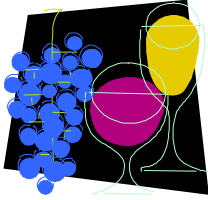


BURGUNDY BEEF STEW

Serves 8



TIP: Freeze in an airtight container. Thaw in refrigerator 24 hours; reheat over low heat.

Serving size =
1 cup

Per serving

Calories: 266

Fat: 4g

Sat fat: 1g

Chol: 45mg

Carb: 33g

Protein: 22g

Sodium: 459mg

Fiber: 5g

2 (13.5-ounce) can no-salt-added beef broth
1½ pounds lean, boneless round steak
1 teaspoon canola oil
4 cups diced onion
⅓ cup tomato paste
4 cloves garlic, minced
¾ cup nonalcoholic red wine
⅓ cup water
¼ cup red wine vinegar
½ teaspoon thyme
2 bay leaves
2½ cups quartered mushrooms
4 cups cubed red potatoes
3 cups diced baby carrots
3 tablespoons cornstarch
2 tablespoons water
¼ cup chopped fresh parsley
1 teaspoon salt
¼ teaspoon pepper

Bring beef broth to a boil in a small saucepan; cook 15 minutes or until reduced to 2 cups. Set aside. Trim fat from steak; cut into bite-sized pieces. Heat ½ teaspoon oil in a large stockpot over medium-high heat. Add beef; brown on one side. Remove from pan, drain, and set aside. Heat remaining oil in pan over medium-high heat. Add onion, tomato paste, and garlic; cook 5 minutes, stirring constantly. Return beef to pan. Add broth, red wine, water, red wine vinegar, thyme, bay leaves, mushrooms, potatoes and carrots; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until vegetables are tender. Remove from heat; discard bay leaves. Stir in parsley, salt, & pepper. Mix cornstarch and water; stir well. Add to stew. Bring to a boil; cook 5 more minutes; serve.

3-BEAN CHILI

Serves 6

Serve with Tabasco, low-fat cheese, or low-fat sour cream.

TIP: Bulgur is available in health food stores, bulgur comes in fine, medium, and coarse grinds and works well in soups & salads.

Serving size =
1 cup

Per serving:

Calories: 393

Fat: 9g

Sat fat: 1g

Chol: 0mg

Carb: 69g

Protein: 16gm

Sodium: 702mg

Fiber: 17g

- ¼ cup fine bulgur
- ¼ cup pearl barley
- ½ cup hot water
- 3 tablespoons olive oil
- 3 cups chopped onions
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ¼ teaspoon cayenne pepper
- 2 green peppers, diced
- 2 carrots, thinly sliced
- 3 (14-ounce) cans tomatoes, undrained
- 1 (6 oz) can Italian-flavored tomato paste
- 1½ cups frozen corn
- 1 (8-oz) can black beans, drained & rinsed
- 1 (8-oz) can kidney beans, drained & rinsed
- 1 (8-oz) can chickpeas, drained & rinsed

- ❶ Place the bulgur or barley, hot water, and the juice from the canned tomatoes in a small saucepan. Cover & bring to a boil on high heat, then lower the heat and simmer gently.
- ❷ While the bulgur cooks, heat the olive oil in a large skillet. Sauté the onions, garlic, cumin, chili powder, and cayenne.
- ❸ When the onions are soft, stir in the green pepper and carrot slices; sauté for 5 to 10 minutes more, or until soft.
- ❹ Chop the tomatoes right in the can; add tomatoes and tomato paste to pan; stir. Transfer mixture to a large stockpot.
- ❺ Stir in the corn and beans; heat thoroughly on low heat.
- ❻ Taste the bulgur. When it is cooked but still chewy, add it to the stockpot with its liquid. Cover; simmer on low heat for 1-2 hours. (Chili will seem especially thick, but will thin as it simmers).

BLACK & RED CHILI

Serves 12

Spice up this wonderful chili by adding tabasco and serve with low-fat shredded cheese and sour cream.

