

Green Beans with Roasted-Onion Vinaigrette

Cooking Light, NOVEMBER 2001

Yield: 8 servings (serving size: about 4 ounces green beans and 1/4 cup vinaigrette)

Healthy Units: 1

Posted By: Bawstinn36 (Maria)

April 8, 2007

Comments: From reading the recipe, I assumed that the green beans were to be served cold. I tried it both ways and preferred to eat them warm.

To simplify things on Thanksgiving day, make and refrigerate the vinaigrette and steam and chill the green beans a day ahead.

2 red onions, peeled (about 1 pound)
4 teaspoons olive oil, divided
1/4 teaspoon salt
1/4 teaspoon black pepper
2 sprigs fresh thyme
1 tablespoon chopped fresh dill
3 tablespoons Champagne vinegar or white wine vinegar
1 tablespoon stone-ground mustard
2 pounds green beans, trimmed, steamed, and chilled

Preheat oven to 400°.

Cut onions in half vertically. Drizzle the cut side of each onion half with 1/4 teaspoon oil. Sprinkle halves evenly with salt and pepper. Place 1 thyme sprig on 1 onion half; top with other half. Wrap in foil. Repeat procedure with the remaining thyme and onion halves. Bake the wrapped onions at 400° for 1 hour or until tender. Cool to room temperature. Discard thyme, and chop onions. Combine 1 tablespoon olive oil, onion, dill, vinegar, and mustard in a small bowl.

Toss the beans with the vinaigrette.

NUTRITION PER SERVING

CALORIES 83(29% from fat); FAT 2.7g (sat 0.4g,mono 1.7g,poly 0.4g); PROTEIN 2.9g;
CHOLESTEROL 0.0mg; CALCIUM 65mg; SODIUM 109mg; FIBER 4.8g; IRON 1.6mg;
CARBOHYDRATE 14g

Cheesecake Nibbles

Source: Nestles' VeryBestBaking.com (modified)

HU: 3

Servings: 36

Posted by: Waneyvant

Date: April 8, 2007

Waney's notes: I made 1/2 a recipe; Next time, I am going to sub 1 pkg of fat free cream cheese and egg beaters for the eggs; also, may cut the chips amount in 1/2, just to try to lower the points; but for guests, I will follow this recipe. These were really good.

36 reduced fat vanilla wafers

1 2/3 cups (10-oz. pkg.) NESTLÉ® TOLL HOUSE® SWIRLED™ Real Semi-Sweet & White Chocolate Morsels, divided **

2 pkgs. (8 oz. each) light cream cheese, at room temperature

1/2 cup Splenda for Baking

2 tablespoons all-purpose flour

2 large eggs

1 teaspoon vanilla extract

Preheat oven to 350° F. Place 36 2-inch foil bake cups on baking sheet(s) with sides. Place one vanilla wafer, flat-side down, on bottom of each cup. Place 5 to 6 morsels on top of each wafer.

Beat cream cheese, sugar and flour in large mixer bowl until creamy. Add eggs and vanilla extract; beat well. Spoon heaping tablespoon of cream cheese mixture into each bake cup.

Bake for 15 to 17 minutes or until just set and not browned. Remove from oven to wire rack. While still warm, top cheesecakes with remaining morsels. Morsels will soften but will retain shape. Cool completely. Cover and refrigerate.

**I used 1/2 white chocolate chips (5 oz) and 1/2 mini chocolate chips (5 oz); other reviewers recommended using 1/2 peanut butter or butterscotch chips.

Original recipe used regular vanilla wafers, 1/2 cup granulated sugar instead of Splenda, and regular cream cheese.

Strawberries With Balsamic Vinegar

Category: Fruits (F)

Source: Weight Watchers Magazine Make It Fresh

Healthy Units: 0

Servings: 4

Posted by: Laura6286

Date: April 10, 2007

Quick and Easy

Laura's Notes: This is a fabulous end to any meal! It is so delicious. I served it with just a spoonful of whipped topping (points not included here). I truly believe that this would be wonderful served over Angel Food Cake and/or pound cake. Very refreshing!

4 cups strawberries, halved
1 tablespoon sugar
1 tablespoon balsamic vinegar

Combine all ingredients in a bowl; toss well. Let stand 30 minutes. Toss well before serving.

Yield: 4 servings (serving size 1 cup)

Per serving: CAL 57 (9% from fat); PRO 0.9g; FAT 0.6g (sat 0g); CARB 13.6g; FIBER 3.9g; CHOL 0 mg; IRON 0.6 mg; SOD 2 mg; CALC 21mg

Pork Chops Marsala

Source: April, 2007 Cooking Light

HU: 5

Posted by: CAROTS/Donna

Date: April 10, 2007

Servings: 4

*My Notes: A Quick and Easy dish to make. Very good, and I loved the thyme in this dish. Only changes that I made were that I used fresh baby portabella mushrooms, and used fresh garlic instead of the minced.

6 tablespoons all-purpose flour, divided

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

Cooking spray

1/3 cup minced shallots (about 2)

2 teaspoons bottled minced garlic

1 (8-ounce) package presliced mushrooms

2 teaspoons chopped fresh thyme

1 cup fat-free, less-sodium chicken broth

1/4 cup Marsala wine or dry sherry

1/4 teaspoon salt

1/4 teaspoon black pepper

Heat a large nonstick skillet over medium-high heat. Place 1/4 cup flour in a shallow dish. Dredge pork in flour. Coat pan with cooking spray. Add pork to pan; cook 4 minutes on each side or until browned. Remove pork from pan.

Add shallots, garlic, and mushrooms to pan; sauté 3 minutes or until moisture evaporates. Add remaining 2 tablespoons flour and thyme to pan, and cook for 1 minute, stirring well. Combine chicken broth and Marsala, stirring until smooth. Gradually add broth mixture to pan, stirring constantly with a whisk; bring to a boil. Reduce heat and simmer 2 minutes or until sauce thickens.

Return pork to pan; cook 2 minutes or until desired degree of doneness, turning to coat. Sprinkle with salt and pepper.

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

CALORIES 242 (25% from fat); FAT 6.8g (sat 2.5g,mono 2.9g,poly 0.6g); PROTEIN 27g; CHOLESTEROL 67mg; CALCIUM 44mg; SODIUM 299mg; FIBER 1.1g; IRON 2.1mg; CARBOHYDRATE 15.4g

Cooking Light, APRIL 2007

Thai Beef Tacos with Lime-Cilantro Slaw

Source: Cooking Light April 2007

HUs: 9

Serves: 4

Posted by: Kate (KateWD)

April 11, 2007

Notes: Quick and easy and a fantastic blend of flavors. The slaw really makes this dish and is great on its own, keeps well for a few days in the fridge.

Tacos go Asian with crunchy cabbage slaw and steak flavored with ginger and fish sauce. Packaged coleslaw and matchstick carrots speed preparation. Serve with lime wedges and cilantro sprigs, if desired.

Steak:

- 1 tablespoon sugar
- 1 1/2 teaspoons minced peeled fresh ginger
- 1 1/2 teaspoons fish sauce
- 1/2 teaspoon chili garlic sauce (such as Lee Kum Kee)
- 1/4 teaspoon freshly ground black pepper
- 2 garlic cloves, minced
- 1 pound flank steak, trimmed
- Cooking spray

Slaw:

- 1/4 cup fresh lime juice
- 1 tablespoon sugar
- 2 tablespoons rice wine vinegar
- 1 1/2 teaspoons minced peeled fresh ginger
- 1 1/2 teaspoons fish sauce
- 1/2 teaspoon chili garlic sauce
- 2 garlic cloves, minced
- 3 cups packaged angel hair slaw
- 2 cups packaged matchstick-cut carrots
- 1/4 cup sliced green onions
- 1/2 cup chopped fresh cilantro

Remaining ingredient:

- 8 (6-inch) fat-free flour tortillas

To prepare steak, combine first 6 ingredients in a large zip-top plastic bag. Add steak to bag; seal and marinate in refrigerator 20 minutes, turning occasionally. Prepare grill or broiler.

Remove steak from bag; discard marinade. Place steak on grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until desired degree of

Thai Beef Tacos with Lime-Cilantro Slaw (cont'd)

doneness. Let stand 5 minutes. Cut steak diagonally across grain into thin slices.

To prepare slaw, combine juice and next 6 ingredients (through 2 garlic cloves) in a large bowl. Add slaw and next 3 ingredients (through cilantro); toss well to combine.

Divide steak evenly among tortillas; spoon about 1/2 cup slaw onto each tortilla. Fold in half; serve immediately.

Yield: 4 servings (serving size: 2 tacos)

CALORIES 431 (24% from fat); FAT 11.5g (sat 3.9g,mono 5g,poly 1.4g); PROTEIN 31g;
CHOLESTEROL 42mg; CALCIUM 157mg; SODIUM 871mg; FIBER 5.1g; IRON 4.3mg;
CARBOHYDRATE 50.8g

Lobster BLT

Source: Stonewall Kitchen Favorites

HUs: 8

Serves: 2 (generously); 3 or 4 modestly

Posted by: Kate (KateWD)

April 11, 2007

These were delicious. I made the basil aioli ahead of time, you will not use all of it for sandwich, save the rest in the fridge for other sandwiches. HUs were figured for 2 servings using 4 T of the aioli and my subs for the mayo and bread.

For the lobster salad and sandwich:

1 $\frac{3}{4}$ cup cooked lobster meat
3- 4 slices bacon (I used Oscar Mayer pre-cooked bacon)
1 stalk celery finely diced
1 T fresh lemon juice
Sea salt and freshly ground pepper
4 slices white bread, a crusty roll, or your favorite bread (I used WW rye bread)
4 romaine or buttercrunch lettuce leaves
2 – 4 thick slices tomato

For the basil aioli:

1 cup light mayonnaise (I used Hellman's Just 2 Good)
 $\frac{1}{4}$ cup sliced basil leaves
2 $\frac{1}{2}$ teaspoons olive oil
salt and freshly ground pepper

Coarsely chop the lobster meat in place in a medium bowl

Cook the bacon until crisp, drain and set aside.

To make the basil aioli: In a small bowl whisk together mayo, basil and oil. Season to taste with salt and pepper. Cover and refrigerate, it will keep for several days.

Add the celery to the lobster. Fold in 2 T of the aioli and the lemon juice to lightly coat the ingredients. Season with salt and pepper. Store in the refrigerator for 6 months if not making the BLTs at once.

To assemble a BLT: Lightly toast the bread. Spread each piece of the toast with a light dollop of the basil aioli (I used 1 T per sandwich). Divide the bacon, lettuce leaves, tomato slices and lobster salad between 2 slices of the toast. Cover with the remaining 2 slices of toast. Slice the sandwiches in half on the diagonal.

Variations:

*Sub crabmeat for the lobster meat

*You can omit the bacon

*Serve as a lobster BLT salad, place lettuce on plates, mound scoop of lobster salad on top, surround with sliced tomatoes and crumbled bacon and lightly drizzle with olive oil and vinegar.

Asparagus bundles w/ prosciutto & goat cheese

Source: unknown

Prep time 8 minutes; cook time 13 minutes

HU: 2

Servings: 6

Margie6489

Posted April 12, 2007

1 lb fresh asparagus, trimmed
2 thin slices prosciutto, cut in 1 " wide strips
1 Tbsp olive oil
1/4 tsp salt
1/8 tsp ground black pepper
2 tbsp chopped roasted red peppers`
1/4 cup crumbled goat cheese or feta cheese

Preheat oven to 450. Line baking pan w/ foil

Wrap asparagus spears in bundles of 3-4 w/ a trip of prosciutto around middle. Place bundles in a single layer in foil-lined pan. Drizzle w/ olive oil. sprinkle w/ salt & pepper; top w/ roasted red peppers

Bake 8-10 minutes or until asparagus is crisp tender. Sprinkle w/ cheese. Continue baking 5 minutes or until cheese is softened and heated through. Makes 6 servings

Open-Faced Turkey Patty Melt

Source: Cooking Light, May 2007

HU: 7

Posted by: CAROTS/Donna

Date: April, 18, 2007

Servings: 4

CL Notes: Substitute ground chicken or ground sirloin for the turkey, if you prefer. Pair sandwiches with vegetable chips.

*My Notes-Quick and easy to put together. Instead of making patties, I just sautéed the turkey in a pan until done, and spooned the mixture onto the toasted rye bread. Then added the onions and Swiss cheese and broiled until the cheese was melted.

1 teaspoon olive oil
1 cup vertically sliced Vidalia or other sweet onion
1/4 cup part-skim ricotta cheese
1 1/2 teaspoons Worcestershire sauce
1/2 teaspoon black pepper
1 pound ground turkey breast
1 large egg white
Cooking spray
4 (1-ounce) slices reduced-fat Swiss cheese
4 slices light rye bread
1/4 cup country-style Dijon mustard

Heat oil in a large nonstick skillet over medium heat. Add onion to pan. Cook 5 minutes or until lightly browned; stir occasionally. Transfer onion to a bowl.
Preheat broiler.

Combine cheese and next 4 ingredients (through egg white). Divide turkey mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Return pan to medium heat. Coat pan with cooking spray. Add patties to pan; cook 4 minutes or until brown. Turn patties over; cook 1 minute. Top each patty with 1 cheese slice; cook 3 minutes or until cheese melts and patties are done.

Place bread slices in a single layer on a baking sheet; broil 2 minutes or until toasted. Spread 1 tablespoon mustard on each bread slice; top each serving with 1 patty. Divide onion mixture evenly among sandwiches.

Yield: 4 servings (serving size: 1 sandwich)

CALORIES 348 (23% from fat); FAT 9g (sat 4g,mono 2.2g,poly 2.6g); PROTEIN 43.4g;
CHOLESTEROL 50mg; CALCIUM 325mg; SODIUM 848mg; FIBER 1.5g; IRON 2.1mg;
CARBOHYDRATE 22.4g

Cooking Light, MAY 2007

Blueberry & White Chocolate Chunk Ginger Cookies

CB (Cookies/Bars)

Source: Eating Well website

HU: 2

Serves: 24

posted by CJMartin717(Cindy)

April 22, 2007

ACTIVE TIME: 25 minutes

TOTAL TIME: 35 minutes

EASE OF PREPARATION: Easy

Cindy's Notes: Some reviewers on the EW site commented that the dough was too dry. I found it dense and sticky. The cookies are a nice size and very, very good. Definitely one for ginger fans. I used light brown sugar and lined the cookie pans with parchment paper.

1 cup all-purpose flour
1/4 cup wheat germ
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon ground ginger
1 large egg
3/4 cup packed dark brown sugar
1/3 cup canola oil
1 teaspoon vanilla extract
1/2 cup oats, quick-cooking or old-fashioned (not instant)
2 ounces white chocolate, chopped
1/3 cup dried blueberries (see Tip)
1/4 cup crystallized ginger, chopped (see Tip)

1. Position racks in upper and lower thirds of oven; preheat to 375°F.

2. Whisk flour, wheat germ, baking soda, salt and ground ginger in a small bowl. Whisk egg, brown sugar, oil and vanilla in a large bowl. Add the dry ingredients to the wet ingredients; stir to combine. Add oats, chocolate, blueberries and crystallized ginger; stir just to combine. Drop by rounded tablespoonfuls onto 2 ungreased baking sheets, 1 1/2 inches apart.

3. Bake the cookies until puffed and barely golden around the edges, switching the pans back to front and top to bottom halfway through, 8 to 10 minutes. Cool on the pans for 2 minutes; transfer to a wire rack to cool completely.

NUTRITION INFORMATION: Per cookie: 115 calories; 4 g fat (1 g sat, 2 g mono); 9 mg cholesterol; 17 g carbohydrate; 2 g protein; 1 g fiber; 84 mg sodium; 38 mg potassium. 1 Carbohydrate Serving

TIP: Dried cranberries or cherries will also work in place of blueberries; all can be found, along with crystallized ginger, in the baking, dried fruit or produce sections of many supermarkets and natural-foods stores.

MAKE AHEAD TIP: Store in an airtight container for up to 3 days or in the freezer for up to 1 month. Yield: 2 dozen

Asparagus-Apple Salad with Blue Cheese Vinaigrette

S (Salad)

Cooking Light, May 2007

HU: 1

Serves: 8

Posted by: CJMartin717(Cindy)

April 23, 2007

Quick & Easy

Cindy's Comments: I halved this recipe and then ate all 4 servings as my main dish. I loved the combination of flavors and textures.

CL: Featuring the contrasting elements of apples (a Kentucky crop), asparagus, and blue cheese, this salad rounds out a Derby Day menu.

1/4 cup (1 ounce) crumbled blue cheese
2 tablespoons chopped fresh parsley
2 tablespoons white vinegar
1 tablespoon water
1 teaspoon sugar
2 teaspoons Dijon mustard
1 teaspoon extra virgin olive oil
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 cups (2-inch) diagonally cut asparagus
4 cups torn butter lettuce
2 cups thinly sliced Gala apple

Combine first 9 ingredients, stirring with a whisk.

Cook asparagus in boiling water 1 minute. Drain and rinse under cold running water; drain.

Combine the asparagus, lettuce, and apple in a large bowl. Drizzle with vinaigrette; toss gently to coat.

Yield: 8 servings (serving size: 1 cup)

NUTRITION PER SERVING

CALORIES 58(29% from fat); FAT 1.9g (sat 0.8g,mono 0.5g,poly 0.2g); PROTEIN 2.1g;
CHOLESTEROL 3mg; CALCIUM 43mg; SODIUM 159mg; FIBER 1g; IRON 1.2mg;
CARBOHYDRATE 9.6g

Kathleen Kanen and Becky Luigart-Stayner
Cooking Light, MAY 2007

Beef with Sugar Snap Peas

Source: CL April 2006

HUs: 7

Serves: 4

Posted by: Betty (BMS2003)

April 24, 2007

Flank steak slices cook quickly, so remove steak from the pan as soon as it is no longer pink, and it will be cooked perfectly.

1 (3 1/2-ounce) bag boil-in-bag brown rice
1 (12-ounce) flank steak, trimmed
2 tablespoons low-sodium soy sauce, divided
3/4 cup fat-free, less-sodium chicken broth
1/4 cup hoisin sauce
2 teaspoons cornstarch
2 teaspoons dark sesame oil
1 cup sliced onion
1 tablespoon bottled fresh ground ginger (such as Spice World)
3 cups frozen sugar snap peas
1 cup preshredded carrot

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

Cut steak diagonally across grain into thin slices. Combine steak and 1 tablespoon soy sauce; toss to coat. Combine the remaining 1 tablespoon soy sauce, broth, hoisin, and cornstarch; stir well with a whisk.

Heat oil in a large nonstick skillet over medium-high heat. Add steak mixture; sauté 1 1/2 minutes or until lightly browned. Remove steak from pan. Add onion and ginger to pan; sauté 2 minutes. Add peas and carrot; sauté 2 minutes. Stir in steak mixture; sauté for 30 seconds. Add broth mixture; bring to a boil. Cook 1 minute or until slightly thick, stirring constantly. Serve immediately over rice.

Yield: 4 servings (serving size: 1 cup beef mixture and 1/2 cup rice)

NUTRITION PER SERVING

CALORIES 361(24% from fat); FAT 9.7g (sat 3g,mono 2.7g,poly 0.6g); PROTEIN 24.3g;
CHOLESTEROL 30mg; CALCIUM 98mg; SODIUM 677mg; FIBER 5.1g; IRON 3mg;
CARBOHYDRATE 40g

Light Strawberry Marble Cheesecake

Prevention Magazine's Website

HU: 7

Posted by Tracy E

4/25/07

Serves 16

Freezer Friendly

Prep time: 25 minutes; Baking time: 2 hours; 1 hour cooling time in oven plus chilling time

I used unsweetened, frozen strawberries that had thawed. Since this was just for the family I didn't strain the berries through cheesecloth. We couldn't taste the difference.

"This recipe has all the rich and creamy texture of traditional cheesecake, but without all the fat." Prevention Magazine

1 3 1/2-ounce package ladyfingers
1 1/2 pounds fresh strawberries, washed and tops removed
2 pounds reduced-fat cream cheese, at room temperature
1 1/2 cups sugar
1 cup reduced-fat sour cream, at room temperature
1/4 cup unbleached flour
2 teaspoons vanilla extract
4 eggs or 1 cup liquid egg substitute, at room temperature

Preheat the oven to 325°F. Line the bottom of a 10 spring form pan with heavy-duty foil. Assemble the pan, pulling the foil up and around the sides. With another piece of foil, wrap the outside of the pan to prevent water from leaking in.

Coat the bottom and sides of the pan with cooking spray. Arrange the ladyfingers in a single layer covering the bottom of the pan and set in a large roasting pan.

Bring a pot of water to a boil for a water bath.

Place the strawberries in a food processor or blender and puree until smooth. Using a fine strainer, strain the berries into a bowl to remove the seeds, leaving about 2 1/2 cups of berry puree. Set aside.

In a medium bowl, beat the cream cheese with an electric mixer until smooth. Gradually add the sugar and beat on medium speed for about 3 minutes. Reduce the speed to low and beat in the sour cream, flour, and vanilla.

Add the eggs one at a time or the egg substitute, beating until just incorporated. Scrape down the sides of the bowl to make sure all the lumps of cream cheese are gone. Slowly pour the berry puree into the batter. Stir with a knife to create a marbled effect.

Light Strawberry Marble Cheesecake (cont'd)

effect.

Pour the batter into the spring form pan. Pour enough of the boiling water into the roasting pan to come about halfway up the sides of the spring form pan. Bake for 2 hours. Turn off the heat and leave the oven door slightly ajar for 1 hour longer. Remove the pan from the water bath and cool on a wire rack. Remove the outer foil, cover, and refrigerate overnight before unmolding.

Per serving: Cal: 286: fat: 13.8, Fiber: 1.1 gram, protein:9.1 grams

Monte Cristo Sandwiches with Sweet Mustard Sauce

Category: Sandwiches/ Pizza

Source: Cooking Light Website

Healthy Units: 8

Servings: 4

Posted by Andygrammy (Claudia)

Date: 4/25/07

Comments: These were delicious made with leftover baked ham. The sauce is wonderful for dipping.

SAUCE:

1/4 cup red currant jelly

2 tablespoons Dijon mustard

1 tablespoon orange juice

1 tablespoon water

SANDWICHES :

2/3 cup egg substitute

1/2 cup fat-free milk

1/4 teaspoon salt

1/4 teaspoon black pepper

4 (1-ounce) slices cooked turkey breast

4 (1-ounce) slices cooked ham

4 (1-ounce) slices 50%-less-fat Jarlsberg or Swiss cheese

8 (1-ounce) slices white bread

Cooking spray

1 1/2 teaspoons powdered sugar

To prepare sauce, combine first 4 ingredients in a small saucepan over low heat, stirring well with a whisk. Cook until jelly melts.

To prepare sandwiches, combine egg substitute, milk, salt, and pepper in a shallow dish.

Place one slice each of the turkey, ham, and cheese on each of 4 bread slices. Top with remaining bread slices. Dip both sides of each sandwich into the egg substitute mixture. Place sandwiches in a large nonstick skillet coated with cooking spray over medium-high heat. Reduce heat to medium; cook for 3 minutes on each side or until sandwiches are golden.

Sprinkle sandwiches with powdered sugar. Serve sandwiches with sauce.

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

CALORIES 394 (18% from fat); FAT 7.7g (sat 2.5g,mono 2g,poly 0.9g); PROTEIN 33g;

CHOLESTEROL 54mg; CALCIUM 348mg; SODIUM 1282mg; FIBER 1.2g; IRON

2.8mg; CARBOHYDRATE 46.3g

Cooking Light, DECEMBER 1998

Spring Chowder

Category: Soups/Stews

Source: Cooking Light website

HU: 3

Servings: 8

Posted by: Andygrammy (Claudia)

Date: 4/25/07

I thought this soup was excellent, one of the best I've made in a while. I got a little carried away with the vegetables, and thought there wouldn't be enough liquid, so I added an additional cup of milk and one tablespoon of flour. I also cut back slightly on the sage- I loved the fresh sage flavor in this, but I think a full ¼ cup might have been too much. Man noises were heard, and second helpings were required. As with all soups, better after a stay in the fridge.

Ingredients:

- 1 tablespoon margarine
- 4 cups thinly sliced Vidalia or other sweet onion
- 1 cup chopped carrot
- 1 cup sliced celery
- 1 cup chopped extra-lean ham
- 3 cups chopped red potato (about 1 1/4 pounds)
- 1 (10 1/2-ounce) can low-salt chicken broth
- 1/4 cup all-purpose flour
- 2 cups 2% low-fat milk
- 1/4 cup chopped fresh sage
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 1/2 cup dry white wine
- Sage sprigs (optional)

Melt margarine in a large Dutch oven over medium-high heat. Add onion, carrot, celery, and ham; sauté 10 minutes. Add potato and broth; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until potato is tender.

Place flour in a bowl. Gradually add milk, stirring with a whisk until blended. Add milk mixture, sage, salt, pepper, and nutmeg to soup; cook over medium-low heat 2 minutes. Add wine; cook 10 minutes or until thick. Garnish with sage, if desired.

Yield: 8 servings (serving size: 1 cup)

CALORIES 179 (21% from fat); FAT 4.2g (sat 1.5g,mono 1.6g,poly 0.7g); PROTEIN 9g; CHOLESTEROL 14mg; CALCIUM 121mg; SODIUM 444mg; FIBER 3.2g; IRON 1.8mg; CARBOHYDRATE 27.1g
Cooking Light, APRIL 1997

Spinach-Cheese Bake

Cooking Light May 2007

Servings: 12

Healthy Units: 3

Posted By: Bawstinn36 (Maria)

April 28, 2007

Comments: I used 3 eggs instead of the substitute (based on article comments) and I needed a touch more filling for the outside pieces. Next time I'll use 4 eggs. I included the nutritional for using real eggs.

You can assemble the casserole in less than 10 minutes by using preshredded cheeses. Pair this dish with fresh berry salad and mini muffins for a lovely Mother's Day or graduation brunch.

1 tablespoon butter, melted
Cooking spray
2 (6-ounce) packages fresh baby spinach
1 1/4 cups (5 ounces) shredded reduced-fat sharp cheddar cheese
3/4 cup (3 ounces) shredded Monterey Jack cheese
1 1/3 cups all-purpose flour (about 5 3/4 ounces)
1 1/2 cups fat-free milk
1 cup egg substitute
1 teaspoon salt
1 teaspoon baking powder
2 teaspoons Dijon mustard
1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground nutmeg
1/8 teaspoon ground red pepper

Preheat oven to 350°.

Pour the butter into the bottom of a 13 x 9-inch baking dish coated with cooking spray; tilt dish to coat. Place spinach evenly in bottom of dish; sprinkle evenly with cheeses.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and remaining ingredients in a medium bowl; stir with a whisk until blended. Pour milk mixture over cheese. Bake at 350° for 40 minutes or until lightly browned. Serve immediately.

Yield: 12 servings

NUTRITION PER SERVING

CALORIES 157(34% from fat); FAT 6g (sat 3.7g,mono 1.7g,poly 0.4g); PROTEIN 10.8g;
CHOLESTEROL 18mg; CALCIUM 263mg; SODIUM 494mg; FIBER 1.6g; IRON
2.6mg;CARBOHYDRATE 15.1g

Using 4 eggs:

Per Serving (excluding unknown items): 148 Calories; 6g Fat (35.9% calories from fat); 10g Protein; 14g Carbohydrate; 1g Dietary Fiber; 83mg Cholesterol; 410mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

African Ground Nut Stew with Sour Cream-Chive Topping

Category: Soups/Stews (ST)

Source: Cooking Light May, 2007

Healthy Units: 8.5

Core: No

Servings: 6

Posted by: ejwyatt (Emily)

Date: April 29, 2007

CL Notes: Peanuts are also called ground nuts to distinguish them from tree nuts. They're a staple in African cuisine. For more intense heat, use a full teaspoon of crushed red pepper. Garnish with chives, if desired.

Em's Notes: I thought that this was delicious. Very interesting taste and texture combination. I used the full teaspoon of crushed red pepper and it is not too spicy.

1 cup fat-free sour cream
1/4 cup minced fresh chives
2 teaspoons canola oil
1 1/4 cups thinly sliced yellow onion
3/4 cup chopped red bell pepper
3 garlic cloves, minced
1 cup chopped unsalted, dry-roasted peanuts
1 teaspoon salt
1/2 to 1 teaspoon crushed red pepper
4 cups (1-inch) cubed peeled sweet potatoes (about 1 1/2 pounds)
2 1/2 cups quartered small red potatoes (about 1 pound)
2 1/2 cups organic vegetable broth (such as Swanson Certified Organic)
1 (28-ounce) can diced tomatoes, undrained

Combine sour cream and chives in a small bowl; cover. Refrigerate 2 hours. Heat oil in a Dutch oven over medium-high heat. Add onion and bell pepper; sauté 3 minutes or until tender. Add garlic; sauté 30 seconds. Stir in peanuts, salt, and crushed red pepper; sauté 2 minutes. Add potatoes, broth, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 1 hour and 10 minutes or until the potatoes are tender. Place 1 2/3 cups stew into each of 6 bowls; top each serving with about 2 1/2 tablespoons sour cream mixture.

Yield: 6 servings

CALORIES 416 (30% from fat); FAT 14g (sat 1.9g,mono 6.9g,poly 4.5g); PROTEIN 14.1g; CHOLESTEROL 7mg; CALCIUM 175mg; SODIUM 882mg; FIBER 10g; IRON 2.4mg; CARBOHYDRATE 62g

Cooking Light, MAY 2007

Parmesan Steak Fries

Source: CLBB, originally from Everyday Food

HUs: 6.5

Serves: 3

Posted by Kate (KateWD)

April 30, 2007

Notes: Loved the crispy, crunchy cheese crust and nice soft interior, the best baked fries I've had. I subbed Asiago for the parm and baked them at 400 degrees for 35-40 minutes. Be sure to line the pan with parchment or foil so the cheese doesn't get baked on to the pan.

3 large egg whites

1 tsp coarse salt

3 baking potatoes

1 ¼ c. grated Parmesan cheese

Preheat oven to 425 degrees.

In a wide, shallow bowl, whisk egg whites with salt until frothy. Cut each potato into 6 long spears. Add to egg whites and turn to coat.

Lift spears out of egg whites, shaking off excess. Sprinkle with cheese until coated. Place on a parchment-lined baking sheet.

Bake without turning until potatoes are fork-tender and golden brown, about 30 minutes. Season to taste.

Red Potatoes with Capers, Tomatoes and Onion

Source: Robin Miller's Quick Fix Meals

HUs: 4

Serves: 4

Posted by: Kate (KateWD)

April 30, 2007

These potatoes were quick and easy to put together, loved the combination of flavors. Great served warm and leftovers were a delicious cold potato salad.

6 small or 4 medium potatoes cut in half or quartered depending on size

½ cup drained capers

½ cup diced tomato

¼ cups minced red onion

1 ½ tablespoons olive oil

1 tablespoon red wine vinegar

1 tablespoon chopped fresh thyme or 1 tsp dried
salt and freshly ground pepper

Place the potatoes in a large saucepan and pour enough water to cover by about 2 inches. Set the pan over high heat, bring to a boil and cook until the potatoes are fork-tender, about 8 minutes

Drain and transfer the potatoes to a large bowl. While they are still warm, add the capers, tomato, onion, oil, vinegar and thyme and toss to combine. Season to taste with salt and pepper.

Drunken Spicy Shameless Shrimp with Brazen Cocktail Sauce

Source: Dinosaur Bar-B-Que Cookbook

HUs: 4.5

Serves: 6

Posted by: Kate (KateWD)

April 30, 2007

Wonderfully spicy ,very messy and very delicious. There was way too much cocktail sauce, 1/2 would be plenty and I figured the HUs using ½ the cocktail sauce recipe. I used the original Dinosaur Bar-B-Que bottled sauce (referred to in the recipe as Mutha sauce), you could sub another spicy, garlicky BBQ sauce.

The Shrimp

2 bottles or cans (12 ounces each) domestic beer
1/2 cup cider vinegar
2 cups water
2 tablespoons Old Bay seasoning
2 pounds large shrimp in the shell
2 tablespoons minced garlic
2 tablespoons Creole Seasoning

The Cocktail Sauce

2 cups Mutha Sauce
1 cup prepared horseradish
2 tablespoons Worcestershire sauce
Juice of 1/4 lime
Juice of 1/4 lemon
2 teaspoons Tabasco sauce

Pour the beer, vinegar, and water into a high-sided pan. Add the Old Bay Seasoning, cover, and blast the heat up high. When it boils rapidly, add the shrimp.

Cover again and cook for 2 minutes, or til the shrimp turn pink and the flesh is just opaque.

Drain the shrimp in a colander and cover with a layer of ice to chill them down just enough to stop the cooking.

Throw the shrimp into a bowl and toss with the garlic and Creole Seasoning, (They can be eaten warm or chilled.)

Whip all of the ingredients for the cocktail sauce together in a bowl, and serve with that mess of shrimp.

Chickpea, Chard, and Tomato Stew

Category: Soups/Stews (ST)

Source: Cooking Light May, 2007

Healthy Units: 2.5

Core: Yes

Servings: 8

Posted by: ejwyatt (Emily)

Date: April 30, 2007

Quick and Easy

Freezer Friendly

CL Notes: Serve this full-flavored stew with salad and crusty French bread or garlic toast for a light meal. For heat, add 1/4 teaspoon ground red pepper.

Em's Notes: This was a nice low-point, yet filling lunch. I have marked it as freezer friendly because it came from an article specifically about make-ahead cooking and has freezing directions included. I have not personally frozen this, but there is nothing about this recipe that would keep me from freezing it. (Of course, we all know that I will freeze anything. <GRIN>)

2 teaspoons olive oil
1 cup chopped onion
3 garlic cloves, minced
1 pound ground chicken
1/4 cup no-salt-added tomato paste
2 (15 1/2-ounce) cans chickpeas (garbanzo beans), rinsed and drained
4 cups chopped Swiss chard
2 cups chopped tomato
1 cup water
1 teaspoon chili powder
1/2 teaspoon cumin
1/2 teaspoon kosher salt
3 (14-ounce) cans fat-free, less-sodium chicken broth

Heat oil in a large Dutch oven over medium-high heat. Add onion and garlic; sauté 1 minute. Add chicken; sauté 4 minutes. Add tomato paste; cook 1 minute. Partially mash chickpeas with a potato masher. Add chickpeas, chard, and remaining ingredients; bring to a boil. Reduce heat, and simmer 15 minutes. Cool completely. Place chickpea mixture in an airtight container or heavy-duty zip-top plastic bag; freeze.

Thaw chickpea mixture overnight in refrigerator. Reheat chickpea mixture in microwave or place mixture in a large saucepan; bring to a boil. Reduce heat; simmer 5 minutes.

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

CALORIES 161 (17% from fat); FAT 3g (sat 0.2g,mono 1.4g,poly 1g); PROTEIN 18g;
CHOLESTEROL 33mg; CALCIUM 40mg; SODIUM 610mg; FIBER 3.9g; IRON 1.8mg;
CARBOHYDRATE 16.6g

Pork Vindaloo with Raita

Category: Meats (M)

Source: Cooking Light May, 2007

Healthy Units: 8

Core: Yes (with brown rice and non-fat dairy)

Servings: 6

Posted by: ejwyatt (Emily)

Date: April 30, 2007

CL Notes: Vindaloo is considered the fieriest of all Indian cooking styles.

Em's Notes: This is very spicy, but the raita does help to cool the heat and creates a nice balance.

Raita:

1 1/2 cups plain low-fat yogurt

3/4 cup chopped seeded peeled cucumber

3/4 cup chopped seeded tomato

1/4 teaspoon salt

1 teaspoon garam masala

1/2 teaspoon ground coriander

1/2 teaspoon ground cinnamon

1/2 teaspoon ground turmeric

1/2 teaspoon black pepper

1/2 to 1 teaspoon ground red pepper

1/4 teaspoon ground cloves

2 tablespoons cider vinegar

2 garlic cloves, minced

Vindaloo:

1 1/2 cups thinly sliced sweet onion

2 teaspoons grated peeled fresh ginger

1 teaspoon dry mustard

1 teaspoon ground cumin

3/4 teaspoon salt

1 1/2 pounds boneless pork loin, cut into 3/4-inch cubes

Cooking spray

1 cup chopped seeded tomato

4 1/2 cups hot cooked basmati rice

To prepare raita, spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes. Scrape into a bowl using a rubber spatula. Stir in cucumber, 3/4 cup tomato, 1/4 teaspoon salt, and garam masala; cover and refrigerate.

To prepare vindaloo, combine onion and next 13 ingredients (through pork) in a large bowl; marinate in refrigerator 30 minutes.

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add pork mixture; sauté 7 minutes or until lightly browned. Stir in 1 cup tomato. Cover, reduce heat, and simmer 30 minutes or until pork is tender, stirring occasionally. Serve with raita and rice.

Yield: 6 servings (serving size: 1/2 cup vindaloo, 1/4 cup raita, and 3/4 cup rice)

CALORIES 378 (19% from fat); FAT 8g (sat 2.8g,mono 2.9g,poly 0.6g); PROTEIN

30.2g; CHOLESTEROL 70mg; CALCIUM 118mg; SODIUM 479mg; FIBER 2.1g; IRON 2.9mg; CARBOHYDRATE 44.1g

BUTTERMILK PANCAKES

HU: 5.99 (6)

Servings: 3

From: The Complete Cooking Light Cookbook

Posted by: Cathy in Fih, Lebanon

May 1, 2007

Prep: 5 minutes

Cook: 3 minutes each batch

Cathy's Comments: These are hearty pancakes with a lot of body! (and my husband loved them...specially with the addition of fresh picked mulberries added...don't know what the points for those would add)

1 cup all-purpose flour
2 tablespoons sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1 cup low-fat or nonfat buttermilk (I used 1/3 cup powdered nonfat milk with about a tablespoon vinegar and enough water to make 1 cup – no buttermilk here)
1 tablespoon vegetable oil (I used olive oil)
1 large egg, lightly beaten (I used a duck egg)
Maple syrup, optional (I made a mulberry sauce)

1. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, sugar, baking powder and baking soda in a large bowl. Combine buttermilk, oil, and egg; add to flour mixture stirring until smooth. (here is where I added half of the mulberries I had in the frig...at least a cup and perhaps 2...the pancakes were FULL of berries ;))

2. Spoon about 1/4 cup batter onto a hot nonstick griddle or nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked. Serve with maple syrup, if desired. Yield: 3 servings (serving size: 3 pancakes)

Calories:276 (25% from fat), Fat: 7.8g (sat 2.4g, mono 2.4, poly 2.7g) , Protein: 9g, Carb: 42g
Fiber: 0.9g, Chol: 75mg, Iron 2.1mg, Sodium 306mg, Calc: 58mg

Mulberry Sauce

(my own concoction...don't know points)

I am going to guesstimate as I do not measure when cooking

1 to 2 cups mulberries
1/4 to 1/2 cup sugar (depending on how sweet you want the sauce and how sweet the berries are already)
Water, enough to cover the bottom of the pan a bit
2 tablespoons cornstarch (about) mixed into about 1/4 cup water till smooth
Juice of 1/2 lemon

Put berries and sugar with water into pan. Boil for awhile and then add the cornstarch mixture to thicken along with the lemon juice. Cook for a couple of minutes to allow mixture to thicken and to get rid of starchy taste. Serve over pancakes.

Leek-and-Potato Gratin

Category: Vegetables

CL 2000 Annual

HU: 5 per CL Nutritionals (see notes)

Servings: 6

Posted by DebMj1

5/2/07

Deb's Notes: The nutritionals in MC came up to 4.5 points per serving. Making the changes I made drops them to 4.0. I would highly suggest baking this at least 15 minutes longer under the foil than the recipe called for.

1 1/2 pounds Yukon gold or baking potatoes, cut into 1/4-inch-thick slices (I sliced mine thinner than that)

Cooking spray

1 tablespoon olive oil (I used 1/2 Tbsp)

4 cups thinly sliced leek (about 4 large)

1 garlic clove, minced

1/4 teaspoon salt

Dash of black pepper

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

3/4 cup (3 ounces) grated fresh Parmesan cheese

1/2 cup 1% low-fat milk (I used skim)

Preheat oven to 425°.

Arrange half of the potato slices in an 11 x 7-inch baking dish coated with cooking spray.

Heat oil in a large nonstick skillet over medium-high heat. Add leek; sauté 10 minutes or until lightly browned. Stir in garlic, salt, and pepper. Spoon half of leek mixture over potato slices; top with half of tomatoes and half of cheese. Repeat layers with remaining potatoes, leek mixture, tomatoes, and cheese.

Bring milk to a boil over low heat in a skillet; pour over potato mixture. Cover and bake at 425° for 30 minutes or until potatoes are tender (I'm planning for at least 45 minutes next time). Uncover; bake an additional 15 minutes or until golden brown. Let stand 5 minutes before serving.

Yield: 6 servings

NUTRITION PER SERVING

CALORIES 265(22% from fat); FAT 6.6g (sat 2.8g,mono 2.9g,poly 0.5g); PROTEIN 9.8g;
CHOLESTEROL 10mg; CALCIUM 269mg; SODIUM 367mg; FIBER 2.9g; IRON 3.4mg;
CARBOHYDRATE 43.1g

Dee's Oatmeal Pancakes

Source: Recipe website www.elise.com

Healthy Units: 5

Servings 6

Posted by Nikkie1t (Tracy)

May 2, 2007

Recipe comments: Do you love oatmeal? Do you love pancakes? You should try them when they are one and the same. Seriously. Dee Johnston whipped up her favorite family recipe for a recent gathering of friends and this is now my new favorite pancake. A little advanced planning is necessary as the oats must soak in buttermilk overnight. Yummmmm....

My comments: These were really tasty and filling. The oatmeal gives them a chewy consistency.

2 cups oats (the regular kind - Old Fashioned or Quick, not steel-cut and not instant)
3 cups buttermilk
3 eggs, well beaten
1/2 cup flour
1 1/2 teaspoon baking powder
Dash salt
1 Tbsp peanut oil
Butter or extra vegetable oil for the griddle

1 Put oats into a large bowl, add the buttermilk. Let the oats soak in the buttermilk overnight.

2 Mix in the eggs, flour, baking powder, salt, and peanut oil.

3 Then proceed as with any pancake recipe. Ladle the pancake batter onto a buttered griddle to the desired size, usually about 5 or 6 inches wide. When air bubbles start to bubble up to the surface at the center of the pancakes (about 2-3 minutes), use a flat spatula to flip them over. After a minute, peek under one for doneness. When golden or darker golden brown, they are done. Note that cooking the second side takes only about half as long as the first side. And the second side doesn't brown as evenly as the first side. Serve immediately or keep warm in the oven until ready to serve.

Szechuan Spicy Noodles with Carrot-Cucumber Relish

Category: Rice/Pasta (RP)

Source: Cooking Light May, 2007

Healthy Units: 5

Servings: 4

Posted by: ejwyatt (Emily)

Date: May 3, 2007

CL Notes: This Chinese-style pork ragout is tossed with noodles and topped with a sweet-sour relish that balances the heat.

Em's Notes: I had a little extra pork tenderloin that I wasn't going to need in another recipe, so I trimmed that of all visible fat (there wasn't much) and ground it myself in my food processor, which probably reduced the fat a little. I think that adding the veggies from the Peanuttty Noodles recipe would make this the "perfect" recipe. I doubled the chile paste with garlic and it was nice and spicy. The HU's are based on the CL nutritionals.

Relish:

1 cup shredded seeded peeled cucumber

1/4 teaspoon salt

1 cup shredded carrot

1 tablespoon seasoned rice vinegar

2 teaspoons sugar

1/2 teaspoon dark sesame oil

Noodles:

8 ounces udon noodles (thick, round fresh Japanese wheat noodles)

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

1/4 cup natural-style peanut butter (such as Smucker's)

2 tablespoons low-sodium soy sauce

1 tablespoon chile paste with garlic (such as sambal oelek)

Cooking spray

1/3 cup thinly sliced green onions

1 tablespoon minced peeled fresh ginger

6 ounces ground pork

2 garlic cloves, minced

To prepare relish, place cucumber in a colander; sprinkle with salt. Toss well. Drain 1 hour.

Place cucumber on several layers of paper towels; cover with additional paper towels. Let stand 5 minutes, pressing down occasionally. Combine cucumber, carrot, vinegar, sugar, and oil in a medium bowl; stir until well blended. Cover and chill 1 hour.

To prepare noodles, cook noodles according to package directions, omitting salt and fat. Drain and set aside.

Combine broth, peanut butter, soy sauce, and chile paste in a small bowl; stir well with a whisk. Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray. Add onions, ginger, and pork to pan; sauté 5 minutes or until pork loses its pink color. Add garlic to pan; sauté 30 seconds. Pour broth mixture into pan; bring to a simmer, and cook 1 minute or until slightly thickened. Pour pork mixture over noodles; toss well. Serve with relish.

Yield: 4 servings (serving size: 1 cup noodle mixture and 6 tablespoons relish)

CALORIES 246 (37% from fat); FAT 10.1g (sat 2.1g,mono 4.4g,poly 2.7g); PROTEIN 16.5g; CHOLESTEROL 23mg; CALCIUM 38mg; SODIUM 624mg; FIBER 2.4g; IRON 1.2mg; CARBOHYDRATE 23.2g

Asian Style Three Bean Salad

Category of recipe :salads or side dish

Source: Ellie Krieger food network site recipe

Healthy Units: 3

Servings: 6

Posted by: Zephyr1

Date: 5/3/07

Ingredients :

1 pound string beans, trimmed and cut into 1-inch pieces
1 (10-ounce) bag frozen shelled edamame (green soy beans)
1 tablespoons canola oil
3 tablespoons rice wine vinegar
1/4 cup 100 percent fruit apricot preserves
1 tablespoon sugar - I subbed splenda
1 teaspoon freshly grated ginger
1 (15-ounce) can black beans, drained and rinsed
2 scallions, sliced
Salt

Instructions :

Put the string beans and frozen edamame into a steamer basket and steam them for 4 minutes. Transfer the beans to a large bowl and put them into the refrigerator to cool for 15 minutes or longer.

In a small bowl whisk together the oil, vinegar, apricot preserves, sugar and ginger. Add the black beans and scallions to the other beans, drizzle with dressing, and toss to coat. Season with salt, to taste.

Quick Barley Stew

Source: Twin Cities Star Tribune

Healthy Units: 6

Core: C + .5 (if you use FF sour cream)

Servings: 8 (1-1/4 cup servings)

Nikkie1t (Tracy)

May 3, 2007

Recipe comments: Once the seasonings are adjusted to your tastes, this dense, filling barley mixture might well go onto your list of favorite comfort foods.

My comments: The Food Editor of the Star Tribune retired after 39 years, and they featured his favorite recipes in the 4/19/07 section. This was one of them. Very tasty! I discovered mid-way through making it that the recipe called for quick-cooking barley, and I had the barley that cooks 50 minutes, so I had to simmer this for 50 minutes rather than 15, but it turned out fine.

2 oz. (1/4c.) slivered almonds
2 tbsp. olive oil
1 large onion, chopped
3 cloves garlic, minced or pressed
1 lb. fresh mushrooms, quartered
1 lb. extra lean ground beef
1 (28-oz.) can diced tomatoes, undrained
1 (10 1/2-oz.) can condensed beef broth
1 soup can water
1 c. quick-cooking barley
1 tbsp. brown sugar
1 tbsp. Worcestershire sauce
1 tbsp. paprika
2 tbsp. sherry, or to taste
1 tsp. salt, or to taste
Pepper to taste
Hot pepper sauce to taste
1 c. light sour cream

Toast the almonds in an ungreased frying pan over low-medium heat for about 7 minutes, stirring occasionally. Pour out of pan and set aside.

Heat the oil in a large Dutch oven. Sauté the onions until they become translucent. Stir in the garlic and sauté 1 minute. Stir in the mushrooms and almonds and cook 1 minute.

Brown the ground beef in the frying pan; drain well and add the drained beef to the onion-mushroom mixture. Stir in the tomatoes and their juice, the broth, water, barley, brown sugar, Worcestershire sauce, paprika, sherry, salt, pepper and hot pepper sauce.

Bring to the boil, reduce heat, cover and simmer 10 minutes. Remove the cover, raise heat to medium and cook, stirring occasionally to prevent sticking, 10 to 15 minutes until most of the liquid has been absorbed or cooked off and the barley is tender. Remove from heat.

Stir about half a cup of the hot mixture into the sour cream to temper it (just as with egg protein, to keep it from curdling), then stir the sour cream into the barley mixture. Serve immediately.

Gnocchi with Tomatoes, Pancetta and Wilted Watercress

Category: Pasta

Source: Eating Well May/June 2007

Healthy Units (WW Points): 7.5

Servings: 4

Posted by: Zephyr1

Date: 5/3/07

Ingredients:

2 ounces pancetta, chopped
3 cloves garlic, minced (added 4 cloves)
2 large tomatoes, chopped
1/2 teaspoon sugar
1/4 teaspoon crushed red pepper
2 teaspoons red-wine vinegar
1/4 teaspoon salt
1 pound gnocchi
4 ounces watercress, tough stems removed, coarsely chopped (6 cups packed)
1/3 cup freshly grated Parmesan cheese

Instructions

1. Put a large pan of water on to boil.
2. Cook pancetta in a large nonstick skillet over medium heat, stirring occasionally, until it begins to brown, 4 to 5 minutes. Add garlic and cook, stirring, for 30 seconds. Add tomatoes, sugar and crushed red pepper and cook, stirring, until the tomatoes are almost completely broken down, about 5 minutes. Stir in vinegar and salt. Remove from the heat.
3. Cook gnocchi in the boiling water until they float, 3 to 5 minutes or according to package directions. Place watercress in a colander and drain the gnocchi over the watercress, wilting it slightly. Add the gnocchi and watercress to the sauce in the pan; toss to combine. Serve immediately, with Parmesan.

NUTRITION INFORMATION: Per serving: 377 calories; 7 g fat (3 g sat, 1 g mono); 16 mg cholesterol; 63 g carbohydrate; 14 g protein; 3 g fiber; 686 mg sodium; 329 mg potassium. Nutrition bonus: Vitamin C (50% daily value), Vitamin A (45% dv), Calcium & Iron (15% dv).

4 Carbohydrate Servings

Exchanges: 4 starch, 1 vegetable, 1 fat

Beef Stroganoff

Source: CL April 2007

HUs: 8

Serves: 6

Posted by: Betty (BMS2003)

May 4, 2007

My notes: The addition of sherry adds a great change in flavor from most stroganoffs. I used sliced Portabella mushrooms instead of the Creminis and a whole wheat, no-egg noodle.

1 pound boneless sirloin steak, trimmed
Cooking spray
3 cups sliced cremini mushrooms (about 8 ounces)
1/2 cup chopped onion
1 tablespoon butter
2 tablespoons all-purpose flour
1 cup fat-free, less-sodium beef broth
1/4 cup dry sherry
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
3/4 cup reduced-fat sour cream
4 cups hot cooked egg noodles (8 ounces uncooked)
3 tablespoons minced fresh flat-leaf parsley
Fresh parsley sprigs (optional)

Cut beef diagonally across the grain into 1/4-inch-wide strips; cut the strips into 2-inch pieces. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add beef to pan; sauté 2 minutes or until lightly browned. Remove beef from pan; place in a medium bowl, and keep warm. Add cremini mushrooms and onion to pan; sauté 4 minutes. Add cremini mushroom mixture to beef.

Melt butter in pan over medium heat. Add flour. Cook 1 minute, stirring with a whisk. Gradually add broth, stirring constantly. Cook 1 minute or until thickened and bubbly, stirring constantly.

Add beef mixture, sherry, salt, and pepper to pan; bring to a boil. Reduce heat, and simmer 4 minutes. Remove from heat; let stand 30 seconds. Stir in sour cream.

Combine noodles and minced parsley. Serve beef mixture over noodles. Garnish with parsley sprigs, if desired.

Yield: 6 servings (serving size: about 2/3 cup beef mixture and 2/3 cup noodles)

NUTRITION PER SERVING

CALORIES 352(30% from fat); FAT 11.7g (sat 5.3g,mono 3.9g,poly 1g); PROTEIN 24.2g;
CHOLESTEROL 87mg; CALCIUM 40mg; SODIUM 355mg; FIBER 1.8g; IRON 3.1mg;
CARBOHYDRATE 36g

Tropical Cucumber Salad

Category: salads

Source: Eating Well May June 2007

Healthy Units (WW Points): 3

Servings: 4 (could easily do 6 servings to reduce the points)

Posted by: Zephyr1

Date: 5/4/2007

This was from Eating Well and I paired it with a simple veggie burger by Dr Praeger tonight since it is dh's late night and I do not like to cook anything too complicated. Used TJ frozen mango chunks as I had a partial bag in the freezer. This is a fabulous summer salad.

Ingredients:

- 3-5 teaspoons fish sauce
- 1 teaspoon freshly grated lime zest, plus more for garnish
- 2 tablespoons lime juice
- 1 tablespoon canola oil
- 2 teaspoons light brown sugar
- 1 teaspoon rice vinegar
- 1/4 teaspoon crushed red pepper
- 1 medium English cucumber, cut into 3/4-inch dice
- 1 avocado, cut into 3/4-inch dice
- 1 mango, cut into 3/4-inch dice (see Kitchen Tip)
- 1/4 cup chopped fresh cilantro

Whisk fish sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined. Add cucumber, avocado, mango and cilantro; gently toss to coat. Serve garnished with lime zest, if desired.

NUTRITION INFORMATION: Per serving: 169 calories; 11 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 19 g carbohydrate; 3 g protein; 5 g fiber; 178 mg sodium; 342 mg potassium.

Nutrition bonus: Vitamin C (45% daily value), Vitamin A (15% dv).

1 Carbohydrate Serving

Exchanges: 1 vegetable, 1/2 fruit, 2 fat

Banana-Coconut Ice Cream

Cooking Light, May 2007

HU: 4

Serves: 8

Posted by: HomeSchoolMel

May 7, 2007

CL: The added creaminess of two percent milk (as opposed to fat-free or one percent) makes richer ice cream with fewer ice crystals. Cream of coconut is a sweet, thick mixture that's used to make piña coladas; look for it in cans near the drink mixes.

1 1/2 cups 2% reduced-fat milk

1 cup cream of coconut

1/3 cup sugar

1 1/2 cups mashed ripe banana (about 3 bananas)

Combine first 3 ingredients in a medium bowl, stirring until sugar dissolves. Stir in banana; cover and chill.

Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.

Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.

Yield: 8 servings (serving size: about 2/3 cup)

NUTRITION PER SERVING

CALORIES 203(27% from fat); FAT 6g (sat 4.6g,mono 0.8g,poly 0.2g); PROTEIN 2g;
CHOLESTEROL 3mg; CALCIUM 58mg; SODIUM 38mg; FIBER 1.1g; IRON 0.1mg;
CARBOHYDRATE 37.2g

David Bonom

Cooking Light, MAY 2007

Warm Snow Pea Salad with Chicken

Category: Main dishes or salads

Source: Eating Well, May 2007

Healthy Units (WW Points): 6

Core: + FP (Optional)

Servings: 4

Posted by: Zephyr1

Date: 5/7/07

Ingredients:

- 1 pound boneless, skinless chicken breast, trimmed
- 1 14-ounce can reduced-sodium chicken broth
- 3 tablespoons rice vinegar
- 3 tablespoons reduced-sodium soy sauce
- 3 teaspoons toasted sesame oil, divided
- 2 tablespoons tahini or cashew butter
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced I used 4
- 1 pound snow peas, trimmed and thinly slivered lengthwise
- 2 tablespoons chopped cashews (I omitted as I did not have)

Instructions

1. Place chicken in a medium skillet or saucepan and add broth; bring to a boil. Cover, reduce heat to low, and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size pieces. (Cool and refrigerate the broth, reserving it for another use.)
2. Meanwhile, whisk vinegar, soy sauce, 2 teaspoons sesame oil and tahini (or cashew butter) in a large bowl until smooth.
3. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add ginger and garlic and cook, stirring, until fragrant, about 1 minute. Stir in slivered peas and cook, stirring, until bright green, 3 to 4 minutes. Transfer to the bowl with the dressing.
4. Add the chicken to the bowl with the peas; toss to combine. Serve sprinkled with cashews.

NUTRITION INFORMATION: Per serving: 284 calories; 13 g fat (2 g sat, 5 g mono); 64 mg cholesterol; 13 g carbohydrate; 30 g protein; 3 g fiber; 509 mg sodium; 499 mg potassium.

Nutrition bonus: Vitamin C (90% daily value), Selenium (30% dv), Iron (20% dv), Magnesium (18% dv).

1 Carbohydrate Serving

Exchanges: 1 starch, 3 very lean meat, 2 fat

Broccoli Rabe Sauté with Chicken Sausage

Entree or side dish

Source: Body and Soul Magazine May 2007

Healthy Units (WW Points): 3 points if 6 servings and if 4 servings almost 5

Core: + FP (Optional) Totally core I think

Servings: 6 as a side dish 4 as a main dish

Posted by: Zephyr1

Date :5/7/07

Michelle's Comments: I turned into 4 main meal dishes by adding a bag of that already cooked brown rice you just nuke for 1 minute. Made a fabulous main meal instead of a side dish. and was also a one pot clean up.

Ingredients

2 Tbsp EVOO

4 or more cloves of garlic

4 anchovy fillets (with feet, I used the paste - a healthy squeeze)

1/2 tsp crushed red pepper flakes

4 oz or 1 to 2 link fresh chicken sausage casing removed- (I just sliced it)

1/2 cup raisins

2 bunches broccoli rabe (I used one and one large bag spinach)

salt and pepper

1-2 tbsp of fresh lemon juice

Instructions:

Heat Evoo and add garlic and anchovy paste and red pepper flakes cook down for 1-2 minutes.

Add chicken sausage and cook 3-5 minutes then add raisins, broccoli rabe in batches till you have added it all and season with salt and pepper. Cook down to desired doneness. Remove from heat and add lemon juice to taste. (I added more red pepper flakes and maybe 1 tbsp of lemon juice instead of the 2.)

Coconut-Chile Snapper with a Caribbean Bean Puree

Category: Fish/Shellfish (FS)

Source: Cooking Light May, 2007

Healthy Units: 6

Core: C+1

Servings: 4

Posted by: ejwyatt (Emily)

Date: May 7, 2007

CL Notes: Black beans and banana form the base for the cool component of this dish.

Em's Notes: I loved the black bean puree. The sauce with the fish was pretty mild, not very spicy. I used chicken broth, because I had some open in the refrigerator.

Puree:

2 teaspoons canola oil

1/4 cup minced shallots

1 garlic clove, minced

3/4 cup thinly sliced banana (about 1 banana)

1 cup canned black beans, rinsed and drained

1/2 cup organic vegetable broth (such as Swanson Certified Organic), divided

1 tablespoon fresh lime juice

1 1/2 teaspoons ground cumin

1/4 teaspoon salt

Snapper:

1 cup shredded carrot (about 1 carrot)

1 cup light coconut milk

2 teaspoons chili powder

1/4 teaspoon salt

2 jalapeños, minced

4 (6-ounce) red snapper fillets, skinned

To prepare puree, heat oil in a large nonstick skillet over medium heat. Add shallots and garlic; cook 2 minutes or until tender, stirring occasionally. Add banana; cook 2 minutes, stirring occasionally. Stir in beans, 1/4 cup broth, juice, cumin, and 1/4 teaspoon salt; cover and simmer 5 minutes or until all liquid is absorbed. Place banana mixture and remaining 1/4 cup broth in a food processor; process until smooth.

To prepare snapper, combine carrot, milk, chili powder, 1/4 teaspoon salt, and jalapeños in a large nonstick skillet over medium-high heat; bring to a simmer. Add fish to pan; cover and simmer 7 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Yield: 4 servings (serving size: 1 fillet, 1/4 cup bean puree, and about 3 tablespoons coconut sauce)

CALORIES 312 (24% from fat); FAT 8.2g (sat 3.5g,mono 1.8g,poly 1.5g); PROTEIN 39.1g; CHOLESTEROL 63mg; CALCIUM 97mg; SODIUM 709mg; FIBER 4.7g; IRON 2.1mg; CARBOHYDRATE 22.5g

Kentucky Burgoo

Category: Soups/Stews (ST)

Source: Cooking Light May, 2007

Healthy Units: 6

Core: C+0

Servings: 8

Posted by: ejwyatt (Emily)

Date: May 8, 2007

CL Notes: Bob Edwards may not care for burgoo, but most Kentuckians can't imagine Derby Day without this thick meat and vegetable stew. Variations abound, using all kinds of meats such as lamb, veal, and game. Pass hot sauce at the table for those who want to add a little zip.

Em's Notes: I did not add hot sauce, but I do believe that some Tabasco sauce would be a nice addition.

1 tablespoon canola oil, divided
1 pound boneless sirloin steak, cut into 1-inch cubes
1/2 pound pork tenderloin, cut into 1-inch cubes
1/2 pound skinless, boneless chicken breasts, cut into 1-inch pieces
3 1/2 cups water, divided
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper, divided
1 (14-ounce) can less-sodium beef broth
1 cup (1-inch) pieces onion
1 cup (1-inch) pieces green bell pepper
1 cup (1-inch) pieces carrot
3 garlic cloves, minced
2 1/2 cups (1/2-inch) cubed peeled baking potato (about 12 ounces)
1 cup fresh or frozen lima beans
1 cup fresh or frozen corn kernels
1 cup fresh or frozen cut okra
1 tablespoon chopped fresh or 1 teaspoon dried thyme
1 tablespoon chopped fresh parsley
2 tablespoons dark brown sugar
3 tablespoons cider vinegar
2 tablespoons tomato paste
1 tablespoon Worcestershire sauce
1 (14.5-ounce) can diced tomatoes, undrained
Chopped fresh parsley (optional)

Heat 1 1/2 teaspoons oil in a large Dutch oven over medium-high heat. Add half of beef, pork, and chicken; sauté 5 minutes or until browned. Remove beef mixture from pan; repeat procedure with remaining 1 1/2 teaspoons oil, beef, pork, and chicken. Add 3 cups water, salt, 1/4 teaspoon black pepper, and broth, scraping pan to loosen browned bits. Add beef mixture, onion, bell pepper, carrot, and garlic to pan; bring to a boil. Reduce heat, and simmer, uncovered, 1 hour or until beef is tender, stirring occasionally.

Add remaining 1/2 cup water, potato, beans, corn, okra, thyme, and 1 tablespoon parsley; bring to a boil. Reduce heat, and simmer 30 minutes or until potato is tender. Stir in remaining 1/4 teaspoon black pepper, sugar, and the next 4 ingredients (through tomatoes); simmer 30 minutes or until mixture is thick. Sprinkle with additional parsley, if desired.

Yield: 8 servings (serving size: about 1 1/4 cups)

CALORIES 302 (25% from fat); FAT 8.4g (sat 2.4g,mono 4.1g,poly 1.2g); PROTEIN 29g;
CHOLESTEROL 72mg; CALCIUM 78mg; SODIUM 417mg; FIBER 4.7g; IRON 3.4mg; CARBOHYDRATE
28.2g

Banana Nut Muffins with Oatmeal Streusel

Cooking Light, MAY 2007

HU: 5 (see note)

Servings: 12 (see note)

Posted by: CJMartin717(Cindy)

May 9, 2007

CL: Whole wheat flour and oatmeal offer whole grains. The prudent amount of walnuts adds fiber, vitamin E, and unsaturated fats. The English walnuts (the most common variety in supermarkets) provide nearly 20 percent of an adequate daily intake of heart-healthy omega-3 fats per serving.

Cindy's Note: I used skim milk, subbed 3 TBsp wheat germ for an equal amount of oats, and forgot to put the 5 Tbsp of flour in the streusel. I also got the equivalent of 15 servings (12 muffins and 1 mini-loaf) which resulted in 187 calories, 6 g fat, 2 g fiber per serving (3.8 HU). I also put the nuts in the streusel rather than stirring into the batter. The mini-loaf took about an extra 7 minutes to bake. I shared these with co-workers and a friend. Here's one comment I received: "muffins = excellent! = gone".

Muffins:

- 1 1/2 cups all-purpose flour (about 6 3/4 ounces)
- 1/2 cup whole wheat flour (about 2 1/2 ounces)
- 2/3 cup packed brown sugar
- 2 teaspoons baking powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup mashed ripe banana (about 2 bananas)
- 3/4 cup 1% low-fat milk
- 3 tablespoons canola oil
- 1/2 teaspoon vanilla extract
- 1 large egg
- 1/4 cup chopped walnuts, toasted

Streusel:

- 6 tablespoons regular oats
- 5 tablespoons all-purpose flour (about 1 1/2 ounces)
- 2 tablespoons brown sugar
- 2 tablespoons butter, softened
- 1/4 teaspoon ground cinnamon

Preheat oven to 375°.

To prepare the muffins, lightly spoon 1 1/2 cups all-purpose flour and whole wheat flour into dry measuring cups; level with a knife. Combine flours and next 4 ingredients (through salt) in a large bowl; make a well in center of mixture. Combine banana and next 4 ingredients (through egg) in a bowl; stir well. Add to flour mixture. Stir just until moistened; fold in walnuts. Place 12 muffin cup liners in muffin cups. Spoon batter into 12 muffin cups.

To prepare streusel, combine oats and remaining ingredients in a small bowl. Blend with a pastry blender or 2 knives until mixture resembles coarse meal. Sprinkle streusel over batter. Bake at 375° for 22 minutes or until a wooden pick inserted in center comes out clean.

Yield: 12 muffins (serving size: 1 muffin)

CALORIES 241 (30% from fat); FAT 8.1g (sat 1.9g, mono 3.1g, poly 2.5g); PROTEIN 4.6g; CHOLESTEROL 23mg; CALCIUM 89mg; SODIUM 164mg; FIBER 2.1g; IRON 1.8mg; CARBOHYDRATE 38.9g

Sugar Seared Salmon w/Cream Sauce

Source: The Big Book of Fish and Seafood originally, reprinted in Star Tribune

Healthy Units: 8 (7 w/o sauce)

Servings: 4

Posted by Tracy (Nikkie1t)

May 9, 2007

Quick & Easy

Recipe comments: This has become one of our family's best-ever salmon dishes. It's so good, we've never even bothered with the cream sauce - just a squirt of lemon juice.

My comments: This was really good, and super quick to make. I lightened the recipe; the original ingredients are noted below. The points are for the lightened version. I agree that the cream sauce is not necessary, I will probably skip it the next time I make this. I made an individual portion rather than 4 servings.

2 tbsp. sugar

1 tsp. kosher salt

1/2 tsp. garlic powder

1/2 tsp. finely ground black pepper

4 (6-oz.) skinless salmon fillets, pin bones removed

1 tbsp. olive oil (Original recipe called for 4 tbsp. unsalted butter. You could probably cut this down further since salmon releases so much of its own oil)

1/2 c. bottled clam juice

1/4 c. half and half (originally 1/4 c. heavy cream)

chopped green onions, for garnish.

1. Mix together the sugar, salt, garlic powder and pepper in a bowl. Brush the salmon with water to moisten it. Sprinkle on both sides with all the sugar mixture.

2. Add olive oil to a large heavy skillet over medium high heat. Add the salmon and cook on both sides until it is crusty on the outside and just opaque in the center, about 4 minutes per side. Transfer each fillet to a plate.

3. Add the clam juice and half and half to the skillet. Boil until the sauce thickens enough to coat a spoon, scraping up the browned bits, about 4 minutes. Spoon the sauce over the salmon. Sprinkle with green onions and serve.

Roasted Cauliflower with Fresh Herbs and Parmesan

Category: Vegetables

CL 2006 Annual

HU: 1

Servings: 8 (1 cup each)

Posted by DebMj1

5/10/07

CL Notes: Use any fresh herbs you have on hand for this holiday recipe. While parsley, tarragon, and thyme make a nice combination, you can also try sage, chives, and rosemary.

Deb's Notes: I confess I use dried herbs to make this (1/3 of the quantity of fresh), but it was still terrific. I can only imagine it would be super with fresh herbs.

12 cups cauliflower florets (about 2 heads)
1 1/2 tablespoons olive oil
1 tablespoon chopped fresh parsley
2 teaspoons chopped fresh thyme
2 teaspoons chopped fresh tarragon
3 garlic cloves, minced
1/4 cup (1 ounce) grated fresh Parmesan cheese
2 tablespoons fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 450°.

Place cauliflower in a large roasting pan or jelly-roll pan. Drizzle with oil; toss well to coat. Bake at 450° for 20 minutes or until tender and browned, stirring every 5 minutes. Sprinkle with parsley, thyme, tarragon, and garlic. Bake 5 minutes. Combine cauliflower mixture, cheese, and remaining ingredients in a large bowl; toss well to combine.

NUTRITION PER SERVING

CALORIES 89(35% from fat); FAT 3.5g (sat 0.8g,mono 2.1g,poly 0.4g); PROTEIN 5.2g;
CHOLESTEROL 2mg; CALCIUM 83mg; SODIUM 251mg; FIBER 5.4g; IRON 1.1mg;
CARBOHYDRATE 12.1g

Rhubarb Custard Bars

Category: Desserts

Source: CL Website (Cooking Light, MAY 2002)

HU: 3

Servings: 36

Posted by: Andygrammy (Claudia)

Date: 5/10/07

CL Comments: Rhubarb, which looks like crimson celery, has a short season so stock up while you can. It freezes beautifully; just store the stalks in a heavy-duty zip-top plastic bag. You can use fresh or frozen rhubarb for this recipe. We actually preferred unthawed frozen rhubarb.

My Comments: The serving size here is not reasonable. These are dessert bars, not cookie-type bars, and are better suited to be served as larger squares and eaten with a fork. I think they'd be great with any type of fruit. We loved them.

CRUST:

1 1/2 cups all-purpose flour
1/2 cup sugar
1/8 teaspoon salt
9 tablespoons chilled butter, cut into small pieces
Cooking spray

FILLING:

1/3 cup all-purpose flour
1 1/2 cups sugar
1 1/2 cups 1% low-fat milk
3 large eggs
5 cups (1/2-inch) sliced fresh or frozen rhubarb (unthawed)

TOPPING:

1/2 cup sugar
1/2 cup (4 ounces) block-style fat-free cream cheese
1/2 cup (4 ounces) block-style 1/3-less-fat cream cheese
1/2 teaspoon vanilla extract
1 cup frozen fat-free whipped topping, thawed
Mint sprigs (optional)

Preheat oven to 350°.

To prepare crust, lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife. Combine 1 1/2 cups flour, 1/2 cup sugar, and salt in a bowl. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Press mixture into a 13 x 9-inch baking dish coated with cooking spray. Bake at 350° for 15 minutes or until crust is golden brown.

To prepare filling, lightly spoon 1/3 cup flour into a dry measuring cup; level with a knife.

Combine 1/3 cup flour and 1 1/2 cups sugar in a large bowl; add milk and eggs, stirring with a whisk until well blended. Stir in rhubarb. Pour rhubarb mixture over crust. Bake at 350° for 40 minutes or until set. Cool to room temperature.

To prepare topping, place 1/2 cup sugar, cheeses, and vanilla in a bowl; beat with a mixer at medium speed until smooth. Gently fold in whipped topping; spread evenly over baked custard. Cover and chill at least 1 hour. Garnish with mint sprigs, if desired.

Yield: 36 servings (serving size: 1 bar)

CALORIES 131 (29% from fat); FAT 4.2g (sat 2.5g,mono 1.3g,poly 0.2g); PROTEIN 2.5g;
CHOLESTEROL 29mg; CALCIUM 42mg; SODIUM 78mg; FIBER 0.5g; IRON 0.4mg;
CARBOHYDRATE 21g

Sausage and Pepper Calzones

Category: Sandwiches/Pizza (SW)

Source: Cooking Light May, 2007

Healthy Units: 6.5

Core: No

Servings: 8

Posted by: ejwyatt (Emily)

Date: May 10, 2007

Freezer Friendly

CL Notes: Coat your fingertips with flour as you crimp the calzones to prevent the dough from sticking. Use mild Italian chicken sausage, if desired.

Em's Notes: I made the dough substituting 1 C of whole wheat flour for 1 C of the all-purpose, which worked very well if you prefer whole wheat. I used mild Italian turkey sausage. I assumed that this is freezer friendly. The recipe includes freezing and re-heating instructions.

Melanie's Notes: If I were just making these for my family, I would make it easier by making two large calzones that could be sliced into 4 portions each rather than 8 individual ones. I used 1 tsp oil in the dough and eliminated the oil in the filling.

Dough:

2 3/4 cups all-purpose flour, divided (about 12 1/3 ounces) [I used 1 C WW/1 3/4 C all-purpose]

1 cup warm water (100° to 110°)

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

Dash of sugar

1 tablespoon extra-virgin olive oil

3/4 teaspoon kosher salt

Cooking spray

Filling:

1 teaspoon olive oil

2 cups thinly sliced red bell pepper (about 2)

1 cup chopped onion (about 1)

2 garlic cloves, minced

1 pound chicken apple sausage (such as Gerhard's), cut into 1/4-inch slices

3/4 cup (3 ounces) shredded part-skim mozzarella cheese

1/2 cup no-salt-added tomato sauce

1/4 cup 2% low-fat cottage cheese

2 tablespoons grated fresh Parmesan cheese

1 teaspoon dried oregano

1/2 teaspoon kosher salt

1/4 teaspoon crushed red pepper

Sausage and Pepper Calzones continued....

To prepare dough, lightly spoon flour into dry measuring cups; level with a knife. Combine 1/2 cup flour, 1 cup warm water, yeast, and sugar in a large bowl; let stand 15 minutes. Gradually add 1 3/4 cups flour, 1 tablespoon oil, and 3/4 teaspoon salt; stir until a soft dough forms. Knead until smooth and elastic (about 8 minutes); add enough of remaining 1/2 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands.

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)

To prepare filling, heat 1 teaspoon oil over medium-high heat in a large nonstick skillet. Add bell pepper, onion, garlic, and sausage; sauté 10 minutes or until tender. Spoon mixture into a bowl; cool slightly. Add mozzarella and remaining ingredients to sausage mixture; stir well.

Preheat oven to 450°.

Punch dough down; cover and let rest 5 minutes. Divide into 8 equal portions. Roll each portion into a 6-inch circle on a lightly floured surface. Spoon about 1/2 cup sausage mixture onto half of each circle, leaving a 1/2-inch border. Fold dough over filling; crimp edges of dough with fingers to seal. Place calzones on a large baking sheet lined with foil and coated with cooking spray. Pierce the tops of the dough once with a fork. Lightly coat the calzones with cooking spray. Bake at 450° for 14 minutes or until browned. Remove from oven. Cool completely on a wire rack.

Coat a sheet of foil with cooking spray. Place 1 calzone on coated side of foil; seal. Repeat procedure with remaining calzones and cooking spray. Place calzones in a heavy-duty zip-top plastic bag; freeze.

Preheat oven to 450°.

To reheat, place foil-wrapped, frozen calzones on a large baking sheet. Bake at 450° for 40 minutes or until thoroughly heated.

Yield: 8 servings (serving size: 1 calzone)

CALORIES 327 (30% from fat); FAT 10.7g (sat 3.5g,mono 2.4g,poly 0.6g); PROTEIN 16.3g; CHOLESTEROL 49mg; 124mg; SODIUM 680mg; FIBER 4g; IRON 3.2mg; CARBOHYDRATE 42g

Black Pepper Shrimp

Category: Fish/Shellfish (FS)

Source: Cooking Light May, 2007

Healthy Units: 9.5

Core: C+0.5 (if use brown rice)

Servings: 4

Posted by: ejwyatt (Emily)

Date: May 10, 2007

CL Notes: This Vietnamese-inspired meal is at its best with freshly ground black pepper.

Em's Notes: I used the 3 teaspoons of chile paste. It was spicy, but not too spicy. I used brown rice and cut the serving back to ½ cup and felt that was plenty. Cutting the rice back saves 2 points.

3/4 cup organic vegetable broth (such as Swanson Certified Organic)

1 tablespoon cornstarch

2 tablespoons low-sodium soy sauce

1 tablespoon sherry

1 teaspoon brown sugar

1 to 3 teaspoons chile paste (such as sambal oelek)

1/2 teaspoon freshly ground black pepper

1/4 teaspoon salt

1 tablespoon canola oil

2 teaspoons grated peeled fresh ginger

2 garlic cloves, minced

2 cups (1/2-inch) slices bok choy (about 4 1/2 ounces)

1 cup sliced shiitake mushrooms

1/4 cup chopped green onions

1 1/2 pounds peeled and deveined large shrimp

4 cups hot cooked rice

Combine broth and next 7 ingredients (through salt) in a medium bowl, and stir with a whisk. Set aside.

Heat oil in a wok or large nonstick skillet over medium-high heat. Add ginger and garlic; stir-fry 30 seconds. Add bok choy, mushrooms, onions, and shrimp. Stir-fry 3 minutes or until bok choy begins to wilt. Add broth mixture to pan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender and shrimp are done. Serve over rice.

Yield: 4 servings (serving size: 3/4 cup shrimp mixture and 1 cup rice)

CALORIES 465 (14% from fat); FAT 7.1g (sat 1g, mono 2.7g, poly 2.4g); PROTEIN 40.5g; CHOLESTEROL 259mg; CALCIUM 149mg; SODIUM 831mg; FIBER 2.1g; IRON 6.8mg; CARBOHYDRATE 57.3g

Cooking Light, MAY 2007

Pasta cu Vracculu Arriminatu (Pasta with Cauliflower)

Category: Main Dish, Pasta

Source: Saveur

Healthy Units: 8 per serving

Servings: 6

Posted By: Trish

Date: May 10, 2007

I used anchovy paste, because that is what I had, and added about 2 tablespoons of the paste with the tomatoes and saffron. This definitely benefits from the red pepper and saffron, otherwise it is too bland. I liked this – it was comforting with the crispy breadcrumbs. My kids liked it better than DH.

2 tablespoons anchovies, chopped
1 tablespoon olive oil
1 cup bread crumbs, fresh
1 head cauliflower, finely chopped
5 cloves garlic, peeled and chopped
1 pinch crushed red pepper
3 tablespoons tomato paste
1 pound penne pasta
1 pinch saffron
5 large tomatoes, canned, coarsely chopped
2 tablespoons chopped parsley

1. Place anchovies in a small skillet and cook, crushing with a spoon, over low heat for about 5 minutes. Set aside.

2. Toss the bread crumbs with cooking spray and bake at 350 degrees until golden (about 10 minutes). Set aside

3. Heat olive oil in a skillet over medium heat. Add cauliflower and cook, stirring, until cauliflower begins to soften, 5-10 minutes. Stir in garlic and red pepper and season to taste with salt and pepper. Dissolve tomato paste in 1/2 cup water. Reduce heat to low, add tomato paste and mix thoroughly, then cover and cook, stirring occasionally, until cauliflower is very tender, 15-20 minutes.

4. Cook pasta in a large pot of boiling salted water until al dente, about 9 minutes. Meanwhile, dissolve saffron in 1/3 cup hot water. Add saffron mixture, chopped tomatoes and anchovies to sauce. Increase heat to medium and cook, stirring, until sauce thickens. Drain pasta, toss with sauce, season with salt and black pepper and serve garnished with parsley and toasted bread crumbs.

Moussaka

Category: Poultry (P)

Source: Cooking Light, May 2007

Healthy Units: 4

Core: No

Servings: 8

Posted by: ejwyatt (Emily)

Date: May 11, 2007

CL Notes: We divided this layered Greek casserole into two dishes so you can enjoy one immediately and freeze the other for later use. Bake straight from the freezer at 375°, uncovered, for 1 hour. Cover with foil and bake an additional 30 minutes or until thoroughly heated. Or thaw in the refrigerator overnight and bake 40 minutes or until the top is bubbling and casserole is thoroughly heated.

Em's Notes: I used non-fat Fage Greek yogurt and reduced-fat feta in this recipe. I did not check to see if it changed the HU's, they are already pretty low. This makes a nice, big serving for 4 HU's.

Eggplant:

3 peeled eggplants, cut into 1/2-inch-thick slices (about 3 pounds)

1 teaspoon kosher salt

Cooking spray

1/4 teaspoon freshly ground black pepper

Meat mixture:

1 teaspoon olive oil

1 1/4 cups minced onion (about 1 large)

4 garlic cloves, minced

1 pound ground chicken breast

1/2 cup uncooked bulgur

1 1/2 tablespoons minced fresh mint

1/4 teaspoon freshly ground black pepper

1/8 teaspoon kosher salt

1/8 teaspoon ground allspice

1 (28-ounce) can diced tomatoes, undrained

Topping:

1 tablespoon butter

2 tablespoons all-purpose flour

1 cup fat-free milk

2 garlic cloves, crushed

1/2 cup (2 ounces) feta cheese (I used low-fat)

1/4 teaspoon ground nutmeg

1 cup plain low-fat yogurt (I used non-fat Greek yogurt)

Preheat oven to 425°.

continued on next page

Moussaka continued

To prepare eggplant, place eggplant on several layers of paper towels; sprinkle evenly with 1 teaspoon salt. Cover with additional paper towels; let stand 10 minutes, pressing down occasionally. Lightly coat each slice with cooking spray; sprinkle with 1/4 teaspoon pepper. Arrange eggplant in a single layer on 2 baking sheets. Bake at 425° for 8 minutes. Turn eggplant slices over. Rotate baking sheets; bake an additional 8 minutes.

To prepare meat mixture, heat oil in a large nonstick skillet over medium-high heat. Add onion, 4 garlic cloves, and chicken; sauté 6 minutes or until chicken is done. Stir in bulgur, mint, 1/4 teaspoon pepper, 1/8 teaspoon salt, allspice, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Remove from heat; cool completely.

To prepare topping, melt butter in a medium saucepan over medium heat. Add flour, stirring with a whisk until well blended. Gradually add milk, stirring with a whisk until blended. Add 2 garlic cloves; bring to a boil. Reduce heat to low; cook 2 minutes or until thickened, stirring constantly with a whisk. Pour milk mixture into a food processor; add feta and nutmeg. Process until smooth; stir in yogurt.

Coat 2 (8-inch) square baking dishes with cooking spray. Divide half of eggplant slices between each dish; top each with 1 cup meat mixture. Repeat procedure with remaining eggplant and the remaining 2 cups meat mixture. Pour 1 1/4 cups topping mixture over each. Bake at 425° for 35 minutes or until top is bubbling.

Yield: 2 casseroles, 4 servings each

CALORIES 230 (20% from fat); FAT 5.1g (sat 2.7g,mono 1.3g,poly 0.4g); PROTEIN 20g;
CHOLESTEROL 48mg; CALCIUM 167mg; SODIUM 581mg; FIBER 9.4g; IRON 1.3mg;
CARBOHYDRATE 29.4g

Smoked Trout

Source: Forgotten Internet Source, Long Long Ago

HU: 5 (**see note)

Servings: 2

Posted by: Waneyvant

Date: May 14, 2007

1 pound boneless rainbow trout, with skin (2 large fillets)

Brine:

2 c. water

juice of 1 lemon (3 T.)

5 cloves garlic, chopped

1/2 cup minced onion or 4 shallots, minced

2 T. salt

2 T. sugar

2 T. chopped fresh dill (or 2 t. dried dill)

Mix the brine thoroughly. Pour over the trout. (I used a gallon zip lock bag). Store in refrigerator for 3 to 5 hours.

Smoke trout in covered grill for 25 to 40 minutes at 250 to 300 degrees, as follows:

Soak wood chips in water for 1 hour. Build a charcoal fire on only half of your covered grill. Place a shallow pan of water in the other half of the grill. When the fire is glowing and ready for cooking, scatter wet wood chips on top of the coals. (will produce lots of smoke, which is good) Place the fish on grill directly over the pan of water. (we place fish on doubled aluminum foil, sprayed with cooking spray, then place fish on foil on grill). Put the lid on grill to trap the smoke. Do not open for 25 minutes. Test for doneness. Add additional time in 5 minute increments as necessary.

**HU: we got 2 5-oz pieces after we removed the fish from the skin after smoking. Weigh your pieces and count 1 HU for each 1 ounce.

Frango Mint Cheesecake

Cooking Light November 2005

HU: 5 per serving

Servings: 12

Posted by DebMj1

5/15/07

CL Notes: The Chicago-based department store chain Marshall Field's has sold the addictive mint-infused Frango chocolates since 1918. You can order them online or substitute 10 dark chocolate mint candies (such as Andes mints). Wrapping the outside of the pan with aluminum foil helps keep the water bath where it belongs. Serve chilled.

Deb's Notes: I used the Andes mints. This has a great flavor, but it's not very tall. I used one more sheet of graham crackers and substituted 1/4 cup of Splenda for 1/4 cup of the sugar. Balances out the calorie count. I found this should have been baked longer and will plan for an hour the next time I make it, rather than the 50 minutes called for.

