, and onion; sauté 1 minute. Add salt, pepper, and chicken; sauté 5 minutes. Add barley; sauté 1 minute. Add broth and water; bring to a boil. Cover, reduce heat, and simmer 40 minutes. Remove from heat; discard thyme sprig. Stir in parsley and cheese.

CALORIES 281(12% from fat); FAT 3.8g (sat 1.1g,mono 1.7g,poly 0.6g); PROTEIN 27.6g; CHOLESTEROL 46mg; CALCIUM 74mg; SODIUM 362mg; FIBER 6.9g; IRON 2mg; CARBOHYDRATE 33.9g

Broiled Salmon with Marmalade-Dijon Glaze

FS (Fish/Seafood)

Cooking Light, April 2006

HU: 8.5

Servings: 4

Posted by: CJMartin717 (Cindy)

April 7, 2005

CL: Although quick enough for a hectic weeknight, this dish will impress guests. Serve with salad and roasted potatoes.

Cindy: I made a half recipe and loved the flavor. My fish needed a little more time to cook; but, the glaze was starting to get too brown under the broiler; so, I moved it to a 350° oven for another 3-4 minutes. The serving size is generous.

1/2 cup orange marmalade

1 tablespoon Dijon mustard

1/2 teaspoon garlic powder

1/2 teaspoon salt

1/4 teaspoon black pepper

1/8 teaspoon ground ginger

4 (6-ounce) salmon fillets

Cooking spray

Preheat broiler.

Combine first 6 ingredients in a small bowl, stirring well. Place fish on a jelly-roll pan coated with cooking spray. Brush half of marmalade mixture over fish; broil 6 minutes. Brush fish with remaining marmalade mixture; broil for 2 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Yield: 4 servings (serving size: 1 fillet)

NUTRITION PER SERVING

CALORIES 377(32% from fat); FAT 13.4g (sat 3.1g,mono 5.8g,poly 3.3g); PROTEIN 36.6g; CHOLESTEROL 87mg; CALCIUM 42mg; SODIUM 488mg; FIBER 0.4g; IRON 0.8mg; CARBOHYDRATE 27.3g

Squashes and Brown Rice Primavera

RP (Rice/Pasta/Grains)

Source: The Mayo Clinic Williams-Sonoma Cookbook

HU: 3.4

Servings: 6

Posted by: CJMartin717 (Cindy)

April 7, 2006

Cindy's Notes: I added about 2 tablespoons chopped red onion with the garlic. This was quick and easy since I already had the rice leftover and the squashes pre-chopped.

2 zucchini
2 yellow crookneck squashes
3 cups cooked, cold brown rice
2 garlic cloves, minced
1/2 teaspoon ground pepper
1/4 cup water
1 large tomato, seeded and diced
1/2 cup chopped fresh basil
1/4 cup chopped fresh flat-leaf parsley
1/4 cup grated Parmesan cheese

Halve the zucchini and squash lengthwise, then cut crosswise into 1/2-inch thick pieces.

Put the rice in a large bowl and gently separate the grains with a fork to break apart any lumps.

Coat a large nonstick frying pan with nonstick cooking spray and place over medium-high heat. Add the garlic and sauté for 30 seconds. Add the zucchini, squash and pepper and sauté 3 minutes.

Stir in the water, cover and cook until the vegetables are tender when pierced, about 3 minutes.

Uncover and add the rice. Cook, stirring constantly until heated through, 3-4 minutes. Stir in the tomato, basil, parsley, and cheese.

Per serving: 176 calories, 6 g protein, 32 g carbohydrates, 3 g total fat, 1 g saturated fat, 4 mg cholesterol, 97 mg sodium, 2 g dietary fiber.

Penne and Chicken Tenderloins with Spiced Tomato Sauce

RP (Rice, Pasta, Grains)

Cooking Light, April 2006

HU: 6.9 for 6 servings - 8.7 for 4 servings

Servings: 6 (about 1 cup) or 4 (about 1 ½ cups)

Posted by: CJMartin717 (Cindy)

April 8, 2006

CL: Any small pasta will work in this quick, easy entrée. Ground fennel and coriander bring a welcome complexity to the chicken and impart their flavor to the sauce.

Cindy's Comments: I used canned petite cut diced tomato with mushrooms. The sauce is thin and I might drain off 1 or 2 Tablespoons of liquid from the tomatoes next time. I subbed anise seed for the fennel and loved the mix of flavors.

1 teaspoon ground fennel seed
1 teaspoon dried basil
1/2 teaspoon salt
1/2 teaspoon ground coriander
1/4 teaspoon freshly ground black pepper
1 pound chicken breast tenders, cut into (1-inch) pieces
1 tablespoon olive oil
4 garlic cloves, minced
4 cups canned diced tomatoes, undrained
1 cup white wine
8 ounces uncooked penne
1/4 cup (1 ounce) freshly grated Parmigiano-Reggiano cheese
1/4 cup chopped fresh basil

Combine first 5 ingredients in a small bowl; rub over chicken.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 4 minutes, turning once. Remove from heat; set aside.

Reduce heat to medium. Add garlic; sauté 30 seconds or until garlic is soft. Add tomatoes and wine, scraping pan to loosen browned bits. Bring to a boil. Reduce heat, and simmer 15 minutes. Add chicken, and simmer 5 minutes.

Cook pasta according to package directions, omitting salt and fat. Drain. Toss pasta with sauce in a large bowl. Sprinkle with cheese and basil.

NUTRITION PER SERVING (4 SERVINGS)

CALORIES 446(15% from fat); FAT 7.2g (sat 1.9g,mono 3.2g,poly 0.8g); PROTEIN 38.5g; CHOLESTEROL 70mg;
CALCIUM 153mg; SODIUM 774MG; FIBER 6.5; IRON 4.2mg; CARBOHYDRATE 57.1

NUTRITION PER SERVING (6 SERVINGS)

CALORIES 356(19% from fat); FAT 7.4g (sat 2g,mono 3.2g,poly 1.1g); PROTEIN 33.5g; CHOLESTEROL 71.7mg;
CALCIUM 106mg; SODIUM 527mg; FIBER 4.3g; IRON 3.1mg; CARBOHYDRATE 38.4g

Toasted-Coconut Tapioca

D (Desserts)

Cooking Light, September 2000

HU: 4.9/3.3

Servings: 2-3

Posted by: CJMartin717 (Cindy)

April 8, 2006

Quick & Easy

Cindy's Comments: I made this 3 servings of just over 1/2 cup each.

3/4 cup light coconut milk

3/4 cup fat-free milk

3 tablespoons sugar

4 teaspoons uncooked quick-cooking tapioca

2 tablespoons egg substitute

Dash of salt

1/4 teaspoon vanilla extract

2 tablespoons flaked sweetened coconut, toasted

Combine the first 6 ingredients in a medium saucepan, and let stand 5 minutes. Bring to a boil over medium-high heat, stirring constantly. Remove from heat, and stir in vanilla. Divide mixture evenly between 2 dessert bowls. Cover and chill until thick. Sprinkle each serving with 1 tablespoon toasted coconut.

Yield: 2 servings

NUTRITION PER SERVING

CALORIES 222(28% from fat); FAT 6.9g (sat 6g,mono 0.3g,poly 0.1g); PROTEIN 4.8g;
CHOLESTEROL 2mg; CALCIUM 120mg; SODIUM 194mg; FIBER 0.3g; IRON 1mg;
CARBOHYDRATE 35g

Per servings with 3 servings: 148 calories, 4.6 g fat, 0.2 g fiber.

Peppered Steak with Horseradish-Chive Cream

Source: Cooking Light, April 2006

Category: Meats

Healthy Units: 4.3

Servings: 4 (3 oz. steak and 2 T cream)

Posted by: Eileen (Classact75)

Date: April 9, 2006

Quick & Easy

Eileen's Notes: Next time I would marinade the steak and then rub the leftover vinegar mixture prior to grilling. I loved the flavors of the rub and the sour cream dipping sauce.

1/2 cup fat-free sour cream
2 tablespoons chopped fresh chives
1 tablespoon prepared horseradish
1 teaspoon Worcestershire sauce
1 (1-pound) boneless sirloin steak
1 tablespoon freshly ground black pepper
2 tablespoons balsamic vinegar
1/2 teaspoon salt
2 garlic cloves, minced
Cooking spray

Prepare grill.

Combine first 4 ingredients in a small bowl, stirring until well blended. Cover and chill.

Place steak between 2 sheets of heavy-duty plastic wrap, and pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Combine pepper, vinegar, salt, and garlic in a small bowl. Rub steak with vinegar mixture.

Place steak on grill rack coated with cooking spray; grill 2 minutes on each side or until desired degree of doneness. Cut steak diagonally across grain into thin slices.

CALORIES 198(25% from fat); FAT 5.5g (sat 2.2g,mono 2g,poly 0.3g); PROTEIN 26g;
CHOLESTEROL 73mg; CALCIUM 68mg; SODIUM 411mg; FIBER 0.6g; IRON 3.4mg;
CARBOHYDRATE 9.8g

Meyer Lemon Buttermilk Pudding Cake with Fresh Berries

Category: Desserts (D)

Source: Bon Appetit January '05 (by way of the CLBB) - modified

Healthy Units: 3.5 (does not include the berries and whipping cream)

Servings: 8

Posted by: ejwyatt (Emily)

Date: April 9, 2006

Em's Notes: Original recipe was 5 points. It used 1 C sugar and regular butter.

1 1/2 cups buttermilk
1/2 cup Splenda
1/2 cup sugar
4 large egg yolks
1/3 cup fresh Meyer lemon juice
1/4 cup flour, all-purpose
1/4 cup light butter -- (1/2 stick) melted
1/8 teaspoon salt
3 large egg whites
whipping cream (I used a little Cool Whip on top)
assorted fresh berries (I used Strawberries)

Preheat oven to 350°F.

Butter 8x8x2-inch glass baking dish.

Blend buttermilk, 1/2 cup Splenda, egg yolks, lemon juice, flour, butter, and salt in blender until smooth.

Transfer buttermilk mixture to medium bowl. Using electric mixer, beat egg whites in large bowl until soft peaks form. Gradually add remaining 1/2 cup sugar and beat until stiff but not dry.

Gently fold buttermilk mixture into whites in 3 additions (batter will be runny).

Pour batter into prepared dish. Place dish in roasting pan. Pour enough hot water into roasting pan to come halfway up sides of dish.

Bake until entire top is evenly browned and cake moves very slightly in center but feels slightly springy to touch, about 45 minutes. Remove dish from roasting pan.

Cool cake completely in baking dish on rack. Refrigerate until cold, at least 3 hours and up to 6 hours. Spoon pudding cake out into shallow bowls. Pour cream around cake. Top with berries.

Per Serving (excluding unknown items): 145 Calories; 6g Fat (36.5% calories from fat); 5g Protein; 19g Carbohydrate; trace Dietary Fiber; Cholesterol; 153mg Sodium.

Swiss Chard (or Spinach) Tacos with Caramelized Onion, Fresh Cheese & Red Chile

Category: Vegetarian/Meatless (VG)

Source: Eating Well, April/May 2006

Healthy Units: 7.5

Servings: 4

Posted by: ejwyatt (Emily)

Date: April 9, 2006

Rick Bayliss notes: As a kid, I would never have expected to someday be taking an enthusiastic bite of braised greens and caramelized onions wrapped in a warm corn tortilla, topped with spicy red-chile sauce and crumbled fresh cheese. Braised greens were simply beyond my world. In a soft taco, they were unthinkable—my understanding of tacos being those crisp-shell repositories of ground beef, iceberg lettuce, yellow cheese and mild, mild salsa. But in my twenties, when I got to Toluca in the highlands of central Mexico, I discovered a fresh-baked, blue-corn tortilla rolled around the almost meaty texture of local greens (quelites), crunchy caramelized onions, bitey salsa and salty cheese. Now I can't seem to live without these utterly captivating and delicious portraits of healthy food.

1 12-ounce bunch Swiss chard (or collard, mustard or beet greens), thick stems cut off, or 10 ounces cleaned spinach, lamb's quarters or amaranth greens (about 10 cups)

1 1/2 tablespoons canola or extra-virgin olive oil

1 large white or red onion, sliced 1/4 inch thick

3 cloves garlic, peeled and finely chopped

1 teaspoon crushed red pepper

1/2 cup reduced-sodium chicken broth, vegetable broth or water

1/2 teaspoon salt

12 corn tortillas, warmed (see Tip)

1 cup crumbled Mexican queso fresco or other fresh cheese, such as feta or goat cheese (4 ounces)

3/4 cup Smoky Chipotle Salsa (recipe follows), bottled salsa or hot sauce, for serving

1. Cut chard (or other large greens) crosswise into 1/2-inch slices (small spinach leaves, lamb's quarters and amaranth greens can be left whole).

2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring frequently, until golden brown but still crunchy, 4 to 5 minutes. Add garlic and crushed red pepper and cook, stirring, until aromatic, about 30 seconds. Add broth (or water), salt and the greens. Reduce heat to medium-low, cover and cook until the greens are almost tender, about 2 minutes for spinach and 5 minutes for chard. Uncover, increase heat to medium-high and cook, stirring constantly, until the mixture is nearly dry, about 4 minutes.

3. Divide tortillas between two foil packets and heat at 200°F until steaming, about 15 minutes.

4. Serve with warm tortillas, cheese and salsa (or hot sauce).

Per serving: 364 calories; 13 g fat (4 g sat, 5 g mono); 21 mg cholesterol; 50 g carbohydrate; 15 g protein; 8 g fiber; 859 mg sodium; 742 mg potassium. Nutrition bonus: Vitamin A (110% daily value), Vitamin C (60% dv), Magnesium (37% dv), Calcium (30% dv), Potassium (21% dv). 3 Carbohydrate Servings Exchanges: 3 starch, 2 vegetable, 1 high-fat meat, 1 fat

Smoky Chipotle Salsa with Pan-Roasted Tomatillos

Category: Sauces/Spreads/Condiments (SC)

Source: Eating Well, April/May 2006

Healthy Units: 0

Servings: 16 TBS.

Posted by: ejwyatt (Emily)

Date: April 9, 2006

Rick Bayliss notes: I've been smitten with chipotle salsa ever since the first time I tasted it on a crusty sandwich (cemita) in a Pueblan market stall 30 years ago. It's three simple ingredients in perfect balance: the smoky spice of chipotle chiles, the lively, sweet-edged tang of tomatillo and the alluring complexity of roasted garlic. I like chipotle salsa spooned on practically everything except ice cream, though I'm particularly fond of it with grilled fish or chicken or beef or...

3 cloves garlic, peeled

1/2 pound tomatillos (about 4 medium), husked, rinsed and cut in half (see Ingredient note)

2 canned chipotle chiles in adobo sauce (or more, if you like really spicy salsa; see Ingredient note)

1/4 cup water

1/2 teaspoon salt, or to taste

1. Heat a large nonstick skillet over medium-high heat. Add garlic and tomatillos (cut-side down). Brown the tomatillos and garlic on both sides, turning over halfway through, about 7 minutes total.
2. Transfer the garlic and tomatillos to a blender or food processor. Add chiles and water and process to a coarse puree. Pour into a salsa dish and let cool. Taste and season with salt before serving.

Per 3-tablespoon serving: 19 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 3 g carbohydrate; 1 g protein; 1 g fiber; 248 mg sodium; 121 mg potassium.

Chile-Spiced Asparagus

Category: Vegetables (V)

Source: Eating Well, April/May 2006

Healthy Units: 1

Servings: 4

Posted by: ejwyatt (Emily)

Date: April 9, 2006

EW Notes: Earthy chili combines with the sour-power of sherry vinegar to create a fine dressing for the grassy-green asparagus. For a smoky twist, try substituting smoked paprika for the chili powder.

1 tablespoon extra-virgin olive oil
2 bunches asparagus, tough ends trimmed, cut into 1-inch pieces
1 tablespoon water
1 1/2 teaspoons chili powder or 1 teaspoon smoked paprika
3/4 teaspoon garlic powder
1/2 teaspoon salt
2 tablespoons sherry vinegar or red-wine vinegar

Heat oil in a large nonstick skillet over medium-high heat. Add asparagus and water; cook, stirring often, 4 to 5 minutes. Add chili powder (or paprika), garlic powder and salt; cook until the asparagus is tender-crisp, about 1 minute. Remove from heat, add vinegar and stir to coat.

Per serving: 62 calories; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 6 g carbohydrate; 3 g protein; 3 g fiber; 321 mg sodium; 275 mg potassium. Nutrition bonus: Folate (42% daily value), Vitamin A (30% dv), Vitamin C (15% dv). 1/2 Carbohydrate Serving
Exchanges: 1 vegetable, 1 fat

Thai Braised Beef with Coconut Milk and Ginger

Category: Meats (M)

Source: Cooking Light November 1999

Healthy Units: 12

Servings: 6 (see note below)

Posted by: Aimster04 (Amy)

Date: April 10, 2006

Amy's Notes: This was an interesting dish with a lot of flavors. I think shrimp would substitute well for beef (braising time would need to be adjusted). The HU's are high but I found the portions to be big.

1 (2 1/2-pound) boneless chuck roast	4 garlic cloves, minced
1 teaspoon salt	1 (16-ounce) can fat-free, less-sodium chicken broth
2 teaspoons ground coriander	1 1/2 cups light coconut milk
1 teaspoon ground cardamom	2 tablespoons sliced peeled fresh lemon grass or 1 tablespoon thinly sliced lime rind
1 teaspoon ground cumin	3 bay leaves
1 teaspoon ground red pepper	6 cups hot cooked Chinese-style egg noodles (about 12 ounces uncooked)
1 teaspoon ground turmeric	1 cup chopped fresh cilantro
1 teaspoon freshly ground black pepper	
2 teaspoons vegetable oil, divided	
3 cups chopped onion	
1 cup diced carrot	
2 TBS. minced peeled fresh ginger	

Trim fat from beef. Cut beef into 2-inch pieces. Combine salt and next 6 ingredients (salt through black pepper) in a small bowl. Sprinkle 2 tablespoons of spice mixture over beef, and toss to coat; reserve remaining spice mixture.

Preheat oven to 325°.

Heat 1 teaspoon oil in a large Dutch oven over medium-high heat. Add beef; cook 5 minutes, browning on all sides. Remove from pan. Heat 1 teaspoon oil in pan. Add onion, carrot, ginger, and garlic; sauté 8 minutes or until tender. Stir in broth, scraping pan to loosen browned bits. Return beef to pan. Add remaining spice mixture, coconut milk, lemon grass, and bay leaves. Bring to a boil. Cover and bake at 325° for 2 hours. Remove beef from pan using a slotted spoon; shred with 2 forks, set aside, and keep warm. Bring vegetable mixture to a boil over medium-high heat. Cook 10 minutes or until slightly thick. Discard bay leaves. Serve beef and vegetable mixture over noodles. Sprinkle with cilantro.

Yield: 6 servings (serving size: 3 ounces beef, 3/4 cup vegetable mixture, and 1 cup noodles)

CALORIES 554(29% from fat); FAT 18g (sat 7g,mono 6.4g,poly 2.4g); FIBER 4.5g; Cooking Light, NOVEMBER 1999

Mushroom Stuffed Zucchini Cups

Source: Grateful Daisy on WW's RRB

Category: Vegetables

Healthy Units: 1

Servings: 4

Posted by: Eileen (Classact75)

Date: April 10, 2006

Eileen's Notes: I prepare this recipe as the cups (2 inch instead of 1 inch pieces) when I have company but usually make them as boats when it's just for me.

2 medium zucchini -- about 8-10 inch in length
2 teaspoons margarine
1 cup sliced mushrooms -- finely chopped
1 tablespoon minced onion -- or shallots
1 tablespoon minced fresh parsley
salt and pepper -- to taste
1 tablespoon grated Parmesan cheese

Trim ends from zucchini; cut crosswise into 1-inch thick pieces. Steam zucchini for about 5 minutes or until tender-crisp, let cool. Scoop out small hollow from one end of each piece; set aside.

In nonstick skillet, melt margarine over medium-high heat; cook mushrooms and onion or shallots, stirring, for 2 minutes or until onion is tender. Stir in parsley; season with salt and pepper to taste. Spoon mushroom mixture into zucchini cavities. Arrange in microwave-safe dish or baking dish. Sprinkle with Parmesan cheese.

Just before serving, microwave at high (100%) power for 1 to 2 minutes or bake in 350F deg. oven for 15 to 20 minutes or until heated through.

Rigatoni with Wild Mushroom Sauce

Category: Rice/Pasta/Grains

Source: Eating Well Rush Hour Cookbook

Healthy Units: 9

Servings: 4

Posted by: Andygrammy (Claudia)

Date: 4/9/06

Ingredients:

1 oz. dried porcini or other dried wild mushrooms
2 tsp olive oil
2 cloves garlic, peeled
1 onion, thinly sliced
1 tbsp chopped fresh parsley
1 ½ chopped fresh oregano, or ½ tsp dried
6 oz. fresh mushrooms, sliced
1 pinch freshly grated nutmeg
1 14-oz. can plum tomatoes, drained, juices reserved
salt and freshly ground pepper to taste
¾ lb rigatoni
¼ cup freshly grated Parmesan cheese

Instructions:

In a small bowl, soak dried mushrooms in 1 cup hot water for 15 to 20 minutes. Drain, reserving the soaking liquid. Strain the soaking liquid through a coffee filter or paper towel lined strainer and set aside. Rinse and chop the mushrooms.

In a large nonstick skillet, heat oil over medium heat. Add garlic cloves and cook, stirring occasionally, until light golden, 2 to 3 minutes. Discard the garlic. Add onions, 1 tbsp. of the parsley, and oregano: cook, stirring occasionally, until the onions are soft. Increase heat to medium-high. Add the fresh mushrooms, reserved dry mushrooms, and nutmeg; sauté until the mushrooms begin to soften. Stir in the reserved soaking liquid, tomatoes, and about half of their juice. Bring to a boil, breaking up the tomatoes with a wooden spoon. Reduce heat to low and simmer until the juices have reduced slightly, 8 to 10 minutes. Season with salt and pepper, and stir in the remaining parsley.

Meanwhile, cook rigatoni in a large pot of boiling salted water until al dente, 12 to 15 minutes. Drain and transfer to a serving dish. Spoon the mushroom sauce on top. Sprinkle with Parmesan and additional pepper.

435 cal. per serving; 17 G protein; 6 G fat; 80 G carbohydrate; 289 mg sodium; 5 mg cholesterol.

Marinated Vegetable Salad with Queso Fresco

Category: Salads

Source: Cooking Light April 2006

HUs: 3.5

Serves: 4

Posted by: Kate (KateWD)

April 10, 2006

Notes: I subbed carrots for jicama, feta for queso fresco and used a fresh jalapeno pepper.

This vibrant side salad lends itself to improvisation. Start with our basics, including tomatoes, zucchini, jicama, black beans, and queso fresco with a salsa vinaigrette. From there, you might add sliced olives, corn, diced avocado, or radishes. It's great with grilled chicken.

1 cup diced tomatoes
1 cup diced zucchini
1 cup diced jicama
1/2 cup thinly sliced green onions
2 tablespoons chopped, pickled jalapeños
1 (15-ounce) can black beans, drained and rinsed
1/2 cup bottled salsa
3 tablespoons fresh lime juice
1 1/2 tablespoons canola oil
1/2 cup chopped fresh cilantro
1/4 teaspoon freshly ground black pepper
2 cups torn romaine lettuce
1/4 cup (1 ounce) shredded queso fresco

Combine first 6 ingredients in a large bowl. Combine salsa, juice, and oil, stirring with a whisk. Pour dressing over tomato mixture. Cover and chill 1 hour.

Add cilantro and pepper to bowl; toss gently. Serve over lettuce. Sprinkle with cheese.

Yield: 4 servings (serving size: 1 1/4 cups salad and 1 tablespoon cheese)

NUTRITION PER SERVING

CALORIES 174(37% from fat); FAT 7.1g (sat 1.3g,mono 3.5g,poly 1.8g); PROTEIN 7.3g; CHOLESTEROL 5mg; CALCIUM 102mg; SODIUM 536mg; FIBER 8.1g; IRON 2mg; CARBOHYDRATE 21.7g

Pumpkin-Black Bean Soup

Category: Soups/Stews (ST)

Source: Cooking Light, April 2006

Healthy Units: 3.5

Servings: 6

Posted by: ejwyatt (Emily)

Date: April 10, 2006

Quick and Easy

CL Notes: This Caribbean-inspired soup combines pumpkin, black beans, tomatoes, and sherry. It's topped with a tangy shower of queso fresco. Use vegetable broth to make this a meatless meal.

Em's Notes: Don't skip the sherry vinegar and the sherry in this one. I think that the add a really nice note to this soup. A nice, satisfying, low-point lunch. I would have licked the bowl, if I hadn't been eating in public. ☺

1 1/2 cups drained diced canned tomatoes	broth
2 (15-ounce) cans black beans, drained and rinsed	2 tablespoons sherry vinegar
1 teaspoon olive oil	1/2 teaspoon freshly ground black pepper
Cooking spray	1 (15-ounce) can pumpkin
1 1/2 cups finely chopped onion	2 tablespoons dry sherry
1 teaspoon ground cumin	1 cup (4 ounces) crumbled queso fresco
3 garlic cloves, minced	1/2 cup sliced green onions
3 cups fat-free, less-sodium chicken	Pumpkinseed kernels (optional)

Place tomatoes and beans in a food processor; process until about half the beans are smooth. Set aside.

Heat oil in a Dutch oven coated with cooking spray over medium-high heat. Add onion to pan; sauté 5 minutes or until lightly browned. Add cumin and garlic; sauté 1 minute. Add bean mixture, broth, and next 3 ingredients (through pumpkin); bring to a boil. Cover, reduce heat, and simmer for 20 minutes. Stir in sherry. Ladle about 1 cup soup into each of 6 bowls; sprinkle each serving with about 2 tablespoons queso fresco and about 1 tablespoon green onions. Garnish with pumpkinseed kernels, if desired.

Yield: 6 servings

CALORIES 175(16% from fat); FAT 3.1g (sat 1.2g,mono 1.1g,poly 0.2g); PROTEIN 10g; CHOLESTEROL 6mg; CALCIUM 139mg; SODIUM 785mg; FIBER 9.3g; IRON 3mg; CARBOHYDRATE 29.2g

Chicken Enchiladas with Salsa Verde

Category: Poultry (P)

Source: Cooking Light, April 2006

Healthy Units: 6.5

Servings: 4 (serving size: 2 enchiladas and 1 lime wedge)

Posted by: ejwyatt (Emily)

Date: April 10, 2006

Quick and Easy

CL Notes: A squeeze of lime juice brightens the flavor of this hearty Mexican dish. The enchiladas are mild, so serve with hot sauce, if desired. If you can't find queso fresco, use 1/4 cup shredded Monterey Jack cheese or Monterey Jack with jalapeño peppers. Total time: 45 minutes.

Em's Notes: Next time, I will heat the tortillas in a dry pan. I don't think that heating in the broth was necessary and it made the enchiladas a little difficult to serve straight out of the oven.

1 cup chopped onion	broth
1/4 cup chopped fresh cilantro	8 (6-inch) corn tortillas
2 garlic cloves, minced	Cooking spray
1 (7-ounce) bottle salsa verde (such as Herdez brand)	1/4 cup (1 ounce) crumbled queso fresco
2 cups shredded cooked chicken breast	1/2 teaspoon chili powder
1/3 cup (3 ounces) 1/3-less-fat cream cheese, softened	4 lime wedges
1 cup fat-free, less-sodium chicken	Cilantro sprigs (optional)

Preheat oven to 425°.

Combine first 4 ingredients in a blender; process until smooth. Combine chicken and cream cheese in a large bowl. Stir in 1/2 cup salsa mixture. Reserve remaining salsa mixture.

Bring broth to a simmer in a medium skillet. Working with one tortilla at a time, add tortilla to pan; cook 20 seconds or until moist, turning once. Remove tortilla; drain on paper towels. Spoon about 1/4 cup chicken mixture down center of tortilla; roll up. Place tortilla, seam-side down, in an 11 x 7-inch baking dish coated with cooking spray. Repeat procedure with remaining tortillas, broth, and chicken mixture.

Pour remaining salsa mixture over enchiladas; sprinkle evenly with queso fresco and chili powder. Bake at 425° for 18 minutes or until thoroughly heated. Serve with lime wedges. Garnish with cilantro sprigs, if desired.

CALORIES 327(26% from fat); FAT 9.5g (sat 4.4g,mono 2.9g,poly 1.3g); PROTEIN 28.5g; CHOLESTEROL 78mg; CALCIUM 149mg; SODIUM 493mg; FIBER 3.3g; IRON 1.8mg; CARBOHYDRATE 31g

Simple Roasted Leg Of Lamb

Category: Meats (M)

Source: Cooking Light Website

Healthy Units: 4.6

Servings: 17 servings (serving size: about 3 ounces)

Posted by: OneGrandGirl (Mary Ellen)

Date: April 11, 2006

CL Notes: This large roast is great as a Sunday dinner centerpiece, and the mild seasonings encourage leftovers to blend into a variety of dishes. For a nice accompaniment, toss halved fingerling potatoes with olive oil and sea salt. Place them on the broiler pan with the lamb during the last half-hour of cooking.

My Notes: I bought a 3.75# roast and used the whole recipe for the marinade. No food processor so I just chopped everything as fine as I could. I saved the pan drippings to make gravy on the second night.

1 cup thinly sliced onion	1/2 teaspoon salt
1/3 cup fresh lemon juice	1/4 teaspoon freshly ground black pepper
2 tablespoons chopped fresh parsley	2 garlic cloves, crushed
1 tablespoon chopped fresh rosemary	1 (5-pound) boneless leg of lamb, trimmed
1 tablespoon chopped fresh thyme	
2 tablespoons grated lemon rind	
3 tablespoons water	

Cooking spray

Place first 10 ingredients in a food processor; pulse until finely chopped. Place onion mixture and lamb in a large zip-top plastic bag. Seal bag; rub onion mixture into lamb. Marinate in refrigerator for 4 hours to overnight, turning occasionally.

Preheat oven to 450°.

Remove lamb from bag; discard marinade. Place lamb on a broiler pan coated with cooking spray. Bake at 450° for 15 minutes. Decrease oven temperature to 350° (do not remove lamb from oven). Bake at 350° for 1 hour and 20 minutes or until a thermometer inserted in thickest portion of the lamb registers 145° (medium-rare). Place lamb on a cutting board. Cover loosely with foil; let stand for 15 minutes.

NUTRITION PER SERVING

CALORIES 190(47% from fat); FAT 9.9g (sat 4g,mono 4.2g,poly 0.7g); PROTEIN 23.2g; CHOLESTEROL 78mg; CALCIUM 9mg; SODIUM 74mg; FIBER 0.1g; IRON 1.8mg; CARBOHYDRATE 0.4g

Baked Apple Rings with Caramel Sauce

Dessert

Cooking Light, October 2002

HUs: 4 (with Caramel Sauce)

Servings: 4

Posted by: cneedles(Chris)

April 11, 2006

CL Notes: A cider-spiked batter coats apple rings that are browned in a skillet and then baked. The honeyed flavor of Golden Delicious apples makes them a winner in this dessert.

Chris's Notes: I used Granny Smith apples and omitted the caramel sauce for a lighter option. These were very good – a nice, light dessert.

4 Golden Delicious apples, peeled and cored
3/4 cup plus 2 tablespoons all-purpose flour
1 tablespoon granulated sugar
1/4 teaspoon salt
Dash of freshly grated nutmeg
1/3 cup apple cider
2 large egg whites, lightly beaten
Cooking spray
1/4 cup fat-free caramel sundae syrup, divided
Powdered sugar (optional)

Preheat oven to 400°.

Slice apples crosswise into 1/2-inch slices. Set aside 8 largest slices; reserve remaining apple for another use.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, granulated sugar, salt, and nutmeg in a medium bowl. Stir in cider and egg whites (batter will be thick).

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Dip 4 apple slices in batter; place in pan. Cook 2 minutes on each side or until lightly browned. Arrange apple slices on a baking sheet coated with cooking spray; lightly coat apple slices with cooking spray. Repeat procedure with remaining apple slices.

Bake apple slices at 400° for 10 minutes or until edges are crisp. Drizzle each of 4 plates with 1 tablespoon caramel sauce; top with 2 apple slices. Sprinkle with powdered sugar, if desired. Serve immediately.

Yield: 4 servings (serving size: 2 apple slices and 1 tablespoon caramel sauce)

NUTRITION PER SERVING

CALORIES 205(2% from fat); FAT 0.5g (sat 0.1g,mono 0.0g,poly 0.2g); PROTEIN 3.7g;
CHOLESTEROL 0.0mg; CALCIUM 20mg; SODIUM 151mg; FIBER 2.4g; IRON 1.1mg;
CARBOHYDRATE 46.2g

Hamburger Vegetable Soup

Source: Modified from allrecipes.com recipe

Healthy Units: 3

Core: Yes (I think)

Servings: 8 servings, 1-1/2 cups each

Posted by Tracy (Nikkie1t)

April 11, 2006

Comments: I've been making this soup for years, it just occurred to me to post it. You can use any combination of vegetables.

Ingredients:

- 1 pound extra lean ground beef
- 1 onion, diced
- 1 cup carrots, chopped
- 1 cup rutabagas, chopped (optional)
- 1/2 10-oz. package frozen baby lima beans
- 1 cup celery, chopped
- 6 cups fat-free beef broth (I use low-sodium)
- 1 cup water
- 1 (8 oz) can tomato sauce
- 1 (16 oz) can Diced Tomatoes
- 1 (10 oz) package frozen corn
- 1/2 teaspoon salt
- 1 teaspoon dried basil
- 3 Tbsp ketchup

1. In a medium skillet, brown hamburger over medium heat. Drain off fat.
2. Combine all ingredients in a large stock pot. Bring to a boil. Reduce heat, and simmer for at least 1-1/2 hours.