Serving size =
1 cup

Per serving:

Calories: 284

Fat: 3g

Sat fat: <1g

Chol: 34mg

Carb: 40g

Protein: 26g

Sodium: 734mg

Fiber: 11g

1½ pounds ground turkey breast
1 large onion, chopped
2 medium green peppers, diced
3 cloves garlic, minced
2-3 tablespoons chili powder
2 teaspoons ground cumin
1½ teaspoon dried whole oregano
1 teaspoon sugar
¼ teaspoon celery seeds
1 (6-oz) can Italian-flavored tomato paste
2 (15-ounce) cans red kidney beans, drained & rinsed
2 (15-ounce) cans black beans, drained & rinsed
1 (15-ounce) can chili beans, undrained
1 (14.5-ounce) can no-salt-added whole tomatoes, undrained & chopped

- ❶ Cook meat in a large saucepan over medium heat until browned, stirring to crumble.
 - ❷ Add onion, green peppers and garlic; sauté 3 minutes or until tender.
 - ❸ Add chili powder.
 - ❹ Transfer meat and vegetables to a large stockpot.
 - ❺ Add cumin, oregano, sugar, celery seed, tomato paste, kidney beans, black beans, chili beans and chopped tomatoes; bring to a boil.
 - ❻ Reduce heat, and simmer, uncovered, 30 minutes, stirring occasionally.
-

BROCCOLI SOUP

Serves 9



Cook's Tip:
Reduce fat in cream-based soups by using skim milk in place of half-and-half or use pureed vegetables in place of part of the cream.

Serving size =
1 cup

Per serving:

Calories: 113

Fat: 4g

Sat fat: 2g

Chol: 7mg

Carb: 14g

Protein: 8g

Sodium: 346mg

Fiber: 3g

2 pounds fresh broccoli florets
1 cup chopped onion
 $\frac{3}{4}$ cup diced carrot
 $\frac{1}{2}$ cup chopped celery
1 cup water
2 tablespoons diet margarine
 $2\frac{1}{2}$ tablespoons all-purpose flour
 $2\frac{1}{2}$ cups 1% or skim milk
 $1\frac{1}{2}$ cups chicken broth
3 ounces light cream cheese
 $\frac{1}{2}$ teaspoon Worcestershire sauce
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon pepper

- ❶ Place broccoli in a large stock pot; add water to a depth of 1 inch.
 - ❷ Bring to a boil; cover, reduce heat, and simmer 10 minutes or until broccoli is tender. Drain and set aside.
 - ❸ Combine onion, carrot, celery, and 1 cup water in a small saucepan. Bring to a boil; reduce heat, and simmer 20 minutes or until vegetables are tender.
 - ❹ Transfer vegetables and water to blender or food processor; top with cover, and process until smooth.
 - ❺ Melt margarine in pan over medium heat; add flour. Cook 1 minute, stirring constantly with a wire whisk.
 - ❻ Gradually add milk, stirring constantly; cook until thickened and bubbly, stirring constantly.
 - ❼ Add broccoli, pureed vegetables, chicken broth, cream cheese, Worcestershire, salt, and pepper; stir well.
 - ❽ Cook over low heat until cheese melts, stirring constantly.
-

BRUNSWICK STEW

Serves 8



Serving size =
1 cup

Per serving:

Calories: 177

Fat: 2g

Sat fat: <1g

Chol: 26mg

Carb: 27g

Protein: 15g

Sodium: 250mg

Fiber: 3g

- 3 boneless, skinless chicken breasts
- 2 cups water
- 3 tablespoons chopped fresh parsley
- ½ teaspoon salt
- ½ teaspoon dried whole thyme
- 1 bay leaf
- 1½ cups diced potatoes
- 1 cup sliced celery
- 1 medium onion, sliced
- 1 (14½-ounce) can no-salt-added whole tomatoes, undrained & chopped
- 1 (10-ounce) package frozen baby lima beans, thawed
- 1 (10-ounce) package frozen corn, thawed
- 2 tsps. low-sodium Worcestershire sauce
- ½ teaspoon pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon ground red pepper

- ❶ Trim excess fat from chicken. Place chicken, 2 cups water, chopped parsley, salt, thyme, and bay leaf in a large Dutch oven or stock pot.
 - ❷ Bring to a boil; cover, reduce heat, and simmer 20 minutes or until chicken is done.
 - ❸ Remove chicken breasts from broth; shred chicken breasts, and place in a medium bowl. Set aside. Remove & discard bay leaf.
 - ❹ Skim and discard fat from broth; return chicken to stockpot.
 - ❺ Add diced potatoes, sliced celery, onion, chopped tomatoes, lima beans, and corn, stirring well to combine.
 - ❻ Add Worcestershire sauce, pepper, garlic powder, and red pepper; stir well. Bring mixture to a boil; cover, reduce heat, and simmer 2 hours, stirring frequently.
-

CHUNKY CHICKEN NOODLE SOUP

Serves 12



Ladle soup into individual bowls, and sprinkle with pepper.

