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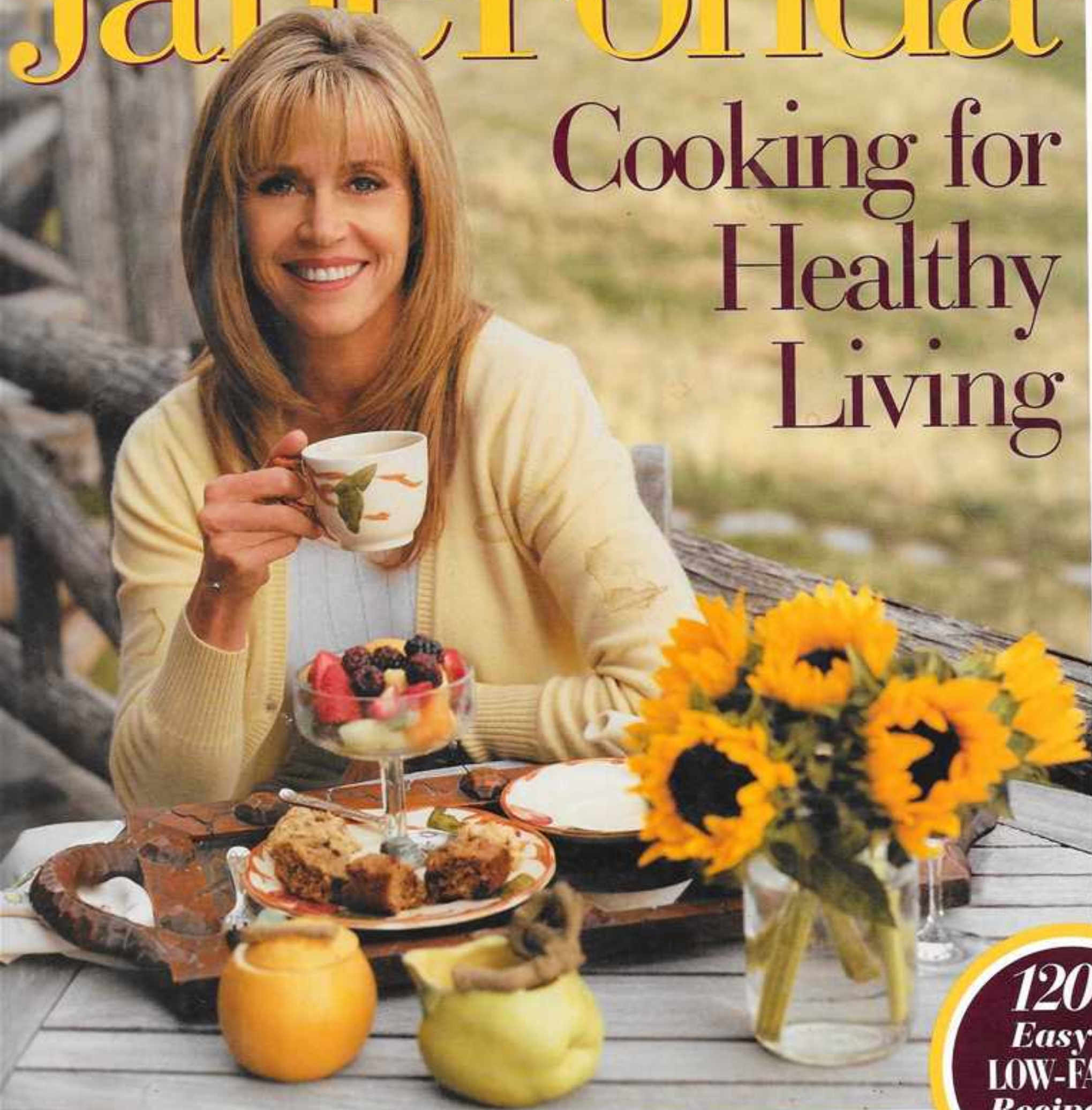
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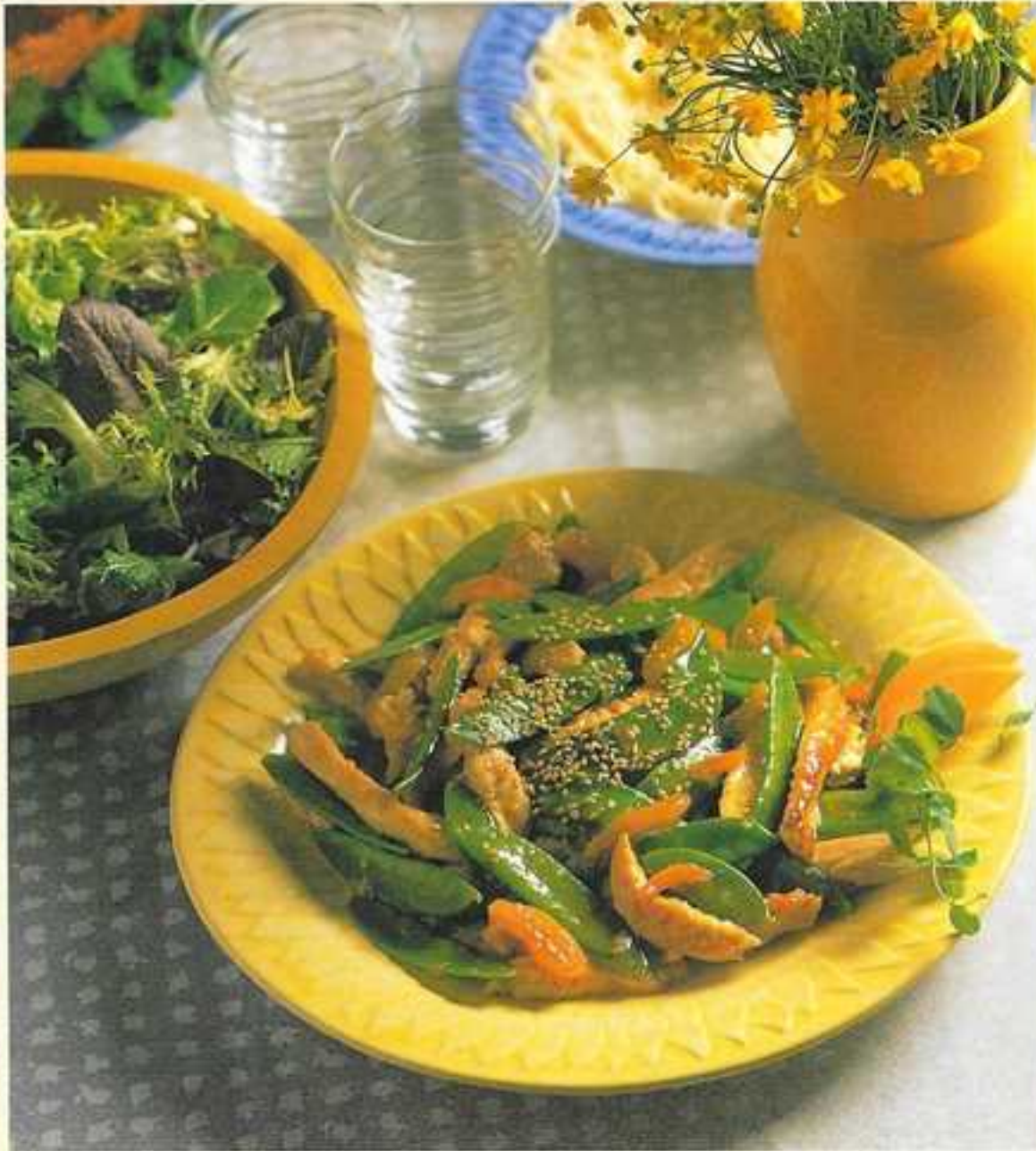
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Jane Fonda

Cooking for Healthy Living



120
Easy
LOW-FAT
Recipes



"This book is dedicated with love to people who, like myself, want to know how to cook healthy meals that are easy to prepare, delicious to eat and good for you. I want to teach you what I've learned about how to eat to maximize your health and energy; how to avoid overeating; and, for those interested in losing weight, how eating and exercise, like love and marriage, go together. You can make healthy eating and healthy living part and parcel of your life every day. Following the principles, recipes and menus in this book, you'll never have to diet and you'll never feel deprived; you'll eat wonderfully satisfying meals and you'll be in control of your weight. And you'll feel, act and look more healthy than you ever have before."

—Jane Fonda



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Jane Fonda

Cooking for Healthy Living

RECIPES
Robin Vitetta

PHOTOGRAPHS
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ILLUSTRATIONS
Jennie Oppenheimer



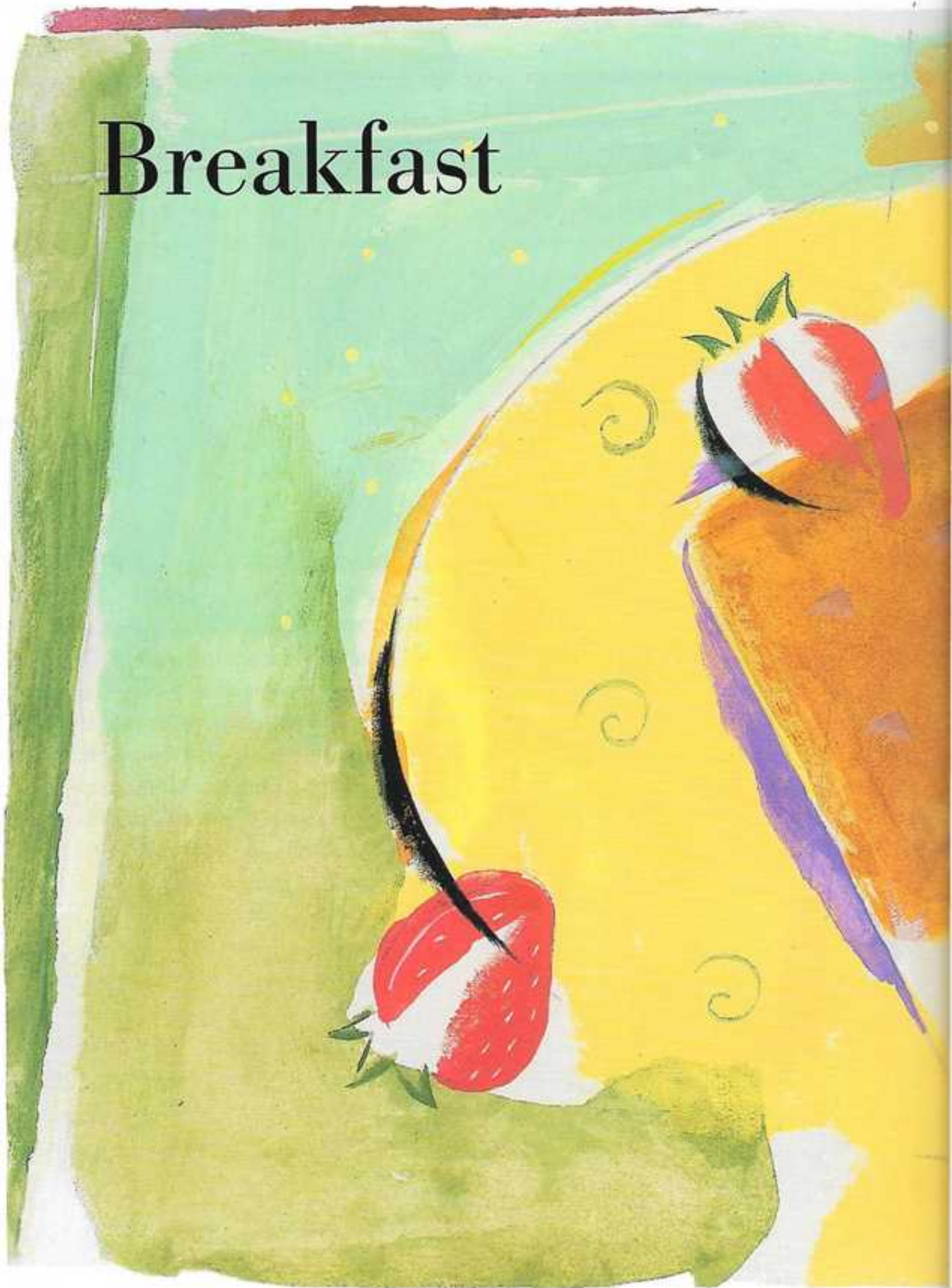
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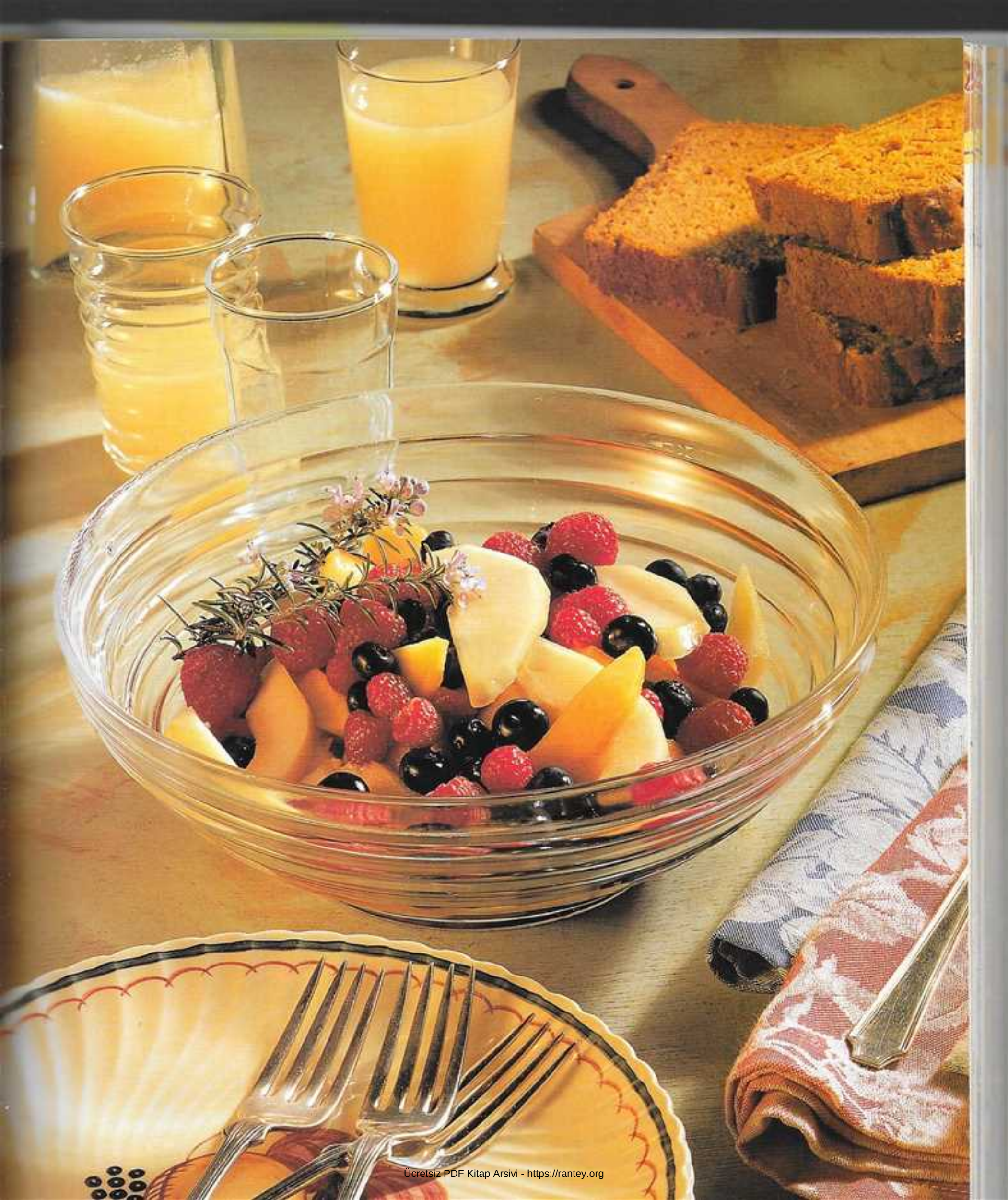
ATLANTA



Healthy Living

Breakfast







- 1 cup (4 oz/125 g) raspberries
- 1 cup (4 oz/125 g) blueberries
- 1 peach, pitted and sliced
- 1 pear, cored and sliced
- 1 cup (8 fl oz/250 ml) water
- ½ cup (4 fl oz/125 ml) apple juice
- ¼ cup (2 fl oz/60 ml) raspberry vinegar
- ¼ cup (2 oz/60 g) sugar
- 5 fresh rosemary sprigs
- 2 tablespoons finely grated lemon zest

Storage Tip

• If making the sauce ahead, store in an airtight container in the refrigerator and reheat in a small saucepan over low heat. The sauce is also delicious cold.

Summer Fruit in Rosemary Syrup

• *Preparation: 15 minutes • Cooking: 15 minutes • Serves 4*

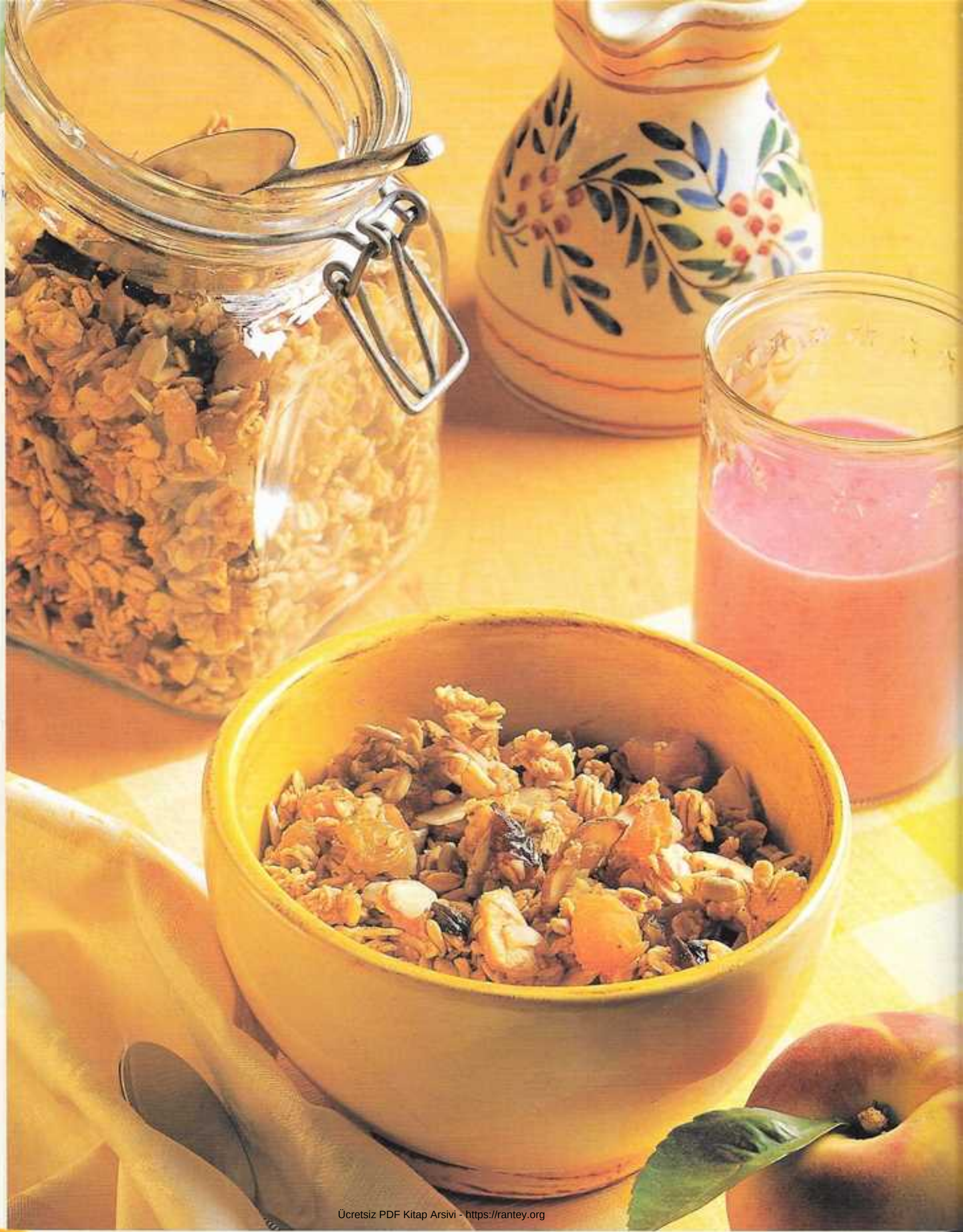
• *Rosemary, the symbolic herb of remembrance, lends its pungent flavor and aroma to this colorful fruit mix. Both the leaves and the pale purple flowers are edible. Be sure to crush the needlelike leaves to release their oils as you add the herb to the saucepan.*

- * Divide the raspberries, blueberries, peach slices and pear slices among 4 individual bowls.
- * To make the rosemary syrup, in a small saucepan over medium-high heat, combine the water, apple juice, vinegar, sugar, rosemary and lemon zest. Bring to a boil, reduce the heat to low and simmer until the liquid is reduced by half, about 10 minutes. Cool for 5 minutes. Strain the syrup through a fine-mesh sieve.
- * To serve, pour an equal amount of the rosemary syrup over each bowl of fruit.



Nutritional Analysis per Serving

- Calories 142 (Kilojoules 598); Total fat 1g; Saturated fat 0g; Protein 1g;
- Cholesterol 0mg; Carbohydrates 36g; Sodium 3mg; Dietary fiber 4g;
- Calories from fat 3%





- ½ cup (3 oz/90 g) raisins
- ¼ cup (2 oz/60 g) chopped dried prunes
- ¼ cup (2 oz/60 g) chopped dried apples
- ¼ cup (2 oz/60 g) chopped dried apricots
- 1 cup (8 fl oz/250 ml) hot water
- 3 cups (9 oz/280 g) rolled oats
- 1½ cups (4½ oz/140 g) unsweetened puffed rice cereal
- ½ cup (2 oz/60 g) raw sunflower seeds
- ½ cup (2 oz/60 g) sliced (flaked) almonds
- ¼ cup (1 oz/30 g) nonfat dry milk
- 2 tablespoons shredded unsweetened coconut
- 2 tablespoons honey
- 1 teaspoon ground cinnamon

Hearty Granola

Preparation: 25 minutes • Cooking: 1 hour • Makes 7 cups

Ted is a big granola fan and really likes this version. It's great with milk as a breakfast cereal, plain as a snack or sprinkled over yogurt as a dessert. Consider making several batches and filling decorative airtight jars to give as gifts. Include a copy of the nutritional analysis and inspire others to take the road to healthy eating.

- * Preheat an oven to 250°F (120°C).
- * In a small bowl, soak the raisins and dried fruit in the hot water until softened, 15 minutes. In a large bowl, combine the oats, rice cereal, sunflower seeds, almonds, dry milk, coconut, honey and cinnamon. Add the raisins and fruit with the soaking water. Stir to mix well.
- * Spread the mixture on a baking sheet and bake for 1 hour, stirring every 15 minutes to prevent sticking and to ensure even cooking. Remove from the oven and cool. One serving is 1 cup (6 oz/180 g).
- * To store, place in an airtight container for up to 1 week.



Nutritional Analysis per Serving

- Calories 443 (Kilojoules 1,861); Total fat 12g; Saturated fat 2g; Protein 13g;
- Cholesterol 1mg; Carbohydrates 77g; Sodium 36mg; Dietary fiber 6g;
- Calories from fat 22%





2½ cups (20 fl oz/625 ml) apple cider
or apple juice
¼ cup (1½ oz/45 g) raisins
1 apple, peeled, cored and diced
¾ teaspoon ground cinnamon
1½ cups (4½ oz/140 g) rolled oats
½ cup (4 oz/125 g) nonfat
plain yogurt
1 teaspoon ground nutmeg

Apple-Raisin Oatmeal

Preparation: 10 minutes • Cooking: 10 minutes • Serves 4

When I was about 10 years old, I had an exam at school that was very important. That morning I ate a big bowl of hot oatmeal, something I was not accustomed to doing. I did great on the exam and began calling oatmeal "brain food." Now I know that my childhood instincts were remarkably accurate. A hearty breakfast of complex carbohydrates like those found in oatmeal increases your attention span and ability to concentrate. I still eat it whenever I have something important to do.

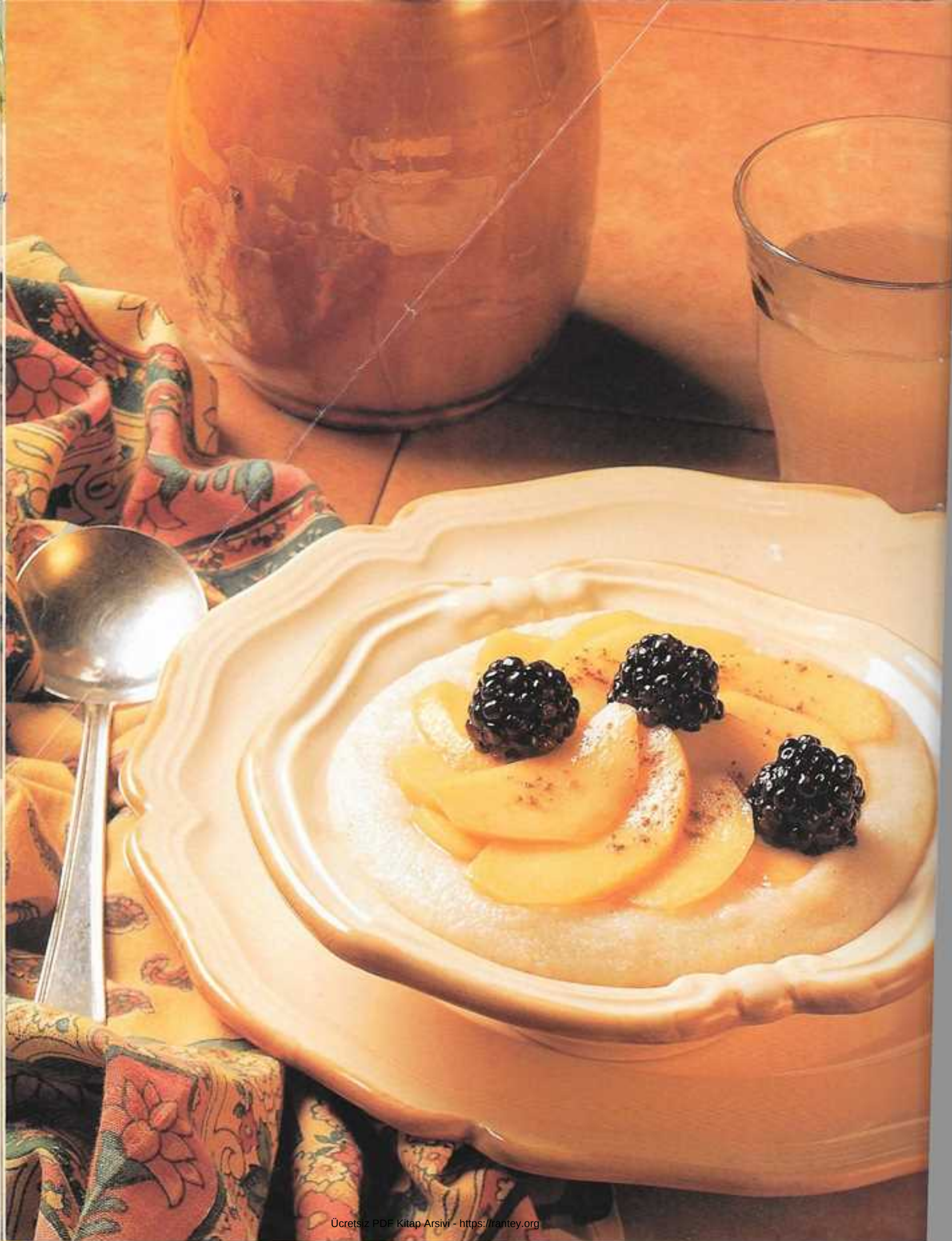
* In a medium saucepan over medium-high heat, bring the cider or juice to a boil. Stir in the raisins, apple and cinnamon, reduce the heat to low and simmer for 2 minutes. Stir in the oats, increase the heat to medium-high and bring to a boil. Reduce the heat to low and simmer, stirring frequently, until the liquid is absorbed and the oats are creamy, about 6 minutes.

* To serve, divide among 4 individual bowls. Top each with an equal amount of the yogurt and nutmeg.



Nutritional Analysis per Serving

Calories 265 (Kilojoules 1,115); Total fat 3g; Saturated fat 1g; Protein 7g;
Cholesterol 1mg; Carbohydrates 55g; Sodium 29mg; Dietary fiber 4g;
Calories from fat 8%





Hot Wheat Cereal with Gingered Peaches

4½ cups (36 fl oz/1.12 l) water
¾ cup (6 oz/185 g) enriched farina
wheat cereal
1½ cups (12 fl oz/375 ml) apple juice
1 tablespoon grated fresh ginger
4 peaches, peeled, pitted and sliced
¼ cup (2 fl oz/60 ml) raspberry
vinegar
3 tablespoons honey
½ teaspoon ground cinnamon
12 blackberries

Preparation: 5 minutes • Cooking: 15 minutes • Serves 4

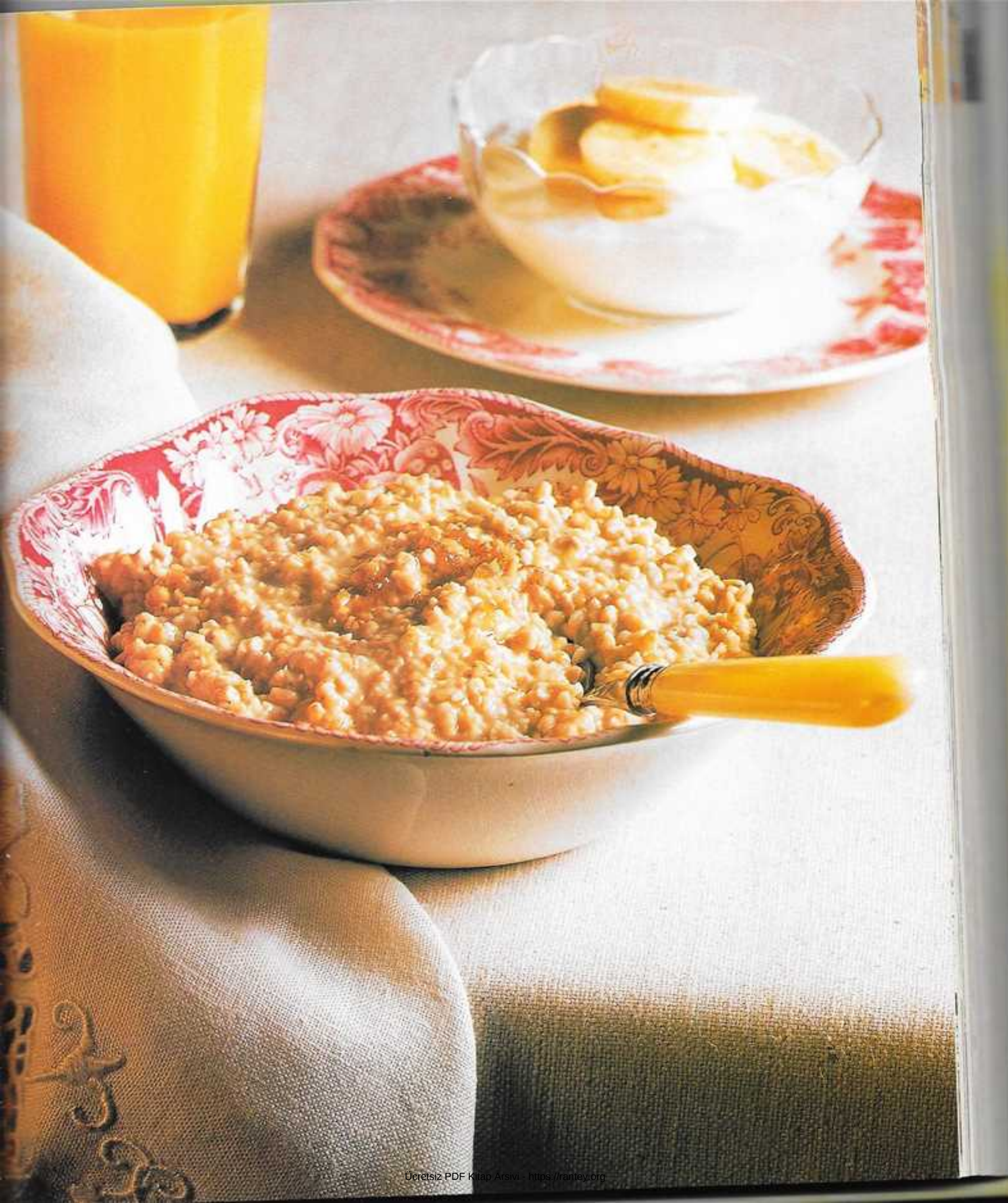
Notice that this creamy white cereal with warm fruit has no cholesterol and derives just 2 percent of its calories from fat. It makes a good alternative to oatmeal for a hot breakfast cereal and provides a grain and a fruit serving, essential components of your daily food needs.

- * In a medium saucepan over medium-high heat, bring the water to a boil. Stir in the wheat cereal, reduce the heat to low and simmer, stirring frequently, until thickened, about 10 minutes.
- * To make the gingered peaches, in a small saucepan over high heat, combine the apple juice, ginger and peaches. Bring to a boil, reduce the heat to low and simmer until the liquid is reduced by half, about 10 minutes. Add the vinegar, honey and cinnamon. Increase the heat to medium-high, bring to a boil, reduce the heat to low and simmer until the peaches are tender, about 5 minutes.
- * To serve, divide the cereal among 4 individual bowls. Top each with an equal amount of the gingered peaches and blackberries.



Nutritional Analysis per Serving

Calories 309 (Kilojoules 1,300); Total fat 1g; Saturated fat 0g; Protein 5g;
Cholesterol 0mg; Carbohydrates 72g; Sodium 7mg; Dietary fiber 4g;
Calories from fat 2%





- 4 cups (32 fl oz/1 l) water
- 1 teaspoon salt
- 1 cup (6 oz/185 g) steel-cut oats
- 4 teaspoons brown sugar

Nutrition Tip

- * Try gradually decreasing the amount of salt each time you make oatmeal. The oat flavor is rich and full without a lot of added sodium.

Irish Oatmeal

Preparation: 5 minutes • Cooking: 30 minutes • Serves 4

Karen Averitt serves this nearly every morning at our Montana ranch. It offers a great start to our busy days filled with outdoor activities. Also known as Irish oats, steel-cut oats need to cook longer than rolled oats, but have a wonderfully hearty, chewy texture.

* In a medium saucepan over medium-high heat, combine the water and salt. Bring to a boil. Gradually add the oats, stirring constantly. Reduce the heat to low and simmer, stirring frequently, until the water is absorbed and the oats are creamy, about 30 minutes.

* To serve, divide among 4 individual bowls. Top each with an equal amount of the brown sugar.



Nutritional Analysis per Serving

- Calories 181 (Kilojoules 758); Total fat 3g; Saturated fat 0g; Protein 7g;
- Cholesterol 0mg; Carbohydrates 33g; Sodium 554mg; Dietary fiber 4g;
- Calories from fat 13%





Blueberry Muffins

2 cups (10 oz/315 g) plus 3 tablespoons
unbleached flour
1½ cups (7½ oz/235 g) whole wheat
(wholemeal) flour
½ cup (3½ oz/105 g) plus 3 tablespoons
brown sugar
1 tablespoon baking powder
1½ teaspoons baking soda
(bicarbonate of soda)
½ teaspoon salt
1 teaspoon finely grated lemon zest
2½ cups (19 fl oz/580 ml) lowfat
buttermilk
1 tablespoon vegetable oil
1½ teaspoons vanilla extract (essence)
2 cups (8 oz/250 g) blueberries
3 tablespoons quick-cooking oats
1½ tablespoons margarine

Shopping Tip

• Look for fresh blueberries at the height of summer. Choose firm, plump berries and remove any stems before use. Large berries have more flavor than small ones. If using frozen or canned blueberries, seek brands packed in water rather than a sugary syrup, and drain and blot off all excess liquid.

Preparation: 25 minutes • Cooking: 20 minutes • Serves 18

*The crunchy topping adds texture—and extra fiber—to these muffins.
The recipe makes enough for several breakfasts and healthy midday snacks.*

- * Preheat an oven to 400°F (200°C). Coat tins for 18 muffins with nonstick cooking spray (or line with paper muffin cups).
- * In a large bowl, combine the 2 cups unbleached flour, whole wheat flour, ½ cup brown sugar, baking powder, baking soda, salt and lemon zest. Make a well in the center of the dry ingredients. In a medium bowl, whisk together the buttermilk, oil and vanilla. Pour the buttermilk mixture into the well in the dry ingredients and stir until just blended. Fold in the blueberries. Spoon the batter into the prepared muffin tins.
- * To make the topping, in a small bowl, combine the oats, 3 tablespoons flour, 3 tablespoons brown sugar and margarine and stir to blend. Sprinkle an equal amount of topping over each muffin.
- * Bake the muffins until golden brown and a toothpick inserted in the center of a middle muffin comes out clean, about 20 minutes. Cool for 10 minutes.
- * To serve, arrange on a serving plate. One serving is 1 muffin. Store wrapped individually in plastic wrap in an airtight container in the freezer for up to 3 months.



Nutritional Analysis per Serving

• Calories 172 (Kilojoules 724); Total fat 3g; Saturated fat 0g; Protein 5g;
• Cholesterol 1mg; Carbohydrates 33g; Sodium 296mg; Dietary fiber 2g;
• Calories from fat 13%





2 cups (10 oz/315 g) unbleached flour
2 teaspoons baking powder
½ teaspoon baking soda
(bicarbonate of soda)
½ teaspoon salt
4 large, overripe bananas
2 egg whites
¼ cup (6 oz/185 g) sugar
¼ cup (2 fl oz/60 ml) lowfat
buttermilk
1 teaspoon vanilla extract (essence)

Shopping Tip

* Bananas are grown in South and Central America and are shipped throughout the world. Often picked while still green, they continue to ripen after harvesting. Purchase plump specimens with unblemished skins. Stored at room temperature, the fruit will ripen in 2 to 3 days. Ripe bananas are uniformly yellow, speckled with brown spots. They need to be very ripe for use in bread.

Banana Bread

Preparation: 20 minutes • Cooking: 1 hour • Serves 8

The perfect solution for using bananas that are too ripe to eat out of hand is to make banana bread. Bananas are high in potassium, niacin and vitamins A and C.

* Preheat an oven to 350°F (180°C). Coat a 9-by-5-inch (23-by-13-cm) loaf pan with nonstick cooking spray.

* In a large bowl, combine the flour, baking powder, baking soda and salt. Make a well in the center of the dry ingredients. In a medium bowl, mash the bananas until smooth. Add the egg whites, sugar, buttermilk and vanilla and stir to mix well. Pour the banana mixture into the well in the dry ingredients and fold together until blended.

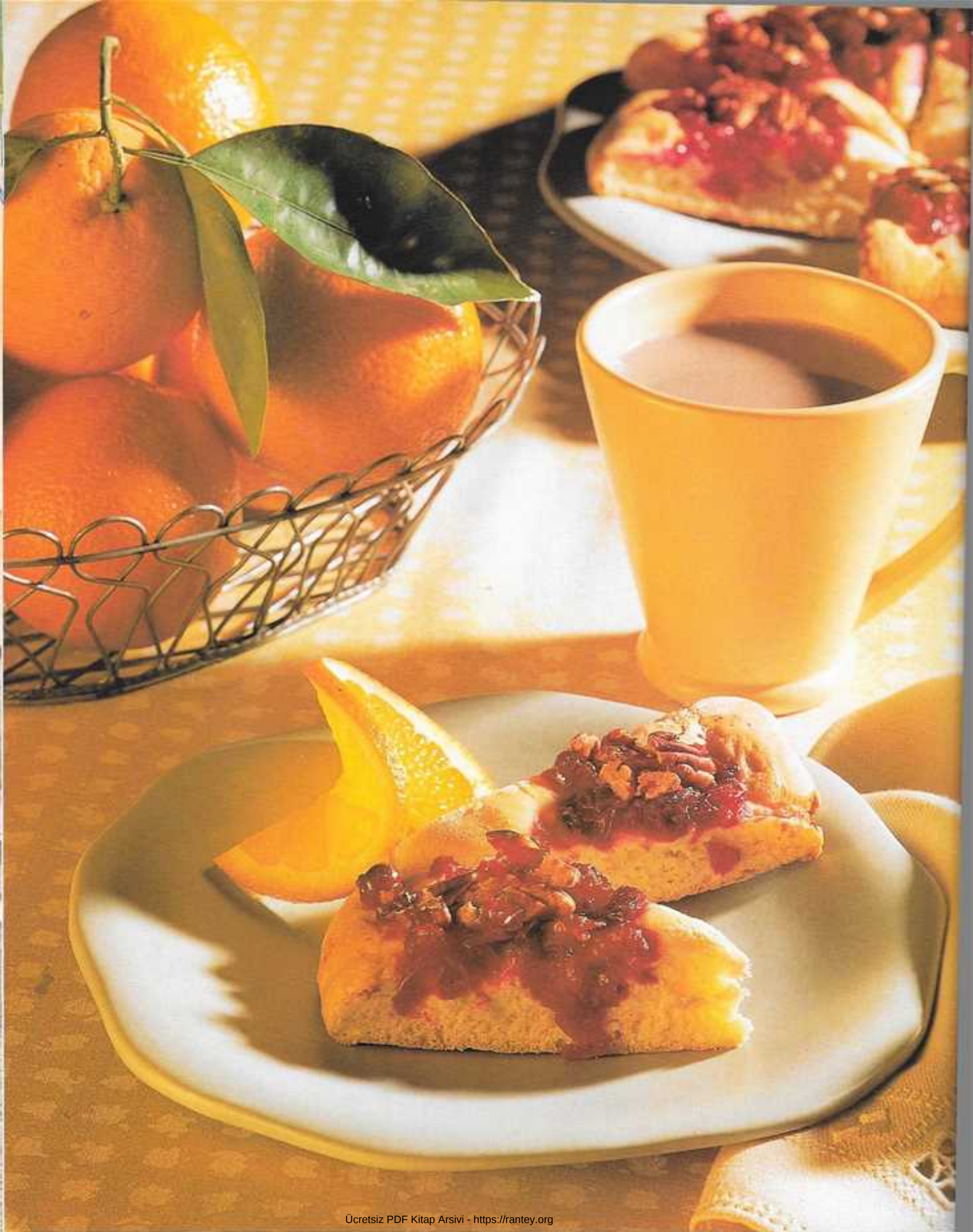
* Pour the batter into the prepared loaf pan and bake until a toothpick inserted in the center comes out clean, 55–60 minutes. Cool for 10 minutes.

* To serve, cut into 8 slices. One serving is 1 slice. Store wrapped in plastic wrap in an airtight container in the freezer for up to 1 month.



Nutritional Analysis per Serving

Calories 282 (Kilojoules 1,183); Total fat 1g; Saturated fat 0g; Protein 5g;
Cholesterol 0mg; Carbohydrates 64g; Sodium 360mg; Dietary fiber 2g;
Calories from fat 3%





Cranberry-Pecan Scones

- 1½ cups (6 oz/185 g) fresh cranberries
- 2 tablespoons water
- ½ cup (4 oz/120 g) sugar
- 1 tablespoon brown sugar
- 2 cups (10 oz/315 g) unbleached flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
(bicarbonate of soda)
- ¼ teaspoon salt
- 2 tablespoons margarine cut into
small pieces
- ¾ cup (6 fl oz/180 ml) lowfat
buttermilk
- 1 egg white
- ¾ cup (1 oz/30 g) chopped pecans

Shopping Tip

• Fresh cranberries are available in the fall. During other times of the year, substitute frozen, whole, unsweetened cranberries or dried cranberries.

Preparation: 20 minutes • Cooking: 25 minutes • Serves 6

Cranberries, the fruit of a low-lying vine native to North America, are a good source of vitamin C and high in fiber. Wild versions were an important nutrient for Native Americans.

- * Preheat an oven to 400°F (200°C). Coat a baking sheet with nonstick cooking spray.
- * In a small saucepan over medium heat, combine the cranberries, water and half the sugar. Simmer until the cranberries are tender and the mixture thickens, about 10 minutes.
- * In a food processor with the metal blade or by hand in a large bowl, combine the remaining sugar, brown sugar, flour, baking powder, baking soda and salt. Process or stir to mix well. Add the margarine and process or use a fork to blend until the mixture resembles coarse meal.
- * In a small bowl, combine the buttermilk and egg white. Stir into the flour mixture.
- * Turn the dough onto a lightly floured work surface and knead gently about 5 times. Form into a ball, place on the prepared baking sheet and press into an 8-inch (20-cm) round. Using a lightly floured knife, cut the round into 12 wedges without cutting completely through to the baking sheet. Spoon an equal amount of the cranberry mixture onto the center of each wedge and press down gently with the back of the spoon. Top with an equal amount of the pecans. Bake until golden brown and a toothpick inserted in the center comes out clean, 13–15 minutes. Cool for 10 minutes.
- * To serve, cut into 12 pieces. One serving is 2 scones. Store wrapped in plastic wrap in the refrigerator for up to 3 days.



Nutritional Analysis per Serving

- Calories 350 (Kilojoules 1,470); Total fat 8g; Saturated fat 1g; Protein 7g;
- Cholesterol 1mg; Carbohydrates 64g; Sodium 445mg; Dietary fiber 3g;
- Calories from fat 20%





2 cups (8 oz/250 g) grated, packed
tart apples (about 3)
2 tablespoons lemon juice
½ teaspoon finely grated lemon zest
¼ cup (2 oz/60 g) light brown sugar
¼ cup (3 oz/90 g) honey
2 tablespoons margarine, melted
2 tablespoons nonfat milk
1 egg
2 cups (10 oz/315 g) unbleached flour
2 teaspoons baking powder
½ teaspoon baking soda
(bicarbonate of soda)
1¼ teaspoons ground cinnamon
¼ teaspoon salt
½ cup (1¼ oz/40 g) chopped walnuts

Cooking Tip

• For a heartier texture, dice the apples instead of grating them. For an aromatic change of pace, add ¼ teaspoon of ground allspice, nutmeg or ginger along with the cinnamon.

Apple-Walnut Bread

Preparation: 20 minutes • Cooking: 1 hour • Serves 8

Tart apples, including Granny Smiths, pippins and Gravensteins, work best for baking. Save sweeter apples such as Red and Golden Delicious, McIntosh and Winesap for eating out of hand. All apples are high in fiber, water and pectin, which helps lower cholesterol levels, and are a good source of vitamin C.

