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**BEAN AND MACARONI SOUP**

This cholesterol-free dish is virtually fat-free, prepared with only 1 tablespoon of oil for 16 servings.

- 2 cans (16 oz) Great Northern beans
- 1 T olive oil
- 1/2 lb mushrooms, sliced
- 1 C onion, coarsely chopped
- 2 C carrots, sliced
- 1 C celery, coarsely chopped
- 1 clove garlic, minced
- 3 C peeled, sliced, fresh tomatoes or 1 1/2 lb canned whole tomatoes, cut up
- 1 tsp dried sage
- 1 tsp dried thyme
- 1/2 tsp dried oregano
- black pepper, to taste
- 1 bay leaf, crumbled
- 4 C cooked elbow macaroni

1. Drain beans and reserve liquid. Rinse beans.
3. Add tomatoes, sage, thyme, oregano, pepper, bay leaf.
4. Cover and cook over medium heat 20 minutes. Cook macaroni according to package directions using unsalted water. Drain when cooked. Do not overcook.
5. Combine reserved bean liquid with water to make 4 cups.
6. Add liquid, beans and cooked macaroni to vegetable mixture.
7. Bring to a boil; cover and simmer until soup is thoroughly heated. Stir occasionally.

**YIELD:** 16 servings  
**SERVING SIZE:** 1 cup

**NUTRITION ANALYSIS PER SERVING**

- Calories: 158
- Total fat: 1 g
- Saturated fat: less than 1 g
- Cholesterol: 0 mg
- Sodium: 154 mg*

*If using canned tomatoes, sodium would be higher.

Source: intelihealth.com
CARROT SOUP

This soup makes a hearty and tasty comfort meal.

1 tsp non-aromatic olive oil
1 tsp butter
1 C chopped onions
2 1/2 C carrots, peeled and chopped
4 C low-sodium chicken broth
1/2 C uncooked white rice
1/4 C evaporated skim milk
1/4 C plain non-fat yogurt

Garnish
1 T chopped chives
1 T chopped mint

1. Heat the oil and butter in a high-sided skillet on medium high heat. Add the onions and cook 3 minutes, or until they begin to wilt. Add the chopped carrots and cook 3 minutes longer.
2. Pour in the broth and rice. Cover, bring to a boil, and cook 20 minutes or until the rice is very soft. Whiz until smooth in a blender in batches, being careful not to fill the jar more than half full of the hot liquid. Return to the pan and stir in the evaporated milk. Reheat.
3. Serve in 4 bowls swirled with the yogurt. Scatter chives over the top.

YIELD: 4 servings

NUTRITION ANALYSIS PER SERVING

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Source: intelihealth.com
CHICKEN SOUP

This homemade chicken noodle soup is the ultimate comfort food when you have a cold. Sip this warm soup to clear the sinuses. It acts as a natural decongestant.

2 T olive oil
4 to 5 lbs chicken pieces, skin removed
1 C chopped celery
1 C chopped onions
5 carrots, cut into 1/2-inch slices
1/8 tsp salt
1/8 tsp pepper
1 T minced garlic (optional)
1 tsp sage
1 C frozen corn
1 can whole tomatoes
2 qts water
1 C cooked yolk-free, whole-wheat, egg noodles

1. In a 4-quart Dutch oven or stock pot heat oil over medium high heat until hot. Place chicken pieces in pot and sear each side for one minute.
2. Add celery, onions, carrots, salt, pepper, garlic, sage, corn, tomatoes (if using) and water and bring to a boil. Cover; reduce heat and simmer for 1 hour and 45 minutes or until meat falls off the bone.
3. Remove soup from heat and let it rest for 15 minutes. Skim off and discard fat from soup.
4. Remove chicken from pot. Cut meat from bones. Return meat to soup. Bring to a boil. Reduce heat to low; simmer uncovered, 10 to 15 minutes or until heated through.
5. Add cooked noodles and stir.

YIELD: 16 servings

NUTRITION ANALYSIS PER SERVING

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Source: Baldwin Publishing
**FISH CHOWDER**

Low-fat milk and clam juice are the secrets to the lower fat and saturated-fat content of this soup.

2 T vegetable oil  
1/4 C coarsely chopped onion  
1/2 C coarsely chopped celery  
1 C sliced carrots  
2 C potatoes, raw, peeled, cubed  
1/4 tsp thyme  
1/2 tsp paprika  
2 C bottled clam juice  
8 whole peppercorns  
1 bay leaf  
1 lb fresh or frozen (thawed) cod or haddock fillets, cut into 3/4-inch cubes  
1/4 C flour  
3 C low-fat milk  
1 T fresh parsley, chopped

2. Add carrots, potatoes, thyme, paprika, clam broth.  
3. Wrap peppercorns and bay leaves in cheese cloth. Add to pot.  
4. Bring to boil, reduce heat, simmer 15 minutes.  
5. Add fish and simmer additional 15 minutes, or until fish flakes easily and is opaque.  
6. Remove fish and vegetables; break fish into chunks.  
7. Bring broth to boil and continue boiling until volume is reduced to 1 cup.  
8. Remove bay leaves and peppercorns.  
9. Shake flour and 1/2 cup milk in container with tight-fitting lid until smooth. Add to broth in saucepan with remaining milk.  
10. Cook over medium heat, stirring constantly, until mixture boils and is thickened.  

**YIELD:** 8 servings  
**SERVING SIZE:** 1 cup

**NUTRITION ANALYSIS PER SERVING**

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<td>Potassium</td>
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Source: aetnahealthybody.com
HEARTY VEGETABLE SOUP

1 C chopped celery
1 C chopped onion
4 T butter
2 T olive oil
5 C chopped frozen veggies
1 (14.5-oz) can diced tomatoes, drained
46 oz tomato juice
32 oz beef broth
1 large leek, chopped
4 C cabbage shredded or 2 pkg of shredded
1 T soy sauce
1/4 tsp dried thyme
1/2 tsp ground black pepper
1/4 tsp garlic powder
1 tsp dried dill weed
1 1/2 T brown sugar

1. In a large pot over high heat, combine the celery, leek, onion and sauté until getting soft.
2. Add frozen veggies, tomatoes, soy sauce, thyme, ground black pepper, garlic powder and dill weed till sautéed.
3. Add tomato juice, brown sugar and beef broth.
4. Bring to a boil, reduce heat and simmer for 30 minutes, or until vegetables are tender.
5. Add cabbage and cooked till cabbage is soft.

Source: healthyfoodfight.com
HOMEMADE TURKEY SOUP

To make this soup lower in saturated fat prepare it ahead of time, then cool and skim off fat that rises to the top.

6 lb turkey breast. It should have at least 2 C meat remaining on it to make a good, rich soup.
2 medium onions
3 stalks of celery
1/2 tsp dried sage
1 tsp dried basil
1/2 tsp dried marjoram
1/2 tsp dried tarragon
1 tsp dried thyme
1/2 tsp salt
1/2 tsp dried rosemary
black pepper, to taste
1/2 lb Italian pastina or pasta

1. Place turkey breast in 6-quart pot. Cover with water, at least 3/4 full.
2. Peel onions, cut in large piece, add to pot. Wash celery stalks, slice and add to pot.
3. Simmer covered for about 2 1/2 hours.
4. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in refrigerator.
5. After cooling, skim off fat.
6. While soup is cooling, remove remaining meat from carcass. Cut into pieces.
7. Add turkey meat to skimmed soup, along with herbs and spices.
8. Bring soup to a boil and add pastina. Continue cooking on low boil for about 20 minutes, until pastina is done. Serve at once or refrigerate for later reheating.

YIELD: About 4 quarts of soup (16 servings)  
SERVING SIZE: 1 cup

NUTRITION ANALYSIS PER SERVING
Calories 226
Total fat 5 g
Saturated fat 1 g
Cholesterol 93 mg
Sodium 217 mg

Source: intelihealth.com
HOPPIN' JOHNS GOOD LUCK SOUP

Use canned peas as a quick shortcut for this savory soup.

1 tsp olive oil
1 medium yellow onion, diced
1/2 tsp black peppers
1 (8 oz) package 97% fat free, thick sliced ham, sliced into thin strips
6 C water
1/4 tsp liquid smoke
12 oz quick cooking, refrigerated black-eyed peas (find them in the produce section)
2 lbs collard greens

1. Heat oil in a large pot.
2. Add onion, black pepper, and ham, and sauté for 8-10 minutes on medium heat, until onion is golden brown.
3. Meanwhile, rinse collard greens and remove stems; bunch them and cut them into thin strips.
4. Add water and liquid smoke to onion and ham, turn heat to medium-high, and bring to a boil (a light broth should develop).
5. Add black-eyed peas, turn heat to medium, and continue cooking at a gentle boil for 6 minutes.
6. Add collard green strips, cover, and continue boiling for 7 more minutes.
7. Serve with cornbread.

YIELD: 6 servings

NUTRITION ANALYSIS PER SERVING

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Source: intelihealth.com
**TURKEY CHILI**

A great chili is even better when it's low fat and low calorie. This quick, easy chili recipe is so low calorie you can enjoy it with some shredded cheddar cheese as a finishing touch.

1 1/2 T extra virgin olive oil
1 lb ground turkey breast
1 C chopped yellow onion
1 C chopped red, yellow and/or orange bell peppers
2 tsp ground cumin
1 can (28 oz) no-salt added, whole, peeled tomatoes
1 can (15 oz) kidney beans, rinsed and drained
1 tsp hot sauce
1/8 tsp unrefined sea salt
black pepper to taste
1/4 C chopped fresh parsley
1/4 C shredded low-fat cheddar cheese

1. In a large skillet, heat oil over medium heat until hot. Add turkey and cook, stirring occasionally, until just browned.
2. Add onion and bell peppers and cook, stirring occasionally, for about 3 minutes, or until vegetables are softened.
3. Add cumin and tomatoes, breaking up the tomatoes with a spoon to release their juices, and cook for 2 minutes.
4. Add beans, hot sauce, salt, black pepper and parsley and stir to combine. Cook for 3 minutes, or until beans are heated through.
5. Serve sprinkled with cheddar cheese and additional chopped parsley, if desired.

**YIELD:** 8 servings  
**SERVING SIZE:** 3/4 cup

**NUTRITION ANALYSIS PER SERVING**

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<td>Dietary fiber</td>
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Source: Baldwin Publishing
CHICKEN SALAD

A guilt-free version of a classic salad.

3 1/4 C cooked, cubed, skinless chicken
1/4 C celery, chopped
1 T lemon juice
1/2 tsp onion powder
1/8 tsp salt*
3 T light mayonnaise

In large bowl, combine all ingredients. Mix well.

YIELD: 5 servings    SERVING SIZE: 3/4 cup

NUTRITION ANALYSIS PER SERVING
Calories 183
Total fat 7 g
Saturated fat 2 g
Cholesterol 78 mg
Potassium 240 mg
Sodium 201 mg
Total fiber 0 g
Protein 27 g
Carbohydrates 1 g

*Reduce sodium by removing the 1/8 tsp of added salt.

