

COOKING GUIDE

THE 21-DAY SLIMDOWN PROGRAM



RECIPES

Trim all visible fat off of all meats. Wash all vegetables. Cut the ends off of all vegetables with stalks (e.g., mushrooms, broccoli, celery, etc). Cut the stems off of carrots, eggplants, peppers, etc. Remove the ribs (the white part) and seeds from peppers. Peel the outer skin off onions and garlic unless otherwise indicated.

Granulated garlic and granulated onion are interchangeable with garlic powder and onion powder. The granules are less likely to cake and block the pouring holes, especially when one uses the jar over steaming foods.

It's recommended to rinse the tops of all cans before opening them.

All dairy products should be fat-free. All processed foods should have no added fat (e.g., tomato sauce without added oil).

Cover all cookie sheets or baking pans with foil when cooking meat (for easy clean-up without added fat).

Defat all broth.

CONDIMENTS

Just because food is low-fat doesn't mean it has to be boring! Use fat-free condiments, like pepper sauce, to spice up a meal, and replace high-fat condiments including mayonnaise and bean dip with healthy, low-fat alternatives like salsa and fat-free yogurt dips.

SLIM SUBSTITUTES

- Worcestershire sauce
- Fat-free steak sauce
- Fat-free mayonnaise
- Fat-free barbecue sauce
- Fat-free salad dressing
- Chutney
- Pickles
- Tabasco sauce
- Salsa
- Mustard
- Seasoned vinegars
- Balsamic vinegar
- Wine vinegars
- Horseradish
- Soy sauce
- Fat-free yogurt dip
- Fat-free sour cream
- Ketchup

REDUCE

- Butter
- Oils
- Fat
- Lard
- Nonstick sprays
- Shortening



SEAFOOD

Seafood is a great protein alternative, but be aware that not all fish is low in fat. Let the following list be your guide. When buying fish, you should look for clear eyes, bright red gills and be sure that it smells only of brine, never “fishy.”

Try to cook fish the same day you buy it. A good rule of thumb is to cook it for about 10 minutes per inch at its thickest part. If you can’t cook it right away, put it in the freezer. Most seafood can be frozen for up to 6 months (12 months for shrimp). Thaw fish in the refrigerator (around 24 hours per pound) and use it within 24 hours of defrosting.

SLIM CHOICES

- Clams
- Cod
- Crab
- Crayfish
- Mahi Mahi
- Flounder
- Grouper
- Haddock
- Halibut
- Lobster
- Monkfish
- Mussels
- Ocean Perch
- Oysters
- Perch
- Pike
- Pollack
- Rockfish
- Chum Salmon
- Pink Salmon
- Scallops
- Sea Bass
- Shark
- Shrimp
- Skate
- Smelt
- Snapper
- Sole
- Squid
- Sunfish
- Rainbow Trout
- Albacore Tuna
- Yellow Fin
- Tuna
- Skip Jack Tuna
- Imitation crab meat (Surimi)

REDUCE

- Anchovies
- Bonito
- Butterfish
- Chub
- Dogfish
- Greenland Halibut
- Herring
- Mackerel
- Pompano
- Orange Roughy
- Sablefish
- Chinook Salmon
- Coho Salmon
- Sockeye Salmon
- Dolly Varden Trout
- Bluefin Tuna
- Sea Trout
- Whitefish
- Yellowtail



RED MEAT

If you include red meat in your diet, try to choose the leaner cuts. Generally speaking, you should choose meat with the least amount of marbling, since marbling is really just fat. Look for select rather than choice or prime cuts. And for juicier meat, salt it at the end of cooking, rather than the beginning.

In terms of storage, the larger the piece of meat, the longer you can store it.

MEAT	STORAGE LIFE
Raw ground meat	24 hours
Steaks	2 to 4 days
Roasts	3 to 5 days
Pork	In similar cuts, lasts one day less than beef

SLIM CHOICES

- Round-any cut
- Flank
- Sirloin
- Canadian bacon
- Lean ham
- Pork tenderloin
- Venison
- Ostrich
- Longhorn

REDUCE

- Brisket
- Chuck roast
- Rib eye
- Prime rib
- Ribs
- Sausage
- Porterhouse
- T-Bone
- Sweetbreads
- Tongue
- Regular ground meat
- Pork chops



SAUCES & SALAD DRESSINGS

Sauces and salad dressings can lend taste, texture and spice to your meals without being full of hidden fat. If you put just a little time and consideration into it, you can make delicious sauces that are entirely fat-free. You can even find fat-free sauces on many store shelves these days.

