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## APPETIZERS & SNACKS

### **Chile con Queso**

Start to finish: 30 minutes, Makes: 1 ¾ cups dip

½ cup finely chopped onion (medium)  
 1 tablespoon margarine  
 1 and 1/3 cups chopped, seeded tomatoes (2 medium)  
 1 4-ounce can diced green Chile peppers, drained  
 1 cup shredded American cheese (4 ounces)  
 1 cup shredded Monterey Jack cheese  
 1 teaspoon cornstarch  
 1 teaspoon bottled hot pepper sauce  
 Tortilla chips or corn chips

1. In a saucepan cook onion in margarine until tender. Stir in tomatoes and chili peppers. Simmer, uncovered, for 10 minutes. Toss shredded cheeses with cornstarch. Gradually add cheese mixture to saucepan, stirring until cheese is melted. Stir in hot pepper sauce; heat through. Serve with chips.

*Nutrition Facts per 1 tablespoon dip: 38 cal, 3 g total fat (2 g sat. fat), 9 mg chol, 97 mg sodium, 1 g carb, 0 g fiber, 2 g pro.*

### **White Bean Dip**

Prep: 20 minutes Chill 4 to 24 hours Makes: about 2 cups dip

¼ cup soft breadcrumbs  
 2 tablespoons dry white wine or water  
 1 15-to-19 ounce can white kidney beans or Great Northern beans, rinsed and drained  
 ¼ cup slivered almonds, toasted  
 2 tablespoons lemon juice  
 2 tablespoons olive oil  
 ¼ teaspoon salt  
 1/8 teaspoon ground red pepper  
 3 cloves garlic, minced  
 ½ teaspoon dried oregano or basil, crushed  
 Tortilla Chips

1. Combine breadcrumbs and wine; set aside for 10 minutes to soak.
2. In a food processor or blender container combine beans, almonds, lemon juice, olive oil, salt, red pepper, and garlic. Cover and process or blend until almost smooth.

Add breadcrumb mixture; blend until smooth. Stir in the 2 teaspoons oregano. Cover and chill.

- To serve, transfer to serving bowl. Serve with tortilla chips or vegetables.

*Nutrition Facts per 1 tablespoon dip: 57 cal, 2 g total fat, (0 sat. fat), 0 mg chol, 86 mg sodium, 8 g carb, 1 g fiber, 2 g protein*

### **Fruity Beef Kabobs**

Prep: 45 minutes, Bake: 25 minutes, Oven: 350 F, Makes: 36 appetizer kabobs

- 1 beaten egg
- ¼ cup fine dry bread crumbs
- 2 tablespoons snipped fresh cilantro or parsley
- 1/8 teaspoon ground red pepper
- 2 cloves garlic, minced
- 1 pound lean ground beef
- ¼ cup finely chopped peanuts
- 1 fresh pineapple, peeled, cored, and cut into bite-size chunks (or one 20-ounce can pineapple chunks).
- 1 and ¼ cups bottled sweet-and-sour sauce (try low-sodium)

- In a bowl combine egg, breadcrumbs, cilantro, red pepper, garlic, and ¼ teaspoon salt. Add the beef and peanuts; mix well. Shape into 36 meatballs. Place meatballs in a 15x10x1-inch shallow baking pan. Bake in a 350-degree oven about 20 minutes or until done (160 F). Remove from oven; drain.
- Thread a pineapple chunk and a meatball on a wooden toothpick. Return to the shallow baking pan. Repeat with remaining pineapple chunks and meatballs. Brush with some of the sweet-and-sour-sauce. Bake for 5-8 minutes more or until heated through.
- Meanwhile, heat remaining sauce until bubbly; brush over meatballs and fruit before serving.

*Nutrition facts per skewer: 51 cal, 2 g total fat (1 g sat. fat), 14mg chol, 73 mg sodium, 5 g carb, 0 g fiber, 3 g pro.*

### **Nachos**

Start to finish: 20 minutes, Oven: 350F

Makes: 8 Appetizer servings

- 6 cups tortilla chips
- 1 15-ounce can black beans or pinto beans, rinsed and drained
- ¼ cup thick and chunky salsa
- 1 ½ cups shredded cheddar cheese

Sour cream (low fat)

1. Spread chips on an 11- or 12 inch ovenproof platter or large baking sheet
2. Combine beans and the ¼ cup salsa; spoon over chips. Sprinkle with cheese. Bake in a 350 F oven 5-7 minutes or until cheese is melted.
3. To serve, as desired, spoon sour cream over the nachos.

*Nutritional facts per serving: 127 cal, 6 g fat (3 g sat fat), 23 mg chol, 431 mg sodium, 21 g carb, 4 g fiber, 10 g pro.*

### **Quick Pizza Breadsticks**

*These cheesy herb breadsticks also go great with a bowl of low-sodium tomato soup.*

Prep: 10 minutes, Bake: 10 minutes, Oven: 425 F, Makes: 24 breadsticks

1 10-ounce package refrigerated pizza dough (or can use Pillsbury breadstick dough)  
 2 tablespoons margarine, melted  
 ½ cup grated Parmesan cheese or Romano cheese  
 2 teaspoons dried Italian seasoning, crushed  
 ¼ teaspoon garlic powder  
 1/8 teaspoon ground red pepper  
 1 8-ounce can pizza sauce, warmed

1. Lightly grease a large baking sheet. Unroll pizza dough and transfer to the prepared baking sheet. Using your hands, press the dough into a 12x9-inch rectangle. Brush the dough with melted butter.
2. In a small bowl combine Parmesan cheese, Italian seasoning, garlic powder, and red pepper; sprinkle over dough. Using a sharp knife, cut dough crosswise into twelve 1-inch strips; cut in half lengthwise to make 24 strips. (Already done if using Pillsbury dough)
3. Bake in a 425 F oven for 10-13 minutes or until golden brown. Serve with pizza sauce.

