

ALPHABETICAL INDEX

5	
5-SPICE GRILLED CHICKEN WITH PLUM SAUCE.....	175
7	
7-SPICE CHICKEN WITH ASIAN PEAR JUS.....	150
A	
ALLA CHECCA SAUCE.....	28
ALPINE MUESLI	103
APPLE STRUDEL	123
APRICOT CHUTNEY	92
APRICOT RASPBERRY SMOOTHIE	74
B	
BAKED POTATO SOUP.....	148
BAKLAVA.....	122
BALSAMIC DIJON DRESSING.....	39
BANANA BREAD.....	180
BANANA YOGURT SMOOTHIE.....	73
BBQ CHICKEN.....	174
BBQ SAUCE	91
BELL PEPPER JELLY.....	154
BLACK BEAN SALSA	52
BLEU CHEESE OR ROQUEFORT DRESSING.....	38
BLOODY MARY MIX.....	72
BRAN MUFFINS.....	102
BREAKFAST SAUSAGE.....	101
BUTTERNUT SQUASH AND CIDER SOUP	125
C	
CAESAR SALAD DRESSING.....	36
CALIFORNIA ROLLS.....	51
CANYON RANCH DRESSING.....	35
CANYON RANCH HOMEMADE VANILLA ICE CREAM	121
CANYON RANCH SHAKES.....	71
CARAMEL SAUCE.....	90
CARAMELIZED ONIONS.....	50
CARAMELIZED VEGETABLE AND TOFU STIR-FRY	179
CARDAMOM GRILLED CHICKEN WITH MANGO LIME SAUCE	149
CARROT AND RED BELL PEPPER SOUP	147
CHARRO BEANS.....	49

CHERRY AND BLACKBERRY SMOOTHIE	70
CHICKEN AND RICE SOUP	146
CHICKEN ENCHILADAS	173
CHICKEN MEATBALL SUB	170
CHICKEN PICCATA.....	171
CHICKEN SCALLOPINI WITH WILD MUSHROOMS AND TARRAGON.....	172
CHICKEN SCALOPPINE WITH BLOOD ORANGE SAUCE	169
CHICKEN STOCK.....	145
CHIPOTLE SALSA.....	89
CHOCOLATE CHIP COOKIES.....	120
CHOCOLATE CRÈME BRULEE.....	119
CHUCKWAGON COLESLAW	48
CITRUS-CRUSTED DUCK BREAST WITH PONZU SAUCE	168
CLASSIC MARINARA SAUCE	57
CONSOMMÉ.....	124
CORN BREAD.....	47
CRANBERRY NECTAR SMOOTHIE	69
CREAM OF TOMATO SOUP.....	142
CREAMY CARROT SOUP.....	143
CRISPY OVEN-BAKED CINNAMON CHICKEN	166
 D	
DASHI	131
 E	
EGG WHITE OMELETTE WITH VEGETABLES	100
ELEPHANT GARLIC SOUP.....	127
 F	
FRENCH TOAST.....	99
FRENCH VANILLA CHEESECAKE.....	118
FRESH POTATO FRIES	46
FRESH TOMATO, OLIVE AND CAPER SAUCE	27
FRUIT CRISP.....	98
FRUIT MUFFINS.....	97
FRUIT TART.....	117
FUDGE BROWNIES	116
 G	
GARLIC MASHED POTATOES	45
GAZPACHO.....	144
GENERAL TSO'S CHICKEN STIR-FRY	165
GINGER PEACH UPSIDE DOWN CAKE.....	115
GINGERBREAD PANCAKES.....	96
GRAND MARNIER CRÈME BrûLÉé.....	114

GRAPEFRUIT AND SAGE DRESSING	34
GRILLED ARTICHOKE AND LEEK PASTA.....	26
GRILLED CHICKEN WITH TOMATO TARRAGON SAUCE.....	164
GUACAMOLE.....	88

H

HARISSA PASTE	63
HAZELNUT GREEN SALAD.....	167
HAZELNUT ROSEMARY CRUSTED CHICKEN WITH FRUITED BALSAMIC VINEGAR.....	163
HERB PESTO SAUCE.....	87
HOT AND SOUR SOUP.....	141
HUMMUS WITH FRESH HERBS.....	86

J

JAPANESE STIR-FRY VEGETABLES	58
JET FUEL DRESSING.....	33

L

LEMON GRASS-MARINATED DUCK BREAST WITH PONZU SAUCE	162
LEMON MOUSSE.....	113
LIME POTS DE Crème.....	112
LOBSTER SAUCE.....	25

M

MANGO AND STRAWBERRY MOUSSE IN TULIPE CUP	111
MARGARITA	181
MARINATED TOFU FOR SESAME GINGER STIR-FRY.....	178
MARINATED TOFU WITH MONGOLIAN BBQ SAUCE.....	177
MATZO BALL SOUP.....	126
MESQUITE FLOUR PANCAKES	76
MEXICAN CHOCOLATE BANANA SKILLET CAKE	110
MINISTRONE SOUP.....	140
MISO SOUP	139
MONGOLIAN BBQ SAUCE.....	59
MOROCCAN LAMB STEW WITH COUSCOUS	62

N

NERO SALAD DRESSING.....	32
NEW ENGLAND CLAM CHOWDER	138

O

ONION CHIPOTLE SAUCE	85
ONION RELISH.....	84
ORGANIC APPLE BUTTER.....	83

P

PAPAYA RELISH	82
PASTA PRIMAVERA	24
PASTA WITH SHELLFISH, TOMATO, AND LEMON GRASS	23
PASTA WITH WHITE CLAM SAUCE	22
PÂTE BRISÉE.....	109
PEA SOUP.....	137
PEACH AND PEAR SMOOTHIE.....	68
PEACH MANGO RASPBERRY SMOOTHIE	67
PECAN CRUNCH CINNAMON CHICKEN	161
PICO DE GALLO.....	81
PIÑA COLADA SMOOTHIE.....	66
PINEAPPLE CILANTRO COLESLAW	44
POMODORO SAUCE.....	21
PORTOBELLO MUSHROOM AND ROSEMARY TOMATO SAUCE.....	20
POTATO SALAD	43
PROVENCAL SAUCE	19
PUMPKIN MUFFINS	95
PUTTANESCA SAUCE	18

R

RANCH DRESSING.....	31
RASPBERRY MUSTARD-CRUSTED CHICKEN BREAST	160
RED BELL PEPPER HUMMUS	80
ROASTED CORN CHOWDER.....	136
ROASTED LAMB WITH ELEPHANT GARLIC BALSAMIC.....	60
ROMESCO SAUCE	17
ROSEMARY VINAIGRETTE SALAD DRESSING.....	30

S

SAFFRON RICE	42
SALSA FRESCA.....	12
SAUCE ANGLAISE	108
SAUTÉED THAI CHICKEN BREAST WITH COCONUT SAUCE	159
SCALLION MASHED POTATOES	41
SESAME-CRUSTED CHICKEN	155
SIRLOIN BLACK BEAN CHILI.....	135
SMOKED CHICKEN QUESADILLA.....	75
SOUTHWEST BEAN PASTA SAUCE.....	16
SOUTHWEST ROASTED PEPPER AND AVOCADO SALAD.....	182
SPAGHETTI & MEATBALLS.....	15
SPANISH ONION SOUP.....	134
SPINACH EGGS BENEDICT	94
STRAWBERRY BANANA SMOOTHIE	65

STRAWBERRY DAIQUIRI	64
STUFFED YELLOW BELL PEPPER	56
SUN-DRIED TOMATO COULIS	79
SUNFLOWER SEED DRESSING.....	54
SWEET RED PEPPER SAUCE.....	14
SZECHUAN CHICKEN SALAD	156

T

TAMALES.....	55
TAPIOCA PUDDING	107
THAI COCONUT SOUP	133
THAI GREEN CURRY PASTE.....	78
THOUSAND ISLAND DRESSING	29
TIRAMISU	106
TOMATO ANCHOVY SAUCE	13
TORTILLA SOUP.....	132
TRADITIONAL JAPANESE MISO SOUP.....	130
TROPICAL DIPPING SAUCE	77
TURKEY AND SWISS CHEESE SANDWICH	157
TURKEY BREAST MEDALLIONS WITH BLACKBERRY SAUCE.....	158
TURKEY BREAST MEDALLIONS WITH LIME SAUCE.....	153
TURKEY REUBEN	152
TURKEY SANDWICH.....	151

V

VEAL DEMI-GLACE	61
VEGAN OATMEAL COOKIES.....	105
VEGETABLE RAMEN BOWL WITH KIM CHEE	176
VEGETABLE SOUP.....	129
VEGETABLE STOCK.....	128
VEGGIE MELT	53

W

WHITE CHOCOLATE CHIP COOKIES.....	104
WHITE CORN POLENTA	40
WHOLE-WHEAT BUTTERMILK PANCAKES WITH FRUIT	93

Y

YOGURT MAYONNAISE	37
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TABLE OF CONTENTS

SALSA FRESCA.....	12
TOMATO ANCHOVY SAUCE	13
SWEET RED PEPPER SAUCE.....	14
SPAGHETTI & MEATBALLS.....	15
SOUTHWEST BEAN PASTA SAUCE	16
ROMESCO SAUCE	17
PUTTANESCA SAUCE.....	18
PROVENCAL SAUCE.....	19
PORTOBELLO MUSHROOM AND ROSEMARY TOMATO SAUCE.....	20
POMODORO SAUCE.....	21
PASTA WITH WHITE CLAM SAUCE	22
PASTA WITH SHELLFISH, TOMATO, AND LEMON GRASS	23
PASTA PRIMAVERA.....	24
LOBSTER SAUCE	25
GRILLED ARTICHOKE AND LEEK PASTA	26
FRESH TOMATO, OLIVE AND CAPER SAUCE	27
ALLA CHECCA SAUCE	28
THOUSAND ISLAND DRESSING	29
ROSEMARY VINAIGRETTE SALAD DRESSING.....	30
RANCH DRESSING	31
NERO SALAD DRESSING.....	32
JET FUEL DRESSING	33
GRAPEFRUIT AND SAGE DRESSING	34
CANYON RANCH DRESSING.....	35
CAESAR SALAD DRESSING	36
YOGURT MAYONNAISE	37
BLEU CHEESE OR ROQUEFORT DRESSING	38

BALSAMIC DIJON DRESSING	39
WHITE CORN POLENTA	40
SCALLION MASHED POTATOES	41
SAFFRON RICE.....	42
POTATO SALAD	43
PINEAPPLE CILANTRO COLESLAW	44
GARLIC MASHED POTATOES	45
FRESH POTATO FRIES.....	46
CORN BREAD.....	47
CHUCKWAGON COLESLAW.....	48
CHARRO BEANS	49
CARAMELIZED ONIONS	50
CALIFORNIA ROLLS	51
BLACK BEAN SALSA	52
VEGGIE MELT.....	53
SUNFLOWER SEED DRESSING.....	54
TAMALES.....	55
STUFFED YELLOW BELL PEPPER.....	56
CLASSIC MARINARA SAUCE.....	57
JAPANESE STIR-FRY VEGETABLES.....	58
MONGOLIAN BBQ SAUCE.....	59
ROASTED LAMB WITH ELEPHANT GARLIC BALSAMIC	60
VEAL DEMI-GLACE	61
MOROCCAN LAMB STEW WITH COUSCOUS.....	62
HARISSA PASTE.....	63
STRAWBERRY DAIQUIRI	64
STRAWBERRY BANANA SMOOTHIE	65
PIÑA COLADA SMOOTHIE	66
PEACH MANGO RASPBERRY SMOOTHIE	67
PEACH AND PEAR SMOOTHIE.....	68
CRANBERRY NECTAR SMOOTHIE.....	69



Recipe

CHERRY AND BLACKBERRY SMOOTHIE	70
CANYON RANCH SHAKES	71
BLOODY MARY MIX.....	72
BANANA YOGURT SMOOTHIE.....	73
APRICOT RASPBERRY SMOOTHIE	74
SMOKED CHICKEN QUESADILLA	75
MESQUITE FLOUR PANCAKES.....	76
TROPICAL DIPPING SAUCE.....	77
THAI GREEN CURRY PASTE.....	78
SUN-DRIED TOMATO COULIS.....	79
RED BELL PEPPER HUMMUS	80
PICO DE GALLO.....	81
PAPAYA RELISH	82
ORGANIC APPLE BUTTER.....	83
ONION RELISH.....	84
ONION CHIPOTLE SAUCE	85
HUMMUS WITH FRESH HERBS.....	86
HERB PESTO SAUCE	87
GUACAMOLE.....	88
CHIPOTLE SALSA.....	89
CARAMEL SAUCE	90
BBQ SAUCE.....	91
APRICOT CHUTNEY	92
WHOLE-WHEAT BUTTERMILK PANCAKES WITH FRUIT	93
SPINACH EGGS BENEDICT.....	94
PUMPKIN MUFFINS	95
GINGERBREAD PANCAKES	96
FRUIT MUFFINS.....	97
FRUIT CRISP	98
FRENCH TOAST	99
EGG WHITE OMELETTE WITH VEGETABLES	100

BREAKFAST SAUSAGE	101
BRAN MUFFINS	102
ALPINE MUESLI.....	103
WHITE CHOCOLATE CHIP COOKIES.....	104
VEGAN OATMEAL COOKIES.....	105
TIRAMISU	106
TAPIOCA PUDDING	107
SAUCE ANGLAISE.....	108
PÂTE BRISÉE	109
MEXICAN CHOCOLATE BANANA SKILLET CAKE.....	110
MANGO AND STRAWBERRY MOUSSE IN TULIPE CUP.....	111
LIME POTS DE CRÈME	112
LEMON MOUSSE.....	113
GRAND MARNIER CRÈME BRÛLÉE	114
GINGER PEACH UPSIDE DOWN CAKE	115
FUDGE BROWNIES.....	116
FRUIT TART	117
FRENCH VANILLA CHEESECAKE	118
CHOCOLATE CRÈME BRULEE	119
CHOCOLATE CHIP COOKIES.....	120
CANYON RANCH HOMEMADE VANILLA ICE CREAM.....	121
BAKLAVA.....	122
APPLE STRUDEL.....	123
CONSOMMÉ	124
BUTTERNUT SQUASH AND CIDER SOUP.....	125
MATZO BALL SOUP	126
ELEPHANT GARLIC SOUP	127
VEGETABLE STOCK.....	128
VEGETABLE SOUP	129
TRADITIONAL JAPANESE MISO SOUP.....	130
DASHI.....	131

TORTILLA SOUP.....	132
THAI COCONUT SOUP	133
SPANISH ONION SOUP	134
SIRLOIN BLACK BEAN CHILI	135
ROASTED CORN CHOWDER.....	136
PEA SOUP	137
NEW ENGLAND CLAM CHOWDER	138
MISO SOUP	139
MINISTRONE SOUP.....	140
HOT AND SOUR SOUP	141
CREAM OF TOMATO SOUP	142
CREAMY CARROT SOUP.....	143
GAZPACHO	144
CHICKEN STOCK	145
CHICKEN AND RICE SOUP	146
CARROT AND RED BELL PEPPER SOUP	147
BAKED POTATO SOUP.....	148
CARDAMOM GRILLED CHICKEN WITH MANGO LIME SAUCE.....	149
7-SPICE CHICKEN WITH ASIAN PEAR JUS.....	150
TURKEY SANDWICH	151
TURKEY REUBEN.....	152
TURKEY BREAST MEDALLIONS WITH LIME SAUCE	153
BELL PEPPER JELLY	154
SESAME-CRUSTED CHICKEN	155
SZECHUAN CHICKEN SALAD.....	156
TURKEY AND SWISS CHEESE SANDWICH.....	157
TURKEY BREAST MEDALLIONS WITH BLACKBERRY SAUCE	158
SAUTÉED THAI CHICKEN BREAST WITH COCONUT SAUCE.....	159
RASPBERRY MUSTARD-CRUSTED CHICKEN BREAST	160
PECAN CRUNCH CINNAMON CHICKEN	161
LEMON GRASS-MARINATED DUCK BREAST WITH PONZU SAUCE.....	162

HAZELNUT ROSEMARY CRUSTED CHICKEN WITH FRUITED BALSAMIC VINEGAR.....	163
GRILLED CHICKEN WITH TOMATO TARRAGON SAUCE	164
GENERAL TSO’S CHICKEN STIR-FRY	165
CRISPY OVEN-BAKED CINNAMON CHICKEN.....	166
HAZELNUT GREEN SALAD	167
CITRUS-CRUSTED DUCK BREAST WITH PONZU SAUCE	168
CHICKEN SCALOPPINE WITH BLOOD ORANGE SAUCE.....	169
CHICKEN MEATBALL SUB.....	170
CHICKEN PICCATA	171
CHICKEN SCALOPINI WITH WILD MUSHROOMS AND TARRAGON.....	172
CHICKEN ENCHILADAS.....	173
BBQ CHICKEN	174
5-SPICE GRILLED CHICKEN WITH PLUM SAUCE	175
VEGETABLE RAMEN BOWL WITH KIM CHEE	176
MARINATED TOFU WITH MONGOLIAN BBQ SAUCE	177
MARINATED TOFU FOR SESAME GINGER STIR-FRY	178
CARAMELIZED VEGETABLE AND TOFU STIR-FRY.....	179
BANANA BREAD	180
MARGARITA.....	181
SOUTHWEST ROASTED PEPPER AND AVOCADO SALAD	182
WILD RICE CREPE.....	183
VEGETARIAN BEAN CHILI.....	184
MU SHU WITH TWICE COOKED TOFU.....	185
TOFU BACON.....	186
MANGO AND GUAVA SMOOTHIE	187
ZUCCHINI BREAD.....	188
ROASTED ACORN SQUASH.....	189

SALSA FRESCA

INGREDIENTS

3 medium tomatoes, diced
1/3 cup diced red onion
1 teaspoon minced fresh garlic (or to taste)
2 tablespoons chopped fresh cilantro
Juice of 1 lime
1 tablespoon chopped scallions
1/4 teaspoon salt
Pinch pepper

INSTRUCTIONS

Combine all ingredients in a medium bowl and mix well. Refrigerate.

Makes 16 (2-tablespoon) servings, each containing approximately:

10 calories
2 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
32 mg. sodium
Trace fiber

TOMATO ANCHOVY SAUCE

INGREDIENTS:

4 teaspoons olive oil
2 teaspoons minced garlic
2 1/4 cups canned diced tomatoes, drained
1 teaspoon chopped fresh oregano
1/4 teaspoon red pepper flakes
1/3 cup chopped parsley leaves
1 1/4 teaspoons anchovy paste
1 1/2 tablespoons capers
2 teaspoons apricot preserves

INSTRUCTIONS:

1. Heat olive oil in medium saucepan and sauté garlic, being careful not to brown.
2. Add remaining ingredients and bring to a boil. Reduce heat, cover and simmer for 20 minutes stirring frequently. Serve 1/2 cup over pasta.

Makes 4 servings, each containing approximately:

100 calories
12 gm. carbohydrates
5 gm. fat
0 mg. cholesterol
3 gm. protein
652 mg. sodium
1 gm. fiber

SWEET RED PEPPER SAUCE

INGREDIENTS:

1 1/2 teaspoons olive oil
4 red bell peppers, seeded and chopped
2/3 cup thinly sliced carrots
1 cup diced, drained, canned tomatoes
1/3 cup tomato puree
1 teaspoon minced garlic
1/8 teaspoon ground black pepper
1/2 cup peeled and chopped fresh pears
1/2 teaspoon fresh diced basil

INSTRUCTIONS:

1. Heat oil in a large skillet. Sauté the peppers and carrots until soft.
2. Add tomato, tomato puree, garlic, pepper, pears and basil. Simmer for 30 minutes or until vegetables are soft.
3. Place in blender and puree until smooth.
4. Serve over pasta.

Makes 8 (1/2-cup) servings, each containing approximately:

40 calories
6 gm. carbohydrates
1 gm. fat
0 mg. cholesterol
Trace protein
56 mg. sodium
2 gm. fiber

SPAGHETTI & MEATBALLS

INGREDIENTS:

Chicken Meatballs:

- 2 skinless chicken breasts, boned and defatted
- 1 tablespoon raisins
- 1 teaspoon minced fresh garlic
- Pinch red chili flakes
- 1 teaspoon fennel seed
- 1/4 large carrot, sliced
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped pine nuts
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1 whole egg, beaten
- 4 cups cooked spaghetti
- 2 cups marinara sauce, heated
- 4 tablespoons grated Parmesan Cheese, optional

INSTRUCTIONS:

1. Dice chicken into 1-inch pieces. Place in a meat grinder or cuisinart. Grind or chop to a ground consistency. Add raisins, garlic, fennel seed, carrots, parsley and pine nuts and grind or chop together. Place in a medium bowl and add salt, olive oil and eggs. Mix well. Allow to sit in refrigerator at least 2 hours or overnight to chill.
2. Preheat oven to 375°. Lightly coat a baking pan with olive oil.
3. Form sausage into 1-ounce balls, about 2 tablespoons each. Place 2-inches apart in baking pan and bake for 10 to 15 minutes, or until cooked through.
4. Portion 1 cup spaghetti on plate. Top with 3 meatballs and 1/2 cup marinara sauce. Sprinkle with 1 tablespoon Parmesan cheese. Repeat for remaining plates.

Makes 4 servings, each containing approximately:

445 calories	84 mg. cholesterol	412 mg. sodium
58 gm. carbohydrate	28 gm. protein	4 gm. fiber
12 gm. fat		

SOUTHWEST BEAN PASTA SAUCE

INGREDIENTS:

2 tablespoons olive oil
 1/2 cup diced onions
 1/2 cup diced carrots
 1/4 cup diced yellow bell peppers
 2 teaspoons minced garlic
 1 diced jalapeno pepper
 2 tablespoons diced green chili
 Pinch chili powder
 Pinch ground cumin
 Pinch ground cloves
 1/2 cup diced tomatoes
 2 tablespoons tomato puree
 3/4 cup vegetable stock
 1/2 cup cooked black beans
 1/2 teaspoon salt
 Pinch black pepper
 1/4 teaspoon lime juice
 1 tablespoon chopped cilantro

INSTRUCTIONS:

1. In a medium saucepan, sauté onions, carrots, garlic and peppers in olive oil. Add spices and briefly sauté. Add tomato products and bring to a boil. Reduce heat and simmer for 10 minutes.
2. In a blender container, puree black beans with vegetable stock. Add to tomato mixture and heat to a simmer. Add salt, pepper and lime juice.
3. Serve 1/2 cup sauce over 1 cup cooked pasta.

Makes 4 (1/2-cup) servings, each containing approximately:

40 calories	0 mg. cholesterol	90 gm. sodium
5 gm. carbohydrate	1 gm. protein	Trace fiber
2 gm. fat		

ROMESCO SAUCE

INGREDIENTS:

1 tablespoon olive oil
2 tablespoons chopped garlic
4 tablespoons chopped almonds
2 medium red bell peppers, julienne
1 small onion, thinly sliced
2 cups diced tomatoes
3 tablespoons tomato puree
1/2 orange, juiced
2 tablespoon orange peel
1/2 teaspoon salt
1/4 teaspoon chili flakes
1/4 cup chopped parsley

INSTRUCTIONS:

1. In a large sauté pan, heat olive oil over medium and add garlic. Sauté until lightly browned. Remove garlic with a slotted spoon. Add almonds and repeat the same process. Add onions and peppers and sauté until they are soft, about 5 minutes.
2. Add tomatoes, orange juice, orange peel, salt and pepper. Simmer 15 more minutes. Add back garlic and almonds and simmer 2 more minutes. Remove from heat and stir in parsley.

Makes 6 (1/2-cup) servings, each containing approximately:

110 calories
12 gm. carbohydrate
7 gm. fat
0 mg. cholesterol
3 gm. protein
258 mg. sodium
3 gm. fiber

PUTTANESCA SAUCE

INGREDIENTS:

1/4 cup minced garlic
3/4 cup diced onion
1/2 cup red wine
2 1/2 cups chopped tomatoes
10 Greek olives, pitted and julienned
1 teaspoon orange zest
1/4 teaspoon dried thyme
2 tablespoons tomato paste
6 tablespoons grated Parmesan cheese

INSTRUCTIONS:

1. Lightly spray a medium skillet with nonstick vegetable coating.
2. Sauté garlic and onion until translucent.
3. Add red wine and let simmer until liquid is very thick and almost evaporated. Add tomatoes, olives, orange zest, thyme and tomato paste. Cook for 25 minutes or until slightly thickened.
4. Serve over pasta. Garnish with 1 tablespoon grated Parmesan cheese.

Makes 6 (1/2-cup) servings, each containing approximately:

75 calories
8 gm. carbohydrates
3 gm. fat
4 mg. cholesterol
3 gm. protein
175 mg. sodium
1 gm. fiber

PROVENÇAL SAUCE

INGREDIENTS:

1 tablespoon olive oil
1/2 cup diced onions
1 tablespoon minced garlic
1/4 cup burgundy wine
1 cup chopped tomatoes
1 cup peeled and diced eggplant
1/4 cup chopped black olives
1 tablespoon capers
2 tablespoons chopped basil
1 teaspoon chopped oregano
1/4 teaspoon dried thyme
1/4 teaspoon salt
1/4 teaspoon pepper

INSTRUCTIONS:

1. In a large sauté pan, heat olive oil over medium. Add onions and garlic and sauté until onions are translucent, about 1 minute. Add wine, tomatoes and eggplant and cook until wine is almost evaporated.
2. Add olives and capers and cook over medium heat until eggplant is soft, stirring occasionally to prevent sticking. Mixture will become thicker, about 5 minutes. Turn off heat and add herbs and salt and pepper to taste.
3. Serve 1/2 cup with 1 cup pasta.

Makes 4 servings, each containing approximately:

110 calories
9 gm. carbohydrate
8 gm. fat
0 mg. cholesterol
2 gm. protein
306 mg. sodium
2 gm. fiber

PORTOBELLO MUSHROOM AND ROSEMARY TOMATO SAUCE

INGREDIENTS:

2 cups diced portobello mushrooms
1/2 cup diced onions
1 1/2 tablespoons olive oil
1/3 cup red wine
1 tablespoon chopped fresh rosemary
1 1/4 cup Marinara sauce
1 1/2 cups canned diced tomatoes
1/4 cup vegetable stock
1/4 teaspoon salt (optional)
1/4 teaspoon black pepper

INSTRUCTIONS:

- 1 In a large saucepan, sauté mushrooms and onions in olive oil until onions are translucent. Add red wine and cook until wine has reduced by 1/2. Add remaining ingredients and simmer for 15 to 20 minutes.
2. Serve 1/2 cup sauce over 1 cup pasta.