SLIM SUBSTITUTES

- Fat-free tomato sauce
- Fat-free chicken stock
- Vegetable stock
- Salsa
- Lemon juice
- Balsamic vinegar
- Rice vinegar
- Tomato paste
- Horseradish
- Fat-free yogurt
- Fat-free sour cream
- Fat-free dry milk
- Hot pepper sauce
- Soy sauce (low sodium)
- Worcestershire sauce

REDUCE

- Butter
- Olive oil
- Egg yolks
- White flour
- Fatty beef and chicken stocks
- Mayonnaise
- Heavy cream
- Half and half
- Milk



OIL/BUTTER

On the 21-Day Slim Down Program, you can still enjoy all the foods you love. You just need to learn how to prepare them healthier. For example: substitute butter, oil and other fatty cooking ingredients with low- and fat-free alternatives.

GRILLING

- Lemon juice
- Lime juice
- Picante sauce
- Seasoned vinegars
- Balsamic vinegar
- Wine vinegars
- Soy sauce

FRYING/SAUTEING

- Lemon juice
- Lime juice
- Defatted broth
- Wine
- Nonstick skillet

BAKING

- Nonstick pans
- Fat-free margarine
- Pureed fruits
- Nonfat yogurt
- Sprayer

REDUCE

- Butter
- Oils
- Fat
- Lard
- Nonstick sprays
- Shortening



THICKENING AGENTS

Sometimes soups and sauces need thickening agents added for consistency, but you don't have to use butter, eggs or heavy cream. There are several slim substitutes that will work just fine.

For one cup of liquid, use the following proportions (always add liquid to the thickening agent):

Flour

1 tablespoon for thin, 2 tablespoons for medium and 4 tablespoons for thick. Flour needs to simmer for about five minutes to thicken and lose its starchy taste.

Cornstarch

1 tablespoon for thin, 2 tablespoons for medium and 4 tablespoons for thick. Cornstarch becomes clear when cooked and loses its starchy taste as soon as it boils. It's perfect for all types of glazes, especially those used in Chinese dishes.

Arrowroot

1 teaspoon for thin, 1 tablespoon for medium and 2 tablespoons for thick. This is the most transparent thickener. The only disadvantage is that it can't be reheated. Arrowroot loses its starchy taste just before boiling, and it's perfect for dessert sauces.

SLIM SUBSTITUTES

- Pureed rice
- Mashed potatoes
- Instant mashed potato flakes
- Any complimentary pureed vegetable
- Pureed carrots
- Evaporated skim milk mixed with fat-free dry milk
- Butter substitute
- Bread
- Pureed onions
- Pureed roasted garlic
- Masa (finely ground cornmeal)
- Fat-free yogurt
- Fat-free sour cream

REDUCE

- Butter
- Heavy Cream
- Dairy products
- Egg yolks

BAKING

When you think of baking, you probably think of high-fat goodies like chocolate cake, cookies and brownies. Well so do I! If you just follow these tips, you can prepare cookies and all the other treats you like without all the added fat.

A few tips to remember: Don't use nonstick cooking spray on nonstick cookware, it gums up the surface. Eggs should be separated when cold, but to get the most volume out of a minimum amount of eggs, beat them at room temperature. You can substitute pureed fruits or nonfat yogurt for the fat in baked goods if they're cooked in a pan (i.e. cakes, muffins and breads). Unfortunately, this doesn't work for crisp cookies, pie crust or pastries.

SLIM SUBSTITUTES

- 2 egg whites, or equivalent egg substitute, for every whole egg
- Applesauce
- Pureed prunes
- Fat-free yogurt
- Cocoa powder
- Evaporated skim milk
- Fat-free sweetened condensed milk
- Butter substitute for flavor only
- Coconut extract
- Chocolate extract
- Almond extract
- Peanut butter extract

REDUCE

- Nuts
- Butter
- Oil
- Shortening
- Egg yolks
- Cream
- Chocolate
- Coconut
- Whole milk and full-fat dairy products



SEASONINGS

Add a little spice to your life! There is a huge array of herbs, spices and fat-free condiments that let you add flavor to your food without adding fat. Garlic, for example, contains no calories at all, but it can add an incredible amount of flavor to your meal. Experiment to find the seasonings you like.

