



3rd
EDITION



1,001 DELICIOUS RECIPES FOR PEOPLE WITH DIABETES

EDITED BY
Sue Spitler
Linda Eugene, RD, CDE
Linda R. Yoakam, MS, RD



THIRD EDITION

1,001
DELICIOUS
RECIPES
FOR PEOPLE WITH
DIABETES

EDITED BY

Sue Spitler

Linda Eugene, RD, CDE

Linda R. Yoakam, MS, RD

S

SURREY
BOOKS

AGATE

CHICAGO

Copyright © 2001, 2007, 2015 by Surrey Books, an imprint of Agate Publishing, Inc.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical including photocopying, recording, or by any information storage or retrieval system without express written permission from the publisher.

Nutritional analyses: Linda R. Yoakam, R.D., M.S.
Printed in the United States of America.

Third edition, April 2015
ISBN-13: 978-1-57284-170-3
ISBN-10: 1-57284-170-2

The Library of Congress has cataloged previous editions of this book as follows:

Library of Congress Cataloging-in-Publication Data

1,001 delicious recipes for people with diabetes / edited by Sue Spitler and Linda Eugene with Linda Yoakam. R.D., M.S.—2nd ed.

p. cm.

ISBN-13: 978-1-57284-086-7 (pbk.)

ISBN-10: 1-57284-086-2 (pbk.)

1. Diabetes—Diet therapy—Recipes. I/. Spitler, Sue. II. Eugene, Linda. III. Yoakam, Linda R. IV. Title: One thousand one delicious recipes for people with diabetes. V. Title: One thousand and one delicious recipes for people with diabetes.

RC662.A16 2007
641.5'6314—dc22

2006102117

Cover photos (clockwise from top left of front cover): Michael Maes; charlotteLake / Veer; Brave New Pictures; Veer; Brave New Pictures; Brave New Pictures. (spine) Brave New Pictures. (back cover): Brave New Pictures; Brave New Pictures.

Surrey Books is an imprint of Agate Publishing, Inc. Agate books are available in bulk at discount prices. For more information, go to agatepublishing.com.

CONTENTS

<i>Introduction</i>	ix
1 <i>Appetizers</i>	1
2 <i>Soups: First Course and Entrée</i>	35
3 <i>Meats</i>	93
4 <i>Poultry</i>	155
5 <i>Fish and Seafood</i>	213
6 <i>Vegetarian Entrées</i>	257
7 <i>Eggs and Cheese</i>	295
8 <i>Pasta</i>	325
9 <i>Rice, Grains, and Beans</i>	381
10 <i>Casseroles</i>	429
11 <i>Vegetable Side Dishes</i>	461
12 <i>Salads and Dressings</i>	501
13 <i>Breads, Coffee Cakes, Muffins, and More</i>	529
14 <i>Sandwiches, Snacks, and Beverages</i>	569
15 <i>Cakes, Pies, Cookies, and Other Desserts</i>	607
<i>Index</i>	664

ACKNOWLEDGMENTS

Hearfelt thanks go to Perrin Davis and editorial assistant Caroline Olson for their enthusiasm, patience, and amazing computer, editing, and indexing skills. Also a thank you goes to my associate Pat Molden, a tireless proofreader on this project. Linda Yoakam's nutritional calculations and counsel were greatly appreciated. And kudos to publisher Doug Seibold for his support in making this important new edition possible!

FOREWORD

AT THE UNIVERSITY OF CHICAGO, we are doing extensive research on diabetes mellitus, with the goal of finding a cure for a disease that affects about 16 million people in the U.S. That is nearly a 40 percent increase in the past decade. Almost all of these patients (90 percent) have a form of the disease called Type 2 that is often tied to obesity and resistance to insulin (whereas in Type 1, the cause is the absence of insulin).

Until we find a cure for Type 2 diabetes, we will continue to counsel our patients that they can reduce symptoms dramatically by losing weight, which they can do by adopting an easy-to-follow meal plan that is low in saturated fats and simple carbohydrates* and by becoming moderately active. That's it: diet and exercise.

And now we have proof. In 2002, the Diabetes Prevention Program results were announced. This multi-center National Institutes of Health-sponsored trial was ended a year early because the result showed beyond a doubt that lifestyle modification—moderate weight loss and exercise—can actually prevent the onset of diabetes mellitus in at-risk adults, young and old, from a wide variety of ethnic groups.

Diabetes is a complex disease involving insulin production and blood sugar levels, but to the person who has it, it has a great deal to do with food—what is all right to eat and what is not. Working with your doctor or diabetes educator, you will learn how your body processes food, and the two of you will work as a team to develop a diet and exercise program suited to your needs so you can stay in control.

* See *Report of the Dietary Guidelines Committee on the Dietary Guidelines for Americans, 2000* (U. S. Dept. of Agriculture, Agricultural Research Service, Washington, D.C., 2000).

Here is where *1,001 Delicious Recipes for People with Diabetes* can be very helpful. The editors—culinary expert Sue Spitler, registered dietitian Linda Yoakam, and certified diabetes educator Linda Eugene, with whom I worked at the University of Chicago—have chosen recipes that are easy to make, good to eat, and fit easily into a diabetic meal plan. They have tested and selected hundreds and hundreds of good tasting, healthy recipes, including desserts, that will meet your needs as well as those of a non-diabetic spouse and active children.

Until we find a cure for diabetes, there is hope, and plenty of good eating.

— Louis H. Philipson, MD, PhD
Section of Endocrinology, Department of Medicine
University of Chicago, Chicago, Illinois

INTRODUCTION

CONTRARY TO POPULAR MYTH, there is no “diabetes diet,” according to the Mayo Clinic newsletter. In fact, medical and nutritional professionals have transformed the diabetes diets of years past into contemporary meal planning that includes just about any food you like as long as nutrition, balance, and moderation are given careful attention. No longer are foods labeled as “good,” “bad,” or “forbidden,” and a diagnosis of diabetes today does not mean a life sentence of bland, boring, and unappetizing meals.

1,001 Delicious Recipes for People with Diabetes is the perfect cookbook for you, with its array of delicious recipes from appetizers to desserts. Each recipe is accompanied with the nutritional data you need to stay within your meal-planning goals.

Even though people with diabetes do not have to give up favorite dishes and the treats they like, including sweets and snacks, it is important to plan meals carefully, both for nutritional quality and quantity. It is even more important for those with diabetes than for the general population to choose foods that are low fat, limited in carbohydrates, low salt, high fiber, and rich in vitamins and minerals. Limiting calorie intake, of course, is essential, because even though you can eat moderate portions of just about anything, weight gain can be a serious threat to controlling diabetes.

BALANCING YOUR DIET

For people with diabetes, controlling carbohydrate intake can be of major importance since carbohydrates dramatically spike glucose levels. Carbohydrates are found in foods with natural or added sugar such as breads, crackers, cereals, potatoes, fresh fruits and juices, milk, refined sugar, jams, and jellies. Many other foods contain carbohydrates in combination with proteins and fats; some examples are cakes, ice cream, doughnuts, pizza, potato chips, and soups.

A healthy and nutritious meal plan should include a variety of foods from all 6 food groups in the new My Pyramid nutrition plan from the U.S. Department of Agriculture: bread or starch, fruit, milk, vegetables,

meat, and fat. Despite their glucose-raising effects, carbohydrates, which are found in all of the food groups except meat and fat, are not discouraged in the diets of people with diabetes. Although specific nutrition goals that reflect blood glucose targets and other medical aims should be discussed with your doctor or registered dietitian, the following guidelines for daily allowances of carbohydrate, protein, and fat can form the basis of a balanced meal plan.

Calories per Day	50% Carbohydrates	20% Protein	30% Fat
1500	188 gm	75 gm	50 gm
1800	225 gm	90 gm	60 gm
2000	250 gm	100 gm	66 gm
2200	275 gm	110 gm	73 gm

Knowing your carbohydrate, protein, and fat limits will help you choose recipes that meet these goals, and you can continue to eat most of your favorite foods. If you look at the nutrition data we have supplied with every recipe in *1,001 Delicious Recipes for People with Diabetes*, you will be surprised at what a wide variety of recipes you can enjoy while staying within your target nutrient range. Note, too, that meal-plan consistency is very important. To keep blood sugar at a consistent level, try to eat the same quantity of food and the same proportions of carbohydrate, protein, and fat each day.

THE “EXCHANGE” SYSTEM VS. COUNTING CARBOS

A variety of meal-planning strategies can be used to control your diabetes. Keep in mind that there is no single meal plan that is appropriate for everyone. Individualizing your meal plan is the key to successful control of blood glucose levels. Also remember that according to the American Diabetes Association and the American Dietetic Association, meal planning for diabetes is really little more than establishing a healthy way of eating. People with diabetes today eat the same foods as people without diabetes.

Two popular meal-planning strategies are in wide use among people with diabetes. One is the “exchange” system, wherein foods are divided into six basic food groups according to the nutrients they contain. Foods in the same group with similar nutrients can be exchanged, or substituted for one another, to meet the daily-allowed quantity of that particular food

group. A registered dietitian can best assist people in deciding how many exchanges, or servings, of which foods should be allowed at each meal. However, until meeting with a registered dietitian, the following meal plan can serve as a guide. To use the exchange list method, simply compare the number of exchanges recommended in the chart below with the number contained in each recipe.

Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner	Bedtime
2 bread	1 bread	3 meat	1 fruit	3 bread	2 bread
1 fruit		2 bread		3 meat	1 meat
1 milk		1 fruit		2 vegetable	
1 meat		1 vegetable		1 fat	
1 fat		1 milk			
		1 fat			

Another method of meal planning for people with diabetes is to count the number of carbohydrate grams eaten. This number is given for each recipe in the book to help a person using this method stay within daily prescribed limits and still enjoy a wide variety of foods. Of course, for a balanced diet, one needs more than just carbohydrates, so we have included suggested quantities of other nutrients in this hypothetical meal plan.

Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner	Bedtime
60 gm carbo.	15 gm carbo.	45 gm carbo.	15 gm carbo.	55 gm carbo.	15 gm carbo.
1 oz. meat		2 oz. meat		3 oz. meat	
1 tsp. fat		½ cup veg.		1 cup veg.	
		1 tsp. fat		1 tsp. fat	

NUTRITIONAL INFORMATION

These delicious and nutritious recipes for people with diabetes were created using the highest quality low-fat ingredients available. Low-fat meats such as skinless chicken breasts, beef eye of round, and pork tenderloin are used instead of higher-fat cuts. Many nutritious fat-free and reduced-fat dairy products are called for such as fat-free milk, fat-free half-and-half, low-fat cheeses, and low-fat sour cream. Egg whites and liquid egg substitute are often used in place of their higher-cholesterol equivalents. Fat-free, reduced-sodium broths are used. A variety of herbs, spices, and seasonings enhance flavors while keeping sodium content down.

Recipes throughout the 15 chapters reflect the highest nutritional standards and follow the guidelines recommended by the United States

Department of Agriculture for the general population as well as for people with diabetes:

Aim for Fitness:

- Aim for a healthy weight.
- Be physically active each day.

Build a Healthy Base:

- Let the My Pyramid nutrition plan guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

Choose Sensibly:

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcohol, do so in moderation.

In accordance with American Heart Association guidelines, very few recipes in this book exceed 30 percent calories from fat, and almost all adhere to the following nutritional criteria:

Type of Recipe	Maximum Amounts per Serving		
	Calories	Cholesterol (mg)	Sodium (mg)
Soups, First Courses	200	50	600
Main-Dish Soups, Entrées, Salads, Sandwiches	400	100	800
Main-Dish Meals (including pasta, rice, grains)	500	125	800
Main-Dish Eggs, Cheese	400	450	800
Side-Dish Salads, Pasta, Grains, Vegetables	200	50	600
Sauces, Condiments	200	25	600
Breads	200	50	600
Desserts	350	90	600

The specific nutritional data and diabetic exchanges provided for recipes are not infallible. Nutritional analyses are derived using prestigious

nutritional software programs, but they are meant as guidelines only. Figures are based on laboratory values of ingredients, so results may vary slightly depending on the brand of ingredient used and the method of preparation. Other factors that can affect the accuracy of nutritional data include variability in sizes, weights, and measures of fruits, vegetables, and other foods. There is also a possible 20 percent error factor in the nutritional labeling of prepared foods.

Exchange values are averages. If the carbohydrate content of a day's intake is estimated using the exchanges shown, there may be a significant difference between the estimate and the actual values consumed.

Ingredients noted as "optional," "to taste," or "as garnish" are not included in the nutritional data. When alternate choices or amounts of ingredients are given, the ingredient or amount listed first has been used for analysis. Similarly, data is based on the first, or fewer, number of servings where a range is shown.



Other factors that can affect the accuracy of nutritional data include variability in sizes, weights, and measures of fruits, vegetables, and other foods. There is also a possible 20 percent error factor in the nutritional labeling of prepared foods.

NEW IN THIS EDITION

The Vegetarian Entree chapter is new to this edition. Recipes are coded as follows so you can quickly tell if they are vegan, lacto-ovo vegetarian, lacto-vegetarian, or ovo-vegetarian.

- v** (vegan)—Recipes contain only plant-based food, with no dairy products or eggs.
- lo** (lacto-ovo vegetarian)—Recipes contain dairy products and eggs.
- L** (lacto vegetarian)—Recipes contain dairy products, but no eggs.
- o** (ovo vegetarian)—Recipes contain eggs, but no dairy products.

Also new to this edition is the designation of over 550 recipes that can be prepared in 45 minutes or less! We know busy lifestyles allow precious little cooking time for many of us, so recipes are designed to get you in and out of the kitchen as quickly and effortlessly as possible. For easy identification, these recipes will have this symbol **45**. If the recipe requires baking, refrigeration, or freezing in addition to the actual

preparation time, the symbols , for baking, and , for refrigeration/freezing, will also appear.

To prepare the designated recipes in 45 minutes, you'll want to assemble ingredients and equipment and read through the recipe to plan your preparation strategy. For example, you'll want to begin cooking pasta first and prepare other ingredients while the pasta is cooking. Or, start pizza dough and proceed with the recipe while the dough is rising. To aid in strategy planning, many recipes will include a 45 Minute Preparation Tip, which is located at the end of the recipe.

ENJOY YOURSELF

Even though you have diabetes, you can see how, with a little knowledge and effort, you can eat delicious food, enjoy meals with friends, and take steps to keep your glucose under control. Now you have our "1,001" best wishes for happy and healthy dining, to which we say, bon appétit!

—Sue Spitler, Linda Eugene, R.D., C.D.E., and
Linda R. Yoakam, M.S, RD, LD

INGREDIENT INFORMATION

THE INGREDIENTS in this book are readily available in supermarkets and health food stores. Following is helpful information on some of the ingredients we've used, with explanations of those you may not be very familiar with.

Artificial Sweeteners — Recipes have been tested with Equal® for Recipes and Splenda, as indicated in the recipes. If substituting another brand, follow directions on the package. Some experimentation may be necessary as various sweeteners perform differently, especially in baking.

Bead Molasses — Used mostly in Asian recipes, bead molasses is very dark and thick with an intense flavor. Like other molasses products, it is refined from the concentrated juice of sun-ripened sugar cane. It is readily available in the Asian sections of supermarkets; other molasses products can be substituted.

Butter — Butter is suggested as an alternate for margarine for its lower trans-fat content and improved flavor, except in Vegan recipes in the Vegetarian Entree chapter.