Shrimp Cilantro Fried Rice

Category: Fish/Seafood

Cooking Light April 2006

HU: 5.6 (4.6 if using brown rice)

Servings: 4

Posted by: Tracy (Nikkie1T)

April 13, 2006

Quick & Easy

My comments: This was super quick and easy, especially if you have leftover rice and pre-cooked shrimp. I loved the flavor the cilantro added. I used brown rice because that was what I had. I also doubled the amount of shrimp called for.

2 teaspoons peanut oil
1 teaspoon dark sesame oil
1/4 cup finely chopped carrot
1 teaspoon minced peeled fresh ginger
1/4 teaspoon crushed red pepper
3 garlic cloves, minced
4 cups cooked long-grain rice (I used brown rice)
1 cup chopped cooked shrimp (I used more)
2 tablespoons low-sodium soy sauce
1/2 cup chopped fresh cilantro

Heat oils in a large nonstick skillet over medium-high heat. Add carrot, ginger, red pepper, and garlic; sauté for 1 minute. Add rice; sauté 2 minutes. Stir in shrimp and soy sauce; sauté 1 minute. Remove from heat; stir in cilantro.

Yield: 4 servings (serving size: About 1 cup)

NUTRITION PER SERVING

CALORIES 276.0(14.0% from fat); FAT 4.4g (sat 0.5g,mono 2.1g,poly 1.4g); PROTEIN 11.1g; CHOLESTEROL 56.0mg; CALCIUM 35.0mg; SODIUM 341.0mg; FIBER 1.2g; IRON 3.1mg; CARBOHYDRATE 47.1g

Creamy Crab Cocktail Salad on Garlic-Rubbed Crostini

Category: Appetizers/Snacks/Dips

Source: Cooking Light, November 2005

Healthy Units: 1.5

Servings: 20 (2 Crostini)

Posted by: Eileen (Classact75)

April 13, 2006

Quick & Easy

CL Notes: This flavorful hors d'oeuvre is sure to please your guests. If you make this dish ahead of time, top the crostini with salad just before serving to keep the bread from becoming soggy. Common condiments provide flavor boosts in this dish.

Eileen's Notes: This is best if prepared a few hours in advance of serving so the flavors marry. The crab salad is delicious served cold or warm.

40 (1/2-inch-thick) slices diagonally cut French bread baguette (about 10 ounces)

2 garlic cloves, halved

1/4 cup finely chopped red onion

1/4 cup finely chopped celery

1/4 cup finely chopped red bell pepper

1 pound lump crabmeat, drained and shell pieces removed

1 tablespoon chopped fresh parsley

5 tablespoons low-fat mayonnaise

3 tablespoons reduced-fat sour cream

2 tablespoons fresh lemon juice

2 teaspoons Dijon mustard

1 teaspoon Worcestershire sauce

1/4 teaspoon salt

1/4 teaspoon hot pepper sauce (such as Tabasco)

Preheat oven to 400°.

Place bread slices on a large baking sheet. Bake at 400° for 10 minutes or until crisp. Cool slightly. Lightly rub 1 side of each bread slice with cut sides of garlic. Discard garlic.

Combine onion, celery, bell pepper, and crab in a bowl. Combine parsley and remaining ingredients. Spoon over crab mixture, and toss gently. Top each bread slice with 1 tablespoon of crab mixture.

CALORIES 74(18% from fat); FAT 1.5g (sat 0.5g,mono 0.5g,poly 0.5g); PROTEIN 5.8g; CHOLESTEROL 15mg; CALCIUM 33mg; SODIUM 246mg; FIBER 0.5g; IRON 0.6mg; CARBOHYDRATE 9.4g

Mixed Salad with Hoisin Vinaigrette and Crisp Panko Chicken

Category: Salads

Source: Cooking Light, April 2006

Healthy Units: 5

Servings: 4

Posted by: Eileen (Classact75)

April 13, 2006

Quick & Easy

Eileen's Notes: This salad is really easy to prepare for luncheon guests and would also be a great summer dinner. I found the hoisin a little overpowering so I made a couple changes the second time I prepared the vinaigrette. I cut the hoisin in half and doubled the garlic.

Chicken:

1/2 cup panko (Japanese breadcrumbs)	pepper
1/2 teaspoon salt	1 pound chicken breast tenders, cut into
1/4 teaspoon chili powder	1-inch pieces
1/4 teaspoon freshly ground black	

Cooking spray

Salad:

2 tablespoons white wine vinegar	1 teaspoon toasted sesame oil
1 tablespoon finely chopped peeled fresh ginger	1 large garlic clove, minced
1 tablespoon Dijon mustard	1 cup cherry tomatoes, halved
1 1/2 tablespoons hoisin sauce	1/2 cup chopped green onions
2 teaspoons canola oil	1 (8-ounce) package field greens salad mix
1 1/2 teaspoons low-sodium soy sauce	

Preheat oven to 375 degrees.

To prepare chicken, combine first 4 ingredients in a medium bowl. Add chicken, tossing to coat. Arrange chicken in a single layer on a baking sheet coated with cooking spray. Bake at 375° for 15 minutes or until chicken is done and lightly browned, stirring once.

To prepare salad, combine vinegar and next 7 ingredients (through minced garlic) in a food processor; process until well combined.

Combine tomatoes, green onions, and salad mix in a large bowl; add vinegar mixture, tossing to coat. Place about 1 cup salad mixture on each of 4 plates; top each serving with about 1 cup chicken.

CALORIES 242(27% from fat); FAT 7.2g (sat 1.3g,mono 3g,poly 2g); PROTEIN 28.8g; CHOLESTEROL 73mg; CALCIUM 29mg; SODIUM 622mg; FIBER 2.8g; IRON 1.7mg; CARBOHYDRATE 14.4g

Crab Cakes with Red Pepper Mayonnaise

Category: Fish/Seafood

Source: Cooking Light, April 2006

Healthy Units: 5

Servings: 6 (crab cake & 1 ½ T mayonnaise)

Posted by: Eileen (Classact75)

April 14, 2006

CL Notes: Panko lends these crab cakes a nice, crunchy crust. These cakes are large enough to serve as a main dish, but you also can form smaller appetizer cakes.

Eileen's Notes: Using lump crab meat really made these crab cakes restaurant quality and you almost didn't need the tasty red pepper mayonnaise. I didn't roast the pepper and used jarred red roasted pepper to save time. The crab cakes were a generous size and I loved the panko crust. There was very little filler and I liked the blend of flavors though next time I'll sauté the veggies for a few minutes.

Red Pepper Mayonnaise:

1 red bell pepper

1/3 cup reduced-fat mayonnaise

1 garlic clove

Dash of hot pepper sauce (such as Tabasco)

Crab Cakes:

1/3 cup reduced-fat mayonnaise

1/4 cup minced red onion

1/4 cup minced red bell pepper

2 tablespoons minced celery

1 1/2 teaspoons fresh lemon juice

1 egg white, lightly beaten

1 pound lump crabmeat, shell pieces removed

1 1/4 cups panko (Japanese breadcrumbs), divided

2 tablespoons butter, divided

10 cup trimmed watercress (about 10 ounces)

6 lemon wedges (optional)

Preheat broiler. To prepare mayonnaise, cut bell pepper in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 12 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel pepper. Place pepper, 1/3 cup mayonnaise, garlic, and hot pepper sauce in a food processor. Process until smooth; transfer to a bowl, and chill.

To prepare crab cakes, combine 1/3 cup mayonnaise and next 6 ingredients (through crab) and 3/4 cup panko in a large bowl; stir until well combined. Form into 6 patties; dredge patties in remaining 1/2 cup panko. Heat 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add 3 patties to pan; cook 10 minutes or until lightly browned and cooked through, turning once. Remove from pan, and keep warm. Repeat procedure with remaining butter and patties. Serve crab cakes with watercress and red pepper mayonnaise. Garnish with lemon wedges, if desired.

CALORIES 234(34% from fat); FAT 8.8g (sat 3.5g,mono 1.7g,poly 2.7g); PROTEIN 22g; CHOLESTEROL 96mg; CALCIUM 165mg;
SODIUM 625mg; FIBER 1.4g; IRON 0.9mg; CARBOHYDRATE 15.2g

Spiced Pork with Bourbon Reduction Sauce

Category: Main Meals/Pork

Source: Cooking Light, April 2006

Healthy Units: 5

Servings: 4

Posted by MRSCOUSCOUS

04/16/06

QUICK AND EASY

CL notes: Substitute chicken broth for bourbon, if you prefer. Serve with couscous or rice.

My notes: This was AWESOME and incredibly easy to make! We will definitely have this again. I would even grill the pork next time (or use chicken) and just make the sauce to go with it. I used Jack Daniels instead of bourbon...because I thought JD *was* bourbon until DH corrected me! :) I used 4 cloves of fresh garlic (hate the jarred stuff). Instead of regular pork tenderloin, I used the Costco chops - turned out just perfect. Paired with Blazin' Baked Beans (recipe to follow), coleslaw, and Asiago & Black Pepper Drop Biscuits.

Ingredients

Sauce:

1/2 cup bourbon

1/4 cup packed dark brown sugar

1/4 cup low-sodium soy sauce

3 tablespoons cider vinegar

1 1/2 teaspoons bottled minced garlic

1/2 teaspoon black pepper

Pork:

1/2 teaspoon chili powder

1/4 teaspoon ground cinnamon

1/8 teaspoon ground allspice

1/8 teaspoon salt

1 (1-pound) pork tenderloin, trimmed

Cooking spray

Instructions:

To prepare sauce, combine the first 6 ingredients in a medium saucepan; bring mixture to a boil. Reduce heat to medium; cook until reduced to 1/2 cup (about 11 minutes), stirring frequently. Remove from heat.

To prepare pork, combine chili powder, cinnamon, allspice, and salt, stirring well; rub evenly over pork. Cut pork crosswise into 12 slices.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork to pan; cook 4 minutes on each side or until desired degree of doneness.

Serve with sauce. Yield: 4 servings (serving size: 3 pork slices and 2 tablespoons sauce)

NUTRITION PER SERVING CALORIES 277(13% from fat); FAT 4g (sat 1.4g,mono 1.8g,poly 0.5g); PROTEIN 24.9g; CHOLESTEROL 74mg; CALCIUM 29mg; SODIUM 673mg; FIBER 0.5g; IRON 2.2mg; CARBOHYDRATE 16.7g

Blazin' Baked Beans

Category: Side Dishes

Source: Cooking Light, April 2006

Healthy Units: 3

Servings: 21

Posted by MRSCOUSCOUS

04/16/06

CL Notes: Chipotle chiles in adobo sauce add smoky-hot depth to these easy-to-make baked beans.

My notes: These were also awesome...I used just 3 cans of beans and adjusted the rest of the ingredients accordingly to yield about 12 servings. I couldn't find "navy beans" so I used Great Northern Beans, which seem very similar. I also used center cut bacon, and Kraft Thick & Spicy Original BBQ Sauce, b/c it was one of the lower-sodium brands at the store. (I couldn't find one marked "low sodium".) I sprinkled just a bit of brown sugar over the top so it would burn and form a crust. Glad I did that - yum! All in all, a really delicious recipe, and definitely worth not just making canned baked beans.

Ingredients:

1/4 pound finely diced bacon slices (raw)

1 1/2 cups chopped onion

1/3 cup packed dark brown sugar

3 tablespoons Dijon mustard

2 tablespoons finely chopped chipotle chile, canned in adobo sauce

5 (16-ounce) cans navy beans, rinsed and drained

1 (18-ounce) jar low-sodium barbecue sauce

Cooking spray

Preheat oven to 350°.

Instructions:

Cook bacon in a large nonstick skillet over medium-high heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan, and set bacon aside. Add onion to drippings in pan; sauté 3 minutes.

Combine bacon, onion, and remaining ingredients except cooking spray in a large bowl; toss well. Spoon the bean mixture into a 13 x 9-inch or 2 1/2-quart baking dish coated with cooking spray. Bake at 350° for 45 minutes. Yield: 21 servings (serving size: 1/2 cup)

NUTRITION PER SERVING

CALORIES 167(22% from fat); FAT 4.1g (sat 1.4g,mono 1.7g,poly 0.8g); PROTEIN 8.7g; CHOLESTEROL 5mg; CALCIUM 49mg; SODIUM 520mg; FIBER 5.1g; IRON 1.9mg; CARBOHYDRATE 24.9g

Mixed Bean-Cherry Tomato Salad with Basil Vinaigrette

Cooking Light, September 2005

Healthy Units: 1

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

Posted By: Bawstinn32 (Maria)

April 17, 2006

A bright assemblage of flavors, textures, and colors, this salad can be made early in the day and refrigerated until ready to serve.

Comments: I used all green beans since I couldn't find any waxed. I think that some feta sprinkled on top would make a great addition.

1 pound fresh green beans, trimmed
1 pound fresh wax beans, trimmed
1/4 cup balsamic vinegar
2 tablespoons extravirgin olive oil
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
3 cups cherry tomatoes, halved (2 pints)
1 cup loosely packed basil leaves, coarsely chopped
1/2 cup finely chopped red onion
Fresh basil sprigs (optional)

Cook green and wax beans in boiling water 5 minutes. Drain and plunge beans into ice water; drain.

Combine vinegar, oil, salt, and pepper. Add beans, tomatoes, basil leaves, and onion; toss gently. Cover and chill. Garnish with basil sprigs, if desired.

NUTRITION PER SERVING

CALORIES 86(38% from fat); FAT 3.6g (sat 0.5g,mono 2.5g,poly 0.4g); PROTEIN 2.1g;
CHOLESTEROL 0.0mg; CALCIUM 57mg; SODIUM 132mg; FIBER 4.4g; IRON 1mg;
CARBOHYDRATE 11.2g

Veal with Eggplant and Prosciutto

Category: Main Dish, meat based

Source: Modified from a Bon Appétit recipe

HU: 9 per serving

Servings: 4

Posted by: Trishblau

Date: 4/18/06

This is a little high in points, but very filling. I served this with a simple steamed artichoke, and it was a perfect dinner (along with the glass of wine!). There are a few steps in the recipe, but none are complicated.

1 tablespoon olive oil
4 cups chopped mushrooms, about 8 ounces
2 cups tomatoes, chopped and seeded
1/2 cup minced green onion
1/2 cup white wine
1 large eggplant
3 ounces prosciutto, cut into 4 slices
2 cloves garlic, minced
1 pound veal cutlets, cut into 4 slices
3 ounces provolone cheese, cut into 4 slices

1. Heat olive oil in a heavy skillet over medium high heat. Add mushrooms and tomatoes; sauté 5 minutes. Add onions; sauté 1 minute. Add wine and simmer until liquid is absorbed; about 6 minutes. Season with salt and pepper.

2. Preheat oven to 400 degrees. Cut four 1/2 inch thick lengthwise slices from the center of the eggplant. Spray with cooking spray and sprinkle with salt and pepper. Place eggplant slices on a baking sheet and bake until tender, about 5 minutes per side. Top each eggplant slice with prosciutto slice. Set aside. Maintain oven temperature.

3. Spray a nonstick skillet with cooking spray. Heat skillet over medium high heat. Add garlic and sauté 30 seconds. Sprinkle veal with salt and pepper. Add veal to skillet and sauté until just cooked through, about 1 minute per side.

4. Place 1 veal scallop atop each eggplant slice. Spoon mushroom mixture atop veal; top with cheese. Bake until cheese melts, about 5 minutes.

Per Serving (excluding unknown items): 402 Calories; 19g Fat; 37g Protein; 16g Carbohydrate; 5g Dietary Fiber; 123mg Cholesterol; 870mg Sodium

Mango-Macadamia Soufflé

D (Desserts)

Cooking Light, April 2006

HU: 6.6

Servings: 8

Posted by: CJMartin717 (Cindy)

April 19, 2006

CL: Fragrant, ripe mangoes work best in this recipe. Check that the flesh yields to gentle pressure as a sign of ripeness.

Cindy's Comments: This was good. My sister and her in-laws liked it too. We cut the recipe in half and used 6-ounce soufflé cups and got 5 servings rather than 4. See alternate nutrition notes below. I refrigerated a leftover serving and thought it was good chilled too. The sauce is very sweet and I thought the soufflé was just as good without the sauce.

Soufflés:

Cooking spray

1/2 cup plus 2 tablespoons sugar, divided
2 cups chopped peeled ripe mango (about 2 medium)

3/4 cup mango nectar

3 tablespoons cornstarch

1/8 teaspoon salt

1/4 cup butter

2 large egg yolks

6 large egg whites

3 tablespoons chopped macadamia nuts

Sauce:

3/4 cup fat-free sweetened condensed milk

1/2 cup fresh lime juice (about 4 limes)

2 tablespoons water

Position oven rack to lowest setting, and remove the middle rack. Preheat oven to 425°.

To prepare the soufflés, lightly coat 8 (8-ounce) soufflé dishes with cooking spray. Sprinkle evenly with 2 tablespoons sugar. Set aside.

Place mango and nectar in a blender; process until smooth. Combine remaining 1/2 cup sugar, cornstarch, and salt in a medium saucepan over medium-high heat, stirring with a whisk. Add mango mixture to pan; stir until blended. Bring to a boil. Cook 1 minute or until mixture is thick and bubbly, stirring constantly; remove from heat. Stir in butter. Transfer mixture to a large bowl; cool to room temperature. Stir in egg yolks.

Place egg whites in a large mixing bowl; beat at high speed with a mixer until stiff peaks form (do not overbeat). Gently fold one-fourth of egg whites into mango mixture; gently fold in the remaining egg whites. Gently spoon mixture into prepared dishes; sprinkle tops evenly with macadamia nuts. Sharply tap dishes 2 or 3 times on counter to level. Place dishes on baking sheet; place baking sheet on the bottom rack of a 425° oven. Immediately reduce temperature to 350° (do not remove soufflés from oven). Bake 30 minutes or until a wooden pick inserted in the side of soufflé comes out clean. To prepare sauce, combine sweetened condensed milk, juice, and water, stirring well with a whisk. Serve with soufflés.

Yield: 8 servings (serving size: 1 soufflé and about 2 1/2 tablespoons sauce)

NUTRITION PER SERVING

CALORIES 304(28% from fat); FAT 9.5g (sat 3.7g,mono 4.8g,poly 0.5g); PROTEIN 6.7g;

CHOLESTEROL 68mg; CALCIUM 101mg; SODIUM 162mg; FIBER 1.4g; IRON 0.3mg;

CARBOHYDRATE 50.5g

8 servings without sauce: 212 calories, 9 g fat, 1 g fiber = 4.8 HU

10 servings: 239 calories, 8 g fat, 1 g fiber = 5.2 HUs

10 servings without sauce: 170 calories, 8 g fat, 1 g fiber = 3.8 Hus

Ham-and-Swiss-Loaded Potatoes

Cooking Light, April 2000

Healthy Units: 7.5

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

Posted By: Bawstinn32 (Maria)

April 19, 2006

Comments: These were quick to pull together. I baked the potatoes in the oven as I don't care for them microwaved. This was very filling - one potato half was plenty along with a vegetable or salad.

4 baking potatoes (about 1 1/2 pounds)
1 cup diced 33%-less-sodium ham (about 6 ounces)
1 cup (4 ounces) shredded Swiss cheese, divided
1/2 cup thinly sliced green onions, divided
1/2 cup fat-free sour cream
1/4 teaspoon freshly ground black pepper

Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at high 16 minutes or until done, rearranging potatoes after 8 minutes. Let stand 5 minutes.

Preheat broiler.

Cut each potato in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell. Combine potato pulp, ham, 1/2 cup cheese, 1/3 cup green onions, sour cream, and pepper.

Spoon the potato mixture into shells. Combine 1/2 cup cheese and remaining green onions, and sprinkle over potatoes. Place potatoes on a baking sheet; broil 4 minutes or until golden.

CALORIES 376(26% from fat); FAT 11g (sat 6.2g,mono 3.5g,poly 0.7g); PROTEIN 20.1g; CHOLESTEROL 51mg; CALCIUM 359mg; SODIUM 540mg; FIBER 3.4g; IRON 2.9mg; CARBOHYDRATE 47.9g

Chicken-Ham Lasagna

Category: RP

Source: Cooking Light Web Site

Healthy Units: 6

Servings: 8

Posted by: Andygrammy (Claudia)

Date: 4/19/06

CL Comments: To shorten prep time, skin, bone, and shred rotisserie chicken; add to sauce.

Claudia's Comments: I used regular lasagna noodles and increased covered baking time by about 20 minutes. I also used half the Parmesan cheese called for in the sauce and used 3 ounces shredded cheddarella between the layers and on top. I used cubed leftover baked ham. The only other thing I added was a little freshly ground nutmeg. Servings are very generous for the points. Seems too rich to be as low in points as it is.

Ingredients:

2 cups fat-free, less-sodium chicken broth
1/2 teaspoon freshly ground black pepper, divided
1 pound skinless, boneless chicken breast, cut into bite-sized pieces, divided
3 cups 1% low-fat milk
1/3 cup all-purpose flour (about 1 1/2 ounces)
1 1/2 cups (6 ounces) freshly grated Parmesan cheese, divided
1/4 cup chopped fresh parsley
Cooking spray
12 no-cook lasagna noodles (8 ounces), divided
8 ounces thinly sliced 96% fat-free deli ham, chopped, divided
Chopped fresh parsley (optional)

Instructions:

Preheat oven to 350°.

Place broth and 1/4 teaspoon pepper in a large skillet over medium-high heat, and bring to a boil. Add chicken; cover, reduce heat, and simmer 10 minutes or until chicken is done. Remove chicken from pan with a slotted spoon; set aside.

Combine milk, flour, and remaining 1/4 teaspoon pepper in a bowl; stir well with a whisk until smooth. Add milk mixture to broth in pan. Bring mixture to a boil over medium-high heat, stirring constantly. Cook 1 minute or until mixture thickens, stirring constantly. Remove from heat. Add 1 cup cheese and parsley, stirring until cheese melts.

Spread 1 cup sauce over bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 lasagna noodles over sauce. Spoon 3/4 cup sauce evenly over noodles. Top evenly with one-third ham and one-third chicken. Repeat layers twice, ending with noodles. Top with remaining sauce. Sprinkle evenly with remaining 1/2 cup cheese.

Cover with foil very lightly coated with cooking spray; bake at 350° for 30 minutes. Remove and discard foil; bake 10 minutes or until the cheese lightly browns. Sprinkle with parsley, if desired.

CALORIES 260(24% from fat); FAT 7g (sat 3.7g,mono 2g,poly 0.8g); PROTEIN 28.9g; CHOLESTEROL 57mg; CALCIUM 295mg; SODIUM 740mg; FIBER 0.8g; IRON 1.9mg; CARBOHYDRATE 18g

Pineapple Teriyaki Salmon

Cooking Light, May 2006

Healthy Units: 8

Yield: 4 servings (serving size: 1 salmon fillet)

Posted By: Bawstinn32 (Maria)

April 20, 2006

Comments: A quick and easy pantry meal for me. The sauce cooked while the oven heated and the salmon cooked. My salmon took longer than the recipe stated as they were thicker. I realized after I finished cooking that I never used (and didn't miss) the oil. I just sprayed the pan with non-stick spray.

2 tablespoons brown sugar
2 tablespoons low-sodium soy sauce
1 teaspoon finely grated orange zest
1 (6 ounce) can pineapple juice
1/2 teaspoon salt, divided
2 teaspoons canola oil
4 (6-ounce) salmon fillets (about 1 inch thick)
1/4 teaspoon freshly grated black pepper
Grated orange rind (optional)

Combine first 4 ingredients and 1/4 salt in a small saucepan over high heat and bring to a boil. Reduce heat and simmer until reduced to 1/4 cup (about 15 minutes).

Preheat oven to 400.

Heat oil in a large non-stick skillet over medium-high heat. Sprinkle both sides of the salmon with the remaining salt and black pepper. Add fish to pan; cook 3 minutes. Turn fish over and place in oven; bake at 400 for 3 minutes. Remove from oven and brush 1 tablespoon sauce over each fillet. Return to oven and cook 1 minute or until fish flakes easily when tested with a fork or until desired degree of doneness. Sprinkle with orange rind if desired.

Calories: 339, fat: 15.4, fiber: .2

Pasta e Fagioli

Soups

From Giada's Family Dinners

HU: 6.5

Servings: 6

Posted by Tracy Eliff

Date: 4/20/06

Freezer friendly, quick and easy

I put my fresh herbs in a tea ball. Substitute dried herbs for fresh if necessary. I skip the covering of the soup in this recipe. I felt I'd get more even cooking if I wasn't always lifting the lid.

4 sprigs Fresh thyme
1 large sprig Fresh rosemary
1 Fresh bay leaf
1 teaspoon olive oil
1 teaspoon butter
1 cup onion, chopped
1 ounce pancetta or bacon, finely chopped
2 cloves garlic, minced
5 3/4 cups reduced sodium-chicken broth, rinsed and drained
2 kidney beans, canned
3/4 cup elbow-macaroni or small shaped pasta
freshly ground black pepper
1/3 cup Parmesan cheese, grated

1. Wrap the thyme, rosemary and bay leaf in a piece of cheesecloth and tie it with kitchen twine.
2. Heat the olive oil and butter in a large heavy saucepan over medium flame. Add the onions, pancetta, and the garlic and sauté until the onion is tender, about 3 minutes.
3. Add the broth, beans, and the sachet of fresh herbs. Cover and bring to a boil over high heat, then decrease the heat to medium and simmer until the vegetables are tender, about 10 minutes. Discard the sachet.
4. In a blender, puree 1 cup of the bean mixture until smooth, then return the puree to the saucepan. Cover and return the soup to a boil over high heat. Add the macaroni, cover, and boil, stirring occasionally, until macaroni is tender but still firm to the bite, about 8 minutes.
5. Season the soup with the pepper.
6. Ladle the soup into the bowls. Sprinkle with the Parmesan cheese.

Per Serving (excluding unknown items): 355 Calories; 4g Fat (9.7% calories from fat); 30g Protein; 51g Carbohydrate; 16g Dietary Fiber; 9mg Cholesterol; 730mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Roasted Garlic, Poblano, and Red Pepper Guacamole

Appetizers

Source: Cooking Light, May 2006

Healthy Units: 2 with chips

Servings 8 servings (serving size: 2 1/2 tablespoons guacamole and 6 chips)

Posted by MRSCOUSCOUS (Lesley)

April 22, 2006

Quick and Easy, Make Ahead

Ingredients:

Guacamole:

6 garlic cloves, unpeeled
1 medium red bell pepper
1 medium poblano pepper
1/4 cup finely chopped green onions
2 tablespoons chopped fresh cilantro
2 teaspoons fresh lime juice
1/4 teaspoon kosher salt
1 ripe peeled avocado, seeded and coarsely mashed

Chips:

6 (6-inch) corn tortillas, each cut into 8 wedges
2 teaspoons fresh lime juice
1/4 teaspoon kosher salt
Cooking spray

Instructions:

Preheat oven to 450°. To prepare guacamole, wrap garlic cloves in foil; bake at 450° for 15 minutes or until soft. Let cool slightly; remove skins. Place garlic in a medium bowl; mash with a fork. Preheat broiler.

Cut peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened, turning frequently. Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel and finely chop. Add peppers, onions, and next 4 ingredients (through avocado) to mashed garlic; stir well. Reduce heat to 425°.

To prepare chips, combine tortilla wedges, 2 teaspoons juice, and 1/4 teaspoon salt in a large bowl, tossing to coat. Arrange the tortillas in a single layer on a baking sheet coated with cooking spray. Bake at 425° for 10 minutes or until crisp and lightly browned, turning once. Cool 5 minutes.

Serve with guacamole. Yield: 8 servings (serving size: 2 1/2 tablespoons guacamole and 6 chips)

NUTRITION PER SERVING

CALORIES 87(38% from fat); FAT 3.7g (sat 1g,mono 1.9g,poly 0.8g); PROTEIN 2.1g;
CHOLESTEROL 0.0mg; CALCIUM 40mg; SODIUM 151mg; FIBER 3.1g; IRON 0.4mg;
CARBOHYDRATE 13.2g

Five-Spice Tilapia with Citrus Ponzu Sauce

Category: Fish/Seafood

Quick and Easy

Source: CL May 2006

HU: 4.3(3 - see my note)

Servings: 4

Posted by: Laurie(Poisonqueen)

April 22, 2006

CL notes: One serving of this fish provides almost all 5 ounces of meat recommended for those on an 1,800 calorie meal-plan.

My Notes: This is one of the fastest, easiest meals that I've ever prepared. My family loved the flavors of the seasoning and sauce. I originally ran this recipe through WW Recipe Builder and got 3 Points/Serving. Using the NI and the CLC HU calculator, it comes up 4.3 HU/Serving. Either way, it's very low in points.

Ingredients:

2 T. green onions, sliced thin

2 T. orange juice

1 T. lemon juice

1 T. low-sodium soy sauce

1 tsp. brown sugar

2 tsp. rice wine vinegar

1/4 tsp. bottled ground fresh ginger(such as Spice World)

1/2 tsp. five-spice powder

1/4 tsp. salt

1/4 tsp. ground red pepper

4 6oz. tilapia fillets

2 tsp. Canola oil

Instructions:

Combine green onions, juices, soy sauce, brown sugar, vinegar, and ginger in a small bowl. Combine five-spice powder, salt, and pepper. Sprinkle both sides of fish evenly with spice mixture.

Heat oil in a large nonstick skillet over medium-high heat. Add fish to pan, cook 2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from skillet, and serve with sauce.

Per Serving (excluding unknown items): 195 Calories; 5g Fat (23.9% calories from fat); 35g Protein; 3g Carbohydrate; trace Dietary Fiber; 85mg Cholesterol; 373mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Pecan White and Brown Rice Pilaf

Category: Rice/Pasta

Quick and Easy

Source: CL May 2006

HU: 3

Servings: 6, 1/2C each

Posted by: Laurie (Poisonqueen)

April 22, 2006

CL notes: Using part instant white rice and part instant brown rice can help make the switch to whole grains easier.

My notes: I though this was just a bit bland. I'll probably use all chicken broth instead of the water next time. I haven't used instant rice in years. It wasn't the same texture as regular rice, but was a huge time saver.

Ingredients

2 tsp olive oil
1 cup onion, chopped fine
1 bay leaf
2 cups water
1 cup ff, reduced sodium chicken broth
1/2 cup instant white rice
1/2 cup instant brown rice
1/2 cup bulgur
1 tbsp dried cranberries or currants
1/2 tsp salt
1/4 tsp freshly ground black pepper
1/4 cup pecans, chopped and toasted
2 tbsp fresh parsley, chopped

Instructions

Heat oil in a large saucepan over medium-high heat. Add onion, sauté 4 minutes or until tender. Add bay leaf, cook 1 minute. Add water and next 7 ingredients(through pepper), bring to a boil. Cover, reduce heat, and simmer 8 minutes or until rice is tender. Remove from heat, discard bay leaf. Stir in pecans and parsley.

Per Serving (excluding unknown items): 171 Calories; 5g Fat (23.7% calories from fat); 5g Protein; 29g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 271mg Sodium.
Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

Creamy Key Lime Bars

One Smart Cookie

Healthy Units: 3.6

Servings: 16

Posted By: Bawstinn32 (Maria)

April 22, 2006

Comments: A little HU heavy, but they DID come from a reduced-fat baking cookbook. They were very rich tasting. Original recipe calls for 12 servings but I thought 16 was a better size due to the richness. Lots of lime flavor for those who may be craving citrus.

Crust

4 tablespoons butter -- softened

1/4 cup granulated sugar

1 cup flour

1/8 teaspoon salt

Filling

3 tablespoons sugar

2 tablespoons cornstarch

14 ounces sweetened condensed milk, lowfat

1 whole egg -- lightly beaten

Grated zest of 2 limes

1/2 cup lime juice

Preheat oven to 350. In a medium bowl, cream together butter and sugar. Mix in flour and salt until well combined. The mixture will be crumbly.

Lightly coat a 8X8 baking pan with cooking spray. Press flour mixture into the bottom of the pan to form the base. Bake for about 12 minutes, until the edges have just a small amount of color to them.

In a medium bowl, whisk together sugar and cornstarch. Stir in condensed milk, egg, lime zest and lime juice. When smooth, pour over the warm crust.

Place back in the oven and bake for 25-30 minutes, until the edges are firm, but when you shake the pan, the middle should still have some jiggle to it. Remove from the oven and place baking pan on a wire rack to cool completely. Cover pan and set in the refrigerator until well chilled. Cut into bars.

Per Serving (excluding unknown items): 162 Calories; 4g Fat (36.9% calories from fat); 3g Protein; 13g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 76mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Strawberries and Raspberries in Custard Sauce

D (Desserts)

Source: Cooking Light, MAY 1996

HU: 2.2

Servings: 6

Posted by: CJMartin717 (Cindy)

April 22, 2006

*Cindy's Note: I cut the recipe in half for 3 servings and it only took about 20-22 minutes for the custard to cook. I used half vanilla extract and half almond extract.

1 1/2 cups skim milk
1/4 cup sugar
1 tablespoon all-purpose flour
4 egg yolks
3/4 teaspoon vanilla extract
1 1/2 cups halved strawberries
1 1/2 cups raspberries
Mint sprigs (optional)

Combine first 4 ingredients in the top of a double boiler. Cook over simmering water 38 minutes* or until mixture thickens and coats a metal spoon, stirring constantly. Pour custard into a bowl, and stir in vanilla. Let custard sauce cool to room temperature. Cover and chill.