You should store your herbs and spices in a cool, dry, dark place. One difference between herbs and spices is that herbs diminish in flavor when frozen, while spices intensify in flavor when frozen. However, they both become bitter when cooked too long, so be careful not to overcook. For the most flavor, try crushing herbs between your fingers before you use them. Here's a list of some herbs and spices particular to each type of cuisine:

CHINESE

- Five-spice Powder
- Coriander
- Garlic
- Ginger
- Hoisin
- Rice Wine
- Rice Wine Vinegar
- Soy Sauce
- Star Anise

ITALIAN

- Basil
- Bay Leaves
- Fennel
- Garlic
- Nutmeg
- Oregano
- Rosemary
- Thyme

FRENCH

- Bouquet Garni
- Chives
- Dill
- Herbes De Provence
- Marjoram
- Parsley
- Rosemary
- Saffron
- Tarragon
- Thyme
- Truffle

MEXICAN

- Chilies
- Cilantro
- Cinnamon
- Coriander
- Cumin/Cumin Seed
- Epazote
- Garlic
- Hot Peppers
- Oregano
- Tomatoes



INDIAN

- Anise
- Cardamom
- Cinnamon
- Cloves
- Coriander
- Cumin/Cumin Seed
- Curry Powder
- Fennel
- Fenugreek
- Garam Masala
- Garlic
- Ginger
- Mint
- Mustard
- Tamarind
- Turmeric

CAJUN

- Chilies
- Cayenne
- Hot Sauce
- Tomatoes

CARIBBEAN

- Allspice
- Chilies
- Cilantro
- Cinnamon
- Cloves
- Curry
- Garlic
- Ginger
- Jerk
- Lime
- Mace
- Nutmeg
- Rum
- Sugar
- Vanilla

REDUCE

- Sesame Oil
- Olive Oil
- Coconut
- Butter
- Cheese
- Egg Yolks
- Nuts
- Regular Yogurt
- Avocados
- Bacon

THAI

- Basil
- Chilies
- Chili Paste/Hot Pepper
- Cilantro
- Coriander
- Cumin
- Curry
- Fish Sauce
- Garlic
- Lemon Grass
- Lime
- Mint
- Sugar
- Tamarind

BREAKFAST



BREAKFAST ON THE RUN

MAKES 12 MUFFINS

Breakfast is one of the most important meals of the day, but many of us skip it because we just don't have the time. If you make these muffins at the beginning of the week, you'll have a quick and easy breakfast already made for you every morning. And the best part about this recipe is that it's limited only by your imagination. Instead of rice you can use cooked hash brown (either cubed or shredded) and whatever flavoring ingredients strike your fancy.

STEPS

- 1) **COMBINE** rice, ½ cup cheese and all other ingredients.
- 2) **DIVIDE** into 12 muffin cups sprayed with nonstick cooking spray. Sprinkle with remaining cheese.
- 3) **BAKE** at 400 degrees.

INGREDIENTS

3 cups cooked rice

1 cup cheese, divided in half

4 ounces diced green chilies

2 ounces diced pimientos

½ cup skim milk

4 eggs, beaten or the equivalent of 2 eggs in fat-free egg substitute

½ teaspoon ground cumin

½ teaspoon salt

½ teaspoon pepper

OPTIONAL COMBINATIONS

Mushroom, bell pepper, onion, ham or chicken

Spinach, swiss cheese, mushroom and onion

Broccoli, onion and chicken

Oats, apples and cinnamon

Jalapeño, red bell pepper, celery and onion

Basil, oregano, roasted bell pepper and artichoke hearts

Lemon pepper and parmesan



POWER MUFFINS

MAKES 12 MUFFINS

STEPS

- 1) **PREHEAT** oven to 375 degrees.
- 2) **COMBINE** all ingredients.
- 3) **BEAT** with an electric mixer for about 2 minutes.
- 4) **POUR** into nonstick muffin pans. Bake for 15 to 20 minutes.
- 5) **STORE** in zipper bags in refrigerator.

*Aspartame products should not be used in cooking. These break down when heated, losing their sweetening power.