Cream Cheese — The block-type of reduced-fat and fat-free cream cheese is usually specified in the recipes in this book; the tub type is much softer in texture and does not always work the same in recipes. If substituting fat-free cream cheese in your favorite recipes for dips, use the block type and add any liquid ingredients gradually, as the cream cheese thins much more quickly than full-fat or reduced-fat cream cheese. Fat-free cream cheese can be used to make cake glaze but not frosting, as it thins with the addition of powdered sugar and cannot be thickened.

Cooking Sprays — Vegetable and olive oil cooking sprays are used to greatly reduce the amounts of oil or fat needed in recipes. When a recipe calls for “sautéing in a lightly greased skillet,” spray the skillet lightly with cooking spray or wipe the pan with a lightly oiled paper towel.

Fillico Pastry — These paper-thin pastry sheets are found in the freezer section of supermarkets or in Mediterranean groceries; store them in

the freezer. Before using, thaw the entire package of fillo overnight in the refrigerator, or for several hours at room temperature. After removing fillo from the package, always cover the unused sheets with a damp cloth to keep them soft, as they become dry and brittle very quickly. Unused fillo can be rolled or folded, sealed in plastic wrap, and refrozen.

Herbs and Spices — In most recipes, dried or ground forms are called for, but where no such designation is made, fresh or whole items are intended. Fresh herbs may be substituted by using two to three times as much as indicated for the dried or ground version.

Margarine — Use an all-vegetable product. Use regular rather than diet margarine, and be sure to shop for one of the new trans fat-free varieties.

Olive Oil — As we have kept the use of oil to a minimum, we prefer using virgin olive oil to take advantage of its more intense flavor. Canola oil can be substituted, if desired.

Pasta, Grains, and Beans — When a dried and uncooked ingredient is called for, the ingredient will read: “8 ounces spaghetti, cooked.” When a cooked ingredient is called for, the ingredient will read: “12 ounces cooked spaghetti.” When dry pasta or rice noodles are called for, they are always egg-free and can be used in vegan dishes. Fresh pasta or refrigerated pasta such as ravioli, tortellini, wontons, and some flat noodles do contain eggs and can be used in lacto-ovo and ovo vegetarian recipes.

Roasted Garlic — See Roasted Garlic and Three-Cheese Spread, Step 1 (p. 10) for directions on roasting garlic. We suggest roasting several heads at a time to keep extra on hand for your favorite recipes. Roasted garlic can be refrigerated, wrapped in plastic wrap, for up to 2 weeks. Purchased chopped roasted garlic can be used for convenience, but the flavor is less robust.

Sesame Oil — We have specified Asian sesame oil in recipes, as this dark oil has an intense sesame flavor; it can be purchased in ethnic sections of supermarkets. There is also a light-colored sesame oil that can be found in the vegetable oil section of the supermarket; it can be substituted, but the sesame flavor is extremely subtle. Store at room temperature.

Shortening — The manufacturing process of shortening usually creates trans fats; shop carefully for one of the new trans fat-free brands.

Tahini Paste — This flavorful paste is made with ground toasted sesame seeds and is used in Greek hummus and other Mediterranean dishes.

See our recipes for Black Bean Hummus and Sun-Dried Tomato Hummus (pp. 574, 2). Store tahini in the refrigerator.

Tamari Soy Sauce — This highly flavored soy sauce is naturally brewed and is made without sugar. It is available in regular or low-sodium brands in Asian sections of supermarkets. Other soy sauce products can be substituted. Store in the refrigerator.

Tempeh — A nutritious cultured product made from cooked soybeans, tempeh has its origins in Indonesia. The soybean mixture is pressed into cakes, sometimes being combined with grains and/or other ingredients, and has a texture that is firmer, or “meatier,” than tofu. Like tofu, it readily absorbs flavors from soy sauce or marinades. Because of its firm texture, tempeh is great for grilling. Purchased in the produce section of supermarkets, tempeh can be stored in the refrigerator or freezer.

Textured Vegetable Protein (TVP) — This versatile product made from soy flour can be added as a meat substitute to recipes such as chili, Meatless Sloppy Joes (see p. 265), or Hash Brown Loaf with Eggs (see p. 265). Textured vegetable protein is dry and comes in either granular or chunk form; it must be reconstituted with water, vegetable broth, or liquid before using in recipes like loaves and patties. Like tofu and tempeh, textured vegetable protein takes on the flavor of whatever it is cooked with. Purchase in supermarkets or health food stores and store in an airtight package at room temperature.

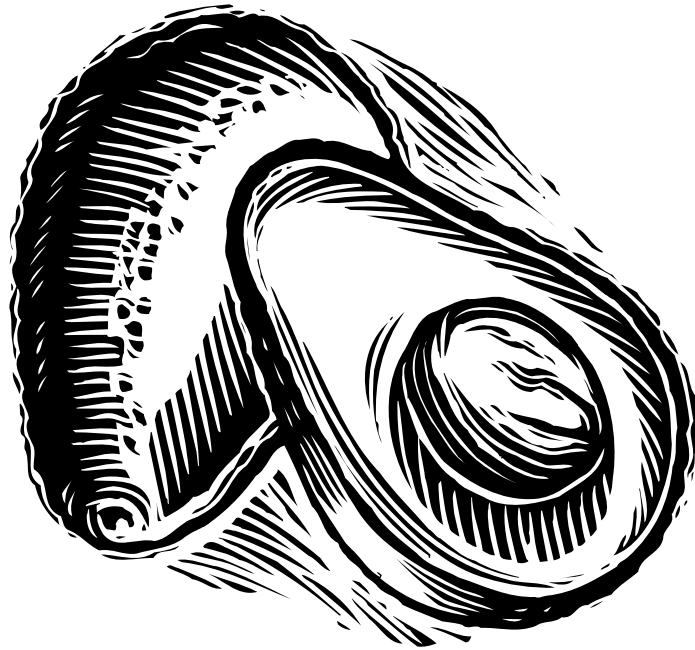
Tofu, or Bean Curd — Originating in China, tofu is made by coagulating soy milk, which is the liquid remaining from cooked ground soy beans. Pressed into cakes, tofu is made in a variety of textures—soft or silken, firm, and extra-firm. It is also available seasoned and in baked and smoked forms. Soft tofu has a very fine, delicate texture and is perfect for dips, sauces, soups, and dressings; the firmer textures are better for cooking, stir-frying, broiling, and baking. As tofu is extremely mild in flavor, it is generally marinated in soy sauce or other marinades before cooking. Tofu is extremely nutritious, but it is not low in fat, ranging between 40 and 45 percent calories from fat. We call for lower fat light tofu in most recipes. Purchase tofu in the produce section of supermarkets; it is most commonly packaged in liquid in plastic tubs. Once opened, tofu has a several-day limited storage time in the refrigerator; it should be stored covered in water, and the water should be changed daily. Tofu can also be frozen; it changes to an amber color in the freezer and when thawed is firmer in texture and somewhat crumbly.

Vegetarian Protein Products — A number of interesting and flavorful vegetarian protein products are available in the freezer section of the supermarket. Many are seasoned to resemble the flavor of beef sausage, and chicken. They come in various forms, such as patties, links, strips, and crumbles. Usually soy-based, these products may also contain grains, vegetables, nuts, and cheese.

Check your local grocery periodically for new food items. Literally hundreds of fresh, frozen, canned, and packaged new food products find their way to grocery shelves each year. An occasional visit to a gourmet store may garner specialty items to keep in your pantry or freezer for interesting menu additions.

ONE

Appetizers



SUN-DRIED TOMATO HUMMUS

45



Sun-dried tomatoes and herbs embellish this Mediterranean favorite.

8 servings (about ¼ cup each)

1 can (15 ounces) chick peas, rinsed, drained
 ½ cup fat-free yogurt
 2–3 tablespoons tahini (sesame seed paste)
 3 cloves garlic
 4 sun-dried tomato halves (not in oil), finely chopped
 1 teaspoon each: dried oregano and mint leaves
 2–3 teaspoons lemon juice
 Salt and white pepper, to taste
 Dippers: pita breads, cut into wedges, or Pita Chips
 (see p. 574)

Per Serving:

Calories: 73
 % of calories from fat: 21
 Fat (gm): 1.7
 Saturated fat (gm): 0.2
 Cholesterol (mg): 0.2
 Sodium (mg): 256
 Protein (gm): 3.6
 Carbohydrate (gm): 11.4

Exchanges:

Milk: 0.0
 Vegetable: 0.0
 Fruit: 0.0
 Bread: 1.0
 Meat: 0.0
 Fat: 0.0

1. Process chick peas, yogurt, tahini, and garlic in food processor until smooth. Stir in sun-dried tomatoes and herbs; season to taste with lemon juice, salt, and white pepper. Refrigerate 1 to 2 hours for flavors to blend. Serve with dippers (not included in nutritional data).

VARIATION

Parthenon Platter — Make hummus as above and spoon into a 6-inch flattened mound on serving platter. Combine 4 chopped canned artichoke hearts, ½ cup halved grape tomatoes, 6 sliced Greek olives, ⅓ cup crumbled fat-free feta cheese, 2 tablespoons olive oil, and ¾ teaspoon dried Italian seasoning; toss and spoon over hummus. Garnish plate with pepperoncini and serve with Pita Chips (see p. 574).

ROASTED GARLIC AND HERB CANNELLINI DIP

45



Another good-for-you dip that tastes terrific! Italian cannellini beans are white kidney beans that are similar in flavor and appearance to navy or Great Northern beans.

6 servings (about ¼ cup each)

1 can (15 ounces) cannellini or Great Northern beans, rinsed, drained
 1 teaspoon minced roasted garlic
 1 tablespoon each: olive oil, prepared horseradish
 2 tablespoons minced chives
 ½ teaspoon each: dried oregano and basil leaves
 2–3 drops hot pepper sauce
 2–3 teaspoons lemon juice
 Salt and white pepper, to taste
 Dippers: Pita Chips (see p. 574) and assorted vegetables

Per Serving:

Calories: 75
 % of calories from fat: 25
 Fat (gm): 2.8
 Saturated fat (gm): 0.3
 Cholesterol (mg): 0
 Sodium (mg): 167
 Protein (gm): 5.3
 Carbohydrate (gm): 13.1

Exchanges:

Milk: 0.0
 Vegetable: 0.0
 Fruit: 0.0
 Bread: 1.0
 Meat: 0.0
 Fat: 0.5

1. Process beans, garlic, olive oil, and horseradish in food processor until smooth. Mix in chives, herbs, and hot pepper sauce. Season to taste with lemon juice, salt, and white pepper. Refrigerate 1 to 2 hours for flavors to blend. Serve with dippers (not included in nutritional data).

CURRY DIP

45



Raw sweet potato slices and broccoli florets are particularly good with this dip.

12 servings (about 2 tablespoons each)

1½ cups fat-free mayonnaise
 ½ cup fat-free sour cream
 ¼ cup thinly sliced green onions
 1½–2 teaspoons each: prepared horseradish,
 curry powder
 2–3 teaspoons sugar
 2–4 teaspoons lemon juice
 Salt and white pepper, to taste
 Dippers: assorted vegetable relishes, Pita Chips
 (see p. 574)

Per Serving:

Calories: 34
 % of calories from fat: 1
 Fat (gm): 0
 Saturated fat (gm): 0
 Cholesterol (mg): 0
 Sodium (mg): 393
 Protein (gm): 0.7
 Carbohydrate (gm): 8

Exchanges:

Milk: 0.0
 Vegetable: 0.0
 Fruit: 0.0
 Bread: 0.5
 Meat: 0.0
 Fat: 0.0

1. Mix mayonnaise, sour cream, green onions, horseradish, curry powder, and sugar. Season to taste with lemon juice, salt, and white pepper. Refrigerate several hours for flavors to blend. Serve with dippers (not included in nutritional data).

BLACK BEAN DIP WITH BAKED TORTILLA CHIPS

45

Nutritious black beans are a great source of folate.

12 servings (about 2 tablespoons each)

½ cup thinly sliced green onions
 1–2 cloves garlic, minced
 1 can (15 ounces) black beans, rinsed, drained
 ¾ cup (3 ounces) shredded reduced-fat
 Cheddar cheese
 ¼ teaspoon salt
 ⅓ cup vegetable broth, or water
 1–2 tablespoons finely chopped cilantro
 Baked Tortilla Chips (recipe follows)

Per Serving:

Calories: 48
 % of calories from fat: 21
 Fat (gm): 3.8
 Saturated fat (gm): 0.5
 Cholesterol (mg): 3.8
 Sodium (mg): 254
 Protein (gm): 4.5
 Carbohydrate (gm): 7

Exchanges:

Milk: 0.0
 Vegetable: 0.0
 Fruit: 0.0
 Bread: 0.5
 Meat: 0.0
 Fat: 0.5

1. Sauté onions and garlic in lightly greased skillet until tender, about 3 minutes.
2. Process black beans, cheese, and salt in food processor or blender until almost smooth, adding enough broth to make desired dipping consistency. Mix in onion mixture and cilantro. Serve with Baked Tortilla Chips.

Baked Tortilla Chips

6 flour or corn tortillas, each cut into 8 wedges
Vegetable cooking spray
Salt, to taste

1. Arrange tortilla strips on cookie sheet; spray lightly with cooking spray and toss. Bake at 375 degrees until browned, about 10 minutes, stirring occasionally.

PINTO BEAN AND AVOCADO DIP

45



Avocado and tomato brighten this well-flavored bean dip. Increase the amount of jalapeño chili if you dare!

12 servings (about 2 tablespoons each)

1 can (15 ounces) pinto beans, rinsed, drained
¾ cup finely chopped onion
2 cloves garlic, minced
½ jalapeño chili, minced
3 tablespoons finely chopped cilantro
1 large tomato, chopped
½ medium avocado, chopped
Salt and pepper, to taste
Baked tortilla chips

Per Serving:

Calories: 50
% of calories from fat: 25
Fat (gm): 1.4
Saturated fat (gm): 0.2
Cholesterol (mg): 0.0
Sodium (mg): 114
Protein (gm): 2.1
Carbohydrate (gm): 7.7

Exchanges:

Milk: 0.0
Vegetable: 0.0
Fruit: 0.0
Bread: 0.5
Meat: 0.0
Fat: 0.5

1. Process beans in food processor or blender until smooth; add onion, garlic, jalapeño chili, and cilantro and process until blended. Mix in tomato and avocado; season to taste with salt and pepper. Refrigerate 1 to 2 hours for flavors to blend. Serve with tortilla chips (not included in nutritional data).

CHILI CON QUESO

45 *Our health-conscious version of this popular dip is made with reduced-fat pasteurized processed cheese for creamy texture and fat-free Cheddar cheese for accented flavor.*

12 servings (about 2 tablespoons each)

5 medium Anaheim or 2 medium poblano chilies,
seeds and veins discarded, cut into halves
 1/3 cup each: chopped onion, tomato
 1/2 teaspoon dried oregano leaves
 2 cups (8 ounces) shredded reduced-fat pasteurized
processed cheese
 1 cup (4 ounces) shredded fat-free Cheddar cheese
 2–4 tablespoons fat-free milk
 Baked tortilla chips

Per Serving:

Calories: 72
 % of calories from fat: 26
 Fat (gm): 2.8
 Saturated fat (gm): 1.8
 Cholesterol (mg): 9.1
 Sodium (mg): 412
 Protein (gm): 7.4
 Carbohydrate (gm): 5.7

Exchanges:

Milk: 0.0
 Vegetable: 0.0
 Fruit: 0.0;
 Bread: 0.5
 Meat: 1.0
 Fat: 0.0

1. Place chilies, skin sides up, on baking pan. Broil 6 inches from heat source until chilies are browned and soft, 5 to 8 minutes. Cool and cut into strips.
2. Sauté onion, tomato, and oregano in lightly greased skillet until onion is tender, about 5 minutes. Add cheeses and chili strips; cook over low heat until cheeses are melted, stirring in milk for desired consistency. Serve warm with tortilla chips (not included in nutritional data).