2 sheets chocolate graham crackers (I used 3)

Cooking spray

1 1/4 cups sugar (I used 1 cup sugar and 1/4 cup Splenda)

3 tablespoons all-purpose flour

1/8 teaspoon salt

1 cup 1% low-fat cottage cheese

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

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

2 teaspoons vanilla extract

3 large eggs

1 large egg white

5 Frango mint candies, chopped and divided (I used 10 Andes mint candies in place of these)

Preheat oven to 350°.

Place chocolate graham crackers in a food processor; process 30 seconds or until finely ground. Sprinkle crumbs over bottom of a 9-inch spring form pan coated with cooking spray. Lightly coat crumbs with cooking spray. Wrap outside of pan with a double layer of foil.

Combine sugar, flour, and salt. Place cottage cheese and cream cheeses in a food processor; process 1 minute or until smooth. Add sugar mixture; process 1 minute or until smooth. Add vanilla, eggs, and egg white; process 1 minute or until well blended. Add half of chopped mints; pulse once to combine. Pour batter into prepared pan. Sprinkle remaining half of chopped mints evenly over batter. Place spring form pan in a jelly-roll pan or large roasting pan; add hot water to pan to a depth of 1 inch.

Bake at 350° for 50 minutes or until cheesecake center barely moves when pan is touched. Remove the cheesecake from oven; cool in pan on a wire rack 5 minutes. Run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours.

Yield: 12 servings (serving size: 1 slice)

Nutritional Information

CALORIES 222(31% from fat); FAT 7.6g (sat 4.2g,mono 1.9g,poly 0.3g); PROTEIN 9.5g; CHOLESTEROL 69mg; CALCIUM 67mg; SODIUM 229mg; FIBER 0.2g; IRON 0.4mg; CARBOHYDRATE 29.1g

Pirate Marinade

Sauces/Marinade

Source: Eating Well May/June 2007

Healthy Units are 0 per 2 teaspoon serving

Servings: Makes 2 cups. Enough for 2-4 pounds meat.

Posted by: Trish Blau

Date: May 17, 2007

We had flank steak marinated in this tonight and grilled. Very yummy. I never know quite how to count points for marinade, since I doubt much oil gets absorbed by the meat. For a 2 teaspoon serving, (suggested by Eating Well) this is 0 points. It makes enough to marinate 2-4 pounds of meat.

Ingredients

1/4 cup canola oil
1 medium onion, chopped
2 tablespoons garlic, chopped
1/2 cup soy sauce
1/4 cup red wine vinegar
1/2 teaspoon grated orange peel
1/4 cup orange juice
3 tablespoons brown sugar
2 teaspoons allspice
3/4 teaspoon pepper
1/2 teaspoon dried thyme
1/2 teaspoon clove, ground
1/2 teaspoon cinnamon
5 dashes hot sauce

Instructions

1. Heat canola oil in a large saucepan over medium-high heat. Add chopped onion and garlic and cook, stirring frequently, until translucent, about 2 minutes.
2. Transfer to a medium bowl. Stir in remaining ingredients.
3. Let cool to room temperature. Pour cooled marinade into a shallow dish or 1-gallon sealable plastic bag for marinating 1-2 pounds meat.

Saag Tofu

Vegetarian Main Courses

Source: March/April 2007

Healthy Units: 5 per serving, based on Eating Well nutritionals. 4 based on MasterCook

Servings: 4

Posted by: Trish Blau

Date: May 17, 2007

This is just as easy as the ma po tofu, and very flavorful. The curry/Indian spices are just enough without being too intense, but still adding a lot of flavor – which can be important with tofu!

Ingredients

14 ounces firm tofu

4 teaspoons canola oil

3/4 teaspoon salt

1 medium onion, sliced 1/4-inch thick

2 cloves garlic, finely chopped

1 teaspoon grated ginger root

1 teaspoon mustard seeds

1 pound spinach

1 cup low fat yogurt (I used the Fage Greek Yogurt)

1 1/2 teaspoons curry powder

1/4 teaspoon cumin

Instructions

1. Cut tofu into thirds lengthwise and eighths crosswise. Heat 2 teaspoons oil in a large non-stick skillet over medium-high heat. Add tofu and sprinkle with 1/4 teaspoon salt. Cook, stirring gently every 2-3 minutes until browned on all sides, 6-8 minutes. Transfer to a plate.

2. Add the remaining 2 teaspoons oil to the pan and reduce heat to medium. Add onion, garlic, ginger and mustard seeds and cook until the onion is translucent, 4 to 6 minutes. Add spinach in batches small enough to fit in the pan and cook, stirring frequently, until all the spinach has been added and has wilted, 4 to 6 minutes more.

3. Meanwhile, combine yogurt, curry powder, cumin and the remaining 1/2 teaspoon salt in a small bowl. Add to the pan along with the tofu and cook until heated through, about 2 minutes.

Beef and Vegetable Kebabs

Category: Meat

Cooking Light May 2006

HU: 5

Servings: 4

Posted by DebMj1

May 18, 2007

Quick & Easy

CL Notes: Using the broiler lets you enjoy the taste of kebabs year-round; they are also great cooked on the grill. Serve over rice.

Deb's Notes: I used filets instead of the sirloin, and drizzled olive oil instead of canola oil, but otherwise made them exactly as directed and they were wonderful. I did them on the grill - they took about 12 minutes to come to medium to medium well doneness.

1 pound boneless sirloin steak, trimmed and cut into 1-inch cubes

8 (1-inch) pieces yellow bell pepper (about 1 pepper)

8 small mushrooms (about 4 ounces)

8 (1-inch) pieces green onions (about 2)

8 cherry tomatoes

1 teaspoon kosher salt

1/2 teaspoon dried thyme

1/4 teaspoon freshly ground black pepper

Cooking spray

2 teaspoons canola oil

Preheat broiler (or grill).

Divide the first 5 ingredients evenly among 4 (12-inch) skewers, and sprinkle with salt, thyme, and black pepper. Place on a broiler pan coated with cooking spray; drizzle kebabs with oil.

Broil 10 minutes or until desired degree of doneness, turning once.

Yield

4 servings (serving size: 1 kebab)

Nutritional Information

CALORIES 218(41% from fat); FAT 10g (sat 3.2g,mono 4.1g,poly 1.4g); PROTEIN 26.5g; CHOLESTEROL 56mg; CALCIUM 33mg; SODIUM 529mg; FIBER 0.7g; IRON 2mg; CARBOHYDRATE 4.7g

Macadamia Coconut Lime Bars

Source: www.lightandtasty.com

HU: 3

Servings: 8 (see note)

Posted by: CJMartin717(Cindy)

May 18, 2007

Cindy's Comments: A very nice twist on the classic lemon bar and I liked having a small batch. The original recipe called for 6 servings (see NI below); but, I cut this into 8 servings for 1 less HU per serving. They're not very big; but made a nice afternoon treat and would be very good with some fresh berries on the side.

1/2 cup all-purpose flour
3 tablespoons confectioner's sugar
2 tablespoons macadamia nuts -- toasted
1/4 teaspoon lime peel -- grated
3 tablespoons light butter -- cold, cubed

FILLING

1 egg
1/2 cup sugar
3 tablespoons coconut flakes -- chopped
2 tablespoons lime juice
1 tablespoon all-purpose flour
1/4 teaspoon lime peel -- grated
1/8 teaspoon baking powder
Confectioners' sugar -- for dusting

In a food processor, combine the flour, confectioners' sugar, nuts and lime peel; cover and process until nuts are finely chopped. Add the butter; pulse just until mixture is crumbly. Press into an 8-in. x 4-in. x 2-in. loaf pan coated with nonstick cooking spray. Bake at 350° for 20-22 minutes or until golden brown.

In a small bowl, whisk the egg, sugar, coconut, lime juice, flour, lime peel and baking powder until blended. Pour over hot crust. Bake 20-22 minutes longer or until light golden brown. (I should have left mine in for about 24 minutes - the filling was still a little soft.)

Cool on a wire rack. Dust with confectioners' sugar. Cut into bars.

Per Serving (based on 6 servings): 190 Calories; 7g Fat (30.3% calories from fat); 3g Protein; 31g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 61mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 1 1/2 Other Carbohydrates. = 4.2 HU

Per Serving (based on 8 servings): 144 Calories; 5g Fat (30.0% calories from fat); 2g Protein; 24g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 46mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 1 Other Carbohydrates. = 3.1 HU

Spaghetti with Smoked Mozzarella

Category: Rice/Pasta (RP)

Source: Cooking Light May, 2003

Healthy Units: 7.5

Core: No

Servings: 4

Posted by: ejwyatt (Emily)

Date: May 20, 2007

Quick and Easy

CL Notes: Smoked mozzarella creates the flavor of pasta carbonara without the bacon. Shred the mozzarella as finely as possible so it will melt quickly. Juicy tomato slices drizzled with sweet-tart balsamic vinegar are ideal on the side.

Em's Notes: If you like smoked cheeses this is a delicious recipe. I used whole wheat pasta and cut the recipe in half. It is a quick and tasty meal. The nutritionals are based on the original recipe.

8 ounces uncooked spaghetti
2 cups (1-inch) sliced asparagus
3/4 cup 2% reduced-fat milk
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 large eggs, lightly beaten
2 garlic cloves, minced
1/3 cup (1 1/2 ounces) finely shredded smoked mozzarella cheese
1/3 cup (1 1/2 ounces) grated fresh Parmesan cheese
1/3 cup chopped fresh flat-leaf parsley
1/4 teaspoon crushed red pepper

Cook pasta in boiling water 7 minutes; add asparagus; cook 2 minutes or until pasta is al dente and asparagus is crisp-tender. Drain.

Combine milk, salt, black pepper, eggs, and garlic in a Dutch oven, stirring with a whisk until well blended. Add pasta mixture; cook over medium heat for 3 minutes or until slightly thick and creamy, stirring constantly. Add cheeses, parsley, and red pepper; cook for 1 1/2 minutes or until cheese melts, stirring constantly. Serve immediately.

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

CALORIES 363 (24% from fat); FAT 9.5g (sat 4.8g, mono 2.7g, poly 1g); PROTEIN 19.4g; CHOLESTEROL 125mg; CALCIUM 290mg; SODIUM 688mg; FIBER 3.1g; IRON 3.7mg; CARBOHYDRATE 49.5g

Cooking Light, MAY 2003

Crunchy Chow Chow

S (Salads)

Source: Cooking Light May 2007

HUs: 1

Serves: 10 (1/2 cup per serving)

Posted by: Kate (KateWD)

May 21, 2007

This was quick and easy to put together (although it does need to marinate overnight) and delicious. Keeps well for a couple of weeks in the fridge.

- 1 cup finely chopped red bell pepper
- 1 cup finely chopped green bell pepper
- 1 cup finely chopped cucumber
- 1 cup fresh corn kernels
- 1 cup finely chopped onion
- 1 cup finely chopped green tomato
- 1 cup finely chopped carrot
- 1 tablespoon salt
- 1 jalapeño pepper, seeded and finely chopped
- 6 tablespoons sugar
- 6 tablespoons cider vinegar
- 3 tablespoons water
- 1 teaspoon ground turmeric
- 1/4 teaspoon celery seed

Preparation

Combine first 9 ingredients in a glass bowl. Cover and refrigerate for 8 hours. Drain well.

Combine vegetable mixture, sugar, and remaining ingredients in a large saucepan. Cook over medium heat 5 minutes or just until heated. Serve chilled or at room temperature.

Yield

5 cups (serving size: 1/4 cup)

Nutritional Information

CALORIES 35(5% from fat); FAT 0.2g (sat 0.0g,mono 0.0g,poly 0.1g); PROTEIN 0.7g; CHOLESTEROL 0.0mg; CALCIUM 8mg; SODIUM 185mg; FIBER 1g; IRON 0.3mg; CARBOHYDRATE 8.2g

Strawberry Risotto

Category: Rice/Pasta (RP)

Source: Twelve, A Tuscan Cookbook

Healthy Units: 8

Core: No

Servings: 3

Posted by: ejwyatt (Emily)

Date: May 21, 2007

3 cups nonfat chicken broth

1 tablespoon light butter

½ medium shallot

4 ½ ounces strawberries, halved

1 ½ tablespoons brandy

9 ounces Arborio rice

¼ cup parmesan cheese

Heat the stock in a large saucepan and keep it on a gentle simmer.

Heat the butter in a heavy-bottomed saucepan. Sauté the shallot on low heat until it has softened and add 1/2 the strawberries. Cook gently for a couple of minutes, then add the brandy. When it has evaporated, add the rice and stir with a wooden spoon to coat all the rice. Season with salt and pepper and add a ladleful of hot stock, stirring almost continuously to prevent the rice from sticking.

When the rice has absorbed the liquid, add another ladleful and continue stirring, making sure that you move all the rice at the bottom of the pan with the spoon. After about 20 minutes taste the rice. It should be soft yet firm, and the texture should be creamy and slightly liquid. You may have to continue cooking it for a few more minutes.

Add the remaining strawberry halves and the parmesan cheese and stir in. Serve immediately with a grinding of black pepper and extra parmesan cheese.

Per Serving (excluding unknown items): 387 Calories; 3g Fat (7.2% calories from fat); 20g Protein; 71g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 655mg Sodium. Exchanges: 4 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

White Chocolate, Strawberry, and Oatmeal Cookies

Category: Cookies/Bars (CB)

Source: Cooking Light May, 2007

Healthy Units: 2

Core: No

Servings: 24

Posted by: ejwyatt (Emily)

Date: May 21, 2007

CL Notes: A mere one-quarter cup of butter yields crispy, light cookies and keeps calories in check. Dried strawberries lend fiber, color, and subtle sweetness. You can find them in larger supermarkets, or substitute raisins or dried cranberries. Because the dough is heavy, we used a sturdy stand mixer. You can use a hand mixer to cream the butter and sugar, then stir in the remaining ingredients by hand.

Em's Notes: I don't have a Kitchenaid, so after adding the egg and vanilla to the creamed butter-sugar, I switched to a spoon. This was easy to mix together. My cookies were done in 9-10 minutes, so check them early. I got 32 cookies from the recipe.

3/4 cup all-purpose flour (about 3 1/3 ounces)
1 cup regular oats
1/2 teaspoon baking soda
1/4 teaspoon salt
3/4 cup packed brown sugar
1/4 cup butter, softened
1 teaspoon vanilla extract
1 large egg
3/4 cup coarsely chopped dried strawberries
1/3 cup premium white chocolate chips (such as Ghirardelli)
Cooking spray

Preheat oven to 350°.

Lightly spoon flour into a measuring cup; level with a knife. Combine flour, oats, baking soda, and salt; stir with a whisk. Place sugar and butter in the bowl of a stand mixer; beat at medium speed until well blended (about 3 minutes). Add vanilla and egg; beat well. Gradually add flour mixture, beating until blended. Add strawberries and chips; beat at low speed just until blended.

Drop dough by tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 12 minutes or until lightly browned. Remove from oven; cool on pan 1 minute. Remove cookies from pan; cool completely on wire racks.

Yield: 2 dozen (serving size: 1 cookie)

CALORIES 98 (30% from fat); FAT 3.3g (sat 2.1g,mono 0.6g,poly 0.2g); PROTEIN 1.2g; CHOLESTEROL 14mg; CALCIUM 11mg; SODIUM 73mg; FIBER 0.6g; IRON 0.5mg; CARBOHYDRATE 16g

Grilled Green Beans with Gorgonzola Vinaigrette

Source: WhatsCookingAmerica.net

HU's: 1 per serving

Serves: 6

Posted By: Aimster03

Date: May 22, 2007

Amy's Notes: We really enjoyed the blend of flavors in the dressing for this recipe. Instead of grilling the beans, I steamed them. They tasted good hot and even better at room temperature.

6 cups lightly salted boiling water
1 pound green beans (approximately 5 cups), ends trimmed
1 tablespoon olive oil, divided
1/4 cup balsamic vinegar
1/4 cup crumbled gorgonzola cheese
1 tablespoon firmly packed brown sugar
4 cloves garlic, minced
1 green onion, chopped
1/2 teaspoon chopped fresh thyme
1/2 teaspoon chopped fresh basil
Coarse salt and freshly ground black pepper to taste

In a medium saucepan over medium-high heat, bring water to a boil. Add the beans and partially cook for 4 to 5 minutes (depending on the degree of doneness you want). Remove from heat. Drain the beans in a colander and immediately immerse them in an ice water bath to stop from cooking; drain and set aside.

In a small saucepan over medium heat, combine 1 1/2 teaspoons of the olive oil and vinegar, gorgonzola, brown sugar, garlic, green onion, thyme, and basil. Cook just until the ingredients start to combine, approximately 7 minutes. Remove from heat.

Toss the green beans in the remaining 1 1/2 teaspoons olive oil and season lightly with salt and pepper. Lightly grill the beans on the barbecue grill approximately 1 to 2 minutes, stirring constantly. Remove from barbecue and toss in the warm vinaigrette. Transfer to a serving platter and serve immediately.

Makes 6 servings.

Per Serving: 71 Calories; 4g Fat , 3g Dietary Fiber

Greek Salad

Source: CLBB posted by drewberry4

HUs: 4

Serves 6

Posted by: Kate (KateWD)

May 23, 2007

Notes: Truly the best Greek salad I've ever had. The original recipe called for full-fat feta and 6 T olive oil. I used reduced fat feta and cut the oil to 3T and upped the red wine vinegar to 6 T. My cukes and onions marinated overnight and I left out the mint as I don't care for it.

"Marinating the onion and cucumber in the vinaigrette tones down the onion's harshness and flavors the cucumber. For efficiency, prepare the other salad ingredients while the onion and cucumber marinate. Use a salad spinner to dry the lettuce thoroughly after washing; any water left clinging to the leaves will dilute the dressing."

Vinaigrette:

6 Tbsp red wine vinegar

1 1/2 tsp juice from 1 lemon

2 tsp minced fresh oregano leaves

1/2 tsp salt

1/8 tsp ground pepper

1 medium garlic clove, pressed through garlic press or minced (about 1 tsp)

3 Tbsp olive oil

Salad:

1/2 medium red onion, sliced thin (about 3/4 cup)

1 medium cucumber, peeled, halved lengthwise, seeded, and cut into 1/8-inch-thick slices (about 2 cups)

2 romaine hearts, washed, dried thoroughly, and torn into 1 1/2-inch pieces (about 8 cups)

2 large vine-ripened tomatoes, cored, seeded, and cut into 12 wedges each

1/4 cup loosely packed torn fresh parsley leaves

1/4 cup loosely packed torn fresh mint leaves

6 oz jarred roasted red bell peppers, cut into 1/2 by 2 inch strips

20 large kalamata olives, each olive pitted and quartered lengthwise

5 oz reduced fat feta cheese, crumbled (1 cup)

1. Whisk vinaigrette ingredients in a large bowl until combined. Add onion and cucumber and toss; let stand to blend flavors, about 20 minutes.

2. Add romaine, tomatoes, parsley, mint, and peppers to bowl with onions and cucumbers; toss to coat with dressing.

3. Transfer salad to wide, shallow serving bowl or platter; sprinkle olives and feta over salad. Serve immediately.

Polynesian Flank Steak

Source: Cooking Light June 2007

HUs: 4

Serves: 6

Posted by: Kate (KateWD)

May 24, 2007

Notes: I marinated the steak overnight, it was nice and tender and had a great sweet/salty flavor. Served it with Peach Cucumber Salsa which complimented it nicely.

Ingredients

1/3 cup pineapple juice

1/3 cup low-sodium soy sauce

1/4 cup thinly sliced green onions

1 tablespoon minced peeled fresh ginger

1 tablespoon honey

1 garlic clove, minced

1 1/2 pounds flank steak

Cooking spray

Preparation

Combine first 6 ingredients in a large zip-top plastic bag; add steak to bag. Seal and marinate in refrigerator 3 hours, turning once.

Prepare grill.

Remove steak from bag, reserving marinade. Place steak on grill rack coated with cooking spray; grill 20 minutes or until desired degree of doneness, turning and basting frequently with the reserved marinade. Let stand 10 minutes before cutting diagonally across the grain into thin slices.

Yield

6 servings (serving size: 3 ounces steak)

Nutritional Information

CALORIES 188(30% from fat); FAT 6.3g (sat 2.6g,mono 2.5g,poly 0.3g); PROTEIN 24.8g; CHOLESTEROL 42mg; CALCIUM 24mg; SODIUM 396mg; FIBER 0.2g; IRON 1.7mg; CARBOHYDRATE 6.2g

Peach and Cucumber Salsa

Source: Bon Appetit July 2003

HUs: .5 per half cup

Serves: 6

Posted by: Kate (KateWD)

May 24, 2007

Notes: This summery salsa is a great combination of sweet/salty/spicy. I used sugar free apricot preserves and I paired it with the Polynesian Flank Steak, would also be good with pork, chicken or shrimp.

2 cups diced peeled pitted peaches (about 1 1/2 pounds)

1 cup diced unpeeled English hothouse cucumber

3/4 cup diced red bell pepper

1/3 cup chopped fresh cilantro

2 tablespoons fresh lime juice

2 tablespoons apricot preserves

1 teaspoon chopped canned chipotle chilies*

Mix all ingredients in medium bowl. Season salsa to taste with salt and pepper. (Can be prepared 2 hours ahead. Cover and refrigerate. Stir to blend before serving.) Makes 3 cups.

Chicken Salad with Mint and Feta

Category: Poultry (P)

Source: Cooking Light May, 2005

Healthy Units: 5

Core: C+0.5

Servings: 6

Posted by: ejwyatt (Emily)

Date: May 24, 2007

Quick and Easy

CL Notes: This simple chicken salad is zesty with the flavors of mint, feta cheese, and lemon juice. It's great as is and also good served in a pita or on a bed of greens.

Em's Notes: I cut this recipe in half and used light feta. The light feta did not change the point count. This was very quick, easy and tasty. A very nice light summer supper or lunch.

3 cups chopped skinless, boneless rotisserie chicken breast

1/2 cup chopped yellow bell pepper

1/2 cup chopped red bell pepper

1/2 cup cubed peeled English cucumber

1/2 cup (2 ounces) crumbled feta cheese

1/4 cup chopped fresh mint

1 1/2 tablespoons chopped fresh oregano

2 tablespoons fresh lemon juice

1 1/2 teaspoons extra virgin olive oil

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Mint sprigs (optional)

Combine all ingredients except mint sprigs in a large bowl; toss gently to combine. Garnish with mint sprigs, if desired.

Yield: 6 servings (serving size: about 3/4 cup)

CALORIES 233 (28% from fat); FAT 7.3g (sat 2.7g,mono 2.7g,poly 1.1g); PROTEIN 36.9g; CHOLESTEROL 105mg; CALCIUM 75mg; SODIUM 289mg; FIBER 0.2g; IRON 1.5mg; CARBOHYDRATE 2.9g

Rice Pilaf with Pecans

Category: RP

Source: CL Website

Healthy Units: 6

Servings: 12

Posted by: Andygrammy (Claudia)

Date 5/25/07

My Comments: This was really delicious served with CL's Maple-Mustard Pork Chops. The points could be reduced by smaller servings. 1 cup seemed too much. I made half the recipe and it was a lot. I used jasmine rice because it was the only white rice I had on hand. The touch of cinnamon was barely noticeable, but I think it enhanced the flavors quite a bit.

Ingredients:

3 tablespoons olive oil
1 cup (1-inch) julienne-cut carrot
3/4 cup finely chopped onion
5 cups low-salt chicken broth
1 cup orange juice
3 cups uncooked long-grain rice
1/2 cup golden raisins
1 tablespoon sugar
3/4 teaspoon salt
1/4 teaspoon ground cinnamon
6 tablespoons finely chopped pecans

Instructions:

Heat oil in a large Dutch oven over medium-high heat. Add carrot and onion; sauté 5 minutes. Add broth and orange juice, and bring to a boil. Add rice, raisins, sugar, salt, and cinnamon. Cover, reduce heat, and simmer for 20 minutes or until liquid is absorbed. Sprinkle with pecans.

Yield: 12 servings (serving size: 1 cup)

CALORIES 276 (22% from fat); FAT 6.7g (sat 0.9g,mono 4.2g,poly 1.1g); PROTEIN 5.1g; CHOLESTEROL 0.0mg; CALCIUM 26mg; SODIUM 186mg; FIBER 1.6g; IRON 2.8mg; CARBOHYDRATE 49.2g

Cooking Light, APRIL 1995

Spinach Meatball Subs

SW (Sandwiches)

Source: Light & Tasty Annual Recipes 2007

HU: 7

Serves: 6

Posted by CJMartin717 (Cindy)

May 27, 2007

Author Note: I often make spaghetti and meatballs from this recipe. Use the meatballs with your favorite pasta and you'll have supper in a hurry. –Susan Corpman, Newhall, Iowa

Cindy's Note: I thought the spinach-beef mixture was very wet and was tempted to add some breadcrumbs or more beef; but, I wanted to follow the recipe the first time. The meatballs are soft; but they were very good. I used Jane's Basic Marinara Sauce with these. I skipped the broiling step.

2 large fresh mushrooms, quartered
2 Tablespoons Worcestershire sauce
6 garlic cloves, minced
2 Tablespoons Italian seasoning
1 teaspoon pepper
½ teaspoon salt
2 egg whites
1 package (10-oz) frozen chopped spinach, thawed and squeezed dry
¼ cup grated Parmesan (I used shredded Romano)
1 pound lean ground beef (I used 95% lean)
14 ounces jarred Marinara sauce (see my note)
6 Italian Rolls or Submarine buns, split
6 Tablespoons shredded part-skim Mozzarella cheese

In a food processor, combine the first six ingredients. Cover and process until blended. Add the egg whites, spinach, and Parmesan. Cover and process until blended. Transfer to a large bowl and crumble ground beef over mixture; mix well.

Shape into 24 meatballs. Line a baking sheet with heavy duty foil and place meatballs in pan. Bake at 400F for 10-13 minutes.

Place marinara sauce in a large saucepan and add meatballs. Bring sauce to a boil; reduce heat, cover and simmer for 15-20 minutes. Spoon meatballs and sauce onto rolls. Sprinkle with mozzarella cheese; broil 5-8 minutes or until cheese melts.

NI: 1 sandwich equals 355 calories, 9 g fat (4 g saturated fat), 53 mg cholesterol, 759 mg sodium, 40 g carbohydrate, 4 g fiber, 27 g protein. Diabetic exchange: 2 starch, 2 lean meat, 2 vegetable.

Tahini Roasted Vegetables

V (Vegetables)

Source: Light & Tasty, June/July, 2007

HU: 1.3

Servings: 6

Posted by: CJMartin717 (Cindy)

May 27, 2007

LT: Hearty vegetables are treated to a honey-tahini mixture before roasting in this delectable side dish from our Test Kitchen. It's perfect for light and bold entrees alike.

Cindy's Note: I might not be ready to try eggplant as the main ingredient; but, mixed with other veggies it was very good. I used my Pampered Chef crinkle cutter to slice the zucchini & eggplant. I made half the recipe and easily had enough for 4 good-size servings. I thought the flavors were very mild. Cumin lovers might want to add a little to the dish. Personally, I plan to toss some fresh oregano in at the end when I reheat one of the leftover servings. Addendum: I used the leftovers in a couscous salad.

- 1 medium eggplant, peeled
- 2 medium sweet red peppers
- 1 medium zucchini
- 1 medium onion
- 1 tablespoon olive oil
- 1 tablespoon tahini
- 2 teaspoons rice wine vinegar
- 2 teaspoons honey
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons minced fresh parsley

Cut the eggplant, red peppers, zucchini and onion into 1-inch pieces. Place in a 15x10x1-inch pan coated with nonstick cooking spray.

In a small bowl, combine the oil, tahini, vinegar, honey, salt and pepper. Drizzle over vegetables and toss to coat.

Bake, uncovered, at 450F for 25-30 minutes or until tender, stirring occasionally. Stir in parsley before serving.

NI: 2/3 cup equals 91 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 203 mg sodium, 13 g carbohydrate, 4 g fiber, 2 g protein. Diabetic Exchanges: 2 vegetable, 1 fat.

BLT Potato Salad

Southern Living, September 2005

Healthy Units: 4

Servings: 10 1-cup servings

Posted By: Bawstin36 (Maria)

May 28, 2007

Comments: Next time I'll use red potatoes with the skin on, for more color. I added more tomatoes than called for.

3 pounds baking potatoes -- peeled and chopped
1 cup light mayonnaise
3 tablespoons sweet pickle relish
2 tablespoons Dijon mustard
1 tablespoon chopped fresh parsley
3/4 teaspoon salt
3/4 teaspoon freshly ground pepper
1 cup cherry tomatoes -- halved
3 whole green onions -- sliced
2 whole hard-cooked eggs -- chopped
4 whole bacon slices -- cooked and crumbled
Lettuce leaves

Bring potatoes and salted water to cover to a boil in a Dutch oven. Boil 5 minutes or until tender. Drain and cool.

Stir together mayonnaise and next 5 ingredients in a large bowl; add cooked potatoes, tomatoes, green onions, and eggs, tossing gently until well blended. Cover and chill at least 3 hours. Stir in bacon just before serving. Serve on lettuce leaves.

Per Serving (excluding unknown items): 206 Calories; 7g Fat (30.8% calories from fat); 5g Protein; 31g Carbohydrate; 3g Dietary Fiber; 53mg Cholesterol; 417mg Sodium.

California Barbecued Beans

Cook's Country, June 2007

Healthy Units: 3

Servings: 14 1/2-cup servings

Posted By: Bawstinn36 (Maria)

May 28, 2007

Comments: I used deli ham but would using a ham steak next time. Some of the pieces of ham were very well done.

4 slices bacon -- chopped fine
1/2 pound ham -- chopped fine
1 whole onion -- chopped fine
4 cloves garlic cloves -- minced
1 pound kidney beans -- soaked overnight and drained
6 cups water
1 cup tomato puree
1/2 cup taco sauce
5 tablespoons packed light brown sugar
1 tablespoon dry mustard
Salt
1/4 cup chopped cilantro
2 tablespoons cider vinegar

Cook bacon and ham in Dutch oven over medium heat until fat renders and pork is lightly browned, 5 to 7 minutes. Add onion and cook until softened, about 5 minutes. Stir in garlic and cook until fragrant, about 30 seconds. Add beans and water and bring to simmer. Reduce heat to medium-low, cover, and cook until beans are just soft, about 1 hour.

Stir in tomato puree, taco sauce, sugar, mustard, and 2 teaspoons salt. Continue to simmer, uncovered, until beans are completely tender and sauce is thickened, about 1 hour. (If mixture becomes too thick, add water.) Stir in cilantro and vinegar and season with salt. Serve. (Beans can be refrigerated for up to 4 days.)

Per Serving (excluding unknown items): 183 Calories; 3g Fat (15.3% calories from fat); 12g Protein; 28g Carbohydrate; 9g Dietary Fiber; 11mg Cholesterol; 364mg Sodium.

Moroccan Swordfish with Caper-Yogurt Sauce

Category: Fish/Shellfish (FS)

Source: Cooking Light May, 2006

Healthy Units: 5

Core: Yes

Servings: 4

Posted by: ejwyatt (Emily)

Date: May 28, 2007

Quick and Easy

CL Notes: Couscous or rice would complement this main dish seasoned with spices frequently used in North African cuisine.

Em's Notes: I served this with the Toasted Millet with Parmesan. The combination of spices and the yogurt caper sauce were delicious. This was very quick and easy.

Sauce:

1/2 cup plain low-fat yogurt

1 tablespoon chopped fresh mint

1 1/2 teaspoons capers, drained

1/4 teaspoon bottled minced garlic

Dash of salt

Dash of freshly ground black pepper

Fish:

1 teaspoon paprika

1/2 teaspoon ground coriander

1/4 teaspoon salt

1/4 teaspoon ground ginger

1/4 teaspoon ground cumin

1/4 teaspoon ground cinnamon

1/8 teaspoon ground red pepper

4 (6-ounce) swordfish steaks (about 3/4 inch thick)

Cooking spray

Mint sprigs (optional)

To prepare sauce, combine the first 6 ingredients in a small bowl.

To prepare fish, heat a nonstick grill pan over medium-high heat. Combine paprika and next 6 ingredients (through red pepper); sprinkle over both sides of fish. Lightly coat both sides of fish with cooking spray; add fish to pan. Cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with the sauce. Garnish with mint sprigs, if desired.

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

CALORIES 222 (29% from fat); FAT 7.2g (sat 2.1g,mono 2.7g,poly 1.6g); PROTEIN 34.3g;
CHOLESTEROL 66mg; CALCIUM 73mg; SODIUM 383mg; FIBER 0.6g; IRON 1.8mg;
CARBOHYDRATE 3.1g

Cooking Light, MAY 2006

Hot 'n' Spicy Flank Steak

M (meat)

From Light & Tasty, June/July 2007

HU: 4.7

Servings: 6

Posted by: CJMartin717 (Cindy)

May 28, 2007

LT: With its flavorful marinade, Julee Wallberg's flank steak makes a succulent meal. "I received this recipe from a friend, and it's been a family favorite ever since," says the Reno, Nevada cook.

INGREDIENTS

3 tablespoons brown sugar
3 tablespoons red wine vinegar
3 tablespoons sherry or reduced-sodium chicken broth
3 tablespoons reduced-sodium soy sauce
1 tablespoon canola oil
1-1/2 teaspoons crushed red pepper flakes
1-1/2 teaspoons paprika
1-1/2 teaspoons chili powder
1-1/2 teaspoons Worcestershire sauce
3/4 teaspoon seasoned salt
3/4 teaspoon garlic powder
3/4 teaspoon dried parsley flakes
1 beef flank steak (1-1/2 pounds)

DIRECTIONS

In a small bowl, combine the first 12 ingredients. Pour 1/3 cup marinade into a large resealable plastic bag; add the steak. Seal bag and turn to coat; refrigerate for 1-3 hours. Cover and refrigerate remaining marinade for basting.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Grill steak, uncovered, over medium heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°), basting frequently with remaining marinade. Thinly slice steak across the grain. Yield: 6 servings.

Nutrition Facts: 3 ounces cooked beef equals 201 calories, 9 g fat (4 g saturated fat), 54 mg cholesterol, 326 mg sodium, 5 g carbohydrate, trace fiber, 22 g protein. Diabetic Exchange: 3 lean meat.

Toasted Millet with Parmesan

Category: Rice/Pasta/Grains (RP)

Source: Cooking Light May, 2007

Healthy Units: 3.5

Core: No

Servings: 5

Posted by: ejwyatt (Emily)

Date: May 28, 2007

CL Notes: This dish is similar to grits or polenta and pairs well with steak or grilled pork. For al dente texture, simmer only 15 minutes. A serving offers more than 10 percent of a day's fiber, a dose of iron, and filling protein.

Em's Notes: This was a new grain for me and was very tasty. I made ½ of the recipe and divided it into 3 servings which dropped the points slightly. I have posted it as written by CL.

1 cup uncooked millet
3 cups water
1/2 teaspoon salt
1/2 cup (2 ounces) grated fresh Parmesan cheese
1 tablespoon fresh lemon juice
2 teaspoons butter
1/2 teaspoon chopped fresh thyme
1/4 teaspoon black pepper

Place millet in a large nonstick skillet over medium heat; cook 4 minutes or until toasted, stirring constantly.

Combine millet, 3 cups water, and salt in a large saucepan; bring to a boil. Reduce heat, and simmer 20 minutes. Remove from heat; cover and let stand 10 minutes. Stir in cheese and remaining ingredients.

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

CALORIES 200 (25% from fat); FAT 5.5g (sat 2.6g,mono 1.4g,poly 1g); PROTEIN 7.5g;
CHOLESTEROL 11mg; CALCIUM 96mg; SODIUM 374mg; FIBER 3.5g; IRON 1.3mg;
CARBOHYDRATE 29.8g

Cooking Light, MAY 2007

Kentucky Chocolate Nut Tartlets

Category: Desserts (D)

Source: Cooking Light May, 2007

Healthy Units: 1.5

Core: No

Servings: 18

Posted by: ejwyatt (Emily)

Date: May 28, 2007

CL Notes: Chocolate, pecans, and bourbon fill petite versions of the state's favorite pie.

Em's Notes: These are fantastic. They taste like miniature derby pies and are very low point. I think that the next time I make them that I will use my own pie crust. This was good, but I am not particularly fond of a sweet crust of this type. These are so low in points that I didn't make any changes to the recipe.

Pastry:

1 cup all-purpose flour (about 4 1/2 ounces)
1 1/2 tablespoons sugar
1/2 teaspoon salt
1/8 teaspoon baking powder
2 tablespoons vegetable shortening
4 to 5 tablespoons ice water
Cooking spray

Filling:

3 tablespoons semisweet chocolate chips
3 tablespoons chopped pecans, toasted
2 1/2 tablespoons sugar
3 1/2 tablespoons light-colored corn syrup
1 tablespoon egg substitute
1 tablespoon bourbon
1 teaspoon all-purpose flour
1/2 teaspoon vanilla extract
Dash of salt
2 teaspoons bourbon (optional)

To prepare the pastry, lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, 1 1/2 tablespoons sugar, 1/2 teaspoon salt, and the baking powder in a food processor; pulse 3 times. Add the shortening; pulse 4 or 5 times or just until combined. Place flour mixture in a bowl. Gradually sprinkle ice water over the flour mixture; toss until moistened. Turn dough out onto a lightly floured surface, and gently knead 3 to 4 times. Press mixture into a 4-inch disk. Place between 2 sheets of plastic wrap; chill 30 minutes. Preheat oven to 375°.

Roll the dough into an 11-inch circle; remove plastic. Cut dough into 18 circles using a 2 1/2-inch cutter. (Reroll any of the remaining pieces of dough.) Fit dough into miniature nonstick muffin cups coated with cooking spray. Gently press dough into bottom and sides of cups.

To prepare filling, divide chocolate and pecans evenly among muffin cups. Combine 2 1/2 tablespoons sugar and next 6 ingredients (through dash of salt) in a small bowl; stir well with a whisk. Divide sugar mixture evenly among cups. Bake at 375° for 15 minutes or until pastry is lightly browned and the filling is set. Run a knife around each tartlet; remove from pan. Lightly brush tartlets with 2 teaspoons bourbon, if desired. Cool completely.

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

CALORIES 74 (32% from fat); FAT 2.8g (sat 0.7g,mono 1.1g,poly 0.7g); PROTEIN 1.1g;

CHOLESTEROL 0.0mg; CALCIUM 5mg; SODIUM 83mg; FIBER 0.4g; IRON 0.5mg;
CARBOHYDRATE 12.6g

Brown Sugar-Pecan Shortbread

Category: CB (Cookies/Bars)

Source : June 07 Cooking Light

Healthy Units 2 per cookie

Servings: 32

Posted by: Josephine Tomato (Jo)

Date: 5/29/07

Freezer Friendly

Ingredients

1 1/2 cups all-purpose flour (about 6 3/4 ounces)

1/4 cup cornstarch

3 tablespoons finely chopped pecans, toasted

1/8 teaspoon salt

1/2 cup butter, softened

1/2 cup packed dark brown sugar

1/4 cup ice water

2 tablespoons turbinado sugar

Jo's notes: Once shaped, may be frozen and used later. I found turbinado sugar in the baking aisle in a box near the brown sugar.

Preparation

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 3 ingredients (through salt), stirring well with a whisk. Place butter and brown sugar in a medium bowl; beat with a mixer at medium speed until light and fluffy (about 1 minute). Gradually add flour mixture, beating at low speed. (Mixture will appear crumbly.) Sprinkle ice water over flour mixture; beat at low speed just until combined. Shape the dough into 2 (6-inch-long) logs; wrap each log in plastic wrap. Chill 1 hour or until very firm.

Preheat oven to 350°.

Line baking sheets with parchment paper. Unwrap dough; cut each log into 16 slices using a serrated knife. Place dough circles 1 inch apart on prepared baking sheets. Sprinkle tops evenly with turbinado sugar, gently pressing into dough. Bake at 350° for 18 minutes or until lightly browned. Remove from baking sheets; cool on a wire rack.

Yield

32 cookies (serving size: 1 cookie)

Nutritional Information

CALORIES 70(44% from fat); FAT 3.4g (sat 1.9g,mono 1g,poly 0.3g); PROTEIN 0.7g; CHOLESTEROL 8mg; CALCIUM 5mg; SODIUM 31mg; FIBER 0.2g; IRON 0.4mg; CARBOHYDRATE 9.4g

Unbelievable Chicken

www.allrecipes.com

Healthy Units: 4 per 3 oz serving (cooked)

Servings: 6

Posted By: Bawstinn36 (Maria)

May 29, 2007

1/4 cup cider vinegar
3 tablespoons stone-ground mustard
3 cloves garlic -- peeled and minced
1 whole lime -- juiced
1/2 whole lemon -- juiced
1/2 cup brown sugar
1 1/2 teaspoons salt
1/2 teaspoon black pepper
4 teaspoons olive oil
1 1/2 pounds boneless skinless chicken breast

In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, brown sugar, salt, and pepper. Whisk in the olive oil. Place chicken in the mixture. Cover, and marinate 8 hours, or overnight.

Preheat an outdoor grill for high heat.

Lightly oil the grill grate. Place chicken on the prepared grill, and cook 6 to 8 minutes per side, until juices run clear.

Per Serving (excluding unknown items): 216 Calories; 4g Fat (19.6% calories from fat); 26g Protein; 15g Carbohydrate; trace Dietary Fiber; 66mg Cholesterol; 717mg Sodium.

Indonesian Beef Curry with Coconut Rice

Category: Meats (M)

Source: Cooking Light May, 2007

Healthy Units: 6

Core: No

Servings: 6

Posted by: ejwyatt (Emily)

Date: May 29, 2007

CL Notes: Coconut milk in the rice helps tame the heat from the Serrano chiles. For milder curry, seed the serranos.

Em's Notes: I did not seed the Serrano and it was spicy, but wonderful flavors. I made a half recipe and it worked beautifully.

Curry:	3 cardamom pods, crushed (I used ½ teaspoon of ground)
Cooking spray	1 (3-inch) cinnamon stick
1 1/2 pounds lean top round, thinly sliced	1 cup organic vegetable broth (such as Swanson Certified Organic)
1 1/2 tablespoons canola oil	1 tablespoon fresh lime juice
1/2 cup thinly sliced shallots	
2 tablespoons minced peeled fresh ginger	Rice:
6 garlic cloves, thinly sliced	1 1/4 cups water
2 Serrano chiles, thinly sliced	1 cup uncooked basmati rice
2 teaspoons ground coriander	1 cup light coconut milk
3/4 teaspoon salt	1/4 teaspoon salt
1 1/2 teaspoons ground cumin	
1/2 teaspoon ground cloves	
1/2 teaspoon freshly ground black pepper	

To prepare curry, heat a large skillet over medium-high heat. Coat the pan with cooking spray. Place half of the beef in skillet; cook 1 minute on each side or until browned. Remove the beef from pan. Keep warm. Repeat process with the remaining beef. Lower heat to medium; add oil to pan. Add shallots, ginger, garlic, and chiles; cook 4 minutes or until tender, stirring occasionally. Stir in coriander and next 6 ingredients (through cinnamon); cook 30 seconds, stirring constantly. Return beef to pan. Add broth; bring to a simmer. Cover, reduce heat, and simmer 35 minutes or until beef is tender. Uncover and cook 10 minutes or until sauce thickens. Discard cinnamon stick; stir in juice.

To prepare rice, bring 1 1/4 cups water and remaining ingredients to a boil. Cover, reduce heat, and simmer 18 minutes or until liquid is absorbed. Remove from heat. Let stand, covered, 5 minutes. Fluff with a fork. Place 2/3 cup rice onto each of 6 plates; top each serving with 1/2 cup curry.

Yield: 6 servings

CALORIES 280 (30% from fat); FAT 9.4g (sat 3.4g,mono 3.4g,poly 1.2g); PROTEIN 27.9g; CHOLESTEROL 64mg; CALCIUM 26mg; SODIUM 536mg; FIBER 1g; IRON 3.1mg; CARBOHYDRATE 18.6g

Triple Hazelnut Cheesecake

Category: Desserts (D)

Source: Cooking Light May, 2002

Healthy Units: 6.5 (4 with my changes)

Core: No

Servings: 12 (16)

Posted by: ejwyatt (Emily)

Date: May 29, 2007

CL Notes: Hazelnuts, hazelnut-chocolate spread, and fat-free cheeses make this dessert lower in saturated fat and higher in heart-healthy monounsaturated fat than most cheesecakes. Look for hazelnut-chocolate spread near the peanut butter in your supermarket.

Em's Notes: This was a very rich, nicely dense cheesecake. I thought that 1/16th was a very nice sized serving. Increasing the number of servings and subbing Splenda for the sugar reduces the points to 4 per serving.

1/2 cup chopped hazelnuts, toasted and divided	3/4 cup unsweetened cocoa
1 tablespoon light brown sugar	3/4 cup packed brown sugar
15 chocolate wafers	1/2 cup granulated sugar
1 tablespoon vegetable oil	1/2 cup hazelnut-chocolate spread (such as Nutella)
Cooking spray	2 tablespoons cornstarch
1 tablespoon instant coffee granules	2 tablespoons Frangelico (hazelnut-flavored liqueur, optional)
1 tablespoon hot water	1/4 teaspoon salt
1 (16-ounce) container fat-free cottage cheese	3 large eggs, lightly beaten
1 (8-ounce) block fat-free cream cheese	

Preheat oven to 325°.

Place 1/4 cup hazelnuts, 1 tablespoon brown sugar, and chocolate wafers in a food processor; process until finely ground. Add oil; process until crumbs are moist. Firmly press crumb mixture into bottom of a 9-inch spring form pan coated with cooking spray. Wrap outside of pan with a double layer of aluminum foil.

Combine instant coffee granules and 1 tablespoon hot water in a small bowl. Place cheeses in food processor; process until smooth. Add coffee mixture, cocoa, and next 6 ingredients (cocoa through salt); process until well blended. Add eggs; process until smooth. Pour mixture into pan.

Place pan in a large baking pan; add hot water to baking pan to a depth of 1 inch. Bake at 325° for 1 hour or until cheesecake center barely moves when pan is touched.

Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours. Remove cheesecake from spring form pan; sprinkle with 1/4 cup hazelnuts.

Yield: 12 servings

CALORIES 317 (30% from fat); FAT 10.6g (sat 2.4g, mono 6g, poly 1.7g); PROTEIN 12.3g;

CHOLESTEROL 58mg; CALCIUM 105mg; SODIUM 354mg; FIBER 3.2g; IRON 2mg; CARBOHYDRATE
44.8g

Spicy West Indian Pumpkin Soup

Category: Soups/Stews (ST)

Source: Cooking Light May, 2001

Healthy Units: 2.5

Core: C+0

Servings: 5

Posted by: ejwyatt (Emily)

Date: May 29, 2007

CL Notes: Several varieties of pumpkins grow in the Caribbean, but the most widely known is the calabaza (also known in the French West Indies as giraumon). Less watery than most squash, calabaza produces a soup with a gloriously velvety texture and concentrated flavor. If you can't find it, butternut squash makes a handy substitute. Typical of most Caribbean cooking, this soup is very spicy. For a mellower version, cut down on the amount of Scotch bonnet pepper in the recipe.

Em's Notes: This is very spicy and quite tasty. I couldn't find calabaza, so I used butternut squash.

1 1/2 tablespoons olive oil
2 1/2 cups chopped peeled calabaza or butternut squash (about 1 pound)
1 cup chopped onion
1/2 cup chopped celery
1 to 1 1/2 teaspoons minced seeded Scotch bonnet or habanero pepper
2 garlic cloves, minced
1 tablespoon brown sugar
2 teaspoons minced peeled fresh ginger
1/2 teaspoon dried thyme
1/4 teaspoon salt
2 (15.75-ounce) cans fat-free, less-sodium chicken broth
1 bay leaf

Heat the oil in a large saucepan over medium-high heat. Add squash, onion, celery, pepper, and garlic; sauté for 5 minutes. Add remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until tender. Discard bay leaf. Place half of the squash mixture in a blender, and process until smooth. Pour pureed mixture into a bowl; repeat procedure with remaining squash mixture. Return pureed mixture to pan; cook over medium heat 3 minutes or until heated.

Yield: 5 servings (serving size: 1 cup)

CALORIES 117 (32% from fat); FAT 4.2g (sat 0.6g,mono 3g,poly 0.4g); PROTEIN 3.8g; CHOLESTEROL 0.0mg; CALCIUM 60mg; SODIUM 518mg; FIBER 2.1g; IRON 1mg; CARBOHYDRATE 17.3g

Crab Cocktail with Parmesan Chips

Category: Fish/Shellfish (FS)

Source: Cooking Light May, 2005

Healthy Units: 3

Core: No

Servings: 2

Posted by: ejwyatt (Emily)

Date: May 29, 2007

CL Notes: Once cooled, rounds of melted Parmesan cheese crisp like potato chips. You can prepare the crab mixture and salsa a couple of hours before serving; refrigerate until you're ready to assemble the cocktails.

Em's Notes: This recipe is meant to be an appetizer, but it makes a nice, cool and light summer lunch.

Crab mixture:

1 tablespoon minced shallots
1 teaspoon sugar
1 teaspoon chopped fresh basil
1 teaspoon chopped fresh tarragon
2 teaspoons red wine vinegar
1 teaspoon fresh lemon juice
1 teaspoon Dijon mustard
1/2 teaspoon Worcestershire sauce
1/2 teaspoon olive oil
1/4 teaspoon hot pepper sauce
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 garlic clove, minced
4 ounces lump crabmeat, shell pieces

removed

Salsa:

2 tablespoons finely chopped fresh
pineapple
2 tablespoons finely chopped peeled mango

1 tablespoon finely chopped red bell pepper

1 teaspoon minced fresh chives

Chips:

2 tablespoons grated fresh Parmesan
cheese

To prepare crab mixture, combine first 13 ingredients in a medium bowl, stirring well with a whisk. Add crabmeat; toss gently to coat. Cover and chill until ready to use.

To prepare salsa, combine pineapple, mango, bell pepper, and chives; cover and chill until ready to use.

Preheat oven to 350°.

To prepare chips, spread 1 tablespoon cheese into a 3-inch circle on a baking sheet. Repeat procedure with remaining 1 tablespoon cheese, leaving at least 2 inches between circles. Bake at 350° for 8 minutes or until cheese begins to brown. Remove pan from oven; carefully lift chips from pan with a spatula, and place on a wire rack. Cool completely.

Spoon 1/2 cup crab mixture into each of 2 martini glasses or small bowls; top each serving with 2 tablespoons salsa and 1 chip. Serve immediately.

Yield: 2 servings

CALORIES 128 (30% from fat); FAT 4.3g (sat 1.5g,mono 1.6g,poly 0.6g); PROTEIN 14.6g;

CHOLESTEROL 62mg; CALCIUM 159mg; SODIUM 501mg; FIBER 0.6g; IRON 1mg;
CARBOHYDRATE 7.9g

Strawberry-Chocolate Tart

Cooking Light, June, 2007

Yield: 8 servings

Healthy Units: 5

Posted By: BMS2003 (Betty)

May 30, 2007

CL notes: Chill the prepared tart overnight to allow the filling to set up well. Keep the dish refrigerated until serving.

My notes: I think the next time I will just put some sliced strawberries (or other berries) on each serving rather than arranging them on the tart itself.

Crust:

1 3/4 cups regular oats
1/4 cup sugar
1/4 teaspoon salt
3 1/2 tablespoons chilled butter, cut into small pieces
2 tablespoons water
Cooking spray

Filling:

2 cups fat-free milk
1/2 cup sugar
1/3 cup unsweetened cocoa
2 tablespoons cornstarch
1 teaspoon vanilla extract
1/4 teaspoon salt
1/3 cup semisweet chocolate chips
2 1/2 cups sliced strawberries

Preheat oven to 400°.

To prepare crust, place first 3 ingredients in a food processor; process until finely ground (about 30 seconds). Add butter; pulse 3 times or until combined. Add 2 tablespoons water; pulse until dough forms. Press oat mixture into the bottom and up sides of a 9-inch round removable-bottom tart pan coated with cooking spray. Bake at 400° for 18 minutes or until browned. Cool completely on a wire rack.

To prepare filling, combine milk and next 5 ingredients (through 1/4 teaspoon salt) in a medium saucepan, stirring with a whisk until well combined. Bring to a boil over medium-high heat; reduce heat, and simmer 4 minutes or until thick, stirring constantly. Remove from heat; add chocolate chips, stirring until chips melt. Pour into cooled crust; cool for 10 minutes on wire rack. Carefully remove tart from pan; cool completely on wire rack. Arrange strawberry slices, spoke-like, on top of custard, working from outside of pan to center. Cover loosely with parchment paper coated with cooking spray; chill 8 hours or overnight.

CALORIES 270 (30% from fat); FAT 9g (sat 4.3g,mono 3.3g,poly 0.6g); PROTEIN 6.1g; CHOLESTEROL 14mg; CALCIUM 82mg; SODIUM 213mg; FIBER 4.3g; IRON 2.1mg; CARBOHYDRATE 45.7g

Sesame Brown Rice Salad with Shredded Chicken and Peanuts

Category: P (Poultry)

Source: June 07 Cooking Light

Healthy Units: 8

Servings: 4

Posted by: Josephine Tomato (Jo)

Date: 5/30/07

Quick & Easy (if) you make the rice ahead and use rotisserie chicken

CL Notes: Cook the brown rice in plenty of water so it won't be sticky. Serve with lime wedges.

Jo's Notes: I thought the serving size seemed a little chicken heavy and vegetable/rice light. I would add additional veggies next time (roasted asparagus, snow peas come to mind but it would be a great way to use up some veggie leftovers too and bulk up the serving size as well)

1 cup long-grain brown rice
2 cups shredded cooked chicken breast
1/2 cup shredded carrot
1/3 cup sliced green onions
1/4 cup dry-roasted peanuts, divided
1 tablespoon chopped fresh cilantro, divided
1/2 teaspoon salt
2 tablespoons fresh lime juice
4 teaspoons canola oil
1 teaspoon dark sesame oil
2 garlic cloves, minced

Cook rice according to package directions, omitting salt and fat. Transfer rice to a large bowl; fluff with a fork. Cool. Add chicken, carrot, onions, 2 tablespoons peanuts, 2 teaspoons cilantro, and salt to rice; toss to combine.

Combine juice and remaining ingredients in a small bowl. Drizzle oil mixture over rice mixture; toss to combine. Place 1 1/2 cups salad on each of 4 plates. Sprinkle each serving with 1 1/2 teaspoons remaining peanuts and 1/4 teaspoon remaining cilantro.

Yield: 4 servings

CALORIES 393 (30% from fat); FAT 13.3g (sat 2g, mono 6.3g, poly 4g); PROTEIN 27.8g; CHOLESTEROL 60mg; CALCIUM 44mg; SODIUM 424mg; FIBER 4g; IRON 1.7mg; CARBOHYDRATE 40.2g

Cooking Light, JUNE 2007

Grilled Eggplant Salad

Source: Cooking Light June 2007

HUs: 1

Serves: 4

Posted by: Kate

May 30, 2007

This was easy and delicious, I made it ahead of time and served it at room temp along side the Grilled Mediterranean Chicken (comp pg 2574)

Assemble this twist on eggplant parmigiana up to three hours ahead.

1 (1-pound) eggplant, cut crosswise into 1/2-inch-thick slices

Cooking spray

2 cups coarsely chopped tomato

1/4 cup (1 ounce) crumbled feta cheese

2 tablespoons chopped fresh basil

1 tablespoon red wine vinegar

1 tablespoon balsamic vinegar

2 teaspoons capers

1 teaspoon extra virgin olive oil

1/4 teaspoon dried oregano

1/4 teaspoon freshly ground black pepper

1/8 teaspoon salt

1 garlic clove, minced

Prepare grill.

Lightly coat both sides of eggplant slices with cooking spray. Place eggplant on grill rack coated with cooking spray; grill 5 minutes on each side or until tender. Cool; cut each eggplant slice into quarters. Combine eggplant, tomato, and remaining ingredients in a large bowl; toss gently.

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

CALORIES 86 (39% from fat); FAT 3.7g (sat 1.6g,mono 1.3g,poly 0.4g); PROTEIN 3.5g; CHOLESTEROL 8.3mg; CALCIUM 67mg; SODIUM 243mg; FIBER 5g; IRON 0.9mg; CARBOHYDRATE 12g

Easy Fiesta Beans

Category: Vegetables – Starch (VP)

Source: Eating Well May/June, 2007

Healthy Units: 3

Core: No

Servings: 6

Posted by: ejwyatt (Emily)

Date: May 30, 2007

Quick and Easy

Em's Notes: These are a great side dish with Mexican foods. I have made them with refried black bean and refried pinto beans. I preferred the refried pinto version. This can be as spicy as your favorite salsa.

1 16-ounce can fat-free refried beans, preferably spicy

1 15-ounce can no-salt-added pinto beans, rinsed

½ cup prepared salsa

2/3 cup grated sharp Cheddar cheese, divided

4 scallions, sliced

1. Position rack in upper third of oven; preheat broiler.

2. Combine refried beans, pinto beans, salsa and 1/3 cup cheese in a medium saucepan. Cook over medium heat, stirring, until the mixture is hot and the cheese is melted, 6 to 8 minutes.

3. Spoon the bean mixture into a 2-quart baking dish and sprinkle with the remaining 1/3 cup cheese and scallions. Broil until the cheese is lightly browned, about 2 minutes.

Per serving: 169 calories; 5 g fat (2 g sat, 0 g mono); 13 mg cholesterol; 22 g carbohydrate; 10 g protein; 7 g fiber; 519 mg sodium; 64 mg potassium.

Nutrition bonus: Calcium (15% daily value).

Slow Cooked Collard Greens

Source: Southern Living Slow-Cooker Cookbook

HUs: 1

Serves: 10

Posted By: Aimster03

May 31, 2007

Amy's Notes: This has become my family's favorite way to eat greens. Slow cooking with the smoked turkey wing makes for a great flavor. The original recipe only called for salt and pepper, the extra seasonings are my additions.

1 ¼ pounds turkey wing, R-T-C -- smoked
2 - 14.50 ounces low sodium chicken broth
5 scallions -- chopped
1 green bell pepper -- chopped
salt and pepper to taste
¼ teaspoon dry mustard
¼ teaspoon red pepper (more to taste)
¼ cup cider vinegar
1 pound collard greens -- stems removed and chopped

- 1) Remove skin and meat from turkey wing. Discard bones and skin and coarsely chop meat.
- 2) Put the chopped greens in a six quart slow cooker.
- 3) Combine the chopped turkey and next seven ingredients in a bowl and pour over collard greens.
- 4) Cook on low 9-10 hours until greens are tender.
- 5) Serve with hot sauce.

NI: Per Serving: 70 Calories; 2g Fat; 2g Dietary Fiber

Barley, Roasted Vegetables, and Feta Salad

Category: RP (Rice, Pasta, Grains)

Source: June 07 Cooking Light

Healthy Units: 6

Servings: 6

Posted by: Josephine Tomato (Jo)

Date: 5/31/07

CL Note: Grated orange rind adds a citrus note. Add a bit extra if you like.

Jo's note: I added Vidalia onion to the baking sheet with the squash to roast. Definitely could have grilled the veggies. An addition of shrimp would be nice too, just remember to add the points. All of these components could easily be made ahead and assembled just before serving. I did drain the barley when it finished cooking, seemed a little wet to me.

SALAD:

4 cups water

1 cup uncooked pearl barley

2 red bell peppers, cut into wedges

1 medium peeled eggplant, cut into 1/2-inch-thick slices

Cooking spray

1 medium zucchini, halved lengthwise

1 medium yellow squash, halved lengthwise

1/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1/4 cup chopped fresh parsley

1/4 cup chopped fresh mint

2 tablespoons chopped fresh dill

1 teaspoon grated orange rind

2 garlic cloves, minced

DRESSING:

1/3 cup red wine vinegar

5 teaspoons extra virgin olive oil

1/2 teaspoon kosher salt

1/3 cup crumbled feta cheese

To prepare salad, bring 4 cups water to a boil in a large saucepan. Add barley. Cover, reduce heat, and simmer 45 minutes or until tender. Let stand, covered, 5 minutes. Spoon barley into large bowl.

Place peppers and eggplant on one jelly-roll pan coated with cooking spray; place zucchini and squash in another jelly-roll pan coated with cooking spray. Coat vegetables with cooking spray; sprinkle with 1/4 teaspoon salt and black pepper. Place pan with squash on top rack in the oven and pan with eggplant on middle rack. Bake at 400° for 12 minutes or until squash and zucchini are tender. Remove pan with squash, and move pan with eggplant to top rack. Bake peppers and eggplant an additional 8 minutes or until tender. Cool. Cut vegetables into 1/2-inch pieces. Add vegetables, parsley, and next 4 ingredients (through garlic) to barley; toss gently.

To prepare dressing, combine vinegar, oil, and 1/2 teaspoon salt, stirring well with a whisk. Add dressing to barley mixture; toss. Sprinkle with cheese.

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

CALORIES 320 (29% from fat); FAT 10.3g (sat 3g, mono 5.3g, poly 1.4g); PROTEIN 11.1g; CHOLESTEROL 11mg; CALCIUM 129mg; SODIUM 512mg; FIBER 15.2g; IRON 3.7mg; CARBOHYDRATE 50.5g

Pan-Grilled Salmon with Mint

Category: F/S

Posted by: Danikam

HUs: 6.7

Source: Cooking Light, March 1995

Date: 6/1/07

Quick and Easy

Notes: you could easily cut back on the mint or skip it altogether as it's a bit overpowering.

Ingredients

1/2 cup rice vinegar

2 tablespoons honey

1 teaspoon vegetable oil

2 (4-ounce) salmon fillets (about 1 inch thick)

Vegetable cooking spray

1/8 teaspoon salt

1/4 cup fresh mint leaves

Preparation

Combine the first 3 ingredients in a shallow dish, and stir with a wire whisk. Add fish, turning to coat, and marinate in refrigerator for 10 minutes. Remove the fish from marinade, reserving marinade.

Coat a medium nonstick skillet with cooking spray; place over medium-high heat until hot. Add the fish, skin side down, and cook 5 minutes. Turn fish over; pour reserved marinade over fish, and cook 5 minutes or until fish flakes easily when tested with a fork. Place fish on individual serving plates; spoon pan juices over fish. Sprinkle with salt, and top with mint leaves.

Yield

2 servings

Nutritional Information

CALORIES 287(39% from fat); FAT 12.3g (sat 2.1g,mono 5.4g,poly 3.2g); PROTEIN 24.2g; CHOLESTEROL 77mg; CALCIUM 10mg; SODIUM 212mg; FIBER 0.0g; IRON 0.6mg; CARBOHYDRATE 17.5g

Green Beans with Crushed Walnuts

Category: V

Posted by: Danikam

Source: Cooking Light, December 2001

HUs: .7

Date: 6/1/07

Ingredients

1 1/4 pounds green beans, trimmed

2 teaspoons butter

2 tablespoons finely crushed walnuts

1/2 teaspoon salt

1/4 teaspoon freshly ground whole nutmeg

Preparation

Place beans in a large saucepan of boiling water; cook 5 minutes. Drain.

Heat butter in a large nonstick skillet over medium-high heat. Add walnuts; sauté for 1 minute, stirring constantly. Add beans, salt, and nutmeg; cook for 1 minute.

Yield

6 servings (serving size: 2/3 cup)

Nutritional Information

CALORIES 52(52% from fat); FAT 3g (sat 1g,mono 0.6g,poly 1.3g); PROTEIN 1.8g;
CHOLESTEROL 3mg; CALCIUM 31mg; SODIUM 213mg; FIBER 2.8g; IRON 0.9mg;
CARBOHYDRATE 5.8g

Coconut Cherry Frozen Yogurt

Category : D (Desserts)

Source adapted from The Perfect Scoop cookbook, David Lebovitz

Healthy Units 4 per ½ cup with my changes

Servings 8, makes a quart

Posted by JosephineTomato (Jo)

Date 6/2/07

Jo's notes: I used 1 ½ cups of full fat Fage and 1 ½ cups of 0 fat Fage. If you use all 0% fat, it lowers the points to 3 per ½ cup but I am not certain if it would be the right consistency. I also used light coconut milk. The coconut flavor is so mild that I could barely detect it. I used the sugar as called for but wonder if Splenda could be subbed – not sure since it is a cold dessert.

3 cups of strained yogurt* or Greek style yogurt (Fage)

¾ cup of sugar

½ teaspoon almond extract

¾ cup cherries, pits removed and roughly chopped

1 cup unsweetened coconut milk

Mix together all the ingredients. Stir until the sugar is completely dissolved. Refrigerate 1 hour. Freeze in your ice cream maker according to manufacturer's directions. (I used my Krups ice cream maker – it has the canister that you place in the freeze to get cold first) It took about 25 minutes in my ice cream maker to get fairly hard, then I put in containers in the freezer to harden more.

I can see adapting this recipe to all kinds of different flavors (peach, mint, chocolate mint). Just make sure you adjust the points if you do.

*To make 1 cup of strained yogurt, line a mesh strainer with a few layers of cheese cloth, then scrape 16 ounces or 2 cups of plain whole milk yogurt into the cheesecloth. Gather the ends and fold over the yogurt, then refrigerate for at least 6 hours. Make sure you put the strainer into another container for the liquid to collect into.

Citrus Couscous Salad

Category: RP

Source: Cooking Light, March 2003

Posted by: Danikam

HUs: 5.7

Date: 6/3/07

My notes: This is an excellent cold side dish for summer picnics. Very light and refreshing. Do not skip the fresh mint! Any combination of dried fruit would work well.

Ingredients

2 cups fresh orange juice, divided
1/2 cup water
1 teaspoon salt
1 (10-ounce) package couscous (about 1 2/3 cups)
1/2 cup dried apricots, sliced
1/2 cup dried currants
2 tablespoons red wine vinegar
1 cup chopped seeded cucumber
3/4 cup chopped green onions
1/2 cup coarsely chopped pistachios
1/4 cup chopped fresh mint
1/4 cup fresh lemon juice
2 tablespoons extra virgin olive oil

Preparation

Bring 1 1/2 cups orange juice, water, and salt to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Place couscous in a large bowl.

Combine 1/2 cup orange juice, apricots, currants, and vinegar in a small saucepan; bring to a boil. Remove from heat; let stand 15 minutes. Drain and discard cooking liquid.

Add apricot mixture, cucumber, and remaining ingredients to couscous, tossing to combine.

Yield

8 servings (serving size: 1 cup)

Nutritional Information

CALORIES 295(23% from fat); FAT 7.4g (sat 1g,mono 4.4g,poly 1.5g); PROTEIN 7.7g;
CHOLESTEROL 0.0mg; CALCIUM 43mg; SODIUM 302mg; FIBER 5g; IRON 2mg;
CARBOHYDRATE 51.4g

Ajlouk Qura'a (Mashed-Zucchini Salad)

Category: Sides/Salads

CL.Com

Healthy Units 1

Core: Yes if FF Feta used.

Servings 8

Posted by jillybean03

Date 06/03/07

In this Tunisian salad (pronounced aj-LUKE coo-rah-AH), served as an appetizer with bread, the rich flavoring lifts the blandness of zucchini. Harissa, a spicy North African sauce made with chile peppers and garlic, is available in specialty markets. You can use a good pinch of ground chile pepper instead. (Begin with a small dash--you can always add more.)

My notes: I doubled the harissa. This is an interesting side/appetizer. I enjoyed it.

1 1/4 pounds zucchini, cut into 1-inch-thick slices

1 tablespoon fresh lemon juice

1 tablespoon extra-virgin olive oil

1/2 teaspoon salt

1/2 teaspoon caraway seeds

1/2 teaspoon ground coriander

1/2 teaspoon harissa

1 garlic clove, crushed

1/4 cup (2 ounces) crumbled feta cheese

Place zucchini in a large saucepan; cover with water to 1 inch above zucchini. Bring to a boil, and cook 20 minutes or until zucchini is very tender. Drain. While zucchini is still in colander, coarsely mash zucchini with a fork; drain.

Combine juice and next 6 ingredients (juice through garlic) in a bowl; stir with a whisk. Add zucchini; toss well. Sprinkle with cheese. Serve with pita bread.

Yield: 8 servings (serving size: 1/4 cup and 1 1/2 teaspoons cheese)

CALORIES 39 (65% from fat); FAT 2.8g (sat 1g,mono 1.5g,poly 0.2g); PROTEIN 1.6g;
CHOLESTEROL 4mg; CALCIUM 37mg; SODIUM 201mg; FIBER 1g; IRON 0.4mg;
CARBOHYDRATE 2.7g

Cooking Light, OCTOBER 2001

Spicy Basque-Style Chicken

Category: Poultry (P)

Source: Cooking Light June, 2007

Healthy Units: 6

Core: C+0.5

Servings: 4

Posted by: ejwyatt (Emily)

Date: June 3, 2007

Quick and Easy

CL Notes: Smoked paprika is a traditional ingredient in Spanish cuisine. Serve this dish with saffron rice to soak up the tasty sauce.

Em's Notes: This is really tasty, Definitely use the smoked paprika, it makes the dish.

1 teaspoon smoked paprika
1/4 teaspoon black pepper
1 pound skinless, boneless chicken breast tenders
2 teaspoons olive oil
2 teaspoons bottled minced garlic
1/4 cup sliced green olives
2 (10-ounce) cans diced tomatoes and green chiles, undrained
1/4 cup finely chopped prosciutto
2 tablespoons chopped fresh parsley

Combine paprika and pepper; sprinkle evenly over chicken. Heat oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 4 minutes. Add garlic to pan; cook 30 seconds. Turn chicken over. Add olives and tomatoes to pan; bring to a boil. Reduce heat, and simmer 6 minutes. Remove chicken from pan. Increase heat to medium-high; cook 2 minutes, stirring occasionally. Sprinkle with prosciutto and parsley.

Yield: 4 servings (serving size: 3 ounces chicken, about 1/2 cup sauce, 1 tablespoon prosciutto, and 1 1/2 teaspoons parsley)

CALORIES 264 (31% from fat); FAT 9g (sat 1.6g,mono 4g,poly 2.2g); PROTEIN 36.2g; CHOLESTEROL 94mg; CALCIUM 92mg; SODIUM 876mg; FIBER 0.3g; IRON 1.4mg; CARBOHYDRATE 8g

Cooking Light, JUNE 2007

Toasted Quinoa, Snow Peas, Tomatoes, and Mozzarella Salad

Category: Salads (S)

Source: Cooking Light June, 2007

Healthy Units: 5

Core: C+0.5

Servings: 6

Posted by: ejwyatt (Emily)

Date: June 4, 2007

CL Notes: Quinoa grains are covered with a naturally occurring bitter substance called saponin. Although processors remove most of this soapy substance by either washing or polishing the grain, it is important that quinoa be thoroughly rinsed in several changes of clean water before it is cooked. For added flavor, toast it before cooking.

Em's Notes: This is very tasty and made a nice refreshing salad for a summer lunch. I cut the recipe in half and had a little too much water in the quinoa when I removed the cover. I let it simmer an extra 5 minutes uncovered to take care of the extra water.

1 1/2 cups uncooked quinoa, rinsed and drained
3 cups water
1 cup diagonally cut snow peas
3/4 cup (3 ounces) diced fresh mozzarella cheese
1/2 cup chopped red onion
1/2 cup chopped seedless cucumber
1/4 cup chopped fresh mint
2 tablespoons chopped fresh basil
1 pint cherry tomatoes, halved
1 teaspoon grated lemon rind
1/4 cup fresh lemon juice
4 teaspoons extravirgin olive oil
1 1/2 tablespoons Dijon mustard
3/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon hot pepper sauce (such as Tabasco)

Heat a medium saucepan over medium-high heat. Add quinoa to pan; cook 5 minutes or until toasted, stirring frequently. Add 3 cups water to pan; bring to a boil. Cover, reduce heat, and cook 15 minutes or until tender. Fluff with a fork; cool. Place quinoa in a large bowl. Add peas and next 6 ingredients (through tomatoes).

Combine rind and remaining ingredients in a small bowl, stirring with a whisk. Add juice mixture to quinoa mixture; toss gently to coat.

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

CALORIES 265 (29% from fat); FAT 8.6g (sat 2.5g,mono 3.5g,poly 1.5g); PROTEIN 9.1g;
CHOLESTEROL 11mg; CALCIUM 138mg; SODIUM 368mg; FIBER 4.8g; IRON 3.8mg;
CARBOHYDRATE 35.1g

Black Rice, Spinach, Salmon, and Mango Salad

Category: Salads (S)

Source: Cooking Light June, 2007

Healthy Units: 6.5

Core: No

Servings: 6

Posted by: ejwyatt (Emily)

Date: June 4, 2007

CL Notes: There are many types of black rice on the market in a range of textures. Look for a chewy-textured variety, such as Forbidden Rice by Lotus Foods.

Em's Notes: I loved the flavor and texture of the black rice. I did use the brand recommended above. I am guessing no on core, black rice is not on the core list.

1 1/2 cups black rice
Cooking spray
1 (8-ounce) salmon fillet (about 1/2 inch thick)
1/4 cup fresh lime juice
1 teaspoon kosher salt
1 teaspoon ground cumin
1 teaspoon grated peeled fresh ginger
1 garlic clove, minced
2 1/2 tablespoons canola oil
3 cups diced peeled mango (about 2 medium)
1 cup halved grape tomatoes
1/2 cup thinly sliced green onions
1/2 cup finely chopped green bell pepper
1 (6-ounce) package fresh baby spinach

Rinse rice, and drain well. Cook rice in boiling water 35 minutes or until al dente; drain. Cool.

Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon; cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Cool; break into bite-sized pieces.

Combine juice and next 4 ingredients (through garlic) in a large bowl, stirring well with a whisk. Gradually add oil to juice mixture, stirring constantly. Add rice, mango, tomatoes, onions, pepper, and spinach; toss gently. Place 1 cup rice mixture in each of 6 bowls; top each with 1 ounce salmon.

Yield: 6 servings

CALORIES 320 (28% from fat); FAT 10.1g (sat 1.3g,mono 4.9g,poly 3g); PROTEIN 13g; CHOLESTEROL 19mg; CALCIUM 59mg; SODIUM 361mg; FIBER 3.1g; IRON 2.2mg; CARBOHYDRATE 46.1g

Orzo with Zucchini, Tomatoes, and Goat Cheese

Category: Pasta

Cooking Light 2004 Annual

HU: 7 with decrease in orzo

Servings: 6

Posted by DebMj1

6/6/06

Quick and Easy

CL Notes: For a make ahead meal, cook the orzo, then toss with the rest of the ingredients in a 2 1/2 quart casserole dish sprayed with cooking spray. Store, covered, in the refrigerator for up to 24 hours. Bake at 375 for 30 minutes or until thoroughly heated.

Deb's Notes: This was great and would make a perfect vegetarian main dish or smaller servings of a side dish. I took the advice of reviewers on the CL site and decreased the orzo to 12 ounces. I may even decrease it to 10 ounces next time so that it's a little wetter. It was still a very generous serving.

1 (16-ounce) package orzo (rice-shaped pasta) - See my note
1 tablespoon olive oil, divided
2 medium zucchini, quartered lengthwise and thinly sliced
1 garlic clove, minced - I used 2 cloves
1/4 cup minced fresh parsley
1 teaspoon minced fresh or 1/4 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon black pepper
1 (14.5-ounce) can diced tomatoes with garlic and oregano
1 (7-ounce) jar roasted red bell peppers, drained and diced - I used 1/2 of a 12-ounce jar
1/2 cup (2 ounces) grated fresh Parmesan cheese
1/2 cup (2 ounces) crumbled goat cheese

Cook the pasta in a Dutch oven according to package directions, omitting salt and fat. Drain, and toss with 2 teaspoons olive oil.

Heat 1 teaspoon oil in pan over medium heat. Add zucchini; cook 7 minutes, stirring frequently. Add garlic; cook 3 minutes, stirring frequently. Stir in parsley and next 5 ingredients (parsley through bell peppers). Cook 5 minutes or until thoroughly heated. Remove from heat; stir in pasta and cheeses.

Nutritional Information - for original recipe

CALORIES 429(20% from fat); FAT 9.3g (sat 4.3g,mono 3.3g,poly 0.9g); PROTEIN 17.4g; CHOLESTEROL 15mg; CALCIUM 228mg; SODIUM 781mg; FIBER 3.9g; IRON 4.2mg; CARBOHYDRATE 67.5g

Onion and Cucumber Salad with Salmon

Category: Salad

Everyday Food July/Aug 2007

HU: 3.2

Servings: 4

Posted by Andie

6/7/06

Quick and Easy

EF Notes: Red wine vinegar can replace sherry vinegar; you'll want to then add a touch more honey to the dressing.

Andie's Notes: I LOVE this recipe. It is my new fave summer meal. It is very quick and easy. Best served after refrigerating for a little bit to let the flavors meld. I'm going to try to reduce the oil in the next batch. I don't think the whole tablespoon is needed.

3/4 pound salmon fillet -- skinned
coarse salt
ground pepper
1 tablespoon sherry vinegar
1 tablespoon olive oil
1 teaspoon honey
1/2 vidalia onion -- very thinly sliced
1/2 english cucumber -- very thinly sliced
1 tablespoon capers -- rinsed and drained

Preheat oven to 450. Place salmon on a rimmed baking sheet, season with salt and pepper. Bake just until opaque throughout, 8-10 minutes. Using a fork, gently flake fish into bite-size pieces, let cool to room temperature.

Meanwhile, in a medium bowl, whisk together vinegar, oil and honey. Season with salt and pepper. Add salmon, onion, cucumber and capers; toss to combine. Serve immediately or refrigerate up to 4 hours.

Per Serving: 145 Calories; 6g Fat; 18g Protein; 4g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 77mg Sodium.

Lager and Lemon-Grilled Chicken

Category: Poultry (P)

Cooking Light October 2005

HU: 6.5 (see note)

Servings: 4

Posted by DebMj1

6/8/07

CL Notes: Beer brings out the fresh citrusy flavor of lemon. Lime juice would work just as well. Double this easy recipe to enjoy chicken strips over mixed salad greens, in warm corn tortillas with salsa, or as the basis of a cool chicken salad.

Deb's Notes: This was the best grilled chicken I've ever had, including anything I've ever gotten in a restaurant. The nutritionals in CL include all the marinade. You will pour most of it off, if you assume that only 1/4 of the marinade stays with the dish (and I think it's even less than that), it's 4 1/2 points per serving. I marinated mine for 8 hours; it will add more flavor and further tenderize the chicken without turning it to mush. I'll definitely double the recipe and keep leftovers to top Caesar salads.

1 cup lager beer (such as Budweiser)
1/4 cup fresh lemon juice
3 tablespoons low-sodium soy sauce
1 1/2 tablespoons olive oil
2 teaspoons chopped fresh oregano
1 teaspoon chopped fresh thyme
1 teaspoon freshly ground black pepper
2 teaspoons honey
1/4 teaspoon Worcestershire sauce
3 garlic cloves, minced
4 (6-ounce) skinless, boneless chicken breast halves
Cooking spray

Combine first 10 ingredients in a large zip-top plastic bag. Add chicken; seal and marinate in refrigerator 3 hours, turning bag occasionally. Remove the chicken from bag; discard marinade.

Prepare grill to medium-high.

Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done.

Nutritional Information

CALORIES 304(24% from fat); FAT 8.1g (sat 1.8g,mono 3.1g,poly 1.8g); PROTEIN 53g;
CHOLESTEROL 145mg; CALCIUM 30mg; SODIUM 195mg; FIBER 0.1g; IRON 1.9mg;
CARBOHYDRATE 2.1g

Chicken & Asparagus with Melted Gruyere

Category: Poultry (P)

Source: Eating Well May/June, 2007

Healthy Units: 7

Core: No

Servings: 4

Posted by: ejwyatt (Emily)

Date: June 10, 2007

Quick and Easy

Em's Notes: I used fresh thyme and a few red pepper flakes. This was very quick and easy. Be sure to serve it with rice to soak up all the sauce.

Ingredients

8 ounces asparagus, trimmed and cut into 1-inch pieces

2/3 cup reduced-sodium chicken broth

2 teaspoons plus 1/4 cup all-purpose flour, divided

4 boneless, skinless chicken breasts (1-1 1/4 pounds), trimmed

1/4 teaspoon salt

1/2 teaspoon freshly ground pepper

1 tablespoon canola oil

1 shallot, thinly sliced

1/2 cup white wine

1/2 cup reduced-fat sour cream

1 tablespoon chopped fresh tarragon

2 teaspoons lemon juice

2/3 cup shredded Gruyère cheese

Instructions

1. Place a steamer basket in a large saucepan, add 1 inch of water and bring to a boil. Add asparagus; cover and steam for 3 minutes. Uncover, remove from the heat and set aside.
2. Whisk broth and 2 teaspoons flour in a small bowl until smooth. Set aside.
3. Place the remaining 1/4 cup flour in a shallow dish. Sprinkle chicken with salt and pepper and dredge both sides in the flour, shaking off any excess.
4. Heat oil in a large skillet over medium heat. Add the chicken and cook until golden brown, 3 to 4 minutes per side, adjusting heat as needed to prevent scorching. Transfer to a plate and cover to keep warm.
5. Add shallot, wine and the reserved broth mixture to the pan; cook over medium heat, stirring, until thickened, about 2 minutes. Reduce heat to medium-low; stir in sour cream, tarragon, lemon juice and the reserved asparagus until combined. Return the chicken to the pan and turn to coat with the sauce. Sprinkle cheese on top of each piece of chicken, cover and continue cooking until the cheese is melted, about 2 minutes.

Nutrition Information

Per serving: 306 calories; 15 g fat (6 g sat, 5 g mono); 91 mg cholesterol; 7 g carbohydrate; 31 g protein; 1 g fiber; 298 mg sodium; 343 mg potassium.

Nutrition bonus: Selenium (36% daily value), Calcium (25% dv), good source of omega-3s

Tomato-Mushroom Galette

Category: Vegetarian/Meatless (VG)

Source: Vegetarian Times e-mail message

Healthy Units: 5

Core: No

Servings: 4

Posted by: ejwyatt (Emily)

Date: June 11, 2007

VT Notes: This savory tart, somewhere between a pizza and a pie, with its free-form crust makes a casual meal served warm.

Em's Notes: I used a whole wheat version of my family's pie crust. This is a delicious vegetarian meal.

2 Tbs. olive oil, preferably extra-virgin

1 large onion, thinly sliced (3 cups)

½ lb. sliced cremini mushrooms

1 homemade or prepared pie crust for 9-inch pie

4 oz. chèvre (goat cheese), crumbled (1 cup)

2 tsp. coarsely chopped fresh thyme or rosemary, or ½ tsp. dried

2 to 3 medium tomatoes, cut into ¼-inch-thick slices, then cut in half
salt and pepper to taste.

Directions:

Preheat oven to 450°F. In medium skillet, heat 1 Tbs. oil over medium-high heat.

Add onion and cook, stirring often, until softened and golden brown, 8 to 10 minutes.

Season with salt and pepper.

Transfer onions to bowl. Heat remaining tablespoon oil in skillet. Add mushrooms and cook, stirring often, until softened and juices have evaporated, about 6 minutes. Season with pinch of salt and pepper.

Add mushrooms to bowl with onions and mix gently.

Lay dough flat on baking sheet. Distribute onion-mushroom mixture evenly on top, leaving 1-inch border.

Dot with chèvre, and sprinkle with thyme and pepper to taste.

Starting from outer edge of onion mixture, arrange tomato slices on top. Sprinkle with pinch of salt and pepper.

Fold pastry over topping, crimping dough every inch or two.

Bake until crust is golden, 18 to 20 minutes. Transfer to wire rack to cool slightly. Cut into 4 wedges and serve warm.

PER Serving: 260 CAL; 4 G PROT; 6 G TOTAL FAT (4 SAT. FAT) ; 48 G CARB.; 15 MG CHOL; 190 MG SOD.; 3 G FIBER;

Beef with Rosemary-Mushroom Sauce

Category: Meat

Cooking Light 2002 Annual

HU: 4

Servings: 4

Posted by DebMj1

6/12/07

CL Notes: The robust sauce is also good over mashed potatoes.

Deb's Notes: I couldn't find beef consommé so I used Campbell's double-strength beef broth. Too salty! Next time, I'll just regular beef broth. I also thought the addition of 8 ozs. of tomato sauce would be kind of strange, so I added 1 Tbsp. of tomato paste instead. It was perfect.

1 (8-ounce) package presliced mushrooms
1 cup dry red wine (I used a valpolicella)
1 pound boneless top sirloin steak (about 3/4 inch thick)
Cooking spray
1 cup chopped green onions
1/4 cup chopped fresh parsley, divided
1 1/2 teaspoons chopped fresh or 1/2 teaspoon dried rosemary
1 teaspoon balsamic vinegar
4 garlic cloves, minced
1 (10 1/2-ounce) can beef consommé (see notes)
1 (8-ounce) can no-salt-added tomato sauce (see notes)

Combine the presliced mushrooms, wine, and steak in a large zip-top plastic bag, and seal. Marinate in the refrigerator for 30 minutes, turning occasionally. (I marinated for over an hour.)