Serving size =
1 cup

Per serving:

Calories: 170

Fat: 3g

Sat fat: <1g

Chol: 55mg

Carb: 20g

Protein: 16g

Sodium: 199mg

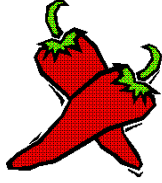
Fiber: 2g

- 1½ pounds chicken breasts
- 1 quart (4 cups) water
- 3 fresh celery leaves
- ¾ teaspoon poultry seasoning
- ¼ teaspoon dried whole thyme
- ¼ teaspoon black pepper, or to taste
- 2 cups water
- 1 (12-ounce) package egg noodles
- ½ cup sliced celery
- ½ cup sliced carrot
- ⅓ cup sliced green onions
- 2 tablespoons fresh parsley, finely chopped
- 1½ teaspoons chicken bouillon granules

- ❶ Remove skin from chicken.
Combine chicken, 1 quart water, celery leaves, poultry seasoning, thyme and pepper in a large Dutch oven or stockpot; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until chicken is tender.
 - ❷ Remove chicken from broth, reserving broth. Let chicken cool to touch. Bone and coarsely chop chicken; set aside. Skim fat from broth, and use a slotted spoon or strainer to remove celery leaves and herbs.
 - ❸ Combine broth, 2 cups water, egg noodles, celery, carrot, onion, parsley and chicken bouillon granules in stockpot; bring to a boil.
 - ❹ Cover, reduce heat, and simmer 20 minutes, stirring occasionally.
 - ❺ Add chicken; bring to a boil. Reduce heat, and simmer an additional 5 minutes, stirring occasionally.
 - ❻ Remove and discard bay leaf.
-

HOT & SOUR SOUP

Serves 5



*If hot chili oil is not available, substitute 1 teaspoon vegetable oil plus ½ teaspoon dried hot red pepper flakes.

Serving size =
1 cup

Per serving:

Calories: 159

Fat: 8g

Sat fat: 1g

Chol: 0mg

Carb: 9g

Protein: 14g

Sodium: 647mg

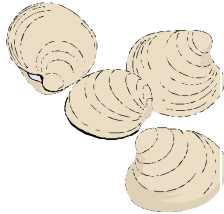
Fiber: 3g

- 2 (14-ounce) cans low-sodium chicken broth
- 2 tablespoons distilled vinegar
- 2 tablespoons soy sauce
- 1 teaspoon hot chili oil*
- ¼ teaspoon ground white pepper
- 1 (8-10 ounce package) firm or extra firm tofu
- ½ (8-ounce) can bamboo shoots, drained
- 1 (15-ounce) can or 2 (7-ounce) jars straw mushrooms, drained
- 2 green onions with tops
- 3 tablespoons water
- 2 tablespoons cornstarch
- 1 large egg white
- 1½ teaspoons Oriental sesame oil

- ❶ Combine broth, vinegar, soy sauce, chili oil, and white pepper in a large saucepan.
 - ❷ Cover and bring to a boil over high heat.
 - ❸ Drain tofu, cut into ½-inch-thick cubes, and stir into soup.
 - ❹ Reduce heat and simmer for 5 minutes.
 - ❺ Cut bamboo shoots in half lengthwise.
Stir bamboo shoots and mushrooms into soup.
Continue to simmer for 5 minutes.
 - ❻ While soup is simmering, thinly slice green onions on the diagonal and set aside.
 - ❼ Combine water and cornstarch, mixing until smooth, and stir into soup.
 - ❽ Cook, uncovered, for 2 minutes or until thickened, stirring frequently.
 - ❾ Beat egg white in a small bowl. Slowly pour egg white soup in a thin stream while stirring constantly in one direction.
 - ❿ Stir in reserved green onions and sesame oil.
-

NEW ENGLAND CLAM CHOWDER

Serves 8



- 3 large red-skinned potatoes, peeled & cubed
- 2 tablespoons water
- 3 slices turkey bacon, cut into small pieces
- 1 medium onion, chopped
- 2 tablespoons flour
- ¼ teaspoon thyme
- ¼ teaspoon pepper
- 1 (8-ounce) can clam broth
- 1 cup evaporated skim milk
- 2 cups skim milk
- 1 (6½-ounce) can minced clams, drained, with liquid reserved
- 3 to 4 drops hot pepper sauce