*Nutritional facts per breadstick: 47 cal, 2 g total fat, (1 g sat fat), 5 mg chol, 139 mg sodium, 5 g carb, 0 g fiber, 2 g pro.*

### **Fruit Salsa**

*If you plan to chill this salsa for more than 6 hours, stir in the strawberries just before serving.*

Prep: 30 minutes, Chill: 6 to 24 hours, Makes: about 3 cups salsa

1 cup finely chopped strawberries  
 1 medium orange, peeled and finely chopped

2 large or 3 small kiwi fruit, peeled and finely chopped  
 ½ cup finely chopped fresh pineapple or one 8-ounce can crushed pineapple, drained.  
 ¼ cup thinly sliced green onions  
 ¼ cup finely chopped yellow or green sweet pepper  
 1 tablespoon lime or lemon juice  
 1 fresh jalapeno chili pepper, seeded and chopped (optional)  
 1 recipe Cinnamon Tortilla Crisps (see below)

1. In a bowl combine strawberries, orange, kiwifruit, pineapple, green onions, sweet pepper, lime juice, and, if desired, jalapeno pepper. Cover and chill for 6 to 24 hours. Serve with Cinnamon Tortilla Crisps.

*Nutrition facts per 1 tablespoon salsa: 44 cal, 2 g total fat, 1 g sat fat, 3 mg chol, 41 mg sodium, 7 g carb, 0 g fiber, 1 g pro.*

### **Crab Dip**

Prep: 15 minutes, Chill: 2 to 24 hours, Makes: about 1 ½ cups

½ cup low-fat mayonnaise or salad dressing  
 ½ cup dairy low-fat sour cream  
 1 cup cooked crabmeat or one 6 ½ -ounce can crabmeat, drained, flaked, and cartilage removed.  
 2 tablespoons finely chopped red onion or green onion  
 1 tablespoon snipped fresh dill or 1 teaspoon dried dill  
 1 teaspoon finely shredded lemon or lime peel  
 1 teaspoon lemon or lime juice  
 Assorted crackers or vegetables

1. In a bowl combine mayonnaise, sour cream, 2/3 cup of crab meat, the onion, dill, lemon peel, lemon juice, and if desired red pepper. Season to taste with salt and black pepper. Transfer to serving dish; sprinkle with remaining crab meat. Cover and chill for 2 to 24 hours. Serve with crackers

*Nutritional facts per 2 tablespoons dip: 94 cal, 9 g total fat, 2 g sat fat, 24 mg chol, 105 mg sodium, 1 g carb, 0 g fiber, 3 g pro.*

### **Cinnamon Tortilla Crisps**

*Choose plain or cinnamon tortilla crisps to serve with salsa and other dips.*

Prep: 10 minutes Bake: 15 minutes Oven 360 F Makes: 96 crisps.

Combine ½ sugar (or splenda) and 1 teaspoon ground cinnamon. Brush ¼ cup melted butter or margarine over twelve 7-or-8-inch flour tortillas with cinnamon-sugar mixture.

Cut each tortilla into 8 wedges. Bake in a 350 F oven 5-10 minutes or until dry and crisp; cool. Repeat with remaining wedges.

*Nutrition facts per serving: 78 cal, 3 g total fat, 2 g sat. fat, 5 mg chol, 80 mg sodium, 11 g carb, 0 g fiber, 1 g pro.*

### **Sweet Party Mix**

Prep: 10 minutes, Bake: 20 minutes, Oven: 300 F, Makes 12 cups mix.

4 cups bite-size corn square cereal  
 4 cups bite-size rice square cereal  
 2 cups pretzel knots  
 1 cup sliced almonds  
 ¾ cup packed brown sugar  
 6 tablespoons margarine  
 3 tablespoons light-colored corn syrup  
 ¼ teaspoon baking soda  
 1 cup dried cranberries, blueberries, or cherries

1. In a large roasting pan combine corn cereal, rice cereal, pretzels, and almonds; set aside.
2. In a medium saucepan combine brown sugar, margarine, and corn syrup. Cook and stir over medium heat until mixture boils. Continue boiling at moderate, steady rate, without stirring, for 5 minutes more. Remove saucepan from heat; stir in baking soda. Pour over cereal mixture; stir gently to coat.
3. Bake in a 300 F oven for 15 minutes; stir cereal mixture and bake 5 minutes more. Remove from oven; stir in dried fruit. Spread onto large piece of buttered foil to cool. Break into pieces. Store in airtight container.

*Nutritional facts per ½ cup: 157 cal, 6 g total fat, 2 g sat fat, 8 mg chol, 200 mg sodium, 25 g carb, 1 g fiber, 2 g pro.*

## BEANS, RICE, & GRAINS

### **Baked Bean Quintet**

Prep: 10 minutes, Bake: 1 hour, Oven: 375 F, Makes: 12 to 16 side-dish servings.

1 cup chopped onion (1 large)  
 6 sliced Canadian bacon (lower in fat than regular bacon)  
 1 clove garlic, minced  
 1 16-ounce can lima beans, drained  
 1 16-ounce can pork and beans in tomato sauce  
 1 15-ounce can red kidney beans, drained

1 15-ounce can butter beans, drained  
 1 15-ounce can garbanzo beans (chickpeas), drained  
 ¾ cup catsup  
 ½ cup molasses  
 ¼ cup packed brown sugar  
 1 tablespoon prepared mustard  
 1 tablespoon Worcestershire sauce

1. In a skillet cook onion, bacon, and garlic until bacon is crisp and onion is tender; drain. In a bowl combine onion mixture, lima beans, pork and beans, red kidney beans, butter beans, garbanzo beans, catsup, molasses, brown sugar, mustard, and Worcestershire sauce. Transfer bean mixture to a 3-quart casserole. Bake, covered, in a 375 F oven for 1 hour.

*Nutrition facts per serving: 245 cal, 3 g total fat, 1 g sat. fat, 5 mg chol, 882 mg sodium, 47 g carb, 9 g fiber, 10 g pro.*

### **Bean Salad Wraps**

*Choose from a variety of flavored tortillas. Choose from tomato-basil, pesto, fresh herb, spinach, or whole wheat.*

Start to finish: 15 minutes, Oven: 350 F, Makes: 4 main-dish servings.

4 8-inch flavored or plain flour tortillas  
 1 15-ounce can black beans, rinsed and drained  
 ½ cup chopped green sweet pepper  
 2 tablespoons snipped fresh cilantro  
 1/3 cup light mayonnaise or salad dressing  
 1 tablespoon lime juice  
 Leaf lettuce

1. Stack tortillas and wrap tightly in foil. Heat in a 350 F oven for 10 minutes to soften.
2. Meanwhile, in a medium bowl mash black beans slightly; add sweet pepper and cilantro. Stir in light mayonnaise dressing and lime juice.
3. To serve, spread bean mixture evenly over tortillas. Top with lettuce leaves. Roll up tortillas.