Source: intelihealth.com
CRUNCHY TUNA SALAD

Salad works well as a light summer dish.

1/4 C bulgur
1/2 C plain low-fat yogurt
1 T lemon juice
2 T thinly sliced green onion
1 medium tomato, seeded and diced
2 C lettuce greens
1/2 C hot water
1 T chopped fresh mint or 2 tsp dried mint, crushed
1 T Dijon mustard
1 (6 1/2 or 7-oz) can water-packed tuna, drained
1 C diced zucchini or cucumber

1. In a medium bowl, combine bulgur and water.
2. Let stand 30 minutes. Drain well.
3. Stir yogurt, mint, lemon juice, mustard and green onion into bulgur.
4. Add tuna, tomato and zucchini or cucumber.
5. Stir gently to break up tuna and coat with yogurt mixture.

YIELD: 4 servings

NUTRITION ANALYSIS PER SERVING

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*Sodium content does not include addition of optional amounts of salt mentioned in the recipe.

Source: aetnahealthybody.com
GARDEN POTATO SALAD

Low-fat cottage cheese is the secret to the dressing in this healthful mixture of vegetables and herbs.

3 lb (about 6 large) potatoes, boiled in jackets, peeled, cut into 1/2-inch cubes
1 C chopped celery
1/2 C sliced green onion
2 T chopped parsley
1 C low-fat cottage cheese
3/4 C skim milk
3 T lemon juice
2 T cider vinegar
1/2 tsp celery seed
1/2 tsp dill weed
1/2 tsp dry mustard
1/2 tsp white pepper

1. In large bowl, place potatoes, celery, green onion and parsley.
2. In a blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard and white pepper until smooth.
3. Chill 1 hour.
4. Pour chilled cottage cheese mixture over vegetables; mix well.
5. Chill at least 30 minutes before serving.

YIELD: 10 servings  SERVING SIZE: 1 cup

NUTRITION ANALYSIS PER SERVING

Calories  151
Total fat  less than 1 g
Saturated fat  less than 1 g
Cholesterol  2 mg
Sodium  118 mg

Source: intelihealth.com
ITALIAN SALAD WITH BASIL VINAIGRETTE

This salad is even better with vegetables and herbs fresh from the garden.

4 Roma tomatoes, thinly sliced  
1 green zucchini, thinly sliced  
2 yellow zucchini, thinly sliced  
salt and pepper to taste  

Basil Vinaigrette or Non-Fat Basil Vinegar  
1/2 C balsamic vinegar  
1/2 T olive oil or none  
8 fresh basil leaves, finely chopped or 2 tsp dried basil

1. On a serving plate, layer slices of tomato, yellow zucchini and green zucchini in a stairway or spiral pattern so all vegetables show.  
2. Mix dressing ingredients and pour lightly over vegetables.  
3. Add salt and pepper to taste.  

YIELD: 4 servings

NUTRITION ANALYSIS PER SERVING

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<tr>
<td>Sodium</td>
<td>16 mg</td>
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Source: aetnahealthybody.com
TURKEY POTATO SALAD

A great main dish lunch salad.

2 C diced turkey breast, cooked
2 stalks celery, cut up
2/3 C jicama, diced (or use water chestnuts)
3 green onions, cut up
2 red potatoes, cooked and cut into cubes
1 C low-fat plain yogurt
2 T parsley flakes (or to taste)
2 tsp dill weed (or to taste)
pepper to taste

1. Lightly mix the turkey, celery, jicama, onions, potatoes, parsley and dill.
2. Add the yogurt and mix.
3. Add pepper to taste.
4. Serve with a roll or on a bed of lettuce with bean sprouts.

YIELD: 3 servings

NUTRITION ANALYSIS PER SERVING
Calories 277
Cholesterol 71.6 mg
Fiber 5.3 g
Sodium 151 mg
Calories from fat 14%

Source: intelihealth.com
VEGETABLE PASTA SALAD

1 C cooked orzo pasta (or whatever kind you like)
1 C lightly steamed asparagus, cut the same size as the pasta, or peas
1/2 C chopped red bell pepper or carrots
1/2 C sliced green onions
1/2 C chopped yellow summer squash
1 C chopped fresh spinach
1 C small cherry tomatoes (optional)
1/4 C low-fat vinaigrette dressing
2 T grated parmesan cheese
1/4 tsp salt

1. Combine the pasta, asparagus, peppers, onions, squash, spinach, tomatoes, dressing, and parmesan in a large bowl.
2. Toss to coat with the dressing. Serve with grilled chicken or fish at a barbecue or picnic.

YIELD: 4 servings

NUTRITION ANALYSIS PER SERVING

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Source: intelihealth.com
Main Dishes
BEEF AND VEGETABLE STIR-FRY

In less than 15 minutes you can make this single-skillet meal.

3/4 lb boneless beef round steak  
1 tsp oil  
1/2 C sliced carrots  
1/2 C sliced celery  
1/2 C sliced onion  
1 T soy sauce  
1/8 tsp garlic powder  
dash pepper  
2 C broccoli florets  
1 T cornstarch  
1/4 C water

1. Trim fat from steak. Slice steak across grain into thin strips about 1/8 inch wide and 3 inches long. (Partially frozen meat is easier to slice).
2. Heat oil in fry pan. Add beef strips and stir-fry over high heat, turning pieces constantly, until beef is no longer red (about 3 to 4 minutes).
4. Cover and cook until carrots are slightly tender (3 to 5 minutes).
5. Add broccoli; cook until vegetables are tender-crisp (3 to 4 minutes).
6. Mix cornstarch and water until smooth; add slowly to beef mixture, stirring constantly.
7. Cook until thickened and vegetables are coated with thin glaze.

YIELD: 4 servings

NUTRITION ANALYSIS PER SERVING

Calories 150  
Cholesterol 45 mg  
Sodium 315 mg  
Fat 5 g  
Calories from fat 30%

Source: intelihealth.com
**BEEF STROGANOFF**

Using lean top round, plain low-fat yogurt and very little added salt makes this a heart-healthy dish.

1 lb lean beef (top round)  
2 tsp vegetable oil  
1 lb sliced mushrooms  
3/4 T finely chopped onion  
1/4 C white wine  
1 C plain low-fat yogurt  
1/4 tsp nutmeg  
1/2 tsp dried basil  
1/4 tsp salt  
6 C cooked macaroni, cooked in unsalted water  
black pepper, to taste

2. Add beef and sauté for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.  
3. Add remaining vegetable oil to pan; sauté mushrooms.  
4. Add beef and onions to pan with seasonings.  
5. Gently stir in wine and yogurt. Heat, but do not boil.  
6. Serve with macaroni.

**Note:** If thickening is desired, use 2 teaspoons cornstarch; calories are same as flour, but it has double thickening power. These calories are not figured into the nutrients per serving.

**YIELD:** 5 servings  
**SERVING SIZE:** 6 ounces

**NUTRITION ANALYSIS PER SERVING**

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Source: aetnahealthybody.com
BLACK SKILLET BEEF WITH GREENS AND POTATOES

A heart-healthy one-dish meal that is made with lean, top-round beef, lots of vegetables, and a spicy, low-sodium herb mixture.

1 lb top round beef
1 T paprika
1 1/2 tsp oregano
1/2 tsp chili powder
1/4 tsp garlic powder
1/4 tsp black pepper
1/8 tsp red pepper
1/8 tsp dry mustard
8 red-skinned potatoes, halved
3 C finely chopped onion
2 C beef broth
2 large garlic cloves, minced
2 bunches mustard greens, kale or turnip greens, stems removed, (1/2 lb each) coarsely torn
2 large carrots, peeled, cut into very thin 2 1/2-inch strips
nonstick spray coating, as needed

1. Partially freeze beef. Thinly slice across the grain into long strips 1/8 inch thick and 3 inches wide.
2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper and dry mustard.
   Coat strips of meat with spice mixture.
3. Spray large, heavy skillet with nonstick spray coating. Preheat pan over high heat.
4. Add meat; cook, stirring for 5 minutes.
5. Add potatoes, onion, broth and garlic. Cook covered, over medium heat for 20 minutes.
6. Stir in carrots, lay greens over top and cook, covered, until carrots are tender, about 15 minutes.
7. Serve in large serving bowl, with crusty bread for dunking.

YIELD: 6 servings  SERVING SIZE: 7 ounces

NUTRITION ANALYSIS PER SERVING

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Source: intelihealth.com
Quick Beef Casserole

Drain the fat from the cooked beef to lower the amount of fat and calories.

1/2 lb lean ground beef
1 C onion, chopped
1 C celery, chopped
1 C green pepper, cubed
3 1/2 C tomatoes, diced
1/4 tsp salt
1/2 tsp black pepper
1/4 tsp paprika
1 C frozen peas
2 small carrots, diced
1 C uncooked rice
1 1/2 C water

1. In skillet, brown ground beef and drain off fat.
2. Add rest of ingredients. Mix well.
3. Cook over medium heat and cover skillet until boiling.
4. Reduce to low heat and simmer 35 minutes. Serve hot.

YIELD: 8 servings   SERVING SIZE: 1 1/3 cups

NUTRITION ANALYSIS PER SERVING
Calories       184
Total fat      3 g
Saturated fat  1 g
Cholesterol    15 mg
Sodium         125 mg
Calcium        33 mg
Iron           2 mg

Source: intelihealth.com
20-MINUTE CHICKEN CREOLE

This quick and spicy dish is perfect for the busy cook.

4 medium chicken breast halves (1 1/2 pounds total), skinned, boned and cut into 1-inch strips*
1 (14-oz) can tomatoes, cut-up**
1 C low-sodium chili sauce
1 1/2 C chopped green pepper (1 large)
1/2 C chopped celery
1/4 C chopped onion
2 cloves garlic, minced
1 tablespoon chopped fresh basil or 1 teaspoon dried basil, crushed
1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley
1/4 teaspoon crushed red pepper
1/4 teaspoon salt
Nonstick spray coating

1. Spray deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 3 to 5 minutes or until no longer pink.
2. Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt.
3. Bring to boiling; reduce heat and simmer covered for 10 minutes. Serve over hot, cooked rice or whole-wheat pasta.

YIELD: 2 servings

NUTRITION ANALYSIS PER SERVING
Calories 255
Total fat 3 g
Cholesterol 100 mg
Sodium 465 mg

*You can substitute 1 pound boneless, skinless chicken breasts, cut into 1-inch strips, if desired.
**To cut back on sodium, try low-sodium canned tomatoes.

Source: intelihealth.com
BARBECUE CHICKEN

Removing the chicken fat and skin (and avoiding salt in the tasty sauce) makes this chicken favorite heart-healthy.

3 lb chicken parts (breast, drumstick and thigh), skin and fat removed
1 large onion, thinly sliced
1 T brown sugar
1 T hot pepper flakes
3 T vinegar
black pepper, to taste
1 T chili powder
3 T Worcestershire sauce
1 C chicken stock or broth, skim fat from top

1. Place chicken in 13x9x2-inch pan. Arrange onions over top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder and stock.
3. Pour over chicken and bake at 350° F for 1 hour or until done.