Remove the steak from bag, reserving marinade. Place a large nonstick skillet coated with cooking spray over medium-high heat. Add steak; cook for 6 minutes or until desired degree of doneness, turning after 3 minutes. Remove from pan.

Combine the onions, 2 tablespoons parsley, rosemary, and remaining ingredients. Add onion mixture and reserved marinade to pan. Bring to a boil; cook until reduced to 2 cups (about 15 minutes), stirring frequently.

Cut the beef diagonally across grain into thin slices. Place beef on a serving platter. Spoon the mushroom sauce over beef. Sprinkle with 2 tablespoons parsley.

CALORIES 229(26% from fat); FAT 6.6g (sat 2.3g,mono 2.5g,poly 0.7g); PROTEIN 30g; CHOLESTEROL 69mg; CALCIUM 55mg; SODIUM 479mg; FIBER 1.7g; IRON 5.1mg; CARBOHYDRATE 12.4g

Pork Chops with Zesty Sauce

Category: M

Source: Jacques Pepin, Fast Food My Way

Healthy Units: 5

Servings: 4

Posted by: MissVN (Victoria)

Date : June 13, 2007

Ingredients

1/4 cup water
3 tablespoons chili sauce
1 teaspoon Tabasco sauce
2 teaspoons soy sauce
1 teaspoon steak sauce
4 medium pork loin chops
1 teaspoon butter
1 teaspoon olive oil
3/4 teaspoon salt
3/4 teaspoon freshly ground black pepper
1/4 cup red wine vinegar
1/2 cup onion, chopped
1/3 cup scallions, minced
2 teaspoons garlic, chopped
1 cup tomato, diced
1/4 cup kalamata olive, pitted

Instructions

1. For the sauce: Mix the water, chili sauce, Tabasco, soy sauce and steak sauce in a small bowl.
2. For the pork chops: Trim the chops of any fat. Heat the oven to 180 degrees.
3. Heat the butter with the olive oil in a heavy skillet over high heat until hot. Sprinkle the meat with the salt and pepper and add to the skillet Cook for about 4 minutes on each side, or until nicely browned. Arrange the meat on an ovenproof plate and keep it warm in the oven.
4. Add the vinegar to the drippings in the skillet and cook over high heat for about 1 minute to reduce and mellow the vinegar. Add the onion, scallions, garlic and tomato and cook for about 2 minutes over high heat. Stir in the olives and any juices that the meat has rendered and bring back to a boil. Coat the chops with the sauce and serve immediately.

Strawberry-Black Pepper Tart for Two

Dessert

Source: Eating Well

HU: 6.5

Makes 2 servings

Posted by: CJMartin717 (Cindy)

June 17, 2007

Ingredients

Crust for Two (see next page)

All-purpose flour for dusting

1 ½ cups sliced strawberries

4 teaspoons sugar

1 teaspoon all-purpose flour

1 teaspoon cornstarch

½ teaspoon coarsely ground pepper

Pinch of salt

1. Preheat oven to 375°F.
2. Prepare Crust for Two.
3. Place parchment paper or a silicone baking mat on a work surface, dust with flour and turn the dough out onto it. Dust the dough with flour and roll into a rough 9-inch circle, dusting with flour as necessary to prevent sticking. Transfer paper or mat and the crust to a baking sheet.
4. Toss strawberries with sugar, 1 teaspoon flour, cornstarch, pepper and salt in a medium bowl. Mound the strawberry mixture in the center of the crust, leaving about a 2-inch border around the outside. Pick up the edges of the crust using a spatula and fold over the berries. (The crust will not meet in the center.)
5. Bake the tart until the crust is lightly browned and the filling is bubbling, 40 to 42 minutes. Let cool on the baking sheet for 15 minutes before serving.

Nutrition Information

Per serving: 311 calories; 13 g fat (5 g sat, 4 g mono); 15 mg cholesterol; 44 g carbohydrate; 4 g protein; 5 g fiber; 220 mg sodium; 207 mg potassium.

Nutrition bonus: Vitamin C (120% daily value), Fiber (20% dv).

Exchanges: 1 1/2 starch, 1 1/2 other carbohydrates; 2 1/2 fat; 2 Carbohydrate Servings.

Crust for Two (use with Strawberry-Black Pepper Tart for Two on previous page)

Dessert

Source: Eating Well

HU: 5.2 (crust only)

Makes 2 servings

Posted by: CJMartin717 (Cindy)

June 17, 2007

Ingredients

¼ cup whole-wheat pastry flour

¼ cup all-purpose flour

1 teaspoon sugar

1/8 teaspoon salt

1 tablespoon cold unsalted butter, cut into 4 chunks

1 tablespoon canola or walnut oil

¼ teaspoon distilled white vinegar

1-2 tablespoons cold water

Instructions

Mix whole-wheat flour, all-purpose flour, sugar and salt in a medium bowl. Cut in butter with a pastry cutter or fork until it is smaller than peas. Stir in oil and vinegar. Mix in enough water so the dough is evenly moist and a little crumbly but not wet. Gather the dough into a ball, then pat it into a disk.

Tip: Wrap in plastic wrap and refrigerate for up to 3 days. Let stand at room temperature for about 5 minutes before rolling. White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour.

Nutrition Information

Per serving: 227 calories; 13 g fat (5 g sat, 4 g mono); 15 mg cholesterol; 24 g carbohydrate; 3 g protein; 2 g fiber; 146 mg sodium; 15 mg potassium.

Exchanges: 1 1/2 starch, 2 1/2 fat; 1 1/2 Carbohydrate Servings.

Cilantro Citrus Chicken

Cooking Light, SEPTEMBER 2006

Healthy Units: 5

Yield: 12 servings (serving size: 1 chicken breast half)

Core: yes

Posted By: Bawstinn36 (Maria)

June 18, 2007

Chicken stays juicier and more flavorful when it cooks on the bone. You can cut up the leftover chicken and toss it with mixed greens and chopped vegetables for a healthful lunch salad.

Comments: Orange juice is not core, but 1/4 cup spread over 12 servings is 0 HU's. I put the marinade together at lunchtime and stabbed my chicken with a fork before placing it in the bag. Very juicy.

1/2 cup chopped onion
1/3 cup fresh cilantro leaves
1/4 cup fresh parsley leaves
1/4 cup fresh orange juice
1/4 cup fresh lime juice
2 tablespoons olive oil
6 garlic cloves
12 (8-ounce) skinless, bone-in chicken breast halves
2 teaspoons salt
1 teaspoon ground cumin
1/2 teaspoon freshly ground black pepper
Cooking spray

Combine first 7 ingredients in a food processor; process until smooth. Place 6 chicken breast halves and half of herb mixture in a large zip-top plastic bag. Place remaining breast halves and remaining herb mixture in a second large zip-top plastic bag. Seal and marinate in refrigerator 1 hour, turning bags occasionally.

Prepare grill.

Remove chicken from bag; discard marinade. Let chicken stand 15 minutes. Sprinkle chicken evenly with salt, cumin, and pepper. Place chicken, breast side down, on a grill rack coated with cooking spray. Grill 12 minutes on each side or until a thermometer registers 165°, turning once.

CALORIES 227 (26% from fat); FAT 6.6g (sat 1.5g,mono 3.1g,poly 1.2g); PROTEIN 37.3g; CHOLESTEROL 102mg; CALCIUM 27mg; SODIUM 484mg; FIBER 0.3g; IRON 1.5mg; CARBOHYDRATE 2.4g

Sage-rubbed Pork Tenderloins with Sage Butter

Source: Sunset June 2007

HU: 6.6 (4.6 if you decrease the sage butter - see my notes)

Servings: 8

Posted by: Tracy (Nikkie1t)

Date: June 19, 2007

Comments: I made this recipe because it used the sage I have growing on my deck, and anchovy paste I had in my refrigerator. The flavors were outstanding, especially the sage butter.

2 tablespoons crumbled dried sage
1 1/2 teaspoons brown sugar
1 1/2 teaspoons coarse kosher salt
1 teaspoon garlic powder
1 teaspoon freshly ground black pepper
2 3/4- to 1-lb. pork tenderloins
6 tablespoons butter, preferably unsalted (I used 4 T.)
2 tablespoons olive oil (I used 1 T.)
1/4 cup packed fresh sage leaves, plus sprigs for garnish, if you like
1 garlic clove, slivered
1 teaspoon mashed anchovy fillet, or salt to taste (I used 3/4 t.)
Olive-oil or vegetable-oil spray

1. Stir together dried sage, brown sugar, salt, garlic powder, and pepper and massage into tenderloins. Let sit, covered, at room temperature 25 to 30 minutes.
2. Meanwhile, prepare a gas or charcoal grill for a two-level fire, with one side at high heat and the other at medium (5 seconds with the hand test).
3. In a small saucepan over medium-low heat, cook butter, olive oil, fresh sage, and garlic about 10 minutes; stir in anchovy and remove from heat. Let sit 10 minutes. Strain butter and keep warm.
4. Spray tenderloins generously with oil. Arrange on a cleaned, oiled cooking grate over high heat, angling thinner ends away from hottest part of fire. Grill uncovered, turning occasionally, until browned on all sides, about 5 minutes total. Move tenderloins to medium heat (cover if using gas) and grill, turning occasionally, until internal temperature reaches 150° and center has a touch of pink remaining (cut to check). Time depends on meat's thickness: Thin tenderloins (about 1 1/2 in. diameter) require 8 to 10 minutes; plump tenderloins (up to 2 1/2 in. diameter) may need twice that long. Remove from grill, tent with foil, and let pork rest 10 minutes before carving. Cut into thin slices, garnish with sage sprigs, if you like, and serve with sage butter.

NI per serving: CALORIES 256 (67% from fat); FAT 19g (sat 7.8g); PROTEIN 20g; CHOLESTEROL 86mg; SODIUM 525mg; FIBER 0.1g; CARBOHYDRATE 1.9g

Toasted Millet and Confetti Vegetable Salad with Sesame and Soy Dressing

Category: Salads (S)

Source: Cooking Light June, 2007

Healthy Units: 4.5

Core: C+1

Servings: 4

Posted by: ejwyatt (Emily)

Date: June 19, 2007

CL Notes: Dating back to Biblical times, millet is a tiny, rounded, pale golden (though some strains are red) grain. Although it remains a staple in African and Asian diets, it is less widely consumed in America.

Dressing:

3 tablespoons rice vinegar
1 tablespoon cold water
1 tablespoon low-sodium soy sauce
1 teaspoon canola oil
1/2 teaspoon dark sesame oil
1 teaspoon grated peeled fresh ginger
1/2 teaspoon salt
1 garlic clove, minced

2 cups water
3 tablespoons chopped walnuts
1 tablespoon low-sodium soy sauce
1 cup diced carrot
1 cup chopped fresh cilantro
1/2 cup finely chopped red bell pepper
1/2 cup finely chopped green bell pepper
1/2 cup thinly sliced green onions
1 tablespoon finely chopped seeded jalapeño pepper

Salad:

1 cup uncooked millet

To prepare dressing, combine the first 8 ingredients in a small bowl.

To prepare salad, heat a medium saucepan over medium-high heat. Add millet to pan; cook 5 minutes or until golden, stirring often. Add 2 cups water; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Remove from heat; let stand, covered, 10 minutes. Fluff with a fork. Cool completely.

Heat a small saucepan over medium-high heat. Add nuts; cook 3 minutes or until lightly toasted, stirring occasionally. Add 1 tablespoon soy sauce; cook 30 seconds, stirring constantly.

Cook carrot in boiling water 3 minutes or until tender. Drain; rinse with cold water. Drain. Combine millet, carrot, cilantro, bell peppers, onions, and jalapeño in a large bowl. Drizzle dressing over the millet mixture; toss well. Top with walnuts.

Yield: 4 servings (serving size: 1 3/4 cups salad and 2 teaspoons nuts)

CALORIES 238 (28% from fat); FAT 7.3g (sat 0.8g, mono 1.7g, poly 3.9g); PROTEIN 7.3g; CHOLESTEROL 0.0mg; CALCIUM 35mg; SODIUM 587mg; FIBER 5.6g; IRON 4.5mg; CARBOHYDRATE 42.1g

Grilled Shrimp Skewers with Summer Fruit Salsa

Category: Fish/Shellfish (FS)

Source: Cooking Light June, 2006

Healthy Units: 5

Core: C+1

Servings: 6

Posted by: ejwyatt (Emily)

Date: June 20, 2007

CL Notes: Fresh fruit and succulent grilled shrimp capture the essence of summer in this dish

Em's Notes: The fruit salsa is fantastic and would be great with grilled chicken or other grilled fish or shellfish.

Salsa:

1/2 cup chopped ripe plum (about 1)
1/2 cup diced apricots (about 2)
1/2 cup diced nectarine (about 1)
2 tablespoons thinly sliced fresh mint
2 tablespoons diced red onion
1 tablespoon minced seeded serrano chile
1 teaspoon grated lime rind
3 tablespoons fresh lime juice
1 tablespoon honey
1/4 teaspoon salt
1/8 teaspoon ground red pepper

12 sweet cherries, pitted and halved
1 green onion, finely chopped

Shrimp:

2 tablespoons butter, melted
2 teaspoons fresh lemon juice
1/4 teaspoon salt
1 garlic clove, minced
24 jumbo shrimp, peeled and deveined (about 2 pounds)
Cooking spray
6 lime wedges
Mint sprigs (optional)

To prepare salsa, combine the first 13 ingredients in a medium bowl; stir well. Cover and chill 1 hour.
Prepare grill.

To prepare shrimp, place butter, 2 teaspoons juice, 1/4 teaspoon salt, garlic, and shrimp in a large bowl; toss to coat. Thread 4 shrimp onto each of 6 (12-inch) skewers. Place kebabs on a grill rack coated with cooking spray; grill for 3 minutes on each side or until shrimp are done. Serve with salsa and lime wedges. Garnish with mint sprigs, if desired.

Yield: 6 servings (serving size: 1 kebab, 1/3 cup salsa, and 1 lime wedge)

CALORIES 242 (25% from fat); FAT 6.8g (sat 2.9g,mono 1.5g,poly 1.3g); PROTEIN 31.6g; CHOLESTEROL 240mg; CALCIUM 94mg; SODIUM 449mg; FIBER 1.5g; IRON 4.1mg; CARBOHYDRATE 13.4g

Cooking Light, JUNE 2006

Curried Pasta With Ricotta, Red Onion, Peas and Raisins

Category of recipe: Main Dish Pasta

Source: "Vegetarian Express" by Nava Atlas

HU: 8

Core +1

Serves 6-8

Posted by JJ (Dibranchia)

June 21, 2007

12 Ounces Whole Wheat Penne Rigate

1 1/2 Tablespoons Canola Oil

1 Large Red Onion -- chopped

15 Ounces Nonfat Ricotta Cheese

1/2 Cup Skim Milk

10 Ounces Frozen Peas

2/3 Cup Raisins

1 Teaspoon Curry Powder -- up to 2 tsp, to taste

1 Teaspoon Salt -- to taste

Bring water to a boil in a large cooking pot. Cook the pasta at a steady simmer.

Meanwhile, heat the oil in a medium-sized skillet. Add the onion and sauté covered until it is limp and just beginning to turn golden, about 7 to 8 minutes.

While the pasta cooks and the onions sautéed, combine the ricotta and milk in a large serving bowl. Stir well until smooth.

Just before the pasta is done, add the green peas to the pot and cook until pasta is all dente and the peas are thoroughly warmed. Drain well and add to the ricotta mixture in the bowl, stirring well to coat the pasta.

Stir in the raisins, then season to taste with curry powder and salt.

Per Serving (excluding unknown items): 397 Calories; 5g Fat (11.9% calories from fat); 21g Protein; 67g Carbohydrate; 9g Dietary Fiber; 12mg Cholesterol; 559mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Rosemary Chicken Salad Sandwiches

Source: Cooking Light April 2005

HUs: 7

Serves: 5

Posted by Kate (KateWD)

June 25, 2007

The combo of fresh rosemary and smoked almonds make for a terrific chicken salad. I used Greek yogurt and added a bit more than called for since it was a little dry. Without the bread, this would be Core +1.5 (points for mayo and nuts)

3 cups chopped roasted skinless, boneless chicken breasts (about 3/4 pound)

1/3 cup chopped green onions

1/4 cup chopped smoked almonds

1/4 cup plain fat-free yogurt

1/4 cup light mayonnaise

1 teaspoon chopped fresh rosemary

1 teaspoon Dijon mustard

1/8 teaspoon salt

1/8 teaspoon freshly ground black pepper

10 slices whole-grain bread

Combine first 9 ingredients, stirring well. Spread about 2/3 cup of chicken mixture over each of 5 bread slices, and top with remaining bread slices. Cut sandwiches diagonally in half.

Yield: 5 servings (serving size: 1 sandwich)

CALORIES 360 (29% from fat); FAT 11.6g (sat 2.1g,mono 3.5g,poly 1.8g); PROTEIN 33.6g; CHOLESTEROL 76mg; CALCIUM 104mg; SODIUM 529mg; FIBER 4.4g; IRON 2.9mg; CARBOHYDRATE 29.9g

Flank-Steak Fajitas with Spicy Garden Vegetables

Source: Cooking Light July 1998

HUs: 7

Serves: 6

Posted by: Kate (KateWD)

June 26, 2007

These were easy to put together and delicious. I marinated the steak overnight and instead of cooking these on the stove-top, I put the meat and onions in one foil packet and the veggies in another and cooked them on the grill.

To make these core, I served with brown rice and guac and salsa instead of sour cream.

MARINADE:

1/3 cup minced fresh cilantro
1/3 cup fresh lime juice
1/3 cup water
4 teaspoons dried oregano
1 tablespoon ground cumin
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon crushed red pepper
5 garlic cloves, minced

FAJITAS:

1 cup vertically sliced onion
1 (1-pound) flank steak, cut into strips
Cooking spray
1 cup red bell pepper strips
1 cup julienne-cut yellow squash
1 cup julienne-cut zucchini
1 cup fresh corn kernels (about 2 ears)
6 (10-inch) fat-free flour tortillas
2 cups chopped tomato
2 tablespoons low-fat sour cream

Prepare the marinade: Combine the first 9 ingredients in a small bowl.

Prepare fajitas: Combine 1/3 cup marinade, onion, and steak in a large zip-top plastic bag; seal. Marinate in refrigerator 1 hour, turning occasionally. Remove steak mixture from bag; discard marinade.

Place a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add the steak mixture, and stir-fry 5 minutes. Place the steak mixture in a large bowl, and keep warm.

Add bell pepper, squash, zucchini, corn, and remaining marinade to skillet; stir-fry 5 minutes or until vegetables are crisp-tender. Add to steak mixture; toss gently.

Warm tortillas according to package directions. Arrange 1 cup steak mixture, 1/3 cup tomato, and 1 teaspoon sour cream down center of each tortilla; roll up.

Yield: 6 servings

CALORIES 345 (27% from fat); FAT 10.3g (sat 4.2g,mono 4g,poly 0.7g); PROTEIN 19.9g; CHOLESTEROL 42mg; CALCIUM 61mg; SODIUM 685mg; FIBER 4.4g; IRON 5.9mg; CARBOHYDRATE 45.5g

Bistro Flank Steak Sandwich

Source: Eating Well August 2007

HUs: 6

Serves: 4

Posted by: Kate (KateWD)

June 28, 2007

A great meal for a hot summer night. Cooked the pepper, roasted the garlic and made the mayo the day before, Just had to cook the steak and assemble the sandwiches for a nice quick meal. Your points may vary depending on the bread used; I used two slices of WW rye for 1 pt.

Ingredients

6 cloves garlic, unpeeled

1 tablespoon extra-virgin olive oil

$\frac{3}{4}$ pound flank steak, trimmed

$\frac{1}{2}$ teaspoon salt, divided

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

1 medium red bell pepper

1 medium yellow bell pepper

4 large slices whole-wheat country bread, cut in half, or 8 small slices

2 tablespoons reduced-fat mayonnaise

1 cup mixed salad greens

1. Preheat grill to medium-high.
2. Place garlic in the center of a piece of foil and drizzle with oil. Gather the foil together at the top to form a sealed packet. Sprinkle both sides of steak with $\frac{1}{4}$ teaspoon salt and pepper.
3. Place the garlic packet over indirect heat or the coolest part of the grill. Place the steak and bell peppers over direct heat or the hottest part of the grill. Cook the garlic until soft and golden brown, 8 to 10 minutes. Cook the peppers, turning occasionally, until the skin is blistered on all sides, about 10 minutes total. Cook the steak, turning once, until desired doneness, about 6 minutes per side for medium. Transfer the garlic packet, peppers and steak to a clean platter. Tent the steak with foil to keep warm.
4. Grill bread, turning once, until toasted, about 1 minute per side.
5. When the peppers are cool enough to handle, peel and discard the stems, seeds and ribs. Slice into wide strips and toss with the remaining $\frac{1}{4}$ teaspoon salt in a small bowl. Peel the garlic and place it and the oil from the packet in another small bowl. Add mayonnaise and mash with a fork until combined. Slice the steak very thinly.
6. To assemble sandwiches, spread 1 scant teaspoon of the roasted garlic aioli on each piece of bread. Divide greens, the sliced steak and grilled peppers among 4 slices of bread; top with the remaining bread.

Per sandwich: 287 calories; 10 g fat (3 g sat, 5 g mono); 33 mg cholesterol; 26 g carbohydrate; 21 g protein; 2 g fiber; 596 mg sodium; 393 mg potassium.

Korean-Style Grilled Flank Steak

Source: Gourmet July 2007

HU's: 6

Servings: 4

Posted By: Aimster04 (Amy)

June 29, 2007

Serving flank steak (a favorite for the grill) Korean style is always a hit — guests make lettuce-leaf bundles with rice and thin slices of the meat and do the garnishing on their own.

Amy's Notes: This is a quick and easy week day meal. I marinated the steak in 2 Tbsp of the sauce prior to grilling. There was still plenty to use for serving. What I enjoyed most about this recipe was the different textures of lettuce, rice, and steak.

- 1/4 cup soy sauce
- 2 tablespoons rice vinegar (not seasoned)
- 1 tablespoon grated peeled ginger
- 1 garlic clove, minced
- 2 teaspoons Sriracha (I used quite a bit more)
- 2 teaspoons sugar
- 1 1/2 teaspoons Asian sesame oil
- 1 to 1 1/4 pound flank steak
- 2 scallions, finely chopped
- 2 tablespoons toasted sesame seeds

Accompaniments: white rice; soft leaf lettuce

Stir together soy sauce, vinegar, ginger, garlic, Sriracha, sugar, and sesame oil.

Prepare a gas grill for direct-heat cooking over medium-high heat.

Oil grill rack, then grill steak, covered, turning over once, 6 to 8 minutes for medium-rare.

Transfer steak to a cutting board and drizzle with 2 tablespoons sauce, then let stand, uncovered, 5 minutes. Thinly slice steak across the grain. Serve with remaining sauce, scallions, and sesame seeds.

NI: Per Serving: 265 Calories; 16g Fat; 1g Dietary Fiber

KC-Style Potato Salad

Cooking Light, JULY 2007

Healthy Units: 4

Yield: 8 servings (serving size: 1 cup)

Posted By: Bawstinn36 (Maria)

June 30, 2007

Comments: Very tasty - a different twist on potato salad. Any rub and barbecue sauce would work.

Ingredients

3 pounds red potatoes, cut into 1/2-inch pieces
3 tablespoons Kansas City Dry Rub
1 1/2 teaspoons salt, divided
1/4 cup Kansas City Barbecue Sauce
3 tablespoons canola oil
2 tablespoons cider vinegar
2 teaspoons prepared mustard
1 cup finely chopped celery
1/2 cup finely chopped onion
1/4 cup finely chopped fresh parsley
1/2 teaspoon black pepper

Preparation

Place potatoes in a large saucepan; cover with water. Stir in Kansas City Dry Rub and 1 teaspoon salt. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain. Combine Kansas City Barbecue Sauce, oil, vinegar, and mustard in a large bowl; stir with a whisk. Add warm potatoes, and toss to coat. Add remaining 1/2 teaspoon salt, celery, onion, parsley, and pepper; toss to combine. Let stand 20 minutes; serve at room temperature.

Nutritional Information

CALORIES 187(27% from fat); FAT 5.6g (sat 0.4g,mono 3.1g,poly 1.7g); PROTEIN 3.6g; CHOLESTEROL 0.0mg; CALCIUM 33mg; SODIUM 342mg; FIBER 3.5g; IRON 1.5mg; CARBOHYDRATE 31g

Kansas City Dry Rub

Cooking Light, JULY 2007

Healthy Units: 0

Yield: 3/4 cup (serving size: 1 1/2 teaspoons)

Posted By: Bawstinn36 (Maria)

June 30, 2007

Comments: I used this on a piece of sirloin and grilled, basting with the barbecue sauce. I also used this in the KC Style Potato Salad recipe.

Use this sweet, smoky blend on steaks, pork tenderloin, pork chops, or chicken. Store in an airtight container for up to one month.

This recipe goes with KC-Style Potato Salad, Kansas City Barbecued Chicken

1/4 cup paprika
2 tablespoons Spanish smoked paprika
2 tablespoons freshly ground black pepper
1 tablespoon brown sugar
2 teaspoons kosher salt
2 teaspoons garlic powder
1 1/2 teaspoons chili powder
1/2 teaspoon celery salt

Combine all ingredients.

CALORIES 5 (0.0% from fat); FAT 0.0g (sat 0.0g,mono 0.0g,poly 0.0g); PROTEIN 0.1g;
CHOLESTEROL 0.0mg; CALCIUM 3mg; SODIUM 178mg; FIBER 0.2g; IRON 0.1mg;
CARBOHYDRATE 1.1g

Kansas City Barbecue Sauce

Cooking Light, JULY 2007

Healthy Units: 1

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

Posted By: Bawstinn36 (Maria)

June 30, 2007

Comments: I couldn't find the smoked salt the recipe called for, so I used sea salt with a drop of liquid smoke.

Thick, tomato-rich Kansas City sauces are sweeter than those from other barbecue regions. While commercial renditions can overdo the sugar, this version (inspired by the scrumptious Gates Original) balances sweet with spice.

This recipe goes with KC-Style Potato Salad, Kansas City Barbecued Chicken

1 cup plus 2 tablespoons ketchup
1 cup water
1/3 cup cider vinegar
1/4 cup packed brown sugar
1 tablespoon onion powder
1 tablespoon chili powder
1 tablespoon freshly ground black pepper
1 1/2 tablespoons molasses
3/4 teaspoon ground celery seed
1/2 teaspoon smoked salt (such as McCormick)

Combine all ingredients in a large saucepan; bring to a boil over medium heat. Reduce heat; simmer 25 minutes or until slightly thickened.

CALORIES 31 (3% from fat); FAT 0.1g (sat 0.0g,mono 0.0g,poly 0.0g); PROTEIN 0.3g; CHOLESTEROL 0.0mg; CALCIUM 12mg; SODIUM 198mg; FIBER 0.2g; IRON 0.3mg; CARBOHYDRATE 7.8g

Margarita Pork Tenderloin

Meats (M)

Southern Living, APRIL 2005

Yield: 8 3-oz servings

Healthy Units: 3

Posted By: Bawstinn36 (Maria)

July 1, 2007

Comments: Very flavorful, quick to put together. I threw all the marinade ingredients in the food processor for easier and a more thorough mixing.

- 3 garlic cloves, minced
- 1 green onion, minced
- 1/2 jalapeño pepper, minced
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 1/2 tablespoons tequila
- 1 tablespoon fresh orange juice
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 2 (1-pound) pork tenderloins

Combine first 10 ingredients in a shallow dish or large zip-top plastic freezer bag. Cut pork diagonally into 1-inch-thick slices, and add to tequila mixture. Cover or seal, and chill 1 hour, turning occasionally.

Remove pork from marinade, discarding marinade.

Grill, covered with grill lid, over high heat (400° to 500°) 3 to 4 minutes on each side or until done.

Per Serving (excluding unknown items): 155 Calories; 4g Fat (26.5% calories from fat); 25g Protein; 1g Carbohydrate; trace Dietary Fiber; 59mg Cholesterol; 327mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat.

Honey Mustard Turkey Burgers

sandwiches

Source: Adapted from an Eating Well mini-mag

HU: 3

Servings: 6

Posted by: CJMartin717 (Cindy)

July 2, 2007

Ingredients

1/4 cup Grey Poupon Country Dijon Mustard (I used a combination of country Dijon and a Roquefort Dijon)

2 Tbsp honey

20 oz Jennie-O Turkey Store Extra lean ground turkey breast

1/4 tsp table salt

1/2 tsp black pepper

Instructions

Preheat grill.

Combine mustard and honey. Add 3 1/2 tablespoons mustard-honey mix to ground turkey along with salt and pepper. Form 6 patties.

Grill 5-7 minutes per side. Brush with remaining mustard mixture.

Serve on rolls of your choice (add points).

I served these with grilled onions, lettuce and homemade bread and butter pickles on whole-wheat rolls.

NI for 6 servings with 20 oz turkey: 136 calories/1 g fat/0 g fiber

Eating Well NI for original recipe (use 16 oz ground turkey breast, use 3 Tbsp honey-mustard mix in burgers, make 4 patties, brush with 2 teaspoons canola oil before grilling and serve on hamburger rolls): 320 calories, 6 g fat, 3 g fiber = 6.3 HU

Orange-Infused Roasted Vegetables

V (vegetables)

Source: adapted from Eating Well via Kate

HU: 1

Servings: 4

Posted by: CJMartin717 (Cindy)

July 2, 2007

Comments: I often sub sugar snap peas for the green beans or use a combination of both. I was out of fresh ginger once and added about 1/8 teaspoon ground ginger and 1 teaspoon ginger-peach jam. I sometimes add minced garlic or use a garlic-infused olive oil. These are a great side for the Wasabi-Panko Pork Chops.

3/4 pound green beans -- trimmed (see comments)

1/4 pound baby carrots -- quartered

1 medium red bell pepper -- sliced

1 tablespoon extra-virgin olive oil

1 tablespoon orange zest

1/4 teaspoon salt

1/2 teaspoon crushed red pepper

1 teaspoon soy sauce

1/2 teaspoon minced ginger

Preheat oven to 450F.

Toss beans, carrots and bell pepper in a large bowl.

In a small bowl, combine oil, orange zest, salt, crushed red pepper, soy sauce and ginger. Toss with vegetables until evenly coated. Spread in a 9x13-inch pan coated with cooking spray.

Roast, stirring once halfway through cooking until tender and slightly wilted, about 15 minutes.

If you're cooking other food at a lower temperature, you can roast these at 375-400 for about 30-35 minutes.

Per Serving: 74 Calories; 4g Fat (40.6% calories from fat); 2g Protein; 10g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 234mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fruit; 1/2 Fat.

Spicy Orange Hummus

A (Appetizers)

Source: Cooking Light, JANUARY 1996

HU: 0.3 per tablespoon

Servings: 28

Posted by: CJMartin717 (Cindy)

July 3, 2007

Cindy's Comments: The flavors of this hummus are a lot different than my other favorites. A quarter-cup serving would only be 1.3 HU per serving. This would be great as part of an Asian appetizer buffet. I decreased the cumin to 1/8 tsp and added 1/4 tsp Penzey's Aleppo Pepper.

Ingredients

1/4 cup parsley leaves
2 tablespoons chopped onion
1 garlic clove
1/4 cup orange juice
2 tablespoons tahini (sesame seed paste)
2 tablespoons rice vinegar
2 teaspoons low-sodium soy sauce
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoon ground coriander
1/4 teaspoon ground turmeric
1/4 teaspoon ground cumin
1/4 teaspoon paprika
1 (15-ounce) can chickpeas (garbanzo beans), drained

Preparation

Drop parsley, onion, and garlic through food chute with food processor on, and process until minced. Add orange juice and remaining ingredients, and process until smooth.

Serve with pita triangles.

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

Nutritional Information

CALORIES 21(3% from fat); FAT 0.7g (sat 0.1g,mono 0.2g,poly 0.3g); PROTEIN 0.8g;
CHOLESTEROL 0.0mg; CALCIUM 10mg; SODIUM 70mg; FIBER 0.8g; IRON 0.3mg;
CARBOHYDRATE 3g

Beth Woodham, Mobile, Alabama , Cooking Light, JANUARY 1996

Zucchini, Sausage, and Feta Casserole

Category: Pasta (RP)

Source: Cooking Light July, 2007

Healthy Units: 6

Core: No

Servings: 6

Posted by: ejwyatt (Emily)

Date: July 3, 2007

CL Notes: This pasta casserole combines pantry ingredients with fresh summer produce for a hearty, family-friendly dish. Any leftovers are even better the next day as the flavors have time to meld.

Em's Notes: This is a tasty casserole, very mild. I would add a few red pepper flakes the next time. The only spice is salt, pepper and the spices of the sausage. My changes drop the points slightly to 5.5.

2 1/2 cups uncooked ziti (short tube-shaped pasta) – I used WW penne

8 ounces chicken sausage (I used TJ's Spinach-Fontina)

Cooking spray

1 teaspoon olive oil

5 cups thinly sliced zucchini (about 1 1/2 pounds)

2 cups vertically sliced onion (about 1)

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

3 garlic cloves, minced

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

2 teaspoons all-purpose flour

1/2 cup (2 ounces) crumbled feta cheese (I used light French feta)

1/2 cup (2 ounces) shredded part-skim mozzarella cheese (I used 2% mozzarella)

Preheat oven to 400°.

Cook pasta in boiling water 5 minutes, omitting salt and fat; drain.

Remove casings from sausage. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add sausage to pan; cook until browned, stirring to crumble. Remove from pan. Heat oil in pan. Add zucchini, onion, salt, pepper, and garlic. Cook 10 minutes or until vegetables are tender and zucchini begins to brown, stirring occasionally.

Combine broth and flour in a small bowl, stirring with a whisk. Add broth mixture to pan; cook 1 minute. Combine zucchini mixture, pasta, sausage, and feta cheese in a large bowl; toss well. Spoon pasta mixture into an 11 x 7-inch baking dish coated with cooking spray. Sprinkle evenly with mozzarella cheese. Bake at 400° for 20 minutes or until bubbly and lightly browned.

Yield: 6 servings (serving size: 1 cup)

CALORIES 284 (27% from fat); FAT 8.6g (sat 4.6g,mono 1.9g,poly 0.6g); PROTEIN 16.9g;
CHOLESTEROL 35mg; CALCIUM 160mg; SODIUM 433mg; FIBER 2.6g; IRON 2mg;
CARBOHYDRATE 35.3g

Broccoli Mac and Cheese Gratin

Category: Pasta (RP)

Source: Cooking Light July, 2007

Healthy Units: 7.5 (6.5 with my changes)

Core: No

Servings: 8

Posted by: ejwyatt (Emily)

Date: July 7, 2007

CL Notes: Blanched broccoli boosts the nutritional profile of a familiar cheesy pasta main dish. Besides lending color to the recipe, the green vegetable adds fiber, folate, and vitamin C.

Em's Notes: This is a very tasty pasta dish. I made a few changes that dropped the point count by 1 to 6.5 points.

4 cups uncooked medium seashell pasta (about 12 ounces) [I used whole wheat]

6 cups broccoli florets (about 1 pound)

1 tablespoon olive oil, divided

2 garlic cloves, minced

1/3 cup finely chopped onion

3 3/4 cups 1% low-fat milk, divided [I used skim milk]

1/3 cup all-purpose flour (about 1 1/2 ounces)

1 cup (4 ounces) shredded fontina cheese

1/2 cup (2 ounces) grated Asiago cheese

1 1/4 teaspoons salt

1/4 teaspoon freshly ground black pepper

1/8 teaspoon ground red pepper

Dash of ground nutmeg

Cooking spray

2 (1-ounce) slices white bread [I used whole wheat]

Preheat oven to 400°.

Cook pasta in boiling water 8 minutes; add broccoli. Cook 3 minutes or until pasta is done. Drain.

Heat 2 teaspoons oil in a Dutch oven over medium heat. Add garlic to pan; cook 45 seconds. Transfer garlic mixture to a small bowl; set aside.

Add remaining 1 teaspoon oil to pan; stir in onion. Cook 1 minute, stirring frequently. Remove from heat; stir in 3 cups milk. Lightly spoon flour into a dry measuring cup; level with a knife. Combine the remaining 3/4 cup milk and flour in a small bowl, stirring with a whisk. Add flour mixture to onion mixture. Return pan to medium-high heat, stirring constantly with a whisk; bring to a boil. Cook 1 minute or until thick, stirring constantly with a whisk. Remove from heat; stir in the cheeses, salt, black pepper, red pepper, and nutmeg. Add pasta mixture to milk mixture, tossing gently to coat. Pour mixture into a 13 x 9-inch baking dish coated with cooking spray.

Combine garlic mixture and bread in a food processor; pulse 15 times or until fine crumbs measure 1 cup. Sprinkle breadcrumb mixture over pasta mixture. Bake at 400° for 18 minutes or until the top is brown.

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

CALORIES 360 (26% from fat); FAT 10.4g (sat 5.2g,mono 3.4g,poly 0.7g); PROTEIN 19g;
CHOLESTEROL 27mg; CALCIUM 341mg; SODIUM 708mg; FIBER 3.2g; IRON 2.4mg;
CARBOHYDRATE 48.7g

Roasted-Beet Salad with Feta Dressing

Category: Salads

HU's: 1.7

Servings: 4

Source: cookinglight.com

Posted by: Leslie8908(Leslie)

July 7, 2007

Ingredients

3 medium beets (about 1 1/2 pounds)
1/4 cup (1 ounce) crumbled feta cheese
1/4 cup fat-free sour cream
2 tablespoons 1% low-fat milk
2 tablespoons low-fat mayonnaise
1 1/2 teaspoons white wine vinegar
1/8 teaspoon salt
1/8 teaspoon black pepper
6 cups gourmet salad greens
4 teaspoons minced red onion
4 teaspoons chopped fresh parsley

Preheat oven to 425°.

Leave root and 1 inch stem on beets; scrub with a brush. Place beets on a baking sheet lined with foil. Bake at 425° for 45 minutes or until tender. Cool the beets slightly. Trim off beet roots; rub off skins. Slice each beet into 8 wedges.

Combine feta cheese and the next 6 ingredients (feta through pepper); stir well with a whisk.

Divide greens evenly among 4 plates, and top with beet wedges. Spoon dressing over salad. Sprinkle with onion and parsley.

Nutritional Information

CALORIES 98(22% from fat); FAT 2.4g (sat 1.2g,mono 0.5g,poly 0.5g); PROTEIN 5.2g;
CHOLESTEROL 7mg; CALCIUM 91mg; SODIUM 312mg; FIBER 2.2g; IRON 1.8mg;
CARBOHYDRATE 14.3g

Fruit-and-Berry Streusel Pie

Category: Desserts

Cooking Light, NOVEMBER 1998

HU: 5.2

Servings: 10

Posted by: CJMartin717 (Cindy)

July 8, 2007

Cindy's Notes: I used a prepared pie crust rather than the one specified. See comp page 162 for the Pastry Crust which is also used with the Black Bottom Banana-Cream Pie. I would add some oats to the streusel topping next time. I used frozen cranberries and had to cook them closer to 15 minutes before they started popping. I used a mixture of dried berries and dark raisins.

Ingredients

1 (9-inch) Pastry Crust (see comp page 162)

1/4 cup all-purpose flour

1/4 cup packed brown sugar

1/2 teaspoon ground cinnamon

1/4 teaspoon salt, divided

2 tablespoons chilled stick margarine or butter, cut into small pieces

1 1/4 cups water

1/2 cup sugar

2 tablespoons cornstarch

2 1/2 cups fresh or frozen cranberries

1/2 cup dried blueberries or dried cherries

1/3 cup golden raisins

1 teaspoon grated lemon rind

1 tablespoon fresh lemon juice

1 (16-ounce) can apricot halves in light syrup, drained and sliced into quarters

Preparation

Prepare and bake the Pastry Crust in a 9-inch pie plate. Cool crust completely on a wire rack.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, brown sugar, cinnamon, and 1/8 teaspoon salt in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Set aside.

Combine 1/8 teaspoon salt, water, sugar, and cornstarch in a saucepan. Bring to a boil, and cook for 1 minute, stirring constantly. Add cranberries, and cook over medium heat for 10 minutes or until cranberries pop. Remove from heat. Stir in blueberries, raisins, rind, and juice. Fold apricots into cranberry mixture. Cool to room temperature.

Preheat oven to 400°.

Pour the fruit mixture into prepared crust. Sprinkle the streusel mixture evenly over fruit mixture. Place the pie on a baking sheet in lower third of oven. Bake at 400° for 30 minutes. Cool completely on a wire rack.

Yield

10 servings (serving size: 1 wedge)

Nutritional Information

CALORIES 257(24% from fat); FAT 6.8g (sat 1.5g,mono 2.4g,poly 2.1g); PROTEIN 2.1g;
CHOLESTEROL 0.0mg; CALCIUM 16mg; SODIUM 147mg; FIBER 2.2g; IRON 1.2mg;
CARBOHYDRATE 47.9g

Grilled Salmon and Tomato Salad with Creamy Dill Dressing

Category: Fish/Seafood (FS)

Source: Heath June, 2007

Healthy Units: 7 (4.5 with my changes)

Core: No

Servings: 4

Posted by: ejwyatt (Emily)

Date: July 9, 2007

Em's Notes: I wanted this for lunch or a light dinner, so I used smaller salmon fillets (4 oz – uncooked). That along with my other changes reduced the point count. This was a nice size for lunch.

Salad:

2 cups torn Bibb or Boston lettuce (about 1 head)

1 1/2 pounds tomatoes (about 6, preferably vine-ripened), cored and cut into 1/4-inch-thick wedges

1/3 cup thinly sliced red onion

2 Tablespoons of olive oil (I used 2 teaspoons)

4 (6-ounce) salmon fillets, skinned (I used 4-ounce fillets)

1/3 cup crumbled feta cheese (I used light feta)

Freshly ground black pepper, optional

Dressing:

1/2 cup low-fat buttermilk

1/4 cup reduced-fat sour cream (I used non-fat sour cream)

1 Tablespoon cider vinegar

1 Tablespoon fresh dill, chopped

1/2 garlic clove, minced

1/4 teaspoon salt

1/4 teaspoon pepper

Prepare grill. While waiting for grill to heat, make the dressing. Process all dressing ingredients in a blender, about 20-30 seconds or until mixture is smooth and creamy; cover and refrigerate.

Assemble the salads by dividing the lettuce evenly among 4 shallow bowls or dinner plates. Divide the tomatoes and red onion, and layer over the lettuce. Set aside.

Rub 2 tablespoons olive oil over both sides of the salmon fillets. Grill salmon over high heat 2-3 minutes, then carefully flip the fillets and grill until cooked through, about 2 minutes more. Transfer 1 salmon fillet to each salad plate. Drizzle salads with the dressing, and top with crumbled feta and freshly ground pepper, if desired. (Serving size: about 1 1/2 cups salad, 6 ounces salmon, and 2 tablespoons dressing)

CALORIES 341 (23% from fat); FAT 7g (sat 1g,mono 2g,poly 3g); PROTEIN 42g;
CHOLESTEROL 112mg; CALCIUM 94mg; SODIUM 161mg; FIBER 3g; IRON 3mg;
CARBOHYDRATE 11g

Title: **Family-Sized Cheese Omelet**

Category: Eggs

Source: America's Test Kitchen

Healthy Units: 6

Servings: 4

Posted by: MissVN

Date: July 11, 2007

Notes: This recipe comes together in a snap, very quick & easy.

Ingredients

8 large eggs

1/2 teaspoon salt

1/8 teaspoon ground black pepper

2 tablespoons unsalted butter

3 ounces reduced fat cheddar cheese, shredded

Instructions

1. Whisk the eggs, salt, and pepper together. Melt the butter in a 12-inch nonstick skillet over medium heat, swirling to coat the skillet, until the foaming subsides.

2. Add the eggs and cook, stirring gently in a circular motion, until the mixture is slightly thickened, about 1 minute. Use a heatproof rubber spatula to pull the cooked edges of the egg toward the center of the pan, tilting the pan so the uncooked egg runs to the cleared edge of the pan. Repeat until the bottom of the omelet is just set but the top is still runny, about 1 minute. Cover the skillet, reduce the heat to low, and cook until the top of the omelet begins to set but is still moist, about 5 minutes.

3. Remove the pan from the heat. Sprinkle the cheese evenly over the eggs, cover, and let sit until the cheese partially melts, about 1 minute. Slide half of the omelet onto a serving platter using the spatula, then tilt the skillet so the remaining omelet flips over onto itself, forming a half-moon shape. Cut into wedges and serve immediately.

Green and Yellow Bean Salad with Chunky Tomato Dressing and Feta Cheese

Category: V

Cooking Light, June 2001

Healthy Units: 1

Servings: 8

Posted By: Bawstinn36 (Maria)

July 14, 2007

Comments: I mixed everything together in one bowl.

Yellow wax beans in the salad complement a traditional green bean salad nicely. If wax beans are unavailable, use extra green beans in their place.

3/4 pound wax beans, trimmed
3/4 pound green beans, trimmed
2 cups chopped tomato
1 tablespoon sherry vinegar
2 teaspoons extra-virgin olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/2 cup thinly sliced fresh basil
1/2 cup (2 ounces) crumbled feta cheese

Cook beans in boiling water 5 minutes or until crisp-tender. Drain and rinse with cold water.

Combine the tomato and next 4 ingredients (tomato through pepper) in a bowl. Divide the beans evenly among 8 plates. Spoon 1/4 cup tomato mixture over the beans. Sprinkle with 1 tablespoon sliced basil and 1 tablespoon cheese.

Yield: 8 servings

CALORIES 67 (39% from fat); FAT 2.9g (sat 1.3g,mono 1.2g,poly 0.3g); PROTEIN 3g; CHOLESTEROL 6mg; CALCIUM 73mg; SODIUM 246mg; FIBER 2.3g; IRON 1.1mg; CARBOHYDRATE 8.7g

Spinach and Gruyère Tart in a Three-Pepper Crust

Category: Vegetarian (VG)

Source: Cooking Light July, 2005

Healthy Units: 5.5

Core: No

Servings: 6

Posted by: ejwyatt (Emily)

Date: July 17, 2007

CL Notes: To speed up preparation, prepare potatoes and spinach mixture either while the dough chills or while the crust bakes.

Em's Notes: I chose to use my family pie crust recipe and added the pepper. I also added a little dried thyme when I built the layers of the filling.

Crust:

1 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon white pepper
1/4 teaspoon freshly ground black pepper
1/4 teaspoon ground red pepper
3 tablespoons chilled butter, cut into small pieces
4 1/2 tablespoons ice water
Cooking spray

Filling:

4 small Yukon gold potatoes (about 1 pound)
1/2 cup chopped onion
1/4 cup water
1 (10-ounce) package fresh spinach
1/2 teaspoon salt, divided
1/2 cup (2 ounces) shredded Gruyère cheese, divided
1 (8-ounce) carton egg substitute

To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife. Place flour, 1/2 teaspoon salt, and peppers in a food processor; pulse 2 times. Add chilled butter; pulse 4 times or until mixture resembles coarse meal. Place mixture in a bowl. Sprinkle surface with ice water, 1 tablespoon at a time; toss until moist and crumbly (do not form a ball). Place mixture on a lightly floured surface, and knead lightly 2 to 3 times. Press mixture into a 4-inch circle on plastic wrap; cover. Chill 30 minutes. Preheat oven to 450°.

Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place chilled dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap. Roll dough, still covered, into a 10-inch circle. Place dough in freezer 5 minutes or until plastic wrap can be easily removed.

Remove top sheets of plastic wrap; fit dough, plastic wrap side up, into a 9-inch round removable-bottom tart pan coated with cooking spray. Remove the remaining plastic wrap. Press dough against bottom and sides of pan. Line bottom of dough with a piece of parchment paper; arrange pie weights or dried beans on paper. Bake at 450° for 20 minutes or until edge is lightly browned. Carefully remove pie weights and paper; cool on wire rack. Reduce oven to 400°.

To prepare filling, bring a large saucepan of water to a boil. Add potatoes; cook 20 minutes or until tender. Cool; cut into 1/4-inch-thick slices. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chopped onion; sauté 5 minutes or until tender. Stir in 1/4 cup water. Add fresh spinach; cover and cook for 3 minutes or until the spinach wilts, stirring occasionally. Remove from heat; cool.

Spoon half of spinach mixture into cooled crust. Arrange half of potato slices over spinach. Sprinkle with 1/4 teaspoon salt and 1/4 cup cheese. Repeat procedure with remaining spinach, potato, and salt. Pour egg substitute over mixture. Sprinkle with remaining 1/4 cup cheese. Bake at 400° for 25 minutes or until mixture is set and cheese is golden brown. Cool 15 minutes on a wire rack.

Yield: 6 servings (serving size: 1 wedge) CALORIES 260 (32% from fat); FAT 9.2g (sat 4.7g, mono 3.3g, poly 0.6g); PROTEIN 11.9g; CHOLESTEROL 25mg; CALCIUM 173mg; SODIUM 585mg; FIBER 2.8g; IRON 3.6mg; CARBOHYDRATE 33.4g

Peppered Garlic Confit with Prosciutto

Category: Appetizers

Source: Cooking Light, October 2004

Healthy Units: 2.6

Servings: 12 (2 bread slices & 1 1/2 tsp garlic mixture)

Posted by: ClassAct75 (Eileen)

July 17, 2007

Quick & Easy

CL Notes: Though it's best eaten straightaway, you can also make the confit up to one day in advance and warm before serving. The flavors are concentrated, so a little goes a long way.

Eileen's Notes: This was delicious and a little does go a long way. I thought there was too much oil the first time I made it so I only used 2 tablespoons the second time. That amount was just enough and lowered the points to 2.1 per serving.

2 whole garlic heads
3 tablespoons olive oil
1/4 cup chopped prosciutto (about 1 ounce)
1 teaspoon coarsely ground black pepper
24 (1/2-inch-thick) slices diagonally cut French bread baguette
Chopped fresh parsley (optional)

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.

Heat olive oil in a small saucepan over medium heat. Add chopped prosciutto and coarsely ground black pepper; cook 5 minutes, stirring occasionally. Combine garlic pulp and oil mixture in a small bowl, stirring with a fork until well blended. Serve with bread slices. Garnish with parsley, if desired.

CALORIES 120 (34% from fat); FAT 4.5g (sat 0.7g, mono 2.9g, poly 0.5g); PROTEIN 3.4g; CHOLESTEROL 1mg; CALCIUM 31mg; SODIUM 209mg; FIBER 1g; IRON 0.9mg; CARBOHYDRATE 16.5g

Baked Eggplant with Tomato, Mozzarella and Parmesan

Category: Vegetarian (VG)

Source: Twelve, A Tuscan Cookbook (modified)

Healthy Units: 4.5

Core: No

Servings: 6

Posted by: ejwyatt (Emily)

Date: July 17, 2007

3 medium eggplant, whole -- 1/8"-slices
2teaspoons olive oil
2 cloves garlic -- peeled and chopped
5 medium tomatoes -- skinned, peeled and chopped
10 basil leaves
6 ounces mozzarella cheese
1/2 cup parmesan cheese -- shredded

Cut the eggplant slices and place them in a colander. Sprinkle with salt and leave for 30 minutes to allow the bitter juices to drain away.

Preheat oven to 425.

To make the tomato sauce, heat the 2 teaspoons of olive oil in a sauce pan. Add the garlic and as soon as you begin to smell the garlic, add the tomatoes and half of the basil. Season with salt and pepper and simmer for 15 to 20 minutes, or until the tomatoes have melted into the sauce.

Rinse the eggplant and pat dry. Place on a cookie sheet coated with cooking spray. Bake at 425 for 15-20 minutes. Remove eggplant and reduce the oven temperature to 350.

Spoon a little of the tomato sauce into the bottom of a square or round baking dish 12" in diameter. Cover with 1/2 of the eggplant. Add a few spoonfuls of tomato sauce (1/2 of the remaining sauce), then a layer of 1/2 of the mozzarella cheese slices. Add the remaining basil. Sprinkle with 1/2 of the parmesan.

Repeat the layers. Bake at 350 for 30 minutes. Let stand 10 minutes before serving.

Per Serving (excluding unknown items): 217 Calories; 11g Fat (44.0% calories from fat); 12g Protein; 20g Carbohydrate; 7g Dietary Fiber; 31mg Cholesterol; 258mg Sodium.
Exchanges: 1 1/2 Lean Meat; 3 1/2 Vegetable; 1 1/2 Fat.

Pork-and-Pineapple Kebabs

Category: Meats

Source: cl.com/CL April 1995

HUs: 4.9

Serves: 2

Posted by: Tracy (Nikkie1t)

July 18, 2007

My comments: I didn't feel right using marinade that the raw pork had been sitting in, so after putting the kebabs together I boiled the marinade for a few minutes before basting the kebabs on the grill. After the kebabs were done, I reboiled it and used it as a dipping sauce. I doubled the recipe to use a 1 lb. pork tenderloin. The kebabs took less than 10 minutes on the grill, not the 14 the recipe states.

1/2 pound pork tenderloin
1 1/2 tablespoons brown sugar
1 1/2 tablespoons low-sodium soy sauce
1 tablespoon orange juice
1 tablespoon grated fresh onion
2 teaspoons lemon juice
1/8 teaspoon salt
Dash of pepper
1 bay leaf
8 (1-inch) cubes fresh pineapple
8 (1-inch) pieces red bell pepper
Vegetable cooking spray

Trim the fat from pork, and cut the pork into 8 (1-inch) cubes. Combine brown sugar and the next 7 ingredients (brown sugar through bay leaf) in a large zip-top heavy-duty plastic bag; add the pork cubes. Seal the bag, and marinate in the refrigerator for 1 hour, turning bag occasionally. (To keep the texture of the pork from becoming mushy, marinate it for no more than 1 hour.)

Remove pork from bag, reserving marinade. Discard bay leaf. Thread 4 pork cubes, 4 pineapple cubes, and 4 bell pepper pieces alternately onto each of 2 (10-inch) skewers.

Prepare grill. Place kebabs on grill rack coated with cooking spray, and cook 14 minutes or until done, turning and basting frequently with reserved marinade.

Note: Canned pineapple can be substituted for fresh. Drain 1 (8-ounce) can unsweetened pineapple chunks, reserving 16 chunks.

CALORIES 248(18% from fat); FAT 5g (sat 1.5g,mono 1.9g,poly 0.7g); PROTEIN 25.9g; CHOLESTEROL 79mg; CALCIUM 30mg; SODIUM 573mg; FIBER 2.1g; IRON 2.6mg; CARBOHYDRATE 25.5g

Raspberry-Chocolate Chip Frozen Yogurt

Source: Eating Well July/August 2007

Dessert

HU: 2

Serves: 8

Posted by: CJMartin717 (Cindy)

July 18, 2007

EW: Jammy raspberries and rich chocolate combine for a delicious, tart frozen yogurt. It is quick and easy to prepare, but plan ahead if you're using fresh berries—they take a little longer to freeze. Mini chocolate chips give you the most chocolate in every bite, but any kind of chip will work—dark-chocolate lovers should try bittersweet chips.

Cindy's Comments: This has wonderful flavor. We used fresh-picked black and red raspberries, subbing 1/2 cup blueberries because I didn't pick quite enough. We also used Stoneyfield Farms fat-free vanilla yogurt and omitted the vanilla extract. This freezes very firm and may need to be defrosted in the microwave a little before serving.

3 cups fresh or frozen (not thawed) raspberries
2 cups low-fat plain yogurt
1/3 cup sugar
1 1/2 teaspoons vanilla extract
1/2 cup chocolate chips, preferably mini

1. Place raspberries, yogurt, sugar and vanilla in a food processor and process until smooth.
2. Transfer the mixture to an ice cream maker (or see "No Ice Cream Maker?" below). Freeze according to manufacturer's directions, or until desired consistency. Add chocolate chips during the last 5 minutes of freezing. Transfer to an airtight container and freeze until ready to serve.

No Ice Cream Maker?

Pour the mixture into a 9-by-13-inch pan and place in the freezer. Stir every few hours, until the mixture is firm along the edges and semi-firm in the center, 2 to 6 hours (using frozen berries will shorten the freezing time). Transfer to a food processor and process until smooth. Transfer to an airtight container, stir in chocolate chips, cover and freeze until ready to serve.

Makes 8 servings, 1/2 cup each (1 quart)

NUTRITION INFORMATION: Per serving: 147 calories; 4 g fat (2 g sat, 1 g mono); 4 mg cholesterol; 25 g carbohydrate; 4 g protein; 4 g fiber; 45 mg sodium; 253 mg potassium.

Nutrition bonus: Vitamin C (20% daily value), Calcium (15% dv).

1 1/2 Carbohydrate Servings Exchanges: 1/2 reduced-fat milk, 1 other carbohydrate

MAKE AHEAD TIP: Store in an airtight container in the freezer for up to 1 week. Let stand at room temperature for about 30 minutes before serving.

Eight-Ball Zucchini Parmesan

Category: Vegetables

Source: Cooking Light, June 2005

Healthy Units: 1

Servings: 6 (2 zucchini halves)

Posted by ClassAct75 (Eileen)

July 21, 2007

CL Notes: Eight-ball zucchini is a round, softball-sized variety of summer squash but this recipe is equally delicious when made with long, slender zucchini squash.

Eileen's Notes: I've tried 1/2 recipes with eight- ball and regular zucchini but prefer it with regular zucchini. It takes some prep work but that can be done ahead of time, assembled, and refrigerated until time to bake it. Great way to use up lots of summer zucchini and leftovers reheat well.

1 (1-ounce) slice French bread, torn into small pieces

6 eight-ball zucchini (about 1 1/2 pounds)

1/2 cup packed spinach leaves

8 basil leaves

2 garlic cloves, minced

1 small onion, peeled and quartered (about 5 ounces)

3/4 teaspoon olive oil

1 cup chopped plum tomato

1/2 teaspoon salt

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

Preheat oven to 350°. Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 cup. Set aside.

Cut each zucchini in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell. Set pulp aside. Steam zucchini shells, covered, 6 minutes or until tender. Drain, cut sides down, on paper towels. Place zucchini pulp in food processor; process until finely chopped. Spoon into a bowl.

Place spinach, basil, garlic, and onion in food processor; process until finely chopped. Heat olive oil in a large nonstick skillet over medium heat. Add spinach mixture; cook 3 minutes, stirring occasionally. Add zucchini pulp, tomato, and salt; cook 8 minutes, stirring occasionally. Remove from heat; stir in breadcrumbs. Fill each zucchini half with about 2 1/2 tablespoons zucchini mixture. Sprinkle evenly with cheese. Bake at 350° for 20 minutes or until cheese melts. Garnish with parsley, if desired.

CALORIES 67 (30% from fat); FAT 2.2g (sat 0.9g,mono 0.9g,poly 0.3g); PROTEIN 4g; CHOLESTEROL 3mg; CALCIUM 87mg; SODIUM 316mg; FIBER 2g; IRON 0.8mg; CARBOHYDRATE 9g

Three-Cheese Broccoli Casserole

Category: Vegetables

Source: Adapted from Cooking Light (November 2006)

Healthy Units: 2.2

Servings: 8

Posted by: ClassAct75 (Eileen)

July 22, 2007

Freezer Friendly

Eileen's Notes: I've finally found the recipe to replace a full fat version of a favorite broccoli casserole. This CL recipe had a bottom rice layer that I eliminated and a slightly different bread crumb topping. I think you could double the cheddar cheese if you didn't have fontina cheese.

Cooking spray

4 cups coarsely chopped broccoli florets (about 1 bunch)

1 cup finely chopped onion

1/2 cup (2 ounces) shredded fontina cheese

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

3/4 cup egg substitute

3/4 cup 1% low-fat milk

1/4 teaspoon black pepper

1/2 teaspoon salt

1 cup Panko bread crumbs

1/4 cup Parmesan cheese

1 teaspoon garlic powder

Preheat oven to 400 degrees.

Cook broccoli in boiling water for 4 minutes or until tender; drain well. Put the broccoli in a casserole dish coated with cooking spray.

Heat a large nonstick skillet over medium heat and coat with cooking spray. Add onion; cook 4 minutes or until tender, stirring occasionally. Add the onions and both the fontina and cheddar cheeses to the broccoli.

Combine egg substitute, milk, salt, and pepper in a small bowl; stir well with a whisk. Pour egg mixture over broccoli and cheese mixture; stirring to mix everything together.

Mix the Panko bread crumbs with Parmesan cheese and garlic powder; sprinkle mixture evenly over the casserole. Bake for about 25 minutes until set and topping has browned.

Calories 112; Fat 4g; Protein 9g; Carbohydrate 11g; Fiber 2g; Cholesterol 13mg;
Sodium 334 mg; Calcium 259 mg

Lemon-Chive Potato Salad

Category: Salads (S)

Source: Cooking Light July, 2007

Healthy Units: 2.5

Core: No

Servings: 8

Posted by: ejwyatt (Emily)

Date: July 23, 2007

CL Notes: White-fleshed potatoes and onions offer at least two types of antioxidants, which may enhance immune function. Cover this dish and refrigerate it for a minimum of four hours to allow the flavors to adequately meld.

Em's Notes: This is a nice twist on a traditional creamy potato salad.

4 1/2 cups (1/2-inch) cubed peeled baking potato (about 2 pounds)

1/3 cup finely chopped onion

1/2 cup light mayonnaise

1/4 cup chopped fresh chives

3 tablespoons fresh lemon juice

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1/2 cup thinly sliced radishes

Place potato in a large saucepan, and cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender. Drain. Cool; cover and chill. Stir in onion. Combine mayonnaise, chopped fresh chives, fresh lemon juice, salt, and freshly ground black pepper in a small bowl, stirring with a whisk. Add mayonnaise mixture to potato mixture; toss gently to coat. Cover and refrigerate 4 hours or overnight. Sprinkle radishes over potato mixture just before serving.

Yield: 8 servings (serving size: about 2/3 cup)

CALORIES 137 (14% from fat); FAT 2.1g (sat 0.5g,mono 0.4g,poly 1.1g); PROTEIN 2.4g; CHOLESTEROL 0.0mg; CALCIUM 11mg; SODIUM 286mg; FIBER 2g; IRON 0.5mg; CARBOHYDRATE 28g

Turkey & Tomato Panini

Category: Sandwiches/Pizza (SW)

Source: Eating Well Jul/Aug, 2007

Healthy Units: 5

Core: No

Servings: 4

Posted by: ejwyatt (Emily)

Date: July 23, 2007

Quick and Easy

Ingredients:

3 tablespoons reduced-fat mayonnaise
2 tablespoons nonfat plain yogurt
2 tablespoons shredded Parmesan cheese
2 tablespoons chopped fresh basil
1 teaspoon lemon juice
Freshly ground pepper to taste
8 slices whole-wheat bread
8 ounces thinly sliced reduced-sodium deli turkey
8 tomato slices
2 teaspoons canola oil

Instructions:

1. Have four 15-ounce cans and a medium skillet (not nonstick) ready by the stove.
2. Combine mayonnaise, yogurt, Parmesan, basil, lemon juice and pepper in a small bowl. Spread about 2 teaspoons of the mixture on each slice of bread. Divide turkey and tomato slices among 4 slices of bread; top with the remaining bread.
3. Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Place 2 Panini in the pan. Place the medium skillet on top of the Panini, then weigh it down with the cans. Cook the Panini until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the Panini, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining Panini.

Nutrition Information

Per serving: 272 calories; 4 g fat (1 g sat, 1 g mono); 27 mg cholesterol; 36 g carbohydrate; 10 g protein; 5 g fiber; 680 mg sodium; 118 mg potassium.

Nutrition bonus: Fiber (20% daily value), Calcium & Iron (15% dv).

Spinach Fettuccine

Category: Pasta

Source: Cooking Light, August 2006

Healthy Units: 7.8 (6 with my changes)

Servings: 8

Posted by: ClassAct75 (Eileen)

July 27, 2007

CL Notes: You can use Asiago cheese for a slightly sweeter flavor, or Parmigiano-Reggiano for a sharper flavor than the pecorino Romano.

Eileen's Notes: I followed recommendations on the CL site and doubled the pasta water and garlic. I used Asiago cheese and fresh spinach that I sautéed with shallots and the extra garlic. Next time I'll try it with Parmigiano-Reggiano and more black pepper for a bolder flavor.

1 pound uncooked fettuccine (I used WW)
1 tablespoon butter (I used ICBITNB)
1 garlic clove, minced (I used 2 cloves)
1/4 cup (2 ounces) 1/3-less-fat cream cheese
3/4 cup fat-free, less-sodium chicken broth
3 tablespoons all-purpose flour
3/4 cup (3 ounces) grated fresh pecorino Romano cheese
3/4 cup half-and-half (I used FF)
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
10 center-cut bacon slices, cooked and crumbled (about 1 1/4 cups) (I used 8 slices)
Parsley sprigs (optional)

Cook pasta according to package instructions, omitting salt and fat. Drain pasta, reserving 1/2 cup pasta water. (I reserved 1 cup of pasta water)

Melt butter in a large nonstick skillet over medium-high heat. Add garlic; sauté 30 seconds. Add reserved pasta water and cream cheese, stirring with a whisk until smooth. Combine broth and flour in a small bowl, stirring with a whisk until smooth. Add flour mixture to pan, stirring with a whisk to combine; bring to a boil. Cook 2 minutes or until mixture thickens, stirring constantly.

Remove from heat; add pecorino Romano, stirring until smooth. Add half-and-half, salt, and pepper. Stir in spinach. Combine cheese mixture and pasta in a large bowl, tossing to coat. Place about 1 cup pasta mixture in each of 8 bowls; top each serving with 2 1/2 tablespoons bacon. Garnish with parsley, if desired.

CALORIES 365 (30% from fat); FAT 12.2g (sat 6.3g,mono 3.3g,poly 0.6g); PROTEIN 15.9g;
CHOLESTEROL 34mg; CALCIUM 188mg; SODIUM 681mg; FIBER 2.3g; IRON 1.8mg;
CARBOHYDRATE 46.6g

Pesto Muffins

BR (Breads)

From Light & Tasty, August/September, 2007

HU: 3.4

Serves: 12

Posted by: CJMartin717 (Cindy)

July 28, 2007

L&T: "These muffins remind me of my trip to Italy," says Cheryl Hindrichs of Columbus, Ohio. "They make great light bites at a buffet or party. I often freeze extra basil so I can enjoy them during cooler months." TASTY TIP Pair the tasty muffins with a hearty bowl of soup when the air gets nippy...or wrap several with some cream cheese spreads for a quick hostess gift, Cheryl suggests.

Cindy's Comment: These were very good paired with a salad for dinner. I added about a 1/2 TBsp fresh snipped chives. I sprayed the muffin tin with nonstick cooking spray rather than use paper liners.

INGREDIENTS

1-1/2 cups all-purpose flour
1/2 cup whole wheat flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 egg
1 cup buttermilk
3/4 cup vegetable broth
3 tablespoons canola oil
1/2 cup grated Parmesan cheese, divided
1/2 cup loosely packed basil leaves, chopped
1/4 cup chopped walnuts
2 garlic cloves, minced

DIRECTIONS

In a large bowl, combine the first five ingredients. In another bowl, whisk the egg, buttermilk, broth and oil. Stir into dry ingredients just until moistened.

Set aside 1 tablespoon Parmesan cheese. Fold the basil, walnuts, garlic and remaining Parmesan cheese into batter. Fill paper-lined muffin cups two-thirds full; sprinkle with reserved Parmesan cheese.

Bake at 400° for 15-20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Yield: 1 dozen.

Nutrition Facts: 1 muffin equals 153 calories, 7 g fat (1 g saturated fat), 21 mg cholesterol, 270 mg sodium, 17 g carbohydrate, 1 g fiber, 6 g protein. Diabetic Exchanges: 1-1/2 fat, 1 starch.

Blueberry-Orange Muffins

BR (breads)

Eating Well

HU: 3.5

Serves 12

Posted by CJMartin717 (Cindy)

July 31, 2007

EW: Small wild blueberries, which tend to be more tart than cultivated berries, are wonderful for baking. Forage them yourself or look for them with other frozen fruit in your supermarket.

1 1/2 cups all-purpose flour
3/4 cup whole-wheat pastry flour (I used 1/2 cup White Whole Wheat and 1/4 cup oat bran)
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
3/4 teaspoon salt
1 teaspoon ground cinnamon
1 large egg
1 large egg white
2/3 cup packed light brown sugar (I used dark brown sugar)
1 cup nonfat plain yogurt (I used nonfat vanilla yogurt)
2 teaspoons freshly grated orange zest
1/3 cup orange juice
2 tablespoons canola oil
1 teaspoon vanilla extract
1 1/2 cups blueberries
1 tablespoon granulated sugar (I forgot this part)

1. Preheat oven to 400°F. Coat 12 muffin cups with nonstick cooking spray.
2. Whisk all-purpose and whole-wheat flours, baking powder, baking soda, salt and cinnamon in a large bowl.
3. Whisk egg, egg white and brown sugar in a medium bowl until smooth. Add yogurt, orange zest, orange juice, oil and vanilla; whisk until blended.
4. Make a well in the dry ingredients; add wet ingredients and stir with a rubber spatula until just combined. Fold in blueberries.
5. Spoon batter into prepared muffin cups. Sprinkle tops with granulated sugar. Bake until tops are golden and spring back when touched lightly, 20 to 25 minutes. Cool for 5 minutes on a wire rack. Loosen edges and turn muffins out onto rack to cool completely.

NUTRITION INFORMATION: Per muffin: 182 calories; 3 g fat (0 g sat, 2 g mono); 18 mg cholesterol; 35 g carbohydrate; 4 g protein; 2 g fiber; 275 mg sodium; 98 mg potassium. 2 Carbohydrate Servings

Title: **Frozen Peanut Butter Pie**
Category: D
Source; Cooking Light, August 2007
Healthy Units: 6
Servings: 10
Posted by: MissVN
Date: July 31, 2007

Lightly coat hands with cooking spray to press the slightly sticky crust into the pie plate. The filling may be thin after mixing but will harden in the freezer.

Ingredients

1 2/3 cups chocolate graham cracker crumbs (about 8 1/2 cookie sheets)
7 tablespoons sugar, divided
2 large egg whites, lightly beaten
Cooking spray
1 1/4 cups fat-free milk
2/3 cup reduced-fat crunchy peanut butter
1/2 teaspoon vanilla
1/2 cup (4 ounces) fat-free cream cheese, softened
1 (8-ounce) container frozen fat-free whipped topping, thawed
3 tablespoons finely chopped salted, dry-roasted peanuts
1/4 cup shaved milk chocolate (about 1 ounce)

Instructions

Preheat oven to 350°.

Combine crumbs, 3 tablespoons sugar, and egg whites; toss with a fork until moist. Press into bottom and up sides of a 9-inch deep-dish pie plate coated with cooking spray. Poke crust with a fork before baking. Bake at 350° for 10 minutes. Remove from oven; cool on a wire rack.

Combine milk and remaining 1/4 cup sugar in a heavy saucepan over medium-low heat. Cook 2 minutes or until sugar dissolves, stirring constantly; transfer mixture to a bowl. Add peanut butter and vanilla, stirring with a whisk until combined. Cover and chill 30 minutes.

Place cream cheese in a large bowl, and beat with a mixer at medium speed until light and fluffy. Add milk mixture, beating on low speed until combined. Fold in whipped topping; pour mixture into prepared piecrust. Freeze, uncovered, 8 hours or overnight or until hard. Sprinkle with peanuts and shaved chocolate. Transfer pie to refrigerator 30 minutes before slicing.

Nutritional Information

CALORIES 259(30% from fat); FAT 8.7g (sat 1.9g,mono 3.8g,poly 2g); PROTEIN 9.4g; CHOLESTEROL 2mg; CALCIUM 136mg; SODIUM 249mg; FIBER 1.6g; IRON 0.6mg; CARBOHYDRATE 35.5g

Title: **Southwestern Turkey-Cheddar Burgers with Grilled Onions**

Category: P

Source; Cooking Light, August 2007

Healthy Units: 8

Servings: 6

Posted by: MissVN

Date: July 31, 2007

Wheat germ adds a nuttiness that complements the turkey and spices. For more spicy heat, use Monterey Jack cheese with jalapeño peppers.

Ingredients

3/4 cup finely chopped Maui or other sweet onion

1/3 cup wheat germ

1 1/2 teaspoons ancho chile powder

3/4 teaspoon ground cumin

1/2 teaspoon salt

1/4 teaspoon ground red pepper

1 1/2 pounds ground turkey breast

Cooking spray

4 ounces extra sharp cheddar cheese, thinly sliced

6 (1/2-inch-thick) slices Maui or other sweet onion

6 (2-ounce) Kaiser rolls, split

6 tablespoons Chipotle-Poblano Ketchup

Instructions

Prepare grill.

Combine first 7 ingredients in a large bowl. Divide mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.

Place patties on a grill rack coated with cooking spray; grill 5 minutes. Turn patties over; grill 2 minutes. Divide cheese evenly over patties; grill an additional 5 minutes or until a thermometer registers 165°. Remove from grill; let stand 5 minutes.

Place onion slices on grill rack coated with cooking spray; grill 4 minutes on each side or until browned and tender.

Place rolls, cut sides down, on grill rack; grill 1 minute or until toasted. Place 1 patty on bottom half of each roll; top each serving with 1 onion slice, 1 tablespoon Chipotle-Poblano Ketchup, and top half of roll.

Nutritional Information

CALORIES 395(24% from fat); FAT 10.7g (sat 4.8g,mono 2.5g,poly 1.6g); PROTEIN 32.8g; CHOLESTEROL 54mg; CALCIUM 211mg; SODIUM 853mg; FIBER 3.3g; IRON 3.4mg; CARBOHYDRATE 42.6g

Title: **Chipotle-Poblano Ketchup**

Category: SC

Source; Cooking Light, August 2007

Healthy Units: 0

Servings: 16

Posted by: MissVN

Date: July 31, 2007

Two types of chiles provide smoky heat to this sauce, which goes with any type of meat or poultry burger. It's also great with oven fries or chicken fingers.

This recipe goes with Southwestern Turkey-Cheddar Burgers with Grilled Onions

Ingredients

1 poblano chile (about 5 ounces)

1 cup ketchup

2 tablespoons minced seeded chipotle chiles, canned in adobo sauce (about 2 chiles)

1/2 teaspoon ground cumin

Instructions

Preheat broiler.

Pierce poblano 2 times with the tip of a knife. Place poblano on a foil-lined baking sheet; broil 10 minutes or until blackened, turning occasionally. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and discard skins. Cut a lengthwise slit in poblano; discard seeds and stem. Finely chop poblano.

Combine poblano and remaining ingredients. Refrigerate in an airtight container for up to 2 weeks.

Yield

1 1/4 cups (serving size: 1 tablespoon)

Nutritional Information

CALORIES 15(12% from fat); FAT 0.2g (sat 0.0g,mono 0.0g,poly 0.1g); PROTEIN 0.3g; CHOLESTEROL 0.0mg; CALCIUM 3mg; SODIUM 150mg; FIBER 0.4g; IRON 0.2mg; CARBOHYDRATE 3.6g

Florentine Frittata with Bruschetta Toppings

Category: Eggs (E)

Source: Cooking Light August, 2007

Healthy Units: 2.5

Core: Yes

Servings: 6

Posted by: ejwyatt (Emily)

Date: August 1, 2007

Em's Notes: I used 6 ounces of the ricotta and that was only about ½ C, a cup and a ½ would have been more than my 15 ounce tub. I used cremini mushrooms, so needed to sauté those a little longer than listed and I doubled the spinach. The best part of this recipe is the bruschetta topping.

1 1/2 cups coarsely chopped plum tomato
1 tablespoon chopped fresh basil
2 teaspoons balsamic vinegar
1 teaspoon olive oil
1/8 teaspoon crushed red pepper
1 garlic clove, minced
1/2 teaspoon salt, divided
1 1/2 cups (6 ounces) fat-free ricotta
1/4 teaspoon black pepper
4 large eggs
4 large egg whites
Cooking spray
1 cup chopped red onion
1 (8-ounce) package presliced mushrooms
3 cups bagged baby spinach leaves

Preheat oven to 350°.

Combine first 6 ingredients and 1/4 teaspoon salt in a small bowl. Set aside.

Combine fat-free ricotta, black pepper, remaining 1/4 teaspoon salt, eggs, and egg whites in a medium bowl.

Heat nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion; sauté 2 minutes. Add mushrooms; sauté 2 minutes. Add spinach; sauté 1 minute. Stir in egg mixture. Wrap handle of pan with foil. Bake at 350° for 20 minutes or until a wooden pick inserted in center comes out clean. Top with tomato mixture.

Yield: 6 servings (serving size: 1 wedge and about 1/4 cup tomato mixture)

CALORIES 118 (33% from fat); FAT 4.3g (sat 1.2g, mono 1.8g, poly 0.7g); PROTEIN 12.2g; CHOLESTEROL 143mg; CALCIUM 131mg; SODIUM 328mg; FIBER 1.5g; IRON 1.4mg; CARBOHYDRATE 7.8g

Chicken Picadillo

Category: Poultry (P)

Source: Cooking Light July, 2006

Healthy Units: 5

Core: C+1.5

Servings: 4

Posted by: ejwyatt (Emily)

Date: August 1, 2007

Quick and Easy

CL Notes: Any leftover chicken mixture can be reheated and served on hot tortillas; top with shredded lettuce, chopped tomatoes, and light sour cream. Total time: 30 minutes.

Em's Notes: This will be as spicy or as mild as the salsa that you choose to use. It will be IUOF and/or IUON for some, but it is delicious over rice. I used red rice.

1 pound skinless, boneless chicken breast
2 teaspoons olive oil
1 cup chopped onion
1 1/2 teaspoons ground cumin
1/2 teaspoon salt
1/4 teaspoon ground cinnamon
3 garlic cloves, minced
1 cup bottled salsa
1/3 cup golden raisins
1/4 cup slivered almonds, toasted
1/4 cup chopped fresh cilantro
Fresh cilantro sprigs (optional)

Place chicken in a food processor; pulse until ground.

Heat oil in a large nonstick skillet over medium-high heat. Add onion, and cook for 3 minutes, stirring occasionally. Add chicken, cumin, salt, cinnamon, and garlic, and cook for 3 minutes or until chicken is done, stirring frequently. Stir in salsa and raisins. Cover, reduce heat, and simmer for 5 minutes or until thoroughly heated. Stir in almonds and cilantro. Garnish with cilantro sprigs, if desired.

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

CALORIES 257 (26% from fat); FAT 7.5g (sat 1g,mono 4.2g,poly 1.5g); PROTEIN 29.6g; CHOLESTEROL 66mg; CALCIUM 74mg; SODIUM 762mg; FIBER 3.2g; IRON 2.2mg; CARBOHYDRATE 19g

Grilled Corn Succotash

Category: Vegetables (V)

Source: Cooking Light June, 2007

Healthy Units: 2.5

Core: Yes

Servings: 6

Posted by: ejwyatt (Emily)

Date: August 1, 2007

Em's Notes: This was a wonderful succotash. Very filling with the addition of the green beans and tomatoes.

4 ears shucked corn
Cooking spray
4 cups water
1 cup shelled lima beans
2 cups (1-inch) cut green beans (about 1/2 pound)
1 1/2 tablespoons butter
1 cup chopped onion
2 garlic cloves, minced
1 cup halved grape tomatoes
1/4 cup chopped fresh basil
1 1/2 tablespoons fresh lemon juice
1 tablespoon balsamic vinegar
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Prepare grill.

Place corn on grill rack coated with cooking spray; cook 10 minutes or until lightly browned, turning every 2 minutes. Cool. Cut kernels from ears of corn.

Bring 4 cups water to a boil in a large saucepan. Add lima beans; cook for 20 minutes. Add green beans; cook 2 minutes. Drain and rinse with cold water; drain well.

Melt butter in a large nonstick skillet over medium-high heat. Add chopped onion and garlic; cook, stirring occasionally, for 5 minutes or until onion is lightly browned. Stir in corn, and cook 2 minutes. Add beans; cook for 2 minutes. Remove from heat. Stir in tomatoes and remaining ingredients.

Yield: 6 servings (serving size: 1 cup)

CALORIES 140 (24% from fat); FAT 3.8g (sat 2g,mono 1g,poly 0.6g); PROTEIN 5.1g; CHOLESTEROL 7.5mg; CALCIUM 36mg; SODIUM 338mg; FIBER 5.3g; IRON 1.5mg; CARBOHYDRATE 25g

Chili Taco Casserole

Category: Soup & Stew

Source: EatingWell.com

Healthy Units: 9

Servings: 6

Posted By: Kwe730 (Kim)

Aug 1, 2007

Kid-Friendly, Quick & Easy

Kim's Notes: This comes out to 9 HUs, but that is calculated using full fat cheddar. I use canola spray on the tortillas before I cut them.

2 teaspoons canola oil

12 corn tortillas

1/4 teaspoon salt

1 15-ounce can chili with meat and beans

1 15-ounce can pinto beans, rinsed

1 10-ounce can enchilada sauce (1 1/4 cups)

1 8-ounce can no-salt-added tomato sauce

1 tablespoon grated onion

1 cup grated extra-sharp Cheddar cheese (4 ounces), divided

1/2 cup nonfat sour cream

1/2 cup nonfat plain yogurt

1. Preheat oven to 425°F. Coat 2 baking sheets and a shallow 3-quart baking dish with nonstick cooking spray.
2. Brush oil lightly over one side of each tortilla. Sprinkle with salt. Cut each tortilla into 8 wedges and arrange in a single layer on the prepared baking sheets. Bake until crisp, 8 to 10 minutes, rotating the baking sheets midway through baking. Let cool.
3. Reduce the oven temperature to 375°F. Stir together chili, pinto beans, enchilada sauce, tomato sauce, onions and 3/4 cup of the cheese in a large bowl. Add 4 cups of the tortilla crisps and stir to coat them with sauce. Turn into the prepared baking dish and bake until bubbly, 25 to 30 minutes.
4. Mix together sour cream and yogurt in a small bowl and spread over the top of the casserole. Sprinkle with the remaining 1/4 cup cheese and 2 cups tortilla crisps. Bake for 5 minutes longer.

NUTRITION INFORMATION: Per serving: 449 calories; 21 g fat (10 g sat, 5 g mono); 52 mg cholesterol; 51 g carbohydrate; 17 g protein; 11 g fiber; 724 mg sodium; 740 mg potassium

Corn and Fingerling Potato Chowder with Applewood-Smoked Bacon

Category: Soups

Source: CL August 2007

Healthy Units: 3

Servings: 5 (1 cup/serving)

Posted by jhoulihan

8/5/07

As the name implies, fingerling potatoes have a narrow shape, similar to a finger. These baby white potatoes contain less starch than russet potatoes; waxy small red potatoes make a good stand-in.

2 slices applewood-smoked bacon
1 3/4 cups diced onion
3 1/2 cups fresh corn kernels (about 7 ears)
1 teaspoon chopped fresh thyme (I used 1/4 tsp dried)
2 garlic cloves, minced
2 cups fat-free, less-sodium chicken broth
1/2 cup 2% reduced-fat milk
1/2 cup half-and-half
8 ounces (1/4-inch-thick) rounds fingerling potato slices (I used baby red potatoes)
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
Thyme sprigs (optional)

Cook bacon in a large Dutch oven over medium heat until crisp. Remove bacon from pan; crumble. Add onion to drippings in pan; cook 8 minutes or until tender, stirring occasionally. Add corn, chopped thyme, and garlic to pan; cook 30 seconds, stirring constantly. Stir in broth, milk, half-and-half, and potatoes; bring to a simmer. Cover and cook 10 minutes or until potatoes are tender, stirring occasionally.

Transfer 2 cups potato mixture to a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth; return pureed mixture to pan. Stir in salt and black pepper; sprinkle with crumbled bacon. Garnish with thyme sprigs, if desired.

Yield: 5 servings (serving size: about 1 cup)

CALORIES 186 (27% from fat); FAT 5.5g (sat 2.7g,mono 1.2g,poly 0.4g); PROTEIN 7.6g; CHOLESTEROL 18mg; CALCIUM 84mg; SODIUM 398mg; FIBER 3.4g; IRON 1.1mg; CARBOHYDRATE 27.8g

Charred Summer Vegetables

Category: Vegetables

Source: Cooking Light, August 2007

Healthy Units: 2

Servings: 6 (serving size: 2/3 cup)

Posted By: Bawstinn36 (Maria)

August 5, 2007

Serve with simple grilled pork, chicken, or fish. Add the vegetables to a hot cast-iron skillet, cover, and cook 5 minutes without stirring so the natural sugars caramelize and add flavor.