INGREDIENTS

2 cups rolled oats

10 egg whites

2 Granny Smith apples, peeled and chopped

1 teaspoon cinnamon

½ teaspoon vanilla

*3 packages sugar substitute or
3 teaspoons honey*

*1 teaspoon grated orange or lemon zest
(optional)*

½ cup raisins (optional)



APPLE OAT MUFFINS

MAKES 12 MUFFINS



STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **MIX** the dry ingredients together.
- 3) **MAKE** a well in the center and add the egg whites, apples and honey.
- 4) **STIR** until the ingredients are moistened.
- 5) **SPOON** into a muffin pan sprayed with nonstick spray.
- 6) **BAKE** for 20 to 25 minutes.

INGREDIENTS

3 ½ cups rolled oats

¾ cup whole wheat flour

1 teaspoon apple or pumpkin pie spice

1 ½ teaspoons baking powder

½ teaspoon baking soda

¼ teaspoon salt

12 egg whites, slightly beaten

2 or 3 Granny Smith apples, peeled and diced

½ cup honey

FRENCH TOAST

SERVES 4



STEPS

- 1) **PREHEAT** a nonstick skillet or griddle to medium heat.
- 2) **BEAT** the egg substitute and skim milk together with the sugar and cinnamon.
- 3) **DIP** bread into egg mixture.
- 4) **PLACE** bread on hot skillet and cook until lightly browned.
- 5) **FLIP** and continue cooking until brown.
- 6) **SPRINKLE** with powdered sugar and squeeze of lemon.

INGREDIENTS

3 egg substitute (e.g., liquid carton egg whites)

$\frac{1}{2}$ cup skim milk

3 tablespoons sugar

$\frac{1}{2}$ teaspoon cinnamon or nutmeg

Lemon

Powdered sugar

8 slices of bread

EGG MUFFINS

SERVES 4

STEPS

- 1) **COMBINE** the egg whites with the seasonings.
- 2) **BEAT** to mix well.
- 3) **REMOVE** both top and bottom lids from an empty tuna can and rinse well. Heat a nonstick skillet or one sprayed with nonstick spray until hot over medium heat.
- 4) **PLACE** the tuna can in it and carefully pour in the egg mixture.
- 5) **REDUCE** heat to low and cover.
- 6) **COOK** for 5 to 7 minutes or until done.
- 7) **REMOVE** and run a knife around the edge to loosen the egg patty.
- 8) **TOAST** the English muffin if desired, and place the ham, egg and cheese on top.
- 9) **STORE** in zipper bags in refrigerator.
- 10) **TO** reheat, microwave for 20 to 30 seconds on high.

INGREDIENTS

8 egg whites

1 teaspoon butter substitute

Salt, pepper, onion powder and garlic powder

Sauteed mushrooms, onions and green peppers (optional)

4 English muffins split in half

4 slices fat-free American cheese

4 slices lean Canadian bacon or smoked turkey

CHEESE GRITS

SERVES 12



STEPS

- 1) **BRING** water to a boil.
- 2) **ADD** grits, salt and dried minced onion.
- 3) **STIR** to mix well and cook for 5 minutes.
- 4) **STIR** in torn-up cheese slices, garlic and hot pepper sauce.
- 5) **REMOVE** from heat and serve.

INGREDIENTS

2 cups water

½ cup quick-cooking grits

Pinch of salt

1 tablespoon dried minced onion

*4 ounces fat-free cheddar slices,
torn into pieces*

Dash of garlic powder

2 drops hot pepper sauce

OMELETS

SERVES 4

The great thing about omelets is that you can put anything you like in them: meat, vegetables or even leftovers.

STEPS

- 1) **SAUTE** the vegetables on medium heat.
- 2) **COOK** until soft, set aside and rinse skillet.
While the vegetables are cooking, prepare the egg whites.
- 3) **COMBINE** the seasonings to taste with the whites in a large bowl and whisk until foamy.
- 4) **REHEAT** the skillet on low heat, pour in the egg whites, and sprinkle the vegetables evenly around the pan.
- 5) **COVER** and set the timer for 7 to 10 minutes.
(Watch your omelet the first few times you make it so you'll know exactly how long it will take.)
With a plastic spatula, loosen the edges and the underside of the omelet.
- 6) **SLIDE** onto a plate and cut into 4 equal wedges.

INGREDIENTS

½ onion, diced

½ bell pepper, seeded and diced

½ cup sliced mushrooms

16 egg whites

Salt, pepper, granulated onion and granulated garlic

EGG CASSEROLE

SERVES 6-8

You can make this casserole with any ingredients you would put in an omelet. For example, mushrooms, bell peppers, onions, ham, chicken, spinach or broccoli. This takes a little while to make, but you can prepare it the night before, and it makes great leftovers for the rest of the week.