YIELD: 8 servings  SERVING SIZE: 1 chicken part with sauce

NUTRITION ANALYSIS PER SERVING
Calories  176
Total fat  6 g
Saturated fat  2 g
Cholesterol  66 mg
Sodium  240 mg

Source: aetnahealthybody.com
CHICKEN AND RICE

This dish is full of savory vegetable flavors, along with cilantro and garlic.

6 chicken pieces (legs and breasts), skinned
2 tsp vegetable oil
4 C water
2 tomatoes, chopped
1/2 C green pepper, chopped
1/4 C red pepper, chopped
1/4 C celery, chopped
1 medium carrot, grated
1/4 C corn, frozen
1/2 C onion, chopped
1/4 C fresh cilantro, chopped
2 cloves garlic, chopped fine
1/8 tsp salt
1/8 tsp pepper
2 C rice
1/2 C frozen peas
2 oz Spanish olives
1/4 C raisins

1. In large pot, brown chicken in oil.
2. Add water, tomatoes, green and red peppers, celery, carrots, corn, onion, cilantro, garlic salt, pepper.
   Cover and cook over medium heat for 20 to 30 minutes or until chicken is done.
3. Remove chicken from pot and place in refrigerator. Add rice, peas and olives to pot. Cover and cook
   over low heat for about 20 minutes until rice is cooked.
4. Add chicken and raisins and cook for another 8 minutes.

YIELD: 6 servings    SERVING SIZE: 1 cup rice and 1 piece chicken

NUTRITION ANALYSIS PER SERVING

Calories  448
Total fat  7 g
Saturated fat  2 g
Cholesterol  49 mg
Sodium  352 mg
Calcium  63 mg
Iron  4 mg

Source: intelihealth.com
ASIAN CHICKEN

With no added salt and very little oil in the marinade, these broiled or grilled kabobs are lower in saturated fat, cholesterol and sodium.

8 boneless, skinless chicken breasts
8 fresh mushrooms
2 oranges, quartered
8 cherry tomatoes
8 canned pineapple chunks
8 parboiled, whole, white onions
1 (6-oz) can frozen, concentrated apple juice, thawed
black pepper, to taste
1 C dry white wine
2 T soy sauce, low-sodium
dash ground ginger
2 T vinegar
1/4 C vegetable oil

1. Sprinkle chicken breasts with pepper.
2. Thread 8 skewers as follows: chicken, mushroom, chicken, onion, chicken, orange quarter, chicken, pineapple chunk, cherry tomato.
3. Place kabobs in shallow pan.
4. Combine remaining ingredients; spoon over kabobs.
5. Marinate in refrigerator at least 1 hour.
6. Drain. Broil 6 inches from heat, 15 minutes on each side, brushing with marinade every 5 minutes.
7. Discard any leftover marinade.

YIELD: 8 servings  SERVING SIZE: 1 chicken breast kabob

NUTRITION ANALYSIS PER SERVING
Calories 359
Total fat 11 g
Saturated fat 2 g
Cholesterol 66 mg
Sodium 226 mg

Source: intelihealth.com
CHICKEN SALSA

4 C boneless chicken breasts
1 C tomato salsa
4 oz low-fat shredded cheese

1. Place chicken in 8x14 baking dish.
2. Top with tomato salsa and sprinkle the low-fat shredded cheese on top.
3. Cover the dish with aluminum foil and bake at 350° F for 30 minutes.
4. Remove foil and bake an additional 20 to 30 minutes, uncovered.

TIPS
• Most commercial salsas have salt added.
• Check labels and choose lower sodium brands or prepare your own fresh salsa.
• Tomatoes contain lycopene. Lycopene can help lower the risk of prostate and stomach cancer and reduce the risk of macular degeneration.
• Look for lower fat cheeses with 3 grams of saturated fat per ounce or less.

YIELD: 4 servings

NUTRITION ANALYSIS PER SERVING
Calories 277
Sodium 511 mg
Carbohydrates 3 g
Fat 10 g
Protein 43 g

Source: intelihealth.com
GRILLED BLUE CHEESE TURKEY BURGERS

Great burger taste without all the fat.

1 package of ground turkey – 99% lean
1 package of low-fat blue cheese crumbles
Mrs. Dash Table Blend seasoning to taste
salt and pepper to taste
4-5 SunLite low carb potatoes
1-2 green and red bell peppers
1 sliced Vidalia onion
rosemary
canola oil spray
lettuce (field greens)
1 avocado
lite blue cheese dressing

1. Mix together turkey with salt, pepper, and Mrs. Dash. Mix in about 1/2 cup of blue cheese crumbles. Form into burgers, and place them in the freezer for about 15 minutes (so they stay together when you place them on the grill). Grill burgers, flipping as needed, until cooked through.

2. While burgers are in freezer, chop potatoes and peppers into bite size pieces. Place potatoes in a grilling metal cooking dish. Spray them with canola spray and toss them with rosemary (and salt and pepper if you like). Begin grilling them immediately. While those are grilling, continue with the peppers. Mix them together with sliced onion. Spray lightly with canola spray and grill in a separate grilling dish while the burgers are grilling. Grill the potatoes for approximately 30-40 minutes at about 350-400° F. The burgers and pepper mixture take about 20 minutes on the grill.

3. Plate prep is next and we do an open-faced burger on a whole wheat bun topped with lettuce, avocado slices, drizzled with lite blue cheese dressing. The potatoes surround the meat as a side followed with the pepper/onion mix which has been grilled to perfection so they are still crisp yet have those noticeable, blackened-grill markings on them.

YIELD: 6 servings

NUTRITION ANALYSIS PER SERVING

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Source: healthyfoodfight.com
Marinating the chicken makes it tender without adding a lot of fat, and grilling it keeps the fat count to a minimum.

4 skinless, boneless chicken breasts
1/4 C olive oil
juice of 2 limes
1/4 tsp oregano
1/2 tsp black pepper
1/4 C water
10 to 12 tomatillos, husks removed and cut in half
1/2 medium onion, quartered
2 cloves garlic, finely chopped
2 Serrano or jalapeno peppers
2 T cilantro, chopped
1/4 tsp salt
1/4 C low-fat sour cream

1. Combine oil, juice from one lime, oregano and black pepper in shallow glass baking dish. Stir. Place chicken in baking dish and turn to coat each side. Cover dish and refrigerate overnight. Turn chicken periodically to marinate on both sides.
2. Put water, tomatillos and onion into saucepan. Bring to gentle boil and cook uncovered for 10 minutes or until tomatillos are tender. In blender, place cooked onion, tomatillos and any remaining water. Add garlic, peppers, cilantro, salt and remaining lime juice. Blend until ingredients are smooth. Place sauce in bowl and refrigerate.
3. Place chicken on hot grill and cook until done. Place chicken on serving platter.
4. Spoon a tablespoon of low-fat sour cream over each chicken breast. Pour sauce over sour cream.

YIELD: 4 servings   SERVING SIZE: 1 breast

NUTRITION ANALYSIS PER SERVING

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Source: intelihealth.com
HEALTHY STUFFED PEPPERS

A quick and delicious, low-fat entrée that provides a serving of vegetables too!

4 large bell peppers
1 lb ground turkey
1 1/2 C cooked rice
1 1/2 tsp canola oil
1 (8-oz) can tomato sauce (1 C), divided
1 medium onion, chopped
1 T chopped fresh parsley
1 clove garlic, minced
1 tsp salt (optional)
1/4 tsp freshly ground pepper

1. Preheat oven to 350° F.
2. Cut out stem ends of bell peppers and discard. Scoop out seeds. Bring 8 cups water to a boil in a large pot and blanch the peppers until tender-crisp, about 1 minute. Drain and cool under cold running water. Set aside.
3. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, about 3 minutes. Add turkey and cook, crumbling with a wooden spoon, just until it loses its pink color, about 2 minutes.
4. Drain the fat.
5. Transfer the turkey mixture to a medium bowl and mix in rice, 1/2 cup tomato sauce, parsley, salt (if using) and pepper.
6. Stuff the peppers with the mixture and place them in a 2-qt casserole dish. Spoon the remaining 1/2 cup tomato sauce over the peppers. Cover and bake until the peppers are tender and the filling is heated through, 30 to 35 minutes.

YIELD: 4 servings  SERVING SIZE: 1 stuffed pepper

NUTRITION ANALYSIS PER SERVING
Calories  307 calories
Total Fat  10 g fat (2 g sat, 1 g mono)
Cholesterol  65 mg
Carbohydrates  31 g
Added sugars  0 g
Protein  26 g
Fiber  6 g
Sodium  385 mg
Potassium  588 mg

Source: EatingWell
**JERK-ORANGE CHICKEN WITH CARIBBEAN BROWN RICE SALAD**

This recipe is light and fresh and makes an easy weeknight meal. The classic chicken and rice dish is made healthy using brown rice instead of white rice, and the chicken is grilled. The flavor comes from the sweet and spicy pairing of the jerk seasoning and pineapple.

2 tsp jerk seasoning  
1 1/2 tsp grated orange zest  
5 (about 3-4 oz each) skinless, boneless, chicken breast halves  
salt to taste  
1 (8-oz) can pineapple tidbits, drained  
5 servings cooked brown rice  
1 (15-oz) can black beans, rinsed, drained  
1/3 C chopped red onion  
2 T finely chopped cilantro, plus 1 tablespoon for garnish  
1 T lime juice

1. In a small bowl, mix jerk seasoning and orange zest until well combined. Rub over both sides of chicken. Season chicken with salt to taste. Transfer chicken to a plate. Cover and marinate overnight.  
2. Pre-heat grill and set up chicken on a grilling pan or tin foil and cover with pineapple tidbits.  
3. Mix together rice, beans, onion cilantro and lime juice and chill. Serve as cold salad.  
4. Grill chicken thoroughly on both sides, about 4 to 6 minutes per side depending on thickness.

Garnish with cilantro as desired.

Source: healthyfoodfight.com
RED-HOT CHICKEN PASTA

This low-saturated fat, cholesterol-free pasta dish contains lots of tomatoes and herbs and very little oil.

1 T olive oil
2 cloves garlic, minced
1/4 C freshly minced parsley
4 C ripe tomatoes, chopped
ground red pepper or cayenne, to taste
1/4 tsp salt
1 T oregano leaves, crushed or 1 tsp dried oregano
1 T fresh basil, chopped or 1 tsp dried basil
1/2 lb cooked chicken breasts, diced into 1/2-inch pieces (3/4 lb raw) (optional)
8 oz uncooked fusilli pasta (4 C cooked)

2. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently.
3. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick.
4. Cook pasta firm in unsalted water.
5. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley.
6. Serve hot as main dish and cold for next day’s lunch.