Comments: Easy to throw together once the chopping is done. Very versatile as you can mix and match whatever fresh veggies you have on hand. I added leeks and summer squash to the mix.

Cooking spray

2 1/2 cups fresh corn kernels (about 5 ears)

2 cups chopped green beans (about 8 ounces)

1 cup chopped zucchini (about 4 ounces)

1 cup chopped red bell pepper

2 tablespoons finely chopped shallots

1 tablespoon chopped fresh flat-leaf parsley

2 tablespoons fresh lemon juice

4 teaspoons extra virgin olive oil

1/2 teaspoon salt

1/2 teaspoon chopped fresh thyme

1/4 teaspoon freshly ground black pepper

Preparation

Heat a 12-inch cast-iron skillet over high heat. Coat pan with cooking spray. Add corn kernels, chopped green beans, chopped zucchini, and chopped bell pepper to pan; stir to combine. Cover and cook 5 minutes. Combine shallots and remaining ingredients in a bowl, stirring well. Add shallot mixture to corn mixture; toss to coat.

Nutritional Information

CALORIES 102(28% from fat); FAT 3.2g (sat 0.3g,mono 1.7g,poly 0.3g); PROTEIN 3.3g; CHOLESTEROL 0.0mg; CALCIUM 31mg; SODIUM 210mg; FIBER 2.7g; IRON 0.8mg; CARBOHYDRATE 18.5g

Glazed Lemon Buttermilk Cake

Category: Cake (D)

Source Cooking Light, August 2007

Healthy Units: 6

Servings: 16 (serving size: 1 slice)

Posted By: Bawstinn36 (Maria)

August 5, 2007

Comments: I made no changes to the recipe and it was great. My one complaint was the glaze was not as thick as I would have liked. I used the whole teaspoon of lemon extract.

This cake is great with a cup of morning coffee or mixed berries and a scoop of sorbet for dessert. Use a whole teaspoon of lemon extract for more intense lemon flavor.

Cake:

3 Tbsp grated lemon rind (about 2 lemons)	3/4 teaspoon salt
3 Tbsp fresh lemon juice (about 1 lemon)	1/2 teaspoon baking soda
Cooking spray	1/2 cup butter, softened
1 1/2 cups plus 2 Tbsp granulated sugar, divided	1/2 to 1 teaspoon lemon extract
3 cups all-purpose flour (13 1/2 ounces)	3 large eggs
1 teaspoon baking powder	1 cup low-fat buttermilk

Lemon glaze:

1 cup powdered sugar	1 tablespoon low-fat buttermilk
1 1/2 tablespoons fresh lemon juice	1 teaspoon grated lemon rind (optional)

Preheat oven to 350°.

To prepare cake, combine rind and 3 tablespoons juice in a small bowl. Set aside.

Coat a 10-inch Bundt pan with cooking spray; dust with 2 tablespoons granulated sugar.

Lightly spoon the flour into dry measuring cups, and level with a knife. Combine flour, baking powder, salt, and baking soda in a large bowl, stirring well with a whisk.

Place butter in a large bowl; beat with a mixer at medium speed until light and fluffy. Gradually add remaining 1 1/2 cups granulated sugar, rind mixture, and extract, beating until well blended. Add eggs, 1 at a time, beating well after each addition. Add flour mixture and 1 cup buttermilk alternately to sugar mixture, beating at low speed, beginning and ending with flour mixture.

Spoon batter into prepared pan. Bake at 350° for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

To prepare glaze, combine powdered sugar, 1 1/2 tablespoons juice, and 1 tablespoon buttermilk in a small bowl, stirring until smooth. Drizzle glaze over warm cake. Garnish with grated lemon rind once glaze is set, if desired.

CALORIES 267 (24% from fat); FAT 7g (sat 4g,mono 1.9g,poly 0.4g); PROTEIN 4.3g; CHOLESTEROL 56mg; CALCIUM 46mg;
SODIUM 252mg; FIBER 0.8g; IRON 1.3mg; CARBOHYDRATE 47.3g

Japanese-Style Cucumber and Radish Salad

Category:

Source: Cooking Light, JUNE 2006

Healthy Units: 1

Servings: (serving size: about 1/2 cup)

Posted By: Bawstinn36 (Maria)

August 5, 2007

Inspired by sunomono, a Japanese salad often made with sliced cucumber and daikon radish, this variation is a refreshing no-cook option to serve alongside grilled salmon or teriyaki-style chicken skewers.

1/2 cup thinly sliced sweet onion
8 sliced radishes (about 4 ounces)
1 English cucumber, peeled, halved lengthwise, and sliced (about 10 ounces)
1/4 cup rice wine vinegar
2 teaspoons canola oil
1 teaspoon dark sesame oil
1/4 teaspoon salt
1/8 teaspoon crushed red pepper
1 teaspoon sesame seeds, toasted

Combine onion, radishes, and English cucumber in a medium bowl.
Combine vinegar and next 4 ingredients (through pepper) in a small bowl; stir until blended. Drizzle vinegar mixture over cucumber mixture, tossing to coat. Cover with plastic wrap, and chill 15 minutes. Sprinkle with sesame seeds before serving.

CALORIES 39 (62% from fat); FAT 2.7g (sat 0.3g,mono 1.3g,poly 0.9g); PROTEIN 0.7g;
CHOLESTEROL 0.0mg; CALCIUM 106mg; SODIUM 14mg; FIBER 0.5g; IRON 0.9mg;
CARBOHYDRATE 3.2g

Eggplant Parmesan Lasagna

Category: Pasta

Source: Cooking Light, April 2001

Healthy Units: 9

Servings: 9

Posted By: Bawstinn36 (Maria)

August 6, 2007

This dish tastes just like the classic eggplant Parmesan layered between noodles, four cheeses, and tomato sauce.

Comments: I used The Borg approved marinara sauce in place of the jarred sauce and added chopped fresh basil to the layers. I also used no-bake noodles to save some time. I did not peel the eggplant.

2 large egg whites	1 teaspoon dried basil
1 large egg	1 (15-ounce) carton part-skim ricotta cheese
1 (1-pound) eggplant, cut crosswise into 1/4-inch-thick slices	1 (12-ounce) carton 1% low-fat cottage cheese
3 tablespoons all-purpose flour	1 large egg white
1 cup Italian-seasoned breadcrumbs	1 (26-ounce) bottle fat-free tomato-basil pasta sauce
2 cups (8 ounces) shredded part-skim mozzarella cheese, divided	12 cooked lasagna noodles
5 tablespoons (1 1/4 ounces) grated fresh Parmesan cheese, divided	
1 teaspoon dried oregano	

Preheat oven to 450°.

Combine 2 egg whites and egg in a small bowl, stirring with a whisk. Dredge 1 eggplant slice in flour. Dip in egg mixture; dredge in breadcrumbs. Repeat procedure with remaining eggplant, flour, egg mixture, and breadcrumbs. Place slices in a single layer on a baking sheet coated with cooking spray. Coat tops of slices with cooking spray. Bake at 450° for 20 minutes, turning eggplant after 10 minutes. Remove from baking sheet; cool. Reduce oven temperature to 375°.

Combine 1 cup shredded mozzarella, 3 tablespoons Parmesan, oregano, basil, ricotta, cottage cheese, and 1 egg white in a large bowl.

Spread 1/4 cup pasta sauce in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 lasagna noodles slightly overlapping over the pasta sauce; top with half of cheese mixture, half of eggplant slices, and 3/4 cup pasta sauce. Repeat layers, ending with noodles. Spread remaining pasta sauce over noodles. Sprinkle with 1 cup mozzarella and 2 tablespoons Parmesan. Cover and bake at 375° for 15 minutes. Uncover and bake an additional 35 minutes or until cheese melts. Let stand 5 minutes.

CALORIES 432 (23% from fat); FAT 11g (sat 6.2g,mono 3.1g,poly 0.9g); PROTEIN 28.3g; CHOLESTEROL 58mg; CALCIUM 460mg; SODIUM 976mg; FIBER 3.7g; IRON 3.2mg; CARBOHYDRATE 53.8g

Asian Chicken Slaw

Category: Salads

Source: CL August 07

HU: 3

Servings: 6 (about 1 1/2 cups per serving)

Posted by DebMj1

8/7/07

CL Notes: "I came up with this recipe after a long workout when I wanted a quick, light meal. Now I often eat it for lunch or omit the chicken and serve it as a side for dinner." --Jaime Horn, Florence, SC

Deb's Notes: I used a rotisserie chicken to make this; it was just so much easier. I followed one of the CL reviewer's suggestions to add a tsp. of sesame oil to augment the flavor. Next time, I'll add a little less sugar and probably add just a touch of sriracha to give it a little kick.

Slaw:

2 1/2 cups shredded cooked chicken breast (about 1 pound)

3/4 cup finely chopped celery

1/2 cup chopped sugar snap peas

1/2 cup chopped red bell pepper

1/4 cup finely chopped onion

1 (10-ounce) package angel hair slaw

1 (8-ounce) can sliced water chestnuts, drained

Dressing:

1/4 cup cider vinegar

1/4 cup rice wine vinegar

2 tablespoons sugar

1 teaspoon salt

2 teaspoons low-sodium soy sauce

1/4 teaspoon garlic powder

1/4 teaspoon freshly ground black pepper

Remaining ingredients:

1/4 cup slivered almonds, toasted

1 teaspoon sesame seeds, toasted

To prepare slaw, combine the first 7 ingredients in a large bowl.

To prepare dressing, combine cider vinegar and next 6 ingredients (through black pepper) in a small bowl; stir with a whisk. Pour dressing over the slaw; toss to coat. Cover and chill 1 hour. Sprinkle with slivered almonds and sesame seeds before serving.

CALORIES 152(22% from fat); FAT 3.7g (sat 0.5g,mono 1.9g,poly 0.9g); PROTEIN 11.5g; CHOLESTEROL 24mg; CALCIUM 32mg; SODIUM 585mg; FIBER 4.5g; IRON 1mg; CARBOHYDRATE 18.5g

Cheese Ravioli with Bacon and Zucchini

Category: Pasta

Source: Adapted from Food and Wine April, 2003

HU: 6

Servings: 4

Posted by DebMj1

8/7/07

Quick & Easy

Deb's Notes: I used Hatfield bacon, a local brand that is lower in fat and calories. Please check HU's using your specific brand of bacon.

1/4 pound bacon, cut in 1" strips
1 medium zucchini, cut in matchsticks 1 1/2x1/4 inch
salt and pepper
1 pound cheese-filled ravioli
1 medium tomato, cut in 1/2" dice
1/4 cup fresh basil, shredded
1/4 cup grated Parmesan cheese, freshly grated

Heat large deep skillet. Add the bacon and cook over moderate heat until crisp, about 8 minutes. Transfer to paper towels to drain.

Pour off all but 1/2 Tbsp. of the bacon fat. Add the zucchini; season with salt and pepper. Cook over moderately high heat, stirring, until barely softened, about 2 minutes. Return the bacon to the skillet and remove from the heat.

In a large pot of boiling salted water, cook the pasta until al dente. Drain, reserving 2 Tbsps. of the pasta cooking water. Add the pasta, reserved cooking water and tomato to the skillet. Season with salt and pepper. Toss gently over moderate heat until heated through.

Transfer the pasta to a large shallow bowl and toss with the basil and 1/4 cup of the Parmesan. Serve at once, passing additional Parmesan at the table.

Nutritional Information:

246 calories, 10 g fat and 2 g fiber (according to MasterCook)

Chipotle Cheddar Chard

Category: Vegetables (V)

Source: Eating Well December, 2006

Healthy Units: 1.5

Core: No

Servings: 6

Posted by: ejwyatt (Emily)

Date: August 7, 2007

Quick & Easy

EW Notes: After washing the chard for these recipes, allow some of the water to cling to the leaves. It helps steam the chard and prevents a dry finished dish.

Ingredients

2 teaspoons canola oil

1 small onion, halved and thinly sliced

1 pound chard, stems and leaves separated, chopped (see Note)

1 medium tomato, chopped

¼ cup reduced-sodium chicken broth or water

¼-½ teaspoon ground chipotle pepper

¼ teaspoon salt

2/3 cup shredded sharp Cheddar cheese

Instructions

Heat oil in a large skillet over medium heat. Add onion and chard stems and cook, stirring often, until softened, 3 to 5 minutes. Add tomato, broth (or water), chipotle to taste and salt; bring to a simmer. Add chard leaves and cook, covered, stirring once, until just tender, about 2 minutes. Scatter cheese evenly over the chard and cook, uncovered, until the cheese is melted, 1 to 2 minutes more. Serve immediately.

Per serving: 90 calories; 6 g fat (3 g sat, 1 g mono); 13 mg cholesterol; 5 g carbohydrate; 4 g protein; 2 g fiber; 315 mg sodium; 493 mg potassium.

Nutrition bonus: Vitamin K (313% daily value), Vitamin A (100% dv), Vitamin C (30% dv), Magnesium (17% dv).

Quinoa, Corn, and Tomato Salad with Chive-Infused Oil

Category: Salads (S)

Source: Cooking Light August, 2007

Healthy Units: 3.5

Core: Yes

Servings: 6

Posted by: ejwyatt (Emily)

Date: August 7, 2007

Quick & Easy

CL Notes: Brightly colored flavored oil coats the quinoa grains and lends the salad fresh chive flavor. Refrigerate leftover oil to use as a dressing to drizzle over grilled fish or summer vegetables. Garnish with whole fresh chives, if desired.

Em's Notes: This makes a nice light summer lunch.

1 1/2 cups water
1 cup uncooked quinoa
1 cup fresh corn kernels (about 2 ears)
1 cup cherry tomatoes, halved
1/4 cup finely chopped fresh flat-leaf parsley
2 tablespoons Chive-Infused Oil
2 tablespoons fresh lime juice
2 tablespoons white wine vinegar
1/4 teaspoon salt
1 garlic clove, minced

Combine 1 1/2 cups water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until liquid is absorbed. Remove from heat; let stand 10 minutes. Fluff with a fork.

Combine quinoa, corn, tomatoes, and parsley in a medium bowl. Combine Chive-Infused Oil and remaining ingredients, stirring with a whisk. Drizzle over salad; toss well to coat. Let stand 10 minutes before serving.

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

CALORIES 179 (34% from fat); FAT 6.7g (sat 0.7g,mono 4.1g,poly 1.3g); PROTEIN 5.2g; CHOLESTEROL 0.0mg; CALCIUM 20mg; SODIUM 145mg; FIBER 2.4g; IRON 2.2mg; CARBOHYDRATE 26.1g

Hoisin and Bourbon-Glazed Pork Tenderloin

Category: Meat

Source: Cooking Light May 2002

HUs: 4.5

Serves: 8

Posted by: Kate (KateWD)

August 10, 2007

This tenderloin is an easy grilled entree and terrific with the Three Fruit Salsa.

1 cup hickory wood chips
1/3 cup hoisin sauce
2 tablespoons seasoned rice vinegar
2 tablespoons bourbon
2 tablespoons maple syrup
1 1/2 teaspoons grated peeled fresh ginger
1 1/2 teaspoons fresh lime juice
1/2 teaspoon chile paste with garlic
1 garlic clove, minced
2 (1-pound) pork tenderloins, trimmed
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
Cooking spray

Soak wood chips in water 30 minutes; drain well. Prepare grill.

Combine hoisin sauce and next 7 ingredients (hoisin through garlic) in a small bowl; stir with a whisk.

Slice pork lengthwise, cutting to, but not through, other side. Open halves, laying pork flat. Sprinkle pork with salt and pepper. Add wood chips to grill. Place pork on grill rack coated with cooking spray; cook 5 minutes. Turn and baste pork with hoisin mixture; cook 5 minutes. Turn and baste pork with hoisin mixture; cook 5 minutes or until pork reaches 155° or desired degree of doneness. Let stand 5 minutes; cut pork into 1/2-inch slices.

Yield: 8 servings (serving size: 3 ounces pork)

CALORIES 209 (25% from fat); FAT 5.8g (sat 2g,mono 2.3g,poly 0.7g); PROTEIN 26.3g; CHOLESTEROL 80mg; CALCIUM 13mg; SODIUM 452mg; FIBER 0.4g; IRON 1.4mg; CARBOHYDRATE 9.2g

Three-Fruit Salsa

Category: SC

Source: Cooking Light May 2002

HUs: 1

Serves: 6

Posted by: Kate (KateWD)

August 10, 2007

Loved this mild, summery salsa, leftovers kept well in the fridge for several days. I left out the mint because I am not a fan.

This salsa takes on a tropical appeal with it's Thai-inspired notes.

1 cup finely chopped peeled cantaloupe
1 cup finely chopped peeled mango
1 cup sliced small strawberries
½ cup finely chopped seeded peeled cucumber
½ cup finely chopped green bell pepper
½ cup finely chopped red onion
1 ½ tablespoons chopped fresh mint
1 tablespoon chopped fresh basil
2 tablespoons fresh lime juice
2 tablespoons finely chopped seeded jalapeño pepper
1 tablespoon honey
1/4 teaspoon salt

Combine all ingredients in a bowl; toss to combine. Serve salsa with a slotted spoon.

Yield: 6 servings (serving size: about 3/4 cup)

CALORIES 59 (6% from fat); FAT 0.4g (sat 0.1g,mono 0.1g,poly 0.1g); PROTEIN 1g;
CHOLESTEROL 0.0mg; CALCIUM 19mg; SODIUM 103mg; FIBER 2.1g; IRON 0.5mg;
CARBOHYDRATE 14.7g

Banana Blueberry Muffins

BR (Breads)

Recipe By: www.prevention.com (modified)

HU: 2.3

Servings: 12

Posted by CJMartin717 (Cindy)

August 11, 2007

NOTES : Original recipe called for 1/3 cup brown sugar and 4 egg whites. I added the yogurt and canola oil after reading several on-line reviews that said the muffins were too dry without extra liquid. I used King Arthur White Whole Wheat flour.

2 cups whole wheat flour
3 tablespoons Splenda Brown Sugar Blend
½ teaspoon cinnamon
2 teaspoons baking powder
1 teaspoon baking soda
1 ½ cups mashed banana -- 3 bananas
½ cup Egg beaters® 99% egg substitute
1/4 cup nonfat vanilla yogurt
1 tablespoon canola oil
1 teaspoon vanilla extract
1 cup blueberries

Preheat oven to 350F. Spray a 12-cup muffin tin with nonstick cooking spray.

In a large bowl, combine flour, Splenda Brown Sugar Blend, cinnamon (I used cake spice), baking powder and baking soda.

In a separate bowl, combine mashed bananas, Egg Beaters, yogurt, canola oil, and vanilla extract. Mix into the flour mixture until smooth. Fold in blueberries. Spoon batter into prepared muffin tin.

Bake 16 minutes (mine took 24 minutes) or until a toothpick inserted into the center of muffin comes out clean. Cool on wire rack ten minutes and remove from pan to continue cooling.

Per Serving: 136 Calories; 2g Fat (10.9% calories from fat); 4g Protein; 27g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 206mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; ½ Fruit; ½ Fat; 0 Other Carbohydrates.

Kafte (or Kofte, Kafte)

Category: Meats

Source: The Arab Table by May S. Bsisu

Healthy Units: 4

Core: Yes - Core

Servings: 8

Posted by jillybean03

August 12, 2007

Description: "Middle Eastern spiced burger kebabs"

2 pounds ground beef, 92% lean
1 cup parsley -- finely chopped
2 large onions -- grated
1 tablespoon salt
1 teaspoon ground allspice
½ teaspoon black pepper
½ teaspoon ground coriander
1/4 teaspoon ground cardamom
1/4 teaspoon ground cinnamon
2 large cloves garlic -- minced

Combine all ingredients in a bowl and knead with your hands until they are thoroughly incorporated. You may cook immediately, though I find the flavor is somewhat better if it is refrigerated at least an hour

You can shape these into burgers, and serve like a hamburger, though I like to take about 3 oz and shape it into a sausage shape on a wooden skewer, which is a little more traditional.

Serve with either tzatziki or tahini sauce. (Tahini sauce is tahini thinned with lemon juice, mixed with minced garlic and hot pepper flakes, salt & pepper)

Per Serving (excluding unknown items): 176 Calories; 8g Fat (81.6% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 805mg Sodium.
Exchanges: 0 Grain(Starch); ½ Vegetable; 0 Fat.

Coconut Macaroons

Category: Cookies

Source: Barefoot Contessa Parties

Healthy Units: 4

Servings: 20

Posted by: MRSCOUSCOUS

August 12, 2007

Freezer Friendly

Lesley's Notes: These are the easiest cookies to make, and are super delicious. They almost taste like coconut marshmallows. I would recommend using a Silpat if you have one, and the convection setting on your oven. You also might need to bake a little longer than the recipe calls for.

Ingredients:

14 ounces sweetened coconut flakes
14 ounces sweetened condensed milk
1 teaspoon vanilla extract
2 large egg whites, at room temperature
1/4 teaspoon kosher salt

Instructions:

Combine the coconut, condensed milk, and vanilla in a large bowl. Whip the egg whites and salt on high speed in the bowl of an electric mixer fitted with the whisk attachment until they make medium-firm peaks. Carefully fold the egg whites into the coconut mixture.

Drop the batter onto sheet pans lined with parchment paper using either a 1 3/4-inch diameter ice cream scoop, or 2 teaspoons. Bake for 25 to 30 minutes, until golden brown. Cool and serve.

Per Serving (excluding unknown items): 160 Calories; 8g Fat (44.3% calories from fat); 3g Protein; 20g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 105mg Sodium.

Grilled Pork Chops With Cherry Relish

M (Meats)

Source: WW RRB, posted by Crispyrice with credit to Al_Dente

HU: 3.3

Servings: 4

Posted by CJMartin717 (Cindy)

August 12, 2007

NOTES : The relish is also a delicious complement to grilled lamb or chicken.

Cindy's Comments: Not counting marinating time, this was super quick to put together. We wanted to try some of the chili peppers we're growing and added 1 small Thai Dragon Chili, minced, with the onion, ginger and garlic. I also added 1 Tablespoon of balsamic vinegar to the relish at the very end of cooking.

1 pound pork loin chops
1/4 cup low-sodium soy sauce
1 teaspoon vegetable oil
½ cup chopped onion
1 tablespoon ginger -- peeled and chopped
1 teaspoon minced garlic
1 cup sweet cherries -- pitted and chopped

Season pork lightly with pepper. Place in shallow baking dish. Pour soy sauce over. Turn chops to coat. Cover; chill 1 hour, turning occasionally.

Heat oil in small skillet over medium heat. Add onion, ginger and garlic; sauté until onion is almost tender, about 5 minutes. Add cherries; sauté until cherries begin to soften, about 8 minutes. Remove from heat. Season with salt and pepper if desired.

Prepare barbecue for medium-high heat. Remove pork from marinade. Grill pork until cooked through, about 4 minutes per side. Transfer to plates. Spoon relish over.

Per Serving: 154 Calories; 5g Fat (32.0% calories from fat); 16g Protein; 10g Carbohydrate; 1g Dietary Fiber; 36mg Cholesterol; 630mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; ½ Vegetable; ½ Fruit; 0 Fat.

Tomato Gratin

Category: Vegetables

EatingWell.com

HU: 2.5

Servings: 6

Posted by DebMj1

August 17, 2007

Quick and Easy

EW Notes: A gratin is any dish topped with cheese or breadcrumbs mixed with butter, then heated until browned—but it needn't be heavy. This one has plenty of garden-fresh tomatoes and herbs, a touch of full-flavored cheese and a crispy crumb topping.

Deb's Notes: I used Wegmans Multi-Grain bread from their bakery and doubled the amount of garlic. The only caution that I would have is that this will not reheat well because of the crumbs. I'd suggest either halving the recipe (I did) or doing the crumbs ahead of time and keeping them on hand to do individual servings on a daily basis. That will probably be the way I handle this recipe on a daily basis. I'll end up doing the individual servings in 8-oz. ramekins.

4 slices whole-grain bread, torn into quarters
1 tablespoon minced garlic
1 tablespoon extra-virgin olive oil
1/3 cup finely shredded Pecorino Romano or Parmesan cheese
4 medium tomatoes, sliced
1/4 cup chopped fresh basil
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt

1. Preheat oven to 450°F. Coat a shallow 2-quart baking dish with nonstick spray.
2. Place bread in a food processor and pulse until coarse crumbs form. Add garlic, oil and cheese; pulse to combine. Spread the seasoned breadcrumbs on a baking sheet and bake until beginning to brown, about 5 minutes.
3. Meanwhile, layer tomato slices in the prepared baking dish, sprinkling each layer with basil, pepper and salt. Bake the tomatoes for 10 minutes; sprinkle with the toasted breadcrumbs, and bake for 10 minutes more. Serve immediately.

NUTRITION INFORMATION: Per serving: 128 calories; 4 g fat (1 g sat, 2 g mono); 4 mg cholesterol; 17 g carbohydrate; 5 g protein; 2 g fiber; 303 mg sodium; 255 mg potassium.

Apricot Wheat Germ Muffins

Category: BR

Recipe By: Eating Well

HU: 3.5 - 4.6

Servings: 12

Posted by: CJMartin717 (Cindy)

August 18, 2007

Cindy's Note: These would be great for breakfast; but, we enjoyed them with a bowl a soup for dinner. See notes below for changes I made.

2/3 cup dried apricots -- chopped (original = 3/4 cup)
1/2 cup orange juice -- divided
1 cup whole wheat flour
3/4 cup all-purpose flour
3/4 cup toasted wheat germ
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
2 medium eggs (original = large eggs)
1/2 cup packed light brown sugar
1 cup buttermilk
2 tablespoons canola oil (original = 1/4 cup)
2 tablespoons unsweetened applesauce (not in original recipe)
1 teaspoon vanilla extract
original recipe added 1 Tbsp additional wheat germ for sprinkling.

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
2. Combine apricots and 1/4 cup orange juice and bring to a simmer in a small saucepan. Remove from the heat. Set aside to plump.
3. Whisk whole-wheat flour, all-purpose flour, 3/4 cup wheat germ, baking powder, baking soda and salt in a large bowl.
4. Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in buttermilk, oil, orange zest, vanilla and remaining 1/4 cup orange juice. Add to the dry ingredients and mix just until moistened. Add apricots and mix just until blended. Scoop the batter into the prepared pan. Sprinkle with remaining 1 tablespoon wheat germ.
5. Bake the muffins until lightly browned and the tops spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen the edges and turn muffins out onto a wire rack to cool slightly.

Per Serving (Cindy's version): 187 Calories; 4g Fat (19.7% calories from fat); 6g Protein; 33g Carbohydrate; 3g Dietary Fiber; 32mg Cholesterol; 194mg Sodium. (3.5 HUs each)

Original NUTRITION INFORMATION: Per muffin: 242 calories; 7 g fat (1 g sat, 3 g mono); 36 mg cholesterol; 38 g carbohydrate; 7 g protein; 4 g fiber; 183 mg sodium. (4.6 HUs each)

Summer Fruit Blender Clafouti

D (Dessert)

Recipe By: Cat Cora, "Cooking From The Hip"

HU: 4

Servings: 6

Posted by: CJMartin717 (Cindy)

August 18, 2007

Cindy's Notes: The cookbook had several versions of this recipe, using 3 cups of the same fruit or this combination using 1 cup of each. We loved it. It was great warm last night and DBF enjoyed it chilled tonight. I reheated mine in the microwave.

1 cup blueberries
1 cup cherries -- pitted
1 cup peaches -- diced
1 tablespoon butter
2 tablespoons candied ginger root -- chopped
1/4 cup sugar
1/2 cup fat free half-and-half
1/2 cup skim milk
3 medium eggs
1/2 cup all-purpose flour
2 teaspoons vanilla extract
1 tablespoon sugar

Preheat oven to 325 degrees. Spray a 10-inch deep pie plate or 2-quart baking dish with nonstick cooking spray

Melt butter (optional ingredient). Toss berries, cherries, and peaches with butter, ginger and 1/4 cup sugar. Place in pie plate or baking dish.

Combine half and half, milk, eggs, flour, vanilla, and 1 tablespoon sugar in a blender and blend on high speed until mixed, about 30 seconds. Pour over fruit.

Bake 25-30 minutes or until clafouti is lightly browned on the edges. Serve while still warm.

Per Serving: 202 Calories; 4g Fat (20.3% calories from fat); 5g Protein; 34g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 80mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

Additional NOTES: Original recipe did not use butter and called for whole milk. I subbed FF half and half and skim milk.

Himalayan Red Rice Salad with Blueberries

(RP - rice/pasta)

Source: Janie Hibler, "The Berry Bible"

HU: 6.6

Servings: 6

Posted by: CJMartin717 (Cindy)

August 19, 2007

Cindy's NOTES: I subbed golden raisins for apricots and reduced hazelnuts to 1/4 cup instead of 1/3 cup. I reduced olive oil to 3 Tbsps instead of 1/3 cup. I increased the number of servings to 6 instead of 4. I made half the recipe and had just enough dressing to toss with the salad (none left over for drizzling). The rice mixture was about 3/4 cup per serving.

If you can't find red rice, I think this would be good with brown rice or a brown and wild rice blend.

- 1 cup red rice -- washed and drained
- 2 cups nonfat chicken broth
- 1/4 cup hazelnuts -- toasted and chopped
- 2 ounces Craisins
- 3 ounces golden raisins
- 1/2 cup red onion -- chopped
- 1 cup blueberries
- 1/2 pound spinach leaves -- baby
- 1/4 cup fresh lime juice
- 2 tablespoons honey
- 1 1/2 teaspoons grated ginger root
- 2 teaspoons lime zest
- 3 tablespoons olive oil
- 1 pinch salt
- 1 pinch black pepper

Put the rice in a pan with the chicken stock. Cover, bring to a boil, then reduce heat to a simmer. cook for 40 minutes or until tender. Drain, if necessary, and let cool.

Add nuts, craisins, raisins, and red onion, toss.

Whisk together the lime juice, honey, ginger, lime zest, olive oil, salt and pepper. Pour 1/2 cup of dressing over rice mixture and toss to blend. Gently fold in the blueberries. Salad can be prepared to this point up to 2 days in advance.

Arrange greens (mache or mesclun can be subbed for the baby spinach) loosely in the middle of 4 dinner plates and drizzle with remaining dressing. Arrange rice salad in a mound atop greens. Serve immediately.

Per Serving: 325 Calories; 11g Fat (27.0% calories from fat); 8g Protein; 57g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 214mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 2 Fat; 1/2 Other Carbohydrates

Indonesian Chicken

Category: Poultry

Source: Family recipe

Healthy Units: 6 if use brown sugar

Servings: 4

Posted by NSVLOVER

Date: 8/22/07

Notes: This recipe is easy, and quick except for marinating time (sometimes I make it in the morning, and cook it when I come home from work). This is freezer friendly. While not a traditional kid food, with unusual spices, kids really like it because it's sweet and tangy, and not (hot)spicy. I've been making this for over a dozen years.

Ingredients:

- 2 pound uncooked boneless, skinless chicken breast
- 1 Tbsp olive oil
- 2 Tbsp fresh lemon juice
- 2 tsp packed brown sugar
- 2 Tbsp soy sauce
- 2 tsp ground coriander
- 1 tsp ground cumin

Instructions:

Mix marinade ingredients together. Coat boneless skinless chicken breasts with marinate, cover, and refrigerate for 1-2 hours. Bake chicken or grill chicken until juices run clear. Enjoy!

Artichoke-Bacon Chicken Salad

Poultry

Source: CL August 2007 (modified)

Healthy Units: 5

Servings: 4 (about 3/4 cup each)

Posted by jhoulihan

8/23/07

Jodi's Notes: CL's recipe had this served with arugula on sourdough bread, but I skipped the bread and just served it on a bed of arugula.

1/3 cup plain low-fat yogurt

1/4 cup light mayonnaise

3/4 teaspoon chopped fresh rosemary

1/4 teaspoon freshly ground black pepper

1 garlic clove, minced

2 cups shredded skinless, boneless rotisserie chicken breast

1 cup drained canned artichoke hearts, chopped

4 bacon slices, cooked and crumbled

2 cups trimmed arugula

Combine first 5 ingredients in a large bowl. Stir in chicken, artichoke hearts, and bacon. Divide arugula evenly over 4 four plates and top with 3/4 cup chicken mixture.

Sweet and Sour Onion Jam

Category: SC

Source: Eating Well

HU: 2

Servings: 4

Posted by: Sandy W.

August 25, 2007

Sandy's Note: This was very tasty, and I loved slicing the onions this way, but I'd like to try it with balsamic vinegar. Takes about 45 minutes from start to finish.

2 teaspoons extra-virgin olive oil
2 each large sweet onions, such as Vidalia
Halve onions lengthwise and slice
2 1/2 Tablespoons sugar
1 large clove garlic, minced
1 teaspoon chopped fresh rosemary
1/4 cup distilled white vinegar, plus more to taste.
Pinch of salt
Freshly ground pepper to taste.

Heat the oil in a 12-inch skillet (not nonstick) over medium heat.

Add onions and sugar. Cover and cook, stirring occasionally, until onions are soft and most of their liquid has evaporated, 10 to 20 minutes.

Uncover and cook, stirring, until onions turn deep golden, 10 to 20 minutes more. Add 1 or 2 tablespoons of water if the onions start to scorch.

Add garlic and rosemary. Cook, stirring, until fragrant, about 1 minute. Add 1/4 cup of vinegar and cook until most of the liquid has evaporated, about 3 minutes. Season with salt, pepper, and more vinegar, if desired.

You can serve hot over chicken breasts which have been grilled on rosemary springs on the grill, or store covered in the refrigerator for up to 4 days.

Per serving

Calories: 81; Carbohydrates: 15g; Fat: 2g; Saturated Fat: 0g; Monounsaturated Fat: 2g; Protein: 1g; Cholesterol: 0mg; Dietary Fiber: 1g; Potassium: 0mg; Sodium: 38mg

Five Spice Roasted Chicken

Poultry

Quick and Easy Vietnamese Cookbook

Healthy units: 4.5

Servings: 4

Zephyr1

8/25/07

Notes: Original recipe called for chicken legs and thighs but I do not care for them. It also used 3 pounds. I think it would be fabulous to roast a whole chicken with this marinade. I also just left it in the marinade and cooked it. DH loved that the bottom had a nice layer of the juice on it.

Ingredients:

- 1/4 cup soy sauce
- 2 tbsp fish sauce
- 1 tbsp sesame oil
- 1 tbsp brown sugar or granulated sugar
- 2 tsp five spice powder
- 1/2 tsp salt (I omitted this)
- 1 tbsp finely chopped garlic
- 2 tsp finely chopped ginger
- 1 pound boneless skinless chicken breast

Instructions:

Mix marinade, coat chicken and cover and marinate at least one hour or up to overnight. I did 2 hours and it was great. Preheat oven to 375 bake for 1/2 hour.

Per Serving (excluding unknown items): 204 Calories; 8g Fat (34.1% calories from fat); 26g Protein; 6g Carbohydrate; trace Dietary Fiber; 70mg Cholesterol; 1357mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

Hamburger Buddy

Category: RP

Source: Eating Well Sept./Oct. '07

Healthy Units: 6.5

Core: C+1

Servings: 6 (1 1/3 cup servings)

Posted by Tracy (Nikkie1t)

August 27, 2007

Kid Friendly

My comments: This is totally "comfort food." Very tasty.

EW comments: Very finely chopping onion, mushrooms and carrots in the food processor is not only fast--it makes the vegetables hard to detect for picky eaters. They also form the base for the sauce of this ground beef skillet supper.

3 cloves garlic, crushed and peeled
2 medium carrots, cut into 2-inch pieces
10 ounces white mushrooms, large ones cut in half
1 large onion, cut into 2-inch pieces
1 pound 90%-lean ground beef
2 teaspoons dried thyme (I only used 1 t.)
3/4 teaspoon salt
1/4 teaspoon freshly ground pepper
2 cups water
1 14-ounce can reduced-sodium beef broth, divided
8 ounces whole-wheat elbow noodles (2 cups)
2 tablespoons Worcestershire sauce
2 tablespoons flour
1/2 cup reduced-fat sour cream
1 tablespoon chopped fresh parsley or chives for garnish

1. Fit a food processor with the steel blade attachment. With the motor running, drop garlic through the feed tube and process until minced, then add carrots and mushrooms and process until finely chopped. Turn it off, add onion, and pulse until roughly chopped.

2. Cook beef in a large straight-sided skillet or Dutch oven over medium-high heat, breaking it up with a wooden spoon, until no longer pink, 3 to 5 minutes. Stir in the chopped vegetables, thyme, salt and pepper and cook, stirring often, until the vegetables start to soften and the mushrooms release their juices, 5 to 7 minutes.

3. Stir in water, 1 1/2 cups broth, noodles and Worcestershire sauce; bring to a boil. Cover, reduce heat to medium and cook, stirring occasionally, until the pasta is tender, 8 to 10 minutes.

4. Whisk flour with the remaining 1/4 cup broth in a small bowl until smooth; stir into the hamburger mixture. Stir in the sour cream. Simmer, stirring often, until the sauce is thickened, about 2 minutes. Serve sprinkled with parsley (or chives), if desired.

NUTRITION INFORMATION: Per serving: 326 calories; 10 g fat (4 g sat, 3 g mono); 54 mg cholesterol; 38 g carbohydrate; 23 g protein; 4 g fiber; 431 mg sodium; 644 mg potassium. Nutrition bonus: Vitamin A (70% daily value), Zinc (33% dv), Iron (20% dv), Potassium (18% dv). 2 1/2 Carbohydrate Servings

Huli Huli Pork

Category: Meats

www.bhg.com

Healthy Units: 4

Servings: 8 (3 oz servings)

Posted By: Bawstinn (Maria)

August 27, 2007

2 pork tenderloins (about 1-pound each)

3/4 cup ketchup

1/3 cup reduced-sodium soy sauce

3 Tbsp. packed brown sugar

3 Tbsp. sweet Mirin cooking wine or lime juice

1 Tbsp. grated fresh ginger

4 cloves garlic, minced

Lime wedges and fresh herbs (optional)

1. Place pork in a large, heavy self-sealing plastic bag set in a shallow dish; set aside.
2. For marinade, in a small bowl combine the ketchup, soy sauce, brown sugar, wine or lime juice, ginger, and garlic. Remove 3/4 cup of the mixture to a small bowl; cover and chill until needed. Pour remaining mixture over pork; seal bag. Marinate in refrigerator for 4 to 24 hours, turning bag occasionally.
3. Drain pork, reserving marinade. For a charcoal grill arrange hot coals around a drip pan. Test for medium-high heat above the pan. Place pork on grill rack over pan. Cover and grill 20 minutes. Brush with drained marinade. Cover and grill 15 to 20 minutes more or until an instant-read thermometer registers 155 degrees F when inserted into the thickest part of the meat. (For a gas grill, preheat grill. Reduce heat to medium-high. Adjust for indirect cooking. Grill as above.) Remove pork from grill. Cover pork with foil and let stand 10 minutes before slicing. (The meat's temperature will rise 5 degrees F during standing.)
4. Meanwhile, place reserved sauce mixture in a small saucepan; heat through. Pass sauce with pork. Garnish with lime wedges and fresh herbs. Makes: 8 servings

Calories 206; Total Fat (g) 4; Saturated Fat (g) 1; Fiber (g) 0

Soy-Wasabi Shrimp and Scallop Skewers

FS (Fish/Seafood)

Source: Weight Watcher Website

HU: 4

Servings: 4

Posted by: CJMartin717 (Cindy)

August 28, 2007

WW: These Asian seafood kabobs are special enough for entertaining yet easy enough for a busy weeknight. We like skewers for built-in portion control.

Cindy's Comments: I didn't have any mushrooms and subbed some chunks of yellow summer squash instead.

Ingredients

5 medium scallion(s)
6 Tbsp low-sodium soy sauce
3 tsp wasabi powder
1 Tbsp honey
1 1/2 tsp ginger root, fresh, grated
16 large shrimp, fresh, peeled and deveined
1 pound scallops, sea-variety (about 16 scallops)
1 large sweet red pepper(s), cut into 16 chunks
8 medium cremini mushrooms, caps, halved
4 sprays cooking spray

Instructions

Preheat outdoor grill (or grill pan). Cut white and light green parts of scallions into sixteen 1-inch lengths; thinly slice darker green parts.

In a small bowl, stir together soy sauce, wasabi, honey and ginger root until blended.

Pour 1/4 cup of soy mixture into a large bowl; set remaining soy mixture aside. Add shrimp, scallops, pepper, mushrooms and 1-inch length scallions to bowl; toss to coat.

Alternately thread 2 pieces each of shrimp, scallops, pepper, mushrooms and scallions onto each of 8 ten-inch metal skewers. Lightly coat skewers with cooking spray.

Grill skewers, turning as needed, just until shrimp and scallops are cooked through, about 4 to 5 minutes. Remove to serving plates or platter and drizzle with reserved soy mixture. Sprinkle with sliced scallions and serve. Yields 2 skewers per serving.

Notes:

Wasabi (or Japanese horseradish) has quite a kick so you may want to add more or less according to your taste. Serve skewers with jasmine rice.

If you're using wooden skewers, soak them in water for 30 minutes before use to prevent charring.

Barbecue Fries

VP (Vegetable - Potatoes)

Source: posted on WWRRB by FallLeaves1 (Liz) - adapted from Real Simple magazine

HU: 2.5-3.2

Servings 5-6

Posted by: CJMartin717 (Cindy)

August 28, 2007

Cindy's Notes: I used A-1 Sauce, divided this into 6 servings rather than 5, omitted the cumin and added a dash of Montreal Steak Seasoning. Liz likes to serve these with sour cream for dipping.

2 pounds red potatoes -- scrubbed and cut into thin slivers

1 tablespoon olive oil

4 tablespoons barbecue sauce -- or A-1 Sauce

1/2 teaspoon hot pepper sauce

1/4 teaspoon black pepper

1/4 teaspoon paprika

1/4 teaspoon cumin

Preheat oven to 450 F. Spray a baking sheet with cooking spray.

In a large bowl, combine olive oil, barbecue (A-1) sauce, hot pepper sauce, pepper, paprika, and cumin. Add potato slivers to bowl and toss to coat.

Spread the potatoes in a single layer on the baking sheet. Bake until golden and tender, 25-30 minutes.

Per Serving (with 6 servings): 147 Calories; 2g Fat (14.6% calories from fat); 3g Protein; 29g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 184mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates. = 2.5 HU per serving

Per Serving (with 5 servings): 178 Calories; 3g Fat (15.5% calories from fat); 4g Protein; 34g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 125mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates. = 3.2 HU per serving

Green Beans with Toasted Almonds & Blue Cheese Salad

Category: Vegetables (V)

Source: The Big Book of Easy Suppers, Maryana Vollstedt, adapted

HU: 2.3

Servings: 6

Posted by: CJMartin717 (Cindy)

September 3, 2007

Cindy's Notes: I lightened this from the original by omitting some additional olive oil and blue cheese. I also increased the servings from four to six. I took this to a potluck picnic and probably served more than 6.

1 pound green beans, trimmed
2 tablespoons olive oil
1 tablespoon white wine vinegar (I used raspberry balsamic vinegar)
1 tablespoon fresh lemon juice
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup crumbled blue cheese
3 tablespoons sliced almonds, toasted

In a medium saucepan over high heat, bring just enough water to cover beans to a boil. Add beans and cook, uncovered, until tender-crisp, about 3 minutes. Drain under cold water and place in a large bowl.

In a small bowl, whisk together oil, vinegar, lemon juice, mustard, salt, and pepper. Pour over beans. Cover and refrigerate several hours to allow flavors to blend.

Transfer to a platter and sprinkle with blue cheese and almonds just before serving.

Per serving: 109 calories, 9 g fat, 3 g protein, 6 g carbohydrate, 3 g fiber, 4 mg cholesterol, 182 mg sodium.

Tuna with Avocado Green Goddess Aioli

Category: Fish/Seafood (FS)

Source: Cooking Light Sept, 2006

HU: 5

Core: Yes

Servings: 4

Posted by: ejwyatt (Emily)

September 3, 2007

Quick and Easy

CL Notes: The aioli features heart-healthy avocado, which contributes vitamin E to this dish. But the real nutritional standout is the tuna, which is rich in niacin.

Em's Notes: This is a delicious sauce for the tuna and the spices for grilling the tuna work very well.

Aioli:

1/4 cup fat-free sour cream
2 tablespoons chopped fresh cilantro
1 tablespoon chopped fresh basil leaves
1 tablespoon chopped fresh flat-leaf parsley
6 tablespoons chopped ripe peeled avocado
2 tablespoons fat-free mayonnaise
1 teaspoon fresh lemon juice
1/4 teaspoon salt
1 garlic clove, chopped

Tuna:

3/4 teaspoon ground coriander
1/2 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon garlic powder
1/4 teaspoon chili powder
1/8 teaspoon freshly ground black pepper
4 (6-ounce) tuna steaks (about 1 inch thick)
Cooking spray

To prepare aioli, combine first 9 ingredients in a blender; process until smooth.

To prepare tuna, combine coriander and next 5 ingredients (through pepper) in a small bowl; sprinkle spice mixture evenly over tuna.

Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add tuna; cook 2 minutes on each side or until medium-rare or desired degree of doneness. Serve with aioli.

Yield: 4 servings (serving size: 1 tuna steak and about 2 1/2 tablespoons aioli)

CALORIES 234 (24% from fat); FAT 6.1g (sat 1.8g,mono 2.6g,poly 1.2g); PROTEIN 39g;
CHOLESTEROL 82mg; CALCIUM 82mg; SODIUM 581mg; FIBER 1.3g; IRON 2.4mg;
CARBOHYDRATE 6.1g

Falafel with Avocado Spread

Category: Vegetarian/Meatless (VG)

Source: Cooking Light Sept, 2007

HU: 5.5

Core: No

Servings: 4

Posted by: ejwyatt (Emily)

September 3, 2007

Quick and Easy

CL Notes: Best Vegetarian Entrée. Our first column devoted to vegetarian cooking debuted in the January/February 1995 issue. Since then, we've included hundreds of meatless dishes. The beauty of this Latin twist on the classic Middle Eastern sandwich is its simplicity, and of course, flavor. Garnish with microgreens and sliced red onion.
--Recipe by Ann Taylor Pittman (August 2005)

Em's Notes: This is not a traditional falafel, but is very tasty!

Patties:

- 1 (15-ounce) can pinto beans, rinsed and drained
- 1/2 cup (2 ounces) shredded Monterey Jack cheese
- 1/4 cup finely crushed baked tortilla chips (about 3/4 ounce)
- 2 tablespoons finely chopped green onions
- 1 tablespoon finely chopped cilantro
- 1/8 teaspoon ground cumin
- 1 large egg white
- 1 1/2 teaspoons canola oil

Spread:

- 1/4 cup mashed peeled avocado
- 2 tablespoons finely chopped tomato
- 1 tablespoon finely chopped red onion
- 2 tablespoons fat-free sour cream
- 1 teaspoon fresh lime juice
- 1/8 teaspoon salt

Remaining ingredients:

- 2 (6-inch) pitas, each cut in half crosswise
- 4 thin red onion slices, separated into rings
- Microgreens

To prepare patties, place pinto beans in a medium bowl; partially mash with a fork. Add cheese and next 5 ingredients (through egg white); stir until well combined. Shape bean mixture into 4 (1/2-inch-thick) oval patties.

Heat oil in a large nonstick skillet over medium-high heat. Add patties to pan; cook 3

minutes on each side or until patties are browned and thoroughly heated.

To prepare spread, combine avocado and next 5 ingredients (through salt), stirring well. Place 1 patty in each pita half. Spread about 2 tablespoons avocado spread over patty in each pita half; top with onions and greens.

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

CALORIES 281 (30% from fat); FAT 9.5g (sat 3.4g,mono 3.9g,poly 1.5g); PROTEIN 12.2g; CHOLESTEROL 13mg; CALCIUM 188mg; SODIUM 625mg; FIBER 5.9g; IRON 2.4mg; CARBOHYDRATE 37.4g

Southwestern Stuffed Acorn Squash

Category: Poultry (P)

Source: Eating Well Sep/Oct, 2007

HU: 5

Core: No

Servings: 6

Posted by: ejwyatt (Emily)

September 3, 2007

Em's Notes: I cut this recipe down to 2 servings using 1 acorn squash. I used a pre-cooked Spicy Italian Chicken Sausage link. I think that you could use any sausage that you like in this recipe.

Ingredients

3 acorn squash (¾-1 pound each)
5 ounces bulk turkey sausage
1 small onion, chopped
½ medium red bell pepper, chopped
1 clove garlic, minced
1 tablespoon chili powder
1 teaspoon ground cumin
2 cups chopped cherry tomatoes
1 15-ounce can black beans, rinsed
½ teaspoon salt
Several dashes hot red pepper sauce, to taste
1 cup shredded Swiss cheese

Instructions

1. Preheat oven to 375°F. Lightly coat a large baking sheet with cooking spray.
2. Cut squash in half horizontally. Scoop out and discard seeds. Place the squash cut-side down on the prepared baking sheet. Bake until tender, about 45 minutes.
3. Meanwhile, lightly coat a large skillet with cooking spray; heat over medium heat. Add turkey sausage and cook, stirring and breaking up with a wooden spoon, until lightly browned, 3 to 5 minutes. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic, chili powder and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt and hot sauce, scraping up any browned bits. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes.
4. When the squash are tender, reduce oven temperature to 325°. Fill the squash halves with the turkey mixture. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted, 8 to 10 minutes.

Nutrition Information

Per serving: 259 calories; 7 g fat (4 g sat, 1 g mono); 29 mg cholesterol; 38 g carbohydrate; 15 g protein; 7 g fiber; 482 mg sodium; 884 mg potassium.
Nutrition bonus: Vitamin C (80% daily value), Vitamin A (45% dv), Calcium (20% dv), Iron (15% dv).

Mediterranean Roasted Broccoli & Tomatoes

Category: Vegetables (V)

Source: Eating Well Sep/Oct, 2007

HU: 1.5

Core: Yes

Servings: 4, about 1 cup each

Posted by: ejwyatt (Emily)

September 3, 2007

Quick and Easy

Em's Notes: This is a very tasty, quick broccoli side. I love broccoli and enjoy finding a new recipe.

Ingredients

12 ounces broccoli crowns, trimmed and cut into bite-size florets (about 4 cups)

1 cup grape tomatoes

1 tablespoon extra-virgin olive oil

2 cloves garlic, minced

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

$\frac{1}{2}$ teaspoon freshly grated lemon zest

1 tablespoon lemon juice

10 pitted black olives, sliced

1 teaspoon dried oregano

2 teaspoons capers, rinsed (optional)

Instructions

1. Preheat oven to 450°F.

2. Toss broccoli, tomatoes, oil, garlic and salt in a large bowl until evenly coated. Spread in an even layer on a baking sheet. Bake until the broccoli begins to brown, 10 to 13 minutes.

3. Meanwhile, combine lemon zest and juice, olives, oregano and capers (if using) in a large bowl. Add the roasted vegetables; stir to combine. Serve warm.

Nutrition Information

Per serving: 76 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 7 g carbohydrate; 3 g protein; 3 g fiber; 264 mg sodium; 328 mg potassium.

Nutrition bonus: Vitamin C (130% daily value), Vitamin A (50% dv), Folate (15% dv).

$\frac{1}{2}$ Carbohydrate Serving

Exchanges: 1 vegetable, 1 fat

.

Gingerbread Biscotti

Category: Cookies/Bars (CB)

Source: unknown, adapted from one Laura posted Not For Comp

HU: 1.4

Servings: 38

Posted by: CJMartin717 (Cindy)

September 3, 2007

Cindy's Notes: Watch the first baking time - my biscotti got a little crispier on the bottom than I preferred. I used dried currants instead of the raisins originally called for.

1/4 cup light butter -- room temp
3/4 cup light brown sugar -- packed
2 large eggs
1/4 cup molasses
1 1/2 cups all-purpose flour
1 cup whole wheat pastry flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/8 teaspoon salt
1 1/2 teaspoons ginger
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/2 teaspoon ground nutmeg
1/2 cup walnuts -- chopped
1/2 cup dried currants

Preheat oven to 350 degrees.

In a large mixing bowl, beat together butter and sugar with an electric mixer at medium speed. Beat in eggs, then blend in molasses. Add flour, baking powder, baking soda, salt, and spices. Blend until smooth. Stir in nuts and raisins.

Divide dough in half in bowl and turn onto a flour board (dough will be sticky). (NOTE: Biscotti dough is very sticky, so this is the only tricky part. You can coat your hands with nonstick spray to help in shaping the logs. I coat the dough with a light dusting of flour before working with it to make it easier to handle.) Shape each half into a log about 3" wide and 1" high. Place side by side on a large baking sheet, at least 2" apart. Bake logs for 35-40 minutes or until wooden pick inserted in the center comes out clean. Remove from oven.

Lower oven temperature to 300 degrees. Cool logs for 10 minutes on baking sheet, then transfer to a cutting board. With a serrated knife, cut each log into 3/4" diagonal slices. Stand slices on baking sheet and return to oven to toast. Bake for 20 minutes. Remove from oven and let cool.

Per Serving: 70 Calories; 2g Fat (23.7% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 56mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Lighter Chicken Parmesan with Simple Tomato Sauce

Category: Poultry (P)

Source: America's Test Kitchen

HU: 7

Servings: 6

Posted by: MissVN

September 6, 2007

Notes: If you are tight on time, you can substitute 2 cups of your favorite plain tomato sauce for the Simple Tomato Sauce. Two cups of fresh breadcrumbs can be substituted for the panko (they will shrink as they toast). Because these cutlets are breaded, we found that one cutlet per person was plenty—but try to buy the largest chicken breasts you can to ensure good-sized portions.

Ingredients

1 1/2 cups panko
1 tablespoon olive oil
1 ounce grated parmesan cheese, about 1/2 cup, plus extra for serving
1/2 cup flour
1 1/2 teaspoons garlic powder
salt and pepper, to taste
3 large egg white
1 tablespoon water
vegetable cooking spray
3 large chicken breast half without skin
2 cups tomato sauce, warmed
3 ounces part skim milk mozzarella cheese, shredded
1 tablespoon fresh basil leaves, minced

28 ounces diced tomatoes, canned
4 medium garlic clove, minced or pressed
1 tablespoon tomato paste
1 teaspoon olive oil
1/8 teaspoon red pepper flakes
1 tablespoon fresh basil leaf, minced

Instructions

1. Step-by-Step: Preparing the Chicken Cutlets - Tenderloins tend to fall off or disintegrate during pounding, so they are best removed and reserved for another use. 2. Halve breasts horizontally to form two cutlets. Cut this way, they need little or no pounding. If pounding, follow steps for small breasts. FOR SMALL BREASTS: 1. Pour 1/2-teaspoon vegetable oil in the center of a sheet of plastic wrap. Turn one cutlet in the oil to coat. Top with a second sheet of plastic wrap and pound gently to an even 1/4-inch thickness. Repeat with remaining cutlets, adding additional oil as needed. 2. Breasts pounded to 1/4-inch thickness have considerably more surface area than unpounded breasts.

2. Adjust an oven rack to the middle position and heat the oven to 475 degrees. Combine the breadcrumbs and oil in a 12-inch skillet and toast over medium heat, stirring often, until golden, about 10 minutes. Spread the breadcrumbs in a shallow dish and cool slightly; when cool, stir in the Parmesan.
3. In a second shallow dish, combine the flour, garlic powder, 1-tablespoon salt, and 1/2-teaspoon pepper together. In a third shallow dish, whisk the egg whites and water together.
4. Line a rimmed baking sheet with foil, place a wire rack on top, and spray the rack with vegetable oil spray. Pat the chicken dry with paper towels, then season with salt and pepper. Lightly dredge the cutlets in the flour, shaking off the excess, then dip into the egg whites, and finally coat with the bread crumbs, Press on the bread crumbs to make sure they adhere. Lay the chicken on the wire rack.
5. Spray the tops of the chicken with vegetable oil spray. Bake until the meat is no longer pink in the center and feels firm when pressed with a finger, about 15 minutes.
6. Remove the chicken from the oven. Spoon 2 tablespoons of the sauce onto the center of each cutlet and top the sauce with 2 tablespoons of the mozzarella. Return the chicken to the oven and continue to bake until the cheese has melted, about 5 minutes. Sprinkle with the basil and serve, passing the remaining sauce and Parmesan separately.
7. For the tomato sauce: Pulse the tomatoes in a food processor until mostly smooth, about ten 1-second pulses; set aside. Cook the garlic, tomato paste, oil, and pepper flakes in a medium saucepan over medium heat until the tomato paste begins to brown, about 2 minutes. Stir in the pureed tomatoes and cook until the sauce is thickened and measures 2 cups, about 20 minutes. Off the heat, stir in the basil and season with salt and pepper to taste. Cover and set aside until needed.

Green Beans with Soffritto and Country Ham

Category: Vegetables (V)

Source: Adapted from Food & Wine, August 2007

HU: 1.5 per serving (about 1 cup serving)

Servings: 4

Posted by DebMj1

September 7, 2007

3/4 pounds green beans

3 tsp. extra-virgin olive oil, divided

1 medium carrot, finely diced

1 medium celery rib, finely diced

1/2 small onion, finely diced

Pinch of crushed red pepper

Pinch of dried oregano

Salt and freshly ground black pepper

1 garlic clove, minced

1 1/2 ounces thinly sliced country ham or prosciutto, cut into 1/4-inch-thick matchsticks
(I used prosciutto)

1/4 teaspoon finely chopped rosemary

1/2 tablespoon red wine vinegar

In a large saucepan of boiling salted water, cook the beans until crisp-tender, about 4 minutes. Drain the beans and cut them into 1-inch lengths.

In a medium nonstick skillet, heat 2 tsps. of the olive oil. Add the carrots, celery, onion, crushed red pepper and oregano and cook over low heat until the vegetables are just tender, about 25 minutes. Season the soffritto with salt and pepper.

In a large skillet, heat the remaining 1-teaspoon of oil. Add the garlic and cook over moderate heat until fragrant, about 1 1/2 minutes. Add the country ham and rosemary and cook over moderately high heat until the ham is sizzling, about 1 minute. Stir in the vinegar. Add the green beans and soffritto and toss until heated through. Season with salt and pepper and serve.

Nutritional Information Per Serving (According to Mastercook): 90 calories, 4 gms. fat and 4 gms. fiber.

Vietnamese Chicken Salad

Category: Salads

Source: Cooking Light Sept 2007

HU: 4

Servings: 6 (1 ½ cups each)

Posted by Leslie8908

September 8, 2007

CL Comments: This crunchy salad embodies the culinary philosophy of balancing contrasting tastes of sweet, sour, salty, and bitter. Increased availability of ethnic ingredients, such as fish sauce, means you can create authentic dishes without a separate trip to a specialty market. Packaged angel hair slaw and matchstick-cut carrots speed preparation.

1 pound skinless, boneless chicken breasts
1 1/2 cups chopped green onions, divided
1/4 cup fresh lime juice
3 tablespoons sugar
1 garlic clove, minced
2 tablespoons fish sauce
6 cups thinly sliced green cabbage
1 cup matchstick-cut carrot
3/4 cup (3 x 1/8-inch) julienne-cut red bell pepper
3/4 cup (3 x 1/8-inch) julienne-cut yellow bell pepper
1/2 cup finely chopped dry roasted peanuts
1/3 cup chopped fresh basil
1/3 cup chopped fresh mint
1/3 cup chopped fresh cilantro

Place chicken and 1/2 cup green onions in a medium saucepan; cover with water. Bring to a boil over medium-high heat; cover, reduce heat, and simmer 5 minutes. Remove from heat; let stand 10 minutes. Drain and discard green onions. Place chicken on a work surface or cutting board, and shred chicken with 2 forks.

Combine juice, sugar, and garlic in a small microwave-safe bowl. Cover with plastic wrap; microwave at HIGH for 20 seconds or until sugar melts. Cool to room temperature; stir in fish sauce.

Combine remaining 1-cup onions, chicken, cabbage, and remaining ingredients in a large bowl. Drizzle with juice mixture; toss well to coat. Cover and let stand 5 minutes before serving.

CALORIES 215(25% from fat); FAT 6g (sat 1g,mono 2.6g,poly 1.9g); PROTEIN 22.4g; CHOLESTEROL 44mg; CALCIUM 90mg; SODIUM 625mg; FIBER 4.6g; IRON 2mg; CARBOHYDRATE 20.4g

Creamed Corn with Bacon and Leeks

Category: Vegetables (V)

Source: Cooking Light Sept 2007

HU: 2.8

Servings: 6 (2/3 cup each)

Posted by: Leslie8908

September 8, 2007

6 ears corn
2 cups 1% low-fat milk
1 tablespoon cornstarch
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 slices bacon
1 cup chopped leek

Cut kernels from ears of corn to measure 3 cups. Using the dull side of a knife blade, scrape milk and remaining pulp from cobs into a bowl. Place 1 1/2 cups kernels, low-fat milk, cornstarch, sugar, salt, and pepper in a food processor; process until smooth, scraping sides.

Cook bacon in a large cast-iron skillet over medium heat until crisp, turning once. Remove the bacon from pan, reserving 1-teaspoon drippings in pan; crumble bacon. Add leek to pan, and cook 2 minutes or until tender, stirring constantly. Add pureed corn mixture, remaining 1 1/2 cups corn kernels, and corn milk mixture to pan; bring to a boil.

Reduce heat, and simmer for 3 minutes or until slightly thick, stirring constantly. Sprinkle with the crumbled bacon just before serving.

CALORIES 151(27% from fat); FAT 4.6g (sat 1.7g,mono 1.9g,poly 0.8g); PROTEIN 7g; CHOLESTEROL 9mg; CALCIUM 111mg; SODIUM 325mg; FIBER 2.4g; IRON 0.8mg; CARBOHYDRATE 23.1g

Pepper Relish

Category: Sauces/Condiments (SC)

Source: WW Website -Everyday Gourmet Feature

HU: 1

Servings: 8 (1/4 cup each)

Posted by: CJMartin717 (Cindy)

September 9, 2007

I've made this twice already. It was delicious with hamburgers and hot dogs. We used a combination of mild red and yellow peppers rather than green bell peppers. We also added an additional hot pepper. I used the shredding disk in my food processor rather than shred by hand with a box grater.

Ingredients

3 large green bell peppers, cored and seeded
1 large yellow onion, peeled
1 fresh jalapeño, stemmed, seeded, and minced
Boiling water
1/2 cup cider vinegar
1/3 cup sugar
1/4 cup water
1/2 tsp salt

Instructions

Shred peppers and onion through the large holes of a box grater into a large bowl; add jalapeño. Cover with boiling water and set aside 10 minutes.

Drain and transfer to a large saucepan; add vinegar, sugar, water and salt. Stir over medium heat until the sugar dissolves and the mixture bubbles. Reduce the heat to low and cook, stirring often, until thick, about 15 minutes.

Pour into a glass canning jar or glass, ceramic or non-reactive bowl (i.e. stainless steel or enameled metal). Cover and refrigerate for up to 1 month.

Serving size: 1/4 cup.

Quinoa & Smoked Tofu Salad

Category: Salad (S)

Source: Eating Well August 2007

HU: 5

Servings: 6 (1 1/3 cups each)

Posted by Carrie (Scarehair)

September 10, 2007

My notes: This makes a great main dish salad lunch. The smoked tofu is reminiscent of smoked mozzarella. Tasted great the next day. I loved the fresh parsley and mint.

Ingredients

2 cups water
¾ teaspoon salt, divided
1 cup quinoa, rinsed well
¼ cup lemon juice
3 tablespoons extra-virgin olive oil
2 small cloves garlic, minced
¼ teaspoon freshly ground pepper
1 6- or 8-ounce package baked smoked tofu, diced
1 small yellow bell pepper, diced
1 cup grape tomatoes, halved
1 cup diced cucumber
½ cup chopped fresh parsley
½ cup chopped fresh mint

Instructions

1. Bring water and 1/2-teaspoon salt to a boil in a medium saucepan. Add rinsed quinoa and return to a boil. Reduce to a simmer, cover and cook until the water has been absorbed, 15 to 20 minutes. Spread the quinoa on a baking sheet to cool for 10 minutes.
2. Meanwhile, whisk lemon juice, oil, garlic, the remaining 1/4-teaspoon salt and pepper in a large bowl. Add the cooled quinoa, tofu, bell pepper, tomatoes, cucumber, parsley and mint; toss well to combine. Refrigerate for up to 1 day.

Nutrition Information

Per serving: 230 calories; 10 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 27 g carbohydrate; 9 g protein; 4 g fiber; 377 mg sodium; 431 mg potassium.

Zucchini Pancakes

Category: Vegetables (V)

Source: Adapted from a recipe I found in our newspaper

HU: 3 (2 pancakes and 2 Tbsps. of topping)

Servings: 4

Posted by DebMj1

September 10, 2007

My Notes: We really enjoyed these. They're great plain, but I also made up a topping of chopped tomatoes and capers and served them with that. HUs are figured with the tomato topping. The note in the newspaper said that these could be made ahead and frozen. Might be a good plan when you have lots of zucchini around.

1/2 cup all-purpose flour
1/3 cup grated Parmesan cheese
1/2 teaspoon Italian seasoning
salt and pepper, to taste
1 1/2 cups shredded zucchini, most of liquid squeezed out
2 egg whites
2 Tablespoons finely chopped onion
1 Tablespoon light mayonnaise
2 teaspoons butter
2 medium tomatoes, chopped
1 Tablespoon capers, chopped

Combine flour, Parmesan cheese, seasoning and salt and pepper. Combine zucchini, beaten egg, onion and mayonnaise. Stir into dry ingredients until blended. Let sit at least 15 minutes. In large nonstick skillet, melt butter. Stir mixture before cooking. Drop zucchini mixture into hot skillet, spreading and flattening as you go. Make a total of 8 pancakes. Cook about 5 minutes over medium heat or until browned. Flip and cook another 2 to 3 minutes. Drain on paper towels.

While zucchini mixture is sitting, combine chopped tomatoes and chopped capers and set off to side. To serve pancakes, top each with a Tablespoonful of the tomato/caper mixture.

Nutritional Information per Mastercook: 143 calories, 5 grams fat and 2 grams fiber.

Ginger Broccoli

Category: Vegetables (V)

Source: Eating Well, October 2007

HU: 1

Servings: 4 (1 cup each)

Posted By: Aimster04 (Amy)

September 10, 2007

Quick & Easy

Amy's Notes: This was a tasty way to serve broccoli. Great for a weeknight side dish.

1-tablespoon canola oil

2 tablespoons minced garlic

4 teaspoons minced fresh ginger

1-pound broccoli crowns, trimmed and chopped (about 6 cups)

3 tablespoons water

1-tablespoon fish sauce

1-tablespoon rice vinegar

Heat oil in a large skillet over medium-high heat. Add garlic and ginger and cook until fragrant but not browned, 30 seconds to 1 minute. Add broccoli and cook, stirring, until the broccoli is bright green, 2 minutes. Drizzle water and fish sauce over the broccoli; reduce heat to medium, cover and cook until the broccoli is just tender, about 3 minutes. Stir in vinegar just before serving.

Spinach Salad with Marinated Shitakes and Red Onions

Category: Vegetables (V)

Source: Culinary Institute of America

HU: 5 (8 servings) or 3 (12 servings)

Servings: 8

Posted by: Aimster04 (Amy)

September 10, 2007

Amy's Notes: The cold marinated vegetables added a different taste to the spinach. I added a little extra hot sauce, and made up my own vinaigrette recipe. I reduced the peanut oil to 1 tablespoon, but next time I will try with 1 and ½. The serving size calls for 8, but I think as a side it is easily 12.

1 Tbsp Peanut Oil
3 Cups sliced shitake mushrooms
2 tsp reduced sodium soy sauce
1 tbsp cider vinegar
½ tsp salt
1/8 tsp ground black pepper
Dash of Tabasco sauce
2 Tsp olive oil
½ cup diced red onion
6 cups fresh spinach
2 cups radicchio

Heat the peanut oil in a saucepan until it simmers

Add the mushrooms and sauté for 2 minutes. Add the soy sauce and cook until dry. Remove from heat and place in a bowl. Add the vinegar, salt, pepper, and Tabasco sauce. Cool completely.

Add the olive oil to the pan and sauté onion over low heat, stirring frequently, until translucent, about 5-7 minutes. Allow to cool.

Toss the onions, mushrooms, spinach, and radicchio together with balsamic vinaigrette. Adjust salt and pepper to taste and serve immediately.

Fresh Corn Salad

Category: Salads (S)

Source: August 2007 Cooking Light

HU: 1

Core: If made with fat-free sour cream

Servings: 8 (1/2 cup each)

Posted by lxn1996

September 10, 2007

CL Notes: Fresh summer corn requires no cooking, which makes this a particularly appealing warm weather side dish for grilled fish, poultry, or meat. Jones sometimes adds crumbled feta cheese, grilled shrimp, or chicken to make it an entree.

My notes: This is the first recipe that I've made with corn that I didn't cook first. It was very tasty and very easy to put together.

3/4 cup light sour cream
1 teaspoon Worcestershire sauce
3/4 teaspoon seasoned salt
3 cups fresh corn kernels (about 5 ears)
1 cup finely chopped red bell pepper
1 cup finely chopped green onions

Combine first 3 ingredients in a large bowl, stirring with a whisk. Add corn and remaining ingredients, stirring to combine. Cover and refrigerate at least 2 hours before 2 hours before serving.

Tomato Bread Soup

Category: Soups/Stews (ST)

Source: Internet - WednesdayChef.typepad.com

HU: 4 (w/o cheese)

Servings: 4 1-1/4 cup servings

Posted by Tracy (Nikkie1t)

September 11, 2007

Website Comments: It's as simple as could possibly be - just a bunch of chunked plum tomatoes cooked for an hour with onion and garlic, but then - then! - you stir in cubes of bread and let them simmer in the soup before serving it with little strips of basil and a snow-white grating of ricotta salata, and suddenly you're faced with what has turned out to be the best summer soup you ever ate, I swear it.

My comments: The first time I made this, I tried to lighten it and use less olive oil. The results were very acidic, so I made it the second time with all 3 T. YUM! It is very good even without the ricotta salata (which I DID use) to lower the points. Some shredded parm would also be tasty, IMO.

3 pounds plum tomatoes
3 tablespoons extra-virgin olive oil
1 small onion, minced
3 cloves garlic
Salt and freshly ground black pepper
2 cups sourdough bread, without crusts, cut into small cubes
1/2 cup grated ricotta salata
1 tablespoon minced fresh basil leaves

1. Core and quarter plum tomatoes. Place tomatoes in food processor and pulse to chop, but not too fine.
2. Heat oil in 4-quart saucepan. Add onion and garlic and sauté until soft, but not browned. Add tomatoes and their juices. Season with salt and pepper, bring to a slow simmer and cook 45 minutes, covered, stirring from time to time.
3. When the soup has simmered for 45 minutes, stir the bread cubes into the soup and simmer for an additional 10 to 15 minutes. Check the seasoning.
4. Serve hot or at room temperature, with grated ricotta salata and minced basil strewn on each serving.

Spinach Artichoke Dip

Category: Appetizers/Snacks/Dips (A)

Source: Moosewood Low fat Favorites

HU: .5

Serves: 12

Posted by: Kate (KateWD)

September 11, 2001

This unbaked dip was easy to make, very low in points and delicious. I used frozen spinach and canned beans and artichokes, and added some chopped red onion. Tastes better made ahead to allow the flavors to marry. I thought this would make a great pizza, spread on the crust with the addition of chopped plum tomatoes and feta cheese scattered on top.

5 oz fresh spinach, rinsed and stemmed (I used 10 oz frozen chopped spinach, thawed and drained)

2 garlic cloves, pressed or minced- (I used 3)

1 1/2 cups cooked cannelloni beans or a 15 oz can

1 cup chopped scallions

2 TBS chopped fresh basil

2-3 TBS fresh lemon juice, to taste

5-6 artichoke hearts or bottoms or a 14 oz can

salt pepper to taste

Using the water clinging to the leaves after rinsing, steam the spinach until just wilted 2-3 minutes. drain. In a food processor or blender, puree spinach, garlic, beans, scallions, basil and 2 TBS of the lemon juice until very smooth. Fold in chopped artichokes and add more lemon salt pepper to taste. Makes about 3 cups.

Pasta Salad with Roasted Vegetables and Feta

Category: Salads (S)

Source: Glad Make-Ahead Meals

HU: 4.5

Serves: 6

Posted by: Kate (KateWD)

September 11, 2007

I added diced red and green peppers and zucchini to the veggie mixture and used more eggplant I would suggest using more veggies than called for in the recipe. I roasted the veggies on the grill, tossed with more garlic, and used whole-wheat rotini, bringing the points to 4 per serving.

1 lb butternut squash, peeled, seeded and diced
½ lb eggplant, peeled and diced
4 plum tomatoes, diced
1 medium red onion, diced
1 T olive oil
½ tsp coarse salt
¼ tsp freshly ground pepper (I used a lot more)
1 garlic clove, crushed thru a press (I used 3 minced cloves)
4 oz feta cheese, crumbled
¼ cup chopped fresh leaf parsley
1 T chopped fresh oregano
½ lb corkscrew pasta

Heat oven to 450 degrees. In a large bowl combine diced veggie, oil, salt and pepper and toss to combine. Spread veggies in a large foil lined baking sheet and roast until tender, about 30 minutes, stirring once halfway through, stir in garlic, cool.

Combine cheese, parsley and oregano; refrigerate cheese and veggies separately overnight.

Cook pasta according to package directions, drain and rinse. Toss pasta with vegetables and cheese. Serve immediately or chill for later.

Sweet & Sour Tofu

Category: Vegetarian/Meatless (VG)

Source: Eating Well: Healthy In A Hurry

HU: 5

Servings: 4

Posted by: Carrie (Scarehair)

September 12, 2007

Quick & Easy, Kid Friendly

My Notes: I doubled the sauce and added broccoli, mushrooms and onion. EW also says you can add chile-garlic sauce or red pepper flakes for heat which I will do with lunch leftovers. The sauce makes this kid friendly; my kids didn't complain that it was vegetarian.

- 1 20-ounce can pineapple chunks or tidbits, packed in juice
- 3 tablespoons rice-wine vinegar
- 2 tablespoons ketchup
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon brown sugar
- 1 14-ounce package extra-firm water-packed tofu, drained, rinsed and cut into ½-inch cubes
- 2 teaspoons cornstarch
- 2 tablespoons canola oil, divided
- 2 tablespoons minced garlic
- 1 tablespoon minced ginger
- 1 large red bell pepper, cut into ½-by-2-inch strips
- 1 large green bell pepper, cut into ½-by-2-inch strips

1. Drain and set aside pineapple, reserving ¼ cup of the juice. Whisk the reserved pineapple juice, vinegar, ketchup, soy sauce and sugar in a medium bowl until smooth. Place tofu in a large bowl; toss with 3 tablespoons of the sauce. Let marinate for at least 5 minutes and up to 30 minutes.
2. Meanwhile, add cornstarch to the remaining sauce and whisk until smooth.
3. Heat 1-tablespoon oil in a large nonstick skillet over medium-high heat. Transfer the tofu to the pan using a slotted spoon; whisk any remaining marinade into the bowl of reserved sauce. Cook the tofu, stirring every 1 to 2 minutes, until golden brown, 7 to 9 minutes total. Transfer to a plate.
4. Add the remaining oil to the pan and heat over medium heat. Add garlic and ginger and cook, stirring constantly, until fragrant, about 30 seconds. Add red and green peppers and cook, stirring often, until just tender, 2 to 3 minutes. Pour in the reserved sauce and cook, stirring, until thickened, about 30 seconds. Add the tofu and pineapple and cook, stirring gently, until heated through, about 2 minutes more.

To make ahead: The tofu can be marinated (Step 1) up to 30 minutes in advance.

Nutrition Information

Per serving: 255 calories; 12 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 32 g carbohydrate; 10 g protein; 4 g fiber; 368 mg sodium.

Peach-and-Blueberry Cobbler

Category: Desserts (D)

Source: Cooking Light, January 1997

HU: 5

Servings: 6 servings (1-cup each)

Posted By: Bawstinn36 (Maria)

September 15, 2007

Comments: I used regular butter instead of the low calorie margarine (adds a point). I used a combination of fresh peaches and nectarines along with the blueberries. I added some cinnamon, nutmeg and tablespoon of arrowroot to the filling before cooking.

1 cup reduced-fat baking mix

1/2 cup regular oats

1/4 cup firmly packed brown sugar

1/2 teaspoon ground cinnamon

1/4 cup chilled reduced-calorie stick margarine, cut into small pieces

4 cups frozen sliced peaches

2 cups frozen blueberries

1/4 cup granulated sugar

Vanilla low-fat frozen yogurt (optional)

Preheat oven to 350°.

Combine first 4 ingredients in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Set aside.

Combine peaches and blueberries in a 2-quart casserole, and sprinkle 1/4-cup sugar evenly over fruit. Crumble oat mixture evenly over fruit. Bake at 350° for 45 minutes or until cobbler is bubbly. Top cobbler with frozen yogurt, if desired.

CALORIES 282 (19% from fat); FAT 6g (sat 1.1g,mono 2.3g,poly 1.8g); PROTEIN 3.9g; CHOLESTEROL 0.0mg; CALCIUM 19mg; SODIUM 417mg; FIBER 3.7g; IRON 1.5mg; CARBOHYDRATE 60.6g

Olive & Roasted Red Pepper Loaf (Bread Machine)

Category: Breads (BR)

Source: Hodgson Mill Whole Grain Baking

HU: 1.6

Servings: 16

Posted by: CJMartin717 (Cindy)

September 16, 2007

I didn't have any nonfat milk powder so I used 1/2 cup warm water and 1/2 cup skim milk. I used pimentos and let the bread machine do all the work. The pimentos break down and the whole loaf is a beautiful orange color with great flavor.

- 1 cup warm water
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- 3 tablespoons nonfat dry milk powder
- 1 tablespoon sugar
- 3 tablespoons drained, diced roasted red peppers or pimentos
- 2 tablespoons sliced pitted ripe olives, drained
- 1 cup Hodgson Mill Best for Bread Flour (I used unbleached all-purpose)
- 2 cups white whole wheat flour
- 2 1/2 teaspoons fast-rise yeast

Place all ingredients in bread pan according to manufacturer instructions. Select whole-wheat cycle and start the machine.

Yield: one 1-1/2 pound loaf.

Whole loaf: 1506 calories, 20 g fat, 60 g protein, 287 g carbohydrate, 30 g dietary fiber, 4 mg cholesterol, 2454 mg sodium.

I cut into 16 servings. Dividing above nutritionals by 16 = 94 calories, 1.3 g fat, 1.8 g fiber.

Variation: Set Bread Machine on dough cycle. When cycle is complete, form dough into a loaf and place in a greased 9x5x3-inch loaf pan. Allow second rise to top of pan. Bake in a 350 F oven for 42-45 minutes. Turn onto a wire rack to cool.

Spaghetti Squash & Pork Stir-Fry

Category: Meats (M)

Source: Eating Well, October 2007

HU: 5

Core: Yes (if you sub olive oil for sesame oil)

Servings: 4 (1 ½ cups each)

Posted by "3BrowCat" (Diane)

September 17, 2007

EW Notes: Silky threads of spaghetti squash are perfect in this Asian-inspired pork stir-fry. If you bake the squash ahead of time, the dish comes together in less than 30 minutes for a quick and healthy dinner.

Emily's Notes: I didn't measure the sriracha sauce and I used a fairly heavy hand. I loved it that way. I think that the recipe as written will be pretty mild.

Ingredients:

- 1 3-pound spaghetti squash
- 1 pound pork tenderloin, trimmed
- 2 teaspoons toasted sesame oil
- 5 medium scallions, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- ½ teaspoon salt
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon Asian red chile sauce, such as sriracha, or chile oil

Instructions:

1. Preheat oven to 350°F.
2. Cut squash in half. Scoop out and discard seeds. Place each half, cut-side down, on a baking sheet. Bake until the squash is tender, about 1 hour. Let cool for 10 minutes then shred the flesh with a fork into a bowl. Discard the shell.
3. Slice pork into thin rounds; cut each round into matchsticks.
4. Heat a large wok over medium-high heat. Swirl in oil, then add scallions, garlic, ginger and salt; cook, stirring, until fragrant, 30 seconds. Add the pork; cook, stirring constantly, until just cooked through, 2 to 3 minutes. Add the squash threads and cook, stirring, for 1 minute. Add soy sauce, rice vinegar and chile sauce (or chile oil); cook, stirring constantly, until aromatic, about 30 seconds.

Nutrition Information

Per serving: 248 calories; 7 g fat (2 g sat, 3 g mono); 74 mg cholesterol; 22 g carbohydrate; 27 g protein; 5 g fiber; 670 mg sodium; 839 mg potassium.

Squash Cheesecake Bars

Category: Cookies/Bars (CB)

Source: Eating Well, October 2007

HU: 3

Servings: 18 bars (1 bar/serving)

Posted by "3BrowCat" (Diane)

September 17, 2007

EW Notes: Pureed winter squash gives most of the body to these leaner cheesecake bars. If you don't want to make your own squash puree, use canned or frozen (thawed).

My notes: I subbed half of the sugar with sugar substitute and was still pleased with the results. Nutritional info reflects original (listed) recipe.

Ingredients:

9 low-fat graham crackers (4 1/2 ounces)

1/2 cup old-fashioned rolled oats (not quick-cooking or steel-cut)

2 tablespoons plus 1/2 cup sugar, divided

1/4 cup plus 3 tablespoons all-purpose flour, divided

2 tablespoons unsalted butter

3 tablespoons nonfat milk

8 ounces nonfat cream cheese, at room temperature

8 ounces reduced-fat cream cheese (Neufchâtel), at room temperature

1/2 cup squash puree

2 large eggs

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

1/4 teaspoon salt

Instructions:

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking pan with cooking spray
2. Process graham crackers, oats, 2 tablespoons sugar, 1/4-cup flour and butter in a food processor until finely ground. Add milk; pulse until completely moistened.
3. Transfer the graham cracker mixture to the prepared pan and evenly pat into the bottom. Bake for 10 minutes. Cool on a wire rack for 20 minutes.
4. Meanwhile, reduce oven temperature to 325°. Beat both cream cheeses and the remaining 1/2-cup sugar in a large bowl with an electric mixer at medium speed until creamy, scraping down the sides occasionally. Beat in squash puree until smooth. Beat in eggs one at a time. Finally, beat in vanilla, cinnamon, salt and the remaining 3 tablespoons flour. Scrape the filling into the pan, spreading evenly over the crust.
5. Bake until set and the edges are light brown, about 35 minutes. Let cool completely on a wire rack, then refrigerate for at least 1 hour before cutting into bars.

Nutrition Information

Per bar: 146 calories; 6 g fat (3 g sat, 1 g mono); 37 mg cholesterol; 18 g carbohydrate; 5 g protein; 1 g fiber; 209 mg sodium; 79 mg potassium.

Crisp Salmon with Lemony Spinach and Potatoes

Category: Fish/Seafood (FS)

Source: Cooking Light, Sept 2007

HU: 12.8

Serves: 4

Posted By: Leslie8908

September 18, 2007

CL Comments: All you need to round out this nutritious meal is a whole-grain dinner roll. Salmon and olive oil provide heart-healthy monounsaturated fat; the salmon also contributes omega-3 fatty acids. Japanese-style breadcrumbs, known as panko, are now widely available in supermarkets, and we often use them to create a crunchy crust on oven-fried fish and poultry.

My Comments: A little high in points, but it's the full meal – including potatoes & veggies!

2 large peeled baking potatoes, cut into 1-inch pieces (about 2 1/4 pounds) (I used baby reds, skin on – and only about 1 pound)

1/3 cup fat-free buttermilk

3/4 teaspoon salt, divided

3/4 teaspoon black pepper, divided

1 teaspoon grated lemon rind, divided

2 teaspoons lemon juice

1/3 cup panko (Japanese breadcrumbs)

1/2 teaspoon instant minced onion

1/2 teaspoon dried oregano

1/4 teaspoon paprika

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

1 tablespoon olive oil, divided

2 garlic cloves, minced

2 (6-ounce) packages fresh baby spinach

Oregano sprigs (optional)

Preheat oven to 400°.

Place potatoes in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer for 15 minutes or until tender, and drain. Return potatoes to pan. Add buttermilk, 1/2-teaspoon salt, 1/4-teaspoon black pepper, 1/2 teaspoon lemon rind, and juice; mash with a potato masher. Keep warm.

Combine panko, onion, dried oregano, paprika, and 1/4-teaspoon pepper in a shallow bowl.

Sprinkle salmon evenly with remaining 1/4 teaspoon salt. Dredge fillets in panko mixture.