Makes 6 (1/2-cup) servings, each containing approximately:

90 calories
10 gm. carbohydrate
4 gm. fat
0 mg. cholesterol
2 gm. protein
343 mg. sodium
1 gm. fiber

POMODORO SAUCE

INGREDIENTS:

1 clove garlic, chopped
1 carrot, diced
1 stalk celery, diced
1/4 cup vegetable stock
1 pound canned, diced tomatoes
1/2 cup tomato paste
1 bay leaf
1 tablespoon chopped, fresh basil
1 teaspoon chopped, fresh oregano

INSTRUCTIONS:

1. Lightly spray a medium sauté pan with nonstick vegetable coating. Sauté garlic, carrots, celery and onions until golden.
2. Add remaining ingredients except for basil and oregano. Simmer for 15 to 20 minutes.
3. Remove bay leaf and transfer sauce to a blender container. Blend until smooth.
4. Serve 1/2 cup over pasta.

Makes 8 (1/2-cup) servings, each containing approximately:

30 calories
7 gm. carbohydrates
Trace fat
0 mg. cholesterol
1 gm. protein
133 mg. sodium
1 gm. fiber

PASTA WITH WHITE CLAM SAUCE-----
INGREDIENTS:

1 pound pasta
4 tablespoons minced onion
2 teaspoons minced garlic
2 teaspoons olive oil
1/2 cup clam juice
1/2 cup fish stock
3 tablespoons evaporated skim milk
1 tablespoon cornstarch
Pinch white pepper
1 3/4 cup chopped clams
1 tablespoon parsley
1/4 cup diced red pepper
4 teaspoons Parmesan cheese

INSTRUCTIONS:

1. Cook pasta according to package instructions.
2. In a medium sauté pan, sauté onions and garlic in olive oil over low heat until onions begin to turn brown.
3. In a separate saucepan, combine clam juice, fish stock, and evaporated skim milk. Cook over low heat for 10 minutes.
4. In a small bowl, combine cornstarch with 1 tablespoon water. Add to clam juice. Continue cooking over low heat until slightly thickened, about 10 minutes.
5. When thickened, add sauce 1 cup pasta. Garnish with a sprinkle of parsley, 1 tablespoon red peppers, and 1 teaspoon Parmesan cheese.

Makes 4 servings, each containing approximately:

410 calories
64 gm. carbohydrate
3 gm. fat
32 mg. cholesterol
25 gm. protein
187 mg. sodium
Trace fiber

PASTA WITH SHELLFISH, TOMATO, AND LEMON GRASS

INGREDIENTS:

1/2 cup diced onions
1 tablespoon minced garlic
1/2 teaspoon chili flakes
1/2 teaspoon paprika
2 teaspoons olive oil
3 cups fish stock
1/4 cup thinly sliced lemon grass
1/2 cup chopped Roma tomatoes
1/4 cup tomato sauce
2 teaspoons fresh, chopped basil
Pinch salt
3/4 cup shrimp, lobster or scallops
2 pounds cooked pasta

INSTRUCTIONS:

1. In a medium sauté pan, sauté onions, garlic, chili flakes, and paprika in olive oil.
2. Add fish stock and simmer until liquid has reduced to 1/2 the volume. Add lemon grass, tomatoes, tomato sauce, basil, and salt. Mix well and simmer 5 more minutes. Just before serving, add in shellfish and cook until no longer transparent.
3. Serve 1 cup pasta with 1/2 cup sauce. Garnish with Parmesan cheese if desired.

Makes 8 servings, each containing approximately:

355 calories
4 gm. fat
16 gm. protein
64 gm. carbohydrate
31 mg. cholesterol
140 mg. sodium
1 gm. fiber

PASTA PRIMAVERA

INGREDIENTS:

3/4 cup broccoli florets
1/2 cup sliced carrots
3/4 cup sliced mushrooms
1/2 cup diced zucchini
1/2 cup diced red peppers
1/2 cup sugar snap peas
2 teaspoons olive oil
1/4 cup chopped parsley
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh chives
2 cups Marinara sauce (see recipe)

INSTRUCTIONS:

1. In a large sauté pan, lightly sauté vegetables in olive oil until tender, but still crisp.
2. In a small bowl, combine parsley, basil and chives. Add to vegetables and toss lightly.
3. Serve 1/2 cup Marinara sauce with 1/2 cup steamed vegetables over pasta.

Makes 4 servings, each containing approximately:

115 calories
18 gm. carbohydrate
4 gm. fat
0 mg. cholesterol
4 gm. protein
310 mg. sodium
3 gm. fiber

LOBSTER SAUCE

INGREDIENTS:

1 1/2 teaspoons canola oil	1 teaspoon fresh tarragon
1 1/2 teaspoons olive oil	1 bay leaf
1/4 cup diced onions	1 cup bottled clam juice
1/4 cup diced shallots	1/4 cup apricot all-fruit preserves
1/2 cup diced carrots	1/2 cup Fish Stock
1/2 cup diced celery	1 cup canned diced tomatoes
1 teaspoon minced garlic	2 tablespoons tomato puree
Dash ground black pepper	1/2 pound sliced cooked lobster meat
1/2 teaspoon fresh minced thyme	

INSTRUCTIONS:

1. Heat oils in medium saucepan over medium high and add onions, shallots, carrots, celery, garlic and sauté until onions are translucent.
2. Add all remaining ingredients except for lobster and cook over low heat, simmering for 12 to 15 minutes or until vegetables are tender.
3. When sauce is cooked, remove from heat. Extract and discard bay leaf. Pour ingredients into food processor or blender and puree. Return pureed sauce to saucepan, mix in lobster meat, and reheat.

Makes 8 (1/2-cup) servings, each containing approximately:

85 calories
9 gm. carbohydrate
2 gm. fat
22 mg. cholesterol
8 gm. protein
325 mg. sodium

GRILLED ARTICHOKE AND LEEK PASTA-----
INGREDIENTS:

1 1/2 pounds pasta
3/4 cup artichoke hearts
1 leek, white part only
3 tablespoons diced red onions
1/2 tablespoon olive oil
1/2 tablespoon minced garlic
3/4 cup chopped plum tomatoes
1/2 tablespoon fresh basil, chopped
1/2 tablespoon fresh thyme, chopped
1 1/2 cups vegetable stock
1/4 cup tomato puree
Pinch salt
Pinch black pepper

INSTRUCTIONS:

1. Cook pasta according to directions on package.
2. Grill artichoke hearts and leeks over medium flame, or under broiler. Cool slightly and dice. Set aside.
3. In a medium skillet, sauté red onions in olive oil until browned. Add garlic and cook for 2 more minutes. Add tomatoes, herbs, vegetable stock and tomato puree. Bring to a boil, then lower heat and let simmer on low heat for 20 to 30 minutes.
4. Remove from heat. Season with salt and pepper.
5. Put 2 cups of cooked pasta on each plate. Spoon 1/2 cup sauce on top of each plate of pasta. Garnish with diced artichoke hearts and leeks.

Makes 6 servings, each containing approximately:

450 calories
92 gm. carbohydrate
2 gm. fat
0 mg. cholesterol
15 gm. protein
67 mg. sodium

FRESH TOMATO, OLIVE AND CAPER SAUCE-----
INGREDIENTS:

1/4 cup diced carrots
1/4 cup diced celery
1/4 cup diced onion
1 cup vegetable stock
1 tablespoon diced garlic
1 1/2 cup diced tomatoes, about 4 medium
1/4 cup tomato paste
1 tablespoon chopped fresh basil
1 teaspoon chopped fresh oregano
1/4 bay leaf
3 tablespoons chopped kalamata olives
3 tablespoons rinsed and drained capers

INSTRUCTIONS:

1. Spray a large sauté pan with nonstick vegetable spray. Sauté carrots, celery and onions over medium heat until onions begin to turn translucent. Add vegetable stock and bring back to a simmer.
2. Reduce heat to low and add remaining ingredients. Simmer for 15 minutes. Add additional vegetable stock if sauce becomes too thick.
3. Serve 1/2 cup over pasta.

Makes 6 servings, each containing approximately:

40 calories
7 gm. carbohydrate
1 gm. fat
0 mg. cholesterol
2 gm. protein
460 mg. sodium
2 gm. fiber

ALLA CHECCA SAUCE

INGREDIENTS:

8 medium ripe Roma tomatoes, about 2 pounds
1/2 teaspoon salt
2 teaspoons minced garlic
1/2 cup chopped fresh basil leaves
1/2 cup chopped fresh parsley
2 tablespoons extra virgin olive oil
1/4 teaspoon freshly ground black pepper
1/4 teaspoon crushed red pepper

INSTRUCTIONS:

1. Bring large pot of water to a boil. Cut a shallow X in the tops of the tomatoes with a sharp knife. Drop the tomatoes into the boiling water for 2 minutes, then transfer to a bowl of ice water. Core tomatoes, peel and chop.
2. Sprinkle the chopped tomatoes with 1/2 teaspoon salt and mix well. Place salted tomatoes into a colander and allow to drain.
3. Combine the minced garlic, chopped basil, parsley, olive oil, black pepper and red pepper in a medium saucepan. Add the drained tomatoes and heat until warm. Serve over pasta.

Makes 6 (1/2-cup) servings, each containing approximately:

75 calories
7 gm. carbohydrate
5 gm. fat
0 mg. cholesterol
2 gm. protein
212 mg. sodium
1 gm. fiber

THOUSAND ISLAND DRESSING

INGREDIENTS:

1/4 cup canola oil mayonnaise
2/3 cup nonfat sour cream
1 tablespoon minced shallots
3/4 cup chili sauce
1/3 cup sweet relish
Pinch salt
Pinch black pepper
1/3 cup 2% milk

INSTRUCTIONS:

Combine all ingredients in a blender container and mix well.

Makes 16 (2-tablespoon) servings, each containing approximately:

55 calories
6 gm. carbohydrate
3 gm. fat
4 gm. cholesterol
1 gm. protein
188 mg. sodium
Trace fiber

ROSEMARY VINAIGRETTE SALAD DRESSING

INGREDIENTS:

2/3 cup red wine vinegar
2/3 cup champagne vinegar
1/2 cup vegetable stock
1 tablespoon shallots
2 teaspoons black pepper
4 teaspoons white miso
1 tablespoon chopped fresh oregano
1 tablespoon chopped fresh rosemary

INSTRUCTIONS:

1. In a blender container, combine all ingredients except for oregano and rosemary. Add herbs and mix by hand.
2. Pour into storage container and refrigerate.

Makes 16 (2-tablespoon) servings, each containing approximately:

10 calories
2 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
292 mg. sodium
Trace fiber

RANCH DRESSING

INGREDIENTS:

3/4 cup yogurt cheese
1/3 cup canola oil mayonnaise
2 1/2 tablespoons sugar
1/2 teaspoon minced garlic
1 tablespoon minced onion
2 1/2 teaspoons dried parsley
3/4 teaspoon dried basil
1/2 teaspoon cream of tartar
1/4 teaspoon black pepper
1 1/4 teaspoons salt
1 tablespoon buttermilk
3 tablespoons low-fat milk

INSTRUCTIONS:

Combine all ingredients in a medium bowl and whisk with a wire whip. Store in refrigerator.

Makes 2 cups, each 2-tablespoon serving equals approximately:

60 calories
4 gm. carbohydrate
5 mg. fat
6 mg. cholesterol
1 gm. protein
208 mg. sodium
Trace fiber

Cook's Notes:

Yogurt cheese can be made by lining a strainer with cheesecloth, adding yogurt and placing strainer over a bowl. Drain the liquid (whey) from the yogurt overnight in the refrigerator to make yogurt cheese. Discard the whey. 1 quart yogurt=1 1/2 cups yogurt cheese

NERO SALAD DRESSING

INGREDIENTS:

6 ounces silken firm tofu, about 3/4 cup
1/3 cup lemon juice
1/2 cup water
1 teaspoon minced garlic
2 tablespoons capers
1/4 cup nutritional yeast
2 teaspoons Dijon mustard
Pinch black pepper
Pinch salt (optional)

INSTRUCTIONS:

1. In a blender container, puree silken tofu on medium until smooth.
2. Add lemon juice and water and continue to blend.
3. Add remaining ingredients and continue to puree until smooth. Place in airtight container and refrigerate.

Makes 2 cups, each 2-tablespoon serving containing approximately:
15 calories
2 gm. carbohydrate
Trace fat
0 mg. cholesterol
2 gm. protein
114 mg. sodium
Trace fiber

JET FUEL DRESSING

INGREDIENTS:

1/2 cup red wine vinegar
1/4 teaspoon freshly ground black pepper
1/2 teaspoon salt
1 tablespoon sugar
1 tablespoon minced garlic
2 teaspoons Worcestershire sauce
1 tablespoon Dijon mustard
1 tablespoon lemon juice
1 cup water

INSTRUCTIONS:

Combine all ingredients in a jar with a tight fitting lid and shake well. Refrigerate up to 1 month.

Makes 2 cups, each (2-tablespoon) servings, each containing approximately:
5 calories
2 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
93 mg. sodium
Trace fiber

GRAPEFRUIT AND SAGE DRESSING

INGREDIENTS:

2/3 cup vegetable stock	1/2 cup orange juice
2 teaspoons Dijon mustard	1/2 cup grapefruit juice
1 tablespoon canola oil	1/2 teaspoon salt
2 teaspoons cornstarch	1/4 teaspoon pepper
2 teaspoons water	1 1/2 tablespoons diced shallots
3 cloves roasted garlic	1/2 teaspoon chopped sage

INSTRUCTIONS:

1. In a small saucepan, combine vegetable stock and mustard. Beat with a wire whip. Continue to beat while adding canola oil. Place on stove over medium heat and bring to a boil.
2. Combine cornstarch and water to make a paste. Add to simmering vegetable stock mixture and cook until thickened. Remove from heat and cool.
3. In a blender, combine roasted garlic, orange juice, grapefruit juice, salt, pepper, shallots and sage. Puree until smooth. Add to cooled vegetable stock mixture and mix by hand using a wire whip.

Makes 16 (2-tablespoon) servings, each containing approximately:

15 calories

2 grams carbohydrate

Trace fat

0 mg. cholesterol

Trace protein

96 mg. sodium

Trace fiber

Cook's Note:

To roast garlic, place peeled cloves in a 350° oven and roast for 5 to 10 minutes or until cloves are golden brown.



Recipe

CANYON RANCH DRESSING

INGREDIENTS:

1/2 cup Vegetable Stock
2 tablespoon balsamic vinegar
4 tablespoon red wine vinegar
Pinch ground black pepper
4 tablespoons diced shallots
1 tablespoon minced parsley
2 tablespoon olive oil

INSTRUCTIONS:

1. Combine all ingredients in blender container and blend well.
2. Transfer to jar or storage container. Cover tightly and store in refrigerator.

Makes 10 (2-tablespoon) servings, each containing approximately:

30 calories
2 gm. carbohydrate
3 gm. fat
trace cholesterol
trace protein
5 mg. sodium
Trace fiber

CAESAR SALAD DRESSING

INGREDIENTS:

2 tablespoons minced anchovy
2 tablespoons minced garlic
1/3 cup Worcestershire sauce
1/4 cup lemon juice
3 tablespoons Dijon mustard
1/4 teaspoon black pepper
2 cups yogurt mayonnaise (see recipe)
2/3 cup 2% milk
1 cup grated Parmesan cheese

INSTRUCTIONS:

Combine anchovies, garlic, Worcestershire sauce, lemon juice and mustard blender. Puree briefly. Pour into medium bowl and add remaining ingredients by hand until ingredients are just combined. Do not over mix!

Makes 4 cups. Each 2-tablespoon serving contains approximately:

55 calories
2 gm. carbohydrate
3 gm. fat
5 mg. cholesterol
3 gm. protein
246 mg. sodium
0 mg. fiber

YOGURT MAYONNAISE

INGREDIENTS

3/4 cup olive oil
1 tablespoon dry mustard
1 tablespoon sugar
1 teaspoon salt
1/4 teaspoon Dijon mustard
3 1/4 cups yogurt cheese

Instructions:

Combine all ingredients in a large bowl and mix gently by hand until just combined.
Do not over mix!

Makes 1 quart. Each 2-tablespoon serving equals approximately:

55 calories
2 gm. carbohydrate
5 gm. fat
Trace cholesterol
1 gm. protein
121 mg. sodium
Trace fiber

BLEU CHEESE OR ROQUEFORT DRESSING

INGREDIENTS:

2/3 cup buttermilk
1/3 cup canola oil mayonnaise
1/2 cup nonfat sour cream
1 1/2 tablespoons Worcestershire sauce
1 1/4 teaspoons dry mustard
1 1/4 teaspoons granulated garlic
1 1/4 teaspoons onion powder
1 1/2 tablespoons white vinegar
1/4 teaspoon black pepper
1/2 teaspoon salt
1 tablespoon white wine
1/2 cup crumbled bleu cheese or Roquefort cheese

INSTRUCTIONS:

In a medium bowl, combine all ingredients except for cheese and mix well. Add cheese and gently stir to combine.

Makes 2 cups dressing, each 2-tablespoon serving equals approximately:

65 calories
3 gm. carbohydrate
5 gm. fat
10 mg. cholesterol
2 gm. protein
206 mg. sodium
0 mg. fiber

BALSAMIC DIJON DRESSING

INGREDIENTS:

2 tablespoons olive oil
6 tablespoons balsamic vinegar
1 1/2 cups vegetable stock
2 tablespoons chopped shallots
2 tablespoons Dijon mustard
1 1/2 tablespoons white grape juice
1 teaspoon whole grain mustard
1/2 teaspoon minced garlic
1 1/2 tablespoons low-sodium soy sauce
Pinch white pepper
1 tablespoon rice vinegar

INSTRUCTIONS:

1. Combine all ingredients in a blender container and puree until smooth..

Makes 10 (2-tablespoon) servings, each containing approximately:

35 calories
3 gm. carbohydrate
2 gm. fat
0 mg. cholesterol
Trace protein
209 mg. sodium
Trace fiber

WHITE CORN POLENTA

INGREDIENTS:

3 tablespoons finely minced onion
1 tablespoon butter
3 tablespoons white corn, cut from the cob
1 1/4 cup 2% milk
1/4 cup polenta
1/4 teaspoon salt
Pinch pepper
1 1/4 teaspoons sugar
2 tablespoons grated Parmesan cheese

INSTRUCTIONS:

1. In a large saucepan, sauté onion in butter over medium heat until translucent. Add corn and sauté briefly, about 30 seconds. Add milk and bring to a boil. Using a wire whip, lightly whisk in polenta, salt, pepper and sugar. Cook until thickened, about 3 minutes.
2. Add cheese and stir until melted. Serve 1/3 cup.

Makes 4 (1/3-cup) servings, each containing approximately:

100 calories
12 gm. carbohydrate
4 gm. fat
13 mg. cholesterol
4 mg. protein
179 mg. sodium
Trace fiber

SCALLION MASHED POTATOES

INGREDIENTS:

3 medium russet potatoes, peeled and chopped
3 tablespoons buttermilk
3 tablespoons 2% milk
1/4 cup scallions, finely chopped
2 teaspoons butter
1/4 teaspoon pepper
1/4 teaspoon salt

INSTRUCTIONS:

1. Place 6 cups water in a large saucepan and bring to a boil. Add potatoes and cook for 10 to 15 minutes or until potatoes are tender. Turn off heat and drain water. Place saucepan back on burner for 30 more seconds to dry potatoes.
2. Add remaining ingredients and mash with a potato masher until all ingredients are mixed well. Potatoes will be slightly lumpy.

Makes 4 (1/2-cup) servings, each containing approximately:

115 calories
22 gm. carbohydrate
2 gm. fat
6 mg. cholesterol
3 gm. protein
178 mg. sodium
2 gm. fiber

SAFFRON RICE

INGREDIENTS:

1/2 cup basmati rice
2 tablespoons diced onions
1 1/2 teaspoons olive oil
1 cup vegetable stock
1/4 teaspoon saffron
1/4 teaspoon salt
2 tablespoons diced tomato
2 teaspoons chopped parsley

INSTRUCTIONS:

1. In a medium saucepan, sauté rice and onions in olive oil until rice is lightly toasted. Add stock, saffron and salt and bring to a boil. Cover, reduce heat and simmer 20 minutes or until water is absorbed and rice is fluffy.
2. Fold in tomatoes and parsley.

Makes 4 (1/3-cup) servings, each containing approximately:

110 calories
21 gm. carbohydrate
2 gm. fat
0 gm. cholesterol
2 gm. protein
151 mg. sodium
Trace fiber

POTATO SALAD

INGREDIENTS:

3 red bliss potatoes
1/3 cup diced celery
1 tablespoon white wine vinegar
1 tablespoon whole grain mustard
1 1/2 tablespoons canola oil mayonnaise
1/4 teaspoon sugar
2 tablespoons minced red cabbage
2 tablespoons chopped scallions
Pinch black pepper
1/4 teaspoon salt

INSTRUCTIONS:

1. Place potatoes in a large saucepan and cover with water. Bring to a boil and cook for 10 to 15 minutes or until tender. Drain water and let cool.
2. In a medium bowl, combine remaining ingredients and mix well.
3. When potatoes are cool, dice into 1/2-inch cubes. Add to mayonnaise mixture and stir until potatoes are coated. Chill.

Makes 8 (1/4-cup) servings each containing approximately:

55 calories
8 gm. carbohydrate
2 gm. fat
2 gm. cholesterol
1 gm. protein
219 mg. sodium
1 gm. fiber

PINEAPPLE CILANTRO COLESLAW

INGREDIENTS:

1 small head napa cabbage, about 1 pound, shredded
1/2 red bell pepper, diced
1/2 yellow bell pepper, diced
1/2 red onion, diced
2 tablespoons chopped cilantro
3/4 cup diced pineapple
1/4 cup Dijon mustard
2 tablespoons honey
2 tablespoons pineapple juice concentrate

INSTRUCTIONS:

1. Combine all vegetables in a large bowl and toss.
2. Combine mustard, honey and pineapple juice concentrate. Pour over vegetables and mix well.

Makes 10 (1/2-cup) servings, each containing approximately:

50 calories
12 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
187 mg. sodium
2 gm. fiber

GARLIC MASHED POTATOES

INGREDIENTS:

1 pound potatoes, peeled and diced
1/3 cup buttermilk
1 teaspoon roasted garlic
1/2 teaspoon white pepper
1/4 teaspoon salt

INSTRUCTIONS:

1. Preheat oven to 325 degrees.
2. In a medium saucepan, combine 1 quart of water and potatoes. Bring to a boil and cook for 15 to 20 minutes until potatoes are tender, but still hold together. Drain well and transfer onto sheet pan. Steam dry potatoes in oven for 2 to 3 minutes.
3. Place potatoes into mixing bowl and add remaining ingredients. Beat with electric mixer until fluffy.

Makes 5 (1/2-cup) servings, each containing approximately:

80 calories
16 gm. carbohydrate
Trace fat
1 mg. cholesterol
3 gm. protein
149 mg. sodium
1 gm. fiber



Recipe

FRESH POTATO FRIES

INGREDIENTS:

12 ounces baking potatoes, about 2 medium
Nonstick canola oil spray

INSTRUCTIONS:

1. Wash and scrub potatoes. Cut potatoes into french fry strips.
2. Place potatoes in steamer basket and steam over boiling water for 3 minutes.
3. Spread potatoes on a cookie sheet sprayed with nonstick vegetable coating.
4. Bake potatoes at 350°; until ends begin to brown, approximately 20 minutes.

Makes 4 servings, each containing approximately:

65 calories
14 gm. carbohydrate
Trace fat
0 mg. cholesterol
2 gm. protein
6 mg. sodium
2 gm. fiber

CORN BREAD

INGREDIENTS:

4 1/2 tablespoons sugar
Pinch salt
2 tablespoons nonfat dry milk
1/2 tablespoon corn syrup
3 tablespoons butter
1 egg
6 tablespoons water
1/2 cup yellow cornmeal
1 1/4 cups all-purpose flour
2 teaspoons baking powder

INSTRUCTIONS:

1. Preheat oven to 325°. Lightly spray a 9-inch square baking pan with nonstick vegetable coating.
2. Combine sugar, salt, dry milk, corn syrup and butter in the bowl of an electric mixer. Mix until well blended.
3. Add egg and water. Mix until smooth.
4. In a separate bowl, combine remaining ingredients. Add to mixing bowl and mix until smooth.
5. Pour batter into prepared baking pan. Bake for 35 minutes, or until golden, and a knife comes out clean when inserted in the middle.
6. Remove from oven, cool, and cut into 24 pieces.

Makes 24 servings, each containing approximately:

55 calories
1 gm. fat
9 gm. carbohydrate
1 gm. protein
5 mg. cholesterol
115 mg. Sodium

CHUCKWAGON COLESLAW-----
INGREDIENTS:

3 tablespoons nonfat sour cream
3 tablespoons canola oil mayonnaise
3 tablespoons white wine vinegar
2 tablespoons Dijon mustard
2 1/2 teaspoons sugar
1 teaspoon caraway seed
Pinch salt
1/4 teaspoon white pepper
2 cups shredded green cabbage
1/2 cup shredded red cabbage
1/2 cup shredded carrot
1/3 cup minced red onion
1/2 cup chopped apple
1/2 cup shredded jicama

INSTRUCTIONS:

1. Combine nonfat sour cream, canola oil mayonnaise, vinegar, mustard, sugar, caraway seed, salt and pepper in a small bowl.
2. Toss together green cabbage, red cabbage, carrot, onion, apple and jicama in a large bowl. Add dressing and toss until thoroughly mixed.

Makes 12 (1/3-cup) servings, each containing approximately:

60 calories
6 gm. carbohydrate
4 gm. fat
0 mg. cholesterol
Trace protein
112 mg. sodium
1 gm. fiber

CHARRO BEANS

INGREDIENTS:

1/3 cup diced onions
1/2 teaspoon minced garlic
1/2 teaspoon olive oil
1 1/4 cup cooked pinto beans
1 cup vegetable stock
Pinch ground oregano
3 tablespoons diced green chili
1/3 cup diced tomato
1 tablespoon chopped cilantro
3/4 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS:

1. In a medium saucepan, sauté onions and garlic in olive oil over medium heat until onions are translucent.
2. Add remaining ingredients and bring to a boil. Reduce heat and simmer for 15 minutes or until liquid has reduced by 3/4.

Makes 6 (1/3-cup) servings, each containing approximately:

70 calories
14 gm. carbohydrate
Trace fat
0 mg. cholesterol
4 gm. protein
295 mg. sodium
2 gm. fiber

CARMELIZED ONIONS

INGREDIENTS:

2 large yellow or red onion, thinly sliced
2 tablespoons olive oil
1/4 teaspoon salt (optional)
Pinch pepper (optional)

INSTRUCTIONS:

In a large sauté pan, cook onions in olive oil over medium heat for 5 minutes. When onions begin to brown, reduce heat to low and cook 5 more minutes or until sugars are released. Season with salt and pepper.