- * Preheat an oven to 350°F (180°C). Coat a 9-by-5-inch (23-by-13-cm) loaf pan with nonstick cooking spray.
- * In a medium bowl, combine the apples, lemon juice and lemon zest. Stir to mix well. In a large bowl, whisk together the brown sugar, honey, margarine, milk and egg. Stir in the apple mixture. In another large bowl, sift together the flour, baking powder, baking soda, cinnamon and salt. Make a well in the center of the dry ingredients. Pour the apple mixture into the well and fold together until blended. Fold in the walnuts.
- * Pour the batter into the prepared loaf pan and bake until a toothpick inserted in the center comes out clean, about 1 hour. If it begins to over-brown during cooking, cover the top of the bread with foil. Cool for 10 minutes.
- * To serve, cut into 8 slices. One serving is 1 slice. Store in an airtight container in the freezer for up to 3 months.



Nutritional Analysis per Serving

- Calories 272 (Kilojoules 1,144); Total fat 7g; Saturated fat 1g; Protein 5g;
- Cholesterol 27mg; Carbohydrates 49g; Sodium 316mg; Dietary fiber 2g;
- Calories from fat 22%





2 teaspoons active dry yeast
1¼ cups (10 fl oz/310 ml) warm water
½ tablespoon margarine, melted
5 tablespoons sugar
½ teaspoon salt
3½ cups (17½ oz/545 g) unbleached flour
1½ lb (750 g) cherries, pitted
8 oz (250 g) nonfat cream cheese
¼ cup (2 oz/60 g) nonfat plain yogurt
½ teaspoon vanilla extract (essence)
1 tablespoon nonfat milk

Shopping Tip

* In winter, substitute 32 oz (1 kg) canned pitted sour cherries in water for the fresh cherries. To shorten preparation time, use thawed frozen Italian bread dough in place of this homemade version.

Cherry-Cheese Coffee Ring

Preparation: 20 minutes • Cooking: 45 minutes • Serves 8

In addition to the preparation and cooking times noted above, this dough needs to rise for 1 hour and 45 minutes before baking.

* In a large bowl, dissolve the yeast in the water and let stand for 5 minutes. Add the margarine, 3 tablespoons of the sugar, the salt and flour and work into a dough. Using a mixer with a dough hook or by hand on a lightly floured work surface, knead the dough until smooth and elastic, about 4 minutes. Form into a ball. Coat a large bowl with nonstick cooking spray, add the dough and turn to coat all sides. Cover with a kitchen towel and let rise in a warm place, free from draft, until doubled, about 1 hour.

* In a medium saucepan over medium heat, place the cherries in water to cover and bring to a boil. Reduce the heat to low and simmer for 10 minutes. Drain well, blot to remove all excess liquid and cool.

* In a food processor with the metal blade or in a blender, combine the cream cheese, yogurt and vanilla and process until smooth.

* Punch down the dough and roll out to an 8-by-14-inch (20-by-35-cm) rectangle. Spread the cream cheese mixture over the dough to within 1 inch (2.5 cm) of the edges. Top with the cherries. Fold the dough over lengthwise and pinch the edges to seal. Coat a baking sheet with nonstick cooking spray. On the baking sheet, form the dough into a ring. Using kitchen scissors, make deep cuts all around the top of the ring. Cover with a kitchen towel and let rise until doubled in bulk, about 45 minutes.

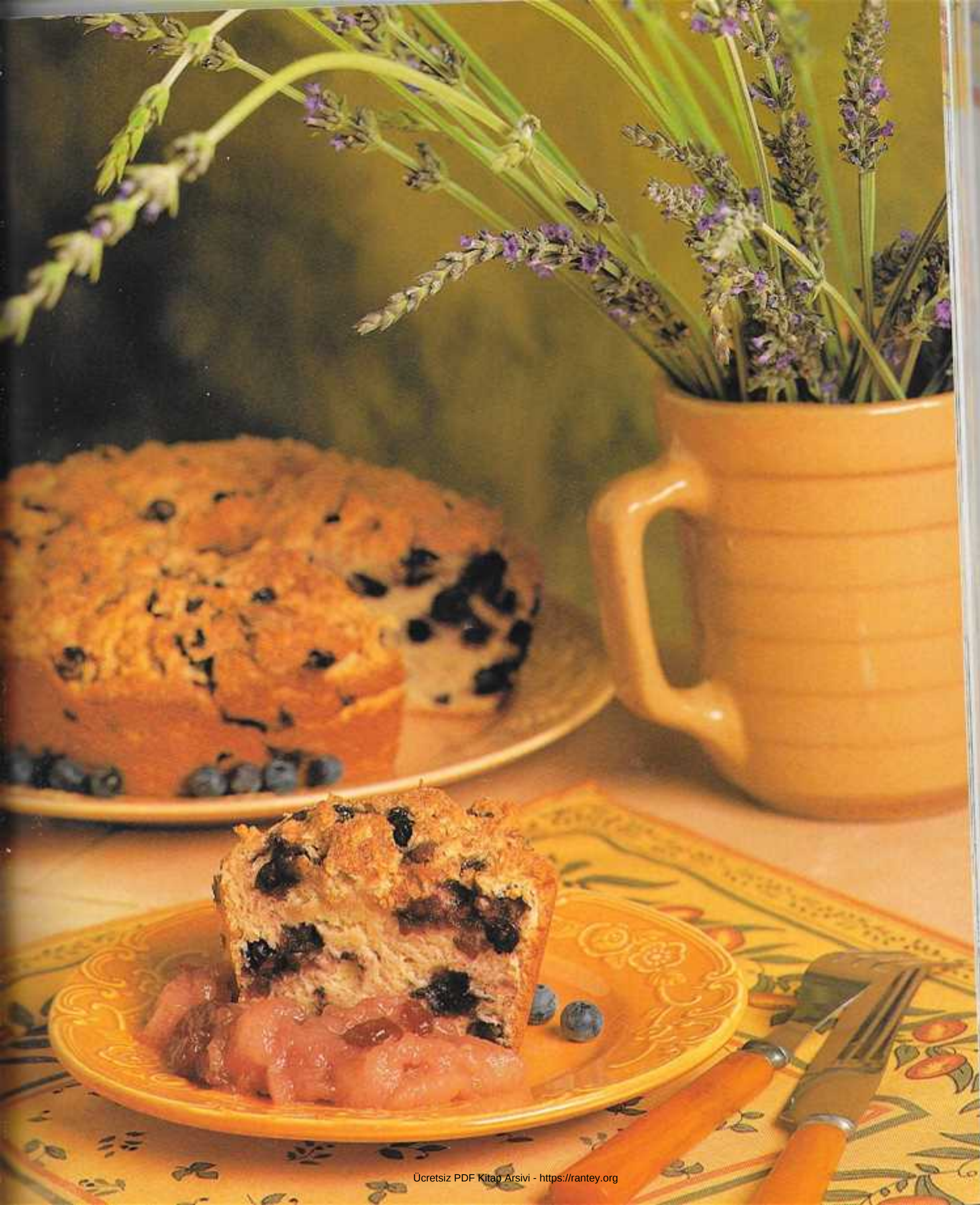
* Preheat an oven to 375°F (190°C). Brush the top of the ring with the milk and sprinkle with the remaining sugar. Bake until golden brown, about 30 minutes. Cool for 10 minutes.

* To serve, cut into 8 pieces. One serving is 1 piece.



Nutritional Analysis per Serving

Calories 334 (Kilojoules 1,401); Total fat 2g; Saturated fat 0g; Protein 12g; Cholesterol 3mg; Carbohydrates 67g; Sodium 291mg; Dietary fiber 2g; Calories from fat 5%





- 1 cup (8 oz/250 g) plus 2 tablespoons sugar
- ½ cup (3½ oz/105 g) brown sugar
- 8 oz (250 g) nonfat cream cheese
- 2 tablespoons margarine
- 3 egg whites
- 1 teaspoon vanilla extract (essence)
- 2 cups (10 oz/315 g) unbleached flour
- 2 teaspoons baking powder
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 2 cups (8 oz/250 g) blueberries
- 1 teaspoon ground cinnamon

Cooking Tip

* Folding is a slightly different technique than simply stirring ingredients to combine them. The purpose of folding a batter is to add air while incorporating a heavier ingredient into a lighter one. When folding the blueberries into this coffee cake batter, for example, use a rubber spatula to cut repeatedly through the batter in a down, across and upward motion.

Blueberry Coffee Cake

Preparation: 20 minutes • Cooking: 35 minutes • Serves 8

Using egg whites only, rather than the whole eggs, lowers the fat and cholesterol in this coffee cake without sacrificing any of the flavor.

- * Preheat an oven to 350°F (180°C). Coat a bundt pan or 9-by-13-inch (23-by-33-cm) baking pan with nonstick cooking spray.
- * To make the cake, in a large bowl using an electric mixer or by hand, beat the 1 cup sugar, brown sugar, cream cheese and margarine until creamy. Add the egg whites and vanilla and beat until smooth. In a small bowl, combine the flour, baking powder, nutmeg and salt. Stir the flour mixture into the cream cheese mixture. Fold in the blueberries. Pour the batter into the prepared pan.
- * To make the topping, in a small bowl, combine the 2 tablespoons sugar and cinnamon and sprinkle over the batter.
- * Bake until a toothpick inserted in the center comes out clean, about 1 hour in a bundt pan and about 35 minutes in a baking pan. Cool for 10 minutes.
- * To serve, cut into 8 pieces. One serving is 1 piece. Store wrapped in plastic wrap in the refrigerator for up to 3 days.



Nutritional Analysis per Serving

- Calories 374 (Kilojoules 1,573); Total fat 3g; Saturated fat 1g; Protein 9g;
- Cholesterol 3mg; Carbohydrates 77g; Sodium 386mg; Dietary fiber 2g;
- Calories from fat 8%





Oat-Buttermilk Pancakes with Honey-Fruit Sauce

Preparation: 15 minutes • Cooking: 10 minutes • Serves 4

Rolled oats add texture and fiber to old-fashioned buttermilk pancakes.

Prepare the sauce before the pancakes.

* In a large bowl, combine the buttermilk, oats, margarine, egg whites and vanilla. Let stand for 10 minutes. In a large bowl, combine the flour, brown sugar, baking soda, salt and nutmeg. Add the flour mixture to the buttermilk mixture and stir to mix well.

* Coat a griddle or large nonstick frying pan with nonstick cooking spray. Place over medium-high heat until hot. The griddle is the right temperature when water dropped on the surface bounces and dances. If the water evaporates immediately, the griddle is too hot; if the water sits still, the griddle is not hot enough. Spoon the batter in scant $\frac{1}{3}$ -cup ($2\frac{1}{2}$ -oz/75-g) portions onto the hot griddle to make 12 pancakes. Flip each pancake when the surface is covered with tiny bubbles, about 3 minutes. Cook until the bottom is golden brown, about 2 minutes more.

* To serve, divide among 4 individual plates. One serving is 3 pancakes.

Honey-Fruit Sauce

* In a small saucepan over medium heat, combine the pear, apple, honey, lemon juice, lemon zest, cinnamon and cloves.

Bring to a boil, reduce the heat to low and simmer until the fruit is tender, about 5 minutes. Remove and discard the cloves.

* To serve, spoon the hot sauce over the pancakes. One serving is 2 tablespoons. Store in an airtight container in the refrigerator for up to 1 week. Reheat before serving.

Nutritional Analysis per Serving

Calories 368 (Kilojoules 1,547); Total fat 6g; Saturated fat 1g; Protein 11g; Cholesterol 4mg; Carbohydrates 70g; Sodium 592mg; Dietary fiber 3g; Calories from fat 13%

$1\frac{1}{2}$ cups (12 fl oz/375 ml) lowfat buttermilk

$\frac{3}{4}$ cup ($2\frac{1}{4}$ oz/65 g) rolled oats

1 tablespoon margarine, melted

2 egg whites

$\frac{1}{2}$ teaspoon vanilla extract (essence)

1 cup (5 oz/155 g) unbleached flour

2 tablespoons brown sugar

$\frac{1}{2}$ teaspoon baking soda

(bicarbonate of soda)

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

$\frac{1}{4}$ teaspoon ground nutmeg

Honey-Fruit Sauce

1 pear, peeled, cored and diced

1 tart apple, peeled, cored and diced

1 cup (12 oz/375 g) honey

1 tablespoon lemon juice

1 teaspoon finely grated lemon zest

$\frac{1}{4}$ teaspoon ground cinnamon

4 whole cloves

Cooking Tip

* Pancakes have the best texture when the batter is made just before cooking because any storage time causes the baking soda to lose its punch.





- 1½ cups (7½ oz/235 g)
unbleached flour
- ¼ cup (2 oz/60 g) sugar
- 1 tablespoon poppy seeds
- 1 teaspoon baking powder
- ½ teaspoon baking soda
(bicarbonate of soda)
- ¼ teaspoon salt
- ¾ cup (6 fl oz/180 ml) nonfat milk
- ¼ cup (2 oz/60 g) nonfat plain yogurt
- 2 egg whites
- 1 tablespoon lemon juice
- 2 teaspoons finely grated lemon zest

Storage Tip

- Poppy seeds contain a lot of oil and go rancid quickly. Store in an airtight container in a cool, dark place for up to 6 months.

Lemon-Poppy Seed Pancakes

Preparation: 15 minutes • Cooking: 10 minutes • Serves 4

Several types of poppy plants provide edible seeds. Some seeds are white; most are black. Both have a slightly sweet, nutty flavor. If desired, lightly toast the seeds before using to bring out more of their distinctive flavor.

• * In a large bowl, combine the flour, sugar, poppy seeds, baking powder, baking soda and salt. Make a well in the center. In another large bowl, whisk together the milk, yogurt, egg whites, lemon juice and lemon zest. Pour the milk mixture into the well in the flour mixture and stir to mix well.

• * Coat a griddle or large nonstick frying pan with nonstick cooking spray. Place over medium-high heat until hot. The griddle is the right temperature when water dropped on the surface bounces and dances. If the water evaporates immediately, the griddle is too hot; if the water sits still, the griddle is not hot enough. Spoon the batter in scant ⅓-cup (2½-oz/75-g) portions onto the hot griddle to make 12 pancakes. Flip each pancake when the surface is covered with tiny bubbles, about 3 minutes. Cook until the bottom is golden brown, about 2 minutes more.

• * To serve, divide among 4 individual plates. One serving is 3 pancakes.



Nutritional Analysis per Serving

- Calories 298 (Kilojoules 1,252); Total fat 2g; Saturated fat 0g; Protein 10g;
- Cholesterol 1mg; Carbohydrates 59g; Sodium 478mg; Dietary fiber 1g;
- Calories from fat 6%





$\frac{3}{4}$ cup (3 oz/90 g) unbleached flour
 $\frac{1}{2}$ cup (2 oz/60 g) whole wheat
 (wholemeal) flour
 2 tablespoons finely ground
 cornmeal
 2 tablespoons wheat germ
 1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 (bicarbonate of soda)
 3 tablespoons brown sugar
 1 teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon salt
 $1\frac{1}{4}$ cups (10 fl oz/310 ml) lowfat
 buttermilk
 2 egg whites
 1 tablespoon margarine, melted
 1 teaspoon vanilla extract (essence)

Cooking Tip

• Vigorous mixing of batters with whole wheat flour can tend to make pancakes and baked goods tough. To ensure a tender texture, mix the batter very lightly, just until the ingredients are combined.

Multigrain Pancakes

• Preparation: 15 minutes • Cooking: 10 minutes • Serves 4

• Each grain contributes different qualities to these pancakes. High-fiber whole wheat flour is milled from the whole kernel. Nutty-tasting wheat germ adds protein, vitamins and minerals. Store these unrefined products in the refrigerator for up to 3 months only. Cornmeal comes in both white and yellow varieties; they are virtually the same for cooking. Look for degerminated and enriched versions, which means the germ has been removed for longer storage but the lost nutrients replaced.

• * In a large bowl, combine the flours, cornmeal, wheat germ, baking powder, baking soda, brown sugar, cinnamon and salt. Make a well in the center. In another large bowl, whisk together the buttermilk, egg whites, margarine and vanilla. Pour the buttermilk mixture into the well in the flour mixture and stir to mix well.

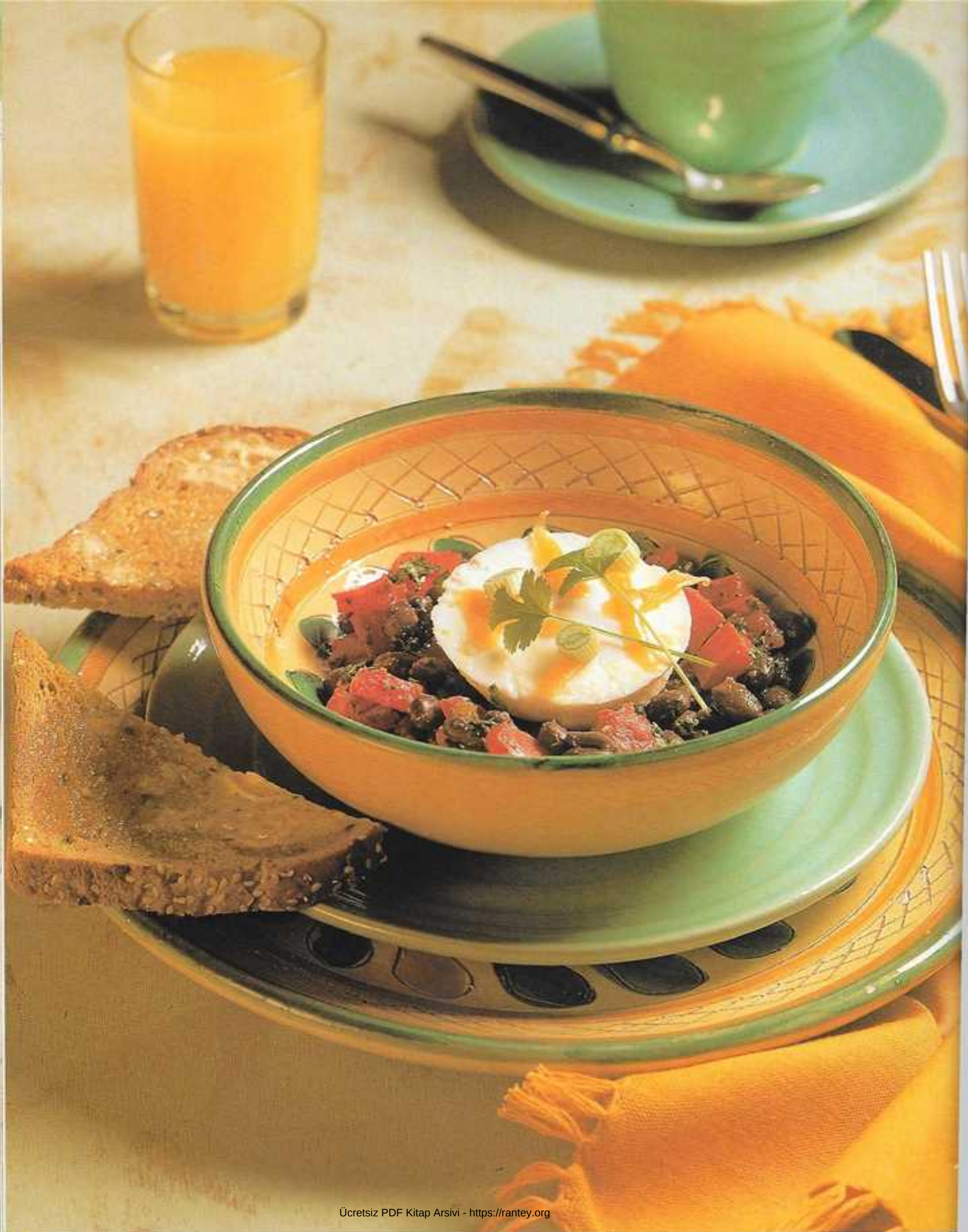
• * Coat a griddle or large nonstick frying pan with nonstick cooking spray. Place over medium-high heat until hot. The griddle is the right temperature when water dropped on the surface bounces and dances. If the water evaporates immediately, the griddle is too hot; if the water sits still, the griddle is not hot enough. Spoon the batter in scant $\frac{1}{3}$ -cup ($2\frac{1}{2}$ -oz/75-g) portions onto the hot griddle to make 12 pancakes. Flip each pancake when the surface is covered with tiny bubbles, about 4 minutes. Cook until the bottom is golden brown, about 1 minute more.

• * To serve, divide among 4 individual plates. One serving is 3 pancakes.



Nutritional Analysis per Serving

• Calories 267 (Kilojoules 1,122); Total fat 5g; Saturated fat 1g; Protein 10g
 • Cholesterol 3mg; Carbohydrates 47g; Sodium 561mg; Dietary fiber 3g
 • Calories from fat 16%





- 1 cup (7 oz/220 g) dried black beans
- 4 cups (32 fl oz/1 l) water
- 1 lb (500 g) whole plum (Roma) tomatoes, chopped
- $\frac{1}{4}$ cup (4½ oz/140 g) chopped green chilies
- 3 teaspoons chili powder
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon unsweetened Dutch-process cocoa
- 3 tablespoons chopped fresh cilantro (fresh coriander)
- $\frac{1}{4}$ teaspoon ground cayenne pepper
- 4 eggs
- $\frac{1}{4}$ cup (1 oz/30 g) grated reduced fat cheddar cheese
- 2 tablespoons chopped green (spring) onions, green and white parts

Cooking Tip

• If purchasing cooked beans for this recipe, you'll need 2 cups (14 oz/440 g). Be sure to drain and rinse before using. If cooking the beans ahead, cool completely and store in the refrigerator for up to 1 week.

Santa Fe Eggs

Preparation: 10 minutes • Cooking: 1 hour 25 minutes • Serves 4

Inspired by huevos rancheros, this dish is reminiscent of the foods I eat when visiting New Mexico. While beans may seem an unlikely breakfast choice, they are a wonderful source of protein and fiber.

- * In a large pot over high heat, combine the beans and water and bring to a boil. Reduce the heat to medium and cook for 1 hour, skimming away the gray foam that appears. Drain well.
- * In a large nonstick frying pan over medium heat, combine the beans, tomatoes, chilies, chili powder, cumin and cocoa. Bring to a boil, reduce the heat to medium-low and simmer until the mixture thickens, about 15 minutes. Stir in the cilantro and cayenne.
- One at a time, break the eggs into a small bowl and carefully slip on top of the simmering liquid. Cover and poach the eggs until they are just cooked, about 7 minutes. Remove from the heat, sprinkle with the cheese, cover and let stand for 1 minute.
- * To serve, divide among 4 individual bowls. Top each with an equal amount of the onions.



Nutritional Analysis per Serving

- Calories 281 (Kilojoules 1,180); Total fat 8g; Saturated fat 3g; Protein 20g;
- Cholesterol 218mg; Carbohydrates 36g; Sodium 152mg; Dietary fiber 5g;
- Calories from fat 24%





- 1 teaspoon olive oil
- 1 onion, sliced
- 1 large green bell pepper (capsicum), seeded, deribbed and sliced into thin strips
- ½ cup (4 oz/125 g) chopped pimientos (sweet peppers)
- 1½ cups (9 oz/280 g) corn kernels
- ½ teaspoon dried oregano
- 2 eggs
- 4 egg whites
- ¼ cup (2 fl oz/60 ml) nonfat milk
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon ground mustard
- 1 tablespoon grated Romano cheese

Green Pepper-Corn Frittata

Preparation: 20 minutes • Cooking: 30 minutes • Serves 4

Bell peppers and corn are excellent sources of vitamin A, and peppers are rich in the antioxidant vitamin C as well. Both vegetables are in season from late spring through early autumn, giving you plenty of opportunity to make this quick meal over and over again.

* Preheat an oven to 350°F (180°C). In a large ovenproof frying pan over medium heat, heat the olive oil. Add the onion and green pepper and cook until tender, about 5 minutes. Add the pimientos, corn and oregano and cook for 5 minutes. Transfer the vegetables into a medium bowl.

* In a large bowl, combine the eggs, egg whites, milk, salt, pepper and mustard and whisk until blended. Add the egg mixture to the vegetable mixture.

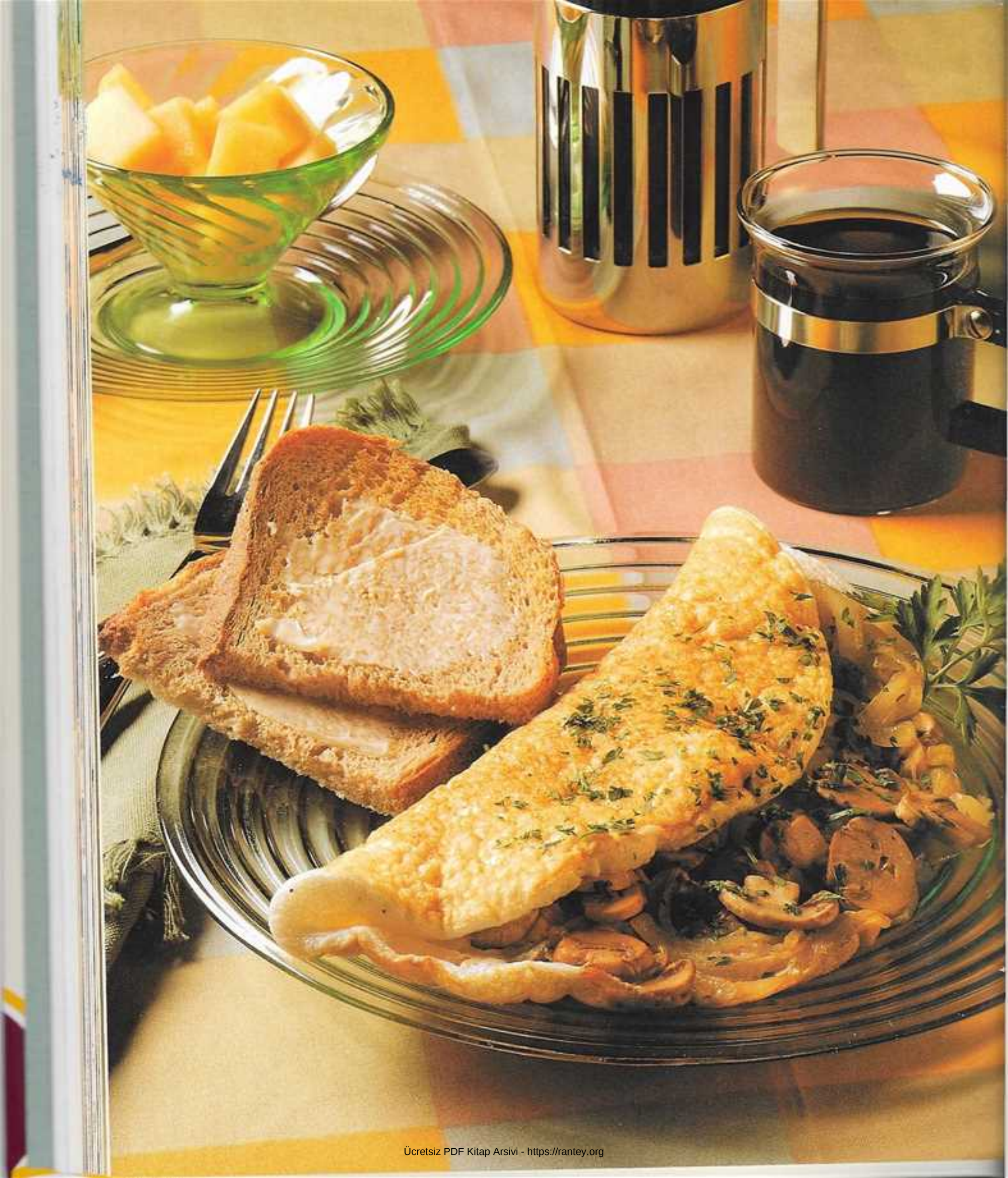
* In the same frying pan over low heat, pour in the egg-vegetable mixture. Cook, stirring frequently, until the eggs are firm on the bottom and almost set on the top, 8–10 minutes. Sprinkle the cheese on top and bake in the oven until the eggs are set, 5–8 minutes.

* To serve, cut into 4 wedges and divide among individual plates.



Nutritional Analysis per Serving

- Calories 160 (Kilojoules 670); Total fat 5g; Saturated fat 1g; Protein 11g;
- Cholesterol 108mg; Carbohydrates 20g; Sodium 537mg; Dietary fiber 3g;
- Calories from fat 26%





- 1 teaspoon margarine
- 1 small onion, thinly sliced
- 2 teaspoons sugar
- 1 cup (3 oz/90 g) sliced mushrooms
- 1 tablespoon balsamic vinegar
- 3 egg whites
- 1 tablespoon nonfat milk
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 tablespoon chopped fresh parsley

Nutrition Tip

• All the fat and cholesterol in eggs reside in their yolks, while the egg whites are rich in protein and albumin. For healthier cooking of any recipe with eggs, substitute 2 egg whites for each whole egg.

Onion-Mushroom Omelette

Preparation: 15 minutes • Cooking: 15 minutes • Serves 1

Healthy diets don't have to be skimpy, as this hearty omelette shows. Designed as a breakfast dish, this works equally well as a light dinner. Containing just 197 calories per serving and requiring only 15 minutes' preparation time, it's a better choice than most "fast food" options.

- * In a large nonstick frying pan over medium heat, heat the margarine. Add the onion and sugar and cook until the onion is tender and golden brown, about 4 minutes. Add the mushrooms and vinegar and cook until the mushrooms are tender, about 3 minutes. Transfer the onion mixture to a small bowl.
- * In a large bowl, combine the egg whites, milk, salt and pepper. Using an electric mixer or by hand, beat until stiff peaks form.
- * Wipe out the frying pan and coat with nonstick cooking spray. Place over medium heat; add the egg-white mixture and gently flatten it using the back of a spoon. Spread the onion mixture over half of the eggs. Cover, reduce the heat to medium-low and cook until the eggs are cooked through and the center of the omelette is set, 4–5 minutes. Using a spatula, carefully loosen the underside of the omelette, fold in half, cover and cook for 1 minute more.
- * To serve, slide the omelette onto a plate and garnish with the parsley. If preparing several omelettes, keep the first ones warm, covered with foil, in a 250°F (120°C) oven until all are cooked.



Nutritional Analysis per Serving

- Calories 197 (Kilojoules 827); Total fat 5g; Saturated fat 1g; Protein 14g;
- Cholesterol 0mg; Carbohydrates 25g; Sodium 766mg; Dietary fiber 3g;
- Calories from fat 24%





- ½ lb (60 g) Canadian bacon,
cut into 4 slices
- 4 eggs
- 4 English muffins, halved and toasted
- ½ teaspoon ground paprika

Lowfat Hollandaise

- ⅔ cup (5 fl oz/160 ml) nonfat
evaporated milk
- 1 egg yolk
- ¼ teaspoon salt
- 2 teaspoons margarine
- 1 tablespoon unbleached flour
- 1 tablespoon lemon juice

Nutrition Tip

- To lower the percentage of calories from fat for your meal as a whole, pair Eggs Benedict with Rosemary Roasted Potatoes (recipe on page 202) as outlined in the Suggested Menu on page 35.

Eggs Benedict with Lowfat Hollandaise

Preparation: 25 minutes • Cooking: 15 minutes • Serves 4

I'm very fond of eggs Benedict and asked Robin Vitetta to develop a healthy version. This is the most nutritious recipe we could come up with that still tastes the way the dish ought to taste. It is still higher in fat than our healthy goals and for that reason should be eaten as a special-occasion treat. Consider it for brunch, after an all-fruit breakfast, and plan an especially lowfat dinner that evening.

- * Coat a large nonstick frying pan with nonstick cooking spray and place over medium heat. Add the Canadian bacon and cook until brown on both sides, 3 minutes. Drain on paper towels.
- * In a medium saucepan over high heat, bring 4 inches (10 cm) of water to a boil. Reduce the heat to medium-low. One at a time, break the eggs into a small bowl and carefully slip into the simmering water. Poach until the whites are cooked through, 3–5 minutes.
- * To serve, stack 2 English muffin halves on 4 individual plates. Top each stack with 1 slice of Canadian bacon. Using a slotted spoon, place an egg on top of the bacon. Top each with an equal amount of the Lowfat Hollandaise and paprika.

Lowfat Hollandaise

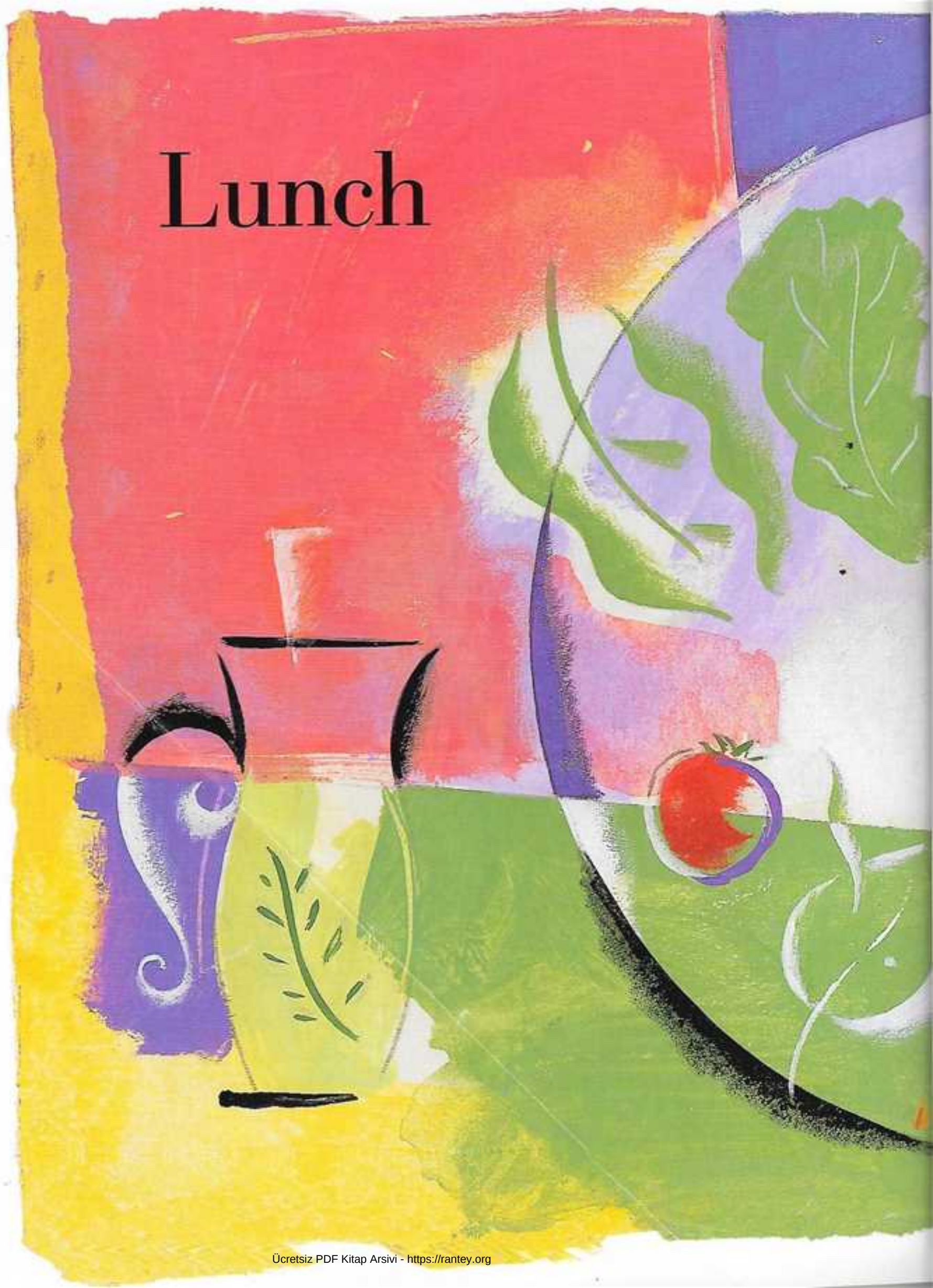
- * In a small bowl, whisk together the milk, egg yolk and salt. In a nonstick frying pan over medium heat, heat the margarine. Gradually whisk in the flour, reduce the heat to low and cook, stirring constantly, until smooth and bubbly, about 3 minutes.
- * Increase the heat to medium. Gradually add the milk mixture, stirring constantly, and bring to a boil. Reduce the heat to low and simmer, stirring constantly, until thick and bubbly, about 1 minute. Remove from the heat and stir in the lemon juice.

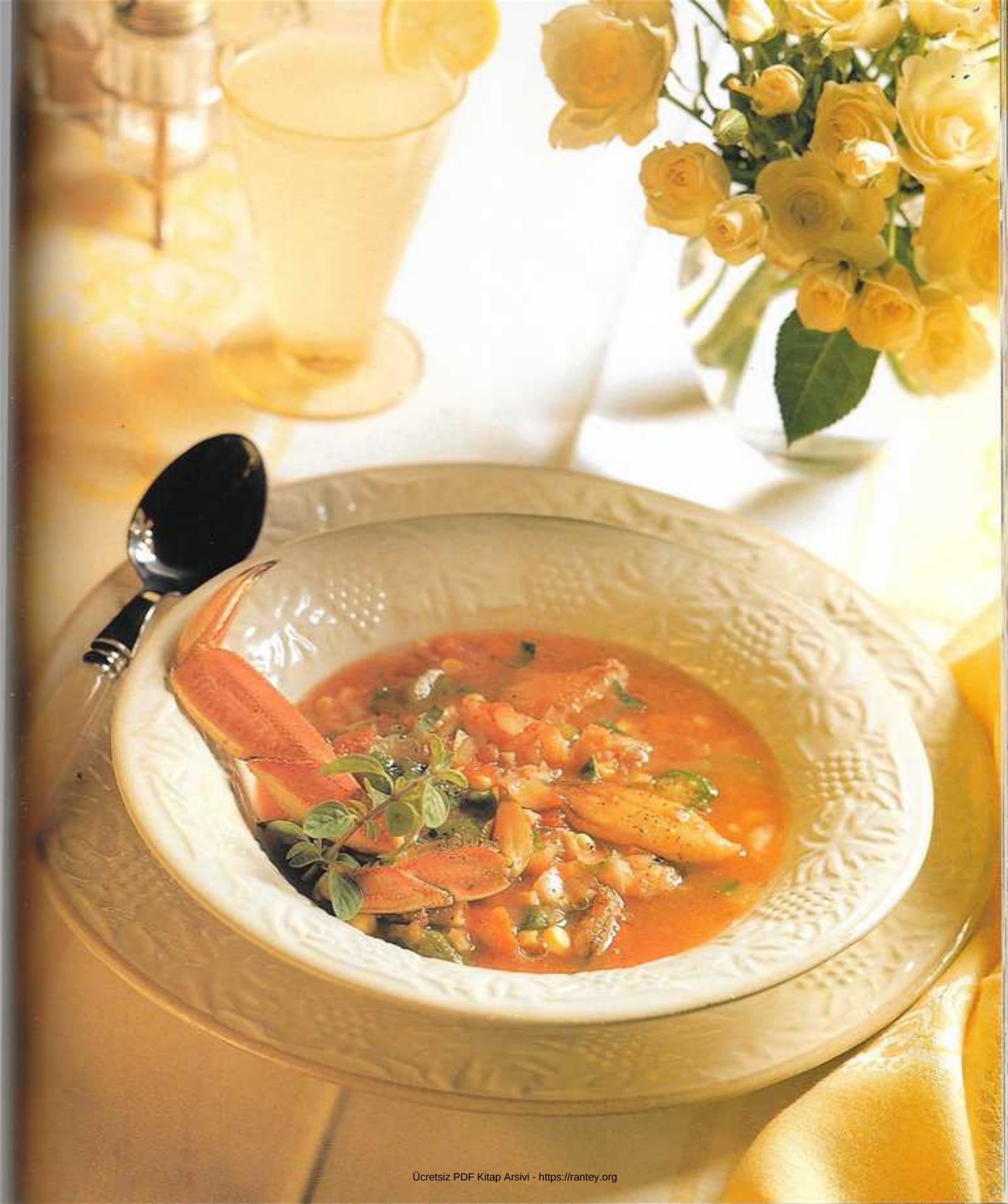


Nutritional Analysis per Serving

- Calories 306 (Kilojoules 1,287); Total fat 11g; Saturated fat 3g; Protein 18g;
- Cholesterol 274mg; Carbohydrates 34g; Sodium 736mg; Dietary fiber 1g;
- Calories from fat 32%

Lunch







- 2 teaspoons vegetable oil
- 1 large onion, chopped
- 3 garlic cloves, peeled and minced
- 2 celery stalks, sliced crosswise
- 1 green bell pepper (capsicum), seeded, deribbed and chopped
- 1½ cups (12 fl oz/375 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
- 3 large tomatoes, peeled, seeded and diced
- 1 cup (8 fl oz/250 ml) bottled clam juice
- 1 tablespoon chopped fresh oregano
- 1 bay leaf
- ¼ teaspoon hot pepper sauce
- ¼ teaspoon ground black pepper
- 2 cups (12 oz/375 g) sliced okra
- 2 cups (12 oz/375 g) cooked, shredded crabmeat, picked over to remove shells
- 1 cup (6 oz/185 g) corn kernels

Louisiana Crab Gumbo

Preparation: 20 minutes • Cooking: 25 minutes • Serves 4

Okra, native to Africa, is used extensively in Creole cooking. In fact, the term gumbo is derived from an African word for the plant. The slender, ribbed or smooth, fuzzy, green pods are 1 to 3 inches (2.5 to 7.5 cm) long and have a mild flavor resembling that of green beans. Okra can be blanched and served cold in salads, sautéed and served as a side dish or used as a thickener in soups and stews.

★ In a large saucepan over medium heat, heat the oil. Add the onion, garlic, celery and green pepper and sauté until tender, about 5 minutes.

★ Add the stock or broth, tomatoes, clam juice, oregano, bay leaf, hot sauce and pepper and bring to a boil. Add the okra, crabmeat and corn, reduce the heat to low and simmer, stirring frequently, until the gumbo thickens, about 10 minutes. Remove and discard the bay leaf.

★ To serve, divide among 4 individual bowls.



Nutritional Analysis per Serving

- Calories 243 (Kilojoules 1,021); Total fat 5g; Saturated fat 1g; Protein 23g;
- Cholesterol 85mg; Carbohydrates 28g; Sodium 628mg; Dietary fiber 7g;
- Calories from fat 18%





Turkey-Vegetable Gumbo

- 4 oz (125 g) turkey sausages, cut into 1-inch (2.5-cm) slices
- 1 onion, chopped
- 2 garlic cloves, peeled and minced
- 2 celery stalks, sliced crosswise
- 1 red bell pepper (capsicum), seeded, deribbed and chopped
- 2 teaspoons chili powder
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh oregano
- 1 bay leaf
- ½ teaspoon salt
- ¼ teaspoon hot pepper sauce
- 2 cups (12 oz/375 g) sliced okra
- 3 large tomatoes, peeled, seeded and diced
- ½ cup (3 oz/90 g) uncooked pearl barley
- 3 cups (24 fl oz/750 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth

Storage Tip

- * Store this soup in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 3 months.

• *Preparation: 30 minutes • Cooking: 45 minutes • Serves 4*

• *This thick soup is a good example of using animal protein—here, turkey sausage—as a flavoring element in a dish rather than as the center of the meal. Sautéing the vegetables with the meat and then simmering them in the broth provides the desired spicy sausage taste, but each serving contains only 1 oz (30 g) of meat, which is well within healthy eating guidelines.*

• * Coat a large nonstick saucepan with nonstick cooking spray and place over medium heat. Add the sausage and sauté until browned all over and no longer pink in the center, about 5 minutes. Add the onion, garlic, celery and bell pepper. Sauté until the vegetables are tender, about 5 minutes.

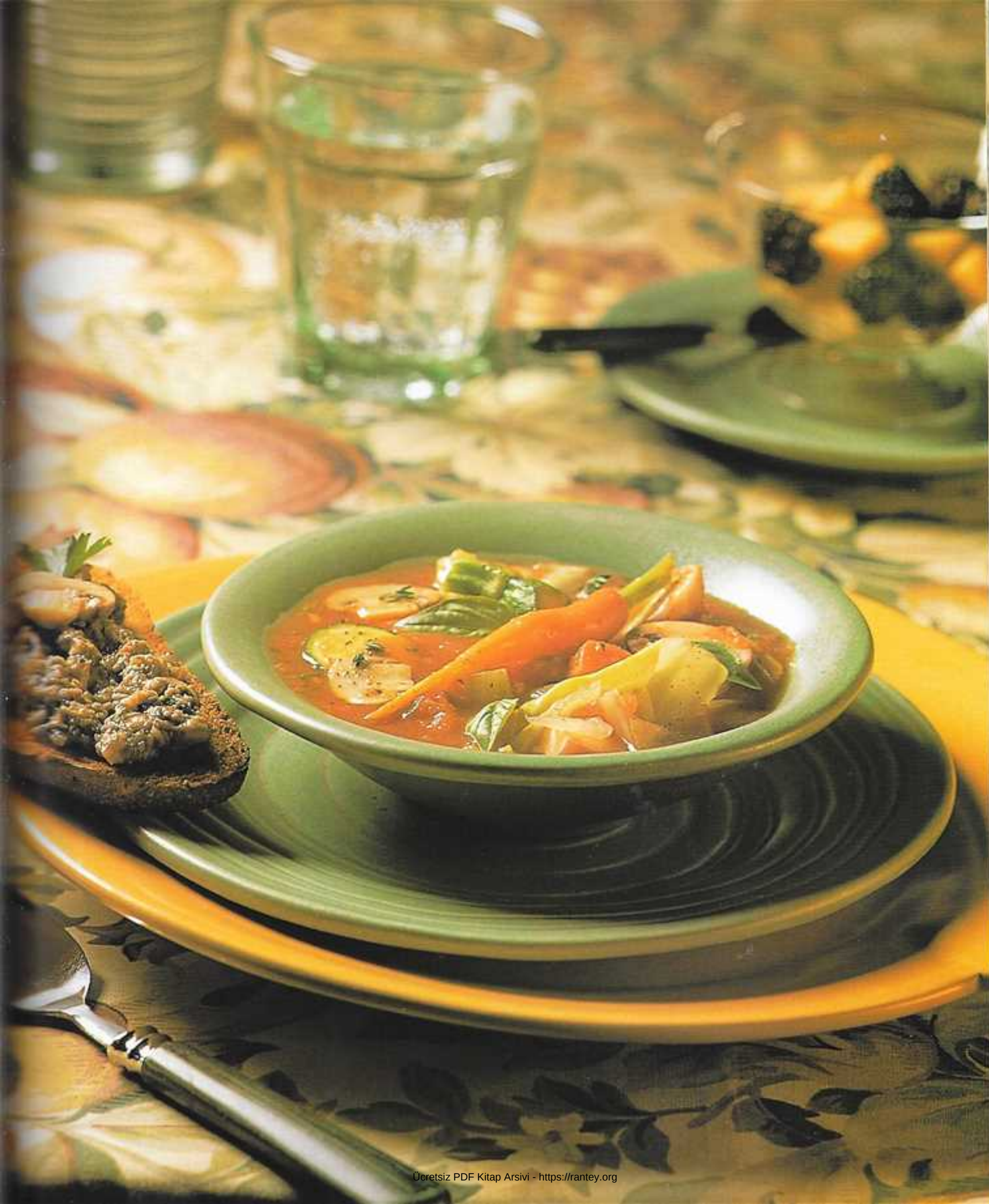
• * Add the chili powder, thyme, oregano, bay leaf, salt, hot pepper sauce, okra, tomatoes, barley and stock or broth and bring to a boil. Reduce the heat to low and simmer, stirring frequently, until the gumbo thickens and the barley is tender, about 30 minutes. Remove and discard the bay leaf.