Serving size =
1 cup

Per serving:

Calories: 180

Fat: 2g

Sat fat: <1g

Chol: 21mg

Carb: 27g

Protein: 14g

Sodium: 267mg

Fiber: 2g

- ❶ Place cubed potatoes and 2 tablespoons water in microwave dish. Cover and microwave on high for 5 minutes, turning dish once during cooking.
 - ❷ Meanwhile, cook bacon in 2-quart stockpot until crisp. Drain away grease.
 - ❸ Add onion to pot and sauté for 3 minutes, or until soft.
 - ❹ Stir in flour, thyme, and pepper.
 - ❺ Add reserved canned clam liquid, bottled clam broth, evaporated skim milk, and skim milk.
 - ❻ Bring just to a boil, stirring mixture.
 - ❼ Reduce heat and stir in clams and red pepper sauce.
 - ❽ Cook for 2 more minutes.
-

FALL STEW

Serves 6



Rutabaga is a cross between cabbage and a turnip.

Serve fall stew with garlic bread.

Serving size =
1½ cups

Per serving:

Calories: 217

Fat: 9g

Sat fat: 3g

Chol: 35mg

Carb: 17g

Protein: 17g

Sodium: 325mg

Fiber: 3g

2 teaspoons olive oil
¾ pound lean stew beef or chuck roast, cut into bite-size cubes
1 cup chopped onion
1 cup chopped celery
¾ cup chopped carrot
3 cloves garlic, minced
½ cup dry nonalcoholic red wine
1½ cups cubed baking potato
1 cup chopped peeled rutabaga
1 cup chopped peeled turnip
½ teaspoon salt
5 (10½-oz) cans low-sodium chicken broth
2 bay leaves
½ cup chopped tomato
½ cup chopped zucchini
¼ cup chopped fresh cilantro
1 teaspoon dried oregano
1 teaspoon ground cumin
¼ teaspoon ground red pepper
¼ teaspoon black pepper

- ❶ Heat oil in a large stockpot or Dutch oven; add stew beef or chuck roast, browning on all sides.
 - ❷ Add onion, celery, carrots, and garlic; sauté 5 minutes.
 - ❸ Add the wine, and cook 3 minutes, stirring frequently.
 - ❹ Add potatoes, rutabaga, turnip, salt, broth and bay leaves; bring to a boil. Reduce heat to medium; cook 1 hour and 20 minutes or until vegetables are tender.
 - ❺ Add tomato, zucchini, cilantro, oregano, cumin, red pepper and black pepper; cook an additional 10 minutes. Discard bay leaves; serve.
-

BLACK BEAN SALAD

Serves 8

Variation:
Add cooked pasta
such as mini
macaroni noodles.



~Serve with
corn muffins

Serving size =
½ cup

Per serving:

Calories: 154

Fat: 7g

Sat fat: 1g

Chol: 0mg

Carb: 19g

Protein: 5g

Sodium: 192mg

Fiber: 6g

- 1 (16-ounce) can black beans, drained & rinsed
- 1 cup frozen corn, thawed
- 1 (6 or 7-ounce) jar marinated hearts of palm, drained*
- ½ small red onion, finely chopped
- 1 ripe avocado, peeled & diced
- 2 tablespoons olive oil
- ¼ cup prepared salsa or picante sauce
- 2-3 tablespoons fresh lime juice, as desired
- 1 teaspoon ground cumin
- Lettuce or spinach leaves (optional)

*If marinated hearts of palm are not available in your market, substitute marinated artichoke hearts.

- ❶ Combine beans, corn, hearts of palm, onion, and avocado in a large bowl.
- ❷ Combine oil, salsa, lime juice, and cumin and mix well.
- ❸ Add to bean and corn mixture; toss well.
Refrigerate until chilled.
- ❹ Serve on lettuce leaves, if desired.
- ❺ Sprinkle with cilantro, if desired.

Nutri-Note:

Beans, corn and sweet red peppers make this salad a top-drawer supplier of fiber and vitamins A and C.

CREAMY POTATO SALAD

Serves 7

With this low-fat classic, your homemade salad will win out over the deli versions every time!