YIELD: 4 servings   SERVING SIZE: 1 cup

NUTRITION ANALYSIS PER SERVING
Calories       304
Total fat      5 g
Saturated fat  less than 1 g
Cholesterol    0 mg
Sodium         285 mg

Source: intelihealth.com
SPAGHETTI WITH TURKEY MEAT SAUCE

Using nonstick cooking spray, ground turkey and no added salt helps to make this classic dish heart-healthy.

nonstick cooking spray, as needed
1 lb ground turkey
1 (28 oz) can tomatoes, cut up
1 C finely chopped green pepper
1 C finely chopped onion
2 cloves garlic, minced
1 tsp dried oregano, crushed
1 tsp black pepper
1 lb spaghetti, uncooked

2. Add turkey; cook, stirring occasionally, for 5 minutes.
3. Drain fat and discard.
4. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano and black pepper.
5. Bring to boil; reduce heat.
6. Simmer covered for 15 minutes, stirring occasionally. Remove cover; simmer for 15 minutes more.
   (If you like creamier sauce, give sauce a whirl in your blender or food processor.)
7. Meanwhile, cook spaghetti in unsalted water. Drain well.
8. Serve sauce over spaghetti.

YIELD: 6 servings  SERVING SIZE: 5 ounces sauce and 9 ounces spaghetti

NUTRITION ANALYSIS PER SERVING
Calories 330
Total fat 5 g
Saturated fat 1 g
Cholesterol 60 mg
Sodium 280 mg

Source: aetnahealthybody.com
TROPICAL CHICKEN CURRY WITH STEAMED BROWN RICE

This mild coconut-chicken curry is full of nutritious, delicious vegetables . . . and a delightful surprise — sweet mango!

1 1/2 C brown rice, uncooked (or 3 C cooked brown rice, keep warm)
2 tsp olive oil
1 medium onion, diced
1 medium red bell pepper, seeded and diced small
1 T grated fresh ginger
3 cloves garlic, minced
2 tsp salt-free curry blend
1 lb skinless boneless chicken, diced into 1-inch cubes
1 C diced zucchini (about 1 medium)
1 C diced carrots (about 1 medium)
1 C dried shiitake mushrooms, hydrated, discard water (optional)
1/2 C diced ripe fresh mango (about 1 medium mango)
1 C light coconut milk
1 C filtered water
sea salt and pepper to taste
freshly ground pepper
4 C spinach, rinsed and drained well
1 lime, cut into wedges (optional)
chopped cilantro (optional)

1. Prepare brown rice by combining uncooked brown rice and 3 cups in a small saucepan. Cover and bring to a boil.
2. Reduce the heat to low and cook undisturbed for 40-45 minutes. Brown rice is done when water is absorbed and rice is tender (note: rice cooker may also be used instead of stove-top method).
3. Meanwhile, heat the oil in a large (4-quart) heavy-bottom pot over medium-high heat. Add the onion and pepper cook for 3 minutes. Add the ginger, garlic and curry blend and stir to combine ingredients in the skillet.
4. Add the chicken, and cook for 3 minutes.
5. Add the zucchini, carrots, mushrooms (optional), stir and cook for 2 minutes.
6. Add mango, coconut milk, water, salt and pepper and bring curry to a simmer. Allow curry to simmer about 12 minutes, until vegetables have softened to the bite and chicken is cooked.
7. Before serving, add spinach and lime juice, and stir until spinach is wilted. Serve 1 generous cup curry over 1/2 cup brown rice.

If desired, top with a cilantro and a squeeze of lime.

Source: healthyfoodfight.com
BAKED PORK CHOPS

These spicy and moist pork chops are made with egg whites, evaporated skim milk and a lively herb mixture.

1 egg white
1 C evaporated skim milk
6 lean center-cut pork chops, 1/2-inch thick
3/4 C cornflake crumbs
1/4 C fine dry bread crumbs
1/8 tsp cayenne pepper
3/4 tsp chili powder
1/2 tsp garlic powder
1/2 tsp black pepper
1/8 tsp dry mustard
4 tsp paprika
2 tsp oregano
1/2 tsp salt
nonstick spray coating, as needed

1. Trim fat from chops.
2. Beat egg white with evaporated skim milk. Place chops in milk mixture and let stand 5 minutes, turning chops once.
3. Meanwhile, mix together cornflake crumbs, bread crumbs, spices and salt.
4. Spray 9x13-inch baking pan with nonstick spray coating.
5. Remove chops from milk mixture. Coat thoroughly with crumb mixture.
6. Place chops in pan and bake in 375°F oven for 20 minutes. Turn chops and bake 15 minutes longer or until no pink remains.

Note: If desired, substitute skinless, boneless chicken, turkey parts or fish for pork chops and bake for 20 minutes.

YIELD: 6 servings       SERVING SIZE: 1 pork chop

NUTRITION ANALYSIS PER SERVING

Calories  216
Total fat  8 g
Saturated fat  3 g
Cholesterol  62 mg
Sodium  346 mg

Source: intelihealth.com
**LAMB KABOBS**

These lamb kabobs are marinated in very little oil or salt, but the flavor is lively when wine, lemon juice, rosemary and garlic are added.

2 T olive oil  
1/2 tsp rosemary  
1/2 C chicken broth  
1/8 tsp black pepper  
1/4 C red wine  
juice of 1 lemon  
1 tsp chopped garlic  
1/4 tsp salt  
2 lb lean lamb, cut into 1-inch cubes  
24 cherry tomatoes  
24 mushrooms  
24 small onions

1. Combine oil, broth, wine, lemon juice, garlic, salt, rosemary and pepper.  
2. Pour over lamb, tomatoes, mushrooms and onions.  
3. Marinate in refrigerator several hours or overnight.  
4. Assemble separate skewers of lamb, onions, mushrooms and tomatoes.  
5. Broil 3 inches from heat for 15 minutes, turning every 5 minutes. Remember lamb and onions take longer to cook than mushrooms and tomatoes.

**YIELD:** 8 servings  **SERVING SIZE:** 1 kabob with 3 ounces meat

**NUTRITION ANALYSIS PER SERVING**

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Source: aetnahealthybody.com
BAJA SHRIMP TACOS WITH AVOCADO MANGO SALSA

Nothing but fresh produce, corn tortillas and grilled fish. This dish has everything sweet, sour, salty, spicy, cold, crunchy, creamy and hot. It’s also simple and quick to prepare.

1 lb of large (26-30) shrimp, peeled and deveined
1 C lime juice, divided
3 smashed garlic cloves
olive oil cooking spray
10 corn tortillas
1 large avocado, 1/2" cubes
1 medium red onion, diced
1 mango, chopped
1 C chopped cilantro
1/2 tsp salt
1 jalapeno, seeded and minced
1 bag of shredded cabbage or slaw mix
Louisiana hot sauce (optional)

1. Place shrimp and garlic in a zip lock bag. Add all but 2 tablespoon of the lime juice. Massage bag to evenly distribute. Let sit in refrigerator for a few hours, or at room temperature for 20 minutes.
2. Meanwhile, mix remaining lime juice with mango, avocado, onion, cilantro and jalapeno in a large bowl. Mix in salt.
3. Heat large skillet over medium high heat. Spray with olive oil cooking spray. Add shrimp and cook until done, about 4 minutes.
4. Warm tortillas in microwave, on a plate covered with damp towel, for 30 seconds.
5. Place 3 shrimp on each tortilla. Spoon 1/4 cup shredded cabbage, and a few tablespoons mango salsa on each.

Serve with hot sauce if desired.

Source: healthyfoodfight.com
CATFISH STEW AND RICE

A hearty blend of catfish and veggies atop a bed of rice.

2 medium potatoes
1 (14 1/2-oz) can tomatoes,* cut-up
1 C chopped onion
1 (8-oz) bottle (1 C) clam juice or water
1 C water
2 cloves garlic, minced
1/2 head cabbage, coarsely chopped
1 lb catfish fillets
1 1/2 T Hot 'n Spicy seasoning
sliced green onion for garnish (optional)
2 C hot, cooked rice (white or brown)

1. Peel potatoes and cut into quarters. In large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boil; reduce heat. Cook, covered, over medium-low heat for 10 minutes.
2. Add cabbage. Return to boil. Reduce heat; cook, covered, over medium-low heat for 5 minutes, stirring occasionally.
3. Meanwhile, cut fillets into 2-inch lengths. Coat with Hot 'n Spicy Seasoning. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with fork.
4. Serve in soup plates, garnished with sliced green onion. Top with scoop of hot, cooked rice. Or, ladle stew over hot, cooked rice in soup plates and garnish with green onion.

YIELD: 4 servings

NUTRITION ANALYSIS PER SERVING

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*To reduce sodium, try low-sodium canned tomatoes.

Source: intelihealth.com
EASY TUNA PASTA CASSEROLE

2 C dry whole wheat or multigrain elbow pasta
2 (6-oz) cans tuna
1 (10 3/4-oz) can cream of mushroom soup (98% fat free)
1 C sliced fresh mushrooms
1 C frozen peas (thawed)
4 oz 1% or skim milk
1/2 C whole grain bread crumbs

1. Pre heat oven to 350° F.
2. Cook pasta according to directions on the box and drain.
3. In a bowl, mix together tuna, cream soup, vegetables and milk. Add the cooked pasta and mix.
4. Transfer to a baking dish and sprinkle with whole grain bread crumbs.
5. Bake for 45 minutes or until bubbly.

YIELD: 4 servings

NUTRITION ANALYSIS PER SERVING
Calories 361
Carbohydrates 45 g
Fat 2 g
Protein 25 g
Fiber 4.5 g
Sodium 412 mg

Source: healthyfoodfight.com
GRILLED SALMON TERIYAKI

6 salmon filets (6 oz skinless filets)

Marinade
5 oz apple juice
1 T rice wine vinegar
1 oz soy sauce, low sodium
1 tsp fresh ginger root, minced
1 garlic clove, minced
1 tsp sugar

Sauce
7 oz apple juice
3 oz soy sauce, low sodium
1 1/2 T rice wine vinegar
1 T honey
1 tsp sugar
1 tsp fresh ginger root, minced
2 garlic cloves, minced
1 T cornstarch
1 T water

1. Combine the ingredients for the marinade, brush onto the filets and let marinate in the fridge for 15-20 minutes.
2. For the sauce, combine all ingredients, (except cornstarch and water) in a sauce pan and bring to a boil. In a small bowl, mix together the water and cornstarch to make a ‘slurry’. Add to the sauce pan and simmer until lightly thickened.
3. Remove salmon from marinade, spray lightly with vegetable spray and grill until well browned on both sides and cooked throughout. Brush sauce on lightly during cooking.
4. Once thoroughly cooked, plate salmon with small amount of sauce.

TIPS
• Salmon contains omega 3 fatty acids.
• Omega 3s can help to reduce inflammation, lower triglycerides and decrease blood clots.
• Omega 3s support a healthy immune system and nervous system.
• The American Heart Association recommends you eat at least 2 servings of fish per week.

YIELD: 6 servings

NUTRITION ANALYSIS PER SERVING
Calories 355
Fat 10 g
Cholesterol 65 mg
Sodium 610 mg

Source: healthyfoodfight.com
MEDITERRANEAN BAKED FISH

This dish is baked and flavored with a Mediterranean-style tomato, onion and garlic sauce to make it lower in fat and salt.