STEPS

- 1) **MELT** the cheese and a cap of the milk together over medium low heat. Mix the remaining milk with the eggs.
- 2) **COMBINE** the bread, onions, meat and mushrooms in a large bowl. Put the bread mixture in a 9-by-13 nonstick pan, pour the cheese mixture on next. Pour the egg mixture on top. You can cover and refrigerate casserole overnight.
- 3) **BAKE** at 325 degrees for about an hour or until the middle is set. Serve with picante sauce.

INGREDIENTS

1 large loaf of bread, crust removed and cubed

6 ounces nonfat American cheese

4 ounces nonfat Swiss cheese

2 ½ cups skim milk

20 egg whites or 10 egg substitutes

5 green onions, sliced ¼-inch long

½ pound smoked turkey or lean ham, cut in bite-size pieces

1 jar or 4 ounces mushrooms, sliced

APPETIZERS



ARTICHOKE SPREAD

SERVES 10-12



STEPS

- 1) **DRAIN** and coarsely chop artichokes and toss with lemon zest, garlic powder and Italian seasonings.
- 2) **PROCESS** goat cheese and yogurt together in a blender.
- 3) **SEASON**, then fold everything together, cover and refrigerate for 2 hours.

INGREDIENTS

18 ounces canned artichoke hearts
1/2 cup fat-free plain yogurt
1/2 teaspoon lemon zest, finely grated
2 tablespoons Italian parsley (flat leaf), finely chopped
1/2 teaspoon garlic powder
1/2 cup mild, soft, low-fat goat cheese
1/2 teaspoon Italian herb seasonings
1 1/2 teaspoons pepper, coarsely ground
Several drops of Tabasco sauce

7-LAYER DIP

SERVES 10-12

STEPS

- 1) **EVENLY** spread beans in the bottom of an 8-by-8 glass baking dish.
- 2) **SPREAD** a layer of asparagus guacamole on top of the beans.
- 3) **MIX** the taco seasoning with the sour cream and spread on top of the guacamole.
- 4) **SPRINKLE** the cheese on top.
- 5) **SPRINKLE** diced tomatoes, then the green onions and the jalapeño.
- 6) **SERVE** with fat-free tortilla chips.

INGREDIENTS

One 15-ounce can fat-free refried beans

1 cup grated fat-free cheddar cheese

1 large tomato, diced

1 package taco seasoning (optional)

1 bunch green onions, chopped (green part only)

1 cup fat-free sour cream

1 jalapeño pepper, sliced or chopped

1 recipe asparagus guacamole (see below)

ASPARAGUS GUACAMOLE

SERVES 4-6

Try this with fat-free sour cream instead of mayonnaise. Canned asparagus is the key; fresh and frozen just don't have the right texture.

*One 14-ounce can asparagus, drained
1 tablespoon lime juice, freshly squeezed
1 cup tomato, diced and seeded
6 drops red pepper sauce
1/3 cup onion, diced*

*1 clove garlic, minced
2 tablespoons cilantro, minced
1/4 cup picante sauce, drained of excess liquid
2 tablespoons fat-free mayonnaise*

Process the asparagus until smooth. Combine with all other ingredients, cover and refrigerate at least 1 hour. Serve with baked corn tortilla chips.

LOW-FAT POPCORN

SERVES 4

STEPS

- 1) **HEAT** the oil on medium high. When it begins to thin, add the popcorn and popcorn seasoning.
- 2) **SHAKE** the pan around to coat the kernels. If you see oil in the bottom of your pan, you've used too much oil.
- 3) **COVER** and turn heat down to medium.
- 4) **SHAKE** continuously and occasionally lift the lid to let the steam out. If you don't let the steam out, your popcorn will be tough.
- 5) **COOK** until there are 2 or 3 seconds between each pop. The key to this popcorn tasting like full-fat popcorn is the extra virgin olive oil. All other oils add fat but no flavor.