SOMBRERO DIP

Use Florida avocados for the Guacamole, as they're lower in fat than the California variety.

6 servings

1/4 cup each: chopped poblano chili, onion
 1/2 cup (1/4 recipe) cooked, crumbled Chorizo (see p. 140)
 4–5 leaves romaine lettuce
 1 can (15 ounces) refried beans
 1/2 cup each: prepared medium or hot salsa, chopped
 romaine lettuce, tomato

Guacamole (recipe follows)

¼ cup (1 ounce) shredded fat-free Cheddar cheese

½ cup fat-free sour cream

1 green onion, thinly sliced

Baked tortilla chips

1. Sauté poblano chili and onion until tender in lightly greased skillet, 3 to 5 minutes; stir in Chorizo.

2. Line a dinner-size serving plate with lettuce; cover with refried beans to within 2 inches of edge of lettuce. Spoon salsa over beans, leaving edge of bean layer showing. Spoon Chorizo mixture over salsa; sprinkle with chopped lettuce and tomato, leaving edge of Chorizo showing. Spoon Guacamole over lettuce and tomato and sprinkle with Cheddar cheese. Spoon sour cream in large dollop on top; sprinkle with green onion. Serve with tortilla chips (not included in nutritional data).

Per Serving:

Calories: 175

% of calories from fat: 16

Fat (gm): 3.2

Saturated fat (gm): 0.7

Cholesterol (mg): 23.7

Sodium (mg): 214

Protein (gm): 13.3

Carbohydrate (gm): 25

Exchanges:

Milk: 0.0

Vegetable: 2.0

Fruit: 0.0

Bread: 1.0

Meat: 1.0

Fat: 0.0

Guacamole

Makes about ⅔ cup

1 medium avocado

½ small onion, finely chopped

1–2 tablespoons finely chopped jalapeño chili, cilantro

Salt and white pepper, to taste

1. Coarsely mash avocado in small bowl; mix in onion, jalapeño chili, and cilantro. Season to taste with salt and pepper.

QUESO FUNDIDO

The flavorful Chorizo recipe can be used to inspire many of your Mexican dishes. Any extra can be frozen for later use.

8 servings

- ¼ cup chopped red bell pepper
- ¾ cup (3 ounces) shredded fat-free Cheddar cheese
- ½ cup (2 ounces) cubed reduced-fat pasteurized processed cheese
- ¼–⅓ cup fat-free milk
- 8 corn tortillas, warm
- ½ cup (¼ recipe) cooked, crumbled Chorizo (see p. 140)
- 2 tablespoons each: finely chopped green onion, finely chopped cilantro

Per Serving:

Calories: 112
 % of calories from fat: 15
 Fat (gm): 1.9
 Saturated fat (gm): 0.7
 Cholesterol (mg): 12.8
 Sodium (mg): 274
 Protein (gm): 8.7
 Carbohydrate (gm): 15.2

Exchanges:

Milk: 0.0
 Vegetable: 0.0
 Fruit: 0.0
 Bread: 1.0
 Meat: 1.0
 Fat: 0.0

1. Sauté red bell pepper until tender in lightly greased skillet, 2 to 3 minutes. Add cheeses; cook over low heat until melted, stirring in milk for desired consistency. Spoon about 2 tablespoons cheese mixture in the center of each tortilla. Sprinkle with Chorizo, green onion, and cilantro, and roll up.

EGGPLANT CAVIAR

45



Middle Eastern flavors will tempt you to second helpings!

6 servings (about 2 tablespoons each)

- 1 large eggplant (1½ pounds)
- ½ cup chopped tomato
- ¼ cup finely chopped onion
- 3 cloves garlic, minced
- ¼ cup fat-free yogurt
- 2 teaspoons extra-virgin olive oil
- ½ teaspoon dried oregano leaves
- 1–2 tablespoons lemon juice
- 4 pitted ripe olives, chopped
- Salt and pepper, to taste
- Dippers: lavosh or pita bread wedges

Per Serving:

Calories: 59
 % of calories from fat: 28
 Fat (gm): 2.1
 Saturated fat (gm): 0.3
 Cholesterol (mg): 0.2
 Sodium (mg): 19.1
 Protein (gm): 1.8
 Carbohydrate (gm): 10.1

Exchanges:

Milk: 0.0
 Vegetable: 1.5
 Fruit: 0.0
 Bread: 0.0
 Meat: 0.0
 Fat: 0.5

1. Pierce eggplant in several places with fork; place in baking pan. Bake at 350 degrees until eggplant is soft, 45 to 50 minutes; cool. Cut eggplant in half; scoop out pulp with spoon. Mix eggplant, tomato, onion, garlic, yogurt, olive oil, and oregano in bowl; season to taste with lemon juice, salt, and pepper. Garnish with olives. Refrigerate 3 to 4 hours for flavors to blend. Serve with dippers (not included in nutritional data).

EGGPLANT MARMALADE

45



A quick kitchen tip—gingerroot does not have to be peeled before using!

12 servings (about 3 tablespoons each)

2 medium eggplant (1¼ pounds each),
unpeeled, cubed

⅓ cup coarsely chopped onion

2 tablespoons minced roasted garlic

3 tablespoons each: minced gingerroot, light
brown sugar

1½ teaspoons fennel seeds, crushed

2 tablespoons red wine vinegar

2 teaspoons Asian sesame oil

⅓ cup golden raisins

⅓ cup reduced-sodium vegetable broth

2–3 tablespoons toasted pine nuts or slivered almonds

Whole wheat lavosh, or crackers

Per Serving:

Calories: 75

% of calories from fat: 21

Fat (gm): 1.9

Saturated fat (gm): 0.3

Cholesterol (mg): 0

Sodium (mg): 6

Protein (gm): 1.6

Carbohydrate (gm): 14.9

Exchanges:

Milk: 0.0

Vegetable: 2.0

Fruit: 0.5

Bread: 0.0

Meat: 0.0

Fat: 0.0

1. Combine eggplant, onion, garlic, gingerroot, brown sugar, and fennel; toss with vinegar and oil and arrange in single layer on a greased, foil-lined jelly roll pan. Bake at 425 degrees until eggplant is browned and wrinkled, about 1½ hours, stirring every 30 minutes. Stir raisins and broth into mixture; bake until broth is absorbed, 10 to 15 minutes. Stir in pine nuts and cool. Refrigerate overnight for flavors to blend. Serve with lavosh (not included in nutritional data).

ROASTED GARLIC AND THREE-CHEESE SPREAD

45



For best flavor, make this dip a day in advance.

12 servings (about 2 tablespoons each)

1 small bulb garlic
 Olive oil cooking spray
 8 ounces fat-free cream cheese, room temperature
 1½–2 ounces goat cheese
 ¼ cup (2 ounces) grated fat-free Parmesan cheese
 ⅛ teaspoon white pepper
 2–4 tablespoons fat-free milk
 Dippers: Vegetable relishes and assorted crackers

Per Serving:

Calories: 43
 % of calories from fat: 28
 Fat (gm): 1.3
 Saturated fat (gm): 0.9
 Cholesterol (mg): 3.8
 Sodium (mg): 142
 Protein (gm): 4.7
 Carbohydrate (gm): 2.5

Exchanges:

Milk: 0.0
 Vegetable: 0.0
 Fruit: 0.0
 Bread: 0.0
 Meat: 0.5
 Fat: 0.5

1. Cut off top of garlic bulb to expose cloves. Spray garlic lightly with cooking spray and wrap in aluminum foil; bake at 400 degrees until very tender, 35 to 40 minutes. Cool; gently press cloves to remove from skins. Mash cloves with fork.

2. Mix cheeses, garlic, and white pepper in bowl, adding enough milk to make desired spreading consistency. Refrigerate 2 to 3 hours for flavors to blend. Serve with dippers (not included in nutritional data).

CHUTNEY CHEESE SPREAD

45



Enjoy these flavors inspired by India. Ginger contributes “heat” as well as flavor to the spread, so adjust according to your taste. Make Pita Chips with curry powder or ground cumin.

8 servings (about 2 tablespoons each)

8 ounces fat-free cream cheese, room temperature
 1 cup (4 ounces) shredded reduced-fat Cheddar cheese
 ½ cup chopped mango chutney, divided
 ¼ cup finely chopped onion
 2 tablespoons raisins, chopped
 1–2 teaspoons each: finely chopped gingerroot, garlic
 ½–1 teaspoon curry powder

Per Serving:

Calories: 116
 % of calories from fat: 21
 Fat (gm): 2.6
 Saturated fat (gm): 1.1
 Cholesterol (mg): 7.6
 Sodium (mg): 367
 Protein (gm): 7.4
 Carbohydrate (gm): 14.6

Exchanges:

Milk: 0.0
 Vegetable: 0.0
 Fruit: 1.0
 Bread: 0.0
 Meat: 0.5
 Fat: 0.5

1–2 tablespoons chopped dry-roasted cashews
Thinly sliced green onion tops, as garnish
Pita Chips (see p. 574) or assorted vegetables

1. Mix cheeses, 2 tablespoons chutney, onion, raisins, gingerroot, garlic, and curry powder until blended (do not beat, or fat-free cream cheese will become thin in texture). Refrigerate 1 to 2 hours for flavors to blend.
2. Mound spread on plate; spoon remaining 6 tablespoons chutney over or around spread. Sprinkle with cashews and onion tops; serve with Pita Chips (see p. 574) (not included in nutritional data).

ROASTED ZUCCHINI AND GARLIC SPREAD

45



A great recipe for summer, when garden zucchini are in generous supply.

12 servings (about 2 tablespoons each)

1¼ pounds zucchini, sliced (1-inch)
1 small onion, cut into wedges
2 garlic cloves, peeled
⅓ cup fat-free plain yogurt
2 tablespoons chopped parsley
Lemon juice, to taste
Salt and cayenne pepper, to taste
Dippers: Assorted vegetables and crackers

Per Serving:

Calories: 16
% of calories from fat: 6
Fat (gm): 0.1
Saturated fat (gm): 0.0
Cholesterol (mg): 0.1
Sodium (mg): 11
Protein (gm): 1.1
Carbohydrate (gm): 3.2

Exchanges:

Milk: 0.0
Vegetable: 0.5
Fruit: 0.0
Bread: 0.0
Meat: 0.0
Fat: 0.0

1. Arrange zucchini, onion, and garlic in single layer on a greased, foil-lined pan. Bake at 425 degrees until vegetables are very tender, about 15 to 20 minutes for garlic, 25 to 30 minutes for zucchini and onion. Cool.
2. Process vegetables in food processor until coarsely chopped. Stir in yogurt and parsley; season to taste with lemon juice, salt, and cayenne pepper. Serve with dippers (not included in nutritional data).

BEAN AND VEGETABLE SPREAD

45



A delicious and nutritious spread for snacking, or to serve as party fare.

12 servings (about 3 tablespoons each)

½ cup each: chopped onion, carrot
 2 cloves garlic, minced
 2 tablespoons vegetable broth or water
 1½ cups cooked dried or canned soybeans
 1 cup fat-free sour cream
 2 tablespoons minced parsley
 1–2 teaspoons lemon juice
 Salt and pepper, to taste
 Dippers: assorted vegetables or crackers

Per Serving:

Calories: 56
 % of calories from fat: 29
 Fat (gm): 2
 Saturated fat (gm): 0.3
 Cholesterol (mg): 0
 Sodium (mg): 17
 Protein (gm): 5
 Carbohydrate (gm): 5.6

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 0.0
 Meat: 0.5
 Fat: 0.0

1. Cook onion, carrot, garlic, and broth in small skillet, covered, over medium heat until vegetables are tender and liquid absorbed, 5 to 8 minutes; cool.

2. Process soybeans and sour cream in food processor until smooth. Stir in vegetable mixture and parsley; season to taste with lemon juice, salt, and pepper. Refrigerate several hours for flavors to blend. Serve with dippers (not included in nutritional data).

PINE NUT SPINACH PÂTÉ

45



Toasted pine nuts provide flavor and texture accents in this unique dip.

12 servings (about 2 tablespoons each)

1 package (10 ounces) frozen chopped spinach, thawed, well drained
 ¼ cup each: coarsely chopped onion, celery
 1 clove garlic
 2–3 teaspoons lemon juice
 1 teaspoon dried dill weed
 1–2 tablespoons toasted pine nuts or slivered almonds
 4 ounces fat-free cream cheese, room temperature

Per Serving:

Calories: 19
 % of calories from fat: 21
 Fat (gm): 0.5
 Saturated fat (gm): 0.1
 Cholesterol (mg): 0
 Sodium (mg): 73
 Protein (gm): 2.1
 Carbohydrate (gm): 1.9

Exchanges:

Milk: 0.0
 Vegetable: 0.5
 Fruit: 0.0
 Bread: 0.0
 Meat: 0.0
 Fat: 0.0

Salt and pepper, to taste

Bruschetta (see p. 530)

1. Process spinach, onion, celery, garlic, lemon juice, and dill weed in food processor until almost smooth; add pine nuts and process until coarsely chopped. Stir in cream cheese; season to taste with salt and pepper. Refrigerate several hours for flavors to blend. Serve with Bruschetta (not included in nutritional data).

WILD MUSHROOM PÂTÉ

45



This pâté is most flavorful when made with wild mushrooms, though any type of mushrooms can be used.

8 servings (about 2 tablespoons each)

12 ounces coarsely chopped shiitake or portobello mushrooms

½ cup chopped onion

2–4 cloves garlic, minced

¼ cup dry sherry or water

2 tablespoons grated fat-free Parmesan cheese

2–3 teaspoons lemon juice

Salt and pepper, to taste

Crusty bread or crackers

Per Serving:

Calories: 42

% of calories from fat: 2

Fat (gm): 0.1

Saturated fat (gm): 0

Cholesterol (mg): 0

Sodium (mg): 14

Protein (gm): 1.4

Carbohydrate (gm): 8.4

Exchanges:

Milk: 0.0

Vegetable: 1.5

Fruit: 0.0

Bread: 0.0

Meat: 0.0

Fat: 0.0

1. Add mushrooms, onion, garlic, and sherry to lightly greased skillet; cook, covered, over medium heat until mushrooms are wilted, about 5 minutes. Cook, uncovered, over medium heat until vegetables are very tender and all liquid absorbed, 8 to 10 minutes. Cool.

2. Process mushroom mixture and Parmesan cheese in food processor until smooth. Season to taste with lemon juice, salt, and pepper. Refrigerate 2 to 3 hours for flavors to blend. Serve in crock with bread or crackers (not included in nutritional data).

SPRING VEGETABLE TERRINE

45



Spring asparagus and peas are baked in a delicate herb-seasoned egg custard, which is easily unmolded and sliced to serve.