2 tsp olive oil
1 large onion, sliced
1/4 C lemon juice
1/4 C orange juice
1 (16 oz) can whole tomatoes, drained (reserve juice) and coarsely chopped
1 T fresh grated orange peel
1 tsp fennel seeds, crushed
1 bay leaf
1/2 tsp dried oregano, crushed
1 clove garlic, minced
1/2 tsp dried thyme, crushed
1 C dry white wine
1/2 tsp dried basil, crushed
1/2 C reserved tomato juice from canned tomatoes
black pepper to taste
1 lb fish fillets (sole, flounder or sea perch)

1. Heat oil in large nonstick skillet. Add onion and sauté over moderate heat 5 minutes or until soft.
2. Add remaining ingredients except fish.
3. Stir well and simmer 30 minutes, uncovered.
4. Arrange fish in 10x6-inch baking dish; cover with sauce.
5. Bake, uncovered, at 375° F about 15 minutes or until fish flakes easily.

YIELD: 4 servings    SERVING SIZE: 4-ounce fillet with sauce

NUTRITION ANALYSIS PER SERVING
Calories 177
Total fat 4 g
Saturated fat 1 g
Cholesterol 56 mg
Sodium 281 mg

Source: intelihealth.com
SCALLOP KABOBS

These colorful skewers contain scallops, which are naturally low in total and saturated fat.

3 medium green peppers, cut into 1 1/2-inch squares
1 1/2 lb fresh bay scallops
1 pint cherry tomatoes
1/4 C vegetable oil
3 T lemon juice
dash garlic powder
1/4 C dry white wine
black pepper, to taste

1. Parboil green peppers for 2 minutes.
2. Alternately thread first 3 ingredients on skewers.
3. Combine next five ingredients.
4. Brush kabobs with wine/oil/lemon mixture; place on grill (or under broiler).
5. Grill 15 minutes, turning and basting frequently.

YIELD: 4 servings  SERVING SIZE: 6-ounce scallop kabob

NUTRITION ANALYSIS PER SERVING

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Source: intelihealth.com
SEAFOOD Dishes

SEaFOOD STEW

Serve this delicious stew with fresh-baked bread for a complete, balanced meal.

4 C water
2 C white wine
2 celery stalks, coarsely chopped
2 carrots, coarsely chopped
1 lb crayfish, washed
1 1/2 lb medium shrimp, washed
1 T olive oil
2 medium onions, finely chopped
2 medium red bell peppers, finely chopped
4 medium tomatoes, dipped in boiling water for 30 seconds, peeled and chopped
2 T tomato paste
2 tsp chopped fresh thyme
2 tsp chopped fresh oregano
1 1/2 lb sea bass fillets, cut into chunks
1 1/2 lb small squid, cleaned and sliced
pepper, to taste
very small amount of salt (optional)

1. In large, non-aluminum saucepan, stir together water, white wine, celery and carrots.
2. Bring to simmer and cook for 5 minutes. Add shrimp and crayfish and simmer for 3 to 4 minutes.
3. Strain shellfish and vegetables from broth and set broth aside.
4. Peel crayfish and shrimp and discard shells and vegetables.
5. Warm olive oil in large saucepan over medium-high heat. Cook onions and peppers until tender, about 6 minutes.
6. Stir in tomatoes, tomato paste, thyme and oregano.
7. Add reserved broth and bring it to simmer.
8. Stir in sea bass and squid and simmer for 2 minutes. Return crayfish and shrimp to broth and simmer 1 more minute.
9. Season to taste (optional), ladle into bowls and serve immediately.

YIELD: 16 servings  SERVING SIZE: 1 cup

NUTRITION ANALYSIS PER SERVING

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*Sodium content does not include addition of optional amounts of salt mentioned in recipe.

Source: intelihealth.com
SPINACH STUFFED SOLE

A scant amount of oil and part-skim mozzarella cheese give this lower fat dish a Mediterranean flavor.

nonstick cooking spray, as needed
1 tsp olive oil
1/2 lb fresh mushrooms, sliced
1/2 lb fresh spinach, chopped
1 clove garlic, minced
1/4 tsp oregano leaves, crushed
1 1/2 lb sole fillets or other white fish
2 T sherry
4 oz (1 C) part-skim mozzarella cheese, grated

1. Preheat oven to 400° F.
2. Spray 10x6-inch baking dish with nonstick cooking spray.
3. Heat oil in skillet; sauté mushrooms about 3 minutes or until tender.
4. Add spinach and continue cooking about 1 minute or until spinach is barely wilted.
   Remove from heat; drain liquid into prepared baking dish.
5. Add oregano and garlic to drained, sautéed vegetables; stir to mix ingredients.
6. Divide vegetable mixture evenly among fillets, placing filling in center of each fillet.
   Roll fillet around mixture and place seam-side down in prepared baking dish.
7. Sprinkle with sherry, then grated mozzarella cheese. Bake 15 to 20 minutes or until fish flakes easily. Lift out with a slotted spoon.

YIELD: 4 servings  SERVING SIZE: 1 fillet roll

NUTRITION ANALYSIS PER SERVING

Calories 262
Total fat 8 g
Saturated fat 4 g
Cholesterol 95 mg
Sodium 312 mg

Source: aetnahealthybody.com
RICE, PASTA & VEGETABLE DISHES
MOZZARELLA & TOMATO STRATA

2 tsp olive oil
1 medium chopped onion
2 cloves minced garlic
4 large chopped plum tomatoes
1/4 tsp kosher salt
1/4 tsp black pepper
12 slices French bread cut on the diagonal (1/2 inch thick)
2 C fat-free egg substitute
1 1/2 C fat-free milk
1 C shredded 2% mozzarella cheese
1/4 C chopped fresh parsley for garnish

1. Preheat oven to 350° F. Spray a shallow 2-quart baking dish with nonstick spray.
2. Heat the oil in a medium nonstick skillet over medium-high heat. Add the onion and garlic; cook, stirring occasionally, until softened, about 4 minutes. Remove from heat and stir in tomatoes.
3. Whisk together the egg substitute, milk, salt and pepper. Arrange half the bread slices in a single layer in the baking dish and sprinkle with half the cheese. Spoon half the tomato mixture evenly over the bread.
4. Top with the remaining bread slices and the rest of the cheese, leaving a little for garnish. Top with the rest of the tomato mixture. Pour the egg mixture over all and top with the remaining cheese.
5. Bake until the center is set and the top is golden brown, about 45 minutes. Sprinkle with fresh parsley (optional) and let it stand 5 minutes before serving.

TIPS
• Olive oil is a monounsaturated fat and can help lower bad cholesterol.
• Fat-free and reduced fat dairy products can help to decrease the amount of saturated fat.

YIELD: 8 servings

NUTRITION ANALYSIS PER SERVING
Calories 207
Carbohydrates 26 g
Fat 4 g
Protein 19 g
Fiber 2 g
Sodium 1 g

Source: healthyfoodfight.com
NEW ORLEANS RED BEANS

This main dish is cholesterol-free, virtually fat-free and chock-full of vegetables.

1 lb dry red beans
2 qts water
3 T chopped parsley
1 1/2 C chopped onion
2 tsp dried thyme, crushed
1 C chopped celery
3 T chopped garlic
1 tsp salt
4 bay leaves
1 tsp black pepper
1 C chopped green pepper

1. Pick through beans to remove bad beans; rinse thoroughly.
2. In a large pot combine beans, water, onion, celery and bay leaves. Bring to a boil; reduce heat.
3. Cover and cook over low heat for about 1 1/2 hours or until beans are tender. Stir.
4. Mash beans against side of pan.
5. Add green pepper, garlic, parsley, thyme, salt and black pepper. Cook, uncovered, over low heat till creamy, about 30 minutes. Remove bay leaves.
6. Serve with hot cooked brown rice, if desired.

YIELD: 8 servings  SERVING SIZE: 1 1/4 cups

NUTRITION ANALYSIS PER SERVING

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Source: intelihealth.com
ASIAN RICE

Skimming fat off chicken stock and using a minimum of oil and no added salt means this crunchy rice is lower in fat, saturated fat and sodium.

1 1/2 C water
1 C chicken stock or broth, skim fat from top
1 1/3 C uncooked long-grain white rice
2 tsp vegetable oil
2 T finely chopped onion
1 C finely chopped celery
1/4 tsp ground sage
1/2 C sliced water chestnuts
1/4 tsp nutmeg
1/2 C chopped pecans
2 T finely chopped green pepper
black pepper, to taste

1. Bring water and stock to boil in medium-size saucepan.
2. Add rice and stir. Cover and simmer 20 minutes.
3. Remove pan from heat. Let stand, covered, 5 minutes or until all liquid is absorbed. Reserve.
5. Sauté onion and celery over moderate heat 3 minutes.
6. Stir in remaining ingredients, including reserved cooked rice.
7. Fluff with fork before serving.

YIELD: 10 servings  SERVING SIZE: 1/2 cup

NUTRITION ANALYSIS PER SERVING
Calories  139
Total fat  5 g
Saturated fat  less than 1 g
Cholesterol  0 mg
Sodium  86 mg

Source: intelihealth.com
SUMMER VEGETABLE SPAGHETTI

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold.

2 C small yellow onions, cut in eighths
2 T minced fresh parsley
1 clove garlic, minced
2 C chopped, peeled, fresh, ripe tomatoes (about 1 lb)
1/2 tsp chili powder
1/4 tsp salt
2 C thinly sliced yellow and green squash (about 1 lb)
1 1/2 C cut fresh green beans (about 1/2 lb)
2/3 C water
black pepper, to taste
1 can (6 oz) tomato paste
1 lb uncooked spaghetti
1/2 C grated parmesan cheese

1. Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste.
   Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle parmesan cheese over top.

YIELD: 9 servings    SERVING SIZE: 1 cup spaghetti and 3/4 cup sauce with vegetables

NUTRITION ANALYSIS PER SERVING
Calories 279
Total fat 3 g
Saturated fat 1 g
Cholesterol 4 mg
Sodium 173 mg

Source: aetnahealthybody.com
VEGETARIAN BEANS WITH RICE

Serve this vegetarian entree with salad and tortillas.

Beans
2 C pinto beans
1/2 medium onion, chopped
2 bay leaves
8 C cold water
very small amount of salt (optional)
1 tsp vegetable oil
3 cloves garlic, chopped

Rice
1 small onion, chopped
2 medium tomatoes, peeled and seeded
2 cloves garlic
2 C long-grain white rice
1 tsp vegetable oil
4 C low-sodium chicken broth (remove fat)
very small amount of salt (optional)
1 C fresh or frozen peas
1 T chopped fresh cilantro

To make beans
1. Pick over beans to remove any stones and wash. Soak beans overnight.
2. Put beans into large pot with onion, bay leaves and water.
3. Bring water to simmer and cook beans until tender, 1 1/2 to 3 hours.
4. Add water as needed as beans cook. Season to taste with salt (optional) and cook until very soft.
5. Remove from heat and discard bay leaves.
7. In medium, nonstick skillet, warm oil over medium heat.
8. Add garlic and cook until fragrant, about 1 minute.
9. Add 1/2 cup cooked beans to skillet and mash with back of wooden spoon.
10. Gradually stir in liquid from bean pot and cook until paste is quite thick.
11. Stir mashed bean mixture back into pot of beans and simmer together for 4 to 5 minutes.