INGREDIENTS

1 teaspoon extra virgin olive oil

Popcorn seasoning salt

Enough popcorn to cover the bottom of a saucepan



DEVEILED EGGS

SERVES 10



STEPS

- 1) **PUREE** the beans in a food processor.
- 2) **ADD** the onion, mustard, mayonnaise, paprika and Tabasco.
- 3) **PROCESS** until well-mixed.
- 4) **STIR** in the relish and add salt and pepper as needed.
- 5) **POP** the yolks out of the whites and throw the yolks away.
- 6) **SCOOP** the bean mixture by the spoonful and press into the empty egg whites.
- 7) **DRAG** a fork across decoratively and sprinkle with additional paprika and curry powder.

INGREDIENTS

1 can white beans, rinsed and drained

Tabasco sauce

Paprika

2 tablespoons sweet relish

4 tablespoons minced onion

Salt and pepper

1 tablespoon mustard

Curry powder

½ cup fat-free mayonnaise

10 hard-boiled eggs, sliced in half lengthwise

BARBECUE FRIES

SERVES 4

You probably think there's no way french fries could possibly be low in fat, but now there is! By baking the potatoes instead of deep-frying them, you still get crispy delicious french fries without all the grease. This recipe calls for barbecue seasoning, but for a treat, try serving the fries topped with quick chili and nonfat cheddar cheese. Voila! You have low-fat chili cheese fries!

STEPS

- 1) **WASH** and dry your potatoes. Place them like spokes on a wheel, in a microwave oven. Cook on high for 5 minutes. Remove and let cool.
- 2) **SLICE** lengthwise into long strips (once, one quarter inch square) when potatoes are cool enough to handle. In either a large ziplock bag or bowl, toss the partially cooked strips with the barbecue seasoning. Place single layer on a nonstick baking sheet.
- 3) **BAKE** at 450 degrees for 30 to 45 minutes. After 30 minutes, check to see if they're done. If completely cooked, generously sprinkle cheddar cheese on top. Return to oven and cook until cheese is melted. Serve immediately.

INGREDIENTS

4 russet potatoes

½ cup barbecue seasoning (a mixture of salt, pepper, onion, garlic, cumin, chili powder, sugar and paprika)

grated nonfat cheddar cheese

HUMMUS

SERVES 6 - 8

This dip is traditionally high in fat, since tahini (sesame seed paste) and olive oil are ingredients usually found in hummus. This variation is different and a healthier alternative, but it still tastes traditional.

STEPS

- 1) **IN** a food processor or blender, puree the garbanzo beans with all the seasonings until smooth.
- 2) **ADD** the reserved liquid if necessary to achieve the desired consistency.
- 3) **SPRINKLE** a little paprika and ground cumin on top before serving, if you like.

INGREDIENTS

*2 cans garbanzo beans (chickpeas),
drained, liquid reserved*

¼ to ½ cup fresh lemon juice

*1 teaspoon garlic powder or 4 cloves
garlic, crushed*

½ teaspoon paprika

1 teaspoon ground cumin

Salt, to taste



BUFFALO CHICKEN FEATHERS

MAKES 35 - 40 PIECES

These chicken feathers are a low-fat alternative to traditional buffalo wings, but you'd never be able to tell by the way they taste. If you like them really spicy, use more cayenne pepper sauce. Don't forget to include the blue cheese dressing and vegetable sticks for real buffalo chicken wing taste. And eat them the right way, with your fingers! Make sure you have plenty of napkins on hand. I've included a pair of tasty marinade alternatives to try: Tangy Chinese Feathers and Jamaican Chicken Feathers.

STEPS

- 1) COMBINE** hot sauce, vinegar, butter substitute, and chicken tenders. Marinate for at least 1 hour. Put flour and seasonings in a large zip lock bag. Put chicken in a bag and shake until coated. Place the tenders on a rack over a roasting pan, spray with defatted chicken broth.
- 2) BAKE** them at 425 degrees until they're brown, about 15 to 20 minutes, turning them after 10 minutes or so.
- 3) SERVE** with dressing, celery and carrot sticks.