*Nutrition facts per serving: 230 cal, 9 g total fat, 2 g sat. fat, 7 mg chol, 504 mg sodium, 33 g carb, 6 g fiber, 9 g pro.*

**Rice Pilaf**

Prep: 15 minutes, Cook: 15 minutes, Makes: about 3 cups

½ cup chopped onion (1 medium)  
 ½ cup sliced fresh button mushrooms  
 ¼ cup chopped celery or green sweet pepper  
 1 clove garlic, minced  
 1 tablespoon margarine  
 ¾ cup uncooked long grain rice  
 1 ½ teaspoons instant chicken, beef, or vegetable bouillon granules  
 ¼ teaspoon black pepper  
 2 slices Canadian bacon, crisp-cooked and finely chopped.

1. In a medium saucepan cook onion, mushrooms, celery, and garlic in hot margarine until tender.
2. Carefully stir in rice, bouillon granules, pepper, and 1 ½ cups water. Bring to boil. Reduce heat, simmer, covered, about 15 minutes or until the rice is tender and liquid is absorbed. If desired, stir in crumbled bacon.

*Nutrition facts per serving: 167 cal, 3 g total fat, 2 g sat fat, 8 mg chol, 367 mg sodium, 31 g carb, 1 g fiber, 3 g pro.*

**QUICK BREADS & MUFFINS****Applesauce maple muffins**

Yield: 12 muffins

2 cups whole wheat flour  
 1 tablespoon baking powder  
 1 ¼ cups unsweetened applesauce  
 ½ cup maple syrup  
 2 egg whites  
 ½ cup dark raisins or chopped walnuts

1. Combine the flour and baking powder, and stir to mix well. Add the applesauce, maple syrup, and egg whites, and stir just until the dry ingredients are moistened. Fold in the raising or walnuts.
2. Coat muffin cups with non-stick cooking spray and fill ¾ fill with the batter. Bake at 350 F for 16 to 18 minutes, or until a wooden toothpick inserted into the muffin comes out clean.
3. Remove the muffin tin from the oven, and allow it to sit for 5 minutes before removing the muffins. Serve warm or at room temperature.

*Nutritional facts per muffin: 130 cal, 0.4 g total fat, 0 mg chol, 94 mg sodium, 3.3g fiber, 3.6 g pro.*

### **Very Cranberry Muffins**

Yield: 12 muffins

1 cup quick-cooking oats  
 ¾ cup skim milk  
 1 ½ cups whole wheat flour  
 1 tablespoon baking powder  
 ¼ cup sugar  
 1 cup whole berry cranberry sauce  
 2 egg whites  
 1 teaspoon vanilla extract  
 ¼ cup chopped walnuts (optional)

1. Combine the oats and milk, and set aside for 15 minutes
2. Combine the flour, baking powder, and sugar, and stir to mix well. Add the oat mixture and the remaining ingredients, and stir just until the dry ingredients are moistened.
3. Coat muffin cups with non-stick cooking spray and fill ¾ fill with the batter. Bake at 350 F for 16 to 18 minutes, or until a wooden toothpick inserted into the muffin comes out clean.
4. Remove the muffin tin from the oven, and allow it to sit for 5 minutes before removing the muffins. Serve warm or at room temperature.

*Nutritional facts per muffin: 137 cal, 0.7 g fat, 0 mg chol, 107 mg sodium, 3.1 g fiber, 4.2 g pro.*

### **Brown Sugar Banana Muffins**

Yield: 12 muffins

2 cups whole wheat flour  
 1/3 cup brown sugar  
 1 tablespoon baking powder  
 1 cup mashed very ripe banana (about 2 large)  
 ½ cup skim milk  
 1 teaspoon vanilla extract  
 2 egg whites

Topping:

1 tablespoon brown sugar  
 1 tablespoon toasted wheat germ

1. To make the topping, stir together the brown sugar and wheat germ, and set aside.
2. Combine the flour, brown sugar, and baking powder, and stir to mix well. Add the banana, skim milk, vanilla extract, and egg whites, and stir just until the dry ingredients are moistened.
3. Coat muffin cups with non-stick cooking spray and fill  $\frac{3}{4}$  fill with the batter. Bake at 350 F for 14 to 16 minutes, or until a wooden toothpick inserted into the muffin comes out clean.
4. Remove the muffin tin from the oven, and allow it to sit for 5 minutes before removing the muffins. Serve warm or at room temperature.

*Nutritional facts per muffin: 121 cal, 0.5 g fat, 0 mg chol, 97 mg sodium, 3.1 g fiber, 3.7 g pro.*

### **Chocolate Crumb Muffins**

Yield: 12 muffins

1 cup whole wheat flour  
 1 cup oat flour  
 $\frac{1}{4}$  cup plus 2 tablespoons cocoa powder  
 $\frac{1}{2}$  cup light brown sugar  
 1-tablespoon baking powder  
 1 can (1 pound) pear halves packed in juice, un-drained  
 2 egg whites  
 1-teaspoon vanilla extract

Topping:

$\frac{1}{4}$  cup plus 2 tablespoons quick-cooking oats  
 1 tablespoon cocoa powder  
 1-tablespoon brown sugar  
 1-tablespoon honey

1. To make the topping, combine the oats, cocoa, and brown sugar, and stir to mix well. Add the honey and stir until the mixture is moist and crumbly. Set aside.
2. Combine the flours, cocoa, brown sugar, and baking powder, and stir to mix well. Place the pears and their juice in a blender, and puree until smooth. Add 1-1/2 cups of this mixture to the flour mixture. Add the egg whites and vanilla extract, and stir until the dry ingredients are moistened.
3. Coat muffin cups with nonstick cooking spray, and fill  $\frac{3}{4}$  full with the batter. Sprinkle a rounder teaspoonful of the topping over each muffin, and press very lightly into the batter. Bake at 350 F for 14-16 minutes.
4. Remove the muffin tin from the oven, and allow it to sit for 5 minutes before removing the muffins. Serve warm or at room temperature.