To make rice
1. In food processor or blender, puree onion, tomatoes and garlic.
2. In medium, nonstick saucepan, warm oil over medium heat.
3. Add rice and stir until light golden.
4. Stir in vegetable puree and cook until all moisture has been absorbed.
5. Stir in chicken broth and season lightly with salt (optional). If you are using fresh peas stir them in, too.
6. Bring rice to simmer, reduce heat to very low, and cover pan.
7. Cook until rice is tender and chicken broth is absorbed, about 20 minutes.
8. If you are using frozen peas, stir them in at last minute.
9. Sprinkle cilantro over top of rice and serve.

YIELD: 8 servings  SERVING SIZE: 3/4 cup beans; 1 cup rice

NUTRITION ANALYSIS PER SERVING
Calories 404
Fat 3 g
Saturated fat 0 g
Cholesterol 0 mg
Sodium 42 mg*
Dietary fiber 6 g
Carbohydrates 78 g
Protein 17 g

*Sodium content does not include addition of optional amounts of salt mentioned in recipe.

Source: intelihealth.com
ZUCCHINI LASAGNA

You won’t miss the meat in this satisfying Italian dish.

1/2 lb lasagna noodles, cooked in unsalted water
3/4 C mozzarella cheese, part-skim
1 1/2 C fat-free cottage cheese
1/4 C parmesan cheese
1 1/2 C zucchini, raw, sliced
2 1/2 C tomato sauce, low-sodium or no-salt added
2 tsp basil, dried
2 tsp oregano, dried
1/4 C onion, chopped
1 clove garlic
1/8 tsp black pepper

1. Preheat oven to 350° F. Lightly spray 9x13-inch baking dish with vegetable oil spray. Set aside.
2. In small bowl, combine 1/8 cup mozzarella and 1 tablespoon parmesan cheese. Mix well and set aside.
3. In medium bowl, combine remaining mozzarella and parmesan cheese with all of the cottage cheese. Mix well and set aside.
5. Bake 30 to 40 minutes. Let stand 10 to 15 minutes. Cut into 6 portions.

YIELD: 6 servings  SERVING SIZE: 1 piece

NUTRITION ANALYSIS PER SERVING

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Source: aetnahealthybody.com
SIDE DISHES
CANNELLINI BEANS WITH BROCCOLI RABE

1/2 lb cannellini beans (dry)
2 T olive oil
2 cloves garlic
1 head broccoli rabe
1 T balsamic vinegar
2 plum tomatoes
1 yellow onion
1/2 bunch sage
1 tsp black pepper
1/2 lemon

1. Soak beans in water overnight.
2. In a pot of rapidly boiling water, cook the beans until tender. Drain and chill.
3. In a hot, nonstick skillet, heat olive oil and sauté garlic and broccoli rabe until the broccoli rabe is wilted. Remove from heat and chill.
4. Combine beans, broccoli rabe, plum tomatoes, sage, vinegar and seasonings, toss together.
5. Serve and enjoy!

Optional: Cut lemon in half; squeeze fresh lemon juice over salad before tossing.

TIPS
• Cannellini beans are an excellent source of soluble fiber, which helps reduce cholesterol levels.
• Cannellini beans are a good source of protein, iron, magnesium and folate.
• Broccoli rabe is a good source of calcium, potassium and fiber, important for blood pressure control.
• This is not only a great side dish, but also adds protein and nutrients to a vegetarian diet.

YIELD: 6 servings

NUTRITION ANALYSIS PER SERVING
Calories 95
Carbohydrates 10.7 g
Fat 4.4 g
Protein 4.1 g
Cholesterol 0 mg
Sodium 610 mg

Source: healthyfoodfight.com
CHEESE, RICE AND PASTA PILAF

After the pasta and onion are sautéed, the oil is drained to minimize the fat content of this interesting pilaf.

2 T olive oil
1/2 C finely broken vermicelli, uncooked
2 T diced onion
1 C long-grain white rice, uncooked
1 1/4 C hot water
1 1/4 C hot chicken stock
1/4 tsp ground white pepper
1 bay leaf
2 T grated parmesan cheese

1. In large skillet, heat oil. Sauté vermicelli and onion until golden brown, about 2 to 4 minutes over medium-high heat.
2. Drain off oil.
3. Add rice, stock, water, pepper and bay leaf.
4. Cover and simmer 15 to 20 minutes. Fluff with fork. Cover and let stand 5 to 20 minutes. Remove bay leaf.
5. Sprinkle with cheese and serve immediately.

YIELD: 6 servings  SERVING SIZE: 1/2 cup

NUTRITION ANALYSIS PER SERVING

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Source: intelihealth.com
GARLIC MASHED POTATOES

No added fat or salt is used or needed in this tasty potato dish.

1 lb (about 2 large) potatoes, peeled and quartered  
2 C skim milk  
2 large cloves garlic, chopped  
1/2 tsp white pepper

1. Cook potatoes, covered, in a small amount of boiling water for 20 to 25 minutes or until tender.  
2. Remove from heat. Drain and re-cover.  
3. Meanwhile, in small saucepan over low heat, cook garlic in milk until garlic is soft, about 30 minutes.  
4. Add milk-garlic mixture and white pepper to potatoes. Beat with electric mixer on low speed or mash with potato masher until smooth.

Microwave Directions
1. Scrub potatoes, pat dry and prick with fork.  
2. On a plate, cook potatoes, uncovered, on 100% power (high) until tender, about 12 minutes, turning potatoes over once.  
3. Let stand 5 minutes.  
4. Peel and quarter.  
5. Meanwhile, in 4-cup glass measuring cup, combine milk and garlic.  
6. Cook, uncovered, on 50% power (medium) until garlic is soft, about 4 minutes. Continue as directed above.

YIELD: 4 servings  
SERVING SIZE: 3/4 cup

NUTRITION ANALYSIS PER SERVING

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Source: intelihealth.com
GREEN BEANS SAUTÉ

Green beans and onions are lightly sautéed in only 1 tablespoon of oil.

1 lb fresh or frozen green beans, cut in 1-inch pieces
1 T vegetable oil
1 large yellow onion, halved lengthwise and thinly sliced
1/8 tsp black pepper
1/2 tsp salt
1 T fresh parsley, minced

1. If using fresh green beans, cook in boiling water for 10 to 12 minutes or steam for 2 to 3 minutes until barely fork tender. Drain well. If using frozen green beans, thaw first.
4. Toss with parsley before serving.

YIELD: 4 servings    SERVING SIZE: 3/4 cup

NUTRITION ANALYSIS PER SERVING
Calories 64
Total fat 4 g
Saturated fat less than 1 g
Cholesterol 0 mg
Sodium 282 mg

Source: aetnahealthybody.com
**GREEN VEGETABLES WITH SESAME-GINGER DRESSING**

The fresh ginger in the dressing gives a zesty boost to these old favorites.

2 C green beans, cut into 2-inch pieces (fresh or frozen)
2 C broccoli florets (fresh or frozen)
1/4 C water

**Sesame-Ginger Dressing**
2 T low-sodium soy sauce
1 tsp rice wine vinegar
1/2 tsp sesame oil
1 tsp honey
1/2 tsp fresh ginger, grated

1. Whisk ingredients together. Set aside.
2. Microwave fresh green beans with water in covered bowl on high for 2 to 3 minutes. Remove cover carefully, allowing steam to escape away from you; stir green beans and add fresh broccoli florets. Cover and microwave together on high for 2 minutes. (If using frozen green beans and/or broccoli, follow microwave directions on packaging.)
3. Drain green beans and broccoli; mix in dressing while still warm. Let vegetables chill in refrigerator until ready to serve (at least 2 to 10 minutes).

**YIELD:** 4 servings

**NUTRITION ANALYSIS PER SERVING**

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Source: intelihealth.com
ITALIAN VEGETABLE BAKE

This colorful, low-sodium, cholesterol-free vegetable baked dish is prepared without any added fat.

1 (28-oz) can whole tomatoes
1 medium onion, sliced
1/2 lb fresh green beans, sliced
1/2 lb fresh okra, cut into 1/2-inch pieces or 1/2 10-oz package frozen
3/4 C finely chopped green pepper
2 T lemon juice
1 tsp chopped fresh basil, or 1 tsp dried basil, crushed
1 1/2 tsp chopped fresh oregano leaves, or 1/2 tsp dried oregano crushed
3 medium (7-inch long) zucchini, cut into 1-inch cubes
1 medium eggplant, pared and cut into 1-inch cubes
2 T grated parmesan cheese

1. Drain and coarsely chop tomatoes. Save liquid.
2. Mix together tomatoes and reserved liquid, onion, green beans, okra, green pepper, lemon juice, herbs.
3. Cover and bake at 325° F for 15 minutes.
4. Mix in zucchini and eggplant and continue baking, covered, 60 to 70 more minutes or until vegetables are tender. Stir occasionally.
5. Sprinkle top with parmesan cheese just before serving.

YIELD: 18 servings  SERVING SIZE: 1/2 cup

NUTRITION ANALYSIS PER SERVING

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Source: intelihealth.com
**OVEN WEDGE FRIES**

These easy oven-baked fries are a delicious, lower-fat alternative to french fries.

2 potatoes, large-sized  
1 tsp olive oil, or other vegetable oil

**Seasoning suggestions:** 2 cloves garlic, finely chopped, Italian seasoning spice mix, chili powder, paprika or cayenne red pepper

1. Preheat oven to 400° F.  
2. Cut potatoes into quarters. Then cut each quarter into wedges with the wedge part (area with skin) about 1/2 to 1/3 inch wide.  
3. Coat nonstick cookie sheet with 1 teaspoon oil.  
4. Lay wedges on cookie sheet.  
5. Place cookie sheet on oven rack about 7 inches from oven bottom.  
6. Bake for 7 minutes (or until bottom and edges start browning), then flip wedges over to other side and sprinkle seasonings over top.  
7. Bake for another 7 minutes (or until wedges are nicely brown and cooked thoroughly).

**YIELD:** 4 servings

**NUTRITION ANALYSIS PER SERVING**

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<td>Calories from fat</td>
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Source: aetnahealthybody.com
PIGEON PEAS WITH RICE

Canadian bacon, green olives, cubanel pepper, capers and cilantro give this beans and rice dish a fantastic flavor.