• * To serve, divide among 4 individual bowls.



Nutritional Analysis per Serving

- Calories 241 (Kilojoules 1,012); Total fat 4g; Saturated fat 1g; Protein 12g;
- Cholesterol 15mg; Carbohydrates 39g; Sodium 938mg; Dietary fiber 10g;
- Calories from fat 16%





- 2 teaspoons olive oil
- 1 onion, chopped
- ½ head green cabbage
(about 8 oz/250 g), cut into
2-inch (5-cm) pieces
- 2 carrots, cut into 1-inch (2.5-cm)
pieces
- 2 celery stalks, cut into 1-inch
(2.5-cm) pieces
- 1 zucchini (courgette), cut into 1-inch
(2.5-cm) pieces
- 4 small red potatoes (about 1 lb/500 g),
peels intact, cut into 1-inch
(2.5-cm) pieces
- 8 oz (250 g) fresh mushrooms, sliced
- 6 tomatoes, peeled, seeded and diced
- 1¼ cups (14 fl oz/440 ml) Chicken
Stock (recipe on page 206) or
reduced sodium chicken broth
- ¼ cup (½ oz/15 g) chopped fresh
basil
- 1 tablespoon chopped fresh thyme
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Hearty Vegetable Stew

Preparation: 20 minutes • Cooking: 45 minutes • Serves 4

This combination of winter vegetables is a rich source of antioxidants, getting vitamin C from cabbage and tomatoes and beta-carotene from the carrots. It makes a perfect choice for a lunch to go. If you have facilities for reheating, just pack portions in an airtight container. If not, invest in a wide-mouth vacuum bottle, and you can look forward to your healthy lunch all morning long. Use the time you save by not going out for lunch to take a brisk walk.

- * In a large stockpot over medium heat, heat the oil. Add the onion and cabbage and sauté until tender, about 5 minutes. Add the carrots, celery, zucchini, potatoes and mushrooms and sauté for 5 minutes.
- * Add the tomatoes, stock or broth, basil, thyme, salt and pepper. Bring to a boil, reduce the heat to low and simmer until the potatoes are tender, about 30 minutes.
- * To serve, divide among 4 individual bowls.



Nutritional Analysis per Serving

- Calories 232 (Kilojoules 973); Total fat 4g; Saturated fat 0g; Protein 8g;
- Cholesterol 0mg; Carbohydrates 45g; Sodium 589mg; Dietary fiber 9g;
- Calories from fat 13%





Chicken Soup with Parsley Dumplings

12 oz (375 g) skinless, boneless chicken breast
3½ cups (28 fl oz/875 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
1½ cups (12 fl oz/375 ml) water
2 bay leaves
1 tablespoon chopped fresh thyme
1 teaspoon chopped fresh sage
¾ teaspoon ground black pepper
½ teaspoon salt
1 onion, chopped
2 carrots, cut into ½-inch (12-mm) thick slices
8 oz (250 g) green beans, trimmed
4 oz (125 g) dried egg noodles
½ cup (2½ oz/75 g) unbleached flour
2 tablespoons chopped fresh flat-leaf (Italian) parsley
¾ teaspoon baking powder
¾ teaspoon baking soda (bicarbonate of soda)
¾ teaspoon ground white pepper
1½ teaspoons margarine
¼ cup (2 fl oz/60 ml) lowfat buttermilk
1 egg white

Cooking Tip

• Make the dumplings just before placing them on the hot soup to prevent the baking powder from rising too soon.

Preparation: 30 minutes • Cooking: 20 minutes • Serves 4

Carrots, green beans and fresh herbs give this chicken noodle soup color and flavor; the parsley dumplings make it a meal in a bowl. If you have it available, substitute 2 cups (12 oz/375 g) of cooked chicken for the breast.

• * To make the soup, in a medium saucepan over medium-high heat, poach the chicken breast in 1 inch (2.5 cm) of water until it is no longer pink in the center, about 10 minutes. Transfer to a work surface and cut into bite-sized pieces.

• * In a large saucepan over medium heat, combine the stock or broth, water, bay leaves, thyme, sage, black pepper and half the salt and bring to a boil. Add the onion, carrots, green beans, noodles and cooked chicken. Return to a boil, reduce the heat to low and simmer until the carrots are tender, about 3 minutes.

• * To make the dumplings, in a large bowl, combine the flour, parsley, baking powder, baking soda, remaining salt and white pepper. Add the margarine and, using a fork, stir until the mixture resembles coarse meal. In a small bowl, combine the buttermilk and egg white and whisk until blended. Add to the flour mixture and stir until just blended.

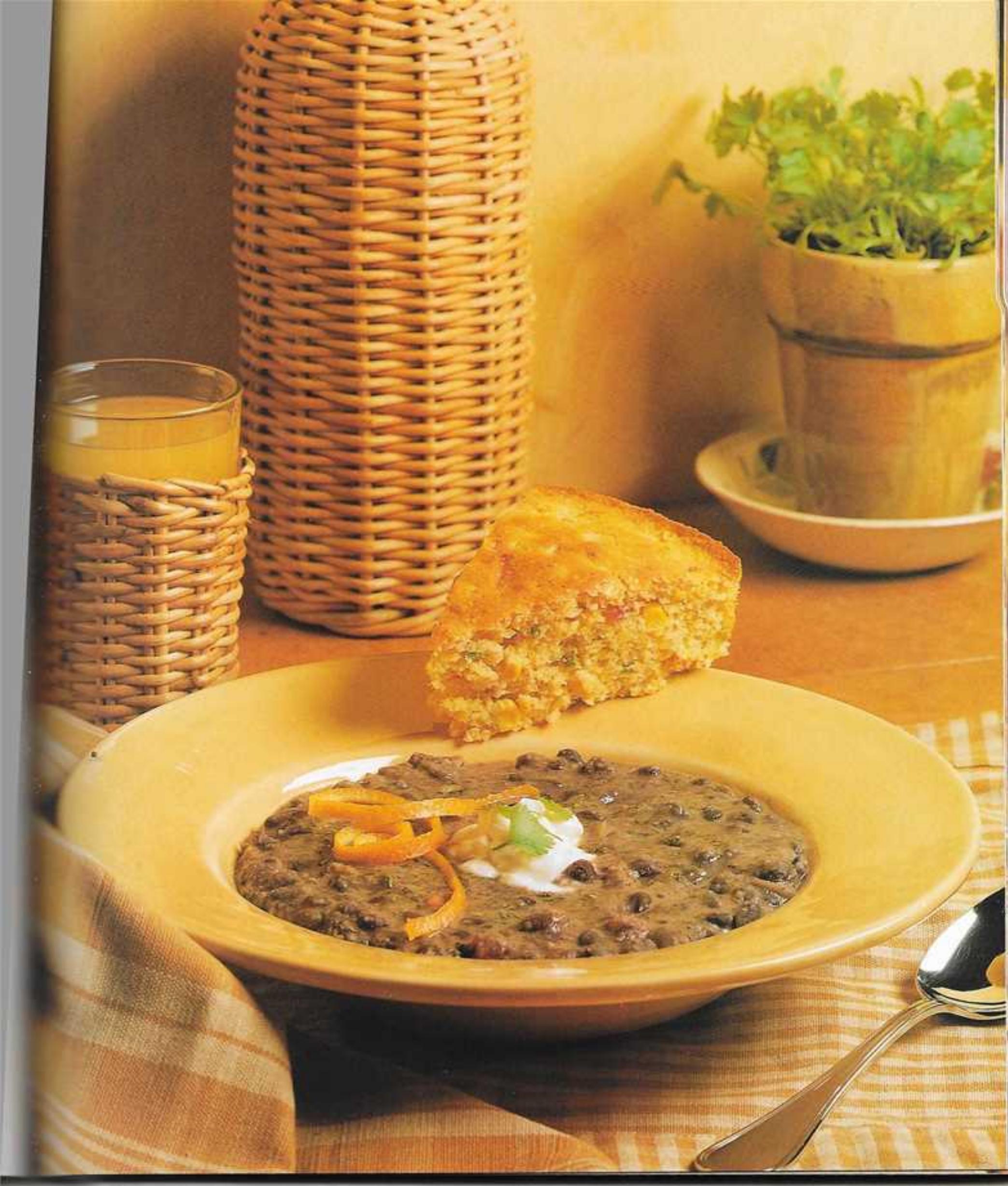
• * Divide the dough into 4 pieces and gently place on top of the soup. Simmer, covered, until the dumplings are puffed up, 10–12 minutes. Remove and discard the bay leaves.

• * To serve, place one dumpling in each of 4 bowls and top each with an equal amount of the soup.



Nutritional Analysis per Serving

• Calories 371 (Kilojoules 1,557); Total fat 4g; Saturated fat 1g; Protein 31g;
• Cholesterol 77mg; Carbohydrates 49g; Sodium 1,020mg; Dietary fiber 4g;
• Calories from fat 11%





- 2 cups (14 oz/440 g) dried black beans
- 8 cups (64 fl oz/2 l) water
- 8 cups (64 fl oz/2 l) Vegetable Stock (recipe on page 207) or vegetable broth
- 1 large onion, chopped
- 2 garlic cloves, peeled and minced
- 2 carrots, sliced in ½-inch (12-mm) pieces
- 1½ teaspoons ground cumin
- 1 teaspoon chili powder
- ¼ cup (2 fl oz/60 ml) orange juice
- ¼ cup (½ oz/10 g) chopped fresh cilantro (fresh coriander)
- ½ cup (4 oz/125 g) nonfat dairy sour cream

Cooking Tip

* You may find it easiest simply to soak the beans overnight in water to cover, drain them and begin making the soup at the second step. If you prefer a smooth texture, purée all the soup in the fourth step.

Black Bean Soup

Preparation: 20 minutes • Cooking: 2 hours 30 minutes • Serves 4

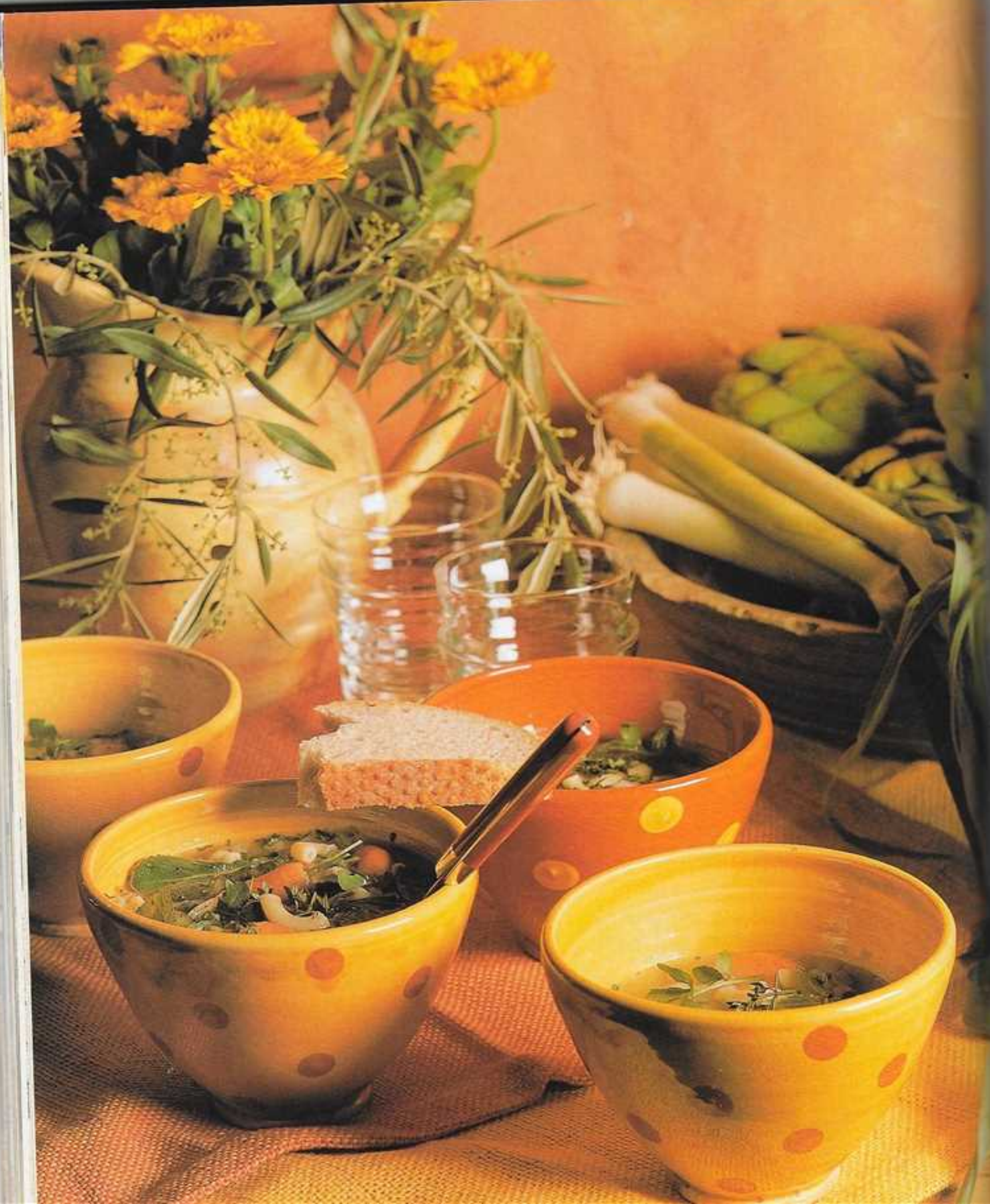
This filling, flavorful soup is completely vegetarian and very low in fat, but I have to admit a preference for a delicious meat version. I add 4 oz (125 g) chopped chorizo, a cooked pork sausage, along with the onion. The nutritional analysis of that version: calories 583 (kilojoules 2,450), total fat 12g, saturated fat 3g, protein 32g, cholesterol 24mg, carbohydrates 89g, sodium 558mg, dietary fiber 15g, and calories from fat 18%.

- * In a large pot over high heat, combine the beans and water and bring to a boil. Reduce the heat to medium and cook for 10 minutes, skimming away the gray foam that appears. Drain well.
- * In a large stockpot over medium heat, combine the beans and stock or broth and bring to a boil. Reduce the heat to low and simmer for 1½ hours.
- * Coat a large nonstick frying pan with nonstick cooking spray and place over medium heat. Add the onion and garlic and sauté until the onion is tender, about 5 minutes. Stir the onion mixture into the beans. Add the carrots, cumin, chili powder and orange juice. Simmer for 45 minutes.
- * Remove 1 cup (8 oz/250 g) of the mixture, place in a food processor with the metal blade or in a blender, purée until smooth and return to the pot. Remove from the heat and stir in half the cilantro.
- * To serve, divide among 4 individual bowls. Top each with an equal amount of the sour cream and remaining cilantro.



Nutritional Analysis per Serving

- Calories 479 (Kilojoules 2,010); Total fat 3g; Saturated fat 0g; Protein 27g;
- Cholesterol 0mg; Carbohydrates 89g; Sodium 191mg; Dietary fiber 15g;
- Calories from fat 5%





Pasta and Watercress Soup

Preparation: 20 minutes • Cooking: 45 minutes • Serves 4

Peppery-tasting watercress, a member of the mustard family that packs a good amount of vitamin C, has small, dark green leaves on a stem slightly thicker than that of parsley. It's usually available commercially all year. If you're growing it in your herb garden, water it generously and expect peak supplies in late spring.

- * In a large saucepan over medium heat, heat the oil. Add the leeks and carrots and sauté, stirring frequently, until tender, about 10 minutes.
- * Add the stock or broth, thyme and oregano, increase the heat to medium-high and bring to a boil.
- * Reduce the heat to low, cover and simmer for 20 minutes.
- * Uncover, increase the heat to medium-high and bring to a boil. Add the pasta and watercress and cook according to the package directions or until the pasta is al dente, about 10 minutes. Add the pepper.
- * To serve, divide among 4 individual bowls.

- 2 teaspoons olive oil
- 2 leeks, green and white parts, finely chopped
- 2 carrots, peeled and chopped
- 6 cups (48 fl oz/1.5 l) Vegetable Stock (recipe on page 207) or vegetable broth
- ¼ cup (½ oz/10 g) chopped fresh thyme
- 2 tablespoons chopped fresh oregano
- 8 oz (250 g) dried elbow pasta
- 8 oz (250 g) watercress, stemmed
- ¼ teaspoon ground black pepper

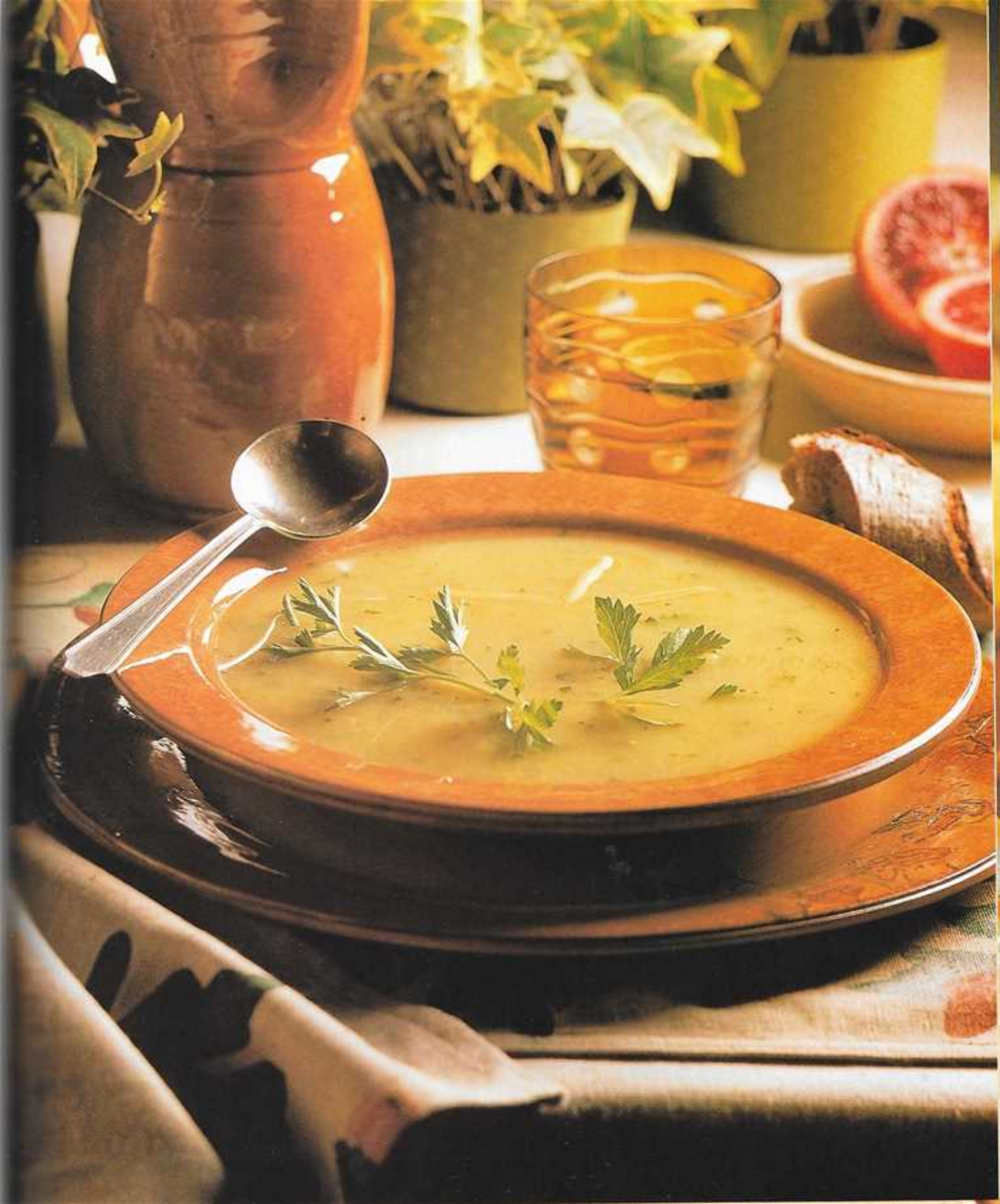
Cooking Tip

* To chop fresh herbs, rinse them under cold running water and dry thoroughly by shaking or gently patting with kitchen towels. If leaves are attached to woody stems, pull them off. Gather the leaves into a compact bunch and, with a sharp knife, carefully cut crosswise to chop coarsely. Chop further if a finer consistency is required.



Nutritional Analysis per Serving

- Calories 332 (Kilojoules 1,396); Total fat 4g; Saturated fat 1g; Protein 11g;
- Cholesterol 0mg; Carbohydrates 65g; Sodium 77mg; Dietary fiber 5g;
- Calories from fat 10%





- 1 teaspoon margarine
- 1 large onion, chopped
- 2 celery stalks, chopped
- 5 cups (40 fl oz/1.25 l) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
- 1½ lb (750 g) potatoes, cut into 1-inch (2.5-cm) cubes
- ¼ cup (½ oz/10 g) chopped fresh parsley
- ¼ cup (1 oz/30 g) grated lowfat cheddar cheese
- ¼ teaspoon ground white pepper
- 4 fresh flat-leaf (Italian) parsley sprigs

Shopping Tip

* If fresh herbs are not available, substitute dried herbs, which have a stronger flavor. Use a ratio of 1:4, that is, about one-fourth of the amount of dried herbs to the fresh herbs called for in a recipe.

Potato Soup

Preparation: 25 minutes • Cooking: 55 minutes • Serves 4

Leaving the potato skins intact adds extra texture, vitamins and fiber to this puréed soup, which has the look of a traditional cream soup but only a fraction of the fat of dairy products.

- * In a large saucepan over medium heat, melt the margarine. Add the onion and celery and sauté, stirring frequently, until tender, about 10 minutes.
- * Add the stock or broth and potatoes, increase the heat to medium-high and bring to a boil.
- * Reduce the heat to low, cover and simmer until the potatoes are tender when pierced with a fork, about 30 minutes.
- * Remove from the heat, add the chopped parsley, stir to mix well and let stand for 5 minutes.
- * Strain the soup, reserving the liquid, and transfer the vegetables to a food processor with the metal blade or to a blender. Add 1 cup (8 fl oz/250 ml) of the reserved liquid to the vegetable mixture and process until smooth.
- * In the same saucepan over medium-low heat, combine the purée, remaining reserved liquid, cheese and pepper. Simmer, stirring frequently, until the cheese melts, about 5 minutes.
- * To serve, divide among 4 individual bowls. Top each with a parsley sprig.



Nutritional Analysis per Serving

- Calories 207 (Kilojoules 868); Total fat 2g; Saturated fat 0g; Protein 8g;
- Cholesterol 1mg; Carbohydrates 37g; Sodium 841mg; Dietary fiber 4g;
- Calories from fat 8%





Shredded Chicken Sandwich

1 lb (500 g) skinless, boneless chicken
breast, cut into thin strips

3 garlic cloves, peeled and minced

1 cup (8 fl oz/250 ml) canned tomato
purée

¼ cup (2 fl oz/60 ml) dark molasses

~~2 tablespoons Dijon-style mustard~~

2 tablespoons white wine vinegar

1 teaspoon chili powder

¼ teaspoon salt

¼ teaspoon hot pepper sauce

4 whole wheat (wholemeal) rolls,
halved and toasted

Preparation: 10 minutes • Cooking: 20 minutes • Serves 4

In just 30 minutes, you can enjoy the flavors of slow-cooked Southern

*barbecue—tomatoes, molasses, mustard, vinegar, chili powder and hot
pepper sauce—in this deliciously healthy, traditionally messy sandwich.*

* Coat a large nonstick frying pan with nonstick cooking spray

and place over medium heat. Add the chicken and sauté until it is
no longer pink in the center, about 5 minutes.

* To make the sauce, in a medium bowl, combine the garlic,
tomato purée, molasses, mustard, vinegar, chili powder, salt and
hot pepper sauce and whisk until blended.

* When the chicken is cooked, add the sauce, bring to a boil,
reduce the heat to low and simmer until the liquid is reduced by
half and the chicken is tender, about 10 minutes. Using a slotted
spoon, transfer the chicken to a work surface. Using 2 forks, pull
the chicken into thin shreds and return it to the sauce.

* To serve, place one half of each bun on 4 individual plates.
Top each with an equal amount of the chicken, sauce and the
other half of the bun.

Storage Tip

* The shredded chicken with its spicy
sauce can be stored in an airtight con-
tainer in the refrigerator for up to 4 days.



Nutritional Analysis per Serving

Calories 354 (Kilojoules 1,486); Total fat 4g; Saturated fat 1g; Protein 33g;
Cholesterol 66mg; Carbohydrates 46g; Sodium 963mg; Dietary fiber 6g;
Calories from fat 11%



- 1 lb (500 g) ground chicken breast
- ½ cup (1½ oz/45 g) chopped green (spring) onions, green and white parts
- ¼ cup (1 oz/30 g) dried bread crumbs
- 2 teaspoons Worcestershire sauce
- ½ teaspoon hot pepper sauce
- ¼ teaspoon salt
- 1 egg white
- 4 whole wheat (wholemeal) hamburger buns, halved and lightly toasted
- 4 lettuce leaves

Creamy Horseradish

- 1 cup (8 oz/250 g) nonfat dairy sour cream
- ¼ cup (2 oz/60 g) drained, grated horseradish
- 2 tablespoons white wine vinegar
- ¼ teaspoon ground black pepper

Shopping Tip

* When buying ground chicken, be sure that it is all lowfat breast meat. You can easily grind your own meat by purchasing skinless, boneless chicken breasts, cutting them into chunks and chopping them in a food processor with a metal blade.

Spicy Chicken Burgers with Creamy Horseradish

Preparation: 15 minutes • Cooking: 10 minutes • Serves 4

Hot sauce, green onions and a horseradish dressing spice up the flavor of these healthy burgers. Make the Creamy Horseradish before you cook your burgers.

* In a large bowl, combine the chicken, green onions, bread crumbs, Worcestershire sauce, hot pepper sauce, salt and egg white. Stir to mix well. Transfer to a work surface, divide into 4 equal portions and shape each portion into a patty 1 inch (2.5 cm) thick.

* Coat a large nonstick frying pan with nonstick cooking spray. Place the frying pan over medium heat, add the patties and cook, covered, until browned, about 5 minutes. Turn and cook, covered, until the chicken is no longer pink in the center, about 5 minutes.

* To serve, spread 1 tablespoon of the Creamy Horseradish on each half bun. Place one half of each bun on 4 individual plates. Top each with a lettuce leaf, a burger and the other half of the bun.

Creamy Horseradish

* In a small bowl, combine the sour cream, horseradish, vinegar and pepper and whisk until blended.

* Store in an airtight container in the refrigerator for up to 3 days. One serving is 2 tablespoons.



Nutritional Analysis per Serving

Calories 279 (Kilojoules 1,174); Total fat 4g; Saturated fat 1g; Protein 34g; Cholesterol 66mg; Carbohydrates 26g; Sodium 542mg; Dietary fiber 3g; Calories from fat 13%





Turkey Burgers with Mushroom Sauce

Preparation: 15 minutes • Cooking: 15 minutes • Serves 4

Readily available ground turkey breast has a robust flavor and is a lowfat alternative to ground beef. When shopping, look for ground turkey breast. It is lower in calories and fat than regular ground turkey meat, which often has the dark meat and the turkey skin ground with the breast meat. You can also grind your own turkey breast using a food processor.

* In a large bowl, combine the turkey, onion, bread crumbs, egg white, salt, mustard and $\frac{1}{4}$ teaspoon of the pepper and toss to mix well. Transfer to a work surface, divide into 4 equal portions and shape each portion into a patty 1 inch (2.5 cm) thick.

* Coat a large nonstick frying pan with nonstick cooking spray. Place the frying pan over medium heat, add the patties and cook, covered, until browned, about 5 minutes. Turn and cook, covered, until the turkey is no longer pink in the center, about 5 minutes.

* To make the mushroom sauce, coat a small nonstick frying pan with nonstick cooking spray. Place the frying pan over medium heat, add the mushrooms and sauté until they are tender and release their juices, about 3 minutes. Add the stock or broth and thyme, bring to a boil, reduce the heat to low and simmer for 5 minutes. Add the sour cream and remaining $\frac{1}{4}$ teaspoon pepper and simmer until the sauce thickens, about 2 minutes.

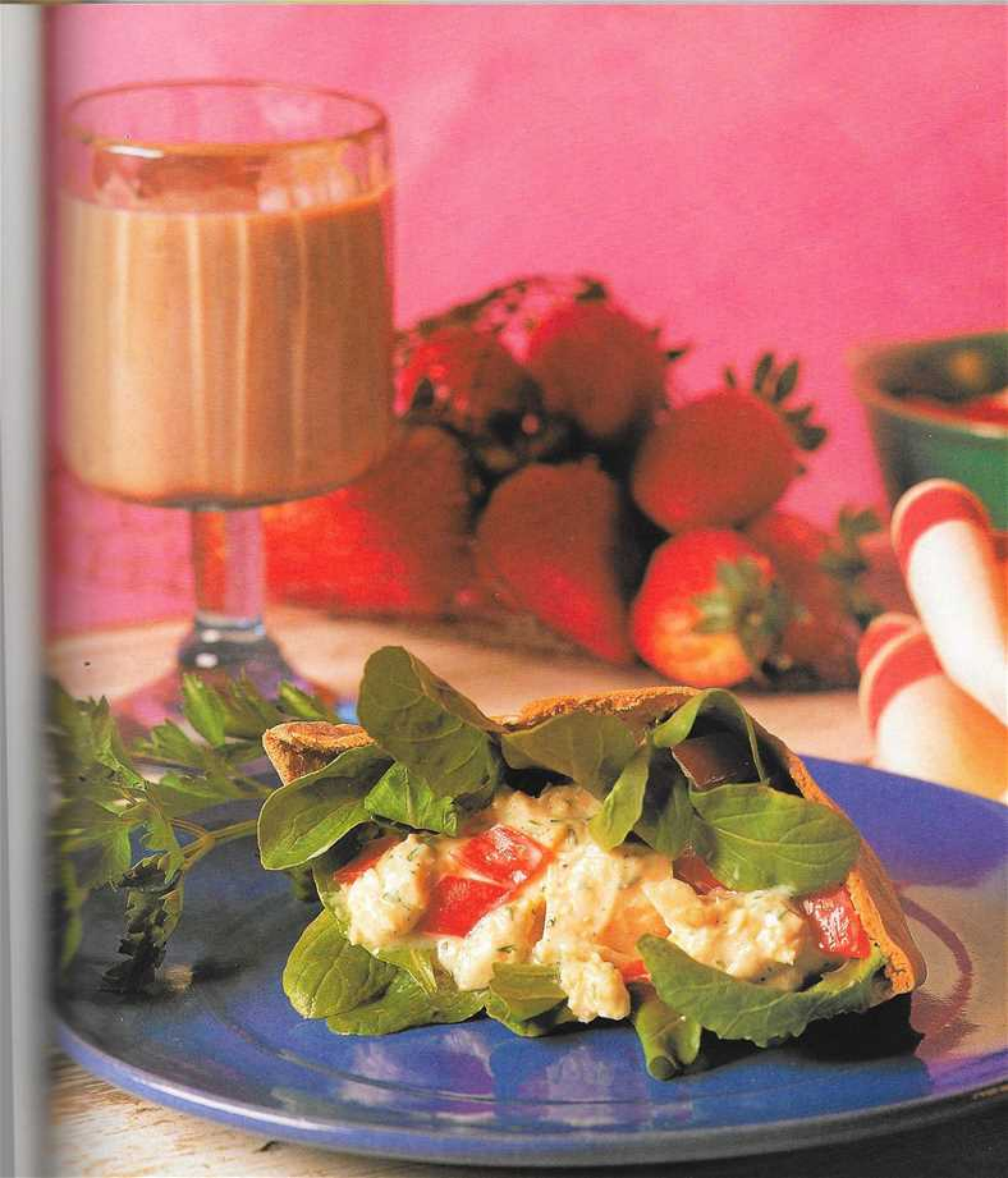
* To serve, place one half of each bun on 4 individual plates. Top with a burger, an equal amount of the mushroom sauce and the other half of the bun.



Nutritional Analysis per Serving

Calories 330 (Kilojoules 1,384); Total fat 4g; Saturated fat 1g; Protein 37g; Cholesterol 70mg; Carbohydrates 33g; Sodium 543mg; Dietary fiber 2g; Calories from fat 13%

- 1 lb (500 g) ground turkey breast
- 1 small onion, chopped
- $\frac{1}{4}$ cup (1 oz/30 g) dried bread crumbs
- 1 egg white
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground mustard
- $\frac{1}{2}$ teaspoon ground black pepper
- 4 oz (125 g) fresh mushrooms, sliced
- $\frac{1}{2}$ cup (4 fl oz/125 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
- 1 tablespoon chopped fresh thyme
- $\frac{1}{2}$ cup (4 oz/125 g) nonfat dairy sour cream
- 4 sesame seed hamburger buns, halved





- 12 oz (375 g) water-packed albacore tuna, drained
- 1 red bell pepper (capsicum), seeded, deribbed and diced
- ½ cup (4 oz/125 g) nonfat plain yogurt
- 2 tablespoons chopped fresh flat-leaf (Italian) parsley
- 1 tablespoon Dijon-style mustard
- 1 tablespoon red wine vinegar
- ¼ teaspoon ground black pepper
- 3 oz (90 g) arugula (rocket), stems trimmed
- 2 whole wheat (wholemeal) pita breads, 8 inches (20 cm) in diameter, halved

Nutrition Tip

* Check those tuna cans carefully before purchase. The nutritional differences between oil-packed chunk light tuna and water-packed solid white are remarkable. Per 3 oz (90 g) serving, oil-packed contains 165 calories, 7 g fat, 1.4 g saturated fat and 24 g protein. In comparison, the same amount of water-packed contains just 135 calories, 1 g fat and .3 g saturated fat, as well as 33 g protein.

Tuna Salad Sandwich

Preparation: 25 minutes • Serves 4

The combination of tangy yogurt and mustard, peppery arugula and vitamin C-rich red bell pepper makes for a refreshing change of pace from everyday tuna sandwiches.

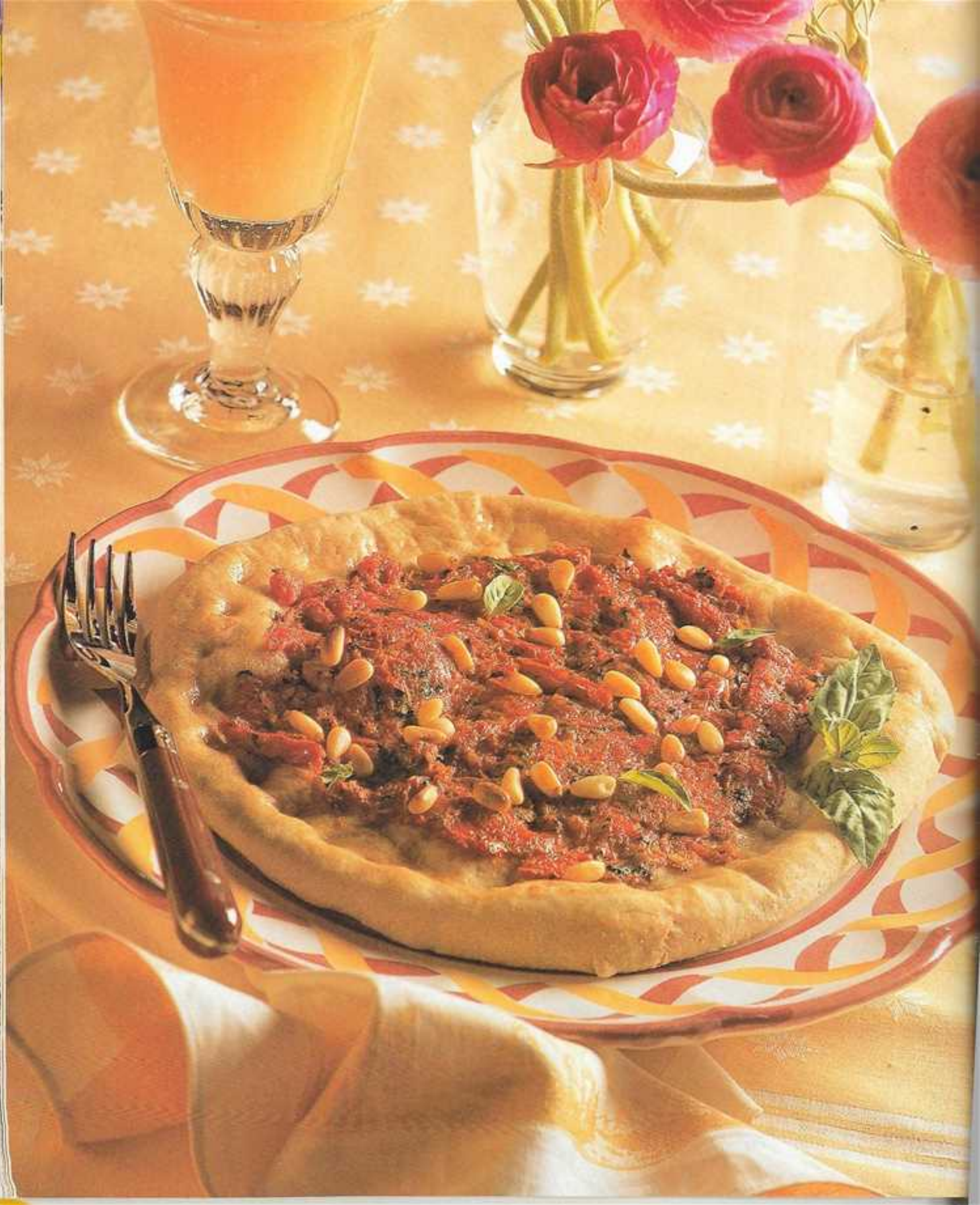
* In a large bowl, combine the tuna and bell pepper and toss to mix well. Add the yogurt, parsley, mustard, vinegar and pepper and stir until blended.

* To serve, place an equal amount of the tuna mixture and arugula into each pita half. One serving is a half pita.



Nutritional Analysis per Serving

Calories 249 (Kilojoules 1,046); Total fat 3g; Saturated fat 1g; Protein 28g; Cholesterol 34mg; Carbohydrates 27g; Sodium 658mg; Dietary fiber 4g; Calories from fat 11%





Tomato-Basil Pizza

- 30 sun-dried tomatoes, packed without oil
- 1 lb (500 g) plum (Roma) tomatoes, peeled, seeded and diced
- ½ cup (4 fl oz/125 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
- ½ cup (½ oz/15 g) firmly packed fresh basil leaves
- 2 garlic cloves, peeled and minced
- 3 tablespoons grated Romano cheese
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 teaspoon olive oil
- 1 lb (500 g) Karen's Pizza Dough (recipe on page 185)
- 2 tablespoons pine nuts, lightly toasted

Cooking Tip

* To peel fresh tomatoes, bring a saucepan of water to a boil. With a small, sharp knife, cut out the core at the stem end of each tomato and score a shallow X in the skin at the opposite end. One at a time and using a slotted spoon, immerse the tomatoes in the boiling water for about 10 seconds to loosen their skins. Lift out and dip in a bowl of cold water to cool. Then, starting at the X, peel off the skin, using the knife blade to help you if necessary.

Preparation: 25 minutes • Cooking: 20 minutes • Serves 4

Tomatoes and basil are a traditional Mediterranean flavor combination that is well represented in this quick pizza. In the summer, try using different types of fresh tomatoes, including red or yellow cherry tomatoes. When pressed for time, spread the sauce on commercial pizza bread shells and bake as directed on the package.

- * Preheat an oven to 450°F (230°C). Coat 2 large baking sheets with nonstick cooking spray.
- * In a small saucepan over medium heat, combine the sun-dried tomatoes, fresh tomatoes and stock or broth. Bring to a boil, reduce the heat to low and simmer until the sun-dried tomatoes are tender, about 5 minutes.
- * In a food processor with the metal blade or in a blender, combine the basil, garlic, Romano cheese, salt and pepper. Process until smooth. With the motor running, gradually add the olive oil and process until blended. Add the tomato mixture to the basil mixture and pulse on and off until just blended.
- * Divide the pizza dough into 4 equal portions. On a lightly floured work surface, roll out each portion into an 8-inch (20-cm) round. Place on the prepared sheets and form a ½-inch (12-mm) raised lip around the edges. Top each round with an equal amount of the tomato and basil mixture and pine nuts, leaving a ½-inch (12-mm) border around the edges.
- * Bake until the crusts are golden, about 15 minutes.
- * To serve, place on 4 individual plates.



Nutritional Analysis per Serving

- Calories 618 (Kilojoules 2,596); Total fat 14g; Saturated fat 2g; Protein 23g;
- Cholesterol 4mg; Carbohydrates 106g; Sodium 835mg; Dietary fiber 14g;
- Calories from fat 20%





- ½ cup (½ oz/15 g) dried porcini mushrooms, stemmed
- ½ cup (½ oz/15 g) dried shiitake mushrooms, stemmed
- 1 cup (8 fl oz/250 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
- 2 tablespoons chopped fresh thyme
- ¼ teaspoon ground black pepper
- 1 lb (500 g) Karen's Pizza Dough (recipe on page 185)
- 2 teaspoons extra-virgin olive oil
- ¼ cup (1 oz/30 g) grated Romano cheese
- 2 tablespoons chopped fresh flat-leaf (Italian) parsley

Shopping Tip

• Well-stocked markets carry both of these dried mushrooms. You may also find porcini mushrooms in Italian delicatessens and shiitake mushrooms in Asian markets.

Mushroom-Cheese Pizza

Preparation: 25 minutes • Cooking: 25 minutes • Serves 4

Two types of dried mushrooms give a wonderful, earthy flavor to this foccacia-style pizza—that is, a pizza without sauce as a topping. Unlike many pizzas, which are just as good hot or cold, this one is best eaten soon after baking as it tends to dry out as it cools.

• * Preheat an oven to 450°F (230°C). Coat a large baking sheet with nonstick cooking spray.

• * In a small saucepan over medium heat, combine the mushrooms, stock or broth and thyme. Bring to a boil, reduce the heat to low and simmer until the liquid is absorbed, about 15 minutes. Add the pepper and stir to mix well. Cool the mushrooms in the pan, then transfer to a work surface and slice into thin strips.

• * On a lightly floured work surface, roll out the pizza dough into a 12-inch (30-cm) round. Place on the prepared sheet and form a ½-inch (12-mm) raised lip around the edge. Brush the olive oil over the dough. Top with the mushrooms and Romano cheese, leaving a ½-inch (12-mm) border around the edge.

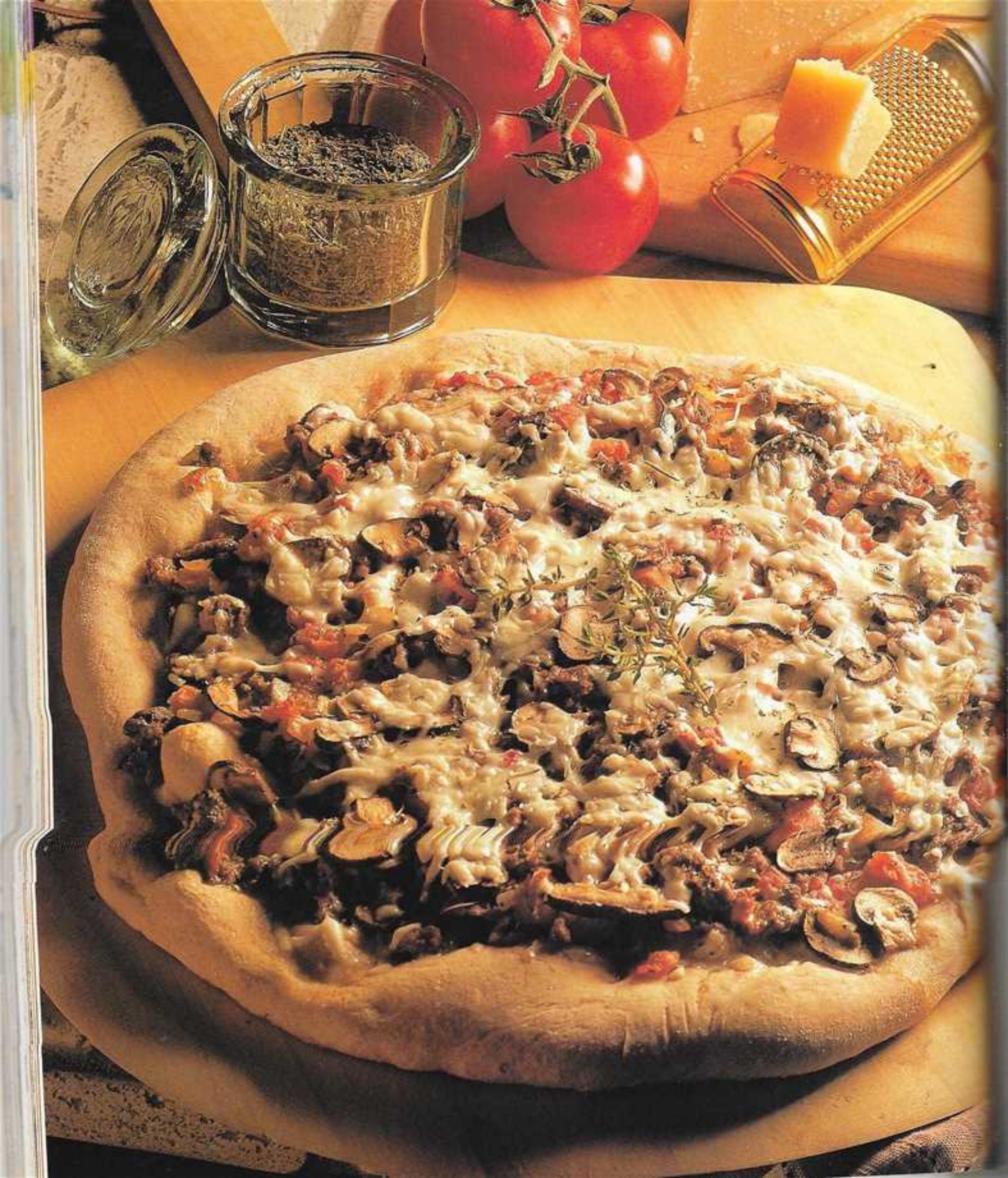
• * Bake until the crust is golden, about 15 minutes.