Heat 2 teaspoons oil in a large nonstick ovenproof skillet over medium-high heat. Add salmon to pan; cook 2 minutes on one side or until browned. Turn fish over; place skillet in oven. Bake at 400° for 6 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

While salmon cooks, heat remaining 1-teaspoon oil in a large nonstick skillet over medium heat. Add garlic to pan; cook 1 minute, stirring constantly. Gradually add spinach, turning frequently; cook for 3 minutes or until spinach wilts. Stir in remaining 1/2-teaspoon rind and remaining 1/4-teaspoon pepper. Arrange 1/2-cup spinach mixture on each of 4 plates; top each with 3/4-cup potato mixture and 1 fillet. Garnish with oregano sprigs, if desired. Serve immediately.

Nutritional Information: CALORIES 514(29% from fat); FAT 16.8g (sat 3.6g,mono 8.1g,poly 3.6g); PROTEIN 43.6g; CHOLESTEROL 87mg; CALCIUM 127mg; SODIUM 703mg; FIBER 5.5g; IRON 4.9mg; CARBOHYDRATE

Polenta with Sautéed Mushrooms and Asparagus

Category: Rice/Pasta/Grains (RP)

Source: CL 2004 Annual

HU: 7

Servings: 4 (1 cup polenta, 1 cup mushroom and asparagus mixture and 1 1/2 tsps. of cheese)

Posted by DebMj1 (Deb)

September 19, 2007

Quick & Easy

CL Notes: Smoked ham adds a lot of flavor. Start sautéing the mushrooms and asparagus once the polenta begins cooking.

My Notes: Double-check the nutritionals on the ham you use. It could make a big difference on the calorie count. I subbed skim milk and light butter in this.

Ingredients

2 cups 1% low-fat milk (I used skim milk)

2 cups vegetable broth

1/8 teaspoon black pepper

3/4 cup instant polenta

1 tablespoon butter (I used light butter)

Cooking spray

2 cups sliced mushrooms (I used a combination of cremini and white mushrooms)

2 teaspoons vegetable oil

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

1 cup chopped smoked ham (I used low-fat deli ham with 60 calories per 2 ounce serving)

2 tablespoons grated Parmesan cheese

Combine first 3 ingredients in a large saucepan. Bring to a simmer; slowly whisk in polenta. Bring to a boil. Cover, reduce heat, and simmer 5 minutes, stirring occasionally. Remove from heat.

Melt the butter in a large nonstick skillet coated with cooking spray over medium-high heat. Add mushrooms; sauté 5 minutes or until lightly browned. Add oil, asparagus, and ham to pan; sauté 4 minutes or until the asparagus is crisp-tender.

Serve polenta topped with asparagus mixture; sprinkle with cheese.

Nutritional Information

CALORIES 334(30% from fat); FAT 11.3g (sat 4.5g,mono 4g,poly 1g); PROTEIN 20.4g; CHOLESTEROL 37mg; CALCIUM 208mg; SODIUM 1111mg; FIBER 2.2g; IRON 1.5mg; CARBOHYDRATE 41.4g

Chicken & Leek Soup aka Cockaleekie (Crockpot)

Category: Soups/Stews (ST)

Source: The Healthy Slow Cooker by Judith Finlayson

HU: 6 / CORE

Servings: 8

Posted by CrissyBear (Christine)

September 20, 2007

Cookbook Note: Although the prunes seem unconventional, having tried the soup with and without this ingredient I prefer the addition of prunes, which add a pleasing sweetness and depth to the broth and complement the other flavors. However, if you have negative feelings about prunes, they may be omitted, and the recipe produces something approaching a classic chicken soup with barley. If you're not using prunes, add 1-cup chicken broth along with the barley.

My Notes: I made a 1/2 batch of this recipe, with prunes (you can't see them in the soup and they give great flavor & color to the soup). Instead of 6 cups of broth, I use half broth, half water.

20 pitted prunes finely chopped (about 1 cup), optional
1 1/2 cups water
2 pounds skinless boneless chicken thighs
1 tablespoon olive oil
4 large leeks, white part with just a bit of green, cleaned and thinly sliced
4 stalks celery, diced
4 carrots, peeled and diced
1 teaspoon dried thyme leaves, crumbled
1/2 teaspoon cracked black pepper
4 whole cloves
1 piece cinnamon stick
6 cups low sodium chicken broth
1 cup barley
1/2 cup finely chopped fresh parsley

In a small bowl, combine prunes and water. Stir well. Cover and set aside.

Arrange chicken over bottom of a large (6-qt minimum) slow cooker stoneware.

In a large skillet, heat oil over medium heat for 30 seconds. Add leeks, celery and carrots and cook, stirring, until softened, about 7 minutes. Add thyme, peppercorns, cloves and cinnamon stick and cook, stirring for 1 minute. Transfer to slow cooker stoneware.

Add chicken stock and barley. Cover and cook on Low for 6 hours or on High for 3 hours, until chicken is falling apart and barley is tender. Discard cloves and cinnamon stick. Add prunes and soaking water, if using. Stir well. Cover and cook on high for 30 minutes, until flavors have melded. Ladle into bowls and garnish with parsley.

Nutritional Info per serving: 299 Calories; 27.2g Protein; 31.2g Carbohydrates; 7.5g Fat (1.7 sat; 3.0g mono; 1.7g poly); 5.1g Dietary fiber; 166mg Sodium; 109mg Cholesterol.

Cornbread Casserole (Crockpot)

Category: Meats (M)

Source: unknown

HU: 9 (with my changes, 6)

Servings: 8

Posted by CrissyBear (Christine)

September 20, 2007

My notes: I have also made this using leftover CP-made shredded pork tenderloin.

1 pound extra lean ground beef (I use 95% ground sirloin)

1 can (15 oz) corn, slightly drained

1 cup yellow cornmeal

1/2 teaspoon baking soda

1 teaspoon salt (I use 1/2 tsp)

1/4 cup canola oil (I use 2 Tbsp)

1 cup skim milk

2 large eggs (I use 1 egg; 2 whites)

1/2 cup salsa

8 ounces low fat cheddar cheese, shredded

1 medium onion

1 clove garlic

1 can (4 oz) diced green chiles

Brown meat; drain any fat.

In separate bowl, combine corn (drain off some of the liquid, but not all), cornmeal, baking soda, salt, oil, milk, eggs, and salsa. Pour half of this mixture in crockpot that has been sprayed with Pam.

Layer cheese, onion, garlic, green chilies, and ground beef on top of cornmeal mixture. Cover with remaining cornmeal mixture. Cover. Cook on High 1 hour and then on Low 3 1/2-4 hours, or only on Low 6 hours.

Per Serving (as written): 383 Calories; 20g Fat (47.9% calories from fat); 23g Protein; 27g Carbohydrate; 3g Dietary Fiber; 99mg Cholesterol; 817mg Sodium.

Per serving (with my changes): 269 Calories; 9g Fat (30.1% calories from fat); 24g Protein; 22g Carbohydrate; 2g Dietary Fiber; 63mg Cholesterol; 572mg Sodium.

Pasta Ida Lucia Pezzino

Category: Pasta (RP) or Vegetarian (V)

Source: Joe Gray - Chicago Tribune

HU: 6.5

Servings: 4

Posted by DebMj1

September 20, 2007

Quick & Easy

Notes: I think the quality of tomatoes is going to determine the quality of this dish. I thought it was excellent and absolutely gorgeous when served. The original recipe called for 3 Tbsps of olive oil, but I reduced it to 4 tsps. It's a very easy recipe to divide to make for one or two.

4 large beefsteak tomatoes, cored
4 cloves garlic, peeled, pressed or minced
1/4 cup fresh basil leaves, thinly sliced into ribbons
4 tsps olive oil, divided
1/2 teaspoon salt
1/2 pound capellini (angel hair pasta)
1/2 cup fresh bread crumbs
1/4 cup freshly grated Parmesan or Romano cheese

Preheat the oven to 350 degrees. Place the tomatoes on a lightly oiled baking sheet; divide the garlic and basil among the tomatoes. Drizzle with 1/2-teaspoon olive oil in each; sprinkle with the salt. Cook until tomatoes soften and begin to shrivel but still hold their shape, about 30 minutes. (Mine took 22 minutes.)

Meanwhile, heat a large saucepan of salted water to a boil over medium-high heat; add the capellini. Cook until al dente, according to package directions; drain.

While pasta is cooking, heat the remaining olive oil in a large, heavy skillet; stir in the breadcrumbs. Cook, stirring, until crumbs brown and become crispy, about 4 minutes.

Toss the pasta with the breadcrumbs; divide evenly among 4 pasta bowls. Nestle a tomato carefully in each bowl. Top with cheese. Serve, allowing diners to break up their own tomato and eat with the pasta.

Nutritional Information per MasterCook: 319 calories, 8 gms. fat and 3 gms. fiber.

Custard Oatmeal

Category: Breakfast Items (BR)

Source: WW Boards

HU: 4.5 w/o raisins; 5.5 w/raisins

Core: yes

Servings: 1

Posted by Tracy (Nikkie1t)

September 20, 2007

My comments: If you choose to use an egg rather than egg beaters, the points go to 6 points w/o raisins; 7 points w/raisins. I have started making a double batch of this oatmeal. I eat one serving warm, and the next day I eat it chilled, sprinkled with a little nutmeg.

1 cup skim milk

1/4 cup egg beaters (or one beaten egg)

1/2 cup oats

1 T. raisins (optional)

1/2 teaspoon cinnamon (optional)

1/2 teaspoon vanilla

2 packets Splenda (1/2 teaspoon?)

Mix together milk, egg beaters, oats and raisins in a small saucepan. Stir constantly over medium heat until it comes to a boil. Lower to a simmer and stir for about 1-2 minutes more until desired consistency. Remove from heat and add vanilla or other flavored extract. Add splenda or other sweetener if desired. Mix in fruit, berries, etc.

Greek-Style Beans and Barley (Crock pot)

Category: Vegetarian (V)

Source: The Healthy Slow Cooker by Judith Finlayson

HU: 4 (without cheese)

CORE w/ fat-free or soy cheese

Servings: 6

Posted by CrissyBear (Christine)

September 20, 2007

My notes: As suggested, I used yellow squash in this recipe and topped it with low-fat feta. It's a great veg*an meal or side dish to roasted chicken (that's how DBF liked it!)

2 medium zucchini, thinly sliced
1/2 teaspoon salt
2 tablespoons olive oil, divided
4 cloves garlic, minced
2 onions, finely chopped
2 teaspoons dried oregano
1/2 teaspoon cracked black pepper
1 28-ounce can whole tomatoes, coarsely chopped
2 tablespoons tomato paste
2 cups low sodium vegetable broth
1 cup pearl barley
3 cups frozen green beans
crumbled feta cheese, optional

In a colander over a sink, combine zucchini and salt. Toss well and set aside for 30 minutes to allow zucchini to sweat. Rinse thoroughly. pat dry with paper towel. (Tip: if possible use golden or yellow zucchini, which has more flavor than the green version.)

In a skillet, heat 1 Tbsp of the oil over medium heat for 30 seconds. Add zucchini and cook, stirring, for 3 minutes. Add garlic and cook, stirring, until zucchini softens and just begins to brown, about 4 minutes. Season to taste with freshly ground black pepper. Transfer to a bowl, cover and refrigerate.

In same skillet, heat remaining oil over medium heat for 30 seconds. Add onions and cook, stirring, until softened, about 3 minutes. Add oregano and peppercorns and cook, stirring, for 1 minute. Add tomatoes with juice, tomato paste and vegetable broth and bring to a boil. Transfer to slow cooker stoneware (Works in slow cookers from 3-1/3 to 6 quarts).

Add barley and green beans and stir well. Cover and cook on Low for 6 hours or on High for 3 hours, until barley is tender. Add reserved zucchini and stir well. Cover and cook on High for 15 minutes, until zucchini is heated through. Sprinkle with crumbled feta to taste, if using.

Per serving (w/out optional feta cheese): 227 Calories; 5.0g Protein; 42.9g Carbohydrate; 5.3g Fat; 6.6g Dietary Fiber; 472g Sodium; 0mg Cholesterol.

Variation: Bean and Potato Stew--Omit vegetable stock and tomato paste. Substitute 2 medium potatoes, peeled and diced, for the barley.

Creole-Style Black Beans (Crockpot)

Category: Soups/Stews (ST)

Source: crockpotrecipes101.com

HU: 7

Servings: 8

Posted by CrissyBear (Christine)

September 21, 2007

Freezer Friendly

My notes: I skipped the white pepper (didn't have any) and opted to add a few drops of hot sauce when serving. DBF enjoyed it over rice as suggested; I preferred it as a soup. Next time I'm going to try it with fresh beans so I can cut back on the sodium. I also sautéed all my veggies first--I'm getting used to that technique.

- 1 pound low-fat smoked sausage, cut into 1" slices
- 1-1/2 cups chopped onion
- 1-1/2 cups chopped green pepper
- 1-1/2 cups chopped celery
- 3 cloves garlic, minced
- 2 teaspoons dried thyme
- 1-1/2 teaspoons dried oregano
- 1-1/2 teaspoons white pepper
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper, optional
- 3 bay leaves
- 1 can (8 oz) no salt added tomato sauce
- 1 cup low sodium chicken broth
- 3 cans (15 oz) black beans, drained and rinsed

Brown sausage in a skillet over medium heat. Drain fat and transfer to crockpot.

Combine remaining ingredients with sausage in the crockpot. Cover and cook on LOW for 7 to 9 hours, or on HIGH for 3-1/2 to 4-1/2 hours. Remove bay leaves before serving. Serve with hot cooked rice.

This recipe serves 8. WW Points estimated at 7.

Per Serving: 363 Calories; 3g Fat (6.7% calories from fat); 27g Protein; 58g Carbohydrate; 13g Dietary Fiber; 25mg Cholesterol; 689mg Sodium.

Slow-Cooked Tuscan Pork with White Beans

Category: Meats (M)

Source: Cooking Light October 2007

HU: 8

Servings: 8

Posted by Carrie (Scarehair)

September 23, 2007

Kid Friendly, Company Worthy

CL Notes: Total cost: \$8.63/Cost per serving: \$1.08. An inexpensive cut of pork becomes rich and tender when braised. Creamy beans make the dish hearty and satisfying. If you prefer to use an electric slow cooker to prepare this meal, just combine presoaked beans and remaining ingredients in cooker; cover and cook on HIGH for eight hours.

Carrie's Notes: This worked well in a slow cooker. I left most of the garlic cloves whole. I separated the garlic cloves from the meat and beans before serving and smashed them in a separate bowl for a bread spread. To serve, I toasted a good quality crusty bread, rubbed each slice with a garlic clove and then mounded the pork and white beans over the toast in a shallow bowl and sprinkled with the fresh sage. I also served everyone a small plate of a spinach, red onion and fresh orange salad with orange tarragon dressing (The Best Of Cooking Light). Very pretty presentation and a great effortless meal. This will go in the regular rotation for my family and will be great for casual company.

2 cups dried navy beans
1 tablespoon minced fresh sage, divided
2 teaspoons kosher salt, divided
1 teaspoon ground fennel seeds
8 garlic cloves, minced and divided
2 1/2 pounds boneless pork shoulder (Boston butt), trimmed
4 cups water
2 bay leaves

Sort and wash navy beans, and place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand for 8 hours. Drain the beans. Preheat oven to 275°.

Combine 2 teaspoons sage, 1 teaspoon salt, 1 teaspoon ground fennel seeds, and 3 minced garlic cloves. Rub sage mixture over pork. Place pork, navy beans, remaining 1-teaspoon sage, remaining 1-teaspoon salt, remaining 5 minced garlic cloves, 4 cups water, and bay leaves in Dutch oven, and bring to a boil. Cover and bake at 275° for 4 hours or until pork is very tender. Discard bay leaves. Pull pork apart into chunks, and serve with bean mixture.

Yield: 8 servings (serving size: about 3 ounces pork and 1 cup bean mixture)

CALORIES 391 (25% from fat); FAT 11g (sat 3.6g, mono 4.7g, poly 1.6g); PROTEIN 39.6g; CHOLESTEROL 95mg; CALCIUM 109mg; SODIUM 584mg; FIBER 12.9g; IRON 4.7mg; CARBOHYDRATE 32.7g

Apple-Carrot Whole Grain Muffins (aka: Fiber-Rich Muffins)

Category: Breads (BR)

Source: adapted from Hodgson Mill Whole Grain Baking

HU: 3.4

Servings: 12

Posted by: CJMartin717 (Cindy)

September 23, 2007

I tested this twice. The first time I used Bob's Red Mill 10-Grain Cereal (3.8 HU per muffin). I preferred the Hodgson Mill Multi Grain with Flaxseed & Soy because I found the millet in the other blend to be too crunchy for my taste. I made a few changes (1 egg instead of 2, skim milk, subbed applesauce for some of the oil, and reduced amount of nuts). I also added 1/2-teaspoon cake spice.

- 1 cup Hodgson Mill Multi Grain Hot Cereal with Flaxseed & Soy
- 1 cup unbleached flour
- 1-tablespoon baking powder
- 1-teaspoon baking soda
- 1-teaspoon salt
- 1/2-cup sugar
- 1 cup shredded carrots
- 1 cup apple -- peeled and chopped
- 1/2-cup skim milk
- 1 large egg
- 2 tablespoons unsweetened applesauce
- 2 tablespoons canola oil
- 1-teaspoon vanilla
- 1/3 cup chopped walnuts

Preheat oven to 400 F. Spray 12-cup muffin tin with nonstick cooking spray.

Combine cereal, flour, baking soda, baking powder, salt, and sugar in a bowl. Add remaining ingredients and stir just until moistened. Batter will be thick.

Spoon into muffin cups. Bake 20-22 minutes. Cool in pan on wire rack 5-10 minutes. Remove from pan and enjoy.

Per Serving: 168 Calories; 5g Fat (28.6% calories from fat); 5g Protein; 26g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 418mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Quinoa-Ginger-Pecan Muffins

Category: Breads (BR)

Source: Health magazine, June 2005 (posted by Beth, CDGBAG on the WW RRB)

HU: 2.5

Serves: 20

Posted by: CJMartin717 (Cindy)

September 23, 2007

I made 18 muffins (131 calories, 4.4 g fat, 1.1 g fiber = 2.8 HU). These are not very big muffins; but they are full of flavor.

Ingredients

1-cup water

1/2 cup uncooked quinoa

2 cups reduced-fat Bisquick

1/3 cup chopped pecans, toasted

1/3-cup sugar

1-teaspoon ground ginger

1/4-teaspoon salt

2/3-cup fat-free milk

1/4-cup molasses

1 large egg, lightly beaten

1/2 cup chopped dried apricots

Cooking spray

1. Preheat oven to 400°.

2. Rinse quinoa (to remove any bitterness). Combine 1-cup water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat; fluff with a fork, and set aside.

3. Combine Bisquick and next 4 ingredients (through salt) in a bowl; make a well in center of mixture. Combine milk, molasses, and egg in a separate bowl, stirring well. Add milk mixture, quinoa, and apricots to dry ingredients; stir just until moist.

4. Spoon batter into two 12-cup muffin pans coated with cooking spray (leave two cups empty in each pan), filling cups half full. Bake at 400° for 12 minutes. Remove from pans immediately; cool.

Nutritional Information

CALORIES 118; FAT 4g (sat 1g,mono 2g,poly 1g); PROTEIN 2g; CHOLESTEROL 11mg; CALCIUM 44mg; SODIUM 176mg; FIBER 1g; IRON 1mg; CARBOHYDRATE 20g

Sweet Potato Chutney

Category: Sauces/Spreads/Condiments (SC)

Source: 30 Minute Meals BHG Publication

HU: 2

Serves: 4

Posted by: Kate (KateWD)

September 23, 2007

Notes: I doubled the serving size and served it as a side dish rather than a condiment. This would be great addition to a Thanksgiving menu. The original recipe called for rubbing a shallot/red pepper combo on lamb chops before grilling and then serving with the chutney, I subbed grilled pork chops. (HUs are just for the chutney at 4 servings)

1/4 cup finely chopped shallots
1/8 tsp crushed red pepper
1 medium sweet potato peeled and cubed
1/4 cup brown sugar
1/4 cup vinegar
2 T dried cranberries
1/2 tsp grated fresh ginger

In medium saucepan, cook sweet potato, in boiling lightly salted water for 5 minutes; drain. Stir in brown sugar, vinegar, dried cranberries, ginger and shallots.

Bring just to boiling; reduce heat. Cover and simmer for 10 minutes, stirring occasionally. Simmer uncovered about 2 minutes until sweet potato is tender and mixture is slightly thickened.

Grilled Halibut

Category: Fish/Seafood (FS)

Source: Epicurious.com

HU: 6

Servings: 4

Posted by Kim (kwe730)

September 24,2007

Ingredients:

2 teaspoons fennel seeds

2 large garlic cloves

1 lemon

1 teaspoon coarse salt

2 tablespoons olive oil

four 6 oz. pieces of halibut

Prepare grill.

In a dry small skillet toast fennel seeds over moderate heat, shaking skillet, until fragrant and a shade darker. In an electric coffee/spice grinder grind seeds. Mince garlic.

Squeeze juice from lemon into a small bowl and stir in fennel, garlic, salt, and oil. Put halibut in a large dish and pour marinade over it, turning fish to coat. Marinate halibut, covered and chilled, at least 10 minutes and no more than 1 hour.

Grill halibut on a lightly oiled rack set 5 to 6 inches over glowing coals until just cooked through, about 5 minutes on each side. (Alternatively, grill halibut in a hot oiled well-seasoned ridged grill pan over moderate heat.)

Fennel Tsatsiki

Category: Sauces/Spreads/Condiments (SC)

Source: Epicurious.com

HU: 2

Servings: 4

Posted by Kim (kwe730)

September 24,2007

Kim's Notes: This is served as an accompaniment to the Grilled Halibut, but would also be good as a dip with pita bread or crudités. I used Fage 2% yogurt in this.

Ingredients:

- 1 medium fennel bulb with fronds (sometimes called anise; about 3/4 pound)
- 1 teaspoon fennel seeds
- 2 garlic cloves
- 1 lemon
- 2 cups low fat plain yogurt (16 ounces)
- 1 1/2 teaspoons salt

Trim fennel stalks flush with bulb, reserving fronds and discarding stalks, and trim any discolored outer layers. Halve bulb lengthwise and discard core. Finely chop fronds and bulb. In a dry small skillet toast fennel seeds over moderate heat, shaking skillet, until fragrant and a shade darker. In an electric coffee/spice grinder grind seeds. Mince garlic and squeeze juice from lemon.

In a large bowl stir together chopped fennel, ground fennel seeds, garlic, yogurt, salt, and lemon juice to taste. Tsatsiki may be made 3 days ahead and chilled, covered.

Makes about 3 cups.

Beef and Barley with Rosemary and Orange (Crockpot)

Category: Soups/Stews (ST)

Source: The Healthy Slow Cooker by Judith Finlayson

HU: 7

Servings: 8

Posted by CrissyBear (Christine)

September 24, 2007

Freezer Friendly

My notes: I meant to make the persillade but forgot. Still this was wonderful and filling. It's a good size serving--I made a 1/2 batch and yielded 5 cups.

1 tablespoon olive oil, divided (orig recipe used 2 Tbsp)
2 pounds trimmed beef round, cut into 1" cubes
8 ounces mushrooms, sliced or quartered
3 onions, finely chopped
4 stalks celery, diced
4 carrots, peeled and diced
4 cloves garlic, minced
4 sprigs rosemary (or 2 tsp dried)
1 teaspoon cracked black pepper
1 orange, juiced and grated for zest
1 cup pearl barley, rinsed
3 cups low sodium beef broth
1-1/2 cups dry red wine
salt, optional

This recipe works best in a large (5-qt minimum) slow cooker.

1. In a skillet, heat 1/2 Tbsp of the oil over medium-high heat. Add beef, in batches and cook, until browned, about 4 minutes per batch. Transfer to slow cooker stoneware.
2. Add remaining 1 Tbsp oil to pan. Add mushrooms and toss until lightly seared, about 2 minutes. Transfer to stoneware. Reduce heat to medium. Add onions, celery and carrots and cook, stirring until carrots are softened, about 7 minutes. Add garlic, rosemary, peppercorns and orange zest and cook, stirring for 1 minute. Add barley and toss to coat. Add orange juice, beef stock and wine and bring to boil. Season to taste with salt, if using. Transfer to stoneware. Stir well.
3. Cover and cook on Low for 8 hours or on High for 4 hours, until meat is tender.
4. Here's an optional Persillade that adds a zesty finish -- In a bowl, combine 1 cup finely chopped parsley, 4 cloves of garlic and 1 tsp balsamic vinegar. Set aside at room temp for 30 minutes to allow flavors to develop. Ladle stew onto plates and garnish with persillade.

Note: This dish can be partially prepared ahead of time. Complete Step 2. Cover and refrigerate for up to 2 days. When ready to cook, either brown the meat as outlined in Step 1 or add it to the stoneware without browning. Stir well and continue.

Per Serving: 354 Calories; 6g Fat (17.8% calories from fat); 34g Protein; 34g Carbohydrate; 8g Dietary Fiber; 66mg Cholesterol; 144mg Sodium

Red Pepper Hummus

Category: Sauces/Spreads/Condiments (SC)

Source: Daughter

Servings: 12 (see NI notes below)

HU: 3

Posted by Sandy/Nana

September 26, 2007

2 (15 oz.) cans of chickpeas, rinsed & drained
3 garlic cloves
1/2 cup of jarred roasted red bell peppers, drained
1/2 cup of tahini
1/4 cup of water
2 Tablespoons of Olive Oil
1 1/2 teaspoons of salt
1/2 teaspoon of ground cumin
1/4 teaspoon of ground red pepper
1/3 - 1/2 cup of fresh lime juice

Process the first 9 ingredients and 1/3 cup of lime juice in a food processor or blender until smooth, stopping to scrape down the sides; add additional lime juice, if necessary, until desired consistency. Cover and chill until ready to serve. Garnish, if desired.

Nutritional Information:

At 12 servings (3 HUs)

Per Serving (excluding unknown items): 169 Calories; 8g Fat (43.5% calories from fat); 5g Protein; 19g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 491mg Sodium.
Exchanges: 1 Grain (Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

At 16 servings (2.5 HUs):

Per Serving (excluding unknown items): 127 Calories; 6g Fat (43.5% calories from fat); 4g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 368mg Sodium.
Exchanges: 1 Grain (Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat.

Mussels in Spicy Coconut Broth

Category: Fish/Seafood (FS)

Source: Cooking Light, January 2003

Servings: 2

HU: 5

Posted by: danikam

September 27, 2007

Quick and Easy

My comments: These are delicious as is. I served with crusty bread but rice would work too. Next time, I think I'll increase the coconut milk by 1/4 to 1/2 cup (and decrease the chicken broth by the same amount) for a slightly richer broth. Would also make a great base for soup.

Ingredients

1/2 cup light coconut milk
1/4 cup thinly sliced peeled fresh ginger
1 tablespoon sugar
2 tablespoons lemon juice
2 teaspoons red curry powder (such as McCormick)
Dash of salt
1 (14.5-ounce) can fat-free, less-sodium chicken broth
2 pounds mussels, scrubbed and debearded
1/4 cup chopped fresh basil

Preparation

Combine first 7 ingredients in a Dutch oven, and bring to a boil. Add mussels; cover and cook 5 minutes or until shells open.

Remove from heat; discard any unopened shells. Spoon 1 1/2 cups broth mixture into each of 2 soup bowls. Divide mussels evenly among each soup bowl. Garnish with chopped basil.

Nutritional Information

CALORIES 241(27% from fat); FAT 7.1g (sat 2.8g,mono 1g,poly 1.1g); PROTEIN 22.9g;
CHOLESTEROL 46mg; CALCIUM 66mg; SODIUM 940mg; FIBER 1g; IRON 7.8mg;
CARBOHYDRATE 20.3g

Pumpkin-Leek Soup

Category: Soups/Stews (ST)

Source: Real Simple, October 2007

HU: 3

Core: Yes

Servings: 8

Posted by: Shel-K. (Sheelagh)

September 30, 2007

1 tablespoon olive oil
2 leeks (white and light green parts), sliced 1/4 inch thick and rinsed
2 celery stalks, sliced
1 clove garlic, chopped
1 medium pumpkin or 1 1/2 pounds butternut squash, peeled and cut into 1/2-inch cubes
1 15-ounce can pumpkin puree
6 cups low-sodium chicken broth
Kosher salt and pepper
1 tablespoon fresh rosemary

Heat the oil in a large saucepan over medium heat. Add the leeks, celery, and garlic and cook, stirring often, until softened, about 5 minutes. Add the pumpkin cubes and canned puree, then the broth. Simmer until the pumpkin is tender, about 25 minutes. Stir in 1 3/4 teaspoons salt and 1/4-teaspoon pepper. Working in batches, ladle the soup into a blender and puree until smooth. Divide among individual bowls and top with the rosemary.

CALORIES 167 (16% from fat); FAT 3g (sat 0g); SUGAR 7g; PROTEIN 8g;
CHOLESTEROL 0mg; SODIUM 484mg; FIBER 4g; CARBOHYDRATE 32g

Apple Butter Spice Cake

www.eatingwell.com

Healthy Units: 5

Servings: 12

Posted By: Bawstinn36 (Maria)

October 1, 2007

Comments: Very tasty - be careful not to overcook. Any longer than 35 minutes would have been too long for mine. I used Cooking Lights recipe for Overnight Apple Butter for the apple butter in this recipe.

- 1 tablespoon butter
- 1 cup apple butter
- 3/4 cup packed light brown sugar
- 3 tablespoons canola oil
- 1/2 cup raisins
- 1/2 cup buttermilk
- 1 large egg
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2 tablespoons all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground allspice
- 1/4 teaspoon salt

Preheat oven to 350. Coat an 8-inch square cake pan with nonstick cooking spray.

Melt butter in a small saucepan over medium heat; swirl the pan until the butter turns a nutty brown, about 1 minute. Pour into a large bowl. Add apple butter, brown sugar (breaking up any lumps) and oil and whisk until smooth. Add raisins, buttermilk, egg and vanilla; mix well. Add flour, baking soda, cinnamon, ginger, allspice and salt; whisk until just combined.

Transfer the batter to the prepared baking dish and bake until a knife inserted in the center comes out clean, 35 to 40 minutes. Let cool for 10 minutes before serving.

Per Serving (excluding unknown items): 246 Calories; 5g Fat (18.8% calories from fat); 3g Protein; 47g Carbohydrate; 2g Dietary Fiber

Black-Eyed Pea Stew

Main Dish

Cooking Light October 2007

HU: 4

Servings: 8

Posted by Carrie (Scarehair)

October 2, 2007

CL Notes: This stew is a cousin of hoppin' John, a Southern dish made with black-eyed peas and rice traditionally served on New Year's Day. We use mustard greens in this rendition, but kale or collard greens would also work well. Serve with hot pepper sauce and corn bread. Beer pairs well with this dish.

Carrie's Notes: CL did not specify but I did soak the beans over night first. I used kale instead of mustard greens. I would suggest buying petite-diced tomatoes rather than the regular diced tomatoes and also chopping the greens small. The dish had great flavor. A hit with the teens and adults, not so much for the little kids (which might be remedied by using smaller tomatoes and greens next time). I plated the stew over 1/2 C rice and served Jane's cornbread alongside. Jane has suggested to plate the stew over a halved piece of cornbread.

2 cups dried black-eyed peas
1 tablespoon peanut oil
3/4 cup finely chopped yellow onion
8 ounces turkey kielbasa, halved lengthwise and cut into 1/2-inch pieces
4 cups organic vegetable broth (such as Swanson Certified Organic)
1 teaspoon salt
1/2 teaspoon crushed red pepper
1/2 teaspoon freshly ground black pepper
2 bay leaves
1 tablespoon cider vinegar
1 (28-ounce) can no-salt-added diced tomatoes
1 (10-ounce) bag prewashed mustard greens

Sort and wash peas; set aside.

Heat oil in a large saucepan over medium heat. Add onion to pan; cook 3 minutes or until tender. Add sausage; cook 4 minutes or until lightly browned.

Stir in broth; bring to a simmer, scraping pan to loosen browned bits. Stir in peas, salt, peppers, and bay leaves. Cover and simmer 45 minutes or until peas begin to soften. Uncover and cook 15 minutes or until liquid begins to thicken.

Stir in vinegar, tomatoes, and mustard greens; simmer 10 minutes or until peas are tender, stirring occasionally. Discard bay leaves.

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

CALORIES 235 (19% from fat); FAT 5g (sat 1.1g,mono 2.4g,poly 0.9g); PROTEIN 15.5g; CHOLESTEROL 17mg; CALCIUM 81mg; SODIUM 830mg; FIBER 6.6g; IRON 4.4mg; CARBOHYDRATE 33.7g

Penne with Pumpkin

Category: Pasta (RP)

Source: Twelve, A Tuscan Cookbook; modified

Healthy Units: 8.5

Core: No

Servings: 6

Posted by: ejwyatt (Emily)

Date: Oct. 2, 2007

Em's Notes: I loved this pasta. I cut the recipe in half. My changes are noted. The nutritionals are based on the changes that I made.

2 teaspoons olive oil (original recipe called for 3 T)
1 medium onion -- chopped fine
3 ounces Italian sausage or pancetta (I subbed turkey sausage)
10 ½ ounces pumpkin cubes
1-14 ounce can diced tomato (I had fresh tomatoes, so diced those instead of using canned)
1 teaspoon red pepper flakes (recipe called for ½ red chile)
18 ounces penne (I used whole wheat)
12 tablespoons parmesan cheese -- grated

Heat the olive oil in a saucepan and sauté the onion until it has softened. Add the sausage (or pancetta) and sauté until it has browned lightly.

Cut the pumpkin slices into small pieces of about ¾ " and add them to the pan. Add tomato and chili and season with salt and pepper. Add 3 cups of water and simmer for 30-40 minutes. The pumpkin should melt into the sauce and there should be enough liquid to coat the pasta. (My pumpkin had not really melted into the sauce, so I used my potato masher to work the pumpkin into the sauce a little.)

Add a little more water, if necessary, to prevent the sauce from sticking.

Bring a large saucepan of salted water to a boil. Cook the penne according to the packet instructions. Drain and mix into the sauce, tossing quickly to coat evenly. Put into individual pasta bowls and sprinkle with Parmesan cheese. Serve immediately.

Per Serving (excluding unknown items): 421 Calories; 9g Fat (17.6% calories from fat); 20g Protein; 72g Carbohydrate; 8g Dietary Fiber; 19mg Cholesterol; 295mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1 Fat.

Chunky Spiced Applesauce

Category: Fruit (F)

Source: Cooking Light Oct, 2007

Healthy Units: 2 (1.5 with my changes)

Core: No

Servings: 14

Posted by: ejwyatt (Emily)

Date: Oct. 2, 2007

Quick and Easy

CL Notes: Cranberries lend this applesauce an appealing rosiness. For best flavor, use a variety of apples, such as Golden Delicious, Braeburn, Cortland, and Rome. Prepare it up to one day ahead. Serve with Grilled Pork Tenderloin.

Em's Notes: I used a combination of Chesapeake and Black Twig apples. My yield was less than CL's, so I just divided it into the appropriate number of servings. I loved the touch of cranberry in this recipe.

10 cup cubed peeled apple (about 3 pounds)

1/2 lemon

2 cups fresh cranberries

1 cup sugar (I used Splenda)

1/2 cup maple syrup

1/3 cup water

1/2 teaspoon ground cinnamon

Pinch fresh grated nutmeg

Place apple in a large bowl; cover with cold water. Squeeze juice from lemon half into bowl; place lemon half in bowl. Set aside.

Combine cranberries and remaining ingredients in a Dutch oven; bring to a boil, stirring occasionally. Cook 3 minutes or until cranberries pop.

Drain apple; discard lemon. Add apple to pan. Cover, reduce heat, and simmer 25 minutes or until apple is soft. Uncover, bring to a boil, and cook 15 minutes. Mash apple mixture with a potato masher. Pour into serving dish; cover and chill at least 2 hours.

Yield: 7 cups (serving size: about 1/2 cup)

CALORIES 124 (0.0% from fat); FAT 0.2g (sat 0.0g,mono 0.0g,poly 0.1g); PROTEIN 0.3g; CHOLESTEROL 0.0mg; CALCIUM 14mg; SODIUM 2mg; FIBER 2.6g; IRON 0.3mg; CARBOHYDRATE 32.5g

Cooking Light, OCTOBER 2007

Bacon Potato Salad

Category: Salads

Adapted from Southern Living, July 2005

HU: 4

Servings: 4

Posted by DebMj1

10/5/07

Notes: I know there are a lot of potato salads posted to comp, but this was the most successful one I've ever made. We loved it. HU's are calculated based on a specific brand of bacon; you'll want to recalculate based on your brand.

1 1/2 pounds medium potatoes, peeled and cut in 1-inch cubes
3 slices Hatfield Bacon
2 green onions, chopped
1 celery rib, finely chopped
1 Tablespoon pimiento, drained and diced
1/3 teaspoon salt
1/8 teaspoon pepper
1/4 cup light mayonnaise
1/4 cup light sour cream
chopped parsley for garnish

Cook potatoes in boiling salted water to cover in a Dutch oven over medium heat 15 to 18 minutes or until tender. Drain and let cool slightly.

Place potatoes in a large bowl. Add bacon, chopped green onions and next 4 ingredients. Stir together mayonnaise and sour cream until blended. Pour over potato mixture, tossing gently to coat. Cover and chill at least 1 hour.

Nutritional Information from Mastercook: 196 calories, 5 gms. fat and 3 gms. fiber.

Chicken and Asparagus In White Wine Sauce

Source: COOKING LIGHT, OCT, 2007

HU'S: 6

Servings: 4

Posted by: Donna/CAROTS

Date: October 9, 2007

*CL-This recipe works equally well with green beans or haricots verts in place of asparagus.

*My Notes-This is a nice company dish. The next time I would cut back on the lemon juice from 1 tablespoon to 1/2 tablespoon, just because DH thought that the lemon was a little overpowering. I didn't think so, but I like lemon! I also made the Parmesan-chive mashed potatoes to go along with it. Very good! A repeater for us!

4 (6-ounce) skinless, boneless chicken breast halves
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 tablespoons butter
1/2 cup all-purpose flour (about 2 1/4 ounces)
1/2 cup dry white wine
1/2 cup fat-free, less-sodium chicken broth
2 garlic cloves, minced
1 pound asparagus spears, trimmed
2 tablespoons chopped fresh parsley
1 tablespoon fresh lemon juice

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 breasts evenly with salt and freshly ground black pepper.

Melt butter in a large nonstick skillet over medium-high heat. Place flour in a shallow dish. Dredge chicken in flour. Add chicken to pan; cook 3 minutes on each side or until done. Remove chicken from pan; keep warm. Add wine, broth, and garlic to pan, scraping pan to loosen browned bits; cook 2 minutes. Add asparagus; cover and cook 3 minutes or until asparagus is crisp-tender. Remove from heat; stir in parsley and juice. Serve asparagus and sauce with chicken.

Yield: 4 servings (serving size: 1 chicken breast half, about 5 asparagus spears, and about 2 tablespoons sauce)

CALORIES 289 (25% from fat); FAT 8g (sat 4.2g,mono 2g,poly 0.8g); PROTEIN 43g;
CHOLESTEROL 114mg; CALCIUM 59mg; SODIUM 648mg; FIBER 2.8g; IRON 4.3mg;
CARBOHYDRATE 10.5g

Warm Salad of Mustard Greens and Black-Eyed Peas

Source: Cooking Light, OCTOBER 2001

HU: 3.2

Serves: 4

Posted by: CJMartin717 (Cindy)

October 9, 2007

CL: Greens and peas are both good sources of folic acid. Greens lovers will enjoy the strong flavor and distinctive texture of mustard greens simply wilted in a skillet.

Cindy's Comment: I used a large bunch of Mizuna (Asian Mustard Greens). We didn't have quite 12 cups and ended up with smaller servings - still incredibly delicious.

Ingredients

2 bacon slices, chopped

12 cups torn mustard greens, stems removed (about 12 ounces)

1/4 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon extra-virgin olive oil

1/2 cup chopped green onions

2 teaspoons caraway seeds

3 garlic cloves, minced

1 jalapeño pepper, seeded and chopped

1 (16-ounce) can black-eyed peas, rinsed and drained

1/4 cup balsamic vinegar

Preparation

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan; set bacon aside. Add greens; cook 4 minutes or until wilted. Combine greens, salt, and black pepper in a large bowl, set aside. Add oil to pan. Stir in onions, caraway seeds, garlic, and jalapeño; cook 1 minute. Add peas; cook 1 minute. Stir in vinegar, and bring to a boil. Add pea mixture to greens mixture. Sprinkle with reserved bacon.

Yield

4 servings (serving size: 3/4 cup)

Nutritional Information

CALORIES 168(43% from fat); FAT 8.1g (sat 2.6g,mono 4g,poly 0.9g); PROTEIN 7g; CHOLESTEROL 8mg; CALCIUM 127mg; SODIUM 358mg; FIBER 5.4g; IRON 2.5mg; CARBOHYDRATE 18g

Maple-Chili Glazed Pork Medallions

Source: Eating Well, October 2007

HU: 4.1

Serves: 4

Posted by: CJMartin717 (Cindy)

October 9, 2007

Quick & Easy

EW: Pork medallions are quick and easy to prepare, and are particularly tasty with a maple-chili glaze.

Cindy's Note: We didn't have any apple cider and used frozen apple juice concentrate instead. We halved the recipe and subbed boneless pork chops for the pork tenderloin.

1 teaspoon chili powder
1/2 teaspoon salt
1/8 teaspoon ground chipotle pepper
1 pound pork tenderloin, trimmed and cut crosswise into 1-inch-thick medallions
2 teaspoons canola oil
1/4 cup apple cider
1 tablespoon maple syrup
1 teaspoon cider vinegar

1. Mix chili powder, salt and ground chipotle in a small bowl. Sprinkle over both sides of pork.
2. Heat oil in a large skillet over medium-high heat. Add the pork and cook until golden, 1 to 2 minutes per side. Add cider, syrup and vinegar to the pan. Bring to a boil, scraping up any browned bits. Reduce the heat to medium and cook, turning the pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze.

NUTRITION INFORMATION: Per serving: 180 calories; 6 g fat (2 g sat, 3 g mono); 74 mg cholesterol; 6 g carbohydrate; 24 g protein; 0 g fiber; 354 mg sodium; 441 mg potassium.

Nutrition bonus: Selenium (47% daily value), Zinc (20% dv).

1/2 Carbohydrate Serving

Exchanges: 1/2 other carbohydrates, 3 lean meat

Herbed Israeli Couscous

Category: Sides

Source: Susanna Foo Fresh Inspiration, New Approaches to Chinese Cuisine

HU: 4, per 2/3 cup serving

Servings: 4

Posted by: kzbaskets

Date: October 13, 2007

Quick & Easy

SF Notes: The first step in this recipe, soaking and draining the couscous, is important – it not only softens the couscous but washes away some of its starchy coating, making for a cleaner-tasting result.

My Notes: I was surprised to find this recipe in an Asian cookbook, but it was delicious and would go with anything that had a strong flavor (I served it with the skillet chicken aglio e olio), or spice it up and serve it with grilled meats. Also, I made this before my main course and then ‘revived’ it with an additional 1/3 cup of stock and reheated it – it worked very well.

Ingredients:

1 cup Israeli couscous
1/2 Tb soybean or corn oil
1 large shallot, finely diced
2 garlic cloves, finely diced (I used minced from a jar)
2 Tb butter (I used light)
1 cup chicken stock or vegetable stock
1/2 cup chopped flat leaf parsley or cilantro
½ cup chopped fresh basil
1 tsp kosher salt
Freshly ground pepper

Instructions:

Soak the couscous in 4 cups cold water for 10 minutes. Drain and rinse under cold running water.

Heat the oil in a large nonstick skillet over high heat. Add the shallot and garlic and cook until soft, about 1 minute. Stir in the couscous, then the butter, and cook, stirring for about 1 minute, until all the couscous grains are well coated with butter. Add the stock, stirring constantly so the couscous does not stick to the bottom of the skillet, and bring to a boil. Turn the heat to medium-low and cook, uncovered, until the couscous completely absorbs all the liquid; this should take about 5 minutes.

Turn off the heat and add the herbs. Sprinkle with salt and pepper to taste, mixing it in well. Serve.

NI: 227 calories, 5 g fat, 5 g fiber

Shells with Ricotta, Basil and Lemon

Category: Pasta

Source: Vegetarian Times July 2006

HU: 8 per serving

Servings: 6

Posted by: kzbaskets

Date: October 12, 2007

Quick & Easy

VT Notes: Toasted breadcrumbs give this dish an authentic touch.

My Notes: This was a great light meal! I used penne because that's what I had on hand. I kept the leftovers in oven safe bowls and after bringing them to temp in the microwave, I put them in the toaster oven to crisp the tops – delish!

Ingredients:

- 1 lb. medium-size dried pasta shells or rigatoni
- 2 tsp. olive oil
- 3/4 cup fresh breadcrumbs
- 2 cups low-fat ricotta cheese (15 oz.)
- 3 Tbs. fresh lemon juice
- 1 tsp. lemon zest
- 16 fresh basil leaves, sliced into thin ribbons
- 1 lemon, cut in wedges

Instructions:

1. Cook pasta according to package directions. Drain.
2. Meanwhile, heat olive oil in skillet over medium heat. Add breadcrumbs, and sauté 3 to 4 minutes, or until golden brown.
3. Combine ricotta, lemon juice and zest in warm serving bowl. Fold in basil; season to taste with salt and pepper.
4. Toss pasta with ricotta mixture until well coated. Taste, and adjust seasonings if necessary. Sprinkle with toasted breadcrumbs, and garnish with lemon wedges.

NI: Per SERVING: Calories: 394, Protein: 20g, Total fat: 6g, Carbs: 65g, Cholesterol: 27mg, Sodium: 437mg, Fiber: 3g, Sugars: 5g

Mustard-Balsamic Vinaigrette

Category: Salads

Source: The Essential Eating Well Cookbook

HU: 1.5 per TB

Servings: 10

Posted by: kzbaskets

Date: October 13, 2007

Quick & Easy

EW Notes: The vinaigrette will keep, covered, in the refrigerator for up to 1 week.

My Notes: I always make it with the pure maple syrup, but I am sure it will be just as good with the brown sugar substitute listed. It is a great multi-purpose dressing.

Ingredients:

½ cup balsamic vinegar

¼ cup extra-virgin olive oil

¼ cup canola oil

2 Tb coarse mustard

1 Tb pure maple syrup or 1 ½ tsp brown sugar

1 tsp dried basil

Salt & freshly ground pepper, to taste

Instructions:

Combine all ingredients in a jar with a tight fitting lid and shake well.

NI: 59 calories, 6 g fat, 0 g fiber

Thai Asparagus

Category: Sides/Veg

Source: The After work Thai cookbook

HU: 1.5 per serving

Servings: 4

Posted by: kzbaskets

Date: October 13, 2007

Quick & Easy

Notes: Try this with broccoli, or bok choy. The sauce also works well with green beans.

My Notes: The recipe calls for galangal root, which I have found both fresh and jarred, but I think you could substitute ginger with similar results.

Ingredients:

1 pound asparagus, left whole or cut in thirds

1 Tb vegetable oil

1 garlic clove, crushed

1 Tb sesame seeds, toasted

1 in piece fresh galangal, finely shredded (I have used either ginger in it's place, or 1 Tb of jarred galangal)

1 fresh red chili, seeded and diced (I have used 2 tsp of chili garlic paste)

1 Tb Thai fish sauce

1 Tb light soy sauce

3 Tb water

1 tsp light brown sugar

Heat oil in wok and stir fry the garlic, sesame seeds, and galangal for 3-4 seconds until the garlic is just turning brown.

Add the asparagus and chili, toss to mix, then add the fish sauce, soy sauce, water, and brown sugar. Stir fry all together for 2 minutes, or until the asparagus softens and the liquid is reduced by half. Serve immediately.

NI: 77 calories, 5 g fat, 2 g fiber

Bulgur with ginger and orange

Category: Sides

Source: Eating Well, Dec 2005/Jan 2006

HU: 4.5 per serving

Servings: 4, ¾ cup each

Posted by: kzbaskets

Date: October 13, 2007

EW Notes: Bulgur is ubiquitous in Middle Eastern cooking but also pairs deliciously with Asian seasonings. This simple side dish is perfect with beef, lamb or poultry. For variations, substitute toasted sesame seeds for the almonds, or carrot juice (it is surprisingly good and certainly nutritious) for orange juice.

My notes: I served this with the 5 spice duck breast and Thai asparagus.

Ingredients:

2 oranges
2 teaspoons canola oil
2 cloves garlic, minced
2 tablespoons minced fresh ginger
1 cup bulgur, rinsed (see Ingredient note)
2 teaspoons brown sugar
1/4 teaspoon salt, or to taste
1/3 cup slivered almonds
2/3 cup chopped scallions
1 tablespoon reduced-sodium soy sauce

1. Zest 1 orange; reserve the zest. Juice both oranges. If necessary, add enough water to the juice to measure 1 1/2 cups total.
2. Heat oil in a large heavy saucepan over medium-high heat. Add garlic and ginger; cook, stirring, until fragrant, about 30 seconds. Add bulgur and stir to coat. Add the orange juice, brown sugar and salt; bring to a simmer. Reduce heat to maintain a gentle simmer, cover and cook until the bulgur is tender and most of the liquid has been absorbed, 15 to 25 minutes.
3. Meanwhile, toast almonds in a small dry skillet over medium-low heat, stirring frequently, until light golden and fragrant, 2 to 3 minutes.
4. Add scallions, soy sauce and the reserved orange zest to the bulgur; mix gently and fluff with a fork. Serve sprinkled with the almonds.

NUTRITION INFORMATION: Per serving: 234 calories; 7 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 38 g carbohydrate; 7 g protein; 8 g fiber; 295 mg sodium.

Nutrition bonus: Vitamin C (45% daily value), Fiber (34% dv), Magnesium (23% dv).

5 Spice Roasted Duck Breast

Category: Poultry

Source: Eating Well, Dec 2005/Jan 2006

HU: 3 per serving

Servings: 4

Posted by: kzbaskets

Date: October 13, 2007

EW notes: Starting duck breasts in a cool skillet, then heating, renders off most of the fat for a chic dinner with less mess.

Ingredients:

2 pounds boneless duck breast (see Ingredient note)

1 teaspoon five-spice powder

1/2 teaspoon kosher salt

Zest & juice of 2 oranges

2 teaspoons honey

1 tablespoon reduced-sodium soy sauce

1/4 teaspoon cornstarch dissolved in 1 teaspoon water

1. Preheat oven to 375 degrees F.
2. Place duck skin-side down on a cutting board. Trim off all excess skin that hangs over the sides. Turn over and make three parallel, diagonal cuts in the skin of each breast, cutting through the fat but not into the meat. Sprinkle both sides with five-spice powder and salt.
3. Place the duck skin-side down in an ovenproof skillet over medium-low heat. Cook until the fat is melted and the skin is golden brown, about 10 minutes. Transfer the duck to a plate; pour off all the fat from the pan. Return the duck to the pan skin-side up and transfer to the oven.
4. Roast the duck for 10 to 15 minutes for medium, depending on the size of the breast, until a thermometer inserted into the thickest part registers 150 degrees F. Transfer to a cutting board; let rest for 5 minutes.
5. Pour off any fat remaining in the pan (take care, the handle will still be hot); place the pan over medium-high heat and add orange juice and honey. Bring to a simmer, stirring to scrape up any browned bits. Add orange zest and soy sauce and continue to cook until the sauce is slightly reduced, about 1 minute. Stir cornstarch mixture then whisk into the sauce; cook, stirring, until slightly thickened, 1 minute. Remove the duck skin and thinly slice the breast meat. Drizzle with the orange sauce.

NUTRITION INFORMATION: Per 3-oz. serving: 152 calories; 2 g fat (0 g sat, 1 g mono); 122 mg cholesterol; 8 g carbohydrate; 24 g protein; 0 g fiber; 385 mg sodium.

Carrot cake Pancakes

Breakfast

The Sugar Solution Cookbook.

5 HU per two 4 inch pancakes

Core: no.

Serving Size : 8

Posted by: Misssfittt (Vickie MN)

10/12/2007

1/4 cup walnuts -- toasted and chopped
1 cup carrot -- shredded
2 1/4 cups King Arthur White Whole Wheat Flour
2 teaspoons baking powder
1 1/4 teaspoons cinnamon
1/4 teaspoon allspice
1/8 teaspoon salt
1 cup buttermilk
1/2 cup skim milk
1/3 cup packed brown sugar
1 cup Kirkland Egg Starts
2 tablespoons canola oil

To make the pancakes: toast the walnuts until fragrant. Chop and set aside. Place the shredded carrot in small bowl and cover. Microwave 1 minute or just until tender.

In a large bowl, whisk together the flour, baking powder, cinnamon, allspice, salt, and walnuts until blended. Make a well in the center of the flour mixture. In a small bowl mix the buttermilk, milk, egg whites, and oil. Whisk the ingredients together until blended. Mix the wet ingredients into the dry ingredients until well blended. Stir in the cooled carrots.

Cook on a hot griddle over medium heat coated with cooking spray. Ladle 1/4 cup batter for each pancake and cook until bubbles start to form. Flip and cook until cooked through. Keep warm in preheated oven until ready to serve.

Per Serving (excluding unknown items): 242 Calories; 7g Fat (24.7% calories from fat); 10g Protein; 35g Carbohydrate; 4g Dietary Fiber; 1mg Cholesterol; 262mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Maple Cream Cheese Spread

Condiment

The Sugar Solution Cookbook

1 HU per rounded teaspoon

Serving Size : 8

Core: no.

Posted by: Misssfittt (Vickie MN)

10/12/07

3 ounces Neufchatel cheese

1 tablespoon maple syrup

1/4 teaspoon cinnamon

To make the spread: In a medium bowl, stir together the cream cheese, maple syrup, and cinnamon. Set aside.

Per Serving (excluding unknown items): 34 Calories; 2g Fat (64.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 43mg Sodium.
Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Elegant Mashed Potatoes with Bleu Cheese

Source: The Commercial Appeal (Memphis, TN)

Category: Quick and Easy Side Dish

HU: 4

Servings: 4

Posted By Waneyvant

Date: October 13, 2007

1 package (1 lb., 4 oz) refrigerated mashed potatoes (see note)

1/2 cup reduced fat sour cream

1/4 cup (2 oz) crumbled bleu cheese

black pepper to taste (I used white)

Spoon potatoes into a microwave-safe serving bowl and heat, uncovered, on high for 3 minutes. Stir in the sour cream and bleu cheese.

Microwave the potatoes uncovered on high for 2 or 3 more minutes, or until heated through. Remove the bowl from the microwave and stir to thoroughly mix in the cheese. Season with pepper, serve at once.

Start to finish: 8 minutes

Note: Can be easily doubled or tripled for large group. For testing purposes, recipe used Simply Fresh brand potatoes.

NI: 185 cal. (39 % from fat), 8 g fat (4 g sat), 21 mg. cholesterol, 5 g protein, 23 g carb, 3 g dietary fiber, 319 mg sodium.

Bacon and Brown Sugar-Braised Collard Greens

Vegetable

Source: Cooking Light June 2007

HU: ½ per serving

Servings: 8 (1/2 cup each)

Posted By: Aimster04 (Amy)

October 15, 2007

Cooking collard greens in a lightly sweetened braising liquid curbs their bitter bite. This Southern-inspired side dish is great with grilled pork chops and corn bread.

Amy's Notes: This was a delicious way to serve greens. I had extra red pepper and a few dashes of hot sauce halfway through the cooking time.

- 2 bacon slices
- 1 cup chopped onion
- 1 garlic clove, minced
- 2 cups water
- 1 tablespoon brown sugar
- 2 tablespoons cider vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon ground red pepper
- 1 (16-ounce) package prewashed torn collard greens

Cook bacon in a Dutch oven over medium-high heat until crisp. Remove bacon from pan, reserving drippings in pan. Crumble bacon; set aside. Add onion and garlic to drippings in pan; cook over medium heat 5 minutes or until tender, stirring occasionally. Stir in crumbled bacon, 2 cups water, and next 4 ingredients (through pepper). Gradually add greens. Cover, reduce heat, and simmer 1 hour or until tender.

Per Serving: 39 Calories; 1g Fat; 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 173mg Sodium

Plaza III Steak Soup

Category: Soup-Crock pot

Source: adapted from Plaza III restaurant in Kansas City, MO

Healthy Units: 5.5

Servings: 8

Posted by Medleydawn

Date 10/17/07

Comment: IMHO, this tastes better the following day. Freezes well.

Ingredients

- 1 lb. lean ground sirloin
- 2 cans green beans, drained
- 1 small package frozen peas
- 1 small package frozen corn or 1 can, drained
- 1 lb baby carrots, cut into 1/2 inch chunks
- 2 cans beef broth
- 1 medium onion, chopped
- 1 package beef stew seasoning mix or brown gravy mix

Instructions

1. Sauté onions in non-stick skillet for 2 minutes. Add beef and brown. Remove from heat. Stir in seasoning mix or brown gravy.
2. Place carrots in crock pot. Add beef and onion mix. Add remaining veggies and broth. do not stir.
3. Cook on low 4 - 6 hours or until carrots are tender.
4. Can also be cooked on stove top. Do step 1 above. Add broth and carrots. Cook about 15 - 20 minutes until carrots are tender. Add remaining ingredients and simmer about 15 minutes.

Per Serving (excluding unknown items): 272 Calories; 11g Fat (33.9% calories from fat); 20g Protein; 26g Carbohydrate; 7g Dietary Fiber; 39mg Cholesterol; 656mg Sodium.
Exchanges: 1 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 1 Fat.

Spinach Parmesan Dip

Source: Cooking Light Nov 2004

HU's: 1 per serving (1/4 cup)

Servings: 8

Posted By: Aimster04 (Amy)

October 18, 2007

At first, the spinach will seem to overflow in the skillet, but keep stirring--as it begins to wilt, it reduces in volume. Serve this creamy dip with crudités or hearty wheat crackers.

Amy's Notes: This dip had a tasty pesto twist to it. I served it in a bread bowl with a mix of bread cubes and crackers around it. It was easy to make.

1 teaspoon olive oil
3 garlic cloves, chopped
1/4 teaspoon salt
1 (10-ounce) package fresh spinach
1/2 cup basil leaves, loosely packed
1/3 cup (about 3 ounces) 1/3-less-fat cream cheese, softened
1/8 teaspoon black pepper
1/3 cup plain fat-free yogurt
1/4 cup (1 ounce) grated fresh Parmesan cheese

Heat olive oil in a large skillet over medium-high heat. Add garlic; sauté 1 minute. Add salt and spinach; sauté 3 minutes or until the spinach wilts. Place spinach mixture in a colander, pressing until mixture is barely moist.

Place spinach mixture, basil, cream cheese, and pepper in a food processor; process until smooth. Spoon spinach mixture into a medium bowl. Add yogurt and Parmesan; stir to combine. Chill.

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

CALORIES 63; FAT 4.2g; FIBER 0.9g

Maple Glazed Pineapple

Adapted from WW Grill It!

1/2 cup maple syrup
1 teaspoon cinnamon
1/2 teaspoon rum extract
3.5 pound ripe pineapple

Combine first 3 ingredients in a small bowl.

Prepare pineapple: Cut off top and bottom of pineapple. Stand upright on cutting board and cut off sides, take a paring knife and cut out eyes. Cut pineapple in half and remove core.

Brush both sides with the syrup mixture.

Grill over medium heat turning frequently, basting with syrup. Cook until lightly charred about 40-45 minutes. Remove from grill when done and slice each 1/2 into 9 pieces.

6 servings – 2 points each

Per Serving (excluding unknown items): 138 Calories; 1g Fat (4.0% calories from fat); 1g Protein; 35g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium.

Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat; 1 Other Carbohydrates.

Seafood Lasagna #3

Main Dish Seafood

Cooking Light November 2006

HU: 9

Servings: 12

Posted by : Carrie (Scarehair)

October 22, 2007

CL Notes: This shrimp- and scallop-filled lasagna is refined enough for a dinner party. If you have a food processor, use the grater attachment to grate the Parmigiano-Reggiano in a flash. Complete the menu with a tossed salad, garlic breadsticks, and coffee and biscotti.

My notes: This is a great dish for a special occasion. Very filling and restaurant-quality. I served it with crudité's and the Spinach-Parmesan Dip that Amy posted along with a Caesar salad. I used regular lasagna noodles rather than no-boil noodles and it worked well.

1/3 cup all-purpose flour (about 1 1/2 ounces)
3 cups 2% reduced-fat milk
1 tablespoon butter
1 tablespoon chopped fresh thyme
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 cups (8 ounces) grated Parmigiano-Reggiano cheese, divided
1/8 teaspoon grated whole nutmeg
Cooking spray
2 cups thinly sliced onion
6 garlic cloves, minced
1/3 cup (3 ounces) block-style 1/3-less-fat cream cheese, softened
1/2 cup half-and-half
1/2 cup chopped fresh parsley, divided
3/4 pound medium shrimp, peeled, deveined, and coarsely chopped
3/4 pound scallops, coarsely chopped
3 large eggs
1 (15-ounce) carton fat-free ricotta cheese
12 no-cook lasagna noodles

Seafood Lasagna #3 (continued)

Preheat oven to 350°.

Lightly spoon flour into a dry measuring cup; level with a knife. Place a large saucepan over medium heat; add flour to pan. Gradually add milk to pan, stirring constantly with a whisk until smooth; cook 1 minute. Stir in butter, thyme, salt, and pepper; bring to a boil. Cook 5 minutes or until thick, stirring constantly. Remove pan from heat; stir in 1 1/4 cups Parmigiano and nutmeg. Set cheese sauce aside.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion; sauté 4 minutes. Add garlic; sauté for 1 minute. Remove from heat. Add cream cheese; stir until cheese melts. Stir in half-and-half, 1/4 cup parsley, shrimp, and scallops. Combine eggs and ricotta in a food processor; process until smooth. Stir ricotta mixture into seafood mixture.

Spoon 1 cup cheese sauce into bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles over sauce; top with half of ricotta mixture. Repeat layers with 4 noodles, remaining half of ricotta mixture, and remaining 4 noodles. Pour remaining cheese sauce over noodles; sprinkle with remaining 3/4 cup Parmigiano. Bake at 350° for 45 minutes or until lightly browned. Sprinkle lasagna with remaining 1/4 cup parsley. Let stand 10 minutes before serving.

Wine note: The rich, mellow flavor and creamy, mouth-filling texture of this seafood lasagna demands a white wine that's soft and full on the palate. Chardonnay is a great answer-especially a luscious, full-bodied Italian version like Antinori's Cervaro della Sala 2003 from Umbria (\$45). -Karen MacNeil

Yield: 12 servings (serving size: 1 piece)

CALORIES 383 (30% from fat); FAT 12.9g (sat 7g,mono 3.6g,poly 0.9g); PROTEIN 31.5g; CHOLESTEROL 150mg; CALCIUM 428mg; SODIUM 583mg; FIBER 1.4g; IRON 3.3mg; CARBOHYDRATE 33.1g

Cooking Light, NOVEMBER 2006

Lighter Breaded Pork Tenderloin

Category: M

Source: My brain

Healthy Units: 6

Servings: 6

Posted by: MissVN (Victoria)

Date: October 24, 2007

Ingredients

1 1/2 cups panko
1 tablespoon olive oil
1 1/2 pounds pork tenderloin
1 1/2 teaspoons garlic powder
salt and pepper, to taste
3 large egg white
1 tablespoon water
1/2 cup all-purpose flour
vegetable cooking spray

Instructions

1. Preparing the Pork tenderloin - Slice pork tenderloin in to 6 even sized pieces. Place on plastic wrap. Top with a second sheet of plastic wrap and pound gently to an even 1/4-inch thickness. Repeat with remaining cutlets.
2. Adjust an oven rack to the middle position and heat the oven to 475 degrees. Combine the bread crumbs and oil in a 12-inch skillet and toast over medium heat, stirring often, until golden, about 10 minutes. Spread the bread crumbs in a shallow dish and cool slightly.
3. In a second shallow dish, combine the flour, garlic powder, 1 tablespoon salt, and 1/2 teaspoon pepper together. In a third shallow dish, whisk the egg whites and water together.
4. Line a rimmed baking sheet with foil, place a wire rack on top, and spray the rack with vegetable oil spray. Pat the cutlets dry with paper towels, then season with salt and pepper. Lightly dredge the cutlets in the flour, shaking off the excess, then dip into the egg whites, and finally coat with the bread crumbs, Press on the bread crumbs to make sure they adhere. Lay the cutlets on the wire rack.
5. Spray the tops of the cutlets with vegetable oil spray. Bake until the meat is no longer pink in the center and feels firm when pressed with a finger, about 15 minutes.

Szechuan Shrimp

Category: FS

Source: Recipezaar

Healthy Units: 6

Servings: 4

Posted by: MissVN (Victoria)

Date: October 24, 2007

Ingredients

- 1 tablespoon ketchup
- 1 tablespoon chili sauce
- 1 tablespoon rice wine, or sherry
- 1 tablespoon soy sauce, low sodium
- 1 teaspoon sugar
- 1/4 teaspoon red pepper flakes
- 1 tablespoon cornstarch
- 1 pound shrimp
- 1 teaspoon canola oil
- 1 pound shrimp, cleaned
- 4 medium green onions, sliced
- 2 tablespoons minced ginger
- 2 teaspoons minced garlic

Notes: This was totally restaurant quality. I served it with some steamed broccoli and noodles.

Instructions

1. Mix ketchup, chili sauce rice wine, soy sauce, sugar, salt, pepper flakes, and corn starch in small bowl to make sauce.
2. Pour oil in seasoned wok before heating and wipe around.
3. Heat wok and add scallions ginger and garlic.
4. Stir-fry for a few seconds, then add shrimp.
5. Stir constantly for about 2 minutes, adding small amounts of water if food starts to stick; cook until shrimp turns pink.
6. Stir sauce again, then add to wok, stirring constantly until mixture thickens.

Maple Baked Apple Chicken

Main dishes

Kraft website

HU; 6

Servings::4

Zephyr1

10/25/07

Ingredients:

4 small boneless skinless chicken breast halves (1 lb.) _ I cut into long tenders

1/2 cup sliced onions -I used one whole Vidalia

2 red cooking apples, sliced

1/2 cup maple-flavored or pancake syrup

1/3 cup KRAFT Zesty Italian Dressing - I used kens light balsamic- it was what I had

Instructions:

PREHEAT oven to 350°F. Spray large ovenproof nonstick skillet with cooking spray. Heat on medium-high heat. Add chicken; cook 3 min. on each side or until lightly browned on both sides. Remove from heat. - I did not even do this I just layered it all in the casserole then poured the juice over it. Stirred it once while cooking.

PLACE onions on top of chicken; surround with apple slices. Mix syrup and dressing; pour over chicken.

BAKE 20 to 25 min. or until chicken is cooked through (165°F). Spoon syrup mixture in skillet over chicken just before serving.

I served over whole wheat couscous and it was fabulous.
calories-320, fiber 2 gm, fat 8 grams

Zucchini Apple Bread

Source: adapted from Light & Tasty Annual Recipes 2006

HU: 2.9

Servings: 16

Posted by: CJMartin717 (Cindy)

October 27, 2007

1 cup all-purpose flour
2/3 cup whole wheat flour
1/3 cup wheat germ
1 1/2 teaspoons baking soda
3/4 teaspoon cinnamon
1/2 teaspoon nutmeg
1/8 teaspoon salt
1 large egg
1/4 cup canola oil
3/4 cup unsweetened applesauce
2 tablespoons nonfat vanilla yogurt
1/2 cup Splenda granulated
1/2 cup dark brown sugar -- packed
1/2 teaspoon vanilla extract
1 cup shredded zucchini
1/2 cup apple -- shredded
1/3 cup chopped walnuts

Combine flour through salt in a large bowl.

In another bowl, combine egg with oil, applesauce, Splenda, brown sugar, and vanilla. Mix just until blended. Stir into dry ingredients until just blended. Fold in zucchini, apple, and walnuts.

Transfer to 4 mini-loaf pans (sprayed with nonstick cooking spray). Bake at 350 for approx. 34 minutes. Cool 10 minutes before removing from pan.

Per Serving: 141 Calories; 6g Fat (34.9% calories from fat); 3g Protein; 20g Carbohydrate; 2g Dietary Fiber; 12mg Cholesterol; 143mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

Banana Cake with Pecan-Crumb Topping

Dessert

adapted from Good Housekeeping

4 HU as written/15 servings

posted by: VickieMN (misssfitt)

10/27/2007

1/4 cup packed brown sugar
1/4 cup King Arthur White Whole Wheat Flour
2 tablespoons light butter
1/2 cup pecan halves -- toasted and finely chopped
1 1/3 cups banana -- fully ripe and mashed (4 medium bananas)
1 tablespoon lemon juice
1 tablespoon vanilla extract
2 cups King Arthur White Whole Wheat Flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/8 teaspoon cinnamon
1/2 cup light butter -- softened
1/2 Cup packed brown sugar
1/2 cup sugar
1 large egg
1/3 cup Kirkland Egg Starts (or other egg substitute)

Preheat oven to 350 degrees. Toast pecans. Chop when cooled.

Prepare the Pecan-Crumb topping: in medium bowl, combine brown sugar, flour, and cinnamon. With pastry blender cut in butter until mixture resembles coarse crumbs. Stir in pecans; set aside.

Spray 13 x 9 with non-stick spray.

To prepare Banana Cake: in small bowl, mix bananas, lemon juice, and vanilla. In another small bowl; mix flour, baking powder, baking soda, and cinnamon.

In a large bowl with mixer on medium speed, beat butter and sugars until light and creamy, 5 minutes, scraping bowl often. Add egg, then add egg substitute beating well after each. On low speed, alternately add flour and banana mixtures, beginning and ending with flour mixture; beat until smooth.

Spoon batter into prepared pan and spread evenly. Sprinkle with crumb topping. Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool cake in pan on wire rack.

Per Serving (excluding unknown items): 213 Calories; 7g Fat (29.3% calories from fat); 4g Protein; 34g Carbohydrate; 3g Dietary Fiber; 26mg Cholesterol; 140mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates.

Zucchini Lemon Bread

The Woman's Day Cookbook

HU: 2.7 per slice

Servings: 16

Posted by: CJMartin717 (Cindy)

Freezer Friendly

Cindy's Comments: I wasn't going to post this because I already posted a Zucchini Lemon Muffin recipe; but, this was too good not to share. The texture and flavor are both wonderful.

1 cup all-purpose flour
1 1/3 cups whole wheat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoon ground nutmeg
2 large eggs
3 tablespoons canola oil
1 cup sugar
2 tablespoons lemon juice
1 cup shredded zucchini -- packed
1 tablespoon grated lemon peel

Preheat oven to 350 F. Spray one 9x5x3-inch loaf pan OR four mini loaf pans with nonstick cooking spray.

In a large bowl, mix both flours, baking powder, baking soda, salt, ginger, and nutmeg.

In a medium bowl, beat the eggs, oil, sugar, and lemon juice until well blended. Stir in the zucchini and lemon peel.

Add the zucchini mixture to the flour mixture, stirring just until moist. Spoon batter into prepared pan(s).

Bake 45-50 minutes (about 30-35 minutes for mini loaves) or until toothpick inserted in center comes out clean. Set pan(s) on wire rack to cool for 10 minutes. Remove from pan(s) and finish cooling.

Per Serving: 144 Calories; 3g Fat (20.6% calories from fat); 3g Protein; 26g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 142mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates

Chocolate Dipped Meringue Cookies

Source: CL November 2007

Healthy Units: 1 per cookie

Servings: 24

Posted by Tracy (Nikkie1t)

October 29, 2007

Comments: When preparing these cookies, be careful not to overbeat the egg whites; properly stiff peaks will have the consistency of marshmallow cream.

My comments: Although these took a while to bake, they were easy to put together.

Meringues:

4 large egg whites

1/4 teaspoon cream of tartar

1/4 teaspoon salt

1/2 cup sugar

1/4 teaspoon almond extract

2 ounces bittersweet chocolate, finely chopped

Chocolate glaze:

1/2 cup semisweet chocolate chips

Preheat oven to 200°. To prepare meringues, cover a baking sheet with parchment paper; secure to baking sheet with masking tape.

Beat egg whites with a mixer at high speed until foamy. Add cream of tartar and salt; beat until soft peaks form. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form (do not overbeat). Gently fold in almond extract and chopped chocolate. Drop batter by rounded tablespoonfuls onto prepared baking sheet. Bake at 200° for 2 hours or until dry. (Meringues are done when the surface is dry and meringues can be removed from paper without sticking to fingers.) Turn oven off; leave meringues in oven 1 hour or until cool and crisp. Remove from oven; carefully remove meringues from paper. Cool completely on wire rack.

To prepare glaze, place semisweet chocolate chips in a medium microwave-safe bowl. Microwave at MEDIUM (50% power) 30 seconds or until melted, stirring until smooth. Dip half of each meringue in chocolate. Place on wire rack to dry. Store in an airtight container.

Yield: 2 dozen (serving size: 1 meringue)

CALORIES 48(40% from fat); FAT 2.1g (sat 1.3g,mono 0.4g,poly 0.0g); PROTEIN 0.9g; CHOLESTEROL 1mg; CALCIUM 2mg; SODIUM 34mg; FIBER 0.4g; IRON 0.2mg; CARBOHYDRATE 7.6g

Crispy Shrimp

Category: FS

Source Everyday Food (modified)

Healthy Units: 7

Servings: 4

Posted by: MissVN (Victoria)

Date: October 29, 2007

Notes: The recipe can be prepped through step 4 in the morning, and then refrigerated until dinner time.

Ingredients

1 tablespoon olive oil
1 1/2 cups panko
2 teaspoons paprika
1 large eggs
1 large egg white
salt
pepper
1 pound shrimp, medium, peeled and deveined
1/2 cup all-purpose flour
lemon wedges, for serving

Instructions

1. Preheat oven to 475 degrees F.
2. Combine oil and panko in a non-stick skillet over medium high heat. Cook, stirring constantly, until golden brown. In a medium bowl, combine panko and paprika. In another medium bowl, whisk eggs together with salt and pepper. In another medium bowl, whisk eggs together with salt and pepper.
3. In a medium bowl, combine shrimp and flour; toss well to coat.
4. Working with 3 or 4 shrimp at a time, shake off excess flour, coat with egg, dredge in panko mixture and transfer to prepared baking sheet.
5. Bake until golden and crisp, 10 to 12 minutes; season with salt. Serve with lemon wedges.

Slow-Cooker Spicy Beef Roast

(M - Meat)

Better Homes & Gardens Diabetic Living Slow-Cooker Recipes

HU: 5

Serves: 10

Posted by CJMartin717 (Cindy)

October 30, 2007

1 3-1/2 to 4 pound boneless beef chuck roast
2 tablespoons cooking oil (optional) - I used 1 Tbsp.
1/2 cup water
1 tablespoon Worcestershire sauce
1 tablespoon tomato paste
2 cloves garlic, minced
Several dashes hot pepper sauce (Tabasco)
1 tablespoon cornstarch (I added more to get a thicker gravy)
1 tablespoon cold water
1 tablespoon prepared horseradish
1/2 teaspoon salt

Trim fat from meat. If necessary, cut meat to fit a 3-1/2 to 4 quart slow cooker. (I had to buy 2 pieces of chuck roast to get the pounds called for. After trimming, I had 6-7 pieces of meat in various sizes.) Sprinkle meat with salt and pepper. Heat oil in a large skillet and brown meat on all sides. Transfer meat to slow cooker.

I added some peeled, cubed potatoes, 1 onion quartered, and some baby carrots to the slow cooker, layered with the meat pieces.

Combine 1/2 cup with Worcestershire, tomato paste, garlic, and hot pepper sauce. Pour over meat.

Cover and cook on low for 10-12 hours OR on high for 5-6 hours.

Transfer meat (and veggies) to a serving plate and cover with foil to keep warm.

Strain cooking liquid and skim off fat. Transfer liquid to a medium saucepan. Combine water and cornstarch, stir into liquid in saucepan and cook over medium heat until thickened and bubbly. Stir in horseradish and salt. Serve gravy over meat.

(NI does not include the potatoes & carrots I added)

Per serving: 203 calories, 6 g fat, 0 g fiber, 278 mg sodium, 2 g carbohydrates, 34 g protein.

Southern Slow Cooker Chicken & Grits

Main Dish

WW Recipe Review Board

POINTS® Value: 5

Servings: 4

Posted by Carrie (Scarehair)

October 31, 2007

Preparation Time: 25 min

Cooking Time: 365 min

Level of Difficulty: Easy

Quick & Easy, Kid Friendly (if veggies are chopped small)

WW Notes: Like cooking short-cuts? Cut back on prep time and add a spicy, smoked flavor to this recipe by using one (14.5-ounce) can of drained, diced, roasted tomatoes with chiles in place of the fresh tomatoes.

My notes: I used canned tomatoes and doubled the recipe. I also added two extra Tlbs of grits and would add even more the next time. It is soupy but I think that it was more so with the canned tomatoes. Very tasty and a repeater here. This would lend itself well to different spices i.e. basil, oregano, parsley and extra garlic for an Italian theme. (Don't forget to sprinkle on some parmesan cheese if doing that) It tends to thicken up after the first day and the flavor intensifies. Yum!

Ingredients:

1 & 3/4 cups fat-free chicken broth (low sodium if you can find it)

6 Tbsp uncooked corn grits (not the quick kind)

1 Tbsp olive oil

1 small onion(s), diced (I used 1/2 cup frozen chopped onions for ease)

1 medium garlic clove(s), minced

1 cup mushroom(s), sliced

1 heaping Tablespoon of canned chopped green chiles (or less if you prefer)

1 medium sweet red pepper(s), or yellow pepper, chopped

2 medium tomato(es), cored and chopped

1/4 tsp ground cumin

1/2 tsp table salt (less if you want)

1/4 tsp black pepper

1 pound boneless, skinless chicken thigh(s), cut into 1 inch chunks (or larger)

Instructions:

Place broth in a 3 or 5 quart slow cooker. Slowly add grits, stirring constantly, to avoid lumps; set slow cooker aside.

Heat oil in a large skillet over medium-high heat. Add onion, garlic, mushrooms, green chiles & red bell pepper; sauté, stirring frequently, about 5 minutes. Add vegetables to slow cooker. Place tomatoes, cumin, salt and black pepper in slow cooker; stir to mix. Add chicken thighs; cover and cook at Low or Medium setting for 5 to 6 hours. Yields about 1 1/2 cups per serving. (Note: This dish will be soupy so serve in bowls.)

Pumpkin-Cranberry Muffins

Cooking Light November 2007

HU: 4

Servings: 12

Posted by Carrie (Scarehair)

October 31, 2007

Kid Friendly, Freezer Friendly

These moist muffins get a burst of sweet and sour notes from the cranberries. This recipe doubles easily to feed a crowd. These are best warm, but you can make ahead to jump-start holiday cooking. Bake up to one month in advance, and place in a heavy-duty zip-top plastic bag. Let the muffins thaw at room temperature, and then microwave at MEDIUM-HIGH about 30 seconds to heat through.

My Comments: Very Tasty! Make two batches and the kids will snarf the first one. I would like to try this with Baking Splenda since the sugar seems a large amount and 4 points a little high for a muffin. I will be making these often for breakfasts and after school snacks.

1 1/2 cups all-purpose flour (about 6 3/4 ounces)
1 teaspoon baking soda
3/4 teaspoon ground ginger
1/2 teaspoon baking powder
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/8 teaspoon ground cloves
1 cup granulated sugar
1 cup canned pumpkin
1/2 cup low-fat buttermilk
1/4 cup packed light brown sugar
2 tablespoons canola oil
1 large egg
2/3 cup sweetened dried cranberries, chopped (such as Craisins)
Cooking spray

Pumpkin-Cranberry Muffins (continued)

Preheat oven to 375°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and next 5 ingredients (though cloves); stir well with a whisk.

Combine granulated sugar and next 5 ingredients (through egg) in a large bowl; beat with a mixer at medium speed until well blended (about 3 minutes). Add flour mixture to sugar mixture; beat at low speed just until combined. Fold in cranberries.

Place 12 paper muffin cup liners in muffin cups; coat liners with cooking spray. Spoon batter into prepared cups. Bake at 375° for 25 minutes or until muffins spring back when touched lightly in center. Remove muffins from pan immediately; place on a wire rack.

Yield: 1 dozen (serving size: 1 muffin)

CALORIES 199 (14% from fat); FAT 3.2g (sat 0.4g,mono 1.6g,poly 0.9g); PROTEIN 2.8g; CHOLESTEROL 18mg; CALCIUM 38mg; SODIUM 195mg; FIBER 1.5g; IRON 1.3mg; CARBOHYDRATE 41.1g

Cooking Light, NOVEMBER 2007

Spinach-Stuffed Chicken Breasts

Source: Health, November 2005

HU: 6

Servings: 4

Posted by Waneyvant

Date: October 31, 2007

1 T. olive oil
1 c. thinly sliced leek (about 1 large)
2 garlic cloves, minced (about 1 tsp)
1/2 tsp dried oregano
3/4 tsp kosher salt
1/4 tsp crushed red pepper flakes
1/8 tsp ground black pepper
1 (10-oz) package frozen chopped spinach, thawed, drained, squeezed dry
4 medium (5 oz each) skinless, boneless chicken breasts, trimmed of excess fat
3 oz bottled roasted red bell peppers (about 1 1/4 peppers), divided
1 T butter, melted
1/4 c. Italian-seasoned breadcrumbs
Cooking spray
1/4 c. dry white wine

Preheat oven to 350°. Heat olive oil in a medium skillet over medium heat. Add leek, garlic, oregano, salt, crushed red pepper, and black pepper; cook and stir until leek is soft (about 5 minutes). Remove from heat and add the spinach, stirring to combine; set spinach mixture aside.

Cut chicken breasts in half horizontally using a sharp knife. Place bottom halves of breasts in a 9- x 9-inch baking dish, setting top halves aside. Divide spinach filling evenly among breasts; top each portion with 1/4th of roasted red peppers, and replace the top halves of breasts.

Brush the top half of each chicken breast with melted butter; sprinkle with breadcrumbs, and spray lightly with cooking spray. Add wine to baking dish (avoiding the breadcrumbs), and bake for 40 minutes or until chicken is completely cooked.

Remove chicken from oven; let rest for 5 minutes before serving. To serve, cut each breast into 3 or 4 slices on the diagonal to expose the stuffing, or simply leave each portion whole.

Yield: 4 servings (serving size: 1 breast)

CALORIES 301 ; FAT 10g (sat 3g,mono 4g,poly 1g); PROTEIN 33g; CHOLESTEROL 81mg; CALCIUM 163mg; SODIUM 673mg; FIBER 3g; IRON 3mg; CARBOHYDRATE 16g

Pumpkin Biscotti

Category: Dessert

Source: Unknown

HU: 3

Core: No

Servings: 15

Posted by: JJ (Dibranchia)

Date: 10/31/2007

2 1/2 cups flour
1 cup sugar
1 tsp baking powder
1 tsp cinnamon
1/2 tsp nutmeg
pinch ginger
pinch cloves
pinch salt
2 eggs
1/2 cup pumpkin puree
1 tsp vanilla extract

Preheat oven to 350 degrees F.

Whisk dry ingredients together (I do this instead of sifting). Whisk wet ingredients together. Mix both ingredients together - dough will be crumbly (and I mean CRUMBLY). Lightly knead together. Form into a log 15-20" by 6-7" relatively flat about 1/2" high.

Bake 22-30 minutes until center is firm to the touch. Turn oven to 300 and let cool 15 minutes. Cut with a serrated knife into 1" pieces. Place upright on baking sheet (just as you cut them basically) and bake 15-20 minutes. Cool completely.

Makes about 15.

Notes: I added 1/4 cup of walnuts, crushed and it didn't change the HUs. Next time I want to add some chocolate chips, but I'll have to refigure the HU's. Why chocolate. Well, because it's chocolate. ;)

Pecan-Topped Pumpkin Bread

Breads

Cooking Light November 2007

HU: 4

Servings: 12

Posted by Carrie (Scarehair)

November 1, 2007

Kid Friendly, Freezer Friendly

This recipe makes two loaves. Freeze the extra bread, tightly wrapped in plastic wrap, for up to one month. Omit the nuts or substitute chopped walnuts, if you prefer. Check the bread after 50 minutes of baking--you may need to cover the loaves with aluminum foil for the last 10 minutes to prevent over browning.

Carrie's Comments: This is a tasty bread. My kids were asking for slice after slice with a glass of cold milk. My only problem with it is the amount of sugar. I will be experimenting with subbing Splenda for half of the sugar next time.