1 lb fresh pigeon peas
8 C water
very small amount of salt (optional)
2 tsp vegetable oil
4-oz Canadian bacon, diced
1 medium onion, chopped
1 cubanel pepper, seeds removed and chopped
1 green bell pepper, chopped
1 medium tomato, chopped
2 1/4 C long-grain, white rice
6 stuffed green olives, diced
1 tsp capers
6 sprigs cilantro, chopped
1/4 C tomato sauce

1. Rinse and drain pigeon peas.
2. In large saucepan, combine peas and water. Bring to simmer and cook for 30 minutes.
3. Stir in salt (optional) and cook for 15 more minutes.
4. Drain, reserving 3 cup liquid, and set aside until needed.
5. In large, nonstick saucepan over medium-high heat, warm vegetable oil.
6. Add Canadian bacon, onion, cubanel pepper, bell pepper, tomato.
7. Cook until vegetables are tender, about 8 minutes.
8. Stir rice into bacon and vegetables.
9. Stir in green olives, capers, cilantro, tomato sauce, drained pigeon peas.
10. Cook for 2 to 3 minutes.
11. Stir in 3 cup of reserved liquid. Bring to simmer and cook until almost all water has evaporated.
12. Reduce heat to very low, cover pan and cook for 15 minutes.
13. With large wooden spoon, turn rice and peas very carefully.

Variation
You may substitute two 16-ounce cans of pigeon peas for 1 pound fresh peas. Drain canned peas and add enough water to their liquid to make 3 cups. Stir canned peas into rice for last 15 minutes of cooking.

YIELD: 16 servings SERVING SIZE: 1 cup

NUTRITION ANALYSIS PER SERVING

Calories 324
Total fat 4 g
Saturated fat 1 g
Cholesterol 5 mg
Sodium 436 mg*
Dietary fiber 2 g
Carbohydrates 60 g
Protein 12 g

*Sodium content does not include addition of optional amounts of salt mentioned in recipe.

Source: intelihealth.com
STUFFED POTATOES

Baked potatoes stuffed with seasoned, low-fat cottage cheese are a lavish treat.

Ingredients:
- 4 medium baking potatoes
- 1 tsp dill weed
- 3/4 C low-fat (1%) cottage cheese
- 3/4 tsp herb seasoning
- 1/4 C low-fat (1%) milk
- 4-6 drops hot pepper sauce
- 2 T soft margarine
- 2 tsp grated parmesan cheese

Instructions:
1. Prick potatoes with fork. Bake at 425°F for 60 minutes or until fork is easily inserted.
2. Cut potatoes in half lengthwise.
3. Carefully scoop out potato leaving about 1/2-inch of pulp inside shell.
4. Mash pulp in large bowl.
5. By hand, mix in remaining ingredients except parmesan cheese.
6. Spoon mixture into potato shells.
7. Sprinkle each top with 1/4 teaspoon parmesan cheese.
8. Place on baking sheet and return to oven. Bake 15 to 20 minutes or until tops are golden brown.

YIELD: 8 servings    SERVING SIZE: 1/2 potato

NUTRITION ANALYSIS PER SERVING
- Calories: 113
- Total fat: 3 g
- Saturated fat: less than 1 g
- Cholesterol: 1 mg
- Sodium: 136 mg

Source: intelihealth.com
**SUNSHINE RICE**

This citrusy rice side dish contains almonds, celery, and onions, but no added salt.

1 1/2 T vegetable oil  
1 1/4 C finely chopped celery with leaves  
1 1/2 C finely chopped onion  
1 C water  
2 T lemon juice  
1/2 C orange juice  
dash hot sauce  
1 C long-grain white rice, uncooked  
1/4 C slivered almonds

1. Heat oil in medium saucepan. Add celery and onions and sauté until tender, about 10 minutes.  
2. Add water, juices, hot sauce. Bring to boil.  
3. Stir in rice and bring back to boil.  
4. Let stand covered until rice is tender and liquid is absorbed.  
5. Stir in almonds.

**YIELD:** 4 servings  
**SERVING SIZE:** 2/3 cup

**NUTRITION ANALYSIS PER SERVING**

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Source: aetnahealthybody.com
VEGETABLES WITH LEMON-HERB SAUCE

Steaming vegetables and using a lemon-herb sauce make this dish light and easy to make.

1/2 small head cauliflower, cut into florets
2 C broccoli, cut into florets
2 T lemon juice
1 T olive oil
1 clove garlic, minced
2 tsp fresh parsley, chopped

1. Steam broccoli and cauliflower until tender (about 10 minutes).
2. In small saucepan, mix lemon juice, oil and garlic, and cook over low heat for 2 to 3 minutes.

YIELD: 6 servings    SERVING SIZE: 1/2 cup

NUTRITION ANALYSIS PER SERVING

Calories          22
Total fat         2 g
Saturated fat     less than 1 g
Cholesterol       0 mg
Sodium            7 mg
Calcium           10 mg
Iron              less than 1 mg

Source: intelihealth.com
WHOLE GRAIN RICE PILAF

2 tsp olive or canola oil
1/2 tsp fresh garlic (chopped or minced) or 1/8 tsp garlic powder
1/4 C onions, diced
1/2 C mushrooms, sliced
1/2 C red pepper, sliced
1/2 C pasta (whole wheat or multigrain angel hair, broken into pieces)
1 (14 oz) can low-sodium, fat-free chicken broth
1 C instant brown rice
1 T fresh parsley, chopped or 1 tsp dried parsley
salt to taste

1. In a nonstick fry pan, sauté onions, garlic, mushrooms, and red pepper in olive oil for about 3 minutes.
2. Add pasta and cook for 2 minutes more.
3. Add the chicken broth, rice and parsley.
4. Reduce heat and cook until all the broth is absorbed - about 10 minutes.
5. Let this sit for 5 minutes with the heat off, and serve.

TIPS
- Using whole or multigrain pasta and brown rice adds fiber, nutrients and protective antioxidants.
- To reduce sodium and fat content, choose low sodium, low-fat broth.

YIELD: 6 servings

NUTRITION ANALYSIS PER SERVING

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Source: healthyfoodfight.com
HEALTHY DESSERTS
ALASKA BLUEBERRY COBBLER

This easy fruit cobbler is delicious all year round.

1/2 C sugar
2 T cornstarch
4 C fresh or frozen blueberries
1 tsp lemon juice
1 C flour
1 T sugar
1 1/2 tsp baking powder
3 T vegetable oil
1/2 C low-fat or reconstituted nonfat dry milk

Fruit Mixture
1. Blend 1/2 cup sugar and cornstarch in medium saucepan.
2. Stir in blueberries and lemon juice.
3. Cook, stirring constantly, until mixture thickens and boils.
4. Boil and stir 1 minute.
5. Pour into ungreased baking dish.
6. Keep fruit mixture hot in oven while preparing biscuit topping.

Biscuit Topping
1. Heat oven to 400° F.
2. Measure flour, 1 tablespoon sugar and baking powder into a mixing bowl.
3. Add oil and milk, blend together until dough forms.
4. Drop dough by the spoonful onto hot fruit.
5. Bake 25 to 30 minutes or until biscuit topping is golden brown. Serve warm.

YIELD: 6 servings

NUTRITION ANALYSIS PER SERVING
Calories 281
Cholesterol 1 mg
Sodium 139 mg
Fat 7.5 g
Protein 3.5 g
Carbohydrates 52 g
Dietary fiber 3 g
Calories from fat 24%

Source: intelihealth.com
APPLE COFFEE CAKE

Moist apples and raisins provide the flavor in this low-cholesterol and low-sodium coffee cake.

1/4 C vegetable oil
5 C tart apples, cored, peeled, chopped
1 C sugar
1 C dark raisins
1/2 C pecans, chopped
2 tsp vanilla
1 egg, beaten
2 1/2 C sifted all-purpose flour
1 1/2 tsp baking soda
2 tsp ground cinnamon

1. Preheat oven to 350° F.
2. Lightly oil 13x9x2-inch pan.
3. In large bowl, combine apples, sugar, raisins, and pecans; mix well. Let stand 30 minutes.
4. Stir in oil, vanilla and egg.
5. Sift together flour, soda and cinnamon; stir into apple mixture about 1/3 at a time, just enough
to moisten dry ingredients.
6. Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.

YIELD: 20 servings  SERVING SIZE: 3 1/2-inch x 2 1/2-inch piece

NUTRITION ANALYSIS PER SERVING
Calories 188
Total fat 5 g
Saturated fat less than 1 g
Cholesterol 11 mg
Sodium 68 mg

Source: intelihealth.com
APPLE SMOOTHIE

1 ripe banana
2 oz apple cider (or 100% apple juice)
4 oz apple sauce
2 oz low-fat vanilla yogurt
Sprinkle of cinnamon
1/2 tsp vanilla extract
3/4 C ice

Place all ingredients in a blender or food processor and blend until smooth.

**YIELD:** 1 (12 oz) serving

**NUTRITION ANALYSIS PER SERVING**

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Source: [healthyfoodfight.com](http://healthyfoodfight.com)
APRICOT BARS

2 C. old fashioned oats
2 C. all-purpose flour
1 1/2 C. brown sugar
1/2 tsp salt
1/2 tsp baking soda
1/2 C. canola oil
3 oz apple juice
1 jar apricot preserves
powdered sugar (optional)

1. Preheat oven to 325° F. Lightly oil 13x9 inch pan with nonstick cooking spray; set aside. In a large bowl, work together oats, flour, brown sugar, salt and baking soda until no lumps of brown sugar remain. Drizzle oil and apple juice over the oats and mix in until evenly moistened and crumbly.
2. Set aside 1/2 mixture for topping; press the remainder evenly into the prepared baking pan. Spread apricot preserves over the top. Sprinkle with the reserved oat topping.
3. Bake for 30-40 minutes or until golden brown. Let cool in the baking pan. Cut into bars and sprinkle with powdered sugar (optional).

TIPS

- Loaded with whole grains and flavor, these bars are a great way to get your family to increase the fiber in their daily diet.
- Do your kids dislike apricot flavor? Substitute the apricot spread for strawberry preserves!

YIELD: 24 servings

NUTRITION ANALYSIS PER SERVING

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Source: healthyfoodfight.com
HEALTHY DESSERTS

BANANA-NUT BREAD

Bananas and buttermilk give this old favorite its moistness and help to lower the fat content.

1 C mashed ripe bananas
1/3 C low-fat buttermilk
1/2 C packed brown sugar
1/4 C margarine
1 egg
2 C all-purpose flour, sifted
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/2 C chopped pecans

1. Preheat oven to 350° F. Lightly oil 9x5-inch loaf pan.
2. Stir together mashed bananas and buttermilk; set aside.
4. Sift together flour, baking powder, baking soda, salt; add all at once to liquid ingredients. Stir until well blended.
5. Stir in nuts and turn into prepared pan.
6. Bake for 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes in pan.
7. Remove from pan and complete cooling on wire rack before slicing.

YIELD: One loaf       SERVING SIZE: 1/2-inch slice

NUTRITION ANALYSIS PER SERVING
Calories          133  
Total fat         5 g    
Saturated fat     1 g    
Cholesterol       12 mg  
Sodium            138 mg 

Source: intelihealth.com
FRUIT SALAD WITH FROZEN YOGURT

Frozen yogurt adds calcium to this fresh fruit fiesta.