4 servings

½ cup each: thinly sliced green onions, red pepper
 2 cloves garlic, minced
 1½ pounds asparagus, cut into 1-inch pieces, cooked
 crisp-tender
 1 package (10 ounces) frozen peas, thawed
 1 cup fat-free half-and-half
 2 tablespoons flour
 1 tablespoon margarine or butter
 ¾ teaspoon dried tarragon leaves
 ¼ teaspoon ground allspice
 ½ teaspoon pepper
 4 eggs, lightly beaten

Per Serving:

Calories: 224
 % of calories from fat: 15
 Fat (gm): 3.8
 Saturated fat (gm): 0.7
 Cholesterol (mg): 0
 Sodium (mg): 277
 Protein (gm): 16.5
 Carbohydrate (gm): 32.4

Exchanges:

Milk: 0.5
 Vegetable: 3.0
 Fruit: 0.0
 Bread: 1.0
 Meat: 0.5
 Fat: 0.0

1. Sauté green onions, bell pepper, and garlic in lightly greased medium skillet until tender, about 5 minutes. Stir in asparagus and peas; reserve.
2. Whisk half-and-half and flour until smooth in small saucepan. Heat to boiling, whisking until thickened, about 1 minute. Remove from heat and stir in margarine and seasonings. Whisk mixture gradually into eggs; stir in reserved vegetables.
3. Line bottom of 8 x 4-inch loaf pan with parchment paper; spray with cooking spray. Pour vegetable mixture into pan. Bake, uncovered, at 350 degrees 40 minutes, or until sharp knife inserted near center comes out clean. Let stand on wire rack 10 minutes; invert onto serving plate and remove parchment. Cut into thick slices.

MUSHROOMS STUFFED WITH ORZO

45



Enjoy flavor accents of tangy goat cheese and a trio of fresh herbs.

4 servings (3 mushrooms each)

12 large mushrooms, stems removed and chopped

1 tablespoon each: finely chopped shallot, garlic, fresh basil leaves

2 teaspoons finely chopped fresh or ½ teaspoon dried oregano leaves

½ teaspoon finely chopped fresh or ⅛ teaspoon dried thyme leaves

¼ cup (2 ounces) orzo, cooked

1 tablespoon goat cheese or reduced-fat cream cheese

Per Serving:

Calories: 86

% of calories from fat: 24

Fat (gm): 2.6

Saturated fat (gm): 0.6

Cholesterol (mg): 3.4

Sodium (mg): 18

Protein (gm): 5.3

Carbohydrate (gm): 13

Exchanges:

Milk: 0.0

Vegetable: 1.0

Fruit: 0.0

Bread: 0.5

Meat: 0.0

Fat: 0.5

1. Sauté chopped mushroom stems, shallot, garlic and herbs in lightly greased medium skillet until tender, about 6 minutes. Stir in orzo and goat cheese. Spoon filling into mushroom caps and place in 13 x 9-inch baking pan. Bake at 350 degrees, covered with aluminum foil, until mushrooms are tender, about 15 minutes.

STUFFED VEGETABLES

Vegetables can also be stuffed with any of the spread recipes in this chapter.

12 servings (4 pieces each)

12 each: cherry tomatoes, medium mushrooms (stems removed)

12 slices (¾-inch thick) each: cucumber, yellow summer squash

1 cup Roasted Garlic and Three-Cheese Spread (½ recipe) (see p. 10)

Parsley sprigs, ripe olive slices, chopped sun-dried tomato, as garnish

Per Serving:

Calories: 55

% of calories from fat: 24

Fat (gm): 1.5

Saturated fat (gm): 0.9

Cholesterol (mg): 3.8

Sodium (mg): 1

Protein (gm): 5.4

Carbohydrate (gm): 5.2

Exchanges:

Milk: 0.0

Vegetable: 0.5

Fruit: 0.0

Bread: 0.0

Meat: 0.5

Fat: 0.5

1. Cut tops off tomatoes and remove seeds. Cut thin slices off bottoms, if necessary for tomatoes to stand up securely. Scoop out centers of cucumber and squash slices with melon baller. Fill vegetables with spread, using pastry bag or small spoon. Top with assorted garnishes.

JICAMA WITH LIME AND CILANTRO

45 *Very simple, and incredibly tasty!*

4 servings

1 medium jicama, peeled, thinly sliced
Salt and lime juice, to taste
1–2 tablespoons finely chopped cilantro

1. Arrange jicama slices on large serving plate and sprinkle lightly with salt, lime juice, and cilantro.

Per Serving:

Calories: 17
% of calories from fat: 2
Fat (gm): 0
Saturated fat (gm): 0
Cholesterol (mg): 0
Sodium (mg): 0
Protein (gm): 0.5
Carbohydrate (gm): 3.8

Exchanges:

Milk: 0.0
Vegetable: 1.0
Fruit: 0.0
Bread: 0.0
Meat: 0.0
Fat: 0.0

TORTELLINI KEBABS WITH MANY-CLOVES GARLIC SAUCE

Serve 3 to 4 skewers each for an entrée, and accompany with broiled tomato halves, a crisp green salad, and Garlic Bread (see p. 531).

8 servings (2 each)

1½ packages (9-ounce size) mushroom tortellini, cooked
5 cups assorted whole, cubed and sliced vegetables (mushroom caps, cherry tomatoes, bell peppers, zucchini, broccoli florets, artichoke hearts, etc.)

Olive oil cooking spray

Many-Cloves Garlic Sauce (recipe follows)

1. Alternate tortellini and vegetables on 16 long skewers and arrange on broiler pan. Spray generously with cooking spray and broil 6 inches from heat source 4 minutes; turn kebabs, spray with cooking spray, and broil 3 to 4 minutes longer. Serve with Many-Cloves Garlic Sauce.

NOTE: Cook firm vegetables such as broccoli and carrots until crisp-tender before using.

Per Serving:

Calories: 146
% of calories from fat: 26
Fat (gm): 5
Saturated fat (gm): 1.8
Cholesterol (mg): 25.3
Sodium (mg): 171
Protein (gm): 7.4
Carbohydrate (gm): 23.3

Exchanges:

Milk: 0.0
Vegetable: 2.0
Fruit: 0.0
Bread: 1.0
Meat: 0.0
Fat: 0.5

Many-Cloves Garlic Sauce**Makes about 2 cups**

25 cloves garlic, peeled
 1 tablespoon olive oil
 1¾ cups fat-free reduced-sodium chicken broth, divided
 ¼ cup dry white wine or chicken broth
 2 tablespoons each: flour, finely chopped parsley
 Salt and white pepper, to taste

1. Cook garlic in oil in medium skillet, covered, over medium-low heat until tender, about 10 minutes. Cook, uncovered, over low heat until golden brown, about 10 minutes; mash cloves slightly with a fork.
2. Add 1½ cups broth and wine to skillet and heat to boiling. Mix flour, parsley, and remaining ¼ cup broth and stir into boiling mixture. Boil until thickened, about 1 minute. Season to taste with salt and pepper.

PASTA PIZZA**45** *Pizza flavors on a pasta crust!***6 servings**

4 ounces reduced-fat turkey Italian sausage, casing removed
 1 cup sliced mushrooms
 ½ cup chopped onion
 4 sun-dried tomatoes (not in oil), softened, chopped
 1 tablespoon each: finely chopped fresh or 1 teaspoon dried oregano and basil leaves
 ¼ teaspoon each: pepper and salt
 6 ounces fettuccine, cooked
 1 egg white, beaten
 1 tablespoon finely chopped parsley
 1½ ounces goat cheese or reduced-fat cream cheese

Per Serving:

Calories: 168
 % of calories from fat: 29
 Fat (gm): 5.7
 Saturated fat (gm): 1.6
 Cholesterol (mg): 21.6
 Sodium (mg): 281
 Protein (gm): 9.1
 Carbohydrate (gm): 21.6

Exchanges:


Milk: 0.0
 Vegetable: 2.0
 Fruit: 0.0
 Bread: 1.0
 Meat: 0.5
 Fat: 0.5

1. Cook sausage in lightly greased medium skillet over medium heat until browned; drain and crumble. Add mushrooms, onion,

and tomatoes to skillet and sauté until tender, about 5 minutes. Stir in seasonings. Combine fettuccine, egg white, and parsley; add to lightly greased 10-inch skillet and pat into even layer with pancake turner. Spoon sausage-vegetable mixture over and dot with cheese. Cook over medium heat, covered, 5 minutes. Uncover and cook 5 minutes more or until pasta is lightly browned on bottom. Cut into wedges.

45-MINUTE PREPARATION TIP: Begin cooking the fettuccine before preparing the rest of the recipe.

SPINACH AND CHEESE MINI-QUICHES

45  *The tiny fillo shells, delicious and wonderfully crisp, are available in the frozen food section of supermarkets. You can also make small pastries in mini-muffin cups using a favorite pie pastry.*

1½ dozen (1 per serving)

1¼ cups fat-free cottage cheese
¼ cup grated fat-free Parmesan cheese
2 tablespoons each: fat-free milk, flour
½ cup finely chopped fresh spinach
½ teaspoon each: dried oregano and thyme leaves
Salt and white pepper, to taste
2 eggs
1½ dozen frozen mini-fillo shells, thawed

Per Mini-Quiche:

Calories: 48
% of calories from fat: 30
Fat (gm): 1.6
Saturated fat (gm): 0.2
Cholesterol (mg): 23.7
Sodium (mg): 61
Protein (gm): 3.9
Carbohydrate (gm): 4.3

Exchanges:

Milk: 0.0
Vegetable: 0.0
Fruit: 0.0
Bread: 0.5
Meat: 0.0
Fat: 0.5

1. Mix cheeses, milk, flour, spinach, and herbs; season to taste with salt and pepper. Stir in eggs. Spoon mixture into fillo shells on cookie sheet or in mini-muffin tins. Bake at 325 degrees until puffed and beginning to brown on the tops, about 20 minutes.

CHEESE AND SPINACH SQUARES

45



Lots of cheese and spinach in these terrific appetizer squares! For variation, substitute fat-free Swiss or mozzarella cheese for the Cheddar.

12 servings (2 each)

Vegetable cooking spray
 1–2 tablespoons unseasoned dry bread crumbs
 2 cups fat-free cottage cheese
 1½ cups (6 ounces) shredded fat-free Cheddar cheese
 2 eggs
 6 tablespoons whole wheat flour
 1 package (10 ounces) frozen chopped spinach,
 thawed, well drained
 ¼ cup each: thinly sliced green onions, chopped
 roasted red bell pepper or pimiento, finely
 chopped parsley
 ¼ teaspoon each: black and cayenne pepper
 ⅛ teaspoon ground nutmeg

Per Serving:

Calories: 81
 % of calories from fat: 11
 Fat (gm): 1
 Saturated fat (gm): 0.3
 Cholesterol (mg): 35.5
 Sodium (mg): 231
 Protein (gm): 11.8
 Carbohydrate (gm): 6.7

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 0.0
 Meat: 1.0
 Fat: 0.0

1. Spray 13 x 9-inch pan with cooking spray; coat bottom and sides of pan with bread crumbs. Combine cheeses and eggs in bowl; stir in remaining ingredients until blended. Pour into prepared pan and bake at 350 degrees until set and lightly browned, 35 to 40 minutes. Cool 10 minutes before cutting into squares.

BAKED SPINACH BALLS

45



Often laden with butter, these savory treats are rich in flavor.

12 servings (2 each)

2 cups herb-seasoned bread stuffing cubes
 ¼ cup each: grated fat-free Parmesan cheese,
 chopped green onions
 2 cloves garlic, minced
 ⅛ teaspoon ground nutmeg
 1 package (10 ounces) frozen chopped spinach,
 thawed, well drained
 ¼–⅓ cup reduced-sodium vegetable broth
 2 tablespoons margarine or butter, melted
 Salt and pepper, to taste
 1 egg, lightly beaten

Per Serving:

Calories: 86
 % of calories from fat: 24
 Fat (gm): 2.4
 Saturated fat (gm): 0.4
 Cholesterol (mg): 0
 Sodium (mg): 271
 Protein (gm): 4.2
 Carbohydrate (gm): 13

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 0.5
 Meat: 0.0
 Fat: 0.5

1. Combine stuffing cubes, Parmesan cheese, onions, garlic, and nutmeg in medium bowl. Mix in spinach, broth, and margarine; season to taste with salt and pepper. Mix in egg. Shape mixture into 24 balls. Bake at 350 degrees on greased jelly roll pan until spinach balls are browned, about 15 minutes.

MUSHROOM BRUSCHETTA

Use any desired wild mushrooms and make this filling up to 2 days in advance.

12 servings (1 each)

½ cup chopped red bell pepper
 2 each: thinly sliced green onions, minced
 garlic cloves
 2 cups chopped wild mushrooms (portobello,
 shiitake, oyster, enoki, etc.)
 1½ teaspoons dried basil leaves
 2 tablespoons grated fat-free Parmesan cheese
 Few drops balsamic vinegar
 Salt and pepper, to taste

Per Serving:

Calories: 92
 % of calories from fat: 17
 Fat (gm): 1.7
 Saturated fat (gm): 0.7
 Cholesterol (mg): 2.5
 Sodium (mg): 194
 Protein (gm): 4.4
 Carbohydrate (gm): 14.6

Exchanges:

Milk: 0.0
 Vegetable: 0.5
 Fruit: 0.0
 Bread: 1.0
 Meat: 0.5
 Fat: 0.0

Bruschetta (see p. 530)

¼ cup (2 ounces) shredded reduced-fat mozzarella cheese

1. Sauté bell pepper, onions, and garlic 2 to 3 minutes in lightly greased skillet. Add mushrooms and basil and cook, covered, over medium heat until wilted, about 5 minutes. Uncover and cook until liquid is gone, 8 to 10 minutes. Stir in Parmesan cheese; season to taste with balsamic vinegar, salt, and pepper.

2. Spoon mushroom mixture on Bruschetta and sprinkle with mozzarella cheese; broil 6 inches from heat source until cheese is melted, 1 to 2 minutes.

CURRIED ONION CROUSTADES

The Croustades can be filled with the onion mixture and refrigerated several hours before baking.

8 servings (2 each)

2 cups chopped onions

2 cloves garlic, minced

1 teaspoon curry powder

½ teaspoon ground cumin

2 tablespoons flour

1 cup fat-free half-and-half or fat-free milk

2 tablespoons dried fruit bits

1 tablespoon minced cilantro

Salt, cayenne, and black pepper, to taste

Croustades (see p. 531)

4 teaspoons chopped almonds

Per Serving:

Calories: 125

% of calories from fat: 13

Fat (gm): 1.8

Saturated fat (gm): 0.3

Cholesterol (mg): 0

Sodium (mg): 167

Protein (gm): 4.2

Carbohydrate (gm): 22.3

Exchanges:

Milk: 0.0

Vegetable: 1.0

Fruit: 0.0

Bread: 1.0

Meat: 0.0

Fat: 0.5

1. Sauté onions and garlic in lightly greased skillet 5 minutes; add spices and cook, covered, over low heat until onions are very soft, about 20 minutes. Stir in flour; cook 1 minute longer. Stir half-and-half and fruit into onion mixture; heat to boiling. Reduce heat and simmer, stirring, until thickened. Stir in cilantro; season to taste with salt, cayenne, and black pepper.

2. Place Croustades in baking pan and fill each with slightly rounded tablespoon of onion mixture; sprinkle with almonds. Bake, uncovered, at 425 degrees 10 minutes.

BEEF EMPANADAS

Pork tenderloin or chicken breast can be substituted for the beef in this recipe. The raisins and spices lend a sweet flavor to this traditional Mexican meat filling.