3 1/3 cups all-purpose flour (about 15 ounces)	1/2 cup egg substitute
1 tablespoon baking powder	1/2 cup canola oil
2 teaspoons baking soda	1/2 cup low-fat buttermilk
1 teaspoon salt	2 large eggs
1 teaspoon ground cinnamon	2/3 cup water
1 teaspoon ground nutmeg	1 (15-ounce) can pumpkin
1/2 teaspoon ground allspice	Cooking spray
2 cups granulated sugar	1/3 cup chopped pecans

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 6 ingredients (through allspice) in a bowl.

Place sugar, egg substitute, oil, buttermilk, and eggs in a large bowl; beat with a mixer at high speed until well blended. Add 2/3 cup water and pumpkin, beating at low speed until blended. Add flour mixture to pumpkin mixture, beating at low speed just until combined. Spoon batter into 2 (9 x 5-inch) loaf pans coated with cooking spray. Sprinkle pecans evenly over batter. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

Yield: 2 loaves; 12 servings per loaf (serving size: 1 slice)

CALORIES 198 (30% from fat); FAT 6.6g (sat 0.7g,mono 3.6g,poly 1.9g); PROTEIN 3.4g; CHOLESTEROL 18mg; CALCIUM 53mg; SODIUM 287mg; FIBER 1.2g; IRON 1.4mg; CARBOHYDRATE 32.3g

Mexi-Mac Skillet

Taste of Home Light & Tasty November 2007

Number of Servings: 5 (1 cup)

Healthy Units: 6

Posted by lxn1996

November 2, 2007

Quick & Easy

Kid Friendly

Comments: I actually like Jilly's Taco Pasta Skillet better, but this is a close 2nd. And for those bean haters (not me!), this one doesn't have beans. My kids ate the entire recipe in one night.

INGREDIENTS

1 lb lean ground beef

1 large onion, chopped

1 can (14 ½ oz.) diced tomatoes, undrained

1 can (8 oz.) tomato sauce

1 cup fresh or frozen corn

½ cup water

1-1/4 tsp. Chili powder

1 tsp. Dried oregano

½ tsp. Salt

2/3 cup uncooked elbow macaroni (I used whole wheat)

2/3 cup shredded reduced-fat cheddar cheese

INSTRUCTIONS

In a large nonstick skillet over medium-high heat, cook beef and onion until meat is no longer pink; drain. Stir in the tomatoes, tomato sauce, corn, water, chili powder, oregano and salt.

Bring to a boil; stir in macaroni. Reduce heat; cover and simmer for 18-22 minutes or until macaroni is tender. Sprinkle with cheese.

YIELD: 5 servings.

PREPARATION/TOTAL TIME: 30 minutes

NUTRITIONAL INFO

calories: 283 carbohydrates: 23 g cholesterol: 55 mg fat: 11 g (5 g sat) sodium: 716 mg
protein: 25 g calcium: 83 mg fiber: 4 g

Spinach Parmesan Balls

Appetizers

Food Network - made by Dan Smith and Steve McDonagh

HUs - 1 per ball based on my changes

Posted by Lidia Morella

Lids (Ltovar)

11/3/07

Here is a recipe I like to share. It was originally seen on FN and made by Dan Smith and Steve McDonagh (they won the Next Food Network Star season 1, I think).

Spinach Parmesan Balls - posted exactly as it is on FN:

1lb package frozen chopped spinach, thawed 5 eggs

1 large onion, minced

10 tablespoons margarine, melted

1 cup shredded Parmesan

2 garlic cloves

½ teaspoon dried thyme leaves

½ teaspoon dried cayenne

1 ¾ cups Italian style bread crumbs

Preheat the oven to 350 degrees F.

Squeeze the excess water from the spinach and put in a large mixing bowl. Add the remaining ingredients and mix well. Form the mixture into 1-inch balls, either by hand or with a small ice cream scoop. Place the balls closely together on a baking sheet.

Cook in the top half of the oven until firm to the touch, about 20 to 25 minutes. Let cool 5 minutes and then transfer to a platter and serve immediately. Makes 30 to 40 balls.

When I made these the first time I actually omitted the margarine by mistake. But it was still good and I just kept it that way going forward. Also instead of the Parm I have always used shredded Pecorino Romano. And finally instead of the cayenne I have used red pepper flakes (just crush them a bit more). FYI have found that these are ok at room temperature.

With my changes and only making 30 balls its 1 HU per ball. Of course more balls means less HUs. Or if there are any changes HUs will change as well.

Cranberry Mustard Pork Loin

main dish

November 6, 2007

Adapted from Light and Tasty.com

5 HU

12 servings

posted by: Vickie MN (Missfit)

3 pounds pork loin, center, R-T-C
1 can whole berry cranberry sauce
1/4 cup Dijon mustard
3 tablespoons brown sugar
3 tablespoons lemon juice
1 tablespoon cornstarch
1/4 cup cold water

Place roast in a 4 quart slow cooker. Combine the cranberry sauce, mustard, brown sugar, and lemon juice. Pour over roast. Cover and cook on low for 4 1/2 hours.

Remove roast and keep warm. Strain cooking juices into a 2 cup measuring cup. Add enough water to measure 2 cups. In a small saucepan, combine cornstarch and cold water until smooth. Stir in cooking juices. Bring to a boil cooking and stirring for 2 minutes or until thickened. Serve with pork.

Per Serving: 210 Calories; 13g Fat (56.8% calories from fat); 17g Protein; 6g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 108mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Island Red Beans (Habichuelas Coloradas Grandes)

Eating Well, October 2007

Healthy Units: 4

Yield: 8 servings, about 3/4 cup each

Posted By: Bawstinn36 (Maria)

November 8, 2007

Comments: I added a touch more salt than what was called for and threw in an extra poblano. I used dried beans and found that they needed to cook longer than what was stated.

Ingredients

1 tablespoon extra-virgin olive oil
4 cloves garlic, crushed and peeled
2 Anaheim or poblano chile peppers, finely diced
1 small onion, finely diced
½ cup packed finely chopped fresh cilantro, plus more for garnish
4 15-ounce cans red kidney beans, rinsed
½ cup tomato sauce
½ teaspoon dried oregano, crushed
¼ teaspoon freshly ground pepper
1/8 teaspoon salt
1-3 cups water

Heat oil in a large saucepan or Dutch oven over medium-high heat. Add garlic, chile peppers, onion and cilantro and cook, stirring, until the onion is softened, 3 to 4 minutes. Add beans, tomato sauce, oregano, pepper and salt; stir to combine. Add 1 to 3 cups water. (Usually the beans are covered by at least 1 inch of water. The more “wet” you like your beans, the more water you should add.) Bring to a boil. Reduce heat and simmer, stirring occasionally, for 30 minutes. Serve sprinkled with cilantro, if desired.

Dried Bean Variation:

To use dried beans instead of canned beans, sort 1 pound red kidney beans, discarding any debris. overnight soak: Rinse beans and place in a large bowl. Cover with cold water and let soak for at least 8 hours or overnight; drain. quick soak: Rinse beans and place in a large pot. Cover with water and bring to a boil.

Cover and refrigerate for up to 2 days.

Nutrition Information

Per serving: 221 calories; 3 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 38 g carbohydrate; 12 g protein; 15 g fiber; 616 mg sodium; 691 mg potassium.

Garlic Roasted Pork (Pernil)

Eating Well, October 2007

Healthy Units: 4

Yield: 8 servings

Posted By: Bawstinn36 (Maria)

November 8, 2007

Comments: Like garlic? I rubbed the pork with the paste on Sunday afternoon and cooked Monday night. It was extremely flavorful. I used a touch more olive oil to get it to a more paste like consistency and could see where it all just cooked off into the bottom of the pan.

Ingredients

6 cloves garlic, crushed and peeled
2 tablespoons extra-virgin olive oil
1 tablespoon dried oregano
1 teaspoon paprika
1 teaspoon salt
½ teaspoon freshly ground pepper
1 2-pound boneless pork loin, trimmed

Instructions

Combine garlic, oil, oregano, paprika, salt and pepper in a food processor or blender and puree. Rub pork all over with the seasoning mix and wrap tightly with plastic wrap or place in a large sealable plastic bag. Let marinate in the refrigerator for at least 20 minutes or up to 1 day.

Preheat oven to 350°F.

Remove the pork from the plastic and place in a shallow roasting pan. Roast, uncovered, until an instant-read thermometer inserted into the center registers 145°F, 50 minutes to 1 hour. Let rest for 10 minutes, then slice and serve.

Tips: Prepare through Step 1 up to 1 day ahead.

Per serving: 203 calories; 11 g fat (3 g sat, 6 g mono); 64 mg cholesterol; 1 g carbohydrate; 23 g protein; 0 g fiber; 337 mg sodium; 361 mg potassium.

Shrimp and Fennel in Hot Garlic Sauce

FS (Fish seafood)

Source : CL 10/04

Healthy Units: 3 (4 as an entrée) don't forget to add HU if you serve over pasta

Servings: 4 appetizer (3 as an entrée)

Posted by JosephineTomato (Jo)

Date: November 8, 2007

Quick & Easy

CL comments: When friends come over, I like to make this quick, easy appetizer and serve it family-style on a big white platter while everyone enjoys sauvignon blanc as the accompanying aperitif. The shrimp and fennel's fresh, lively flavors pair perfectly with sauvignon blancs that are medium-bodied, sassy, herbal, and citrusy. In particular, California sauvignon blancs are best here. Don't forget to squeeze the lime at the end of the recipe. It's the flavorful ribbon that ties the food and wine together.

Jo's notes: I served this as a main entrée, we each had a portion and still had enough for leftovers. I was a little concerned about the fennel flavor being too strong but it had a sweet mild pleasant taste when cooked. I served over angel hair pasta. Also added equal amounts (about 4 T each) of chicken broth, white wine and lime juice to the pan after removing cooked shrimp (but before stirring in lime juice) and simmered for about 2 minutes. It was delicious.

1 tablespoon olive oil
3 1/2 cups thinly sliced fennel bulb (about 3/4 pound)
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
4 garlic cloves, thinly sliced
1 bay leaf
1/2 teaspoon crushed red pepper
3/4 pound large shrimp, peeled and deveined
2 tablespoons fresh lime juice
Lime wedges (optional)

Heat oil in a large nonstick skillet over medium-high heat. Add sliced fennel, salt, freshly ground black pepper, garlic, and bay leaf; cook 5 minutes or until fennel is crisp-tender, stirring occasionally. Add red pepper and shrimp to pan; cook 3 minutes or until shrimp are done, stirring occasionally. Stir in lime juice. Serve with lime wedges, if desired.

Perfect wine: Try St. Supery Sauvignon Blanc 2002 (Napa Valley, CA), \$16.

This very crisp wine has snappy, fresh flavors reminiscent of green figs, melon, herbs, lime, and fennel--a perfect fit with this recipe.

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

CALORIES 154 (30% from fat); FAT 5.1g (sat 0.8g,mono 2.7g,poly 0.9g);
PROTEIN 18.6g; CHOLESTEROL 129mg; CALCIUM 93mg; SODIUM 317mg; FIBER 2.8g;
IRON 2.8mg; CARBOHYDRATE 8.8g

Gingerbread Pancakes

Breakfast

Light and Tasty 12/2007

6 HU

Posted by: VickieMN (Missfit)

11/9/07

Core: no

3 servings

1 cup King Arthur White Whole Wheat Flour

2 tablespoons sugar

1 teaspoon baking powder

1/2 teaspoon cinnamon

1/4 teaspoon ginger

1/4 teaspoon allspice

1 each egg

3/4 cup skim milk

2 tablespoons molasses

1 tablespoon canola oil

In a large bowl, combine the first six ingredients. Combine the egg, milk, molasses, and oil in a smaller bowl. Stir wet ingredients into dry ingredients just until moistened.

Pour batter by 1/4 cupful onto a hot griddle with nonstick spray. Watch closely as they were ready to turn before bubbles formed on top. Turn and cook second side until brown.

Per Serving (excluding unknown items): 288 Calories; 7g Fat (21.8% calories from fat); 9g Protein; 46g Carbohydrate; 4g Dietary Fiber; 63mg Cholesterol; 218mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

African Sweet Potato Stew with Red Beans in Crock Pot

ST- Soup/Stew

Source : CL 10/04

Healthy Units: 6

Servings:

Posted by Josephine Tomato (Jo)

Date November 9, 2007

Crock Pot

CL Notes: Vivid colors and fragrant spices are the hallmarks of this thick stew, which is garnished with crunchy peanuts. A squeeze of lime juice at the table brightens the rich, earthy flavors.

Jo's Notes: The lime at the end does make a big difference – don't leave it out. I served over brown rice, HU do not include the pts for that. It was excellent and even DH (Mr. meat and potatoes) loved it. Left out the chiles and DH added extra hot ones to his portion. Good as a reheat for lunch too. I used dried beans and cooked before but canned beans will work too. The peanut flavor is subtle.

2 teaspoons olive oil	1/2 teaspoon ground cumin
1 1/2 cups chopped onion	1/4 teaspoon black pepper
1 garlic clove, minced	1 (14.5-ounce) can diced tomatoes, drained
4 cups (1/2-inch) cubed peeled sweet potato (about 1 1/2 pounds)	1 (4.5-ounce) can chopped green chiles, drained
1 1/2 cups cooked small red beans	3 tablespoons creamy peanut butter
1 1/2 cups vegetable broth	3 tablespoons chopped dry-roasted peanuts
1 cup chopped red bell pepper	6 lime wedges
1/2 cup water	
1 teaspoon grated peeled fresh ginger	
1/2 teaspoon salt	

Heat oil in a nonstick skillet over medium heat. Add onion and garlic; cover and cook 5 minutes or until tender.

Place onion mixture in a 5-quart electric slow cooker. Add sweet potato and next 10 ingredients (through chiles). Cover and cook on low 8 hours or until vegetables are tender.

Spoon 1 cup cooking liquid into a small bowl. Add peanut butter; stir well with a whisk. Stir peanut butter mixture into stew. Top with peanuts; serve with lime wedges.

Yield: 6 servings (serving size: 1 1/3 cups stew, 1 1/2 teaspoons peanuts, and 1 lime wedge)

CALORIES 308 (26% from fat); FAT 8.8g (sat 1.5g, mono 4.2g, poly 2.3g); PROTEIN 11.1g; CHOLESTEROL 0.0mg; CALCIUM 64mg; SODIUM 574mg; FIBER 10.2g; IRON 2.7mg; CARBOHYDRATE 49.9g

Seville Burgers with Olive-Orange Relish

Category: Vegetarian/Meatless (VG)

Source: Vegetarian Times Oct '05

HU: 5

Servings: 8

Posted by: Emily (EJWyatt)

November 10, 2007

Quick and Easy

VT Notes: A trip to Spain inspired Kevin West to come up with these savory patties. If the burgers don't hold together well—various brands of whole grain bread tested differently—simply process another piece of bread into crumbs, and fold it into the mixture. 2nd-place winner in the 2005 Recipe Contest.

Olive-Orange Relish

1/2 cup chopped pimiento-stuffed green olives

3 Tbs. orange marmalade

Seville Burgers

3 large slices whole grain bread

1 15-oz. can light kidney beans, drained
and rinsed

1 cup chunky-style salsa

1/2 cup chopped green onions

1 Tbs. lemon juice

2 1/2 tsp. dried oregano leaves

2 cloves garlic, minced (about 2 tsp.)

2 tsp. cornstarch

1/2 tsp. salt

1 large egg

1 cup shredded manchego cheese

3 Tbs. olive oil

8 whole grain burger buns, split

1 cup fresh baby spinach leaves

Directions

To make Olive-Orange Relish: Stir together ingredients in bowl.

To make Seville Burgers: Blend bread into crumbs in food processor. Transfer to large bowl.

Pulse beans, salsa, green onions, lemon juice, oregano, garlic, cornstarch, salt and egg 5 times in food processor, or until blended but chunky. Add bean mixture and cheese to breadcrumbs. Shape into 8 patties.

Heat oil in nonstick skillet over medium heat. Cook patties 5 minutes on each side, or until browned.

Place burgers on bottom halves of buns. Add relish, spinach leaves and top halves of buns, and serve.

Nutritional Information

Per SERVING: Calories: 256, Protein: 10g, Total fat: 11g, Carbs: 30g, Cholesterol: 37mg, Sodium: 800mg, Fiber: 8g, Sugars: 3g

Pistachio-Crusted Tuna Steaks

Category: Fish/Seafood

Eating Well December 2007

HU: 5

Servings: 4

Posted by DebMj1

11/10/07

EW Notes: Pistachio crust teams up with a savory mustard-dill sauce for an exceptional tuna dish. Choose "sushi grade" tuna steaks if you prefer a milder flavor. Make it a meal: Serve with brown rice and steamed broccolini.

1 tablespoon thinly sliced shallot
1 bay leaf
1/2 cup white wine
3 tablespoons reduced-fat sour cream
2 teaspoons lemon juice
2 teaspoons chopped fresh dill, divided
1 teaspoon whole-grain mustard
1/2 teaspoon salt, divided
1/4 cup coarse dry breadcrumbs, preferably whole-wheat (I used 1/4 cup of panko which I lightly toasted)
1/4 cup shelled pistachios
4 4-ounce tuna steaks, 1-1 1/4 inches thick
1 teaspoon extra-virgin olive oil

Place shallot, bay leaf and wine in a small saucepan and bring to a boil. Reduce until the wine is almost evaporated, about 5 minutes. Remove from the heat, discard bay leaf and transfer to a small bowl. Add sour cream, lemon juice, 1 teaspoon dill, mustard and 1/4 teaspoon salt; stir to combine.

Put breadcrumbs, pistachios, the remaining 1 teaspoon dill and 1/4 teaspoon salt in a blender or food processor. Process until finely ground. Transfer to a shallow bowl. Dredge both sides of the tuna in the pistachio mixture.

Heat oil in a large nonstick skillet over medium heat. Add the tuna and cook until browned, adjusting the heat as necessary to prevent burning, 4 to 5 minutes per side for medium-rare. Serve with the lemon-dill sauce.

NUTRITION INFORMATION: Per serving: 241 calories; 7 g fat (2 g sat, 3 g mono); 55 mg cholesterol; 8 g carbohydrate; 29 g protein; 1 g fiber; 402 mg sodium; 635 mg potassium.

No Knead Bread

www.breadworld.com

Servings: 12

Healthy Units: 2

Posted By: Bawstinn36 (Maria)

November 10, 2007

Comments: Yes, it really does work! I just put it in my oven and let it rise in there. I used my Dutch oven but think it was too big. Next time I'll use a smaller pan so it has more height. Nice chewy crust.

3 cups bread or all-purpose flour -- more for dusting

1/4 teaspoon yeast -- rapid rise

1 1/4 teaspoons salt

1 5/8 cups warm water (120° to 130°F)

Cornmeal or wheat bran as needed

In a large bowl combine flour, yeast, and salt. Add water and stir until blended; dough will be shaggy and sticky. Cover bowl with plastic wrap. Let dough rest at least 12 hours, preferably 18, at warm room temperature, about 70°F.

Dough is ready when surface is dotted with bubbles. Lightly flour a work surface and place dough on it; sprinkle with a little more flour and fold it over on itself once or twice. Cover loosely with plastic wrap and let rest 15 minutes.

Using just enough flour to keep dough from sticking to work surface or to your fingers, gently and quickly shape dough into a ball. Generously coat a cotton towel (not terry cloth) with flour, wheat bran or cornmeal; put dough seam side down on towel and dust with more flour, bran, or cornmeal. Cover with another cotton towel and let rise for 2 hours. When it is ready, dough will be more than double in size and will not readily spring back when poked with a finger.

A half-hour before dough is ready preheat oven to 450°F. Put a 6 to 8-quart covered pot (cast iron, enamel, Pyrex, or ceramic) in oven as it heats. When dough is ready (see above paragraph), carefully remove pot from oven. Sliding your hand under the towel, turn dough over into heated pot, seam side up; even if it looks like a mess it is okay. Shake pan once or twice if dough is unevenly distributed; it will straighten out as it bakes. Cover with lid and bake 30 minutes, then remove lid and bake another 15 to 30 minutes, until loaf is beautifully browned. Cool on a rack.

Per Serving (excluding unknown items): 114 Calories; trace Fat (2.5% calories from fat); 3g Protein; 24g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 223mg Sodium.

Warm Brussels Sprouts with Apples and Red Onions

Cooking Light, November 2007

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

Healthy Units: 1

Posted By: Maria (Bawstinn36)

November 10, 2007

Slice the Brussels sprouts to help them cook quickly, then splash them with a warm bacon vinaigrette. Use the best bacon you can find for this recipe.

2 slices apple wood-smoked bacon
2 cups diced peeled Granny Smith apple
1/2 cup thinly sliced red onion
1 garlic clove, minced
2 tablespoons water
2 tablespoons cider vinegar
3 cups thinly sliced Brussels sprouts (about 1 pound)
1 teaspoon stone-ground mustard
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan; crumble. Add apple, onion, and garlic to drippings in pan; sauté for 5 minutes or until lightly browned. Add 2 tablespoons water and vinegar to pan, scraping pan to loosen browned bits. Add Brussels sprouts; cook 5 minutes or until tender, stirring frequently. Stir in mustard, salt, and pepper. Remove from heat. Sprinkle with bacon. Serve immediately.

CALORIES 54 (25% from fat); FAT 1.5g (sat 0.5g,mono 0.6g,poly 0.2g); PROTEIN 3g; CHOLESTEROL 3mg; CALCIUM 28mg; SODIUM 228mg; FIBER 2.6g; IRON 0.9mg; CARBOHYDRATE 8.4g

Old-Fashioned Cider-Gingerbread Bundt Cake

D (Dessert)

Source: Cooking Light, NOVEMBER 1998

HU: 4.5

Servings: 16

Posted by: CJMartin717 (Cindy)

November 11, 2007

This is very dense and moist with a great flavor. I skipped the powdered sugar dusting and served it with some fat-free Cool Whip.

2 1/2 cups all-purpose flour
1 tablespoon ground ginger
2 teaspoons baking soda
1 teaspoon ground cinnamon
1 teaspoon ground cloves
1/4 teaspoon salt
1 cup granulated sugar
3/4 cup blackstrap molasses
3/4 cup apple cider
1/2 cup apple butter
1/4 cup vegetable oil
1/4 cup egg substitute or 1 egg white
1 1/3 cups shredded peeled Granny Smith apple (about 1 apple)
Cooking spray
1 tablespoon powdered sugar

Preheat oven to 350°.

Lightly spoon the flour into dry measuring cups; level with a knife. Combine the flour and the next 5 ingredients (flour through salt) in a bowl.

Combine granulated sugar and next 5 ingredients (granulated sugar through egg substitute) in a large bowl; beat at medium speed of a mixer 2 minutes. Add flour mixture; beat until well-blended. Add apple; beat well.

Pour batter into a 12-cup Bundt pan coated with cooking spray. Bake cake at 350° for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes; invert cake onto a wire rack, and cool completely. Sift powdered sugar over cake.

Yield: 16 servings (serving size: 1 slice)

CALORIES 219 (16% from fat); FAT 3.8g (sat 0.7g,mono 1g,poly 1.7g); PROTEIN 2.5g; CHOLESTEROL 0.0mg; CALCIUM 141mg; SODIUM 210mg; FIBER 0.9g; IRON 3.8mg; CARBOHYDRATE 44.6g

Spiced Pear Muffins

(B) Breads

Source: Light & Tasty, Dec/Jan 2008

HU: 3.5

Serves: 12

Posted by: CJMartin717 (Cindy)

November 11, 2007

LT: These muffins feature pears, which are a great source of vitamin C, and seasonal spices such as cinnamon and allspice. Grated orange peel rounds out the holiday touch in these feel-good treats from Kay Tanberg of Duluth, Minnesota.

Cindy's Comment: Delicious! I added a dash of nutmeg with the other spices.

INGREDIENTS

1-1/2 cups all-purpose flour	2 egg whites
1/2 cup oat bran	1/2 cup fat-free milk
1/2 cup packed brown sugar	1/4 cup canola oil
2 teaspoons baking powder	1 egg
1/4 teaspoon salt	4 teaspoons grated orange peel
1/4 teaspoon ground cinnamon	1/2 teaspoon vanilla extract
1/8 teaspoon ground allspice	2 medium pears, peeled and chopped

DIRECTIONS

In a large bowl, combine the first seven ingredients.

In a small mixing bowl, beat egg whites on high speed until stiff peaks form.

In another bowl, whisk the milk, oil, egg, orange peel and vanilla; stir into dry ingredients just until moistened. Fold in pears, then egg whites.

Coat muffin cups with cooking spray; fill three-fourths full. Bake at 350° for 20-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Yield: 1 dozen.

NUTRITIONAL INFO

Nutrition Facts: 1 muffin equals 172 calories, 6 g fat (1 g saturated fat), 18 mg cholesterol, 140 mg sodium, 28 g carbohydrate, 2 g fiber, 4 g protein. Diabetic Exchanges: 2 starch, 1 fat.

Creamy Garlic and Potato Soup

Source: Healthy Cooking Fall 2007

HU: 2

Servings: 8 (1 cup each)

Posted by linda (LXN1996)

11/11/07

2 whole russet potatoes, peeled and sliced thin

3 T olive oil

6 garlic cloves, minced

1 onion, diced

½ cup chopped celery

8 cups nonfat chicken broth

Salt and pepper to taste

2 whole carrots, peeled and sliced thin (I used half a bag of preshredded carrots)

Chopped parsley (I didn't use)

Heat the olive oil in large pot. Add the garlic, onion and celery and sauté gently for 3 minutes. Add the broth, potatoes, salt and pepper. Bring to a boil, then reduce heat and simmer for 30 minutes.

Remove half of the vegetables and let cool slightly, then puree in a blender or food processor. Add back to pot and bring to a boil. Add the carrots and cook until tender. Season with additional salt and pepper, if desired. Top with chopped parsley and serve

Nutritional info: 94 calories, 3 g protein, 17 g carbohydrates, 2 g fiber, 0 g saturated fat, 102 mg sodium, 0 mg cholesterol

Fiery Chipotle Baked Beans

V (Vegetables)

Source: Cooking Light, MARCH 2002

HU: 4.5

Serves: 10

Posted by: CJMartin717 (Cindy)

November 11, 2007

CL: Molasses sweetens the beans, vinegar adds tang, and the chipotle chile powder makes them spicy.

Cindy's comment: These do have a kick - I loved them. I did leave them in the oven about a half hour longer because I like my baked beans thick.

4 ounces chorizo, thinly sliced
2 1/2 cups chopped onion
1 cup fat-free, less-sodium chicken broth
1/3 cup packed brown sugar
1/3 cup cider vinegar
1/3 cup bottled chili sauce
1/3 cup dark molasses
2 teaspoons dry mustard
2 teaspoons chipotle chile powder
1/4 teaspoon salt
1/4 teaspoon ground cloves
1/4 teaspoon ground allspice
1 (15-ounce) can black beans, rinsed and drained
1 (15-ounce) can kidney beans, rinsed and drained
1 (15-ounce) can pinto beans, rinsed and drained

Preheat oven to 325°.

Heat a Dutch oven over medium-high heat. Add chorizo; sauté 2 minutes. Add onion; sauté 5 minutes, stirring occasionally. Stir in broth and remaining ingredients; bake uncovered at 325° for 1 hour.

Yield: 10 servings (serving size: 1/2 cup)

CALORIES 245 (20% from fat); FAT 5.4g (sat 1.8g,mono 2.2g,poly 0.6g); PROTEIN 10.3g; CHOLESTEROL 10mg; CALCIUM 135mg; SODIUM 639mg; FIBER 8g; IRON 3.6mg; CARBOHYDRATE 40g

Cranberry Pumpkin Bread

B (Breads)

Source: Light & Tasty (Dec/Jan 2008)

HU: 3.4

Serves: 24

Posted by: CJMartin717 (Cindy)

November 11, 2007

L&T: Betty Jackson of White Pine, Tennessee writes, "I wanted to add some extra flavors, such as cranberries, to one of our favorite pumpkin bread recipes, so I kept experimenting. This sweet bread turned out great."

Cindy: This is different than the other 4 pumpkin-cranberry combinations in the comp files. I liked the flavors the molasses and orange zest add to the bread. I made 6 mini loaves (4 servings each) and baked them for 33-35 minutes.

Deb's Comments: I subbed out two tablespoons of oil and used applesauce, and I also used 1/4 cup splenda in place of 1/4 cup of sugar.

INGREDIENTS

1/2 cup golden raisins	3/4 cup whole-berry cranberry sauce
1/4 cup dried cranberries	1/2 cup molasses
3 tablespoons orange juice	2 eggs
3 cups self-rising flour	1/4 cup canola oil
1/2 cup packed brown sugar	1 teaspoon vanilla extract
1 teaspoon ground cinnamon	1/2 cup chopped pecans
1/4 teaspoon ground nutmeg	1 tablespoon grated orange peel
3/4 cup canned pumpkin	

DIRECTIONS

In a small saucepan, combine the raisins, cranberries and orange juice. Bring to a boil. Remove from the heat; cover and let stand for 5 minutes.

Meanwhile, in a large bowl, combine the flour, brown sugar, cinnamon and nutmeg. In a small mixing bowl, combine the pumpkin, cranberry sauce and molasses. Beat in the eggs, oil and vanilla until blended. Stir into dry ingredients just until moistened. Fold in the pecans, orange peel and raisin mixture.

Transfer to two 8-in. x 4-in. x 2-in. loaf pans coated with cooking spray. Bake at 350° for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Yield: 2 loaves (12 slices each).

Nutrition Facts: 1 slice equals 159 calories, 5 g fat (trace saturated fat), 18 mg cholesterol, 192 mg sodium, 28 g carbohydrate, 1 g fiber, 2 g protein. Diabetic Exchanges: 2 starch, 1/2 fat.

Chicken Scaloppine with Apples in Apple Cider Sauce

Category: Poultry (P)

Source: The Washington Post, October 3, 2007

HU: 8 (see notes)

Servings: 4 (see notes)

Posted by: Peggymcv

November 12, 2007

Quick & Easy

This is a wonderfully simple and flavorful fall dish in which everything cooks in the same pan – in 30-40 minutes.

My notes: This was a big hit with my family! We loved the flavors and I loved doing everything in one pan! As written, this makes 4 large portions (thus, the 8 HUs). However, you could easily get 5-6 servings and lower the HUs. I used thin-cut chicken breasts, 1 Granny Smith apple and 1 Honey Crisp apple. The apple/onion sauce is delicious!

2 to 3 tablespoons mild olive oil or vegetable oil
½ cup cornstarch
1 ¼ to 1 ½ pounds boneless, skinless chicken breast halves, either thin-cut or pounded into thin cutlets
Salt
Freshly ground black pepper

¾ cup apple cider
¾ cup low-sodium chicken broth
2 medium crisp apples, such as Granny Smith, Jonathan or Cortland, peeled, cored and cut into ¼-inch-thick slices
1 small onion, thinly sliced (about 1 cup)
1 tablespoon unsalted butter

Heat 1 tablespoon of the oil in a large sauté pan or skillet over medium-high heat.

While the oil is heating, spread the cornstarch out on a large plate. Sprinkle the chicken cutlets with salt and pepper to taste, then coat both sides of the cutlets with the cornstarch, shaking off any excess. Place the chicken in the pan or skillet, being careful not to crowd the pieces. Cook for about 2 minutes, until lightly browned on one side, then turn over and cook for about 2 minutes on the second side. Transfer the browned pieces to a plate. Repeat with the remaining chicken cutlets, adding oil as needed.

Combine the apple cider and chicken broth in a measuring cup. With the pan or skillet over medium-high heat, add the apple and onion slices and about 1/3 cup of the cider-broth mixture. Cook for 2 minutes, stirring and scraping the browned bits off the bottom of the pan or skillet; allow the liquid to evaporate. Add the butter, stirring to combine, then reduce the heat to medium. Cook for about 10 minutes, until the apple and onion slices are tender. Add the remaining cider-broth mixture and return the chicken to the pan or skillet. Make sure all the chicken is coated with some of the cooking liquid and the apples and onions.

Cover, leaving the lid slightly ajar; increase the heat to medium-high so the liquid comes to a boil, then reduce the heat to medium-low so the liquid just bubbles at the edges. Cook for 5 minutes; the sauce will thicken slightly and the chicken should be cooked through. Taste and add salt and pepper as needed. To serve, spoon the apple-onion mixture over the cutlets.

Nutrition, per serving: 376 calories, 34 g protein, 32 g carbohydrates, 12 g fat, 3 g saturated fat, 90 mg cholesterol, 181 mg sodium, 2 g dietary fiber

Moroccan Couscous-Stuffed Chicken Breasts

Modified from Food and Wine

11/12/07

yaytheyfit

SERVES: 4

Points: 8

Core + 1 point (chicken skin) + 1 tsp oil. (The dried apricots only add 1 point for the whole recipe, so not worth counting.)

You can also sprinkle with toasted pine nuts: 2 TB = 3 points per serving.

INGREDIENTS

4 tsp olive oil

1 cinnamon stick, broken in half

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

1/3 cup couscous

1/2 cup boiling chicken stock or canned low-sodium broth

8 small dried apricot halves, coarsely chopped

1 tablespoon chopped parsley

Salt and freshly ground pepper

4 boneless chicken breast halves with skin, pounded to an even thickness

1 tablespoon harissa (optional)

DIRECTIONS

1. Preheat the oven to 375°. Heat 1 teaspoon of the olive oil in a small saucepan. Add the cinnamon stick, cumin and coriander and cook over moderate heat for 1 minute. Off the heat, add the couscous and boiling stock, cover and let stand for 5 minutes. Stir in the apricots and parsley. Season with salt and pepper. Let cool to room temperature, then remove the cinnamon stick.

2. Using your fingers, loosen the chicken breast skin. Stuff the couscous under the skin, pressing it into an even layer.

3. In a small bowl, mix the harissa with 1 teaspoon of the olive oil. Brush the chicken skin with the harissa oil and season with salt and pepper.

4. Heat the remaining 2 teaspoons of olive oil in a large ovenproof skillet. Add the chicken, skin side down, and cook over moderately high heat until browned, about 4 minutes. Turn the chicken. Transfer the skillet to the oven and roast the chicken for about 10 minutes, or until white throughout. Serve at once.

Cranberry-Orange Apple Crisp

Dessert

Cooking Light, OCTOBER 2000

HU: 4

Servings: 9

posted by: Carrie (Scarehair)

November 13, 2007

Easy, Family Friendly

My notes: We loved the topping on this crisp. It would lend itself well to any combination of fruit. I would love to try it with a pineapple, mango, papaya blend. Easy Family Night treat that my 14 yr old son did by himself.

1/4 cup all-purpose flour
1/4 cup cornmeal
1/4 cup granulated sugar
1/4 cup packed light brown sugar
1/4 cup chilled butter or stick margarine, cut into small pieces
7 cups diced peeled Rome apple (about 3 pounds)
1 cup fresh or frozen cranberries
2 tablespoons granulated sugar
2 teaspoons grated orange rind
3 tablespoons orange juice

Preheat oven to 375°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cornmeal, 1/4 cup granulated sugar, and brown sugar in a bowl; cut in butter with a pastry blender or 2 knives until mixture is crumbly.

Combine apple and remaining ingredients in a large bowl; toss well. Spoon the apple mixture into an 8-inch square baking dish or 1 1/2-quart casserole. Sprinkle with the crumb mixture. Bake at 375° for 45 minutes or until golden brown.

Yield: 9 servings

CALORIES 183 (27% from fat); FAT 5.5g (sat 3.2g,mono 1.5g,poly 0.3g); PROTEIN 0.9g; CHOLESTEROL 14mg; CALCIUM 13mg; SODIUM 55mg; FIBER 2.1g; IRON 0.5mg; CARBOHYDRATE 34.6g

Japanese Chicken-Scallion Rice Bowl

Eating Well: Healthy In A Hurry

HU:5

Makes 4 servings, 1 1/2 cups each

Posted by Carrie (Scarehair)

November 13, 2007

Quick & Easy, Kid Friendly

My Notes: Very family friendly, probably due to the sugar content. EW says you can lessen or eliminate the sugar but that would make it less authentic. I made regular brown rice in my rice cooker. Refrigerate any leftover rice separate from the chicken and broth. This is fab for satisfying a craving for Japanese cuisine.

1 ½ cups instant brown rice
1 cup reduced-sodium chicken broth
1 ½ tablespoons sugar
2 tablespoons reduced-sodium soy sauce
1 tablespoon mirin (I used rice vinegar)
2 large egg whites
1 large egg
8 ounces boneless, skinless chicken breasts, cut into ½-inch pieces
6 scallions, trimmed and thinly sliced

1. Prepare instant brown rice according to package directions.
2. Pour broth into a heavy medium saucepan, along with sugar, soy sauce and mirin. Bring to a boil; reduce heat to medium-low.
3. Stir egg whites and whole egg in a small bowl until just mixed. Add chicken to the simmering broth. Gently pour in the egg mixture, without stirring. Sprinkle scallions on top. When the egg starts to firm up, after about 3 minutes, stir it with chopsticks or a knife. (The chicken will be cooked by now.) Divide the rice among 4 deep soup bowls and top with the chicken mixture.

Per serving: 262 calories; 3 g fat (1 g sat, 1 g mono); 87 mg cholesterol; 34 g carbohydrate; 21 g protein; 2 g fiber; 395 mg sodium.

Butternut Squash Soup

Source: Fiber 35 Diet

HU: 3

Servings: 4

Posted by: Sandy (Nana Texas)

11/14/07

1 Tablespoon of Olive Oil

2 Cups of Chopped Onion

1/2 teaspoon of nutmeg

4 cups of cubed, peeled butternut squash

1 apple, cored and peeled

1 1/2 cups of chicken stock

1 teaspoon of sea salt

1/4 cup of plain yogurt

Heat oil in large saucepan over medium heat. Add onion and nutmeg; sauté 6 minutes or until tender. Add squash cubes and apple and cook 2 minutes, stirring frequently. Add stock and sea salt, bring to a boil, reduce heat and simmer 30 minutes until squash and apple are tender.

Place the mixture in a blender and blend until smooth. Return mixture to pan and cook until thoroughly heated. Ladles into bowls and top with yogurt.

I omitted nutmeg (because I forgot -- LOL!).

I'll make this again, but use Melody's suggestion of baking the squash before peeling. What a pain!

Seeded Pork Roast (slow cooked)

M (Meats)

Source: BHG Diabetic Living Slow Cooker Recipes

HU: 5.1

Servings: 8

Posted by: CJMartin717 (Cindy)

November 18, 2007

Comments: The flavor from the combination of seeds used to coat the pork was wonderful. The pork was fall-apart tender.

2 1/2 pounds boneless pork shoulder roast, trimmed.
1 tablespoon reduced-sodium soy sauce
2 teaspoons anise seed -- crushed
2 teaspoons fennel seed -- crushed
2 teaspoons caraway seeds -- crushed
2 teaspoons dill seed -- crushed
2 teaspoons celery seeds -- crushed
1/2 cup low sodium beef broth
2/3 cup apple juice -- divided (we used apple cider)
1 tablespoon cornstarch

Trim fat from meat. If necessary, cut meat to fit into a 3 1/2 - 5 quart slow cooker. On a large piece of foil, combine the seeds. Rub soy sauce into surface of roast. Roll roast in seeds to coat evenly. Place meat in slow cooker. Pour broth and 1/3 cup of apple juice around meat.

Cover and cook on low for 9-11 hour or on high for 4 1/2 - 5 1/2 hours. (We cooked for 2 hours on high and then for 5 hours on low.)

Transfer meat to a serving platter, reserving liquid. Cover with foil to keep warm.

Strain cooking liquid and skim fat. Transfer liquid to a small saucepan. In a small bowl, combine remaining 1/3 cup apple juice and cornstarch. Stir into liquid in saucepan. Cook and stir over medium heat until thickened and bubbly. Cook and stir another 2 minutes. Serve gravy with meat.

NI as published: 220 calories, 9 g fat (3 g saturated), 92 mg cholesterol, 269 mg sodium, 5 g carbohydrates, 0 g fiber, 29 g protein.

Pear Cranberry Pie with Oatmeal Streusel

Category: Dessert (D)

Source: Cooking Light November, 2007

HU: 5

Servings: 12

Posted by: Emily (EJWyatt)

November 18, 2007

CL Notes: If you can't find fresh cranberries, use thawed frozen ones. A prepared pie shell yields a stellar dessert with little effort. Serve with vanilla ice cream.

Em's Notes: I think that this would make a great crisp without the pie crust, which would save a point or two. The HU's are based on CL nutritionals. My changes only dropped the HU's to 4.5.

Streusel:

3/4 cup regular oats

1/2 cup packed light brown sugar

1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

Dash of salt

2 tablespoons chilled butter, cut into small pieces (I used light butter)

Filling:

3 cups (1/2-inch) cubed peeled Anjou pear (2 large)

2 cups fresh cranberries

2/3 cup packed light brown sugar (I used 1/3 cup brown sugar and 1/3 cup Splenda)

2 1/2 tablespoons cornstarch

Remaining ingredient:

1 unbaked 9-inch deep-dish pastry shell (I used my family recipe for pie crust, which is not low-fat)

Preheat oven to 350°.

To prepare streusel, combine first 5 ingredients in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.

To prepare filling, combine pear, cranberries, 2/3 cup brown sugar, and cornstarch in a large bowl; toss well to combine. Spoon pear mixture into pastry shell; sprinkle streusel over pear mixture. Bake at 350° for 1 hour or until bubbly and streusel is browned. Cool at least 1 hour on a wire rack.

Yield: 12 servings (serving size: 1 wedge)

CALORIES 240 (31% from fat); FAT 8.2g (sat 2.4g, mono 3.1g, poly 0.8g); PROTEIN 1.6g; CHOLESTEROL 5mg; CALCIUM 27mg; SODIUM 118mg; FIBER 2.4g; IRON 0.8mg; CARBOHYDRATE 41.5g

Chicken Forestiere

Category: Poultry (P)

Source: Eating Well Serves 2

HU: 6

Servings: 2

Posted by: Emily (EJWyatt)

November 18, 2007

Ingredients

3 tablespoons all-purpose flour, divided
¼ teaspoon salt
¼ teaspoon freshly ground pepper
2 boneless, skinless chicken breasts, trimmed of fat (8 ounces)
3 teaspoons canola oil, divided
2 tablespoons minced shallot or onion
2 cups sliced mushrooms
¾ cup reduced-sodium chicken broth (see Tips for Two)
½ cup dry white wine
1 tablespoon chopped fresh parsley or chives

Instructions

1. Combine 2 tablespoons flour, salt and pepper in a shallow dish. Dredge chicken in the flour mixture.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the chicken and cook until golden and cooked through, 3 to 4 minutes per side, adjusting heat as necessary to prevent burning. Transfer to a plate and cover with foil to keep warm.
3. Increase the heat to medium-high and add the remaining 1 teaspoon oil to the pan. Add shallot (or onion) and cook, stirring, until fragrant, about 15 seconds. Add mushrooms and cook, stirring occasionally, until softened and browned, 1 to 2 minutes. Sprinkle the mushrooms with the remaining 1 tablespoon flour and cook, stirring, for 30 seconds. Pour in broth and wine and bring to a boil, stirring constantly. Reduce heat to a steady simmer and cook, stirring occasionally, until slightly thickened, about 5 minutes.
4. Reduce heat to low and stir in parsley (or chives). Return the chicken to the pan, turn to coat with the sauce, and cook until heated through, 3 to 5 minutes.

Per serving: 276 calories; 10 g fat (1 g sat, 5 g mono); 65 mg cholesterol; 8 g carbohydrate; 27 g protein; 1 g fiber; 232 mg sodium; 500 mg potassium.
Nutrition bonus: Selenium (40% daily value).

Ginger Biscotti

Category: Cookies/Bars (CB)

Source: Baker's Catalogue E-mail

HU: 1

Servings: 36

Posted by: Emily (EJWyatt)

November 19, 2007

NOTES : These ginger-packed American-style biscotti (gently crisp, rather than rock-hard and dense) are a perfect light dessert or lunchbox treat. This recipe comes from the biscotti chapter of The King Arthur Flour Cookie Companion, featuring over 500 pages of delicious recipes for cookies, plus comprehensive sections on tools, ingredients, techniques, and hundreds of helpful how-to illustrations.

Em's Notes: This was a VERY wet, sticky dough. Don't try to form a log. Just follow the instructions and spoon dough out on cookie sheet and shape with wet hands. These bake up beautifully.

6 tablespoons light butter -- (3 ounces)
2/3 cup brown sugar -- (5 ounces) packed
¼ teaspoon salt
4 teaspoons ground ginger
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
1 teaspoon vanilla extract
1 ½ teaspoons baking powder
2 large eggs
1 cup King Arthur Unbleached All-Purpose Flour -- (8 1/2 ounces)
1 cup whole wheat flour
1 cup finely diced crystallized ginger -- (6 1/2 ounces)

(continued)

Preheat the oven to 350°F. Lightly grease (or line with parchment) one large (about 18 x 13-inch) baking sheet. In a medium-sized bowl, beat the butter, sugar, salt, spices, vanilla, and baking powder until the mixture is smooth and creamy. Beat in the eggs; the batter may look slightly curdled. At low speed of your mixer, add the flour and crystallized ginger, stirring until smooth; the dough will be quite soft and sticky, but should hold its shape when you drop it from a spoon.

Transfer the dough to the prepared baking sheet, and shape it into a rough log about 14" long. It will be about 2 1/2½" wide, and about ¾3/4" thick. Using your wet fingers, smooth the top and sides of the log.

Bake the dough for 25 minutes. Remove it from the oven, and allow it to cool on the pan anywhere from 5 to 25 minutes; just work it into the schedule of whatever else you're doing in the kitchen. Using a spray bottle filled with room-temperature water, lightly but

thoroughly spritz the log, making sure to cover the sides as well as the top. Softening the crust just this little bit will make slicing the biscotti much easier. Reduce the oven temperature to 325°F. Wait another 5 minutes, then use a serrated knife to cut the log into 1/2½" to 3/4¾" slices. Cut at a 45° angle, for long biscotti; cut crosswise slices, for shorter biscotti. As you're slicing, be sure to cut straight up and down, perpendicular to the pan; if you cut unevenly, biscotti may be thicker at the top than the bottom, and they'll topple over during their second bake.

Set the biscotti on edge on the prepared baking sheet. Return the biscotti to the oven, and bake them for 25 to 30 minutes, till they feel very dry. They'll still feel a tiny bit moist in the very center, if you break off a piece; but they'll continue to dry out as they cool.

Remove the biscotti from the oven, and transfer them to a rack to cool. Once they're cool, store airtight, to preserve their texture. If biscotti aren't as crunchy as you'd like (and the weather is dry), store them uncovered, overnight, to continue drying. Biscotti can be stored at room temperature for one week; for longer storage, wrap airtight and freeze.

Variation: For smaller biscotti, shape the dough into two 12" logs, about 2" wide. Bake as directed above.

Per Serving (excluding unknown items): 63 Calories; 1g Fat (19.0% calories from fat); 1g Protein; 12g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 58mg Sodium.
Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.

Black Bean-Smothered Sweet Potatoes

Category: Vegetarian (VG)

Source: Eating Well Serves 2

HU: 7

Servings: 2

Posted by: Emily (EJWyatt)

November 19, 2007

Ingredients

2 medium sweet potatoes
1 15-ounce can black beans, rinsed
1 medium tomato, diced
2 teaspoons extra-virgin olive oil
½ teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon salt
2 tablespoons reduced-fat sour cream
2 tablespoons chopped fresh cilantro

Em's Notes: This was a nice, filling vegetarian meal. I chose to bake my sweet potato in the oven. I like the texture of potatoes cooked in the oven better than microwaved.

Instructions

1. Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.)
2. Meanwhile, combine beans, tomato, oil, cumin, coriander and salt in a medium microwave-safe bowl; microwave on High until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.)
3. When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.

Nutrition Information

Per serving: 351 calories; 7 g fat (2 g sat, 4 g mono); 6 mg cholesterol; 61 g carbohydrate; 11 g protein; 12 g fiber; 468 mg sodium; 541 mg potassium.
Nutrition bonus: Vitamin A (450% daily value), Vitamin C (45% dv), Iron (15% dv).

Cranberry Pancakes

Category: Breakfast Items (BR)

Source: EW Nov/Dec '07

HU: 3.5

Servings: 2

Posted by: Emily (EJWyatt)

November 19, 2007

Quick and Easy

Em's Notes: I made these exactly as written. I drizzled a little pure maple syrup on top adding ½ a point to the count above. This would be a very nice weekend breakfast or breakfast for dinner. It is quick and easy, but a little more time than I want to spend during the week. I froze the second serving and will re-heat in the toaster oven.

Ingredients

½ cup fresh cranberries
¼ cup all-purpose flour
2 tablespoons plus 2 teaspoons whole-wheat flour
1 tablespoon yellow cornmeal
1 tablespoon sugar
½ teaspoon baking powder
1/8 teaspoon salt
1/8 teaspoon ground nutmeg or ¼ teaspoon vanilla extract
6 tablespoons nonfat milk
2 tablespoons pasteurized egg substitute, such as Egg Beaters
1 ½ teaspoons walnut or canola oil

Instructions

1. Bring 2 inches of water to a boil in a small saucepan. Add cranberries; boil for 2 minutes. Drain and cool for 5 minutes.
2. Meanwhile, whisk all-purpose flour, whole-wheat flour, cornmeal, sugar, baking powder, salt and nutmeg (if using) in a large bowl.
3. Whisk milk, egg substitute, oil and vanilla (if using) in a small bowl until combined.
4. Coarsely chop the cranberries; stir into the milk mixture. Stir the milk mixture into the dry ingredients just until combined.
5. Coat a griddle or large nonstick skillet with cooking spray; heat over medium heat. Using 1/4 cup of batter for each pancake, cook 2 pancakes at a time until bubbles dot the surface, 2 to 3 minutes. Flip and continue cooking until browned, 1 to 2 minutes more. Repeat with the remaining batter.

Nutrition Information

Per serving: 189 calories; 4 g fat (0 g sat, 1 g mono); 1 mg cholesterol; 34 g carbohydrate; 6 g protein; 3 g fiber; 336 mg sodium; 185 mg potassium.

Pumpkin Ginger Scones with Cinnamon Chips

Category of recipe: Bread

Source: Norma Mulder

Healthy Units: 3

Core:

Servings: 16

Posted by: Laura6286

Date: November 20, 2007

Comments: These are simply to die for. You will love them.

1/2 cup sugar
2 cups flour
2 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. soda
1/2 tsp. salt
5 Tablespoons light butter
1 egg
1/2 cup canned pumpkin
1/4 cup light sour cream
1/2 tsp. ground ginger
1/2 cup cinnamon chips
1 Tablespoon turbinado sugar

Combine dry ingredients. Cut butter in until crumbly. In a small bowl combine egg, pumpkin, sour cream and ginger. Add to dry ingredients and mix well. Add cinnamon chips. Turn onto lightly floured surface and knead 10 times

Divide dough in half and form each into a 1/2" thick circle. Cut each circle into 8 wedges. Sprinkle with turbinado sugar. Bake on an un-greased cookie sheet in pre-heated 425 degree oven for 10 minutes until lightly golden on-edges.

Please add to the Pumpkin Scones a note that the dough is really gummy even after kneading. I think that the best way to handle this is to bake them in a rectangle on a cookie sheet with parchment paper and cut into 8 equal squares and then cut the squares into triangles.

Bitchin' Pumpkin Pie

Source: Recipe Review Board posted by ?

HUs: 2

Serves: 8

Posted by : Kate (KateWD)

November 23, 2007

Kate's Notes: I pulled this off the Recipe Review Board, I do not have the name of the original poster. I subbed ½ cup sugar for the Splenda, making it 3 HUs per serving. I am not a big fan of pie crust, but I loved this cinnamon flavored bottom crust and will use this recipe as my standard for pumpkin pie. The notes below are the original poster's notes.

I remodeled the recipe from the Libby's website and made it yesterday...it is PERFECT and absurdly low in points. The crust is cheesecake style; bottom-only and made from light graham crackers.

for filling:

one 15oz can Libby's pure pumpkin
one 12oz-can fat-free evaporated milk
¾ cup granulated Splenda
½ cup egg beaters
1 tsp ground cinnamon
½ tsp salt
½ tsp ground ginger
¼ tsp ground cloves

for crust:

36 (small) reduced-fat cinnamon grahams (this is 9 of the large 4-cracker sheets)
2 tablespoons Smart Beat Light Margarine

Instructions: Preheat oven to 425. Crush grahams finely, blend with softened margarine and press into the bottom of an 8" springform pan greased bottom and sides with light butter-flavored cooking spray. Refrigerate for 10 minutes. Blend all ingredients for the filling. Pour filling into chilled pan and place pan on a cookie sheet. Bake at 425 for 15 minutes then reduce heat to 350 and continue baking for 40 minutes or until a toothpick stabbed in the center comes out clean.

Makes 8 generous pieces.

Green Beans with Toasted Hazelnut-Lemon Butter

Category: Vegetables (V)

Source: Cooking Light November, 2006

HU: 0.5

Servings: 6

Posted by: Emily (EJWyatt)

November 24, 2007

Quick and Easy

CL Notes: Prepare the butter up to a week ahead and refrigerate, or up to three weeks in advance and freeze. Prepare extra butter to serve with bread or baked potatoes.

Em's Notes: This is very quick and easy. The lemon and hazelnut flavors are light and clean and make a lovely side-dish for Thanksgiving dinner.

1 1/2 tablespoons butter, softened
3 tablespoons finely chopped hazelnuts, toasted
1 1/2 teaspoons grated lemon rind
2 1/4 teaspoons salt, divided
8 cups water
1 1/2 pounds green beans, trimmed

Combine butter, hazelnuts, rind, and 1/2 teaspoon salt in a small bowl; stir with a fork until well blended.

Bring 8 cups water and remaining 1 3/4 teaspoons salt to a boil in a large saucepan. Add green beans; cook 3 minutes. Drain. Return pan to medium heat. Add beans and butter mixture; cook 3 minutes or until the butter mixture melts. Toss gently to coat.

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

CALORIES 54 (52% from fat); FAT 3.1g (sat 0.8g,mono 1.9g,poly 0.3g); PROTEIN 1.7g; CHOLESTEROL 3mg; CALCIUM 51mg; SODIUM 400mg; FIBER 3.8g; IRON 0.6mg; CARBOHYDRATE 6.4g

Cooking Light, NOVEMBER 2006

Fig, Hazelnut, and White Chocolate Biscotti

Cookies/Bars

Source: Weight Watchers (not sure which issue – it was a distributed by WW leader)

Healthy Units: 1

Servings: 52

Posted by "3BrowCat" (Diane Jones)

Date: 11/24/2007

Note: To save time, look for chopped hazelnuts in the baking aisle of the supermarket. They will still need to be tasted, but you won't have to remove the skins.

My shortcut: I used White Chocolate Chips.

Ingredients

½ cup hazelnuts	¾ teaspoon baking soda
½ cup sugar	¼ teaspoon salt
2 large eggs	½ cup dried figs, stemmed and finely chopped
2 teaspoons grated orange zest	4 ounces white chocolate, chopped into ¼ inch pieces
1 teaspoon vanilla extract	
1 ¾ cups whole-wheat pastry flour	

1. Place the oven racks in the upper and lower thirds of the oven & preheat the oven to 300°F.

2. Spread the hazelnuts on a baking sheet. Bake until toasted, about 15 minutes. Wrap the hot hazelnuts in a clean kitchen towel and rub the nuts together to remove as much of the skins as possible. Let the nuts cool, then coarsely chop; set aside.

3. With an electric mixer on medium speed, beat the sugar, eggs, orange zest, and vanilla in a large bowl until slightly thickened, about 1 minute. Reduce the speed to low. Add the pastry flour, baking soda, and salt; beat until blended. Stir in the figs, chocolate, and hazelnuts.

4. Spray a baking sheet with nonstick spray. Generously flour a work surface. Divide the dough in half. Roll each half in the flour to coat, then roll each piece of dough into a 13-inch-long log (the dough will be soft) Transfer the logs to the baking sheet about 4 inches apart. Bake until firm to the touch, about 30 minutes. Let cool on the baking sheet on a rack about 30 minutes.

5. With a spatula, loosen each log from the baking sheet. With a serrated knife, cut each log crosswise into 1/2 -inch-thick slices, making a total of 52 slices. Stand the slices on 2 baking sheets. Bake until dry, about 20 minutes, rotating the baking sheets halfway through the baking. Let cool completely on racks.

Wild Rice Stuffing

CL Nov. 2007

HU: 3.4 per half cup serving

Servings: 12

Posted by: Tracy (Nikkie1t)

November 24, 2007

CL comments: For a classic stuffing, place the rice mixture in the cavity of a turkey before roasting. You can also make this to serve alongside a roast or ham.

My comments: I served this as a rice side dish, rather than stuffing. I used 1 cup of Sun-Maid FruitBits (combo of dried fruits) in place of the apricots and cherries.

- 1 1/2 cups chopped celery
- 1 cup chopped onion
- 1 cup uncooked wild rice
- 2 garlic cloves, minced
- 4 cups fat-free, less-sodium chicken broth
- 1 1/2 tablespoons chopped fresh sage
- 1 cup uncooked long-grain brown rice
- 1/2 cup dried sweet cherries
- 1/2 cup chopped dried apricots
- 1/2 cup chopped pecans, toasted
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add celery, onion, wild rice, and garlic to pan; sauté 3 minutes. Stir in broth and sage; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Stir in brown rice, and bring to a boil. Cover, reduce heat, and cook for 30 minutes or until liquid is absorbed. Remove from heat; let stand, covered, 10 minutes. Stir in cherries and remaining ingredients.

Yield: 12 servings (serving size: 1/2 cup)

CALORIES 192 (19% from fat); FAT 4g (sat 0.4g,mono 2.1g,poly 1.3g); PROTEIN 5.1g; CHOLESTEROL 0.0mg; CALCIUM 35mg; SODIUM 243mg; FIBER 3.6g; IRON 1.2mg; CARBOHYDRATE 34.4g

Crock pot Cranberry Chicken

Category: Poultry

Source: Posted on CLBB, original source unknown

HU: 5

Serves: 4

Posted by: Kate (KateWD)

Reposted: 11/24/07

Original posting: December 14, 2005

Notes; loved the sauce for the chicken, rich and just a bit tangy from the cranberries. The breasts were cooked perfectly after 6 hours in my older crock pot. If you have a newer one you might have to shorten the cooking time as they seem to get hotter than the old models. The original recipe called for 12 boneless, skinless chicken thighs cooked for 6 1/2 to 7 1/2 hours. You can use any type of skinless chicken, boneless or bone-in, adjusting the cooking time as necessary.

- 1 small onion, thinly sliced
- 1 cup fresh or frozen (unthawed) cranberries
- 1 1/2 lb skinless, boneless chicken breast
- 1/4 cup catsup
- 2 T. firmly packed brown sugar
- 1 t. dry mustard
- 2 t. cider vinegar
- 1 1/2 T. cornstarch blended with 2 T. cold water

In a 3 quart or larger electric slow cooker, combine onion, cranberries. Arrange chicken on top. In small bowl, mix catsup, sugar, mustard and vinegar and pour over chicken. Cover. Cook at low setting until chicken is very tender when pierced (5 1/2 to 6 1/2 hours)

Lift out chicken when done. Blend cornstarch mixture into cooking liquid. Increase cooker heat setting to high; cover and cook, stirring 2 or 3 times until sauce thickens (10 to 15 more minutes). Season to taste with salt, pour over chicken Makes 4 servings.

Turkey Fried Rice

Cooking Light, NOVEMBER 2007

Healthy Units:

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

Posted By: Bawstinn36 (Maria)

November 26, 2007

Canned chicken broth will work in place of the Turkey Stock, though the stock will enhance the dish's turkey flavor. Chilling the rice keeps the grains from sticking together as they're reheated. For more spice, add an extra teaspoon of chili garlic sauce.

Comments: Make sure you have a BIG pan to cook this in. 5 cups of rice plus 4 cups of turkey is a lot. Next time I'd like to add a scrambled egg or two (as the fried rice from our favorite place does) and maybe cut back on the initial oil. I used a tablespoon of the chili garlic sauce and it had a nice heat to it.

1/3 cup low-sodium soy sauce
2 tablespoons Turkey Stock
1 tablespoon rice vinegar
2 teaspoons dark sesame oil
1 teaspoon chili garlic sauce (such as Lee Kum Kee)
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
5 teaspoons canola oil
2 cups shredded green cabbage
1 cup sliced green onions
1 1/2 teaspoons minced peeled fresh ginger
5 cups cooked long-grain rice, chilled
4 cups chopped cooked turkey (light and dark meat)
2 cups leftover green peas or frozen peas, thawed
1 cup leftover carrots or frozen carrots, thawed
1/3 cup chopped fresh cilantro

Combine the first 7 ingredients in a small bowl, stirring with a whisk until well blended.

Heat oil in a large nonstick skillet over medium-high heat. Add cabbage, onions, and ginger to pan; sauté 3 minutes or until tender. Add rice, turkey, peas, and carrots; sauté 3 minutes or until thoroughly heated. Stir in soy mixture; cook 2 minutes. Remove from heat; stir in cilantro.

CALORIES 456 (22% from fat); FAT 11.1g (sat 2.3g,mono 3.5g,poly 2.8g); PROTEIN 35.5g; CHOLESTEROL 72mg; CALCIUM 97mg; SODIUM 705mg; FIBER 5.2g; IRON 5.4mg; CARBOHYDRATE 50.4g

9 HU's for the recipe based on the nutritionals - although that seems like a lot. About 3.5 for the rice for each serving. Hmmm.

Turkey Stock

Cooking Light, NOVEMBER 2007

Healthy Units: 0

Yield: 12 cups (serving size: 1 cup)

Posted By: Bawstinn 36 (Maria)

November 26, 2007

Roasting the bones and vegetables deepens the flavor of the stock. To cool to room temperature quickly, place stock in a large stainless steel bowl set in a larger bowl of ice water; stir frequently. Store in an airtight container in the refrigerator for up to three days, or freeze for up to three months.

This recipe goes with Turkey and Wild Rice Salad, Turkey Fried Rice, Turkey Pho, Turkey and Leek Risotto, Turkey-Mushroom Casserole

Bones from a cooked 12-pound turkey
1 peeled carrot, cut in half crosswise
1 celery stalk, cut in half crosswise
1/2 medium onion, peeled and quartered
4 quarts cold water
1/8 teaspoon black peppercorns
4 thyme sprigs
4 parsley sprigs
1 bay leaf

Preheat oven to 425°.

Cut turkey carcass into quarters. Place the turkey bones, carrot, celery, and onion on a jelly-roll pan or shallow roasting pan. Bake at 425° for 35 minutes, stirring once.

Place bones, trimmings, vegetable mixture, 4 quarts water, and remaining ingredients in a large stockpot; bring to a boil. Reduce heat, and simmer for 3 hours; skim surface occasionally, discarding solids.

Strain stock through a sieve over a large bowl; discard solids. Cool stock to room temperature. Cover and chill stock 8 hours or overnight. Skim solidified fat from surface; discard.

CALORIES 9 (20% from fat); FAT 0.2g (sat 0.1g,mono 0.1g,poly 0.1g); PROTEIN 1.3g;
CHOLESTEROL 4mg; CALCIUM 15mg; SODIUM 12mg; FIBER 0.1g; IRON 0.2mg;
CARBOHYDRATE 0.5g

Turkey-Vegetable Sloppy Joes

Source: Cooking Light, October 1996

HU: 5

Servings: 8 (See note)

Posted by: Waneyvant

Date: November 28, 2007

Note: a serving is 1/2 a bun, I used the reduced fat/calorie 1 point buns, so that would reduce the HU. But HU is for original recipe.

- 1 pound ground turkey
- 1 cup chopped onion
- 1 garlic clove, minced
- 1/2 cup chopped green bell pepper
- 1 (14 1/2-ounce) can diced tomatoes
- 1/4 cup tomato paste
- 1 tablespoon prepared mustard
- 1 teaspoon chili powder
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 (2-ounce) Kaiser rolls or hamburger buns, split
- 1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese

Cook turkey, onion, and garlic in a large nonstick skillet over high heat until browned, stirring to crumble. Stir in bell pepper and next 7 ingredients (bell pepper through black pepper). Bring to a boil; cover, reduce heat, and simmer 10 minutes.

Spoon 1/2 cup turkey mixture onto each roll half; top each with 2 tablespoons cheese.

Yield: 8 servings

CALORIES 232 (25% from fat); FAT 6.4g (sat 2.5g,mono 1.9g,poly 1.1g); PROTEIN 20.8g; CHOLESTEROL 46mg; CALCIUM 170mg; SODIUM 576mg; FIBER 1.4g; IRON 3mg; CARBOHYDRATE 22.8g

Pasta with Tomato Gorgonzola Sauce

Category: Vegetarian or Pasta

Adapted from Cuisine at Home magazine

HU: 6

Servings: 6

Posted by DebMj1

12/07/07

Quick & Easy, Freezer Friendly

12 ounces medium pasta shells (I used farfalle)

1 tsp. olive oil

1 cup chopped onion

1/4 tsp. crushed red pepper

1/4 tsp. ground black pepper

1 Tbsp. tomato paste

1 tsp. minced garlic

Two 14-1/2 ounce cans undrained diced tomatoes with oregano, onion and garlic

2 tsps. balsamic vinegar

1/2 cup 1% milk (I used skim)

1/3 cup crumbled Gorgonzola cheese

1/3 cup chopped fresh basil

Cook pasta according to package directions; drain. Return to pot. Heat oil in a large nonstick skillet on medium. Add onion, crushed peppers and black pepper; cook 5 minutes or until onion is softened. Add tomato paste and garlic; cook 1 minute. Stir in tomatoes and vinegar. Bring to boil and cook, uncovered, 5 minutes or until lightly thickened. Add milk; simmer 1 minute, then stir in cheese, basil, cooked shells and salt to taste. Serve immediately.

NI per serving according to magazine: 292 calories, 11 gms. protein, 4 gms. fat, 1.7 gms. saturated fat, 52 gms. carbohydrate, 7 mg. cholesterol and 3 gms. fiber.

Cinnamon-Anise Crisps

CB (Cookies/Bars)

Cooking Light, DECEMBER 2007

HU: 1.6

Servings: 24

Posted by: CJMartin717 (Cindy)

December 8, 2007

CL: A light sprinkling of cinnamon sugar adds crunch to these licorice-flavored slice-and-bake cookies. The high starch content of cake flour provides absorbency, so the cookies are less likely to spread while baking.

Cindy's Comments: I thought the anise flavor was subtle. My cookies needed to bake for about 12 minutes to brown on the bottom. I got about 2 1/2 dozen and thought they could be sliced thinner for a greater yield.

1 1/2 cups cake flour (about 6 ounces)
1 1/4 teaspoons ground cinnamon, divided
1 teaspoon baking powder
1/2 teaspoon aniseed, crushed
1/4 teaspoon salt
3/4 cup sugar
1/4 cup butter, softened
1 tablespoon fresh orange juice
1 teaspoon vanilla extract
1 large egg
1 1/2 teaspoons sugar

Lightly spoon cake flour into dry measuring cups; level with a knife. Combine flour, 1 teaspoon cinnamon, baking powder, crushed aniseed, and salt, stirring with a whisk; set aside. Place 3/4 cup sugar and butter in a medium bowl; beat with a mixer at medium speed 5 minutes or until light and fluffy. Add juice, vanilla, and egg; beat until combined. Gradually add flour mixture to butter mixture, beating at low speed just until combined.

Divide dough in half. Shape dough into 2 (6-inch-long) logs; wrap each log in plastic wrap. Freeze 1 hour or until very firm.

Preheat oven to 350°.

Unwrap dough logs. Cut each dough log into 12 (1/2-inch-thick) slices; place slices 2 inches apart on baking sheets lined with parchment paper. Combine 1 1/2 teaspoons sugar and remaining 1/4 teaspoon cinnamon; sprinkle evenly over dough slices. Bake at 350° for 10 minutes or until golden. Cool on pans 5 minutes. Remove cookies from pans; cool completely on wire racks.

Yield: 2 dozen (serving size: 1 cookie)

CALORIES 72 (28% from fat); FAT 2.2g (sat 1.3g,mono 0.6g,poly 0.1g); PROTEIN 0.9g;
CHOLESTEROL 14mg; CALCIUM 16mg; SODIUM 61mg; FIBER 0.2g; IRON 0.6mg;
CARBOHYDRATE 12.3g

Creamy Mushroom Phyllo Triangles

Category: A/Appetizers

Source: Cooking Light, April 2005/December 2007

Healthy Units: 1

Servings: 24

Posted by: MissVN

Date: December 9, 2007

This elegant appetizer takes a couple of hours to make, but you can do all the preparation ahead of time. Don't fold triangles too tightly or the mixture will burst through the phyllo. Assemble and freeze up to two weeks before the party. Don't thaw the triangles before baking; just add seven minutes to the baking time.

My Notes: The ones where I used less filling, 1 to 1 1/2 teaspoons, stayed together better and did not bust open while cooking. I did add some of the porcini cooking liquid to the mushrooms as they cooked (but boiled it off by the end). They cooked to perfection in 20 minutes in my oven, but might cook faster in other ovens. I also found it much easier to coat the phyllo first and then slice and fold it.

Ingredients

3/4 cup dried porcini mushrooms (about 3/4 ounce)
1 pound button mushrooms
1 large onion, cut into 1-inch pieces (about 8 ounces)
2 tablespoons olive oil
1 teaspoon dried oregano
3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper
1/4 teaspoon freshly grated nutmeg
6 ounces 1/3-less-fat cream cheese
1/2 cup finely chopped flat-leaf parsley
24 (18 x 14-inch) sheets frozen phyllo dough, thawed
Olive oil-flavored cooking spray

Instructions

Cover porcini mushrooms with boiling water in a bowl. Let stand 1 hour. Drain well; chop.

Place half of button mushrooms in a food processor; pulse 8 times or until finely chopped. Remove from processor. Repeat procedure with remaining button mushrooms. Add onion to processor; pulse 8 times or until finely chopped.

Heat oil in a large nonstick skillet over medium heat. Add onion; sauté 5 minutes. Add button mushrooms; cook until mushrooms are tender and liquid evaporates (about 10 minutes). Stir in porcini mushrooms, oregano, salt, pepper, and nutmeg; cook for 2 minutes. Remove from heat. Add cheese; stir until cheese melts. Stir in parsley.

Preheat oven to 375°.

Place 1 phyllo sheet on a large cutting board or work surface (cover remaining phyllo to prevent drying). Cut sheet in half lengthwise; lightly coat with cooking spray. Fold each phyllo piece in half lengthwise to form a (3 1/2-inch-wide) strip. Spoon a level tablespoon of mushroom mixture onto 1 short end of each strip, leaving a 1-inch border. Fold 1 corner of edge with 1-inch border over mixture, forming a triangle; continue folding back and forth into a triangle to end of strip. Repeat procedure with remaining phyllo, cooking spray, and mushroom mixture. Place triangles, seam side down, on baking sheets coated with cooking spray. Lightly coat tops with cooking spray.

Bake at 375° for 20 minutes or until golden. Serve warm.

Yield 48 triangles (serving size: 2 triangles)

Nutritional Information

CALORIES 49(37% from fat); FAT 2g (sat 0.8g,mono 1g,poly 0.2g); PROTEIN 1.5g; CHOLESTEROL 3mg; CALCIUM 7mg; SODIUM 97mg; FIBER 0.5g; IRON 0.6mg; CARBOHYDRATE 6.2g

Roasted Winter Vegetables with Cheesy Polenta

Main Dish - Vegetarian

Eating Well December 2007

HU: 8

Makes 4 servings

Posted by Carrie (Scarehair)

12/11/07

My comments: I did not think this would be kid friendly. The cheesy polenta pleased my carnivorous oldest son while the roasted butternut squash and cauliflower was eaten with relish by my pickiest veggie-hater second son. I added carrot to the mix and subbed fresh garlic for the garlic powder as well as adding fresh minced garlic to the polenta. This dish benefits from extra fresh ground pepper passed around the table along with fresh grated parmesan. Do not skimp on the rosemary.

EW suggests serving this with a green salad to round out the meal.

Ingredients

4 cups cauliflower florets
4 cups cubed peeled butternut squash
(1 ½-inch chunks)
1 medium onion, sliced
2 tablespoons extra-virgin olive oil
½ teaspoon garlic powder
¾ teaspoon freshly ground pepper,
divided

¼ teaspoon salt
2 ½ cups vegetable broth
1 cup water
¾ cup cornmeal
1 teaspoon chopped fresh rosemary or
½ teaspoon dried
2/3 cup finely shredded Parmesan
cheese, preferably Parmigiano-
Reggiano

1. Preheat oven to 500°F.
2. Toss cauliflower, squash and onion in a large bowl with oil, garlic powder, 1/2 teaspoon pepper and salt. Spread on a rimmed baking sheet. Roast, stirring once, until tender and browned in spots, 25 to 30 minutes.
3. Meanwhile, combine broth and water in a small saucepan. Bring to a boil. Slowly whisk in cornmeal, rosemary and the remaining 1/4 teaspoon pepper until smooth. Reduce heat to low, cover and cook, stirring occasionally, until very thick and creamy, 10 to 15 minutes. Stir in cheese; remove the polenta from the heat. Serve the vegetables over the polenta.

Per serving: 381 calories; 14 g fat (5 g sat, 5 g mono); 20 mg cholesterol; 56 g carbohydrate; 15 g protein; 11 g fiber; 692 mg sodium; 1,164 mg potassium.
Nutrition bonus: Vitamin A (520% daily value), Vitamin C (160% dv), Potassium (33% dv), Calcium (30% dv), Folate (29% dv).

3 Carbohydrate Servings

Exchanges: 3 starch, 1 vegetable, 1 medium-fat meat, 1 fat

Chocolate Chip - Peanut Butter Spelt Cookies

CB (Cookies/Bars)

Source: Vegetarian Times, Nov/Dec 2006

HU: 2.6

Servings: 48

Posted by: CJMartin717 (Cindy)

December 16, 2007

Cindy's Notes: Original yield was 24 cookies; but, I got twice that many. The dough is fantastic raw and I think it would be great in homemade cookie dough ice cream.

Chocolate-peanut butter fans should run, not walk, to get the ingredients for these. If you use vegan chocolate chips (such as Sunspire) these would be vegan cookies.

I thought I preferred these cookies fresh out of the oven because they got very crunchy (aka - hard) after being in a tin for a day or so. That was until I tried them dunked. They are marvelous with milk (skim, of course), coffee or tea.

1 1/2 cups crunchy peanut butter
2 1/4 cups spelt flour
1 teaspoon baking soda
1 teaspoon salt
1 1/2 cups maple syrup
2 teaspoons vanilla extract
1 1/2 cups chocolate chips

Preheat oven to 375 F. Coat baking sheets with cooking spray or line with parchment paper (I used parchment paper).

Spoon peanut butter into microwave-safe bowl and heat on high power 30-45 seconds until melted, stirring once or twice.

Combine flour, baking soda and salt in large bowl. Mix in peanut butter, maple syrup, and vanilla until blended. Fold in chocolate chips.

Drop 2 Tablespoons dough for each cookie onto prepared baking sheet and flatten slightly. Bake 15-17 minutes or until golden brown. Cool 5 minutes on pan and then transfer to a wire rack to finish cooling.

Yield: 4 dozen

Per Serving: 125 Calories; 6g Fat (41.6% calories from fat); 3g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 112mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Cranberry-Almond Biscotti

CB - Cookies/Bars

Source: Vegetarian Times, November/December 2006

HU: 1.6

Servings: 45

Posted by: CJMartin717 (Cindy)

December 16, 2007

VT: Drizzle these Italian favorites with melted chocolate for a special treat.

Cindy's Notes: These egg-free biscotti are vegan and very crunchy. I plan to double the almond extract next time.

Ingredient List

2 3/4 cups flour
2 tsp. baking powder
1/4 tsp. salt
5 Tbs. orange juice plus 1/2 cup
4 Tbs. cornstarch
1 cup sugar plus 2 Tbs.
2 Tbs. canola oil
1 tsp. almond extract
1 tsp. vanilla extract
1 cup dried cranberries
1 cup sliced almonds

Directions

1. Preheat oven to 350F. Line baking sheet with parchment paper. Combine flour, baking powder and salt in bowl.
2. Whisk together 5 Tbs. orange juice and cornstarch in bowl; set aside. Beat 1 cup sugar, remaining 1/2 cup orange juice, oil and extracts until fluffy. Beat in cornstarch mixture, then flour mixture. Fold in cranberries and almonds.
3. Shape into 2 logs on prepared baking sheet. Sprinkle with remaining sugar. Bake 35 minutes, or until light brown. Cool 15 minutes on baking sheet. Slice into 1/2-inch thick slices. Return slices to baking sheet, and bake 20 minutes more, or until browned and crisp.

Nutritional Information

Per COOKIE: Calories: 82, Protein: 1g, Total fat: 2g, Carbs: 15g, Cholesterol: mg, Sodium: 38mg, Fiber: 1g, Sugars: 8g

Princess Tea Cakes

Category: Cookies/Bars (CB)

Source: Eating Well, Nov/Dec '07

Healthy Units: 2.5

Servings: 36

Core: No

Posted by: ejwyatt (Emily)

Date: December 16, 2007

Em's Notes: Russian Tea Cakes are my favorite cookie and this is a nice recipe. I didn't need the 1.75 cups of confectioners sugar to coat the cookies. I would suggest starting with ½ a cup.

Ingredients

¾ cup canola oil

1 ½ cups all-purpose flour

¾ cup white whole-wheat flour

2 cups confectioners sugar, divided

3 tablespoons cornstarch

1/8 teaspoon salt

1 teaspoon vanilla extract

¾ cup very finely chopped nuts, such as pecans, walnuts or hazelnuts

Instructions

1. Preheat oven to 400°F.
2. Pour oil into a medium bowl. Whisk all-purpose flour, white whole-wheat flour, 1/4 cup confectioners sugar, cornstarch and salt in another bowl.
3. Mix half the dry ingredients into the oil by spoonfuls. Scrape down the sides of the bowl and add vanilla. Mix in the remaining dry ingredients by spoonfuls until thoroughly combined. (The mixture will resemble creamed butter and brown sugar.) Stir in nuts.
4. Roll the dough into 1-inch balls; place about 1 inch apart on an ungreased baking sheet.
5. Bake the cookies until just set, being careful not to let the bottoms get too brown, 10 to 12 minutes. Cool on the pan for 2 minutes; transfer to a wire rack to cool slightly.
6. When the cookies are still warm, but no longer hot, roll them in the remaining 1 ¾ cups confectioners sugar and place them back on the rack to continue cooling. (Reserve the sugar.) When the cookies are completely cool, roll them in the sugar again.

Tips

Prepare the dough (Steps 2 and 3), cover and refrigerate for up to 1 day. Store the cookies in an airtight container at room temperature for up to 3 days. Roll in the second coating of confectioners sugar just before serving.

Nutrition Information

Per cookie: 105 calories; 7 g fat (0 g sat, 4 g mono); 0 mg cholesterol; 11 g carbohydrate; 1 g protein; 1 g fiber; 8 mg sodium; 19 mg potassium.

1 Carbohydrate Serving

Exchanges: 1 other carbohydrate, 1 fat

Oatmeal, Chocolate Chip, and Pecan Cookies

Category: Cookies/Bars (CB)

Source: Cooking Light, December 2007

Healthy Units: 2 (1.5 with my changes)

Servings: 36

Core: No

Posted by: ejwyatt (Emily)

Date: December 16, 2007

CL Notes: These easy drop cookies are crisp on the outside and slightly chewy on the inside. Chocolate minichips disperse better in the batter, but you can use regular chips.

Em's Notes: These are a nice, easy twist on a chocolate chip cookie.

1 1/4 cups all-purpose flour (about 5 1/2 ounces) (I used 3/4 cup all-purpose and 1/2 cup whole wheat pastry flour)

1 cup regular oats

3/4 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

3/4 cup granulated sugar (I used Splenda)

1/2 cup packed brown sugar

1/3 cup butter, softened (I used light butter)

1 1/2 teaspoons vanilla extract

1 large egg

1/4 cup chopped pecans, toasted

1/4 cup semisweet chocolate minichips

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients (through salt), stirring with a whisk; set aside.

Place sugars and butter in a large bowl; beat with a mixer at medium speed until well blended. Add vanilla and egg; beat until blended. Gradually add flour mixture, beating at low speed just until combined. Stir in pecans and minichips. Drop dough by tablespoonfuls 2 inches apart onto baking sheets lined with parchment paper. Bake at 350° for 12 minutes or until edges of cookies are lightly browned. Cool on pans 2 minutes. Remove cookies from pans; cool on wire racks.

Yield: 3 dozen (serving size: 1 cookie)

CALORIES 81 (33% from fat); FAT 3g (sat 1.4g,mono 1g,poly 0.3g); PROTEIN 1.1g; CHOLESTEROL 10mg; CALCIUM 12mg; SODIUM 76mg; FIBER 0.5g; IRON 0.5mg; CARBOHYDRATE 12.9g

Cooking Light, DECEMBER 2007

Crunchy Sesame Cookies

Category: Cookies/Bars (CB)

Source: Cooking Light, December 2007

Healthy Units: 1.5 (1 with my changes)

Servings: 36

Core: No

Posted by: ejwyatt (Emily)

Date: December 16, 2007

CL Notes: Roasted sesame-seed paste and dark sesame oil deliver a deep, nutty flavor. A touch of corn syrup and cornstarch ensure crispness.

Em's Notes: These are nice and crunchy and the dark sesame oil gives them a wonderful flavor.

1 1/2 cups all-purpose flour (about 6 3/4 ounces) (I used 3/4 cups of all-purpose and 3/4 cups of whole wheat pastry flour)
1 1/2 tablespoons cornstarch
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup packed brown sugar (I used 1/2 C brown sugar and 1/2 C Splenda)
1/3 cup tahini (roasted sesame-seed paste)
2 tablespoons dark sesame oil
1 tablespoon light-colored corn syrup
2 teaspoons vanilla extract
1 large egg
Cooking spray
2 tablespoons granulated sugar

Preheat oven to 375°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, cornstarch, baking powder, baking soda, and salt, stirring with a whisk; set mixture aside.

Place brown sugar, tahini, and oil in a large bowl; beat with a mixer at medium speed until well blended. Add syrup, vanilla, and egg; beat well. Gradually add flour mixture to sugar mixture, beating at low speed just until combined.

Lightly coat hands with cooking spray. Shape dough into 36 balls (about 1 inch each). Place granulated sugar in a shallow bowl. Roll dough balls in granulated sugar; place 2 inches apart on baking sheets lined with parchment paper. Flatten balls slightly with the bottom of a glass. Bake at 375° for 10 minutes or until lightly browned. Cool on pans 2 minutes. Remove cookies from pans; cool completely on a wire rack.

Yield: 3 dozen (serving size: 1 cookie)

CALORIES 71 (27% from fat); FAT 2.1g (sat 0.3g,mono 0.8g,poly 0.9g); PROTEIN 1.1g;
CHOLESTEROL 6mg; CALCIUM 17mg; SODIUM 53mg; FIBER 0.3g; IRON 0.5mg;
CARBOHYDRATE 11.9g

Cranberry-Orange-Nut Cookies

Category: Cookies/Bars (CB)

Source: Eating Well, Nov/Dec '07

Healthy Units: 2 (1.5 with my changes)

Servings: 30 (I got 3 dozen cookies)

Core: No

Posted by: ejwyatt (Emily)

Date: December 16, 2007

Em's Notes: These are very moist and have a nice balance of orange and cranberry flavors.

Ingredients

1 ½ cups whole-wheat pastry flour

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1 cup chopped walnuts

½ cup chopped dried cranberries

1 cup plus 3 tablespoons sugar, divided (I used ½ cup Splenda and ½ cup sugar in the cookies)

½ cup smooth, unsweetened applesauce

¼ cup canola oil (I used 4 ounces of light butter, melted)

1 tablespoon freshly grated orange zest

3 tablespoons orange juice

Instructions

1. Whisk flour, baking powder, baking soda and salt in a large bowl. Stir in walnuts and dried cranberries.
2. Whisk 1 cup sugar, applesauce, oil, orange zest and juice in a medium bowl until smooth. Make a well in the dry ingredients and pour in the wet ingredients. Mix until well blended. Cover with plastic wrap and chill for 30 minutes.
3. Preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking mat.
4. Put the remaining 3 tablespoons sugar into a small flat-bottomed dish or pan. Roll the dough with floured hands (it will be very moist) into 1 1/2-inch balls, then roll in sugar to coat. Place 2 inches apart on the prepared baking sheet.
5. Bake the cookies until barely golden brown, 12 to 15 minutes. Cool on the pan for 1 minute; transfer to a wire rack to cool completely.

Tips

Prepare the dough through Step 2, cover and refrigerate for up to 3 days. Store the cookies in an airtight container at room temperature for up to 5 days.