Serving size =
1 cup

Per serving:

Calories: 172

Fat: 6g

Sat fat: 3g

Chol: 10mg

Carb: 26g

Protein: 4g

Sodium: 370mg

Fiber: 3g

6 medium round red potatoes, unpeeled
(about 2 pounds)

¼ cup chopped green onions

1 (2-ounce) jar diced pimento, drained

½ cup reduced-calorie mayonnaise

¼ cup plain lowfat yogurt

¼ cup light sour cream

2 tablespoons prepared mustard

1 tablespoon sugar

1 tablespoon white wine vinegar

½ teaspoon salt

½ teaspoon celery seeds

¼ teaspoon black pepper

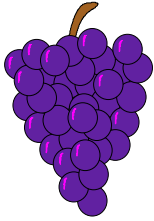
⅛ teaspoon garlic powder

- ❶ Place potatoes in a medium saucepan; cover with water, and bring to a boil.
- ❷ Cover, reduce heat, and simmer potatoes 25 minutes or until tender; drain and let cool.
- ❸ Peel potatoes, and cut into ½-inch cubes.
- ❹ Combine potatoes, green onions, and pimento in a large bowl.
- ❺ Combine mayonnaise, yogurt, sour cream, mustard, sugar, vinegar, salt, celery seed, pepper and garlic powder in a small bowl; stir well.
- ❻ Add to potato mixture, tossing gently to coat. Cover and chill.

Nutri-Tip: The problem with most potato salads is their dressing - fat city, particularly in many deli versions. One cup of deli potato salad has 485 calories and 37 grams of FAT and a whopping 1,200 mg sodium!

CURRIED CHICKEN SALAD

Serves 6



Makes 3 cups

Serving size =
1/2 cup

Per serving:

Calories: 217

Fat: 11g

Sat fat: 2g

Chol: 47mg

Carb: 11g

Protein: 19g

Sodium: 402mg

Fiber: 1g

- 1 pound boneless, skinless chicken breasts
- 1 (14-oz) can low-sodium chicken broth
- 1/2 cup reduced-calorie mayonnaise
- 1/2 cup fat-free sour cream
- 1 1/2 tablespoons lemon juice
- 3/4 teaspoon curry powder*
- 3/4 cup red seedless grapes, halved*
- 1/2 teaspoon salt
- 1 cup celery, finely chopped
- 2 tablespoons onion, finely chopped
- 3 tablespoons walnuts, chopped*
- 1/8 teaspoon pepper

- ① In a large stockpot, boil chicken in low- sodium chicken broth for 20 minutes or until no longer pink in center.
- ② Let chicken cool and chop into small chunks; set aside.
- ③ In a small bowl, mix mayonnaise, sour cream and lemon juice.
- ④ In a large bowl, combine chicken and all other ingredients.
- ⑤ Gradually add mayonnaise mixture to chicken mixture; stir gently.
- ⑥ Chill until ready to serve.

*Variation: For Classic-style Chicken Salad, leave out the curry, walnuts, and grapes.

Cals - 173

Fat - 9g

Carb - 5g

Sodium - 401mg

TIP: To cut down on cost, buy breasts and thighs with skin and bones, and remove them at home with a boning knife. Keep a supply of cooked chicken on hand for dicing or shredding into summer salads, sandwiches and pastas.

GINGERED FRUIT SALAD

Serves 4



TIP: Frozen strawberries, seedless grapes and peeled bananas make great summer treats. Freeze in individual plastic bags for a quick, easy snack for kids.

Serving size =
1 cup

Per serving:

Calories: 122

Fat: 1g

Sat fat: 0g

Chol: 1mg

Carb: 26g

Protein: 4g

Sodium: 30mg

Fiber: 3g

- 4 cups torn mixed salad greens
- 1 cup seedless red grapes, halved
- 1 cup orange sections, coarsely chopped (about 3 oranges)
- ½ cup plain low-fat yogurt
- 2 tablespoons brown sugar
- ½ teaspoon ground ginger
- ¼ teaspoon slivered almonds, toasted

- ❶ Place 1 cup salad greens on each of 4 individual plates; top with grapes and chopped orange.
- ❷ Combine yogurt, brown sugar, and ginger; stir well.
- ❸ Top each salad with 2 tablespoons dressing and 1 tablespoon toasted almonds.

Helpful Tips:

- When buying salad greens, select greens with bright color, avoiding bunches with limp stems, wilted ends or yellowing leaves.
- After purchasing, store greens in plastic bags in your refrigerator's crisper section.
- To use, wash greens with cold water and drain; dry well. Wrap greens in an absorbent paper towel or clean cloth towel; place them in a plastic bag or container and refrigerate for several hours to crisp.
- As a general rule for combining salad greens, mix one part bitter flavored to two parts sweet flavored. Bitter flavored = arugula, endive, escarole, mache, radicchio. Sweet flavored = bibb, green and red leaf, iceberg, romaine, spinach.