• * To serve, top the pizza with the parsley. Slice into quarters and place on 4 individual plates.



Nutritional Analysis per Serving

• Calories 542 (Kilojoules 2,277); Total fat 13g; Saturated fat 1g; Protein 19g;
• Cholesterol 7mg; Carbohydrates 89g; Sodium 783mg; Dietary fiber 11g;
• Calories from fat 22%





Ted's Favorite Pizza

- 1 onion, chopped
- 2 garlic cloves, peeled and minced
- 8 oz (250 g) ground bison or lean (10%) ground beef
- 1 tablespoon herbes de Provence
- 8 oz (250 g) fresh mushrooms, sliced
- 2 lb (1 kg) plum (Roma) tomatoes, peeled, seeded and diced
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup (1 oz/30 g) grated Parmesan cheese
- 1 lb (500 g) Karen's Pizza Dough (recipe on page 185)
- 1 cup (4 oz/125 g) shredded lowfat mozzarella cheese

Cooking Tip

- * Herbes de Provence are a blend of dried herbs typical of Provence, France. To make your own, combine ½ teaspoon each of thyme, rosemary, sage, marjoram, basil, fennel seed and mint.

*Preparation: 25 minutes * Cooking: 25 minutes * Serves 4*

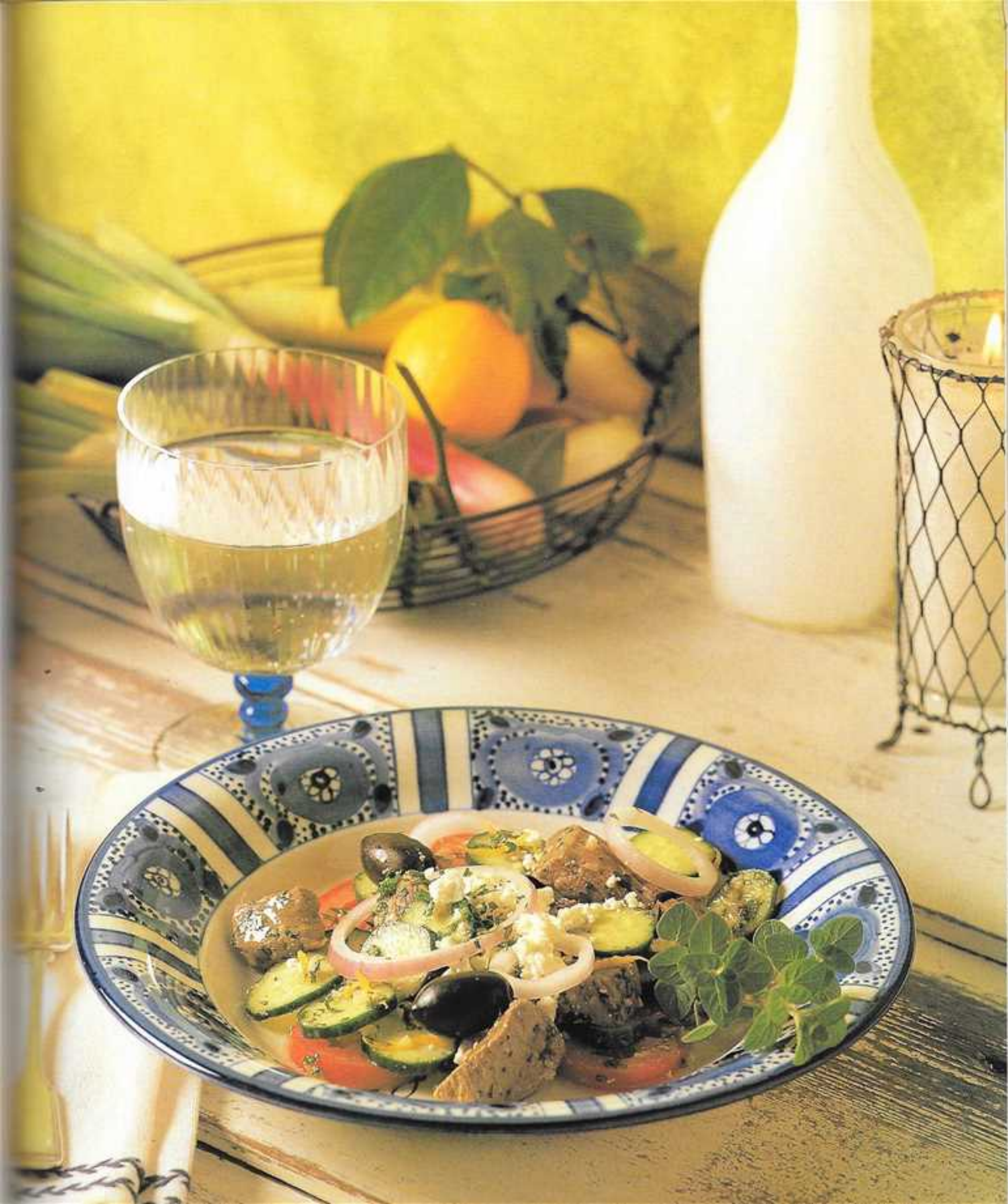
Ted enjoys this pizza because it features bison, which we raise on our ranch in Montana. The metabolism of bison is such that fat is not deposited within the muscles, resulting in a much leaner red meat than beef. Because of its health benefits and great taste, bison meat is growing in popularity. If bison is not yet available in your store, check the Resources Guide on page 240 for mail-order sources. You may find it becomes your favorite pizza topping, too.

- * Preheat an oven to 425°F (220°C). Coat a large baking sheet with nonstick cooking spray.
- * Coat a large nonstick frying pan with nonstick cooking spray. Place over medium heat, add the onion and garlic and sauté for 2 minutes. Add the bison or beef and herbs and sauté until the meat is no longer pink, about 5 minutes for bison and 7 minutes for beef. Add the mushrooms, tomatoes, salt and pepper and simmer until the liquid evaporates, about 10 minutes. Remove from the heat and stir in the Parmesan cheese.
- * On a lightly floured work surface, roll out the pizza dough into a 12-inch (30-cm) round. Place on the prepared sheet and form a ½-inch (12-mm) raised lip around the edge. Top with the meat mixture and the mozzarella, leaving a ½-inch (12-mm) border around the edge.
- * Bake until the crust is golden and the cheese is bubbly, about 15 minutes.
- * To serve, slice into quarters and place on 4 individual plates.



Nutritional Analysis per Serving

- * Calories 696 (Kilojoules 2,923); Total fat 16g; Saturated fat 5g; Protein 41g; Cholesterol 51mg; Carbohydrates 101g; Sodium 1,432mg; Dietary fiber 14g; Calories from fat 20%





- 1 teaspoon plus 1 tablespoon olive oil
- 2 garlic cloves, peeled and minced
- 2 tablespoons chopped fresh oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¾ lb (375 g) lean beef tenderloin, trimmed of visible fat and cut into 1-inch (2.5-cm) chunks
- 1 cucumber (about 12 oz/375 g), seeded and chopped
- 2 plum (Roma) tomatoes (6 oz/185 g), sliced
- 1 small red onion, thinly sliced
- ¼ cup (1 oz/30 g) crumbled feta cheese
- ¼ cup (½ oz/10 g) chopped fresh flat-leaf (Italian) parsley
- 4 Kalamata olives, pitted
- 2 tablespoons lemon juice
- 1 teaspoon finely grated lemon zest

Cooking Tip

• To pit an olive, use an olive pitter, which grips the olive and pushes out the pit. Or, using a small, sharp knife, slit the olive lengthwise down to the pit and pry away the flesh.

Greek Salad

Preparation: 20 minutes • Cooking: 5 minutes • Serves 4

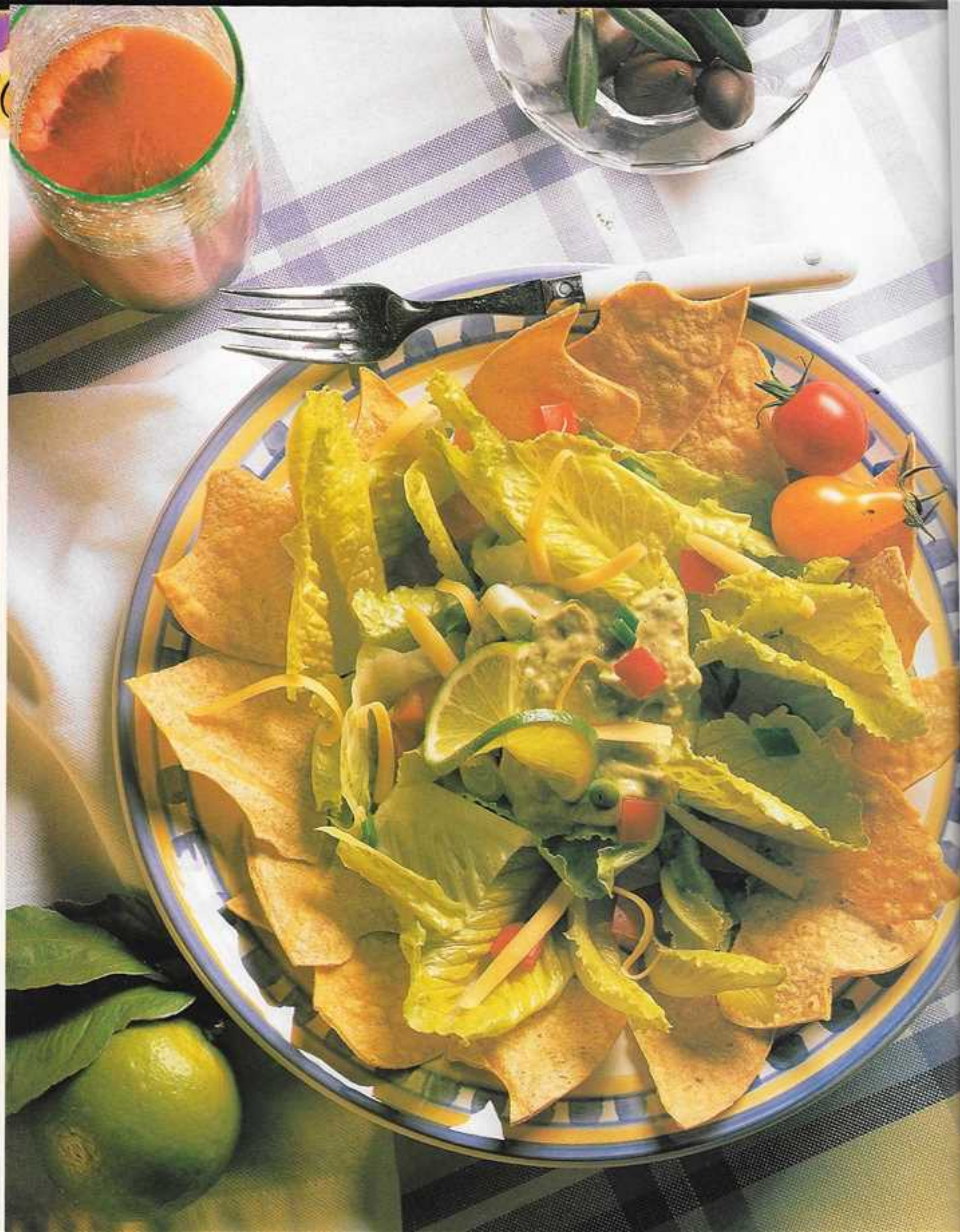
In addition to the preparation time, the beef must marinate for 1 hour.
While you can use any type of olive in this dish, Kalamata olives provide the authentic taste of Greece, evoking warm days spent on island beaches.
For this reason, the salad is ideal to serve when lunching outdoors.

- * In a glass baking dish, combine the 1 teaspoon olive oil and half the garlic, oregano, salt and pepper and stir to mix well. Add the beef and toss to coat. Cover and refrigerate to marinate for 1 hour.
- * Coat a frying pan with nonstick cooking spray and place over medium-high heat. Using a slotted spoon, transfer the beef to the pan, reserving the marinade, and cook, stirring frequently, for 3 minutes. Add the marinade to the pan and cook until the beef is no longer pink in the center, about 2 minutes more.
- * Using a slotted spoon, transfer the beef to a large bowl. Discard the marinade. To the bowl, add the cucumber, tomatoes, onion, cheese, parsley and olives.
- * In a small bowl, combine the 1 tablespoon olive oil, garlic, oregano, salt and pepper and the lemon juice and lemon zest, and whisk until blended. Add to the vegetable mixture and toss to coat well.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

- Calories 250 (Kilojoules 1,051); Total fat 15g; Saturated fat 4g; Protein 20g;
- Cholesterol 59mg; Carbohydrates 10g; Sodium 500mg; Dietary fiber 2g;
- Calories from fat 52%





Taco Salad with Avocado Dressing

8 corn tortillas, 8 inches (20 cm)
in diameter

4 cups (12 oz/375 g) chopped
romaine (cos) lettuce

3 plum (Roma) tomatoes, seeded
and chopped

1 green (spring) onion, green and
white parts, chopped

¼ cup (1 oz/30 g) grated lowfat
cheddar cheese

Avocado Dressing

1 avocado, peeled, pitted and mashed

½ cup (4 oz/125 g) nonfat dairy
sour cream

2 tablespoons lime juice

1 garlic clove, peeled and minced

½ teaspoon chili powder

Storage Tip

* The Avocado Dressing can be stored
in an airtight container in the refrigerator
for up to 4 days.

*Preparation: 25 minutes * Cooking: 15 minutes * Serves 4*

Avocados are a wonderful fruit but they do contain fat and should be used sparingly. This recipe uses just 1 avocado for 4 servings, which will not detrimentally affect your nutritional goals. Seek out Hass avocados with thick dark pebbly skins as they are considered to have the best flavor and texture. Make sure the avocado is absolutely ripe for optimum taste. For a healthy snack, skip the salad and serve the homemade chips with the dressing as a dip.

* Preheat an oven to 425°F (220°C).

* To make the chips, place the tortillas on ungreased baking sheets and bake until crisp, about 15 minutes, turning halfway through the cooking time. Cool to the touch and break into 2-inch (5-cm) pieces.

* In a large bowl, combine the lettuce, tomatoes, green onion and cheese and toss to mix well.

* To serve, line 4 individual salad plates with an equal amount of the chips. Top each with an equal amount of the salad mixture and Avocado Dressing.

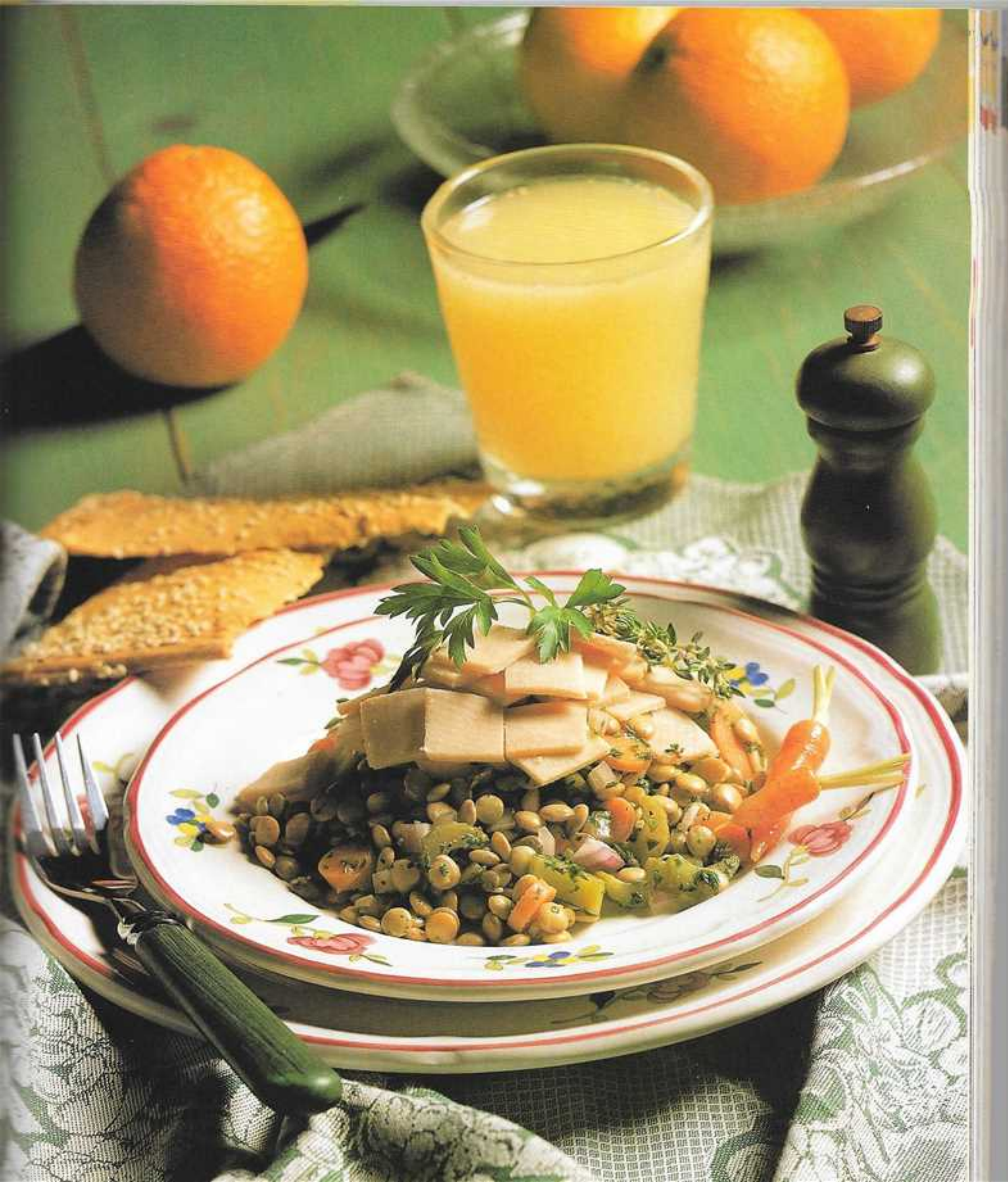
Avocado Dressing

* In a food processor with the metal blade or in a blender, combine the avocado, sour cream, lime juice, garlic and chili powder. Process until smooth. One serving is 3 tablespoons.



Nutritional Analysis per Serving

Calories 249 (Kilojoules 1,046); Total fat 10g; Saturated fat 1g; Protein 9g;
Cholesterol 1mg; Carbohydrates 34g; Sodium 220mg; Dietary fiber 6g;
Calories from fat 34%





5 cups (40 fl oz/1.25 l) water
 1½ cups (10½ oz/330 g) dried lentils,
 rinsed and picked over to
 remove stones
 1 small red onion, chopped
 1 tablespoon chopped fresh thyme
 ½ teaspoon ground allspice
 ¼ cup (2 fl oz/60 ml) red wine
 vinegar
 1 tablespoon Dijon-style mustard
 1½ tablespoons olive oil
 2 celery stalks, chopped
 2 carrots, chopped
 ¼ cup (½ oz/10 g) chopped fresh
 flat-leaf (Italian) parsley
 1 teaspoon salt
 ¼ teaspoon ground black pepper
 6 oz (185 g) smoked turkey breast,
 cut into bite-sized pieces

Lentil and Smoked Turkey Salad

Preparation: 20 minutes • Cooking: 15 minutes • Serves 4

Lentils, the disk-shaped seeds of a legume plant native to Asia, are an excellent source of nonfat protein in a healthy diet. Several different colors of lentils are available, and they are interchangeable for this cold salad. Smoked turkey is available in the delicatessen section of supermarkets.

* In a medium saucepan over medium-high heat, combine the water, lentils, onion, thyme and allspice. Bring to a boil, reduce the heat to low and simmer until the lentils are tender but still intact, about 15 minutes.

* Drain the lentil mixture and transfer to a large bowl. Add the vinegar, mustard, olive oil, celery, carrots, parsley, salt and pepper. Refrigerate the salad for at least 15 minutes to allow the lentils and vegetables to marinate in the dressing, then bring to room temperature.

* To serve, divide among 4 individual plates. Top each with an equal amount of the turkey pieces.



Nutritional Analysis per Serving

Calories 385 (Kilojoules 1,616); Total fat 7g; Saturated fat 1g; Protein 31g;
 Cholesterol 18mg; Carbohydrates 51g; Sodium 1,081mg; Dietary fiber 11g;
 Calories from fat 17%





Curried Chicken, Rice and Spinach Salad

- 2 teaspoons dark sesame oil
- 2 shallots, peeled and minced
- 2 garlic cloves, peeled and minced
- 1 lb (500 g) skinless, boneless chicken breast, cut into 1-inch (2.5-cm) cubes
- 3 cups (24 fl oz/750 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
- 2 teaspoons curry powder
- 1 teaspoon ground cumin
- $\frac{3}{4}$ cup (5 oz/155 g) basmati rice
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 2 cups (10 oz/315 g) green peas
- 2 cups (4 oz/125 g) cauliflower florets
- 2 cups (14 oz/440 g) chopped spinach

Cooking Tip

* To peel and mince garlic cloves, separate them as needed from the whole head of garlic. Place the clove on a steady work surface. Cover it with the side of the blade of a large knife. Keeping the knife's cutting edge safely clear of your hand, press down firmly but carefully on the side of the blade to crush the clove slightly; the skin will slip off easily. Then, thinly slice the clove lengthwise; cut the slices lengthwise into thin strips; and cut finely across the strips to mince them.

Preparation: 25 minutes • Cooking: 50 minutes • Serves 4

Warm salads like this one are a good choice for lunch on a crisp spring afternoon. The flavors of India are represented here. Curry is a generic term for spice blends common to the Indian subcontinent, including cumin, chili powder and turmeric. Basmati is an aromatic long-grain Indian rice.

- * In a large nonstick frying pan over medium heat, heat the oil. Add the shallots and garlic and sauté until tender, about 2 minutes. Add the chicken and sauté until browned and no longer pink in the center, about 5 minutes.
- * Add the stock or broth, curry and cumin and bring to a boil.
- * Add the rice, salt and pepper, reduce the heat to low and simmer for 20 minutes.
- * Add the peas and cauliflower and simmer until the rice is soft, about 20 minutes more.
- * To serve, divide the spinach among 4 individual plates. Top each with an equal amount of the rice mixture.



Nutritional Analysis per Serving

- Calories 383 (Kilojoules 1,608); Total fat 6g; Saturated fat 1g; Protein 40g;
- Cholesterol 66mg; Carbohydrates 46g; Sodium 874mg; Dietary fiber 7g;
- Calories from fat 13%





- 8 cups (64 fl oz/2 l) water
- 10 sun-dried tomatoes, packed without oil
- 8 oz (250 g) dried orzo
- $\frac{3}{4}$ lb (12 oz/375 g) shelled green peas
- $\frac{1}{4}$ cup ($\frac{1}{2}$ oz/15 g) chopped fresh basil
- $\frac{1}{4}$ cup ($\frac{1}{2}$ oz/15 g) chopped fresh flat-leaf (Italian) parsley
- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 2 tablespoons grated Romano cheese

Shopping Tip

* Green peas are in season from spring through summer. At other times of the year, substitute frozen peas, thawed.

Orzo, Sun-Dried Tomato and Pea Salad

*Preparation: 15 minutes * Cooking: 10 minutes * Serves 4*

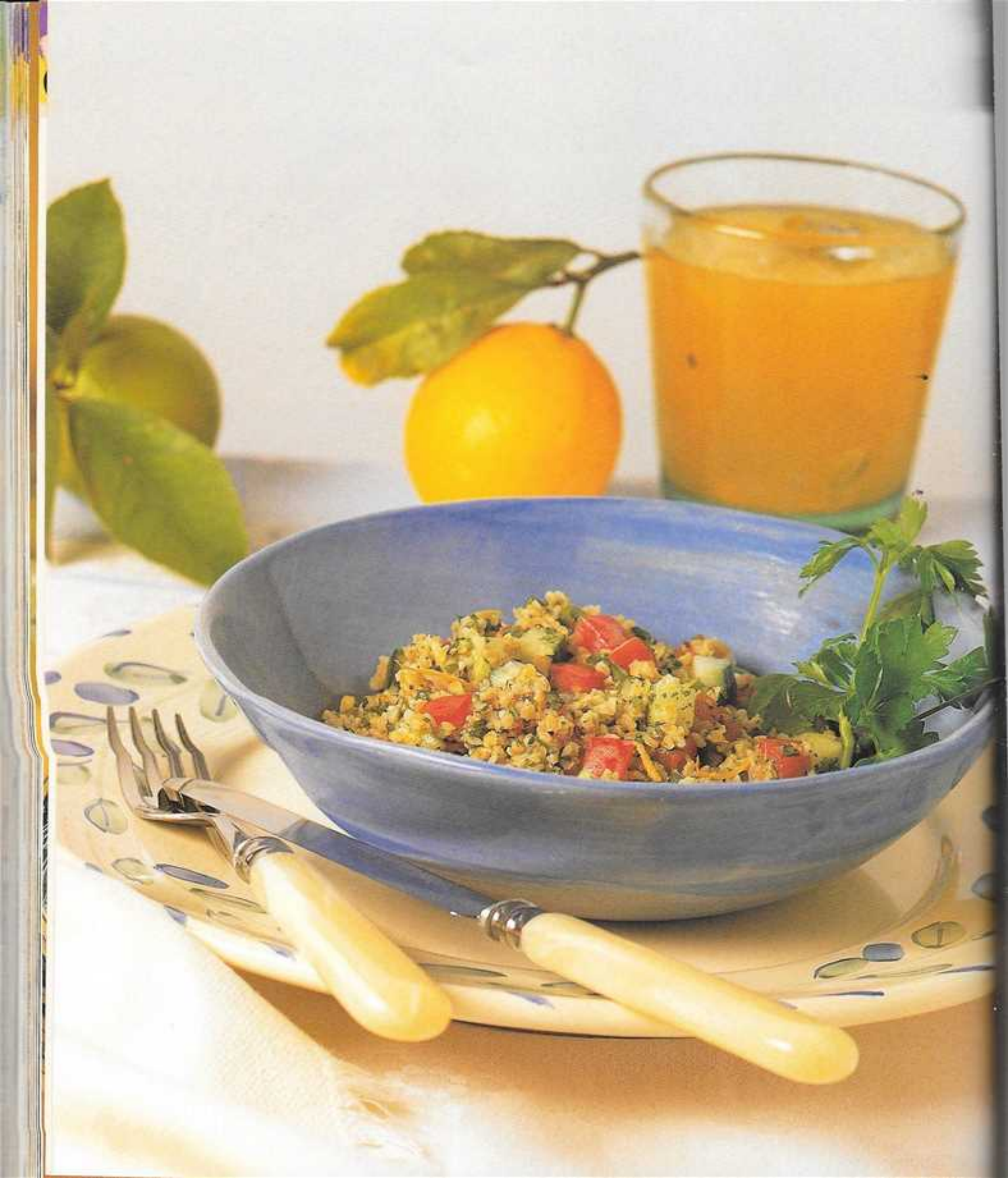
Orzo, a cut of pasta resembling grains of rice, gives an interesting texture to this dish. If you don't have orzo, substitute any small dried pasta shape. Sun-dried tomatoes bring a flash of summer flavor to a salad that can be made year round.

- * In a small saucepan over high heat, combine 1 cup (8 fl oz/250 ml) of the water and the tomatoes. Bring to a boil, reduce the heat to low and simmer until the tomatoes are tender, about 15 minutes. Drain, reserving the liquid, and slice the tomatoes into thin strips.
- * In a large pot over high heat, bring 6 cups (48 fl oz/1.5 l) water to a boil. Add the orzo and cook according to the package directions, about 10 minutes. Drain, rinse in cold water, drain again and place in a large bowl.
- * In a medium saucepan over high heat, bring the remaining water to a boil. Add the peas, reduce the heat to low and simmer, covered, until the peas are tender-crisp, about 5 minutes. Drain, rinse in cold water, drain again and add to the orzo.
- * In a small bowl, combine the reserved liquid, basil, parsley, vinegar, oil, salt and pepper and whisk until blended. Add to the bowl with the orzo. Add the tomatoes, peas and cheese. Toss to coat well.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

Calories 343 (Kilojoules 1,442); Total fat 5g; Saturated fat 1g; Protein 14g; Cholesterol 3mg; Carbohydrates 60g; Sodium 182mg; Dietary fiber 6g; Calories from fat 14%





Tabbouleh

1 cup (6 oz/185 g) bulgur
1 tablespoon chopped fresh oregano
1 teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon ground black pepper
1 cup (8 fl oz/250 ml) Chicken Stock
(recipe on page 206) or reduced
sodium chicken broth
1 cup (8 fl oz/250 ml) water
3 tablespoons lemon juice
3 tablespoons olive oil
2 tablespoons nonfat plain yogurt
2 garlic cloves, peeled and minced
4 green (spring) onions, green and
white parts, chopped
1 teaspoon finely grated lemon zest
1 cucumber (about 12 oz/375 g),
seeded and chopped
3 large tomatoes, seeded and chopped
¼ cup (½ oz/10 g) chopped
fresh flat-leaf (Italian) parsley
¼ cup (½ oz/10 g) chopped
fresh mint
fresh flat-leaf (Italian) parsley sprigs

Preparation: 20 minutes • Cooking: 20 minutes • Serves 4

At once robust, aromatic and refreshing, this salad is a classic of the Middle East. Bulgur, also known as cracked wheat, is flavorful and chewy and an excellent source of fiber. For variety, substitute other whole grains such as quinoa or barley.

- * In a large bowl, combine the bulgur, oregano, cumin, salt and pepper and stir to mix well.
- * In a small saucepan over medium-high heat, combine the stock or broth and the water and bring to a boil. Pour the boiling liquid over the bulgur mixture. Let stand until the liquid is absorbed, about 20 minutes.
- * To make the dressing, in a small bowl, combine the lemon juice, olive oil, yogurt, garlic, green onions and lemon zest and whisk until blended.
- * To the bulgur mixture, add the dressing, cucumber, tomatoes, chopped parsley and mint and toss to coat well.
- * To serve, divide among 4 individual plates. Garnish with the parsley sprigs.



Nutritional Analysis per Serving

Calories 293 (Kilojoules 1,231); Total fat 11g; Saturated fat 2g; Protein 8g;
Cholesterol 0mg; Carbohydrates 44g; Sodium 306mg; Dietary fiber 11g;
Calories from fat 33%





- 3 tablespoons crumbled goat cheese
- 2 tablespoons nonfat dairy sour cream
- 2 tablespoons nonfat milk
- 2 tablespoons chopped fresh chives
- $\frac{1}{8}$ teaspoon ground black pepper
- 4 cups (8 oz/250 g) mixed salad greens
- 3 tomatoes (about 18 oz/560 g), seeded and sliced
- 1 red bell pepper (capsicum), roasted, peeled, seeded, deribbed and cut into strips

Cooking Tip

* To roast a pepper, whether a sweet bell pepper or a hot pepper, cut the pepper in half. Place on a baking sheet under a broiler or hold over a gas flame, turning often, until blackened, about 5 minutes. Transfer to a paper bag, close and set aside to cool, about 15 minutes. Using a small knife, remove the skin, stem and seeds.

Greens and Peppers Salad

Preparation: 15 minutes • Serves 4

Simple salad greens pack a lot of nutrition in fat-free, high-fiber form. Chicory is rich in the B-vitamin folate and vitamins A and C, as well as containing good amounts of calcium and potassium. Curly endive offers folate and the antioxidant beta-carotene. Lamb's lettuce (mâche) is very rich in vitamins A and C. More common lettuces contain varying but significant amounts of folate and vitamins A and C, with Romaine (cos) the richest source. Many well-stocked markets and greengrocers today sell mixed greens already trimmed, washed and bagged, ready to toss into a salad bowl.

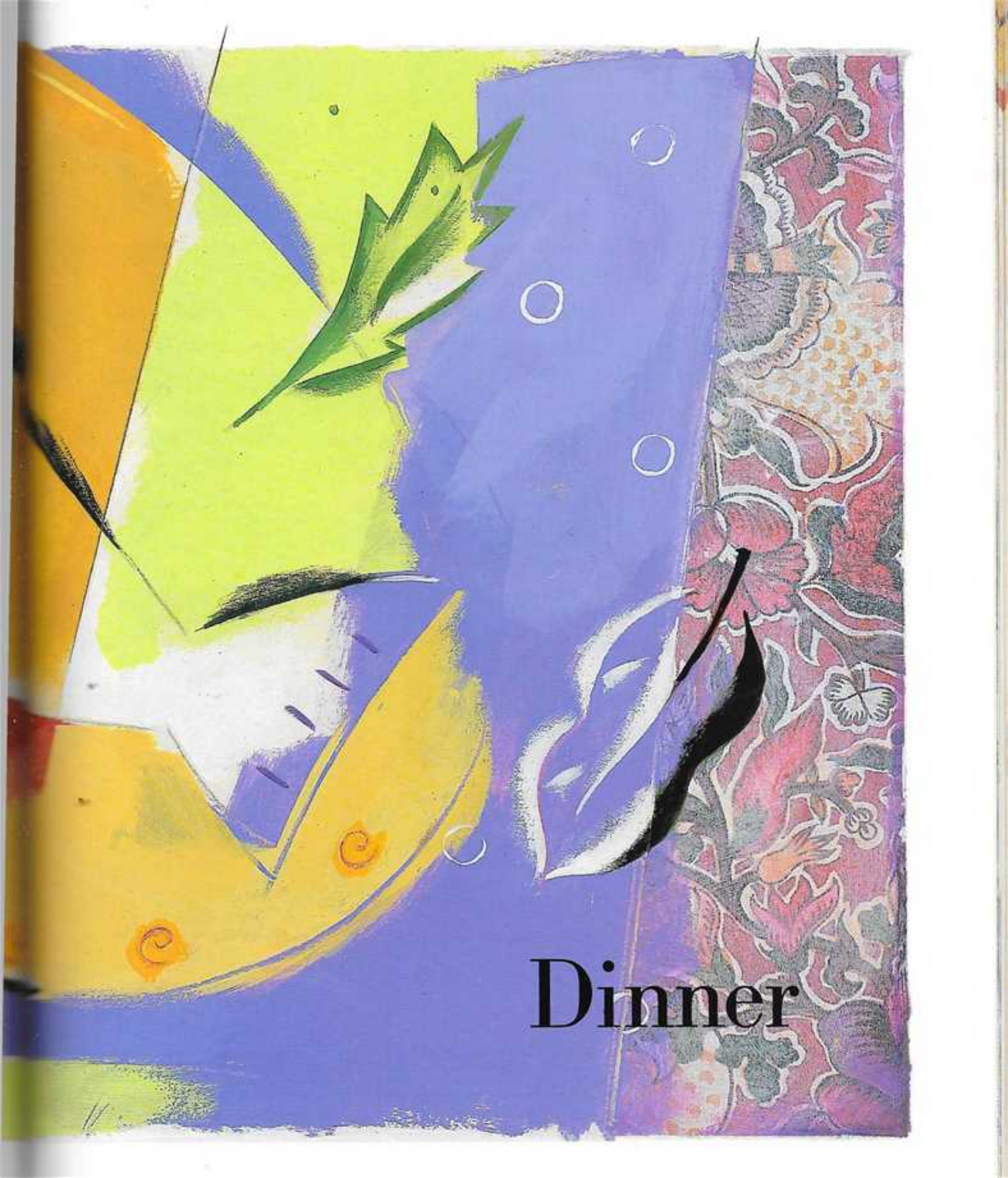
* To make the dressing, in a small bowl, combine the goat cheese, sour cream, milk, chives and pepper and whisk until blended. The dressing can be stored in an airtight container for up to 1 week.

* To serve, divide the greens among 4 individual plates. Top each serving with an equal amount of the tomatoes, bell pepper and dressing.

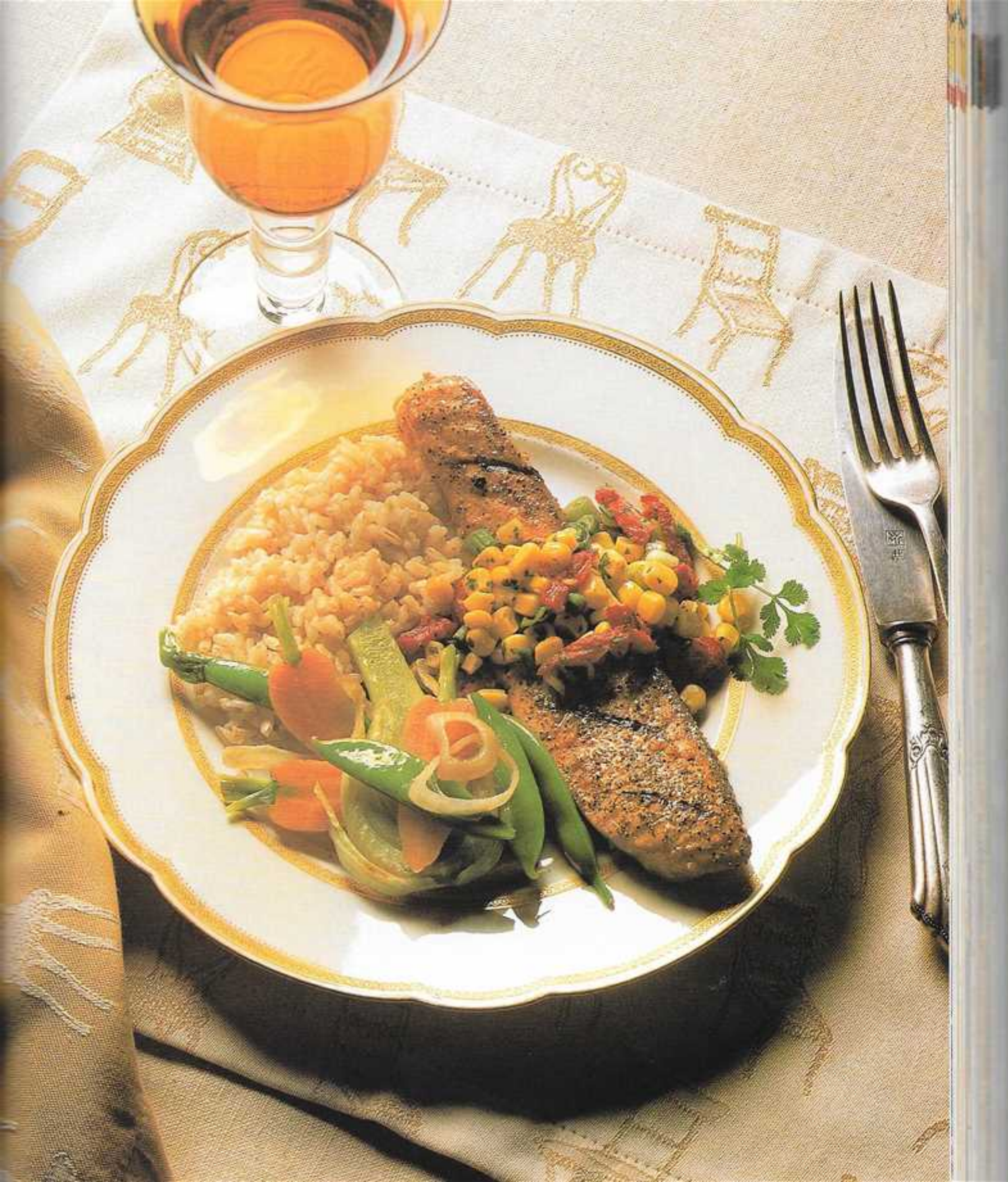


Nutritional Analysis per Serving

Calories 73 (Kilojoules 305); Total fat 3g; Saturated fat 1g; Protein 4g; Cholesterol 5mg; Carbohydrates 10g; Sodium 59mg; Dietary fiber 3g; Calories from fat 28%



Dinner





- 2 tablespoons reduced sodium soy sauce
- 2 garlic cloves, peeled and minced
- 1 tablespoon lemon juice
- 1 teaspoon sugar
- 4 center-cut salmon fillets, about 4 oz (125 g) each
- 2 cups (12 oz/375 g) corn kernels
- $\frac{1}{3}$ cup (2½ oz/75 g) chopped sun-dried tomatoes, packed without oil
- $\frac{1}{2}$ cup (4 fl oz/125 ml) water
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ cup (¼ oz/20 g) chopped green (spring) onions, green and white parts
- $\frac{1}{4}$ cup (¼ oz/10 g) chopped fresh cilantro (fresh coriander)
- 1 teaspoon ground black pepper

Storage Tip

* The Corn Sauce, which is also good on chicken breasts or halibut, can be made ahead, refrigerated in an airtight container for up to 2 days and reheated in a small saucepan over low heat while the fish cooks.

Salmon with Corn Sauce

Preparation: 40 minutes • Cooking: 20 minutes • Serves 4

When weather permits, cook the salmon on an outdoor charcoal grill for a great summer dinner party. Although relatively high in fat as seafood goes, salmon is a good source of omega-3 fatty acids, which benefit the heart and circulatory system.

* To make the marinade, in a shallow glass baking dish, combine the soy sauce, garlic, lemon juice and sugar. Add the salmon fillets, turn to coat both sides, cover, refrigerate and marinate for 15 minutes to 8 hours.

* To make the sauce, in a small saucepan over medium-high heat, combine the corn, tomatoes, water and cumin. Bring to a boil, reduce the heat to low and simmer until the tomatoes are soft, about 10 minutes. Remove from the heat, add the green onions and cilantro and stir to mix well.

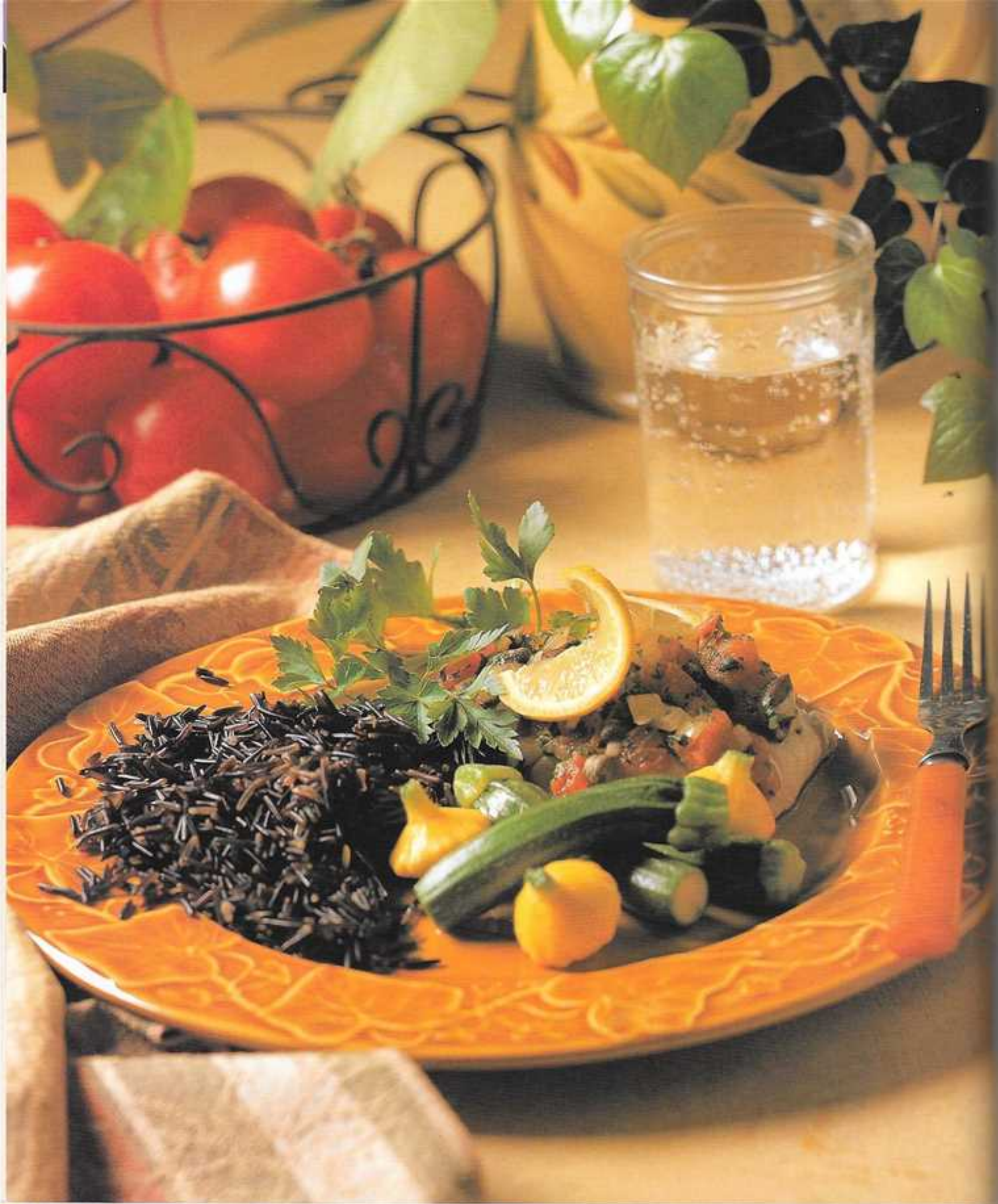
* In a large nonstick frying pan over medium-high heat, heat 1 tablespoon of the marinade. Transfer the salmon to a work surface and coat with the pepper. Discard the remaining marinade. Add the salmon to the hot pan and sauté for 4 minutes. Turn and sauté the fish until it just separates when pressed with a fork, about 4 minutes more.

* To serve, divide the fillets among 4 individual plates. Top each with an equal amount of the sauce.



Nutritional Analysis per Serving

Calories 317 (Kilojoules 1,331); Total fat 9g; Saturated fat 1g; Protein 32g; Cholesterol 69mg; Carbohydrates 30g; Sodium 314mg; Dietary fiber 7g; Calories from fat 25%





Red Snapper Puttanesca

Preparation: 25 minutes • Cooking: 40 minutes • Serves 4

Puttanesca is a traditional Italian sauce made with capers, olives, anchovies and tomatoes. The zesty combination of flavors pairs perfectly with the delicate taste and texture of red snapper. The sauce can also be spooned over grilled chicken or pasta for a light, healthy meal in minutes. Make the sauce ahead and refrigerate in an airtight container for up to 3 days.