*Nutritional facts per muffin: 147 cal, 1.4 g fat, 0 mg chol, 119 mg sodium, 3.8 g fiber, 4 g pro.*

### **Pumpkin Spice Bread**

Yield: 16 slices

1-3/4 cups whole wheat flour  
1/2 cup sugar (or splenda)  
1-1/2 teaspoons pumpkin pie spice  
1 teaspoon baking powder  
1 cup cooked mashed pumpkin  
1/2 cup apple or orange juice  
1/4 cup chopped pecans (optional)

1. Combine the flour, sugar, pumpkin pie spice, baking soda, and baking powder, and stir to mix well. Add the pumpkin and apple or orange juice, and stir just until the dry ingredients are moistened. Fold in the nuts if desired.
2. Coat an 8-x-4-inch loaf pan with nonstick cooking spray. Spread the mixture evenly in the pan, and bake at 350 F for 40 to 45 minutes, or just until a wooden toothpick inserted in the center of the loaf comes out clean.
3. Remove the bread from the oven, and let sit for 10 minutes. Invert the loaf onto a wire rack, turn right side up, and cool before slicing and serving.

*Nutritional facts per slice: 82 cal, 0.4 g fat, 0 mg chol, 74 mg sodium, 2 g fiber, 1.5 g pro.*

### **Super-moist Apple Bread**

Yield: 16 slices

2 cups whole wheat flour  
1/2 cup brown sugar  
1 teaspoon baking soda  
3/4 cup apple juice  
1 teaspoon  
vanilla extract  
2 cups finely chopped apples  
1/4 cup chopped dark raisins or chopped walnuts (optional)

1. Combine the flour, brown sugar, and baking soda, and stir to mix well. Add the apple juice and vanilla extract, and stir just until the dry ingredients are moistened. Fold in the apples. Fold in the raisins or walnuts if desired.

2. Coat an 8-x-4-inch loaf pan with nonstick cooking spray. Spread the mixture evenly in the pan, and bake at 325 F for 50 to 55 minutes, or just until a wooden toothpick inserted in the center of the loaf comes out clean.
3. Remove the bread from the oven, and let sit for 10 minutes. Invert the loaf onto a wire rack, turn right side up, and cool before slicing and serving.

*Nutritional facts per slice: 89 cal, 0.3 g fat, 0 mg chol, 54 mg sodium, 2.2 g fiber, 2 g pro.*

### **Honey Banana Bread**

Yield: 16 slices

2 cups whole wheat flour  
 ¼ cup brown sugar  
 1-1/2 teaspoons baking powder  
 ¾ teaspoon baking soda  
 ¼ teaspoon ground nutmeg  
 1 cup mashed very ripe banana (about 2 large)  
 1/3 cup honey  
 ¼ cup skim milk

1. Combine the flour, brown sugar, baking powder, baking soda, and nutmeg, and stir to mix well. Add the banana, honey, and milk, and stir just until the dry ingredients are moistened.
2. Coat an 8-x-4-inch loaf pan with nonstick cooking spray. Spread the mixture evenly in the pan, and bake at 325 F for 45 to 50 minutes, or just until a wooden toothpick inserted in the center of the loaf comes out clean.
3. Remove the bread from the oven, and let sit for 10 minutes. Invert the loaf onto a wire rack, turn right side up, and cool before slicing and serving.

*Nutritional facts per slice: 99 cal, 0.4 g fat, 0 mg chol, 73 mg sodium, 2.1 g fiber, 2.5 g pro.*

## FISH & SHELLFISH

### **Salmon Patties**

Start to finish: 30 minutes, Makes: 4 servings

1 beaten egg  
 ¼ cup milk  
 ¼ cup chopped green onions (2)  
 1 tablespoon snipped fresh dill or 1 teaspoon dried dill

¼ teaspoon black pepper

1 14 and ¾ ounce can salmon, drained, flaked, skin & bones removed.

¼ cup fine dry bread crumbs

1 tablespoon cooking oil

Honey mustard sauce or tartar sauce.

1. In a medium bowl combine the egg, milk, green onions, dill, and pepper. Add salmon and breadcrumbs; mix well. Form mixture into eight ½-inch-thick patties. In a large skillet cook patties in hot oil over medium heat about 6 minutes or until golden brown, turning once. If desired, serve with honey mustard or tartar sauce.

*Nutrition facts per serving: 231 cal, 12 g fat, 3 g sat. fat, 112 mg chol, 656 mg sodium, 6 g carb, 0 g fiber, 24 g pro.*

### **Baked Fish with Mushrooms**

*Almost any fish will taste delicious in this dish. Choose your favorite fillets.*

Prep: 15 minutes, Bake: 12 minutes, Oven 450 F, Makes: 4 servings

1 pound fresh or frozen fillets, ½ to ¾ inch thick

2 tablespoons margarine

1 ½ cups sliced fresh mushrooms

¼ cup sliced green onions (2)

1 teaspoon snipped fresh tarragon or thyme.

1. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut into 4 serving-size pieces. Arrange fish in a 2-quart rectangular baking dish. Sprinkle with salt.
2. In a small saucepan melt butter; add mushrooms, green onions, and dried tarragon, if using. Cook over medium heat until mushrooms and green onions are tender. Spoon mushrooms mixture over fish; sprinkle with fresh tarragon, if using. Bake, covered, in a 450 F oven for 12 to 18 minutes or until fish flakes easily when tested with a fork.

*Nutrition facts per serving: 159 cal, 8 g total fat, 4 g sat. fat, 71 mg chol. 104 mg sodium, 1 g carb, 0 g fiber, 22 g pro.*

### **Fish Fillets and Baby Spinach with Balsamic Vinaigrette**

Start to finish: 30 minutes, Makes: 4 servings

1 pound fresh or frozen skinless cod or other fillets.