10 servings (3 each)

12 ounces boneless beef eye of round steak,
fat trimmed
¼ cup finely chopped onion
3 cloves garlic, minced
2 small tomatoes, finely chopped
⅓ cup raisins
2 tablespoons slivered almonds
1 tablespoon cider vinegar
½ teaspoon ground cinnamon
⅛ teaspoon ground cloves
3 tablespoons finely chopped cilantro
Salt and pepper, to taste
Empanada Pastry (recipe follows)
2 tablespoons fat-free milk

Per Serving:

Calories: 159
% of calories from fat: 29
Fat (gm): 5.1
Saturated fat (gm): 1.5
Cholesterol (mg): 16.5
Sodium (mg): 57
Protein (gm): 8.7
Carbohydrate (gm): 19.5

Exchanges:

Milk: 0.0
Vegetable: 0.0
Fruit: 0.0
Bread: 0.5
Meat: 0.5
Fat: 0.0

1. Cut beef into 2-inch cubes and place in saucepan with 2 inches water; heat to boiling. Reduce heat and simmer, covered, until beef is tender, about 15 minutes. Drain, reserving beef and ½ cup broth. Shred beef finely.
2. Sauté onion and garlic in lightly greased medium skillet until tender, about 5 minutes. Add reserved beef and ½ cup broth, tomatoes, raisins, almonds, vinegar, cinnamon, and cloves; cook over medium heat until broth has evaporated but mixture is still moist, about 10 minutes. Stir in cilantro; season to taste with salt and pepper.
3. Roll ½ of the Empanada Pastry on floured surface to ⅛ inch thickness; cut into 3-inch rounds with cookie cutter. Place scant tablespoon meat mixture on each piece pastry. Brush edges of pastry with water; fold in half and crimp edges firmly by hand or with tines of fork. Make cut in top of each pastry with sharp knife. Repeat with remaining pastry and meat mixture. Brush tops of pastries lightly with milk. Bake on greased cookie sheets at 400 degrees until golden, 15 to 20 minutes.

Empanada Pastry

- 1¼ cups all-purpose flour
- 1 tablespoon sugar
- ¼ teaspoon baking powder
- ⅛ teaspoon salt
- 3 tablespoons vegetable shortening
- 1 teaspoon lemon juice or distilled white vinegar
- 4- tablespoons fat-free milk or water

1. Combine flour, sugar, baking powder, and salt in small bowl; cut in shortening until mixture resembles coarse crumbs. Mix in lemon juice and milk, a tablespoon at a time, to form soft dough. Refrigerate until ready to use.

FIVE-SPICE POTSTICKERS

Purchased wonton wrappers make this recipe simple to prepare. Wonton wrappers can be cut into circles with a 2½-inch cutter, if you like. Assemble wontons up to 1 day in advance; dust lightly with flour and refrigerate, covered, in a single layer on a plate.

12 servings (4 each)

- 2 cups sliced Chinese or napa cabbage
- ½ cup shredded carrot
- ¼ cup each: thinly sliced green onions, celery
- 1–2 teaspoons minced gingerroot
- 1 clove garlic, minced
- 1 tablespoon reduced-sodium tamari soy sauce
- ¼–½ teaspoon each: hot chili paste, five-spice powder
- 2 ounces light tofu, cut into small cubes or coarsely crumbled
- 48 wonton or gyoza wrappers
- 1 egg white, beaten
- Tamari Dipping Sauce (recipe follows)

Per Serving:

Calories: 130
 % of calories from fat: 4
 Fat (gm): 0.6
 Saturated fat (gm): 0.1
 Cholesterol (mg): 4
 Sodium (mg): 431
 Protein (gm): 5.2
 Carbohydrate (gm): 25.9

Exchanges:

Milk: 0.0
 Vegetable: 2.0
 Fruit: 0.0
 Bread: 1.0
 Meat: 0.0
 Fat: 0.0

1. Stir-fry cabbage, carrot, green onions, celery, gingerroot, and garlic in lightly greased wok or large skillet over medium to medium-high heat until cabbage is wilted, 2 to 3 minutes.

Remove from heat; stir in soy sauce, chili paste, and five-spice powder. Add tofu, toss lightly, and cool.

2. Spoon ½ tablespoon filling on wonton wrapper; brush edges of wrapper with egg white. Fold wrapper in half and press edges to seal. Repeat with remaining filling, wrappers, and egg white. Add 6 or 8 wontons to large saucepan of boiling water; simmer, uncovered, until wontons rise to the surface, 2 to 3 minutes. Remove with slotted spoon and drain. Repeat with remaining wontons.

3. Add single layer of wontons to lightly greased wok or large skillet and cook over medium heat until browned on the bottom, 2 to 3 minutes. Spray tops of wontons lightly with cooking spray; turn and cook until browned. Repeat with remaining wontons. Serve hot with Tamari Dipping Sauce.

Tamari Dipping Sauce

12 servings (1 tablespoon each)

½ cup reduced-sodium tamari or soy sauce
 2 tablespoons rice wine vinegar
 4 teaspoons lemon juice
 2 teaspoons honey

1. Mix all ingredients.

CRANBERRY-CHEESE WONTONS

Dried cranberries and gingerroot add a lively accent to these unusual cheese wontons.

12 servings (2 each)

6 ounces fat-free cream cheese, room temperature
 3 tablespoons chopped dried cranberries
 2 tablespoons each: finely chopped chives, parsley
 ½–¾ teaspoon minced gingerroot
 Salt and white pepper, to taste
 24 wonton wrappers
 1 egg white, beaten

Per Serving:

Calories: 91
 % of calories from fat: 10
 Fat (gm): 1
 Saturated fat (gm): 0.1
 Cholesterol (mg): 2
 Sodium (mg): 184
 Protein (gm): 3.9
 Carbohydrate (gm): 15.8

Exchanges:

Milk: 0.0
 Vegetable: 0.0
 Fruit: 0.5
 Bread: 0.5
 Meat: 0.5
 Fat: 0.0

Canola or peanut oil, for frying

⅓ cup jalapeño jelly, heated, or Tamari Dipping Sauce (see p. 24)

1. Mix cream cheese, cranberries, chives, parsley, and gingerroot in small bowl; season to taste with salt and white pepper. Spoon ½ tablespoon filling on wonton wrapper; brush edges of wrapper with egg white. Fold wrapper in half and press edges to seal. Repeat with remaining filling, wrappers, and egg white.

2. Heat 2 inches of oil to 375 degrees in large saucepan. Fry wontons, 6 to 8 at a time, until golden, 1 to 2 minutes. Drain on paper toweling. Serve with jalapeño jelly or Tamari Dipping Sauce.

MIXED VEGETABLE EGG ROLLS

The Asian sesame oil in this recipe has a more distinctive sesame flavor than the light-colored domestic brands. Nutritious spinach, alfalfa sprouts, and black beans add a new dimension to these egg rolls.

12 servings (1 each)

1 tablespoon sesame seeds
 2–3 teaspoons Asian sesame oil
 2 green onions, sliced
 1 tablespoon minced gingerroot
 2 cloves garlic, minced
 2 cups sliced spinach
 ½ cup each: chopped water chestnuts, shredded
 carrot, sliced small mushrooms
 1 can (15½ ounces) black beans, rinsed, drained
 1–1½ teaspoons reduced-sodium tamari soy sauce
 Salt and pepper, to taste
 2 egg whites
 1 cup alfalfa sprouts
 12 egg roll wrappers
 Peanut, or vegetable, oil
 Plum Sauce (recipe follows)

Per Egg Roll:

Calories: 101

% of calories from fat: 12

Fat (gm): 1.6

Saturated fat (gm): 0.2

Cholesterol (mg): 0

Sodium (mg): 342

Protein (gm): 5.8

Carbohydrate (gm): 19

Exchanges:

Milk: 0.0

Vegetable: 1.5

Fruit: 0.0

Bread: 1.0

Meat: 0.0

Fat: 0.0

1. Sauté sesame seeds in Asian sesame oil in large skillet until beginning to brown, 1 to 2 minutes. Add green onions, gingerroot,

and garlic; sauté until onions are tender, 1 to 2 minutes. Add spinach, water chestnuts, carrot, and mushrooms; cook, covered, over medium heat until spinach and mushrooms are wilted. Stir in beans and tamari sauce; season to taste with salt and pepper. Cool 5 to 10 minutes; stir in egg whites and alfalfa sprouts.

2. Spoon about $\frac{1}{3}$ cup vegetable mixture near corner of 1 egg roll wrapper. Brush edges of wrapper with water. Fold bottom corner of egg roll wrapper up over filling; fold sides in and roll up. Repeat with remaining filling and wrappers.

3. Heat about 2 inches of oil to 375 degrees in deep skillet or large saucepan. Fry egg rolls until golden, 4 to 5 minutes. Drain on paper toweling. Serve hot with Plum Sauce.

Plum Sauce

Makes about 1 cup

$\frac{3}{4}$ cup Oriental plum sauce

2–3 tablespoons each: reduced-sodium tamari soy sauce,
rice wine vinegar or cider vinegar

1 tablespoon each: grated gingerroot, sliced green onion

1–2 teaspoons light brown sugar, minced garlic

1. Mix all ingredients; refrigerate until ready to serve.

ARTICHOKE-STUFFED APPETIZER BREAD

45



For easy entertaining, assemble this appetizer a day or two in advance. Bread pieces removed from the loaf can be used to make fresh breadcrumbs or croutons.

8 servings (2 each)

8 ounces fat-free cream cheese, room temperature

1 can (14 ounces) artichoke hearts, drained, chopped

$\frac{1}{2}$ cup each: chopped red bell pepper, celery

$\frac{1}{4}$ cup chopped pitted green or black, olives

2 teaspoons each: drained capers, minced garlic

$\frac{1}{2}$ teaspoon each: dried basil and oregano leaves

1–2 teaspoons white wine vinegar or lemon juice

Per Serving:

Calories: 151

% of calories from fat: 29

Fat (gm): 5.1

Saturated fat (gm): 0.3

Cholesterol (mg): 0

Sodium (mg): 600

Protein (gm): 6.9

Carbohydrate (gm): 20.9

Exchanges:

Milk: 0.0

Vegetable: 1.0

Fruit: 0.0

Bread: 1.0

Meat: 0.0

Fat: 1.0

Salt and white pepper, to taste
1 loaf French bread (8 ounces) (about 15 inches long)

1. Mix cream cheese, artichoke hearts, bell pepper, celery, olives, capers, garlic, and herbs; season to taste with vinegar, salt, and white pepper.
2. Slice bread lengthwise in half. Remove bread from centers of bread halves, using a paring knife or serrated grapefruit spoon, leaving $\frac{3}{4}$ -inch shell of bread. Spoon filling into each bread half; press halves together firmly and wrap in plastic wrap. Refrigerate 2 hours or until serving time. Cut into 16 pieces.

APPLE-CABBAGE STRUDELS

The strudels can be assembled several hours in advance; refrigerate, tightly covered. Spray tops of strudels with cooking spray before baking.

12 servings (2 each)

$\frac{1}{2}$ cup thinly sliced onion
2 cloves garlic, minced
3 cups thinly sliced cabbage
 $\frac{1}{3}$ cup apple cider or apple juice
 $1\frac{1}{2}$ cups peeled, chopped, tart apples
 $\frac{1}{4}$ cup dark raisins
 $1-1\frac{1}{2}$ teaspoons curry powder
Salt and pepper, to taste
8 sheets frozen fillo pastry, thawed
Butter-flavored cooking spray

Per Serving:

Calories: 34
% of calories from fat: 5
Fat (gm): 0.2
Saturated fat (gm): 0
Cholesterol (mg): 0
Sodium (mg): 8
Protein (gm): 0.6
Carbohydrate (gm): 8.5

Exchanges:

Milk: 0.0
Vegetable: 0.0
Fruit: 0.5
Bread: 0.0
Meat: 0.0
Fat: 0.0

1. Sauté onion and garlic in lightly greased skillet until tender, about 5 minutes. Add cabbage and apple cider; cook, covered, over medium heat until cabbage is wilted, about 5 minutes. Stir in apples, raisins, and curry powder; cook, uncovered, until apples are crisp-tender and mixture is almost dry, 5 to 8 minutes. Season to taste with salt and pepper. Cool.
2. Place 1 sheet fillo on clean surface; spray with lightly with butter-flavored cooking spray; top with second sheet of fillo and spray.

Repeat with 3 more sheets of fillo. Spoon half the cabbage mixture evenly along short edge of fillo, leaving a 1-inch space from the edge. Roll up from short edge, tucking ends under. Place seam side down on greased cookie sheet. Repeat with remaining fillo, cooking spray, and cabbage mixture. Spray tops of strudels with cooking spray. Bake at 400 degrees until golden, about 15 minutes. Cool slightly; cut diagonally into 1-inch pieces with serrated knife. Serve warm or at room temperature.

ONION AND BLUE CHEESE FOCACCIA

45



Serve larger portions as a bread with entrée salads.

8 servings

2 cups thinly sliced onions
 4 cloves garlic, minced
 ½ teaspoon dried rosemary leaves
 Salt and pepper, to taste
 1 focaccia (Italian flat bread) (10 ounces)
 ¼ cup chopped softened sun-dried tomatoes
 (not in oil)
 2–3 ounces crumbled blue cheese
 2 tablespoons grated fat-free Parmesan cheese

Per Serving:

Calories: 146
 % of calories from fat: 21
 Fat (gm): 3.5
 Saturated fat (gm): 1.6
 Cholesterol (mg): 5.2
 Sodium (mg): 354
 Protein (gm): 5.9
 Carbohydrate (gm): 23.3

Exchanges:

Milk: 0.0
 Vegetable: 2.0
 Fruit: 0.0
 Bread: 1.0
 Meat: 0.0
 Fat: 0.5

1. Cook onions and garlic in lightly greased skillet, covered, over medium heat until wilted, about 5 minutes. Cook, uncovered, over low heat until tender and lightly browned, 10 to 15 minutes; stir in rosemary and season with salt and pepper. Arrange onions on bread; sprinkle with sun-dried tomatoes and cheeses. Bake at 350 degrees until bread is hot and cheese melted, about 15 minutes. Cut into 8 wedges.

SWEET ONION TARTE TATIN

You'll win raves when you serve this beautiful upside-down tart! For best flavor, use a sweet onion, such as Vidalia.

6–8 servings

1 tablespoon granulated or light brown sugar
 2½ pounds small sweet onions, peeled,
 halved crosswise
 Salt and pepper, to taste
 ⅓ cup dark or light raisins
 1 teaspoon dried thyme leaves
 ¼ teaspoon ground allspice
 1½ cups reduced-sodium vegetable broth
 2 teaspoons balsamic vinegar
 Tarte Tatin Crust (see p. 30)

Per Serving:

Calories: 291
 % of calories from fat: 25
 Fat (gm): 8.3
 Saturated fat (gm): 1.6
 Cholesterol (mg): 0
 Sodium (mg): 126
 Protein (gm): 5.9
 Carbohydrate (gm): 49.8

Exchanges:

Milk: 0.0
 Vegetable: 3.0
 Fruit: 0.5
 Bread: 1.5
 Meat: 0.0
 Fat: 1.5

1. Heat lightly greased 12-inch skillet with ovenproof handle over medium heat until hot; sprinkle bottom evenly with sugar. Place onion halves, cut sides down, in skillet, fitting in as many as possible. Cut remaining onion halves into pieces, or chop coarsely, and fill in any spaces between onion halves. Sprinkle lightly with salt and pepper; sprinkle with raisins, thyme, and allspice. Cook, uncovered, over medium heat until onions begin to brown on the bottoms, 8 to 10 minutes.
2. Add broth and vinegar to skillet; heat to boiling. Reduce heat and simmer, covered, until onions are tender, 20 to 25 minutes. Heat to boiling; reduce heat and simmer rapidly, uncovered, until liquid is almost gone.
3. Roll pastry for Tarte Tatin Crust on floured surface into 13-inch circle. Ease pastry over onions in skillet, tucking in edges to fit. Bake at 375 degrees until pastry is browned and juices are bubbly, 30 to 35 minutes. Cool in pan on wire rack 10 minutes; place large serving plate over skillet and invert onto plate. Serve warm or room temperature.