- * Preheat an oven to 350°F (180°C).
- * Place the snapper fillets in a shallow glass baking dish and top with the lemon juice and pepper.
- * To make the sauce, in a large nonstick frying pan over medium heat, heat the oil. Add the onion and garlic and sauté, stirring frequently, for 2 minutes. Add the tomatoes, olives, capers, anchovies, basil, oregano and bay leaf. Bring to a boil, reduce the heat to low and simmer for 5 minutes.
- * Pour the sauce over the fillets and top with the chopped parsley. Cover with aluminum foil and bake until the fish just separates when pressed with a fork, about 30 minutes. Remove and discard the bay leaf.
- * To serve, divide among 4 individual plates. Top each with a lemon wedge and a parsley sprig.

- 4 red snapper fillets, about 4 oz (125 g) each
- 1 tablespoon lemon juice
- ¼ teaspoon ground black pepper
- 2 teaspoons olive oil
- 1 onion, diced
- 3 garlic cloves, peeled and minced
- 3 large tomatoes, peeled and chopped
- 8 Niçoise olives, pitted and sliced
- 2 tablespoons drained capers
- 1 tablespoon minced anchovies
- ¼ cup (½ oz/10 g) chopped fresh basil
- 1 tablespoon chopped fresh oregano
- 1 bay leaf
- ¼ cup (½ oz/10 g) chopped fresh flat-leaf (Italian) parsley
- ½ lemon, cut into 4 wedges
- 4 fresh flat-leaf (Italian) parsley sprigs

Nutrition Tip

• Although garlic does not provide any significant quantities of nutrients, some medical studies have found that it contains certain substances that can reduce elevated blood cholesterol levels.



Nutritional Analysis per Serving

- Calories 204 (Kilojoules 857); Total fat 6g; Saturated fat 1g; Protein 27g;
- Cholesterol 44mg; Carbohydrates 13g; Sodium 429mg; Dietary fiber 3g;
- Calories from fat 24%





- ½ cup (2½ oz/75 g) stone-ground yellow cornmeal (maize flour)
- ½ cup (2½ oz/75 g) whole wheat (wholemeal) bread crumbs
- ¼ cup (½ oz/10 g) chopped fresh flat-leaf (Italian) parsley
- 1 tablespoon finely grated lemon zest
- ½ teaspoon ground black pepper
- 3 garlic cloves, peeled and minced
- 1 cup (8 fl oz/250 ml) lowfat buttermilk
- 4 rainbow or brook trout fillets, about 4 oz (125 g) each
- 1 tablespoon hazelnut (filbert) oil
- 2 small shallots, peeled and chopped
- ¼ cup chopped hazelnuts (filberts)
- ¼ cup (2 fl oz/60 ml) Vegetable Stock (recipe on page 207) or vegetable broth
- 2 tablespoons lemon juice
- ½ lemon, cut into 4 wedges
- 4 fresh flat-leaf (Italian) parsley sprigs

Nutrition Tip

- Serve with lowfat accompaniments (menu on page 128) to get a meal with calories from fat below 25 percent.

Trout with Hazelnut-Shallot Sauce

Preparation: 20 minutes • Cooking: 30 minutes • Serves 4

Trout, like salmon, is rich in beneficial omega-3 fatty acids. The cornmeal coating and hazelnut sauce provide good fiber as well as adding distinctive flavor and crunchy texture. The breading is equally good on skinless chicken and turkey breast.

- * Preheat an oven to 400°F (200°C). Coat a shallow glass baking dish with nonstick cooking spray.
- * In a large shallow dish, combine the cornmeal, bread crumbs, chopped parsley, lemon zest, pepper and half of the garlic.
- * Pour the buttermilk into another shallow dish. Add the trout and turn to coat both sides. Remove the fish from the buttermilk and place in the cornmeal mixture. Turn to coat both sides, pressing the mixture into the fish.
- * Place the fish in the prepared dish and bake, uncovered, until it just separates when pressed with a fork, about 20 minutes.
- * To make the sauce, in a medium nonstick frying pan over medium heat, heat the oil. Add the shallots and the remaining garlic and sauté for 2 minutes. Add the hazelnuts and sauté for 2 minutes more. Add the stock or broth and lemon juice and simmer for 5 minutes.
- * To serve, divide among 4 individual plates. Top each with an equal amount of the sauce, a lemon wedge and a parsley sprig.



Nutritional Analysis per Serving

- Calories 364 (Kilojoules 1530); Total fat 14g; Saturated fat 2g; Protein 20g; Carbohydrate 25g; Fiber 2g; Sugar 1g; Sodium 1g; Cholesterol 1g; Vitamins A, B, C, D, E, K, and minerals.
- Calories from fat 34%





- 2 teaspoons paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- ½ teaspoon salt
- 1 teaspoon finely grated lemon zest
- 1 tablespoon olive oil
- 4 catfish fillets, about 4 oz (125 g) each
- 2 tablespoons lemon juice

• Blackened Catfish

• *Preparation: 10 minutes • Cooking: 10 minutes • Serves 4*

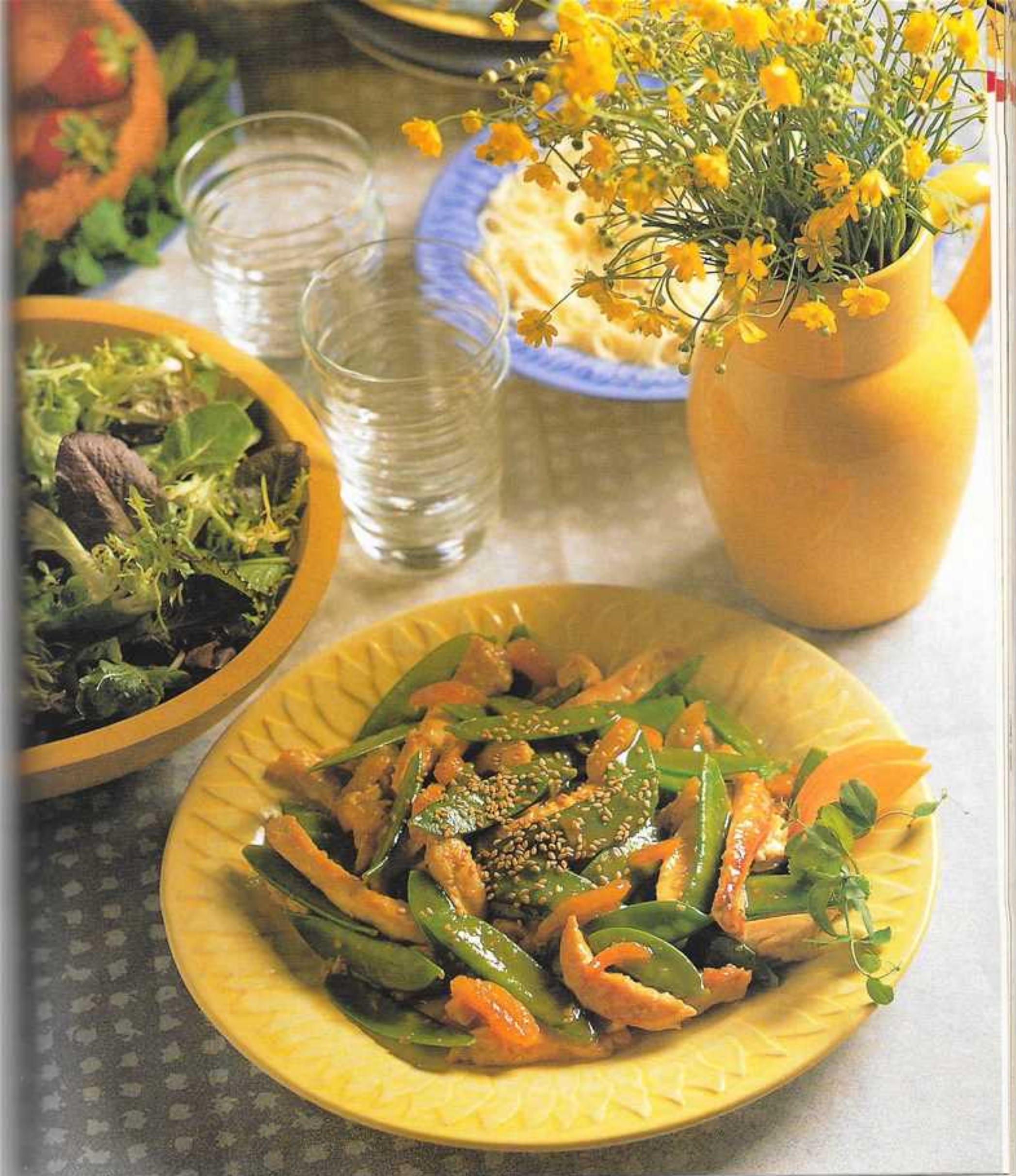
• *The Cajun-style blackening technique is a terrific way to prepare these freshwater fish, and the same method can be used on other varieties of fish, skinless chicken breasts or pork chops. The spices blacken and season the fish as it cooks. Catfish is one of my favorite kinds of fish. Not only does it taste great, but it is an inexpensive source of protein.*

- * In a large shallow dish, combine the paprika, cayenne, garlic powder, thyme, salt and lemon zest. Add the catfish fillets and turn to coat both sides, pressing the herb-and-spice rub into the fish.
- * In a large nonstick frying pan over medium-high heat, heat the oil.
- * Add the fish and cook for 4 minutes. Pour the lemon juice over the fillets, turn and cook until the fish just separates when pressed with a fork, about 4 minutes more.
- * To serve, divide among 4 individual plates.



• *Nutritional Analysis per Serving*

- Calories 185 (Kilojoules 777); Total fat 12g; Saturated fat 2g; Protein 17g;
- Cholesterol 37mg; Carbohydrates 2g; Sodium 313mg; Dietary fiber 0g;
- Calories from fat 57%





- 2 teaspoons dark sesame oil
- 3 garlic cloves, peeled and minced
- 1 lb (500 g) skinless, boneless chicken breast, cut into thin strips
- 1 tablespoon sesame seeds
- $\frac{1}{3}$ cup (2 oz/60 g) sliced dried apricots
- $\frac{1}{2}$ cup (4 fl oz/125 ml) water
- $\frac{1}{2}$ cup (5 oz/155 g) apricot preserves
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon Dijon-style mustard
- $\frac{1}{2}$ teaspoon grated fresh ginger
- $\frac{1}{2}$ lb (250 g) snow peas (mangetouts), ends trimmed

Sesame Chicken and Snow Peas in Apricot Sauce

Preparation: 25 minutes • Cooking: 20 minutes • Serves 4

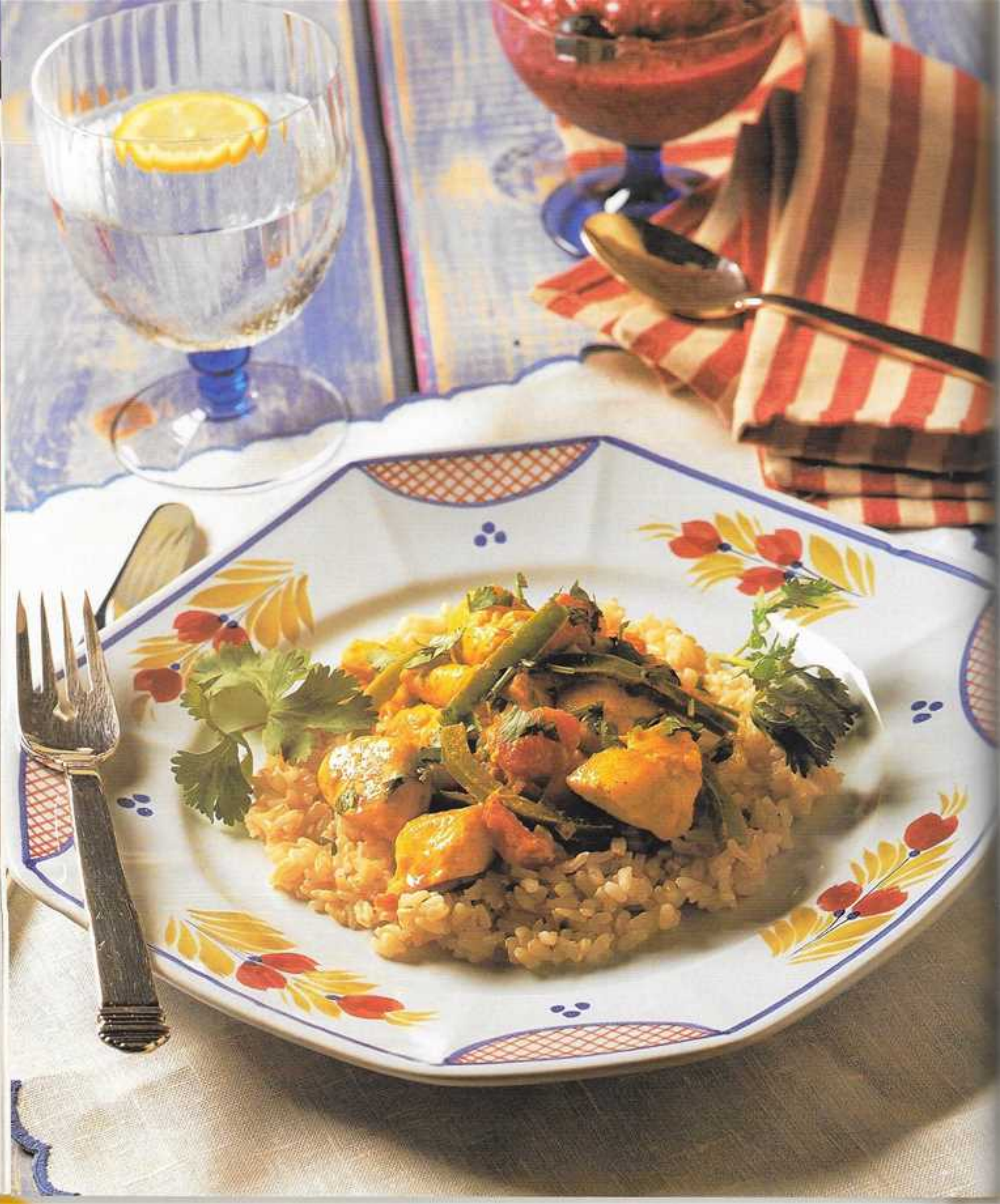
Apricots are an excellent source of beta-carotene, one of the antioxidants I encourage you to consume regularly for overall good health. Keep dried apricots on hand for snacks, especially in winter when the fresh ones are out of season. This sauce is so delicious that you'll want to try it without the chicken spooned over steamed vegetables or rice.

- * In a large nonstick frying pan over medium heat, heat the oil. Add the garlic and sauté for 1 minute. Add chicken and sauté until browned and no longer pink in the center, about 5 minutes.
- * Add the sesame seeds and sauté, stirring frequently, until browned, about 2 minutes. Add the apricots, water, apricot preserves, soy sauce, mustard and ginger and bring to a boil. Reduce the heat to low and simmer for 5 minutes. Add the snow peas and simmer until tender-crisp, about 5 minutes more.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

- Calories 311 (Kilojoules 1,305); Total fat 5g; Saturated fat 1g; Protein 29g;
- Cholesterol 66mg; Carbohydrates 38g; Sodium 332mg; Dietary fiber 3g;
- Calories from fat 14%





Curried Chicken Stew

Preparation: 30 minutes • Cooking: 25 minutes • Serves 4

The mild, intriguing curry sauce also works well with chunks of lean pork tenderloin, cooked in the same way.

- * In a large nonstick frying pan over medium heat, heat the oil. Add the onion, garlic and bell pepper and sauté for 2 minutes. Add the chicken and sauté until browned and no longer pink in the center, about 5 minutes. Add the tomatoes, curry, cumin, turmeric, ginger, salt and pepper. Bring to a boil, reduce the heat to low and simmer for 15 minutes. Remove from the heat and add the yogurt and cilantro. Stir to mix well.
- * To serve, divide among 4 individual plates.

- 2 teaspoons olive oil
- 1 onion, chopped
- 3 garlic cloves, peeled and minced
- 1 green bell pepper (capsicum), seeded, deribbed and sliced into thin strips
- 1 lb (500 g) boneless, skinless chicken breast, cut into 1-inch (2.5-cm) pieces
- 4 large tomatoes, peeled, seeded and chopped
- 1½ teaspoons curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ¼ teaspoon ground ginger
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅓ cup (2½ oz/75 g) nonfat plain yogurt
- 2 tablespoons chopped fresh cilantro (fresh coriander)

Shopping Tip

* Fresh cilantro, sometimes called Chinese parsley, adds a unique piquancy to this Asian-spiced stew. If fresh cilantro is not available, use flat-leaf (Italian) parsley instead. For the best spices, seek out a source such as an ethnic market or the mail-order firm listed in the Resources Guide on page 240.



Nutritional Analysis per Serving

- Calories 218 (Kilojoules 915); Total fat 5g; Saturated fat 0g; Protein 30g;
- Cholesterol 66mg; Carbohydrates 15g; Sodium 239mg; Dietary fiber 3g;
- Calories from fat 19%



- 1 turkey, about 10 lb (5 kg)
- ½ tablespoon salt
- ½ tablespoon ground black pepper
- 2 tablespoons margarine, melted
- 2 tablespoons chopped fresh rosemary
- 2 tablespoons chopped fresh thyme
- 2 tart apples, such as Granny Smith or
pippin, cored and sliced
- 1 onion, sliced

Storage Tip

• To store fresh herbs, trim their stems slightly; place in a jar or other container of fresh water, as you would cut flowers; and refrigerate. Trim the stems and freshen the water daily. The herbs should keep for up to 1 week.

Roast Turkey

Preparation: 15 minutes • Cooking: 3 hours 20 minutes • Serves 6

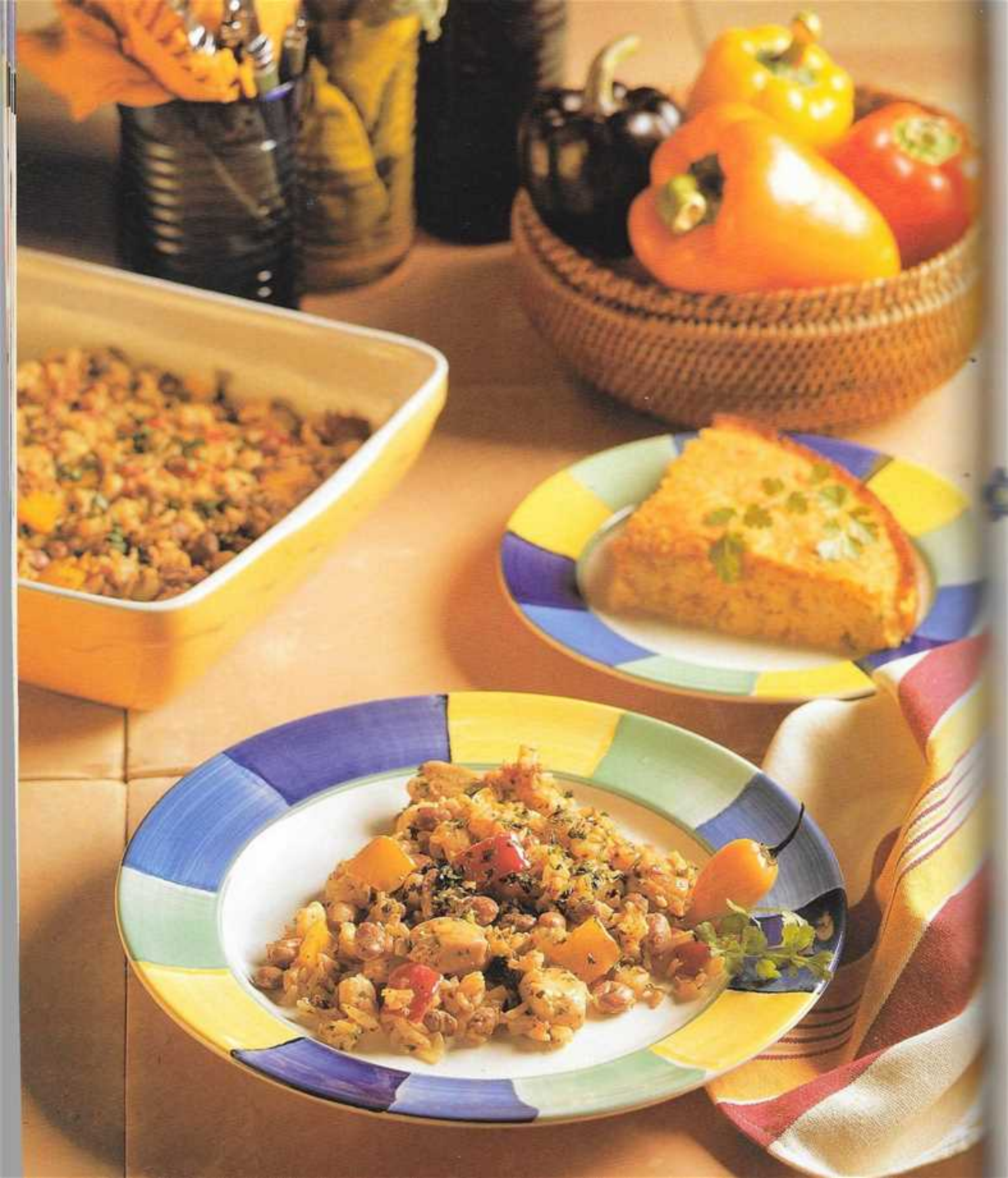
To ensure proper cooking of a turkey, plan on about 20 minutes per pound for an unstuffed bird. I never cook stuffing or dressing inside poultry as it will absorb fat. If you're using an instant-read thermometer, do not insert it into the meat while it roasts; just use to test for doneness.

- * Preheat an oven to 450°F (230°C). Coat the rack of a large roasting pan with nonstick cooking spray. Remove the giblets, heart, liver and neck from inside the turkey and reserve for another use.
- * Rinse the bird inside and out, pat dry and sprinkle inside and out with the salt and pepper. Place the turkey, breast side up, on the rack in the pan.
- * In a small bowl, combine the margarine, rosemary and thyme. Brush the turkey with the herb mixture. Insert a meat thermometer deep into the thickest part of the thigh, next to the body but not touching the bone. Spread the apple and onion slices around the bird.
- * Place the turkey in the oven and immediately reduce the temperature to 350°F (180°C). Roast, basting every 15 minutes with the pan drippings, until the thermometer registers 175°F (75°C) and a drumstick moves easily in the joint, about 3 hours and 20 minutes.
- * Transfer to a platter and discard the onion and apples. Cover the turkey with foil and let rest for 10–15 minutes. Remove the skin, carve and serve. One serving is 6 oz (185 g).



Nutritional Analysis per Serving

- Calories 286 (Kilojoules 1,200); Total fat 8g; Saturated fat 3g; Protein 50g;
- Cholesterol 131mg; Carbohydrates 0g; Sodium 126mg; Dietary fiber 0g;
- Calories from fat 26%





- 1 lb (500 g) boneless, skinless chicken breast, cut into 1-inch (2.5-cm) pieces
- 1 red bell pepper (capsicum), seeded, deribbed and chopped
- 1 yellow bell pepper (capsicum), seeded, deribbed and chopped
- 1 onion, chopped
- 4 garlic cloves, peeled and minced
- 1 tablespoon cumin seeds
- 1 tablespoon chopped fresh oregano
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large tomatoes, peeled, seeded and chopped
- 14 oz (440 g) canned yellow hominy
- 1½ cups (7 oz/220 g) cooked pinto beans
- 1½ cups (7½ oz/235 g) cooked rice
- ¼ cup (½ oz/10 g) chopped fresh cilantro (fresh coriander)
- ¼ cup (2 oz/60 g) nonfat dairy sour cream

Mexican Chicken Casserole

Preparation: 25 minutes • Cooking: 1 hour • Serves 4

The combination of peppers, chili powder and pinto beans inspired the name of this easy-to-put-together dish, originally made from leftovers Karen Averitt had around the kitchen in Montana. I loved the taste and asked her to figure out what she had used so she could contribute it to this book. The casserole can be assembled ahead, covered with plastic wrap and refrigerated for up to 2 days before baking.

- * Preheat an oven to 350°F (180°C). Coat a 13-by-9-by-2-inch (33-by-23-by-5-cm) baking dish with nonstick cooking spray.
- * Coat a large nonstick frying pan with nonstick cooking spray and place over medium heat. Add the chicken, bell peppers, onion, garlic, cumin seeds, oregano, chili powder, salt and pepper and sauté, stirring frequently, until the chicken is golden, about 5 minutes. Add the tomatoes and simmer for 5 minutes. Add the hominy, pinto beans and rice and cook for 5 minutes more.
- * Remove from the heat and add the cilantro and sour cream. Stir to mix well.
- * Transfer to the prepared dish and bake until bubbly, about 45 minutes.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

- Calories 400 (Kilojoules 1,682); Total fat 4g; Saturated fat 1g; Protein 36g;
- Cholesterol 66mg; Carbohydrates 55g; Sodium 448mg; Dietary fiber 7g;
- Calories from fat 9%





- 3 tablespoons chopped fresh sage
- 1 teaspoon paprika
- 1 teaspoon ground fennel seeds
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground black pepper
- 2 pheasants, about 3 lb (1.5 kg) each, rinsed and halved
- 1 tablespoon olive oil
- 1 small onion, chopped
- 3 garlic cloves, peeled and minced
- 1 cup (8 fl oz/250 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
- 2 shallots, peeled and minced
- ¼ cup (2 fl oz/60 ml) balsamic vinegar
- 2 tablespoons nonfat dairy sour cream

Roast Pheasant

Preparation: 30 minutes • Cooking: 1 hour 20 minutes • Serves 4

Game birds are lower in fat than chicken or turkey and contain none of the additives found in some brands of commercial poultry. We think the spices in this recipe really bring out the distinctive flavor of the pheasant. If pheasant isn't available, substitute game hens, capon or chicken.

* Preheat an oven to 350°F (180°C). Coat a shallow glass baking dish with nonstick cooking spray.

* In a small bowl, combine the sage, paprika, fennel, cayenne and pepper. Rub the mixture evenly over the pheasants.

* In a large nonstick frying pan over medium heat, heat the oil. Add the onion and half of the garlic and sauté, stirring frequently, until the onion is soft, about 2 minutes. Add pheasants and sauté for 5 minutes. Turn and sauté until browned, about 5 minutes more.

* Transfer the pheasants to the prepared dish and top with half of the stock or broth. Roast, uncovered, basting with the pan juices every 15 minutes, until the juices run clear when the meat is pierced with a knife, 35–45 minutes.

* To make the sauce, coat the inside of a small saucepan with nonstick cooking spray and place over medium heat. Add the shallots and the remaining garlic and sauté for 2 minutes. Add the balsamic vinegar and the remaining stock or broth, bring to a boil, reduce the heat to low and simmer until the sauce is reduced slightly and the shallots are soft, about 10 minutes.

* Transfer the pheasants to a serving platter and reserve the pan juices. Raise the heat under the sauce to medium. Add the pan juices and whisk until blended and simmering. Remove from the heat and whisk in the sour cream.

* To serve, remove the skin and top the meat with the sauce.



Nutritional Analysis per Serving

Calories 757 (Kilojoules 3,178); Total fat 23g; Saturated fat 7g; Protein 124g; Cholesterol 471mg; Carbohydrates 6g; Sodium 340mg; Dietary fiber 1g; Calories from fat 28%





Garlic Pork Chops with Black Mushrooms

- 1 cup (8 fl oz/250 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
- 1 oz (30 g) dried black (cloud ear) mushrooms or dried shiitake mushrooms, stemmed
- ¼ cup (2 fl oz/60 ml) rice wine vinegar
- 2 tablespoons reduced sodium soy sauce
- 2 tablespoons honey
- ¼ teaspoon hot pepper flakes
- 2 teaspoons dark sesame oil
- 4 garlic cloves, peeled and minced
- 1 tablespoon minced fresh ginger
- 4 boneless pork loin chops, about 4 oz (125 g) each, trimmed of visible fat

Nutrition Tip

• Purchase cuts with *loin* or *leg* in the name; these are the leanest. Today's selection of pork products fits perfectly into a healthy lifestyle. These lean cuts trimmed of visible fat are 31 percent lower in fat and 14 percent lower in calories compared with the pork of just a decade ago.

Preparation: 25 minutes • Cooking: 30 minutes • Serves 4

Black (cloud ear) mushrooms are usually sold dried and can be found in most supermarkets and specialty-food stores or in Asian markets. If you find neither those nor shiitake mushrooms, substitute fresh button mushrooms. The sauce will not be as richly flavored, but the overall dish will still be delicious.

• * In a small saucepan over medium heat, bring the stock or broth to a boil. Add the mushrooms, reduce the heat to low and simmer, uncovered, for 10 minutes.

• * In a small bowl, combine the vinegar, soy sauce, honey and pepper flakes.

• * In a large nonstick frying pan over medium heat, heat the sesame oil. Add the garlic and ginger and sauté, stirring frequently, for 2 minutes. Add the chops and cook for 2 minutes. Turn and cook until browned, about 2 minutes more. Add the vinegar mixture and bring to a boil. Reduce the heat to low and simmer for 5 minutes.

• * Using a slotted spoon, remove the mushrooms from the stock or broth and slice into thin strips. Reserve the liquid.

• * Stir the mushrooms and reserved liquid into the pan with the chops, reduce the heat to low and simmer until the sauce is reduced and the chops are no longer pink in the center, about 5 minutes.

• * To serve, divide the chops among 4 individual plates. Top each with an equal amount of the mushroom sauce.



Nutritional Analysis per Serving

- Calories 249 (Kilojoules 1,045); Total fat 8g; Saturated fat 2g; Protein 27g;
- Cholesterol 71mg; Carbohydrates 16g; Sodium 519mg; Dietary fiber 1g;
- Calories from fat 30%





- 6 cups (48 fl oz/1.5 l) water
- ¾ lb (375 g) pearl onions
- 1 tablespoon olive oil
- 5 artichoke hearts, quartered
- 1 red bell pepper (capsicum), seeded, deribbed and thinly sliced
- 1 tablespoon chopped fresh thyme
- ½ tablespoon black peppercorns, cracked
- 4 filets mignons, about 4 oz (125 g) each, trimmed of visible fat
- ¼ cup (½ oz/10 g) chopped fresh flat-leaf (Italian) parsley

Nutrition Tip

* The recipe was designed using fresh or frozen artichoke hearts. If only marinated ones are available, drain and rinse them before using to reduce the fat from the oily marinade.

Filets Mignons with Artichokes and Pearl Onions

Preparation: 25 minutes • Cooking: 20 minutes • Serves 4

When shopping for filets mignons, choose cuts with little visible fat and a bright red color. Before cooking, trim any visible fat. A 4-oz (125-g) filet mignon will cook down to a 3-oz (90-g) serving, about the size of a deck of cards. Combine this main course with dishes that are very lowfat if you desire a meal with calories from fat of less than 25 percent.

- * In a medium saucepan over high heat, bring the water to a boil. Add the onions and blanch for 5 minutes. Drain, rinse in cold water and remove the outer skin.
- * In a large nonstick frying pan over medium heat, heat the olive oil. Add the onions, artichokes, bell pepper and thyme and sauté, stirring frequently, until the onions and artichokes are golden and the bell pepper is tender-crisp, about 10 minutes. Using a slotted spoon, remove the vegetables from the pan and keep warm.
- * Press the cracked pepper into both sides of the filets mignons.
- * Place the steaks in the hot pan and cook for 5 minutes. Turn and cook until the meat is dark brown on the outside and slightly pink in the center for medium-rare, 3–5 minutes more.
- * To serve, divide the filets among 4 individual plates. Top each with an equal amount of the vegetable mixture and parsley.



Nutritional Analysis per Serving

- Calories 266 (Kilojoules 1,117); Total fat 13g; Saturated fat 4g; Protein 26g;
- Cholesterol 70mg; Carbohydrates 12g; Sodium 91mg; Dietary fiber 2g;
- Calories from fat 43%





Bison Osso Buco

- ½ cup (2½ oz/75 g) unbleached flour
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried rosemary
- 1 teaspoon dried sage
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 4 lb (2 kg) bison shanks or veal shanks, trimmed of visible fat and cut into 2-inch (5-cm) pieces
- 1 tablespoon olive oil
- ¼ cup (½ oz/10 g) chopped fresh rosemary
- ¼ cup (½ oz/10 g) chopped fresh sage
- 2 tablespoons finely grated lemon zest
- 8 garlic cloves, peeled and minced
- ½ cup (4 fl oz/125 ml) balsamic vinegar
- 3 cups (24 fl oz/750 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
- ¼ cup (½ oz/10 g) chopped fresh flat-leaf (Italian) parsley

Nutrition Tip

• The marrow from the center of the shank—a traditional delicacy enjoyed with osso buco—is very high in fat and should not be eaten as part of this recipe.

Preparation: 20 minutes • Cooking: 3 hours 10 minutes • Serves 4

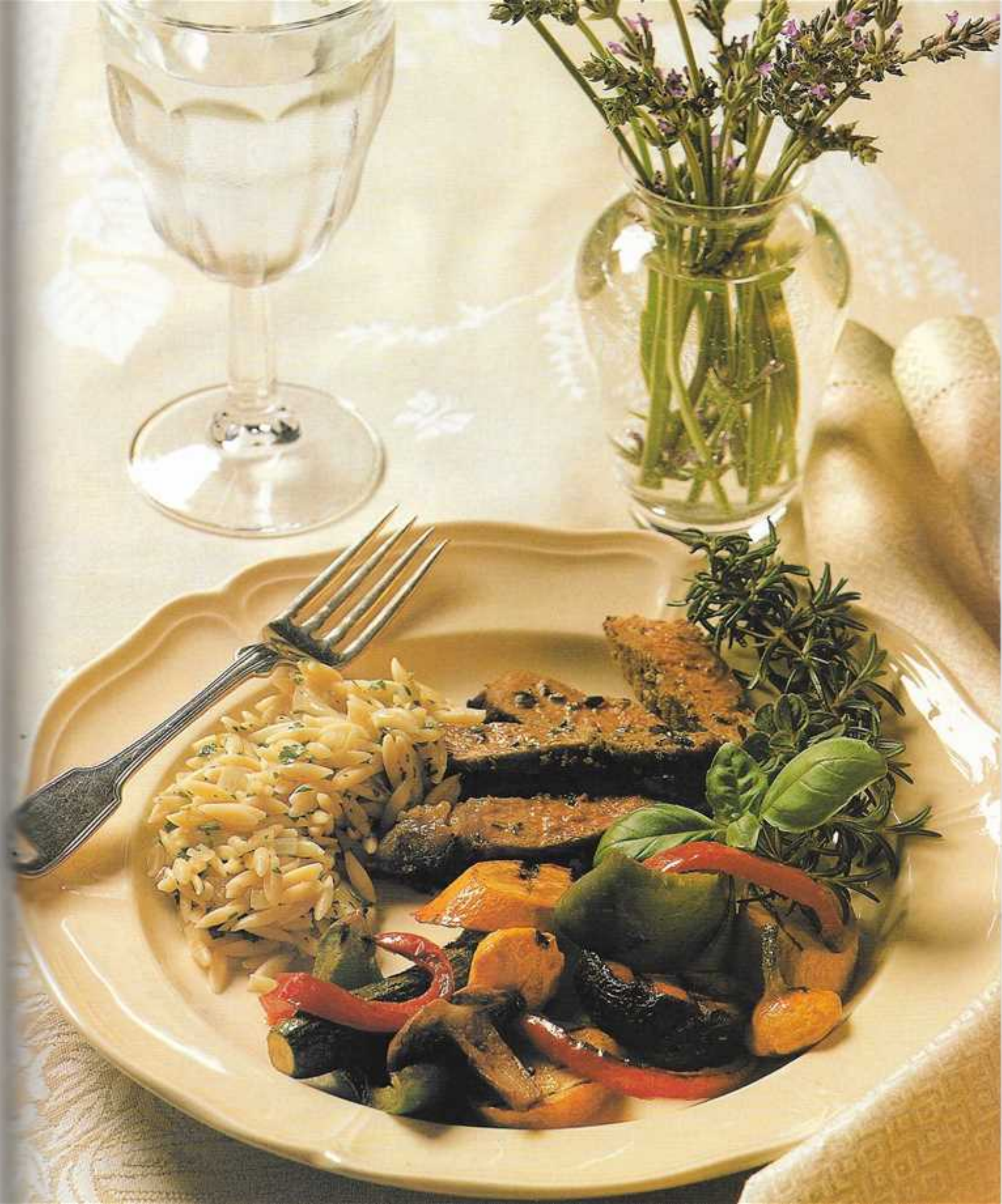
This is actually our favorite special-occasion meal. Slow cooking on low heat makes this relatively inexpensive cut of meat quite tender. Check the Resources Guide on page 240 for mail-order sources of bison meat. You'll be amazed at the wonderful taste of such a lowfat meat. Substitute beef chuck or rump roast or veal, if desired, bearing in mind that their fat contents may be different than that shown for the bison.

- * In a shallow glass baking dish, combine the flour, dried oregano, basil, rosemary, sage, salt and pepper. Add the bison or veal shanks and turn to coat well.
- * In a 4-qt (4-l) Dutch oven over medium heat, heat the oil. Add the bison or veal and sauté, stirring frequently, until browned, about 5 minutes. Add the fresh rosemary and sage, lemon zest and garlic and sauté, stirring frequently, for 2 minutes more. Add the vinegar and 1 cup (8 fl oz/250 ml) of the stock or broth and simmer, uncovered, until the liquid is almost evaporated, about 20 minutes. Add the remaining stock or broth, cover, reduce the heat to low and simmer for 40 minutes more.
- * Preheat an oven to 350°F (180°C).
- * Cover the bison or veal and bake for 2 hours, spooning the sauce over the meat every 15 minutes.
- * To serve, divide among 4 individual plates. Top each with an equal amount of the parsley.



Nutritional Analysis per Serving

- Calories 377 (Kilojoules 1,585); Total fat 8g; Saturated fat 2g; Protein 52g;
- Cholesterol 140mg; Carbohydrates 19g; Sodium 1,072mg; Dietary fiber 1g;
- Calories from fat 20%





- 4 garlic cloves, peeled and minced
- 2 shallots, peeled and minced
- ¼ cup (½ oz/10 g) chopped fresh flat-leaf (Italian) parsley
- ¼ cup (½ oz/10 g) chopped fresh rosemary
- ½ cup (4 fl oz/125 ml) reduced sodium beef broth
- 2 tablespoons reduced sodium soy sauce
- ¼ cup (2 fl oz/60 ml) lemon juice
- 1 tablespoon finely grated lemon zest
- ½ tablespoon black peppercorns
- 1 lb (500 g) bison tenderloin or beef sirloin, trimmed of visible fat

Nutrition Tip

- Shallots, even given the relatively small quantities in which they are included, provide good quantities of vitamin A.

Grilled Bison with Rosemary Marinade

Preparation: 15 minutes • Cooking: 20 minutes • Serves 4

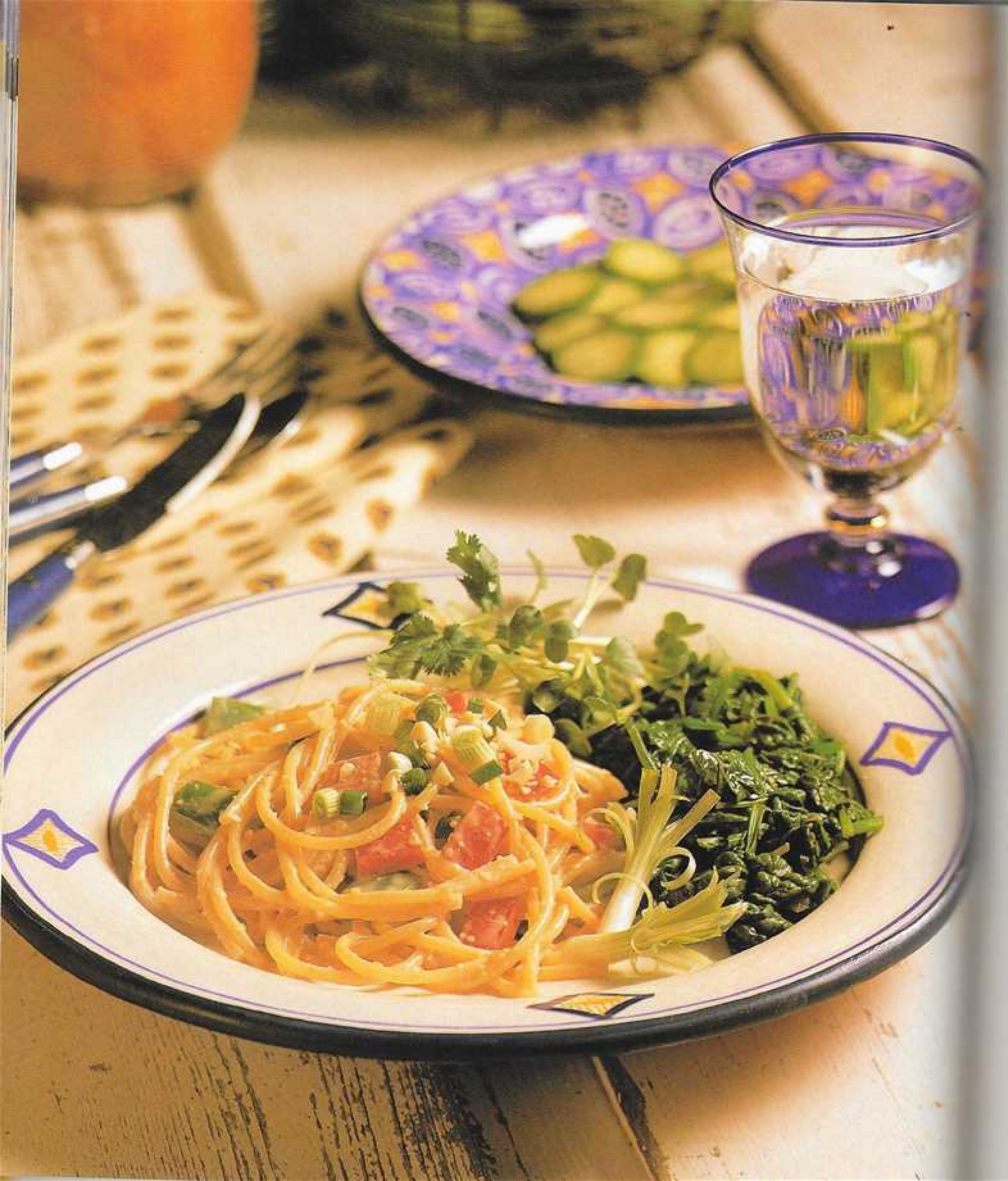
In addition to the preparation time, you'll need to marinate the bison for at least 4 hours. Because there is not much fatty tissue in bison meat, it's important to marinate the tenderloin before cooking. The marinade tenderizes the meat fibers while adding a distinct, delicious flavor. When substituting beef the nutritional analysis is: calories 135 (kilojoules 565); total fat 2g; saturated fat 1g; protein 25g; cholesterol 70mg; carbohydrates 2g; sodium 206mg; dietary fiber 0g; and calories from fat 15%.

- * To make the marinade, in a food processor with the metal blade or in a blender, combine the garlic, shallots, parsley, rosemary, broth, soy sauce, lemon juice, lemon zest and peppercorns and process until smooth.
- * Place the bison or beef in a shallow glass baking dish and pour in the marinade. Cover and refrigerate for 4 hours to 2 days, turning the meat occasionally.
- * Prepare a fire in an outdoor charcoal grill or preheat a broiler (griller). Place the bison or beef on the grill or in the broiler and discard the marinade. Grill or broil the bison for 10 minutes or beef for 15 minutes. Turn and grill or broil until the meat is medium-rare, 5–10 minutes more.
- * To serve, slice and divide among 4 individual plates.



Nutritional Analysis per Serving

- Calories 132 (Kilojoules 554); Total fat 2g; Saturated fat 1g; Protein 25g;
- Cholesterol 70mg; Carbohydrates 2g; Sodium 201mg; Dietary fiber 0g;
- Calories from fat 15%





Spaghetti in Spicy Peanut Sauce

- ½ cup (4 fl oz/125 ml) Vegetable Stock (recipe on page 207) or vegetable broth
- 3 tablespoons reduced fat chunky peanut butter
- 1 tablespoon reduced sodium soy sauce
- 1 garlic clove, peeled and minced
- ¼ teaspoon crushed red pepper flakes
- 6 qt (6 l) water
- 12 oz (375 g) dried spaghetti
- 1 green bell pepper (capsicum), seeded, deribbed and chopped
- 1 red bell pepper (capsicum), seeded, deribbed and chopped
- ½ cup chopped green (spring) onions, green and white parts
- ¼ cup (½ oz/10 g) chopped fresh cilantro (fresh coriander)

Cooking Tip

- * To test that pasta is done al dente, use a long fork to remove a piece about 1 minute before the allotted cooking time. Let it cool briefly, then taste. When al dente it should be tender and cooked through but still chewy.

• *Preparation: 15 minutes • Cooking: 10 minutes • Serves 4*

• *Although peanut butter is high in fat, a little goes a long way in providing protein, fiber, B vitamins, minerals and an interesting taste to this vegetarian dish. For the best flavor and texture, purchase pasta made from semolina (durum wheat flour). Other pasta may be substituted for the classic round strands of spaghetti. If you choose to use fresh rather than dried pasta, cook it for about 3 minutes.*

• * In a small saucepan over medium-high heat, heat the stock or broth until hot, about 2 minutes.

• * To make the sauce, in a medium bowl, combine the hot stock or broth, peanut butter, soy sauce, garlic and red pepper flakes.

• * In a large pot over high heat, bring the water to a boil. Add the spaghetti and cook according to the package directions or until al dente, about 8 minutes. During the last minute of cooking, add the bell peppers and blanch for 1 minute. Drain.