Makes 8 (1/4-cup) servings, each containing approximately:

50 calories
5 gm. carbohydrate
3 gm. fat
0 mg. cholesterol
Trace protein
64 mg. sodium
1 gm. fiber



Recipe

CALIFORNIA ROLLS

INGREDIENTS:

- | | |
|---|--------------------------------------|
| 1 carrot, cut into long strips | 1 1/2 cups cooked jasmine rice |
| 1/2 cucumber, cut into long strips | 2 tablespoons plain rice vinegar |
| 1/2 yellow squash, cut into long strips | 1/4 teaspoon salt |
| 1/2 red pepper, cut into long strips | 1 tablespoon sugar |
| 1/2 cup sliced mushrooms | 2 sheets Nori (dried seaweed sheets) |
| 1/2 cup seasoned rice vinegar | |

INSTRUCTIONS:

1. Place vegetables to a shallow square pan, and cover with seasoned rice vinegar. Marinate for at least 2 hours, mixing a few times to disperse vinegar.
2. Spread warm rice in a shallow bowl to about a 1-inch layer. Mix together rice vinegar and salt. Sprinkle rice with sugar, then distribute vinegar mixture evenly over rice mixture. Lightly toss.
3. Place Nori sheet on top of bamboo roller. Distribute 3/4 cup of cooked rice (still warm) over Nori to within 1-inch of edges. Lay 1/2 of each vegetable across rice lengthwise.
4. Roll tightly, away from you, using the bamboo roller to grip the Nori. Place roll seam down onto tray and let rest. Repeat process with second roll.
5. Cut each roll into 6 pieces. Serve 2 slices.

Makes 6 servings, each containing approximately:

- 105 calories
 - Trace fat
 - 2 gm. protein
 - 18 gm. carbohydrate
 - 0 mg. cholesterol
 - 193 mg. sodium
 - 2 gm. fiber
- -----

BLACK BEAN SALSA

INGREDIENTS:

1 1/4 cups cooked black beans
1/3 cup diced yellow bell pepper
1/3 cup diced red bell pepper
3 tablespoons chopped scallions
2 tablespoons diced green chili
3 tablespoons seasoned rice vinegar
1/2 teaspoon salt

INSTRUCTIONS:

Combine all ingredients in a bowl and mix well.

Makes 4 (1/2-cup) servings, each containing approximately:

80 calories
15 gm. carbohydrate
Trace fat
0 mg. cholesterol
5 gm. protein
233 mg. sodium
3 gm. fiber

VEGGIE MELT

INGREDIENTS:

1 medium carrot, peeled, sliced and cut into half moons
1 small zucchini squash, sliced and cut into half moons
1 small yellow squash, sliced and cut into half moons
1 small onion, thinly sliced
1/2 red bell pepper, thinly sliced
1/2 yellow bell pepper, thinly sliced
3/4 cup sliced mushrooms
1 teaspoon olive oil
2 tablespoons Sunflower Seed Dressing (see recipe)
1/2 cup shredded mild cheddar or colby cheese
1/2 cup shredded Monterey Jack cheese
1/2 cup shredded Swiss cheese
4 multi-grain sub rolls, about 3 ounces each

INSTRUCTIONS:

1. Lightly coat a large sauté pan with olive oil. Add carrots and cook for about 2 minutes over medium-high heat. Add remaining vegetables and sauté with 1 tablespoon dressing until golden brown, about 5 minutes. Add remaining dressing at end of cooking time and mix well.
2. In a medium bowl, combine all cheese together. Cut sub rolls 3/4 of the way through and open gently, careful not to break the seam. Place 6 ounces hot vegetables in the sub roll and top with 3 tablespoons cheese mixture.

Makes 4 servings, each containing approximately:

350 calories
50 gm. carbohydrate
9 gm. fat
14 mg. cholesterol
19 gm. protein
527 mg. sodium
7 gm. fiber

SUNFLOWER SEED DRESSING

INGREDIENTS

1/2 cup toasted sunflower seeds
3 tablespoons white wine vinegar
2 teaspoons lime juice
1 tablespoon chopped fresh basil
1 1/2 teaspoons chopped fresh oregano
2 tablespoons chopped shallots
2 teaspoons minced fresh garlic
2 teaspoons salt
3/4 teaspoon black pepper
4 teaspoons olive oil
2 tablespoons vegetable stock
1 tablespoon frozen concentrated apple juice

INSTRUCTIONS

Combine all ingredients in a blender container and puree until smooth.

Makes 16 (1-tablespoon) servings, each containing approximately:

35 calories
2 gm. carbohydrate
3 gm. fat
0 gm. cholesterol
1 gm. protein
156 mg. sodium
Trace fiber

TAMALES

INGREDIENTS:

1 cup masa harina	1 cup green chili strips
1 tablespoon olive oil	Tomatillo Sauce:
2 tablespoons sugar	12 ounces tomatillos, roasted
1 teaspoon salt	1/4 jalapeño pepper, minced
1/2 cup chicken stock	1/4 teaspoon oregano
1 1/2 cups frozen corn, thawed	2 teaspoons fresh chopped cilantro
1/2 teaspoon baking powder	1 teaspoon fresh minced garlic
Pinch chipotle pepper powder	1/4 teaspoon salt
1/2 cup grated cheddar cheese	1 teaspoon lime juice

INSTRUCTIONS:

1. Soak corn husks in warm water for 1 hour.
2. In the bowl of a food processor, combine masa, olive oil, sugar, salt, chicken stock and process until crumbly. Add 1/2 of corn and process briefly. Pour into a large bowl.
3. In a blender container, combine remaining corn, chicken stock, baking powder, and chipotle powder and puree until creamy. Add to masa mixture and mix well.
4. Portion 1/4 cup mixture onto each corn husk and top with 1 tablespoon cheddar cheese and 2 tablespoons green chili strips. Roll tamales and place in steamer basket. Repeat for remaining tamales. Steam for 1/2 hour or until cooked through.
5. Combine all ingredients for tomatillos in a blender container and puree until smooth.
6. Serve 2 tamales with 1/4 cup tomatillo salsa.

Makes 4 servings, each containing approximately:

280 calories
 40 gm. carbohydrate
 9 gm. fat
 6 mg. cholesterol
 13 gm. protein
 593 mg. sodium
 7 gm. fiber

*To roll tamales, open soaked corn husk and lay on a flat surface. Place tamale mixture 1 inch from bottom edge of husk leaving at least 1 inch of space on each side. Fold in sides, roll and place in steamer basket, seam side down.

STUFFED YELLOW BELL PEPPER

INGREDIENTS:

4 large yellow bell peppers	1/2 cup diced eggplant
2 teaspoons olive oil	1/3 cup finely chopped pine nuts
1/2 cup diced red onion	1/3 cup golden raisins
1 teaspoon minced garlic	1 teaspoon salt
1/2 cup diced zucchini	1/4 teaspoon black pepper
1/2 cup diced fennel	2/3 cup Panko breadcrumbs
1/2 cup diced yellow squash	1 cup Marinara sauce (see recipe)

INSTRUCTIONS:

-
1. Preheat oven to 375°. Lightly coat a sheet pan with canola oil. Place whole peppers on sheet pan and roast for 15 to 20 minutes or until skin is brown. Transfer from oven and quickly dip in ice cold water. Peel skins, careful not to remove stem. Using a sharp knife, make a slit, starting at the base of the stem, lengthwise down one side. Carefully scoop out seeds and membrane. Set aside.
 2. In a large sauté pan, sauté onions and garlic in olive oil until onions are translucent. Add zucchini, fennel, yellow squash and eggplant. Add nuts, raisins, salt and pepper. Transfer to a food processor and chop slightly. Stuff each roasted pepper with 1/2 cup mixture. Lightly spray with olive oil and roll in Panko breadcrumbs. Place back on sheet pan.
 3. Increase oven temperature to 400° and bake stuffed peppers for 15 minutes, turning every 5 minutes, until golden brown. Serve with 1/4 cup marinara sauce.

Makes 4 servings, each containing approximately:

305 calories
 47 gm. carbohydrate
 14 gm. fat
 0 mg. cholesterol
 10 gm. protein
 679 mg. sodium
 6 gm. fiber

CLASSIC MARINARA SAUCE

INGREDIENTS

2/3 cup diced onions
1 1/2 teaspoons olive oil
1/2 tablespoon minced garlic
1/4 teaspoon crushed red pepper
1 teaspoons dry basil
1/2 teaspoon dry oregano
1/4 teaspoon dry thyme
6 cups canned whole tomatoes
1 1/2 cups canned tomato puree
1 tablespoon honey
1 tablespoon fresh chopped basil
1 tablespoon fresh chopped oregano

INSTRUCTIONS

Note: Crush dried spices in your hands prior to adding to release flavor.

1. In a large saucepot, sauté onion in olive oil over low heat. Add garlic and brown slightly. Add red chili flakes, dry basil, dry oregano and dry thyme and sauté for about 30 seconds.
2. Immediately add all tomato products. Simmer for approximately 1 hour or until sauce has thickened. Add honey, fresh basil and fresh oregano.

Makes 12 (1/2 cup) servings, each containing approximately:

50 calories
11 gm. carbohydrate
Trace fat
0 mg. cholesterol
2 gm. protein
334 mg. sodium
1 gm. fiber

JAPANESE STIR-FRY VEGETABLES

INGREDIENTS:

2 teaspoons canola oil
3/4 cup snow peas
1/4 cup sliced red onion
1/4 cup thinly sliced red and yellow bell peppers
1/4 cup sliced shiitake mushrooms
1/2 cup broccoli florets
1/2 cup shredded napa cabbage
1/2 cup Mongolian BBQ Sauce (see recipe)

INSTRUCTIONS:

1. Heat oil in a hot wok for 1 minute. Add vegetables in order they appear in the recipe and stir-fry 30 seconds after each addition. Vegetables will remain crisp, but tender.
2. Add 1/2 of Mongolian BBQ sauce and stir-fry until hot. Heat remaining sauce separately and place 1 tablespoon over each serving of vegetables.

Makes 4 (1/2-cup) serving, each containing approximately:

65 calories
8 mg. carbohydrate
2 gm. fat
0 mg. cholesterol
2 gm. protein
275 mg. sodium
2 gm. fiber

MONGOLIAN BBQ SAUCE

INGREDIENTS

1/2 cup low-sodium tamari sauce
2 tablespoons sugar
1/4 cup rice vinegar
1 tablespoon sesame oil
1/2 cup sake
1/3 cup water
1/3 cup ketchup
Pinch dried coriander leaves
Pinch dry ginger
1/4 teaspoon red chili flakes
1/4 cup minced leeks
2 teaspoons minced garlic
2 teaspoons minced fresh ginger
2 tablespoons water
2 tablespoons low-sodium tamari sauce

INSTRUCTIONS

1. In a large saucepan, combine first tamari, sugar, rice vinegar, sesame oil, sake and first water and bring to a boil. Add ketchup, coriander leaves, dry ginger and red chili flakes. Simmer for 10 minutes. Remove from heat.
2. In a small bowl, combine leeks, garlic, fresh ginger, water and second tamari sauce. Add to cooked mixture and stir until combined. Store in refrigerator.

Makes 16 (2-tablespoon) servings, each containing approximately:

35 calories
4 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
288 mg. sodium
Trace fiber

ROASTED LAMB WITH ELEPHANT GARLIC BALSAMIC

INGREDIENTS:

2 small bulbs fennel
1 bulb elephant garlic
2 pound lamb rack, trimmed of all visible fat
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 cup veal demi-glace (see recipe)
2 teaspoons balsamic vinegar

INSTRUCTIONS:

1. Preheat oven to 350°. Lightly coat a baking sheet with olive oil. Place garlic and fennel on baking sheet. Roast for 40 minutes or until tender and golden brown.
2. Season lamb with salt and pepper. Sear in hot pan on all sides until golden brown. Transfer to baking pan, place fat side up and roast for 40 minutes or until internal temperature reaches 130°. Remove from oven and let rest for 5 minutes.
3. Peel garlic and place in a small bowl. Mash with a spoon to form a paste. Transfer to a small saucepan and add demi-glace. Add balsamic vinegar and heat to simmering stirring occasionally to prevent scorching.
4. Slice lamb rack into chops. Serve 1 chop with 2 tablespoons sauce and 1/2 bulb roasted fennel.

Makes 4 servings, each containing approximately:

180 calories
11 gm. carbohydrate
6 gm. fat
63 mg. cholesterol
20 gm. protein
314 mg. sodium
1 gm. fiber

VEAL DEMI-GLACE

INGREDIENTS

3 pounds assorted veal bones	1/4 cup chopped shallots
3/4 pound veal leg bone	2 garlic cloves, chopped
1/2 carrot, roughly chopped	4 tablespoons burgundy wine
1 small onion, roughly chopped	2 tablespoons sherry
1 celery stock, roughly chopped	1 1/2 teaspoons black pepper
1 bouquet garni (parsley, black peppercorns and bay leaf)	1/4 teaspoon salt
2 quarts water	3/4 cup water
	1 tablespoon cornstarch

INSTRUCTIONS

1. Preheat oven to 350°.
2. On a large baking sheet, place veal bones, carrots, onions and celery. Bake in oven for 20 minutes or until vegetables are roasted.
3. Place roasted vegetables in a 3 quart stock pot with 2 quarts water and bouquet garni. Bring to a boil. Reduce heat and simmer for 3 to 4 hours, or until liquid measures about 2 cups. Remove bones and bouquet garni and discard. Strain vegetables and reserve liquid (glace de viande).
4. Spray a large sauté pan with canola oil. Sauté shallots and garlic over medium heat until shallots are translucent. Add burgundy wine and sherry and simmer until liquid is almost evaporated. Add glace de viande and 3/4 cup water. Bring to a boil and simmer until demi-glace measures about 2 cups. Combine cornstarch with an equal amount of water and mix to form a paste. Add to demi-glace and simmer about 1 minute, or until thickened.

Makes 16 (2-tablespoon) servings, each containing approximately:

30 calories	3 gm. carbohydrate
Trace fat	11 mg. cholesterol
3 gm. protein	47 mg. sodium
Trace fiber	

Cook's Notes: A bouquet garni is a combination of 2 tablespoons each of parsley and black peppercorns and 1 bayleaf, wrapped in a 8-inch square of cheesecloth and tied at the top.

MOROCCAN LAMB STEW WITH COUSCOUS

INGREDIENTS:

2 tablespoons olive oil	1 1/2 cups cubed butternut squash
16 ounces cubed lamb meat	2 cups chopped cabbage
1 1/2 cup chopped onion	1 cup cooked garbanzo beans
1 tablespoon minced garlic	1 cinnamon stick
1 teaspoon turmeric	1 teaspoon salt
1 cup peeled and diced Roma tomatoes	1 teaspoon pepper
5 cups vegetable stock	2 2/3 cups couscous
2 cups cubed turnips	3 cups boiling water
1 1/2 cups sliced carrots	1/4 teaspoon salt
1 parsley bouquet garni	1 teaspoon Harissa Paste (see recipe)

INSTRUCTIONS:

-
1. Heat oil in a large saucepot. Add lamb and cook for 2 to 3 minutes over medium heat until browned. Add onions, garlic, turmeric and tomato and cook for 2 more minutes.
 2. Add 1/2 of stock and bring to a boil. Simmer 5 minutes. Add turnips, carrots and parsley bouquet. Bring back to a simmer and cook for 15 minutes. Add squash and cabbage and cook for another 15 minutes. Add garbanzo beans, cinnamon stick and salt and pepper and remaining stock. Continue to simmer 10 to 15 more minutes.
 3. Place dry couscous in a large bowl. Pour in boiling water and salt and briefly stir. Cover bowl with lid or plastic wrap to trap steam. Let sit for 10 minutes. Remove cover and fluff with a fork.
 4. In a small bowl, combine 1/2 cup broth from stew with 1 teaspoon harissa paste. Serve 1/2 cup couscous with 1 1/4 cup lamb stew and top with 2 tablespoons harissa broth (optional).

Makes 8 servings, each containing approximately:

375 calories	0 gm. cholesterol	452 mg. sodium
45 gm. carbohydrate	22 gm. protein	8 gm. fiber
12gm. fat		

Cook's Note:

A bouquet garni is a bundle of herbs wrapped in cheesecloth and tied with a string. In this recipe it refers to parsley only. Traditional bouquet garni's have a combination of parsley, thyme and bay leaf.

HARISSA PASTE

INGREDIENTS

1/2 cup dried red chili peppers
1 tablespoon olive oil
Pinch cumin
Pinch dried coriander
Pinch caraway seed
1 teaspoon minced garlic
Pinch salt

INSTRUCTIONS

1. In a small bowl pre-soak dry chiles in hot water. Drain and chop chiles into a fine pulp and combine with olive oil in a small bowl. Add seasonings and salt. Mix well.
2. May be stored in refrigerator in covered container for several weeks.

Makes 8 (1-tablespoon) servings, each containing approximately:

45 calories
4 gm. carbohydrate
3 gm. fat
0 mg. cholesterol
Trace protein
279 mg. sodium
Trace fiber

STRAWBERRY DAIQUIRI

INGREDIENTS:

1 cup frozen strawberries
1 cup orange juice
3 tablespoons apple juice concentrate
1 teaspoon lemon juice

INSTRUCTIONS:

Combine all ingredients in a blender and puree until smooth.

Makes 2 servings, each containing approximately:

110 calories
26 gm. carbohydrate
Trace fat
0 mg. cholesterol
1 gm. protein
9 mg. sodium
2 gm. fiber



Recipe

STRAWBERRY BANANA SMOOTHIE

INGREDIENTS:

1/4 cup strawberries
1 small banana
1/2 cup apple juice
1/3 cup nonfat plain yogurt

INSTRUCTIONS:

Combine all ingredients in a blender container and puree until smooth.

Makes 1 smoothie, containing approximately:

190 calories
44 gm. carbohydrate
Trace fat
Trace cholesterol
5 gm. protein
61 mg. sodium
4 gm. fiber

PIÑA COLADA SMOOTHIE

INGREDIENTS:

3/4 cup diced pineapple
1/4 cup lite coconut milk
1/2 small banana
1/4 cup crushed ice
1/4 teaspoon minced lemon grass

INSTRUCTIONS:

Combine all ingredients in a blender container and puree until smooth.

Each serving contains approximately:

155 calories
39 gm. carbohydrate
1 gm. fat
0 mg. cholesterol
2 gm. protein
62 mg. sodium
4 gm. fiber



Recipe

PEACH MANGO RASPBERRY SMOOTHIE

INGREDIENTS:

1/4 cup chopped peaches
1/4 cup chopped mango
1/4 cup raspberries
1/4 cup nonfat plain yogurt
1/2 cup apple juice

INSTRUCTIONS:

Combine all ingredients in a blender container and puree until smooth.

Makes 1 smoothie, containing approximately:

170 calories
39 gm. carbohydrate
Trace fat
Trace cholesterol
4 gm. protein
42 mg. sodium
5 gm. fiber



Recipe

PEACH AND PEAR SMOOTHIE

INGREDIENTS:

- 1 cup frozen peaches
- 1/3 cup canned pears
- 2 tablespoons frozen pineapple concentrate
- 1 teaspoon ginger juice
- 3 tablespoons organic grape juice

INSTRUCTIONS:

Combine all ingredients in a blender container and puree until smooth.

Each serving contains approximately:

- 195 calories
 - 49 gm. carbohydrate
 - Trace fat
 - 0 mg. cholesterol
 - 2 gm. protein
 - 31 mg. sodium
 - 6 gm. fiber
- -----

CRANBERRY NECTAR SMOOTHIE

INGREDIENTS:

1 1/2 cups cranberry nectar
1 cup diced strawberries
1 small banana, sliced

INSTRUCTIONS:

Combine all ingredients in a blender and puree until smooth.

Makes 2 (12-oz.) servings, each containing approximately:

160 calories
39 gm. carbohydrate
Trace fat
0 mg. cholesterol
1 gm. protein
2 mg. sodium
4 gm. fiber



Recipe

CHERRY AND BLACKBERRY SMOOTHIE

INGREDIENTS:

- 2/3 cup frozen sweet dark cherries
- 1/2 cup frozen blackberries
- 1/3 cup orange juice

INSTRUCTIONS:

Combine all ingredients in a blender container and puree until smooth.

Each serving contains approximately:

- 150 calories
 - 35 gm. carbohydrate
 - Trace fat
 - 0 mg. cholesterol
 - 2 gm. protein
 - 5 mg. sodium
 - 5 gm. fiber
- -----



Recipe

CANYON RANCH SHAKES

INGREDIENTS:

- 2 cups nonfat or skim milk
- 2 tablespoons nonfat dry milk
- 1 1/2 cups frozen fruit, such as strawberries, blueberries, bananas, peaches, etc.
- 2 tablespoons sugar

INSTRUCTIONS:

1. Combine ingredients in blender container and mix until smooth.
2. Pour into 3 glasses. Garnish rim of glass with appropriate fruit, if desired.

Makes 3 (3/4-cup) servings, each containing approximately:

- 150 calories
- 29 gm. carbohydrate
- Trace fat
- 3 mg. cholesterol
- 7 gm. protein
- 102 mg. sodium

Calories will vary according to the type of fruit used.

BLOODY MARY MIX

INGREDIENTS:

1 tablespoon horseradish
1 1/2 teaspoons Old Bay seasoning
2 teaspoons celery seed
2 teaspoons distilled white vinegar
4 tablespoons fresh lemon juice
Pinch black pepper
3 tablespoons Worcestershire sauce
4 cups low-sodium tomato juice

INSTRUCTIONS:

Combine all ingredients except for tomato juice in a blender container. Puree briefly. Add tomato juice and blend well. Serve over ice.

Makes 6 (3/4-cup) servings, each containing approximately:

35 calories
8 gm. carbohydrate
Trace fat
0 mg. cholesterol
2 gm. protein
311 mg. sodium
1 gm. fiber

BANANA YOGURT SMOOTHIE

INGREDIENTS:

3/4 cup fruit-flavored nonfat yogurt
1 teaspoon honey
1 small banana
1/3 cup skim milk
Pinch ground cinnamon

INSTRUCTIONS:

1. Combine all ingredients in blender container and blend until smooth.
2. Serve in an attractive glass and garnish with cinnamon, if desired.

Makes 2 servings, each containing approximately:

115 calories
25 gm. carbohydrate
Trace fat
Trace cholesterol
4 gm. protein
58 mg. sodium
235 mg. calcium
Trace fiber

APRICOT RASPBERRY SMOOTHIE

INGREDIENTS:

1 cup apricots, canned in water
1/2 cup frozen raspberries
2/3 cup unsweetened apple juice
1/2 medium banana
1/4 cup crushed ice

INSTRUCTIONS:

Combine all ingredients in a blender container and puree until smooth.

Makes 2 servings, each containing approximately:

130 calories
32 mg. carbohydrate
Trace fat
0 mg. cholesterol
2 gm. protein
7 mg. sodium
5 gm. fiber

SMOKED CHICKEN QUESADILLA

INGREDIENTS:

- 1 skinless chicken breast half, boned and defatted
- 3 tablespoons chopped scallions
- 2 tablespoons diced sun-dried tomatoes
- 1/4 cup diced zucchini
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons fresh corn
- 1 tablespoon Sweet Garlic Paste (see recipe)
- 1/4 teaspoon salt
- 1/2 cup shredded mozzarella cheese
- 1/4 cup green chili strips
- 4 small whole-wheat tortillas, 6-inches in diameter
- 1/2 cup Salsa Fresca (see recipe)

INSTRUCTIONS:

1. Soak 2 cups wood chips in water for 20 minutes. Pour off water and drain chips on a towel. Preheat outdoor grill. Place wet wood chips on heat element (charcoal or gas burner), and let smoke. Make sure cooking surface is at least 12 inches from heat source and place chicken on grill. Cover and smoke for at least 10 minutes.
2. Preheat oven to 400°. Place chicken on baking sheet and cook in oven for 10 more minutes, or until juices run clear when pierced with a fork. Cool slightly and dice.
3. In a medium sauté pan, combine chicken, scallions, tomatoes, zucchini, cilantro, corn and garlic paste. Cook over medium heat for 1 to 2 minutes or until heated through. Season with salt.
4. Lay tortillas on a baking sheet. Divide chicken mixture equally between tortillas and top with 2 tablespoons mozzarella cheese. Place 2 tablespoons green chili strips over cheese. Fold in half, transfer to oven and cook until cheese is melted, about 2 to 3 minutes. Serve with 2 tablespoons Salsa Fresca.

Makes 4 servings, each containing approximately:

165 calories	23 mg. cholesterol	305 mg. sodium
24 gm. carbohydrate	12 gm. protein	5 gm. fiber
4 gm. fat		

MESQUITE FLOUR PANCAKES

INGREDIENTS:

1/2 cup brown rice flour	1/4 cup mesquite flour
1/2 cup rice flour	1 1/2 cups buttermilk
1/4 cup potato flour	1 egg
1/4 cup tapioca flour	2 tablespoons cashew butter
1/4 teaspoon salt	1/2 cup mashed banana
1 1/2 teaspoons baking powder	2 1/2 tablespoons honey
1/4 teaspoon baking soda	6 tablespoons maple syrup
1/4 cup ground flax seed	

INSTRUCTIONS:

1. Combine dry ingredients in a large mixing bowl. In a medium bowl, beat together remaining wet ingredients except for maple syrup.
2. Add wet mixture to dry mixture and beat with a wire whip until all ingredients are moistened.
3. Heat griddle or large sauté pan over medium heat. Pour a scant 1/4 cup of batter onto griddle. Cook until large bubbles form. Flip and cook other side until golden brown. Serve 3 pancakes with 1 tablespoon maple syrup.

Makes 6 (3-pancake) servings, each containing approximately:

290 calories
51 mg. carbohydrate
6 gm. fat
39 mg. cholesterol
10 gm. protein
354 mg. sodium
2 gm. fiber

TROPICAL DIPPING SAUCE

INGREDIENTS:

1 1/2 cups diced pineapple
4 teaspoons almond oil
1 shiso leaf, chiffonade

INSTRUCTIONS:

Juice pineapple in fruit and vegetable juicer and preserve enough juice to measure 1 cup.
Combine with almond oil and shiso leaf and mix well.

Makes 4 servings, each containing approximately:

72 calories
8 gm. carbohydrate
5 gm. fat
0 mg. Cholesterol
trace protein
1 gm. sodium
Trace fiber

THAI GREEN CURRY PASTE

INGREDIENTS:

1 teaspoon black peppercorns	1 teaspoon lime juice
2 teaspoons coriander seed	1 tablespoon grated lime peel
2 teaspoons cumin seed	1/2 cup chopped cilantro, leaves and stems
1 jalapeño pepper seeded and chopped	2 teaspoons salt
1 Anaheim green chili pepper, roasted and chopped	1/4 cup sliced lemon grass
1 serrano chili, seeded and chopped	3 tablespoons chopped galanaga root
1 Thai chili, seeded and chopped	3 tablespoons chopped ginger
3 kaffir leaves	2 tablespoons water
2 tablespoons olive oil	

INSTRUCTIONS:

1. Preheat oven to 375°. In a small pan, roast peppercorns, coriander seed and cumin seed until toasted, about 5 minutes. Watch carefully to prevent burning. When cool grind in spice grinder.
2. Combine all ingredients in a blender container and puree until smooth. Strain mixture through a sieve to remove fibers.