Tarte Tatin Crust

- 1½ cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon dried thyme leaves
- Pinch salt
- 4 tablespoons cold margarine or butter cut into pieces
- 5–6 tablespoons ice water

1. Combine flour, baking powder, thyme, and salt in medium bowl; cut in margarine until mixture resembles coarse crumbs. Add water a tablespoon at a time, mixing lightly with a fork after each addition, until dough just holds together. Refrigerate, covered, at least 30 minutes.

SQUASH AND MUSHROOM GALETTE

The Galette Pastry Dough, made with yeast, is quite special.

4–6 servings

- ½ cup each: thinly sliced leek, chopped onion, red bell pepper
- 2 medium portobello mushrooms, sliced
- 8 cloves garlic, minced
- 1½ teaspoons dried sage leaves
- 1 tablespoon olive oil
- 1½ cups cooked mashed acorn or butternut squash
- Salt and pepper, to taste
- Galette Pastry Dough (recipe follows)
- ½ cup (2 ounces) shredded fat-free Cheddar cheese
- 2 tablespoons grated Parmesan cheese
- 1 egg white, beaten

Per Serving:

Calories: 339
% of calories from fat: 18
Fat (gm): 7.1
Saturated fat (gm): 1.7
Cholesterol (mg): 58.3
Sodium (mg): 338
Protein (gm): 16.5
Carbohydrate (gm): 54

Exchanges:

Milk: 0.0
Vegetable: 1.0
Fruit: 0.0
Bread: 3.0
Meat: 1.0
Fat: 1.0

1. Sauté leek, onion, bell pepper, mushrooms, garlic, and sage in oil in large skillet until tender, about 5 minutes. Mix in squash; season to taste with salt and pepper.

2. Roll Galette Pastry Dough on lightly floured surface to 14-inch circle; transfer to greased cookie sheet or large pizza pan. Spoon vegetable mixture evenly on dough, leaving 2-inch border around edge. Sprinkle with cheeses. Fold edge of dough over edge of vegetable mixture, pleating to fit; brush dough with egg white. Bake at 400 degrees until crust is golden, about 25 minutes. Cut into wedges; serve warm.

Galette Pastry Dough

1 teaspoon active dry yeast
1/3 cup warm water (115 degrees)
1 egg, beaten
3 tablespoons fat-free sour cream
1 1/2 cups all-purpose flour
1/4 teaspoon salt

1. Stir yeast into warm water in medium bowl; let stand 5 minutes. Add egg and sour cream, mixing until smooth. Stir in flour and salt, making a soft dough. Knead dough on lightly floured surface until smooth, about 10 minutes.

VARIATION

Peperonata Galette — Make Peperonata (see p. 485). Roll Galette Pastry Dough as directed in Step 3 above. Spoon peperonata mixture evenly on dough, leaving a 2-inch border around edge; sprinkle with 1/2 cup (2 ounces) shredded fat-free mozzarella cheese and 1 tablespoon shredded Parmesan cheese. Fold edge of dough over edge of vegetable mixture, pleating to fit. Brush dough with egg white. Bake as above.

CURRIED PINWHEELS

45



Make these easy appetizers up to 2 days in advance and refrigerate until ready to serve.

12 servings (3 each)

- 6 pieces luncheon-size lavosh (5-inch)
- 12 ounces fat-free cream cheese, room temperature
- 2 tablespoons fat-free mayonnaise
- 1–2 teaspoons spicy brown mustard
- 1 clove garlic, minced
- 1–1½ teaspoons curry powder
- ½ cup finely chopped apple
- ¼ cup each: finely chopped celery, green onions,
dry-roasted peanuts
- ¾ cup chopped chutney

Per Pinwheel:

Calories: 38
 % of calories from fat: 14
 Fat (gm): 0.6
 Saturated fat (gm): 0.1
 Cholesterol (mg): 0
 Sodium (mg): 79
 Protein (gm): 1.9
 Carbohydrate (gm): 6.2

Exchanges:

Milk: 0.0
 Vegetable: 0.0
 Fruit: 0.5
 Bread: 0.0
 Meat: 0.0
 Fat: 0.0

1. Brush lavosh lightly with water and place between damp kitchen towels until softened enough to roll, about 20 minutes.
2. Mix cream cheese, mayonnaise, mustard, garlic, and curry powder in bowl; spread about 3 tablespoons mixture on each lavosh. Combine remaining ingredients, except chutney, and sprinkle over cheese mixture. Roll lavosh tightly; wrap each roll in plastic wrap and refrigerate at least 4 hours. Cut each roll into 6 pieces; serve with chutney.

SWISS CHEESE AND SPINACH PINWHEELS

45



These fabulous sandwiches can be made in advance and refrigerated up to 2 days—always ready for hungry appetites!

8 servings (2 slices each)

- 1 large whole wheat lavosh (16 inches diameter)
- 8 ounces fat-free cream cheese,
room temperature
- 1 tablespoon fat-free sour cream
- 2 tablespoons minced onion
- 1 teaspoon fennel seeds, crushed
- 10 slices (7½ ounces) fat-free Swiss cheese
- 4 cups loosely packed spinach leaves
- 2 medium tomatoes, thinly sliced
- ⅓ cup drained, sliced olives

Per Serving:

Calories: 177
 % of calories from fat: 29
 Fat (gm): 5.8
 Saturated fat (gm): 0.9
 Cholesterol (mg): 0
 Sodium (mg): 782
 Protein (gm): 13.4
 Carbohydrate (gm): 18.4

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 1.0
 Meat: 1.0
 Fat: 0.5

1. Place lavosh between 2 damp clean kitchen towels; let stand until lavosh is softened enough to roll, about 20 minutes.
2. Mix cream cheese, sour cream, onion, and fennel seeds in small bowl; spread on lavosh. Arrange Swiss cheese, spinach, tomatoes, and olives on top. Roll lavosh tightly; wrap in plastic wrap and refrigerate at least 4 hours, but no longer than 2 days. Trim ends and cut into 1-inch slices.

SLICED MUSHROOM PINWHEELS

45



Easy to make and carry, lavosh sandwiches are great for picnics, as well as home dining.

8 servings (2 slices each)

- 1 large whole wheat lavosh (16 inches diameter)
- 4 ounces mushrooms
- 8 ounces fat-free cream cheese,
room temperature
- 1 tablespoon fat-free sour cream
- 1 teaspoon minced garlic
- 1–2 teaspoons Dijon mustard
- 1 medium onion, thinly sliced
- ½ cup red bell pepper, thinly sliced
- 3 tablespoons fat-free Italian salad dressing

Per Serving:

Calories: 122
 % of calories from fat: 27
 Fat (gm): 3.7
 Saturated fat (gm): 0.7
 Cholesterol (mg): 0
 Sodium (mg): 309
 Protein (gm): 6.5
 Carbohydrate (gm): 16

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 1.0
 Meat: 0.0
 Fat: 0.5

1. Place lavosh between 2 damp clean kitchen towels; let stand until lavosh is softened enough to roll, about 20 minutes.
2. Remove mushroom stems and chop; slice mushroom caps. Mix cream cheese, chopped mushroom stems, sour cream, garlic, and mustard in small bowl; spread mixture on lavosh. Toss sliced mushrooms, onion, and bell pepper with salad dressing; arrange over cheese mixture. Roll lavosh tightly; wrap in plastic wrap and refrigerate at least 4 hours, but no longer than 2 days. Trim ends and cut into 1-inch slices.

TWO

Soups: First Course
and
Entrée



CREAM OF ARTICHOKE AND MUSHROOM SOUP

45

Shiitake or cremini mushrooms can be substituted for the portobello mushrooms.

4 first-course servings (about 1 cup each)

¾ cup chopped portobello mushrooms
 2 tablespoons chopped onion
 1 tablespoon margarine or butter
 1 tablespoon all-purpose flour
 3 cups fat-free milk
 1 vegetable bouillon cube
 1 package (9 ounces) frozen artichoke hearts,
 thawed, finely chopped
 Salt and white pepper, to taste
 Paprika, as garnish

Per Serving:

Calories: 135
 % of calories from fat: 22
 Fat (gm): 3.6
 Saturated fat (gm): 0.8
 Cholesterol (mg): 3
 Sodium (mg): 422
 Protein (gm): 9.2
 Carbohydrate (gm): 18.9

Exchanges:

Milk: 1.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 0.0
 Meat: 0.0
 Fat: 0.5

1. Sauté mushrooms and onion in margarine in medium saucepan until tender, about 5 minutes. Stir in flour; cook 1 minute. Stir in milk and bouillon cube; heat to boiling. Add artichoke hearts and simmer, uncovered, 5 minutes. Season to taste with salt and white pepper. Sprinkle with paprika.

FLORIDA AVOCADO AND TOMATO CHOWDER

45

In this easy recipe, colorful ingredients create a kaleidoscope of fresh colors and flavors.

4 entrée servings

3 cups cubed, peeled potatoes
 1 can (14 ounces) reduced-sodium fat-free
 chicken broth
 1 teaspoon dried thyme leaves
 8 ounces smoked turkey breast, cubed
 1 cup each: whole kernel corn, chopped plum
 tomatoes, cubed avocado
 Juice of 1 lime
 3 slices bacon, cooked, crumbled
 Salt and pepper, to taste

Per Serving:

Calories: 333
 % of calories from fat: 26
 Fat (gm): 10.2
 Saturated fat (gm): 2.4
 Cholesterol (mg): 51.1
 Sodium (mg): 765
 Protein (gm): 21
 Carbohydrate (gm): 44.7

Exchanges:

Milk: 0.0
 Vegetable: 2.0
 Fruit: 0.0
 Bread: 2.0
 Meat: 2.0
 Fat: 1.5

1. Heat potatoes, broth, and thyme to boiling in medium saucepan; reduce heat and simmer, covered, until potatoes are tender, about 10 minutes. Using slotted spoon, transfer $\frac{1}{2}$ the potatoes to a medium bowl. Process remaining mixture in food processor or blender until smooth; return to saucepan. Add turkey, corn, and reserved potatoes; heat to boiling. Reduce heat and simmer 5 minutes. Stir in tomatoes, avocado, lime juice, and bacon. Season to taste with salt and pepper.

BLACK BEAN SOUP

Dried beans can also be “quick cooked” rather than soaked overnight; see directions in Navy Bean Soup with Ham (p. 384). Or, substitute three cans (15 ounces each) rinsed, drained canned black beans.

4 first-course servings (about $1\frac{1}{4}$ cups each)

1½ cups dried black beans
 1 large onion, chopped
 4 cloves garlic, minced
 1 teaspoon dried oregano leaves
 ½ teaspoon dried thyme leaves
 1 large tomato, chopped
 Salt and pepper, to taste
 6 tablespoons fat-free sour cream
 Finely chopped oregano or parsley, as garnish

Per Serving:

Calories: 200
 % of calories from fat: 4
 Fat (gm): 0.9
 Saturated fat (gm): 0.2
 Cholesterol (mg): 0
 Sodium (mg): 20
 Protein (gm): 13.8
 Carbohydrate (gm): 39

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 2.0
 Meat: 0.5
 Fat: 0.0

1. Cover beans with 4 inches water in large saucepan; soak overnight and drain.
2. Sauté onion, garlic and herbs in lightly greased large saucepan until softened, about 4 minutes. Add beans; cover with 2 inches water and heat to boiling. Reduce heat and simmer, covered, until beans are very tender, $1\frac{1}{2}$ to 2 hours, adding tomato during last $\frac{1}{2}$ hour.
3. Process soup in food processor or blender until smooth. Return soup to saucepan; heat over medium heat until hot through, 3 to 4 minutes. Season to taste with salt and pepper. Top servings of soup with dollop of sour cream and sprinkle with oregano.

SHRIMP AND BLACK BEAN SOUP

In Mexico, leaves from the avocado tree are used for seasoning in this favorite Oaxacan soup. We've substituted a bay leaf, which is somewhat stronger in flavor.

6 entrée servings (about 1½ cups each)

2 medium onions, chopped
 4 cloves garlic, minced
 2 medium tomatoes, cut into wedges
 3 cans (14½ ounces each) reduced-sodium fat-free chicken broth, divided
 ½ cup water
 3 cups cooked dried black beans or 2 cans (15 ounces each) black beans, rinsed, drained
 1 teaspoon each: dried oregano and thyme leaves, ground cumin
 1 bay leaf
 8 ounces peeled, deveined shrimp
 Salt and pepper, to taste
 Finely chopped cilantro, as garnish

Per Serving:

Calories: 190
 % of calories from fat: 5
 Fat (gm): 1.1
 Saturated fat (gm): 0.3
 Cholesterol (mg): 58.3
 Sodium (mg): 136
 Protein (gm): 19.1
 Carbohydrate (gm): 27

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 1.5
 Meat: 1.5
 Fat: 0.0

1. Sauté onions and garlic in lightly greased medium saucepan until tender, about 5 minutes. Process onion mixture, tomatoes, and 1 can chicken broth in food processor or blender until smooth; return to saucepan. Add remaining 2 cans broth, water, beans, and herbs; heat to boiling. Reduce heat and simmer, uncovered, 10 minutes, adding shrimp during last 5 minutes. Discard bay leaf. Season to taste with salt and pepper; sprinkle with cilantro.

GARBANZO BEAN SOUP

45

Cumin adds a Mexican flavor to this soup; curry powder can be substituted to give an Indian flavor.

4 entrée servings (about 1½ cups each)

2 each: finely chopped medium onions, garlic cloves
 2 cans (15 ounces each) garbanzo beans, rinsed, drained
 2 cans (14½ ounces each) reduced-sodium fat-free chicken broth

1 teaspoon ground cumin
 ½–¾ teaspoon dried thyme leaves
 Salt and pepper, to taste
 ¼ cup fat-free sour cream
 Paprika or chili powder, as garnish

1. Sauté onions and garlic in lightly greased large saucepan until tender, about 5 minutes. Add beans, broth, cumin, and thyme and heat to boiling; reduce heat and simmer, covered, 10 minutes. Process soup in food processor or blender until smooth; season to taste with salt and pepper. Top each bowl of soup with a dollop of sour cream and sprinkle with paprika.

