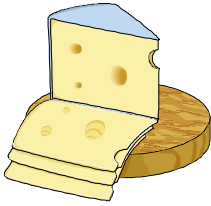


# QUICHE LORRAINE

Serves 6



**LIGHTEN UP:**

This lighter version is beautiful, tasty and much healthier than the traditional recipe which has 670 calories, 60 grams of fat and 723 mg sodium per serving!

***Per serving:***

*Calories: 227*

*Fat: 6g*

*Sat fat: 2g*

*Chol: 18mg*

*Carb: 28g*

*Protein: 17g*

*Sodium: 524mg*

*Fiber: 2g*

- 1 (7-oz) pkg. refrigerated breadstick dough
- 6 slices turkey bacon
- 1 large onion, chopped (~1 cup)
- 2 cloves garlic, minced (or more, to taste)
- 1 cup fresh mushrooms, sliced
- 1 yellow squash or zucchini, chopped
- ¾ cup (3 ounces) shredded reduced-fat Swiss cheese
- 1 cup evaporated skim milk
- 2 teaspoons cornstarch
- ⅛ teaspoon ground nutmeg
- Dash of ground red pepper
- 1 cup Egg Beaters

**For Crust:** Unroll breadstick dough, separating into strips. Working on a flat surface, coil one strip of dough around itself in a spiral pattern. Add second strip of dough to the first strip, pinching ends together to seal; continue coiling dough in a spiral pattern. Repeat procedure with remaining dough strips to make a circle. Roll dough out; fit in 9-inch pieplate coated with nonstick cooking spray; set aside.

**For Filling:** Cook turkey bacon in microwave following package directions. In large skillet, sauté onion, garlic, mushrooms & squash until crisp-tender, about 7 minutes. Crumble turkey bacon into prepared crust. Spread onion mixture on top of turkey bacon. Top onion mixture with cheese; set aside. Combine milk, cornstarch, nutmeg, red pepper and egg beaters in blender or food processor; cover and process until smooth. Pour milk mixture over cheese. Bake at 350°F for 35 minutes or until knife inserted in center comes out clean; let stand 10 minutes; serve.

# COMPANY CASSEROLE

Serves 8



**Cook's Tip:** To toast almonds, spread on cookie sheet; bake at 350°F for 5 to 10 minutes or until golden brown, stirring occasionally.

**Per serving:**

*Calories: 420*

*Fat: 11g*

*Sat fat: 3g*

*Chol: 59mg*

*Carb: 43g*

*Protein: 36g*

*Sodium: 578mg*

*Fiber: 4g*

- 4 cups diced cooked turkey or chicken breast (approximately 1½ pounds)
- 1 cup chopped onion
- 2½ cups fresh sliced mushrooms
- 2 tablespoons light margarine
- 6 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 cups evaporated skim milk
- 5 tablespoons dry sherry OR 1-2 teaspoons vanilla extract
- 1 tablespoon parsley
- ¼ teaspoon thyme
- 3 cups soft wheat bread crumbs (~4 slices)
- 1 cup (4 ounces) shredded reduced-fat Swiss cheese
- 3 tablespoons light margarine
- 1 (8-ounce) can sliced water chestnuts, drained
- ¼ cup slivered almonds, toasted
- 4 cups cooked long grain and wild rice

- ❶ Preheat oven to 400°F. Boil turkey or chicken breasts in a large stockpot 20 minutes, or until no longer pink.
  - ❷ Melt 2 tablespoons margarine in a large skillet over medium heat. Add onion and mushrooms and sauté until tender.
  - ❸ Add flour, salt, pepper, milk, sherry, parsley, and thyme; stir until thickened.
  - ❹ Stir in turkey and water chestnuts.
  - ❺ Pour turkey mixture into a 13 x 9-inch casserole dish sprayed with nonstick cooking spray.
  - ❻ Mix together bread crumbs, Swiss cheese, and 3 tablespoons margarine.
  - ❼ Sprinkle over turkey mixture.
  - ❽ Top with almonds and bake at 400°F for 25 minutes. Serve over rice.
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# CHICKEN & BROCCOLI CASSEROLE

Serves 6



**Nutri-Tip:**  
Broccoli is one of the most nutritious vegetables. It is an excellent source of vitamins C and A as well as being high in fiber, and low in calories.