Spoon about 1/3 cup custard sauce into each of 6 stemmed glasses; add 1/4 cup strawberries and 1/4 cup raspberries to each glass. Garnish with mint, if desired.

Combine berries and sauce just before serving. If you expect to have leftovers, refrigerate berries and custard separately

Yield: 6 servings

NUTRITION PER SERVING

CALORIES 127(28% from fat); FAT 3.9g (sat 1.2g,mono 1.4g,poly 0.7g); PROTEIN 4.6g; CHOLESTEROL 146mg; CALCIUM 103mg; SODIUM 37mg; FIBER 3.3g; IRON 0.8mg; CARBOHYDRATE 18.8g

Mock Risotto

RP (Rice, Pasta, Grains)

Source: Eating Well Healthy in a Hurry

HU: 8

Servings: 4, 1-1/2 cups each

Posted by: CJMartin717 (Cindy)

April 22, 2006

EW: Risotto is hardly effortless fare, what with all that stirring over a hot stove. But instant brown rice and creamy Neufchatel cheese can make a nutty, rich, stand-in version that's sure to be a family favorite. Substitute any vegetables you wish for the asparagus and bell pepper. Make it a Meal: Paired with a salad, this is a perfect vegetarian main course, or serve as a side dish with grilled chicken or steak.

Cindy's Note: As a main dish, the serving size was very generous. I got nearly 2 cups per serving. I added a generous amount of cracked black pepper at the end.

1 tablespoon extra-virgin olive oil	1 red bell pepper, finely diced
1 medium onion, diced	1 cup frozen peas, thawed
1/4 teaspoon salt	4 ounces reduced-fat cream cheese (Neufchatel)
2 cups instant brown rice	1/2 cup grated Asiago or Parmesan cheese, plus more for passing, if desired
4 cloves garlic, chopped	1/4 cup minced chives or scallion greens
2 1/2 cups vegetable or reduced-sodium chicken broth	
1 pound asparagus, trimmed and cut into 1/4-inch pieces	

1. Heat oil in a large nonstick skillet over medium-low heat. Add onion and salt and cook, stirring often, until soft and just beginning to brown, 4 to 6 minutes. Add rice and garlic and cook until the garlic is fragrant, 30 seconds to 1 minute. Add broth and bring to a boil; cover, reduce heat to a simmer and cook for 5 minutes.

2. Remove cover and spread asparagus and bell pepper on top of the simmering rice—do not stir into the rice mixture. Replace cover and continue simmering, adjusting the heat if necessary, until the liquid is almost absorbed and the asparagus is bright green but still crisp, about 5 minutes.

3. Add peas and cream cheese; stir until the mixture is creamy and the cheese is incorporated. Return to a simmer and continue cooking until the liquid has evaporated and the asparagus is tender, about 5 minutes more. Stir in 1/2 cup Asiago (or Parmesan). Serve topped with chives (or scallions) and additional grated cheese.

Per serving: 368 calories; 14 g fat (6 g sat, 5 g mono); 29 mg cholesterol; 51 g carbohydrate; 13 g protein; 7 g fiber; 665 mg sodium; 338 mg potassium.

Pork Chops with Carolina Rub

Category: Meats

Cooking Light May 2006

HU: 4

Servings: 4

Posted by DebMj1

April 23, 2006

Quick & Easy

Deb's Notes: I have a tendency to want to overcook pork since I've had bad experiences with it in the past. However, I followed the cooking times in the recipe exactly as stated, and the pork came out tender and juicy.

CL Notes: Season the chops and let them stand about 10 minutes before they're grilled. This allows the meat time to absorb the flavorful spice rub.

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon sugar
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon salt
- 4 (4-ounce) center-cut pork loin chops
- Cooking spray
- 1/4 cup barbecue sauce

Prepare grill.

Combine first 7 ingredients in a small bowl. Rub pork with spice mixture; let stand 10 minutes.

Place pork on grill rack coated with cooking spray. Grill 4 minutes. Turn pork; grill 2 minutes. Brush each chop with 1 tablespoon sauce, and grill 2 minutes or until desired degree of doneness.

NUTRITION PER SERVING

CALORIES 185(34% from fat); FAT 6.9g (sat 2.4g,mono 3g,poly 0.7g); PROTEIN 24.6g;
CHOLESTEROL 65mg; CALCIUM 35mg; SODIUM 477mg; FIBER 0.8g; IRON 1.1mg;
CARBOHYDRATE 5g

Rene's Coleslaw

(S) Salads

Source: "Paula Deen & Friends - Living It Up, Southern Style"

HU: 1.9 - 2.4

Servings: 4-5

Posted by: CJMartin717 (Cindy)

Date: 4/23/06

2 1/2 cups shredded cabbage
1/4 cup toasted almonds
3/4 cup dried cranberries
1/4 cup diced celery
1/4 cup green onions -- chopped
1/4 cup red bell pepper -- diced
1/4 cup light mayonnaise
1/2 tablespoon sweet pickle relish
1/2 tablespoon honey mustard
1/2 tablespoon honey

Combine cabbage, almonds, cranberries, celery, green onions, and bell pepper in a large bowl.

Combine remaining ingredients in a small bowl. Season with salt and pepper to taste.

Add dressing to salad just before serving. Stir well.

Per Serving (based on 4 servings): 117 Calories; 8g Fat (54.9% calories from fat); 3g Protein; 11g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 132mg Sodium.
Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Per Serving (based on 5 servings): 93 Calories; 6g Fat (54.9% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 106mg Sodium.
Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Cindy's Note: This represents half the recipe that was printed in the cookbook. I like red bell pepper rather than the green originally called for. I didn't have any relish and subbed chopped homemade bread 'n butter pickles instead.

Blueberry Cheesecake Squares

One Smart Cookie

Healthy Units: 3

Servings: 16

Posted By: Bawstinn32 (Maria)

April 23, 2006

Comments: Mine took closer to 35 minutes to cook. You can also substitute honey for the corn syrup.

Base

1 1/4 cups graham cracker crumbs

1/4 cup sugar

2 tablespoons butter -- melted

1 tablespoon corn syrup

Topping

8 ounces light cream cheese

1 cup confectioner's sugar

2 whole egg whites

2 tablespoons lemon juice

Grated zest of one lemon (optional)

1 1/2 cups blueberries

Preheat oven to 325.

In a medium bowl, combine base ingredients and stir until crumbs are evenly moistened. Press into the bottom of an 8 x 8 pan that has been coated with cooking spray. Bake for 10 - 12 minutes, until barely golden around the edges.

In a medium bowl, beat the cream cheese until creamy and smooth. Add confectioners' sugar, egg whites, lemon juice and zest (if using), and beat on high speed for 2 minutes, until thickened and smooth.

Pour topping over the crust and sprinkle with blueberries (alternately you can mix the blueberries into the topping).

Bake for 30 - 35 minutes, until the topping is slightly golden around the edges and no longer appears wet. Don't worry about the area around the berries appearing juicy. Cool in the pan on a wire rack then refrigerate until well chilled. Store extras tightly covered in the refrigerator.

Per Serving (excluding unknown items): 128 Calories; 5g Fat (32.0% calories from fat); 3g Protein; 20g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 143mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 Fat; 1 Other Carbohydrates.

Cheddar, Bacon, and Tomato Strata

Source: Cooking Light October 1999

HU: 6.68

Servings: 8

Posted by: Waneyvant

Date: April 24, 2006

Waney Notes: this was easy to divide in 1/2 & baked in 11 x 7 glass baking dish. I used leftover Tomatoes Tureul. Also, leftovers warmed up nicely. I served with a fruit salad.

3 bacon slices
1 cup vertically sliced onion
2 garlic cloves, minced
8 cups cubed Italian bread (14 ounces)
Cooking spray
2 cups (8 ounces) shredded reduced-fat sharp cheddar cheese, divided
3 large tomatoes, each seeded and cut into 4 (1/2-inch-thick) slices
2 cups fat-free milk
1/4 cup thinly sliced fresh basil
1/4 teaspoon salt
1/4 teaspoon dried thyme
1/4 teaspoon black pepper
3 large eggs
3 large egg whites

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, and crumble. Add onion to drippings in pan; sauté 4 minutes. Add garlic, and sauté 1 minute. Remove from heat; combine onion mixture and bacon.

Arrange 4 cups bread cubes in bottom of a 13 x 9-inch baking dish coated with cooking spray; top with 2/3 cup cheese, half of onion mixture, and 6 tomato slices. Combine milk and remaining ingredients; stir well with a whisk. Pour half of milk mixture over tomatoes. Top with 4 cups bread cubes, 2/3 cup cheese, remaining onion mixture, 6 tomato slices, and half of milk mixture. Cover; chill at least 1 hour or up to 24 hours.

Preheat oven to 325°. Bake, uncovered, at 325° for 55 minutes. Sprinkle with 2/3 cup cheese; bake an additional 5 minutes or until cheese melts. Let stand 5 minutes before serving.

CALORIES 316(28% from fat); FAT 9.8g (sat 4.8g,mono 3.3g,poly 0.8g); PROTEIN 19.6g; CHOLESTEROL 106mg; CALCIUM 356mg; SODIUM 670mg; FIBER 2.3g; IRON 1.9mg; CARBOHYDRATE 37g

Gingerbread Loaf

Cooking Light, May 2006

Healthy Units: 4.5

Yield: 16 servings (serving size: 1 slice)

Posted By: Bawstinn32 (Maria)

April 24, 2006

Comments: Nice gingerbread flavor, just the right amount of spice and was already very moist. I used whole wheat pastry flour, rather than whole wheat as that is what I had on hand. I also left off the walnuts as they never seem to stay on top of breads, so I figured, what's the point. I would check the loaf after 55 minutes or so. I checked mine at the 1 hour mark and the edges were starting to get a little burnt.

This aromatic, spice-filled loaf cake is even more moist the next day, so it's well suited to make ahead for a bake sale. Check your local supermarket for small disposable loaf pans; half-size loaves may be ideal for a bake sale. This recipe also makes 3 (3 1/2 x 5 1/2-inch) loaves; bake them for 50 minutes.

1 3/4 cups all-purpose flour (about 7 3/4 ounces)

3/4 cup whole wheat flour (about 3 1/3 ounces)

2 teaspoons baking powder

1 teaspoon ground ginger

1/2 teaspoon baking soda

1/4 teaspoon salt

1/4 teaspoon ground cardamom

1/4 teaspoon ground cinnamon

Dash of nutmeg

Preheat oven to 350°.

1 cup warm 1% low-fat milk (100° to 110°)

1/2 cup molasses

1/4 cup canola oil

3 tablespoons prune baby food

2 large eggs, lightly beaten

3/4 cup packed dark brown sugar

1/2 cup golden raisins

Cooking spray

2 tablespoons finely chopped walnuts

Lightly spoon all-purpose flour and whole wheat flour into dry measuring cups; level with a knife. Combine flours, baking powder, ginger, baking soda, salt, cardamom, cinnamon, and nutmeg in a large bowl.

Combine milk and next 4 ingredients (through eggs) in a medium bowl, stirring with a whisk until blended. Add sugar, stirring until well blended. Make a well in center of flour mixture. Add milk mixture to flour mixture; stir just until combined. Stir in raisins. Scrape batter into a 9 x 5-inch loaf pan coated with cooking spray, using a rubber spatula. Sprinkle walnuts in a 2 1/2-inch-wide strip down center of loaf.

Bake the loaf at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool loaf in pan on a wire rack.

NUTRITION PER SERVING

CALORIES 207(22% from fat); FAT 5.2g (sat 0.7g,mono 2.5g,poly 1.7g); PROTEIN 3.8g; CHOLESTEROL 27mg; CALCIUM 94mg; SODIUM 165mg; FIBER 1.4g; IRON 1.9mg; CARBOHYDRATE 37.7g

Garlic Broccoli with Jalapeño

Source: MealsForYou.Com

HU: 1 per serving

Servings: 4

Posted by: Aimster04 (Amy)

April 25, 2006

My Notes: If you like a little heat in your food, this recipe is for you. The jalapeño adds just enough kick so that you know it is there without overpowering the broccoli. It also has the 3 essentials: quick, easy and delish!.

1 lb. broccoli florets\cooked
2 tsp. unsalted butter
2 tsp. olive oil
4 cloves garlic, minced
1 jalapeño pepper, seeded and minced
1/2 tsp. salt (optional), or to taste

Place broccoli in a steamer basket over boiling water. Cover saucepan and steam about 5 minutes, or until bright green and almost tender.

While broccoli is steaming, melt butter in oil in a heavy skillet over medium low heat. Cook garlic 2 minutes, stirring frequently until golden. Do not brown. Stir in jalapeño pepper. Remove from heat.

Transfer broccoli to skillet with garlic butter. Heat over medium low heat. Season with salt and pepper to taste. Toss until broccoli is coated with butter.

Per Serving: 75 Calories; 5g Fat; 4g Dietary Fiber

Lemon Sole with Lemon-Caper Sauce

Category: FS

Source: Cooking Light, MAY 2006

Healthy Units 4.5

Core: yes (omit butter)

Servings: 4

Posted by Shari (walkmuch)

4/27/2006

Quick & Easy

This tangy sauce complements the mild, buttery flavor of sole. Lemon sole is an American variety of flatfish, which includes flounder. Most flatfish will work here.

1 tablespoon extra virgin olive oil
4 (6-ounce) lemon sole fillets
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 teaspoon butter
1 garlic clove, minced
3/4 cup fat-free, less-sodium chicken broth
2 tablespoons capers, rinsed, drained, and minced
1 tablespoon fresh lemon juice
1 tablespoon minced fresh flat-leaf parsley

Heat oil in a large nonstick skillet over medium heat. Sprinkle fish with salt and pepper. Place fish in pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove fish from pan.

Melt butter in pan. Add garlic; cook 1 minute or until lightly browned. Add broth, scraping pan to loosen browned bits. Bring to a boil; cook until reduced to 1/4 cup (about 6 minutes). Stir in minced capers and juice; cook 3 minutes or until sauce is slightly thickened. Remove from heat; stir in parsley. Serve immediately.

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

NUTRITION PER SERVING

CALORIES 202(29% from fat); FAT 6.6g (sat 1.5g,mono 3.5g,poly 0.9g); PROTEIN 32.7g; CHOLESTEROL 84mg; CALCIUM 39mg; SODIUM 640mg; FIBER 0.4g; IRON 0.9mg; CARBOHYDRATE 1.3g

Adobo Pork Tenderloin

M (Meats)

Source: Cooking Light, JANUARY 2002

HU: 3.8

Serves: 4

Posted by: CJMartin717 (Cindy)

April 28, 2006

Cindy's Note: I used red bell pepper instead of green. The pork was very moist and leftovers heated up nicely. Assembling the pork was a bit messy; but, the results were so pretty when sliced that it was worth it.

1 (1-pound) pork tenderloin, trimmed
1 (7-ounce) can chipotle chiles in adobo sauce
1/2 cup finely chopped green bell pepper
1/2 cup chopped bottled roasted red bell peppers
2 tablespoons fresh Parmesan cheese
1 tablespoon brown sugar
4 garlic cloves, minced

Preheat oven to 375°.

Slice pork lengthwise, cutting to, but not through, other side. Open halves, laying pork flat. Slice each half lengthwise, cutting to, but not through, other side; open flat. Place plastic wrap over pork; pound to an even thickness using a meat mallet or rolling pin.

Remove 1 chile and 1 teaspoon sauce from can; reserve remaining chiles and sauce for another use. Finely chop chile. Combine chopped chile, 1 teaspoon sauce, and remaining ingredients in a small mixing bowl. Spread chile mixture over pork, leaving a 1/2-inch border around edges. Roll up pork, jelly roll fashion, starting with short side. Secure at 2-inch intervals with twine. Place pork on a baking sheet.

Bake at 375° for 30 minutes or until a meat thermometer registers 160°. Cover lightly with foil; let stand 5 minutes. Remove twine, and cut into 1/2-inch-thick slices.

Yield: 4 servings (serving size: 3 ounces pork)

NUTRITION PER SERVING

CALORIES 175(25% from fat); FAT 4.9g (sat 1.9g,mono 1.8g,poly 0.5g); PROTEIN 25.3g; CHOLESTEROL 76mg; CALCIUM 49mg; SODIUM 145mg; FIBER 0.5g; IRON 1.7mg; CARBOHYDRATE 6.6g

Walnut-Crusted Potato and Blue Cheese Cakes

VP (Vegetable-Potatoes)

Source: Cooking Light, APRIL 2005

HU: 4.3

Servings: 6

Posted by: CJMartin717 (Cindy)

April 28, 2006

To avoid dirtying another dish, mash the potatoes in the same pot used to cook them. The cakes can be shaped a few hours ahead of time, covered, and chilled until you're ready to eat. After chilling, cook them in the pan for an extra minute to make sure the inside of the cakes are thoroughly heated.

Cindy's Comments: I cut the recipe in half and made 6 cakes (3 servings). I think 1 cake would have been filling enough as a side dish. I did have to add about 1 tablespoon more milk to get the right consistency. I made these first and kept them warm in the oven while cooking the rest of the meal.

2 pounds small red potatoes, halved
1 garlic clove, peeled
1/3 cup (about 1 1/2 ounces) crumbled blue cheese
1/4 cup 1% low-fat milk
1 tablespoon chopped fresh parsley
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
3 tablespoons chopped walnuts
2 (1 1/2-ounce) slices sourdough bread
1 tablespoon olive oil, divided

Place potato halves and garlic clove in a large saucepan; cover with water. Bring to a boil; reduce heat, and simmer 20 minutes or until tender. Drain. Return potato halves and garlic clove to pan. Add blue cheese and next 4 ingredients (through black pepper); mash with a potato masher to desired consistency. Cool slightly. Shape the potato mixture into 12 (1/2-inch-thick) cakes; set aside.

Place walnuts and bread in a food processor; pulse 10 times or until coarse crumbs form. Place in a shallow bowl or pie plate. Dredge potato cakes in breadcrumb mixture.

Heat 1 1/2 teaspoons olive oil in a large nonstick skillet over medium heat. Add 6 potato cakes, and cook 2 minutes on each side or until browned. Remove cakes from pan; cover and keep warm. Repeat procedure with the remaining 1 1/2 teaspoons olive oil and 6 potato cakes.

Yield: 6 servings (serving size: 2 potato cakes)

NUTRITION PER SERVING

CALORIES 219(30% from fat); FAT 7.4g (sat 2g,mono 2.6g,poly 2.2g); PROTEIN 6.7g;
CHOLESTEROL 6mg; CALCIUM 84mg; SODIUM 489mg; FIBER 3.3g; IRON 1.9mg;
CARBOHYDRATE 32.5g

Flank Steak Pinwheels

Meats

Taste of Home's Simple & Delicious

4 servings

HUs: 10.61

Posted by Aimster04 (Amy)

4/29/06

Amy's Notes: A pretty and tasty way to serve a flank steak. The original recipe called for 8 pieces of bacon however I found 4 covered it just as well. The sauce was creamy and paired with the steak and side dishes well. I served this with Fennel Stuffed Onions, Northwoods Zucchini, and Sweet and Spicy Sweet Potato. Next time I will double the sauce. (Oh and I didn't microwave the bacon)

Ingredients

4 bacon strips

1.25 beef flank steak

4 ounces cups fresh baby spinach

7 ounces roasted sweet red peppers, drained and sliced

CREAM CHEESE SAUCE:

3 ounces light cream cheese, softened

1/4 cup 2% milk

1 tablespoon Light Butter

1/4 teaspoon pepper

1/2 cup crumbled blue cheese

DIRECTIONS:

Place bacon strips on a microwave-safe plate lined with microwave-safe paper towels. Cover with another paper towel; microwave on high for 2-3 minutes or until partially cooked.

Meanwhile, cut steak horizontally from a long side to within 1/2 in. of opposite side. Open meat so it lies flat; cover with plastic wrap. Flatten to 1/4-in. thickness. Remove plastic. Place spinach over steak to within 1 in. of edges; top with red peppers. With the grain of the meat going from left to right, roll up jelly-roll style. Wrap bacon strips around beef; secure with toothpicks. Slice beef across the grain into eight slices.

Grill, covered, over medium heat for 5-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°). Discard toothpicks.

In a small saucepan, combine the cream cheese, milk, butter and pepper. Cook and stir over low heat just until smooth (do not boil). Stir in blue cheese. Serve with pinwheels

Per Serving (excluding unknown items): 434 Calories; 28g Fat (59.6% calories from fat); 37g Protein; 7g Carbohydrate; 2g Dietary Fiber; 107mg Cholesterol; 603mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Fennel Stuffed Onions

Vegetables

WW Grill It!

HU: 1

Serves: 4

Posted By Aimster04 (Amy)

4/29/06

Amy's Notes: My only variation was that I cooked 2 slices of bacon, removed from pan and cooked the vegetables in bacon grease and added the crumbled bacon into the stuffing. Also, I used baby spinach in place of kale.

4 large Onions

2 Teaspoons Canola Oil

1 ½ Cups Diced Fennel

¼ Teaspoon

1/8 Teaspoon Pepper

½ Cup Chopped Kale

4 Teaspoons Bread crumbs

Spray the grill rack with non stick spray; prepare the grill for a medium fire using the direct method.

Slice ½ inch off of the top of each onion; scoop out center, leaving 3 outer layers of the shell. Be careful not to cut through the bottom root. Dice the tops and centers of the onions and set aside.

Heat the oil in a medium pan over medium-high heat. Add the diced onions, fennel, salt and pepper; cook, stirring frequently, until softened about 12 minutes. Add the kale and cook until wilted and soft, about 4 minutes. Remove the pan from the heat and set aside.

Spray the onion shells lightly with non stick spray. Place the onion shells on the grill hollow side down. Grill, turning frequently until they soften, about 7-10 minutes.

Transfer the onion shells to a platter. Spoon vegetable mixture into each cavity and top with 1 teaspoon of bread crumbs. Return the stuffed onions to the grill and keeping heat medium low, grill until golden brown, about 30 minutes.

Per Serving: 68 calories, 2 grams fat, 3 grams fiber.

Sweet and Spicy Sweet Potatoes

Vegetables

WW Grill It!

HU: 1.5

Servings: 4

Posted By Aimster04 (Amy)

4/29/06

Amy's Notes: I kept the skins on my potatoes. Watch the heat on this recipe and keep it low. To avoid burnt fries, cut small uniform pieces and watch the heat on the grill. Keep it low or the sauce will char the outside before the inside can cook.

2 Tablespoons + 2 teaspoons ketchup

1 Tablespoon Worcestershire Sauce

1 tablespoon Red-Wine Vinegar

1 teaspoon yellow mustard

½ teaspoon freshly ground pepper

1 pound sweet potatoes, peeled and cut lengthwise into ¼ inch slices

Prepare the grill for medium heat.

Combine all of the ingredients, except the potatoes, in a small bowl and mix well.

Brush the potato slices on both sides with mixture. Grill, turning and basing frequently for about 8 minutes.

Per Serving 104 Calories, 0 fat, 3 grams Fiber

Seafood Avocado Salad with Ginger

S (Salads)

Source: Cooking Light, MAY 2006

HU: 4.5

Servings: 6

Posted by: CJMartin717 (Cindy)

April 30, 2006

CL: If serving this salad chilled, add avocado just before tossing with lime juice mixture. If bay scallops aren't available, substitute coarsely chopped sea scallops.

Cindy's Comments: I halved the recipe for 3 servings and substituted imitation crab for the lobster. I couldn't find arugula; but, did find some nice mixed mystery lettuces/greens. This is not very spicy - I might use a little more of the chile paste next time.

2 quarts water
3/4 pound large shrimp, peeled and deveined
3/4 pound bay scallops
1 cup chopped celery
1 cup chopped cucumber
1/2 cup chopped carrot
1/2 cup chopped green onions
1/2 pound coarsely chopped cooked lobster meat
1 finely chopped peeled ripe avocado
2 tablespoons chopped fresh cilantro
1 tablespoon sugar
3 tablespoons fresh lime juice
1 tablespoon seasoned rice vinegar
1 tablespoon fish sauce
2 teaspoons grated peeled fresh ginger
1 teaspoon Thai roasted chile paste
6 cups trimmed arugula, divided

Bring 2 quarts water to a boil in a large saucepan; reduce heat to medium, and simmer. Add shrimp; cook 3 minutes or until done. Remove shrimp with a slotted spoon. Add scallops to pan; cook 3 minutes or until done. Drain; cool 10 minutes. Combine shrimp, scallops, celery, and next 5 ingredients (through avocado) in a large bowl; toss well. Combine cilantro and the next 6 ingredients (through chile paste) in a medium bowl, stirring with a whisk. Add cilantro mixture to shrimp mixture, tossing to coat.

Place 1 cup trimmed arugula on each of 6 plates; top each with about 1 cup seafood and avocado mixture.

NUTRITION PER SERVING

CALORIES 232(27% from fat); FAT 7g (sat 2.1g,mono 2.8g,poly 1.4g); PROTEIN 30.5g; CHOLESTEROL 134mg; CALCIUM 115mg; SODIUM 658mg; FIBER 3.7g; IRON 2.1mg; CARBOHYDRATE 12g

Lemon Upside Down Cake

Category: Desserts (D)

Source: Luscious Lemon Desserts (modified)

Healthy Units: 4

Servings: 10

Posted by: ejwyatt (Emily)

Date: April 30, 2006

My Notes: This is a nice twist on the traditional pineapple upside down cake. The lemon is very refreshing. The original recipe was 9 points per serving for 8 servings. I cut back the butter and used light butter. I used whole wheat pastry flour for half of the flour and subbed Splenda for half the sugar and got it down to 4 points per serving (10 servings).

2 lemons, thinly sliced	½ cup Splenda
½ cup light butter, divided	½ cup sugar
¼ cup brown sugar, packed	3 Tablespoons lemon zest, finely grated
¾ cup all-purpose flour	2 large eggs, separated
¾ cup whole wheat pastry flour	¼ teaspoon vanilla extract
2 teaspoons baking powder	½ cup lowfat buttermilk
¼ teaspoon salt	¼ teaspoon cream of tartar

Position rack in the middle of the oven and preheat the oven to 350.

Trim the ends from the lemons and cut the fruit into slices 1/8" to 1/4" thick with a very sharp knife or a mandoline; discard any seeds. Melt 3T of the butter with the brown sugar in an oven proof, non-stick 10" skillet over medium heat. Add the lemon slices, increase the heat to high, and boil, stirring for 1 minute. Remove the skillet from the heat and arrange the slices in an orderly pattern in the bottom of the skillet.

Sift the flour, baking powder, and salt together into a medium bowl. Beat the remaining 5T of butter with an electric mixer on medium speed until light and fluffy. Add the granulated sugar, Splenda and zest, scraping down the side of the bowl until light and fluffy. Add the egg yolks and vanilla and beat until just blended. Reduce the speed to low and add the flour mixture alternately with the buttermilk, scraping down the side of the bowl after each addition and beating until just blended.

Beat the egg whites with clean beaters on medium speed in a large clean bowl just until foamy. Increase the speed to medium-high, add the cream of tartar, and beat just until the egg whites form stiff peaks. Add one quarter of the whites to the batter and fold in using a whisk or rubber spatula; continue to gently fold in the whites one quarter at a time, being careful not to overmix.

Pour the batter over the lemon slices and gently smooth the top with a rubber spatula. Bake for 35 to 40 minutes, until the top is golden brown and a wooden pick inserted in the center comes out clean. Let cool in the pan on a wire rack for 10 minutes

Loosen the edge of the cake with a rubber spatula all around, invert it onto a heat-proof serving platter, and leave the pan over the cake for 5 minutes. Remove the pan and serve cake warm, cut into wedges.

Per Serving (excluding unknown items): 186 Calories; 6g Fat (27.9% calories from fat); 4g Protein; 32g Carbohydrate; 2g Dietary Fiber; 50mg Cholesterol; 254mg Sodium.

Chilled Avocado Soup w/Tortilla Chips

Soups

Source: CL May 2006

Healthy Units: 2.9

Servings: 4 1-cup servings

Posted by Tracy (Nikkie1T)

May 1, 2006

CL comments: Beans thicken the soup and echo the lush texture of the avocado. Substitute 1/8 teaspoon ground red pepper for the chipotle chili powder, if you prefer.

My comments: This definitely needs to sit for a few hours, to chill and let the flavors "mingle." It's a really refreshing soup, and the flavor of the lime and cilantro are great.

1 cup canned cannellini beans, rinsed and drained
1 cup chopped peeled cucumber
1/2 cup fat-free buttermilk
1 tablespoon fresh lime juice
1/8 teaspoon chipotle chili powder
1 (14-ounce) can fat-free, less-sodium chicken broth
1 ripe peeled avocado
1/2 teaspoon salt, divided
1 tablespoon chopped fresh cilantro
2 (6-inch) corn tortillas, halved and cut into (1/8-inch-thick) strips
Cooking spray
1/8 teaspoon ground cumin
1/8 teaspoon chipotle chili powder

Combine first 7 ingredients (through avocado) in a blender; add 1/4 teaspoon salt. Process until smooth; stir in 1/8 teaspoon salt and chopped fresh cilantro. Cover and chill 2 hours.

Preheat oven to 400°. Lightly coat tortillas with cooking spray. Combine remaining 1/8 teaspoon salt, cumin, and 1/8 teaspoon chili powder in a small bowl; sprinkle cumin mixture over tortillas, tossing gently to coat. Arrange tortillas in a single layer on a baking sheet. Bake at 400° for 5 minutes or until crisp. Cool in pan. Place 1 cup soup in each of 4 bowls; top evenly with tortilla strips.

CALORIES 152(49% from fat); FAT 8.2g (sat 2.2g,mono 4.3g,poly 1.6g); PROTEIN 6.2g; CHOLESTEROL 0.0mg; CALCIUM 89mg; SODIUM 576mg; FIBER 4.5g; IRON 1.2mg; CARBOHYDRATE 18.4g

Double Apple Bran Muffins

Category: Breads/Muffins

Source: CL May 2006

Healthy Units: 3.35

Servings: 12 muffins

Posted by Tracy (Nikkie1T)

May 1, 2006

CL comments: Oat bran, the outer casing of an oat, is high in fiber. Apples and applesauce make these healthful muffins sweet and moist. If making ahead, individually wrap cooled muffins, and freeze for up to one week.

1/2 cup packed brown sugar
1/4 cup butter, softened
1 large egg
1 large egg white
3/4 cup fat-free milk
1/4 cup unsweetened applesauce
1 tablespoon molasses
1/2 teaspoon vanilla extract
1 cup all-purpose flour (about 4 1/2 ounces)
1 1/2 cups oat bran
1 1/2 teaspoons baking powder
3/4 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 cup coarsely chopped, peeled Granny Smith apple
2 teaspoons turbinado sugar (optional)

Preheat oven to 400°. Place 12 paper muffin cup liners in muffin cups; set aside. Combine brown sugar and butter in a medium bowl; beat with a mixer at medium-high speed until light and fluffy (about 5 minutes). Add egg; beat 1 minute or until well blended. Beat in egg white until well blended. Add milk, applesauce, molasses, and vanilla extract; beat on low speed until well blended.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, bran, baking powder, salt, and cinnamon in a large bowl; make a well in center of mixture. Add milk mixture to flour mixture, stirring just until moist. Gently stir in apples.

Spoon batter evenly into prepared muffin cups. Sprinkle evenly with turbinado sugar, if desired. Bake at 400° for 18 minutes or until muffins spring back when touched lightly in center.

CALORIES 174(29% from fat); FAT 5.6g (sat 2.8g,mono 1.6g,poly 0.8g); PROTEIN 5.2g;
CHOLESTEROL 28mg; CALCIUM 80mg; SODIUM 258mg; FIBER 3g; IRON 1.9mg; CARBOHYDRATE 32.5g

Bow Tie Pasta w/Roasted Red Pepper & Cream Sauce

Category: Rice/Pasta

Source: Cooking Light, May 2006

HU's: 9

Servings: 6

Posted by: CAROTS/Donna

Date: May 2, 2006

NOTE: Bottled red peppers at the base of this rich sauce deliver ample flavor and save the effort of roasting your own. Balsamic vinegar helps balance the natural sweetness of the peppers. It's also good with chicken.

*MY NOTES-Very good, I would think a nice company dish too. Because it is high in points, I would use as a side dish. Changes that were made, I used 1 big shallot instead of a yellow onion (would increase to 2 next time)I cut back on the Parmigiano Reggiano cheese to 3/4 cup, but next time I would use the full cup. Plan on adding chicken next time to the pasta.

1 pound uncooked farfalle (bow tie pasta)
2 teaspoons extra virgin olive oil
1/2 cup finely chopped onion
1 (12-ounce) bottle roasted red bell peppers, drained and coarsely chopped
2 teaspoons balsamic vinegar
1 cup half-and-half
1 tablespoon tomato paste
1/8 teaspoon ground red pepper
1 cup (4 ounces) freshly grated Parmigiano-Reggiano cheese, divided
Thinly sliced fresh basil (optional)

Cook the pasta according to package directions, omitting salt and fat.
Heat oil in a large skillet over medium heat. Add onion, and cook 8 minutes or until tender, stirring frequently. Add bell peppers; cook 2 minutes or until heated through. Increase heat to medium-high. Stir in vinegar; cook 1 minute or until liquid evaporates. Remove from heat; cool 5 minutes.