4 cups baby spinach leaves, trimmed

1 medium onion, cut into thin wedges

3 tablespoons olive oil or cooking oil

1 medium red or yellow sweet pepper, cut into thin strips  
 2 tablespoons balsamic vinegar  
 1 tablespoon honey

1. Thaw fish, if frozen. Rinse fish, pat dry with paper towels. Cut fish into 4 serving size pieces. Set aside. Place spinach in a large bowl; set aside. In a large skillet cook onion in 1 tablespoon of the oil over medium heat for 5 to 6 minutes or until tender and slightly golden. Add sweet pepper; cook and stir 1 minute more. Remove from heat. Stir onion mixture into spinach; transfer to a serving platter. Set aside.
2. Meanwhile, sprinkle the fish fillets with 1/8 teaspoon salt and 1/8 teaspoon black pepper. In same large skillet heat the remaining 2 tablespoons oil over medium heat. Add fish; cook 4 minutes. Carefully turn fish. Cook 3 more minutes or until fish flakes easily when tested with a fork. Place fish fillets on top of wilted spinach; transfer to serving platter.
3. In a small bowl, stir together the balsamic vinegar and honey. Add to skillet. Cook and stir until heated through, scraping up and browned bits. To serve, spoon balsamic vinaigrette over fish and spinach.

*Nutrition facts per serving: 225 cal, 11g total fat, 2 g sat/fat, 49 mg chol, 159 mg sodium, 10 g carb, 2 g fiber, 22 g pro.*

### **Stir-Fried Shrimp and Broccoli**

Start to finish: 45 minutes, Makes: 4 servings

1 pound fresh or frozen medium shrimp in shells or 12 ounces fresh or frozen scallops.  
 1/3 cup water  
 1/4 cup soy sauce (low-sodium)  
 2 tablespoons rice vinegar  
 1 tablespoon cornstarch  
 1 1/2 teaspoons sugar  
 1 tablespoon cooking oil (olive, canola)  
 2 cloves garlic, minced  
 2 cups broccoli florets  
 1 cup thinly sliced carrots  
 1 small onion, halved lengthwise and sliced  
 1 cup sliced fresh mushrooms  
 2 cups hot cooked rice  
 1/4 cup cashews or sliced almonds

1. Thaw shrimp or scallops, if frozen. If using shrimp, peel and devein shrimp, leaving tails intact. If using scallops, cut any large scallops in half. Rinse shrimp or scallops; pat dry with paper towels. Set aside. In a small bowl combine water, soy sauce, vinegar, cornstarch, and sugar; set aside.

- Heat oil in a wok or a 12-inch skillet over medium-high heat. Cook and stir the garlic in the hot oil for 15 seconds. Add the broccoli, carrots, and onion; cook and stir for 1 to 2 minutes more or until vegetables are crisp-tender. Remove vegetables from wok with slotted spoon. Stir soy sauce mixture. Add to wok; cook and stir until slightly thickened and bubble. Add shrimp or scallops; cook about 3 minutes or until shrimp or scallops are opaque. Stir in vegetables; heat through. Serve with rice or pasta and sprinkle with cashews.

*Nutritional facts per serving: 446 cal, 10 g total fat, 2 g sat. fat, 129 mg chol, 551 mg sodium, 57 g carb, 4 g fiber, 31 g pro.*

## GRILLING

### **Lemony London broil**

Prep: 15 minutes, Marinate: 2 to 24 hours, Grill: 17 minutes, Makes: 6 servings

- 1 1 ½ pound beef flank steak
- 1 teaspoon finely shredded lemon peel
- ½ cup lemon juice
- 2 tablespoons sugar
- 2 tablespoons soy sauce
- 2 tablespoons snipped fresh oregano or ½ teaspoon dried oregano, crushed
- 1/8 teaspoon black pepper

- Trim the fat from the steak. Score steak on both sides by making shallow cuts at 1-inch intervals in a diamond pattern. Place steak in a plastic bag set in a shallow dish. For marinade, combine the lemon peel, lemon juice, sugar, soy sauce, oregano, and pepper. Pour over steak; seal bag. Marinate in the refrigerator for 2 to 24 hours, turning bag occasionally.
- Drain steak, reserving marinade. For a charcoal grill, grill steak on the rack of an uncovered grill directly over medium coals for 17 to 21 minutes for medium (160 F), turning and brushing once with marinade halfway through grilling. (For gas grill, preheat grill. Reduce heat to medium. Place steak on grill rack over heat. Cover and grill as above.) To serve, thinly slice steak diagonally across the grain.

*Nutritional facts per serving: 191 cal, 7 g total fat, 3 g sat. fat, 43 mg chol, 364 mg sodium, 6 g carb, 0 g fiber, 24 g pro.*

### **Sesame-Ginger Barbecued Chicken**

*This is an Asian-style barbecue sauce—spiked with oriental chili sauce. It's awesome!*

Prep: 15 minutes, Grill: 12 minutes, Makes: 6 servings

1/3 cup bottled plum sauce or bottled sweet & sour sauce  
 1/4 cup water  
 3 tablespoons hoisin sauce  
 1 1/2 teaspoons sesame seeds  
 1 teaspoon grated fresh ginger or 1/4 teaspoon ground ginger  
 1/4 to 1/2 teaspoon oriental chili sauce or several dashes bottled hot pepper sauce  
 1 clove garlic, minced  
 6 skinless, boneless chicken breast halves and/or skinless, boneless chicken thighs

1. For sauce, in a small saucepan combine plum sauce, water, hoisin sauce, sesame seeds, ginger, oriental chili sauce, and garlic. Bring to a boil over medium heat, stirring frequently; reduce heat. Simmer, covered, for 3 minutes. Remove saucepan from heat.
2. For charcoal grill, grill chicken on rack of uncovered grill directly over medium coals for 12 to 15 minutes or until chicken is no longer pink (170 F for breasts, 180 F for thighs), turning once and brushing with some of the sauce during the last 5 minutes of grilling. (For gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as above.) Reheat and pass remaining sauce.

*Nutritional facts per serving: 177 cal, 2 g total fat, 0 g sat. fat, 66 mg chol, 222 mg sodium, 11 g carb, 0 g fiber, 27 g pro.*

### **Mustard-Glazed Halibut Steaks**

*Can also use mustard-glaze on other types of fish! Be creative!*

Prep: 10 minutes, Grill: 8 minutes, Makes: 4 servings

4 6-ounce fresh or frozen halibut steaks, cut 1 inch thick  
 2 tablespoons margarine  
 2 tablespoons lemon juice  
 1 tablespoon Dijon-style mustard  
 2 teaspoons snipped fresh basil or 1/2 teaspoon dried basil, crushed

1. Thaw fish, if frozen. Rinse fish; pat dry. In a small saucepan heat butter, lemon juice, mustard, and basil over low heat until melted. Brush both sides of steaks with mustard mixture.