***Per serving:***

*Calories: 185*

*Fat: 6g*

*Sat fat: 1g*

*Chol: 44mg*

*Carb: 13g*

*Protein: 21g*

*Sodium: 173mg*

*Fiber: 2g*

- 1 (10-ounce) package frozen broccoli florets
- 2½ cups diced cooked chicken breast (~1 pound)
- 3 tablespoons diet margarine
- ½ cup onion, diced
- 3 tablespoons flour
- ¾ cup skim milk
- 1 tablespoon lemon juice
- 1 cup sliced fresh mushrooms
- ½ cup sliced water chestnuts, drained
- 1 cup plain croutons

- ❶ Boil chicken in water in large stockpot 20 minutes or until no longer pink in center.
  - ❷ Cook broccoli according to package directions until crisp-tender.
  - ❸ In a 2-quart casserole dish sprayed with nonstick cooking spray, layer chicken and broccoli.
  - ❹ Preheat oven to 350°F. In a medium saucepan, melt margarine and sauté onion until tender.
  - ❺ Stir in flour and gradually add milk.
  - ❻ Cook and stir over medium heat until mixture comes to a boil and thickens.
  - ❼ Add lemon juice, mushrooms and water chestnuts.
  - ❽ Pour sauce over chicken and broccoli.
  - ❾ Top casserole with croutons.
  - ❿ Bake for 25 minutes at 350°F.
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# MAKE AHEAD BREAKFAST CASSEROLE

Serves 8



¾ pound ground turkey sausage  
1 cup skim milk  
2 (8-ounce) cartons Egg Beaters  
3 tablespoons chopped green onions  
3 cups cubed French bread  
1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese  
1 teaspoon prepared mustard  
¼ teaspoon ground red pepper

- ❶ Coat a large skillet with nonstick cooking spray.
- ❷ Add sausage and green onions; cook over medium-high heat until meat is browned, stirring to crumble; drain and set aside.
- ❸ In a large bowl, combine milk, egg beaters, cheese, mustard, and pepper; stir well.
- ❹ Add sausage mixture and bread, stirring until well blended.
- ❺ Pour into a 13 x 9-inch baking dish coated with nonstick cooking spray.
- ❻ Cover & chill 8 hours or overnight.
- ❼ Remove from refrigerator and bake, uncovered, at 350°F for 50 minutes or until set and lightly browned.

**Per serving:**

Calories: 184

Fat: 8g

Sat fat: 3g

Chol: 39mg

Carb: 8g

Protein: 20g

Sodium: 649mg

Fiber: 1g

TIP: Turkey sausage is a little high in sodium. To reduce the sodium in this recipe to 260mg per serving, substitute ground turkey breast and add the following spices:

- ☛ ¼ teaspoon fennel seeds, crushed
- ☛ ¾ teaspoon Italian seasoning
- ☛ 2 cloves garlic, minced (optional)

# TUNA NOODLE CASSEROLE

Serves 6



**Per serving:**

Calories: 273

Fat: 11g

Sat fat: 3g

Chol: 48mg

Carb: 26g

Protein: 16g

Sodium: 370mg

Fiber: 2g

6 ounces (3 cups) medium egg noodles, uncooked

1 (6½-ounce) can tuna packed in water,  
drained

¼ cup light mayonnaise

¼ cup fat-free sour cream

1 cup sliced celery (~2 stalks)

⅓ cup chopped onion

2 cloves garlic, minced (optional)

½ cup frozen green peas, thawed

1 (10½-ounce) can reduced sodium cream  
of celery soup

½ cup skim milk

¾ cup (3 ounces) shredded reduced-fat  
sharp cheddar cheese

- ❶ Cook noodles according to package directions, omitting salt & fat; drain.
- ❷ Preheat oven to 425°F. In a large bowl, combine noodles, tuna, mayonnaise, sour cream, celery, onion, garlic and peas.
- ❸ In a small saucepan, blend together soup & milk over low heat; heat through.
- ❹ Add cheese; heat mixture until cheese melts.
- ❺ Stir soup mixture into noodle mixture.
- ❻ Spoon into a 2-quart casserole dish, sprayed with nonstick cooking spray.
- ❼ Bake, uncovered, at 425°F for 20 minutes.