Place bell pepper mixture in a blender; process until smooth. Return bell pepper mixture to pan; cook over low heat until warm. Combine half-and-half and tomato paste in a small bowl, stirring with a whisk. Stir tomato mixture into bell pepper mixture, stirring with a whisk until well combined. Stir in ground red pepper.

Combine pasta and bell pepper mixture in a large bowl. Add 1/2 cup cheese, tossing to coat. Spoon 1 1/3 cups pasta into each of 6 bowls; top each with about 1 1/2 tablespoons cheese. Garnish with basil, if desired.

NUTRITION PER SERVING

CALORIES 424(23% from fat); FAT 10.7g (sat 5.6g,mono 3.7g,poly 0.5g); PROTEIN 17.6g; CHOLESTEROL 32mg; CALCIUM 222mg; SODIUM 383mg; FIBER 3g; IRON 2.9mg; CARBOHYDRATE 62.9g

French Basil Chicken

Category: Poultry / Slow Cooker

Source: The Healthy Slow Cooker, by Judith Finlayson

Healthy Units: 5

Servings: 6 (I measured out 2 thighs and about 1/2 cup of tomato mixture

Posted by CrissyBear (Christine)

May 3, 2006

My comments: I seasoned the chicken w/ the salt & pepper listed and eliminated them from Step1. I also added more fresh basil (torn pieces) just before serving, as a garnish. DBF and I both enjoyed this served over rice (the cookbook suggests "garnished with plenty of toasted pine nuts" but I left that out.

- 1 tablespoon olive oil
- 2 onions, finely chopped
- 4 cloves garlic, minced
- 1 teaspoon herbs de Provence
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon cracked black peppercorns
- 1 tablespoon all-purpose flour
- 1/2 cup dry white wine
- 1 cup chicken stock [I used canned]
- 1 can (14 oz) diced tomatoes including juice (feel free to use up to 19oz can)
- 1 can (14 oz) artichoke hearts, drained, rinsed and quartered
- 3 pounds skinless, bone-in chicken thighs (about 12 thighs)
- 2 cups diced red bell pepper
- 1/2 cup finely chopped fresh basil leaves

In a skillet, heat oil over medium heat for 30 seconds. Add onions and cook, stirring, until softened, about 3 minutes. Add garlic, herbs de Provence, salt and peppercorns and cook, stirring, for 1 minute. Add flour and cook, stirring, for 1 minute. Add wine and cook, stirring, for 1 minute. Add chicken stock and tomatoes with juice and bring to a boil. Stir in artichoke hearts and remove from heat. (To make ahead: complete step 1. Cover and refrigerate overnight or for up to 2 days. When ready to cook, continue with Step 2.)

Arrange chicken pieces evenly over the bottom of slow cooker stoneware (works in slow cookers from 3 1/2 to 6 quarts) and cover with tomato mixture. Cover and cook on low for 6 hours or on high for 3 hours, until juices run clear when chicken is pierced with a fork. Stir in red pepper and basil. Cover and cook on high for 30 minutes, or until pepper is tender.

Per Serving: 230 Calories; 8.3g Fat (1.9 sat; 3.2 mono, 1.8 poly); 26g Protein; 12.4g Carbohydrate; 3.4g Dietary Fiber; 103mg Cholesterol; 549mg Sodium.

Sugar-Snap-Pea Salad With Sweet Ginger-Soy Dressing

Category: Salads

Source: CL, July 2001

Posted by: Danikam

HUs: 1.5

Serves: 5

Date Posted: 5/7/06

Dressing:

2 teaspoons dark sesame oil
1 tablespoon minced peeled fresh ginger
1 tablespoon minced fresh garlic
1/4 teaspoon crushed red pepper
1 tablespoon oyster sauce
1 tablespoon low-sodium soy sauce
1 tablespoon sugar
1/8 teaspoon salt

Salad:

1 pound sugar snap peas, trimmed
1/2 cup julienne-cut carrot
1/2 cup drained, canned sliced water chestnuts
1/2 cup sliced mushrooms
1/2 cup julienne-cut red bell pepper
2 teaspoons sesame seeds, toasted

To prepare dressing, heat oil in a small saucepan over medium heat. Add ginger; sauté 2 minutes. Add garlic and crushed red pepper; cook 1 minute. Stir in oyster sauce, soy sauce, sugar, and salt; bring to a simmer. Remove from heat; cool.

To prepare salad, cook peas in boiling water 30 seconds. Drain and rinse with cold water. Combine peas and remaining ingredients except sesame seeds. Drizzle dressing over salad; toss well. Sprinkle with sesame seeds.

Yield: 5 servings (serving size: 1 cup)

NUTRITION PER SERVING

CALORIES 107(18% from fat); FAT 2.3g (sat 0.3g,mono 0.9g,poly 1g); PROTEIN 4g;
CHOLESTEROL 0.0mg; CALCIUM 77mg; SODIUM 289mg; FIBER 4.3g; IRON 1.1mg;
CARBOHYDRATE 18.9g

Roasted Potatoes and Artichokes with Feta

Category: Vegetable

Source: Cooking Light website, September 1998

HU: 7

Servings: 4

Posted by: Natalie (Xercize2)

Date: May 8, 2006

Quick & Easy

My comments: 2 cups a serving for 4 seemed like a lot - hubby ate 2 generous servings - 6 servings seems more reasonable. I did use dried thyme and omitted the cooking spray as I cooked the potatoes & artichokes in a foil-lined pan. The 1 TB olive oil was enough to keep it from sticking. Make sure to add the feta cheese when it comes out of the oven, the small crumbly pieces of feta melted & made the dish creamy. Definitely going to make this recipe again.

Ingredients:

2 pounds small red potatoes, quartered

2 (14 oz) cans artichoke hearts, halved

2 TB chopped fresh or 2 tsp dried thyme

1 TB olive oil

1/2 teaspoon salt

1/4 teaspoon pepper

Cooking spray

1/2 cup (2 ounces) crumbled feta cheese

Instructions:

Preheat oven to 425 degrees. Combine the first 6 ingredients in a large bowl, tossing well to coat. Arrange the potato mixture in a 13 x 9 inch baking pan coated with cooking spray. Bake at 425 degrees for 40 minutes or until the potatoes are tender, stirring occasionally. Combine the potato mixture and feta cheese, tossing well.

Yield: 4 servings (serving size: 2 cups)

NUTRITION PER SERVING:

Calories: 337(19% from fat), Fat 7.1g (sat 2.7g, mono 3.2g, poly 0.6g), Protein 14g, Cholesterol 13mg, Calcium 194mg, Sodium 656mg, Fiber 4.3g, Iron 5.9mg, Carbo 60.8g

Asparagus Salad with Piquillo Peppers and Capers

(Ensalada de Espárragos con Alcaparras)

Source: CL, July 2005

Category: Salads

Posted by: Danikam

Date: 5/9/06

HUs: 1

Serves: 6

CL notes: If you don't have a mortar and pestle to grind the garlic paste, you can always use a small heavy bowl and the back of a wooden spoon. A food processor works, too; be sure to scrape the sides down halfway through processing, and process again to achieve a smooth paste. If you can't find piquillo peppers, you can substitute roasted red peppers. Steam the asparagus and combine the ingredients for the dressing a day ahead; store them separately in the refrigerator.

2 tablespoons chopped fresh parsley, divided
1 tablespoon chopped shallots
1/2 teaspoon kosher salt
1 garlic clove, minced
2 tablespoons chopped roasted piquillo peppers
2 tablespoons chopped seeded peeled plum tomato
1 tablespoon white wine vinegar
1 tablespoon extravirgin olive oil
1/4 teaspoon Dijon mustard
1/8 teaspoon freshly ground black pepper
1 pound asparagus spears, steamed and cooled
1 hard-cooked large egg
1 1/2 teaspoons capers

Place 1 tablespoon parsley, shallots, salt, and garlic in a mortar or small bowl; grind with a pestle until mixture forms a smooth paste. Stir in piquillo peppers and tomato. Add vinegar, oil, mustard, and black pepper; stir well to combine. Place asparagus in a shallow dish, and drizzle with pepper mixture. Gently toss asparagus and pepper mixture, using a serving fork and spoon. Place asparagus on a serving platter. Cut egg in half lengthwise; remove and reserve the yolk for another use. Chop egg white. Sprinkle egg white, capers, and remaining tablespoon of parsley evenly over asparagus.

Yield: 6 servings

NUTRITION PER SERVING

CALORIES 51(42% from fat); FAT 2.4g (sat 0.3g,mono 1.8g,poly 0.2g); PROTEIN 2.4g;
CHOLESTEROL 0.0mg; CALCIUM 23mg; SODIUM 212mg; FIBER 1.9g; IRON 0.5mg;
CARBOHYDRATE 4.7g

Greek Style Beef with Eggplant

Source: The Healthy Slow Cooker by Judith Finlayson

Healthy Units: 5

Core: + <1 FP (4 points of wine among 6 servings)

Servings: 6 (I measured out a generous cup; I had 7 cups total)

Posted by CrissyBear (Christine)

May 10, 2006

My comments: I did the "Make Ahead" version, preparing Steps 1 & 2 on the weekend, and then midweek this was a breeze to put together. I also eliminated the oil in Step 2 which shaves off 20 calories and 2g Fat per serving for 4 HUs.

Instructions:

2 medium eggplant, peeled, halved and cut into quarters	1 tsp ground cinnamon
2 Tbsp kosher salt	1/2 tsp salt
2 tbsp olive oil	1/2 tsp cracked black peppercorns
1 pound lean ground beef	1 can (5-1/2 oz) tomato paste
4 medium onions, thinly sliced on the vertical	1 cup dry red wine
4 cloves garlic, minced	1 cup packed parsley leaves, finely chopped
2 tsp dried oregano leaves, crumbled	grated Parmesan cheese (I forgot about this)

1. In a colander over a sink, combine eggplant and kosher salt. Toss to coat well and set aside for 30 min to 1 hr. Meanwhile, preheat oven to 400F. Rinse eggplant well under cold water and drain. Pat dry with paper towel. Brush all over with 1 Tbsp olive oil. Place on baking sheet and bake until soft and fragrant, about 20 minutes. Transfer to slow cooker stoneware.

2. In a skillet, heat remaining 1 tbsp oil over medium heat for 30 seconds. (I opted to coat skillet w/ olive oil cooking spray.) Add ground beef and onions and cook, stirring and breaking up with a spoon, until beef is no longer pink, about 10 minutes. Add garlic, oregano, cinnamon, salt and peppercorns and cook, stirring for 1 minute. Add tomato paste and red wine and stir well. Transfer to slow cooker stoneware. Stir well.

(To make ahead: Complete steps 1 & 2, placing eggplant and meat mixtures in separate containers. Cover and refrigerate overnight or for up to 2 days. When you're ready to cook, combine mixtures in stoneware and complete step 3.)

3. Cover and cook on Low for 8 hours or on High for 4 hours, until mixture is bubbly and eggplant is tender. Stir in parsley and serve. Pass the Parmesan at the table.

Serving Suggestion: Serve this with hot bulgur and accompany with steamed broccoli and a tossed green salad for a delicious and nutrient-rich meal.

Per serving: 225 Calories; 13.9g Protein; 17.8g Carbo; 11.7g Fat (3.7g Sat; 6.0 mono; 0.7 poly); 4.8g Dietary Fiber; 204mg Sodium; 34mg Chol. Also an excellent source of vitamin K, potassium and zinc

Pork Medallions with Porcini Mushroom Sauce

Source: Cooking Light, May, 2006

HU's: 6

Servings: 4 (serving size: 2 pieces pork and 1/3 cup sauce)

Posted by: CAROTS/Donna

Date: May 11, 2006

Dried mushrooms keep for up to six months in an airtight container. Water used to reconstitute the mushrooms becomes a flavorful broth. Serve with steamed carrots, squash, and zucchini.

*My Notes-smelled awesome while cooking. I think it is a must to use fresh rosemary. I increased the amount of garlic from 1 clove to 2, and cut back the salt to 1/2 teaspoon. I used Marsala wine instead of Madeira. Would be a nice "company" dish:)

1 1/2 cups (1 1/2 ounces) dried porcini mushrooms	1 garlic clove, crushed
1 1/2 cups boiling water	2 teaspoons olive oil
1 (1-pound) pork tenderloin, trimmed and cut crosswise into 8 pieces	1 teaspoon butter
1 teaspoon freshly ground black pepper	3/4 cup diced red onion
1 teaspoon minced fresh rosemary	1/2 cup dry Marsala or Madeira
3/4 teaspoon salt	1 cup fat-free, less-sodium chicken broth
	Fresh rosemary sprigs (optional)

Combine mushrooms and 1 1/2 cups boiling water in a bowl. Cover and let stand 30 minutes or until tender. Drain in a colander over a bowl, reserving 1 cup liquid. Finely chop mushrooms.

Place each piece of pork between 2 sheets of heavy-duty plastic wrap, and pound to 1/2-inch thickness using a meat mallet or small heavy skillet. Sprinkle both sides of pork with pepper.

Combine rosemary, salt, and crushed garlic in a small bowl; mash with a fork into a paste. Heat olive oil and butter in a large nonstick skillet over medium-high heat. Add garlic paste; sauté 30 seconds. Add pork; cook for 2 minutes on each side. Remove from pan. Add diced onion to pan; sauté for 5 minutes or until tender. Add chopped mushrooms and Marsala, and cook for 1 minute. Add reserved mushroom liquid and broth; bring to a boil. Cook until reduced to 1 1/2 cups (about 10 minutes). Reduce heat to medium-low. Return pork to pan; cook 3 minutes or until thoroughly heated. Garnish with rosemary sprigs, if desired.

NUTRITION PER SERVING: CALORIES 269(25% from fat); FAT 7.6g (sat 2.2g,mono 4g,poly 0.9g); PROTEIN 28.2g; CHOLESTEROL 76mg; CALCIUM 28mg; SODIUM 612mg; FIBER 2.5g; IRON 4mg;

CARBOHYDRATE 13.2g

Jop Chai

Main Dish

Moosewood Restaurant Simple Suppers

Healthy Units: 5

Servings : 4

Posted by Scarehair (Carrie)

May 12, 2006

Quick and Easy, Kid Friendly

My comments: Big winner with my kids. I doubled the recipe and added 1 Tbls minced fresh ginger, 1 Cup snow peas julienned, and 1 Cup slice shitake mushrooms . I also subbed diced tofu for the veggie crumbles. Leftovers are great cold. Nutritionals are calculated at 4 servings using tofu instead of veggie crumbles.

- 4 oz. bean thread noodles (also called cellophane or glass noodles)
- 1 Tablespoon vegetable oil
- 1 1/2 Cups thinly sliced onions
- 3 garlic cloves, minced
- 3 Cups thinly sliced green cabbage or coleslaw mix
- 1 Cup thinly sliced red bell pepper
- 8 oz. veggie crumbles
- 1/4 Cup soy sauce
- 3 Tablespoons rice vinegar
- 1/2 Cup water
- 1 teaspoon dark sesame oil

Soak bean threads in hot water to cover until softened (15-20 minutes). When soft, drain and cut into more easily eaten lengths (4-5 inches, use kitchen scissors). While the noodles are soaking, heat vegetable oil in pan. Add onions and garlic, sauté 2 minutes. Add cabbage and sauté 2 minutes. Stir in peppers and sauté until veggies are crisp tender. Add the veggie crumbles and cook another minute or two. Combine soy sauce, vinegar, water and sesame oil and add to veggies. Add the drained noodles and cook for 2-3 minutes, until the noodles have absorbed most of the sauce.

Cal: 239, Fat: 8g., Fiber:4g, Chol: 0mg, Carb: 38g

Mozzarella Chicken Sandwich

Cooking Light, May 2006

Healthy Units: 8.6

Yield: 4 servings (serving size: 1 sandwich)

Posted By: Bawstinn32 (Maria)

May 12, 2006

This sandwich provides Nunes two grain servings from the ciabatta, a little more than two servings of meat from the chicken, and half a dairy serving from the cheese. Serve with orange wedges and baked chips.

Comments: I could only find an 8 ounce French bread, which worked out fine. I also took a shortcut and used rotisserie chicken, rather than sautéing it myself.

1/4 cup (about 2 ounces) sun-dried tomato pesto (such as Classico)
2 tablespoons fat-free mayonnaise
3/4 pound skinless, boneless chicken breasts
1/4 teaspoon pepper
1/8 teaspoon salt
1 teaspoon olive oil
1 (8-ounce) loaf ciabatta
12 large basil leaves
3/4 cup (3 ounces) shredded part-skim mozzarella cheese
1/2 cup sliced bottled roasted red bell peppers
1 large tomato, thinly sliced

Combine pesto and mayonnaise in a small bowl, stirring to blend.

Sprinkle chicken with pepper and salt. Heat oil in a large nonstick skillet over medium-high heat. Add chicken, and cook for 3 minutes on each side or until done. Remove chicken to cutting board, and cool slightly. Cut chicken lengthwise into thin slices.

Preheat broiler.

Cut ciabatta in half horizontally. Place bread, cut sides up, on a baking sheet. Broil 3 minutes or until lightly browned. Remove bread from pan. Spread pesto mixture evenly over cut sides of bread. Arrange the chicken slices evenly over bottom half. Top chicken evenly with basil leaves, and sprinkle cheese over top. Place bottom half on baking sheet, and broil 2 minutes or until cheese melts. Arrange bell pepper and tomato over cheese, and cover with top half of bread. Cut into 4 equal pieces.

NUTRITION PER SERVING

CALORIES 394(31% from fat); FAT 13.4g (sat 3.9g,mono 7.4g,poly 1.1g); PROTEIN 31.3g;
CHOLESTEROL 63mg; CALCIUM 187mg; SODIUM 796mg; FIBER 2g; IRON 2.8mg;
CARBOHYDRATE 37.3g

Quick Lemon Hummus (with Peanut Butter)

(A - Appetizers)

Source: "Kitchen Life - Real Food for Real Families" by Art Smith

HU: 1.7

Servings: 12

Posted by CJMartin717 (Cindy)

5/14/06

Cindy's Notes - I cut oil in half from the 1/4 cup in the original recipe. I cut the cumin to 1/16 teaspoon and added 1/8 teaspoon hot paprika, increased cayenne to 1/4 teaspoon and added a dash of lemon-pepper. My lemon did not yield 3 Tbsp. juice so I added some lime juice left over from another recipe. I used just under 2 Tbsp. of the bean liquid.

15 ounces garbanzo beans, canned -- drained, reserve liquid
3 tablespoons reduced-fat peanut butter
1 tablespoon lemon zest
3 tablespoons fresh lemon juice
1/2 teaspoon cumin
1 clove garlic -- crushed
2 tablespoons extra virgin olive oil
1/8 teaspoon cayenne pepper

Combine the garbanzo beans, peanut butter, lemon zest and juice, cumin, and garlic in a food processor. With the machine running, add the oil. Add enough of the reserved bean liquid to make a smooth, fluffy puree. Season with salt and cayenne pepper. Refrigerate up to 5 days.

Yield: 1 1/2 cups

Per Serving: 88 Calories; 4g Fat (41.7% calories from fat); 3g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 131mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

Grilled Pork Tenderloin with Pineapple

www.theotherwhitemeat.com

Healthy Units: 4

Servings: 8 (3 oz pork and one skewer pineapple)

Posted By: Bawstinn32 (Maria)

May 15, 2006

Comments: I let mine marinate for 9 hours and will probably do 24 next time. I cut the cumin back to 1/2 teaspoon as 1 teaspoon seemed a bit much.

Ingredients:

2 pounds pork tenderloin, R-T-C
3/4 cup pineapple juice
3 tablespoons soy sauce
2 tablespoons garlic -- minced
2 tablespoons ginger -- minced
1 1/2 teaspoons kosher salt
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon ground black pepper
2 cups pineapple -- cubed

Place pork tenderloins in resealable plastic bag; set aside. In small bowl, combine pineapple through black pepper; pour over pork. Seal bag; refrigerate for at least 1 hour to marinate, or up to 24 hours to enhance flavor.

Preheat grill to medium-hot. When ready to grill, remove pork from marinade and place on grill. Cook, covered, for about 10 minutes per side or until the internal temperature of pork is 160 degrees F. Meanwhile, place the pineapple chunks on the skewer; place on grill during the last 6 minutes of grilling time, turning after 3 minutes.

To serve, slice pork into 1/2-inch slices (medallions) and serve with grilled pineapple.

Per Serving (excluding unknown items): 189 Calories; 5g Fat (21.9% calories from fat); 26g Protein; 11g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 801mg Sodium.
Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat

Asparagus and Parmesan Pasta Toss

Category: Rice/Pasta/Grains (RP)

Source: Cooking Light, May 2006 (modified)

Healthy Units: 5

Servings: 4

Posted by: ejwyatt (Emily)

Date: May 15, 2006

My notes: The published nutritional could not have been correct (2.5 points total for a 2 oz pasta serving????). The nutritional info below from Mastercook. I cut the pasta to 8 ounces, but left all the other ingredients, as is. If you double the pasta and make 8 servings, the point count drops to 4 points per serving when using WW pasta.

1 red bell pepper
8 ounces uncooked mostaccioli pasta
(tube-shaped pasta) – I used whole
wheat penne. Cooking spray
3 garlic cloves, minced
2 cups pre-sliced mushrooms
1/2 to 1 teaspoon crushed red pepper
1/2 teaspoon salt
1/4 teaspoon dried marjoram
1/8 teaspoon dried oregano

1/8 teaspoon freshly ground black
pepper
1 (14.5-ounce) can diced tomatoes,
undrained (I used diced tomatoes with
Italian spices).
2 3/4 cups (1-inch) pieces asparagus
(about 12 ounces)
1/2 cup (2 ounces) grated fresh
Parmesan, divided

Preheat broiler.

Cut bell pepper in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel and cut into strips.

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

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add garlic, and cook for 1 minute. Add mushrooms; cook 4 minutes or until liquid evaporates. Add bell pepper, crushed red pepper, and the next 5 ingredients (through tomatoes). Bring to a simmer; cook for 7 minutes. Stir in asparagus; cook 4 minutes or until crisp-tender. Combine mushroom mixture, pasta, and 1/4 cup cheese in a large bowl, tossing well to combine. Sprinkle remaining 1/4 cup cheese over pasta.

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

Per Serving (excluding unknown items): 286 Calories; 4g Fat (11.1% calories from fat); 15g Protein; 53g Carbohydrate; 8g Dietary Fiber; 7mg Cholesterol; 434mg Sodium.
Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1/2 Fat.

Slow Cooker Char Siu Pork Roast

Source: Cooking Light March 2006

HUs: 5.5

Serves: 8

Posted by; Kate (KateWD)

May 17, 2006

Char siu is a Chinese version of barbecue. Serve with sticky or long-grain white rice and a steamed or stir-fried medley of bell peppers, carrots, snow peas, sliced baby corn, and water chestnuts.

Notes: I used a pork sirloin roast because it is leaner cut of meat and marinated it overnight. The meat was nice and moist and shredded easily. I skipped adding the broth at the end and cooking for 30 minutes, I simply shredded the meat and returned it to the crockpot as there was plenty of sauce.

1/4 cup low-sodium soy sauce
1/4 cup hoisin sauce
3 tablespoons ketchup
3 tablespoons honey
2 teaspoons bottled minced garlic
2 teaspoons grated peeled fresh ginger
1 teaspoon dark sesame oil
1/2 teaspoon five-spice powder
2 pounds boneless Boston butt pork roast, trimmed
1/2 cup fat-free, less-sodium chicken broth

Combine first 8 ingredients in a small bowl, stirring well with a whisk. Place in a large zip-top plastic bag. Add pork to bag; seal. Marinate in refrigerator at least 2 hours, turning occasionally.

Place pork and marinade in an electric slow cooker. Cover and cook on low for 8 hours. Remove pork from slow cooker using a slotted spoon; place on a cutting board or work surface. Cover with aluminum foil; keep warm.

Add broth to sauce in slow cooker. Cover and cook on low for 30 minutes or until sauce thickens. Shred pork with 2 forks; serve with sauce.

Yield: 8 servings (serving size: 3 ounces pork and 1/4 cup sauce)

NUTRITION PER SERVING: CALORIES 227(38% from fat); FAT 9.5g (sat 3.1g,mono 3.9g,poly 1.1g); PROTEIN 21.6g; CHOLESTEROL 73mg; CALCIUM 30mg; SODIUM 561mg; FIBER 0.4g; IRON 1.7mg; CARBOHYDRATE 12.7g

Asparagus-Pesto Lasagna

Source: Vegetarian Times April 2006

HUs: 9

Serves: 10

Posted by: Kate (KateWD)

May 17, 2006

Notes: A rich and creamy lasagna that is quick and easy to put together. I used 9 regular lasagna noodles (did not pre-cook them) instead of the no-boil, 7 Tbsp. of pesto, and part-skim mozzarella. I also used two thawed 10 oz packages of asparagus. HUS above are for the recipe as written.

1/3 cup all purpose flour
3-1/2 cups low fat milk, divided
6 Tbsp. pesto, or more to taste*
2 Tbsps. Grated Parmesan, plus
additional for garnish, optional
1 tsp. salt
1/4 tsp. black pepper
2 tsp olive oil

1-1/4 lb. asparagus spears, tips cut off
and reserved, spears trimmed and
chopped into 1/4" pieces
1 clove garlic, minced (about 1 tsp)
16 no-cook lasagna noodles (9 oz)
(I used 9 noodles)
2 cups shredded Fontina or part-skim
mozzarella (8 oz), divided

1. Preheat oven to 350. Whisk flour and 1/2 cup milk in saucepan until smooth. Gradually whisk in remaining milk. Bring to a boil over medium heat, whisking constantly, and boil 1 minute until thickened. Remove from heat: stir in pesto, parmesan, salt and pepper. Reserve one cup of the white sauce.

2. Warm oil in a large nonstick skillet over med-high heat. Add chopped asparagus (not tips) and cook, stirring often, 5 minutes or until tender. Add garlic, cook, stirring, 1 minute and season to taste with salt and pepper. Remove from heat.

3. Coat 13 x 9 baking dish, overlapping slightly. Layer with half of cooked asparagus, 3/4 cup cheese and half of sauce. Add another layer of pasta, remaining sauce, remaining cooked asparagus, and 3/4 cup cheese. Top with a layer of noodles, then with reserved cup of white sauce. Arrange reserved asparagus tips over top and sprinkle with remaining cheese.

4. Bake, uncovered. 35 to 45 minutes, or until golden. Let stand 10 minutes; serve with additional grated parmesan, if desired.

Per Serving: 413 cal; 21g protein; 17g total fat (8g saturated); 44g carb; 44mg chol; 686mg sod; 2.5g fiber; 8 g sugars

* Look for the freshest, most flavorful pesto in the refrigerator section of the

supermarket, packed in vacuum sealed bags or plastic tubs.

Mushroom and Spinach Frittata with Goat Cheese

Source: Cooking Light, May 2006

Healthy Units: 3

Servings: 6

Posted by: ejwyatt (Emily)

Date: May 18, 2006

CL Notes: Try arugula in place of spinach, if you wish.

Em's Notes: Since I was serving this on its own for lunch, I chose to cut this into 4 servings at 4.5 points per serving.

2 1/2 cups refrigerated shredded hash brown potatoes (such as Simply Potatoes)
1 tablespoon olive oil, divided
1 teaspoon freshly ground black pepper, divided
1/2 teaspoon kosher salt, divided
Cooking spray
4 cups thinly sliced cremini or button mushrooms (about 8 ounces)
1 cup chopped onion
4 cups coarsely chopped spinach (about 4 ounces)
1 tablespoon chopped fresh or 1 teaspoon dried thyme
1 garlic clove, minced
1 3/4 cups egg substitute
1/2 cup (2 ounces) crumbled goat cheese

Preheat oven to 375°.

Combine potatoes, 2 teaspoons olive oil, 1/2 teaspoon freshly ground black pepper, and 1/4 teaspoon salt in a medium bowl. Press potatoes into the bottom and up sides of a 10-inch deep-dish pie plate coated with cooking spray. Bake at 375° for 10 minutes. Heat remaining 1 teaspoon oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add mushrooms and onion to pan; sauté for 6 minutes or until tender. Add the remaining 1/2 teaspoon pepper, remaining 1/4 teaspoon salt, spinach, thyme, and garlic; cook 3 minutes or until spinach wilts. Cool slightly; stir in egg substitute and cheese.

Pour mushroom mixture over potato mixture. Bake at 375° for 30 minutes or until set. Cool 5 minutes; cut into 6 wedges.

Yield: 6 servings

CALORIES 168(24% from fat); FAT 4.4g (sat 1.7g,mono 2.1g,poly 0.3g); PROTEIN 12.4g; CHOLESTEROL 4mg; CALCIUM 61mg; SODIUM 412mg; FIBER 2.7g; IRON 2.5mg; CARBOHYDRATE 21g

Roasted-Vegetable Potpie with Feta

Source: Cooking Light, May 2000

Healthy Units: 4.5

Servings: 6

Posted by: ejwyatt (Emily)

Date: May 19, 2006

CL Notes: This potpie can be a light entrée or an impressive side dish. Prepare the crust while the vegetables are roasting.

Em's Notes: I chose to roast the vegetables a few days ahead of time, when I had more time. Then all I had to do was make the crust and bake the potpie. To make this strictly vegetarian, substitute vegetable broth for the chicken broth.

Roasted Vegetables:

6 C (1") cubed, peeled eggplant (about 1 ¼ pound)

2 C (1") cubed zucchini

2 C (1") pieces red bell pepper

2 C (1") pieces yellow bell pepper

2 C (½" thick) sliced carrot

1 large Vidalia or other sweet onion, cut into 8 wedges

Cooking Spray

20 (½" thick) slices Portobello mushrooms (about 2 large)

4 plum tomatoes

1 large garlic clove, minced

Buttermilk Pastry:

1 C all-purpose flour

¼ t baking powder

¼ t salt

¼ C buttermilk

2 T butter or stick margarine, melted and cooled

1 t cider vinegar

Remaining Ingredients:

½ C (2 ounces) finely crumbled feta cheese

1/3 C thinly sliced fresh basil

¼ C fat-free, less-sodium chicken broth

1 T balsamic vinegar

½ t dried rosemary

½ t salt

1/8 t black pepper

1 large egg white, lightly beaten

1 ½ t sesame seeds

Roasted-Vegetable Potpie with Feta (continued)

1. Preheat oven to 450°.
2. To prepare roasted vegetables, combine first 6 ingredients in a large bowl. Place on a jelly-roll pan coated with cooking spray. Bake at 450° for 40 minutes, stirring once. Add mushrooms, tomatoes and garlic, bake an additional 30 minutes or until vegetables are tender. Remove vegetables from oven. Reduce oven temperature to 400°.
3. To prepare buttermilk pastry, lightly spoon flour into a dry measuring cup, level with a knife. Combine flour, baking powder and salt in a small bowl. Add buttermilk, butter and vinegar; toss with a fork until moist. Gently press mixture into a 6 x 4-inch rectangle on heavy-duty plastic wrap, cover with additional plastic wrap. Roll dough, still covered, into a 12 x 7-inch rectangle, freeze 10 minutes. Remove 1 sheet of plastic wrap, let stand 1 minute or until pliable.
4. Combine roasted vegetables, feta, and next 6 ingredients (feta through black pepper) in an 11 x 7-inch baking dish coated with cooking spray. Fit dough over filling. Remove top sheet of plastic wrap. Brush with egg white, sprinkle with sesame seeds. Cut 6 slits in top of dough to allow steam to escape.
5. Bake at 400° for 35 minutes or until potpie is golden brown and bubbly around the edges. Let stand 10 minutes.

CALORIES 234(29% from fat); FAT 7.5g (sat 4.1g,mono 1.8g,poly 0.9g); PROTEIN 8.3g; CHOLESTEROL 19mg; CALCIUM 122mg; SODIUM 517mg; FIBER 6.5g; IRON 3.3mg; CARBOHYDRATE 36.2g

Coconut Curry Shrimp Cakes with Papaya-Lime Sauce

Source: Cooking Light, May 2004

Healthy Units: 5

Servings: 4

Posted by: ejwyatt (Emily)

Date: May 22, 2006

CL Notes: Use a ripe papaya for this sauce. It should have a vivid golden-yellow color and give slightly when pressed with the palm. It will blend better and yield a more flavorful and smooth sauce than an unripe one. Garnish with diced papaya, if desired.

My Notes: this got 5-star ratings on the CL site. A number of reviewers felt that this was labor intensive. While I wouldn't classify it as quick and easy, the only "time-consuming" part is that you need to chill the shrimp mixture. I would definitely repeat this one.

Shrimp cakes:

3/4 teaspoon curry powder

1 cup panko (Japanese breadcrumbs)

2 tablespoons flaked sweetened coconut

2 tablespoons finely chopped fresh cilantro

2 tablespoons minced red bell pepper

2 tablespoons minced green onions

1 tablespoon minced peeled fresh ginger

3 tablespoons light coconut milk

2 teaspoons minced seeded serrano chile

1 teaspoon low-sodium soy sauce

1/4 teaspoon salt

12 ounces medium shrimp, peeled, deveined, and chopped

1 large egg

1 garlic clove, minced

Cooking spray

Sauce:

1 cup diced peeled papaya

1/4 cup water

1/4 cup fresh lime juice

2 teaspoons sugar

Remaining ingredients:

4 cups gourmet salad greens

2 teaspoons sesame seeds, toasted

Coconut Curry Shrimp Cakes with Papaya-Lime Sauce (continued)

To prepare shrimp cakes, heat a large nonstick skillet over medium heat. Add curry powder; cook 30 seconds or until lightly toasted and fragrant, stirring constantly. Combine curry powder and next 13 ingredients (curry powder through garlic), stirring well. Cover and chill 1 hour. Divide shrimp mixture into 8 equal portions; shape each portion into a 1/2-inch-thick patty. Heat pan over medium-high heat. Coat pan with cooking spray. Add shrimp cakes to pan, and cook 4 minutes on each side or until browned. Remove pan from heat; cover and let stand 5 minutes.