3 T honey
3 T lemon juice
1 medium apple, cored and chopped
1 medium plum, pitted and sliced
1 large orange, pitted and sliced into 1/4-inch thick rounds
1 large grapefruit, peeled and sectioned
1 medium banana, peeled and sliced into rounds
1 quart frozen nonfat vanilla yogurt

1. In large bowl, whisk together honey and lemon juice.
2. Stir in fruit.
3. Serve fruit topped with scoop of frozen yogurt.

YIELD: 8 servings  SERVING SIZE: 3/4 cups

NUTRITION ANALYSIS PER SERVING
Calories 161
Total fat 1 g
Saturated fat 0 g
Cholesterol 3 mg
Sodium 73 mg
Dietary fiber 2 g
Carbohydrates 38 g
Protein 4 g

Source: intelihealth.com
GINGERBREAD WINDOW COOKIES

Making them is fun — almost as much fun as eating them.

2 1/2 C all-purpose flour
1 tsp ground ginger
1/2 tsp ground cinnamon
1/2 tsp ground cloves
1/2 tsp baking soda
1/2 C sugar
1/4 C light margarine, softened
1/3 C molasses
1 egg or equivalent egg substitute
2 T unsweetened applesauce
1 T vinegar
30 pieces assorted hard candies, such as fruit-flavored cinnamon, butterscotch, or sour balls
vegetable oil spray
flour for rolling dough

1. In medium bowl, stir together flour, ginger, cinnamon, cloves, and baking soda. Set aside.
2. In large bowl, cream sugar and margarine with electric mixer on medium.
3. Beat in molasses, egg substitute, applesauce, and vinegar.
4. Gradually add flour mixture, beating after each addition. Divide dough in half; shape each piece into a disk.
5. Wrap dough in plastic wrap and refrigerate for 2 hours to 2 days.
6. Meanwhile, sort candies by color if using fruit flavored or sour balls, unwrap them, and put candies of each color in a separate airtight freezer bag. Seal bags and place on flat surface, such as cutting board. Using flat side of meat mallet or clean hammer, crush candies into small pieces (not into powder). Keep crushed candies in airtight bags until ready to use.
7. Preheat oven to 350° F. Line four baking sheets with aluminum foil; spray foil with vegetable oil spray.
8. Lightly flour a flat surface. Roll one chilled dough disk to 1/4-inch thickness. Cut out your favorite shapes (3 1/2 inch cutters make about 40 cookies), such as hearts for Valentine's Day. Place cookies about 1 inch apart on baking sheets. Using a smaller cookie cutter (circular cutters 3/4 to 1 inch in diameter work well) cut a shape out of center of each cookie, cutting all the way through dough. Remove cutouts. Lightly place small cookie cutter back where you cut out dough. Spoon about 1 1/2 teaspoons crushed hard candies over area within small cookie cutter. Remove cookie cutter (candies should mound slightly above cutout). Repeat with remaining dough and candies. (Dough scraps can be mounded together and re-rolled.)
9. Bake for 6-9 minutes, or until cookies are firm but tender and candies have melted. Let cool on cooling racks for 15 minutes. Refrigerate leftover cookies in airtight container for up to 1 week, separating layers of cookies with wax paper.

YIELD: 20 servings

NUTRITION ANALYSIS PER SERVING
Calories 243
Cholesterol 2 mg
Sodium 272 mg
Fat 1 g
Protein 4 g
Carbohydrates 53 g
Dietary fiber 1 g

Source: aetnahealthybody.com
GUILTLESS BANANA PUDDING

All the sweet flavor, but much less fat than the original.

1 C fat-free milk
small package fat-free vanilla instant pudding mix (3-4 oz)
8 oz frozen nonfat whipped topping, thawed
2/3 C fat-free sweetened condensed milk
2 T plus 1 tsp fresh lemon juice, or to taste
20 reduced-fat vanilla wafers, whole or crushed
2 medium bananas

1. In large bowl, whisk or beat milk and pudding mix until thickened.
2. Fold in whipped topping, condensed milk, lemon juice. Layer half the vanilla wafers, half the bananas, and half the pudding mixture in an 8-inch square glass dish or individual bowls; repeat. Put plastic wrap directly on surface of pudding and refrigerate.

YIELD: 8 servings

NUTRITION ANALYSIS PER SERVING
Calories 243
Cholesterol 2 mg
Sodium 272 mg
Fat 1 g
Protein 4 g
Carbohydrates 53 g
Dietary fiber 1 g

Source: intelihealth.com
MANGO DELIGHT

Reprinted from Healthy Hispanic Recipes by the National Cancer Institute.

Try this tropical twist on a traditional gelatin mold.

1 C orange juice
3 packets unflavored gelatin
5 medium, very ripe mangoes
1 C sugar
1 C evaporated skim milk
2 C light whipped topping

1. Put orange juice into small, heat-proof bowl and sprinkle the gelatin over it. Set aside for 5 minutes.
2. Peel mangoes, cut fruit from pits and puree in blender or food processor. You should have 4 cups of puree.
3. Transfer puree to large bowl and stir in sugar and evaporated milk.
4. Warm juice and gelatin over a bowl of hot water until liquid and smooth. Whisk gelatin into mango mixture.
5. Stir in whipped topping.
6. Fill a 10-cup mold with cold water and pour all water out. Fill mold with mango mixture, cover with plastic wrap and refrigerate until set, at least 2 to 3 hours.
7. To serve, wrap a warm, damp towel around mold. Invert a serving plate over mold and, holding plate and mold together, turn plate upright. Lift mold away carefully.
8. Garnish with fresh fruit if desired. Serve cold.

YIELD: 15 servings   SERVING SIZE: 2/3 cup

NUTRITION ANALYSIS PER SERVING

Calories 228
Total fat 2 g
Saturated fat 0 g
Cholesterol 1 mg
Sodium 54 mg
Dietary fiber 5 g
Carbohydrates 47 g
Protein 5 g

Source: aetnahealthybody.com
OAT N’ WHEAT BLUEBERRY MUFFINS

1 C quick-cooking rolled oats
2 bananas (small to medium)
1/4 C buttermilk
1/2 C maple syrup
1/4 C peanut butter
1 egg, slightly beaten
1 tsp vanilla extract
1 1/2 C whole wheat flour
1 tsp baking soda
1/2 tsp cinnamon
1/2 tsp salt
1 C blueberries – fresh (or frozen, thawed, without liquid)

1. In a blender, process bananas until liquefied. Add enough buttermilk and thoroughly blend until the mixture measures 1 1/4 cups. Transfer mixture to a large bowl. Add rolled oats to banana mixture and let stand for 5 minutes.
2. In a second bowl, thoroughly mix baking soda, cinnamon, and salt. Add flour and mix well.
3. In the blender, combine maple syrup and egg; process until liquefied, add peanut butter and vanilla. Blend well. Pour this mixture into the rolled oats, stir well.
4. Stir in the dry ingredients. Fold in the blueberries.
5. Bake at 375° F for 20 to 25 minutes or until a toothpick inserted in center comes out clean.

TIPS
- Whole grains such as whole wheat flour and oats have been shown to reduce your risk for heart disease.
- Using natural peanut butter and ripe bananas for flavor instead of butter will lower saturated fat.

YIELD: 12 muffins

NUTRITION ANALYSIS PER SERVING
Calories 361
Carbohydrates 45 g
Fat 2 g
Protein 25 g
Fiber 4.5 g
Sodium 412 mg

Source: healthyfoodfight.com
OLD-FASHIONED BREAD PUDDING WITH APPLE-RAISIN SAUCE

A classic dessert served with a special sauce delivers a new, vibrant taste.

10 slices whole wheat bread
1 egg
3 egg whites
1 1/2 C skim milk
1/4 C sugar
1/4 C brown sugar
1 tsp vanilla extract
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp cloves
2 tsp sugar

1. Preheat oven to 350° F. Spray 8x8-inch baking dish with vegetable oil spray. Lay slices of bread in baking dish in two rows, overlapping like shingles.
2. In medium bowl, beat together egg, egg whites, milk, sugar, brown sugar and vanilla. Pour egg mixture over bread.
3. In small bowl, stir together cinnamon, nutmeg, cloves and 2 teaspoon sugar. Sprinkle spiced sugar over bread pudding. Bake pudding for 30 to 35 minutes, until it has browned on top and is firm to touch.
4. Serve warm or at room temperature, with warm apple-raisin sauce.

Apple-Raisin Sauce
In medium saucepan, mixed together 1 1/4 cup apple juice, 1/2 cup apple butter, 2 tablespoon molasses, 1/2 cup raisins, 1/4 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 1/2 teaspoon orange zest (optional). Bring to simmer over low heat. Let sauce simmer 5 minutes. Serve warm. Makes 2 servings.

YIELD: 9 servings

NUTRITION ANALYSIS PER SERVING
Calories 233
Total fat 3 g
Saturated fat 1 g
Carbohydrates 46 g
Protein 7 g
Cholesterol 24 mg
Sodium 252 mg
Dietary fiber 3 g

Source: intelihealth.com
SUMMER CRISP

This tart and tangy fruit dessert is cholesterol-free and low in sodium.

1/2 C sugar  
3 T all-purpose flour  
1 tsp lemon peel, grated  
3/4 tsp lemon juice  
4 C fresh or unsweetened frozen (thawed, not drained) peaches  
3 C fresh or unsweetened frozen (unthawed) blueberries  
2/3 C rolled oats  
1/3 C brown sugar, packed  
1/4 C whole wheat flour  
2 tsp ground cinnamon  
1 T soft margarine, melted

1. To prepare filling, combine sugar, flour and lemon peel in medium bowl. Mix well.  
2. Add lemon juice, peaches and blueberries; mix.  
3. Spoon into a 6-cup baking dish.  
4. To prepare topping, in small bowl, combine oats, brown sugar, flour and cinnamon. Add melted margarine; mix.  
5. Sprinkle topping over filling. Bake at 375° F for approximately 40 to 50 minutes or until filling is bubbly and top is brown.  
6. Serve warm or at room temperature.

YIELD: 6 servings  SERVING SIZE: 1 3/4 x 2-inch piece

NUTRITION ANALYSIS PER SERVING

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Source: aetnahealthybody.com
SWEET POTATO CUSTARD

Sweet potatoes and bananas make a flavorful, low-fat custard.

1 C mashed, cooked sweet potato
1/2 C mashed banana (about 2 small bananas)
1 C evaporated skim milk
2 T packed brown sugar
2 beaten egg yolks (or 1/3 C egg substitute)
1/2 tsp salt
1/4 C raisins
1 T sugar
1 tsp ground cinnamon
nonstick spray coating

1. In medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks and salt, mixing thoroughly.
2. Coat 1-quart casserole dish with nonstick spray. Transfer sweet potato mixture to casserole.
3. Combine raisins, sugar, cinnamon; sprinkle over sweet potato mixture. Bake in preheated 300° F oven for 45 to 50 minutes or until a knife inserted near center comes out clean.

Note: If made with egg substitute, the amount of cholesterol will be lower.

YIELD: 6 servings

NUTRITION ANALYSIS PER SERVING

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Source: intelihealth.com