Nutrition Information

Per cookie: 102 calories; 5 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 15 g carbohydrate; 1 g protein; 1 g fiber; 94 mg sodium; 24 mg potassium.

1 Carbohydrate Serving

Exchanges: 1 other carbohydrate, 1 fat

Cranberry Beans with Sausage and Fennel

Category: Soups/Stews (ST)

Source: Cooking Light, December 2007

Healthy Units: 6.5

Servings: 6

Core: No

Posted by: ejwyatt (Emily)

Date: December 16, 2007

CL Notes: Nutty-tasting cranberry beans pair with spicy Italian sausage in this hearty dish. If you can't find cranberry beans, substitute cannellini or Great Northern beans.

Em's Notes: I used anasazi beans. This was very filling and a nice warm dinner for a winter's evening.

1 pound hot turkey Italian sausage
Cooking spray
2 cups thinly sliced leek (about 2 large)
1 1/2 cups thinly sliced fennel bulb (about 1 large bulb)
1 1/4 cups chopped red bell pepper (about 1 large)
4 garlic cloves, minced
4 cups cooked cranberry beans
2 cups fat-free, less-sodium chicken broth
Chopped fennel fronds (optional)

Heat a large saucepan over medium-high heat. Remove casings from sausage. Coat pan with cooking spray. Add sausage to pan; cook 8 minutes or until browned, stirring to crumble. Remove sausage from pan; set aside. Wipe pan clean with paper towels. Return pan to medium-high heat. Coat pan with cooking spray. Add leek, fennel, bell pepper, and garlic to pan; sauté 6 minutes or until vegetables are tender. Stir in cranberry beans, chicken broth, and sausage; bring to a boil. Reduce heat, and simmer 6 minutes or until beans are thoroughly heated. Garnish with chopped fennel fronds, if desired.

Wine note: Beans and sausages are classic components of Tuscan cooking, so whenever these ingredients are combined into a stew, reach for Chianti, the well-loved red wine of Tuscany. Chianti has earthy flavors that complement beans well and just enough acidity to balance the richness of the sausage. One of my favorite Chiantis is Badia a Passignano Chianti Classico Riserva DOCG from the famous Italian family Antinori. The 2003 is \$45. --Karen MacNeil

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

CALORIES 328 (25% from fat); FAT 9g (sat 2.4g,mono 3.2g,poly 2.3g); PROTEIN 25.6g; CHOLESTEROL 45mg; CALCIUM 98mg; SODIUM 634mg; FIBER 14g; IRON 4.9mg; CARBOHYDRATE 38.4g

Cannellini Bean and Shrimp Stew

Category: Soups/Stews (ST)

Source: Cooking Light, December 2007

Healthy Units: 6.5

Servings: 6

Core: No

Posted by: ejwyatt (Emily)

Date: December 16, 2007

CL Notes: Cannellini beans are white kidney beans; substitute Great Northern beans, if you prefer.

Em's Notes: This was delicious. My shrimp were peeled and deveined, so I just doubled the clam juice and cut back on the water. This was easy to make and very tasty.

1 pound unpeeled large shrimp
4 teaspoons olive oil, divided
1/2 cup dry white wine
2 cups water
1 (8-ounce) bottle clam juice
1 bay leaf
3 cups chopped onion
1 tablespoon tomato paste
6 garlic cloves, minced
1 tablespoon chopped fresh thyme
1/2 teaspoon salt
1/4 teaspoon crushed red pepper
1 (14.5-ounce) can diced tomatoes, undrained
4 cups cooked cannellini beans
1/4 cup chopped fresh flat-leaf parsley

Peel and devein shrimp, reserving shells. Cover and chill shrimp.

Heat 1 teaspoon oil in a medium saucepan over medium-high heat. Add reserved shrimp shells to pan; sauté 3 minutes or until shells turn pink. Stir in wine; bring to a boil. Reduce heat, and simmer 5 minutes or until liquid almost evaporates. Stir in 2 cups water, clam juice, and bay leaf; simmer 12 minutes or until liquid is reduced by half. Set shrimp stock aside.

Heat remaining 1 tablespoon oil in a large Dutch oven over medium heat. Add onion to pan; cook 8 minutes or until lightly browned, stirring occasionally. Add tomato paste and garlic; cook 2 minutes, stirring frequently. Stir in thyme, salt, pepper, and tomatoes; bring to a simmer. Strain shrimp stock through a colander over Dutch oven; discard solids. Add beans to pan; bring to a boil. Cover, reduce heat, and simmer 10 minutes; remove from heat. Stir in shrimp; cover and let stand 5 minutes or until shrimp are done. Stir in parsley.

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

CALORIES 318 (15% from fat); FAT 5.3g (sat 0.7g,mono 2.4g,poly 0.9g); PROTEIN 24.9g;
CHOLESTEROL 116mg; CALCIUM 340mg; SODIUM 486mg; FIBER 2.6g; IRON 5.6mg;
CARBOHYDRATE 43.7g

Chai Shortbread

Category: Cookies/Bars (CB)

Source: Cooking Light, December 2007

Healthy Units: 1.5 (1 with my changes)

Servings: 36

Core: No

Posted by: ejwyatt (Emily)

Date: December 16, 2007

CL Notes: A combination of cardamom, cinnamon, cloves, and black pepper gives these cookies a taste reminiscent of Indian spiced tea. The fine texture of powdered sugar helps them retain the characteristic shortbread crunch.

1 1/2 cups all-purpose flour (about 6 3/4 ounces) (I used 3/4 cup all-purpose and 3/4 whole wheat pastry flour)

1/8 teaspoon salt

1/8 teaspoon ground cardamom

1/8 teaspoon ground cinnamon

Dash of ground cloves

Dash of freshly ground black pepper

3/4 cup powdered sugar (I used 1/4 cup Splenda and 1/2 cup powdered sugar)

10 tablespoon butter, softened (I used light butter)

1 tablespoon ice water

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (through pepper), stirring well with a whisk. Place sugar and butter in a medium bowl; beat with a mixer at medium speed until light and fluffy. Gradually add flour mixture to butter mixture, beating at low speed just until combined (mixture will appear crumbly). Sprinkle dough with 1 tablespoon ice water; toss with a fork. Divide dough in half. Shape dough into 2 (6-inch-long) logs; wrap each log in plastic wrap. Chill 1 hour or until very firm.

Preheat oven to 375°.

Unwrap dough logs. Carefully cut each log into 18 slices using a serrated knife. Place dough circles 2 inches apart on baking sheets lined with parchment paper. Bake at 375° for 10 minutes. Cool on pans 5 minutes. Remove cookies from pans; cool completely on wire racks.

Yield: 3 dozen (serving size: 1 cookie)

CALORIES 57 (51% from fat); FAT 3.2g (sat 2g,mono 0.8g,poly 0.1g); PROTEIN 0.6g; CHOLESTEROL 8mg; CALCIUM 2mg; SODIUM 31mg; FIBER 0.2g; IRON 0.3mg; CARBOHYDRATE 6.5g

Cooking Light, DECEMBER 2007

Toffee Biscotti

Source: Cooking Light

Hus: 2

Serves: 30

Posted by: Kate (KateWD)

December 17, 2007

Notes: My only change was to use whole wheat pastry flour. My dough was not dry and crumbly, it was wet and sticky but the biscotti came out fine.

2-3/4 cups all-purpose flour

1/2 cup firmly packed brown sugar

2 teaspoons baking powder

1 tablespoon vegetable oil

1 teaspoon vanilla extract

3 large eggs

Cooking spray

1/2 cup almond toffee bits (such as Hershey's Heath Bits O'Brickle)

1/2 cup granulated sugar

1. Preheat oven to 350 degrees.
2. Lightly spoon flour into dry measuring cups, and level with a knife. Combine the flour, granulated sugar, toffee bits, brown sugar, and baking powder in a large bowl. Combine vegetable oil, vanilla, and eggs; add to flour mixture, stirring until well-blended (dough will be dry and crumbly). Turn the dough out onto a lightly floured surface, and knead lightly 7 to 8 times. Divide dough in half. Shape each portion into an 8-inch-long roll. Place rolls 6 inches apart on a baking sheet coated with cooking spray, and flatten each roll to 1-inch thickness.
3. Bake at 350 degrees for 35 minutes. Remove rolls from baking sheet; cool 10 minutes on a wire rack. Cut each roll diagonally into 15 (1/2-inch) slices. Place slices, cut sides down, on baking sheet. Reduce oven temperature to 325 degrees; bake 10 minutes. Turn cookies over; bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet; cool completely on wire rack.

Yield: 2-1/2 dozen (serving size: 1 biscotto)

CALORIES 103 (22% from fat); FAT 2.5g (sat 0.8g,mono 0.7g,poly 0.9g); PROTEIN 1.8g; CHOLESTEROL 23mg; CALCIUM 25mg; SODIUM 62mg; FIBER 0.3g; IRON 0.7mg; CARBOHYDRATE 18.2g

Cranberry Orange Marmalade

Source: CL November 2007

Healthy Units: 1.2 for 2 T.

Servings: Makes 4 cups

Posted by Tracy (Nikkie1t)

December 17, 2007

CL Comments: Make the most of abundant seasonal oranges and cranberries with this bright preserve. Serve with biscuits or toast for breakfast, or pair it with crackers, assorted cheeses, and nuts for a cheese platter. The sweet-sour marmalade pleasantly partners with pungent-flavored cheese, such as gorgonzola.

My comments: This would make a gorgeous gift, the color is really pretty. I pour mine into Ball Freezer Jam jars and froze it.

3 1/2 pounds navel oranges (about 6 medium)

1 1/2 cups water

3 cups sugar, divided

1 (12-ounce) package fresh cranberries

Carefully remove rind from 3 oranges using a vegetable peeler, making sure not to get any of the white pithy part of the rind. Slice rind into thin strips. Peel all oranges; cut into sections. Combine rind strips, sections, 1 1/2 cups water, and 1 cup sugar in a medium saucepan; bring mixture to a boil. Reduce heat, and simmer for 15 minutes, stirring occasionally.

Add remaining 2 cups sugar and cranberries to pan. Simmer 1 hour and 30 minutes or until thick, stirring occasionally. Remove from heat, and cool completely. Cover and chill.

CALORIES for 2 T.: 80(0.0% from fat); FAT 0.0g (sat 0.0g,mono 0.0g,poly 0.0g);
PROTEIN 0.3g; CHOLESTEROL 0.0mg; CALCIUM 16mg; SODIUM 0.0mg; FIBER
2.2g; IRON 0.1mg; CARBOHYDRATE 21.5g

Double Chocolate Hazelnut Biscotti

CB (Cookies/Bars)

Source: adapted from One Smart Cookie by Julie Van Rosendaal

HU: 1.2

Servings: 44

Posted by: CJMartin717 (Cindy)

December 17, 2007

1/3 cup hazelnuts -- chopped
1 cup all-purpose flour
1 cup whole wheat pastry flour
1 cup sugar
1/3 cup Hershey's® cocoa
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup mini-chocolate chips
2 large eggs
1/4 cup Egg Beaters® 99% egg substitute
1 teaspoon vanilla
1 teaspoon instant coffee granules
1 tablespoon grated orange peel

Preheat oven to 350 F.

Toast nuts in the oven or in a small dry skillet until just fragrant. Set aside.

Stir together the flours, sugar, cocoa (I used Hershey's Special Dark cocoa powder), baking soda, and salt.

In a mixer bowl, combine eggs, Egg Beaters (or 2 egg whites), vanilla and coffee. Add the dry ingredients and mix on medium speed just until blended. Stir in the chocolate chips, orange peel, and hazelnuts.

Turn dough onto a lightly floured surface and form into 2 logs, approx. 10 x 3 inches. Place logs onto cookie sheets lined with parchment paper and flatten into a rectangle. Bake 25-30 minutes until firm and cracked on top. Remove from oven and cool on a wire rack for about 15 minutes.

Reduce oven temperature to 275 F.

Place logs on a cutting board and trim ends. Cut each log diagonally into 1/2-inch slices. Place biscotti back on baking sheet, standing upright, and bake 35-40 minutes at 275 F.

Per Serving: 60 Calories; 2g Fat (23.0% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 59mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Greek Beef Stew with Baby Carrot and Onions

Source: CLBB (originally posted by beacooker)

Hus: 6.5

Serves: 6

Posted by: Kate (KateWD)

December 18, 2007

This stew was delicious on it's own, the crumbled feta took it over the top. I made several modifications to the original recipe, and served it over WW egg noodles with a side of steamed green beans. Next time I will add additional veggies to the stew.

2 cups baby carrots
1 large onion or 1 pound pearl onions
1 cinnamon stick
1T olive oil
1.5 lb lean boneless beef chuck shoulder steak -- cut into 2-inch pieces
4 medium garlic cloves -- minced
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
2 14 1/2 ounce cans diced tomatoes
1/3 cup tomato paste
1 tablespoon grated lemon peel
1/2 teaspoon dried oregano
6 oz. reduced fat feta cheese -- crumbled

Place carrots, onions, and cinnamon stick in large slow-cooker. Heat oil in large skillet over medium-high heat until hot. Add beef, in batches if necessary, cook 5 to 7 minutes or until browned on all sides.

Place beef on top of vegetables in slow cooker. Sprinkle with garlic, salt, and pepper; top with tomatoes. Cover and cook on low 8-10 hours or until beef and vegetables are tender.

Discard cinnamon stick. Add tomato paste, lemon peel, and oregano to slow cooker; stir to combine. Cover and cook on low 15-20 minutes or until thickened and heated through. Sprinkle each serving with feta cheese.

Spinach-Parmesan Dip (II)

Source: Dallas Morning News 12-12-07

Appetizer

HU: 1 (for a 1/4cup serving)

Servings: 8 (yield 2 cups)

Date: December 23, 2007

Posted by: DonnaMO

COOK'S NOTE: Great taste with carrots or pita chips. Using fresh spinach and basil make this dip flavor intense. We ate it warm, freshly made and it was like a spinach gratin. Equally good chilled.

Ingredients:

1 teaspoon olive oil

3 garlic cloves, chopped

¼ teaspoon salt

1 (10-ounce) package fresh spinach

½ cup fresh basil leaves, loosely packed

1/3 cup block-style 1/3 -less-fat cream cheese, softened

1/8 teaspoon pepper

1/3 cup light sour cream

¼ cup freshly grated Parmesan

Heat oil in a large skillet over medium-high heat. Add garlic and sauté one minute. Add salt and spinach and sauté three minutes. At first, the spinach will seem to overflow in the skillet, but keep stirring. It reduces in volume as it wilts. Place spinach mixture in a colander and press until moisture is drained from spinach.

Put spinach, basil, cream cheese and pepper in a food processor and process until smooth. Spoon spinach mixture into a medium bowl and add sour cream and Parmesan. Cover and chill.

Makes 2 cups. Serves 8.

PER SERVING: Calories 62 Fat 5g Cholesterol 10 mg Sodium 227mgFiber3g

Carbohydrates 2 g Protein 3 g

Slow-cooker Tex-Mex Chicken and Beans

Everyday Food, November 2007

Healthy Units: 6

Servings: 4

Posted By: Bawstinn36 (Maria)

December 27, 2007

Comments: Yep, there is enough liquid from the salsa, water and the crock pot (condensation) itself to cook the beans. I did not have a red pepper on hand but I did have some roasted poblano peppers in the freezer which I chopped up and threw in an hour or so before it was done. It was very tasty, says the person with the love/hate relationship with the slow cooker.

The HUs reflect eating it as a stew. It was thick enough that we used it as soft taco filling. My yield (due to using 4 poblanos) was 10 1/2-cup servings as taco filling.

- 1 cup dried pinto beans -- rinsed
- 1 1/2 cups salsa
- 2 tablespoons chipotle chile canned in adobo -- chopped
- 2 tablespoons flour
- 1 1/2 pounds boneless skinless chicken thighs
- 1 medium red onion -- chopped
- 1 medium red bell pepper -- chopped
- 1/4 cup sour cream, light -- for serving
- 1/4 cup chopped fresh cilantro -- for serving

In a 5-to 6-quart slow cooker, stir together , salsa, chiles, flour and 1 cup water. Season chicken with salt and pepper; arrange on top of bean mixture. Scatter onion and bell pepper on top of chicken.

Cover and cook on low heat for 8 hours. Remove chicken from stew; shred into large pieces, and return to stew.

Serve topped with sour cream and cilantro.

Per Serving (excluding unknown items): 323 Calories; 6g Fat (15.8% calories from fat); 24g Protein; 46g Carbohydrate; 15g Dietary Fiber; 41mg Cholesterol; 493mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Baked Western Omelet

Source: WW years ago

HU: 3 per serving

Servings: 4

Posted By: OneGrandGirl(Mary Ellen)

December 30, 2007

4 large eggs

1/4 cup water

4 oz cooked ham, cut into thin strips

1 cup sliced mushrooms

1/2 cup chopped tomato

1/4 cup sliced scallions

1/4 cup chopped green pepper

1/8 tsp freshly ground pepper

Preheat oven to 375. Lightly spray a 10-inch glass pie pan with nonstick cooking spray. In a medium bowl, with a wire whisk, beat eggs with water until well blended. Stir in remaining ingredients. With rubber spatula, scrape into prepared pie pan. Bake 20 - 30 minutes until omelet is set, slightly puffed and browned. Cut into 4 wedges and serve at once.

Leftovers microwave fairly well.

Marmalade French Toast Casserole

Main Dish - Breakfast

Cooking Light 2007 Annual/ NOVEMBER 2006

HU: 6

Servings: 12

Posted by Carrie (Scarehair)

January 1, 2008

Grapefruit or mixed fruit marmalade will work just as well as the orange marmalade called for in the recipe. Serve the casserole with honey or pancake syrup warmed with orange rind and a splash of orange juice (add one teaspoon rind and two tablespoons juice per 1/2 cup syrup). This easy casserole can be assembled in less than 15 minutes and stored in the refrigerator overnight.

Carrie's Notes: This is rather high in points for everyday breakfast but great for special occasions, brunch, or guests. I loved the marmalade flavor. It would go well with turkey apple sausages and a fruit salad.

3 tablespoons butter, softened

1 (16-ounce) sourdough French bread loaf, cut into 24 (1/2-inch) slices

Cooking spray

1 (12-ounce) jar orange marmalade

2 3/4 cups 1% low-fat milk

1/3 cup sugar

1 teaspoon vanilla extract

1/4 teaspoon ground nutmeg

6 large eggs

1/3 cup finely chopped walnuts

Spread softened butter on one side of each bread slice. Arrange 12 bread slices, buttered side down, slightly overlapping in a single layer in a 13 x 9-inch baking dish coated with cooking spray. Spread marmalade evenly over bread; top with remaining 12 bread slices, buttered side up.

Combine milk and next 4 ingredients (through eggs), stirring with a whisk. Pour egg mixture over bread. Cover and refrigerate 8 hours or overnight.

Preheat oven to 350°.

Sprinkle casserole with walnuts. Bake at 350° for 45 minutes or until golden. Let stand 5 minutes before serving.

Yield: 12 servings (serving size: 1 piece)

CALORIES 293 (28% from fat); FAT 9g (sat 3.2g,mono 2.2g,poly 2.3g); PROTEIN 9.1g; CHOLESTEROL 116mg; CALCIUM 132mg; SODIUM 315mg; FIBER 1.6g; IRON 2.2mg; CARBOHYDRATE 46.4g

Lentil Soup with Chard

Category: ST

Source: cooking light, Oct 2003

HUs: 5

Serves 6

Posted by: danikam

Date: 1/1/08

Danika's notes: I added some celery and diced tomatoes. You could easily sub kale or spinach for the chard. I didn't think the yogurt added anything.

Ingredients

1 3/4 cups dried brown lentils
2 quarts water
1 cup diced carrot
1 3/4 teaspoons sea salt
Dash of dried thyme
2 garlic cloves, crushed
2 parsley sprigs
2 bay leaves
2 tablespoons butter
3 cups chopped onion
1 teaspoon ground cumin
6 cups torn Swiss chard
1 tablespoon fresh lemon juice
1/2 teaspoon freshly ground black pepper
6 tablespoons plain whole yogurt

Preparation

Sort and wash the lentils. Combine lentils, water, and next 6 ingredients (water through bay leaves) in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until tender.

Melt butter in a large nonstick skillet over medium-high heat. Add the onion and cumin; sauté 10 minutes or until browned. Stir onion mixture into lentil mixture. Discard bay leaves and parsley. Add chard to soup; simmer, uncovered, 10 minutes or until chard is tender. Remove soup from heat. Stir in juice and pepper. Ladle 1 1/3 cups soup into each of 6 bowls; top each serving with 1 tablespoon yogurt. Yield: 6 servings.

Nutritional Information

CALORIES 283(17% from fat); FAT 5.2g (sat 2.8g,mono 1.4g,poly 0.5g); PROTEIN 18.2g; CHOLESTEROL 12mg; CALCIUM 95mg; SODIUM 810mg; FIBER 20g; IRON 6.2mg; CARBOHYDRATE 43.9g

Skillet Cauliflower Gratin

Source: Eating Well Dec. 2007

Healthy Units: 4 per serving (Apx 1 cup)

Servings: 4

Posted by: Aimster03 (Amy)

January 2, 2008

Quick & Easy

4 cups 1-inch cauliflower florets (about ½ large head)

1 ½ cups nonfat milk, divided

¼ teaspoon salt

½ cup dry breadcrumbs, preferably whole-wheat

¾ cup shredded sharp Cheddar cheese, divided

½ teaspoon extra-virgin olive oil

2 tablespoons all-purpose flour

1 tablespoon chopped fresh chives

1 teaspoon Dijon mustard

¼ teaspoon white pepper

1. Position rack in upper third of oven; preheat broiler.
2. Bring cauliflower, 1 1/4 cups milk and salt to a boil in a large ovenproof skillet over medium-high heat. Reduce heat, cover and simmer until the cauliflower is tender, about 5 minutes.
3. Meanwhile, combine breadcrumbs, 1/4 cup cheese and oil in a small bowl. Whisk flour and the remaining 1/4 cup milk in another small bowl until smooth; stir the mixture into the pan and cook, stirring, until thickened, about 1 minute. Stir in the remaining 1/2 cup cheese, chives, mustard and pepper. Sprinkle with the breadcrumb mixture. Broil until the top is crispy and beginning to brown, 1 to 2 minutes.

Nutrition Information

Per serving: 185 calories; 8 g fat; 2 g fiber;

Alabama Pulled Pork Sandwiches with White Barbecue Sauce

Source: Cooking Light December 2007

Healthy Units: 4

Servings: 12

Posted By: Aimster03 (Amy)

January 2, 2008

CL Notes: Alabama barbecue is known for its vinegary white sauce. To prepare it in advance, combine the sauce ingredients, refrigerate, and bring to room temperature before serving. As for the pork, cook and refrigerate it in the braising liquid, and gently reheat it all on the stovetop before setting it on the buffet. The biscuits are best baked shortly before guests arrive. If time is tight, serve the sauce and pork with small silver-dollar rolls from the bakery.

Amy's Notes: This was an easy dish to put together. I made the side dishes while it simmered away. I skipped the rolls and added a little extra vinegar and hot pepper flakes to the pork. I liked the sauce but DH preferred a regular BQ sauce. The pork was even tastier the next day.

Sauce:

1/2 cup reduced-fat mayonnaise
2 tablespoons white vinegar
1 teaspoon coarsely ground fresh pepper
1 teaspoon fresh lemon juice
Dash of salt

1/2 teaspoon chili powder
1/4 teaspoon garlic powder

Pork:

1 1/4 pounds pork tenderloin, trimmed
1/2 cup apple cider vinegar
1/4 cup water
3 tablespoons brown sugar
2 teaspoons kosher salt
3/4 teaspoon freshly ground black pepper
1/2 teaspoon ground red pepper

Biscuits:

2 cups all-purpose flour (about 9 ounces)
2 1/2 teaspoons baking powder
1 teaspoon salt
1/4 teaspoon ground cinnamon
1 cup mashed cooked sweet potato (about 3/4 pound)
2 tablespoons brown sugar
3 tablespoons butter, melted
2/3 cup fat-free milk
Cooking spray

To prepare sauce, combine the first 5 ingredients in a small bowl. Cover and chill.

To prepare pork, cut pork in half lengthwise; cut crosswise into 2 1/2-inch pieces.

Combine apple cider vinegar and next 7 ingredients (through garlic powder) in a medium saucepan; bring to a boil. Add pork to pan. Cover, reduce heat, and simmer 1 hour or until tender. Remove pork from cooking liquid; shred with 2 forks. Place pork in a serving dish; pour cooking liquid over pork.

Preheat oven to 425°.

To prepare biscuits, lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, 1 teaspoon salt, and cinnamon in a large bowl; stir with a whisk. Combine potato, 2 tablespoons sugar, butter, and milk; stir well. Pour over dry ingredients; stir until a soft dough forms (dough will feel sticky). Turn dough out onto a floured surface; knead lightly 5 to 6 times. Roll dough into a 10-inch circle; cut 24 biscuits with a floured 2-inch biscuit cutter. Place on a baking sheet coated with cooking spray. (Reroll dough scraps, if necessary.) Bake at 425° for 12 minutes or until lightly browned. Remove biscuits from pan; cool on a wire rack. Serve with pork and sauce.

Yield: 12 servings (serving size: 2 biscuits, 1/4 cup pork, and 2 1/2 teaspoons sauce)
CALORIES 211; FAT 6g; FIBER 1.2g

Garden Risotto

Source: Foodnetwork.com; Ellie Krieger

HU: 4

Servings: 6

Posted by: HomeschoolMel

1/3/08

Melanie's Notes: I thought these were very generous serving sizes and that you could easily serve 8 at 3 HU's per serving. We had this with Easy Baked Fish - a great meal!

6 cups low-sodium chicken broth
2 tsp. olive oil
1 medium onion, chopped
1 1/2 cups Arborio Rice
1/2 cup dry white wine
3/4 tsp. salt
Freshly ground black pepper
3 lightly packed cups baby spinach leaves
1 cup frozen peas
1/2 pound asparagus, steamed and cut into 3/4 inch pieces
1/4 cup freshly grated Parmesan

Bring the broth to a simmer in a medium saucepan. Heat the oil in a heavy saucepan over moderately low heat and cook the onion, stirring occasionally, until soft, 3 to 5 minutes. Add the rice and cook, stirring constantly, 1 minute. Add wine and simmer, stirring constantly, until absorbed, about 1 minute. Add 3/4 cup of the hot broth, the salt and a few grinds of fresh pepper and simmer, stirring constantly, until broth is absorbed. Continue simmering and adding hot broth, about 3/4 cup at a time, stirring constantly and allowing the broth to be absorbed before adding more, until rice is almost tender and creamy-looking, about 18 minutes.

Add the spinach and peas and cook until the spinach is wilted. Add the asparagus and cook just until the vegetables are hot. Stir in the Parmesan and more broth if the risotto seems too thick. Serve in soup plates.

NI: Calories 205; Total Fat 4 grams; Sat. Fat 1.5 grams; Chol. 1 mg.; Sodium 466 mg.; Carbs. 30 grams; Protein 10.5 grams; Fiber 3.5 grams.

Shrimp Jambalaya

Source: Winter 2008 Clean Eating Magazine

HU: 4

Servings: 4

Posted by: HomeschoolMel

1/3/08

Quick and Easy

Kid Friendly

Melanie's notes: This was super quick and easy and there were no leftovers. Would make a great weeknight meal.

C.E.'s Notes: If you don't like shrimp, substitute chicken breast.

1/2 cup chopped onion
1/2 cup chopped green pepper
1 clove minced garlic
1 (16 oz.) can stewed tomatoes
1/2 cup water
2 bay leaves
1/2 tsp. thyme
1/4 tsp. basil
1/4 tsp. red pepper
Dash pepper
1 lb. deshelled shrimp
2 cups cooked brown rice
Pam cooking spray

In a saucepan coated with Pam, cook onion, pepper and garlic until tender. Stir in stewed tomatoes, water, bay leaves, thyme, basil, red pepper, pepper, shrimp and cooked rice. Bring to a boil and reduce heat. Cover and cook over medium heat for 15 minutes, stirring frequently. Remove bay leaves before serving.

Nutrients per serving: 220 calories; 2 g. Fat; 35 g. carbs; 16 g. Protein

Creamy Chopped Cauliflower Salad

Eating Well January/February 2008

HU: 1

Servings: 6 (about 1 cup each)

Posted by DebMj1

January 4, 2008

Quick and Easy

EW Comments: Caraway and cauliflower are a match that brings to mind wursts, sauerkraut and foamy, cold mugs of beer. Alas, not everyone loves that caraway flavor so leave out the caraway seeds if you prefer—the salad's wonderful either way.

Deb's Comments: I omitted the caraway seeds and cut the amount of shallots in half. I used a Sonya apple. DH suggested adding some crumbled gorgonzola on top of each serving. It complemented the salad perfectly and adds about 1/2 point to each serving.

5 tablespoons reduced-fat mayonnaise

2 tablespoons cider vinegar

1 small shallot, finely chopped

1/2 teaspoon caraway seeds (optional)

1/4 teaspoon freshly ground pepper

3 cups chopped cauliflower florets (about 1/2 large head)

2 cups chopped heart of romaine

1 tart-sweet red apple, chopped

Whisk mayonnaise, vinegar, shallot, caraway seeds (if using) and pepper in a large bowl until smooth. Add cauliflower, romaine and apple; toss to coat.

NUTRITION INFORMATION: Per serving: 54 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 9 g carbohydrate; 2 g protein; 2 g fiber; 128 mg sodium; 257 mg potassium.

Portabello & Beef Patty Melt

Eating Well January/February 2008

HU: 6.5

Servings: 4

Posted by DebMj1

January 4, 2008

Quick and Easy

EW Notes: This diner classic gets a makeover by replacing some of the ground beef with finely chopped portobello mushrooms, which add moisture and flavor. We like a smear of pickle relish on top, but you could try chutney, mustard or hot pepper relish in its place.

Deb's Notes: I used 95% lean ground beef and cut the amount of Worcestershire in half. Using lowfat Swiss cheese will save at least 1/2 a point, if not a full point. We did these on the grill - 5 to 6 minutes per side at medium heat.

12 ounces 93%-lean ground beef
2 cups finely chopped portobello mushroom caps (about 2), gills removed
3 tablespoons plain dry breadcrumbs
1 tablespoon Worcestershire sauce
1 teaspoon chopped fresh thyme or 1/2 teaspoon dried
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
4 slices rye bread
1 clove garlic, peeled
8 teaspoons pickle relish
4 slices Swiss cheese (2 ounces)

Position rack in upper third of oven; preheat broiler. Line a broiler pan with foil.

Gently mix beef, mushrooms, breadcrumbs, Worcestershire, thyme, salt and pepper in a medium bowl until combined. Shape into 4 patties and place on the prepared pan. Broil until cooked though, 4 to 6 minutes per side.

Meanwhile, toast bread. Rub each slice of toast with garlic.

Place 1 patty on each piece of toast, top each with 2 teaspoons relish and cover with a slice of cheese. Remove foil and place the sandwiches on the pan; broil until the cheese is just melted, 30 to 60 seconds.

NUTRITION INFORMATION: Per serving: 299 calories; 11 g fat (5 g sat, 4 g mono); 61 mg cholesterol; 26 g carbohydrate; 25 g protein; 3 g fiber; 583 mg sodium; 412 mg potassium.

Apple Pepper Salad

my sister-in-law, who invented it

HU: 2.5

Servings: 6

Posted by sandythecur

January 4, 2008

Carol's Notes: You can use feta or any crumbly blue cheese. You can halve or slice the almonds, if you wish, but it's not necessary.

3 peppers, any color

3 medium apples

2 oz. feta cheese

2 oz. almonds, unsalted

1/2 T. extra virgin olive oil

1/2 T. balsamic vinegar

Chop peppers, but not too small. Core apples and cut into cubes. Toss peppers and apples together with cheese and almonds.

Stir olive oil and vinegar together. Toss with salad right before serving.

NUTRITION INFORMATION: Per serving: 147 calories; 8 g fat (2 g sat, 4 g mono); 8 mg cholesterol; 17 g carbohydrate; 4 g protein; 4 g fiber; 108 mg sodium; 261 mg potassium.

Creamy Tuna Casserole

Main Dish

from The Healthy Slow Cooker

HU:6

Servings: 6

Posted by Scarehair (Carrie)

January 4, 2008

Make Ahead, Kid Friendly

Carrie's notes: This is not any easier than baking the casserole in the oven, but for those days where your oven is occupied or you want comfort food without heating the house, or if you have no kitchen due to remodeling :) , this will work great. Author suggests a green salad to complete the meal. Works in a 3 1/2 to 6 qt. slow cooker.

8 oz small tubular pasta, such as penne
1 Tbsp olive oil
1 onion, minced
4 stalks celery, diced
8 oz mushrooms, sliced
1/2 tsp dried tarragon or thyme leaves
crumbled
1/2 tsp cracked black peppercorns
1 can reduced sodium cream of celery
soup, undiluted

2 Tbsp cream cheese
2 cans solid white tuna, drained and
flaked

Crispy Crumb Topping
1 Tbsp butter
1/2 tsp salt
2 Cups fresh bread crumbs
2 Tbsp fresh grated Parmesan Cheese

1. in a pot of boiling salted water, cook the pasta until tender to the bite, about 8 minutes. Drain and transfer to a slow cooker stoneware sprayed with cooking spray.

2. Meanwhile, in a large skillet, heat oil over med heat for 30 seconds. Add onion, celery, and mushrooms and cook, stirring, until celery is softened, about 6 minutes. Add tarragon and peppercorns and stir well. Gradually add soup, stirring to dissolve any lumps. Add cream cheese and cook, stirring until melted and incorporated. Stir in tuna. Transfer to slow cooker stoneware.

3. Cover and cook on Low for 4-5 hours or on High for 2-2 1/2 hours, until hot and bubbly.

4. In a skillet over med heat, melt butter and salt. Add bread crumbs and cook, stirring until they start to brown, about 5 minutes. Remove from heat and stir in Parmesan. Spread over the top of the cooked casserole and serve.

Cal 297, Protein 17.4g, Fat 9.1g, Sat Fat 2.3, Mono Fat 3.6, Poly fat 2.5, Fiber 3.5, Sodium 603 mg, Chol 25 mg

Salmon Loaf

Main Dish

from The Healthy Slow Cooker

HU: 6

Servings: 6

Posted by Scarehair (Carrie)

January 4, 2008

Kid Friendly, Make Ahead

Author suggested a tomato sauce or homemade chili sauce for a nice finish. I served this with a Tzatziki sauce on the side. I thought it was too wet so next time I will drain the canned salmon as well as drain the celery/onion/mushroom mixture, and add the zest from the fresh lemon. This was a surprising hit at our house as even my very picky son ate two helpings. This went nicely with a spinach and orange salad with Jet Fuel dressing and a wild rice pilaf.

Works in slow cookers from 3 1/2 to 6 qts.

1 Tbsp olive oil

1 large onion, chopped

4 stalks celery, finely chopped

8 oz. mushrooms, sliced

1/2 tsp dried tarragon, thyme, or dill

1/2 tsp fresh ground black pepper

3 eggs, lightly beaten

2 Tbsp freshly squeezed lemon juice

2 cans wild salmon, 7 1/2 oz each (author suggests using bones and juice, I say leave them out)

1/2 Cup finely chopped parsley or chopped dill

3/4 Cup dry breadcrumbs

1. In a skillet heat oil over medium heat for 30 seconds. Add the onion, celery, and mushrooms and cook, stirring, until celery is tender, about 5 minutes. Add tarragon and pepper and cook, stirring for 1 minute. Remove from heat and set aside.

2. In a bowl large enough to accommodate the salmon and veggies, beat eggs and lemon juice. Add salmon and break into small pieces with a fork. Add reserved mushroom mixture, parsley, and bread crumbs and mix until blended. If mixture seems wet, add more breadcrumbs 1 Tbsp at a time.

3. Fold a 2 ft piece of foil in half lengthwise. Place on bottom and up sides of slow cooker stoneware. Shape salmon mixture into a loaf and place on foil strip on bottom of the slow cooker stoneware.

4. Cover and cook on Low for 4-5 hours or on High for 2 to 2 1/2 hours, or until loaf is set. Slide the loaf off the foil onto a platter and slice. Top with a dollop of sauce, if using.

TO MAKE AHEAD: Complete steps 1 through 3. Cover and refrigerate overnight. Continue with step 4.

Jet Fuel Dressing

Condiment

from Beauty Evolution by Bobby Brown (she got it from Canyon Ranch Spa)

HU: 0

Makes 2 Cups

Posted by Scarehair (Carrie)

January 4, 2008

Quick & Easy

My notes: I did this in the blender. Quite tasty and something I will keep on hand. This is great over a spinach salad with orange or bosc pear.

1/2 Tsp salt

1/2 Cup red wine vinegar

1/4 tsp fresh ground black pepper

1 Tbsp sugar

2 garlic cloves, minced

2 tsp worchestershire sauce

1 Tbsp dijon mustard

1 Tbsp fresh lemon juice (I add the zest, too)

1 Cup water

Combine salt and vinegar, stir until salt is completely dissolved. Add remaining ingredients except water and stir well. Add water and mix well. Refrigerate. Best made the day before.

Turkey-Mushroom Casserole

Poultry

Cooking Light November 2007

HU: 6

Servings: 6

Posted by DebMj1

January 4, 2008

CL Notes: Extra turkey, vegetables, and rolls combine for this homespun comfort-food favorite.

Deb's Notes: I added about 1 cup of finely chopped carrots to this (along with the celery and onion) to add a little color and Vitamin A.

1/4 cup freshly grated Parmesan cheese
2 tablespoons olive oil, divided
2 (1 1/2-ounce) leftover dinner rolls, torn into chunks
1 1/2 cups chopped onion (about 1 large)
1 cup chopped celery
1 teaspoon salt, divided
1 (8-ounce) package presliced cremini mushrooms
2 cups Turkey Stock, divided
2/3 cup 1% low-fat milk
1/3 cup all-purpose flour (about 1 1/2 ounces)
3 cups chopped cooked turkey (light and dark meat)
1 cup leftover peas or frozen peas, thawed
1 1/2 tablespoons chopped fresh thyme
1/2 teaspoon freshly ground black pepper
Cooking spray

Preheat oven to 350°.

Combine Parmesan cheese, 1 tablespoon olive oil, and bread in a small food processor; pulse 10 times or until coarse crumbs measure 1 1/2 cups.

Heat the remaining 1 tablespoon olive oil in a medium Dutch oven over medium heat. Add onion and celery to pan; cook 6 minutes or until tender, stirring occasionally. Stir in 1/4 teaspoon salt. Add mushrooms; cook 5 minutes or until brown, stirring occasionally. Add 1/2 cup Turkey Stock to pan. Combine milk and flour in a small bowl, stirring with a whisk until blended. Add milk mixture to pan, stirring constantly. Gradually add remaining 1 1/2 cups Turkey Stock and 1/2 teaspoon salt; cook 8 minutes or until mixture thickens. Stir in remaining 1/4 teaspoon salt, chopped cooked turkey, peas, chopped fresh thyme, and freshly ground black pepper; cook 2 minutes or until thoroughly heated.

Spoon the turkey mixture into a 13 x 9-inch baking dish coated with cooking spray. Sprinkle breadcrumb mixture evenly over top of turkey mixture. Bake at 350° for 25 minutes or until filling is bubbly.

Nutritional Information

CALORIES 303(29% from fat); FAT 9.7g (sat 2.5g,mono 4.3g,poly 1.4g); PROTEIN 29.1g;
CHOLESTEROL 54mg; CALCIUM 170mg; SODIUM 634mg; FIBER 3.3g; IRON 2.6mg;
CARBOHYDRATE 24.5g

Barley Vegetable Soup (Slow Cooker)

ST (soup/stew)

Source: BH&G Biggest Book of Slow Cooker Recipes

HU: 3.8 (see note)

Serves: 6 (see note)

Posted by: CJMartin717 (Cindy)

January 5, 2008

Cindy's note: I used petite-cut diced tomatoes with green chilis rather than stewed tomatoes. This was a very hearty soup with generous servings. After having some for dinner, I have 7 servings in the fridge. I calculate 2.6 HU's for 8 servings. I used low-sodium non-fat chicken broth which reduces the sodium per serving too.

- 1 15-oz can red beans, rinsed and drained
- 1 10-oz package frozen whole kernel corn
- 1/2 cup medium pearl barley
- 1 14.5-oz can stewed tomatoes
- 2 cups sliced fresh mushrooms
- 1 cup chopped onions
- 1 medium carrot, coarsley chopped (1/2 cup)
- 1 stalk celery, coarsley chopped (1/2 cup)
- 3 cloves garlic, minced
- 2 teaspoons dried Italian seasoning, crushed
- 1/4 teaspoon pepper
- 5 cups vegetable or chicken broth

In a 3 1/2 to 5-quart slow cooker place beans, corn barley, undrained tomatoes, mushrooms, onion, carrot, celery, garlic, Italian Seasoning, and pepper. Pour broth over all.

Cover and cook on low-heat setting for 8-10 hours or on high-heat setting for 4-5 hours.

Nutrition info per serving: 220 calories, 2 g total fat (0 g saturated), 0 mg cholesterol, 1,167 mg sodium, 47 g carbohydrates, 9 g fiber, 12 g protein.

Chocolate Mint Pudding (dairy-free)

desserts

Source: adapted from Cooking for Two Winter 2008 magazine

HU: 2

Servings: 3

Posted by: CJMartin717 (Cindy)

January 5, 2008

Quick & Easy

Cindy's notes: The original recipe used regular (not lite) silken tofu, regular butter and sugar. Two servings calculated at 7 points - way too much for pudding IMO. I used recipe builder to calculate my changes. I wasn't happy with the texture and decided to add the Cool Whip for a more mousse-like dessert. That increased the volume and I had 3 servings rather than 2. I might try almond extract instead of mint next time.

Ingredients

6 oz lite silken tofu

1 Tbsp Land O Lakes Stick Light Butter, melted

a dash of table salt

1/4 cup Nestle Cocoa for Baking

1/2 cup SLENDA No Calorie Sweetener

1/8 tsp mint extract

1 Tbsp light vanilla soy milk

1 cup Cool Whip Free Whipped Topping

Combine everything except Cool Whip in a food processor and blend until smooth and creamy. I had to scrape down the sides of the bowl several times to blend everything well. Transfer to a bowl, fold in Cool Whip, and refrigerate until ready to serve.

Spicy Stir-Fried Tofu with Snow Peas, Peanut Butter, and Mushrooms

Vegetarian

Cooking Light Jan/Feb 2008

Healthy Units: 4

Core: No

Servings: 4

Posted by Leslie8908

January 5, 2008

CL Notes: One serving of this colorful and filling vegetarian entrée gives a boost to skin and hair with all the vitamin C and about 15 percent of a day's worth of folate and vitamin E. Serve over fortified white rice to add more folate to the nutritional profile.

Leslie's Notes: I think this would be fantastic with chicken or shrimp also.

1 (14-ounce) package extrafirm tofu, drained and cut into 1-inch cubes	3 cups sliced shiitake mushrooms (about 8 ounces)
2 teaspoons canola oil	2 tablespoons reduced-sodium tamari
3/4 pound snow peas, trimmed	2 tablespoons creamy peanut butter
1 cup red bell pepper strips	1 teaspoon cornstarch
3/4 cup water, divided	2 teaspoons Sriracha (hot chile sauce, such as Huy Fong)
1/2 cup sliced green onions	1/4 teaspoon salt
2 teaspoons minced peeled fresh ginger	
2 garlic cloves, minced	

Place tofu cubes on several layers of paper towels. Cover with additional paper towels; let stand 5 minutes.

Heat oil in a large nonstick skillet over medium-high heat. Add tofu to pan; cook 7 minutes or until lightly browned, gently turning occasionally. Remove from pan; keep warm.

Add snow peas, bell pepper, 1/4 cup water, onions, ginger, and garlic to pan; stir-fry 3 minutes. Add mushrooms; stir-fry 2 minutes.

Combine remaining 1/2 cup water, tamari, peanut butter, cornstarch, Sriracha, and salt in a small bowl; stir well. Add tamari mixture and tofu to pan; cook 1 minute or until thickened, stirring constantly.

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

Nutritional Information

CALORIES 212(37% from fat); FAT 8.7g (sat 1.4g,mono 3.7g,poly 3g); PROTEIN 13.1g;

CHOLESTEROL 0.0mg; CALCIUM 84mg; SODIUM 639mg; FIBER 4.7g; IRON 3.6mg;
CARBOHYDRATE 21.5g

Golden Winter Soup

Soups

Cooking Light Jan/Feb 2008

Healthy Units: 6.7

Core: No

Servings: 8

Posted by Leslie8908

January 5, 2008

CL Notes: Leeks and potatoes provide the base for this hearty vegetable soup, and butternut squash adds a hint of sweetness. Gruyère toasts add a salty note.

Leslie's Comments: see my substitutions below. Points posted are for recipe as written.

2 tablespoons butter
5 cups (1/2-inch) cubed peeled butternut squash (about 1 1/2 pounds)
2 cups (1/2-inch) cubed peeled russet potato (about 12 ounces)
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 cups sliced leek (about 2 medium)
4 cups fat-free, less-sodium chicken broth
1 cup half-and-half (I used Fat-Free half & half)
12 ounces baguette, cut into 16 slices
3/4 cup (3 ounces) shredded Gruyère cheese (I used 2% Swiss)
3 tablespoons chopped chives
Freshly ground black pepper (optional)

Preheat broiler.

Melt butter in a large Dutch oven over medium-high heat. Add squash, potato, salt, and pepper to pan; sauté 3 minutes. Add leek; sauté 1 minute. Stir in broth; bring to a boil. Reduce heat, and simmer 20 minutes or until potato is tender, stirring occasionally.

Place half of potato mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining potato mixture. Stir in half-and-half. Cover and keep warm.

Arrange bread slices in a single layer on a baking sheet; sprinkle evenly with cheese. Broil bread slices 2 minutes or until golden.

Ladle 1 cup soup into each of 8 bowls; top each serving with about 1 teaspoon chives. Serve 2 bread slices with each serving. Garnish with freshly ground black pepper, if desired.

8 servings

Nutritional Information

CALORIES 329(30% from fat); FAT 10.9g (sat 6.2g,mono 3g,poly 0.9g); PROTEIN 12.8g;
CHOLESTEROL 30mg; CALCIUM 217mg; SODIUM 813mg; FIBER 4.8g; IRON 3.2mg;
CARBOHYDRATE 46.7g

Dried Fruit Compote in Spiced Syrup

Category: Desserts

Source: Food and Wine

HU: 4 per serving

Servings: 10

Posted By: Trish

Date: 1/5/08

This is easy to make with things we often have on hand. It was great over the CL Sour Cream Pound Cake and just as delicious topping oatmeal for the next week of breakfasts.

1 1/2 cups dry white wine

3/4 cup sugar

1 each cinnamon stick

8 each cloves

1 1/4 pounds dried apricot, can be a mix of dried fruit to equal 1 1/4 lb

2 cups cold water

1 1/2 tablespoons vanilla extract

In a large saucepan, combine the white wine, sugar, cinnamon stick and cloves and bring to a boil over high heat.

Simmer over low heat for 10 minutes. Add the dried fruits, water and vanilla extract and bring to a boil. Simmer over low heat until the fruit is plump and the liquid is slightly syrupy, about 25 minutes. Discard the cinnamon stick and cloves.

Serve over ice cream, yogurt, pound cake, oatmeal, etc.

Italian Coleslaw with Fennel and Capers

Category: Salads/side dishes

Source: Food and Wine

HU: 2 per serving

Servings: 4

Posted By: Trish

Date: 1/5/08

Quick and Easy

My DH, who doesn't really like cabbage, loved this. It makes 4 very generous servings, so I think you can really stretch it to 6 servings. Good with a roast chicken or other simple roasted meat.

1/2 large red cabbage, chopped

1 medium fennel bulb, chopped

1/2 cup chopped parsley

3 tablespoons capers, drained

3 tablespoons lemon juice

2 tablespoons olive oil

2 cloves garlic, minced

Combine cabbage, fennel, parsley, and capers in a large bowl. Toss to blend. Mix in lemon juice, oil, and garlic. Season to taste with salt and pepper.

Peach French Toast Bake

Category: breakfast

Source: Ellie Krieger Food network online

HU: 5

Servings: 6 large servings

Posted By: Zephyr1

Kid Friendly

Date: 1/6/08

Comments: Do not skimp on using vanilla or the cinnamon use a high quality most of the flavor is imparted through it in this recipe. this is not your typical sweet French toast bake which is why I like it but to get good flavor with this you will need good ingredients otherwise something will be lost. With not a lot of sweetness I worried Sky would not like it but he asked if we could have it everyday.

Ingredients:

Cooking spray

1 large whole-wheat baguette (about 8 ounces)

4 whole eggs

4 egg whites

1 cup low fat milk

1 teaspoon vanilla extract

5 cups sliced peaches, fresh or frozen

1/2 lemon, juiced about 1 1/2 tablespoons

3 tablespoons brown sugar

1/4 teaspoon ground cinnamon

Spray a 9 by 13-inch baking pan with cooking spray. Slice the baguette into 1/2-inch slices and arrange the slices in a single layer in the baking pan. Whisk together the eggs, egg whites, milk and vanilla. Pour the egg mixture over the bread in the pan. In a medium bowl, toss peaches with the lemon juice and 1 tablespoon of the brown sugar. Scatter the peach slices evenly on top of the bread. Combine the remaining brown sugar and cinnamon and sprinkle over the top. Cover and refrigerate overnight. Preheat the oven to 350 degrees F. Uncover and bake for 40 minutes. Serving suggestion: Top with a dollop of vanilla yogurt, a drizzle of maple syrup and a side of Canadian bacon.

Nutrition Information

Nutritional Analysis per Serving Calories 254

Total fat 6 grams Saturated fat 1.6 grams

Protein 12.5 grams Carbohydrates 40 grams

Fiber 5 grams

Grilled Tuna with Herbed Aioli

Bon Appetit, July 2003

HU: 7

Yield: 4 servings

Posted By: kwe730 (Kim)

January 6, 2008

Ingredients:

1/4 cup olive oil
2 tablespoons red wine vinegar
2 tablespoons chopped fresh basil
2 teaspoons chopped fresh thyme
2 teaspoons dried tarragon
2 large garlic cloves, finely chopped
1/3 cup light mayonnaise
4 7-ounce tuna steaks (each about 1 inch thick)

Whisk together first 6 ingredients in shallow dish for marinade. Place mayonnaise in separate small bowl. Whisk in 1 1/2 tablespoons marinade. Set aioli aside. Sprinkle fish with salt and pepper. Place fish in marinade in dish, turning to coat evenly. Marinate 1 hour at room temperature, turning fish occasionally.

Oil grill rack. Prepare barbecue (medium-high heat). Grill fish to desired doneness, about 3 minutes per side for medium. Top fish with aioli and serve.

Blackberry and Apple Crisp with Nut Topping

Food and Wine, October 2007

HU: 5.5

Servings: 6 (1 cup each)

Posted by DebMj1

January 6, 2008

F&W Notes: The extra-crunchy topping on this easy dessert contains heart-healthy oats and nuts rich in monounsaturated fats and vitamin E, and the apple-and-blackberry filling contains powerful antioxidants. In summer, Murray substitutes huckleberries, which he picks with his kids during their family vacations in Idaho.

Deb's Notes: If you count fiber up to the 10 gms like the old Winning Points system, and make the substitutions I did, this will drop to 4 points per serving.

Ingredients

FILLING

3 Fuji apples—peeled, cored and sliced 1/4 inch thick (you need to slice these more thinly than 1/4-inch or they won't get done in the time allotted)

1 1/2 cups fresh or frozen blackberries

1/4 cup granulated sugar (I used 2 Tbsps. of sugar and 2 Tbsps. of Splenda)

1/2 cup plus 2 tablespoons all-purpose flour (I used whole wheat pastry flour)

TOPPING

1/3 cup rolled oats

1/3 cup whole almonds and pecans, coarsely chopped

3 tablespoons light brown sugar

1/2 teaspoon ground cinnamon

3 tablespoons butter, softened (I used light butter)

Directions

Preheat the oven to 350°. Oil an 8-by-8-inch glass baking dish. In a bowl, toss the apples with the blackberries, sugar and 2 tablespoons of the flour. Scrape the filling into the baking dish.

In a bowl, toss the oats with the remaining » cup of flour and the nuts, brown sugar and cinnamon. Add the butter and rub it in thoroughly. Sprinkle the topping over the filling and bake for 35 minutes, until the filling is bubbling and the top- ping is browned. Let the crisp cool for 10 minutes before serving.

MAKE AHEAD The crisp can be made up to 4 hours ahead.

Each serving, as originally written, has 268 cal, 11 gm fat, 4.0 gm sat fat, 43 gm carb, 5.9 gm fiber.

Crockpot Jambalaya

Source: Rival Crock-pot instruction booklet, posted by ???

HUs: 6

Core: Yes with brown rice

Serves: 6

Posted by: Kate

January 6, 2008

This was so easy to put together, and so tasty. I omitted the Tabasco due to DS, and added it to my portion at the table.

- 16 oz boneless, skinless chicken breast
- 2 green peppers, chopped
- 1 medium onion, chopped
- 2 stalks celery, sliced
- 4 cloves garlic, minced
- 1/3 cup tomato paste
- 1 can beef broth
- 1 T dried parsley
- 1 1/2 tsp dried basil
- 1/2 tsp oregano
- 1 tsp Tabasco sauce
- 1 tsp cayenne pepper
- 1/2 tsp salt
- 1 lb shelled shrimp
- 3 cups cooked rice

Cut chicken into 1 inch pieces. Add all ingredients except shrimp and rice to the crockpot. Cover, cook on low 8-10 hours (high 3-4 hours). Add shrimp last 15-30 minutes of cooking. Stir in rice when ready to serve. 6 generous servings.

Spicy Green Salad with Manchego and Pears

Adapted from Gourmet, November 2007

HU: 3 per serving

Servings: 4

Posted by DebMj1

January 6, 2008

Gourmet Notes: The gutsy contrast of assertive greens with juicy pears, slivers of Manchego and toasted pumpkin seeds lets guests know right from the beginning that this meal will be full of personality.

Deb's Notes: I made major changes to this recipe to bring it down to a manageable 3 points per serving. It started out at about 7. Ouch.

2 Tbsps. hulled pumpkin seeds (pepitas, not toasted)
1 Tbsp. olive oil, divided
1 1/2 Tbsps. warm water
1 1/2 Tbsps. white wine vinegar
1/2 tsp. mild honey
1/2 tsp grainy mustard
2 cups packed spicy salad greens, such as radish greens, watercress and/or arugula, tough stems discarded (I used arugula)
2 cups packed frisee (French curly endive), torn into bite sized pieces
2 ounces Manchego cheese, rind removed and cheese shaved
1/2 of an 8-10 oz. Bosc pear, cored and peeled and cut into 4 1-oz. wedges

Cook seeds in 1/2 Tbsp. oil in small heavy skillet over medium-low heat, stirring frequently, until puffed and beginning to brown, about 4 minutes. Transfer with a slotted spoon to paper towels and reserve oil. Season seeds with salt and pepper.

Whisk together vinegar, water, honey, mustard, 1/4 tsp salt and 1/8 tsp pepper. Add remaining 1/2 Tbsp of olive oil and reserved oil from skillet in a slow stream, whisking until emulsified.

Divide greens and cheese among salad plates. Arrange pear wedge on each plate and drizzle dressing over salads. Sprinkle with seeds.

Chile-Brined Roasted Pork Loin

Cooking Light, January 2008

Healthy Units: 3

Yield: 12 servings (serving size: about 3 ounces)

Posted By: Bawstinn36 (Maria)

January 6, 2008

An entire can of chipotle chiles may sound like a lot, but because it is in the brine, the heat in the pork is subtle. Mexican oregano is stronger and not as sweet as the more typical Greek oregano, though that's an acceptable substitute. Leftover pork also freezes well for up to two months.

7 cups water, divided
2 tablespoons cumin seeds
2 tablespoons grated lime rind
1 tablespoon Mexican dried oregano
6 garlic cloves, minced
1/2 cup kosher salt
1/2 cup sugar
1 (7-ounce) can chipotle chiles in adobo sauce, chopped
2 cups ice cubes
1 (3-pound) boneless pork loin, trimmed
1/4 cup fresh lime juice
2 teaspoons freshly ground black pepper
1 teaspoon Mexican dried oregano
2 garlic cloves, minced
Cooking spray

Combine 1 cup water, cumin, rind, 1 tablespoon oregano, and 6 garlic cloves in a small saucepan. Bring to a boil; remove from heat. Pour into a large bowl; cool to room temperature. Add remaining 6 cups water, salt, and sugar, stirring until salt and sugar dissolve. Stir in chiles. Pour salt mixture into a 2-gallon zip-top plastic bag. Add ice and pork; seal. Marinate in refrigerator 24 hours, turning occasionally. Preheat oven to 450°.

Remove pork from bag; discard brine. Pat pork dry with paper towels. Combine juice, pepper, 1 teaspoon oregano, and 2 garlic cloves. Place pork in a roasting pan coated with cooking spray. Brush juice mixture over pork. Bake at 450° for 15 minutes. Reduce oven temperature to 325° (do not remove pork from oven); bake an additional 45 minutes or until thermometer inserted into thickest portion of pork registers 155°. Place pork on a platter. Cover with foil; let stand for 15 minutes. Thinly slice.

CALORIES 154 (44% from fat); FAT 7.5g (sat 2.7g, mono 3.5g, poly 0.5g); PROTEIN 18.9g; CHOLESTEROL 51mg; CALCIUM 10mg; SODIUM 225mg; FIBER 0.3g; IRON 0.7mg; CARBOHYDRATE 1.5g

Mexican Corn

Yield: 4 Servings

HUs: 2

Source: Bon Appétit, July 1995

Posted by: kwe730 (Kim)

January 7, 2008

Kim's Notes: The original recipe called for 3 T of butter. I reduced it to 1, use a non-stick pan and still find that I get plenty of the buttery flavor.

Ingredients:

- 1 tablespoon butter
- 1 10-ounce package frozen corn kernels, thawed
- 1 red bell pepper, chopped
- 1 cup chopped zucchini
- 2 green onions, chopped
- 1 jalapeño chili, seeded, chopped
- 1/2 cup purchased salsa (I like the stuff from the deli section)
- 2 tablespoons chopped fresh cilantro

Melt butter in heavy large skillet over medium-high heat. Add corn, red bell pepper, zucchini, green onions and jalapeño and sauté until vegetables are tender, about 6 minutes. Mix in salsa and chopped cilantro. Stir until heated through, about 1 minute. Season to taste with salt and pepper.

Basque Chicken Stew (Slow Cooker)

Category of recipe: Stew

Source: aboutsouthernfood.com

Healthy Units: 6

Servings: 6 (2 thighs and 1/2c sauce/veggie mixture)

Posted by CrissyBear (Christine)

Date: January 7, 2008

Christine's Notes: This recipe originally served 4, using 1 lb boneless skinless chicken breast halves, 2 Tbsp oil and traditional bacon. I upped the chicken and still had plenty of sauce to go around. This goes well with brown rice or whole wheat couscous.

Ingredients

- 1 Tbsp olive oil
- 6 slices turkey bacon
- 8 ounces mushrooms, sliced
- 1 green bell pepper, cut into 1" pieces
- 1 red bell pepper, cut into 1" pieces
- 1 bunch green onions, cut into 1" pieces
- 2 Tbsp balsamic vinegar
- 3 lb skinless chicken thighs (about 12 thighs)
- 1 can (2.75oz) sliced ripe olives
- 1 can (14 oz) whole tomatoes, coarsely chopped
- 1/4 c low sodium chicken broth
- 3 Tbsp tomato paste
- 1/2 tsp dried marjoram
- 1/2 tsp salt
- 1/4 tsp black pepper

Instructions

Heat olive oil in skillet. Cook turkey bacon; drain on paper towel and dice or crumble.

To the same skillet, add mushrooms, pepper, and green onions and saute for a minute. Add vinegar and cook one minute longer, scraping up browned bits from the bottom of the pan. Set aside.

Pace chicken in slow cooker. Add bacon and vegetables to the pot. Combine the remaining ingredients in a bowl and mix. Pour over chicken and vegetables. Cover and cook on LOW for 8-10 hours.

Per Serving: 266 Calories; 12g Fat (39.7% calories from fat); 30g Protein; 10g Carbohydrate; 3g Dietary Fiber; 120mg Cholesterol; 681mg Sodium.

Lemon-Dill Salmon Croquettes with Horseradish Sauce

FS (Fish/Seafood)

Cooking Light, JANUARY 2008

HU: 4.6

Serves: 4

Posted by: CJMartin717 (Cindy)

January 7, 2008

CL: Salmon is a great source of omega-3 fatty acids. A serving of croquettes supplies about a day's worth of the fat.

Cindy's Comment: This was fantastic. The sauce has a spicy kick that was a great compliment to the salmon.

Sauce:

2 tablespoons light mayonnaise
2 tablespoons fat-free sour cream
1 teaspoon prepared horseradish
1/8 teaspoon ground red pepper
1/8 teaspoon black pepper
Dash of salt

Croquettes:

1 tablespoon all-purpose flour
1 tablespoon chopped fresh dill (I used 1 teaspoon dried dill weed)
3 tablespoons light mayonnaise
1/2 teaspoon grated lemon rind
1/2 teaspoon black pepper
1 (15-ounce) can salmon (I drained the salmon and then mashed it with a fork)
1 egg white
5 tablespoons dry bread crumbs, divided (I used panko)
Cooking spray

To prepare sauce, combine the first 6 ingredients in a small bowl; stir with a whisk. Cover and refrigerate.

To prepare croquettes, combine flour and next 6 ingredients (through egg white) and 3 tablespoons bread crumbs. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Refrigerate for 1 hour. Place remaining 2 tablespoons bread crumbs on a plate; dredge patties in bread crumbs.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add patties to pan; cook 9 minutes on each side or until golden. Serve with sauce.

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

CALORIES 193 (48% from fat); FAT 10.3g (sat 1.9g, mono 3.2g, poly 4.4g); PROTEIN 13.6g;
CHOLESTEROL 30mg; CALCIUM 157mg; SODIUM 537mg; FIBER 0.6g; IRON 1.2mg;
CARBOHYDRATE 11.1g

Cranberry Chutney

Sauces/Spreads/Condiments

Source: The Farmhouse Cookbook by Susan Loomis

Healthy Units: 2 per 1/4 cup serving

Servings: 16 (yield: 2 pints)

Posted by jhoulihan

1/8/08

Recipe Note: Cranberries are so full of natural pectin that they are ideal for preserves, and this sweet, tart spread is wonderful. It can be canned or frozen, or kept in the refrigerator for weeks. I like to use it on sharp Cheddar cheese sandwiches, as a condiment for curry, or alongside roast chicken.

Jodi's Notes: One of the women in my supper club served this over cream cheese with baguette slices and it was fabulous. The possibilities are endless for how to use this.

1 pound (4 cups) fresh or frozen cranberries
1 small tart apple, peeled, cored, and diced (I never peel)
2 cups packed light brown sugar
3/4 cup cider vinegar
1/2 cup dried currants
1/2 tsp. salt
1/2 tsp. ground ginger
1/2 tsp. ground cinnamon
1/4 tsp. ground cloves
1 tsp. yellow mustard seeds
1/4 to 1/2 tsp. dried pepper flakes (I used 1/2 but might prefer more)

1. Place all the ingredients in a large heavy saucepan (using only 1/4 tsp. of the red pepper flakes) and bring to a boil over medium high heat. Reduce the heat and simmer until the mixture thickens slightly, about 25 minutes. The cranberries will pop as they cook. Taste and adjust the pepper flakes.

2. Allow the chutney to cool, then ladle into jars. Cover and refrigerate for up to 3 months. Alternatively, ladle into sterilized jars and seal according to mfrs. instructions. Or place in freezer containers, allow to cool to room temperature and freeze for up to one year.

Yield: 2 pints

NOTE: Some people add some finely chopped orange rind -- I didn't.

Pan-Seared Tilapia with Citrus Vinaigrette

Source: CL January-February 2008

HUs: 5

Serves: 4

Posted by: Betty (BMS2003)

January 9, 2008

Sherry vinegar is mildly acidic. If you can't find it, substitute white wine vinegar. Total time: 36 minutes.

Cooking spray

4 (6-ounce) tilapia fillets

1/2 teaspoon salt, divided

1/2 teaspoon freshly ground black pepper, divided

1/2 cup white wine

2 tablespoons finely chopped shallots

2 tablespoons fresh lemon juice

2 tablespoons fresh orange juice

4 teaspoons extravirgin olive oil

2 teaspoons sherry vinegar

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Sprinkle fish evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add 2 fillets to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from pan; keep warm. Repeat procedure with remaining fillets.

Add white wine to pan; cook 30 seconds or until liquid almost evaporates. Combine shallots and remaining ingredients, stirring well with a whisk; stir in remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Add shallot mixture to pan; sauté 1 minute or until thoroughly heated, stirring frequently. Place 1 fillet on each of 4 plates; top each serving with about 3 tablespoons sauce.

CALORIES 215 (31% from fat); FAT 7.4g (sat 1.6g,mono 4.1g,poly 1.1g); PROTEIN 34.5g; CHOLESTEROL 85mg; CALCIUM 24mg; SODIUM 357mg; FIBER 0.2g; IRON 1.2mg; CARBOHYDRATE 2.9g

Shrimp Garam Masala

Cooking Light, December, 2006

Yield: 4 servings

Quick & Easy

Healthy Units: 5.5

Posted By: OneGrandGirl (Mary Ellen)

January 11, 2008

CL Comments: Find the peppery Indian spice blend garam masala in the spice aisle of large grocery stores. Try it on meat, poultry, broccoli, cauliflower, or potatoes. If you can't find garam masala, substitute equal parts ground cumin, pepper, cloves, and nutmeg. Ladle over basmati rice.

MEA's comments: I substituted parsley for the cilantro and chicken stock for the white wine. DH and I both gave it two thumbs up!

Ingredients

1 1/2 pounds peeled and deveined large shrimp
1 1/2 teaspoons garam masala
1 1/2 tablespoons canola oil
1 1/2 cups prechopped green bell pepper
1 cup prechopped onion
1/3 cup dry white wine
1/4 cup chopped cilantro, divided
1/4 teaspoon salt
1/4 teaspoon black pepper
4 lime wedges

Preparation

Sprinkle shrimp evenly with garam masala; let stand 5 minutes.
Heat oil in a large nonstick skillet over medium-high heat. Add bell pepper and onion; sauté 5 minutes or until vegetables are crisp-tender. Add shrimp; sauté 3 minutes or until shrimp are done. Stir in wine, 3 tablespoons cilantro, salt, and black pepper. Cook 30 seconds. Sprinkle with remaining 1 tablespoon cilantro. Serve with lime wedges.

Yield 4 servings (serving size: 1 cup shrimp mixture and 1 lime wedge)

Nutritional Information

CALORIES 260(29% from fat); FAT 8.4g (sat 1g,mono 3.5g,poly 2.8g); PROTEIN 35.5g;
CHOLESTEROL 259mg; CALCIUM 112mg; SODIUM 405mg; FIBER 2g; IRON 4.5mg;
CARBOHYDRATE 9.6g

Melanie Barnard Cooking Light, DECEMBER 2006

Spicy Roasted-Red Pepper-and-Bean Dip

Appetizers/Dips

Cooking Light 1999 Annual

HU: 1.5

Servings: 10 (1/4 cup each)

Posted by DebMj1

January 14, 2008

My Notes: I omitted the parsley as I'm not a fan. I also added more jalapeno for a little more heat. That was also a general comment in the reviews on the CL site.

1 (7-ounce) bottle roasted red bell peppers, drained
1 cup reduced-fat firm silken tofu (about 6 ounces)
1/3 cup fresh parsley leaves
2 tablespoons lime juice
1 tablespoon extra-virgin olive oil
1/2 teaspoon salt
1/2 teaspoon ground cumin
2 garlic cloves, crushed
1 (16-ounce) can cannellini beans or other white beans, rinsed and drained
1/2 teaspoon minced seeded jalapeño pepper
Sliced jalapeño pepper (optional)

Chop bell peppers to measure 1/4 cup; set aside. Place remaining bell peppers, tofu, and the next 7 ingredients (tofu through beans) in a food processor, and process until smooth. Spoon mixture into a bowl; stir in reserved 1/4 cup bell peppers and minced jalapeno. Cover and chill. Garnish with a sliced jalapeño, if desired.

Nutritional Information

CALORIES 76(27% from fat); FAT 2.3g (sat 0.3g,mono 1.2g,poly 0.6g); PROTEIN 4.1g;
CHOLESTEROL 0.0mg; CALCIUM 28mg; SODIUM 244mg; FIBER 1.2g; IRON 1.2mg;
CARBOHYDRATE 10.2g

Cauliflower With Garlic And Pepper

category: side dishes

source: Quick and Easy Vietnamese recipes

HU:2

Servings:4

Posted by:zephyr1

Date:1/14/08

Quick and easy but probably not kid friendly.

Notes: This is really a fabulous easy recipe. Full of Vietnamese flavors but not for the faint of heart. Will be one of my go to side dishes with Oriental meals now.

Ingredients:

2 tbs Extra-virgin olive oil
4 cloves of garlic minced
about 4 cups of cauliflower florets
2 tbs fish sauce
2 tbs water
1 1/2 tsp sugar
1/2 tsp black pepper
2 tbs chopped fresh cilantro

Instructions:

Heat oil in pan then add garlic toss well and add cauliflower. Cook for one minute then toss well and cook the other side. Add the fish sauce, water, sugar, and pepper; toss often. Cook till tender but still crisp. Stir in cilantro, toss and serve hot or cold.

Black-Eyed Pea Salad

Source: Sunset Magazine, May 2004

Category: Salad/side dish

HU: 1.4

Servings: 8

Posted by: Waneyvant

Date: January 15, 2008

Sunset Notes: Use 2 cans (15 oz. each) black-eyed peas, rinsed and drained. Or soak 1 1/2 cups dried black-eyed peas in 2 quarts water overnight, drain, then cover with water (about 2 qt.) and simmer until tender to bite, 20 to 30 minutes; drain and let cool.

Waney Notes: found this in a search for Indian side dishes; made it with shrimp garam masala. Had to sub a jalapeno for the serrano, cuz the POG did not have. Used halved grape tomatoes. Added lemon juice when i made it.

1 cucumber (10 oz.)
1 red onion (6 oz.)
2 tomatoes (12 oz. total)
1 fresh serrano chile (3 in. long)
3 1/2 cups cooked black-eyed peas (see notes)
1/4 cup chopped fresh cilantro
About 1 teaspoon salt
1/2 teaspoon freshly ground pepper
3 tablespoons lemon juice

1. Peel cucumber and cut in half lengthwise; scrape out seeds with a spoon and discard. Dice cucumber (about 1/4 in.) and put in a large bowl. Peel and chop onion; rinse and drain. Rinse and stem tomatoes and chile; chop tomato and mince chile. Add onion, tomatoes, chile, black-eyed peas, cilantro, 1 teaspoon salt, and pepper to cucumber. Mix well.
2. Up to 30 minutes before serving, mix in lemon juice. Add more salt to taste.

Yield: Makes 8 servings, 1 cup each.

CALORIES 110 (5% from fat); FAT 0.6g (sat 0.1g); PROTEIN 6.7g; CHOLESTEROL 0.0mg; SODIUM 303mg; FIBER 8.2g; CARBOHYDRATE 21g

Baked Bean Soup

Soups

Moosewood Restaurant Daily Special

HU: 3

Serves 4, Yields 6 Cups

Posted by Carrie (Scarehair)

January 15, 2007

Quick & Easy, Kid Friendly, Freezer Friendly, Pantry Meal

Moosewood Notes: This soup might become a weeknight favorite. Try it with baked apples, corn on the cob, and a tossed green salad laced with bitter greens and topped with low-fat Honey Dijon vinaigrette. For a thicker soup, puree about 1 Cup of the vegetables in enough broth to keep things moving. Stir the pureed mixture back into the soup.

Carrie's notes: Tasty and will be great for lunches. I pureed part of the mixture per instructions. Makes sure your veggies are tender before continuing with instructions. Next time I will add more veggies to up the fiber and serve this with cornbread.

2 Cups chopped onions

1 Tlbs olive oil

1/2 Cup diced celery

1 Cup peeled and diced carrots

1 Tlbs chili powder

2-3 teaspoons Dijon or German Style mustard

2 Cups water

1 1/2 cups undrained canned stewed tomatoes (14 1/2 oz. can)

1 2/3 Cups cooked white beans (15 1/2 oz can)

2 teaspoons cider vinegar

2 Tlbs unsulphured molasses

1 Tlbs soy sauce

salt and pepper to taste

In a soup pot on medium high heat, saute the onions in the oil for 10 minutes, stirring frequently, until onions are translucent. Add the celery, carrots, and chili powder, and continue to cook until vegetables are tender, about 5 minutes. Stir in the mustard, water, tomatoes, beans, vinegar, molasses, and soy sauce. Cover and bring to a boil. Lower heat and simmer gently for about 15 minutes. Add salt and pepper to taste.

Per 9 oz. serving: Cal 170, Protein 7.1g, Fat 3.3 g, Carb 30 g, Sat fat 0.4g, chol 0mg, sodium 316 mg, Fiber 1.9g

Prosciutto-Wrapped Shrimp with Lemon Couscous

Source: Cooking Light March 2000

HUs: 6

Serves: 4

Posted by: Kate (KateWD)

January 16, 2008

CL: The sweet maple syrup and salty prosciutto contrast well with the lemony flavor of the couscous.

Kate: This was easy to put together and the combo of flavors was fantastic.

3 tablespoons maple syrup
2 tablespoons bourbon
1 tablespoon teriyaki sauce
2 teaspoons Dijon mustard
1/2 teaspoon chili powder
24 jumbo shrimp (about 1 1/2 pounds)
6 very thin slices prosciutto or ham (about 3 1/2 ounces)
Cooking spray

Preheat broiler.

Combine the first 5 ingredients in a bowl, and stir with a whisk. Peel the shrimp, leaving tails intact. Add the shrimp to maple mixture, tossing to coat. Remove shrimp from bowl, and discard the marinade. Cut each prosciutto slice lengthwise into 4 strips. Wrap 1 prosciutto strip around each shrimp. Thread shrimp onto 4 (8-inch) skewers. Place skewers on a broiler pan coated with cooking spray, and broil for 3 minutes on each side or until done. Serve shrimp over Lemon Couscous.

Lemon Couscous

1 1/4 cups water
3/4 cup uncooked couscous
1/4 cup sliced green onions
2 tablespoons finely chopped fresh parsley
2 tablespoons orange juice
1 teaspoon grated lemon rind
1 tablespoon fresh lemon juice
1/4 teaspoon salt
1/8 teaspoon black pepper

Bring the water to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Stir in onions and remaining ingredients.

Yield: 4 servings (serving size: 6 shrimp and 1/2 cup couscous)

CALORIES 305 (12% from fat); FAT 4.2g (sat 1.2g,mono 1.4g,poly 0.9g); PROTEIN 36.1g;
CHOLESTEROL 263mg; CALCIUM 67mg; SODIUM 927mg; FIBER 1.4g; IRON 5.2mg;
CARBOHYDRATE 27.2g

White Bean and Sausage Ragout with Tomatoes, Kale, and Zucchini

Cooking Light 2006 Annual

HU: 9 if you cap fiber at 4; 8 if you cap fiber at 10

Servings: 4 (very generous 1 3/4-cup servings)

Posted by DebMj1

1/17/08

CL Notes: Chock-full of vegetables, this one-pot ragout—a thick, well-seasoned stew—warms up a chilly winter evening. If you've never had kale, this dish makes the most of its sweet, earthy flavor.

Deb's Notes: I was a little dubious at first because of the lack of spices and herbs in this dish, but it really came together beautifully. It makes 4 huge servings. I think you could easily cut it to 6 smaller servings if you wanted to serve it with a small salad and crusty bread. I used garlic turkey sausage from Wegman's.

1 tablespoon olive oil

1/2 cup chopped onion

2 (4-ounce) links chicken sausage, cut into (1/2-inch) slices

1 zucchini, quartered and cut into (1/2-inch) slices (about 2 cups)

3 garlic cloves, peeled and crushed

6 cups chopped trimmed kale (about 1/2 pound)

1/2 cup water

2 (16-ounce) cans cannellini beans or other white beans, rinsed and drained (I used one can of cannellinis and one can of small white beans)

1 (14.5-ounce) can diced tomatoes, undrained

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Heat oil in a large skillet over medium-high heat. Sauté onion and sausage 4 minutes or until sausage is browned. Add zucchini and garlic; cook 2 minutes. Add kale and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until thoroughly heated. Serve immediately.

Nutritional Information

CALORIES 467(20% from fat); FAT 10.2g (sat 2.3g,mono 4.6g,poly 2.5g); PROTEIN 28.5g; CHOLESTEROL 42mg; CALCIUM 370mg; SODIUM 764mg; FIBER 15.4g; IRON 8.8mg; CARBOHYDRATE 71.8g

Lia Huber , Cooking Light, JANUARY 2005

Squash-Topped Cottage Pies

Category: Meat (M)

Source: Eating Well Jan/Feb '08

HU: 5.5

Servings: 4

Posted by: Emily (EJWyatt)

January 17, 2008

Em's Notes: This was a nice twist on a shepherd's pie. It is easy to make and very satisfying. The only change that I might make would be to add mushrooms the next time I make this.

Ingredients

2 teaspoons extra-virgin olive oil
½ cup chopped onion
12 ounces 93%-lean ground beef
1 tablespoon tomato paste
2 tablespoons all-purpose flour
1 cup reduced-sodium beef broth
6 ounces baby spinach, chopped
¾ teaspoon salt, divided
½ teaspoon garlic powder, divided
2 12-ounce packages frozen winter squash puree, thawed
½ cup finely shredded Parmesan cheese

Instructions

1. Position rack in upper third of oven; preheat broiler.
2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring, until beginning to soften, about 2 minutes. Reduce heat to medium, stir in beef, tomato paste and flour, and cook, stirring, until the beef is mostly browned, about 3 minutes. Add broth, scraping up any browned bits with a wooden spoon. Bring to a boil and cook, stirring occasionally, until the broth is the consistency of thick gravy, about 4 minutes. Stir in spinach, 1/4 teaspoon salt and 1/4 teaspoon garlic powder; cook until the spinach is just wilted, about 1 minute. Remove from the heat.
3. Place squash in a fine-mesh sieve and gently press on it to extract excess liquid. Transfer to a bowl. Stir in the remaining 1/2 teaspoon salt and 1/4 teaspoon garlic powder. Divide the meat mixture among four 10-ounce broiler-safe ramekins. Top each with about 1/2 cup of the squash. Place the ramekins on a baking sheet. Broil until heated through and bubbling around the edges, about 10 minutes. Sprinkle with cheese and broil until it is just melted, about 3 minutes more.

Nutrition Information:

Per serving: 283 calories; 10 g fat (4 g sat, 5 g mono); 53 mg cholesterol; 26 g carbohydrate; 22 g protein; 5 g fiber; 674 mg sodium; 607 mg potassium.

Nutrition bonus: Vitamin A (180% daily value), Vitamin C (50% dv), Zinc (29% dv), Potassium (17% dv).

Basmati Rice & Curry Casserole (Chana aur Sarson ka Saag Biryani) page 1 of 2

Category: Vegetarian (VG)

Source: Eating Well Jan/Feb '08

HU: 6.5

Servings: 6

Posted by: Emily (EJWyatt)

January 17, 2008

Ingredients

2 large tomatoes, coarsely chopped
1 large red onion, $\frac{1}{2}$ coarsely chopped and $\frac{1}{2}$ thinly sliced
3-5 fresh green chiles, such as Thai or serrano, stemmed
3 tablespoons canola oil, divided
 $\frac{1}{2}$ cup golden raisins
 $\frac{1}{4}$ cup raw cashews
1 teaspoon cumin seeds
4 cardamom pods
2 bay leaves
2 3-inch cinnamon sticks
1 teaspoon garam masala
1 teaspoon salt, divided
 $\frac{1}{2}$ teaspoon ground turmeric
1 cup white basmati rice, preferably Indian or Pakistani
1 bunch (8 ounces) mustard greens, tough ribs removed, leaves finely chopped
8 ounces cauliflower, cut into $\frac{1}{2}$ -inch florets
1 15-ounce can chickpeas, rinsed
2 cups water, divided
 $\frac{1}{2}$ teaspoon saffron threads

Instructions

1. Puree tomatoes, chopped onion and chiles to taste in a blender, scraping down the sides as needed, to make a smooth sauce.
2. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add raisins and cashews and cook, stirring, until the raisins are plump and the nuts are lightly brown, 1 to 3 minutes. Transfer to a plate with a slotted spoon.
3. Add cumin seeds, cardamom pods, bay leaves and cinnamon sticks to the pan and cook, stirring, until fragrant, 30 seconds to 1 minute. Add the sliced onion and cook, stirring, until light brown, 2 to 3 minutes.

Basmati Rice & Curry Casserole (Chana aur Sarson ka Saag Biryani) page 2 of 2

4. Carefully pour in the pureed tomato mixture (it may spatter) and reduce heat to medium. Stir in garam masala, 3/4 teaspoon salt and turmeric. Simmer, partially covered, stirring occasionally, until most of the liquid evaporates, about 15 minutes.
5. Meanwhile, place rice in a medium bowl. Cover with water. Gently rub the rice through your fingers to wash the grains. (The water will become cloudy.) Drain. Repeat three or four times, until the water remains relatively clear. Then cover the rice with cold water and let it sit for 20 minutes. Drain.
6. Stir mustard greens, cauliflower, chickpeas and 1 cup water into the tomato sauce. Cover and remove from the heat.
7. Preheat oven to 350°F. Lightly coat a 9-by-13-inch baking dish with cooking spray.
8. Heat the remaining 1 tablespoon oil in a medium saucepan over medium-high heat. Add the drained rice and saffron, and carefully stir (it may spatter) to coat the rice with the saffron. Add the remaining 1 cup water and 1/4 teaspoon salt. Stir once to incorporate the ingredients. Bring to a boil over medium-high heat. Cook, uncovered, until the water has evaporated from the surface and craters are starting to appear in the rice, 5 to 8 minutes. Remove from the heat.
9. Spread half the chickpea curry evenly in the prepared baking dish. Spread the rice mixture on top of the curry. Spoon the remaining chickpea mixture over the rice. Scatter the reserved raisins and cashews over the top. Cover with foil. Bake until the rice is tender, 45 to 55 minutes. Remove the bay leaves, cardamom pods and cinnamon sticks before serving.

Nutrition Information

Per serving: 313 calories; 11 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 51 g carbohydrate; 9 g protein; 8 g fiber; 522 mg sodium; 572 mg potassium.
Nutrition bonus: Vitamins A & C (90% daily value), Folate (27% dv), Potassium (16% dv).
3 Carbohydrate Servings
Exchanges: 1 1/2 starch, 1/2 fruit, 2 vegetable, 2 fat

German-Style Pork and Sauerkraut (Slow-Cooker)

Source: The Busy Mom's Slow Cooker Cookbook by Jyl Steinback

HU: 6.8

Serves: 4

Posted by: CJMartin717 (Cindy)

January 19, 2008

Cindy's Comments: I'm not a fan of turnips; but, they weren't bad in this dish. Personally, I'd leave them out next time and use more carrots. We served mashed potatoes on the side. The amount of veggies/sauce is very generous. You could easily throw in a couple more pork chops and feed 6. Cut the apples very thick as they tend to cook down into the sauce. The pork chops were incredibly tender.

4 boneless pork chops, about 1-inch thick
1 tsp. Mrs. Dash seasoning (I used salt-free Montreal Steak Seasoning)
1/2 teaspoon pepper
1 large onion, sliced thick
2 medium turnips, peeled and sliced
2 medium Granny Smith apples, cored, peeled, and sliced
16 baby carrots
16-oz can of sauerkraut, do not drain
10 3/4-oz can low-fat cream of celery soup
2/3 cup nonfat chicken broth

Spray large nonstick skillet with cooking spray. Sprinkle pork chops with Mrs. Dash and pepper. Cook in skillet over medium heat until browned on both sides.

Spray inside of slow cooker with cooking spray. Combine sliced onion, turnips, apples and carrots in bottom of slow cooker. Top with sauerkraut. Place pork chops on top. Combine celery soup and broth; pour over all ingredients.

Cover and cook on low heat for 7-8 hours or high heat for 3 1/2-4 hours.

NI per serving: 340 calories, 9.7 g total fat, 46 mg cholesterol, 1,291 mg sodium, 37 g carbohydrates, 10 g fiber, 28 g protein.