Makes 1 1/2 cups mixture, each teaspoon containing approximately:

20 calories
4 gm. carbohydrate
Trace fat
0 mg. cholesterol
1 gm. protein
61 mg. sodium
Trace fiber

SUN-DRIED TOMATO COULIS

INGREDIENTS:

1 pound tomatoes
1/3 cup sun-dried tomatoes
1 teaspoon chopped fresh oregano
1 teaspoon chopped fresh basil
Pinch dried thyme
Pinch white pepper

INSTRUCTIONS:

1. Bring a medium pot of water to a boil. Cut a small "X" in the bottom of each tomato. Drop tomatoes into water for 10 seconds. Remove tomatoes and place in a bowl of ice water. When cool enough to handle, peel the tomatoes. Transfer to bowl of food processor.
2. Place sun-dried tomatoes in boiling water. Turn off heat, and allow to soak for 5 to 10 minutes. Drain, then add to tomatoes. Process until smooth.
3. Transfer mixture to a small saucepan. Add remaining ingredients and simmer for 30 minutes.
4. Serve 1 tablespoon with each tamale.

Makes 14 (2-tablespoon) servings, each containing approximately:

40 calories
7 gm. carbohydrates
Trace fat
0 mg. cholesterol
1 gm. protein
7 mg. sodium
1 gm. fiber

RED BELL PEPPER HUMMUS

INGREDIENTS:

1 15-ounce can garbanzo beans, drained
2 tablespoons lemon juice
1 tablespoon olive oil
2 teaspoons sesame tahini
1 small red bell pepper, roasted, peeled and sliced
1/2 teaspoon salt
1/4 teaspoon black pepper
1 1/2 tablespoons chopped fresh parsley
2 teaspoons minced fresh garlic

INSTRUCTIONS:

Combine all ingredients in a blender or food processor and puree until smooth.

Makes 8 (1/4-cup) servings, each containing approximately:

90 calories
11 gm. carbohydrate
4 gm. fat
0 mg. cholesterol
4 gm. protein
299 mg. sodium
3 gm. fiber

PICO DE GALLO

INGREDIENTS:

4 medium tomatoes, diced
1 1/2 cups canned, diced tomatoes
1/2 cup diced red onion
3 tablespoons chopped scallions
1/2 cup diced yellow bell pepper
1 tablespoon diced jalapeño pepper
1/4 cup chopped cilantro
1 1/2 tablespoons fresh lime juice
1 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon dried oregano leaves
1/4 teaspoon garlic powder

INSTRUCTIONS:

Place all ingredients in a food processor and mix briefly.

Makes 3 cups salsa, each 2-tablespoon serving containing approximately:

10 calories
2 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
122 mg. sodium
Trace fiber

PAPAYA RELISH

INGREDIENTS:

1 teaspoon honey
1/2 teaspoon fresh lime juice
1/2 papaya, cleaned and diced
2 teaspoons chopped cilantro
1 teaspoon chopped scallions
1 1/2 tablespoons minced red bell pepper
1 teaspoon minced red onion
Pinch salt

INSTRUCTIONS:

In a small bowl, combine honey and lime juice. Add remaining ingredients and mix well.

Makes 4 (2-tablespoon) servings, each containing approximately:

10 calories
3 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
67 mg. sodium
Trace fiber



Recipe

ORGANIC APPLE BUTTER

INGREDIENTS:

- 2 cups dried organic apples
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/8 teaspoon ground cloves
- 2 cups unsweetened organic apple juice

INSTRUCTIONS:

1. Combine all ingredients in a large saucepan and bring to a boil. Reduce heat and simmer, covered, for 20 minutes, stirring occasionally. Remove from heat and cool slightly.
2. Pour into a blender container and process until smooth. Cool to room temperature and refrigerate in tightly covered container.

Makes 16 (2-tablespoon) servings, each containing approximately:

- 55 calories
 - 15 gm. carbohydrate
 - Trace fat
 - 0 mg. cholesterol
 - Trace protein
 - 14 mg. sodium
 - 1 gm. fiber
-
-

ONION RELISH

INGREDIENTS:

1 large onion, thinly sliced
1 teaspoon olive oil
3/4 cup red wine
6 tablespoons red wine vinegar
1/4 teaspoon salt
Pinch pepper
3/4 cup water
1 1/2 tablespoons sugar

INSTRUCTIONS:

1. In a large saucepan, cook onions over medium heat in oil until brown. Add red wine and simmer until wine has reduced by 1/2.
2. Add vinegar, sugar, salt, pepper and water and cook until liquid has evaporated.

Makes 6 servings, each containing approximately:

40 calories
5 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
47 mg. sodium
Trace fiber

ONION CHIPOTLE SAUCE-----
INGREDIENTS:

1 medium yellow onion, peeled and halved
1 teaspoon olive oil
1/4 teaspoon minced garlic
1/4 teaspoon fresh, chopped oregano
1/4 cup chopped tomato
Pinch sugar
Pinch black pepper
Pinch ground cumin
Pinch ground coriander
1/2 teaspoon cider vinegar
1/4 teaspoon chopped chipotle peppers
1/2 cup vegetable stock
1/4 teaspoon salt

INSTRUCTIONS:

1. Preheat oven to 400°. Lightly coat a sheet pan with canola oil. Place onion halves on sheet pan and roast until light brown, about 10 minutes. Chop and set aside.
2. Place olive oil in a large sauté pan. Sauté onions, garlic, oregano and tomato in oil over medium heat. Add sugar, spices, vinegar, chipotle peppers and vegetable stock. Season with salt. Place in a blender container and puree until smooth.

Makes 4 (1/4-cup) servings, each containing approximately:

30 calories
3 gm. carbohydrate
2 gm. fat
0 mg. cholesterol
Trace protein
144 mg. sodium
Trace fiber

HUMMUS WITH FRESH HERBS

INGREDIENTS:

4 cups cooked garbanzo beans
4 tablespoons peeled and minced garlic
2 tablespoons olive oil
1 1/2 teaspoons ground coriander
1 1/2 teaspoons ground cumin
Pinch cayenne pepper
1 1/2 teaspoons salt
4 tablespoons lemon juice
3/4 cup water
1 tablespoon chopped, fresh oregano
1 tablespoon chopped, fresh mint
1 tablespoon chopped, fresh basil

INSTRUCTIONS:

1. Combine all ingredients except for water and fresh herbs in a blender or food processor. Add water while blending and puree until smooth.
2. Place in a large bowl and stir in herbs. Refrigerate.

Makes 20 (1/4-cup) servings, each containing approximately:

65 calories
8 gm. carbohydrate
2 gm. fat
0 mg. cholesterol
2 gm. protein
176 mg. sodium
1 gm. fiber

HERB PESTO SAUCE

INGREDIENTS:

4 tablespoons chopped pine nuts
1 tablespoons fresh basil leaves
1 tablespoon fresh oregano
3 tablespoons shredded arugula
3 tablespoons chopped chives
2 tablespoons parmesan cheese
1 tablespoon olive oil
1 tablespoon Vegetable Stock
2 teaspoons peeled, chopped garlic
Pinch salt

INSTRUCTIONS:

Combine all ingredients in food processor or blender and puree until smooth. Serve with pasta.

Makes 6 (2-tablespoon) servings, each containing approximately:

95 calories
3 gm. carbohydrate
9 gm. fat
0 mg. cholesterol
2 gm. protein
89 mg. sodium
Trace fiber

GUACAMOLE

INGREDIENTS:

1/2 cup julienned spinach
1/3 cup frozen peas
1 ounce silken lite tofu
1 1/2 tablespoons lemon juice
Pinch salt
Pinch cumin
Pinch cayenne
Pinch chili powder
Dash Tabasco
6 tablespoons mashed avocado
3 tablespoons peeled and minced tomato
2 tablespoons salsa
3 tablespoons minced white onions
1 tablespoon chopped cilantro
2 teaspoons chopped scallions

INSTRUCTIONS:

1. Steam spinach until wilted. Remove from heat and squeeze out excess water.
2. Briefly steam peas and rinse under cold water to retain green color.
3. In blender container, combine spinach, peas, tofu, lemon juice, seasonings, and avocado and process until smooth.
4. Fold in remaining ingredients and mix well.

Makes 8 (2 tablespoon) servings, each containing approximately:

30 calories
3 gm. carbohydrate
2 gm. fat
0 mg. cholesterol
1 gm. protein
131 mg. sodium
1 gm. fiber

CHIPOTLE SALSA

INGREDIENTS:

1 15-ounce can whole tomatoes, drained
1/4 cup diced red onion
1 clove garlic, minced
1 teaspoon dried oregano
1 tablespoon chopped cilantro
1/4 teaspoon minced chipotle pepper
1/2 teaspoon salt
1 teaspoon red wine vinegar
1 teaspoon white wine vinegar
Pinch chili flakes

INSTRUCTIONS:

Place all ingredients in a cuisinart or blender container and blend until smooth.

Makes 16 (2-tablespoon) servings, each containing approximately:

10 calories
2 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
152 mg. sodium
Trace fiber

Cook's note:

Organic canned tomatoes are traditionally used in this recipe.

CARAMEL SAUCE

INGREDIENTS:

1/3 cup sugar
2 1/2 tablespoons water
1/2 tablespoon corn syrup
1/2 cup evaporated skim milk
1 teaspoon butter

INSTRUCTIONS:

1. Combine sugar, water and corn syrup in medium saucepan. Simmer over low heat until sugar dissolves, about 5 minutes. Continue to cook until sugar is dark in color.
2. Slowly add evaporated skim milk and butter and whisk briskly with wire whip until sauce is smooth.

Makes 16 (1-tablespoon) servings, each containing approximately:

25 calories
6 gm. carbohydrate
Trace fat
1 mg. cholesterol
Trace protein
7 mg. sodium
0 mg. fiber

Cook's note:

For a variety of flavors, 1 tablespoon of your favorite liqueur, such as Calvados, during the cooking process, will enhance your sauce.

BBQ SAUCE

INGREDIENTS:

1/2 cup diced onion
1 tablespoon minced garlic
1 1/2 teaspoon chili powder
1/2 cup brewed coffee
1/4 cup Worcestershire sauce
1/2 cup beer
1 1/2 tablespoons molasses
1 1/2 cups low-sodium ketchup
3 tablespoons cider vinegar
1/3 cup packed brown sugar
1/2 teaspoon liquid smoke

INSTRUCTIONS:

Lightly coat a small sauté pan with canola oil. Sauté onion and garlic over medium heat until soft and slightly browned, about 3 to 5 minutes. Add remaining ingredients and simmer until sauce begins to thicken, about 5 to 10 minutes.

Makes 16 (2-tablespoon) servings, each containing approximately:

50 calories
13 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
49 mg. sodium
Trace fiber

APRICOT CHUTNEY

INGREDIENTS:

1/2 cup minced red onion
2 teaspoons minced garlic
1/3 cup frozen diced apricots
1/3 cup diced red apple
1 teaspoon minced ginger
1 tablespoon cooking sherry
1 1/2 teaspoons sherry wine vinegar
1 tablespoon honey
Pinch ground cloves
1 bay leaf

INSTRUCTIONS:

1. Lightly spray a large sauté pan with canola oil. Add onions and cook over medium heat until translucent. Add garlic and cook for 1 minute or until garlic begins to turn golden. Add apricots, apples and ginger. Simmer 5 minutes.
2. Add sherry and vinegar. Remove from heat and add honey, cloves and bay leaf. Let cool. Remove bay leaf before serving.

Makes 4 (1/4-cup servings), each containing approximately:

65 calories
15 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
39 mg. sodium
1 gm. fiber

WHOLE-WHEAT BUTTERMILK PANCAKES WITH FRUIT

INGREDIENTS:

3/4 cup bread flour	1 tablespoon maple syrup
3/4 cup whole-wheat flour	1 large egg
3 tablespoons sugar	1 cup buttermilk
1/4 teaspoon salt	3/4 cup 2% milk
2 1/2 teaspoons baking powder	2 1/2 tablespoons canola oil
1 teaspoon baking soda	1 cup berries or chopped fruit

INSTRUCTIONS:

-
1. In a large bowl, combine all dry ingredients. In a medium bowl combine remaining wet ingredients and mix well. Add wet ingredients to dry ingredients and mix until smooth.
 2. Lightly coat a griddle or large sauté pan with canola oil . Place on burner over medium heat until hot. Portion approximately 3 tablespoons batter on griddle and sprinkle with 1 tablespoon berries. Cover berries with 1 additional tablespoon batter and cook until bubbles form. Flip and cook other side to golden brown.

Makes 6 (3-pancake) servings, each containing approximately:

335 calories
59 gm. carbohydrate
8 gm. fat
48 mg. cholesterol
8 gm. protein
572 mg. sodium
4 gm. fiber

Cook's Note:

This recipe may also be used for waffles. For successful waffles, use a cooking spray with canola oil to coat the waffle iron thoroughly and start with 3/4 cup batter.

SPINACH EGGS BENEDICT

 INGREDIENTS:

8 cups washed fresh spinach leaves, well drained
 1 1/2 teaspoons non-salt seasoning (such as Mrs. Dash®)
 4 whole-wheat English muffins

Hollandaise Sauce:

3 egg yolks	4 tablespoons melted butter
1 teaspoon lemon juice	3 egg whites
Pinch cayenne pepper	Pinch cream of tartar
Pinch salt	

Poached Eggs:

1 tablespoon white vinegar
 4 cups water
 8 whole eggs

 INSTRUCTIONS:

1. Lightly coat large sauté pan with canola oil and sauté spinach over medium-high heat until wilted. Season with Mrs. Dash. Cover and set aside.
2. Split English muffins in half and toast.
3. Bring a large pot of water to boil.
4. In a medium stainless steel mixing bowl, combine yolk, lemon juice, cayenne pepper and salt. Place stainless steel bowl over (not touching) boiling water and whisk egg mixture with a wire whip until thickened. Place mixture in blender container and blend at high speed for 5 seconds. Reduce to medium speed and slowly add butter.
5. In a medium bowl, beat egg whites and cream of tartar until mixture forms stiff peaks. Fold yolk mixture into egg white mixture until blended.
6. To poach eggs, add vinegar to water in a large saucepan, bring to a boil again and reduce to a simmer. Gently crack each egg just above the surface and let egg slip into the water. As eggs cook, use a spoon to corral whites around the yolks. Cook until whites are firm and opaque, but yolk is still soft. Lift eggs from water with a slotted spoon and let drip for a few seconds before assembling plates.
7. Place 1/4 cup spinach on English muffin half. Top with one poached egg and 2 tablespoons Hollandaise Sauce.

Makes 8 serving, containing approximately:

210 calories	12 gm. fat	11 gm. protein
16 gm. carbohydrate	254 mg. cholesterol	400 mg. sodium
		3 gm. fiber

PUMPKIN MUFFINS

INGREDIENTS:

1 egg	1/4 teaspoon salt
3 egg whites	1 teaspoon baking soda
1/4 teaspoon ground cloves	1 1/4 teaspoon ground cinnamon
1 cup turbinado sugar	Pinch allspice
2 1/2 tablespoons canola oil	2 tablespoons chopped walnuts
1/3 cup applesauce	2 1/2 tablespoons golden raisins
1 cup canned pumpkin	1 1/2 tablespoons sugar
1/4 teaspoon ground cinnamon	1 1/2 cups all-purpose flour

INSTRUCTIONS:

1. Preheat oven to 325°.
2. In a large bowl, blend egg, egg whites, turbinado sugar, oil, applesauce and pumpkin mix well.
3. In a separate bowl, combine flour, salt, baking soda, first amount of cinnamon, cloves, allspice, walnuts, and raisins.
4. Add wet ingredients to dry ingredients and mix until just combined. Do not over mix.
5. Using a 1/3 cup measure, fill muffin tins and bake in oven for 20 minutes.
6. Mix sugar and 2nd amount of cinnamon in a small bowl. Directly after removing muffin tins from oven sprinkle 1/4 teaspoon sugar mixture on top of each muffin.

Makes 12 muffins, each containing approximately:

165 calories
29 gm. carbohydrate
4 gm. fat
18 mg. cholesterol
4 gm. protein
177 mg. sodium
2 gm. fiber

GINGERBREAD PANCAKES

INGREDIENTS:

1 1/4 cups whole-wheat flour
1 teaspoon baking soda
1/2 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
Pinch salt
1 tablespoon instant decaffeinated coffee powder
1/3 cup hot water
1 cup thawed apple juice concentrate
3 tablespoons melted butter
1 whole egg, beaten

INSTRUCTIONS:

1. Combine flour, baking soda, ginger, cinnamon, cloves, and salt in a large mixing bowl.
2. In a smaller bowl, dissolve instant coffee in hot water. Add apple juice concentrate and melted butter. Allow liquid to cool before adding egg. Mix well.
3. Add liquid ingredients to dry ingredients and mix just enough to moisten dry ingredients. The mixture will be lumpy.
4. Spray a hot skillet or griddle with nonstick vegetable spray. Pour 2 tablespoons batter onto griddle. Cook until the top of each pancake is covered with tiny bubbles and the bottom is brown. Turn and brown other side. Repeat with remaining batter.

Makes 8 (3 pancake) servings, each containing approximately:

170 calories
29 gm. carbohydrate
5 gm. fat
34 mg. cholesterol
4 gm. protein
258 mg. sodium
1 gm. fiber

FRUIT MUFFINS

INGREDIENTS:

1 cup all-purpose flour	2 tablespoons canola oil
1/2 cup whole-wheat pastry flour	1/3 cup sugar
2 teaspoons baking powder	1 cup peeled and chopped fruit or berries
1/2 teaspoon salt	Topping:
1 small egg	Pinch cinnamon
1/3 cup 2% milk	2 tablespoons sugar
1/3 cup nonfat plain yogurt	

INSTRUCTIONS:

1. Preheat oven to 350°. Spray a muffin tin with nonstick vegetable coating.
2. In large bowl, combine flours, baking powder and salt.
3. In a medium bowl combine egg, milk, yogurt, and oil. Add 1/3 cup sugar and mix well.
4. Pour egg mixture into dry ingredients and stir until all ingredients are moistened. Add fruit and stir until just mixed.
5. Fill each muffin cup with 1/4 cup batter and bake for 15 to 20 minutes or until muffins are golden and toothpick inserted into center comes out clean.
6. To prepare topping, mix together cinnamon and sugar. Sprinkle 1/2 teaspoon over each warm muffin. Cool and remove from tins.

Makes 12 muffins, each containing approximately:

135 calories
 24 gm. carbohydrate
 3 gm. fat
 15 mg. cholesterol
 3 gm. protein
 87 mg. sodium
 2 gm. fiber

FRUIT CRISP

INGREDIENTS:

4 cups thinly sliced fruit such as pears, peaches, apples
 1/2 cup all-purpose flour
 1/4 cup thawed, unsweetened apple juice concentrate
 1/3 cup all-purpose flour
 3/4 cup dry oats
 1/4 teaspoon baking soda
 Pinch salt
 1/3 cup brown sugar
 1 teaspoon grated orange peel, orange part only
 1 teaspoon thawed, orange juice concentrate
 3/4 teaspoon cinnamon
 Dash nutmeg
 4 tablespoons melted butter or canola oil

INSTRUCTIONS:

1. Preheat oven to 300°. Spray 8"x8"x2" pan lightly with nonstick vegetable coating and set aside.
2. In a small bowl combine fruit, 1/2 cup all-purpose flour and apple juice concentrate and toss until fruit is well coated. Pour into prepared pan and set aside.
3. In another bowl, combine remaining flour, oats, baking soda, salt, brown sugar, orange peel, juice and spices. Gradually stir in melted butter or oil and mix until mixture resembles coarse crumbs. Sprinkle evenly over fruit.
4. Bake 30 minutes or until topping is lightly browned.

Makes 8 servings, each containing approximately:

200 calories	15 mg. cholesterol
35 gm. carbohydrate	81 mg. sodium
3 gm. protein	23 mg. calcium
6 gm. fat (2 gm. saturated fat if using butter)	1 gm. iron
	3 gm. fiber

Cooks Note: Water packed fruit performs nicely in this recipe. Drain before slicing.

FRENCH TOAST

INGREDIENTS:

1 egg
3/4 cup low-fat milk
Pinch nutmeg
Pinch cinnamon
1/2 teaspoon vanilla
1 tablespoon canola oil
12 slices whole-grain bread
3/4 cup fresh fruit preserves

INSTRUCTIONS:

1. Place egg in a shallow bowl and beat slightly. Add milk, spices and vanilla and beat until all ingredients are mixed well.
2. Heat a sauté or grill pan and coat with 1/2 teaspoon canola oil (a six second spray equals 1/2 teaspoon.) Dip both sides of bread in egg mixture. Cook in batches of two over medium heat until golden brown, about 1 minute on each side. Spray again with canola oil between batches.
3. Serve 2 slices french toast with 2 tablespoons fresh fruit preserves.

Makes 6 servings, each containing approximately:

310 calories
38 gm. carbohydrate
12 gm. fat
41 mg. cholesterol
14 gm. protein
323 mg. sodium
3 gm. fiber

EGG WHITE OMELETTE WITH VEGETABLES

INGREDIENTS:

1 egg white
1 whole egg
1/2 teaspoon canola oil
1/4 cup diced bell pepper
1 tablespoon diced green onion tops
1/2 cup sliced white mushrooms
1/4 medium tomato, diced

INSTRUCTIONS:

1. In a small mixing bowl, whisk egg white and egg just until they become frothy.
2. Coat a small sauté pan with canola oil, and sauté vegetables over medium high heat until tender.
3. Pour egg mixture over vegetables. As the eggs start to set, use a spatula to lift edge of eggs and turn them over. As soon as all the mixture has set, remove pan from heat and fold in half. Serve eggs immediately.

Makes 1 serving, containing approximately:

135 calories
6 gm. carbohydrate
8 gm. fat
0 mg. cholesterol
10 gm. protein
116 mg. sodium
1 gm. fiber

BREAKFAST SAUSAGE

INGREDIENTS:

1 pound ground chicken breast
1/3 cup peeled and diced red apple
2 tablespoons olive oil
2 tablespoons diced onion
1 tablespoon maple syrup
2 teaspoons dried sage
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon minced garlic

INSTRUCTIONS:

Combine all ingredients and mix well. Portion 1/3 cup mixture into patties and place in a large sauté pan. Sauté over medium heat until cooked through, about 3 to 5 minutes on each side or until golden brown.

Makes 6 servings, each containing approximately:

140 calories
4 gm. carbohydrate
6 gm. fat
44 mg. cholesterol
18 gm. protein
440 mg. sodium
Trace fiber

BRAN MUFFINS

INGREDIENTS:

1 cup whole-wheat flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1 1/2 cups unprocessed wheat bran
3 tablespoons canola oil
2 tablespoons molasses
2 tablespoons honey
1 large egg, lightly beaten
1 1/2 cups buttermilk
1/2 cup raisins

INSTRUCTIONS:

1. Preheat oven to 375°. Lightly coat muffin tins with canola oil.
2. Combine all dry ingredients in a medium bowl and mix well. In small bowl, combine all other ingredients, except raisins, and mix well.
3. Add liquid ingredients to dry ingredients and stir just until dry ingredients are moistened. Do not over mix.
4. Stir in raisins and fill prepared muffin pans 3/4 full.
5. Bake 15 to 20 minutes in preheated oven or until a toothpick inserted in center comes out clean.

Makes 12 muffins, each containing approximately:

135 calories
26 gm. carbohydrate
4 gm. fat
20 mg. cholesterol
4 gm. protein
150 mg. sodium
5 gm. fiber

ALPINE MUESLI

INGREDIENTS:

2/3 cup uncooked quick cooking oats
2/3 cup 2% milk
2/3 cup nonfat plain yogurt
2 teaspoons vanilla
1 cup orange juice
2/3 cup chopped almonds
1/4 cup honey
1 1/2 cups peeled and grated red apples
3 cups finely chopped mixed fresh fruit such as peaches, pears, strawberries

INSTRUCTIONS:

1. In a large bowl, combine oats, milk, yogurt and vanilla. Let sit for 5 minutes to soften oats.
2. In a small bowl combine orange juice, chopped nuts and honey. Grate apple and immediately add to orange juice mixture. Add remaining fruit. Stir into yogurt mixture and mix well. Serve chilled.

Makes 8 (1-cup) servings, each containing approximately:

290 calories
45 gm. carbohydrate
10 gm. fat
2 mg. cholesterol
8 gm. protein
148 mg. sodium
6 gm. fiber

WHITE CHOCOLATE CHIP COOKIES-----
INGREDIENTS:

1/4 cup butter, room temperature
1/2 cup sugar
1/4 cup brown sugar
1 medium egg
1 1/2 teaspoons pure vanilla extract
1/3 cup prune puree or baby food prunes
1/3 cup nonfat sour cream
1/4 cup cocoa powder
1 cup bread flour
1 teaspoon baking soda
1/2 teaspoon salt
3/4 cup white chocolate chips

INSTRUCTIONS:

1. Preheat oven to 350°. Lightly coat a baking sheet with canola oil.
2. In a large bowl, cream together butter and sugars. Add egg and beat well. Add vanilla, prune puree, sour cream and cocoa and mix well after each addition.
3. In a small bowl, combine flour, baking soda and salt. Add to butter/sugar mixture and mix well. Add chocolate chips.
4. Place 1 1/2 tablespoon portions of dough on cookie sheet at least 2 inches apart. Bake for 8 to 10 minutes until golden.

Makes 36 (1-cookie) servings, each containing approximately:

70 calories
11 gm. carbohydrate
3 gm. fat
7 mg. cholesterol
1 gm. protein
76 mg. sodium
Trace fiber

VEGAN OATMEAL COOKIES

INGREDIENTS:

1 box firm silken tofu, about 10 1/2 ounces
 1/2 cup sugar
 1/2 cup brown sugar
 1/3 cup canola oil
 1 tablespoon vanilla extract
 1/4 teaspoon almond extract
 1 1/2 cups rolled oats
 1 cup all-purpose flour
 1/2 teaspoon salt
 1 1/2 teaspoons ground cinnamon
 1 teaspoon baking powder
 1/2 cup golden raisins

INSTRUCTIONS:

1. Preheat oven to 375°. Lightly coat a cookie sheet with canola oil.
2. Puree tofu in a blender container. Place in a mixing bowl and add sugars and oil. Add extracts and mix well. Add oatmeal and stir to combine.
3. Combine remaining dry ingredients in a medium bowl and mix well. Add to tofu mixture in thirds, mixing after each addition until all ingredients are moistened. Add raisins last.
4. Portion 1 ounce (about 2 tablespoons) dough onto prepared cookie sheet. Wet hands and lightly flatten cookies before baking. Bake for 10 to 12 minutes or until just golden.