To prepare sauce, combine papaya and next 3 ingredients (papaya through sugar) in a food processor; process until smooth.

Place 1 cup greens on each of 4 plates. Top each serving with 2 shrimp cakes; spoon about 1/4 cup sauce over each serving, and sprinkle with 1/2 teaspoon sesame seeds. Serve immediately.

CALORIES 256(20% from fat); FAT 5.7g (sat 1.9g,mono 1.1g,poly 1.2g); PROTEIN 22.9g; CHOLESTEROL 182mg; CALCIUM 101mg; SODIUM 402mg; FIBER 3g; IRON 3.4mg; CARBOHYDRATE 28.5g

Stir-Fried Chicken and Broccoli with Black Bean Sauce

Source: Cooking Light, May 2001

Healthy Units: 6

Servings: 4 (serving size: about 1 cup stir-fry and 1/2 cup rice)

Posted by: ejwyatt (Emily)

Date: May 23, 2006

CL Notes: While the chicken marinates, prepare the sauce and chop the vegetables. The rest of the dish goes together in minutes. You can find jarred black bean sauce in the Asian-food sections of grocery stores or in Asian markets.

Chicken:

1 tablespoon dry sherry	1/3 cup fat-free, less-sodium chicken broth
1/4 teaspoon salt	
3/4 pound skinless, boneless chicken thighs, cut into 1/4-inch-wide strips	2 tablespoons dry sherry
	2 tablespoons low-sodium soy sauce
Sauce:	1 tablespoon black bean sauce
2 teaspoons cornstarch	1 teaspoon dark sesame oil
2 tablespoons water	

Stir-fry:

1 tablespoon vegetable oil	3 tablespoons fat-free, less-sodium chicken broth
3 cups broccoli florets	
1 cup red bell pepper strips	Remaining Ingredient:
1 1/2 teaspoons finely chopped peeled fresh ginger	2 cups hot cooked rice

To prepare chicken, combine first 3 ingredients in a medium bowl. Cover and marinate in refrigerator 20 minutes.

To prepare the sauce, combine cornstarch and water in a medium bowl. Stir in 1/3 cup broth and next 4 ingredients (1/3 cup broth through sesame oil).

To prepare stir-fry, heat vegetable oil in a large nonstick skillet over medium-high heat. Add chicken mixture; stir-fry 3 minutes or until chicken loses its pink color. Remove from pan. Add broccoli, bell pepper, and ginger; stir-fry 30 seconds. Stir in 3 tablespoons broth, and stir-fry 2 minutes. Stir sauce with a whisk until blended; add sauce and chicken mixture to pan. Bring to a boil; cook 2 minutes or until vegetables are crisp-tender and chicken is done. Serve over rice.

CALORIES 296; FAT 8.5g (sat 1.7g,mono 2.6g,poly 3.2g); PROTEIN 21.1g; CHOLESTEROL 71mg; CALCIUM 55mg; SODIUM 571mg; FIBER 3g; IRON 2.9mg; CARBOHYDRATE 32.6g

Shirataki Shrimp Stir-Fry

Source: Cindy's Kitchen

HU: 3.33 NOTE: If you're really hungry, this is 7.5 HUs at 1 serving.

Servings: 2

Posted by: CJMartin717(Cindy)

May 25, 2006

Comments: I've tried this twice now and it was great both times. If you like things really spicy, add a bit more Sriracha sauce. Use your favorite veggies. I julienned some carrots instead of celery the second time I made this. You could substitute linguine or rice noodles for the Shirataki (you'd need to adjust HUs).

1 1/2 tablespoons hoisin sauce
1/2 tablespoon ketchup
1/2 teaspoon Sriracha Chili Sauce
1 teaspoon extra virgin olive oil
2 tablespoons red onion -- sliced thin
1 small green onion -- sliced
1/2 medium red bell pepper -- diced
1 cup sugar snap Peas -- trimmed and halved
1/8 cup celery -- sliced
8 ounces Shirataki Fettuccine Noodles -- rinsed and drained
1/4 pound medium shrimp -- peeled and deveined
1/2 teaspoon minced garlic

Combine hoisin sauce, ketchup, and sriracha sauce in a small bowl and whisk well. Set aside.

Slice vegetables.

Heat olive oil in large skillet or wok over medium-high heat. Sauté red onion approximately 1 minute. Add remaining vegetables and stir-fry another 2-3 minutes. Add garlic during last minute.

Add shrimp, stir-fry 2-3 minutes until pink and opaque. Stir in sauce mixture. Reduce heat to medium and cook for about 1 minute.

Meanwhile, drain Shirataki noodles. Heat in microwave about 1 minute. Drain and pat dry.

Toss noodles with shrimp stir-fry and enjoy.

Per Serving: 190 Calories; 4g Fat (20.9% calories from fat); 16g Protein; 21g Carbohydrate; 6g Dietary Fiber; 87mg Cholesterol; 365mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

Chicken, Spinach, and Mushroom Crepes

CL June 2006

HU: 9

Servings: 5

Posted by Scarehair (Carrie)

May 26, 2006

CL Notes: This recipe comes together in a flash for a delicious weeknight supper.

Carrie's notes: Big thumbs up! The pepper jack cheese really makes this flavorful. Just one crepe can be a meal with a salad and fresh fruit. Considering this is higher in points than I usually make, I will be serving myself just one crepe rather than two. This recipe will be in regular rotation at my house. Cooking spray

1 cup thinly sliced onion

1 (8-ounce) package pre-sliced mushrooms

3 cups chopped cooked chicken breast

1/2 cup sliced green onions

3/4 teaspoon salt, divided

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

1 tablespoon butter

2 tablespoons all-purpose flour

1 1/4 cups 2% reduced-fat milk

1/4 teaspoon black pepper

10 Basic Crepes

1/2 cup (2 ounces) shredded Monterey Jack cheese with jalapeño peppers

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add sliced onion and mushrooms to pan; sauté 5 minutes or until mushrooms release their moisture and darken. Stir in chicken, green onions, 1/4 teaspoon salt, and spinach. Melt butter in a small saucepan over medium heat. Add flour to pan; stir with a whisk until blended. Cook 1 minute, stirring constantly. Gradually add milk to pan, stirring constantly with a whisk; cook 5 minutes or until thick. Remove from heat. Stir in remaining 1/2 teaspoon salt and pepper. Pour milk mixture over chicken mixture; stir to combine.

Preheat broiler.

Spoon about 1/2 cup chicken mixture in the center of each crepe; fold ends and sides over. Place, seam side down, in a 13 x 9-inch baking pan coated with cooking spray. Sprinkle crepes evenly with cheese. Broil 2 minutes or until lightly browned. Yield: 5 servings (serving size: 2 crepes)

NUTRITION PER SERVING

CALORIES 411(30% from fat); FAT 13.8g (sat 6.7g,mono 4.1g,poly 1.4g); PROTEIN 40.1g; CHOLESTEROL 164mg; CALCIUM 308mg; SODIUM 719mg; FIBER 3.7g; IRON 3.6mg; CARBOHYDRATE 30.9g

Basic Crepes

Main/side/bread

Cooking Light June 2006

HU: 1

Servings: 13 crepes

Posted by Scarehair (Carrie)

May 26, 2006

CL notes: Although you'll only need about three tablespoons batter to make each crepe, we found a 1/4-cup dry measuring cup is the best tool to scoop and pour the batter into the pan so the crepes cook evenly. The small amount of sugar gives the crepes a golden appearance and crisp edges without adding noticeable sweetness, so this recipe works in both savory and sweet applications.

Carrie's Notes: I saw too late the instructions to refrigerate the batter an hour before cooking. I skipped that step and the crepes still turned out fine.

1 cup all-purpose flour (about 4 1/2 ounces)

2 teaspoons sugar

1/4 teaspoon salt

1 cup low-fat 1% milk

1/2 cup water

2 teaspoons butter, melted

2 large eggs

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, sugar, and salt in a small bowl. Combine milk, water, melted butter, and eggs in a blender. Add the flour mixture to milk mixture, and process until smooth. Cover batter; chill for 1 hour. Heat an 8-inch nonstick crepe pan or skillet over medium heat. Pour a scant 1/4 cup batter into pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 1 minute. Carefully lift the edge of the crepe with a spatula to test for doneness. The crepe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned. Turn crepe over, and cook for 30 seconds or until center is set. Place crepe on a towel; cool completely. Repeat procedure with the remaining batter, stirring batter between crepes. Stack crepes between single layers of wax paper to prevent sticking. Yield: 13 crepes (serving size: 1 crepe)

NUTRITION PER SERVING

CALORIES 62(23% from fat); FAT 1.6g (sat 0.8g,mono 0.5g,poly 0.2g); PROTEIN 2.6g; CHOLESTEROL 35mg; CALCIUM 29mg; SODIUM 70mg; FIBER 0.3g; IRON 0.6mg; CARBOHYDRATE 8.9g

Strawberry, Cucumber, and Basil Salad

Source: "Cooking Light" June 2006 p. 148

HU: 1

Servings: 4 (serving size: 1 ½ cups)

Posted by MRSSLK (Susan)

5/26/2006

CL notes: Serve as a side salad, starter, or snack

Susan's notes: Easy to make. The crunch of the cucumbers and the cool mouth feeling is so refreshing! And 1 ½ cups a serving is a lot! I feel that this could easily serve 6-8 people as a side.

4 cups hulled strawberries, quartered (1 lb.)
2 tbsp thinly slice fresh basil
2 tsp balsamic vinegar
1 tsp sugar
2 medium cucumber, peeled, halved lengthwise, seeded, and thinly sliced (about 2 cups)
1 tsp freshly squeezed lemon juice
¼ tsp salt
¼ tsp freshly ground black pepper

1. Combine first 4 ingredients in a large bowl, and toss gently to coat. Cover and chill for 1 hour.

2. Combine cucumbers and juice, toss to coat. Add cucumber mixture, salt, and pepper to strawberry mixture, toss gently to combine, Serve immediately. Yield: 4 servings (serving size 1 ½ cups)

Per serving: Calories 49 (9% from fat); Fat 0.5g (sat 0.1g, mono 0.1g, poly 0.3g); Protein 1.1g; Carb 11.6g; Fiber 3.1g; Chol 0 mg; Iron 0.6mg; Sodium 150mg; Calc 26mg

Thai Beef Rolls

SW (Sandwiches)

Source: Cooking Light, June 2006

HU: 6.5

Serves: 4

Posted by: CJMartin717 (Cindy)

Date: May 28, 2006

Quick & Easy

CL: These wrap sandwiches take just a few minutes to assemble and make a quick lunch or supper. Serve with rice crackers and sautéed zucchini.

Cindy's Notes: Very quick and very flavorful. This paired nicely with Loren's Asian Cucumber Salad (comp page 1397). I used 2 1/2 ounces Hillshire Farm Deli Select Ultra Thin Roast Beef per serving and a low-carb tortilla. My changes lowered the HU to 4.7 per serving.

- 1 1/2 tablespoons fresh lime juice
- 1 tablespoon dark sesame oil
- 1 tablespoon bottled ground fresh ginger (such as Spice World)
- 1 tablespoon bottled minced garlic
- 2 teaspoons fish sauce
- 3/4 teaspoon sugar
- 4 (8-inch) flour tortillas
- 2 cups torn Boston lettuce
- 12 ounces thinly sliced deli roast beef
- 1/2 cup matchstick-cut carrots
- 1/4 cup chopped fresh mint

Combine first 6 ingredients in a small bowl, stirring well with a whisk. Place tortillas on a work surface; brush lightly with 2 teaspoons juice mixture. Arrange 1/2 cup lettuce on each tortilla; top each with 3 ounces beef. Combine carrots and mint; arrange about 3 tablespoons carrot mixture over each serving. Drizzle each serving with about 1 tablespoon of remaining juice mixture; roll up.

Yield: 4 wraps (serving size: 1 wrap)

NUTRITION PER SERVING

CALORIES 294(29% from fat); FAT 9.5g (sat 1.8g,mono 2.8g,poly 2g); PROTEIN 22.5g; CHOLESTEROL 47mg; CALCIUM 127mg; SODIUM 967mg; FIBER 1.1g; IRON 3.8mg; CARBOHYDRATE 30.3g

Turkey Kibbeh

Source: Eating Well, June/July 2006

HU: 6.29

Yield: 6 servings

Posted By: CJMartin717 (Cindy)

May 28, 2006

EW: Kibbeh, a seasoned lamb and bulgur mixture, is one of the national dishes of Lebanon. It's often served raw, drizzled with olive oil, with slices of sharp white onion and fresh pita bread alongside, but is also baked or stuffed and deep-fried. This baked version uses lean ground turkey to cut fat and finely shredded zucchini to keep it moist while baking. Make it a meal: serve with toasted pita bread and a salad tossed with a lemon vinaigrette.

Cindy's Note: I cut the recipe in half and baked it in an 8x4-inch loaf pan. I didn't have any marjoram so I used oregano instead.

Kibbeh

1/2 cup bulgur

1 tablespoon extra-virgin olive oil

1 small onion, finely chopped

1/4 cup pine nuts, toasted (see Tip)

1 1/2 pounds 93%-lean ground turkey

1 medium zucchini, finely shredded

2 teaspoons dried marjoram

1 1/2 teaspoons ground cumin

1 1/2 teaspoons kosher salt

1/2 teaspoon ground allspice

1/4 teaspoon cayenne pepper

Yogurt sauce

1 cup low-fat plain yogurt

1/2 medium cucumber, seeded and diced

1 small tomato, diced

Freshly ground pepper to taste

Turkey Kibbeh (continued)

1. Preheat oven to 450°F. Coat an 8-inch-square baking dish with cooking spray. Place bulgur in a small bowl and cover with hot water.
2. Heat oil in a small nonstick skillet over medium heat. Add onion and cook, stirring occasionally, until softened, about 4 minutes. Remove from the heat; stir in pine nuts.
3. Drain the bulgur, pressing on it to remove any liquid. Transfer to a large bowl and add turkey, zucchini, marjoram, cumin, salt, allspice and cayenne. Gently mix until combined. Pat half the mixture into the prepared baking dish. Top with the onion mixture, pressing it gently into the turkey layer. Cover with the rest of the turkey mixture, pressing gently into the onion layer. Cover with foil.
4. Bake the kibbeh for 30 minutes. Remove the foil and continue baking until an instant-read thermometer inserted into the center registers 165°F, 10 to 15 minutes more.
5. To prepare yogurt sauce & serve: While the kibbeh is baking, combine yogurt, cucumber, tomato and pepper in a small bowl. Cover and chill until ready to serve. Cut the kibbeh into 6 squares and serve warm with the yogurt sauce.

Per serving: 296 calories; 14 g fat (3 g sat, 3 g mono); 67 mg cholesterol; 17 g carbohydrate; 27 g protein; 4 g fiber; 397 mg sodium; 361 mg potassium. Nutrition bonus: Vitamin C (20% daily value). Exchanges: 1/2 starch, 1 vegetable, 3 lean meat, 1 fat; 1 Carbohydrate Serving.

To toast pine nuts: Cook in a dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Make Ahead Tip: Prepare through Step 4, cover and freeze for up to 1 month. Defrost in the refrigerator, then reheat in a 350°F oven.

Spiced Marinated Tomatoes

Category: Vegetables (V)

Source: Cooking Light, June 2006

Healthy Units: 1

Servings: 8

Posted by: ejwyatt (Emily)

Date: May 28, 2006

CL Notes: Serve with a grilled burger or chicken. You can prepare this recipe up to two days in advance. The longer the tomatoes marinate, the more flavor they acquire. Remove the seeds from the pepper if you prefer mild heat.

4 cups halved red, yellow, or orange cherry tomatoes
1/3 cup thinly sliced green onions (about 4)
4 garlic cloves, minced
1 jalapeño pepper, thinly sliced
1/3 cup white balsamic vinegar
1 tablespoon light brown sugar
1 tablespoon extravirgin olive oil
2 teaspoons minced peeled fresh ginger
1 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

Combine first 4 ingredients in a large bowl. Combine vinegar and remaining ingredients in a small bowl; stir until blended. Pour vinegar mixture over tomato mixture, tossing to coat. Chill 1 hour.

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

CALORIES 58(31% from fat); FAT 2g (sat 0.3g,mono 1.3g,poly 0.3g); PROTEIN 1g;
CHOLESTEROL 0.0mg; CALCIUM 17mg; SODIUM 159mg; FIBER 1.2g; IRON 0.8mg;
CARBOHYDRATE 10.1g

Grilled Chicken Mojito Sandwiches

Cooking Light, June 2006

Healthy Units: 7

Yield: 4 servings (serving size: 1 sandwich)

Posted By: Bawstinn32 (Maria)

May 29, 2006

Comments: May be considered an IUOF by some. I thought these were a nice change. You can lower the HUs by using a light roll.

A mojito is a rum, lime juice, and mint cocktail that originated in Cuba. This sandwich features those flavors and makes for a great lunch or casual dinner.

Dressing:

1/4 cup reduced-fat mayonnaise	1 teaspoon sugar
1/4 teaspoon finely grated lime rind	1 teaspoon minced serrano chile (with seeds)
3 tablespoons minced fresh mint	
1 tablespoon fresh lime juice	

Sandwich:

1 tablespoon minced fresh mint	sweet onion
3 tablespoons fresh lime juice	Cooking spray
2 tablespoons dark rum	1/4 teaspoon salt
1 teaspoon ground cumin	1/4 teaspoon freshly ground black pepper
1 garlic clove, crushed	4 (2-ounce) French rolls, halved
1 pound chicken breast tenders	8 (1/4-inch-thick) tomato slices
4 (1/4-inch-thick) slices Vidalia or other	4 red leaf lettuce leaves

To prepare dressing, combine first 6 ingredients in a small bowl, stirring with a whisk. Cover and chill.

To prepare sandwich, combine 1 tablespoon mint and next 4 ingredients (through garlic) in a large zip-top plastic bag. Add chicken breast tenders; seal and marinate in refrigerator for 15 minutes, turning occasionally.

Prepare grill.

Remove chicken from bag; discard marinade. Place chicken and onion on grill rack coated with cooking spray. Grill 4 minutes on each side or until chicken is done and onion is tender. Remove from grill; sprinkle chicken with salt and pepper.

Grill roll halves, cut side down, until lightly toasted, about 1 minute.

Spread about 1 tablespoon dressing over the bottom halves of the rolls. Top each serving with 3 ounces chicken breast tenders, 1 onion slice, 2 tomato slices, and 1 lettuce leaf; cover with top halves of rolls.

NUTRITION PER SERVING CALORIES 370(15% from fat); FAT 6.1g (sat 1.5g,mono 1.9g,poly 2g);

PROTEIN 32.5g; CHOLESTEROL 66mg; CALCIUM 99mg; SODIUM 705mg; FIBER 3.9g; IRON 2.9mg;
CARBOHYDRATE 43.3g

Pulled Chicken Sandwiches

Source: Cooking Light, June 2006

HUs: 7.66

Servings: 8 (serving size: 1 sandwich)

Posted by kzbaskets (Kristin)

5/29/06

CL notes: The chicken and sauce can be made up to two days ahead and stored in the refrigerator. Reheat the mixture in a saucepan before serving.

My notes: I made half the recipe easily, but will make the full amount next time to freeze leftovers.

CHICKEN:

2 tablespoons dark brown sugar	1/2 teaspoon salt
1 teaspoon paprika	1/4 teaspoon ground ginger
1 teaspoon chili powder	2 pounds skinless, boneless chicken thighs
3/4 teaspoon ground cumin	Cooking spray
1/2 teaspoon ground chipotle chile pepper	

SAUCE:

2 teaspoons canola oil	1/4 teaspoon ground allspice
1/2 cup finely chopped onion	1/8 teaspoon ground red pepper
2 tablespoons dark brown sugar	1 cup ketchup
1 teaspoon chili powder	2 tablespoons cider vinegar
1/2 teaspoon garlic powder	1 tablespoon molasses
1/2 teaspoon dry mustard	

REMAINING INGREDIENTS:

8 (2-ounce) sandwich rolls, toasted	16 hamburger dill chips
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Prepare grill.

To prepare chicken, combine first 7 ingredients in a small bowl. Rub spice mixture evenly over chicken. Place chicken on a grill rack coated with cooking spray; cover and grill 20 minutes or until a thermometer registers 180°, turning occasionally. Let stand for 5 minutes. Shred with 2 forks.

To prepare sauce, heat canola oil in a medium saucepan over medium heat. Add onion; cook for 5 minutes or until tender, stirring occasionally. Stir in 2 tablespoons sugar and next 5 ingredients (through pepper); cook 30 seconds. Stir in ketchup, vinegar, and molasses; bring to a boil. Reduce heat, and simmer 10 minutes or until slightly thickened, stirring occasionally. Stir in chicken; cook 2 minutes or until thoroughly heated.

Place about 1/3 cup chicken mixture on bottom halves of sandwich rolls; top each serving with 2

pickle chips and top roll half.

CALORIES 365(23% from fat); FAT 9.1g (sat 2.8g,mono 2.6g,poly 2.6g); PROTEIN 28.2g;
CHOLESTEROL 94mg; CALCIUM 78mg; SODIUM 877mg; FIBER 2g; IRON 3.4mg; CARBOHYDRATE
42.8g

Creamy Stove-Top Macaroni and Cheese

Source: Cooking Light, June, 2006

HU's: 8

Serves: 6

Posted by: CAROTS/Donna

Date: May 30, 2006

Try this with any short pasta, such as fusilli, farfalle, or cavatappi. You can also vary the type of cheese; a combination of provolone and Asiago gives it an Italian flair.

Total time: 40 minutes.

*My Notes: I made this with the extra sharp provolone and Asiago cheese. It was sooo good. Next time I will try the cheddar cheese. I thought that it was a quick dish to put together, and I don't think that it took 40 minutes to prepare. I used this as a side dish, that kept down the HU's per serving. The only other change was that I used fresh garlic.

4 cups uncooked medium elbow macaroni
3 tablespoons all-purpose flour
1 teaspoon salt
1/4 teaspoon black pepper
2 1/4 cups fat-free milk
1/4 cup (2 ounces) 1/3-less-fat cream cheese, softened
2 teaspoons Dijon mustard
2 teaspoons Worcestershire sauce
1/2 teaspoon bottled minced garlic
1 1/4 cups (5 ounces) shredded reduced-fat cheddar cheese

Cook pasta according to package directions, omitting salt and fat. Drain and set aside. While pasta cooks, place flour, salt, and pepper in a large saucepan. Add milk, stirring with a whisk until well blended. Drop cream cheese by teaspoonfuls into milk mixture; bring to a boil over medium-high heat, stirring constantly. Reduce heat; simmer 2 minutes or until thick and cream cheese melts, stirring occasionally. Stir in mustard, Worcestershire, and garlic; simmer 1 minute. Remove from heat. Add cheddar cheese, stirring until cheese melts. Combine pasta and cheese sauce in a large bowl; toss well.

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

CALORIES 252(29% from fat); FAT 8.2g (sat 5.1g,mono 0.1g,poly 0.3g); PROTEIN 14.5g; CHOLESTEROL 27mg; CALCIUM 312mg; SODIUM 536mg; FIBER 1.1g; IRON 1.4mg; CARBOHYDRATE 30.9g

Fresh Lime Chiffon Cake

Dessert

CL June 2006

HU: 7

Servings: 16

Posted by Scarehair (Carrie)

May 30, 2006

My Comments: This cake was a big thumbs up with my family. Refreshing and light. I'm not a big Cool Whip fan so I would have preferred real whip cream but that would really add to the HUs. I did use Cool Whip Lite but I am not sure if that would change the HUs at all. This cake could be easily changed to orange or lemon depending on your whim. The filling is what makes this cake. Omitting the Cool Whip frosting will change the HUs from 7 to 6. I think I would prefer this cake w/out the frosting and sprinkled with powdered sugar. My family loves it as is.

Filling:

1 teaspoon finely grated lime rind
1/4 cup fresh lime juice (about 2 limes)
1 (14-ounce) can sweetened condensed milk

Cake:

Cooking spray
1 tablespoon cake flour
2 cups sifted cake flour (7 1/2 ounces)
1 1/4 cups sugar, divided
2 1/2 teaspoons baking powder
1/2 teaspoon salt
7 tablespoons canola oil
1/3 cup fresh lime juice (about 3 limes)
3 tablespoons water
1 teaspoon finely grated lime rind
1 teaspoon pure lemon extract
3 egg yolks
8 egg whites
1 teaspoon cream of tartar

Frosting:

3 tablespoons sugar
2 tablespoons lime juice (about 1 lime)
2 1/2 cups fat-free whipped topping, thawed
Fresh mint sprigs (optional)
Fresh blueberries (optional)
Lime wedges (optional)

Fresh Lime Chiffon Cake (continued)

To prepare the lime filling, combine 1 teaspoon lime rind, 1/4 cup lime juice, and sweetened condensed milk in a small bowl, stirring until blended. Cover and chill 3 hours.

Preheat oven to 325°.

To prepare cake, coat bottoms of 3 (8-inch) round cake pans with cooking spray (do not coat sides of pans); line bottoms with wax paper. Coat wax paper with cooking spray; dust with 1 tablespoon flour.

Lightly spoon 2 cups cake flour into dry measuring cups, and level with a knife. Combine 2 cups cake flour, 1 cup sugar, baking powder, and 1/2 teaspoon salt in a large bowl, stirring with a whisk until well combined.

Combine oil, 1/3 cup juice, 3 tablespoons water, 1 teaspoon rind, lemon extract, and egg yolks in a medium bowl, stirring with a whisk. Add oil mixture to flour mixture; beat with a mixer at medium speed until smooth.

Place egg whites in a large bowl; beat with a mixer at high speed until foamy. Add cream of tartar; beat until soft peaks form. Gradually add remaining 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into flour mixture; gently fold in remaining egg white mixture.

Divide cake batter equally among prepared pans, spreading evenly. Break air pockets by cutting through batter with a knife. Bake at 325° for 20 minutes or until cake springs back when lightly touched. Cool in pans for 10 minutes on a wire rack; remove from pans. Remove wax paper from cake layers. Cool completely on wire rack.

To prepare frosting, combine 3 tablespoons sugar and 2 tablespoons lime juice in a small glass bowl. Microwave at high for 30 seconds or until sugar dissolves. Cool completely. Fold into whipped topping.

To assemble cake, place 1 cake layer on a plate; spread half of filling over cake layer. Top with second layer, remaining half of filling, and third layer. Spread frosting over top and sides of cake. Garnish with mint, blueberries, and lime wedges, if desired. Store cake loosely covered in refrigerator for up to 3 days. Slice cake into wedges.

Yield: 16 servings (serving size: 1 slice)

NUTRITION PER SERVING: CALORIES 290(29% from fat); FAT 9.3g (sat 2.1g,mono 4.6g,poly 2.1g); PROTEIN 5.3g; CHOLESTEROL 47mg; CALCIUM 122mg; SODIUM 218mg; FIBER 0.3g; IRON 1.1mg; CARBOHYDRATE 44.9g

Summer Black Bean and Pasta Salad

Cooking Light, June 2006

Healthy Units: 4

Yield: 4 servings (serving size: 1 1/2 cups pasta and 1 lime wedge)

Posted By: Bawstinn32 (Maria)

May 30, 2006

Drain the pasta, and rinse it immediately with cold water to cool it quickly. If you can't find ditalini pasta, substitute tubetti or small elbow macaroni.

3/4 cup uncooked ditalini (very short tube-shaped macaroni, 3 ounces)
1 1/2 cups halved grape tomatoes
3/4 cup diced peeled avocado
1/2 cup chopped seeded poblano chile (about 1)
1/2 cup chopped cucumber
1/3 cup chopped red onion
2 tablespoons chopped fresh cilantro
1 (15-ounce) can black beans, drained and rinsed
2 teaspoons grated lime rind
2 tablespoons fresh lime juice
1 tablespoon cider vinegar
2 teaspoons extravirgin olive oil
3/4 teaspoon bottled minced garlic
3/4 teaspoon salt
1/8 teaspoon ground red pepper
1 medium lime, cut in 4 wedges

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

Combine the tomatoes, avocado, poblano, cucumber, onion, cilantro, and beans in a medium bowl, stirring well. Combine rind, juice, vinegar, oil, garlic, salt, and pepper in a small bowl, stirring well with a whisk. Add pasta and lime mixture to bean mixture; toss to combine. Serve with lime wedges.

NUTRITION PER SERVING

CALORIES 214(30% from fat); FAT 7.1g (sat 1.1g,mono 4.4g,poly 0.9g); PROTEIN 7.3g; CHOLESTEROL 0.0mg; CALCIUM 47mg; SODIUM 656mg; FIBER 7.2g; IRON 2.4mg; CARBOHYDRATE 35.5g

Sea Bass and Confetti Vegetables with Lemon-Butter Sauce

Seafood

Source: CL March 2002

Healthy Units: 5

Core: C+.5

Servings: 2

Posted by Tracy (Nikkie1t)

May 30, 2006

My comments: The flavor of this was really wonderful, and the plate presentation is super colorful.

2 (6-ounce) sea bass or grouper fillets
1/2 teaspoon salt
Cooking spray
1/4 cup dry white wine
2 teaspoons lemon juice
1 tablespoon chopped fresh parsley
1 teaspoon butter
1/2 cup frozen whole-kernel corn
1/2 cup chopped plum tomato
1 (6-ounce) bag baby spinach, coarsely chopped

Sprinkle fish with salt. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add fish to pan; cook 5 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from pan. Place one fillet on each of 2 plates; keep warm.

Add wine and juice to pan; cook over medium-high heat 2 minutes. Remove from heat; stir in parsley and butter. Drizzle sauce over fillets.

Add corn to pan; cook 2 minutes. Add the tomato and spinach to pan; cook 1 minute or until spinach wilts. Arrange 1 cup vegetables on each plate.

NUTRITION PER SERVING: CALORIES 262(21% from fat); FAT 6g (sat 2.2g,mono 1.4g,poly 1.6g); PROTEIN 34.4g; CHOLESTEROL 73mg; CALCIUM 111mg; SODIUM 793mg; FIBER 3.8g; IRON 3.4mg; CARBOHYDRATE 14.6g

Llapingachos Ecuatorianos (Ecuadorean Potato-and-Cheese Patties)

Category: VP

Cooking Light 2002 Annual

HU: 2.2 (see notes)

Servings: 6

Posted by DebMj1

5/31/06

My Notes: When I run this through MC, it comes out to 2.2 HU per serving. The numbers that CL provides make it 3.1 per serving. Not sure why there's such a large discrepancy.

CL Notes: This dish--created by Maricel Presilla, a food historian, chef, and co-owner of Zafra restaurant in Hoboken, New Jersey--was a hit in our Test Kitchens. For a vibrant color, cook the patties in Annatto Oil.

1 1/2 teaspoons kosher salt
2 medium peeled baking potatoes, quartered (about 1 1/4 pounds)
6 tablespoons (1 1/2 ounces) shredded queso fresco or Monterey Jack cheese
2 tablespoons minced green onions
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 tablespoon olive oil
3/4 cup diced tomato
1/2 cup julienne-cut red onion

Place 1 1/2 teaspoons salt and potatoes in a saucepan, and cover with water. Bring to a boil; reduce heat, and simmer 15 minutes or until tender. Drain, and mash with a potato masher until smooth. Cool.

Add cheese, green onions, 1/4 teaspoon salt, and pepper to potato mixture, stirring well. Divide potato mixture into 6 balls (about 1/2 cup per ball). Flatten balls into 1/2-inch-thick patties (about 3-inch diameter). Place on a baking sheet; cover and refrigerate 20 minutes or until firm.

Heat oil in a large nonstick skillet over medium heat. Place potato-and-cheese patties in pan; cook 5 minutes or until bottoms are browned. Turn patties; cook 3 minutes. Top patties with tomato and red onion.

Ginger's Superfast Pizza Dough

HU: 4 (8 servings)

HU: 2 (16 servings)

Posted by Scarehair (Carrie)

May 31, 2006

1 1/4 Cups warm water
1 1/2 teaspoons sugar
2 1/4 teaspoons yeast
1 1/2 Tablespoons olive oil
3 Cups all-purpose flour, sifted
1 teaspoon salt

1. Preheat oven to 425 degrees.
2. Mix together warm water, yeast and sugar. Let proof for 5 minutes.
3. Mix flour, oil, salt and yeast together. On lightly floured counter knead dough for 3-4 minutes. Let rest 12 minutes.
4. Split dough in half for thin crust pizza or use all for 1 thick crust pizza. Roll onto pizza stone. Spread with sauce (1 small can crushed tomatoes or tomato sauce, 1 clove minced garlic, lots of pepper, basil and oregano). Top with cheese and your favorite toppings.
5. Bake for 15-20 minutes.

HINTS: I get better results if I go light on the flour. I highly recommend sifting flour before measuring.

Topping ideas: My kids' favorite - tomato sauce, cheese, pepperoni, mushroom

Dean's favorite - tomato sauce, cheese, real Canadian bacon, mushroom

Carrie's favorite - no sauce, olive oil, minced garlic, chopped clams and/or shrimp, steamed broccoli, fresh basil and oregano, sundried tomatoes, parmesan cheese

Veggie pizza - no sauce, olive oil, minced garlic, roasted red peppers, steamed broccoli, thin sliced zucchini, mushroom, fresh tomatoes, parmesan.