ORIENTAL SPINACH SALAD

Serves 6



Serving size =
2 cups

Per serving:

Calories: 164

Fat: 5g

Sat fat: 1g

Chol: 17mg

Carb: 14g

Protein: 19g

Sodium: 266mg

Fiber: 3g

- 8 cups fresh spinach leaves (about ½ pound)
- 2 cups fresh sliced mushrooms
- 1 cup bean sprouts
- ½ cup sliced red onion, separated into rings
- 2 (6½-ounce) cans tuna, packed in water, drained
- 1 (11-ounce) can mandarin oranges in light syrup, drained

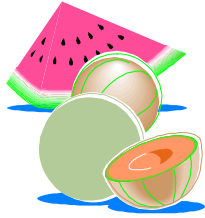
Dressing:

- ¼ cup rice vinegar
- 3 tablespoons water
- 1 tablespoon canola oil
- ½ teaspoon brown sugar
- 1½ teaspoons thawed orange juice concentrate
- ½ teaspoon dark sesame oil
- ½ teaspoon low-sodium soy sauce
- ⅛ teaspoon ground ginger
- 1 teaspoon sesame seeds

- ❶ Combine spinach, mushrooms, sprouts, onion, tuna and mandarin oranges in a large bowl, and toss gently.
 - ❷ Combine all dressing ingredients except sesame seeds (rice vinegar, water, canola oil, brown sugar, orange juice concentrate, sesame oil, soy sauce and ginger) in a bowl, stirring with a wire whisk until blended.
 - ❸ Pour over spinach mixture, and toss well.
 - ❹ Sprinkle with sesame seeds.
-

EASY FRUIT SALAD

Serves 12



Substitute fruit with honeydew melon balls, watermelon, or any other fresh seasonal fruit that you desire.

Serving size =
1 cup

Per serving:
Calories: 174
Fat: <1g
Sat fat: 0g
Chol: 0mg
Carb: 45g
Protein: 2g
Sodium: 5mg
Fiber: 4g

- 1 cup fresh strawberries, halved
- 1 (10-ounce) frozen pack sweetened strawberries, thawed
- 1½ cups seedless red grapes
- 1½ cups seedless green grapes
- 1 (16-ounce) can peach slices packed in fruit juice, drained
- 1 (16-ounce) can pineapple chunks packed in fruit juice, drained
- 2 medium ripe bananas, sliced

- ❶ Combine fresh and frozen strawberries, red grapes, green grapes, peaches and pineapple chunks (all fruit except bananas) in a large bowl.
- ❷ Toss gently and chill until ready to serve.
- ❸ Just before serving, add sliced banana; toss gently; serve chilled.

Variation:

Make a Poppy Seed Fruit Salad by tossing fruit with the following dressing: Combine 2 teaspoons cornstarch and ⅓ cup unsweetened apple juice in a small saucepan, stirring well. Bring to a boil over medium-heat, stirring constantly. Reduce heat, and simmer 2 minutes or until thickened. Pour mixture into a small bowl. Add ⅓ cup oil-free sweet & sour dressing, 1 tablespoon canola oil and ½ teaspoon poppy seeds; stir well. Let cool completely. Add to fruit mixture; toss gently. Cover and chill. Add bananas just before serving.

Per serving: 208 Cals 2 gms Fat
50 gms Carb 28mg Sodium

SPINACH SALAD WITH BALSAMIC VINEGAR DRESSING

Serves 8



Serving size =
1¼ cups

Per serving:

Calories: 61

Fat: 4g

Sat fat: 0g

Chol: 0mg

Carb: 6g

Protein: 3g

Sodium: 142mg

Fiber: 2g

- 8 cups fresh spinach leaves (about ½ pound)
- 1 cup fresh sliced mushrooms
- 1 medium red bell pepper, cut in rings
- 1 cup bean sprouts
- ¼ cup thinly sliced green onions
- 2 tablespoons chopped pecans, toasted

Dressing:

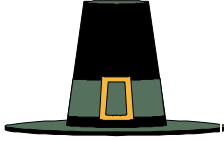
- ¼ cup water
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 tablespoon catsup
- ½ teaspoon cornstarch
- ¼ teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon ground nutmeg
- ¼ teaspoon black pepper
- 1 garlic clove, minced

- ❶ Combine spinach, mushrooms, red pepper, sprouts, onion and pecans in a large bowl; toss well.
- ❷ Combine all dressing ingredients (water, vinegar, oil, ketchup, cornstarch, sugar, salt, nutmeg, pepper and garlic) in a small saucepan; stir well with a wire whisk.
- ❸ Cook over medium heat until thoroughly heated.
- ❹ Drizzle over spinach mixture; toss.