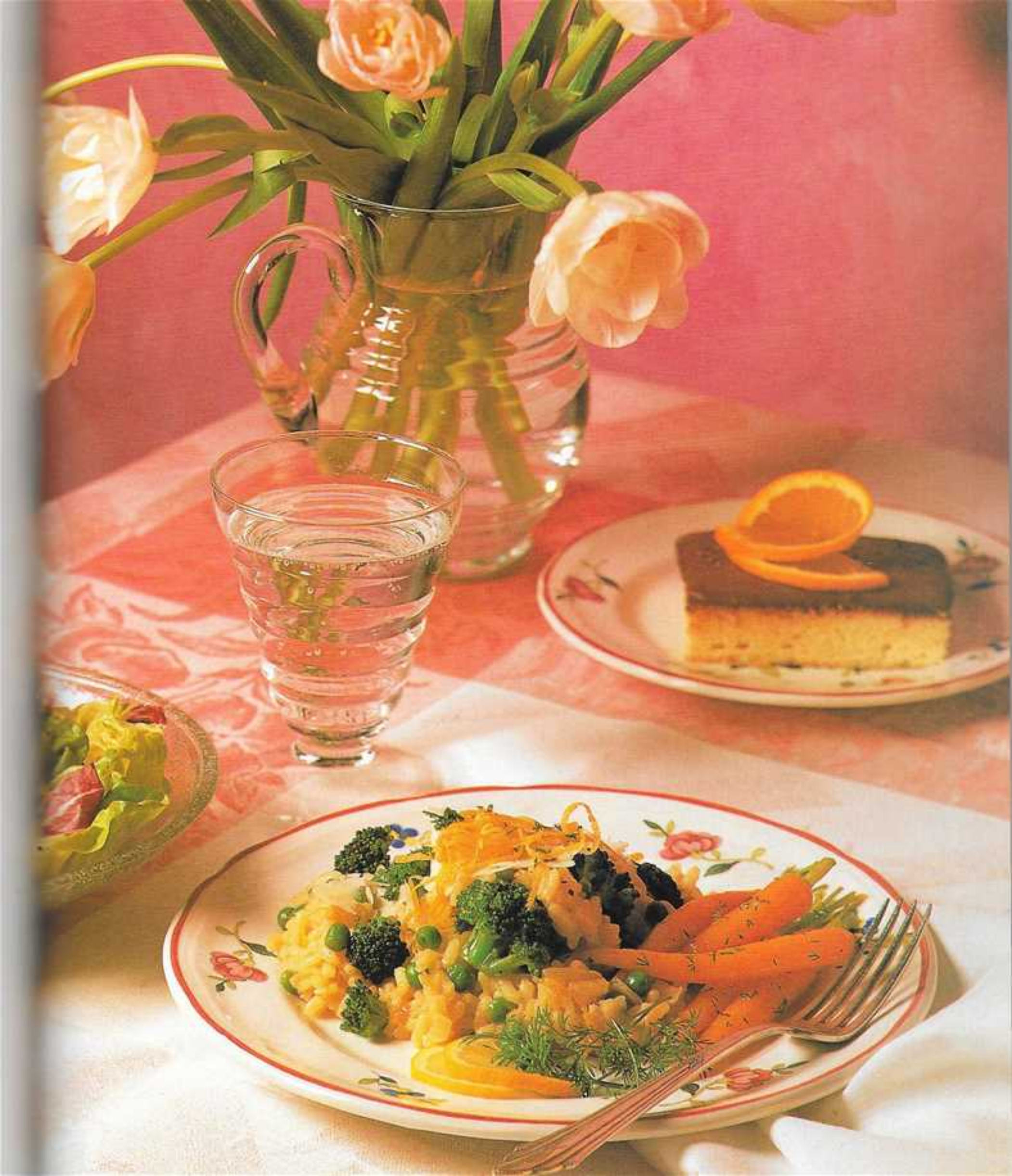
• * In a large bowl, combine the pasta and peppers and the sauce and toss to coat well.

• * To serve, divide among 4 individual plates. Top each with an equal amount of the green onions and cilantro.



Nutritional Analysis per Serving

- Calories 409 (Kilojoules 1,719); Total fat 6g; Saturated fat 1g; Protein 15g;
- Cholesterol 0mg; Carbohydrates 74g; Sodium 221mg; Dietary fiber 3g;
- Calories from fat 13%



- 2 teaspoons olive oil
- 1 small onion, chopped
- 2 garlic cloves, peeled and minced
- 2 tablespoons lemon juice
- 2 teaspoons finely grated lemon zest
- 1 cup (7 oz/220 g) uncooked Arborio rice
- 3 cups (24 fl oz/750 ml) Vegetable Stock (recipe on page 207) or vegetable broth
- 2 cups (4 oz/125 g) broccoli florets
- 1 cup (5 oz/155 g) green peas
- ½ cup (1½ oz/45 g) grated Romano cheese
- ¼ cup (½ oz/10 g) chopped fresh flat-leaf (Italian) parsley
- ¼ teaspoon ground black pepper

Storage Tip

* The risotto can be stored, covered, in the refrigerator for up to 2 days. Reheat in a saucepan over low heat, adding more stock or water as necessary to prevent sticking.

Lemon-Broccoli Risotto

Preparation: 20 minutes • Cooking: 35 minutes • Serves 4

Arborio rice, a short-grained Italian variety found in well-stocked food stores and delicatessens, gives risotto its unique, creamy texture.

- * In a large nonstick frying pan over medium heat, heat the oil. Add the onion and garlic and sauté until the onion is tender, about 2 minutes. Add the lemon juice, lemon zest and rice and sauté, stirring frequently, until the rice is golden, about 2 minutes.
- * Add ½ cup (4 fl oz/125 ml) of the stock or broth, reduce the heat to low and simmer until the liquid is absorbed, about 5 minutes. Continue adding the stock or broth, ½ cup (4 fl oz/125 ml) at a time, stirring constantly and waiting until each addition is absorbed before adding the next, about 5 minutes. With the last ½ cup (4 fl oz/125 ml) of stock or broth, add the broccoli and peas. Cook until the liquid is absorbed and the broccoli and peas are tender, about 5 minutes.
- * Remove from the heat, add the cheese, parsley and pepper and stir until the cheese melts.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

Calories 317 (Kilojoules 1,332); Total fat 6g; Saturated fat 0g; Protein 11g; Cholesterol 11mg; Carbohydrates 55g; Sodium 193mg; Dietary fiber 3g; Calories from fat 17%





Linguine with Goat Cheese, Tomatoes and Onions

2 teaspoons olive oil
2 onions, thinly sliced

1 tablespoon sugar

2 garlic cloves, peeled, and minced
6 large tomatoes, peeled, seeded, and chopped

¼ cup (½ oz/10 g) chopped fresh basil

2 tablespoons chopped fresh oregano

¼ teaspoon ground black pepper

6 qt (6 l) water

12 oz (375 g) dried linguine

½ cup (2½ oz/75 g) crumbled
goat cheese

Shopping Tip

• When tomatoes are out of season, substitute about 6 oz (185 g) of canned diced tomatoes for each large fresh tomato. Drain off the excess juice from the can before use.

Preparation: 25 minutes • Cooking: 25 minutes • Serves 4

The tomatoes give this dish a healthy dose of the antioxidant vitamin C and, along with the pasta, lots of fiber. Cheese made from goat's milk is chalky white and available in a variety of shapes and sizes. Young and fresh versions are mild and creamy; aged cheeses are stronger and drier. Either can be used to add a tangy taste to this vegetarian pasta dish.

• * To make the sauce, in a large nonstick frying pan over medium heat, heat the oil. Add the onions and sugar and sauté, stirring frequently, until the onions are golden, about 5 minutes. Add the garlic and sauté, stirring frequently, for 2 minutes more. Add the tomatoes, basil, oregano and pepper. Bring to a boil, reduce the heat to low and simmer until reduced slightly, about 5 minutes.

• * In a large pot over high heat, bring the water to a boil. Add the linguine and cook according to the package directions or until al dente, 8–10 minutes. Drain.

• * To serve, divide the linguine among 4 individual plates. Top each with an equal amount of the sauce and goat cheese.



Nutritional Analysis per Serving

• Calories 497 (Kilojoules 2,087); Total fat 10g; Saturated fat 4g; Protein 18g;
• Cholesterol 14mg; Carbohydrates 86g; Sodium 121mg; Dietary fiber 6g;
• Calories from fat 17%





- 1 onion, chopped
- 4 large tomatoes, peeled, seeded and chopped
- ¼ cup (½ oz/10 g) chopped fresh basil
- 2 tablespoons chopped fresh thyme
- 2 tablespoons chopped fresh oregano
- 4 garlic cloves, peeled
- 10 oz (315 g) spinach, stems trimmed
- 1½ cups (15 oz/375 g) nonfat ricotta cheese
- 2 cups (8 oz/250 g) grated mozzarella cheese
- 2 egg whites
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground black pepper
- 6 qt (6 l) water
- 9 dried lasagna noodles
- 1 zucchini (courgette), sliced
- 8 oz (250 g) fresh mushrooms, sliced
- 2 tablespoons freshly grated Romano cheese

Storage Tip

- * The casserole can be assembled ahead, covered with plastic wrap or foil and refrigerated for up to 2 days or frozen in an airtight container for up to 1 month. Defrost in the refrigerator before baking.

Vegetable Lasagna

Preparation: 1 hour • Cooking: 1 hour • Serves 6

No one will miss the meat in this delectable vegetarian version of the classic Italian casserole. Although it is designed as a main dish, you can serve it as a side dish for 12. It's an especially good choice for a buffet supper or to make ahead and have on hand for a last-minute meal.

- * Preheat an oven to 350°F (180°C). Coat a 13-by-9-inch (33-by-23-cm) baking dish with nonstick cooking spray.
- * In a medium saucepan over medium heat, combine the onion, tomatoes, basil, thyme and oregano. Bring to a boil, reduce the heat to low and simmer, uncovered, until the sauce has thickened, about 10 minutes. Remove from the heat.
- * In a food processor with the metal blade or in a blender, combine the garlic, spinach, ricotta, half of the mozzarella, the egg whites, nutmeg and pepper. Process until blended.
- * In a large pot over high heat, bring the water to a boil. Add the noodles and cook according to the package directions or until al dente, about 10 minutes. Drain.
- * In the prepared pan, layer 3 noodles, half of the spinach mixture, half of the zucchini and mushroom slices and one-third of the tomato sauce. Repeat the layers, using 3 noodles, the remaining spinach mixture, the remaining zucchini and mushroom slices and half of the remaining tomato sauce. Top with the remaining noodles, the remaining tomato sauce and the remaining mozzarella. Sprinkle with the Romano cheese.
- * Bake, uncovered, until bubbly and golden on top, about 45 minutes. Cool for 10 minutes before slicing.
- * To serve, divide among 6 individual plates.



Nutritional Analysis per Serving

- Calories 439 (Kilojoules 1,845); Total fat 8g; Saturated fat 4g; Protein 32g; Cholesterol 24mg; Carbohydrates 58g; Sodium 349mg; Dietary fiber 5g; Calories from fat 17%





Bison Lasagna

½ lb (250 g) ground bison or ground turkey

1 onion, chopped

8 garlic cloves, peeled and minced

2 large tomatoes, peeled, seeded and chopped

¼ cup (2 fl oz/60 ml) reduced sodium beef broth or beef stock

2 tablespoons chopped fresh oregano

2 tablespoons chopped fresh rosemary

¼ teaspoon ground black pepper

2 cups (16 oz/500 g) nonfat ricotta cheese

1 cup (1½ oz/45 g) chopped fresh basil

½ cup (4 oz/125 g) chopped sun-dried tomatoes, packed without oil

2 tablespoons grated Parmesan cheese

6 qt (6 l) water

9 dried lasagna noodles

1½ cups (6 oz/185 g) grated mozzarella cheese

*Preparation: 45 minutes * Cooking: 1 hour 15 minutes * Serves 6*

If substituting turkey, the nutritional analysis is: calories 501 (kilojoules 2,103); total fat 7g; saturated fat 4g; protein 39g; cholesterol 41mg; carbohydrates 67g; sodium 357mg; dietary fiber 7g; calories from fat 14%.

* Preheat an oven to 350°F (180°C). Coat a 13-by-9-inch (33-by-23-cm) baking dish with nonstick cooking spray.

* Coat a large nonstick frying pan with nonstick cooking spray and set over medium heat. Add the bison or turkey, the onion and half of the garlic and sauté until the meat is browned and no longer pink, about 5 minutes. Stir in the chopped tomatoes, broth or stock, oregano, rosemary and pepper. Bring to a boil, reduce the heat to low and simmer, uncovered, until the sauce has thickened, about 10 minutes. Remove from the heat.

* In a food processor with the metal blade or in a blender, combine the ricotta cheese, basil, sun-dried tomatoes, Parmesan cheese and remaining garlic. Process until smooth.

* In large pot over high heat, bring the water to a boil. Add the noodles and cook according to the package directions or until al dente, about 10 minutes. Drain.

* In the prepared pan, layer 3 noodles, half of the ricotta mixture, one-third of the meat sauce and one-third of the mozzarella. Repeat the layers, using 3 noodles, the remaining ricotta mixture, half of the remaining meat sauce and half of the remaining mozzarella. Top with the remaining noodles, the remaining meat sauce and the remaining mozzarella.

* Bake, uncovered, until bubbly and golden on top, 35–45 minutes. Cool for 10 minutes before slicing.

* To serve, divide among 6 individual plates.



Nutritional Analysis per Serving

Calories 495 (Kilojoules 2,078); Total fat 7g; Saturated fat 4g; Protein 39g; Cholesterol 41mg; Carbohydrates 66g; Sodium 333mg; Dietary fiber 6g; Calories from fat 14%





- 2 teaspoons olive oil
- 8 garlic cloves, peeled and minced
- 2 small shallots, peeled and minced
- 4 large tomatoes, peeled, seeded and diced
- 1 tablespoon chopped fresh oregano
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon salt
- 6 qt (6 l) water
- 12 oz (375 g) dried penne pasta
- ¼ cup (½ oz/10 g) chopped fresh flat-leaf (Italian) parsley
- 2 tablespoons grated Romano cheese

Cooking Tip

* For a dish in the style of pasta primavera, stir steamed fresh vegetables, such as broccoli, asparagus, green peas and bell peppers, into the tomato sauce before spooning over the pasta.

Penne with Garlic-Tomato Sauce

Preparation: 15 minutes • Cooking: 30 minutes • Serves 4

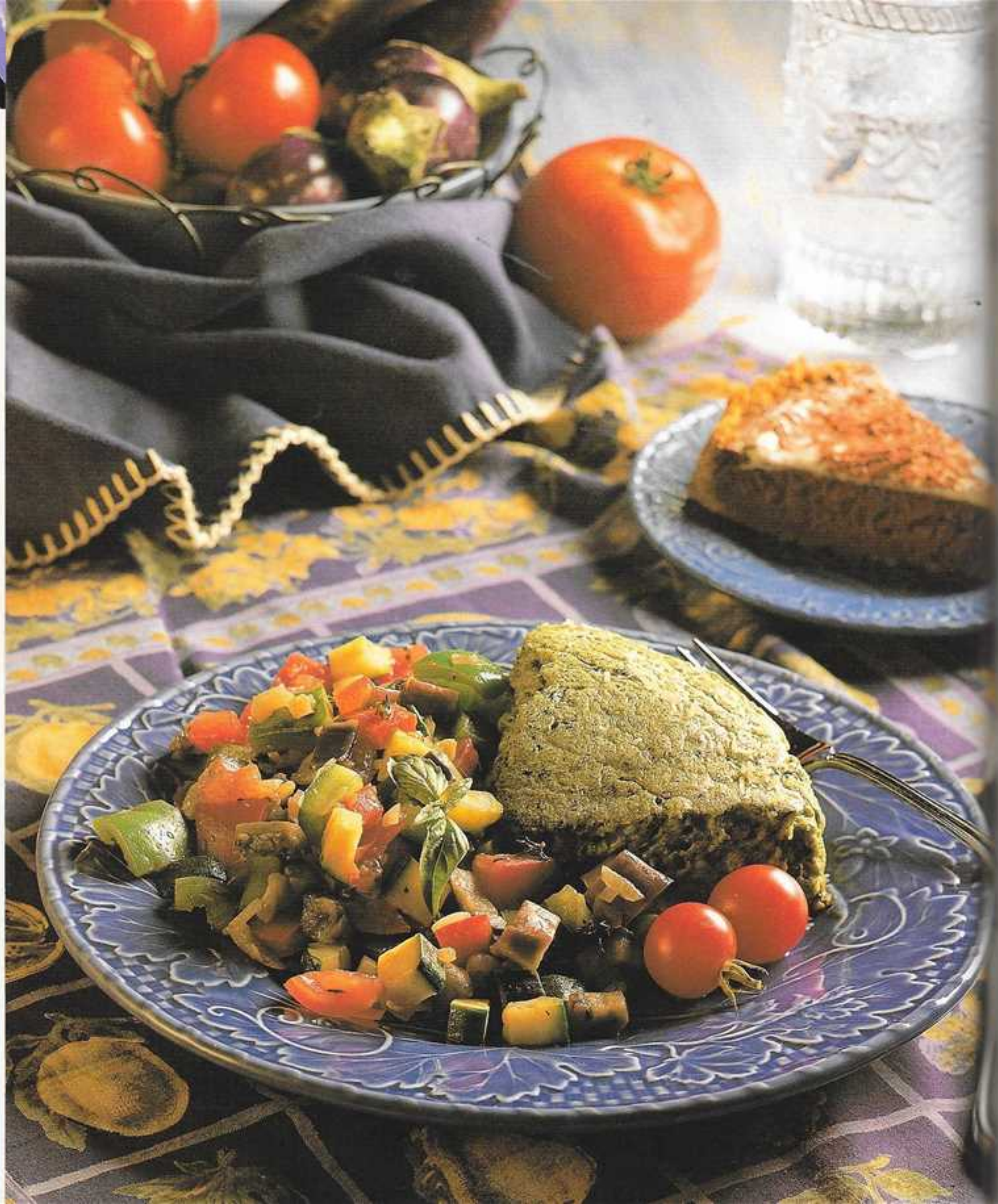
I always ask that this sauce recipe be doubled or tripled and put into jars in the refrigerator so that I can use it to top pasta, rice, polenta or even potatoes as a very quick late-night supper.

- * In a large nonstick frying pan over medium heat, heat the oil. Add the garlic and shallots and sauté until tender, about 3 minutes.
- * Add the tomatoes and oregano, bring to a boil, reduce the heat to low and simmer for 10 minutes. Add the red pepper flakes and salt and simmer for 5 minutes more. Keep warm.
- * In a large pot over high heat, bring the water to a boil. Add the penne and cook according to the package directions or until al dente, 8–10 minutes. Drain. Add the penne to the frying pan and stir to coat well.
- * To serve, divide among 4 individual plates. Top each with an equal amount of the parsley and cheese.



Nutritional Analysis per Serving

Calories 386 (Kilojoules 1,623); Total fat 5g; Saturated fat 1g; Protein 13g; Cholesterol 3mg; Carbohydrates 73g; Sodium 325mg; Dietary fiber 4g; Calories from fat 11%





Spinach Soufflé

1 tablespoon grated Parmesan cheese
12 oz (375 g) spinach, stems trimmed
2 shallots, peeled and halved
2½ tablespoons margarine
¼ cup (1½ oz/45 g) unbleached flour
1½ cups (12 fl oz/375 ml) nonfat milk
6 egg whites
¼ teaspoon cream of tartar
1 cup (4 oz/125 g) grated lowfat
Swiss cheese
1 teaspoon chili powder
¼ teaspoon ground nutmeg

Cooking Tip

• Although shallots resemble garlic cloves in size and shape, they may be easily peeled for slicing and chopping like an onion. Simply trim off their stem and root ends, then slit their thin papery skins to remove them.

Preparation: 30 minutes • Cooking: 35 minutes • Serves 4

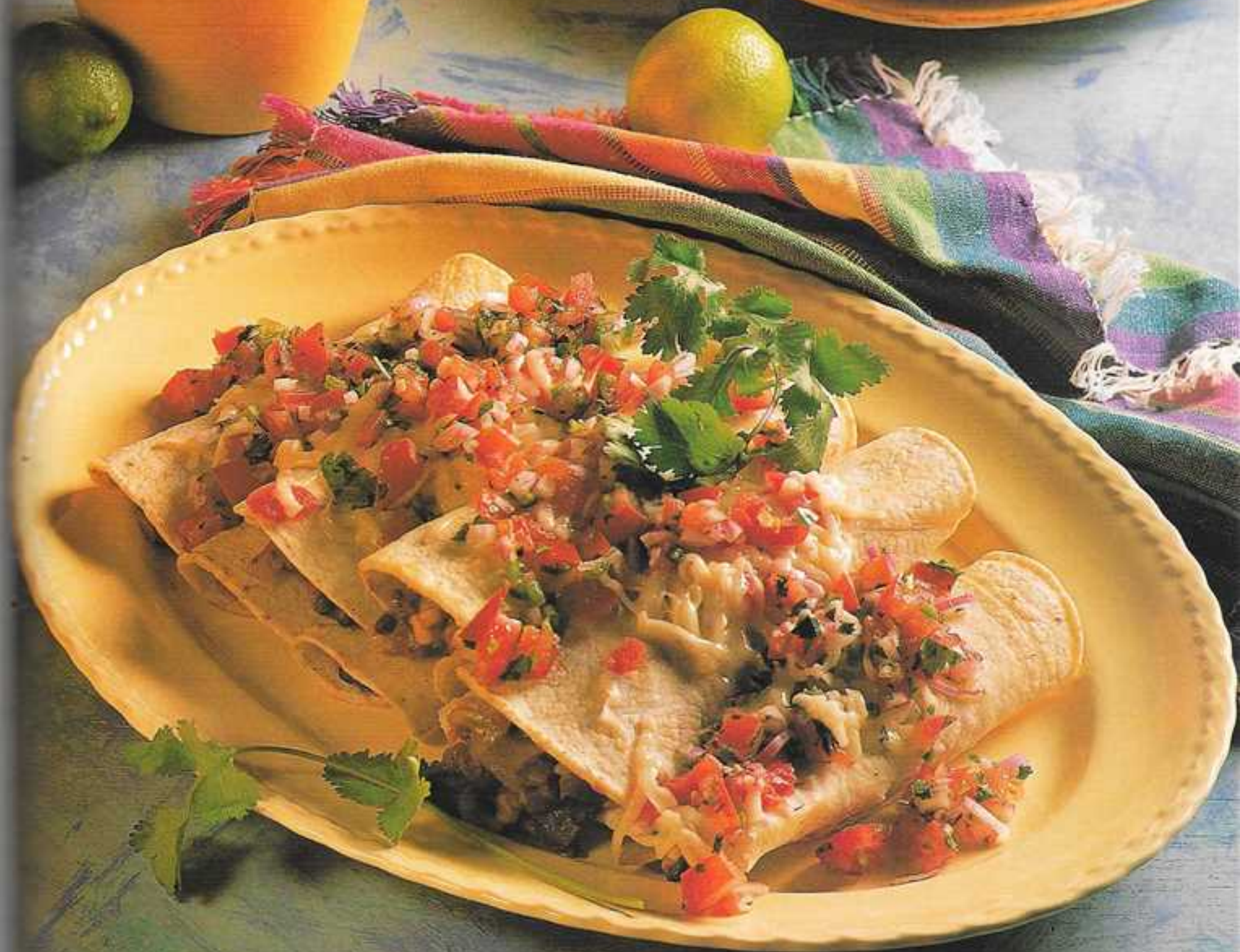
This soufflé, rich in iron and beta-carotene, is my absolute favorite; it pairs very nicely with the hearty Ratatouille (recipe on page 198). Serve soufflés immediately after removing from the oven as the puff collapses upon cooling.

- * Preheat an oven to 375°F (190°C). Coat a 2-qt (2-l) soufflé dish with nonstick cooking spray.
- * Sprinkle the Parmesan cheese into the dish and turn to coat the bottom and sides. Place the dish on a large baking sheet.
- * In a steaming basket in a saucepan filled with 1 inch (2.5 cm) of water over medium heat, steam the spinach until tender, about 3 minutes. Remove from the basket; squeeze to remove all liquid.
- * In a food processor with the metal blade or in a blender, combine the spinach and shallots and process until finely chopped.
- * In a large nonstick frying pan over low heat, melt the margarine. Add the flour and stir constantly with a wire whisk until blended, about 2 minutes. Increase the heat to medium and gradually add the milk, stirring constantly with a wire whisk, and cook until the mixture boils, about 5 minutes.
- * Reduce the heat to low, add the spinach mixture and cook until the mixture begins to simmer, about 3 minutes.
- * In a large bowl, using an electric mixer on high speed, beat the egg whites until foamy. Add the cream of tartar and beat on high speed until stiff peaks form.
- * In a large bowl, combine one-fourth of the egg whites, the Swiss cheese, chili powder, nutmeg and the spinach mixture and whisk to mix well. Fold in the remaining egg whites. Pour into the prepared dish and bake until puffed and set, 30–35 minutes.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

• Calories 284 (Kilojoules 1,194); Total fat 14g; Saturated fat 2g; Protein 19g;
• Cholesterol 12mg; Carbohydrates 17g; Sodium 418mg; Dietary fiber 3g;
• Calories from fat 47%





- 1 cup (7 oz/220 g) dried black beans
- 4 cups (32 fl oz/1 l) water
- 2 teaspoons olive oil
- 1 large onion, chopped
- 3 garlic cloves, peeled and minced
- 1½ teaspoons chili powder
- 1 teaspoon ground cumin
- 2 large tomatoes, peeled, seeded and chopped
- 1 cup (6 oz/185 g) corn kernels
- 3 jalapeño chilies, seeded and chopped
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 8 corn tortillas, 6 inches (15 cm) in diameter
- ½ cup (4 oz/125 g) nonfat dairy sour cream
- ½ cup (2 oz/60 g) grated lowfat Monterey jack cheese

Tomato Salsa

- 2 tomatoes, seeded and chopped
- ½ cup (1 oz/30 g) chopped red onion
- 1 jalapeño chili, seeded and diced
- 1 tablespoon chopped fresh cilantro (fresh coriander)
- 1 teaspoon lime juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Black Bean Enchiladas with Tomato Salsa

Preparation: 20 minutes • Cooking: 2 hours • Serves 4

Pair this vegetarian main dish with rice, as combined portions of beans and rice provide the complete protein but none of the fat of a meat-based meal.

- * In a large saucepan over high heat, combine the beans and water and bring to a boil. Reduce the heat to medium and cook for 1½ hours, skimming away the gray foam that appears. Drain well.
- * Preheat an oven to 350°F (180°C). Coat a 13-by-9-inch (33-by-23-cm) baking dish with nonstick cooking spray.
- * In a large nonstick frying pan over medium heat, heat the oil. Add the onion and garlic and sauté for 3 minutes. Add the chili powder and cumin and sauté for 1 minute. Add half of the tomatoes and the corn, chilies, salt and pepper and simmer for 1 minute.
- * Wrap the tortillas in aluminum foil and warm in the oven for 5 minutes.
- * In a food processor with the metal blade, combine the beans and sour cream and process until smooth. Add to the frying pan and cook until the beans are warm, about 3 minutes.
- * Divide the bean mixture among the tortillas. Roll and place seam side down in the prepared dish. Top with the remaining tomatoes and the cheese. Cover with aluminum foil and bake until the cheese melts, about 20 minutes.
- * To serve, divide among 4 individual plates. Top each with an equal amount of the Tomato Salsa.

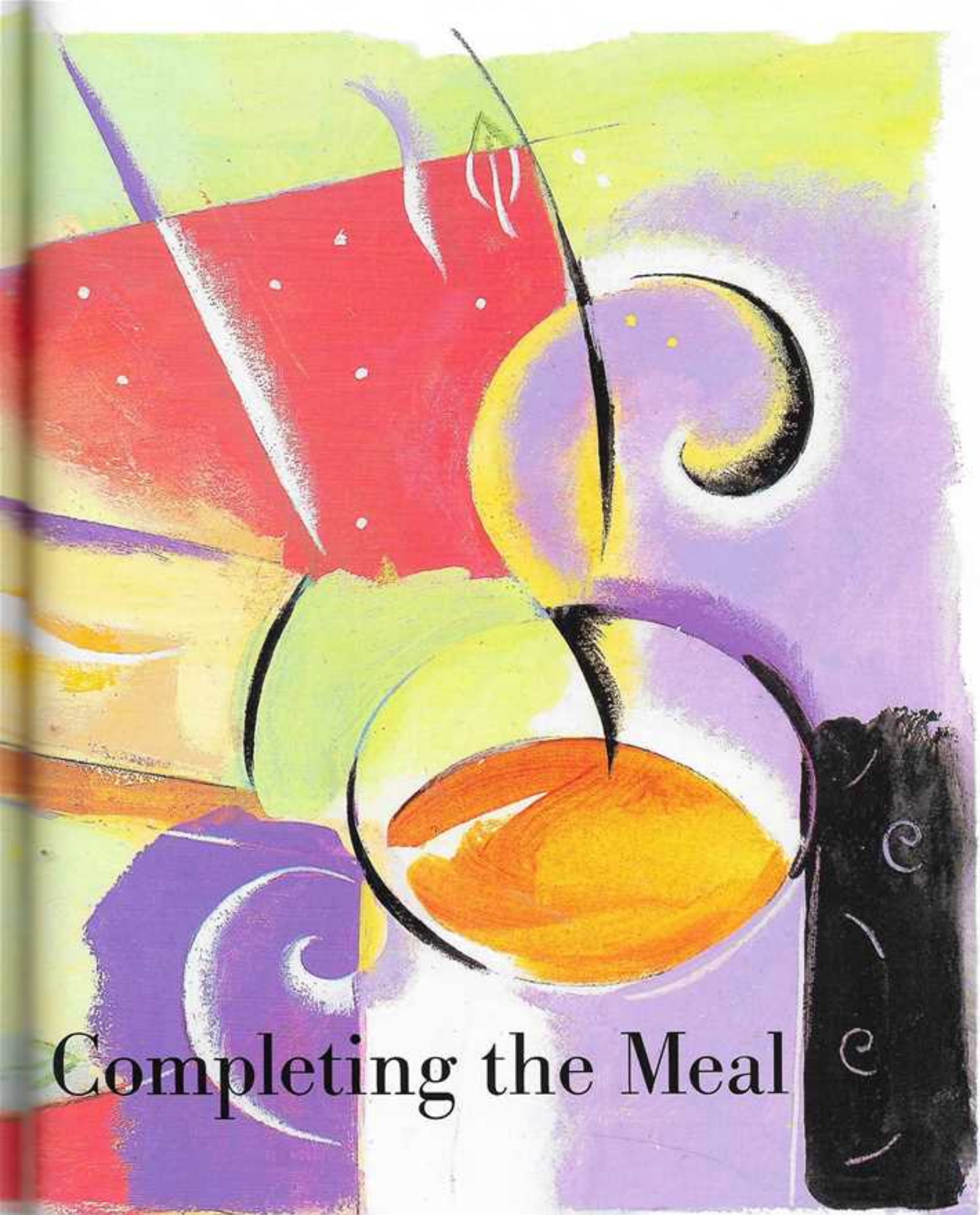
Tomato Salsa

- * In a medium bowl, combine the tomatoes, onion, chili, cilantro, lime juice, salt and pepper. Stir to mix well. Cover and refrigerate until serving. One serving is ½ cup (3 oz/90 g).



Nutritional Analysis per Serving

- Calories 465 (Kilojoules 1,954); Total fat 8g; Saturated fat 3g; Protein 24g; Cholesterol 10mg; Carbohydrates 79g; Sodium 451mg; Dietary fiber 14g; Calories from fat 15%



Completing the Meal





- 2 cups (8 oz/250 g) strawberries, stemmed and cored
- 2 bananas, peeled
- 1½ cups (12 fl oz/375 ml) cranberry juice
- 1 cup (8 oz/250 g) crushed ice

Strawberry-Banana Shake

Preparation: 10 minutes • Serves 4

Shakes and smoothies are my morning drink of choice. This sweet-tart version is packed with fresh-fruit goodness. If you haven't already, add cranberry juice to your juice repertoire. It is an ample source of vitamin C and aids in flushing toxins from the body.

- * In a food processor with the metal blade or in a blender, combine the strawberries, bananas and cranberry juice and process until smooth. Add the crushed ice and process until smooth.
- * To serve, divide among 4 individual glasses.



Nutritional Analysis per Serving

Calories 123 (Kilojoules 519); Total fat 1g; Saturated fat 0g; Protein 1g; Cholesterol 0mg; Carbohydrates 31g; Sodium 3mg; Dietary fiber 2g; Calories from fat 4%

Sunshine Smoothie

Preparation: 10 minutes • Serves 4

As the name implies, this smoothie gets your day off to a sunny start, fulfilling 2 fruit servings of your recommended daily food requirements before you've left the house. If you're in a hurry and must eat on the run, take this healthy breakfast drink in an insulated car cup to drink while you drive.

- * In a food processor with the metal blade or in a blender, combine the sherbet or yogurt, strawberries and pineapple and process until smooth. Add the water and process until blended.
- * To serve, divide among 4 individual glasses.



Nutritional Analysis per Serving

Calories 115 (Kilojoules 481); Total fat 1g; Saturated fat 1g; Protein 1g; Cholesterol 3mg; Carbohydrates 26g; Sodium 27mg; Dietary fiber 1g; Calories from fat 11%

- 1 cup (8 oz/250 g) orange sherbet or frozen yogurt
- 1 cup (4 oz/125 g) strawberries, stemmed and cored
- 1½ cups (8 oz/250 g) pineapple chunks
- 1½ cups (12 fl oz/375 ml) sparkling mineral water





- 4 cups (32 fl oz/1 l) nonfat milk
- 3 tablespoons sugar
- 4 teaspoons unsweetened Dutch-process cocoa
- 1 teaspoon vanilla extract (essence)

Iced Cocoa

* For a lowfat chocolate dessert, freeze the Hot Cocoa. When the mixture is firm, process in a food processor with the metal blade or in a blender until smooth. To serve, spoon into dessert bowls.

- 4 cups (32 fl oz/1 l) strong, freshly brewed coffee
- 1 cup (8 fl oz/250 ml) lowfat (1%) milk
- 4 tablespoons confectioners' (icing) sugar
- 2 tablespoons unsweetened Dutch-process cocoa
- 1 teaspoon vanilla extract (essence)

Iced Skinny Café Mocha

* For a refreshingly cool drink, pour the Skinny Café Mocha into a heatproof glass container and cool. Cover and refrigerate for 4 hours. To serve, spoon shaved ice into tall glasses. Top with the chilled coffee.

Hot Cocoa

• *Preparation: 5 minutes • Serves 4*

• *It is hard to believe—but true—that one serving of this cocoa contains just 1 g of fat. Serve it piping hot as a breakfast beverage or iced as a dessert (recipe at left).*

• * In a small saucepan over medium heat, warm the milk until bubbles just begin to appear around the edge, about 5 minutes. Gradually add the sugar, cocoa and vanilla and whisk until dissolved and blended.

• * To serve, divide among 4 individual mugs.



Nutritional Analysis per Serving

- Calories 130 (Kilojoules 548); Total fat 1g; Saturated fat 0g; Protein 9g;
- Cholesterol 5mg; Carbohydrates 22g; Sodium 140mg; Dietary fiber 0g;
- Calories from fat 5%

Skinny Café Mocha

• *Preparation: 15 minutes • Serves 4*

• *Fancy coffee bars serve lowfat versions of their mocha-flavored coffees and now you can, too. On a hot afternoon, the iced version (recipe at left) will clear your head and give you an energy boost.*

• * In a medium saucepan over low heat, combine the coffee, milk, sugar and cocoa. Simmer until the sugar is dissolved, about 5 minutes. Remove from the heat and stir in the vanilla.

• * To serve, divide among 4 individual mugs.



Nutritional Analysis per Serving

- Calories 70 (Kilojoules 295); Total fat 1g; Saturated fat 1g; Protein 3g;
- Cholesterol 2mg; Carbohydrates 13g; Sodium 55mg; Dietary fiber 0g;
- Calories from fat 14%





4 cups (32 fl oz/1 l) low sodium tomato juice
2 tablespoons lemon juice
1½ teaspoons Worcestershire sauce
½ teaspoon ground celery seed
1 teaspoon drained, grated horseradish
¼ teaspoon ground black pepper
4 celery stalks
1 tablespoon chopped fresh flat-leaf (Italian) parsley

4 cups (32 fl oz/1 l) apple cider
1 tart apple, peeled, cored and sliced
2 lemon slices
1 vanilla bean (pod), 1 inch (2.5 cm) long
5 whole cloves
4 whole cinnamon sticks

Tangy Tomato Drink

Preparation: 15 minutes • Serves 4

Mixing your own tomato juice cocktail allows you to control what's in it. Many similar commercial drinks are loaded with salt, MSG and other additives. The health benefits derived from this version outweigh the few moments it takes to put together.

- * In a large pitcher, combine the tomato juice, lemon juice, Worcestershire sauce, celery seed, horseradish and pepper. Stir to mix well.
- * To serve, divide among 4 individual glasses. Garnish each with a celery stalk and an equal amount of the parsley.



Nutritional Analysis per Serving

Calories 53 (Kilojoules 225); Total fat 0g; Saturated fat 0g; Protein 2g; Cholesterol 0mg; Carbohydrates 13g; Sodium 83mg; Dietary fiber 1g; Calories from fat 4%

Hot Fruit Cider

Preparation: 10 minutes • Cooking: 10 minutes • Serves 4

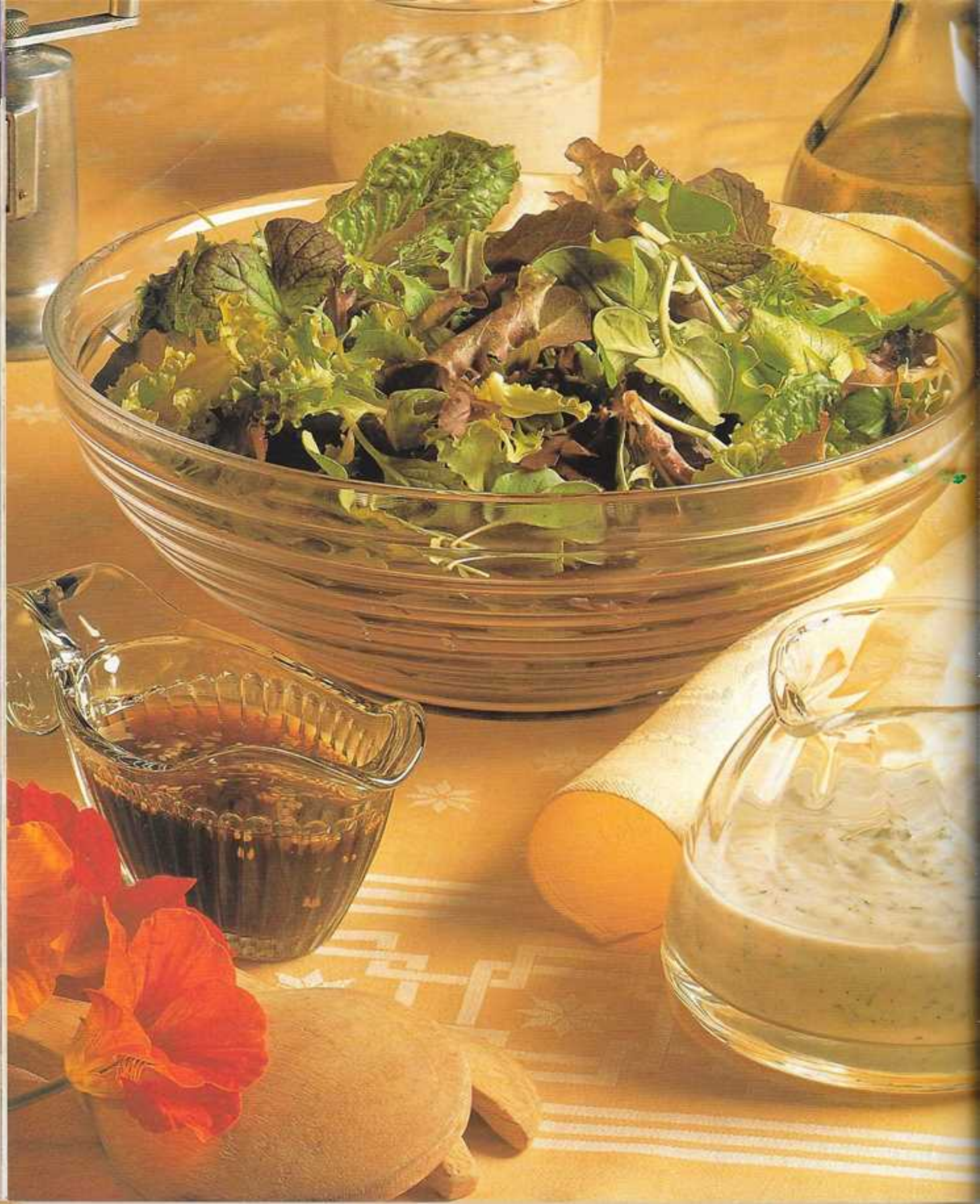
Cider is available with and without alcohol. If possible, use cider made from organic apples. The taste is sensational. You can substitute apple juice, although the flavor will be somewhat less fruity.

- * In a medium saucepan over medium heat, combine the cider, apple slices, lemon slices, vanilla bean and cloves. Bring to a boil, reduce the heat to low, cover and simmer for 10 minutes. Remove from the heat and strain to remove the solids.
- * To serve, divide among 4 individual mugs. Garnish each with a cinnamon stick.



Nutritional Analysis per Serving

Calories 138 (Kilojoules 581); Total fat 0g; Saturated fat 0g; Protein 0g; Cholesterol 0mg; Carbohydrates 35g; Sodium 8mg; Dietary fiber 1g; Calories from fat 2%





Salad Greens

An abundant range of greens exists to add wide variety to your salad bowls: lettuces, including tender butter lettuces (such as Boston, Bibb and limestone), crisp romaine (cos), and red leaf or oak leaf; chicory (curly endive), with its bitter edge; dark-green, peppery arugula (rocket); refreshingly bitter Belgian endive; crisp, bitter, deep-purple radicchio; and familiar spinach, watercress and cabbages. Seek them out at a well-stocked food store or greengrocer. Separate, wash and dry thoroughly before refrigerating. The dressings shown at left are listed below and on page 184.

Dill Dressing

Preparation: 10 minutes • Serves 8

- * In a small bowl, combine the yogurt, dill, vinegar and pepper and whisk until blended.
- * Store in an airtight container in the refrigerator for up to 3 days. One serving is 2 tablespoons.



Nutritional Analysis per Serving

Calories 17 (Kilojoules 72); Total fat 0g; Saturated fat 0g; Protein 2g; Cholesterol 1mg; Carbohydrates 2g; Sodium 22mg; Dietary fiber 0g; Calories from fat 3%

Basil Dressing

Preparation: 10 minutes • Serves 8

- * In a small bowl, combine the buttermilk, sour cream, basil, vinegar, pepper and cayenne and whisk until blended. Cover and refrigerate until ready to serve. Store in an airtight container in the refrigerator for up to 3 days. One serving is 2 tablespoons.



Nutritional Analysis per Serving

Calories 19 (Kilojoules 81); Total fat 0g; Saturated fat 0g; Protein 2g; Cholesterol 1mg; Carbohydrates 2g; Sodium 32mg; Dietary fiber 0g; Calories from fat 9%

1 cup (8 oz/250 g) nonfat plain yogurt
¼ cup (½ oz/10 g) chopped fresh dill
2 teaspoons red wine vinegar
¼ teaspoon ground black pepper

½ cup (4 fl oz/125 ml) lowfat buttermilk
½ cup (4 oz/125 g) nonfat dairy sour cream
¼ cup (½ oz/10 g) chopped fresh basil
2 teaspoons white wine vinegar
⅛ teaspoon ground white pepper
⅛ teaspoon cayenne pepper

- ½ cup (4 fl oz/125 ml) rice vinegar
- 2 tablespoons reduced sodium soy sauce
- 2 tablespoons sesame seeds, lightly toasted
- 1 teaspoon dark sesame oil
- 1 garlic clove, peeled and minced
- ½ teaspoon grated fresh ginger

Cooking Tip

To toast sesame seeds, spread on a baking sheet and bake in a preheated 350°F (180°C) oven, stirring occasionally, until golden, about 5 minutes.

- 1 teaspoon sugar
- ½ cup (4 fl oz/125 ml) red wine vinegar
- 2 tablespoons Dijon-style mustard
- 2 tablespoons chopped fresh flat-leaf (Italian) parsley
- 1 tablespoon olive oil
- 1 tablespoon water
- ¼ teaspoon ground black pepper

Nutrition Tip

• The greatest source of fat in many salads comes from the dressing. To get the most flavor but the least fat in your salad, serve the dressing on the side, dipping your fork into it before skewering the greens.

Sesame-Garlic Dressing

• Preparation: 10 minutes • Serves 8

• This Asian-influenced dressing is rich with the taste of sesame. Toasting the sesame seeds brings out their nutty flavor.

- * In a small bowl, combine the vinegar, soy sauce, sesame seeds, sesame oil, garlic and ginger and whisk until blended.
- * Cover and refrigerate until ready to serve. Store in an airtight container in the refrigerator for up to 3 days. One serving is 2 tablespoons.



Nutritional Analysis per Serving

- Calories 23 (Kilojoules 96); Total fat 2g; Saturated fat 0g; Protein 1g;
- Cholesterol 0mg; Carbohydrates 2g; Sodium 150mg; Dietary fiber 0g;
- Calories from fat 63%

Mustard Vinaigrette

• Preparation: 10 minutes • Serves 12

• The Dijon-style mustard, whether made in Dijon, France, or made in the style of that region, is a pale yellow condiment made from a mixture of black or brown mustard seeds, white wine, vinegar, water and salt. It adds zest to this simple vinaigrette.

- * In a small bowl, dissolve the sugar in the vinegar. Add the mustard, parsley, olive oil, water and pepper and whisk until blended.
- * Cover and refrigerate until ready to serve. Store in an airtight container in the refrigerator for up to 2 weeks. One serving is 1 tablespoon.



Nutritional Analysis per Serving

- Calories 15 (Kilojoules 65); Total fat 1g; Saturated fat 0g; Protein 0g;
- Cholesterol 0mg; Carbohydrates 1g; Sodium 60mg; Dietary fiber 0g;
- Calories from fat 77%



Karen's Pizza Dough

- 1 teaspoon honey
- 1 cup (8 fl oz/250 ml) lukewarm water
- 2 teaspoons active dry yeast
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1½ cups (7½ oz/235 g) semolina flour
- 1½ cups (7½ oz/235 g) whole wheat (wholemeal) flour

Storage Tip

* This dough can be made ahead and frozen for up to 2 months. After the first rising, wrap in plastic wrap and aluminum foil and place in the freezer. Thaw at room temperature and follow the directions from the second kneading.

*Preparation: 25 minutes * Makes 1 lb (500 g)*

In addition to the preparation time, allow 1½ hours for the dough to rise. This dough is easy to work with and tastes just great. Use it as a base for the pizzas beginning on page 107 or for your own creative versions.

* In a food processor with the metal blade or in a large bowl, combine the honey and water. Add the yeast to the water and let stand 5 minutes. Add the oil, salt and flours and process or stir until the mixture forms a ball, about 30 seconds by machine or 5 minutes by hand.

* Turn onto a lightly floured work surface and knead until the dough is smooth and elastic, about 5 minutes.

* Coat a large bowl with nonstick cooking spray, add the dough and turn to coat all sides. Cover with plastic wrap and let rise in a warm place, free from draft, until doubled in bulk, about 1 hour.