2. For charcoal grill, grill fish on the greased rack of uncovered grill directly over medium coals for 8 to 12 minutes or until fish flakes easily when tested with a fork, gently turning once halfway through grilling and brushing with the mustard mixture. (For gas grill, preheat grill. Reduce heat to medium. Place fish on greased grill rack over heat. Cover and grill as above.)

*Nutritional facts per serving: 247 cal, 10 g total fat, 4 g sat. fat, 71 mg chol, 175 mg sodium, 1 g carb, 0 g fiber, 36 g pro.*

## MEAT

### **Apricot-Mustard Pork Chops**

*If you want to use chops that are ¾ to 1 inch thick, reduce the grilling time to 22 to 25 minutes.*

Prep: 10 minutes, Grill: 35 minutes, Makes: 4 servings

1/3 cup apricot spreadable fruit or peach preserves

1 tablespoon prepared mustard

1/8 teaspoon ground ginger or ground cinnamon

4 pork loin chops, cut 1 ¼ inches thick.

1. For glaze, combine spreadable fruit, mustard, and ginger; set aside. Trim fat from chops. If desired, season meat with salt and black pepper.
2. For a charcoal grill arrange medium hot coals around a drip pan. Test for medium heat above drip pan. Place chops on the grill rack over drip pan. Cover and grill for 35-40 minutes or until done, turning once halfway through grilling and brushing frequently with the glaze during the last 10 minutes of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Adjust for indirect cooking. Grill as above.)

*Nutrition facts per serving: 444 cal, 14 g total fat, 5 g sat. fat, 152 mg chol, 142 mg sodium, 16 g carb, 0 g fiber, 61 g pro.*

### **Beef and Sweet Onion Sandwiches**

Start to Finish: 20 minutes, Makes: 4 sandwiches

12 ounces boneless beef sirloin or top round steak, cut 1 inch thick

½ teaspoon coarsely ground black pepper

2 teaspoons cooking oil

- 1 medium sweet onion
- 2 tablespoons Dijon-style mustard
- ½ of a 7-ounce jar (about ½ cup) roasted red sweet peppers, drained
- 8 1-inch slices sourdough or marbled rye bread (whole wheat works well too!!)
- 1 ½ cups pre-washed spinach or other salad greens, shredded

1. Trim fat from steak. Sprinkle both sides of steak with pepper; press in lightly. In a large skillet cook steak in hot oil over medium heat for 12 to 15 minutes or to desired doneness, turning once. Remove from skillet; keep warm.
2. Add onion to drippings in skillet. (Add more oil if necessary.) Cook and stir about 5 minutes or until onion is crisp-tender. Stir in mustard; remove from heat.
3. Meanwhile, cut roasted sweet peppers into ½-inch-wide strips. If desired, toast bread. To serve, cut steak into bite sized strips. Top 4 bread slices with spinach, steak strips, roasted pepper strips, onion mixture, and remaining bread slices.

*Nutrition facts per sandwich: 390 cal, 6 g total fat, 1 g sat. fat, 40 mg chol, 600 mg sodium, 54 g carb, 1-3 g fiber (depending on bread type), 28 g pro.*

### **Beef and Noodles**

Prep: 30 minutes, Cook: 1 ¾ hours, Makes: 4 servings

- 1 pound boneless beef round steak or chuck roast
- ¼ cup all-purpose flour
- 1 tablespoon cooking oil
- ½ cup chopped onion (1 medium)
- 2 cloves garlic, minced
- 3 cups beef broth
- 1 teaspoon dried marjoram or basil, crushed
- ¼ teaspoon black pepper
- 8 ounces frozen noodles
- 2 tablespoons snipped fresh parsley

1. Trim fat from meat. Cut meat into ¾ inch cubes. Coat meat with the flour. In a large saucepan brown half of the coated meat in hot oil. Remove from saucepan. Brown the remaining meat with the onion and garlic, adding more oil if necessary. Drain off fat. Return all meat to the saucepan.
2. Stir in the broth, marjoram, and pepper. Bring to a boil; reduce heat. Simmer, covered, for 1 ¼ to 1 ½ hours or until meat is tender.
3. Stir noodles into broth mixture. Bring to a boil; reduce heat. Cook, uncovered, for 25 to 30 minutes or until noodles are tender. To serve, sprinkle with parsley.

*Nutritional facts per serving: 351 cal, 12 g total fat, 3 g sat. fat, 94 mg chol, 677 mg sodium, 29 g carb, 1 g fiber, 31 g pro.*

### **Ham with Five-Spice Vegetables**

Start to Finish: 20 minutes, Makes: 4 servings

2 cups sliced carrots (4 medium)  
 1 cup fresh or frozen sugar snap peas  
 1 cup packaged shredded broccoli (broccoli slaw mix)  
 1 to 1 ½ pound cooked center cut ham slice  
 1 teaspoon cooking oil (olive or canola)  
 ½ teaspoon five-spice powder  
 1 tablespoon honey  
 1 tablespoon reduced-sodium soy sauce

1. In a covered medium saucepan cook carrots in a small amount of boiling water for 5 minutes. Add snap peas and broccoli; return to boiling. Cook, covered, 2 minutes more or until vegetables are crisp-tender; drain.
2. Meanwhile, trim fat from ham. Cut ham into 4 serving-size pieces. In a large skillet cook ham in hot oil over medium heat until heated through, turning once. Transfer ham to a serving platter; keep warm. Stir five-spice powder into drippings in skillet. Stir in honey and soy sauce. Bring to a boil. Gently stir in cooked vegetables; heat through. Spoon vegetable mixture over ham.