Grilled Chicken, Fig & Mushroom Salad

Source: Clean Eating Magazine (Winter, 2008); Recipe by Cat Cora

HU: 8.7

Serves: 4

Posted by: CJMartin717 (Cindy)

January 19, 2008

Cindy's Comments: I halved the recipe to serve two; but, increased the amount of salad greens so this was really a main dish. The flavor was fabulous. I had to sub pears for the figs since fresh ones are not in season right now. I did not marinate the pear; but, I did grill them. I found some spiced pumpkin seeds in the bulk department at Whole Foods that were great in the salad.

Ingredients:

- 2 T. fresh lemon juice
- 2 T. olive oil
- 2 T. chopped fresh basil
- 1 clove garlic, chopped
- ¼ tsp. sea salt
- ½ tsp. freshly ground pepper
- ¾ lb. boneless, skinless chicken breasts (about 2)
- 2 cups shiitake mushrooms
- 4 fresh figs, quartered
- 2 slices prosciutto
- 4 cups arugula or other fresh organic greens
- 4 T. raw pumpkin seeds

Marinate the ingredients by placing lemon juice, olive oil, basil, garlic, sea salt and pepper in a shallow dish. Add chicken, mushrooms, figs and prosciutto and let marinate for 20 minutes.

Heat an electric grill to 400F. Grill chicken until cooked through, about 5 minutes per side. Remove chicken from grill, slice into 1-inch pieces and set aside. Grill mushrooms, turning occasionally, until browned and softened, about 6 minutes. Remove mushrooms from grill, quarter each and set aside. Grill figs, about 1 minute per side, and set aside. Place prosciutto on grill, cook for 30 seconds per side and slice into 1-inch pieces.

Place 4 dishes with 1 cup arugula each. Toss with ¼ portion of grilled ingredients and sprinkle each with 1 T. pumpkin seeds. Serve immediately.

N.I.: Calories – 401; Total Fat – 19g; Sat. Fat – 3g; Carbs – 25g; Fiber – 4g; Protein – 35g; Sugars – 11g; Sodium – 340mg; Cholesterol – 84mg.

Easiest Black Bean and Brown Rice Chili

Source: Not Your Mother's Slow Cooker Cookbook

HU: 5.2

Servings: 4 1-1/2 cup servings

Posted by Tracy (Nikkie1t)

1-20-08

My comments: This was super easy, and very tasty. It's a little thick. Depending on your preference, you might want to add a little water to thin it.

Two 15-ounce cans black beans

One 14.5 ounce can crushed or chopped tomatoes with their liquid

1/2 cup brown rice

1 teaspoon onion powder (I used 1/2 onion, diced)

1/8 teaspoon garlic powder

1/4 teaspoon ground cumin

1/2 teaspoon dried oregano

1/2 to 1 whole canned chipotle chile, to your taste, cut into small bits

Plain yogurt or warm flour tortillas for serving

1. Pour the beans and their liquid and the tomatoes and their liquid into the slow cooker. Add the brown rice, onion powder, garlic powder, cumin, oregano and chipotle; stir to combine. Cover and cook on LOW for 6 to 8 hours.

2. Serve the chile in bowls, topped with a spoonful of yogurt, or wrap some in a warm tortilla.

Per serving: 291 calories, 2 g. fat, 13 g. fiber.

Jalapeno Popper Cups

CLBB, Pillsbury finalist

Health Units: 2

Yield: 20 servings

Posted by: Bawstinn36 (Maria)

January 20, 2008

Comments: Quick and easy to put together. Man, er, kid friendly (w/o jalapeno). HU's remain the same whether you use full fat mayo/cheese or lowfat. I modified the original for lowfat since that is what I had in the house.

12 ounces Pillsbury golden layers biscuits (10 biscuits in a can)

4 1/2 ounces green chiles -- drained

2 ounces lowfat cheddar cheese -- shredded

1/3 cup light mayonnaise

1 whole bacon slice -- cooked

1 teaspoon dried onion

20 whole pickled jalapeño slices

Heat oven to 375°F. Separate each biscuit into 2 rounds. Press 1 round in bottom and up side of each of 20 ungreased mini muffin cups.

In small bowl, mix remaining ingredients except jalapeño slices. Spoon heaping 1 teaspoon mixture into each cup; top each with 1 jalapeño slice.

Bake 13 to 19 minutes or until edges are golden brown. Remove from pan to serving platter; let stand 5 minutes. Serve warm.

Per Serving (excluding unknown items): 73 Calories; 3g Fat (45.6% calories from fat); 1g Protein; 8g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 43mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Additional note from Jodi: "Maria - That recipe for the jalapeno poppers is my friend Tracy's recipe! How cool is that! I am so excited to see you post them. She is in my CL supper club and this is her second trip to the cookoff - she won her category the last time she went. I am so psyched to hear that you like them."

Spanish-Style Pork and Beans (Slow Cooker)

Category: Stew

Source: The Healthy Slow Cooker

HU: 6

Serves: 10 (about 1 cup)

Posted by CrissyBear (Christine)

January 22, 2008

Ingredients

2 Tbsp olive oil, divided (I only needed 1 Tbsp)
2 lbs trimmed boneless pork shoulder, cut into bite-sized pieces
3 onions, finely chopped
4 cloves garlic, minced
2 tsp dried oregano
1 tsp salt
1/2 tsp cracked black pepper
1 cup white wine or low sodium chicken broth
2 tsp sherry vinegar or white wine vinegar
1 can (28 oz) tomatoes, including juice, coarsely chopped
2 cans white kidney beans, drained and rinsed
2 tsp hot or mild paprika dissolved in 2 Tbsp water or wine
8 cups coarsely chopped stemmed kale (about 2 bunches)

In a skillet, heat 1 Tbsp oil over medium-high heat. Add pork, in batches and cook, adding more oil if necessary, stirring, until browned, about 5 minutes. Transfer to stoneware.

Reduce heat to medium. Add onions and cook, stirring until softened, about 3 minutes. Add garlic, oregano, salt and pepper and cook, stirring, for 1 minute. Add wine and vinegar and cook, stirring for 1 minute. Add tomatoes with juice and bring to boil. Transfer to stoneware. Add beans and stir well.

Cover and cook on Low for 8 hours or on High for 4 hours, until pork is very tender (should be falling apart).

Add paprika solution and stir well. Add kale, in batches, stirring well after each addition, until it begins to wilt. Cover and cook on High for 30 minutes, until kale is tender. Serve immediately.

277 calories; 25.8g protein; 23.4g carbohydrate; 9.5g fat; 6.9g fiber; 563mg sodium; 57mg cholesterol

Cabbage-Bean Soup

Quick & Easy

Source: Southern Living, December 1997

HU: 2

Servings: 7 1/2

Posted by: Waneyvant

Date: January 24, 2008

1 small onion, diced
2 cups water or fat free chicken broth
2 (14 1/2 oz) cans Mexican style stewed tomatoes
8 oz. cooked ham, diced
1 (10 oz) package shredded cabbage (or cole slaw mix)
2 tsp. chili seasoning mix (i used 1 T. chili powder)
1/4 tsp. pepper
1 (16 oz) can Great Northern beans, rinsed and drained

Saute onion in a dutch oven coated with cooking spray over medium heat until tender. Add water or broth and next 5 ingredients. Bring to a boil, cover, reduce heat and simmer 15 minutes. Add beans, cover, and simmer, stirring occasionally, 20 minutes.

Makes 7 1/2 cups.

Ricotta Mousse

D (Dessert)

Recipe By: DrWeil.com

HU: 2.7

Servings: 2

Posted by: CJMartin717 (Cindy)

January 25, 2008

Quick and Easy

DW Comment: This high-calcium "pudding" has the benefits of cocoa and cinnamon - and the flavor of Mexico. Experiment with different brands of ricotta - they have different textures and flavors.

Cindy's Comment: I chilled this for about an hour before serving and topped it with a spoonful of Cool Whip Free and some freshly grated orange zest.

1/2 cup low-fat ricotta cheese
2 tablespoons honey
2 tablespoons cocoa powder
1/2 teaspoon vanilla
1/2 teaspoon ground cinnamon

Combine all ingredients in a food processor and process until smooth.

Scoop into small dessert dishes and serve.

Per serving:
145 calories
3 g total fat (2 g sat)
11 mg cholesterol
24 g carbohydrate
10 g protein
2 g fiber
100 mg sodium

Bacon and Tomato Cups

www.allrecipes.com

Healthy Units: 2

Servings: 32

Posted By: Bawstinn36 (Maria)

January 27, 2008

Comments: I used reduced fat bisuits (threw out the can before I could record the nutritional), center cut bacon and cheddar cheese. I cut each biscuit into 4 pieces and used each piece to line the mini muffin tin.

8 slices bacon
2 whole tomatoes -- chopped
1/2 onion -- chopped
3 ounces shredded Swiss cheese
1/2 cup light mayonnaise
1 teaspoon dried basil
16 ounces Pillsbury Grands buttermilk biscuits

Preheat oven to 375 degrees. Lightly grease a mini muffin pan.

In a skillet over medium heat, cook bacon until evenly brown. Drain on paper towels. Crumble bacon into a medium mixing bowl, and mix with tomato, onion, Swiss cheese, mayonnaise and basil.

Separate biscuits into halves horizontally. Place each half into cups of the prepared mini muffin pan. Fill each biscuit half with the bacon mixture.

Bake for 10 to 12 minutes in the preheated oven , or until golden brown.

Per Serving (excluding unknown items): 75 Calories; 4g Fat (50.7% calories from fat); 2g Protein; 7g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 192mg Sodium.

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

Spicy Bean Salsa

www.allrecipes.com

Healthy Units: 2 per 1/4 c serving, 3 per 1/3 c serving

Servings: 28 (1/4 cup) or 21 (1/3 cup)

Posted By: Bawstinn36 (Maria)

January 27, 2008

Comments: I used this as a condiment to quesadillas. Recipe author serves with tortilla chips as an appetizer. Original recipe calls for regular Italian dressing, I chose to make the lowfat version on the back of the Good Seasons packet. Nutritionals represent 28 servings.

15 ounces black-eyed peas -- rinsed and drained
15 ounces black beans -- rinsed and drained
16 ounces frozen corn -- drained
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1 whole jalapeno -- finely chopped
14 1/2 ounces diced tomatoes -- drained
1 whole Good Seasons Italian salad dressing mix
1/4 cup olive oil
1/2 cup vinegar
1/2 teaspoon garlic salt

In a medium bowl, combine black-eyed peas, black beans, corn, onion, green bell pepper, jalapeno peppers and tomatoes. Season with Italian-style salad dressing and garlic salt; mix well. Cover, and refrigerate overnight to blend flavors.

Per Serving (excluding unknown items): 141 Calories; 3g Fat (15.4% calories from fat); 8g Protein; 24g Carbohydrate; 5g Dietary Fiber

Spiced Pear and Raisin Pie

www.epicurious.com

Healthy Units: 7

Servings: 8

Posted By: Bawstinn36 (Maria)

January 27, 2008

Comments: This was a very tasty pie. The filling itself is only 2 HU per serving. The bulk of the HU come from the crusts. Hus could be lowered by using homemade, lower fat crusts OR by replacing the top crust with a crumb crust.

1 cup pear nectar
3/4 cup raisins
1/2 cup brown sugar
3 1/2 tablespoons cornstarch
1 1/2 teaspoons grated lemon peel
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
3 1/4 pounds ripe pears -- peeled, quartered, cored, cut crosswise into 1/4-inch-thick slices
2 whole pie crusts (9 inch)
1 whole egg -- beaten to blend (for glaze)

Position rack in lowest third of oven; preheat to 400°F. Boil nectar in heavy medium saucepan until reduced to 1/3 cup, stirring occasionally, about 8 minutes. Pour into large bowl; mix in raisins. Cool completely. Mix in sugar and next 5 ingredients, then pears.

Roll out 1 dough disk on floured surface to 13-inch round. Transfer to 9-inch-diameter glass pie dish. Brush inside and top edge of crust with some of glaze. Spoon filling into crust. Roll out second dough disk on floured surface to 13-inch round. Arrange dough over filling. Seal top crust to bottom crust at edge of dish. Trim double overhang to 3/4 inch. Fold under; crimp edge. Using small knife, cut slits in top crust to allow steam to escape. Brush crust and edge with glaze. If desired, roll out any dough scraps and cut out small pear-shaped decorations. Press decorations onto edge of crust.

Bake pie until pears are tender, covering crust with foil if browning too quickly, about 1 hour 10 minutes. Place on rack; cool completely. (Can be made 1 day ahead. Let stand at room temperature.)

Per Serving (excluding unknown items): 319 Calories; 13g Fat (35.7% calories from fat); 4g Protein; 48g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 307mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.

Chicken and Rice Casserole

Chicken

Source: Paula Deen (TV)

HU: 6

Servings: 10

Posted by Sandy (Nana Texas)

01/27/08

2 (14 1/2-ounce) cans of green beans, rinsed and drained
4 cups diced, cooked chicken
1 medium onion, diced
1 (8-ounce) can water chestnuts, drained and chopped
1 (4-ounce) can pimentos (I used chopped)
1 (10 3/4-ounce) can condensed cream of celery soup
1 cup mayonnaise (I used low-fat)
1(6-ounce) box long-grain and wild rice
1 cup grated (reduced fat)sharp Cheddar cheese
Pinch salt

Preheat oven to 350 degrees F.

Cook chicken and de-bone to make 4 cups (original recipe called for 3 cups, but nutritionals are figured on 4 cups).

Cook rice, as directed.

Sauté onion.

Mix all ingredients together and pour into a greased 3-quart casserole dish. Bake for 20 to 25 minutes or until bubbly.

This recipe is simple, as I believe that it was posted on a children's program that she hosts. Everyone who has tried it likes it. It's almost a meal in itself, a sure crowd pleaser.

Mocha Cinnamon Chiller

Beverages

More Magazine, February 2008

HU: 2 if using light soy milk, 3 if using regular

Servings: 1

Posted by DebMj1

January 28, 2008

1 cup calcium-fortified chocolate soy milk (I used 8th Continent Light Chocolate)

1 tsp. instant coffee powder (I'll use instant espresso next time for more mocha flavor)

1/2 tsp. ground cinnamon

2 to 3 ice cubes or 1/2 cup crushed ice

Pinch of cinnamon or cocoa powder

Combine soy milk, coffee powder, cinnamon and ice in a blender; mix. Place in a tall glass and sprinkle with cinnamon or cocoa powder.

NI if using full-fat soy milk: 145 calories, 6 gs. protein, 3 gms. fat, 0.5 gms. saturated fat, 24.5 gms. carbohydrates, 1.5 gms. dietary fiber, 0 cholesterol, 180.5 mg. sodium and 316 mg. Calcium

Risotto with Mushrooms

Category: Rice/Pasta/Grains (RP)

Source: CL Jan/Feb '08

HU: 5.5

Servings: 7

Posted by: Emily (EJWyatt)

January 28, 2008

CL Notes: Although varieties of wild mushrooms are often featured in Venetian fare, we use dried porcini, shiitakes, and cremini, available in most American stores.

Em's Notes: I love mushrooms. This had lots of mushrooms and a very rich flavor.

2 cups hot water
1 ounce dried porcini mushrooms
4 1/2 cups organic vegetable broth (such as Swanson Certified Organic)
3 tablespoons butter, divided
1/2 cup finely chopped yellow onion
3 cups coarsely chopped cremini mushrooms (about 8 ounces)
1 1/2 cups sliced shiitake mushrooms (about 3 1/2 ounces)
1 3/4 cups Arborio rice or other short-grain rice
3/4 teaspoon chopped fresh sage
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/2 cup (2 ounces) freshly grated Parmigiano-Reggiano cheese

Combine 2 cups hot water and porcini mushrooms in a bowl; cover and let stand 15 minutes. Drain mushrooms in a colander over a bowl, reserving soaking liquid. Coarsely chop mushrooms.

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

Melt 2 tablespoons butter in a large saucepan over medium-high heat. Add onion to pan; sauté 5 minutes. Add porcini, cremini, and shiitake mushrooms; cook 8 minutes or until tender. Add rice; sauté 1 minute. Stir in sage, salt, and pepper. Stir in 1 cup broth mixture; cook 5 minutes or until liquid is nearly absorbed; stirring constantly. Add remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth mixture is absorbed before adding the next (about 25 minutes total). Remove from heat. Add remaining 1 tablespoon butter and cheese, stirring until cheese melts.

Wine note: Here's a great vegetarian risotto that's perfect with red wine because of all the mushrooms. Try the northern Italian red Barbera called "Le Orme" from Michele Chiarlo. The 2005, with earthy, dried cherry flavors, is \$13. —Karen MacNeil

Yield: 7 servings (serving size: 1 cup)

CALORIES 291 (24% from fat); FAT 7.7g (sat 4.2g, mono 1.9g, poly 0.2g); PROTEIN 9.8g; CHOLESTEROL 19mg; CALCIUM 124mg; SODIUM 718mg; FIBER 3.6g; IRON 1.3mg; CARBOHYDRATE 45.4g

Cuban Black Bean Soup

Category: Soups/Stews (ST)

Source: CL Jan/Feb '08

HU: 7.5

Servings: 10

Posted by: Emily (EJWyatt)

January 28, 2008

CL Notes: Chef Douglas Rodriguez of DeLaCosta restaurant in Chicago was born in America, but this recipe is inspired by his mother's black bean soup, which offered robust flavor for people who didn't have money to spend on meat for stock. Here we use both fresh and dried oregano because each imparts a different flavor to the final dish.

Em's Notes: I cut this back to make a quarter recipe and divided it into 3 servings. This was very thick and not very "soupy."

2 bay leaves	2 cups diced peeled avocado
1 pound dried black beans	2 tablespoons fresh lime juice
12 1/2 cups water, divided	2 cups thinly sliced red onion
1 tablespoon canola oil	1 1/2 cups chopped 33%-less-sodium
3 1/2 cups chopped green bell pepper	smoked, fully cooked ham
(about 3 medium)	1 cup chopped fresh cilantro
2 1/2 cups coarsely chopped onion	1 cup light sour cream
1/3 cup chopped shallots (about 2 small)	10 teaspoon unsalted pumpkinseed kernels,
1 tablespoon ground cumin	toasted
2 tablespoons dried oregano	1/3 cup finely chopped seeded jalapeño
2 tablespoons chopped fresh oregano	pepper (about 2 medium)
1 1/2 tablespoons sugar	Lime wedges (optional)
2 teaspoons kosher salt	

Place bay leaves and beans in a Dutch oven. Add 12 cups water to pan; bring to a boil. Reduce heat, and simmer 2 1/2 hours or until tender, stirring occasionally.

Heat oil in a large skillet over medium heat. Add bell pepper, chopped onion, and shallots to pan; cook 10 minutes or until onion is tender, stirring frequently. Stir in cumin, dried oregano, and fresh oregano; cook 2 minutes, stirring frequently. Remove from heat; let stand 10 minutes. Place vegetable mixture in a blender; add remaining 1/2 cup water. Puree until smooth.

Add vegetable mixture, sugar, and salt to beans; simmer 10 minutes, stirring occasionally. Discard bay leaves. Combine avocado and juice; toss gently. Ladle 3/4 cup bean mixture into each of 10 bowls; top each serving with about 3 tablespoons avocado mixture, about 3 tablespoons red onion, 2 tablespoons ham, about 1 1/2 tablespoons cilantro, about 1 1/2 tablespoons sour cream, 1 teaspoon pumpkinseed kernels, and about 1/2 teaspoon jalapeño pepper. Serve with lime wedges, if desired.

Yield: 10 servings

CALORIES 344 (31% from fat); FAT 12g (sat 3.4g,mono 5.7g,poly 2.3g); PROTEIN 18.6g; CHOLESTEROL 14mg; CALCIUM 110mg; SODIUM 637mg; FIBER 14.7g; IRON 6.1mg; CARBOHYDRATE 43.9g

Roasted Winter Squash with Brown Butter and Sage

Source: CLBB posted by RecipeGirl

HUs: 2.5

Serves: 4

Posted by: Kate

January 30, 2008

The original recipe called for 2 T of oil, I subbed cooking spray and used light butter. You could cut back on the butter to make this lower in HUs.

Crispy sage with browned butter... yum...

Cooking Spray

1 medium or 2 small acorn squash (about 2 pounds total), halved lengthwise & seeded

6 Tbs light butter

6 medium sage leaves, sliced thinly

salt and freshly ground black pepper

1. Adjust oven rack to lower-middle position and heat the oven to 400°F. Line a rimmed baking sheet with aluminum foil.
2. Spray the foil and the cut sides of the squash with cooking spray. Place the squash, cut-side-down, on the foil. Roast until a skewer inserted into the squash meets no resistance, 40 to 50 minutes.
3. When the squash is almost done, place the butter in a small skillet over medium heat. When the butter melts, add the sage and cook, swirling the pan occasionally, until the butter is golden brown and the sage is crisp, 4 to 5 minutes. Remove the skillet from the heat.
4. Remove the squash from the oven and turn cut-sides-up. If necessary, cut large pieces in half to yield four pieces. Season the squash with salt and pepper to taste, drizzle with the sage butter, and serve immediately.

Oven Roasted Kale

Category of recipe: Vegetables

Source Whole Foods Market email

Healthy Units: 2

Servings: 4

Posted by Josephine Tomato

Date 2.2.08

2 bunches of kale (or one large bunch)

2 tablespoons olive oil

2-3 cloves of garlic, minced

salt and pepper

1 tablespoon toasted sesame seeds

WF Notes; You'll be surprised how easy and tasty this kale preparation is. Andrea from Chapel Hill, NC sent in this recipe with the note: it's the only recipe I've found where the kale is not masked by other flavors or cooking methods, and it's crunchy. That makes it fun to eat plus it's delicious.

Jo's notes: I used the olive oil spray and certainly don't think I used 2 T. I think with that method, I would reduce HUs to 1. I like the lacinato kale variety best (also called dinosaur kale)

Preheat oven to 375. Rinse kale and pat dry thoroughly. Remove and discard the thick ribs and roughly chop the leaves. Toss with olive oil, garlic, salt and pepper in a large bowl. Spread on a large rimmed baking sheet. Kale does not need to be in a single layer as it will shrink in volume as it cooks. Bake for 15-20 minutes, stirring every five minutes or so until the leaves are tender, crisp on the edges and slightly browned. Sprinkle with sesame seeds before serving.

NI: per serving – about 3 oz each: 100 calories, 9 g total fat, 1.5 g sat fat, 3 g protein, 5 g total carbs, 2 g fiber, 0 mg cholesterol, 160 mg sodium

Pork Chops with Tomato Sauce and Mushrooms (Slow Cooker)

Source: Not Your Mother's Slow Cooker Cookbook

Healthy Units: 6

Core: Yes

Serves: 4

Posted by CrissyBear (Christine)

February 4, 2008

Freezer Friendly

Crissy's Note: I used 6 boneless top loin pork chops and browned them in 1 Tbsp olive oil. I also didn't bother to thicken the sauce with cornstarch since I was serving it over whole wheat penne. My changes served 6 (200 Calories; 8g Fat ; 2g Dietary Fiber) and was CORE.

4 bone-in pork loin chops (1" thick), blotted dry
8 ounces mushrooms, sliced
1 medium onion, chopped
1 large red or yellow bell pepper, seeded and cut into strips (I used red)
1 clove garlic, minced (I used 2)
2 cans (8 oz) tomato sauce
2 Tbsp balsamic vinegar
2 Tbsp minced fresh flat-leaf parsley
1/2 tsp dried oregano
1/2 tsp dried basil
pinch of salt
2 Tbsp cornstarch
1/4 cup water

In a large, heavy skillet over medium-high heat, brown the pork chops on both sides.

In the slow cooker, combine the mushrooms, onion, bell pepper and garlic. Nestle the pork chops on top.

In a medium bowl, combine the tomato sauce, vinegar, parsley, oregano, basil and salt. Pour over pork chops. cover and cook on Low until the meat is tender, about 6 to 8 hours.

Transfer pork to a platter and tent with foil to keep warm. Transfer the tomato sauce to a saucepan. In a small bowl, whisk together the cornstarch and water until smooth, and stir into the sauce. Bring to a boil, stirring until slightly thickened, about 2 minutes. Serve the sauce of the pork chops.

277 Calories; 12g Fat (36.9% calories from fat); 24g Protein; 20g Carbohydrate; 4g Dietary Fiber; 59mg Cholesterol; 824mg Sodium

Spicy Lentils with Chorizo

Category: Soup/Stew (ST)

Source: Cooking Light, May 2004

Healthy Units: 6

Servings: 8

Posted by: ejwyatt (Emily)

Date: February 4, 2008

CL Notes: The combination of chorizo sausage and habanero sauce gives these lentils a spicy kick. You can reduce the amount or omit the pepper sauce if you don't like hot foods. Leftovers freeze well.

Em's Notes: I struggled to place this in a category. There is very little meat, but there is meat, so not vegetarian. The texture is like a very thick stew, so I settled on soup/stew. My chorizo was not especially spicy, so this wasn't too hot. I used Tabasco, because that was the hot pepper sauce that I had in the pantry.

1 tablespoon olive oil
1 cup finely chopped onion
3/4 cup crumbled Spanish chorizo sausage (about 3 ounces)
1/2 cup finely chopped carrot
1/3 cup finely chopped red bell pepper
2 garlic cloves, minced
3 cups water
3 cups fat-free, less-sodium chicken broth
2 cups dried lentils
1 3/4 cups (1/2-inch) cubed Yukon gold potato
1 1/2 cups chopped tomato
2 teaspoons hot pepper sauce
1/2 teaspoon salt
1/2 cup (2 ounces) grated fresh Parmesan cheese

Heat olive oil in a Dutch oven over low heat. Add onion, Spanish chorizo, carrot, red bell pepper, and garlic; cook 10 minutes or until tender, stirring frequently. Add water, chicken broth, lentils, potato, chopped tomato, and pepper sauce; bring to a boil. Reduce heat, and simmer 30 minutes or until lentils are tender. Stir in salt. Sprinkle with Parmesan cheese.

Yield: 8 servings (serving size: 1 cup of lentil mixture and 1 tablespoon cheese)

CALORIES 306 (24% from fat); FAT 8.3g (sat 2.9g,mono 3.3g,poly 0.8g); PROTEIN 20.1g; CHOLESTEROL 15mg; CALCIUM 127mg; SODIUM 542mg; FIBER 12.8g; IRON 5.4mg; CARBOHYDRATE 39.6g

Cooking Light, MAY 2004

Title of the Recipe: Caldo Tlalpeño

Category of recipe: Soups/Stews

Source: Eating Well Magazine J/F 08

Healthy Units: 7

Servings: 4

Posted by: JJ/Dibranchia

Date: 2/5/08

Although there are many variations of this Mexican chicken soup, spicy chipotle chiles are always part of the broth. Make it a meal: Serve with a Mexican beer and cheese quesadillas.

My Notes: I used already cooked chicken and skipped the first step, making this really quick. I think this will become our new "stuffed-up/ I've got a cold" soup, although it's not as spicy as you would think it would be.

6 cups reduced-sodium chicken broth
1/2 cup water
1 head garlic, cloves separated and peeled
8 ounces boneless, skinless chicken breast, trimmed
2 teaspoons canola oil
1 medium onion, chopped
1 poblano or Anaheim chile pepper, chopped
1 canned chipotle pepper in adobo sauce (see Shopping Tip)
1 cup instant brown rice
4 radishes, sliced
1 small avocado, chopped
1/4 cup chopped fresh cilantro
1 lime, quartered

Bring broth, water, garlic and chicken to a boil in a large saucepan over medium-high heat. Reduce heat to a simmer and cook, skimming any foam that rises to the top, until the garlic is tender and the chicken is cooked through, 12 to 15 minutes. Remove from the heat. Transfer the garlic with a slotted spoon to a blender and the chicken to a clean cutting board.

Meanwhile, heat oil in a medium skillet over medium heat. Add onion and poblano (or Anaheim) chile and cook, stirring, until beginning to brown, 8 to 10 minutes. Add to the broth.

Add 1/2 cup of the broth and chipotle pepper to the blender and process until smooth (use caution when pureeing hot liquids). Pour the mixture back into the broth in the pan. Stir in rice. Bring to a boil, reduce to a simmer and cook until the rice is tender, about 10 minutes.

Shred the chicken and divide among 4 bowls. Ladle the broth over the chicken and top with equal portions of radish, avocado and cilantro. Serve with a wedge of lime.

NUTRITION INFORMATION: Per serving: 318 calories; 13 g fat (2 g sat, 7 g mono); 39 mg cholesterol; 31 g carbohydrate; 22 g protein; 6 g fiber; 264 mg sodium; 517 mg potassium.

Nutrition bonus: Vitamin C (60% daily value), Selenium (16% dv).

1 1/2 Carbohydrate Servings

Exchanges: 1 1/2 starch, 1 vegetable, 2 lean meat, 1 1/2 fat

TIP: Shopping Tip: Chipotle peppers in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep 2 weeks in the refrigerator or 6 months in the freezer.

Mexican Chorizo

Category: Meats

Source: Sunset magazine, Jan 2004

Healthy Units: 8

Servings: 8 (1/4 pound each)

Posted by: JosephineTomato

Date: 2.5.08

2 pounds lean ground pork
1 clove of garlic, peeled, minced or pressed
¼ cup red wine vinegar
2 tablespoons chili powder
2 tablespoons dried oregano
1 tablespoon paprika
1 teaspoon salt
½ teaspoon ground cumin

In large bowl, thoroughly mix all ingredients. Cover and chill for at least 30 minutes before using. (I usually make at least a day ahead). You can shape into patties and pan fry or broil them or use as bulk sausage.

NI: Calories 312 (72% from fat), Fat 25g (sat 9 g), protein 20 g, cholesterol 82 mg, sodium 374 mg, fiber 0.7g, carbohydrate 2.6g

Apricot Lentil Soup

Recipe By: Karena, allrecipes website

Healthy Units: 2

Servings: 6

Posted by: CJMartin717 (Cindy)

February 5, 2008

1 tablespoon olive oil
1 medium onion -- chopped
2 cloves garlic -- minced
1/3 cup dried apricots -- chopped
1 1/2 cups red lentils
5 cups nonfat chicken broth
14 ounces canned tomatoes with green chiles -- drained
1/16 teaspoon ground cumin
3/8 teaspoon spices -- Penzy's Northwoods Fire
1/16 teaspoon salt
1 dash black pepper

Saute onion, garlic and apricots in olive oil. Add lentil and chicken stock. Bring to a boil, then reduce heat and simmer 30 minutes.

Stir in tomatoes and seasonings. Simmer 10 minutes.

Stir in lemon juice. Puree 1/2 of soup in a blender or food processor and stir back into the pot. Serve.

Per Serving: 115 Calories; 2g Fat (16.2% calories from fat); 12g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 710mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Fat.

Cindy's notes: Recipe called for 3 roma tomatoes, chopped, 1/2 teaspoon cumin and 1/2 teaspoon thyme, and 2 Tablespoons fresh lemon juice.

Based on on-line reviews, I used a can of petite cut tomatoes mixed with green chilies. I changed the spices and forgot to add the lemon juice.

My serving size was approx. 1 1/4 cups each. The last bowl was a little less; so, each serving is probably just over 1 cup.

Roasted Brussels Sprouts with Ham and Garlic

November 2002 Cooking Light

Healthy Units: .5

Servings: 12

Posted by DebMj1

2/6/08

CL Notes: Roasting brings out the best in Brussels sprouts: It lightly caramelizes their edges but keeps them tender inside. Don't trim too much from the stem ends of the sprouts since they may fall apart. Country ham imparts saltiness to the dish; if it's unavailable in your market, substitute regular ham. Freeze leftover breadcrumbs for up to 6 months; use them to top macaroni and cheese casseroles.

Deb's Notes: I skipped the breadcrumbs and parmesan, although it would certainly be simple enough to sprinkle some Parmesan on top. I think the breadcrumbs are unnecessary. My BS weren't as small as the ones I normally find, so I ended up roasting these at 375 for 40 minutes. I used smoked ham in lieu of the country ham.

1 (1-ounce) slice white bread
3 pounds Brussels sprouts, trimmed and halved
1/4 cup finely chopped country ham (about 1 ounce)
2 tablespoons fresh lemon juice
1 teaspoon olive oil
1/2 teaspoon salt
3 garlic cloves, thinly sliced
Cooking spray
2 tablespoons grated fresh Parmesan cheese

Preparation

Preheat oven to 425°. Place bread in a food processor; pulse 2 times or until crumbly.

Sprinkle crumbs on a baking sheet; bake at 425° for 5 minutes or until golden.

Reduce oven temperature to 375°. Set aside 3 tablespoons toasted breadcrumbs, reserving remaining breadcrumbs for another use.

Combine sprouts and next 5 ingredients (sprouts through garlic) in a 3-quart baking dish coated with cooking spray, tossing to coat. Bake at 375° for 30 minutes or until sprouts are tender and lightly browned on edges, stirring twice.

Combine 3 tablespoons breadcrumbs and Parmesan cheese; sprinkle over sprouts.

Serve immediately.

Yield

12 servings (serving size: 3/4 cup)

Nutritional Information

CALORIES 58(19% from fat); FAT 1.2g (sat 0.4g,mono 0.5g,poly 0.2g); PROTEIN 4.4g;
CHOLESTEROL 2mg; CALCIUM 57mg; SODIUM 211mg; FIBER 3.6g; IRON 1.4mg;
CARBOHYDRATE 9.6g

Sauteed Chicken Breasts with Creamy Artichoke Sauce

Poultry/Quick & Easy

Source: My own concoction

Healthy Units:

Servings: 3

Posted by jhoulihan

2/6/08

Inspired by my fav creamy artichoke dip.

3 4-oz skinless boneless chicken breasts
1 teaspoon olive oil
1 teaspoon butter
1/4 cup flour, all-purpose
2 cloves garlic -- sliced thin
1/2 can artichoke hearts -- drained and chopped
3/4 cup chicken broth
4 ounces neufchatel cheese

Heat saute pan over med-high heat. Add butter and oil and heat until butter is slightly browned.

Coat chicken breasts with flour, and add to skillet. Cook approx. 4 minutes per side or until chicken breasts have browned.

Add garlic to the pan and saute for 30 seconds or until fragrant. Add artichoke hearts and saute for an additional 30 seconds. Add chicken broth to the pan and bring to a boil. Reduce heat and simmer for 4-5 minutes or until chicken is cooked through.

Remove chicken breasts from pan and keep warm. Add the cream cheese and whisk for 2 - 3 minutes or until the cream cheese has melted and the sauce has thickened.

Serve chicken topped with the creamy artichoke sauce.

Per Serving (excluding unknown items): 311 Calories; 13g Fat (40.0% calories from fat); 33g Protein; 12g Carbohydrate; trace Dietary Fiber; 98mg Cholesterol; 518mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Grilled Tilapia with Smoked Paprika and Parmesan Polenta

Category: Fish/Seafood (FS)

Source: Cooking Light, Jan/Feb '08

Healthy Units: 8

Servings: 4

Posted by: ejwyatt (Emily)

Date: February 6, 2008

Quick and Easy

CL Notes: Smoked paprika, a staple spice in Spanish cuisine, adds a heady flavor to this simple dish. Creamy polenta complements the full-flavored fish. Total time: 30 minutes.

Em's Notes: This was very quick and easy. It is easy to cut this back to a single serving.

Polenta:

4 cups fat-free milk

1 cup quick-cooking polenta

1/4 teaspoon salt

1/3 cup (1 1/2 ounces) grated Parmesan cheese

Fish:

1 1/2 tablespoons olive oil

1 teaspoon smoked paprika

1/2 teaspoon garlic powder

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

4 (6-ounce) tilapia fillets

Cooking spray

To prepare polenta, bring milk to a boil in a medium saucepan; gradually add polenta, stirring constantly with a whisk. Reduce heat, and cook 5 minutes or until thick, stirring constantly; stir in 1/4 teaspoon salt. Remove from heat. Stir in cheese; cover and keep warm.

To prepare the fish, heat a large nonstick grill pan over medium-high heat. Combine oil, paprika, garlic powder, 1/2 teaspoon salt, and pepper in a bowl, stirring well. Rub fish evenly with oil mixture. Coat pan with cooking spray. Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

Yield: 4 servings (serving size: 1 fillet and 1 cup polenta)

CALORIES 422 (21% from fat); FAT 9.7g (sat 3g,mono 5.1g,poly 1.1g); PROTEIN 39.9g; CHOLESTEROL 73mg; CALCIUM 414mg; SODIUM 751mg; FIBER 4.1g; IRON 1mg; CARBOHYDRATE 34.2g

Blueberry Cheesecake Oatmeal

Source: unknown post on WW RRB

Healthy Units: 3

Servings: 4-6

Posted by: CJMartin717 (Cindy)

February 6, 2008

2 cups oatmeal
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1 cup skim milk
1/2 cup Egg Beaters® 99% egg substitute
1/2 cup unsweetened applesauce
1/4 cup sugar
1 teaspoon vanilla extract
1 tablespoon ground cinnamon
1/2 cup frozen blueberries
2 ounces nonfat cream cheese

Combine wet ingredients and add dry ingredients. Bake in sprayed 11x7-inch pan at 350 F for 30-40 minutes. Serve warm or cold.

Per Serving (for 4 servings): 283 Calories; 3g Fat (9.5% calories from fat); 13g Protein; 52g Carbohydrate; 6g Dietary Fiber; 2mg Cholesterol; 604mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

NI for 6 servings: 189 Calories; 2g Fat (9.5% calories from fat); 9g Protein; 35g Carbohydrate; 4g Dietary Fiber; 1mg Cholesterol; 402mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Variations: (variations will have different nutritional values) to make other variations omit the blueberries and cream cheese.

Banana-Nut: substitute 2 mashed bananas for the applesauce and add 1/4 cup chopped nuts.

Pumpkin: Substitute canned pumpkin for the applesauce and add 1/2 teaspoon each ginger and nutmeg

Apple: Add 1 small chopped apple and replace cinnamon with 1 teaspoon apple pie spice.

Harira

Category: ST (Soups)

Source: Moosewood Low-Fat Favorites

Healthy Units: 3

Serves: 6

Posted by: Danikam

Date: February 8, 2008

Harira is a traditional North African soup often served during Ramadan. The combination of flavors here is really wonderful. A nice, hearty soup using mostly pantry items.

Ingredients

- 1 c onions, chopped
- 4 c vegetable stock
- 1 t cinnamon
- 1 t turmeric
- 1 T fresh ginger root, grated
- 1/8 t cayenne
- 1 c peeled and diced carrots
- 1/2 c diced celery
- 1 c canned tomatoes, undrained and chopped
- 1 1/2 c diced potatoes
- 1 pinch saffron
- 1 c cooked lentils
- 1 c cooked chickpeas, drained (I used canned)
- 1 1/2 T chopped fresh cilantro
- 1 T fresh lemon juice
- salt and pepper to taste
- lemon wedges

Instructions

In a covered soup pot, simmer the onions in 1 cup of the stock for 10 minutes. Combine the cinnamon, turmeric, ginger, and cayenne in a small bowl and add 2 to 3 tablespoons of the hot liquid to form a paste. Stir this paste into the pot along with the carrots, celery, and the remaining stock. Bring to a boil, then lower the heat, cover, and simmer for 5 minutes. Add the tomatoes and potatoes and continue to cook, covered, for 15 to 20 minutes, until the potatoes are tender. Crumble in the saffron. Stir in the lentils, chickpeas, cilantro, lemon juice, and salt and pepper to taste. Reheat. Serve immediately with lemon wedges

NI (per 9 oz serving): 186 calories, 9 g protein, 1.6 g fat, 130 mg sodium, 8 g fiber

Carrot Cake Baked Oatmeal

Breakfast

Source: CindyM/CLC

Healthy Units: 5

Flex

Posted by: Misssfittt(VickieMN)

5 Servings

2/9/2008

Ingredients:

2 cups rolled oats

1/4 cup brown sugar, packed

1/4 cup raisins

1 1/2 teaspoons baking powder

1 teaspoon cinnamon

1 cup skim milk

1 cup Kirkland Egg Starts or egg substitute

1/2 cup applesauce, unsweetened

1 tablespoon vanilla

1 cup shredded carrot

8 ounces crushed pineapple -- in juice, drained

Instructions:

Combine dry ingredients in a medium bowl. Combine wet ingredients in a large bowl.

Add dry ingredients to wet ingredients and stir until blended. Bake in a sprayed 8" square pan for 55 minutes at 350 degrees.

Per Serving: 286 Calories; 2g Fat (7.0% calories from fat); 12g Protein; 55g Carbohydrate; 5g Dietary Fiber; 1mg Cholesterol; 280mg Sodium.

Three-Grain Risotto with Asparagus Spears

Cooking Light 2005 Annual

Healthy units: 8

Servings: 4 (about 1 cup risotto, 3 asparagus spears, and about 1 teaspoon pine nuts)

Posted by DebMj1

2/9/08

CL Notes: Rice, barley, and quinoa give this risotto contrasting textures--creaminess from the rice, chewiness from the barley, and crunch from the quinoa. Flowering herbs make a pretty garnish.

Deb's Notes: This is definitely not your run-of-the-mill risotto. I found that I had to use twice the amount of broth, a sentiment shared by a few reviewers on the CL website. I also followed their advice and cut the asparagus into 1-inch sections and mixed the steamed asparagus into the risotto at the end of the cooking time. I think next time I'll use shredded asiago, piave or Parmigiano-Reggiano in place of the mozzarella, or a combination of the mozzarella with one of the hard cheeses.

1/8 teaspoon saffron threads, crushed
1 (14-ounce) can fat-free, less-sodium chicken broth (I used twice this amount)
1 tablespoon olive oil
1/4 cup finely chopped shallots (about 2 medium)
1/2 cup uncooked Arborio or other short-grain rice
1/2 cup uncooked quick-cooking barley (I used Goya brand)
1/4 cup uncooked quinoa
1/2 cup dry white wine
1 cup water
1 cup (4 ounces) shredded part-skim mozzarella cheese
2/3 cup 1% low-fat milk (I used skim)
2 teaspoons fresh lemon juice
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
12 asparagus spears, steamed
1 tablespoon pine nuts, toasted

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

Heat oil in a large saucepan over medium-high heat. Add shallots; sauté 3 minutes. Add rice, barley, and quinoa; sauté 2 minutes. Add wine; cook 2 minutes or until liquid is nearly absorbed. Stir in 1 cup water; cook 5 minutes or until liquid is nearly absorbed, stirring constantly. Add broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth mixture is absorbed before adding the next (about 25 minutes total).

Remove from heat; stir in cheese and next 4 ingredients (cheese through pepper). Top with asparagus spears, and sprinkle with pine nuts.

CALORIES 393(24% from fat); FAT 10.5g (sat 3.9g,mono 4.5g,poly 1.4g); PROTEIN 17.3g; CHOLESTEROL 18mg; CALCIUM 275mg; SODIUM 638mg; FIBER 6.3g; IRON 2.9mg; CARBOHYDRATE 57.3g

Coq au vin

Poultry

Source: CL Jan/Feb 2008

Healthy Units: 7

Servings 4

Posted by jhoulihan

2/9/08

CL Notes: Although traditionally made with an older bird, this French braise is great with supermarket chicken. You can purchase a whole chicken and cut it up (or have the butcher do so), or start with bone-in parts. Meat on the bone offers more flavor than boneless meat and holds up best in braises. An American pinot noir or French burgundy are tasty choices for this dish. You can serve in a bowl over mashed potatoes to soak up the sauce.

Jodi's Notes: I was afraid that DH would get grossed out by the dried plums, so I cut them up into smaller pieces (six pieces per plum) to try and sneak them by. They really cooked down and almost melted in to the sauce so that you hardly noticed them.

2 cups red wine (I used a pinot noir)
1 cup chopped yellow onion
1 cup chopped carrot
1 teaspoon salt
1 teaspoon dried thyme
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon freshly ground black pepper
2 (8-ounce) chicken breast halves, skinned
2 (4-ounce) chicken thighs, skinned
2 (4-ounce) chicken drumsticks, skinned
1/2 cup all-purpose flour (about 2 1/4 ounces)
3 bacon slices, chopped
1/2 cup pitted dried plums, quartered
2 bay leaves
Chopped fresh parsley (optional)

Combine first 10 ingredients in a large bowl; cover and marinate in refrigerator at least 4 hours or up to 24 hours.

Remove the chicken from marinade, reserving marinade, and pat chicken dry. Place flour in a shallow dish. Dredge the chicken in flour; set aside.

Cook bacon in a large Dutch oven over medium-high heat until crisp. Remove bacon from pan, reserving drippings in pan; set bacon aside. Add half of chicken to pan; cook 4 minutes, browning on all sides.

Remove chicken from pan. Repeat procedure with remaining chicken.

Remove onion and carrot from marinade with a slotted spoon, reserving marinade. Add onion and carrot to pan; sauté for 5 minutes or until softened. Stir in marinade, scraping pan to loosen browned bits. Add chicken, bacon, dried plums, and bay leaves; bring to a simmer. Cover, reduce heat, and simmer 1 hour and for 20 minutes or until chicken is tender. Discard bay leaves. Garnish with parsley, if desired.

Yield: 4 servings (serving size: about 3/4 cup sauce and 1 breast half or 1 thigh and 1 drumstick)

CALORIES 353 (29% from fat); FAT 11.2g (sat 3.5g,mono 4.4g,poly 1.7g); PROTEIN 34.2g;
CHOLESTEROL 106mg; CALCIUM 62mg; SODIUM 869mg; FIBER 3.7g; IRON 2.8mg;
CARBOHYDRATE 28.7g

Grilled Salmon with Blueberry Sauce

FS (Fish/Seafood)

Source: BH&G Diabetic Living, Fall 2007

Healthy Units: 6

Serves: 4

Posted by CJMartin717 (Cindy)

February 10, 2008

Cindy's Comments: I baked the salmon rather than grill it. I made the sauce earlier in the day, refrigerated it, and then reheated gently in the microwave just before serving. The sauce was awesome!

4 4-oz fresh or frozen skinless salmon fillets

1/8 teaspoon salt

1/8 teaspoon pepper

Nonstick cooking spray

Sauce:

1/4 cup finely chopped onion (I used shallot)

1 clove garlic, minced

1 teaspoon olive oil

1 1/2 cups fresh or frozen blueberries

2 tablespoons balsamic or cider vinegar (I used a raspberry-balsamic vinegar)

1 tablespoon packed brown sugar

1 teaspoon grated fresh ginger

1/2 teaspoon finely shredded lemon peel

1. Thaw fish, if frozen.

2. For sauce - in a small saucepan, saute onion and garlic in the olive oil until softened, about 3 minutes. Add remaining sauce ingredients (blueberries through lemon peel). Bring to a boil, reduce heat and simmer, uncovered, 15 minutes until thickened and reduced to about 1 cup.

3. Rinse salmon and pat dry with paper towels. Coat with cooking spray and sprinkle with salt and pepper. Measure thickness.

4. Place salmon on the rack of an uncovered grill directly over medium coals. Grill for 4-6 minutes per 1/2-inch of thickness or until fish flakes easily, turning once halfway through cooking.

5. Serve with blueberry sauce.

Per serving, 277 calories, 14 g total fat (3 g saturated fat), 66 mg cholesterol, 144 mg sodium, 15 g carb., 2 g fiber, 23 g protein.

Pecan-Apple Custards

D (Dessert)

Source: BH&G Diabetic Living, Fall 2007

Healthy Units: 3

Serves 4

Posted by: CJMartin717 (Cindy)

February 10, 2008

Cindy's notes: I didn't have any maple flavoring and I had just shy of a 1/2 cup of applesauce; so, I added 1 Tbsp sugar-free maple syrup. The directions did not say to bake this in a water bath; but, I did. I added boiling water to the outer pan to come about half way up the sides of the ramekins before placing them in the oven.

Nonstick cooking spray

1/2 cup unsweetened applesauce

1/3 cup fat-free milk

1/4 cup Egg Beaters (or 1 egg, slightly beaten)

3 tablespoons packed brown sugar

1 tablespoon butter, melted

1/2 teaspoon vanilla

1/2 teaspoon maple flavoring

3/4 cup chopped, cored apple (1 small)

1/3 cup rolled oats

2 tablespoons chopped pecans, toasted

1. Preheat the oven to 375 F. Lightly coat 4 6-oz. ramekins with spray. Place in a baking pan.

2. In a medium bowl, combine applesauce, milk, egg, brown sugar, butter, vanilla and maple flavoring. Stir in the apple and oats. Divide among ramekins. Bake about 25 minutes or until knife inserted near center comes out clean. Cool for 15 minutes on a wire rack. Sprinkle with pecans and dust with confectioner's sugar (optional).

Per serving: 154 calories, 6 g total fat (2 g saturated), 8 mg cholesterol, 63 mg sodium, 23 g carb., 2 g fiber, 3 g protein

Mexican Chicken Soup

Source: Ina Garten

Healthy Units: 4

Servings: 8 2-cup servings

Posted By: Bawstinn36 (Maria)

February 10, 2008

Comments: Nutritional information does not include any toppings you may add. Leave skin on to protect breasts while roasting.

4 whole chicken breast halves without skin -- bone in, skin on
2 tablespoons olive oil
Kosher salt and freshly ground black pepper
2 cups chopped onions
1 cup chopped celery
2 cups chopped carrots
4 cloves garlic -- chopped
2 1/2 quarts chicken stock -- preferably homemade
28 ounces whole tomatoes -- crushed
2 whole jalapeno peppers -- seeded and minced
1 teaspoon ground cumin
1 teaspoon ground coriander
1/4 cup cilantro leaves, whole -- optional (1/4 to 1/2)
6 whole corn tortillas -- (6-inch)

Preheat the oven to 350 degrees F

Place the chicken breasts skin side up on a sheet pan. Sprinkle with salt and pepper, and roast for 35 to 40 minutes, until done. When the chicken is cool enough to handle, discard the skin and bones, and shred the meat. Cover and set aside.

Meanwhile, heat 3 tablespoons of olive oil in a large pot or Dutch oven. Add the onions, celery, and carrots and cook over medium-low heat for 10 minutes, or until the onions start to brown. Add the garlic and cook for 30 seconds. Add the chicken stock, tomatoes with their puree, jalapenos, cumin, coriander, 1 tablespoon salt (depending on the saltiness of the chicken stock), 1 teaspoon pepper, and the cilantro, if using. Cut the tortillas in 1/2, then cut them crosswise into 1/2-inch strips and add to the soup. Bring the soup to a boil, then lower the heat and simmer for 25 minutes. Add the shredded chicken and season to taste. Serve the soup hot topped with sliced avocado, a dollop of sour cream, grated Cheddar cheese, and broken tortilla chips.

Per Serving (excluding unknown items): 219 Calories; 5g Fat (23.2% calories from fat); 18g Protein; 22g Carbohydrate; 4g Dietary Fiber; 34mg Cholesterol; 2787mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 1 Fat.

Crock-Baked Apples

Source: Not Your Mother's Slow Cooker Cookbook

HU: 2.5 per apple with my changes

Servings: 6

Posted by: Tracy (Nikkie1t)

February 11, 2008

Cookbook comments: This is a perfect autumn and winter fruit dessert, served hot or warm with vanilla ice cream, whipped cream, crème fraiche, or just some plain heavy cream thickening the aromatic cooking liquid. For breakfast, try these apples cold, or warm them in the microwave to take the chill off. The cooking time will vary, depending on the size and firmness of your apples.

My comments: YUM! My kitchen smelled really good while these were cooking. I was using up some older apples, so did 3 granny smith and 3 fuji. After 3 hours, the fuji were perfect, but the granny smiths had turned into applesauce. I topped mine with a little FF half and half.

6 large firm baking apples (about 8 ounces each) such as golden delicious, granny smith, rome beauty, or fuji

6 T. brown sugar (original recipe called for 2/3 cup)

½ teaspoon cinnamon

1 T. butter, cut into 6 pieces (original recipe called for 2 T.)

½ cup water, apple juice or apple cider (I used water and the sauce was super flavorful)

1. Spray a medium or large crockpot with cooking spray.
2. Using a paring knife, vegetable peeler or corer, remove the cores of the apples, leaving ½ inch of flesh in the bottom. Peel off a strip of skin around the top of each apple. Mix the brown sugar and cinnamon together, and spoon some into each core. Arrange the apples in the crockpot, right side up. Place a dab of butter on top of each apple. Pour the water into the cooker. Cover and cook on HIGH until the apples are soft when pierced with the tip of a knife, 2 ½ to 3 ½ hours; you want them firm, but slightly soft. They will soften a bit more as they cool.
3. Turn off the cooker, remove the lid, and let the apples cool a bit. Serve hot, warm or room temperature with some of the cooking liquid spooned over the top. The apples will keep, covered, for 3 to 4 days in the refrigerator.

Creamy Potato-Mushroom Soup

Soups/Quick & Easy

Source: Cooking Light, September 1997

Healthy Units: 4

Servings: 4

Posted by Waneyvant

February 12, 2008

Waney Notes: I used white mushrooms, subbed some white onion for part of the shallots (all i had). Instead of putting it thru the food processor (because he likes potato soup not smooth) i mashed the potatoes before adding the mushrooms back into the pot. Thickened it with a little cornstarch mixed with milk during the last 10 minutes of cooking.

2 bacon slices
4 cups chopped cremini mushrooms
1/2 cup chopped shallots
3 1/2 cups cubed Yukon Gold or baking potato
1 (14 1/2-ounce) can fat-free chicken broth, divided
2 cups 1% low-fat milk
2 tablespoons sherry
1/2 teaspoon salt
1/4 teaspoon pepper

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon from skillet; crumble and set aside. Add mushrooms and shallots to bacon drippings in pan; saute 5 minutes or until the mushrooms are soft. Remove from pan; set aside.

Add potato and broth to pan; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until potato is very tender. Transfer potato mixture to a food processor; process until smooth. Return to pan. Add milk, mushroom mixture, sherry, salt, and pepper; cook over low heat 10 minutes or until thoroughly heated. Ladle soup into bowls; top with crumbled bacon.

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

CALORIES 236 (13% from fat); FAT 3.5g (sat 1.5g,mono 1.2g,poly 0.4g); PROTEIN 13.2g; CHOLESTEROL 9mg; CALCIUM 172mg; SODIUM 521mg; FIBER 3.3g; IRON 2.4mg; CARBOHYDRATE 39.4g

Hamburger-Barley Soup

Soups

Source: Adapted from The Big Book of Soups & Stews

Healthy Units: 5

Servings 8

Posted by jhoulihan

2/12/08

This is a nice hearty soup. I got 8 1.5 cup servings.

1 pound ground beef, 95% lean
1 large yellow onion -- chopped
1 clove garlic -- minced
2 stalks celery -- chopped
2 carrots -- chopped
14 1/2 ounces canned diced tomatoes
15 ounces tomato puree
1/2 cup pearl barley
4 cups beef broth
1 cup water
1/4 teaspoon dried thyme
1/4 teaspoon dried marjoram
1 bay leaf
1 teaspoon salt
2 teaspoons sugar
freshly ground black pepper -- to taste

In a Dutch oven over medium heat, combine meat, onion, and garlic and cook, breaking up with a spoon until it is no longer pink, about five minutes. Add remaining ingredients and bring to a boil. Reduce heat to med-low and cook, covered, until vegetables and barley are tender, about one hour. Discard bay leaf. This can be made ahead to let the flavors develop. It will thicken some if you make it ahead.

Description:

"Hearty Soup. Adapted from The Big Book of Soups & Stews via the CLBB"

Per Serving (excluding unknown items): 270 Calories; 2g Fat (8.4% calories from fat); 14g Protein; 24g Carbohydrate; 5g Dietary Fiber; 16mg Cholesterol; 1328mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Greek Chicken & Vegetable Ragout

Main Dish

from Eating Well Magazine, Feb/2008

Healthy Units: 7

Makes 6 servings, about 1 1/3 cups each

Posted by Carrie (Scarehair)

Feb. 13, 2008

Slow Cooker, Kid Friendly

My notes: This satisfied my craving for Greek flavors. My kids really liked the sauce. I liked how easy this was and that I usually have all the ingredients on hand. Do not skimp on the dill.

Ingredients

1 pound carrots, cut into 1 1/4-inch pieces, or 3 cups baby carrots

1 pound (3-4 medium) yellow-fleshed potatoes, such as Yukon Gold, peeled and cut lengthwise into 1 1/4-inch-wide wedges

2 pounds boneless, skinless chicken thighs, trimmed (I used boneless, skinless chicken breasts)

1 14-ounce can reduced-sodium chicken broth

1/2 cup dry white wine (I used extra chicken broth)

4 cloves garlic, minced

3/4 teaspoon salt

1 15-ounce can artichoke hearts, rinsed and quartered if large

1 large egg

2 large egg yolks

1/2 cup lemon juice

1/2 cup chopped fresh dill

Freshly ground pepper to taste

1. Spread carrots and potatoes over the bottom and up the sides of a 4-quart or larger slow cooker. Arrange chicken on top of the vegetables. Bring broth, wine, garlic and salt to a simmer in a medium saucepan over medium-high heat. Pour over the chicken and vegetables. Cover and cook until the chicken is cooked through and vegetables are tender, 2 1/2 to 3 hours on high or 4 to 4 1/2 hours on low.

2. Add artichokes to the slow cooker, cover and cook on high for 5 minutes. Meanwhile, whisk egg, egg yolks and lemon juice in a medium bowl.

3. Transfer the chicken and vegetables to a serving bowl using a slotted spoon. Cover and keep warm. Ladle about 1/2 cup of the cooking liquid into the egg mixture. Whisk until smooth. Whisk the egg mixture into the remaining cooking liquid in the slow cooker. Cover and cook, whisking 2 or 3 times, until slightly thickened and sauce reaches 160°F on an instant-read thermometer, 15 to 20 minutes. Stir in dill and pepper. Pour the sauce over the chicken and vegetables and serve.

Cover and refrigerate for up to 2 days. Freezing is not recommended.

Prep ahead: Peel and cut potatoes; cover with water. Trim chicken thighs. Combine broth, wine and minced garlic. Refrigerate in separate covered containers for up to 1 day.

Per serving: 355 calories; 11 g fat (3 g sat, 4 g mono); 199 mg cholesterol; 27 g carbohydrate; 34 g protein; 4 g fiber; 629 mg sodium; 531 mg potassium. Nutrition bonus: Vitamin A (174% daily value), Vitamin C (36% dv), Potassium (15% dv). 1 1/2 Carbohydrate Servings Exchanges: 1 starch, 1 vegetable, 3 1/2 lean meat

Tilapia Piccata

Cooking Light, March 2007

Healthy Units: 10

Yield: 4 servings

Posted By: BMS2003 (Betty)

February 13, 2008

Substitute most any flaky white fish, or use veal or chicken cutlets.

Ingredients

8 ounces uncooked orzo (about 1 1/2 cups)

3/4 cup grape tomatoes, halved

1/2 teaspoon salt, divided

3 tablespoons chopped fresh parsley

1/4 teaspoon black pepper, divided

3 tablespoons all-purpose flour

4 (6-ounce) tilapia fillets

3 tablespoons butter, divided

1/4 cup white wine

3 tablespoons fresh lemon juice

1 tablespoon drained capers

Preparation

Cook pasta according to package directions, omitting salt and fat. Drain; stir in tomatoes, 1/4 teaspoon salt, parsley, and 1/8 teaspoon pepper. Set aside and keep warm.

Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, and flour in a large shallow dish. Dredge fish in flour mixture. Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add fish to pan; cook 1 1/2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove fish from pan; keep warm.

Add wine, juice, and capers to pan; cook 30 seconds. Remove from heat. Add remaining 2 tablespoons butter to pan; stir until butter melts. Serve fish with sauce and pasta.

Yield

4 servings (serving size: 1 fillet, 3/4 cup pasta mixture, and about 1 tablespoon sauce)

Nutritional Information

CALORIES 461(24% from fat); FAT 12.5g (sat 6.4g,mono 3.1g,poly 1.1g); PROTEIN 41.7g; CHOLESTEROL 108mg; CALCIUM 30mg; SODIUM 512mg; FIBER 2.6g; IRON 1.6mg; CARBOHYDRATE 45.3g

Easy Herb Crust Cassoulet

Casserole/Quick & Easy

Healthy Units: 6

Servings: 6

Source: Adapted from Southern Living, 9/01

Posted by Waneyvant

Date: February 13, 2008

1 pound fully cooked chicken sausages (see note)
1 sliced carrot
3 clove garlic cloves, pressed
1 cup sliced mushroom
1 small onion, chopped
1 tomato, diced
14 1/2 oz fat-free chicken broth
28 oz Bush's Great Northern Beans, rinsed and drained
2 tsp dried thyme, divided (or 2 T. fresh)
1/4 cup Egg Beaters
1 1/4 cup Bisquick Reduced-Fat Baking Mix
1 cup plus 2 T. fat-free skim milk

Brown sliced sausage in non stick 10 inch deep dish ovenproof skillet over medium high heat, stirring occasionally, 4 to 6 minutes. Remove sausage and set aside. Add onion, carrot, mushrooms to skillet; saute for 2 to 3 minutes, until onion is tender.

Stir in reserved sausage, beans, chicken broth, and tomato. Reduce heat and simmer for 6 minutes. Stir in 1 tsp dried thyme and remove from heat.

Stir together baking mix, milk, egg substitute and remaining 1 tsp thyme with a fork until moistened. Pour dough evenly over top of sausage mixture in skillet.

Bake at 400 for 30 to 40 minutes or until golden brown.

Note: i used 5 links (1 pound) Old World Kitchen Chicken sausage w/Artichoke, smoked mozzarella & garlic

1 link NI: Cal: 120, fat 5 g, Fiber <1 g

Tamarind-Glazed Pork with Spicy Noodle Salad

RP - Rice/pasta

Recipe By: Noodle Fusion - Asian Noodle Dishes for Western Kitchens

Healthy Units: 8

Servings: 4

Posted by: CJMartin717 (Cindy)

February 13, 2008

Cindy's Comments: For nutrition purposes, I calculated half of the marinade as you discard most of it. I used a whole grain spaghetti; but, you could use thin Chinese egg noodles, udon, or angel hair (cappellini) if desired.

Tamarind Marinade:

2 tablespoons tamarind pulp

1/4 cup hot water

1 teaspoon fresh ginger, minced

2 teaspoons light soy sauce

1 tablespoon peanut oil

3/4 pound pork tenderloin -- trimmed

1/2 pound Barilla Whole Grain Thin Spaghetti

1 tablespoon sesame oil

1 1/2 teaspoons chili paste -- with garlic

1 tablespoon fresh ginger -- minced

2 teaspoons minced garlic

2 tablespoons light soy sauce

2 tablespoons rice vinegar

6 medium scallion -- julienned

3/4 cup daikon -- julienned

1 1/2 cups grated carrots

1 small red bell pepper -- julienned

Mix together Tamarind Marinade.

Slice pork 1-inch thick and marinate for 30 minutes or more. Refrigerate if holding for more than 30 minutes.

Bring water to boil in a large pot and cook noodles as directed on package, breaking into 4-inch lengths as you add them to the pot. Drain and rinse with cold water.

Remove pork from marinade and discard marinade. Grill the pork to medium, about 4-minutes per side for boneless chops or tenderloin slices. Let stand for 10 minutes before slicing. If you don't want to grill the pork, roast it in a 350 F oven for 15-20 minutes.

In a serving bowl, combine sesame oil through red bell pepper. Add the noodles and toss to mix.

Slice the pork into thin slices and arrange over the spicy noodle salad. Serve at once.

Per Serving: 404 Calories; 10g Fat (21.5% calories from fat); 27g Protein; 54g Carbohydrate; 9g Dietary Fiber; 55mg Cholesterol; 432mg Sodium. Exchanges: 2 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Quinoa with Moroccan Winter Squash and Carrot Stew

Source: Bon Appétit January 2006

Healthy Units: 6

Serves: 4

Posted by: Kate

February 18, 2008

A gorgeous, satisfying vegetarian main course that's easy to make. Quinoa requires no pre-soaking, so it's as simple to do as rice.

Notes: This smelled heavenly while it simmered on the stove. I omitted the mint since I don't care for it and cut the oil back to 1 Tablespoon. Next time, I will not drain the tomatoes, I needed to add water to the pot as it was really thick.

Stew

2 tablespoons olive oil
1 cup chopped onion
3 garlic cloves, chopped
2 teaspoons Hungarian sweet paprika
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon ground coriander
1/2 teaspoon ground cumin
1/2 teaspoon turmeric
1/2 teaspoon ground ginger
1/2 teaspoon cayenne pepper
Pinch of saffron
1 cup water
1 14 1/2-ounce can diced tomatoes, drained
2 tablespoons fresh lemon juice

3 cups 1-inch cubes peeled butternut squash
(from 1 1/2-pound squash)
2 cups 3/4-inch cubes peeled carrots

Quinoa

1 cup quinoa
1 tablespoon butter
1 tablespoon olive oil
1/2 cup finely chopped onion
1/4 cup finely chopped peeled carrot
2 garlic cloves, minced
1/2 teaspoon salt
1/2 teaspoon turmeric
2 cups water
1/2 cup chopped fresh cilantro, divided
2 teaspoons chopped fresh mint, divided

For stew:

Heat oil in large saucepan over medium heat. Add onion; sauté until soft, stirring often, about 5 minutes. Add garlic; stir 1 minute. Mix in paprika and next 8 ingredients. Add 1 cup water, tomatoes, and lemon juice. Bring to boil. Add squash and carrots. Cover and simmer over medium-low heat until vegetables are tender, stirring occasionally, about 20 minutes. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and chill.)

For quinoa:

Rinse quinoa; drain. Melt butter with oil in large saucepan over medium heat. Add onion and carrot. Cover; cook until vegetables begin to brown, stirring often, about 10 minutes. Add garlic, salt, and turmeric; sauté 1 minute. Add quinoa; stir 1 minute. Add 2 cups water. Bring to boil; reduce heat to medium-low. Cover; simmer until liquid is absorbed and quinoa is tender, about 15 minutes.

Rewarm stew. Stir in half of cilantro and half of mint. Spoon quinoa onto platter, forming well in center. Spoon stew into well. Sprinkle remaining herbs over.

Per serving: 271 cal, 11g fat (2g sat), 5mg chol, 645mg sod, 40g carb, 7g fib, 7g pro (nutritional analysis provided by Nutrition Data) See NutritionData's complete analysis

Balsamic Braised Chicken with Olives & Capers (Slow Cooker)

Category: Poultry

Source: 175 Essential Slow Cooker Classics by Judith Finlayson

Healthy Units: 5

Core: Yes

Serves: 6

Posted by CrissyBear (Christine)

February 19, 2008

Crissy's Note: A simple and flavorful recipe that goes well with brown rice or whole wheat couscous. Of course, I used the capers and the NI includes them.

1 Tbsp olive oil
12 skinless chicken thighs, bone-in (about 3 lbs)
2 onions, finely chopped
4 cloves garlic, minced
1/2 tsp thyme
1 tsp salt
1/2 tsp cracked black pepper
2 cups chopped peeled whole tomatoes, including juice if canned
1/2 cup low sodium chicken broth
2 Tbsp balsamic vinegar
2 Tbsp chopped black olives
2 Tbsp drained capers, optional

In a large skillet, heat oil over medium heat. Brown chicken on both sides; remove from pan with slotted spoon and transfer to slow cooker stoneware.

Add onions and cook, stirring, until softened, about 5 minutes. Add garlic, thyme, salt and pepper and cook, stirring for 1 minute. Add tomatoes with juice, chicken broth and balsamic vinegar and bring to a boil. Remove from heat.

Pour tomato mixture over chicken. Cover and cook on LOW for 6 hours or on HIGH for 3 hours. Add olives and capers, if using, and stir well.

218 Calories; 8g Fat (33.4% calories from fat); 28g Protein; 8g Carbohydrate; 2g Dietary Fiber; 108mg Cholesterol; 769mg Sodium

Persian Spinach Soup with Lentils

Category: Soups / Stews (ST)

Source: Vegetarian Times, Jan '07

Healthy Units: 3

Servings: 6

Posted by: ejwyatt (Emily)

Date: February 19, 2008

Quick and Easy

VT Notes: This easy soup is based on ashe reshteh, an Iranian dish that's usually eaten at the Persian New Year for good luck. Using frozen spinach instead of fresh speeds the cooking time and allows you to use a smaller pot—but feel free to substitute 2 cups steamed fresh spinach. This soup tastes even better the next day.

Em's Notes: This is delicious. The recipe does not specify what type of lentils and I chose to use French green lentils and thought that they worked very well in this recipe. Eileen made this recipe and just omitted the lentils and that works as well I chose to serve this as 4 servings. The nutritionals represent the 6 servings that VT recommended.

2 Tbs. olive oil
2 medium onions, diced (about 2 1/2 cups)
1/4 cup lentils (I used French green lentils)
1/2 tsp. turmeric
3 1/2 cups low-sodium vegetable broth
10 oz. frozen chopped spinach, thawed and drained
3 green onions, finely chopped (about 1/2 cup)
2 oz. fettuccine, broken into 1-inch lengths (about 1/3 cup)
1 cup plain nonfat yogurt
1 Tbs. chopped mint

(continued)

Heat oil in large saucepan over medium-high heat. Add onions, and cook 15 minutes, or until browned, stirring occasionally. Transfer 1/4 cup onions to small bowl to cool.

Add lentils and turmeric to pot, and sauté 1 minute. Stir in vegetable broth and 3 1/2 cups water, and bring to a boil. Reduce heat to medium low, and simmer 10 minutes. Add spinach and green onions, and cook 20 minutes more. Stir in pasta, and cook 10 minutes, or until al dente. Season with salt and pepper.

Stir yogurt and mint into reserved onion. Season with salt and pepper. Ladle soup into bowls, and serve with dollops of yogurt mixture.

Per SERVING: Calories: 171, Protein: 8g, Total fat: 5g, Carbs: 25g, Cholesterol: 1mg, Sodium: 426mg, Fiber: 4g, Sugars: 7g

Pumpkin Muffins

Source: The Food That You Crave

Healthy Units: 4

Serves: 12

Posted by: Kate

February 20, 2008

These muffins are moist and tender and taste just like pumpkin pie, love the addition of pumpkin seeds as a topping. I used all whole-grain pastry flour and 2 T non- fat yogurt in place of 2 T of the canola oil, NI is for the original recipe.

Cooking spray

1 cup all-purpose flour

1 cup whole-grain pastry flour

1 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground cloves

1/8 teaspoon ground nutmeg

3/4 cup packed dark brown sugar

3 tablespoons unsulphered molasses

1/4 cup canola oil

2 large eggs

1 cup canned pumpkin

1 teaspoon vanilla extract

3/4 cup lowfat buttermilk

1/4 cup raw, unsalted pumpkin seeds

Preheat oven to 400 degrees F. Coat a 12-cup muffin pan with cooking spray.

In a medium bowl, whisk together the all-purpose and whole-wheat flours, baking soda, salt, cinnamon, ginger, cloves, and nutmeg.

In a large bowl, whisk the sugar, molasses, oil and 1 egg until combined. Add the other egg and whisk well. Whisk in the pumpkin and vanilla. Whisk in the flour mixture in 2 batches, alternating with the buttermilk. Whisk just until combined.

Pour the batter into the prepared muffin pan and sprinkle with the pumpkin seeds. Tap the pan on the counter a few times to remove any air bubbles. Bake for 20 minutes or until a wooden pick inserted in center of 1 of the muffins comes out clean.

Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and unmold. Cool completely on the rack.

206 Calories; 7 grams fat; 2 grams fiber

Hoisin Chicken and Broccoli Stir-Fry

Source: Cooking Light, January 2004

Healthy Units:

Servings: 4 - 1 cup servings

Posted by: bms2003 (Betty)

Date: 2/20/08

Very good! I just used 2 small, sliced boneless breasts & kept the other ingredients the same. It was still plenty of chicken. We served over brown rice.

Ingredients

1 tablespoon vegetable oil

Cooking spray

1/3 cup fat-free, less-sodium chicken broth

3 tablespoons hoisin sauce

2 tablespoons dry sherry

2 tablespoons orange juice

1 teaspoon cornstarch

2 teaspoons bottled minced garlic

2 teaspoons bottled minced fresh ginger

1/2 teaspoon sesame oil

1 pound chicken breast tenders

3 cups bagged broccoli florets

1 (8-ounce) can whole water chestnuts, drained

Preparation

Heat vegetable oil in a large nonstick skillet coated with cooking spray over medium-high heat. Combine broth and the next 7 ingredients (broth through sesame oil). Add chicken to pan, and sauté 2 minutes. Add broccoli, and sauté 5 minutes. Add chestnuts, and sauté 2 minutes. Add broth mixture, and cook 1 1/2 minutes or until sauce is slightly thick, stirring constantly.

Yield: 4 servings (serving size: 1 cup)

Nutritional Information

CALORIES 246(22% from fat); FAT 6g (sat 1g,mono 1.5g,poly 2.7g); PROTEIN 28.7g;
CHOLESTEROL 66mg; CALCIUM 21mg; SODIUM 324mg; FIBER 4.6g; IRON 1.2mg;
CARBOHYDRATE 17.3g

Greek-Style Stuffed Peppers

Source: The Food That You Crave

Healthy Units:

Serves: 6

Posted by: Kate

February 20, 2008

Notes: Based on the review on the FN site, I doubled the amount of oregano, added some basil, thyme, a few shakes of red pepper flakes and 2 cloves of minced garlic to the filling and used Italian Style stewed tomatoes. Next time I will use an extra can of tomatoes either stewed or diced as I would have liked more sauce. My peppers were small/medium sized and I was able to stuff 10 halves.

1 pound lean ground beef
1 (10-ounce) package frozen chopped spinach, thawed and squeezed dry
1 medium zucchini, coarsely grated (about 2 cups)
1 small onion, minced (about 1 cup)
1/2 cup bulghur
1 egg, lightly beaten
1/2 teaspoon dried oregano
1/2 teaspoon salt
Freshly ground black pepper
3 red bell peppers, halved lengthwise, cores and ribs removed
2 (14 1/2-ounce) cans low-sodium stewed tomatoes, finely chopped
1/3 cup crumbled feta cheese

Preheat the oven to 350 degrees F.

In a large bowl combine the beef, spinach, zucchini, onion, bulghur, egg, oregano, salt and a few grinds of pepper. Mix until thoroughly combined.

Arrange the pepper halves cut side up in a 9 by 13-inch baking dish and fill each pepper half with the meat mixture. Pour the tomatoes over the peppers and sprinkle with the feta cheese. Cover with foil and bake for 30 minutes. Uncover and bake until the meat mixture is completely cooked and the peppers are tender, about 25 minutes longer.

Nutrition Information

Nutritional Analysis Per Serving

Calories 210

Carbohydrates 19 g Total Fat 6 g

Saturated Fat 2.5 g Protein 21 g

Fiber 6 g Sodium 400 mg

Sweet Potato Custard

Category: D - Custards

Source: Unknown (a Heart Assoc. flyer)

Healthy Units: 3

Serves: 6 (Serving Size: 1/2 cup)

Posted by CrissyBear (Christine)

February 20, 2008

Recipe Note: Substituting 1/3 cup liquid egg substitute will lower cholesterol and fat, but points stay the same.

My Note: This is like having a slice of crustless sweet potato pie--yummy!

1 cup sweet potato, mashed
1/2 cup banana, mashed (2 small)
1 cup evaporated skim milk
2 Tbsp packed brown sugar
2 large egg yolks, beaten
1/2 tsp salt
1/4 cup raisins
1 Tbsp sugar
1 tsp cinnamon

In a medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks and salt, mixing thoroughly.

Spray a 1-quart casserole with nonstick cooking spray. Transfer sweet potato mixture to casserole dish.

Combine raisins, sugar and cinnamon and sprinkle over top of sweet potato mixture. Bake in a preheated oven at 325F for 40-45 minutes or until a knife inserted near the center comes out clean.

Per Serving: Calories 149; Calories from fat 18; Total Fat 2 g (Saturated Fat 1 g); Cholesterol 72 mg; Sodium 252 mg; Total Carbohydrates 29 g; Dietary Fiber 2 g; Sugars 6 g; Protein 5 g

Fish With Creamy Leeks

Gourmet | November 2007

Healthy Units: 5

Posted by Kim (kwe730)

Serves 4

February 21,2008

Kim's Notes: Per some suggestions by reviews on Epicurious.com, I subbed white wine for the water and added some sliced fennel to the leek. I also used RF sour cream.

Ingredients:

1/2 cup sour cream

1 1/2 teaspoons all-purpose flour

2 medium leeks (white and pale green parts only), thinly sliced

2 tablespoons unsalted butter

2/3 cup water, divided

4 (6-ounce) pieces thick white-fish fillets such as Pacific cod, skinned

1 tablespoon chopped dill

Whisk together sour cream and flour.

Wash leeks, then put in a large heavy skillet with butter, 1/3 cup water, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cover with parchment, then with a lid, and simmer over medium heat, stirring once or twice, until leeks are tender, about 10 minutes.

Stir in sour-cream mixture and remaining 1/3 cup water.

Season fish with 1/4 teaspoon each of salt and pepper, then add to leeks and cook, covered with parchment and lid, until just cooked through, 8 to 10 minutes. Serve sprinkled with dill.

Per serving: 210 calories,10g fat, 6g saturated, 64mg cholesterol, 100mg sodium, 8g carbohydrate,1g fiber, 22g protein (nutritional analysis provided by Nutrition Data)

Creamy Gorgonzola Dressing

Category: Dressings

Everyday Pasta by Giada DeLaurentiis

Healthy Units: 2

Servings: 4

Posted by DebMj1 (with help from Sherry and Kristin)

2/23/08

My Notes: So simple to throw together. I didn't like it at first, but letting it meld in the fridge for about 2 hours really brings it together. If you wanted to you could blend 1 ounce of the cheese and leave 1 ounce crumbled, although then it wouldn't be "creamy" gorgonzola dressing. Would easily lend itself to a stronger bleu cheese or a feta.

2 ounces gorgonzola cheese

1/4 cup skim milk

2 Tablespoons lite sour cream

1/2 clove garlic

1/4 teaspoon fresh ground black pepper

1/4 teaspoon salt

pinch lemon juice, optional

Put all ingredients in blender or food processor and blend together.

Per Serving: 59 calories and 5 gms. fat.

Thai Chicken Soup

Category: Soup

Source: America's Test Kitchen

Healthy Units: 7

Servings: 4 or 8

Posted by: MissVN

Date: Feb. 24, 2008

Notes: I used Panang curry paste rather than red, but that is my own preference. I also used quite a bit more curry paste than the recipe suggested, but again, my own preference. I even made it without the lemon grass and it was still wonderful. This can be 8 servings as a first course or 4 servings as a main course.

Ingredients

1 teaspoon vegetable oil
3 stalks lemon grass, tough outer leaves removed, bottom 5 inches halved lengthwise and sliced thin crosswise
3 large shallots, chopped
8 sprigs fresh cilantro leaves, chopped course
3 tablespoons fish sauce
4 cups low-sodium chicken broth
2 cans light coconut milk, well shaken
1 tablespoon sugar
1/2 pound button mushroom, cleaned, stems trimmed, cut in to 1/4 inch clices
1 pound boneless skinless chicken breast, sliced on bias in to 1/8 inch pieces
3 tablespoons fresh lime juice
2 teaspoons curry paste
1/2 cup fresh cilantro
2 medium serrano pepper, sliced thin
2 medium scallion, sliced thin on bias
1 medium lime, cut in to wedges

Instructions

1. Heat oil in large saucepan over medium heat until just shimmering. Add lemon grass, shallots, cilantro, and 1 tablespoon fish sauce; cook, stirring frequently, until just softened, 2 to 5 minutes (vegetables should not brown). Stir in chicken broth and 1 can coconut milk; bring to simmer over high heat. Cover, reduce heat to low, and simmer until flavors have blended, 10 minutes. Pour broth through fine-mesh strainer and discard solids in strainer. Rinse saucepan and return broth mixture to pan.

2. Return pan to medium-high heat. Stir remaining can coconut milk and sugar into broth mixture and bring to simmer. Reduce heat to medium, add mushrooms, and cook until just tender, 2 to 3 minutes. Add chicken and cook, stirring constantly, until no longer pink, 1 to 3 minutes. Remove soup from heat.

3. Combine lime juice, curry paste, and remaining 2 tablespoons fish sauce in small bowl; stir into soup. Ladle soup into bowls and garnish with cilantro, chiles, and scallions. Serve immediately with lime wedges.

4 servings: Per Serving (excluding unknown items): 316 Calories; 14g Fat (34.5% calories from fat); 41g Protein; 20g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 226mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 1/2 Fruit; 2 Fat; 1/2 Other Carbohydrates.

8 servings: Per Serving (excluding unknown items): 158 Calories; 7g Fat (34.5% calories from fat); 20g Protein; 10g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 113mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.

Dawn's Favorite Pasta e Fagioli

Category: Soups/Stews

Source: GH's Quick & Simple 12/18/07

Healthy Units: 5

Servings: 8 (1 ¼ cups each)

Posted by: Peggymcv

Date: February 24, 2008

Notes: This recipe was adapted with permission from Top Secret Recipes and is very similar to the soup on Olive Garden's menu.

My notes: I've always been a fan of Olive Garden's Pasta e Fagioli and am thrilled to have found this recipe!! It makes a thick, hearty, delicious soup and the servings are quite generous. I made it exactly as it was written, but I think I'll add 1-2 more garlic cloves and use spicy V8 next time – We like things a little spicier!

1 lb. 93% lean ground beef
2 cloves garlic, minced
1 medium onion, diced (about 1 cup)
1 large carrot, cut into matchsticks (about 1 cup)
3 ribs celery, diced (about 1 cup)
2 14.5-oz. cans diced tomatoes, undrained
15-oz. can tomato sauce
1 ½ cups vegetable juice (I used V8 brand)
15-oz. can red kidney beans, undrained
15-oz. can great northern beans, undrained
1 Tbsp. white vinegar
1 ½ tsp. salt
1 tsp. dried oregano
1 tsp. dried basil
½ tsp. black pepper
½ tsp. dried thyme
4 oz. (1 cup) uncooked ditalini pasta (I used small shells)

Coat a large saucepot with olive oil-flavored cooking spray and heat over medium-high heat. Brown the ground beef, stirring to break it up until no longer pink and cooked through; drain off any drippings.

Add garlic, onion, carrot and celery to the pot; cook, stirring, 5 to 6 minutes, or until vegetables are tender.

Add remaining ingredients (except pasta); reduce heat to low and simmer for 1 hour. When there are just 10 minutes of cooking time left, prepare the pasta as package directs for al dente noodles; drain.

Add pasta to soup and simmer for an additional 5 to 10 minutes. Serve immediately.

NI per serving: 268 calories, 23g protein, 44g carbohydrate, 5g fat, 9g fiber

Zuppa di Ceci

Category: Soup/Stew (ST)

Source: Twelve, A Tuscan Cookbook

Healthy Units: 5

Servings: 8

Posted by: ejwyatt (Emily)

Date: February 25, 2008

Cookbook Notes: Chickpeas are used mainly in soups in Tuscany, but are also ground into flour and used to make a flat savory tart.

Em's Notes: The nutritionals reflect my reduction of the oil. This is a very good reproduction of a wonderful soup that Kristin and I shared in Siena.

18 ounces chickpeas -- soaked overnight
1 medium onion -- chopped
2 medium carrot -- chopped
1 stalk celery -- chopped
14 cups water
1 clove garlic -- peeled and chopped
1 Tablespoon olive oil -- (original recipe called for 1/4 cup)
2 sprigs rosemary
1 small cayenne pepper -- dry, left whole (I used red pepper flakes)
3 ½ ounces Swiss chard -- thinly sliced
2 medium tomatoes -- (or 5 1/2 ounce tomato puree)

Cover the chickpeas and soak overnight. (The next time I make them, I plan to use 1 teaspoon of baking soda in the soaking water.)

Drain the soaked chickpeas, rinse and put in a large stockpot. Add the onion, carrot and celery. Cover with 14 cups of water and bring to a boil.

Skin the surface to remove any scum. Lower the heat slightly and cook, uncovered for about 1 1/4 hours (mine took longer) or until the chickpeas are tender.

Season with salt and pepper in the last 30 minutes of cooking time.

Puree 2/3's of the chickpeas with their cooking liquid (I used my immersion blender). Return all to the pot and add a little hot water, if the soup seems too thick.

Heat oil in a sauté pan. Add garlic, rosemary and dry chili pepper. When you begin to smell the garlic, add the Swiss chard.

Sauté on medium heat for a couple minutes before adding the tomato. Season with salt and pepper and continue cooking for about 5 minutes until tomato has melted into a sauce and seems cooked.

Remove rosemary and chili and discard. Add tomato mixture to chickpeas pot and simmer for a few minutes to blend the flavors. Check the seasoning and adjust salt and pepper, if necessary.

Per Serving (excluding unknown items): 275 Calories; 6g Fat (18.8% calories from fat); 13g Protein; 45g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 69mg Sodium.