MARINADE VARIATIONS:

TANGY CHINESE FEATHERS

- $\frac{3}{4}$ cup dark soy sauce
- 1 tablespoon (or more) grated fresh ginger
- 2 cloves garlic, finely minced
- $\frac{1}{3}$ cup brown sugar
- 1 tablespoon Chinese mustard

JAMAICAN CHICKEN FEATHERS

- $\frac{1}{3}$ cup dark rum
- $\frac{1}{3}$ cup dark soy sauce
- 1 egg white, slightly beaten
- 2 tablespoons freshly grated ginger
- 2 cloves garlic, finely minced

INGREDIENTS

Preheat oven to 425 degrees

3 pounds chicken tenders

$\frac{1}{4}$ cup (or more) cayenne pepper sauce

$\frac{1}{3}$ cup cider vinegar

1 package butter substitute

1 cup flour

1 teaspoon onion powder

1 teaspoon garlic powder

Chicken broth

1 cup low-fat or fat-free blue cheese dressing

Celery and carrot sticks

QUESADILLAS

SERVES 6

The secret of my quesadillas is that all the ingredients are fat-free. Why is that a secret? Because if you didn't make them yourself, you'd never know! Try topping them with salsa, fat-free sour cream or chopped red onions.

STEPS

- 1) **SPREAD** a thick layer of beans on a tortilla. Place onion and jalapeño slices on top of the beans. Sprinkle cheese over all and top with another tortilla.
- 2) **HEAT** a nonstick skillet on medium, place quesadilla cheese side down and cook until crispy. Flip and cook until the second side is crispy.
- 3) **REPEAT** until all tortillas are cooked. Serve hot with salsa.

INGREDIENTS

12 fat-free flour or corn tortillas

1 can fat-free refried beans

1 onion, thinly sliced

Pickled jalapeño slices

Shredded fat-free cheddar cheese



SOUPS



SPICY SHRIMP SOUP

SERVES 3 - 4

HINT: Substitute the zest of half a lemon if you can't find lemon grass. Fish sauce is the Thai and Vietnamese equivalent to soy sauce.

STEPS

- 1) **PEEL** and devein shrimp.
- 2) **BRING** 1 quart of water to a boil and add lemon grass and straw mushrooms.
- 3) **REDUCE** heat to medium-low.
- 4) **ADD** shrimp and cook for about 3 minutes.
- 5) **ADD** fish sauce, lime juice and tomatoes. Mixed well.
- 6) **ADD** green onions, cilantro and red chili peppers.
- 7) **STIR** well, remove from heat and serve.

INGREDIENTS

½ pound fresh shrimp

1 stalk fresh lemon grass, sliced

One 8-ounce can straw mushrooms, drained

1 to 2 tablespoons fish sauce

¼ cup fresh lime juice

2 fresh tomatoes, seeded and diced

2 tablespoons green onion, sliced

1 tablespoon cilantro, chopped

1 to 4 red chili peppers, seeded and chopped, or ½ teaspoon red chili paste

GAZPACHO

SERVES 4

The perfect soup for summer.



STEPS

- 1) **COMBINE** the ingredients and puree in a food processor or blender until smooth.
- 2) **CHILL** at least 1 hour before serving.
- 3) **GARNISH** with diced vegetables, croutons, or lime quarters, if desired.

INGREDIENTS

2 cups tomato juice

2 large tomatoes, peeled, seeded and chopped

1 green pepper, seeded and chopped

1 cucumber, seeded and chopped

½ onion, peeled and chopped

1 celery stalk, chopped

2 cloves garlic, peeled and minced

2 tablespoons red wine vinegar

Salt, pepper and hot pepper sauce, to taste

TOMATO BASIL SOUP

SERVES 8

This delicious soup is a treat at any time of year, but especially when tomatoes are in season. During the winter, canned crushed tomatoes will do the trick. The secret is the basil. Try not to use dried or crushed. There's really no substitute for fresh basil.



STEPS

- 1) **SIMMER** the tomatoes, juice and stock for 30 minutes.
- 2) **PUREE** in a food processor or blender and add the basil a few leaves at a time. Add the butter substitute and blend a few seconds longer. Return to the sauce pan and add the milk.
- 3) **HEAT** on low and stir occasionally until the soup is thickened.

INGREDIENTS

*4 cups crushed tomatoes, or
8 to 10 ripe fresh tomatoes
peeled, seeded and chopped*

3 cups tomato juice

1 cup chicken stock

14 fresh basil leaves

1 cup evaporated skim milk

1 package butter substitute

Salt and pepper, to taste

BLACK BEAN SOUP

SERVES 4-6

I made this soup for a friend of mine about 10 years ago while we were sailing. To this day, he still talks about it. This soup is so hearty it's practically a meal all by itself. If you let the liquid evaporate until it's thick, it also makes great nachos.