*Nutritional facts per serving: 222 cal, 7 g total fat, 2 g sat. fat, 53 mg chol, 1,465 mg sodium, 16 g carb, 4 g fiber, 24 g pro.*

## *POULTRY*

### **Chicken Breasts with Tomatillo Salsa**

*Although tomatillos look like tiny green tomatoes, their acidic flavor hints of lemon and apple. For an alternative to them, use 1 ½ cups purchased green or red salsa.*

Start to finish: 25 minutes, Makes: 4 servings

2 tablespoons yellow cornmeal  
 2 tablespoons all-purpose flour  
 1 tablespoon chili powder  
 ½ teaspoon salt  
 ¼ teaspoon black pepper  
 4 skinless, boneless chicken breast halves  
 2 tablespoons cooking oil (olive, canola)  
 1 13-ounce can tomatillos  
 3 tablespoons snipped fresh cilantro  
 3 tablespoons finely chopped onion

2 tablespoons lime juice  
1 fresh jalapeno pepper, seeded and finely chopped

1. In a plastic bag combine cornmeal, flour, chili powder, salt, and black pepper. Add chicken pieces, a few at a time, shaking to coat.
2. In a large skillet cook chicken in hot oil for 8-10 minutes or until chicken is no longer pink, turning once.
3. Meanwhile, for salsa, drain, rinse, and coarsely chop tomatillos (you should have about 1 cup). In a small bowl combine tomatillos, cilantro, onion, lime juice, and jalapeno pepper. Serve salsa over chicken.

*Nutrition facts per serving: 258 cal, 9 g total fat, 1 g sat fat, 66 mg chol, 1,065 mg sodium, 16 g carb, 3 g fiber, 27 g pro.*

### **Chicken and Artichokes with Wine Sauce**

Start to Finish: 30 minutes, Makes: 4 servings

¼ cup all-purpose flour  
½ teaspoon dried sage, crushed  
¼ teaspoon salt  
1/8 teaspoon black pepper  
4 skinless, boneless chicken breast halves  
2 tablespoons cooking oil (canola or olive)  
2 cups sliced fresh mushrooms  
1 8-or-9-ounce package frozen artichoke hearts, thawed and halved lengthwise  
1 tablespoon margarine  
1/3 cup dry white wine  
1/3 cup chicken broth  
1/8 teaspoon salt  
2 tablespoons grated Parmesan or Romano cheese  
2 tablespoons snipped fresh parsley

1. In a shallow dish stir together flour, sage, the ¼ teaspoon salt, and pepper; reserve 1 tablespoon of the flour mixture. Coat chicken with remaining flour mixture.
2. In a large skillet cook chicken in hot oil over medium-high heat for 8-10 minutes or until no longer pink, turning once. Remove chicken from skillet; cover and keep warm. Drain off any excess oil in skillet. In the same skillet, cook mushrooms and artichoke hearts in hot margarine over medium heat for 3 minutes or until artichokes are tender.
3. In a small bowl stir together reserved flour mixture, wine, broth, and the 1/8 teaspoon salt until smooth. Add wine mixture to skillet. Cook and stir until thickened and bubbly. Cook and stir for 1 more minute. Pour sauce over chicken. Sprinkle with cheese and parsley.

*Nutrition facts per serving: 310 cal, 14 g total fat, 4 g sat. fat, 76 mg chol, 462 mg sodium, 12 g carb, 4 g fiber, 32 g pro.*

### **Honey-Glazed Chicken Stir-Fry**

*Use stir-fry vegetables from the produce section or ones that are already frozen to help prepare the meal more quickly.*

Start to Finish: 25 minutes, Makes: 4 servings

12 ounces skinless, boneless chicken breast halves or thighs  
 2 tablespoons honey  
 2 tablespoons vinegar  
 2 tablespoons orange juice  
 4 teaspoons soy sauce  
 1 ½ teaspoons cornstarch  
 2 tablespoons cooking oil  
 4 cups cut-up vegetables, such as broccoli, sweet pepper, onion and or mushrooms  
 2 cups hot cooked rice

1. Cut chicken into bite sized strips; set aside. For sauce, in a small bowl stir together honey, vinegar, orange juice, soy sauce, and cornstarch; set aside.
2. Pour oil into a wok or large skillet. Heat over medium-high heat. Add vegetables to wok; cook and stir for 3-5 minutes or until vegetables are crisp-tender. Remove vegetables from wok. Add chicken; cook and stir for 3-5 minutes or until chicken is no longer pink. Push chicken from the center of the wok. Stir sauce, add to center of the wok. Cook and stir until thickened and bubbly.
3. Return cooked vegetables to wok. Cook and stir about 1 minute more or until heated through. Serve over rice.

*Nutrition facts per serving: 324 cal, 9 g total fat, 1 g sat. fat, 49 mg chol, 376 mg sodium, 38 g carb, 3 g fiber, 25 g pro.*

## PASTA

### **White Bean and Sausage Rigatoni**

*Reminiscent of a baked Italian casserole, this dish is made on the stove top instead of the oven, which means it's ready to serve in less than half the time. YAY!*

Start to Finish: 20 minutes, Makes: 4 servings

8 ounces dried rigatoni (2 cups)

1 15-ounce can white kidney (cannelloni), Great Northern, or navy beans, rinsed and drained.

1 14 ½ -ounce can Italian-style stewed tomatoes, un-drained  
 6 ounce cooked smoked turkey sausage, cut into ½ inch slices  
 1/3 cup snipped fresh basil  
 ¼ cup finely shredded Asiago or Parmesan cheese (1-ounce)

1. Cook pasta according to package directions. Drain, return pasta to saucepan.
2. Meanwhile, in a large saucepan combine beans, un-drained tomatoes, and sausage. Cook and stir until heated through. Add bean mixture and basil to pasta; stir gently to combine. To serve, sprinkle each serving with cheese.

*Nutrition facts per serving: 399 cal, 8 g total fat, 3 g sat. fat, 36 mg chol, 813 mg sodium, 64 g carb, 7 g fiber, 23 g pro.*

### **Fettuccine with Vegetables and Prosciutto**

Start to Finish: 25 minutes, Makes: 4 servings

8 ounces dried fettuccine, broken  
 1 pound fresh asparagus, bias-sliced into 1 ½ inch pieces  
 1 tablespoon olive oil or canola oil  
 4 roma tomatoes, chopped  
 3 ounces prosciutto or cooked ham, cut into thin strips (1/2 cup)  
 1/3 cup grated parmesan cheese

1. Cook fettuccine according to package directions. Drain; keep warm.
2. Meanwhile, in a large skillet cook and stir asparagus in hot oil for 4 minutes or until nearly tender. Add tomatoes and prosciutto; cook about 2 minutes more or until heated through. Add asparagus mixture to fettuccine; stir gently to combine. Sprinkle with Parmesan cheese. Season to taste with salt and black pepper.