Makes 36 cookies, each containing approximately:

85 calories
 14 gm. carbohydrate
 3 gm. fat
 0 mg. cholesterol
 2 gm. protein
 78 mg. sodium
 Trace fiber

TIRAMISU

INGREDIENTS:

2 egg yolks	1/3 cup low-fat cream cheese
1/4 cup sugar	2 egg whites
1 tablespoon Marsala wine	1 tablespoon sugar
2 tablespoons white chocolate chips	1/3 cup heavy cream
1/2 vanilla bean, scraped	1/2 cup brewed coffee
1/2 tablespoon gelatin	20 lady fingers
1 tablespoon water	Dash cocoa powder

INSTRUCTIONS:

1. In a double boiler, combine egg yolks, sugar, wine, white chocolate and vanilla bean. Mix well. Heat until thickened, about 8 to 10 minutes. Do not let simmer. Set aside to cool.
2. Combine gelatin and water in a small saucepan for and let sit for 5 minutes to bloom gelatin. Heat over low to dissolve. Cool and add to egg mixture.
3. In a small bowl, whip cream cheese and add to cooled egg mixture.
4. In a separate bowl, whip egg whites with electric mixer until frothy. Increase speed and gradually add sugar. Whip until stiff peaks form. Set aside. In another bowl, whip cream until soft peaks form. Do not over mix. Fold egg mixture into egg whites. Gently fold in whipped cream.
5. Lay half of lady fingers on bottom of a large bread pan. Brush with coffee. Spread 1/2 of custard over lady fingers. Soak remaining lady fingers in coffee and layer over custard. Top with remaining cream mixture. Sprinkle with cocoa powder. Place in freezer for at least 2 hours or overnight to set. Cut into 12 slices.

Makes 12 servings, each containing approximately:

145 calories
 18 gm. carbohydrate
 7 gm. fat
 114 mg. cholesterol
 4 gm. protein
 55 mg. sodium
 Trace fiber

TAPIOCA PUDDING

INGREDIENTS:

1/4 cup quick-cooking tapioca
1/2 cup sugar
Pinch salt
1 large egg, slightly beaten
1/3 cup cold 2% milk
3 1/2 cups hot 2% milk
1 teaspoon vanilla

INSTRUCTIONS:

1. Combine tapioca, sugar, salt, egg and 1/3 cold milk in double boiler. In a saucepan heat 3 1/2 cups milk until bubbles begin to form on surface, just before it boils (180 degrees). Add hot milk to tapioca mixture and cook over hot water for 8 minutes, stirring frequently. Remove from hot water and let stand for 20 minutes.
2. Add vanilla and mix, pour into 8 (1/2 cup) serving glasses. Cover and chill for approximately 4 hours. Serve chilled and garnished with fresh fruit.

Makes 8 (1/2-cup) servings, each containing approximately:

135 calories
24 gm. carbohydrate
3 gm. fat
27 mg. cholesterol
5 gm. protein
113 mg. sodium

SAUCE ANGLAISE

INGREDIENTS:

2 cups 1% lowfat milk
1 1/2 tablespoons cornstarch
1/4 cup sugar
1 vanilla bean
1 egg yolk

INSTRUCTIONS:

1. In a small bowl, whisk together 1/2 of the milk and cornstarch. Set aside.
2. In a large saucepan, combine remaining milk, sugar and vanilla bean and bring to a simmer over medium heat, stirring constantly.
3. Add cornstarch/milk mixture to boiling milk and cook for 2 minutes, stirring constantly to prevent scorching.
4. Place egg yolk into small bowl. Add a small amount of hot milk mixture, about 1/4 cup, to egg yolk to temper, then return to simmering milk. Cook for 1 more minute. Remove from heat and let cool. When room temperature, place in refrigerator to chill.

Makes 16 (2 tablespoon) servings, each containing approximately:

15 calories
2 gm. carbohydrate
Trace fat
5 mg. cholesterol
Trace protein
7 mg. sodium
0 mg. fiber

PÂTE BRISÉE

INGREDIENTS:

1 cup flour
1/2 teaspoon salt
1/2 teaspoon sugar
2 tablespoons cold butter, diced
4 to 6 tablespoons ice water

INSTRUCTIONS:

1. Place all ingredients except water in a food processor. Pulse briefly to combine.
2. While machine is running, slowly add enough water to form a ball. Pulse for 2 to 3 additional seconds. Do not over process.
3. Form dough into a flat disk and wrap with plastic wrap. Refrigerate for 1 hour, or until ready to use.

Makes 1 pie crust. If sliced into 12 servings, each slice will contain approximately:
35 calories
5 gm. carbohydrate
1 gm. fat
4 mg. cholesterol
trace protein
70 mg. sodium

MEXICAN CHOCOLATE BANANA SKILLET CAKE

INGREDIENTS:

2 tablespoons butter	1 teaspoon baking soda
4 tablespoons brown sugar	1 teaspoon ground cinnamon
4 medium bananas, sliced in half lengthwise	1/3 cup chocolate chips
1 cup all-purpose flour	1/2 cup egg whites
1/3 cup cocoa powder	1 cup brown sugar
1 teaspoon baking powder	1 cup nonfat plain yogurt
	2 teaspoons pure vanilla extract

INSTRUCTIONS:

-
1. Preheat oven to 350°.
 2. Heat a 12-inch oven proof skillet over medium and melt butter with brown sugar. Add bananas and sauté until sugar becomes a syrup and remove from heat. Arrange bananas neatly in pan and set aside.
 3. In a large bowl, mix flour, cocoa powder, baking powder, baking soda, cinnamon, and chocolate chips. In another bowl, combine egg whites, brown sugar, yogurt, and vanilla.
 4. Add dry ingredients to wet ingredients and mix until just combined. Pour into skillet over sautéed bananas. Bake for 20 to 25 minutes or until middle of cake springs back when touched. Remove from oven and cool slightly. Invert onto a large plate and cut into 16 slices.

Makes 16 servings, each containing approximately:

145 calories
 28 gm. carbohydrate
 3 gm. fat
 4 mg. cholesterol
 3 gm. protein
 136 mg. sodium
 2 gm. fiber

MANGO AND STRAWBERRY MOUSSE IN TULIPE CUP

INGREDIENTS:

Tulipe Cup:

2 tablespoons plus 2 teaspoons sugar
 1 egg white
 1 tablespoon plus 2 teaspoons butter
 5 tablespoons all-purpose flour, sifted
 Few drops vanilla

Mousse:

1 envelope unflavored gelatin
 3/4 cup pureed mango
 2 tablespoons fructose
 3/4 cup pureed strawberries
 1/2 cup heavy cream
 1/4 cup diced mango
 1/4 cup diced strawberries

INSTRUCTIONS:

1. Preheat oven to 350°.
2. In a double boiler, over simmering water, combine sugar and egg white and beat with wire whip until sugar is dissolved. Add butter in small portions and continue to beat until emulsified. Remove from heat and mix in sifted flour and vanilla.
3. Lightly coat a baking sheet with canola oil and dust with flour. Spread 1 tablespoon batter over a 4-inch circle. Repeat for remaining batter. Bake for 4 to 6 minutes or until just golden. Remove with spatula while still warm and form into a muffin tin. Let cool.
4. Soften gelatin with 2 tablespoons water in a small bowl. Combine 1 tablespoon gelatin mixture with pureed mango. Heat in small saucepan until gelatin dissolves. Combine 1 tablespoon gelatin mixture with pureed strawberries and heat until gelatin dissolves. Cool both mixtures separately.
5. In a small bowl, beat heavy cream with an electric mixture until stiff peaks form. Divide in half and gently fold into separate fruit mixtures. Fold diced fruit into each mixture and spoon 1/4 cup of each mixture into tulipe cups. Refrigerate until set.

Makes 6 servings, each containing approximately:

160 calories
 23 gm. carbohydrate
 7 gm. fat
 22 mg. cholesterol
 2 gm. protein
 17 gm. sodium
 3 gm. fiber

LIME POTS DE Crème

INGREDIENTS:

2 medium limes
1/2 cup sugar
4 eggs
1/2 cup 2 % milk
2 kiwis, peeled and sliced

INSTRUCTIONS:

1. Preheat oven to 275°.
2. Using a vegetable peeler or paring knife, cut the green peel from the limes, being careful not to cut into white pith. Place peel in a small saucepan of boiling water and boil for 5 minutes. While peel is boiling, juice limes and discard membranes and pith. Place lime juice, lime peel, sugar, eggs and milk in a blender container and blend on high for 5 minutes. Strain through a fine sieve.
3. Fill six 1/2-cup ramekins or custard cups 3/4th of the way with lime mixture. Place in large baking pan and fill with hot water to the level of the custard in the cups. Carefully place in oven and bake for 30 minutes, or until set, or until knife inserted in center comes out clean. Garnish with a slice of kiwi.

Makes 6 servings, each containing approximately:

145 calories
24 gm. carbohydrate
4 gm. fat
140 mg. cholesterol
5 gm. protein
55 mg. sodium
Trace fiber

LEMON MOUSSE

INGREDIENTS:

1 1/2 tablespoons cornstarch
 2 tablespoons water
 3 1/2 tablespoons sugar
 3 tablespoons 2% milk
 1/2 cup lemon juice
 1 large egg
 1/4 teaspoon grated lemon peel
 1/4 cup heavy cream
 2/3 cup fresh sliced strawberries
 1/3 cup fresh blueberries
 1/3 cup fresh raspberries

INSTRUCTIONS:

1. Mix cornstarch with 2 tablespoons water in small bowl. Add sugar, milk and lemon juice, bring to a simmer over medium heat and cook until thickened about 5 minutes.
3. In a small bowl, beat egg thoroughly with a wire whip. Continue whisking while adding hot lemon mixture to egg. Return to saucepan and mix until smooth. Cook for 1 more minute. Remove from heat, stir in lemon peel and set aside to cool for one hour.
4. In a mixing bowl, whip heavy cream to medium stiff peaks. Gently fold cooled lemon mixture into whipped cream and chill in refrigerator.
5. Serve 1/3 cup lemon mousse with 1/3 cup mixed berries.

Makes 4 servings, each containing approximately:

140 calories
 27 gm. carbohydrate
 4 gm. fat
 32 mg. cholesterol
 2 gm. protein
 19 mg. sodium
 4 gm. fiber

GRAND MARNIER CRÈME BrûLÉé-----
INGREDIENTS:

1 cup half and half	1 tablespoon Grand Marnier liqueur
1 1/3 cups evaporated skim milk	1 1/2 teaspoon grated orange peel
1 vanilla bean	1/4 teaspoon orange extract
2/3 cup sugar	2 1/2 teaspoons sugar
4 egg yolks	

INSTRUCTIONS:

1. Preheat oven to 300°.
2. Combine half and half and milk in a large saucepan. Slice vanilla bean lengthwise and open flat to scrape bean paste into milk mixture. Heat to just below a simmer over medium heat. Add sugar and heat to a simmer. Remove from heat.
3. Place egg yolks in a small bowl. Temper egg yolks with milk mixture by adding a small amount of milk to egg yolks, about 1/4 cup. Stir gently to combine. Repeat process a few times and then add mixture back to milk mixture. Mix well. Add Grand Marnier, orange peel and orange extract.
4. Pour approximately 1/3 cup into each 4 ounce ramekin and arrange in a baking pan. Add enough hot water to come to the level of the custard in the cups.
5. Place in oven and bake for 30 to 45 minutes, until custard is set or until a knife inserted in the center comes out clean. Cool and refrigerate. When ready to serve, sprinkle 1/4 teaspoon sugar on top of custard. Place under broiler for 1 minute or flame with a torch until sugar is caramelized. Be careful not to burn.

Makes 10 servings, each containing approximately:

155 calories
18 gm. carbohydrate
6 gm. fat
154 mg. cholesterol
5 gm. protein
54 mg. sodium
0 mg. fiber

Cook's note:

For ease of scraping vanilla paste from bean, soak whole bean in warm water or hot milk for 10 minutes before slicing and scraping.

GINGER PEACH UPSIDE DOWN CAKE

INGREDIENTS:

4 medium fresh peaches, peeled and thinly sliced	1 tablespoon canola oil
1/4 teaspoon ground ginger	3/4 cup 2% milk
Pinch ground nutmeg	1 tablespoon pure vanilla extract
2 tablespoons butter	1 1/4 cups whole-wheat pastry flour
1/4 cup brown sugar	1/2 cup all-purpose flour
1 egg	1 tablespoon baking powder
1/2 cup granulated sugar	1/4 teaspoon salt

INSTRUCTIONS:

1. Preheat oven to 350°. Lightly coat a rectangular 11 x 7-inch pan with canola oil and dust with flour.
2. In a medium bowl, combine peaches with ginger and nutmeg.
3. In a small saucepan, melt butter and brown sugar. Pour into tart pan and spread evenly over bottom of pan. Top with sliced seasoned peaches.
4. In a large bowl, beat egg with sugar for about 1 minute or until light in color. Add oil, milk and vanilla and mix well.
5. In large bowl, sift together both flours, baking powder and salt. Add egg mixture, and mix until just combined. Do not over mix! Pour into tart pan over peaches. Bake for 20 minutes or until cake springs back when lightly touched. Cool 5 minutes and remove from pan. Cut into 16 slices.

Makes 16 servings, each containing approximately:

130 calories
 24 gm. carbohydrate
 3 gm. fat
 18 mg. cholesterol
 3 gm. protein
 140 mg. sodium
 2 gm. fiber

FUDGE BROWNIES

INGREDIENTS:

2 ounces semi-sweet chocolate
 3 tablespoons butter
 2 tablespoons canola oil
 2 tablespoons prune puree
 1 cup sugar, divided
 1 cup all-purpose flour
 5 tablespoons dutch cocoa
 1/2 teaspoon baking powder
 Pinch salt
 3 egg whites, room temperature
 1/4 cup nonfat fudge sauce

INSTRUCTIONS:

1. Preheat oven to 300°. Lightly spray 8" by 8" pan with canola oil and set aside.
2. Melt chocolate, butter, and oil in a small saucepan over low heat. Add prune puree and mix well. Remove from heat and set aside.
3. In a medium bowl, sift together 1/2 cup sugar, flour, cocoa, baking powder, and salt.
4. In a separate bowl, whip egg whites and remaining 1/2 cup sugar until soft peaks are formed.
5. Gently fold 1/2 of flour mixture into chocolate mixture and mix well. Gently fold in egg white meringue. Fold in remaining flour mixture.
6. Pour batter into prepared pan and bake for 30 minutes.
7. Remove from oven. Drizzle with nonfat fudge sauce when slightly cooled.

Makes 16 servings, each containing approximately:

150 calories	2 gm. protein
23 gm. carbohydrates	89 mg. sodium
5 gm. fat	17 mg. calcium
2 gm. saturated fat	Trace iron
5 mg. cholesterol	Trace fiber

Cook's Note:

Baby food pureed prunes work nicely in this recipe.

FRUIT TART-----
INGREDIENTS:

Pastry Crust:

3/4 cup all-purpose flour

1/4 cup rolled oats

1/2 teaspoon salt

1 teaspoon sugar

3 tablespoons butter

2 to 3 tablespoons water

5 medium peaches, sliced*

1/4 cup sugar

4 teaspoons cornstarch

1/4 teaspoon ground cinnamon

Pinch ground ginger
-----INSTRUCTIONS:

1. In a food processor, combine the flour, oats, salt and sugar. Process until oats are uniform with the flour. Add butter and mix to the consistency of small peas. Add water and pulse until mixture forms a ball. Wrap and refrigerate at least 30 minutes before using.
2. Preheat oven to 375°. Lightly coat a baking sheet with canola oil.
3. Mix peaches with sugar, cornstarch, cinnamon and ginger in a large bowl.
4. Roll crust to a 12 inch circle and place on baking sheet. Place fruit mixture in the middle and fold in edges of crust about 1 inch over the fruit filling. Bake for 20 minutes or until crust is golden.

Make 8 servings, each containing approximately:

160 calories

28 gm. carbohydrate

5 gm. fat

11 mg. cholesterol

2 gm. protein

79 mg. sodium

2 gm. fiber

*Try using other fresh fruit such as apricots, apples or pears. Frozen, drained berries may also be used in the same proportions.

FRENCH VANILLA CHEESECAKE

INGREDIENTS:

1 cup graham cracker crumbs	1 tablespoon all-purpose flour
2 tablespoons unsweetened applesauce	3/4 cup sugar
2 cups nonfat cottage cheese	1 vanilla bean
2 cups light cream cheese	1 tablespoon vanilla extract
1/2 cup yogurt cheese	1 cup unsweetened frozen cherries
3 eggs	1/4 cup sugar

INSTRUCTIONS:

1. Preheat oven to 325°. Lightly coat a 10-inch springform pan with canola oil.
2. In a medium bowl, combine graham cracker crumbs and applesauce. Mix well. Press into the bottom of springform pan. Set aside.
3. Bring 1 cup of water to boil in a small saucepan. Add vanilla bean and simmer until softened, about 1 minute. Remove from water and when cool enough to handle, slit bean lengthwise. Scrape out vanilla bean paste with a knife and reserve.
4. In a blender container, puree cottage cheese until smooth. In a mixing bowl, combine pureed cottage cheese, cream cheese and yogurt cheese and blend with electric mixer on high until smooth, about 2 minutes. Add eggs, one at a time and blend well. Add flour, sugar, vanilla bean paste and vanilla extract. Blend well. Pour into crust.
5. Bake for 40 minutes. Turn off heat to oven and allow cheesecake to cool slowly in oven for 30 minutes more. Remove from oven and let rest for 20 minutes before refrigerating.
6. In a medium saucepan, combine cherries with sugar and bring to a boil. Reduce heat and simmer until sugar is dissolved and cherries begins to break down, about 10 minutes. Add water, if necessary, to keep from scorching.
7. When cheesecake is cold, remove springform sides and slice into 16 portions. Serve 1 tablespoon cherries over cheesecake.

Makes 16 servings, each containing approximately:

175 calories	59 mg. cholesterol	328 mg. sodium
20 gm. carbohydrate	9 gm. protein	Trace fiber
6 gm. fat		

Cook's Note: Yogurt cheese can be made by wrapping yogurt in cheesecloth and inverting over an open container. Place in refrigerator overnight and excess water in the yogurt will drip to the bottom of the container. The remaining yogurt cheese will be richer and creamier.

CHOCOLATE CRÈME BRULEE

INGREDIENTS:

- 1 cup half and half
- 1 1/3 cups evaporated skim milk
- 1 vanilla bean
- 2/3 cup sugar
- 1 1/2 ounces unsweetened chocolate, grated
- 4 egg yolks
- 2 1/2 teaspoons sugar

INSTRUCTIONS:

1. Preheat oven to 300°.
2. Combine half and half and milk in a large saucepan. Slice vanilla bean lengthwise and open flat to scrape bean paste into milk mixture. Heat to just below a simmer over medium heat. Add sugar and heat to a simmer. Add chocolate and mix well. Remove from heat.
3. Place egg yolks in a small bowl. Temper egg yolks with milk mixture by adding a small amount of milk to egg yolks, about 1/4 cup. Stir gently to combine. Repeat process a few times and then add mixture back to milk mixture. Mix well.
4. Pour approximately 1/3 cup into each 4 ounce ramekin and arrange in a baking pan. Add enough hot water to come to the level of the custard in the cups.
5. Place in oven and bake for 30 to 45 minutes, until custard is set or until a knife inserted in the center comes out clean. Cool and refrigerate. When ready to serve, sprinkle 1/4 teaspoon sugar on top of custard. Place under broiler for 1 minute or flame with a torch until sugar is caramelized. Be careful not to burn.

Makes 10 servings, each containing approximately:

160 calories	98 mg. cholesterol	53 mg. sodium
19 gm. carbohydrate	5 gm. protein	0 mg. fiber
7 gm. fat		

Cook's note:

For ease of scraping vanilla paste from bean, soak whole bean in warm water or hot milk for 10 minutes before slicing and scraping.

CHOCOLATE CHIP COOKIES

INGREDIENTS:

1/4 cup butter	2 teaspoons vanilla extract
1/2 cup sugar	2 cups sifted all-purpose flour
3/4 cup packed brown sugar	1 teaspoon baking soda
1 egg	1/2 teaspoon salt
1/3 cup nonfat yogurt	6 ounces miniature semi-sweet chocolate chips
1/3 cup unsweetened applesauce	

INSTRUCTIONS:

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1. Preheat oven to 350°.
 2. Spray a teflon coated cookie sheet lightly with canola oil.
 3. In a large bowl, cream butter with sugar and brown sugar. Add egg and mix well. Add yogurt, applesauce, and vanilla. Mix well and set aside.
 4. In a medium bowl, combine flour, baking soda and salt. Add to creamed mixture and mix well. Add chocolate chips.
 5. Refrigerate dough until well chilled.
 6. Measure 1 1/2 tablespoon dough per cookie and place 2-inches apart onto cookie sheet. Bake in oven for 8 to 10 minutes until cookies begin to turn golden on the edges. Let cool before removing from pan.

Makes 24 (2-cookie) servings, each containing approximately:

145 calories
 24 gm. carbohydrate
 5 gm. fat
 14 mg. cholesterol
 2 gm. protein
 110 mg. sodium
 Trace fiber

Cooks Note:

For crispier cookies, freeze dough for at least two hours before baking.



Recipe

CANYON RANCH HOMEMADE VANILLA ICE CREAM

INGREDIENTS:

- 1 1/2 cups low-fat milk
- 1/2 cup half and half
- 1 teaspoon vanilla extract
- 1 vanilla bean
- 1/2 cup sugar
- 1/4 cup beaten egg yolk

INSTRUCTIONS:

1. In a large saucepan, combine all ingredients except for egg yolk and cook over medium heat, stirring constantly. Place egg yolk into a large bowl. When milk mixture is scalded (about 165 degrees), remove from heat and add 1/4 cup at a time to egg yolk. Mix well after each addition. Remove vanilla bean, slice lengthwise and scrape vanilla bean into custard mixture. Mix well. Return to saucepan.
2. Place saucepan back on heat. Stirring constantly, heat to just under a simmer (about 170 degrees). Do not boil. Immediately transfer to an ice bath and cool completely. Place in a homemade ice cream freezer and follow the directions to freeze the ice cream.

Makes 10 (1/3-cup) servings, each containing approximately:

90 calories	117 mg. cholesterol	27 mg. sodium
12 gm. carbohydrate	3 gm. protein	0 mg. fiber
3 gm. fat		

For chocolate ice cream, add 3/4 ounce melted unsweetened baking chocolate to hot milk and egg mixture before placing in ice bath. For peanut butter ice cream, add 2 tablespoons natural creamy peanut butter to hot milk and egg mixture before placing in ice bath.

For coffee ice cream, add 1 tablespoon espresso concentrate to hot milk and egg mixture before placing in ice bath.

Chef's note:

A candy thermometer would be very helpful for keeping track of the temperatures in this recipe.

BAKLAVA-----
INGREDIENTS:

1/2 cup walnuts
1 tablespoon granulated sugar
1/4 teaspoon cinnamon
1/4 teaspoon cloves
2 tablespoons butter, melted
2 tablespoons canola oil
8 sheets phyllo dough, cut in half
Simple sugar:
1/2 cup granulated sugar
1/4 cup water
1/4 teaspoon lemon peel
1/2 tablespoon lemon juice
1/4 cinnamon stick

INSTRUCTIONS:

1. In a small bowl, combine nuts, sugar and ground spices. Set aside.
2. In another bowl, combine melted butter and oil.
3. Unfold phyllo sheets and cover with plastic to keep moist. Lightly spray bottom of a 9 x 9-inch baking pan. Lightly brush 5 sheets of phyllo with butter/oil mixture. Lay in bottom of pan, allowing them to fold upward at sides of pan, if necessary. Top with 1/2 of nut mixture. Brush 5 more phyllo sheets with butter/oil mixture and lay over nut mixture. Spread remaining nut mixture over phyllo sheets. Brush remaining sheets with butter and oil mixture and place over nut mixture, folding sides of phyllo inward, when necessary. Chill until butter is hardened. Score baklava on diagonal to make 12 triangles.
4. Preheat oven to 350°. Bake for 35 to 40 minutes or until golden brown.
5. In a small sauté pan, combine and bring to a boil. Simmer until sugar is dissolved. Pour evenly over baked baklava. Cool and slice.

Makes 12 servings, each containing approximately:

140 calories
18 gm. carbohydrate
7 gm. fat
5 mg. cholesterol
1 gm. protein
51 mg. sodium
Trace fiber

APPLE STRUDEL

INGREDIENTS:

1 pound red apples, peeled and sliced
1/4 cup sugar
1 teaspoon cinnamon
3 tablespoons raisins
2 tablespoons butter
6 sheets phyllo dough

INSTRUCTIONS:

1. Preheat oven to 375°.
2. In a large bowl, toss apples with sugar, cinnamon and raisins.
3. In a small saucepan, melt butter over low heat.
4. Layer phyllo sheets, brushing with butter between layers. Reserve a small amount butter for brushing the top.
5. Place apple mixture along front of phyllo layers lengthwise and spread to 1-inch from edges. Roll 1/3 of the way, fold in sides and continue to roll. Brush with remaining butter and score 8 slices on top.
6. Place on a cookie sheet, which has been lightly coated with canola oil. Bake for 30 minutes or until golden brown.

Makes 8 servings, each containing approximately:

135 calories
25 mg. carbohydrate
4 gm. fat
8 mg. cholesterol
1 gm. protein
70 mg. sodium
2 gm. fiber

CONSOMMÉ

INGREDIENTS:

2 quarts chicken stock
4 ounces ground chicken
1/2 cup chopped onions
1/3 cup chopped carrots
1/3 cup chopped celery
2 tablespoons chopped tomatoes
1 sachet of peppercorns, thyme, parsley and bay leaf
1 teaspoon lemon juice
4 egg whites
Pinch salt

INSTRUCTIONS:

1. In a large stock pot combine all ingredients cold, then slowly bring to a boil over medium heat. When simmering, reduce to medium-low. A “raft” will form on the surface in 30 minutes to an hour. Continue to gently simmer for 1 hour longer until consommé is clear. Do not stir!
2. Fit a fine strainer with a coffee filter and set over large bowl. Gently clear an area free of raft debris and pour consommé through this area slowly into the coffee filter. Most of the raft should remain in the saucepan. The strained consommé may be reheated before serving.

Makes 8 (3/4-cup) servings, each containing approximately:

15 calories
7 gm. carbohydrate
Trace fat
0 mg. cholesterol
2 gm. protein
75 mg. sodium
Trace fiber

BUTTERNUT SQUASH AND CIDER SOUP-----
INGREDIENTS:

1 medium shallot, minced
1 small clove garlic, minced
1 teaspoon olive oil
3 cups peeled, seeded and cubed butternut squash (about 1 pound)
2 cups chicken stock
3/4 cup apple cider
1/4 cup nonfat sour cream
Garnish:
1/2 red apple, finely diced
Cracked black pepper to taste

INSTRUCTIONS:

1. In a medium saucepan over low heat, sauté shallots and garlic in olive oil, being careful not to burn.
2. Add squash and chicken stock and cook until soft enough to blend. Pour into blender container and blend until smooth.
3. Add cider and sour cream and continue to process until well mixed.
4. Divide among 4 bowls and garnish with 1 teaspoon diced apple and a pinch of cracked black pepper.