* Return to the lightly floured work surface and using your fist, punch down the dough, then knead for 2 minutes. Return to the bowl, cover with plastic wrap and let rise again for 30 minutes.

* Use the dough according to recipe instructions. One serving is ¼ pound (125 g).



Nutritional Analysis per Serving

Calories 458 (Kilojoules 1,926); Total fat 9g; Saturated fat 1g; Protein 15g; Cholesterol 0mg; Carbohydrates 82g; Sodium 554mg; Dietary fiber 9g; Calories from fat 17%





¾ lb (375 g) fresh spinach, stems removed and leaves chopped
1 cup (8 oz/250 g) nonfat cottage cheese
½ cup (4 oz/125 g) nonfat dairy sour cream
1 tablespoon chopped fresh flat-leaf (Italian) parsley
2 shallots, peeled and minced
¼ teaspoon salt
¼ teaspoon ground white pepper
1 cup (8 oz/250 g) sliced water chestnuts

8 oz (250 g) nonfat cream cheese
1 cup (8 oz/250 g) nonfat cottage cheese
½ cup (3 oz/90 g) mango chutney
¼ cup (½ oz/10 g) chopped fresh flat-leaf (Italian) parsley
2 tablespoons minced fresh chives
2 teaspoons Dijon-style mustard
¼ teaspoon ground black pepper
⅛ teaspoon cayenne pepper

Creamy Spinach Spread

Preparation: 10 minutes • Serves 12

Serve this dip on French bread or with fresh vegetables like cherry tomatoes, carrot and celery sticks, cucumber slices, zucchini slices and broccoli and cauliflower florets.

* In a food processor with the metal blade or in a blender, combine the spinach, cottage cheese, sour cream, parsley, shallots, salt and pepper. Process until almost smooth. Transfer to a large bowl, add the water chestnuts and stir to mix well.

* Store in an airtight container in the refrigerator for up to 3 days. One serving is 2 tablespoons.



Nutritional Analysis per Serving

Calories 48 (Kilojoules 200); Total fat 0g; Saturated fat 0g; Protein 4g; Cholesterol 2mg; Carbohydrates 7g; Sodium 138mg; Dietary fiber 1g; Calories from fat 2%

Chive-Chutney Dip

Preparation: 10 minutes • Serves 8

If you are having trouble finding healthy, tasty snacks, your search is over. Make this nonfat herb-fruit dip and keep it in the refrigerator ready to enjoy with peeled and sliced carrots, celery, cucumbers and other vegetables.

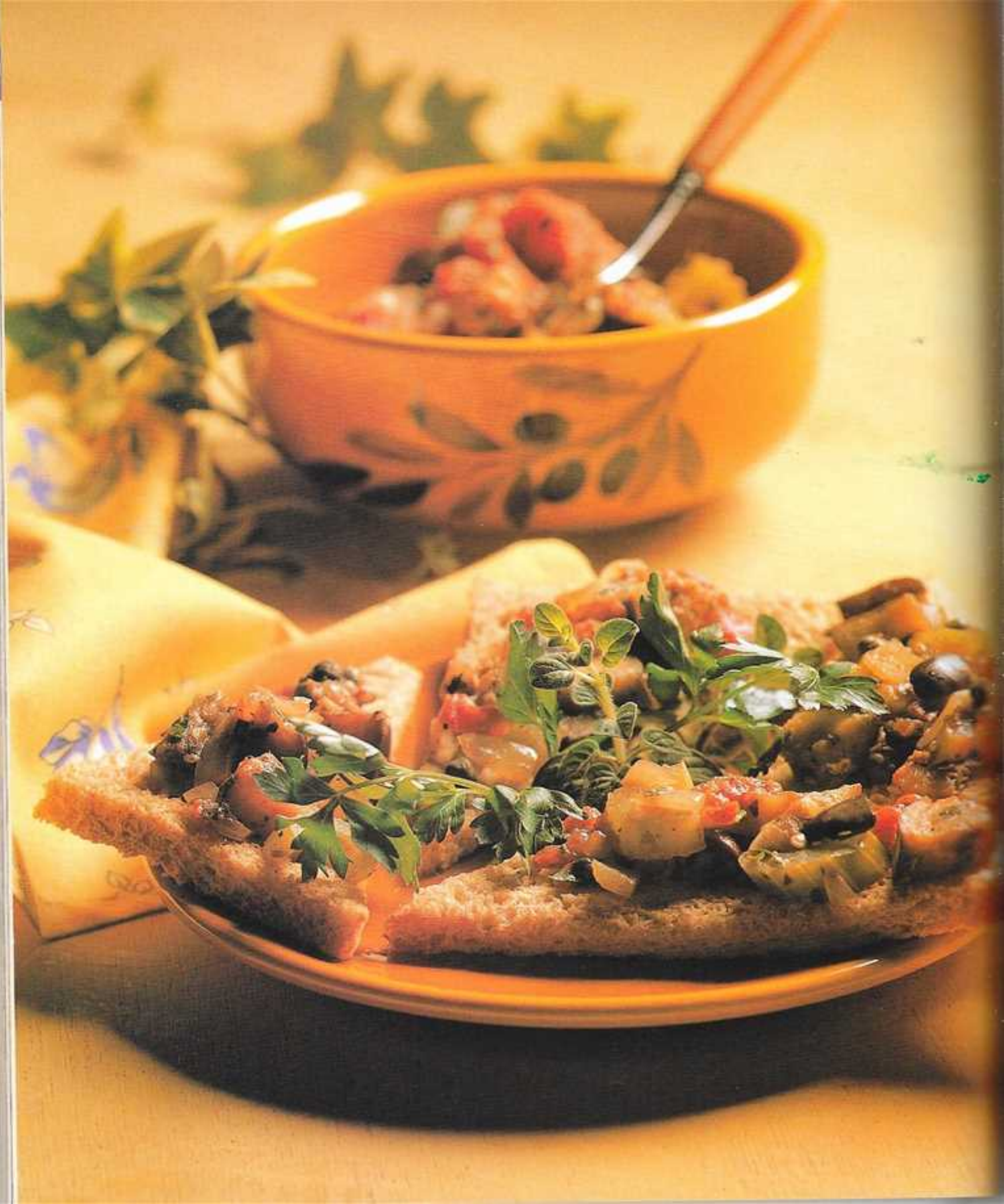
* In a food processor with the metal blade or in a blender, combine the cream cheese, cottage cheese, chutney, parsley, chives, mustard, black pepper and cayenne. Process until smooth.

* Transfer the dip to a serving bowl, cover and refrigerate until ready to serve. Store in the refrigerator for up to 1 week. One serving is ¼ cup (2 oz/60 g).



Nutritional Analysis per Serving

Calories 76 (Kilojoules 319); Total fat 0g; Saturated fat 0g; Protein 8g; Cholesterol 5mg; Carbohydrates 10g; Sodium 360mg; Dietary fiber 0g; Calories from fat 0%





Caponata

1 large globe eggplant (about 1 lb/
500 g), peel intact, cut into
1-inch (2.5-cm) cubes
2 teaspoons olive oil
1 onion, diced
2 garlic cloves, peeled and minced
2 celery stalks, chopped
2 tomatoes, chopped
¼ cup (2 fl oz/60 ml) red wine vinegar
6 large black olives, pitted and sliced
1½ tablespoons drained capers
2 tablespoons chopped fresh oregano
¼ teaspoon ground black pepper
2 tablespoons chopped fresh flat-leaf
(Italian) parsley
24 slices whole wheat (wholemeal)
bread

Preparation: 20 minutes • Cooking: 30 minutes • Serves 12

Caponata is a traditional Italian appetizer, served as part of many anti-pasto arrays, and is made from a base of eggplant and tomatoes. Serve with the whole wheat bread, lowfat crackers or toasted pita wedges.

- * Preheat an oven to 400°F (200°C). Coat a baking sheet with nonstick cooking spray.
- * Spread the eggplant cubes on the baking sheet in a single layer. Bake for 15 minutes, turning halfway through the cooking time. Remove from the oven and set aside.
- * In a large nonstick frying pan over medium heat, heat the oil. Add the onion, garlic and celery and sauté until tender, about 5 minutes.
- * Add the baked eggplant, tomatoes, vinegar, olives, capers, oregano and pepper. Bring to a boil, reduce the heat to low and simmer until the caponata thickens, about 10 minutes. Remove from the heat and stir in the parsley.
- * To serve, transfer to a serving bowl. Store in an airtight container in the refrigerator for up to 3 days. One serving is 2 slices of bread, each topped with 2 tablespoons of caponata.



Nutritional Analysis per Serving

Calories 172 (Kilojoules 723); Total fat 4g; Saturated fat 1g; Protein 6g;
Cholesterol 0mg; Carbohydrates 32g; Sodium 355mg; Dietary fiber 5g;
Calories from fat 17%





4½ cups (30 oz/940 g) cooked
garbanzo beans, rinsed and drained
3 garlic cloves, peeled and minced
¼ cup (2 fl oz/60 ml) lemon juice
2 tablespoons tahini (sesame paste)
1 teaspoon ground cumin
1 teaspoon paprika
½ teaspoon finely grated lemon zest
½ teaspoon salt
4 pita breads, quartered

2 teaspoons olive oil
2 small shallots, peeled and minced
1 garlic clove, minced
12 oz (375 g) fresh mushrooms, sliced
¼ cup (2 fl oz/60 ml) Chicken Stock
(recipe on page 206) or reduced
sodium chicken broth
2 tablespoons chopped fresh flat-leaf
(Italian) parsley
1 tablespoon chopped fresh thyme
¼ teaspoon salt
¼ teaspoon ground black pepper
½ lb (250 g) sourdough bread, cut
into eight 1-inch (2.5-cm) thick
slices, toasted

Hummus with Pita Bread

Preparation: 10 minutes • Serves 4

- * In a food processor with the metal blade or in a blender, combine the beans, garlic, lemon juice, tahini, cumin, paprika, lemon zest and salt. Process until smooth.
- * To serve, use as a spread or dip with the pita bread. Makes 4 cups (28 oz/875 g). One serving is 2 tablespoons hummus and 1 pita bread. Store the hummus in an airtight container in the refrigerator for up to 3 days.



Nutritional Analysis per Serving

Calories 215 (Kilojoules 905); Total fat 2g; Saturated fat 0g; Protein 8g;
Cholesterol 0mg; Carbohydrates 41g; Sodium 359mg; Dietary fiber 2g;
Calories from fat 8%

Mushroom-Topped Crostini

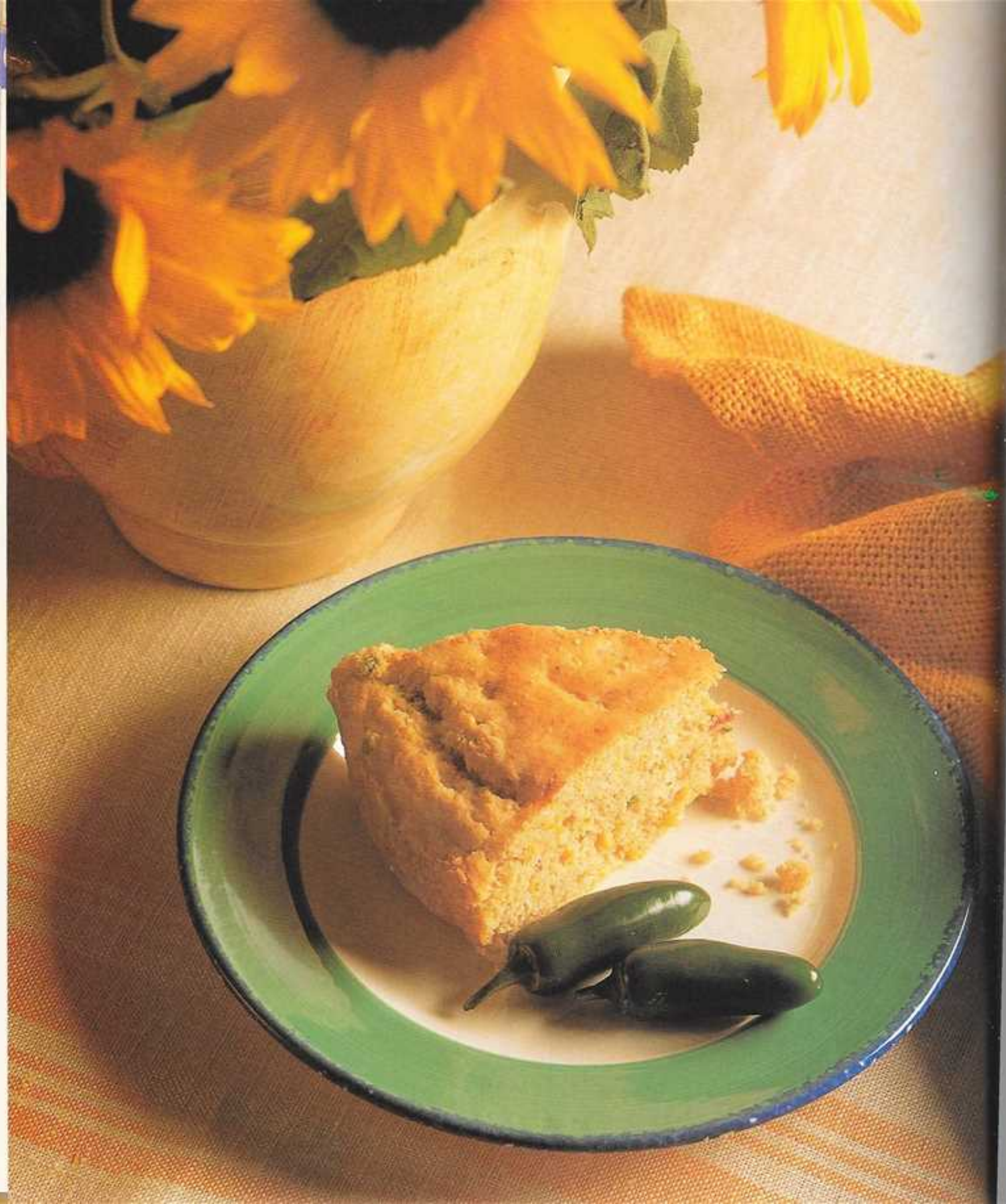
Preparation: 15 minutes • Cooking: 15 minutes • Serves 4

- * In a large nonstick frying pan over medium heat, heat the oil. Add the shallots and garlic and sauté until tender, about 2 minutes. Add the mushrooms and sauté for 5 minutes.
- * Add the stock or broth, parsley, thyme, salt and pepper and simmer until the liquid evaporates, about 5 minutes. Remove from the heat and cool.
- * Transfer the mixture to a food processor with the metal blade or to a blender and process into fine pieces.
- * To serve, spread 2 tablespoons of the mushroom topping on each bread slice. One serving is 2 slices. Store the topping in an airtight container in the refrigerator for up to 3 days.



Nutritional Analysis per Serving

Calories 203 (Kilojoules 852); Total fat 4g; Saturated fat 1g; Protein 7g;
Cholesterol 0mg; Carbohydrates 35g; Sodium 520mg; Dietary fiber 3g;
Calories from fat 19%





- 1 cup (5 oz/155 g) cornmeal
- 1 cup (5 oz/155 g) unbleached flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
(bicarbonate of soda)
- ¾ teaspoon salt
- ¼ teaspoon cayenne pepper
- 2 egg whites
- 1 cup (8 fl oz/250 ml) lowfat
buttermilk
- 2 tablespoons corn oil
- 2 tablespoons honey
- 1 cup (6 oz/185 g) corn kernels
- ½ cup (1½ oz/45 g) grated nonfat
Monterey jack cheese
- 3 green chilies, seeded and chopped
- 1 tablespoon chopped pimientos
(sweet peppers)

Shopping Tip

• Both green chilies and pimientos are available already seeded and chopped in cans and bottles, greatly lessening the preparation time of this bread.

Chili-Cheese Corn Bread

Preparation: 20 minutes • Cooking: 25 minutes • Serves 8

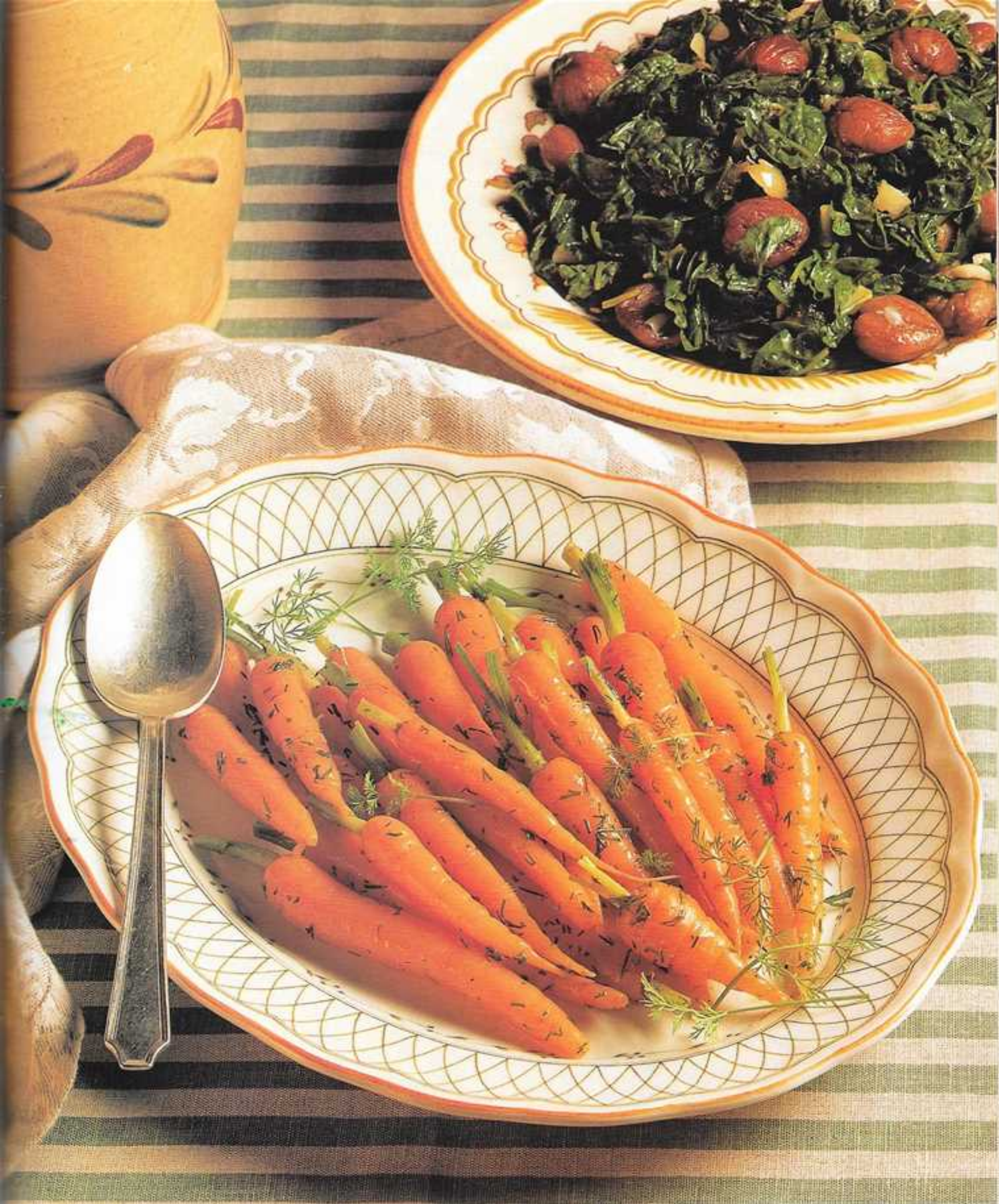
This moist, flavorful bread makes a substantial side dish for soups and salads. The buttermilk used here replaces the sour cream in traditional Texan versions, greatly lowering the fat without lessening the taste.

- * Preheat an oven to 400°F (200°C). Coat a 9-inch (23-cm) round cake pan with nonstick cooking spray.
- * In a large bowl, combine the cornmeal, flour, baking powder, baking soda, salt and cayenne pepper. Make a well in the center.
- * In a medium bowl, combine the egg whites, buttermilk, oil and honey and whisk until blended. Add the corn, cheese, chilies and pimientos and stir to mix well. Pour the egg mixture into the well in the dry ingredients and stir until just combined.
- * Pour the batter into the prepared pan and bake until a toothpick inserted in the center comes out clean, about 20 minutes. Cool in the pan before slicing.
- * To serve, cut into 8 pieces. One serving is 1 piece. Store wrapped in plastic wrap in the refrigerator for up to 3 days.



Nutritional Analysis per Serving

- Calories 226 (Kilojoules 951); Total fat 5g; Saturated fat 1g; Protein 8g;
- Cholesterol 1mg; Carbohydrates 39g; Sodium 499mg; Dietary fiber 2g;
- Calories from fat 18%





- 8 oz (250 g) whole chestnuts, unshelled
- 1 tablespoon olive oil
- 1 shallot, peeled and minced
- 1 garlic clove, peeled and minced
- 12 oz (375 g) spinach, stems trimmed
- 1 tablespoon balsamic vinegar
- ¼ teaspoon ground black pepper

Nutrition Tip

* Chestnuts are lower in fat than many counterparts in the nut family. Roasting brings out their flavor, while softening their texture. Toss chestnuts into your favorite salads, rice and pasta dishes for added protein and flavor.

- 1 lb (500 g) baby carrots
- 2 tablespoons chopped fresh dill
- 2 tablespoons orange juice
- 1 tablespoon olive oil
- ½ teaspoon finely grated lemon zest
- ¼ teaspoon ground mustard
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

Spinach and Roasted Chestnuts

Preparation: 25 minutes • Cooking: 30 minutes • Serves 4

- * Preheat an oven to 400°F (200°C).
- * Using a sharp knife, cut an X in the flat side of each chestnut and spread the nuts in the bottom of a roasting pan. Roast until the shells split, 15–20 minutes. Cool to the touch. Remove and discard the shells and inner brown skin.
- * In a large nonstick frying pan over medium heat, heat the oil. Add the shallot and garlic and sauté, stirring frequently, for 2 minutes. Add the spinach and vinegar and sauté, stirring frequently, until the spinach wilts, about 5 minutes. Add the pepper and chestnuts and sauté until the chestnuts are warm, about 5 minutes.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

Calories 136 (Kilojoules 570); Total fat 4g; Saturated fat 1g; Protein 3g; Cholesterol 0mg; Carbohydrates 23g; Sodium 50mg; Dietary fiber 2g; Calories from fat 27%

Steamed Carrots with Dill

Preparation: 15 minutes • Cooking: 10 minutes • Serves 4

- * Fill a medium saucepan with 1 inch (2.5 cm) of water, set a steamer basket inside and place over medium heat. Add the carrots and steam until tender-crisp, 8–10 minutes.
- * In a medium bowl, combine the dill, orange juice, olive oil, lemon zest, mustard, salt and pepper and whisk until blended.
- * In a large bowl, combine the carrots and dill mixture and toss to mix well.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

Calories 84 (Kilojoules 353); Total fat 4g; Saturated fat 0g; Protein 1g; Cholesterol 0mg; Carbohydrates 13g; Sodium 176mg; Dietary fiber 4g; Calories from fat 37%





Grilled Summer Vegetables

- 2 tablespoons rice wine vinegar
- 1 tablespoon olive oil
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon Dijon-style mustard
- 1 tablespoon honey
- 1 red bell pepper (capsicum), seeded, deribbed and quartered
- 1 green bell pepper (capsicum), seeded, deribbed and quartered
- 1 green zucchini (courgette), halved lengthwise and crosswise
- 1 yellow zucchini (courgette), halved lengthwise and crosswise
- 10 large fresh mushrooms

Preparation: 30 minutes • Cooking: 10 minutes • Serves 4

- * To make the marinade, in a large bowl, combine the vinegar, oil, soy sauce, mustard and honey and whisk until blended.
- * Add the peppers, zucchini and mushrooms and toss to coat well. Cover, refrigerate and marinate for 15 minutes to 8 hours.
- * Prepare a fire in an outdoor charcoal grill or preheat a broiler (griller). Place the vegetables on the grill or in the broiler and discard the marinade. Grill or broil for 5 minutes. Turn and grill or broil just until char marks appear, about 5 minutes more.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

Calories 94 (Kilojoules 396); Total fat 4g; Saturated fat 1g; Protein 3g; Cholesterol 0mg; Carbohydrates 13g; Sodium 247mg; Dietary fiber 2g; Calories from fat 34%

Spring Vegetable Sauté

- 1 teaspoon hazelnut (filbert) oil
- 8 oz (250 g) sugar snap peas
- ½ fennel bulb, peeled and thinly sliced
- 2 carrots, peeled and thinly sliced
- 2 shallots, peeled and thinly sliced
- ¼ teaspoon salt

Preparation: 10 minutes • Cooking: 8 minutes • Serves 4

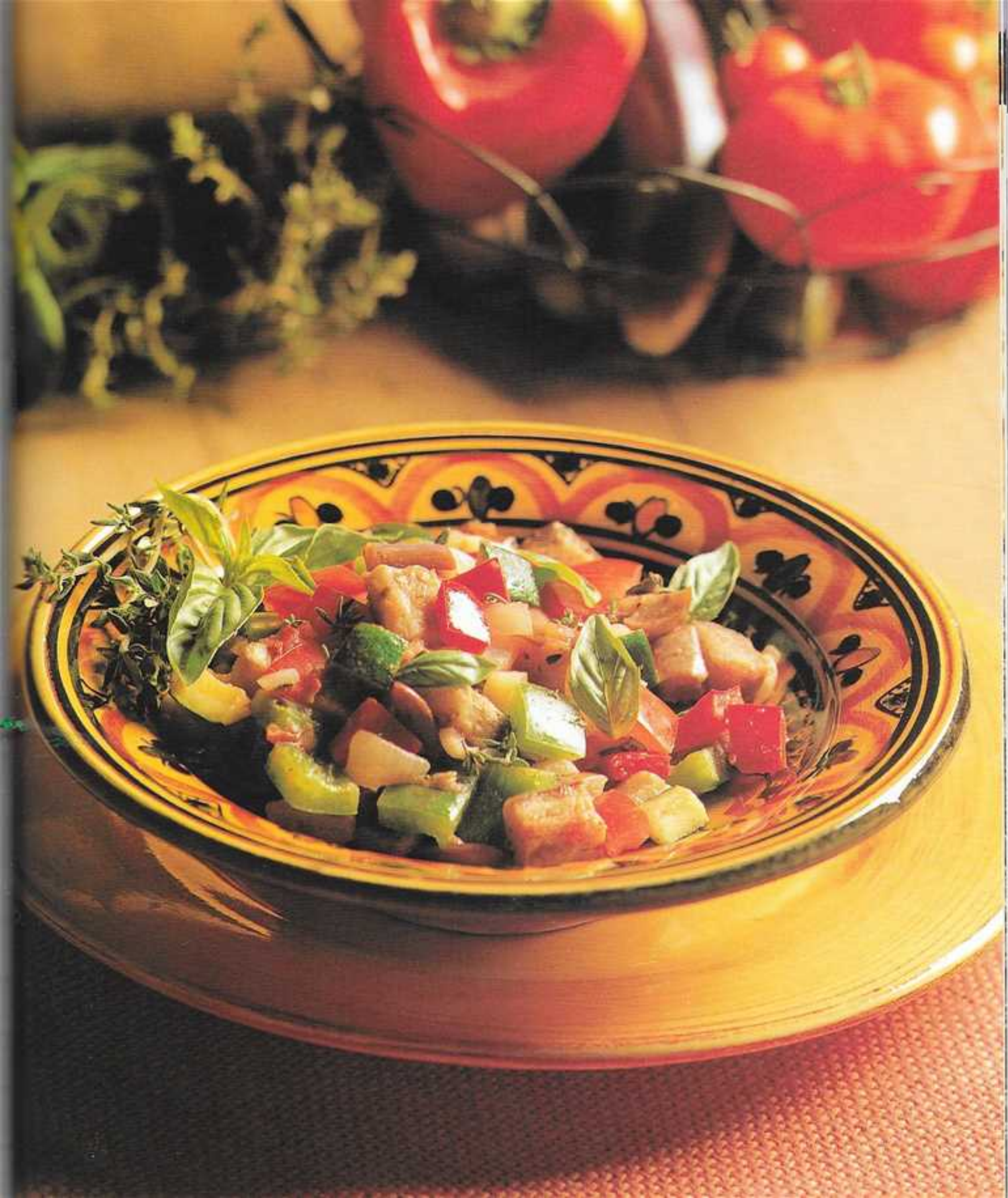
All vegetable oils contain the antioxidant vitamin E, but hazelnut oil has the most. Even the scant amount used here—¼ teaspoon per serving—contains 4 percent of the recommended daily requirement.

- * Coat a nonstick frying pan with nonstick cooking spray. Place over medium heat and heat the hazelnut oil. Add the peas, fennel, carrots, shallots and salt and sauté, stirring frequently, until tender-crisp, 5–8 minutes.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

Calories 68 (Kilojoules 286); Total fat 1g; Saturated fat 0g; Protein 3g; Cholesterol 0mg; Carbohydrates 12g; Sodium 246mg; Dietary fiber 3g; Calories from fat 19%





- 1 globe eggplant (aubergine), about 1½ lb (625 g), cut into 1-inch (2.5-cm) cubes
- 2 zucchini (courgettes), cut into 1-inch (2.5-cm) cubes
- 1 large onion, chopped
- 1 red bell pepper (capsicum), seeded, deribbed and cut into 1-inch (2.5-cm) cubes
- 1 green bell pepper (capsicum), seeded, deribbed and cut into 1-inch (2.5-cm) cubes
- 2 garlic cloves, peeled and minced
- 2 tomatoes, chopped
- 1 tablespoon chopped fresh thyme
- 1 tablespoon fresh basil
- ¼ teaspoon salt

¼ teaspoon ground black pepper

Nutrition Tip

- Red bell peppers are especially high in vitamin C, having more than twice as much as green bell peppers—themselves a good source of the vitamin.

Ratatouille

Preparation: 30 minutes • Cooking: 35 minutes • Serves 4

- *This version of the traditional French stew features summer vegetables.*
- *Substitute other seasonal produce and make the dish year-round.*

- * Preheat a broiler (griller). Coat a large baking sheet with nonstick cooking spray. Spread the eggplant cubes on the prepared sheet and lightly coat with cooking spray.
- * Broil (grill) until golden, about 7 minutes, turning halfway through the cooking time. Remove the baking sheet from the oven, add the zucchini, onion and bell peppers and lightly coat with nonstick cooking spray.
- * Broil (grill) until browned, turning halfway through the cooking time, about 8 minutes more.
- * Coat a large nonstick frying pan with nonstick cooking spray and place over medium heat. Add the garlic and sauté for 2 minutes.
- * Add the tomatoes, thyme, basil, salt and pepper, reduce the heat to low and simmer for 5 minutes.
- * Add the vegetables to the tomato mixture and stir to mix well. Cover and simmer until the liquid is reduced by half, about 10 minutes.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

- Calories 102 (Kilojoules 430); Total fat 1g; Saturated fat 0g; Protein 4g;
- Cholesterol 0mg; Carbohydrates 22g; Sodium 152mg; Dietary fiber 5g;
- Calories from fat 10%





Corn Pudding

- 1 cup (5 oz/155 g) stone-ground yellow cornmeal (maize flour)
- 2 teaspoons baking powder
- 1 teaspoon chili powder
- ½ teaspoon salt
- 2 cups (12 oz/375 g) corn kernels
- 3 tablespoons honey
- 1 cup (8 fl oz/250 ml) lowfat buttermilk
- 3 tablespoons safflower oil
- 3 egg whites
- ½ cup (2 oz/60 g) grated reduced fat Monterey jack cheese
- 3 green chilies, seeded and chopped

Storage Tip

- * Store this side dish wrapped in plastic in the refrigerator for up to 2 days.

Preparation: 20 minutes • Cooking: 40 minutes • Serves 4

This recipe makes four generous servings of this hearty side dish. Use it as an alternative to bread or rolls. Each serving fulfills both a grain and a vegetable requirement of a healthy daily diet.

- * Preheat an oven to 350°F (180°C). Coat a 9-inch (23-cm) round cake pan with nonstick cooking spray.
- * In a large bowl, combine the cornmeal, baking powder, chili powder and salt. Make a well in the center.
- * In another large bowl, using a wire whisk, combine the corn, honey, buttermilk, oil and egg whites. Add the cheese and chilies and stir to mix well.
- * Pour the corn mixture into the well in the dry ingredients and stir until blended. Transfer to the prepared pan and bake until golden and a toothpick inserted in the center comes out clean, about 30 minutes. Cool in the pan for 10 minutes before slicing.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

- Calories 437 (Kilojoules 1,835); Total fat 15g; Saturated fat 3g; Protein 16g;
- Cholesterol 12mg; Carbohydrates 64g; Sodium 756mg; Dietary fiber 5g;
- Calories from fat 30%





3 large baking potatoes, about 1½ lb
(750 g), peeled
4 cups (32 fl oz/1 l) water
1 tablespoon white wine vinegar
2 egg whites
1 teaspoon paprika
½ teaspoon salt

Baked French Fries

Preparation: 35 minutes • Cooking: 40 minutes • Serves 4

- * Slice the potatoes lengthwise into matchsticks, about ¼ inch (6 mm) thick. In a large bowl, combine the water, vinegar and potatoes. Set aside, uncovered, for 15 minutes at room temperature.
- * In a small bowl, using an electric mixer on high speed, beat the egg whites until foamy.
- * Preheat an oven to 400°F (200°C). Coat a large baking sheet with nonstick cooking spray.
- * Place the potatoes on the prepared baking sheet in a single layer. Brush the tops and sides with the beaten egg whites and sprinkle with the paprika and salt. Bake, turning several times, until golden brown and crisp, about 40 minutes.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

Calories 138 (Kilojoules 579); Total fat 1g; Saturated fat 0g; Protein 6g;
Cholesterol 0mg; Carbohydrates 29g; Sodium 313mg; Dietary fiber 3g;
Calories from fat 3%

3 large baking potatoes, about 1½ lb
(750 g), peeled and cut into
2-inch (5-cm) chunks
2 tablespoons chopped fresh rosemary
½ teaspoon ground black pepper

Rosemary Roasted Potatoes

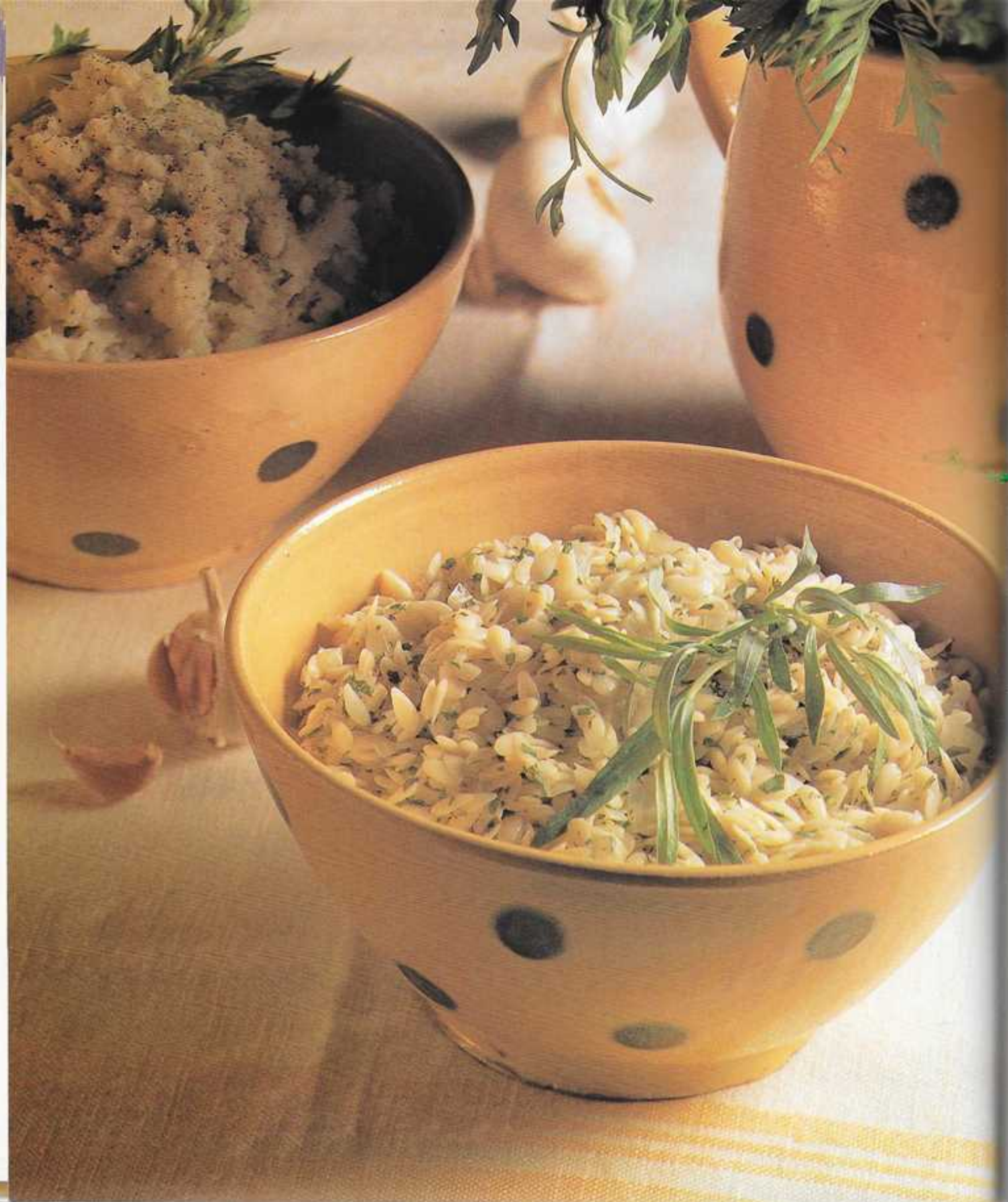
Preparation: 10 minutes • Cooking: 1 hour • Serves 4

- * Preheat an oven to 400°F (200°C). On a large baking sheet, spread out the potatoes and lightly coat the tops and sides with nonstick cooking spray. Sprinkle with the rosemary and pepper.
- * Bake, turning every 15 minutes, until golden brown and tender in the middle, about 1 hour.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

Calories 135 (Kilojoules 565); Total fat 1g; Saturated fat 0g; Protein 4g;
Cholesterol 0mg; Carbohydrates 29g; Sodium 12mg; Dietary fiber 3g;
Calories from fat 8%





- 4 large baking potatoes, about 2 lb (1 kg), scrubbed and quartered
- 4 garlic cloves, peeled
- 6 cups (48 fl oz/1.5 l) water
- ½ cup (4 fl oz/125 ml) lowfat buttermilk
- ½ teaspoon ground black pepper
- ¼ teaspoon ground nutmeg
- ¼ cup (½ oz/10 g) chopped fresh flat-leaf (Italian) parsley

Nutrition Tip

* Substituting lowfat buttermilk for the traditional whole milk and butter gives these mashed potatoes plenty of taste but far fewer fat grams and calories. Leaving the skins intact increases the vitamins and fiber and provides an appealing texture.

- 8 cups (64 fl oz/2 l) water
- 8 oz (250 g) dried orzo
- 3 shallots, peeled and chopped
- ½ cup (4 fl oz/125 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh tarragon
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Garlic Mashed Potatoes

Preparation: 15 minutes • Cooking: 15 minutes • Serves 4

- * In a large saucepan over high heat, combine the potatoes, garlic and water. Bring to a boil, reduce the heat to low, cover and simmer until the potatoes are tender when pierced with a fork, about 15 minutes. Drain, reserving ¼ cup (2 fl oz/60 ml) of the cooking water.
- * In a large bowl, combine the potatoes and garlic, reserved cooking water, buttermilk, pepper and nutmeg. Using an electric mixer on high speed or a potato masher, mash until smooth, about 2 minutes by machine or 5 minutes by hand. Add the parsley and stir to mix well.
- * To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

- Calories 199 (Kilojoules 835); Total fat 1g; Saturated fat 0g; Protein 6g; Cholesterol 2mg; Carbohydrates 43g; Sodium 59mg; Dietary fiber 4g; Calories from fat 3%

Orzo with Shallots and Herbs

Preparation: 20 minutes • Cooking: 10 minutes • Serves 4

- * In a large saucepan over high heat, bring the water to a boil. Add the orzo and shallots and cook until the orzo is tender, about 10 minutes. Drain.
- * In a large bowl, combine the stock or broth, basil, oregano, tarragon, salt and pepper. Add the orzo and shallots and stir to mix well.
- * To serve, divide among 4 individual plates. Serve hot or cold.



Nutritional Analysis per Serving

- Calories 220 (Kilojoules 926); Total fat 1g; Saturated fat 0g; Protein 8g; Cholesterol 0mg; Carbohydrates 44g; Sodium 210mg; Dietary fiber 1g; Calories from fat 4%



- 3 lb (1.5 kg) chicken pieces, including necks and backs if desired
- 3 onions, chopped
- 4 carrots, peeled and chopped
- 4 celery stalks with leaves, chopped
- 2 fresh flat-leaf (Italian) parsley sprigs
- 5 fresh thyme sprigs
- 2 bay leaves
- 1 teaspoon salt
- 8 whole black peppercorns
- 3 qt (3 l) water

Cooking Tip

- * Substitute a whole roast bird from which you have eaten half the meat for the chicken pieces, if desired.

Chicken Stock

*Preparation: 15 minutes * Cooking: 2 hours 40 minutes * Makes 3 qt (3 l)*

Homemade chicken stock is indispensable as a foundation for soups, stews and chowders. When you make your own, you can season the stock with your favorite herbs and spices and add the amount of sodium that best suits your dietary needs. This is the kind of cooking you can do while busy with other tasks around the house.

- * In a large stockpot over high heat, combine the chicken pieces, onions, carrots, celery, parsley, thyme, bay leaves, salt, peppercorns and water, increase the heat to high and bring to a boil. Reduce the heat to medium-high and boil, uncovered, for 15 minutes.
- Using paper towels, skim the foam that rises to the surface. Reduce the heat to low, cover and simmer for 2 hours, skimming the surface as needed. Remove from the heat and cool 20 minutes.
- * Strain the stock through a fine-mesh sieve over a large bowl to remove the solids, pressing hard on the chicken and vegetables to extract their full flavor. Cover and refrigerate for at least 8 hours.
- * Using paper towels, skim the congealed fat from the cold stock. Transfer to airtight containers and refrigerate for up to 3 days or freeze for up to 3 months. For nutritional analysis, one serving is 1 cup (8 fl oz/250 ml).



Nutritional Analysis per Serving

- Calories 27 (Kilojoules 114); Total fat 2g; Saturated fat 1g; Protein 3g;
- Cholesterol 0mg; Carbohydrates 2g; Sodium 300mg; Dietary fiber 0g;
- Calories from fat 50%



5 carrots, peeled and chopped
5 celery stalks, with leaves, chopped
2 onions, quartered
½ cup (½ oz/15 g) chopped fresh
flat-leaf (Italian) parsley
5 fresh thyme sprigs
2 fresh oregano sprigs
10 whole black peppercorns
1 dried red chili pepper, halved
4 qt (4 l) water

Storage Tip

* Make the stock ahead and store in airtight containers such as sealable plastic freezer bags or bottles. For convenience, freeze the stock in ice-cube trays and use the frozen cubes as necessary. The stock keeps in the refrigerator for up to 3 days or in the freezer for up to 3 months.

Vegetable Stock

Preparation: 20 minutes • Cooking: 1 hour • Makes 4 qt (4 l)

This vegetable stock is a wonderful nonfat base for soups, stews and sauces. Also, use it whenever water is called for in rice and whole-grain dishes to add flavor and nutrients.

* In a large stockpot over high heat, combine the carrots, celery, onions, parsley, thyme, oregano, peppercorns, chili pepper and water. Bring to a boil, reduce the heat to medium and simmer, covered, for 1 hour. Remove from the heat and cool 20 minutes.
* Strain the stock through a fine-mesh sieve over a large bowl to remove the solids, pressing hard on the vegetables to extract their full flavor. Transfer to airtight containers and refrigerate for up to 3 days or freeze for up to 3 months. For nutritional analysis, one serving is 1 cup (8 fl oz/250 ml).



Nutritional Analysis per Serving

Calories 13 (Kilojoules 56); Total fat 0g; Saturated fat 0g; Protein 0g;
Cholesterol 0mg; Carbohydrates 3g; Sodium 16mg; Dietary fiber 1g;
Calories from fat 3%





2 teaspoons olive oil
1 garlic clove, peeled and minced
2 teaspoons grated fresh ginger
½ teaspoon crushed red pepper flakes
1 cup (7 oz/220 g) uncooked
 basmati rice
¼ cup sliced (flaked) almonds
1 bay leaf
2 cups (16 fl oz/500 ml) Chicken
 Stock (recipe on page 206) or
 reduced sodium chicken broth
½ teaspoon salt

2 teaspoons vegetable oil
2 garlic cloves, peeled and minced
1 celery stalk, chopped
¾ cup (4½ oz/140 g) uncooked
 wild rice
½ cup (3 oz/90 g) chopped mixed
 dried fruit (prunes, pears, apples
 and apricots)
2½ cups (20 fl oz/625 ml) Chicken
 Stock (recipe on page 206) or
 reduced sodium chicken broth
2 tablespoons chopped fresh thyme
1 tablespoon chopped fresh sage
¼ teaspoon ground black pepper

Spicy Rice Pilaf

Preparation: 15 minutes • Cooking: 25 minutes • Serves 4

- * In a medium saucepan over medium heat, heat the oil. Add the garlic, ginger and red pepper flakes and sauté, stirring frequently, for 2 minutes. Add the rice, almonds and bay leaf and sauté, stirring frequently, until the rice is golden, about 3 minutes more. Add the stock or broth and salt, increase the heat to medium-high and bring to a boil.
- * Reduce the heat to low, cover and simmer until the liquid is absorbed, about 20 minutes.
- * To serve, remove and discard the bay leaf, fluff with a fork and divide among 4 individual plates.



Nutritional Analysis per Serving

- Calories 234 (Kilojoules 983); Total fat 6g; Saturated fat 1g; Protein 7g;
- Cholesterol 0mg; Carbohydrates 40g; Sodium 576mg; Dietary fiber 1g;
- Calories from fat 23%

Wild Rice with Mixed Dried Fruit

Preparation: 20 minutes • Cooking: 1 hour 10 minutes • Serves 4

- * In a medium saucepan over medium heat, heat the oil. Add the garlic and celery and sauté for 2 minutes. Add the rice and mixed dried fruit and sauté for 2 minutes more.
- * Add the stock or broth, thyme, sage and pepper, increase the heat to medium-high and bring to a boil.
- * Reduce the heat to low, cover and simmer, stirring occasionally, for 1 hour. Uncover and simmer until the liquid is absorbed, about 5 minutes more.
- * To serve, fluff with a fork and divide among 4 individual plates.