*Nutritional facts per serving: 350 cal, 9 g total fat, 3 g sat. fat, 21 mg chol, 744 mg sodium, 47 g carb, 3 g fiber, 19 g pro.*

### **Citrus Shrimp with Penne**

Start to Finish: 30 minutes, Makes: 4 servings

12 ounces fresh or frozen peeled and deveined medium shrimp  
 8 ounces dried penne or bow ties (4 cups)  
 1 teaspoon finely shredded orange peel (set aside)  
 2 oranges (orange juice)  
 ½ cup water

1 tablespoon cornstarch  
 1 teaspoon instant chicken bouillon granules  
 1 teaspoon toasted sesame oil  
 ¼ teaspoon salt  
 1/8 teaspoon ground red pepper  
 1 red or green sweet pepper, cut into ¾ inch squares (about 1 cup)  
 1 tablespoon cooking oil  
 1 ½ cups fresh pea pods, ends trimmed and halved , or one 6-ounce package frozen pea pods, thawed and halved.

1. Thaw shrimp, if frozen. Cook pasta according to package directions. Drain; keep warm.
2. Meanwhile, after shredding peel from oranges, remove remaining peels. Section the oranges over a bowl to catch the juice; set oranges aside. Add enough orange juice to the juice in the bowl to equal ½ cup. In a small bowl, combine orange peel, orange juice, water, cornstarch, bouillon granules, sesame oil, salt, and ground red pepper; set aside.
3. In a large skillet cook sweet pepper in hot oil over medium-high heat for 1 to 2 minutes or until crisp-tender. Remove sweet pepper from skillet. Add shrimp to skillet; cook and stir about 2 minutes or until shrimp turn opaque. Remove shrimp from skillet.
4. Stir orange juice mixture; add to skillet. Cook and stir until thickened and bubbly. Return shrimp and sweet pepper to skillet; stir in pea pods. Cook and stir for 2 minutes more. Gently stir in orange sections. Gently toss shrimp mixture with pasta.

*Nutrition facts per serving: 384 cal, 7 g total fat, 1 g sat. fat, 129 mg chol, 492 mg sodium, 53 g carb, 2 g fiber, 26 g pro.*

## DESSERTS

### **Chocolate Oatmeal Jumbles**

Yield: 42 cookies

1 cup whole wheat pastry flour or unbleached flour  
 1 cup quick-cooking oats  
 ¼ cup sugar or splenda  
 2 tablespoons cocoa powder  
 1 teaspoon baking soda  
 ½ cup plus 2 tablespoons chocolate syrup  
 2 tablespoons plus 2 teaspoons water  
 1 teaspoon vanilla extract  
 ¼ cup dark raisins

¼ cup chopped walnuts  
¼ cup chocolate chips

1. Combine the flour, oats, sugar, cocoa, and baking soda, and stir to mix well. Add the chocolate syrup, water, and vanilla extract, and stir to mix well. Stir in the remaining ingredients.
2. Coat a baking sheet with non-stick cooking spray. Drop rounded teaspoonfuls of dough onto the baking sheet, placing them 1-1/2 inches apart. Slightly flatten each cookie with the tip of a spoon.
3. Bake at 275 F for 18-20 minutes, or until lightly browned. Cool the cookies on the pan for 1 minute. Then transfer the cookies to wire racks, and cool completely. Serve immediately, or transfer to an airtight container.

*Nutritional facts per cookie: 46 cal, 0.9 g fat, 0 mg chol, 27 mg sodium, 0.9 g fiber, 1.1 g pro.*

### **Jam'n' Oatmeal Cookies**

Yield: 60 cookies

1 ½ cups whole wheat pastry flour or unbleached flour  
2 cups quick cooking oats  
¾ cup light brown sugar  
1 ¼ teaspoons baking soda  
½ teaspoon ground cinnamon  
¾ cup jam pr fruit spread (try apricot, peach, pineapple, raspberry or strawberry)  
¼ cup water  
1 teaspoon vanilla extract  
¾ cup dark raisins, chopped dried fruit, or chopped nuts

1. Combine the flour, oats, brown sugar, baking soda, and cinnamon, and stir to mix well. Add the jam or fruit spread, water, and vanilla extract, and stir to mix well. Stir in the fruit or nuts.
2. Coat a baking sheet with nonstick cooking spray. Drop rounded teaspoonfuls of dough onto the baking sheet, placing them 1-1/2 inches apart. Slightly flatten each cookie with the tip of a spoon.
3. Bake at 275 F for about 18 minutes, or until lightly browned. Cool the cookies on the pan for 1 minute. Then transfer the cookies to wire racks, and cool completely. Serve immediately, or transfer to an airtight container and arrange in single layers separated by sheets of waxed paper.

*Nutritional facts per cookie: 48 cal, 0.2 g fat, 0 mg chol, 15 mg sodium, 0.8 g fiber, 0.9 g pro.*

### **Milk Chocolate Brownies**

Yield: 16 servings

½ cup prune butter \*  
 ¾ cup sugar or splenda  
 3 egg whites  
 2 teaspoons vanilla extract  
 ½ cup unbleached flour  
 ¼ cup plus 2 tablespoons cocoa powder  
 3 tablespoons nonfat dry milk  
 1/8 teaspoon salt (optional)  
 1/3 cup chopped nuts (optional)

Prune Butter: (Yield 1 cup.) 8 ounce pitted prunes (about 1 1/3 cups). And 6 tablespoons water or fruit juice. Place all ingredients in a food processor, and process at high speed until the mixture is a smooth paste. (Note... this mixture is too thick to be made in a blender) Then use immediately in recipe, or place in an airtight container and store for up to 3 weeks in the freezer.

1. Combine the prune butter, sugar, egg whites, and vanilla extract, and stir to mix well. Stir in remaining ingredients.
2. Coat an 8-inch square pan with nonstick cooking spray. Spread the batter evenly in pan, and bake at 325 F for 25 to 30 minutes, or just until the edges are firm and the center is almost set.
3. Cool to room temperature, cut into squares, and serve.

*Nutritional facts per serving: 78 cal, 0.5 g fat, 0 mg chol, 29 mg sodim, 1.4 g fiber, 1.9 g pro*

\* Hope you enjoy some of these quick, low-fat recipes!