Nutri-Tip: Always buy tuna canned in water. Tuna canned in oil has 7 grams of fat per 3 ounce serving vs. <1 gram of fat per 3-ounce serving of water-packed tuna.

# ITALIAN CASSEROLE

Serves 8



1 pound ground turkey breast  
1 medium onion, chopped  
1 (15-oz) can no-salt-added tomato sauce  
1 teaspoon sugar  
½ teaspoon salt  
¾ teaspoon black pepper  
4 cups uncooked ziti (1 pound)  
1 cup fat-free cottage cheese  
8 ounces light cream cheese, softened  
⅓ cup sliced green onion  
¼ cup chopped green pepper  
¼ cup freshly grated Parmesan cheese

- ❶ In a large skillet over medium heat, cook ground turkey breast & onion, stirring to crumble, until turkey is no longer pink.
- ❷ Stir in tomato sauce, sugar, salt and pepper; remove from heat.
- ❸ Cook ziti according to package directions; drain.
- ❹ Preheat oven to 350°F. In a large bowl, combine cottage cheese and cream cheese, green onions and green pepper; gradually stir in pasta.
- ❺ Spread ½ of pasta mixture in a 13- x 9-inch baking dish or a 5-quart casserole; top with ½ of meat mixture.
- ❻ Layer remaining pasta and meat.
- ❼ Sprinkle with Parmesan cheese.
- ❽ Bake at 350°F for 30 minutes.

**Per serving:**

Calories: 390

Fat: 9g

Sat fat: 4g

Chol: 46mg

Carb: 51g

Protein: 26g

Sodium: 402mg

Fiber: 3g

TIP: If ground turkey breast is too expensive for your budget, try using half ground turkey breast and half extra lean ground beef in recipes.

# CHILI CORNBREAD CASSEROLE

*Serves 6*

**Time-Saver:**

Prepare chili a day ahead of time; cover & chill in the refrigerator overnight or freeze. Preheat chili in oven until warm. Remove, add cornbread topping, & bake as directed.

Serve with a tossed salad or side vegetable.

***Per serving:***

*Calories: 343*

*Fat: 5g*

*Sat fat: 1g*

*Chol: 81mg*

*Carb: 47g*

*Protein: 28g*

*Sodium: 762mg*

*Fiber: 9g*

- 1 pound ground turkey breast
- 1 medium onion, chopped (~¾ cup)
- 3 cloves garlic, minced
- 1 tablespoon chili powder
- 1½ teaspoons ground cumin
- 1 teaspoon sugar
- ½ teaspoon oregano
- 2 (8-oz) cans no-salt-added tomato sauce
- 1 (16-ounce) can pinto beans, drained & rinsed
- 1 (4.5-ounce) can chopped green chiles, drained
- ¾ cup skim milk
- 1 egg, lightly beaten
- 1 (6-ounce) package Jiffy corn muffin mix

- ❶ Cook turkey, onion, and garlic in a large saucepan coated with nonstick cooking spray over medium-high heat until browned, stirring frequently to crumble turkey.
- ❷ Add chili powder, cumin, sugar, oregano, tomato sauce, pinto beans, and chiles; cover and cook over medium-low heat for 10 minutes.
- ❸ Pour mixture into a 2-quart casserole coated with cooking spray; set aside.
- ❹ Pour Jiffy mix into a medium bowl; add milk & egg; stir just until blended.
- ❺ Pour the cornmeal mixture over the turkey mixture.
- ❻ Bake at 400°F for 20 minutes or until the cornbread is lightly browned.

Vegetarian Variation: In place of meat, add another can of pinto beans and 1 medium green pepper, diced (cook with onion & garlic).