Per Serving:

Calories: 267
 % of calories from fat: 15
 Fat (gm): 4.6
 Saturated fat (gm): 0.6
 Cholesterol (mg): 0
 Sodium (mg): 627
 Protein (gm): 12.4
 Carbohydrate (gm): 46.4

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 3.0
 Meat: 0.0
 Fat: 0.0

CANNELLINI AND CABBAGE SOUP

45 Any white bean, such as Great Northern or navy may be substituted for the cannellini.

8 first-course servings (about 1 cup each)

3 cups thinly sliced or chopped cabbage
 1 small onion, coarsely chopped
 3 cloves garlic, minced
 1 teaspoon crushed caraway seeds
 2 cans (14½ ounces each) reduced-sodium chicken broth
 1 cup water
 1 can (15 ounces) cannellini or Great Northern beans, rinsed, drained
 ½ cup (4 ounces) mostaccioli (penne), uncooked
 Salt and pepper, to taste

Per Serving:

Calories: 107
 % of calories from fat: 7
 Fat (gm): 1
 Saturated fat (gm): 0.1
 Cholesterol (mg): 0
 Sodium (mg): 175
 Protein (gm): 6.9
 Carbohydrate (gm): 21.9

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 1.0
 Meat: 0.5
 Fat: 0.0

1. Sauté cabbage, onion, garlic, and caraway seeds in lightly greased medium skillet until cabbage begins to wilt, 8 to 10 minutes. Add chicken broth, water, and beans to saucepan; heat to boiling. Stir in pasta; reduce heat and simmer, uncovered, until pasta is al dente, about 15 minutes. Season to taste with salt and pepper.

BEAN-THICKENED SOUP

45 *Pureed beans contribute a hearty texture and subtle flavor to this soup.*

4 first-course servings (about 1½ cups each)

2 carrots, sliced
 1 small onion, chopped
 2 large cloves garlic, minced
 1¾ cups vegetable broth
 1 can (16 ounces) whole tomatoes, undrained,
 coarsely chopped
 1 can (15 ounces) Great Northern beans, rinsed,
 drained, pureed
 ½ teaspoon each: dried thyme and sage leaves
 Salt and pepper, to taste

Per Serving:

Calories: 176
 % of calories from fat: 5
 Fat (gm): 1
 Saturated fat (gm): 0.2
 Cholesterol (mg): 0
 Sodium (mg): 208
 Protein (gm): 9.8
 Carbohydrate (gm): 34

Exchanges:

Milk: 0.0
 Vegetable: 2.0
 Fruit: 0.0
 Bread: 1.5
 Meat: 0.5
 Fat: 0.0

1. Sauté carrots, onion, and garlic in lightly greased large saucepan until onion is tender, about 5 minutes. Stir in broth, tomatoes with liquid, pureed beans, and herbs. Heat to boiling; reduce heat and simmer, covered, until carrots are tender, about 10 minutes. Season to taste with salt and pepper.

WHITE BEAN AND YELLOW SQUASH BEAN CHILI

45 *Add a minced jalapeño chili, if you like your chili hot!*

4 entrée servings (about 1½ cups each)

2 cups chopped onions
 1 cup chopped yellow bell pepper
 2 teaspoons each: minced garlic, cumin seeds
 2- tablespoons olive oil
 1 pound lean ground pork
 1 medium yellow summer squash, cubed
 2 cans (15 ounces each) Great Northern beans,
 rinsed, drained
 2 cups reduced-sodium fat-free chicken broth
 ½ cup dry white wine (optional)
 2 teaspoons chili powder

Per Serving:

Calories: 350
 % of calories from fat: 23
 Fat (gm): 10
 Saturated fat (gm): 2.7
 Cholesterol (mg): 49.3
 Sodium (mg): 719
 Protein (gm): 32.7
 Carbohydrate (gm): 41.2

Exchanges:

Milk: 0.0
 Vegetable: 2.0
 Fruit: 0.0
 Bread: 2.0
 Meat: 3.0
 Fat: 0.0

1 teaspoon dried oregano leaves
 ½ teaspoon ground cinnamon
 Salt and pepper, to taste
 Chopped tomato and cilantro, as garnish

1. Sauté onions, bell pepper, garlic, and cumin seeds in oil in large saucepan 5 minutes. Add pork and cook over medium heat until browned, about 5 minutes; add remaining ingredients, except salt, pepper, and garnishes and heat to boiling. Reduce heat and simmer, covered, until vegetables are almost tender, about 10 minutes. Simmer, uncovered, until thickened, 5 to 10 minutes. Season to taste with salt and pepper. Sprinkle each bowl of chili with tomato and cilantro.

DILLED BEET SOUP

It's not necessary to peel beets, as the skins slip off easily after cooking.

8 first-course servings (about 1¼ cups each)

12 medium beets, tops trimmed, scrubbed
 (about 3 pounds)
 3 cups water
 2–3 chicken bouillon cubes
 Water
 ¾–1 cup dry red wine or chicken broth
 1½–2 teaspoons dried dill weed
 2–3 tablespoons red wine vinegar
 Salt and pepper, to taste
 Thin lemon slices, as garnish

Per Serving:

Calories: 63
 % of calories from fat: 3
 Fat (gm): 0.3
 Saturated fat (gm): 0
 Cholesterol (mg): 0
 Sodium (mg): 318
 Protein (gm): 1.8
 Carbohydrate (gm): 10.6

Exchanges:

Milk: 0.0
 Vegetable: 2.0
 Fruit: 0.0
 Bread: 0.0
 Meat: 0.0
 Fat: 0.0

1. Heat beets, 3 cups water, and bouillon cubes to boiling in large saucepan; reduce heat and simmer, covered, until beets are tender, 30 to 40 minutes. Drain, reserving cooking liquid. Slip skins off beets and cut into quarters.

2. Add enough water to reserved cooking liquid to make 6 cups. Process beets, wine, reserved cooking liquid, and dill weed in food processor or blender container until smooth. Season to taste with vinegar, salt, and pepper. Serve warm or chilled; garnish each bowl of soup with a lemon slice.

BEET BORSCHT

45 *This delicious soup is flavored in the traditional way with Polish sausage.*

8 first-course servings (about 1¼ cups each)

8 ounces low-fat smoked Polish sausage, sliced
(½-inch)
2 teaspoons margarine or butter
6 cups reduced-sodium fat-free beef broth
1 small head red cabbage, thinly sliced or shredded
4 medium beets, peeled, julienned
2 carrots, julienned
1 clove garlic, minced
1 bay leaf
2–3 teaspoons sugar
2 tablespoons cider vinegar
Salt and pepper, to taste
Chopped dill weed, as garnish

Per Serving:

Calories: 120
% of calories from fat: 25
Fat (gm): 0.4
Saturated fat (gm): 0.6
Cholesterol (mg): 17.2
Sodium (mg): 437
Protein (gm): 10.9
Carbohydrate (gm): 13.1

Exchanges:

Milk: 0.0
Vegetable: 3.0
Fruit: 0.0
Bread: 0.0
Meat: 1.0
Fat: 0.0

1. Sauté sausage in margarine in Dutch oven until browned, about 5 minutes. Add remaining ingredients, except salt, pepper, and dill weed; heat to boiling. Reduce heat and simmer, covered, until vegetables are tender, about 15 minutes. Season to taste with salt and pepper; sprinkle each bowl of soup with dill weed.

CREAM OF BROCCOLI SOUP

45 *Eat broccoli often—it's high in antioxidants and packed with nutrients. This soup can be served warm, or chilled.*

6 first-course servings (about 1 cup each)

1 cup chopped onion
3 cloves garlic, minced
2 pounds broccoli, cut into 2-inch pieces
½ teaspoon dried thyme leaves
⅛ teaspoon ground nutmeg
3½ cups reduced-sodium fat-free chicken broth

½ cup fat-free half-and-half or fat-free milk
 Salt and white pepper, to taste
 6 tablespoons fat-free sour cream
 1½ cups Croutons (½ recipe, see p. 532)

Per Serving:

Calories: 99
 % of calories from fat: 9
 Fat (gm): 1.1
 Saturated fat (gm): 0.2
 Cholesterol (mg): 0
 Sodium (mg): 110
 Protein (gm): 6.8
 Carbohydrate (gm): 17.6

Exchanges:

Milk: 0.0
 Vegetable: 2.0
 Fruit: 0.0
 Bread: 0.5
 Meat: 0.0
 Fat: 0.0

1. Sauté onion and garlic in lightly greased saucepan until tender, 3 to 5 minutes. Stir in broccoli, thyme, and nutmeg; cook 2 minutes longer. Add broth to saucepan and heat to boiling; reduce heat and simmer, covered, until broccoli is tender, about 10 minutes. Stir in half-and-half.

2. Process soup in food processor or blender until smooth; season to taste with salt and white pepper. Stir 1 tablespoon sour cream into each bowl of soup; sprinkle with Croutons.

VARIATIONS

Dilled Broccoli Soup — Make recipe as above, deleting thyme, nutmeg, and Croutons (see p. 532). Add ⅔ cup loosely packed fresh dill weed to soup when pureeing.

Broccoli-Kale Soup — Make recipe as above, increasing broth to 5 cups, adding ½ teaspoon dried marjoram leaves and deleting the half-and-half, Croutons (see p. 532), and nutmeg. Stir 2 cups lightly packed kale into the soup during the last 5 minutes of cooking time. Process as above, adding more broth as needed for desired consistency.

HERBED BROCCOLI AND PASTA SOUP

45

A versatile soup, as any vegetable in season and any choice of herb can be substituted for the broccoli and thyme.

6 first-course servings (about 1 cup each)

3 cans (14½ ounces each) reduced-sodium fat-free chicken broth
4 cloves garlic, minced
2 teaspoons dried thyme leaves
3 cups small broccoli florets
1 cup uncooked fusilli (spirals)
2–3 tablespoons lemon juice
Salt and pepper, to taste

Per Serving:

Calories: 151
% of calories from fat: 7.8
Fat (gm): 1.3
Saturated fat (gm): 0.1
Cholesterol (mg): 0.0
Sodium (mg): 801
Protein (gm): 6.4
Carbohydrate (gm): 29

Exchanges:

Milk: 0.0
Vegetable: 3.0
Fruit: 0.0
Bread: 1.0
Meat: 0.0
Fat: 0.0

1. Heat broth, garlic, and thyme to boiling in medium saucepan. Stir in broccoli and fusilli. Reduce heat and simmer, uncovered, until broccoli is tender and pasta is al dente, about 10 minutes. Season to taste with lemon juice, salt, and pepper.

RUSSIAN CABBAGE SOUP

Use red or green cabbage, fresh or canned beets in this savory soup.

8 first-course servings (about 1½ cups each)

2 medium onions, sliced
1 tablespoon margarine or butter
7 cups reduced-sodium fat-free beef broth
1 can (16 ounces) reduced-sodium whole tomatoes, undrained, coarsely chopped
6 cups thinly sliced red cabbage
4 large beets, peeled, cubed
1 cup each: sliced carrots, cubed turnip, potato
1 tablespoon cider vinegar
Salt and pepper, to taste
8 tablespoons fat-free sour cream

Per Serving:

Calories: 109
% of calories from fat: 17
Fat (gm): 2.2
Saturated fat (gm): 0.4
Cholesterol (mg): 0
Sodium (mg): 91
Protein (gm): 4
Carbohydrate (gm): 20.7

Exchanges:

Milk: 0.0
Vegetable: 3.0
Fruit: 0.0
Bread: 0.5
Meat: 0.0
Fat: 0.0

1. Sauté onions in margarine in Dutch oven until tender, about 5 minutes. Add broth, vegetables, and vinegar; heat to boiling. Reduce heat and simmer, uncovered, 20 to 30 minutes; season to taste with salt and pepper. Top each bowl of soup with a tablespoon of sour cream.

DILLED CARROT SOUP

45 *Carrots team with dill for a fresh, clean flavor. Use canned reduced-sodium vegetable broth, if you like.*

6 first-course servings (about 1½ cups each)

1½ cups chopped onions
 2 cloves garlic, minced
 6 cups reduced-sodium fat-free chicken broth
 1 can (16 ounces) reduced-sodium diced tomatoes, undrained
 2 pounds carrots, cut into 2-inch pieces
 1 medium Idaho potato, peeled, cubed
 2–3 tablespoons lemon juice
 1–1½ teaspoons dried dill weed
 Salt and white pepper, to taste
 6 tablespoons fat-free plain yogurt
 Shredded carrot, as garnish
 Dill sprigs, as garnish

Per Serving:

Calories: 139
 % of calories from fat: 6
 Fat (gm): 1
 Saturated fat (gm): 0.1
 Cholesterol (mg): 0.3
 Sodium (mg): 88
 Protein (gm): 4.4
 Carbohydrate (gm): 30.5

Exchanges:

Milk: 0.0
 Vegetable: 6.0
 Fruit: 0.0
 Bread: 0.0
 Meat: 0.0
 Fat: 0.0

1. Sauté onions and garlic in lightly greased saucepan until tender, about 5 minutes. Add broth, tomatoes and liquid, carrots, and potato; heat to boiling. Reduce heat and simmer, covered, until vegetables are tender, about 15 minutes.

2. Process soup in food processor or blender until smooth. Add lemon juice and dill weed; season to taste with salt and white pepper. Serve soup warm or chilled. Top each bowl of soup with a tablespoon of yogurt; garnish with shredded carrot and dill sprigs.

CREAM OF CAULIFLOWER SOUP WITH CHEESE

45 *Fat-free half-and-half adds a rich creaminess to the soup.*

6 first-course servings (about 1 cup each)

½ cup chopped onion
 2 cloves garlic, minced
 2 tablespoons flour
 3½ cups reduced-sodium fat-free chicken broth
 12 ounces cauliflower, cut into florets
 1 large Idaho potato, peeled, cubed
 ¼–½ cup fat-free half-and-half or fat-free milk
 ¾ cup (3 ounces) reduced-fat Cheddar cheese
 Salt and white pepper, to taste
 Ground mace or nutmeg, as garnish

Per Serving:

Calories: 98
 % of calories from fat: 22
 Fat (gm): 2.4
 Saturated fat (gm): 1.1
 Cholesterol (mg): 7.6
 Sodium (mg): 214
 Protein (gm): 5.5
 Carbohydrate (gm): 13.6

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 0.5
 Meat: 0.5
 Fat: 0.0

1. Sauté onion and garlic in lightly greased saucepan until tender, about 10 minutes. Stir in flour; cook about 1 minute longer. Add broth, cauliflower, and potato and heat to boiling; reduce heat and simmer, covered, until vegetables are tender, 10 to 15 minutes. Remove about half the vegetables from the soup with a slotted spoon and reserve. Puree remaining soup in food processor or blender until smooth.

2. Return soup to saucepan; stir in reserved vegetables, half-and-half, and cheese. Cook over low heat, stirring, until cheese is melted, 3 to 4 minutes. Season to taste with salt and white pepper; sprinkle each bowl of soup with mace.

CREAMED CORN SOUP

45 *For a flavor accent, garnish bowls of soup generously with finely chopped cilantro or parsley.*

4 first-course servings (about 1 cup each)

½ cup chopped onion
 1 medium Idaho potato, peeled, cubed
 2 cloves garlic, minced
 1 can (15½ ounces) whole kernel corn, drained

3 tablespoons flour
 ½ teaspoon ground coriander
 ⅛ teaspoon cayenne pepper
 2 cans (14½ ounces each) vegetable or chicken broth
 1 cup fat-free milk
 2 medium tomatoes, seeded, chopped
 Salt and pepper, to taste

Per Serving:
 Calories: 238
 % of calories from fat: 8
 Fat (gm): 2.3
 Saturated fat (gm): 0.4
 Cholesterol (mg): 1
 Sodium (mg): 443
 Protein (gm): 7.7
 Carbohydrate (gm): 45.7

Exchanges:
 Milk: 0.0
 Vegetable: 3.0
 Fruit: 0.0
 Bread: 2.0
 Meat: 0.0
 Fat: 0.5

1. Sauté onion, potato, and garlic in lightly greased saucepan until onion is tender, about 5 minutes. Stir in corn, flour, coriander, and cayenne pepper; cook 1 minute longer. Stir in broth and heat to boiling; reduce heat and simmer, covered, until potato is tender, about 10 minutes.