Steak pizza - no sauce, olive oil, minced garlic, thinly sliced steak, sautéed onions and mushrooms, drizzle of A-1 sauce, blue cheese crumbles

8 servings: Cal 199, Fat 3g, Fiber 2g 16 servings: Cal 100, Fat 2g, Fiber 1

Skillet Lasagna with Sausage and Peppers

Source: America's Test Kitchen (modified)

HUs: 7.3

Servings: 6

Posted by: MissVN

Date: May 31, 2006

My Comments: I don't think I'll ever make Hamburger Helper again This was pretty darned easy. The man complained it was "too salty", might have been one of my canned ingredients. I also used a mix of red and green bell peppers. If you don't have ricotta on hand it tastes just fine without it (but far be it from me to ever not have cheese!).

Notes: This can also be served without the ricotta, which cuts the HU's to 6.5.
Use a 12-inch nonstick skillet with a tight-fitting lid for this recipe.

Ingredients:

1 (28-ounce) can diced tomatoes	1/8 teaspoon red pepper flakes
Water	1 pound Italian turkey sausage removed from its casing
1 teaspoon olive oil	6 curly-edged lasagna noodles, broken into 2-inch lengths
1 medium onion, minced	1 can (8 ounces) tomato sauce
1 red bell pepper, chopped	1/4 cup grated Parmesan cheese
Table salt	Ground black pepper
3 medium cloves garlic, minced and pressed through a garlic press (about 1 tablespoon)	1/2 cup ricotta cheese
	3 tablespoons chopped fresh basil

Instructions:

1. Pour tomatoes with their juices into 1-quart liquid measuring cup. Add water until mixture measures 1 quart.
2. Heat oil in large nonstick skillet over medium heat until shimmering. Add onion, bell pepper, and 1/2 teaspoon salt and cook until onion begins to brown, about 5 minutes. Stir in garlic and pepper flakes and cook until fragrant, about 30 seconds. Add sausage and cook, breaking apart meat, until no longer pink, about 4 minutes.
3. Scatter pasta over sausage but do not stir. Pour diced tomatoes with juices and tomato sauce over pasta. Cover and bring to simmer. Reduce heat to medium-low and simmer, stirring occasionally, until pasta is tender, about 20 minutes.
4. Remove skillet from heat and stir in Parmesan. Season with salt and pepper. Dot with tablespoons ricotta, cover, and let stand off heat for 5 minutes. Sprinkle with basil. Serve.

Rocky Road Pudding

Source: Light & Tasty June/July 2006

HU: 4

Servings: 5 (1/2 cup each)

Posted By: Aimster04 (Amy)

6/1/06

Amy's Notes: This dessert was easy to make, only took me 15 minutes. It is sweet and creamy and the walnuts added a crunch.

Sugar substitute equivalent to 1/2 cup sugar

5 tablespoons baking cocoa

3 tablespoons cornstarch

1/8 teaspoon salt

2-1/2 cups fat-free milk

2 egg yolks, lightly beaten

2 teaspoons vanilla extract

1 cup miniature marshmallows

1/4 cup chopped walnuts, toasted

In a large saucepan, combine the sugar substitute, cocoa, cornstarch and salt. Stir in milk until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes longer.

Remove from the heat. Stir a small amount of hot filling into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir for 2 minutes. Remove from the heat. Gently stir in vanilla. Cool for 15 minutes, stirring occasionally.

Transfer to individual dessert dishes. Cover and refrigerate for 1 hour. Just before serving, top with marshmallows and walnuts.

Editor's Note: This recipe was tested with Splenda No Calorie Sweetener.

NI: 1/2 cup equals 183 calories, 6 g fat (1 g saturated fat), 88 mg cholesterol, 131 mg sodium, 25 g carbohydrate, 1 g fiber, 8 g protein

Italian-style Meatloaf with Parmesan and Parsley

Source: Healthy Cooking, October 2005

HU's: 6

Serves: 8

Posted By: Sandy (Nana Texas)

June 1, 2006

This is similar to one that Maria posted. I think that the main difference is the addition of diced tomatoes and no additional spices. I made these into mini-meatloaves and doubled the recipe. They were a big hit with my family, even the SIL who commented afterwards that he usually didn't like meatloaf!

- 1 pound of ground round (I used buffalo)
- 1 cup of seasoned bread crumbs
- ½ c. diced onion
- 2 cloves garlic, diced
- 1 cup of chopped fresh parsley
- 1 (14 ½ oz) can diced tomatoes, well drained
- ½ cup freshly grated Parmesan cheese
- 2 large egg whites
- ½ cup barbecue sauce, divided
- Salt and pepper to taste

Preheat oven to 350. Spray a rimmed baking sheet with non-fat cooking spray; set aside.

In a large bowl, combine ground round, bread crumbs, onion, garlic, parsley, tomatoes, cheese, egg whites, 1/4 c. barbecue sauce, salt and pepper. Mix well.

Shape meat mixture into a 9 x 5 loaf and place loaf on prepared baking sheet. Spread remaining ¼ c. barbecue sauce over meatloaf. Bake for about 1 hour, until meatloaf is nicely brown and a meat thermometer inserted in the center reaches 160 F. Remove from oven and let stand 10- 15 minutes before slicing to serve.

Roasted Asparagus w/Red Peppers and Lemon

WW Turnaround Cookbook

Serves 4

HU: 1 point

Core: Yes

Posted by: Tracy (Nikkie1t)

June 2, 2006

WW Comments: Once you try roasting asparagus, you'll never go back to boiling it. Not only is roasting the easiest way to prepare the vegetable, but it's also the best way to bring out its natural sweetness.

1 pound fresh asparagus, trimmed
1 large red bell pepper, seeded and cut into ½ inch strips
1 tablespoon fresh lemon juice
1 teaspoon olive oil
1/2 teaspoon salt
1/4 teaspoon crushed red pepper
1 teaspoon grated lemon zest

1. Preheat the oven to 400 degrees. Spray a nonstick baking sheet with olive oil nonstick spray.
2. Combine the asparagus and bell pepper in a large bowl; spray with the nonstick spray. Add the lemon juice, olive oil, salt and crushed red pepper; toss well to coat.
3. Arrange the vegetables on the baking sheet in a single layer. Bake until tender, shaking the pan occasionally, 15-18 minutes. Transfer the vegetables to a bowl and toss with the lemon zest.

Golden Polenta & Egg with Mustard Sauce

Eating Well Health in a Hurry

Serves 4

HU: 5.8

Core: Yes

Posted by: Tracy (Nikkie1t)

June 2, 2006

Quick & Easy

EW comments: Here's a streamlined version of Eggs Benedict: purchased polenta, boiled eggs and an easy, no-cook homage to hollandaise. It's a quick dinner any night of the week-or a great weekend brunch.

My comments: I made this core by using FF yogurt and FF mayo. The points were calculated with low fat yogurt and reduced fat mayo, however.

1/2 cup low-fat plain yogurt

1/3 cup reduced-fat mayonnaise

1 tablespoon Dijon mustard

1 tablespoon lemon juice

1 tablespoon water

1 pound green beans, trimmed

4 eggs

2 teaspoons extra-virgin olive oil

12 ounces prepared polenta, sliced into eight 1/2-inch rounds

1. Combine yogurt, mayonnaise, mustard, lemon juice and water in a small bowl.
2. Bring 6 cups of lightly salted water to a boil in a medium saucepan. Add green beans and cook until just tender, 4 minutes. Remove the green beans with a slotted spoon and divide among 4 plates.
3. Return the water to a boil; place eggs, one by one, in the boiling water and set the timer: 5 minutes for a soft-boiled egg, 8 minutes for hard-boiled. When cool enough to handle, peel and slice the eggs in half.
4. Meanwhile, heat the oil in a large nonstick skillet over medium-high heat, add polenta rounds in a single layer and cook, turning once, until crispy and golden, about 4 minutes per side. Place 2 polenta rounds on each plate and keep warm. Add the reserved sauce to the pan and cook over medium-low heat, stirring constantly to avoid scorching, until heated through, about 3 minutes.
5. Divide the polenta rounds among the plates, top with egg halves and drizzle with the sauce. Serve immediately.

Per serving 278 calories; 13 g fat (3 g sat, 5 g mono); 219 mg cholesterol; 27 g carbohydrate; 12 g protein; 4 g fiber; 528 mg sodium.

Grilled Sirloin Skewers with Peaches and Peppers

Source: Cooking Light, AUGUST 2002

Servings: 8

Healthy Units: 4

Posted by: Waneyvant

Date: June 5, 2006

Kebabs:

1 1/2 tablespoons ground cumin
1 1/2 tablespoons cracked black pepper
2 3/4 teaspoons kosher salt
2 pounds boneless sirloin steak, cut into 48 (1-inch) pieces
4 peaches, each cut into 8 wedges
2 small red onions, each cut into 8 wedges
2 large red bell peppers, each cut into 8 (1-inch) pieces
Cooking spray

Sauce:

1/2 cup chopped fresh parsley
1/4 cup red wine vinegar
1 teaspoon olive oil
1/4 teaspoon kosher salt
1/4 teaspoon cracked black pepper
3 garlic cloves, minced
Parsley sprigs (optional)

Prepare grill.

To prepare kebabs, combine first 7 ingredients; toss well. Thread 3 steak pieces, 2 peach wedges, 1 onion wedge, and 1 bell pepper piece alternately onto each of 16 (12-inch) skewers. Place kebabs on grill rack coated with cooking spray; grill 6 minutes or until tender, turning occasionally. Place kebabs on a platter; cover loosely with foil. Let stand 5 minutes.

To prepare sauce, combine chopped parsley and next 5 ingredients (chopped parsley through garlic), stirring with a whisk. Spoon over kebabs. Garnish with parsley sprigs, if desired.

Yield: 8 servings (serving size: 2 kebabs)

CALORIES 217(30% from fat); FAT 7.2g (sat 2.4g,mono 3g,poly 0.4g); PROTEIN 25.5g;
CHOLESTEROL 69mg; CALCIUM 38mg; SODIUM 768mg; FIBER 3.2g; IRON 3.8mg;
CARBOHYDRATE 12.4g

Basmati Chicken Salad

Category: Salads

Source: CL Web Site

Healthy Units: 8

Servings: 6

Posted by: Andygrammy (Claudia)

Date: 6/5/06

My Comments: This was delicious even without the sun-dried tomatoes, and half the artichokes called for. I think you could make those changes and cut back on the olive oil by a tablespoon to reduce points.

CL Comments: Oil-packed sun-dried tomatoes and artichokes give this salad richness, as well as a nice tang.

SALAD:

1 1/2 cups water

1 cup uncooked Basmati rice

3 garlic cloves, minced

2 cups shredded skinless, boneless rotisserie chicken breast meat

1/2 cup thinly sliced green onions

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

1 teaspoon grated lemon rind

1 (15 1/2-ounce) can chickpeas (garbanzo beans), drained

1 (14-ounce) can artichoke hearts, drained and coarsely chopped

DRESSING:

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

3 tablespoons fresh lemon juice

3 tablespoons extravirgin olive oil

1 teaspoon Dijon mustard

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

1/4 teaspoon dried oregano

Instructions:

To prepare salad, bring 1 1/2 cups water to a boil in a 3-quart saucepan; add rice and garlic. Cover; reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat, and let stand 5 minutes. Place in a large bowl. Add chicken, onions, tomato, rind, chickpeas, and artichokes to rice; stir gently to combine.

To prepare dressing, combine broth and remaining ingredients, stirring with a whisk. Drizzle over salad, tossing gently to coat.

Yield: 6 servings (serving size: about 1 cup)

CALORIES 397(23% from fat); FAT 10.1g (sat 1.6g,mono 6.2g,poly 1.5g); PROTEIN 22.8g;

CHOLESTEROL 40mg; CALCIUM 69mg; SODIUM 762mg; FIBER 8.5g; IRON 3.6mg; CARBOHYDRATE 57.4g

Cooking Light, JUNE 2004

Caesar Chicken-Pasta Salad

Category: Salads

Source: CL Web Site

Healthy Units: 7

Servings: 4

Posted by: Andygrammy (Claudia)

Date: 6/5/06

Claudia's Comments: I would prepare all of this except the romaine, and add that at serving time to keep it from wilting, but honestly, it was delicious, even with it a little wilted!

Peggy's Notes: Original recipe called for prepared, roasted chicken breast (such as Tyson's), but I used plain chicken breasts that I'd cooked myself. I also subbed reduced-fat feta for the full-fat version CL had used. This makes a huge salad! A 2-cup serving is actually too much, even for a main course. I've included NI for 6 (HU:4) and 8 (HU:3) servings. My entire family loved this flavorful salad and it keeps well for leftover lunches, etc.

CL Comments: Preparation time: 10 minutes, Cook time: 10 minutes. While this salad can be enjoyed the way it is, you can include or substitute different kinds of chicken, turkey, cheese salad dressing, or herbs.

Ingredients:

3 cups (about 12 ounces) skinned, shredded roasted chicken breast (such as Tyson's)

3 cups hot cooked penne (about 6 ounces uncooked tubular-shaped pasta)

2 cups thinly sliced romaine lettuce

1 1/2 cups halved cherry tomatoes

1/2 cup thinly sliced fresh basil

1/2 cup chopped green onions

1/3 cup fat-free Caesar dressing

1/4 cup chopped fresh parsley

1 (4-ounce) package crumbled feta cheese

1 garlic clove, minced

Instructions:

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

Note: To lower the sodium in this dish, use plain cooked chicken in place of the commercial roasted variety, which is fairly high in sodium.

Yield: 4 servings (serving size: 2 cups)

CALORIES 362(22% from fat); FAT 8.8g (sat 5.2g,mono 1.4g,poly 0.6g); PROTEIN 19.4g;

CHOLESTEROL 78mg; CALCIUM 206mg; SODIUM 951mg; FIBER 3.5g; IRON 2.6mg;

CARBOHYDRATE 40.4g

Cooking Light, SEPTEMBER 1997

Per 6 Servings with reduced fat feta (excluding unknown items): 213 Calories; 2g Fat (6.6% calories from fat); 18g Protein; 31g Carbohydrate; 4g Dietary Fiber; 33mg

Cholesterol; 182mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat;

1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Per 8 Servings with reduced fat feta (excluding unknown items): 160 Calories; 1g Fat (6.6% calories from fat); 14g Protein; 23g Carbohydrate; 3g Dietary Fiber; 25mg

Cholesterol; 136mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat;

1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Mexican Chicken Casserole

Posted by Kwe730 (Kim)

June 5, 2006

HUs: 8 Per 1 Cup Serving

Yield: 8 Servings

Kim's Note's: I subbed pepper jack cheese for the Monterrey Jack and was glad I did. Also added a little cumin and some cayenne just for a little more kick. Next time I would only do two layers of 3 or 4 tortillas each to save some points. I also sprayed a little cooking spray on each side of the tortillas and baked them for a bit to get them slightly crunchy since some reviewers complained of them getting soggy in the casserole.

Ingredients:

1 cup fat-free, less-sodium chicken broth
2 (4.5-ounce) cans chopped green chiles, divided
1 3/4 pounds skinned, boned chicken breasts
2 teaspoons olive oil
1 cup chopped onion
1 cup evaporated skim milk
1 cup (4 ounces) shredded Monterey Jack cheese
1/4 cup (2 ounces) tub-style light cream cheese
1 (10-ounce) can enchilada sauce
12 (6-inch) corn tortillas
Cooking spray
1/2 cup (2 ounces) shredded reduced-fat extra-sharp cheddar cheese
1 ounce tortilla chips, crushed (about 6 chips) (Kim's Note: I skipped these)

Combine broth and 1 can of chiles in a large skillet; bring to a boil. Add chicken; reduce heat, and simmer 15 minutes or until chicken is done, turning chicken once. Remove chicken from cooking liquid, reserving cooking liquid; cool chicken. Shred meat with two forks, and set aside. Preheat oven to 350°.

Heat oil in a large nonstick skillet over medium-high heat. Add 1 can of chiles and onion; sauté 3 minutes or until soft. Add reserved cooking liquid, milk, Monterey Jack, cream cheese, and enchilada sauce; stir well. Stir in shredded chicken; cook 2 minutes. Remove from heat.

Place 4 tortillas in the bottom of a 2-quart casserole coated with cooking spray. Spoon 2 cups chicken mixture over tortillas. Repeat layers twice, ending with chicken mixture. Sprinkle with cheddar cheese and chips. Bake at 350° for 30 minutes or until thoroughly heated. Let stand 10 minutes before serving.

Yield: 8 servings (serving size: 1 cup)

NUTRITION PER SERVING

CALORIES 369(28% from fat); FAT 11.4g (sat 5g,mono 3.8g,poly 1.4g); PROTEIN 35.6g;
CHOLESTEROL 79mg; CALCIUM 360mg; SODIUM 479mg; FIBER 3g; IRON 2.4mg;
CARBOHYDRATE 31.3g

Rice With Pigeon Peas (Arroz con Gandules)

Category: Rice

Source: Healthy Latin Cooking by Steve Raichlen

HU: As written, 6.44 (with my changes, 4--see my notes)

Serves: 4 (or 8)

Posted by CrissyBear (Christine)

June 5, 2006

My Notes: There is enough sofrito mixture in this recipe to flavor 2 cups of rice and yield 8 (1-cup) servings and that's the way I always make it so I can use up the entire 15oz can of pigeon peas. With my changes (see below), it's 4 HUs per cup (227 Calories; 3g Fat; 3g Dietary Fiber). Puerto Ricans also have a slightly different method of cooking the rice so I've listed that below as well.

"Pigeon peas are a dried bean native to Africa. Canned or frozen and thawed varieties work well here."

1 Tbsp. annatto oil (I use extra virgin olive oil)
1 medium onion, finely chopped
1 medium green bell pepper, finely chopped
2 cloves garlic, minced
2 ounces Canadian bacon or serrano ham, thinly sliced (this can be omitted)
2 Tbsp. chopped fresh cilantro
8 pimento stuffed green olives (my addition--a PR custom)
2 Tbsp. Spanish capers (my addition--a PR custom)
1 packet Goya Sazon seasoning (my addition)
1 medium tomato, finely chopped
1 cup long-grain white rice (I use 2 cups rice)
1 cup pigeon peas, cooked (I use an entire 15oz can)
2-1/2 cups water
salt & ground pepper to taste (I give a heavy dose of pepper)

1. Heat the oil in a large saucepan over medium heat. Add the onion, bell peppers, garlic and bacon/ham. Cook over medium heat for 4 minutes or until the vegetables are soft. Stir in the cilantro, tomato & capers. Cook for 2 minutes, or until the juices have evaporated. Stir in the rice and cook for 1 minute.

2. Stir in the peas and water. Season with salt & black pepper. Bring to a boil over high heat. Reduce heat to low, cover and simmer for 20 minutes, or until the rice is tender. Remove from the heat, uncover and drape a clean dishcloth over the pan. Recover the pan with the cloth still in place and let stand for 3 minutes. Fluff the rice with a fork. Add more salt and black pepper, if desired.

Or PR method for step 2: Stir in the peas and water. Season with salt & black pepper. Bring to a boil over high heat and cook until water reaches level with rice and air pockets begin to form. Give the rice one good stir up from the bottom; reduce the heat to low, cover and simmer for 20 minutes, or until the rice is tender. Fluff the rice with a fork.

Cookbook Nutritional Info per serving: 300 Calories; 5.3g Fat (1g saturated fat); 8mg Cholesterol [no fiber data available]

Black Bean Lime Chili

Source: Calorie Commando recipe on Foodnetwork.com

Serves: 6

HU: 7.0 as written, but can be lightened

Core: Yes

Posted by: Tracy (Nikkie1t)

Date: 6/6/06

Comments: This is really flavorful. The lime juice and cilantro really make the recipe. Some of the reviewers on the website said they used ground turkey in place of shredded chicken.

1 cup water
2/3 cup couscous
3 tablespoons olive oil (I only used 1 T.)
1 Vidalia onion, chopped
3 cloves garlic, crushed
1 red bell pepper, chopped
1 green bell pepper, chopped
1 tablespoon chili powder
1 (14-ounce) can stewed tomatoes
1 (15-ounce) can black beans
1 (10-ounce) can white meat chicken, or 2 cups shredded chicken, store-bought, skin discarded
1/2 cup fresh lime juice (from about 3 limes)
1/4 cup fresh cilantro leaves

Bring 1 cup water to a boil in a small saucepan and then pour in the couscous in one steady stream. Stir to prevent lumps. Turn off the heat, cover, and set aside for 15 minutes. Once liquid is absorbed, fluff with a fork.

In a heavy-bottomed pot, heat oil over medium heat. Add onion and cook until soft. Add garlic and cook for 1 minute. Add bell peppers and chili powder and cook for another minute. Stir in tomatoes and black beans and their liquid; bring all to a simmer and simmer for 5 minutes or until thickened. Add chicken and heat through. Stir in lime juice and cilantro and remove from heat. Serve over fluffed couscous.

NI: 330 calories, 13 g. fat, 7 g. fiber

Turkey Tacos

Category: Poultry

Source: Americas Test Kitchen

HUs: 6.5

Servings: 4

Posted By: MissVN (Victoria)

Date: June 11, 2006

Ingredients

2 teaspoons olive oil
1 Small onion
3 medium garlic
2 tablespoons chili powder
1 teaspoon cumin
1 teaspoon coriander
1/2 teaspoon oregano
1/4 teaspoon cayenne
1 pound turkey breasts, boneless and skinless
1/2 cup tomato sauce
1/2 cup chicken broth
1 teaspoon brown sugar
2 teaspoons vinegar
8 whole taco shells

Instructions:

Heat oil in medium skillet over medium heat until hot and shimmering but not smoking, about 2 minutes; add onion and cook, stirring occasionally, until softened, about 4 minutes. Add garlic, spices, and 1/2 teaspoon salt; cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook, breaking meat up with wooden spoon and scraping pan bottom to prevent scorching, until beef is no longer pink, about 5 minutes. Add tomato sauce, chicken broth, brown sugar, and vinegar; bring to simmer. Reduce heat to medium-low and simmer, uncovered, stirring frequently and breaking meat up so that no chunks remain, until liquid has reduced and thickened (mixture should not be completely dry), about 10 minutes. Adjust seasonings with salt and pepper.

Spicy Chopped Broccoli

Category: Veggies

Source: Everyday Food

HUs: 0.5

Servings: 4

Posted By: MissVN (Victoria)

Date: June 11, 2006

Ingredients

1 pound broccoli
2 Teaspoons olive oil
1 teaspoon anchovy paste
1/4 teaspoon red pepper flakes
salt
pepper
1/2 cup water

Instructions:

1. Starting with flower end of broccoli, cut crosswise into 1/2-inch pieces.
2. Heat oil in a large skillet over medium-low heat. Add anchovies and red-pepper flakes. Cook, mashing anchovies with a wooden spoon, about 1 minute.
3. Raise heat to medium. Add broccoli; season with salt and ground pepper. Cook, stirring often, until broccoli is crisp-tender, about 2 minutes. Add 1/2 cup water. Simmer, covered, until broccoli is tender, 4 to 5 minutes more.

Sautéed Spinach with Red Onion, Bacon & Blue Cheese

Source: EatingWell.Com

Healthy Units: 3

Servings: 2

Posted by Aimster04 (Amy)

6/13/06

Amy's Notes: This spinach dish is simple enough to make, but I found it needed a little zip. I sprinkled about a tablespoon of cider vinegar over the top and stirred in.

2 teaspoons extra-virgin olive oil
1/2 cup thinly sliced red onion
2 cloves garlic, minced
1 10-ounce bag fresh spinach (see Ingredient note), tough stems removed
2 strips center-cut bacon, cooked and crumbled
1 tablespoon crumbled blue cheese

Heat oil in a large nonstick skillet or Dutch oven over medium-high heat. Add onion and cook, stirring, until beginning to soften, about 1 minute. Add garlic and cook, stirring, until fragrant, about 30 seconds more. Add spinach and cook, stirring, until just wilted, about 2 minutes. Remove from heat; stir in bacon and sprinkle cheese on top. Serve immediately

NI – 2 servings

Per serving: 131 calories; 9 g fat (2 g sat, 5 g mono); 9 mg cholesterol; 9 g carbohydrate; 7 g protein; 4 g fiber; 292 mg sodium

Chilaquiles Casserole

Main Dish

Eating Well June 2006

HU: 5

Serves: 10

Posted By: Scarehair (Carrie)

June 13, 2006

Easy & Quick

Kid Friendly

EW Comments: Our enchilada-style casserole is made with mildly spicy sauce but you can use medium or hot. If you want to eliminate the heat altogether, try a green enchilada sauce (milder than red) or substitute two 8-ounce cans of plain tomato sauce.

My Comments: No one complained about a vegetarian meal this time. My kids loved this. EW magazine paired this with Baby Spinach Salad with Raspberry Vinaigrette, and Blueberry Crumble. The article was about making a fast healthy meal using many servings of fruits and veggies, and having leftovers for lunches.

1 tablespoon canola oil	1 teaspoon ground cumin
1 medium onion, diced	1/2 teaspoon salt
1 medium zucchini, grated	12 corn tortillas, quartered
1 19-ounce can black beans, rinsed	1 19-ounce can mild red or green enchilada sauce
1 14-ounce can diced tomatoes, drained	1 1/4 cups shredded reduced-fat Cheddar cheese
1 1/2 cups corn, frozen (thawed) or fresh	

1. Preheat oven to 400°F. Lightly coat a 9-by-13-inch baking dish with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.
3. Scatter half the tortilla pieces in the baking dish. Top with about half the vegetable mixture, about half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.
4. Bake the casserole for 15 minutes. Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more.

Per serving: 245 calories; 10 g fat (4 g sat, 4 g mono); 23 mg cholesterol; 31 g carbohydrate; 9 g protein; 6 g fiber; 351 mg sodium; 272 mg potassium. Nutrition bonus: Vitamin C (25% daily value), Fiber (24% dv), Vitamin A (15% dv). Exchanges: 2 starch, 1 vegetable, 1 lean meat, 1 fat; 1 1/2 Carbohydrate Servings.

Prepare through Step 3, and refrigerate for up to 1 day.

Baby Spinach Salad With Raspberry Vinaigrette

Eating Well June 2006

HU: 1

Yield: 4 servings, 1 1/2 cups each

Posted by Scarehair (Carrie)

June 13 2006

Ease of preparation: Easy

Kid Friendly

Salad is a great way to increase your family's fruit and vegetable consumption—the challenge is getting your children (or picky eaters) to enjoy it. We've found that a simple, slightly sweet dressing like our Raspberry Vinaigrette, tossed with mild-flavored greens, such as baby spinach, fruit and your family's favorite vegetables can convince most everyone to take a bite.

My Comments: My kids loved this! So did a neighbor kid who wouldn't leave and ended up inviting himself to dinner.

6 cups prewashed baby spinach

1 small red bell pepper, thinly sliced

1 nectarine, cut into 1-inch chunks

3 tablespoons Raspberry Vinaigrette (recipe follows)

Combine spinach, bell pepper and nectarine in a large bowl; toss with Raspberry Vinaigrette.

Per serving: 60 calories; 4 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 6 g carbohydrate; 2 g protein; 2 g fiber; 65 mg sodium; 347 mg potassium. Nutrition bonus: Vitamin A (100% daily value), Vitamin C (80% dv), Folate (23% dv). Exchanges: 1 vegetable. 1 fat; 1/2 Carbohydrate Serving.

Prepare double the amount of salad, leaving it undressed, and pack some with a little dressing on the side for lunch.

Raspberry Vinaigrette

Yield: 3/4 cup, for 16 servings

Active Time: 5 minutes

Total Time: 5 minutes

HU: 1

Posted by Scarehair (Carrie)

June 13 2006

Ease of preparation: Easy

Quick to make and very economical, this kid-friendly dressing keeps well. We've made sure the recipe yields enough dressing for several salads to help make it easier for you to get salad on the table each night.

1/3 cup canola oil

1/4 cup raspberry vinegar or red-wine vinegar

3 tablespoons orange juice

1/4 teaspoon salt

Freshly ground pepper to taste

Add oil, vinegar, orange juice, salt and pepper to a jar with a tight-fitting lid; shake well to combine.

Per serving: 44 calories; 5 g fat (0 g sat, 3 g mono); 0 mg cholesterol; 0 g carbohydrate; 0 g protein; 0 g fiber; 38 mg sodium; 6 mg potassium. Exchanges: 1 fat; 0 Carbohydrate Servings.

Refrigerate for up to 1 week. Shake before using.

Blueberry Crumble

Dessert

Eating Well June 2006

HU: 5

Yield: 4 servings

Posted by Scarehair (Carrie)

June 13, 2006

Active Time: 10 minutes

Total Time: 40 minutes

Ease of preparation: Easy

Kid Friendly

EW Comments: A fruit crumble is a sure way to satisfy the sweet tooth and add another serving of fruit to your diet. We've used blueberries here, but any fresh or frozen fruit can stand in to meet your family's taste preference. Leave small berries whole, but peel, pit and chop larger fruits, such as peaches or plums. The recipe yields enough filling for 4 individual crumbles. Double the recipe and bake it in an 8-inch-square glass baking dish; triple it and bake it in a 9-by-13-inch baking dish to have leftovers or serve a crowd.

My comments: We used a combo of frozen peaches and blueberries. It is higher in HUs than I usually eat for dessert but the entire meal of Chilaquiles Casserole, Baby Spinach Salad w/ Raspberry Vinaigrette and Berry Crumble dessert comes out to a total of 11 HUs, which I think, is reasonable. This is fab with vanilla bean frozen yogurt!

2 1/2 cups fresh or frozen blueberries or other fruit

1 tablespoon sugar

1 tablespoon whole-wheat or all-purpose flour

1 tablespoon orange juice

1 cup Crumble Topping (recipe follows)

1. Preheat oven to 400°F.

2. Toss berries (or other fruit) with sugar, flour and juice. Divide the mixture among four 6-ounce glass ramekins or other ovenproof dishes. Top each with 1/4 cup Crumble Topping. Place the dishes on a baking sheet.

3. Bake the crumbles until the tops are browned and the filling is bubbling, 20 to 25 minutes. Let stand for at least 10 minutes before serving.

Please note that the Blueberry Crumble nutritionals include the topping. I included the HUs for the Crumble Topping only because they were included separately in the EW article. But the HUs total for the Blueberry Crumble still total 5.

Crumble Topping

Dessert

Eating Well June 2006

HU: 4

Serves: 8 individual crumbles or 1 9x13 pan

Posted by Scarehair (Carrie)

June 13, 2006

Yield: 12 individual crumbles or 1 large (9-by-13-inch) crumble

Active Time: 10 minutes

Total Time: 10 minutes

Ease of preparation: Easy

This quick crumble topping is convenient to have on hand.

1 1/2 cups old-fashioned rolled oats

3/4 cup pecans or almonds, chopped

1/2 cup brown sugar

1/3 cup whole-wheat or all-purpose flour

3/4 teaspoon ground cinnamon

5 tablespoons canola oil

Combine oats, nuts, brown sugar, flour and cinnamon in a medium bowl and stir until well blended. Drizzle oil over the dry ingredients and stir until evenly moistened.

Per 1/4 cup: 161 calories; 10 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 18 g carbohydrate; 2 g protein; 2 g fiber; 1 mg sodium; 68 mg potassium. Exchanges: 1 starch, 1 fat; 1 Carbohydrate Serving.

Orange-Pecan Tea Bread

Source: CL Web Site (Cooking Light, APRIL 2004)

Healthy Units: 4 (per slice)

Servings: 14 (1 slice per serving)

Posted by: Andygrammy (Claudia)

Date: 6/14/06

My Comments: This was flavorful, and very moist, with a nice texture. I didn't bother with the glaze and pecans on top. It didn't need them and it probably brought down the HU's a bit.

Ingredients:

1 3/4 cups all-purpose flour	3 tablespoons vegetable oil
1 teaspoon baking powder	3 tablespoons orange marmalade
1/2 teaspoon baking soda	2 teaspoons grated orange rind
1/4 teaspoon salt	2 large eggs
1/4 teaspoon ground nutmeg	Cooking spray
1/4 teaspoon ground allspice	1/2 cup powdered sugar
1/2 cup granulated sugar	2 teaspoons fresh orange juice
1/2 cup low-fat buttermilk	1 1/2 teaspoons chopped pecans,
1/4 cup chopped pecans, toasted	toasted
3 tablespoons 1% low-fat milk	

Instructions:

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and the next 5 ingredients (flour through allspice) in a large bowl, stirring with a whisk; make a well in center of mixture. Combine granulated sugar and the next 7 ingredients (sugar through eggs), stirring with a whisk; add to flour mixture, stirring just until moist.

Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray. Bake at 350° for 45 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on a wire rack.

Combine powdered sugar and juice, stirring until smooth. Drizzle glaze over bread, and sprinkle with 1 1/2 teaspoons pecans.

CALORIES 171(29% from fat); FAT 5.6g (sat 0.9g,mono 2g,poly 2.4g); PROTEIN 3.2g; CHOLESTEROL 31mg; CALCIUM 44mg; SODIUM 144mg; FIBER 0.7g; IRON 1mg; CARBOHYDRATE 27.4g

Egg Drop Soup with Spring Greens

Soups/Stews

Vegetarian Times 01-MAY-03 59

Healthy Units - 2.5 (with my changes)

Core: +1.5 (for cheese)

Servings 4

Posted by Shari (walkmuch)

6/16/2006

Quick & Easy

VT Notes: You may make this soup with any combination of spring greens that you prefer. If you cannot find any one of the three greens in the recipe, simply increase the amount of the others to make three cups total.