Cook's Tip: Make your own herb vinegar: Pour a white or red wine vinegar over a handful of fresh, moisture-free herbs in a tall glass jar. Let stand in a cool, dry place for two weeks.

THANKSGIVING SALAD

Serves 8



TIP: Use three times the amount of fresh herbs as dried herbs. Example: 3 tablespoons chopped fresh basil leaves equals 1 tablespoon dried basil leaves.

Serving size =
1¼ cups

Per serving:

*Calories: 56
Fat: 5g
Sat fat: 1g
Chol: 0mg
Carb: 2g
Protein: 1g
Sodium: 22mg
Fiber: 1g*

12 cups (about ¾ pound) lightly packed mixed salad greens
½ cup chopped fresh parsley
3 tablespoons balsamic vinegar
1 tablespoon red wine vinegar (or use more balsamic vinegar)
3 tablespoons olive oil
1 clove garlic, minced
2 teaspoons Dijon mustard
3 tablespoons chopped fresh tarragon leaves or 1 tablespoon dried
1 teaspoon chopped fresh rosemary or ½ teaspoon dried
Black pepper, to taste

- ❶ Rinse salad greens; drain.
- ❷ Wrap greens in towels, and seal in plastic bags to crisp, at least 15 minutes or up until next day.
- ❸ In a large salad bowl (at least 2½ quarts), combine parsley, balsamic and red wine vinegars, oil, garlic, mustard, tarragon, and rosemary.
- ❹ Season to taste with pepper.
- ❺ Add greens; mix gently to coat.

Quick Meal Tip:

Turn a bag of mixed salad greens or Caesar salad into a super-easy main meal by topping with favorite ingredients such as grilled shrimp, succulent chicken or fresh tortellini.

TRI-COLORED PASTA SALAD

Serves 8

Variation:

Grilled Chicken Pasta Salad - marinate ½ pound boneless, skinless chicken breast, in fat-free Italian dressing for at least 2 hours. Then grill or broil chicken until cooked. Cut into chunks and toss into pasta salad; chill well.

Serving size =
¾ cup

Per serving:

Calories: 276

Fat: 9g

Sat fat: 2g

Chol: 4mg

Carb: 42g

Protein: 7g

Sodium: 283mg

Fiber: 2g

1 (12-ounce) box tri-colored pasta twists

1 cup broccoli florets

½ cup shredded carrots

1 medium ripe tomato, chopped

1 medium green pepper, chopped

⅓ cup red onion, finely chopped

1 (8-ounce) bottle of Paul Newman's Lite Italian dressing
(or other brand)

¼ cup grated Parmesan cheese

- ❶ Cook pasta in boiling unsalted water according to package directions, approximately 7 minutes.
- ❷ Drain pasta and chill in refrigerator.
- ❸ Put chopped vegetables in a microwave safe dish with lid; add 1 tablespoon water, and steam in microwave (about 1½ minutes on HIGH).
- ❹ Place steamed vegetables in refrigerator until cooled.
- ❺ Toss chilled pasta with half of the salad dressing.
- ❻ Toss in cooled steamed vegetables.
- ❼ Pour remaining dressing over salad; toss gently.
- ❽ Sprinkle Parmesan cheese on top.
- ❾ Let chill a few hours or overnight; serve.

Pasta Portions

LONG PASTA, DRIED...

- ◆ Angel hair, fettucine, linguine, spaghetti —
2 ounces (about ½-inch diameter) uncooked = 1 cup cooked

SHORT PASTA, DRIED...