Makes 4 (3/4-cup) servings, each containing approximately:

110 calories
23 gm. carbohydrate
1 gm. fat
Trace cholesterol
4 mg. protein
50 mg. sodium
2 gm. fiber

MATZO BALL SOUP

INGREDIENTS:

2 egg whites, slightly beaten
1 tablespoon low-sodium soy sauce
1 tablespoon minced chives
1 tablespoon canola oil
1/2 cup matzo meal
1/4 cup chicken stock
9 cups chicken consomme or broth

INSTRUCTIONS:

1. In a medium bowl, combine egg whites, soy sauce, chives, and oil. Stir in matzo meal and mix until well blended. Gradually add stock and stir until mixture reaches a dough consistency.
 2. Shape chilled dough into 12 balls, about 1 1/2 inches in diameter.
 3. In a medium saucepan, heat consomme to a boil. Drop matzo balls into stock and simmer for 30 to 45 minutes.
 4. Ladle 3/4 cup consomme and 1 matzo ball into each serving bowl.
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ELEPHANT GARLIC SOUP-----
INGREDIENTS:

2 cloves elephant garlic, peeled
1 cup chopped button mushrooms
1/4 cup chopped parsnips
1/2 cup chopped leeks
1 1/2 tablespoons olive oil
6 tablespoons white wine
3 cups chicken stock
1 teaspoon salt (optional)
1/2 teaspoon pepper
1 1/2 tablespoons heavy cream
2 tablespoons thinly sliced scallions

INSTRUCTIONS:

1. Preheat oven to 350°. Place elephant garlic on a small baking pan and cover. Roast for 15 minutes or until soft.
2. In a large saucepan, sauté mushrooms, parsnips and leeks in olive oil over medium heat until translucent. Add wine and cook until evaporated.
3. Add chicken stock and bring to a boil. Reduce heat and simmer until vegetables are tender, about 15 minutes. Transfer to blender container and puree. Stir in heavy cream, salt, pepper and roasted elephant garlic.

Makes 6 servings, each containing approximately:

90 calories
8 gm. carbohydrate
5 gm. fat
5 mg. cholesterol
2 gm. protein
379 mg. sodium
1 gm. fiber

VEGETABLE STOCK

INGREDIENTS:

2 medium leeks, washed and chopped
4 onions, chopped
6 carrots, scraped and chopped
1 small bunch celery, chopped
1 small bunch parsley, chopped
3 bay leaves
2 teaspoons dried leaf marjoram
1/2 teaspoon dried thyme
1 1/2 gallon cold water

INSTRUCTIONS:

1. Combine all ingredients in a large pot, and bring to a boil. Reduce heat and simmer uncovered for 1 hour.
2. Line a kitchen strainer or colander with a double thickness of cheesecloth and set over a very large bowl or pot. Strain stock through cheesecloth, cool. Refrigerate or store in the freezer.

Makes 1 gallon; each 1 cup serving contains approximately:

10 calories
3 gm. carbohydrate
trace fat
0 mg. cholesterol
trace protein
21 mg. sodium
Trace fiber

VEGETABLE SOUP

INGREDIENTS:

1/4 cup peeled and diced celery	1/2 cup diced tomatoes
1/2 cup diced yellow onion	1 quart Vegetable Stock
2 teaspoons minced garlic	1 tablespoon chopped cilantro
2 teaspoons olive oil	1 tablespoon dried oregano leaves
1/4 cup peeled and diced carrots	1 tablespoon dried basil leaves
1/4 cup chopped green beans	1 teaspoon fresh thyme
1/4 cup frozen corn	1 tablespoon cornstarch
3/4 cup peeled and diced potato, about 1 small potato	1 tablespoon water
1/4 cup cooked kidney beans	1/2 teaspoon salt
	1 teaspoon black pepper

INSTRUCTIONS:

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1. In a large saucepan, sauté celery, onions and garlic in olive oil until soft. Add carrots, green beans, corn and potatoes and sauté briefly. Add kidney beans, tomatoes and vegetable stock and simmer for 30 minutes, or until potatoes are tender. Add dry herbs and cook for 10 minutes.
 2. Combine cornstarch with water and mix to form a paste. Add to simmering stock and cook until thickened. Season with salt and pepper.

Makes 6 (3/4-cup) servings, each containing approximately:

75 calories
 15 gm. carbohydrate
 1 gm. fat
 0 mg. cholesterol
 2 gm. protein
 342 mg. sodium
 2 gm. fiber

TRADITIONAL JAPANESE MISO SOUP-----
INGREDIENTS:

1 tablespoon canola oil
1/2 teaspoon sesame oil
2/3 cup diced onion
1/2 cup diced carrots, about 1 medium carrot
1/2 cup diced shiitake mushrooms
4 ounces diced hard tofu
6 cups Dashi (see recipe)
2 tablespoons brown miso
1/2 nori sheet, cut into 1/4-inch strips
4 tablespoons chopped scallions

INSTRUCTIONS:

1. Heat canola oil and sesame oil in a large saucepan over medium heat. Add onions and carrots and sauté until onions are translucent. Add mushrooms and continue to sauté 2 more minutes. Add tofu and sauté until carrots are soft.
2. Add dashi and bring to a boil. When boiling, remove from heat and add miso and nori.
3. Serve 3/4 cup soup and garnish with 1 heaping teaspoon scallions.

Makes 10 servings, each containing approximately:

50 calories
4 gm. carbohydrate
3 gm. fat
0 mg. cholesterol
2 gm. protein
326 mg. sodium
Trace fiber

DASHI

INGREDIENTS

1 8-inch piece kombu, about 1/4 ounce
7 cups water
1/2 cup dried bonito flakes
1 1/2 tablespoon mirin wine
1 1/4 teaspoons low-sodium tamari
1 teaspoon salt
1 teaspoon sugar
1 1/4 teaspoons rice vinegar

Instructions:

1. Soak kombu in 1 cup water at least 2 hours or overnight. Discard water.
2. Place kombu and 6 cups water in a large saucepan. Bring to a boil. Remove kombu and add bonito. Boil for 2 minutes. Remove from heat and let sit 5 minutes.
3. Add remaining ingredients and stir. Strain to remove bonito flakes.

Makes 6 cups, each containing approximately:

10 calories
2 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
374 mg. sodium
0 mg. fiber

TORTILLA SOUP

INGREDIENTS:

2 teaspoons whole cumin seed
1/4 teaspoon chili flakes
1/2 cup diced onion
1 1/4 teaspoon minced garlic
2 teaspoons canola oil
2/3 cup canned diced tomatoes
2 teaspoons lime juice
3/4 teaspoon salt
5 1/2 cups chicken stock
1/2 cup Pico de Gallo (see recipe)
1/2 cup shredded low-fat cheddar cheese
1 corn tortilla, thinly sliced, about 1 ounce
4 teaspoons fresh, chopped cilantro

INSTRUCTIONS:

1. Preheat oven to 350°. Place whole cumin seed and tortilla strips on a small sheet pan. Toast for 5 minutes. Cool.
2. Place cumin seed in a spice grinder and grind.
3. In a large saucepan, sauté onion and garlic in canola oil until onion is translucent. Add spices and tomatoes. Sauté briefly. Add remaining ingredients and bring to a boil. Simmer for 10 minutes. Remove from heat and cool slightly. Place in a blender container and puree until smooth. Pour through a fine mesh strainer and reserve liquid.
4. Return soup to saucepan and reheat. Portion into 6 ounce servings and garnish with 1 tablespoon Pico de gallo, 1 tablespoon cheddar cheese, 1/4 ounce corn tortilla strips and 1 teaspoon cilantro.

Makes 8 (3/4-cup) servings, each containing approximately:

70 calories
8 gm. carbohydrate
2 gm. fat
6 mg. cholesterol
5 mg. protein
375 mg. sodium
1 gm. fiber

THAI COCONUT SOUP

INGREDIENTS:

1 cup peeled and chopped carrots	1/3 cup minced red and yellow bell pepper
1/2 cup chopped celery	6 ounces skinless chicken breast, boned and defatted, poached, finely diced
1/2 cup chopped yellow onions	1/2 cup light coconut milk
2 teaspoons olive oil	1/2 teaspoon salt (optional)
3 tablespoons all-purpose flour	Pinch black pepper
Pinch cayenne pepper	2 tablespoons unsweetened grated coconut
1/4 teaspoon dried basil	
3 3/4 cups chicken stock	
1/4 cup clam juice	
1 1/2 cups sliced mushrooms	

INSTRUCTIONS:

1. In a medium stock pot, sauté 3/4 cup carrots, celery and 1/4 cup onions in 1 teaspoon of olive oil over medium heat until vegetables begin to soften, about 5 minutes.
2. Add flour and stir until vegetables are coated. Add cayenne pepper, basil, chicken stock and clam juice. Bring to a boil, then lower the heat and simmer until vegetables are soft, about 15 minutes. Stir often to prevent scorching.
3. Transfer soup to a blender container and puree until smooth. Return to stock pot.
4. In a separate saucepan, sauté remaining carrots and onions, mushrooms, peppers and diced chicken in 1 teaspoon olive oil over medium heat until vegetables are soft.
5. Add chicken mixture to stock pot and simmer for 15 minutes. Remove from heat and add coconut milk, salt and pepper.
6. Ladle 3/4 cup soup into each bowl and garnish with 1 teaspoon grated coconut.

Makes 6 (3/4-cup) servings, each containing approximately:

130 calories
 12 gm. carbohydrate
 4 gm. fat
 27 mg. cholesterol
 12 gm. protein
 255 mg. sodium
 3 gm. fiber

SPANISH ONION SOUP

INGREDIENTS:

1 tablespoon olive oil	1/2 teaspoon dried thyme
1 1/2 cup sliced yellow onion	2 1/2 cups chicken stock
1/2 cup sliced red onion	2 1/2 cups vegetable stock
1/4 cup chopped shallots	1/4 cup veal demi-glace (see recipe)
1 1/4 teaspoon minced garlic	1 teaspoon salt
3 tablespoons white wine	1 teaspoon black pepper
1/2 teaspoon sugar	1 1/2 teaspoon butter
1 teaspoon all-purpose flour	2 corn tortillas, thinly sliced

INSTRUCTIONS:

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1. Heat oil in a large saucepan over medium-low and add onions. Cook until onions are browned and caramelized, about 5 minutes. Add shallots and garlic and cook until shallots are translucent. Add wine and simmer until wine is reduced by 1/2. Add sugar, flour and thyme and simmer briefly.
 2. Add chicken stock, vegetable stock and demi-glace, bring to a boil. Reduce heat and simmer for 30 to 40 minutes. Add salt, pepper and butter.
 3. Preheat oven to 375°. Lightly coat a sheet pan with canola oil. Place tortilla strips on sheet pan and sprinkle with paprika. Bake in oven until crisp, about 5 minutes.
 4. Serve 3/4 cup soup and garnish with tortilla strips.

Makes 8 (3/4-cup) servings, each containing approximately:

80 calories
 12 gm. carbohydrate
 2 gm. fat
 6 mg. cholesterol
 3 gm. protein
 213 mg. sodium
 2 gm. fiber

SIRLOIN BLACK BEAN CHILI-----
INGREDIENTS:

1 tablespoon olive oil
1 tablespoon minced garlic
1 tablespoon chili powder
2 teaspoons ground cumin
6 ounces boneless sirloin of beef, cut into 1/2-inch cubes
1 cup diced tomatoes
1 cup chopped red onion
1 quart vegetable stock
2 1/2 cups cooked black beans
1/4 cup chopped fresh cilantro
1 teaspoon salt
1/4 teaspoon black pepper
6 tablespoons chopped scallions

INSTRUCTIONS:

1. Heat olive oil in a large saucepan over medium. Add garlic and sauté briefly, about 30 seconds. Add chili powder, cumin and beef. Cook until beef is browned on all sides, about 2 to 3 minutes. Add tomatoes and red onion and cook about 1 minute. Add vegetable stock and beans. Simmer over low heat for 45 minutes.
2. When chili has thickened, add cilantro, salt and pepper. Cook for 5 more minutes. Portion into 3/4 cup servings and garnish with 1 tablespoons scallions.

Makes 6 (3/4-cup) servings, each containing approximately:

220 calories
27 gm. carbohydrate
5 gm. fat
25 mg. cholesterol
18 gm. protein
254 mg. sodium
10 gm. fiber

ROASTED CORN CHOWDER-----
INGREDIENTS:

2/3 cup fresh or frozen corn
2 1/2 teaspoons canola oil
1 tablespoon minced garlic
1/3 cup chopped yellow onion
2 teaspoons minced jalapeño pepper
1/4 cup chopped green chilies
1 tablespoon chopped fresh cilantro
1 1/4 teaspoons chopped oregano leaves
1 1/4 teaspoons ground dried basil
1/4 teaspoon dried red pepper flakes
1 1/4 teaspoons chili powder
2 1/2 teaspoons ground cumin
1 2/3 cups water
3 cups cream corn

INSTRUCTIONS:

1. Preheat oven to 350°. Lightly coat or spray a sheet pan with canola oil.
2. Spread corn evenly over sheet pan. Roast in oven for 5 to 10 minutes.
3. In a large saucepan, heat canola oil over medium heat. Add roasted corn, garlic, onions, jalapeño and green chili and cook until onions are translucent. Add cilantro and oregano and sauté briefly. Add dry herbs and spices and sauté for 30 more seconds.
4. Add water and cream corn and cook over medium-low heat for 30 to 45 minutes. Cool. Transfer to a blender container and puree until smooth.

Makes 6 servings, each containing approximately:

150 calories
33 gm. carbohydrate
3 gm. fat
0 mg. cholesterol
3 gm. protein
308 mg. sodium
1 gm. fiber

PEA SOUP

INGREDIENTS:

3/4 cup diced onions
3/4 cup diced leeks
1/2 cup chopped scallions
2 tablespoons olive oil
1 teaspoon minced garlic
2 1/2 cups frozen green peas, thawed
5 cups vegetable stock
1/2 cup chopped chives
1 teaspoon mint
1/2 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS:

1. In a large saucepan, sauté onions, leeks and scallions in olive oil until onions are translucent. Add garlic and peas and sauté for 2 minutes. Add vegetable stock and bring to a boil. Reduce heat and cook for 30 minutes.
2. Add chives and mint and cook 5 minutes. Remove from heat and transfer to a blender container and puree until smooth. Add salt and pepper.

Makes 8 (3/4-cup) servings, each containing approximately:

80 calories
13 gm. carbohydrate
2 gm. fat
4 gm. protein
0 mg. cholesterol
161 mg. sodium
4 gm. fiber

NEW ENGLAND CLAM CHOWDER

INGREDIENTS:

2 tablespoons olive oil
2 cups diced onions
3/4 teaspoons dried thyme
1 cup diced celery
6 cups clam juice
2 small russet potatoes, peeled and diced
1/2 teaspoon black pepper
1 cup chopped clams
2 tablespoons cornstarch
2 tablespoons water
1/2 cup heavy cream
1/2 teaspoon salt (optional)

INSTRUCTIONS:

1. Heat olive oil in a large saucepan. Add onions, thyme and celery. Sauté on low heat until onions are translucent.
2. Add clam juice and bring to a boil. Add potatoes and pepper. Reduce heat and simmer 15 to 20 minutes.
3. Combine cornstarch with water to make a paste. Add to mixture and cook 1 minute. Add clams and cook 1 more minute. Remove from heat and add heavy cream. Season with salt.

Makes 12 (3/4-cup) servings, each containing approximately:

105 calories
10 gm. carbohydrate
5 gm. fat
33 mg. cholesterol
6 gm. protein
332 mg. sodium
1 gm. fiber

MISO SOUP

INGREDIENTS:

1/3 cup shallots, finely minced
1/2 teaspoon sesame oil
3 tablespoons miso paste
1 quart vegetable stock
3 tablespoons scallions, sliced (optional)
1/4 cup firm tofu, diced (optional)

INSTRUCTIONS:

1. In a medium sauce pan, over medium heat, sauté shallots in sesame oil until translucent in appearance.
2. Add miso paste and stir well. Add in vegetable stock and bring to a simmer. Reduce heat to low and simmer 10 to 15 minutes.
3. Garnish with tofu and scallions, if desired.

Makes 4 servings, each containing approximately:

45 calories
6 gm. carbohydrate
1 gm. fat
0 mg. cholesterol
Trace protein
322 mg. sodium
Trace fiber

MINISTRONE SOUP

INGREDIENTS:

1/4 cup black eyed peas	Pinch ground pepper
1/2 cup orzo pasta or small shells	Pinch salt
1 teaspoon olive oil	1/4 cup peeled and diced tomatoes
1 teaspoon minced garlic	1/4 cup finely shredded savoy cabbage
3 tablespoons diced onion	3 cups Vegetable Stock
1/4 cup diced carrots	1/4 cup low-sodium V-8 juice
1/4 cup diced celery	1/4 cup drained and rinsed red kidney beans
1/4 cup sliced leeks	6 tablespoons grated Parmesan cheese
1/4 teaspoon finely chopped fresh thyme	2 teaspoons chopped chives
1/2 teaspoon finely chopped fresh parsley	

INSTRUCTIONS:

1. Prepare black eyed peas and pasta according to the directions on the packages. Rinse and set aside.
2. In a medium soup pot, heat oil and sauté garlic and onion until translucent, being careful not to burn or brown.
3. Add carrots, celery, leeks, herbs and spices and continue to sauté for 5 minutes.
4. Add tomatoes, cabbage, stock and V-8 juice and bring soup to a boil. Stir in the cooked peas and pasta and continue to cook over low heat until warmed through.
5. Ladle 3/4 cup in serving bowls and top with 1 tablespoon Parmesan cheese and chopped chives.

Makes 8 servings, each containing approximately:

130 calories
 20 gm. carbohydrates
 3 gm. fat
 4 mg. cholesterol
 6 gm. protein
 315 mg. sodium
 1 gm. fiber

HOT AND SOUR SOUP

INGREDIENTS:

1 tablespoon minced ginger root	1/2 teaspoon black pepper
1 tablespoon minced garlic	1/2 teaspoon salt, optional
1 3/4 teaspoons sesame oil	1 1/2 ounces hard tofu
1 tablespoon plus 1 teaspoon sherry wine	1 tablespoon red miso
1/4 cup thinly sliced shiitake mushrooms	4 1/2 cups vegetable stock
1/4 cup thinly sliced oyster mushrooms	1/4 cup cornstarch
1/2 cup shredded napa cabbage	1/4 cup water
2 tablespoons plus 1 teaspoon low-sodium tamari	1 tablespoon scallions
1/4 cup rice vinegar	1 tablespoon chopped cilantro

INSTRUCTIONS:

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1. In a large saucepan sauté ginger and garlic in sesame oil until garlic begins to change color. Add sherry and simmer for 1 minute. Add remaining ingredients except for cornstarch, water, scallions and cilantro.
 2. In a small bowl, combine cornstarch and water. Bring soup to a boil and add cornstarch mixture. Simmer for 1/2 hour.
 3. Add scallions and cilantro when ready to serve.

Makes 6 (3/4-cup) servings, each containing approximately:

60 calories
 10 gm. carbohydrate
 2 gm. fat
 0 mg. cholesterol
 1 gm. protein
 355 gm. sodium
 1 gm. fiber

CREAM OF TOMATO SOUP

INGREDIENTS:

1 teaspoon olive oil
 3 tablespoons minced onion
 2 teaspoons minced garlic
 2 tablespoons tomato paste
 3 tablespoons non-alcoholic white wine
 3/4 cup tomato juice
 5 medium tomatoes, chopped
 2 1/2 cups Vegetable stock
 1 teaspoon Mrs. Dash seasoning
 1 teaspoon ground basil
 Pinch salt
 Dash Tabasco Sauce
 1 1/2 teaspoon cornstarch
 Pinch black pepper
 Garnish:
 6 teaspoons chopped chives
 6 tablespoons croutons

INSTRUCTIONS:

1. Heat olive oil in a medium saucepan. Add onions and garlic and cook over medium heat until golden brown.
2. Add tomato paste and sauté until it has a rusty color and sweet aroma. Add wine and cook until slightly reduced, about 10 to 15 minutes.
3. Add remaining ingredients and cook for 30 minutes.
4. Remove saucepan from heat and transfer ingredients to blender. Blend until smooth.
5. Pour 1/2 cup into each bowl and garnish with 1 teaspoon chopped chives, and 1 tablespoon croutons.

Makes 6 servings, each containing approximately:

75 calories	12 gm. carbohydrate
1 gm. fat	1 mg. cholesterol
3 gm. protein	291 mg. sodium
1 gm. fiber	

CREAMY CARROT SOUP-----
INGREDIENTS:

2 tablespoons butter
1/4 cup diced yellow onion
1/4 cup diced celery
2 tablespoons white wine
3 1/2 cups diced carrots, about 1 1/2 pounds
4 cups chicken stock
1 1/4 teaspoon sugar
3/4 teaspoon salt, optional
Pinch black pepper
Pinch cayenne pepper
1/3 cup half and half
1 1/2 tablespoons lemon juice
2 tablespoons chopped dill

INSTRUCTIONS:

1. Heat butter in a large saucepan and sauté onions and celery over medium-low heat until translucent, about 1 to 2 minutes. Add wine and cook until evaporated. Add carrots, stock, sugar, salt, black pepper and cayenne pepper. Cook until carrots are tender, about 10 minutes. Allow to cool slightly.
2. Transfer to blender container and puree until smooth. Add half and half and continue to puree. Transfer back to saucepan and reheat. Add lemon juice and dill.

Makes 8 (3/4-cup) servings, each containing approximately:

90 calories
11 gm. carbohydrate
5 gm. fat
15 mg. cholesterol
2 gm. protein
267 mg. sodium
3 gm. fiber

GAZPACHO

INGREDIENTS:

1 cup peeled and diced tomatoes
1/2 cup peeled and diced cucumbers
1/2 cup diced red and yellow bell peppers
1/2 cup diced onion
2 tablespoons diced scallions
1/4 cup peeled and diced carrots
3 cups tomato sauce
2 1/2 cups vegetable stock
1/4 teaspoon freshly ground black pepper
1/4 cup chopped cilantro
1/3 cup freshly squeezed lemon juice

INSTRUCTIONS:

In a large bowl, combine all ingredients and mix well. Chill in refrigerator for 4 hours or overnight.

Makes 8 (3/4 cup) servings, each containing approximately:

40 calories
10 gm. carbohydrates
Trace fat
0 mg. cholesterol
2 gm. protein
205 mg. sodium
2 gm. fiber

CHICKEN STOCK

INGREDIENTS:

2 to 4 pounds chicken parts, except the liver
3 quarts cold water
1 to 2 carrots, scraped and chopped
1 to 2 celery ribs without leaves, chopped
1 large onion cut into quarters
2 to 4 garlic cloves, cut into halves
1 bay leaf
12 whole peppercorns

INSTRUCTIONS:

1. Place chicken bones and parts in a shallow baking dish and bake in a 350 degree oven until golden brown, approximately 35 to 45 minutes. Drain off and discard excess fat.
2. Place browned bones and parts in a large pot, add cold water and bring to a boil skimming off any foam that rises to the top.
3. Add remaining ingredients and turn down heat to a simmer for 2 to 2 1/2 hours. Be sure not to stir stock at any point.
4. Strain stock into another container. Discard bones and vegetables. Place container in an ice bath until cooled completely, or refrigerate uncovered in metal, glass, or ceramic container until fat has hardened. Remove fat.

Makes 8 cups, each cup containing approximately:

10 calories
3 gm. carbohydrate
trace fat
1 mg. cholesterol
trace protein
48 mg. sodium
Trace fiber

CHICKEN AND RICE SOUP

INGREDIENTS:

1/4 cup diced onion	1/3 cup tomato puree
1/4 cup diced red bell pepper	1 bay leaf
1 tablespoon olive oil	Pinch saffron threads
2 teaspoons minced fresh garlic	1/4 cup cooked basmati rice
1/2 teaspoon ground cumin	4 cups chicken stock
1/2 teaspoon dried oregano leaves	3/4 teaspoon salt
1 small skinless chicken breast, boned, defatted and diced	Pinch black pepper
1/4 cup red wine	1/4 cup diced red bliss potatoes

INSTRUCTIONS:

-
1. In a large saucepan, sauté onions and peppers in olive oil over medium heat. When onions are translucent, add garlic, cumin and oregano and sauté briefly. Add chicken and sauté until chicken is cooked through, about 1 to 2 minutes.
 2. Add wine and simmer until almost evaporated. Add remaining ingredients except for potatoes, bring to a boil, reduce heat and cook for 5 minutes. Add potatoes and cook for 15 more minutes. Remove bay leaf.

Makes 6 (3/4-cup) servings, each containing approximately:

105 calories
 11 gm. carbohydrate
 3 gm. fat
 13 mg. cholesterol
 6 gm. protein
 213 mg. sodium
 1 gm. fiber

CARROT AND RED BELL PEPPER SOUP

INGREDIENTS:

1 tablespoon olive oil
2 cups diced carrots
1 1/2 cups diced onion
1 1/2 cups red bell pepper
1/4 teaspoon curry powder
5 cups vegetable stock
3/4 teaspoon dill weed
3/4 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS:

1. In a large sauté pan, combine olive oil, carrots, onions and red bell pepper. Sauté for one minute over medium heat until onions begin to turn translucent in color. Add curry powder and sauté until carrots become tender.
2. Add vegetable stock and bring to a boil. Reduce heat and simmer for 1 hour.
3. Cool soup and add dill weed, salt and pepper. Transfer to a blender container and puree.

Makes 8 servings, each containing approximately:

70 calories
12 gm. carbohydrate
2 gm. fat
0 mg. cholesterol
2 gm. protein
263 mg. sodium
3 gm. fiber

BAKED POTATO SOUP

INGREDIENTS:

- | | |
|-----------------------------------|------------------------------------|
| 1 medium potato | Pinch cayenne pepper |
| 1/3 cup diced celery | 1 teaspoon salt |
| 1/3 cup diced carrots | Pinch black pepper |
| 3/4 cup diced onions | 3 tablespoons potato starch |
| 1 tablespoon minced garlic | 3 tablespoons water |
| 3 cups chicken stock | 1 tablespoon butter |
| 1 tablespoon Worcestershire sauce | 2 teaspoons heavy cream (optional) |
| Dash liquid smoke | 1 1/4 cups nonfat sour cream |
| 1 1/2 teaspoons chopped basil | |
-

INSTRUCTIONS:

1. Preheat oven to 400°. Prick potato with fork 3 to 4 times and wrap in foil. Place in oven for 45 minutes or until soft. Scoop out potato and discard skin. Refrigerate until ready to use.
2. Lightly spray a large saucepan with canola oil. Sauté celery, carrots and onions until onions are translucent and slightly browned. Add garlic, Worcestershire sauce, liquid smoke, basil and spices. Sauté briefly. Add chicken stock and bring to a simmer.
3. Combine potato starch and water and make a paste. Add to soup mixture and cook until thickened, about 1 to 2 minutes. Add butter, heavy cream and sour cream. Mix thoroughly, remove from heat and cool slightly. Transfer to a blender container and puree.
4. Return to saucepan and reheat. Add potatoes and simmer 5 minutes.