2. Process soup in food processor or blender until almost smooth; return to saucepan; stir in milk and tomatoes and heat to boiling. Reduce heat and simmer, uncovered, 5 minutes. Season to taste with salt and pepper.

HEARTY CORN AND POTATO CHOWDER

45 *If a thicker soup is desired, mix 2 tablespoons flour with ¼ cup water; stir into boiling soup. Boil, stirring until thickened, about 1 minute.*

4 first-course servings (about 1⅓ cups each)
 2 cups whole kernel corn
 1 medium onion, chopped
 1 tablespoon canola oil
 2 cups each: reduced-sodium chicken broth,
 cubed potatoes
 ½ cup sliced celery
 ½ teaspoon dried thyme leaves
 1¾ cups fat-free half-and-half or fat-free milk
 Salt and pepper, to taste

Per Serving:
 Calories: 248
 % of calories from fat: 19
 Fat (gm): 5.6
 Saturated fat (gm): 1.5
 Cholesterol (mg): 5.3
 Sodium (mg): 447
 Protein (gm): 8.2
 Carbohydrate (gm): 44.7

Exchanges:
 Milk: 0.0
 Vegetable: 0.0
 Fruit: 0.0
 Bread: 3.0
 Meat: 0.0
 Fat: 1.0

1. Sauté corn and onion in oil in large saucepan until onion is tender, 5 to 8 minutes. Process ½ the vegetable mixture and the broth in food processor or blender until finely chopped; return to

saucepan. Add potatoes, celery, and thyme; heat to boiling. Reduce heat and simmer, covered, until vegetables are tender, 10 to 15 minutes. Stir in half-and-half and cook 2 to 3 minutes; season to taste with salt and pepper.

HERBED CUCUMBER SOUP

45

This soup is very delicate in flavor. Use a serrated grapefruit spoon to seed cucumbers quickly and easily.

6 first-course servings (about 1½ cups each)

½ cup chopped onion
 6 medium cucumbers (about 3 pounds), peeled,
 seeded, chopped
 3 tablespoons flour
 4 cups reduced-sodium fat-free chicken broth
 1 teaspoon dried mint or dill weed
 ½ cup fat-free half-and-half or fat-free milk
 Salt and white pepper, to taste
 Paprika, and thin slices cucumber, as garnish

Per Serving:

Calories: 70
 % of calories from fat: 8
 Fat (gm): 0.6
 Saturated fat (gm): 0.1
 Cholesterol (mg): 0
 Sodium (mg): 33
 Protein (gm): 3.1
 Carbohydrate (gm): 13.7

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 0.5
 Meat: 0.0
 Fat: 0.0

1. Sauté onion in lightly greased skillet until tender, 3 to 5 minutes. Add cucumbers and cook over medium heat 5 minutes; stir in flour and cook about 1 minute longer. Add broth and mint to saucepan; heat to boiling. Reduce heat and simmer, covered, 10 minutes.

2. Process soup in food processor or blender until smooth; stir in half-and-half and season to taste with salt and pepper. Serve warm or chilled; garnish each bowl of soup with paprika and cucumber slices.

CUCUMBER AND SORREL SOUP

45



If cucumbers are mild in flavor, they do not need to be peeled. Spinach or kale can be substituted for the sorrel.

6 first-course servings (about 1¼ cups each)

- ¼ cup plus 2 tablespoons sliced green onions, divided
- 1 clove garlic, minced
- 3 cups (about 1½ pounds) peeled, seeded, chopped cucumbers
- 1 cup coarsely chopped sorrel
- 2 cups each: fat-free milk, reduced-sodium fat-free chicken broth
- 1 tablespoon cornstarch
- 2 tablespoons water
- Salt and white pepper, to taste
- 1½ cups Herb Croutons (½ recipe) (see p. 533)

Per Serving:

Calories: 70
 % of calories from fat: 10
 Fat (gm): 0.8
 Saturated fat (gm): 0.2
 Cholesterol (mg): 1.3
 Sodium (mg): 94
 Protein (gm): 4.5
 Carbohydrate (gm): 11.7

Exchanges:

Milk: 0.0
 Vegetable: 2.5
 Fruit: 0.0
 Bread: 0.0
 Meat: 0.0
 Fat: 0.0

1. Sauté ¼ cup green onions and garlic in lightly greased saucepan until tender, 3 to 4 minutes. Add cucumbers and sorrel, and cook over medium heat 5 minutes. Add milk and broth; heat to boiling. Reduce heat and simmer, covered, until cucumbers are tender, 5 to 10 minutes.

2. Process soup in food processor or blender until smooth; return to saucepan and heat to boiling. Whisk in combined cornstarch and water, whisking until thickened, about 1 minute. Season to taste with salt and white pepper. Serve chilled; top each bowl of soup with Herb Croutons and remaining green onions.

45-MINUTE PREPARATION TIP: Make Herb Croutons and bake while preparing soup.

EGGPLANT SOUP WITH ROASTED RED PEPPER SAUCE

Grilling gives eggplant a distinctive smoky flavor. For indoor cooking, eggplant can be oven roasted. Pierce the eggplant in several places with a fork and place in a baking pan. Bake at 350 degrees until soft, 45 to 50 minutes.

4 first-course servings (about 1 cup each)

2 medium eggplants (about 2½ pounds)
¾ cup chopped onion
¼ cup chopped green bell pepper
2 cloves garlic, minced
1 tablespoon olive oil
4–5 cups reduced-sodium fat-free chicken broth
Salt and white pepper, to taste
Roasted Red Pepper Sauce (recipe follows)

Per Serving:

Calories: 250
% of calories from fat: 19
Fat (gm): 6
Saturated fat (gm): 0.7
Cholesterol (mg): 0
Sodium (mg): 25
Protein (gm): 6.8
Carbohydrate (gm): 44.8

Exchanges:

Milk: 0.0
Vegetable: 2.0
Fruit: 0.0
Bread: 2.0
Meat: 0.0
Fat: 1.0

1. Pierce eggplant in several places with fork. Grill over medium hot coals, turning frequently, until eggplant is very soft, about 30 minutes; cool slightly. Cut eggplant in half, scoop out pulp, and chop coarsely.

2. Sauté onion, pepper, and garlic in oil in large saucepan until tender, 5 to 8 minutes. Add broth and eggplant and heat to boiling. Reduce heat and simmer, covered, 10 minutes. Process soup in food processor or blender until smooth. Season to taste with salt and white pepper. Serve chilled; swirl about ¼ cup Roasted Red Pepper Sauce into each bowl of soup.

Roasted Red Pepper Sauce

Makes about ¾ cup

2 large red bell peppers, cut into halves
1 teaspoon sugar

1. Place peppers, skin sides up, on broiler pan. Broil 4 to 6 inches from heat source until skins are blistered and blackened. Place peppers in plastic bag for 5 minutes; remove and peel off skins.

2. Process peppers and sugar in food processor or blender until smooth. Refrigerate until ready to use.

NOTE: 1 jar (12 ounces) roasted red peppers, drained, can be substituted for the peppers in the recipe.

GARLIC SOUP WITH TOASTED BREAD

45 *Often a beaten egg is slowly stirred into this Mexican soup before serving.*

4 first-course servings (about 1 cup each)

4 slices firm bread (French or sourdough)

Vegetable cooking spray

6–8 cloves garlic, finely chopped

½ teaspoon each: ground cumin, dried oregano leaves

1 tablespoon olive oil

2 cans (14½ ounces each) reduced-sodium fat-free chicken broth

Salt and cayenne pepper, to taste

Chopped cilantro, as garnish

Per Serving:

Calories: 162

% of calories from fat: 28

Fat (gm): 5

Saturated fat (gm): 0.7

Cholesterol (mg): 0

Sodium (mg): 202

Protein (gm): 3.2

Carbohydrate (gm): 20.6

Exchanges:

Milk: 0.0

Vegetable: 1.0

Fruit: 0.0

Bread: 1.5

Meat: 0.0

Fat: 0.5

1. Spray both sides of bread slices generously with cooking spray; cook in large skillet, over medium heat, until golden, about 2 minutes on each side.

2. Sauté garlic and herbs in oil in medium saucepan until lightly browned, about 3 minutes. Add broth and heat to boiling; reduce heat and simmer, covered, 5 minutes. Season to taste with salt and cayenne pepper. Place slices of bread in bottoms of shallow bowls; ladle soup over and sprinkle with cilantro.

CREAM OF MUSHROOM SOUP

45 *For a richer soup, use fat-free half-and-half instead of fat-free milk.*

4 first-course servings (about 1¼ cups each)

1 pound mushrooms

2 tablespoons margarine or butter, divided

1 cup chopped onion

2½ cups reduced-sodium chicken broth

2½ cups fat-free milk, divided

2 tablespoons plus 2 teaspoons cornstarch

Salt and pepper, to taste

Per Serving:

Calories: 207

% of calories from fat: 29

Fat (gm): 7

Saturated fat (gm): 1.4

Cholesterol (mg): 2.5

Sodium (mg): 185

Protein (gm): 8.6

Carbohydrate (gm): 25.3

Exchanges:

Milk: 0.5

Vegetable: 2.5

Fruit: 0.0

Bread: 0.5

Meat: 0.0

Fat: 1.5

1. Slice enough mushroom caps to make 2 cups; finely chop stems and remaining mushrooms.

Sauté sliced mushrooms in 1 tablespoon margarine in large saucepan until browned, about 5 minutes; remove and reserve.

2. Sauté onion and chopped mushrooms in remaining 1 tablespoon margarine in saucepan until onion is tender, about 5 minutes. Add broth and 2 cups milk and heat to boiling. Mix remaining $\frac{1}{2}$ cup milk and cornstarch and stir into boiling mixture; boil, stirring, until thickened, about 1 minute. Stir in reserved sliced mushrooms. Season to taste with salt and pepper.

SAVORY MUSHROOM AND BARLEY SOUP

45 *Use of quick-cooking barley speeds preparation. Other grains, such as wild rice or oat groats, can be substituted for the barley; cook before adding to the soup.*

4 first-course servings (about $1\frac{1}{2}$ cups each)

1 cup each: chopped onion, celery, carrots
 1 teaspoon dried savory leaves
 $\frac{3}{4}$ teaspoon fennel seeds, crushed
 1 quart water
 1 can (16 ounces) reduced-sodium whole tomatoes, undrained, coarsely chopped
 $\frac{1}{2}$ cup quick-cooking barley
 2 cups sliced cremini or white mushrooms
 $\frac{1}{4}$ cup chopped parsley
 Salt and pepper, to taste

Per Serving:

Calories: 151
 % of calories from fat: 8
 Fat (gm): 1.4
 Saturated fat (gm): 0.1
 Cholesterol (mg): 0
 Sodium (mg): 53
 Protein (gm): 5.6
 Carbohydrate (gm): 32.1

Exchanges:

Milk: 0.0
 Vegetable: 2.0
 Fruit: 0.0
 Bread: 1.5
 Meat: 0.0
 Fat: 0.0

1. Sauté onion, celery, and carrots in lightly greased saucepan until onion is tender, about 5 minutes. Stir in herbs; cook about 1 minute longer. Add water, tomatoes with liquid, barley, and mushrooms to saucepan; heat to boiling. Cook, covered, until barley is tender, 10 to 15 minutes. Stir in parsley; season to taste with salt and pepper.

TORTELLINI AND MUSHROOM SOUP

Porcini mushrooms, a Tuscan delicacy found fresh in the fall, are available in dried form year round. Porcini impart a wonderful earthy flavor to recipes. Other dried mushrooms can be substituted for a similar flavor.

6 first-course servings (about 1 cup each)

2 ounces dried porcini mushrooms
 Hot water
 8 ounces fresh white mushrooms, sliced
 2 tablespoons finely chopped shallots or green onions
 2 cloves garlic, minced
 ½ teaspoon dried tarragon or thyme leaves
 2 cans (14½ ounces each) reduced-sodium beef broth
 ¼ cup dry sherry (optional)
 1 package (9 ounces) fresh tomato-and-cheese tortellini
 Salt and pepper, to taste

Per Serving:

Calories: 110
 % of calories from fat: 16
 Fat (gm): 2
 Saturated fat (gm): 0.4
 Cholesterol (mg): 4.2
 Sodium (mg): 184
 Protein (gm): 5
 Carbohydrate (gm): 17.1

Exchanges:

Milk: 0.0
 Vegetable: 1.0
 Fruit: 0.0
 Bread: 1.0
 Meat: 0.0
 Fat: 0.5

1. Place dried mushrooms in bowl; pour hot water over to cover. Let stand until mushrooms are soft, about 15 minutes; drain. Slice mushrooms, discarding any tough parts.
2. Sauté dried and white mushrooms, shallots, garlic, and tarragon in lightly greased saucepan until mushrooms are tender, about 5 minutes. Add broth and sherry and heat to boiling; add tortellini, salt, and pepper. Reduce heat and simmer, uncovered, until tortellini are al dente, about 5 minutes; season to taste with salt and pepper.

BLACK MUSHROOM SOUP

Chinese black mushrooms (dried shiitake mushrooms) add a fragrant, woody flavor to this soup.

6 first-course servings (about 1¼ cups each)

1½ ounces dried Chinese black mushrooms
 1 ounce dried cloud ear mushrooms
 2 cups boiling water
 ¼ cup each: chopped onion, green onions
 5 cups reduced-sodium fat-free chicken broth
 3 cups sliced cremini mushrooms
 Salt and white pepper, to taste

Per Serving:

Calories: 72
 % of calories from fat: 16
 Fat (gm): 1.4
 Saturated fat (gm): 0.1
 Cholesterol (mg): 0
 Sodium (mg): 10
 Protein (gm): 2.9
 Carbohydrate (gm): 11.1

Exchanges:

Milk: 0.0
 Vegetable: 3.0
 Fruit: 0.0
 Bread: 0.0
 Meat: 0.0
 Fat: 0.0

1. Place dried mushrooms in bowl; add boiling water. Let stand until mushrooms are softened, about 15 minutes. Drain, reserving liquid. Slice mushrooms, discarding tough stems from black mushrooms.

2. Sauté onions until tender in lightly greased saucepan, about 5 minutes. Add dried mushrooms, reserved liquid and broth; heat to boiling. Reduce heat and simmer, covered, 20 minutes, adding cremini mushrooms during last 10 minutes. Season to taste with salt and white pepper.

FRENCH ONION SOUP

This classic soup is topped with Bruschetta and fat-free cheese for healthful, delicious dining.

8 first-course servings (about 1¼ cups each)

6 cups (1½ pounds) thinly sliced Spanish onions
 2 cloves garlic, minced
 1 teaspoon sugar
 6 cups reduced-sodium fat-free beef broth
 2 bay leaves
 Salt and white pepper, to taste
 8 Bruschetta (⅓ recipe) (see p. 530)
 8 tablespoons (2 ounces) shredded fat-free Swiss or mozzarella cheese

Per Serving:

Calories: 126
 % of calories from fat: 7
 Fat (gm): 1
 Saturated fat (gm): 0.1
 Cholesterol (mg): 0.0
 Sodium (mg): 542
 Protein (gm): 4.9
 Carbohydrate (gm): 25

Exchanges:

Milk: 0.0
 Vegetable: 0.0
 Fruit: 0.0
 Bread: 1.5
 Meat: 0.0
 Fat: 0.0