- ◆ Elbow, farfalle, rotini, shells, ziti — 2 ounces
(about ½ cup) uncooked = 1 cup cooked

FIESTA TACO SALAD

Serves 6



Serving size =
1 cup

Per serving:

Calories: 210
Fat: 7g
Sat fat: 3g
Chol: 48mg
Carb: 17g
Protein: 21g
Sodium: 418mg
Fiber: 3g

- 1 pound super lean ground beef
- ½ cup taco sauce
- 6 cups torn lettuce
- 1 medium green bell pepper, cut in strips
- 2 medium tomatoes, cut into wedges
- ¼ cup sliced black olives, drained
- 2 cups broken baked tortilla chips
- 1 cup (4 ounces) shredded reduced-fat cheddar cheese
- ½ cup fat-free Thousand Island dressing, if desired

- ❶ Cook ground beef over medium heat, stirring occasionally, until brown; drain fat.
- ❷ Stir in taco sauce; heat through.
- ❸ Toss lettuce, bell pepper, tomatoes, olives and corn chips in large bowl.
- ❹ Spoon hot beef mixture over lettuce mixture; toss.
- ❺ Sprinkle with cheese.
- ❻ Serve immediately with dressing.

Easy Tunafish— Mix together 1 can (6.5-ounces) tuna, packed in water, drained, ¼ cup reduced-fat mayonnaise, 1 tablespoon Dijon mustard, 2 tablespoons finely chopped celery, 1 tablespoon minced onion and ⅛ teaspoon curry (optional). Chill & serve.

Serves 3. Serving size = ⅓ cup

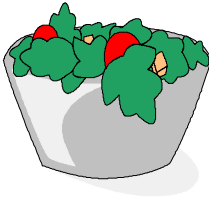
Per serving: Cals: 135 Fat: 7g Carb: 3g

Protein: 15g Sodium: 386mg

Variation: Add cooked & cooled corkscrew pasta or macaroni to make Tuna Pasta Salad.

CAESAR SALAD

Serves 4



Serving size =
2 cups

Per serving:

Calories: 148

Fat: 6g

Sat fat: 2g

Chol: 7mg

Carb: 17g

Protein: 7g

Sodium: 308mg

Fiber: 2g

4 slices French bread, cut into $\frac{3}{4}$ -inch cubes
2 cloves garlic, crushed
8 cups loosely packed sliced Romaine lettuce
 $\frac{1}{2}$ cup (1-ounce) fresh shaved Parmesan cheese

Dressing:

3 tablespoons water
3 tablespoons fresh lemon juice
 $2\frac{1}{2}$ teaspoons olive oil
1 teaspoon Dijon mustard
1 teaspoon low sodium Worcestershire sauce
1 teaspoon anchovy paste
 $\frac{1}{2}$ teaspoon sugar
3 cloves garlic, peeled

- ❶ Combine bread cubes and crushed garlic in a large zip-top plastic bag.
 - ❷ Seal bag; shake to coat bread cubes.
 - ❸ Turn bread cubes mixture out onto baking sheet; arrange bread cubes in a single layer.
 - ❹ Bake at 350° for 15 minutes or until toasted.
 - ❺ Combine bread cubes, lettuce, and cheese in a large bowl; set aside.
 - ❻ Combine all dressing ingredients (water, lemon juice, oil, mustard, Worcestershire sauce, anchovy paste, sugar and garlic) in container of an electric blender; cover and process until smooth.
 - ❼ Pour over lettuce mixture; toss.
-

CHICKEN AND MIXED RICE SALAD

Serves 4

1 (6-ounce) box long grain brown and wild rice mix with seasonings
1 pound boneless, skinless chicken breasts
¼ cup chicken broth (approximately)
2 tablespoons fresh lemon juice
¼ teaspoon black pepper
½ cup finely chopped green bell pepper
½ cup finely chopped celery
½ cup thinly sliced green onions
1 cup frozen peas, thawed
⅓ cup toasted sliced almonds

Serving size =
1 cup

Per serving:

Calories: 148

Fat: 6g

Sat fat: 2g

Chol: 7mg

Carb: 17g

Protein: 7g

Sodium: 308mg

Fiber: 2g

- ❶ Prepare rice according to package directions omitting salt and fat. Set aside to cool.
 - ❷ Place chicken in an 8-inch square glass dish; cover with wax paper. Rotating midway through cooking, microwave on MEDIUM-HIGH until juices run clear, about 7 minutes.
 - ❸ Pour liquid in dish into a 1-cup glass measure.
 - ❹ Add chicken broth, if needed, to total ½ cup liquid. Cube chicken; return to same dish.
 - ❺ Add broth, lemon juice and pepper; set aside.
 - ❻ In a 2-quart bowl, combine bell pepper, celery and onion.
 - ❼ Add rice, stirring gently.
 - ❽ Add chicken mixture and peas; stir, cover, and refrigerate until completely chilled.
 - ❾ Garnish with almonds before serving.
-