Makes 8 (3/4-cup) servings, each containing approximately:

- 100 calories
 - 17 gm. carbohydrate
 - 2 mg. fat
 - 9 mg. cholesterol
 - 4 gm. protein
 - 265 mg. sodium
 - 1 gm. fiber
-
-

CARDAMOM GRILLED CHICKEN WITH MANGO LIME SAUCE

INGREDIENTS:

Spice mix:

3 tablespoons cardamom
 1 tablespoon black pepper
 2 tablespoons salt
 1 teaspoon cinnamon
 1/4 teaspoon cayenne pepper
 6 4-ounce skinless chicken breasts,
 boned and defatted

Sauce:

1 mango, cleaned and diced
 1/2 cup lime juice
 2 tablespoons olive oil
 1 tablespoon minced ginger
 1/2 cup nonfat plain yogurt
 1/2 teaspoon salt
 1 tablespoon diced jalapeño
 1 tablespoon chopped cilantro

INSTRUCTIONS:

1. Prepare coals for grilling or preheat broiler.
2. In a small bowl, combine ingredients for spice mix.
3. Lightly pound chicken breasts to flatten. Dust each with about 1 teaspoon spice mix. Store remaining spice mix in an airtight container for future use.
4. Grill chicken for 3 to 5 minutes on each side, or until juices run clear when pierced with a fork.
5. Combine all ingredients for sauce in a blender container except for last 2 ingredients. Puree until smooth. Pour into a bowl, add jalapeño and cilantro and gently stir.
6. Serve 1 chicken breast with 1/4 cup sauce.

Makes 6 servings, each containing approximately:

220 calories
 9 gm. carbohydrate
 8 gm. fat
 72 mg. cholesterol
 28 gm. protein
 667 mg. sodium
 Trace fiber

7-SPICE CHICKEN WITH ASIAN PEAR JUS-----
INGREDIENTS:

1 star anise
1/4 teaspoon whole cloves
1 cinnamon stick
3/4 teaspoon black peppercorns
3/4 teaspoon salt
3/4 teaspoon ground ginger
4 skinless chicken breasts, boned and defatted
2 teaspoons olive oil
Asian Pear Jus:
3/4 cup fresh gala apple juice or unsweetened canned apple juice
3 tablespoons fresh asian pear juice or unsweetened canned pear juice
1 3/4 teaspoon ginger juice
1 teaspoon shallot juice or grated shallots
3 shiso leaves, chopped

INSTRUCTIONS:

1. Preheat oven to 375°.
2. Place star anise, fennel seed, cloves, cinnamon stick and peppercorns in a small baking dish. Roast in oven for 4 minutes. Let cool.
3. Process roasted spices in a spice grinder until powdery. Mix in salt and ginger.
4. Place 1 teaspoon spice mixture on chicken breast. Sauté each chicken breast with 1/2 teaspoon olive oil in a large sauté pan over medium heat, about 5 minutes per side. Place in oven at 375 ° for about 10 minutes to finish cooking. Remove skin.
5. Combine all juices in a medium bowl. Add shiso leaf and mix well.
6. Serve chicken breast with 2 oz. asian pear jus.

Makes 4 servings, each containing approximately:

240 calories	0 mg. cholesterol	432 mg. sodium
17 gm. carbohydrate	29 gm. protein	3 gm. fiber
7 gm. fat		

Cook's note: The Asian Pear Jus will have a more authentic flavor if using fresh juices, therefore a juicer may be required. Otherwise, unsweetened prepared juices may be used. A simple way of juicing ginger is to grate enough to fit in your hand and then squeeze out the juice into a bowl.

TURKEY SANDWICH

INGREDIENTS:

Sweet Garlic Spread:

- 1 tablespoon sweet garlic paste
 - 2 tablespoons silken tofu
 - 1 tablespoon nonfat plain yogurt
 - 1/4 teaspoon black pepper
 - Pinch salt
 - 8 slices whole-grain bread
 - 12 ounces cooked turkey breast, thinly sliced
 - 1 large tomato, 1/4-inch slices
 - 4 romaine lettuce leaves
 - 1 cucumber, peeled, 1/4-inch slices
-

INSTRUCTIONS:

1. Combine all ingredients for sweet garlic spread in a small bowl and mix well.
2. To build sandwich, spread 1 tablespoon sweet garlic spread onto 1 slice whole-grain bread. On other slice layer 3 ounces turkey breast meat. Top with 2 tomato slices, lettuce leaf and 3 slices cucumber. Replace top and slice in half.

Makes 4 sandwiches, each containing approximately:

- 305 calories
 - 31 gm. carbohydrate
 - 5 gm. fat
 - 65 mg. cholesterol
 - 23 gm. protein
 - 685 mg. sodium
 - 5 gm. fiber
-
-

TURKEY REUBEN

INGREDIENTS:

8 slices rye bread
1/2 cup Thousand Island dressing (see recipe)
1/2 pound deli-sliced breast of turkey
4 ounces Swiss cheese, cut into 1 ounce slices
1 cup sauerkraut

INSTRUCTIONS:

1. Spread 1 slice rye bread with 2 tablespoons Thousand Island dressing. Build sandwich with 2 ounces sliced turkey breast meat, 1 ounce Swiss cheese and 1/4 cup sauerkraut. Top with another slice of rye bread.
2. Lightly coat a medium sauté pan with canola oil and grill sandwich over medium heat until cheese is melted, about 1 to 2 minutes on each side or until lightly browned. Cut in half on the diagonal. Repeat for remaining sandwiches.

Makes 4 sandwiches, each containing approximately:

440 calories
53 gm. carbohydrate
8 gm. fat
63 mg. cholesterol
35 gm. protein
681 mg. sodium
5 gm. fiber

TURKEY BREAST MEDALLIONS WITH LIME SAUCE

INGREDIENTS:

Lime sauce:	2 teaspoons olive oil
3 small limes	1/3 cup polenta or cornmeal
1 1/2 teaspoons chopped fresh cilantro	1/2 cup all-purpose flour
2 tablespoons chopped scallions	3/4 teaspoon ground cumin
1/2 teaspoon minced jalapeño pepper	3/4 teaspoon chili powder
1/4 teaspoon salt	3/4 teaspoon ground coriander
1/2 teaspoon sugar	3/4 teaspoon garlic powder
1 tablespoon olive oil	1/2 teaspoon salt
1 pound breast of turkey	1/4 teaspoon pepper

INSTRUCTIONS:

1. Using a vegetable peeler or paring knife, peel the green zest from the limes, being careful not to cut into white pith. Reserve zest. Remove white pith from lime and discard. Juice remaining limes and place juice in blender along with zest, cilantro, scallions, jalapeño pepper, salt and sugar. Puree until smooth. While blender is running, add olive oil slowly to emulsify.
2. Slice turkey breast diagonally into eight 2-ounce portions. Pound with meat mallet between sheets of wax paper to 1/2-inch thick.
3. Heat olive oil in a large sauté pan over medium heat. In a shallow glass baking pan, combine polenta, flour, herbs and spices. Dredge turkey medallions in polenta mixture, place in hot oil and sauté until golden brown, about 3 to 5 minutes on each side.
4. Serve 2 turkey medallions with 2 tablespoons lime sauce and 2 teaspoons bell pepper jelly (see recipe).

Makes 4 servings, each containing approximately:

330 calories	71 mg. cholesterol	350 mg. sodium
37 gm. carbohydrate	29 gm. protein	3 gm. fiber
8 gm. fat		

BELL PEPPER JELLY

INGREDIENTS

1/2 cup white vinegar
2/3 cup peeled and chopped red bell pepper
1 1/2 cups granulated sugar
1/4 cup pectin

INSTRUCTIONS

1. Combine 2 tablespoons vinegar with red bell pepper in a blender and puree until smooth.
2. Combine sugar and remaining vinegar in a small saucepan and bring to a boil. Reduce heat to simmer and cook until sugar dissolves. Add pepper puree and simmer for 2 minutes. Add pectin and simmer until dissolved, about 1 to 2 minutes. Cool. May be refrigerated for future use.

Makes 1 1/2 cups jelly, each teaspoon containing approximately:

20 calories
5 gm. carbohydrate
0 gm. fat
0 mg. cholesterol
0 gm. protein
3 mg. sodium
Trace fiber

SESAME-CRUSTED CHICKEN

INGREDIENTS:

4 skinless chicken breasts, boned and defatted
1 tablespoon sesame seeds
1 tablespoon black sesame seeds
1/4 teaspoon salt
1 tablespoon sesame oil

INSTRUCTIONS:

1. With a meat mallet, pound chicken breasts to 1/2-inch thick.
2. In a shallow bowl, combine sesame seeds and salt and sprinkle over chicken breasts.
3. In a large sauté pan, heat sesame oil over medium heat. When oil is hot, sauté chicken breasts until golden brown and cooked through, about 3 to 5 minutes on each side. Juices will run clear when pierced with a fork.

Makes 4 servings, each containing approximately:

205 calories
Trace carbohydrate
10 gm. fat
72 mg. cholesterol
28 gm. protein
205 mg. sodium
Trace fiber

SZECHUAN CHICKEN SALAD

INGREDIENTS:

3 skinless chick breasts, boned, defatted

Marinade:

1/4 cup low-sodium tamari sauce

1/4 cup rice vinegar

1 teaspoon sambal sauce

1 tablespoon minced ginger

1 tablespoon sesame oil

1 tablespoon sugar

1 tablespoon canola oil

Dressing:

3 tablespoons low-sodium tamari sauce

1 1/2 tablespoons Worcestershire sauce

1 tablespoon sugar

1 tablespoon minced ginger

Salad:

2 fennel bulbs, sliced 1/4-inch and steamed

1 head napa cabbage, shredded

1 large carrot, julienned

1 red bell pepper, julienned

2 tablespoons toasted sesame seeds

1 teaspoon cornstarch

1 tablespoon canola oil

4 cups fresh spinach

INSTRUCTIONS:

1. Dice chicken into 1/2-inch cubes. In a medium bowl, combine all ingredients for marinade. Add chicken and marinate for 1 hour in refrigerator.
2. In a medium bowl, mix all ingredients for dressing. In a large bowl, combine fennel, cabbage, carrots and red bell pepper. Toss with dressing and sesame seeds.
3. Drain marinade from chicken. Sprinkle chicken with cornstarch. Preheat wok or sauté pan. Add canola oil and sauté chicken until cooked through, about 1 to 2 minutes.
4. Arrange 1 cup spinach on dinner plate. Top with 2 cups fennel salad and 3 ounces chicken.

Makes 4 servings, each containing approximately:

305 calories

22 gm. carbohydrate

11 gm. fat

72 mg. cholesterol

32 gm. protein

625 mg. sodium

5 gm. fiber

TURKEY AND SWISS CHEESE SANDWICH

INGREDIENTS:

Herb Vinaigrette Dressing:
2 teaspoons minced shallots
3/4 teaspoon fresh, chopped basil
1/2 teaspoon fresh, chopped oregano
1/4 teaspoon minced garlic
2 tablespoons balsamic vinegar
1 tablespoon olive oil
Pinch salt
Pinch pepper
8 slices multi-grain bread
10 ounces thinly sliced breast of turkey
4 ounces thinly sliced Swiss cheese
1 Roma tomato, thinly sliced
1 cup fresh spinach

INSTRUCTIONS:

1. In a small bowl, whisk together all dressing ingredients. Set aside.
2. Arrange 2 1/2 ounces turkey, 1 ounce Swiss cheese, 1 ounce tomato slices, and 1/4 cup spinach on a slice of multi-grain bread and drizzle 1 teaspoon dressing over spinach. (Store remaining dressing for future use.) Top with bread slice. Repeat process for remaining sandwiches.

Makes 4 sandwiches, each containing approximately:

410 calories *
34 gm. carbohydrate
15 gm. fat
60 mg. cholesterol
38 gm. protein
588 mg. sodium
6 gm. fiber

*Calories and fat grams will vary depending upon the type of multi-grain bread chosen. This analysis uses Canyon Ranch 7-grain bread.

TURKEY BREAST MEDALLIONS WITH BLACKBERRY SAUCE-----
INGREDIENTS:

2 tablespoons diced shallots
1/4 cup white wine
1/2 cup crushed blackberries, strained
3/4 cup fortified chicken stock
1 pound boneless turkey breast
1/2 cup all-purpose flour
1/2 teaspoon salt (optional)
1/2 teaspoon pepper
4 teaspoons butter

INSTRUCTIONS:

1. Lightly spray a medium sauté pan with canola oil and sauté shallots until translucent. Add white wine and cook until wine is almost evaporated.
2. Add crushed blackberries and chicken stock. Cook until juice has reduced by 1/2. Keep warm.
3. In a shallow bowl, combine flour with salt and pepper. Set aside.
4. Slice turkey breast into 4-ounce portions. Pound with meat mallet until 1/4-inch thick.
5. Melt butter in a large sauté pan. Dredge turkey medallions in seasoned flour and sauté in butter for 3 to 5 minutes on each side, or until golden brown. Serve with 2 tablespoons blackberry sauce.

Makes 4 servings, each containing approximately:

285 calories
29 gm. carbohydrate
7 gm. fat
78 mg. cholesterol
28 gm. protein
406 mg sodium
7 gm. fiber

Cook's Note:

Other fruits or fruit juices may be used in this recipe if blackberries are not available.

SAUTÉED THAI CHICKEN BREAST WITH COCONUT SAUCE

INGREDIENTS:

Thai Red Curry Paste:

1 medium red bell pepper, roasted	1 tablespoon minced cilantro stems
1 jalapeno pepper, roasted	2 garlic cloves
1 Thai chili, diced	1 tablespoon lime juice
1 Guajillo chili, roasted	1 teaspoon salt
1 tablespoon grated lime peel	1 tablespoon chopped lemon grass
1 tablespoon ground coriander seed	4 4-ounce skinless chicken breasts, boned and defatted
1 tablespoon chopped ginger	

Coconut Sauce:

1 1/2 tablespoons vegetable stock	2 teaspoons water
1 1/2 tablespoons heavy cream	2 teaspoons lime juice
1 tablespoon sugar	1/2 cup light coconut milk
1 teaspoon cornstarch mixed with 2 teaspoons water	1/4 teaspoon fish sauce
	1/2 kaffir lime leaf, julienne

INSTRUCTIONS:

1. Combine all ingredients for the thai red curry paste in a blender container and puree until smooth. Rub 2 teaspoons paste on each chicken breast and let sit for 5 minutes. Store unused paste in an airtight container in the refrigerator.
2. In a small sauté pan, combine vegetable stock, cream and sugar. Bring to a boil and add cornstarch slurry. Cook until very thick, about 30 seconds. Remove from heat and cool to room temperature. Add remaining ingredients and whisk to combine.
3. Lightly spray a large sauté pan with canola oil. Sauté chicken breasts over medium heat to desired doneness, about 3 to 5 minutes on each side. Serve with 3 tablespoons coconut sauce.

Makes 4 servings, each containing approximately:

205 calories	7 mg. cholesterol	402 mg. sodium
6 gm. carbohydrate	23 gm. protein	Trace fiber
10 gm. fat		

RASPBERRY MUSTARD-CRUSTED CHICKEN BREAST

INGREDIENTS:

Raspberry Mustard:

4 tablespoons Dijon mustard
 4 tablespoons fresh or frozen raspberries
 3 teaspoons honey

Fig Vinegar:

2/3 cup balsamic vinegar	1/2 teaspoon salt
6 tablespoons chopped figs	1/4 teaspoon pepper
2 teaspoons honey	4 skinned chicken breasts, boned and defatted
1/2 cup breadcrumbs	2 teaspoons olive oil
2 tablespoons minced pistachio nuts	

INSTRUCTIONS:

1. In a blender container, combine ingredients for raspberry mustard. Refrigerate overnight.
2. In a small saucepan, combine ingredients for fig vinegar. Bring to a boil, reduce heat and simmer over low heat for 1 minute. Cool and refrigerate overnight. Strain.
3. With a meat mallet, pound chicken breasts to 1/2-inch thick.
4. In a medium bowl, combine breadcrumbs, pistachios, salt and pepper. In a shallow pan, place chicken breasts in raspberry mustard sauce and turn to coat. Roll in breadcrumbs.
5. Heat a large sauté pan with olive oil. Sauté chicken breasts over medium heat until chicken is cooked through and crust is light brown, about 3 to 5 minutes on each side. Juices will run clear when pierced with a fork.
6. Reheat fig vinegar in a small pan. Serve 1 chicken breast with 2 tablespoons fig vinegar.

Makes 4 servings, each containing approximately:

295 calories	85 mg. cholesterol	620 mg. sodium
24 gm. carbohydrate	30 gm. protein	3 gm. fiber
9 gm. fat		

PECAN CRUNCH CINNAMON CHICKEN

INGREDIENTS:

6 skinless chicken breast halves, boned and defatted

1 tablespoon cinnamon

1 1/2 teaspoons curry

1 teaspoon salt

1 teaspoon pepper

1/2 teaspoon sugar

1/4 teaspoon cayenne pepper

Relish:

1/4 cup diced red onion

1/4 cup diced red bell pepper

2 teaspoons rice vinegar

1/2 teaspoon sugar

1/4 teaspoon curry

1/2 cup chopped pecans

3 tablespoons chopped mint

1/2 cup currants

INSTRUCTIONS:

1. Preheat grill or broiler.
2. Pound chicken breasts with a meat mallet to about 1/2-inch thick.
3. In a small bowl, combine cinnamon, curry, salt, black pepper, sugar and cayenne pepper. Sprinkle over chicken breasts, about 1 1/2 teaspoons per breast, covering both sides. Grill or broil chicken for 3 to 5 minutes on each side, or until juices run clear when pierced with a fork.
4. In a medium bowl, combine all ingredients for relish. Serve 1/4 cup of relish with 1 chicken breast.

Makes 6 servings, each containing approximately:

255 calories

72 mg. cholesterol

456 mg. sodium

14 gm. carbohydrate

28 gm. protein

2 gm. fiber

10 gm. fat

**LEMON GRASS-MARINATED DUCK BREAST WITH
PONZU SAUCE**-----
INGREDIENTS:

2 tablespoons thinly sliced lemon grass
1 tablespoon low-sodium tamari sauce
2 tablespoons Mirin wine
1 tablespoon rice vinegar
4 skinless duck breasts, boned and defatted
Ponzu Sauce:
2 tablespoons lime juice
2 tablespoons low-sodium tamari sauce
2 tablespoons water
1 tablespoon rice vinegar
1 teaspoon minced ginger
2 teaspoons sugar

INSTRUCTIONS:

1. In a large bowl, combine lemon grass, tamari sauce, Mirin wine and rice vinegar. Marinate for at least two hours.
2. Preheat grill or broiler.
3. Combine all ingredients for ponzu sauce in a blender container and puree. Strain, if desired.
4. Grill or broil marinated duck breast 3 to 5 minutes on each side or until cooked through.
5. Heat ponzu sauce and serve 2 tablespoons over 3 ounces duck breast.

Makes 4 servings, each containing approximately:
160 calories
4 gm. carbohydrate
8 gm. fat
63 mg. cholesterol
17 gm. protein
517 mg. sodium
Trace fiber

HAZELNUT ROSEMARY CRUSTED CHICKEN WITH FRUITED BALSAMIC VINEGAR

INGREDIENTS:

Fruited Balsamic Vinegar:

- 1 1/2 pounds dried dates
- 3 cinnamon sticks
- 1 quart balsamic vinegar
- 1 vanilla bean

Chicken:

- 5 skinless chicken breast halves, boned and defatted
- 1/3 cup toasted hazelnuts
- 1/3 cup all-purpose flour
- 1 tablespoon fresh chopped rosemary
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 teaspoons olive oil

INSTRUCTIONS:

1. In a large saucepan, combine dates, cinnamon sticks and vinegar and bring to a boil. Reduce heat and simmer for 5 minutes. Remove from heat.
2. Split vanilla bean and add to the fruited vinegar. Cool and refrigerate in glass covered container overnight or longer.
3. Combine hazelnuts, flour, rosemary, salt and pepper in a food processor container and blend until finely chopped. Transfer to shallow bowl.
4. Heat a large sauté pan on medium high and add olive oil. Dredge chicken breasts in hazelnut mixture and place in sauté pan. Cook for 4 to 5 minutes on each side or until juices run clear when pierced with a fork.
5. Serve 1 chicken breast with 2 teaspoons fruited balsamic vinegar.

Makes 5 servings, each containing approximately:

265 calories	66 mg. cholesterol	314 mg. sodium
18 gm. carbohydrate	28 gm. protein	2 mg. fiber
8 gm. fat		

GRILLED CHICKEN WITH TOMATO TARRAGON SAUCE-----
INGREDIENTS:

4 skinless chicken breasts, boned and defatted
2 1/2 tablespoons chopped, fresh tarragon
2 tablespoons olive oil
1 tablespoon minced garlic
Pinch black pepper
1/2 teaspoon salt
1 cup diced tomatoes
1/2 tablespoon balsamic vinegar

INSTRUCTIONS:

1. Preheat grill or broiler.
2. In a large bowl, combine chicken breasts, 2 tablespoons tarragon, 1 tablespoon olive oil, garlic, 1/4 teaspoon salt and pepper. Refrigerate for 10 to 15 minutes.
3. In a blender, combine tomatoes, 1 tablespoon olive oil, 1/4 teaspoon salt, pepper, 1/2 tablespoon tarragon and balsamic vinegar.
4. Grill or broil chicken breasts for 3 to 5 minutes on each side or until juices run clear when pierced with a fork.
5. Serve chicken breast with 1/4 cup sauce.

Makes 4 servings, each containing approximately:

215 calories
8 gm. carbohydrate
10 gm. fat
72 mg. cholesterol
28 gm. protein
368 mg. sodium
2 gm. fiber

GENERAL TSO'S CHICKEN STIR-FRY

INGREDIENTS:

Sauce:

- 3 tablespoons low-sodium tamari
- 3 tablespoons red wine vinegar
- 3 tablespoons sherry
- 3 tablespoons brown sugar
- 1 tablespoon hoisin sauce
- 1/4 teaspoon Tabasco sauce
- 1 pound cubed chicken breast, skinned and defatted
- 3/4 cup chicken stock
- 3 tablespoons cornstarch
- 3 tablespoons canola oil
- 1 tablespoon minced ginger root
- 1 tablespoon minced garlic
- 2 medium red bell peppers, chopped
- 1 medium zucchini, diced
- 1 head chopped bok choy

INSTRUCTIONS:

1. In a small bowl, combine water, tamari, vinegar, sherry, brown sugar, hoisin sauce and Tabasco sauce. Mix well. Place chicken in a shallow glass baking dish. Combine 1/4 cup sauce with chicken and marinate for 1 hour. To remaining sauce, add chicken stock and cornstarch. Set aside.
2. Heat a wok or large saucepan to medium high and stir-fry chicken in 1 tablespoon oil until chicken is cooked through. Remove and keep warm.
3. Add remaining oil to pan and cook ginger and garlic until just golden, about 30 seconds. Add peppers, zucchini and bok choy and stir-fry until crisp, but tender. Add remaining sauce mixture and chicken and cook until thickened.

Makes 6 (1 1/2-cup) servings, each containing approximately:

290 calories	72 mg. cholesterol	474 mg. sodium
19 gm. carbohydrate	30 gm. protein	3 gm. fiber
10 gm. fat		

CRISPY OVEN-BAKED CINNAMON CHICKEN-----
INGREDIENTS:

2 tablespoons chopped hazelnuts
1 1/2 cups ground multi-grain flakes
1/2 teaspoons ground cinnamon
1/2 teaspoons chopped fresh rosemary
1/4 cup chopped fresh parsley
1/2 teaspoons black pepper
Pinch salt
3/4 cup soy mayonnaise
6 skinless chicken breast halves, boned and defatted
1 tablespoon olive oil

INSTRUCTIONS:

1. Preheat oven to 450°.
2. On a baking sheet, spread hazelnuts and toast for 5 minutes. Allow to cool.
3. In a medium bowl, combine multi-grain flakes, cinnamon, rosemary, parsley, black pepper and salt and set aside. Coat each piece of chicken with soy mayonnaise and dredge in seasoned cereal mixture.
4. Lightly coat a shallow baking dish with olive oil. Arrange chicken breasts in dish, and bake for 15 to 17 minutes, or until juices run clear when pierced with a fork.
5. Using a very sharp knife, slice chicken breast into 3 or 4 pieces and fan out over 1 1/2 cups Hazelnut Salad (see recipe). Garnish with 1 teaspoon hazelnuts.

Makes 6 servings, each containing approximately:

375 calories
34 gm. carbohydrate
12 gm. fat
66 mg. cholesterol
32 gm. protein
509 mg. sodium
7 gm. fiber

HAZELNUT GREEN SALAD

INGREDIENTS

1 1/2 tablespoons fresh orange juice
1 1/2 tablespoons fresh lemon juice
1 1/2 tablespoons whole-grain mustard
3/4 teaspoon hazelnut oil
3 tablespoons chicken stock
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon honey
1 3/4 cup chopped romaine lettuce
3/4 cup chopped radicchio
1/3 cup chopped endive
3/4 cup chopped arugula
3/4 cup Mandarin orange sections
2 cups sliced button mushrooms

INSTRUCTIONS

1. Place orange juice, lemon juice, mustard, oil, chicken stock, salt, pepper and honey in a blender container and puree until smooth.
2. In a large bowl, combine remaining ingredients and toss with dressing until evenly coated.
3. Serve 1 1/2 cup portions.

Makes 6 servings, each containing approximately:

40 calories
7 gm. carbohydrate
Trace fat
0 mg. cholesterol
2 gm. protein
154 mg. sodium
2 gm. fiber

CITRUS-CRUSTED DUCK BREAST WITH PONZU SAUCE

INGREDIENTS:

1 1/2 tablespoons grated orange peel
1 1/2 tablespoons grated lemon peel
1 tablespoon grated lime peel
4 skinless duck breasts, boned and defatted
Ponzu Sauce:
2 tablespoons lime juice
2 tablespoons low-sodium tamari sauce
2 tablespoons water
1 tablespoon rice vinegar
1 teaspoon minced ginger
2 teaspoons sugar

INSTRUCTIONS:

1. In a small bowl, combine orange, lemon and lime peel. Pat 1 tablespoon of citrus peel on each duck breast. Let sit for 5 minutes.
2. Preheat grill or broiler.
3. Combine all ingredients for ponzu sauce in a blender container and puree. Strain, if desired.
4. Grill or broil marinated duck breast 3 to 5 minutes on each side or until cooked through.
5. Heat ponzu sauce and serve 2 tablespoons over 3 ounces duck breast.