My notes: This is a very light/delicate soup. The stock and feta cheese are the predominant flavors. Make sure you like your stock (I used stock for stir-fries in comp). I'm sure chicken stock would be fine. After all there are eggs in the soup. Using reduced fat cheese will lower points too.

6 cups vegetable stock
1 cup cleaned, trimmed and chopped dandelion greens
1 cup cleaned, trimmed and chopped arugula leaves
1 cup cleaned, trimmed and chopped sorrel leaves
1 cup fresh peas, blanched, or frozen peas, thawed (I used a whole box of frozen peas)
Salt and freshly ground black pepper to taste
1 large egg, 2 egg whites, beaten (recipe - 3 large eggs, well beaten)
1/4 CUP GRATED PARMESAN CHEESE FOR GARNISH
1/4 cup crumbled feta cheese for garnish

Directions:

1. Place vegetable stock in large soup pot, and heat over high heat. When stock comes to a boil, stir in dandelion greens, arugula leaves, sorrel leaves and peas.
2. When soup returns to a simmer, reduce heat to medium-low, and cook about 1 minute. Season to taste.
3. Pour eggs gradually into soup, stirring constantly, allowing egg "threads" to form. Remove from heat, ladle into individual soup bowls, garnish with cheeses and serve immediately.

Wine Suggestions

The texture of this soup is somewhat full-bodied because of the eggs, cheeses and large quantity of greens. But its earthiness and tang may vary depending on the greens you choose. If you like assertive greens such as arugula, choose a Sauvignon Blanc or Riesling. If you prefer earthy greens such as chard, choose Beaujolais.

My Changes (this includes calories for peas):

145 Calories; 5.5g Fat; 4.75g Fiber

VT (3 eggs): PER Serving: 190 CAL; 13 G PROT; 8 G TOTAL FAT (3 SAT. FAT); 16 G CARB.; 165 MG CHOL; 910 MG SOD.; 5 G FIBER; 7 G SUGARS

Grilled Tuna Niçoise Salad

Category: Fish/Seafood (FS)

Source: Cooking Light, June 2006

Healthy Units: 6

Core: Yes

Servings: 6 (serving size: 1 cup salad mixture, 1 steak, and 1 egg half)

Posted by: ejwyatt (Emily)

Date: June 17, 2006

CL Notes: The Kitchen's simple version of this classic dish is a great outdoor meal accompanied by a glass of dry white wine. You also can cook the tuna in a grill pan.

Em's Notes: This was a delicious, light summer meal. Be careful not to overcook your tuna, I like mine medium-rare, but ended up cooking the steaks a little too long and they were medium-well. 3 minutes a side would have been better.

Dressing:

2 tablespoons red wine vinegar
1 tablespoon extravirgin olive oil
1/2 teaspoon chopped fresh tarragon
1/2 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Salad:

4 cups water

1/2 pound green beans, trimmed
1/2 pound quartered Yukon gold potatoes
6 (6-ounce) Yellowfin tuna steaks
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
Cooking spray
4 cups mixed salad greens (about 2 ounces)
1/4 cup niçoise olives
3 hard-cooked large eggs, halved

To prepare dressing, combine first 6 ingredients in a small bowl, stirring well with a whisk. Set dressing aside.

To prepare salad, bring 4 cups water to a boil in a large saucepan. Add beans; cook 2 minutes. Remove with a slotted spoon; plunge beans into ice water. Drain and set aside. Add potatoes to pan; cook 10 minutes or until tender. Drain potatoes, and set aside.

Prepare grill.

Sprinkle fish with 1/4 teaspoon salt and 1/4 teaspoon pepper. Place fish on a grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness.

Combine beans, potatoes, salad greens, olives, and dressing in a large bowl; toss well. Place salad mixture on a large platter. Arrange steaks and egg halves over salad mixture.

CALORIES 295(23% from fat); FAT 7.5g (sat 1.7g,mono 3.6g,poly 1.1g); PROTEIN 44.5g;
CHOLESTEROL 183mg; CALCIUM 70mg; SODIUM 362mg; FIBER 2.3g; IRON 2.4mg;
CARBOHYDRATE 10.1g

Seared Chicken with Strawberry Salsa

P (Poultry)

Recipe By: American Heart Association/ American Diabetes Association, "Diabetes & Heart Healthy Cookbook"

HU: 4

Servings: 4

Posted by: CJMartin717 (Cindy)

June 18, 2006

NOTES: May substitute mango or peaches for the strawberries. Cookbook also suggested substituting cumin for the allspice. I couldn't find a poblano pepper and subbed a combination of Cubanelle and Jalapeno peppers.

1/2 teaspoon paprika
1/4 teaspoon ground allspice
1/4 teaspoon salt
1/4 teaspoon black pepper
16 ounces chicken breast, no skin, no bone, R-T-C
1 cup strawberries -- diced
1 medium poblano pepper -- diced
1/2 cup red onion -- finely chopped
1/4 cup fresh mint -- minced
2 tablespoons fresh lemon juice
1 tablespoon sugar
1/8 teaspoon crushed red pepper
vegetable cooking spray
2 teaspoons canola oil

In a small bowl, stir together the first 4 ingredients. Sprinkle over the smooth side of the chicken breasts, pressing so mixture adheres. Let stand for 10 minutes.

Meanwhile, in a medium bowl, stir together the salsa ingredients.

Heat a 12-inch nonstick skillet over medium-high heat. Remove from heat and light spray with vegetable oil spray. Pour in the oil and swirl to coat the bottom. Cook the chicken with the smooth side down for 4 minutes. Turn over and cook another 4-5 minutes until no longer pink in the center.

To serve, put chicken on plates and spoon salsa on the side. Serving = 3 ounces cooked chicken and 1/2 cup salsa.

Per Serving: 197 Calories; 5g Fat (25.3% calories from fat); 26g Protein; 10g Carbohydrate; 2g Dietary Fiber; 69mg Cholesterol; 197mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Strawberry Pie

Category: Desserts (D)

Source: Cooking Light, June 2004

Healthy Units: 5 (4 with changes)

Servings: 8

Posted by: ejwyatt (Emily)

Date: June 18, 2006

CL Notes: Strawberries do double duty in this pie. Some are blended into a puree and combined with gelatin, then more fresh berries are added to the filling.

Em's Notes: This was delicious. I wasn't able to press the crumbs up the sides of the pie pan, so I just coated the bottom of the pan. I have noted my changes; I haven't checked the changes in MC to see if they have an impact.

1 1/4 cups chocolate wafer crumbs (about 20 cookies, such as Nabisco's Famous Chocolate Wafers)

2 1/2 tablespoons butter, melted (I used light butter.)

Cooking spray

1 1/2 cups sliced strawberries

1/2 cup sugar (I used 1/4 C sugar and 1/4 C Splenda)

1/8 teaspoon salt

3 tablespoons boiling water

1 envelope unflavored gelatin

4 cups sliced strawberries

1/4 cup vanilla-flavored baking chips (I used white chocolate chips.)

Preheat oven to 400°.

Combine wafer crumbs and butter, tossing with a fork until moistened. Press crumb mixture into a 9-inch pie plate coated with cooking spray. Bake at 400° for 9 minutes. Cool on a wire rack.

Place 1 1/2 cups sliced strawberries, sugar, and salt in a blender; process until smooth.

Combine boiling water and gelatin in a medium bowl; let stand 5 minutes. Stir until gelatin dissolves. Stir in the pureed strawberry mixture.

Spoon 4 cups sliced strawberries into cooled crust. Pour the gelatin mixture evenly over sliced strawberries. Chill, uncovered, 2 hours or until set.

Place chips in a small heavy-duty zip-top plastic bag; seal. Submerge bag in very hot water until chips melt. Snip a tiny hole in 1 corner of bag, and drizzle melted chips over pie.

Yield: 8 servings (serving size: 1 wedge)

CALORIES 239(33% from fat); FAT 8.8g (sat 4.7g,mono 2g,poly 0.6g); PROTEIN 3.2g;
CHOLESTEROL 11mg; CALCIUM 44mg; SODIUM 212mg; FIBER 3.1g; IRON 1mg;
CARBOHYDRATE 38.4g

Lemon Lovers' Asparagus

Category: Vegetables (V)

Source: Eating Well, April/May 2006

Healthy Units: 1.6

Servings: 4

Posted by: ejwyatt (Emily)

Date: June 18, 2006

EW Notes: Roast whole slices of lemon along with the asparagus for a beautiful look and sparkling, bright taste. Great with seafood, especially salmon or scallops.

Em's Notes: The roasted lemon slices were delicious with the roasted asparagus. I thought that 1 T of olive oil was plenty.

2 bunches asparagus, tough ends trimmed
2 lemons, thinly sliced
2 tablespoons extra-virgin olive oil
4 teaspoons chopped fresh oregano or 1 teaspoon dried
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper

1. Preheat oven to 450 degrees F.
2. Toss asparagus, lemon slices, oil, oregano, salt and pepper on a large rimmed baking sheet. Roast, shaking the pan occasionally to toss, until the asparagus is tender-crisp, 13 to 15 minutes.

Per serving: 91 calories; 7 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 9 g carbohydrate; 2 g protein; 4 g fiber; 302 mg sodium; 241 mg potassium. Nutrition bonus: Folate (42% daily value), Vitamin C (90% dv), Vitamin A (25% dv). 1/2 Carbohydrate Serving
Exchanges: 1 vegetable, 1/2 fruit, 1 1/2 fat

Chicken, Charred Tomato & Broccoli Salad

Category: Salads

Eating Well – June/July 2006

Healthy Units: 5

Core: Yes

Serves 6

Posted by Leslie8908

6/19/06

NOTE: This simple but substantial main-course salad gets its goodness from smoky skillet-blackened tomatoes and a dressing prepared right in the pan—maximizing all the flavor from the tomatoes.

1 1/2 pounds boneless, skinless chicken breasts, trimmed, or 3 cups shredded cooked chicken breast (skip Step 1)
4 cups broccoli florets
1 1/2 pounds medium tomatoes
2 teaspoons plus 3 tablespoons extra-virgin olive oil, divided
1 teaspoon salt
1 teaspoon freshly ground pepper
1/2 teaspoon chili powder
1/4 cup lemon juice

1. Place chicken in a skillet or saucepan and add enough water to cover; bring to a simmer over high heat. Cover, reduce heat and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer to a cutting board. When cool enough to handle, shred with two forks into bite-size pieces.

2. Bring a large pot of water to a boil, add broccoli and cook until tender, 3 to 5 minutes. Drain and rinse with cold water until cool.

3. Meanwhile, core tomatoes and cut in half crosswise. Gently squeeze out seeds and discard. Set the tomatoes cut-side down on paper towels to drain for about 5 minutes.

4. Place a large heavy skillet, such as cast-iron, over high heat until very hot. Brush the cut sides of the tomatoes with 1 teaspoon oil and place cut-side down in the pan. Cook until charred and beginning to soften, 4 to 5 minutes. Brush the tops lightly with another 1 teaspoon oil, turn and cook until the skin is charred, 1 to 2 minutes more. Transfer to a plate to cool. Do not clean the pan.

5. Heat the remaining 3 tablespoons oil in the pan over medium heat. Stir in salt, pepper and chili powder and cook, stirring constantly, until fragrant, about 45 seconds. Slowly pour in lemon juice (it may splatter), then remove the pan from the heat. Stir to scrape up any browned bits.

6. Coarsely chop the tomatoes and combine them in a large bowl with the shredded chicken, broccoli and the pan dressing; toss to coat.

Per serving: 231 calories; 11 g fat (2 g sat, 8 g mono); 60 mg cholesterol; 8 g carbohydrate; 24 g protein; 3 g fiber; 460 mg sodium; 619 mg potassium. Nutrition bonus: Vitamin C (110% daily value), Vitamin A (50% dv), Selenium (30% dv), Potassium (18% dv). Exchanges: 1 1/2 vegetables, 3 very lean meat, 2 fat; 1 Carbohydrate Serving.

Grilled Lobster Rolls

Category: Fish/Seafood

Source: Eating Well, June/July 2006

Healthy Units: 6

Servings: 4 (about 1 cup salad)

Posted by: Classact75 (Eileen)

Date: June 20, 2006

EW Notes: All around Maine's Penobscot Bay, lobster rolls set the standard for homey, simple, Down East fare. Uncooked lobster tails are available in the freezer section of most supermarkets.

Eileen's Notes: I bought cooked whole lobster and that eliminated steps 1-3 and the oil. I skipped the snow peas since I don't care for them so I increased the shallots and added diced red roasted peppers.

2 10- to 12-ounce lobster tails 2 teaspoons extra-virgin olive oil
4 whole-wheat hot-dog buns
1 cup snow peas, trimmed
1/4 cup minced celery
1/4 cup reduced-fat mayonnaise
1 tablespoon plus 2 teaspoons lemon juice
1 tablespoon minced shallot
2 teaspoons Dijon mustard
1 teaspoon chopped fresh tarragon
1/2 teaspoon freshly ground pepper
1/8 teaspoon salt, or more to taste
1/4 teaspoon garlic powder

1. Preheat grill to medium-high.
2. Lay lobster tails on a cutting board with the soft side of the shell facing up. Cut the tails in half lengthwise through the shell using kitchen shears, starting from the fan (see Kitchen Notes). Run your fingertips along the inside of the shell to loosen the meat in the shell. Brush the meat with oil.
3. Lay the tails on the grill, cut-side down, and cook until the meat is lightly charred and the shell is beginning to turn red, 5 to 6 minutes. Turn and continue grilling until the meat is opaque and cooked through and the shell is completely red, 2 to 4 minutes more. Transfer the lobster to a cutting board. Meanwhile, toast buns over indirect heat, 3 to 5 minutes.
4. While the lobster cools, bring a small pan of water to a boil. Cook snow peas until bright green, 1 minute. Drain, refresh under cold water and slice very thinly (almost shredded). When the lobster is cool enough to handle, remove the shell and coarsely chop the meat.
5. Mix celery, mayonnaise, lemon juice, shallot, mustard, tarragon, pepper, salt and garlic powder in a large bowl. Stir in the chopped lobster and snow peas. Divide the salad among the toasted buns

Per serving: 310 calories; 8 g fat (1 g sat, 3 g mono); 86 mg cholesterol; 30 g carbohydrate; 30 g protein; 4 g fiber; 665 mg sodium; 386 mg potassium. Nutrition bonus: Zinc (53% daily value), Magnesium (23% dv), Vitamin C (20% dv), Iron (15% dv). Exchanges: 2 starch, 3 very lean meat, 1 1/2 fat; 2 Carbohydrate Servings.

Five-Spice Turkey & Lettuce Wraps

Category: Poultry

Source: Eating Well, June/July 2006

Healthy Units: 6

Servings: 4 (1 ¼ cups filling)

Posted by: Classact75 (Eileen)

Date: June 20, 2006

Eileen's Notes: This recipe makes a lot of filling and I served it cold as an appetizer. Next time I'll add srirachia or red chile paste with garlic for heat.

1/2 cup water
1/2 cup instant brown rice
2 teaspoons sesame oil
1 pound 93%-lean ground turkey
1 tablespoon minced fresh ginger
1 large red bell pepper, finely diced
1 8-ounce can water chestnuts, rinsed and chopped
1/2 cup reduced-sodium chicken broth
2 tablespoons hoisin sauce (see Note)
1 teaspoon five-spice powder (see Note)
1/2 teaspoon salt
2 heads Boston lettuce, leaves separated
1/2 cup chopped fresh herbs, such as cilantro, basil, mint and/or chives
1 large carrot, shredded

1. Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.
2. Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.
3. To serve, spoon portions of the turkey mixture into lettuce leaves, top with herbs and carrot and roll into wraps.

Prepare the filling (through Step 2), cover and refrigerate for up to 1 day. Serve cold or reheat in the microwave.

Per serving: 285 calories; 11 g fat (3 g sat, 1 g mono); 66 mg cholesterol; 24 g carbohydrate; 26 g protein; 5 g fiber; 543 mg sodium; 390 mg potassium. Nutrition bonus: Vitamin A (150% daily value), Vitamin C (140% dv), Iron (25% dv), Folate (20% dv). Exchanges: 1/2 starch, 2 vegetable, 3 lean meat; 1 Carbohydrate Serving.

Balsamic-Glazed Chicken and Bell Pepper Sandwiches

Category: Poultry

Source: Cooking Light, July 2005

Healthy Units: 9

Servings: 6 (2 wedges)

Posted by: Classact75 (Eileen)

Date: June 20, 2006

CL Notes: Balsamic vinegar cooks down to a glaze that clings to the sandwich fillings, adding a hint of sweetness and a touch of acidity. Pressing the sandwich after assembling it conducts the heat from the chicken and cooked vegetables to melt the cheese.

Eileen's Notes: I added 8 ounces of sliced mushrooms to the onions and peppers and my guests loved it for lunch. Now I skip the bread and cheese and it has become one of my favorite dinners.

4 teaspoons olive oil, divided
1/2 teaspoon salt, divided
1 1/4 pounds chicken breast tenders
1/2 cup balsamic vinegar, divided
2 cups red bell pepper strips (2 medium)
2 cups vertically sliced onion (1 large)
2 (8-ounce) loaves focaccia bread, cut in half horizontally
4 ounces provolone cheese, thinly sliced
1/8 teaspoon black pepper

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Sprinkle 1/4 teaspoon salt over chicken. Add chicken to pan; cook 1 minute on each side or until lightly browned. Add 1/4 cup vinegar; cook 2 minutes or until chicken is done and vinegar is syrupy. Remove chicken mixture from the pan; cover and keep warm. Wipe pan clean with a paper towel.

Return pan to medium-high heat; add remaining 2 teaspoons oil. Add bell pepper and onion; sauté 7 minutes or until tender. Stir in remaining 1/4 teaspoon salt and remaining 1/4 cup vinegar; cook 1 minute or until vinegar is syrupy.

Arrange chicken mixture evenly over bottom halves of bread; top with bell pepper mixture. Arrange cheese over pepper mixture, and sprinkle with black pepper. Top with top halves of bread. Place a cast iron or heavy skillet on top of sandwiches; let stand 5 minutes. Cut each sandwich into 6 wedges.

CALORIES 433(24% from fat); FAT 11.4g (sat 4.2g,mono 5.4g,poly 1g); PROTEIN 34g; CHOLESTEROL 68mg; CALCIUM 170mg; SODIUM 709mg; FIBER 1.9g; IRON 3.6mg; CARBOHYDRATE 49g

Split Pea-Spinach Dal with Cauliflower

Category: Vegetarian (V)

Source: Cooking Light, April 2003

Healthy Units: 3.5

Core + 0.5

Servings: 6 (serving size: 2/3 cup)

Posted by: ejwyatt (Emily)

Date: June 21, 2006

CL Notes: Throughout India, a meal is not complete without some variation of this spice-tempered legume dish. Cumin and turmeric provide slightly bitter notes, but the dish has an overall salty-savory flavor. The Dal is more of a stew than a soup; for a thinner version, decrease the final simmering time.

Em's Notes: This takes a while to make, but is very easy. You can walk away during each of the simmering phases. I served over brown rice.

3 1/2 cups water, divided	ginger
1 cup dried yellow split peas	2 garlic cloves, minced
1 bay leaf	1 tablespoon cumin seeds
2 cups chopped cauliflower florets	1 tablespoon brown mustard seeds
1 1/2 teaspoons salt	1 1/2 teaspoons ground coriander
1 tablespoon butter	1 teaspoon ground turmeric
1 teaspoon vegetable oil	1/2 teaspoon ground red pepper
1 cup chopped onion	1/8 teaspoon ground cloves
1 1/2 teaspoons minced peeled fresh	4 cups torn spinach

Combine 2 1/2 cups water, peas, and bay leaf in a large saucepan; bring to a boil. Reduce heat, and simmer, partially covered, 50 minutes or until tender. Add 1 cup water, cauliflower, and salt, and bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes or until cauliflower is very tender, stirring occasionally. Remove from heat; discard bay leaf.

Heat butter and oil in a small skillet over medium-high heat until butter melts. Add onion, ginger, and garlic; sauté 3 minutes. Add cumin and next 5 ingredients (cumin through cloves); cook over low heat 2 minutes, stirring frequently. Add onion mixture to pea mixture. Simmer, uncovered, 15 minutes or until thick. Stir in spinach; cook 3 minutes or until spinach wilts.

CALORIES 183(18% from fat); FAT 3.7g (sat 1.4g,mono 0.9g,poly 0.6g); PROTEIN 11.4g; CHOLESTEROL 5mg; CALCIUM 75mg; SODIUM 649mg; FIBER 2.6g; IRON 3.4mg; CARBOHYDRATE 28.8g

Cashew-Chicken Rotini Salad Revised

Source: Simple & Delicious July/August 2006

HUs: 6

Serves: 12 (1 Cup)

Posted By: Aimster04 (Amy)

6/22/06

8 ounces rotini
4 Cups cooked chicken, chopped
20 ounces pineapple tid bits
1 ½ cups sliced celery
¾ cup thinly sliced green onions
1 cup red seedless grapes
6 ounces dried cranberries
¾ cup low fat ranch dressing
½ cup light mayonnaise
½ cups salted cashews, crushed

Cook the pasta according to directions. Meanwhile, in a large bowl combine the chicken, pineapple, celery, onions, grapes and cranberries. Drain the pasta and rinse with cold water; stir into chicken mixture.

In a small bowl, whisk the ranch dressing and mayonnaise. Pour over the salad and toss to coat. Cover and refrigerate for at least 1 hour. Just before serving stir in cashews.

Per Serving: 267 Calories; 10g Fat; 2g Dietary Fiber

Crunchy Romaine Strawberry Salad

Source: Simple & Delicious July/August 2006

HU: 4

Servings: 12

Posted by: Aimster04 (Amy)

6/22/06

1 package (3 ounces) ramen noodles
1 cup chopped walnuts
1/4 cup butter
1/4 cup vegetable oil
1/4 cup sugar
2 tablespoons red wine vinegar
1/2 teaspoon soy sauce
8 cups torn romaine
1/2 cup chopped green onions
2 cups fresh strawberries, sliced

Discard seasoning packet from ramen noodles or save for another use. Break noodles into small pieces. In a skillet, sauté noodles and walnuts in butter for 8-10 minutes or until golden; cool.

For dressing, in a jar with a tight-fitting lid, combine the oil, sugar, vinegar and soy sauce; shake well. Just before serving combine the romaine, onions, strawberries and noodle mixture in a large bowl. Drizzle with dressing and toss gently.

12 servings –

Per Serving: 168 Calories; 14g Fat; 2g Dietary Fiber

Cauliflower with Bacon, Capers, Peppers and Raisins

Veggies

Gourmet - September 2004 (www.epicurious.com)

HU - 3 (with my changes)

Makes 6 servings

Posted by Shari (walkmuch)

6/22/2006

My notes: Points in original recipe are 5.5. By subbing ff half and half, it's 3pts. I left the original amount of bacon but the pan could be wiped out and 1/2-1T of olive oil could be used instead. The oil is necessary for browning the cauliflower and I think it adds more dimension with the bacon but that's just me. I love bacon.

3 slices bacon, cut crosswise into 1/4-inch strips

2 lb cauliflower, cored and cut into 2- to 2 1/2-inch-wide florets (cut into 1" or smaller pieces or blanch first for better cooking)

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

3/4 cup fat-free half and half (original recipe -- heavy cream)

1/2 cup golden raisins

1 tablespoon drained bottled capers (could easily double)

1 teaspoon finely chopped garlic

1 Turkish or 1/2 California bay leaf

1 tablespoon fresh lemon juice (could easily double)

Cook bacon in a 10- to 12-inch heavy skillet over moderate heat, stirring occasionally, until lightly browned but not crisp, about 4 minutes.

Add cauliflower and cook, stirring occasionally, until lightly browned, about 5 minutes.

Add bell pepper, cream, raisins, capers, garlic, and bay leaf and cook over moderately low heat, covered, stirring occasionally, until cauliflower is tender, about 12 minutes (I covered for part of the cooking time to hasten). Add lemon juice and salt and pepper to taste. Discard bay leaf.

NI with my changes:

cals: 132; Fat: 6.8g; Sat: 2.5g; Poly: .83g; Mono: 3g; Carbs: 15.83g; Fiber: 2.33g;

Protein: 3.83g

Spiced Chicken Skewers

Category: Poultry (P)

Source: Cooking Light, June 2006

Healthy Units: 4

Core + 1

Servings: 8

Posted by: ejwyatt (Emily)

Date: June 22, 2006

CL Notes: The mild acids in yogurt make it a great base for a tenderizing marinade.

Em's Notes: This pairs very nicely with couscous. Don't skip the Raita, it is delicious. This recipe is straight core, if you use non-fat dairy.

Kebabs:

3/4 cup plain low-fat yogurt
1 tablespoon grated peeled fresh ginger
2 teaspoons ground coriander
2 teaspoons paprika
1 teaspoon ground cumin
1/4 teaspoon ground cardamom
1/4 teaspoon ground turmeric
1/4 teaspoon saffron threads, crushed
1/8 teaspoon ground cinnamon
1/8 teaspoon ground cloves
3 garlic cloves, minced
2 pounds skinless, boneless chicken thighs,
cut into 1-inch chunks
1 medium red onion, cut into 1-inch chunks
(about 8 ounces)
1 large red bell pepper, cut into 1-inch
chunks (about 8 ounces)

1 medium zucchini, cut into 1-inch chunks
(about 8 ounces)
Cooking spray
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

Raita:

1/2 cup plain low-fat yogurt
1/3 cup diced seeded tomato
1/4 cup cucumber, peeled, seeded, grated,
and squeezed dry
1/4 cup reduced-fat sour cream
1 tablespoon minced seeded jalapeño
pepper
1 1/2 teaspoons chopped fresh cilantro
1/4 teaspoon ground cumin
1/4 teaspoon salt

To prepare kebabs, combine the first 12 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator overnight, turning bag occasionally.

Prepare grill.

Remove chicken from bag; discard marinade. Thread chicken, onion, bell pepper, and zucchini alternately on each of 8 (12-inch) wooden skewers. Coat kebabs with cooking spray, and sprinkle with 1/2 teaspoon salt and black pepper. Place kebabs on grill rack coated with cooking spray. Grill 25 minutes or until chicken is done, turning occasionally. Remove from grill; keep warm.

To prepare raita, combine 1/2 cup yogurt and remaining ingredients in a small bowl. Serve with kebabs.

Yield: 8 servings (serving size: 1 kebab and about 2 tablespoons raita)

CALORIES 189(29% from fat); FAT 6g (sat 2g,mono 1.7g,poly 1.3g); PROTEIN 24.9g; CHOLESTEROL 99mg;
CALCIUM 81mg; SODIUM 344mg; FIBER 1.7g; IRON 1.7mg; CARBOHYDRATE 8.5g
Cooking Light, JUNE 2006

Wild Rice Salad with Sun Dried Tomatoes and Marinated Artichokes

Source: Bella Sun Luci Sun Dried Tomatoes

Servings: 6

HU: 3

Posted by: Waneyvant

Date: June 24, 2006

1 cup raw wild rice
2 T. pine nuts
1/2 cup sundried tomatoes, drained & chopped
1/2 cup pitted black olives, sliced
1/2 cup marinated artichoke hearts, sliced
2 T. rice vinegar
salt, pepper, minced parsley

Cook rice in a large pot with 3 cups boiling salted water for 55 minutes or until tender. Drain, rinse with cool water. Toast pine nuts lightly in dry skillet until tan, cool. Combine rice, nuts & remaining ingredients. Chill.

Thai Tomato Soup

Category: Soup

Source: Cooking Light, March 2005

Healthy Units: 1

Servings: 6 (about $\frac{3}{4}$ cup)

Posted by: Classact75 (Eileen)

June 25, 2006

Quick & Easy

CL Notes: This soup goes well with each of our suggested menus, but it's also great with grilled cheese sandwiches. It takes less than 30 minutes to prepare and is made with pantry ingredients so you can enjoy it on the spur of the moment. Cook the soup up to two days before serving, and refrigerate it in an airtight container. Before serving, reheat gently over medium heat.

Eileen's Notes: I used my immersion blender but it was a little thicker than I expected. I liked the kick of heat and the creaminess of the coconut milk.

- 1 1/2 teaspoons canola oil
- 1 cup chopped onion
- 1 1/2 tablespoons minced peeled fresh ginger
- 2 garlic cloves, minced
- 1 1/2 cups water
- 1 (28-ounce) can diced tomatoes, undrained
- 2 teaspoons sugar
- 1 teaspoon chile paste with garlic
- 1/4 teaspoon salt
- 1/3 cup light coconut milk
- 6 lime wedges

Heat oil in a large saucepan over medium-high heat. Add onion; sauté 5 minutes or until tender. Add ginger and garlic; sauté 2 minutes. Add water and tomatoes. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in sugar, chile paste, and salt. Remove from heat; let stand 5 minutes.

Place -half of tomato mixture in a blender; process until smooth. Pour pureed tomato mixture into a large bowl. Repeat procedure with remaining tomato mixture. Return pureed mixture to pan. Stir in coconut milk; cook over medium heat 2 minutes or until thoroughly heated. Serve with lime wedges.

CALORIES 64(27% from fat); FAT 1.9g (sat 0.5g,mono 0.7g,poly 0.4g); PROTEIN 1.4g; CHOLESTEROL 0.0mg; CALCIUM 29mg; SODIUM 284mg; FIBER 2.5g; IRON 0.5mg; CARBOHYDRATE 11.6g

Thai-Style Stir-Fried Chicken

Category: Poultry

Source: Cooking Light, December 2004

Healthy Units: 5.5

Servings: 4 (1 cup chicken mixture)

Posted by: Classact75 (Eileen)

June 25, 2006

CL Notes: Once the chicken and vegetables are prepped, the cooking goes quickly.

Have all the ingredients close at hand to whip up this sweet-hot dinner on a busy

evening. 1/4 cup rice vinegar

2 tablespoons brown sugar

2 tablespoons fresh lime juice

2 teaspoons red curry paste

1/8 teaspoon crushed red pepper

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

1 1/2 tablespoons vegetable oil, divided

1 cup chopped onion

1 cup chopped carrot

1 (8-ounce) package pre-sliced mushrooms

1/2 cup light coconut milk

1 tablespoon fish sauce

1/2 teaspoon salt

1 cup fresh bean sprouts

1/4 cup chopped fresh cilantro

Combine rice vinegar, brown sugar, lime juice, red curry paste, and crushed red pepper in a large zip-top plastic bag. Add chicken; seal and marinate in refrigerator 15 minutes, turning once.

Remove chicken from the bag, reserving marinade. Heat 1 tablespoon oil in a large nonstick skillet or wok over medium-high heat. Add chicken; stir-fry 4 minutes. Remove chicken from pan; keep warm. Add remaining 1 1/2 teaspoons oil to pan. Add onion and carrot; stir-fry 2 minutes. Add mushrooms; stir-fry 3 minutes. Add reserved marinade, scraping pan to loosen browned bits. Add coconut milk and fish sauce; bring to a boil. Reduce heat, and simmer 1 minute. Stir in chicken and salt; cook 1 minute. Top with sprouts and cilantro.

CALORIES 271(28% from fat); FAT 8.4g (sat 2.2g,mono 1.6g,poly 3.4g); PROTEIN 29.7g; CHOLESTEROL 66mg; CALCIUM 43mg; SODIUM 767mg; FIBER 2.9g; IRON 2.2mg; CARBOHYDRATE 19.6g

Spicy Jerk Chicken Kebabs with Bell Peppers and Pineapple

Category: Poultry (P)

Source: Cooking Light, June 2006

Healthy Units: 3

Core

Servings: 8

Posted by: ejwyatt (Emily)

Date: June 25, 2006

CL Notes: The spice level of this dish is mild. For hotter taste, you can leave the seeds in the jalapeño pepper.

Em's Notes: I agree with CL's assessment. This is mild with a very nice flavor. It would be easy to kick up the heat by adding another jalapeno and including the seeds. This got very good reviews on CL.com.

1 teaspoon whole allspice	1 jalapeño pepper, halved and seeded
1 teaspoon black peppercorns	2 pounds skinless, boneless chicken breast, cut into 1-inch pieces
4 whole cloves	2 cups (1-inch) cubed pineapple (about 1 medium)
1/4 cup packed brown sugar	1 1/2 cups (1-inch) pieces red bell pepper (about 1 large)
1/4 cup fresh lime juice	1 1/2 cups (1-inch) pieces green bell pepper (about 1 large)
1/4 cup low-sodium soy sauce	1 teaspoon salt
2 tablespoons Worcestershire sauce	1/2 teaspoon black pepper
2 teaspoons paprika	Cooking spray
2 teaspoons dried thyme leaves	
8 garlic cloves	
3 large shallots, peeled and cut in half	
1 (3-inch) piece peeled fresh ginger, thinly sliced	

Heat a small skillet over medium-high heat. Add first 3 ingredients to pan; cook for 1 minute or until lightly toasted and fragrant.

Place spices, brown sugar, and next 9 ingredients (through jalapeño) in a blender; process until smooth. Combine spice mixture and chicken in a large zip-top plastic bag; seal and marinate in refrigerator 2 hours, turning occasionally.

Prepare grill.

Remove chicken from bag, reserving marinade. Thread chicken, pineapple, and bell peppers alternately onto each of 8 (12-inch) skewers. Brush reserved marinade onto pineapple and bell peppers. Sprinkle evenly with salt and pepper. Place kebabs on a grill rack coated with cooking spray. Grill 8 minutes or until chicken is done.