Nutritional Analysis per Serving

- Calories 204 (Kilojoules 857); Total fat 3g; Saturated fat 0g; Protein 7g;
- Cholesterol 0mg; Carbohydrates 39g; Sodium 365mg; Dietary fiber 3g;
- Calories from fat 12%





Bread and Apple Dressing

Preparation: 25 minutes • Cooking: 30 minutes • Serves 4

- * Preheat an oven to 350°F (180°C). Coat a 2-qt (2-l) baking dish with nonstick cooking spray.
- * In a large nonstick frying pan over medium heat, melt the margarine. Add the onion, celery and apple and sauté, stirring frequently, for 5 minutes. Add the parsley, oregano, sage, rosemary and pepper and stir to mix well.
- * Transfer the mixture to a large bowl and add the bread cubes and stock or broth. Toss to mix well. Pour into the prepared dish and bake, uncovered, until golden brown and the liquid is absorbed, about 25 minutes. To serve, divide among 4 individual plates.



Nutritional Analysis per Serving

Calories 262 (Kilojoules 1,100); Total fat 6g; Saturated fat 1g; Protein 9g; Cholesterol 0mg; Carbohydrates 45g; Sodium 72mg; Dietary fiber 7g; Calories from fat 21%

Rice, Raisin and Rosemary Dressing

Preparation: 20 minutes • Cooking: 1 hour • Serves 4

- * Preheat an oven to 350°F (180°C). Coat a 2-qt (2-l) baking dish with nonstick cooking spray.
- * In a medium saucepan over medium heat, heat the oil. Add the shallots and celery and sauté, stirring frequently, for 3 minutes. Add the rice and sauté until golden, about 3 minutes more. Add the stock or broth, raisins, rosemary, salt and pepper and bring to a boil. Reduce the heat to low, cover and simmer for 15 minutes.
- * Transfer to the prepared dish and bake, uncovered, until golden, about 40 minutes. To serve, divide among 4 individual plates.

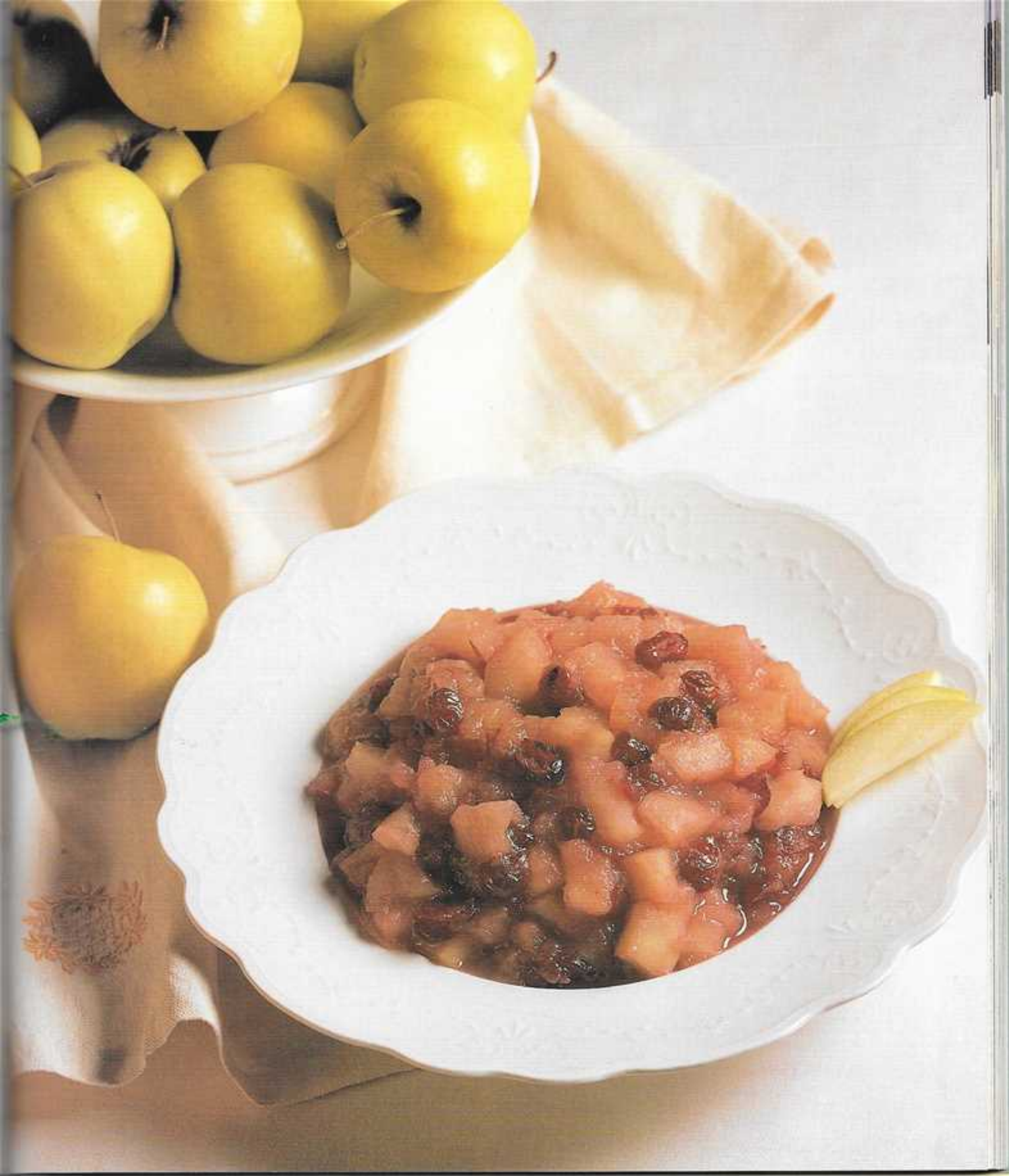


Nutritional Analysis per Serving

Calories 289 (Kilojoules 1,213); Total fat 4g; Saturated fat 1g; Protein 6g; Cholesterol 0mg; Carbohydrates 57g; Sodium 474mg; Dietary fiber 3g; Calories from fat 13%

- 1 tablespoon margarine
- 1 large onion, chopped
- 4 celery stalks, chopped
- 1 tart apple, such as Granny Smith, peeled, cored and cubed
- ¼ cup (½ oz/10 g) chopped fresh flat-leaf (Italian) parsley
- 2 tablespoons chopped fresh oregano
- 2 teaspoons chopped fresh sage
- 1 tablespoon chopped fresh rosemary
- ¼ teaspoon ground black pepper
- 5 cups (10 oz/315 g) whole wheat (wholemeal) bread cubes, lightly toasted
- 2 cups (16 fl oz/500 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth

- 2 teaspoons olive oil
- 2 shallots, peeled and minced
- 2 celery stalks, diced
- 1 cup (7 oz/220 g) uncooked brown rice
- 2¼ cups (18 fl oz/560 ml) Chicken Stock (recipe on page 206) or reduced sodium chicken broth
- ½ cup (3 oz/90 g) golden raisins (sultanas)
- 2 tablespoons chopped fresh rosemary
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper





- 3½ cups (28 fl oz/875 ml) water
- 2 tablespoons lemon juice
- 4 large tart apples such as
Granny Smith
- ½ cup (2 oz/60 g) dried cranberries
- 3 tablespoons sugar
- 1 cinnamon stick, about 3 inches
(7.5 cm) long
- 1 teaspoon finely grated lemon zest

Storage Tip

• To chill the dessert, cool at room temperature for 20 minutes. Transfer to an airtight container and refrigerate for up to 4 days. For the best results, allow the compote to sit at room temperature for 15 minutes before serving.

Cranberry-Applesauce

Preparation: 15 minutes • Cooking: 15 minutes • Serves 4

This dessert is delicious served hot or cold paired with grilled chicken, pork and game dishes. It makes a great breakfast side dish, too.

- * In a medium bowl, combine 2 cups (16 fl oz/500 ml) of the water and 1 tablespoon of the lemon juice.
- * Peel and core the apples and slice into 1-inch (2.5-cm) chunks, dropping the chunks into the water and lemon mixture to prevent browning.
- * In a medium saucepan over medium-high heat, combine the remaining water and lemon juice and the cranberries, sugar and cinnamon stick and bring to a boil.
- * Drain the apples, discard the water and add the apples to the saucepan. Reduce the heat to low and simmer, partially covered, until the apples are tender when pierced with a fork but still whole, about 5 minutes. Using a slotted spoon, transfer the apples and cranberries to a serving bowl.
- * Increase the heat to high and bring the remaining liquid and cinnamon stick to a boil. Boil until the liquid is reduced by a third. Remove from the heat, remove and discard the cinnamon stick and stir in the lemon zest.
- * Pour the syrup over the apples and cranberries and stir, mashing slightly.
- * To serve, divide among 4 individual bowls.



Nutritional Analysis per Serving

- Calories 167 (Kilojoules 700); Total fat 1g; Saturated fat 0g; Protein 0g;
- Cholesterol 0mg; Carbohydrates 43g; Sodium 1mg; Dietary fiber 4g;
- Calories from fat 3%





Almond Biscotti

2 cups (10 oz/315 g) unbleached flour
1 cup (8 oz/250 g) sugar
½ cup (2 oz/60 g) sliced (flaked)
almonds, toasted
¾ teaspoon baking soda
(bicarbonate of soda)
¼ teaspoon salt
2 eggs
2 egg whites
1 teaspoon vanilla extract (essence)
½ teaspoon almond extract (essence)

Cooking Tip

* To toast almonds, or any kind of shelled nut, spread on a baking sheet and toast in a 350°F (180°C) oven until lightly golden, 4–5 minutes, tossing the nuts halfway through the cooking time.

*Preparation: 20 minutes * Cooking: 55 minutes * Serves 18*

These crisp Italian cookies—the name means “twice baked”—are wonderful for dipping into a hot drink. Serve them as a lowfat dessert, breakfast pastry or lowfat snack. They’re an excellent choice for making ahead and having on hand for unexpected guests as they will keep in an airtight container for up to 1 week. The taste actually improves after a day or two of storage.

* Preheat an oven to 325°F (165°C). Coat a baking sheet with nonstick cooking spray.

* In a large bowl, combine the flour, sugar, almonds, baking soda and salt. In a medium bowl, whisk together the eggs, egg whites, and vanilla and almond extracts. Add the egg mixture to the dry ingredients and stir until just blended. Turn the dough onto a well-floured work surface and shape into a smooth ball. Shape into a 10-inch-long (25-cm) log and place on the prepared baking sheet. Bake until a toothpick inserted in the center comes out clean, 30–35 minutes. Cool for 5 minutes.

* Reduce the oven to 300°F (150°C). Place the log on a work surface and slice into 18 pieces. Arrange the slices on the baking sheet and bake, turning once about halfway through, until golden brown, about 20 minutes. Cool until crisp.

* Store in an airtight container at room temperature for up to 1 week. One serving is 1 cookie.



Nutritional Analysis per Serving

Calories 136 (Kilojoules 573); Total fat 2g; Saturated fat 0g; Protein 3g; Cholesterol 24mg; Carbohydrates 25g; Sodium 96mg; Dietary fiber 1g; Calories from fat 16%





2 cups (10 oz/315 g) unbleached flour
1 cup (3 oz/90 g) rolled oats
 $\frac{3}{4}$ cup (3 oz/90 g) chopped pecans,
lightly toasted
1 teaspoon baking soda
(bicarbonate of soda)
 $\frac{1}{4}$ teaspoon salt
8 oz (250 g) nonfat cream cheese
2 tablespoons margarine
 $\frac{1}{2}$ cup (4 oz/125 g) sugar
 $\frac{1}{2}$ cup (4 fl oz/125 ml) orange juice
2 tablespoons nonfat vanilla yogurt
1 egg
1 egg white
1 tablespoon finely grated orange zest
1 teaspoon vanilla extract (essence)
 $1\frac{1}{2}$ cups (6 oz/185 g) confectioners'
(icing) sugar

Orange-Pecan Drop Cookies

*Preparation: 20 minutes * Cooking: 15 minutes * Serves 20*

A refreshing orange flavor permeates this twist on oatmeal drop cookies. I recommend you add these to your baking repertoire. While they are sweet enough to satisfy even my sugar cravings, the use of orange juice, nonfat cream cheese and yogurt, rather than lots of sugar and butter, keeps them relatively low calorie and lowfat.

* Preheat an oven to 350°F (180°C). Coat 2 large baking sheets with nonstick cooking spray.

* In a medium bowl, combine the flour, oats, pecans, baking soda and salt. In a food processor with the metal blade or in a large bowl, combine the cream cheese, margarine and sugar. Process or stir until smooth. Add half of the orange juice, the yogurt, egg, egg white, orange zest and vanilla. Process or stir until smooth. Gradually add the flour mixture and process or stir until just blended.

* Drop about 60 rounded tablespoons onto the prepared baking sheets. Bake until golden at the edges, about 15 minutes.

* To make the glaze, in a small bowl, combine the remaining orange juice and the confectioners' sugar and whisk until smooth. Using a pastry brush, coat the warm cookies with the glaze.

* Store in an airtight container at room temperature for up to 1 week. One serving is 3 cookies.



Nutritional Analysis per Serving

Calories 182 (Kilojoules 764); Total fat 5g; Saturated fat 1g; Protein 5g;
Cholesterol 12mg; Carbohydrates 30g; Sodium 165mg; Dietary fiber 1g;
Calories from fat 23%





Pears with Chocolate Sauce

4 firm Anjou or Bosc pears, peeled,
halved and cored
2 tablespoons lemon juice
½ cup (4 fl oz/125 ml) boiling water
3 tablespoons sugar
2 tablespoons light corn syrup

Chocolate Sauce

⅔ cup (5 oz/155 g) sugar
½ cup (4 fl oz/125 ml) nonfat milk
¼ cup (⅓ oz/20 g) unsweetened
Dutch-process cocoa
1½ tablespoons cornstarch (corn flour)
1 teaspoon vanilla extract (essence)

Preparation: 25 minutes • Cooking: 40 minutes • Serves 4

Choose slightly underripe, firm pears for this autumn dessert as overly soft fruit may turn mushy during cooking. Pears are a good source of vitamins A and C. In addition to the preparation time, allow at least 20 minutes for the pears to chill before serving.

* Preheat an oven to 350°F (180°C).

* In a 13-by-9-by-2-inch (33-by-23-by-5-cm) baking dish, arrange the pears, cut side down, and top with the lemon juice.

* In a small bowl, combine the water, sugar and corn syrup and stir to mix well. Pour over the pears. Cover the dish with aluminum foil and bake until the pears are tender when pierced with a fork, 25–35 minutes. Cool in the pan for 10 minutes.

* Using a slotted spoon, transfer the pears to a container, cover and refrigerate for 20 minutes to 8 hours. Discard the syrup.

* To serve, slice each pear half lengthwise into thin slices, without cutting all the way through the stem end, place 2 halves on each dessert plate and press down gently to form fans. Top each with 1 tablespoon of the chocolate sauce.

Chocolate Sauce

* In a small saucepan over medium heat, combine the sugar, milk, cocoa and cornstarch. Simmer, stirring constantly with a wire whisk, until the mixture thickens, about 5 minutes. Remove from the heat and stir in the vanilla. Store in an airtight container in the refrigerator for up to 1 week. One serving is 1 tablespoon.



Nutritional Analysis per Serving

Calories 308 (Kilojoules 1,295); Total fat 2g; Saturated fat 1g; Protein 3g;
Cholesterol 1mg; Carbohydrates 76g; Sodium 62mg; Dietary fiber 4g;
Calories from fat 5%





- ¼ cup (2 oz/60 g) sugar
- 1 cup (8 fl oz/250 ml) water
- 1 vanilla bean (pod), split lengthwise
- 1 cup (6 oz/185 g) cantaloupe (rock melon) cubes
- 1 cup (6 oz/185 g) honeydew cubes
- 1 cup (4 oz/125 g) blueberries
- ¼ cup (½ oz/10 g) chopped fresh mint
- 4 fresh mint sprigs

Shopping Tip

You'll find whole vanilla beans in jars in the spice section of most markets. If you can't find them, substitute 1 teaspoon vanilla extract (essence). Stir it into the cooked syrup.

Melon and Blueberries in Sauce

Preparation: 20 minutes • Cooking: 35 minutes • Serves 4

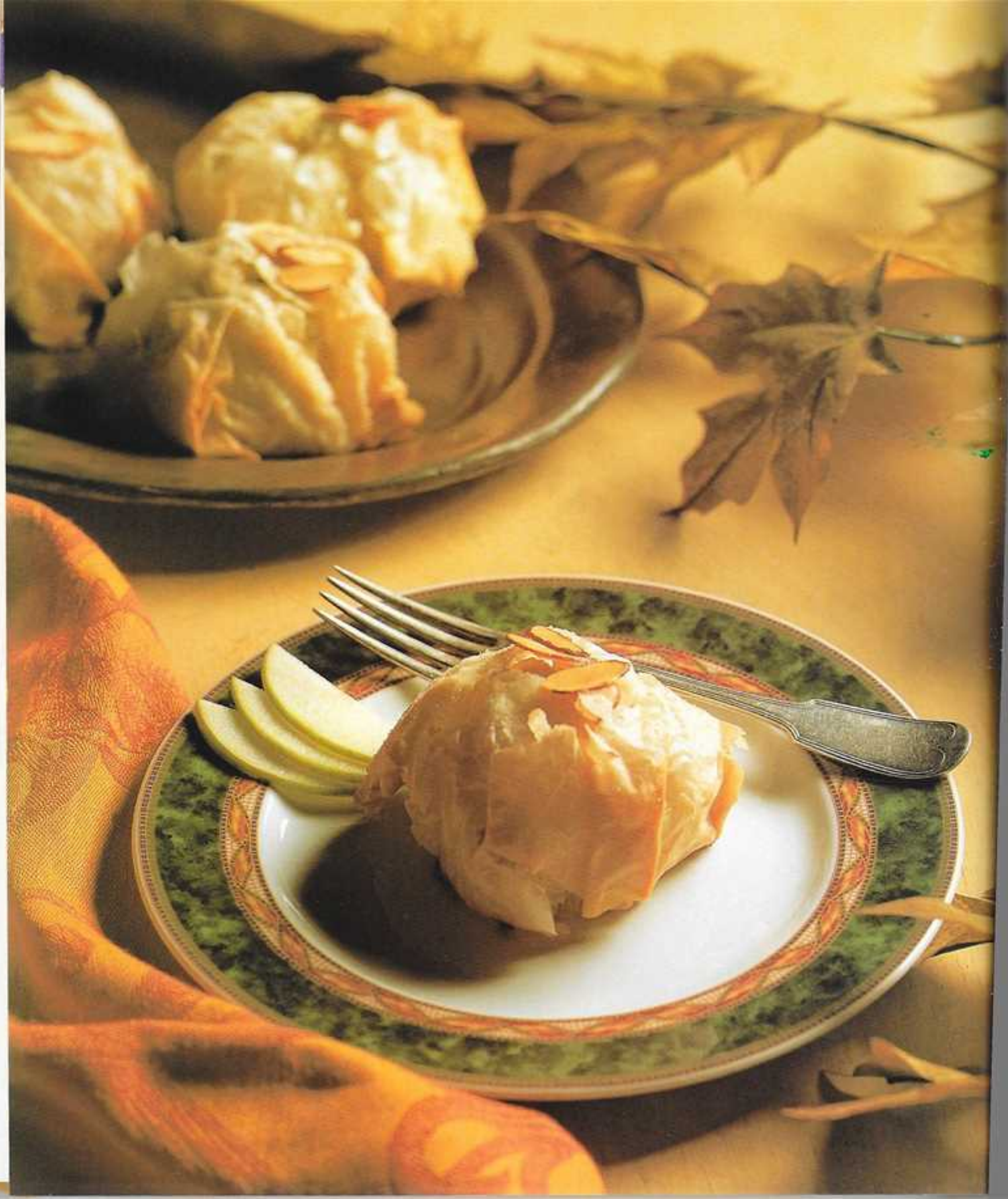
In addition to the preparation and cooking times, you'll need to allow 2 hours for chilling before serving. Melons, blueberries and mint—summertime favorites—are all rich in vitamins A and C, so enjoy this colorful dessert knowing it's both good and good for you.

- * To make the syrup, in a small saucepan over medium heat, dissolve the sugar in the water. Scrape the seeds from the vanilla bean and add the seeds and bean to the pan. Reduce the heat to low and simmer, stirring constantly, until the syrup is hot, about 3 minutes. Remove from the heat and let steep for 30 minutes.
- * Strain the syrup through a fine-mesh sieve and discard the vanilla bean and seeds.
- * In a large bowl, combine the melon cubes, blueberries and chopped mint. Add the strained syrup and toss to coat well. Cover and refrigerate for at least 2 hours.
- * To serve, divide among 4 individual dessert dishes and top with the mint sprigs. Serve chilled or at room temperature.



Nutritional Analysis per Serving

- Calories 106 (Kilojoules 444); Total fat 0g; Saturated fat 0g; Protein 1g;
- Cholesterol 0mg; Carbohydrates 26g; Sodium 10mg; Dietary fiber 1g;
- Calories from fat 2%





Baked Apples

- 4 tart apples, such as Granny Smith, peeled and cored
- 2 tablespoons lemon juice
- 2 tablespoons chopped almonds
- 1 tablespoon firmly packed brown sugar
- 2 teaspoons margarine
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract (essence)
- 4 sheets frozen filo pastry, thawed, unfolded and stacked
- 1 egg white
- 2 tablespoons sliced (flaked) almonds
- 2 teaspoons sugar

*Preparation: 25 minutes * Cooking: 40 minutes * Serves 4*

Wrapped apples can be prepared up to 2 days ahead. Just assemble, cover with plastic wrap and refrigerate, then bake before serving. Frozen filo pastry can be thawed, wrapped airtight, in the refrigerator for 8 hours or overnight. To prevent the pastry sheets from drying out and becoming brittle, cover them with plastic wrap or waxed paper and a damp towel while you prepare the apples.

- * Preheat an oven to 350°F (180°C). Coat a shallow glass baking dish with nonstick cooking spray. Brush the apples with the lemon juice.
- * In a small bowl, mix together the chopped almonds, brown sugar, margarine, cinnamon and vanilla. Spoon an equal amount of the mixture into the hollowed-out cores of each apple.
- * Using a sharp knife, cut the stacked filo sheets into quarters. Place an apple, base side down, onto the center of each stack and bring up the edges and tuck the ends into the hollowed-out core.
- * Place the wrapped apples, seam side down, in the prepared dish and brush with the egg white. Top with the sliced almonds and sprinkle with the sugar. Bake until the pastry is golden, 35–40 minutes.
- * To serve, divide among 4 individual dessert plates.



Nutritional Analysis per Serving

- Calories 219 (Kilojoules 920); Total fat 7g; Saturated fat 1g; Protein 4g;
- Cholesterol 0mg; Carbohydrates 37g; Sodium 132mg; Dietary fiber 3g;
- Calories from fat 29%





2½ cups (10 oz/315 g) raspberries
1 cup (8 fl oz/250 ml) nonfat milk
¼ cup (2 oz/60 g) sugar
4 fresh mint sprigs

1½ cups (12 fl oz/375 ml) orange juice
2½ cups (10 oz/315 g) blueberries
1½ cups (12 fl oz/375 ml) lowfat buttermilk
¼ cup (2 oz/60 g) sugar
¼ cup (2 fl oz/60 ml) lemon juice
1 teaspoon finely grated lemon zest
8 fresh mint sprigs

Raspberry Sherbet

Preparation: 20 minutes • Chilling: 2 hours • Serves 4

- * In a blender, combine the raspberries, milk and sugar and process until smooth.
- * Pour into a 13-by-9-by-2-inch (33-by-23-by-5-cm) baking dish. Cover and freeze until firm, about 2 hours.
- * Return the sherbet to the blender in batches and process until smooth. Freeze in the baking dish until ready to serve.
- * To serve, divide among 4 individual dessert dishes. Garnish each with a mint sprig.



Nutritional Analysis per Serving

Calories 111 (Kilojoules 468); Total fat 1g; Saturated fat 0g; Protein 3g; Cholesterol 1mg; Carbohydrates 25g; Sodium 32mg; Dietary fiber 3g; Calories from fat 4%

Lemon-Blueberry Ice Milk

Preparation: 20 minutes • Chilling: 2 hours • Serves 8

- * In a blender, combine the orange juice, 2 cups (8 oz/250 g) of blueberries, the buttermilk, sugar and lemon juice and zest and process until smooth.
- * Pour into a 13-by-9-by-2-inch (33-by-23-by-5-cm) baking dish. Cover and freeze until firm, about 2 hours.
- * Return the ice milk to the blender in batches and process until smooth. Freeze in the baking dish until ready to serve.
- * To serve, divide among 8 individual dessert dishes. Top each with an equal amount of the remaining berries. Garnish each with a mint sprig.



Nutritional Analysis per Serving

Calories 93 (Kilojoules 390); Total fat 1g; Saturated fat 0g; Protein 2g; Cholesterol 3mg; Carbohydrates 20g; Sodium 70mg; Dietary fiber 1g; Calories from fat 6%





Sponge Cake with Chocolate-Orange Frosting

1 cup (3 oz/90 g) sifted cake
(soft-wheat) flour
1 teaspoon baking powder
 $\frac{1}{8}$ teaspoon salt
3 eggs, separated
1 cup (8 oz/250 g) sugar
2 teaspoons vanilla extract (essence)
 $\frac{1}{4}$ cup (2 fl oz/60 ml) water
2 egg whites

Chocolate-Orange Frosting

3 cups (12 oz/375 g) confectioners'
(icing) sugar, sifted
 $\frac{1}{2}$ cup (1 oz/30 g) unsweetened
Dutch-process cocoa
 $\frac{1}{4}$ cup (2 fl oz/60 ml) boiling water
2 tablespoons margarine
 $\frac{1}{2}$ teaspoon vanilla extract (essence)
 $\frac{1}{2}$ teaspoon orange extract (essence)

Cooking Tip

• For a different-flavored frosting, substitute almond, lemon or additional vanilla extract for the orange extract.

Preparation: 35 minutes • Cooking: 20 minutes • Serves 16

• * Preheat an oven to 350°F (180°C). Coat a 13-by-9-by-2-inch (33-by-23-by-5-cm) baking pan with nonstick cooking spray.

• * In a small bowl, combine the flour, baking powder and salt.

• * In a large bowl, using an electric mixer on high speed, beat the 3 egg yolks for 1 minute. With the mixer on high speed, gradually beat in $\frac{3}{4}$ cup (6 oz/185 g) of the sugar. Continue beating on high speed until the mixture is thick and the yolks are pale, about 3 minutes.

• * With the mixer on medium speed, beat in the vanilla and water. With the mixer on low speed, gradually add the dry ingredients and beat until blended.

• * In another large bowl, using an electric mixer on high speed and clean beaters, beat the 5 egg whites until foamy. Continuing to beat on high speed, gradually add the remaining sugar until stiff peaks form.

• * Stir $\frac{1}{2}$ cup (4 fl oz/125 ml) of the egg white mixture into the egg yolk-flour mixture. Fold in the remaining egg whites.

• * Pour into the prepared pan and bake until the cake springs back when pressed in the center, about 20 minutes. Cool in the pan. When the cake is cool, spread the top with the Chocolate-Orange Frosting.

• * To serve, slice into 16 pieces and divide among individual dessert plates. Store wrapped in plastic wrap in the refrigerator for up to 3 days.

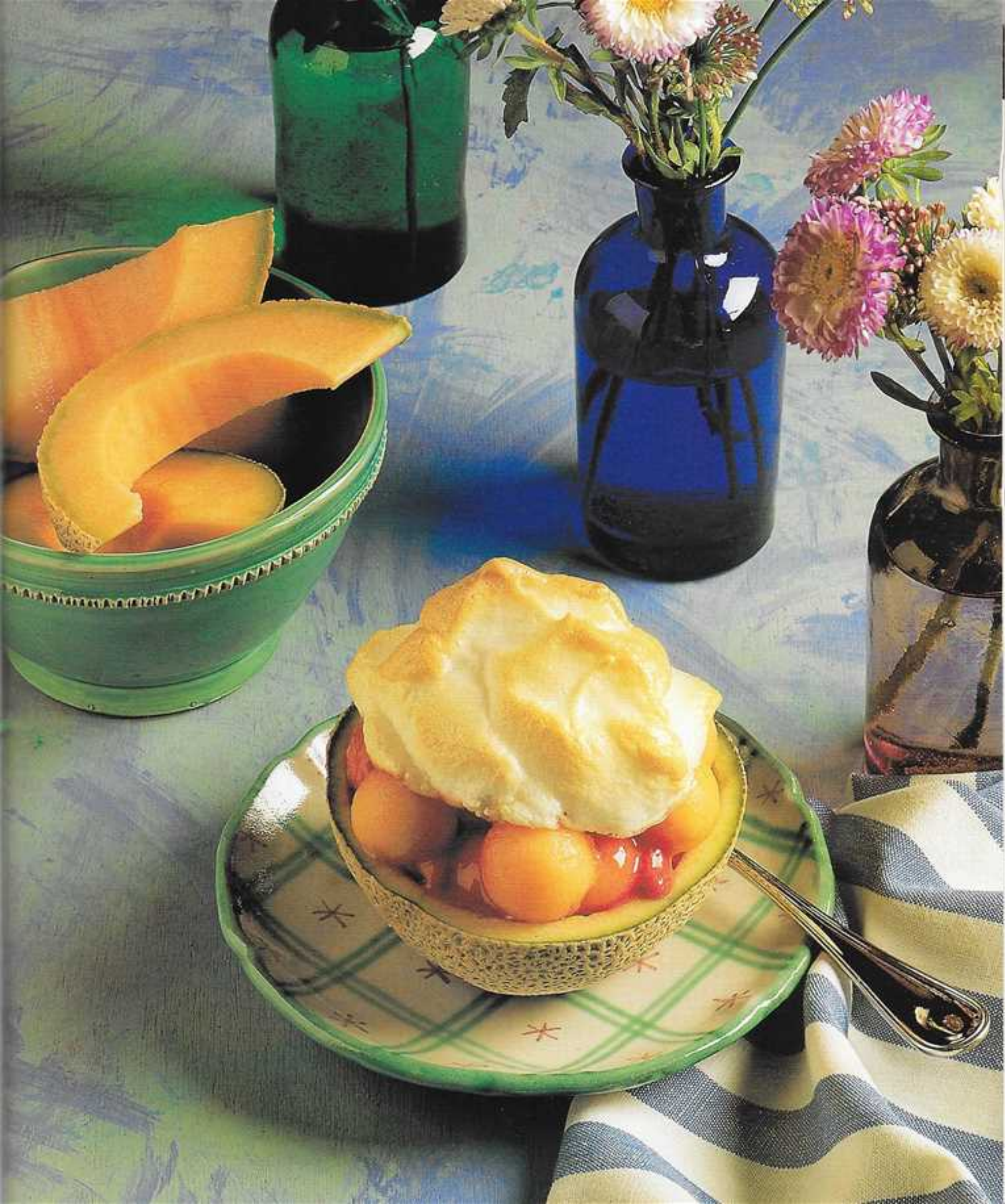
Chocolate-Orange Frosting

• * In a large bowl, combine the confectioners' sugar, cocoa powder, water, margarine and extracts. Using an electric mixer on high speed, beat until smooth.



Nutritional Analysis per Serving

• Calories 194 (Kilojoules 814); Total fat 3g; Saturated fat 1g; Protein 2g;
• Cholesterol 40mg; Carbohydrates 41g; Sodium 96mg; Dietary fiber 0g;
• Calories from fat 13%





- 2 cantaloupes (rock melons), halved and seeded
- 4 egg whites
- ¼ cup (2 oz/60 g) sugar
- 1 teaspoon vanilla extract (essence)
- 2 cups (16 fl oz/500 ml) Raspberry Sherbet (recipe on page 224)

Nutrition Tip

* Cantaloupe is an outstanding source of vitamins A and C, with one serving providing more than half of the recommended daily allowance of A and more than 100 percent of C. It also offers a lot of the antioxidant beta-carotene, along with ample fiber and B vitamins.

Meringue-Topped Cantaloupe

Preparation: 25 minutes • Cooking: 25 minutes • Serves 4

Meringues must be fully cooked to eliminate the risks associated with raw eggs. They will appear golden brown on top and completely set in the middle. Store leftover meringues in an airtight container at room temperature for up to 3 days.

* Preheat an oven to 300°F (150°C). Coat a large baking sheet with nonstick cooking spray.

* Using a melon baller, make balls from the 4 cantaloupe halves, reserving the shells. Slice the bottom of each shell so that it stands upright.

* In a large bowl, using an electric mixer on high speed, beat the egg whites until soft peaks form. While continuing to beat on high speed, gradually add the sugar until stiff peaks form. Gently fold in the vanilla.

* Spoon the meringue onto the prepared baking sheet, forming 4 rounds of the same diameter as the cantaloupe shells. Bake until golden brown and set in the center, 20–25 minutes.

* To serve, place the cantaloupe shells on 4 individual plates, place an equal amount of the melon balls and sherbet into each shell. Top each with a meringue.



Nutritional Analysis per Serving

- Calories 282 (Kilojoules 1,184); Total fat 1g; Saturated fat 0g; Protein 9g;
- Cholesterol 1mg; Carbohydrates 63g; Sodium 111mg; Dietary fiber 5g;
- Calories from fat 4%





2 peaches or nectarines, peeled,
pitted and sliced
1 cup (4 oz/125 g) blueberries
1 cup (4 oz/125 g) strawberries
1 cup (6 oz/185 g) cantaloupe
(rock melon) chunks
1 cup (6 oz/185 g) honeydew or
watermelon chunks
1 kiwifruit, peeled and sliced
2 tablespoons honey
¼ cup (2 fl oz/60 ml) orange juice
3 tablespoons chopped fresh mint
1 tablespoon lemon juice

2½ cups (12½ oz/390 g) unbleached
flour
2 teaspoons baking powder
½ teaspoon baking soda
(bicarbonate of soda)
1½ teaspoons ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon ground cloves
¼ teaspoon salt
¼ cup (2 oz/60 g) margarine
¾ cup (6 oz/185 ml) sugar
½ cup (3½ oz/105 g) firmly packed
brown sugar
2 eggs
1 egg white
1⅞ cups (15 oz/470 g) pumpkin purée
⅓ cup (3 oz/90 g) plus 2 tablespoons
nonfat plain yogurt

Honey-Mint Fruit Compote

Preparation: 15 minutes • Chilling: 30 minutes • Serves 4

- * In a large bowl, combine the peaches or nectarines, blueberries, strawberries, cantaloupe, honeydew or watermelon and kiwifruit. In a small bowl, whisk together the honey, orange juice, mint and lemon juice.
- * Spoon the honey mixture over the fruit, cover with plastic wrap and refrigerate to allow the flavors to marry, at least 30 minutes.
- * To serve, divide among 4 individual bowls. Serve chilled.



Nutritional Analysis per Serving

Calories 134 (Kilojoules 564); Total fat 1g; Saturated fat 0g; Protein 2g;
Cholesterol 0mg; Carbohydrates 34g; Sodium 12mg; Dietary fiber 4g;
Calories from fat 3%

Pumpkin Spice Bread

Preparation: 20 minutes • Cooking: 1 hour • Serves 8

- * Preheat an oven to 350°F (180°C). Coat a 9-by-5-inch (23-by-13-cm) loaf pan with nonstick cooking spray.
- * In a medium bowl, combine the flour, baking powder, baking soda, cinnamon, nutmeg, cloves and salt. In a large bowl, using an electric mixer or by hand, beat the margarine and sugars until creamy. Add the eggs and egg white and beat until blended. Add the pumpkin and yogurt and beat until smooth. Gradually add the flour mixture and beat until blended.
- * Pour the batter into the prepared loaf pan and bake until a toothpick inserted in the center comes out clean, about 1 hour. Cool in the pan for 10 minutes.
- * To serve, cut into 8 slices and place on individual plates. Store in an airtight container at room temperature for up to 2 days.



Nutritional Analysis per Serving

Calories 389 (Kilojoules 1,634); Total fat 8g; Saturated fat 1g; Protein 8g;
Cholesterol 53mg; Carbohydrates 73g; Sodium 374mg; Dietary fiber 2g;
Calories from fat 18%





1½ cups (12 fl oz/375 ml) nonfat milk
¼ cup (2 oz/60 g) plus 2 tablespoons
sugar
2 teaspoons finely grated orange zest
½ teaspoon finely grated lemon zest
1 teaspoon vanilla extract (essence)
¼ teaspoon salt
4 egg yolks

Raspberry Sauce

2½ cups (10 oz/315 g) raspberries
2 tablespoons confectioners'
(icing) sugar
2 tablespoons cold water
2 teaspoons cornstarch (cornflour)

Orange Custard with Raspberry Sauce

Preparation: 20 minutes • Cooking: 1 hour 10 minutes • Serves 4

You need to do some advance planning to serve this dessert because it takes over an hour to cook and needs another hour to chill. However, the preparation is fairly quick and the taste worth the effort. This custard is a good choice for a dinner party as it can be done ahead and the presentation will impress your guests.

- * Preheat an oven to 325°F (165°C).
- * In a medium bowl, combine the milk, sugar, orange and lemon zest, vanilla, salt and egg yolks and whisk until blended.
- * Divide among four ¾-cup (6-fl oz/180-ml) custard cups. Place the cups in a shallow baking dish and add enough hot water to reach 1 inch (2.5 cm) up the sides of the cups.
- * Bake until a knife inserted in the center comes out clean (the center will still jiggle a little), 1 hour 10 minutes. Cool completely before serving, about 1 hour.
- * To serve, top each custard with an equal amount of the Raspberry Sauce.

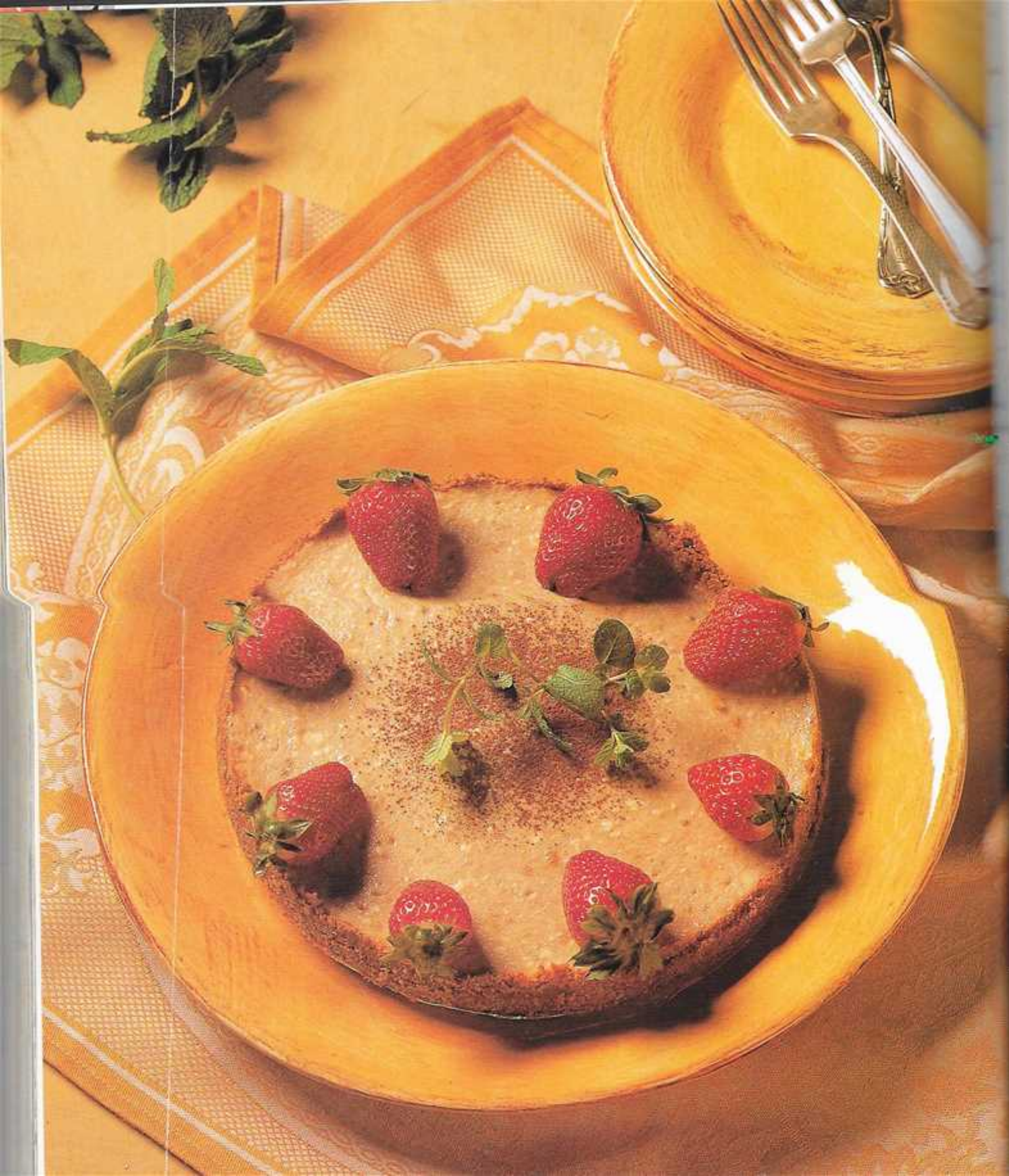
Raspberry Sauce

- * Press the raspberries through a fine-mesh sieve into a small saucepan to remove the seeds. Place the pan with the resulting purée and juice over medium heat, add the confectioners' sugar and simmer for 2 minutes. In a small jar, combine the water and cornstarch and shake to mix well. Add to the raspberries and simmer, stirring frequently, until the sauce has thickened, about 3 minutes. Remove from the heat and cool before serving. One serving is 3 tablespoons.



Nutritional Analysis per Serving

- Calories 224 (Kilojoules 939); Total fat 6g; Saturated fat 2g; Protein 7g;
- Cholesterol 214mg; Carbohydrates 37g; Sodium 190mg; Dietary fiber 3g;
- Calories from fat 23%





Banana Cheesecake

½ cup (1½ oz/45 g) plus 2 tablespoons
graham cracker crumbs
2 tablespoons plus ½ cup (4 oz/125 g)
sugar
2 tablespoons margarine, melted
4 large bananas, mashed
8 oz (250 g) nonfat cream cheese
½ cup (4 oz/125 g) nonfat small curd
cottage cheese
1 egg
2 teaspoons vanilla extract (essence)
½ teaspoon sweetened cocoa
8 strawberries
8 fresh mint sprigs

Preparation: 25 minutes • Cooking: 1 hour • Serves 8

In addition to the preparation and cooking times, allow at least 1 hour and 15 minutes for the cake to cool before serving. Ask your guests what the secret ingredient is in this dessert and few will guess that it's cottage cheese! The bananas and cottage cheese replace most of the cream cheese—and its fat—found in traditional cheesecakes. Bananas also supply vitamins, niacin and potassium.

* Preheat an oven to 300°F (150°C). Coat the bottom and sides of a 9-inch (23-cm) springform pan with nonstick cooking spray.

* To make the crust, in a medium bowl, combine the graham cracker crumbs, 2 tablespoons sugar and margarine and stir to mix well. Lightly press the mixture into the bottom of the prepared pan.

* To make the filling, in a food processor with the metal blade or in a blender, combine the bananas, cream cheese, cottage cheese, egg, vanilla and ½ cup (4 oz/125 g) sugar and process until smooth.

* Pour the filling into the crust and bake until the center is set, about 1 hour. Turn off the oven, prop open the oven door and leave the cake in the oven to cool for 15 minutes. Remove the cake from the oven and cool completely in the pan, about 1 hour.

* To serve, release the cake from the pan, sprinkle the top with the cocoa, slice into 8 wedges and divide among individual dessert plates. Garnish each wedge with a strawberry and a mint sprig. Store covered in the refrigerator for up to 4 days.



Nutritional Analysis per Serving

Calories 236 (Kilojoules 993); Total fat 5g; Saturated fat 1g; Protein 8g;
Cholesterol 31mg; Carbohydrates 41g; Sodium 284mg; Dietary fiber 1g;
Calories from fat 18%





½ cup (1½ oz/45 g) plus 2 tablespoons
graham cracker crumbs
2 tablespoons plus ¾ cup
(6 oz/185 g) sugar
2 tablespoons margarine, melted
2 cups (1 lb/500 g) nonfat
ricotta cheese
8 oz (250 g) nonfat cream cheese
1 egg
1½ teaspoons vanilla extract (essence)
⅓ cup (1 oz/30 g) unsweetened
Dutch-process cocoa
3 tablespoons all-purpose flour
1½ oz (45 g) semisweet (plain)
chocolate, melted and cooled
½ cup (4 oz/125 g) nonfat
vanilla yogurt
3 tablespoons nonfat dairy sour cream
¼ oz (7 g) semisweet (plain)
chocolate, grated

Chocolate Cheesecake

Preparation: 25 minutes • Cooking: 1 hour • Serves 8

In addition to the preparation and cooking times, allow at least 1 hour and 15 minutes for the cake to cool before serving. This cake satisfies even the most serious "chocoholic." The chocolate makes the cake sweeter than plain versions, but it is still not so sweet that fans of more tangy cheesecakes won't enjoy it.

* Preheat an oven to 300°F (150°C). Coat the bottom and sides of a 9-inch (23-cm) springform pan with nonstick cooking spray.

* To make the crust, in a medium bowl, combine the graham cracker crumbs, 2 tablespoons sugar and margarine and stir to mix well. Lightly press the mixture into the bottom of the prepared pan.

* To make the filling, in a food processor with the metal blade or in a blender, combine the ricotta, cream cheese and ¾ cup (6 oz/185 g) sugar and process until smooth. Add the egg and vanilla and process until blended. Gradually add the cocoa, flour and melted chocolate and process until smooth.

* Pour the filling into the crust and bake until the center is set, about 1 hour. Turn off the oven, prop open the oven door and leave the cake in the oven to cool for 15 minutes. Remove the cake from the oven and cool completely in the pan, about 1 hour.

* To make the icing, in a small bowl, combine the yogurt and sour cream and stir to mix well.

* To serve, release from the pan, top with a thin layer of the icing and grated chocolate, slice into 8 wedges and divide among individual dessert plates. Store covered in the refrigerator for up to 4 days.



Nutritional Analysis per Serving

Calories 297 (Kilojoules 1,247); Total fat 7g; Saturated fat 2g; Protein 16g;
Cholesterol 30mg; Carbohydrates 42g; Sodium 344mg; Dietary fiber 0g;
Calories from fat 21%