Makes 4 servings, each containing approximately:

160 calories
4 gm. carbohydrate
8 gm. fat
63 mg. cholesterol
17 gm. protein
517 mg. sodium
Trace fiber

CHICKEN SCALOPPINE WITH BLOOD ORANGE SAUCE

INGREDIENTS:

Sauce:

1/4 cup juice from a blood orange

1/4 teaspoon sugar

1/2 teaspoon cornstarch

1/2 cup veal demi-glace

1/4 cup diced onion

1/4 teaspoon salt

Pinch black pepper

Chicken:

4 skinned chicken breasts halves, boned and defatted

1 tablespoon olive oil

Pinch salt

Pinch black pepper

INSTRUCTIONS:

1. In a sauce pan, mix orange juice and sugar over low heat until sugar is dissolved. Bring to a simmer and reduce by half, about 8 to 10 minutes.
2. In a small bowl, combine cornstarch and demi-glace with a wire whip and mix until combined. Add to juice mixture and stir in onions. Simmer on low heat for 20 minutes. Stir in salt and pepper.
3. Coat a large sauté pan with olive oil. Slice each chicken breast in half lengthwise and pound to 1/2-inch thick with a meat mallet. Season with salt and pepper and sauté 3 to 5 minutes on each side or until golden brown.
4. Serve chicken with 2 tablespoons of blood orange sauce and 1 risotto cake (see recipe).

Makes 4 servings, each containing approximately:

355 calories

73 mg. cholesterol

312 mg. sodium

37 gm. carbohydrate

308 gm. protein

3 gm. fiber

9 gm. fat

CHICKEN MEATBALL SUB

INGREDIENTS:

Chicken Meatballs:

- 2 skinned chicken breasts, boned and defatted
- 1 tablespoon raisins
- 1 teaspoon minced garlic
- Pinch chili flakes
- 1 teaspoon fennel seed
- 1/4 large carrot, sliced
- 2 tablespoons chopped parsley
- 1 tablespoon chopped pine nuts
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1 small egg, beaten
- 4 whole wheat baguettes, about 3 ounces each
- 1 cup Marinara sauce, heated (see recipe)
- 4 ounces mozzarella cheese

INSTRUCTIONS:

1. Dice chicken into 1-inch pieces. Place in a meat grinder or cuisinart. Grind or chop to a ground consistency. Add raisins, garlic, fennel seed, carrots, parsley and pine nuts and grind or chop together. Place in a medium bowl and add salt, olive oil and eggs. Mix well. Allow to sit in refrigerator overnight to chill.
2. Preheat oven to 375°. Lightly coat a baking pan with canola oil.
3. Form sausage into 1-ounce balls, about 2 tablespoons each. Place 2-inches apart in baking pan and bake for 10 to 15 minutes, or until cooked through.
4. Slice bun 3/4 on the way through. Place 3 meatballs in bun and top with 1/4 cup warm marinara sauce. Sprinkle with 1-ounce mozzarella cheese.

Makes 4 servings, each containing approximately:

420 calories	86 mg. cholesterol	698 mg. sodium
47 gm. carbohydrate	28 gm. protein	4 gm. fiber
14 gm. fat		

CHICKEN PICCATA

INGREDIENTS:

1 tablespoon fresh lemon juice
1 tablespoon capers, packed in vinegar and salt
1/2 cup chicken stock
1/4 cup all-purpose flour
4 skinless chicken breast halves, boned and defatted
4 teaspoons olive oil

INSTRUCTIONS:

1. In a small bowl, combine lemon juice, capers and Chicken Stock. Set aside.
2. Place flour in a large bowl. Dredge chicken breast in the flour.
3. Heat a large sauté pan with olive oil. Sauté chicken over medium heat until chicken is cooked through and golden brown, about 3 to 5 minutes on each side, or until juices run clear when pierced with a fork.
4. Add lemon juice mixture to pan and cook until sauce begins to thicken, about 2 minutes.
5. Serve immediately.

Makes 4 servings, each containing approximately:

165 calories
4 gm. carbohydrate
4 gm. fat
72 mg. cholesterol
27 gm. protein
287 mg. sodium
Trace fiber

**CHICKEN SCALLOPINI WITH WILD MUSHROOMS AND
TARRAGON**-----
INGREDIENTS:

2 tablespoons olive oil
4 skinless chicken breast halves, boned and defatted
1/4 cup all-purpose flour
2 tablespoons diced shallots
2 cups sliced mushrooms, mixed varieties
4 tablespoons Marsala wine
1/2 cup diced tomatoes
1 tablespoon chopped tarragon
2 cups chicken stock
1/2 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS:

1. Heat olive oil in a large sauté pan over medium heat. Dust chicken with flour and sauté in olive oil until lightly browned on both sides. Remove chicken from pan and add shallots and mushrooms. Add wine and cook until wine has almost evaporated, about 1 to 2 minutes.
2. Add tomatoes, tarragon, chicken stock, salt and pepper. Bring to a simmer and cook until sauce has reduced by 1/2. Serve 2 ounces sauce with each chicken breast.

Makes 4 servings, each containing approximately:

260 calories
13 gm. carbohydrate
8 gm. fat
72 mg. cholesterol
29 gm. protein
370 mg. sodium
2 gm. fiber

CHICKEN ENCHILADAS

INGREDIENTS:

Sauce:

3 tablespoons all-purpose flour	1 teaspoon honey
1 tablespoon chili powder	1 teaspoon lime juice
1/2 teaspoon paprika	1 teaspoon salt
1/4 teaspoon cumin	1/2 cup minced onion
1/2 teaspoon ground oregano	12 ounces cooked chicken breast, diced
Pinch ground thyme	1 teaspoon ground oregano
Pinch black pepper	1 teaspoon chili powder
1/4 teaspoon garlic granules	1 cup vegetable stock
1/2 teaspoon onion powder	8 corn tortillas
3 1/2 cup vegetable stock	4 ounces low-fat cheddar cheese
1 tablespoon chopped cilantro	4 ounces shredded green leaf lettuce

INSTRUCTIONS:

1. In a large sauté pan, combine flour with dry herbs and spices and cook over medium heat until golden brown. Add remaining ingredients for sauce and whisk to combine. Bring to a boil, reduce heat to low, and simmer for 45 minutes, stirring frequently to prevent scorching.
2. Lightly coat a medium sauté pan with canola oil and sauté onion, chicken, oregano and chili powder until chicken is lightly browned. Add 1 cup vegetable stock and simmer until liquid has evaporated.
3. Preheat oven to 350°.
4. Soak tortilla briefly in warm water, lay on flat work surface and spoon 3 tablespoons chicken filling on edge. Roll tightly and place into 8"x 8" baking pan. Ladle sauce on top and sprinkle with cheddar cheese. Bake for 15 minutes or until cheese is melted and sauce is bubbling. Garnish with lettuce.

Makes 4 (2-enchilada) servings, each containing approximately:

430 calories
 55 gm. carbohydrate
 9 gm. fat
 76 mg. cholesterol
 35 gm. protein
 482 mg. sodium
 6 gm. fiber

BBQ CHICKEN-----
INGREDIENTS:

1/2 cup diced onion
1 tablespoon minced garlic
1 1/2 teaspoon chili powder
1/2 cup brewed coffee
1/4 cup Worcestershire sauce
1/2 cup beer
1 1/2 tablespoons molasses
1 1/2 cups low-sodium ketchup
3 tablespoons cider vinegar
1/3 cup packed brown sugar
1/2 teaspoon liquid smoke
8 skinless chicken breast halves, boned and defatted

INSTRUCTIONS:

1. Lightly coat a small sauté pan with canola oil. Sauté onion and garlic until soft and slightly caramelized. Add remaining ingredients except for chicken and simmer until sauce begins to thicken. Keep warm.
2. Prepare hot coals for grilling.
3. Spread 2 tablespoons BBQ sauce over each chicken breast. Be sure to coat both sides.
4. Place on grill and cook for 3 to 5 minutes. Turn breasts and cook additional 3 to 5 minutes or until juices run clear when pierced with a fork.
5. Garnish with an additional 2 tablespoons of BBQ sauce.

Makes 8 servings, each containing approximately:

195 calories
13 gm. carbohydrate
3 gm. fat
72 mg. cholesterol
27 gm. protein
128 mg. sodium
Trace fiber

5-SPICE GRILLED CHICKEN WITH PLUM SAUCE

INGREDIENTS:

Plum Sauce:

- 1 1/2 pounds plums, cut in half
- 1/4 cup water
- 6 tablespoons honey
- 3 tablespoons brown sugar
- 2 tablespoons minced ginger
- 1/2 teaspoon crushed red chiles
- 2 teaspoons garlic
- 3 tablespoons low-sodium tamari
- 6 skinless chicken breasts, boned and defatted
- 2 tablespoons 5-spice powder
- 1 teaspoon salt
- 1 1/2 tablespoons canola oil

INSTRUCTIONS:

1. Combine all ingredients for plum sauce in a large saucepan. Bring to a boil, reduce heat to medium low and simmer for 20 minutes. Cool. Pour into a blender container and puree.
2. Combine 5-spice powder and salt. Dust each chicken breast with 1 teaspoon spice mixture.
3. Preheat grill pan and coat with canola oil. Grill chicken breasts for 3 to 5 minutes per side or until juices run clear when pierced with a fork.
4. Serve 1 chicken breast with 1/4 cup plum sauce.

Makes 6 servings, each containing approximately:

- 330 calories
 - 39 gm. carbohydrate
 - 7 gm. fat
 - 72 mg. cholesterol
 - 28 gm. protein
 - 683 mg. sodium
 - 2 gm. fiber
-
-

VEGETABLE RAMEN BOWL WITH KIM CHEE

INGREDIENTS:

Kim Chee:

1 pound head Napa cabbage, cut in 1-inch squares	6 tablespoons low-sodium tamari
1 tablespoon Thai chili paste	3/4 cup rice vinegar
1 tablespoon minced garlic	1/4 cup chopped scallions
1 1/2 tablespoons chopped shallots	1 1/2 teaspoons minced ginger root
1 small carrot, cut into match sticks	6 ounces hard tofu, cut into 1/2-inch cubes
1 tablespoon ginger juice (squeezed from 1/4 cup grated ginger)	1/2 cup thinly sliced Shiitake mushrooms
1 teaspoon salt	2 tablespoons hot sesame oil
12 ounce package soba noodles	1 tablespoon sesame seeds
6 cups vegetable stock	1/3 cup pickled ginger

INSTRUCTIONS:

1. Place cabbage in a bowl and add 2 tablespoons salt. Mix well and let sit for 20 minutes. Rinse cabbage thoroughly and combine with remaining ingredients for kim chee. Cover and refrigerate for 1 week.
2. Cook soba noodles according to package instructions. Set aside.
3. Combine vegetable stock, low-sodium tamari, rice vinegar, scallions, ginger root, tofu and mushrooms in a saucepan. Bring to a boil and add noodles. Cook 1 to 2 minutes.
4. Portion equally into 6 bowls and garnish each with 1/4 cup kim chee, 1 teaspoon hot sesame oil, 1/2 teaspoon sesame seeds and 1 tablespoon pickled ginger.

Makes 6 servings, each containing approximately:

235 calories
 34 gm. carbohydrate
 8 gm. fat
 0 mg. cholesterol
 12 gm. protein
 669 mg. sodium
 3 gm. fiber

MARINATED TOFU WITH MONGOLIAN BBQ SAUCE

INGREDIENTS:

16 ounces firm organic tofu
1 cup Mongolian BBQ sauce (see recipe)

INSTRUCTIONS:

1. Prepare Mongolian BBQ sauce.
2. Slice tofu into 8 slices. Lay slices flat in glass baking pan.
3. Add sauce and marinate 2 to 3 hours or overnight.

Makes 8 (2-ounce) servings, each containing approximately:

65 calories
2 gm. carbohydrate
4 gm. fat
0 mg. cholesterol
6 gm. protein
96 mg. sodium
Trace fiber

MARINATED TOFU FOR SESAME GINGER STIR-FRY

INGREDIENTS:

Marinade:

- 2 1/4 teaspoons minced garlic
- 1 1/8 teaspoons minced ginger root
- 1/2 teaspoon chili flakes
- 2 1/4 teaspoons sesame oil
- 1 1/2 tablespoons low-sodium tamari sauce
- 1 tablespoon brown sugar
- 5 1/2 tablespoons vegetable stock
- 12 ounces hard tofu

INSTRUCTIONS:

1. Slice tofu cake into twelve slices. Spray a medium sauté pan lightly with canola oil cooking spray. Sauté tofu over medium-high heat until golden brown on each side. Let cool.
2. Mix together all ingredients for marinade. Pour over tofu. Marinate for two hours or overnight.

Makes 6 servings, each containing approximately:

- 80 calories
 - 3 gm. carbohydrates
 - 6 gm. fat
 - 0 mg. cholesterol
 - 7 gm. protein
 - 211 mg. sodium
 - 1 gm. fiber
-
-

CARAMELIZED VEGETABLE AND TOFU STIR-FRY-----
INGREDIENTS:

10 ounces hard organic tofu, sliced 1/2-inches
2 tablespoons low-sodium tamari
2 tablespoons brown sugar
Pinch chili flakes
2 teaspoons sesame tahini
1 1/2 tablespoons olive oil
1 tablespoon minced garlic
1 tablespoon minced ginger root
1 cup sliced scallions
1 cup sliced jicama
1 medium red bell pepper, large dice
2 cups broccoli florets, blanched
1 1/2 cups sliced mushrooms
1/4 cup vegetable stock
2 cups cooked chuka soba noodles or brown rice

INSTRUCTIONS:

1. Heat a wok or large sauté pan over medium and cook tofu until golden brown on each side. Remove from pan and cut into cubes.
2. In a small saucepan, combine tamari, brown sugar, chili flakes and tahini. Simmer over medium heat until sugar is melted and mixture becomes a syrup, about 5 minutes. Set aside.
3. Add oil to wok and when hot, add garlic and ginger. Stir-fry briefly. Add remaining vegetables in order they appear and stir-fry for about 30 seconds each. Add tofu and continue to stir-fry until vegetables are tender, but crisp. Add tamari mixture and stir-fry until vegetables are coated.
4. Divide stir-fry into 4 equal portions and serve each portion over 1/2 cup cooked noodles or brown rice.

Makes 4 servings, each containing approximately:

325 calories	44 gm. carbohydrate
12 gm. fat	0 mg. cholesterol
19 gm. protein	429 mg. sodium
7 gm. fiber	

BANANA BREAD

INGREDIENTS:

3 small, very ripe bananas, mashed
 1/4 cup brewed coffee
 1 1/2 teaspoons grated orange peel
 1/2 cup sugar
 1/4 cup brown sugar
 1/4 cup applesauce
 1 egg
 1 cup whole-wheat flour
 1/4 cup bread flour
 3/4 teaspoon baking soda
 1/4 teaspoon salt
 1/4 teaspoon baking powder
 1/2 teaspoon allspice
 1/3 cup chopped walnuts

INSTRUCTIONS:

1. Preheat oven to 350°. Lightly coat a small bread pan with canola oil and dust with flour.
2. In a large bowl, beat bananas until smooth. Add coffee and orange peel and mix well. Set aside.
3. In another bowl, mix sugar, brown sugar and applesauce. Add egg and mix well. Add to banana mixture and mix until smooth.
4. In a medium bowl, sift together dry ingredients. Add to banana mixture and mix until all ingredients are combined. Fold in walnuts. Bake for 1 hour or until toothpick inserted in center comes out clean. Remove from oven and let cool for 5 minutes. Remove from pan and slice when cooled completely

Makes 12 servings, each containing approximately:

135 calories
 27 gm. carbohydrate
 2 gm. fat
 18 mg. cholesterol
 3 gm. protein
 146 mg. sodium
 2 gm. fiber



Recipe

MARGARITA

INGREDIENTS:

1/3 cup sugar
1 1/2 cups water
2/3 cup lime juice
2/3 cup orange juice
1 tablespoon lemon juice

INSTRUCTIONS:

Combine sugar and water and allow to dissolve. Add remaining ingredients and mix well. Serve cold or over ice.

Makes 4 (3/4-cup) servings, each containing approximately:

100 calories
26 gm. carbohydrate
Trace fat
0 mg. cholesterol
Trace protein
7 mg. sodium
Trace fiber

For prickly pear margarita, add 1/4 cup prickly pear syrup.

SOUTHWEST ROASTED PEPPER AND AVOCADO SALAD

 INGREDIENTS:

Pineapple Vinaigrette:

1/4 cup frozen pineapple juice concentrate
 3 tablespoons champagne vinegar
 1 tablespoon olive oil
 1/4 teaspoon salt
 Pinch black pepper
 1 1/2 teaspoons chopped mint

Tortilla Chips:

1 small flour tortilla, about 6-inches in diameter
 Pinch garlic granules
 Pinch chili powder
 Pinch cumin seed

Pinch salt
 4 ounces organic spinach, thinly sliced, about 2 cups
 4 ounces Romaine lettuce, thinly sliced, about 2 cups
 1/4 cup thinly sliced red onion
 1 small Roma tomato, thinly sliced
 1/2 red bell pepper, roasted and thinly sliced
 1/2 yellow bell pepper, roasted and thinly sliced
 1/2 avocado, mashed

----- INSTRUCTIONS: -----

1. In a blender container, combine all ingredients for pineapple vinaigrette and mix well.
2. Preheat oven to 350°. Slice tortilla into 8 bite-sized chips. Place on baking sheet and sprinkle with seasonings. Bake for 3 to 5 minutes or until chips are golden brown.
3. In a large bowl, combine spinach, romaine lettuce, onion, and tomato. Add pineapple vinaigrette and mix well.
4. Divide into 4 portions and place on salad plate. Arrange 1 tablespoon each of roasted red and yellow peppers over greens and top with 1 tablespoon mashed avocado. Garnish with 2 tortilla chips.

Makes 4 servings, each containing approximately:

115 calories	0 mg. cholesterol	261 mg. sodium
17 gm. carbohydrate	3 gm. protein	3 gm. fiber
5 gm. fat		

Cook's Note: To roast peppers, cut in half and deseed. Lay on sheetpan, skin side up and roast in 400 degree oven for 15 to 20 minutes. Place in bowl and cover for 5 minutes to steam. Skin will peel off easily.

WILD RICE CREPE-----
INGREDIENTS:

1/2 cup rice flour
2 1/2 tablespoons corn starch
2 1/2 tablespoons potato starch
1/2 teaspoon salt
1 1/2 tablespoons canola oil
1/3 cup water
1/2 cup cooked wild rice

----- INSTRUCTIONS: -----

1. Mix all ingredients in a large bowl and allow to rest for 30 minutes. Batter should be the consistency of heavy cream.
2. Heat a crepe pan over medium heat and lightly spray with canola oil. Measure 1/4 cup batter into pan and turn pan to quickly distribute to edges. Cook until edges begin to turn golden brown. Loosen edges and flip crepe. Cook 2nd side for 10 to 20 seconds.
3. If making crepes ahead of time, layer with parchment paper or paper towels.

Makes 6 crepes, each containing approximately:

120 calories
20 gm. carbohydrate
3 gm. fat
0 mg. cholesterol
2 gm. protein
237 mg. sodium
Trace fiber

VEGETARIAN BEAN CHILI

INGREDIENTS:

1/2 cup garbanzo beans	Pinch chipotle pepper powder
1/2 cup navy beans	1/4 teaspoon dry oregano
1/2 cup black beans	Pinch black pepper
1/2 cup adzuki beans	2 1/2 cups canned diced tomatoes
Pinch epazote (optional)	3 tablespoons tomato puree
1 tablespoon olive oil	1 3/4 cup tomato sauce
1 teaspoon minced garlic	2 cups vegetable stock
2/3 cup diced red onion	4 teaspoons minced green chili
1/2 cup diced red bell pepper	2 tablespoons chopped cilantro
1/2 cup diced yellow bell pepper	1 tablespoon chopped parsley
3/4 teaspoon dry basil	2 teaspoons molasses
Pinch ground cumin	1/2 teaspoon salt
1 1/2 teaspoons chili powder	

INSTRUCTIONS:

1. Soak beans overnight. Drain water and add fresh. Bring to a boil again and add epazote. Reduce heat to simmer and cook for 1 1/2 hours.
2. In another saucepan, sauté garlic, onion and peppers in olive oil until tender. Add dry spices and sauté briefly. Add tomato products and vegetable stock and bring to a simmer. Add cooked beans and bring back to a simmer. Add green chiles and cook for 45 minutes.
3. Add cilantro, parsley and molasses and cook for 5 minutes. Season with salt.

Makes 10 (1-cup) servings, each containing approximately:

175 calories

32 gm. carbohydrate

2 gm. fat

0 mg. cholesterol

9 gm. protein

189 mg. sodium

7 gm. fiber

Cook's Note:

Epazote is an herb from Mexico used when cooking beans. It is said to have an anti-flatulent effect.

MU SHU WITH TWICE COOKED TOFU

Twice cooked tofu:

1/4 cup low-sodium tamari sauce	2 teaspoons minced ginger root
1/4 cup honey	16 ounces hard tofu, cut into six 1/2-inch pieces
2 tablespoons sherry	1 tablespoon canola oil
1 teaspoon five spice powder	

INGREDIENTS:

6 wild rice crepes (see recipe)	1 cup bean sprouts
1 1/2 cup thinly sliced carrots	1/4 teaspoon salt
1 cup chopped scallions	1/4 teaspoon black pepper
1 cup sliced red onion	6 tablespoons hoisin sauce
3 cups shredded Napa cabbage	

INSTRUCTIONS:

1. Combine tamari, honey, sherry, five spice powder and ginger in a bowl and mix well.
Add tofu and marinate several hours or overnight in refrigerator.
2. Prepare rice crepes and set aside.
3. Remove tofu from marinade and cut each piece in half. Reserve marinade. Heat canola oil in a large sauté pan over medium. Sauté tofu until golden brown on each side. Return to marinade while cooking vegetables.
4. Lightly spray a wok or large sauté pan with canola oil. Stir-fry carrots, scallions, onions, cabbage and bean sprouts until tender, but still crisp. Season with salt and pepper. Remove tofu from marinade and sauté briefly again to warm.
5. Spread 1 tablespoon hoisin sauce over each rice crepe. Top with 3/4 cup stir-fry vegetables and 2 pieces tofu. Fold in half.

Makes 6 servings, each containing approximately:

<i>325 calories</i>	<i>13 gm. protein</i>
<i>43 gm. carbohydrate</i>	<i>681 mg. sodium</i>
<i>13 gm. fat</i>	<i>5 gm. fiber</i>
<i>0 mg. cholesterol</i>	

TOFU BACON-----
INGREDIENTS:

1/2 pound hard organic tofu, about a 1x4-inch block
1 tablespoon brown sugar
1/4 cup low-sodium tamari sauce
1/3 cup water
1/4 teaspoon black pepper
Dash liquid smoke (optional)

----- INSTRUCTIONS: -----

1. Cut tofu block into 1/8-inch slices.
2. In a shallow glass baking pan, combine brown sugar, tamari, water, pepper and liquid smoke. Mix well.
3. Add tofu slices and marinate for at least 2 hours or overnight.
4. Preheat oven to 375°.
5. Lightly coat a baking sheet with olive oil.
6. Lay tofu slices on baking sheet and bake for 20 minutes or until crispy on top.
7. Turn and bake 5 more minutes.
8. Remove from oven and cool.
9. Serve 3 slices.

Makes 4 servings, each containing approximately:

65 calories
2 gm. carbohydrate
4 gm. fat
0 mg. cholesterol
7 gm. protein
151 mg. sodium
Trace fiber

MANGO AND GUAVA SMOOTHIE

INGREDIENTS:

1/2 cup diced mango
1/2 cup diced guava
1/4 cup apple juice
1 teaspoon lime juice
1 teaspoon sugar
1/4 cup crushed ice

----- INSTRUCTIONS: -----

Combine all ingredients in a blender container and puree until smooth.

Each serving contains approximately:

145 calories

37 gm. carbohydrate

Trace fat

0 mg. cholesterol

1 gm. protein

7 mg. sodium

4 gm. fiber

ZUCCHINI BREAD

 INGREDIENTS:

2 small zucchini, finely grated, - approximately 1 cup	2 teaspoons baking powder
1/4 cup olive oil	1/4 teaspoon salt
1/4 cup prune puree	2 teaspoons cinnamon
1/2 cup raisins	1/2 teaspoon cloves
1/4 cup unsweetened applesauce	1/2 teaspoon cardamom
1 cup whole-wheat flour	1/3 cup ground flax seed
1 cup all-purpose flour	2 eggs
1 tablespoon baking soda	1/2 cup sugar
	1 teaspoon vanilla extract

----- INSTRUCTIONS: -----

1. Preheat oven to 350°.
2. Lightly coat a large bread pan with canola oil.
3. In a large bowl, combine zucchini, olive oil, prune puree, raisins and applesauce.
4. Mix gently. Set aside.
5. In another bowl, combine all dry ingredients except for ground flax seed.
6. Stir in flax seed and mix well.
7. In a medium bowl, beat eggs with sugar until fluffy.
8. Add zucchini mixture and mix well.
9. Add dry ingredients and mix until just combined. Do not over mix.
10. Pour into bread pan and bake for 45 minutes, or until bread springs back when touched in the center.
11. When cool, remove from pan and slice into 18 slices.

Cook's note: Baby food prunes perform very nicely in this recipe

 Makes 18 slices, each containing approximately:

<i>150 calories</i>	<i>4 gm. protein</i>
<i>24 gm. carbohydrate</i>	<i>271 mg. sodium</i>
<i>5 gm. fat</i>	<i>2 gm. fiber</i>
<i>22 mg. cholesterol</i>	

ROASTED ACORN SQUASH

INGREDIENTS:

2 large acorn squash, cleaned and cut into 8 wedges
6 tablespoons sugar
1 teaspoon salt
1 teaspoon cinnamon
Pinch black pepper

INSTRUCTIONS: -----

1. Preheat oven to 375°
2. Steam squash in a large saucepan with a steamer basket for 15 minutes.
3. Combine sugar, salt, cinnamon and pepper in a small bowl.
4. Remove squash from steamer and arrange skin side down on baking sheet.
5. Season each wedge with a scant tablespoon of sugar mixture.
6. Bake in oven for 15 minutes or until sugar caramelizes.

Makes 8 servings, each containing approximately:

80 calories

21 gm. carbohydrate

Trace fat

0 mg. cholesterol

Trace. protein

159 mg. sodium

2 gm. fiber