Yield: 8 servings (serving size: 1 kebab)

CALORIES 170(9% from fat); FAT 1.6g (sat 0.4g,mono 0.4g,poly 0.4g); PROTEIN 27.2g; CHOLESTEROL 66mg; CALCIUM 34mg; SODIUM 527mg; FIBER 1.4g; IRON 1.6mg; CARBOHYDRATE 10.9g

Lemony Couscous with Mint, Dill, and Feta

Category: Rice/Pasta/Grains (RP)

Source: Cooking Light, June 2006

Healthy Units: 3.7

Core + 1

Servings: 8

Quick and Easy

Posted by: ejwyatt (Emily)

Date: June 25, 2006

CL Notes: You can substitute regular couscous for whole wheat. Add cubed rotisserie chicken to make this a light lunch.

2 cups water
1 tablespoon extravirgin olive oil
1 teaspoon salt
1 large garlic clove, minced
1 (10-ounce) box whole wheat couscous
1 2/3 cups grape or cherry tomatoes, halved (about 1 pint)
1 1/2 cups diced English cucumber
1/3 cup chopped green onion
1/3 cup fresh lemon juice
2 tablespoons chopped fresh mint
1 tablespoon chopped fresh dill
1 (4-ounce) package crumbled feta cheese

Combine first 4 ingredients in a medium saucepan; bring to a boil. Gradually stir in couscous. Remove from heat. Cover and let stand 5 minutes. Fluff with a fork; cool. Combine couscous, tomatoes, and next 5 ingredients (through dill) in a large bowl; toss well. Add cheese.

Yield: 8 servings (serving size: 1 cup couscous mixture and 2 tablespoons cheese)

CALORIES 202(25% from fat); FAT 5.5g (sat 2.4g,mono 2g,poly 0.6g); PROTEIN 7.7g; CHOLESTEROL 13mg; CALCIUM 97mg; SODIUM 458mg; FIBER 5.4g; IRON 1.6mg; CARBOHYDRATE 33.1g

Strawberry-Rhubarb Topping

Category: Desserts

Source: Cooking Light, May 1996

Healthy Units: 1

Servings: 7

Posted by: MissVN (Victoria)

Date: June 25, 2006

Ingredients:

3 1/2 cups coarsely chopped rhubarb

1/2 cup sugar

1/3 cup water

1 tablespoon water

2 1/2 teaspoons cornstarch

3 cups sliced strawberries

1/2 teaspoon vanilla extract

Instructions:

Combine first three ingredients in a medium saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until rhubarb is tender. Combine 1 tablespoon water and cornstarch; stir well, and add to rhubarb mixture. Bring to a boil, and cook 1 minute or until thickened, stirring constantly. Remove from heat; stir in strawberries and vanilla. Serve warm or chilled over angel food cake, sponge cake, or vanilla low-fat ice cream.

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

NUTRITION PER SERVING

CALORIES 64(4% from fat); FAT 0.3g (sat 0.0g,mono 0.0g,poly 0.1g); PROTEIN 0.6g;
CHOLESTEROL 0.0mg; CALCIUM 43mg; SODIUM 2mg; FIBER 1.4g; IRON 0.3mg;
CARBOHYDRATE 15.7g

Breakfast Fig and Nut "Cookies"

Cooking Light, July 2006

Yield: 10 servings (serving size: 1 "cookie")

Healthy Units: 4

Posted By: Bawstinn32 (Maria)

June 26, 2006

These oversized cookies are more like muffin tops, but calling them cookies makes them seem a bit more indulgent. They're chock-full of exercise-friendly ingredients like dried fruit and nuts. They're ideal with a glass of skim milk for breakfast after a morning workout. Comments: I added a 1/4 teaspoon salt, as it seemed a little odd to me that there wasn't any in the recipe. They puffed up nicely, so making sure they are spread out is important. Made for a quick breakfast with a glass of milk.

3/4 cup packed brown sugar	1/2 cup whole wheat flour (about 2 1/3 ounces)
1/4 cup butter, melted	1/2 cup unprocessed bran (about 1 ounce)
2 large eggs	1/2 teaspoon baking soda
1/4 cup finely chopped dried figs	1/4 teaspoon ground cinnamon
1/4 cup sweetened dried cranberries	1/4 teaspoon ground allspice
1 teaspoon vanilla extract	1/4 cup sliced almonds
1 cup all-purpose flour (about 4 1/2 ounces)	2 teaspoons granulated sugar

Preheat oven to 350°.

Combine first 3 ingredients in a large bowl. Stir in chopped figs, cranberries, and vanilla.

Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, bran, baking soda, cinnamon, and allspice, stirring with a whisk. Add flour mixture to egg mixture, stirring just until moist. Gently fold in almonds.

Drop by level 1/4 cup measures 4 inches apart on 2 baking sheets lined with parchment paper. Sprinkle evenly with granulated sugar. Bake at 350° for 12 minutes or until almost set. Cool 2 minutes on pans. Remove from pans; cool completely on wire racks.

NUTRITION PER SERVING

CALORIES 211(31% from fat); FAT 7.1g (sat 3.3g,mono 2.4g,poly 0.8g); PROTEIN 4.5g; CHOLESTEROL 54mg; CALCIUM 37mg; SODIUM 115mg; FIBER 3.4g; IRON 1.8mg; CARBOHYDRATE 33.2g

Shrimp and Scallop Pillows

Category: Seafood (FS)

Source: Jacques Pepin, Fast Food My Way

Healthy Units: 5.5

Servings: 4

Posted by: Miss VN (Victoria)

Date: June 26, 2006

Notes: I used small square won-ton wrappers, which worked OK also. And do NOT try to drain them on paper towels, they will stick to the towels.

Ingredients:

1/2 pound raw shrimp, peeled
1/2 pound raw scallops
1/3 cup sour cream, light
24 round won-ton wrappers
2 teaspoons olive oil
salt & pepper to taste

Instructions:

1. Cut the shrimp into 1-inch pieces, setting aside the tail ends (about ¼ cup) as you chop. Put the scallops and shrimp tails in a food processor and process for 15 seconds. Add the sour cream, salt and pepper and process until smooth. Transfer the mousse to a bowl and fold in the shrimp pieces.
2. Stack up 3 of the potsticker rounds on the table. Using a rolling pin, press and roll the pile of rounds until they are 4 inches in diameter. (They will not stick to one another or the table.) Repeat with 9 more rounds, rolling 3 at a time, so you have 12 rounds that are 4 inches in diameter.
3. Arrange the remaining twelve 3-inch rounds side by side on the table. Divide the mouse among them with a spoon or an ice cream scoop, placing about ¼ cup mousse in the center of each. Dampen your finger with water and wet the edges of the 4-inch round on one side. Center them wet sides down on top of the mounds of mousse. Press lightly on top and firmly around the edges to seal the rounds together and enclose the mousse. The larger rounds will wrap around the mousse and adhere at the edges to the smaller rounds underneath. Set aside.
4. At cooking time, arrange about 6 pillows in a nonstick skillet large enough to accommodate them in one layer with no overlap. Pour ¼ cup water and 1 scant teaspoon oil over the pillows and bring to a boil over high heat. Cover, reduce the heat to medium, and cook for about 3 minutes, or until all the water has evaporated. Remove the lid and cook over medium to high heat for a few minutes, or until all the liquid is gone and the pillows begin to brown in the oil. Continue browning for about 1 ½ minutes on each side, then transfer to a serving plate. Repeat with the remaining pillows, another ¼ cup water, and the remaining 1 scant teaspoon of oil.

Crab & Shrimp Imperial

Category: Seafood

Healthy Units: 6

Servings: 6

Posted by: Saggybody (Michele G)

Date: June 30, 2006

Ingredients

2 pound cooked shrimp
1 pound lump crabmeat
2 large egg(s)
3/4 cup fat-free mayonnaise
2 Tbsp Dijon mustard
1/2 tsp hot pepper sauce
1 Tbsp dried tarragon
1 tsp Worcestershire sauce
2 tsp. old bay seasoning

Instructions

Using a food processor, peel fresh shrimp and add to processor. Pulse shrimp until ground up. Will be a thick paste. Remove and set aside in bowl. Add crab to bowl. Mix everything else and add to the fish bowl. Combine carefully. Put in a Pyrex glass baking dish sprayed with Pam. Bake in 400 degree oven for 20 to 25 minutes.

Michele's Shepherd's Pie

Category: Poultry (P)

Healthy Units: 9

Servings: 8

Posted by: Saggybody (Michele G)

Date: June 30, 2006

Notes: I used the prepared mashed potatoes. They come in 24 oz. containers, and I used 2 containers. Only for convenience purposes. If you made your own with broth, it would drop the HU's per serving.

Ingredients:

- 2 lb uncooked ground chicken
- 48 oz mashed potatoes
- 3 large carrots chopped
- 1 large onion chopped
- 2 medium shallots minced
- 3 cloves garlic minced
- 3 tsp light butter
- 1/4 cup grated parmesan cheese
- 16 oz frozen corn kernels
- 2 tsp table salt
- 2 tsp black pepper
- 1 Tbs dried parsley
- 1 Tbs basil

Instructions:

Using a food processor, process carrots, onion, shallots, and garlic. Just pulse it so it is the same size, or chop with knife. Add 1/2 of the olive oil to non stick fry pan, and sauté the vegetables until tender about 8 minutes. Remove from pan, and set aside. Add rest of the olive oil to pan, and sauté ground chicken until browned. Season with seasonings. Return vegetables to pan. Sauté together for 2 minutes. Pour into a 9/13 inch baking dish. Pour corn on top. Top with mashed potatoes. 1 put 3 dollops of butter down the middles. Sprinkle cheese over top. Bake in 350 degree oven for 40 minutes or until lightly browned on top.

Sunday Gravy Dinner

Category: Poultry (P)

Source: Michele's Kitchen

Healthy Units: 8

Servings: 12

Posted by: Saggybody (Michele G)

Date: June 30, 2006

Notes: Easy but needs to cook for 3 to 4 hours. I will jar my sauce to keep in the pantry for future needs. For a really true sauce, use 3 lbs of ground sirloin, 2 lbs of ground sausage, and 1 cup of parmesan cheese in place of 3 lb of ground turkey. This will raise the points to 15 per serving.

Ingredients

128 oz canned crushed tomatoes
96 oz canned tomato puree
14 oz canned tomato paste
32 oz water
2 Tbsp sugar
3 leaf bay leaf
2 Tbsp table salt
1 1/2 Tbsp black pepper
8 clove garlic clove(s)
3 Tbsp basil
1 large onion(s)
2 Tbsp olive oil
3 pound cooked lean ground turkey

Instructions

Chop onion and garlic, sauté in oil until tender. Brown ground turkey. Add tomato paste and cook two minutes. Add the rest of the ingredients. bring to a boil, and reduce heat to a low simmer. Cook stirring every 15 minutes for 4 hours. Boil favorite pasta and serve.

Chicken with Fennel & Leeks

Category: Poultry (P)

Source: Michele's Kitchen

Healthy Units: 8

Servings: 8

Posted by: Saggybody (Michele G)

Date: June 30, 2006

Ingredients

4 Tbsp olive oil
2 cup reduced-sodium chicken broth
1/2 cup white wine
4 Tbsp all-purpose flour
1/2 tsp table salt
1/3 tsp black pepper
1/3 tsp Creole seasoning
1/2 tsp rosemary
2 medium leek(s)
1 medium fennel bulb(s)
1/2 cup scallion(s)
10 clove garlic clove(s)
8 breast uncooked boneless, skinless chicken breast

Instructions

Season chicken on both sides with spices. Using a cast iron skillet or frying pan, add oil and brown chicken on both sides, set aside. Add chopped vegetables to pan and sauté until tender. Remove to chicken pan. Add flour to pan and make a light roux. Add wine and broth to deglaze pan, stirring until a gravy is made. Place chicken and veggies in baking dish, top with gravy and bake in a 375 degree oven for 45 minutes turning chicken 1/2 way through.

Shrimp Pasta with White Wine Cream Sauce

Category: Rice/Pasta/Grains (RP)

Source: Michele's Kitchen

Healthy Units: 8

Servings: 4

Posted by: Saggybody (Michele G)

Date: June 30, 2006

Quick and Easy

Ingredients

- 1 pound shrimp
- 1 cup mushroom(s)
- 1 Tbsp olive oil
- 1 1/3 cup white wine
- 1/4 tsp table salt
- 1 medium shallot(s)
- 2 medium plum tomato(es)
- 1 cup fat-free half and half
- 8 oz cooked whole wheat pasta
- 3 Tbsp parsley
- 1/2 cup grated Parmesan cheese
- 4 clove garlic clove(s)

Instructions

Cook pasta according to directions. Drain and set aside. Meanwhile, heat oil over medium-high heat in a large frying pan. Cook and stir mushrooms in oil with shallots, and garlic until tender. Remove mushrooms from pan and set aside. Add shrimp, sauté for three minutes. Add tomatoes, and salt. Add wine, bring to a boil and simmer med. until liquid is reduced to 1/2 cup, about 8 minutes. Stir in cream, boil until slightly thickened, 2 minutes. Add shrimp and mushrooms back to heat . Season to taste with salt and pepper. Toss hot pasta with parsley.

Orange Pork with Scallions

Cooking Light, July 2006

Healthy Units: 4.5

Yield: 4 servings (serving size: about 1 cup pork mixture)

Posted By: Bawstinn32 (Maria)

June 30, 2006

Comments: I'd probably add some orange zest next time so it has a more pronounced orange taste. Quick and easy to put together.

Serve pork over rice noodles.

1 pound pork tenderloin
2 tablespoons cornstarch, divided
1/3 cup fat-free, less-sodium chicken broth
1/4 cup orange juice
2 tablespoons low-sodium soy sauce
1 teaspoon chili garlic sauce
1/4 teaspoon salt
Cooking spray
1 1/2 teaspoons canola oil
2 cups matchstick-cut carrots
1/4 cup water
2 teaspoons bottled ground fresh ginger (such as Spice World)
2 teaspoons bottled minced garlic
1/3 cup diagonally cut green onions
Sliced green onions (optional)

Cut pork into 2 x 1/4-inch-wide strips. Combine pork and 1 tablespoon cornstarch in a bowl; toss well. Combine remaining 1 tablespoon cornstarch, broth, and next 4 ingredients (through salt).

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork to pan; sauté 3 minutes or until desired degree of doneness; stir frequently.

Remove pork from pan.

Heat oil in pan. Add carrots, 1/4 cup water, ginger, and garlic to pan; cook 1 1/2 minutes, scraping pan to loosen browned bits. Return pork to pan. Stir in broth mixture; bring to a boil. Cook 30 seconds. Stir in 1/3 cup onions. Serve immediately. Garnish with sliced onions, if desired.

NUTRITION PER SERVING

CALORIES 214(29% from fat); FAT 6.9g (sat 1.9g,mono 3.1g,poly 1g); PROTEIN 24.1g;
CHOLESTEROL 65mg; CALCIUM 37mg; SODIUM 586mg; FIBER 2.2g; IRON 1.7mg;
CARBOHYDRATE 12.7g

Three-Pepper Slaw

Category: Vegetables or Salads

Cooking Light July 2005

HU: 0.6 per serving (3/4 cup each)

Servings: 8

Posted by DebMj1

07/01/06

Note: I think this is much better after having had a chance to sit a while, either overnight or a minimum of 4-6 hours.

1/2 cup thinly sliced red bell pepper strips
1/2 cup thinly sliced green bell pepper strips
1/4 cup finely chopped seeded jalapeño pepper
1/3 cup chopped green onions
1 (10-ounce) package angel hair coleslaw (about 6 cups) (I used regular chopped cabbage)
1/4 cup white wine vinegar
2 tablespoons fresh lime juice
1 teaspoon sugar
2 teaspoons canola oil
1/2 teaspoon salt
1/4 teaspoon white pepper

Place first 5 ingredients in a large bowl, tossing to combine.

Combine vinegar and remaining ingredients in a small bowl, stirring with a whisk. Pour vinegar mixture over cabbage mixture, tossing to coat.

NUTRITION PER SERVING

CALORIES 29(39% from fat); FAT 1.3g (sat 0.1g,mono 0.7g,poly 0.4g); PROTEIN 0.8g;
CHOLESTEROL 0.0mg; CALCIUM 21mg; SODIUM 153mg; FIBER 0.2g; IRON 0.3mg;
CARBOHYDRATE 4.5g

Lemon-Scented Olive Oil Muffins

Cooking Light January 2006

Healthy Units: 3.5

Servings: 10

Posted by Tracy (Nikkie1t)

July 3, 2006

CL comments: The unique flavor of these little breads is a slight departure from a traditional sweet muffin, and they make a delightful addition to any brunch menu. If you love the taste of olive oil, choose a robust, full-flavored one for a more intense taste.

My comments: These were great, very lemony and reminded me of my lemon bread recipe. The texture is really great. I had a lot of glaze left over, I believe you could easily make 1/3 of the glaze recipe and still have enough for 1 teaspoon per muffin.

MUFFINS:

1 cup all-purpose flour
1/2 cup granulated sugar
1 teaspoon baking powder
1/4 teaspoon salt
1/2 cup fat-free sour cream
1 1/2 tablespoons grated lemon rind
2 tablespoons extravirgin olive oil
1 1/2 tablespoons fat-free milk
2 teaspoons fresh lemon juice
1 large egg
1 large egg white
Cooking spray

GLAZE:

1 cup sifted powdered sugar
1/2 teaspoon grated lemon rind
3 tablespoons fresh lemon juice

REMAINING INGREDIENT:

Grated lemon rind (optional)

Preheat oven to 350°.

To prepare muffins, lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, sugar, baking powder, and salt in a large bowl; stir well with a whisk. Make a well in center of mixture.

Combine sour cream and next 6 ingredients (through egg white) in a small bowl; stir with a whisk until well combined. Add to flour mixture, stirring just until moist.

Spoon batter evenly into 10 muffin cups coated with cooking spray. Bake at 350° for 25 minutes or until muffins spring back when touched lightly in center. Remove from pans immediately. Cool completely on a wire rack.

To prepare glaze, combine powdered sugar, 1/2 teaspoon rind, and 3 tablespoons juice in a small bowl; stir with a whisk until smooth. Spread about 1 teaspoon glaze over each muffin; let stand 5 minutes or until set. Garnish with lemon rind, if desired.

Yield: 10 servings (serving size: 1 muffin)

CALORIES 166(19% from fat); FAT 3.5g (sat 0.7g,mono 2.4g,poly 0.3g); PROTEIN 2.9g;
CHOLESTEROL 22mg; CALCIUM 53mg; SODIUM 131mg; FIBER 0.4g; IRON 0.7mg;
CARBOHYDRATE 31.2g

Salmon Burgers

Category: Fish/Seafood (FS)

Source: Cooking Light, July 2006

Healthy Units: 4.5

Core: No

Servings: 4

Posted by: ejwyatt (Emily)

Date: July 3, 2006

Quick and Easy

CL Notes: Dress the burgers with lettuce, tomato, and your favorite condiments. Serve on toasted focaccia or hamburger buns with a simple fruit salad.

Em's Notes: I served these on a 1-point English Muffin. The fresh salmon and the basil create a very interesting and different salmon burger. The burgers are core, so could be core+ points for the bread.

1 cup finely chopped red onion
1/4 cup thinly sliced fresh basil
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 (1-pound) salmon fillet, skinned and chopped
1 tablespoon hot pepper sauce
1 large egg white
Cooking spray
8 (3/4-ounce) slices focaccia, toasted

Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine. Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon patties, and cook 3 minutes on each side or until desired degree of doneness. Serve patties on toasted focaccia.

Yield: 4 servings (serving size: 1 burger)

CALORIES 190(42% from fat); FAT 8.8g (sat 2.1g,mono 3.8g,poly 2.1g); PROTEIN 25.2g; CHOLESTEROL 58mg; CALCIUM 21mg; SODIUM 236mg; FIBER 0.3g; IRON 0.6mg; CARBOHYDRATE 1.1g
Cooking Light, JULY 2006

Blueberry Crisp à la Mode

www.cl.com

HU: 6

Servings: 8

Posted 07/04/06

Posted by: MRSCOUSCOUS (Lesley)

CL's Notes: You can use almost any combination of fresh berries in this dessert. Try cherries, blackberries, or a mixture of all three.

My Notes: I made this for my first Supper Club dinner and it was a huge hit! It calls for 8 servings, but those are HUGE servings - there were 6 or 7 of us and at least 1/3 of the dessert was left. I served it with Edy's Slow Churned French Vanilla ice cream

Ingredients:

6 cups blueberries

2 tablespoons brown sugar

1 tablespoon all-purpose flour

1 tablespoon fresh lemon juice

2/3 cup all-purpose flour

1/2 cup packed brown sugar

1/2 cup regular oats

3/4 teaspoon ground cinnamon

4 1/2 tablespoons chilled butter or stick margarine, cut into small pieces

2 cups vanilla low-fat frozen yogurt

Instructions:

Preheat oven to 375°.

Combine first 4 ingredients in a medium bowl; spoon into an 11 x 7-inch baking dish. Lightly spoon flour into a dry measuring cup, and level with a knife. Combine 2/3 cup flour, 1/2 cup brown sugar, oats, and cinnamon, and cut in the butter with a pastry blender or 2 knives until the mixture resembles coarse meal. Sprinkle over the blueberry mixture. Bake at 375° for 30 minutes or until bubbly. Top each serving with 1/4 cup frozen yogurt.

Note: Topping may also be made in the food processor. Place 2/3 cup flour, 1/2 cup brown sugar, oats, and cinnamon in a food processor, and pulse 2 times or until combined. Add butter; pulse 4 times or until mixture resembles coarse meal.

Yield: 8 servings

NUTRITION PER SERVING

CALORIES 288(26% from fat); FAT 8.3g (sat 4.8g,mono 2g,poly 0.9g); PROTEIN 4.2g; CHOLESTEROL 22mg; CALCIUM 77mg; SODIUM 96mg; FIBER 3.8g; IRON 1.3mg; CARBOHYDRATE 52g

Italian Chicken-Vegetable Frittata

Source: Mrs. Couscous' Italian Kitchen

HU: 5 (acc. to eTools)

Servings: 4

Posted on 07/04/06

Posted by: MRSCOUSCOUS (Lesley)

Ingredients:

2 tsp olive oil

1/2 cup onion(s), thinly sliced

1 T. balsamic vinegar

1/2 cup sweet red pepper(s), chopped

8 oz cooked boneless, skinless chicken breast, chopped

2 large egg(s)

6 item egg white(s)

salt and pepper

dried herbs of your choice (I use Penzey's Parisian Bonne Herbes)

2 T. chopped fresh basil

1/2 cup lowfat shredded mozzarella cheese

Instructions:

Preheat broiler. Heat oil in 9" skillet. Add onions; cook until tender. When tender, add balsamic vinegar and reduce; cook another 2 minutes. Add pepper; cook until tender. Add chicken; stir and cook through.

Beat eggs and egg whites with salt and pepper and herbs. Pour over chicken and vegetable mixture. Cook approximately 2 minutes, or until set on the outside but not in the middle. Sprinkle cheese over top.

Place skillet in broiler; broil 3-5 minutes, or until cheese is JUST melted.

Really yummy! I'm packing this with a salad for lunch. The balsamic vinegar may seem weird in an egg dish, but it adds a sweetness to the onions, and additional liquid to help the onions finish cooking and to help the peppers cook when you add them. It's also very Italian tasting.

Quinoa and Shrimp Salad

(S) Salads

Source: WW Website

POINTS® Value | 6

Servings | 4

Posted by: CJMartin717 (Cindy)

July 4, 2006

WW: If you've never tried quinoa before, it's time to expand your horizons. This grain-like food is rich in protein, becomes light and fluffy when cooked, and makes a wonderful substitute for rice in pilafs.

Capers can add a delightful tangy flavor to this salad. Skip the dill and add 2 tablespoons of capers to the recipe instead, if desired. Because capers are salty, taste the salad before adding the last 1/4 teaspoon of salt – you may not need it.

Cindy's Comment: I used the WW tip to sub capers and also subbed roasted red peppers from a jar instead of the fresh red bell pepper. This was even better on the second day.

Ingredients

1 cup uncooked quinoa	12 oz shrimp, medium-size, cooked, peeled
2 cup water	3 Tbsp fresh lemon juice
1/4 tsp table salt	2 Tbsp fat-free chicken broth
4 oz green snap beans, fresh or frozen, cut in 1 1/2-inch lengths, steamed (about 1 rounded cup)	1 Tbsp olive oil
1 medium sweet red pepper(s), cored, seeded and chopped	2 tsp fresh dill, minced
	1/4 tsp table salt, or more to taste
	1/4 tsp black pepper, or more to taste

Instructions

Place quinoa in a fine mesh sieve and hold under cold, running water to rinse well; drain. (Or you can put quinoa in a sheet of cheesecloth, run water through it and then let it drain).

Bring 2 cups of water and 1/4 teaspoon of salt to a boil in a small saucepan; stir in quinoa and bring to a boil again. Reduce heat to low, cover and cook until tender, about 15 minutes. Uncover and remove pan from heat to cool.

Combine green beans, red pepper and shrimp in a large salad bowl; stir in cooled quinoa. Combine lemon juice, broth, oil, dill, remaining 1/4 teaspoon of salt and black pepper in a cup; stir well. Pour oil mixture over salad and toss gently but well. Yields about 1 1/2 cups per serving.

Scalloped Vidalia Onions

Cooking Light June 2006

HU: 3

Servings: 8 (2/3 cup each)

Posted: 7/4/06

Posted by: Trish

My notes: DH loved this. The onions are really sweet in it, and I think you could get away with using regular onions and it would still be good. Substitute chicken broth for the sherry if you don't want the alcohol.

CL Notes: Sweet onions in creamy sauce with a hint of sherry are a great side dish for a special dinner and wonderful with any red meat or poultry.

4 pounds Vidalia or other sweet onions, peeled, trimmed and quartered

Cooking Spray

1 ½ teaspoons olive oil

2/3 cup dry sherry

1 tablespoon butter

2 tablespoons all purpose flour

1 cup 1% lowfat milk

¼ cup (1 ounce) shredded Gruyere cheese

¾ teaspoon salt

¼ teaspoon black pepper

Preheat oven to 400.

Place onions in a 13X9 inch baking dish coated with cooking spray. Drizzle with oil, tossing to coat. Bake at 400 for 40 minutes, stirring halfway through cooking time. Remove from oven. Drizzle sherry over onions; stir to combine. Bake an additional 40 minutes, stirring once.

Melt butter in a small saucepan over medium heat. Add flour, stirring with a whisk until smooth. Gradually add milk, stirring with a whisk until blended; bring to a boil. Cook 1 minute, stirring constantly. Remove from heat. Add cheese, salt, and pepper, stirring until smooth.

Pour milk mixture over onions, stirring to combine. Bake at 400 for 20 minutes or until mixture is thick and beginning to brown on top. Remove from oven. Let stand 10 minutes before serving.

Calories 164; fat 4.7g; protein 6.4g; carb 23.1g; fiber 2.3g; chol 11mg; iron 0.6mg; sodium 160 mg; calc 196mg

Grilled Chicken with Cherry-Chipotle Barbecue Sauce

Category: Poultry

Source: Eating Well, June/July 2006

Healthy Units: 3.65

Servings: 8

Posted by: Peggymcv (Peggy)

Date: July 5, 2006

EW notes: This is a spicy but not fiery-hot dish. It is made with chipotle peppers (smoked jalapenos), which add not only heat but also a subtle smoky taste. Enjoy this variation of barbecued chicken with coleslaw and cornbread.

My notes: Super quick and easy to prepare. It was a huge hit with my family! I used chicken tenders instead of breasts and cooked them on a grill pan. The sauce was delicious served on top of the tenders. Unlike lots of other recipes, there was plenty of sauce. I used fresh thyme instead of dried.

1 cup fresh or frozen (thawed) dark sweet cherries, pitted and chopped
½ cup reduced-sodium chicken broth
1/3 cup cherry preserves
1/3 cup ketchup
2 tablespoons cider vinegar
1 ½ teaspoons minced canned chipotle peppers in adobo sauce, or more to taste
1 ¼ teaspoons dried thyme
½ teaspoon ground allspice
2 pounds boneless, skinless chicken breasts, trimmed of fat

1. Stir cherries, broth, preserves, ketchup, vinegar, chipotle peppers, thyme and allspice in a small, deep bowl. Transfer to a shallow non-reactive dish (I used a Ziploc bag) large enough to hold chicken. Add the chicken and turn to coat well. Cover and marinate in the refrigerator for at least 2 hours or overnight.

2. Preheat grill to high. Oil the grill rack. Remove the chicken from the marinade. Transfer the marinade to a medium sauce pan.

3. Reduce the grill heat to medium and grill the chicken until cooked through and no longer pink in the middle, 7 to 9 minutes per side. Meanwhile, bring the marinade to a boil. Reduce heat to a simmer and cook until the sauce is reduced by about half, 12 to 15 minutes. Let the chicken cool slightly; serve with the sauce.

Yield: 8 servings

Per serving: 180 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 14 g carbohydrate; 24 g protein; 1 g fiber; 179 mg sodium; 272 mg potassium. Nutritional bonus: Selenium (29% daily value).

Portobello Florentine

Category: Vegetable

Source: Simply Colorado, Too Cookbook

Healthy Units: 2.3

Servings: 4

Posted by: Classact75 (Eileen)

July 6, 2006

Eileen's Notes: I baked the mushrooms for a few minutes upside down prior to adding the spinach mixture. I chopped up the mushroom stems and sautéed it with the spinach and onion and next time I might add some red roasted pepper to the mix. These would be great as appetizers using small mushroom caps.

4 Portobello mushrooms, stems and black "ribs" removed
½ teaspoon olive oil
10 ounce package frozen chopped spinach, thawed and drained
¼ cup chopped onion
3 Tablespoons dry bread crumbs
2 teaspoons Parmesan cheese
1 teaspoon garlic powder
1 teaspoon oregano
1 egg, lightly beaten
¼ cup shredded mozzarella cheese

Arrange the mushrooms top side down on a baking sheet. Heat the olive oil in a large nonstick skillet over medium heat. Add the spinach and onion and mix well. Sauté for 10 minutes or until the onion is tender. Stir in the bread crumbs, Parmesan cheese, garlic powder, and oregano. Remove from heat and stir in the egg.

Spoon equal portions of the spinach mixture onto each mushroom and pat firmly. Top each with 1 tablespoon of the mozzarella cheese. Bake at 375 degrees for 15 or 20 minutes or until mozzarella cheese is light brown.

Nutrition Per Serving: Calories 139; Fat 4g; Protein 14g; Cholesterol 18g; Sodium 183mg; Fiber 10g; Carbohydrate 18g

Quick-and-Easy Salisbury Steaks

Source: CL Low-Fat Low-Calorie Quick & Easy Cookbook

Serves: 4

HUs: 5

Posted by: Betty (BMS2003)

July 10, 2006

My notes: This is delicious! Make mashed potatoes to go with it as there is plenty of good gravy! This is our new favorite Salisbury Steak recipe.

1 lb ground round
1/4 t garlic powder
1/4 t salt
1/4 t ground pepper
Vegetable cooking spray
1 (8-oz) pkg. pre-sliced fresh mushrooms
1/4 c chopped onion
1 T finely chopped fresh thyme or 1 t dried thyme
2 T dry sherry or white wine
1 (12-oz) jar fat-free beef gravy
Fresh thyme sprigs

Combine first 4 ingredients in a medium bowl; mix well. Shape mixture into 4 (1/2-inch-thick) patties.

Coat a large nonstick skillet with cooking spray; place over medium heat until hot. Add patties, and cook 4 to 5 minutes on each side or until done. Remove patties from skillet, and set aside.

Increase heat to medium-high; add mushrooms, onion, and thymes; cook, stirring constantly, 3 minutes or until vegetables are tender. Add sherry; cook 1 minute. Stir in gravy; return patties to skillet. Cook 2 minutes or until thoroughly heated. Garnish with thyme, if desired.

Per serving: Calories 208 (31% from fat), Fat 7.2g (Sat 2.5g), Protein 27.1g, Carbohydrates (8.5g, Fiber 1.0g, Cholesterol 70mg, Sodium 729mg

Sweet-and-Sour Red Cabbage with Plums

Category: Vegetables (V)

Source: Cooking Light, July 1998

Healthy Units: 2.5

Core: +1.5

Servings: 4

Posted by: ejwyatt (Emily)

Date: July 10, 2006

CL Notes: To complement the reddish-purple hue of the cabbage, select a red-skinned plum, such as Santa Rosa, or a deep-purple to black-skinned variety, such as Friar. Serve with ham, pork loin, or roast chicken.

Em's Notes: I made this as written. I am sure that you could use Splenda if you prefer which would drop the HU's to 1.5.

2 bacon slices
1 cup chopped onion
6 cups shredded red cabbage
2 cups sliced ripe red-skinned plums (about 6 medium)
1/2 cup balsamic vinegar
1/2 teaspoon caraway seeds
3 tablespoons sugar
1/2 teaspoon black pepper

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from skillet; crumble. Add onion to bacon drippings in skillet; sauté 5 minutes. Add cabbage, plums, vinegar, and caraway seeds; reduce heat, and cook 20 minutes until cabbage is tender, stirring occasionally. Add bacon, sugar, and pepper; cook an additional 10 minutes.

Yield: 4 servings (serving size: 1 cup)

CALORIES 150(16% from fat); FAT 2.7g (sat 0.7g,mono 1.2g,poly 0.5g); PROTEIN 3.9g; CHOLESTEROL 4mg; CALCIUM 69mg; SODIUM 96mg; FIBER 4.8g; IRON 1.1mg; CARBOHYDRATE 31.1g