STEPS

- 1) **SAUTE** cumin seeds and garlic in a saucepan until brown. Add black beans, beer, onion and jalapeño.
- 2) **REMOVE** ½ to 1 cup of black beans from the pot and puree them. Add them back to the pot. This thickens the soup. You can also use a hand blender to thicken to desired consistency.
- 3) **GARNISH** with cilantro and sour cream. Serve warm.

INGREDIENTS

1 teaspoon cumin seeds
3 cloves garlic, minced
3 cans black beans
1 onion, diced
1 bottle beer
1 jalapeño, diced
¼ cup cilantro
Nonfat sour cream

BAKED POTATO SOUP

SERVES 4

For the turkey garnish, use very thin smoked turkey – either prepackaged or from the deli counter. Separate the slices, place on a paper towel and microwave on high until crisp (for about one minute). The length of time the slices take to become crisp but not burned will vary between 30 seconds and 3 minutes, depending on the number of slices and the wattage of your microwave. Make sure you use plain smoked turkey; sugar, maple or honey cured will burn before it dehydrates completely.

STEPS

- 1) **COMBINE** the mashed potatoes, broth, and skim milk in a saucepan.
- 2) **HEAT** over medium until simmering.
- 3) **ADD** the diced potatoes, seasonings, and green onion.
- 4) **STIR** to mix well and reduce heat until soup is thick.
- 5) **GARNISH** with cheese, sour cream, crumbled turkey bacon, and additional green onion, if desired.

INGREDIENTS

1 cup mashed potatoes

2 cups chicken broth, defatted

2 cups evaporated skim milk

2 baked potatoes, diced with the skin on

½ teaspoon granulated onion

¼ teaspoon granulated garlic

3 tablespoons butter substitute

¼ cup chopped green onion

GARNISH :

Grated nonfat cheddar cheese

Nonfat sour cream

Smoked turkey slices, crisped and crumbled

SALADS



CAESAR SALAD

SERVES 4

The anchovy paste in the dressing for this recipe is optional, but give it a try. Even if you don't particularly like anchovies, you'd be surprised how much flavor anchovy paste adds. Just add it in small amounts. It tastes less fishy than you probably think. The baked garlic croutons in this recipe are delicious and, best of all, they're low in fat.

STEPS

- 1) PREHEAT** oven to 350 degrees.
- 2) RINSE** and dry the romaine leaves. Rub 2 of the garlic cloves on the French bread croutons and spread the bread cubes on a baking sheet. Bake until golden-brown (about 15 to 20 minutes).
- 3) COMBINE** the remaining 2 cloves garlic, sour cream, vinegar, anchovies, Dijon mustard, lemon juice, Worcestershire sauce, oregano, salt and pepper in a food processor or blender.
- 4) BLEND** until smooth. Put the romaine in a large bowl and add dressing, croutons and Parmesan cheese. Toss and serve.

INGREDIENTS

1 large head romaine lettuce, torn into bite-size pieces

4 cloves garlic

2 cups french bread, cut into 1-inch squares

1 cup fat-free sour cream

2 tablespoons white wine vinegar

2 teaspoons anchovy paste (optional)

2 teaspoons Dijon mustard

2 tablespoons freshly squeezed lemon juice

1 to 2 teaspoons Worcestershire sauce

¼ teaspoon oregano

Salt and pepper

2 tablespoons Parmesan cheese

RICE SALAD

SERVES 4

This recipe is a great way to use leftovers. Try adding marinated artichokes, capers or a few olives. Instead of sauteing the mushrooms, I marinate them in vinaigrette for a few hours. I add 1 tablespoon of wine vinegar or lemon juice, ¼ teaspoon dry mustard and a sprinkle of paprika to the nonfat mayonnaise.

STEPS

- 1) **SAUTE** mushrooms in chicken broth until soft and slightly brown around the edges. Remove from heat and place in a large bowl.
- 2) **WARM** corn in the same pan. Drain and combine with mushrooms. Add rice, chicken, green pepper, onion, peas, pimiento, mayonnaise and vinaigrette. Add seasonings and adjust to taste.
- 3) **COVER** with plastic wrap and refrigerate overnight. Just before serving, add tomatoes. Toss to mix well.

VINAIGRETTE

¼ to ⅓ cup red wine vinegar

1 teaspoon Italian herb seasoning, crushed

¼ cup skim milk

1 to 2 teaspoons Dijon mustard

Salt, pepper, garlic powder and onion powder

INGREDIENTS

Marinate overnight for best flavor.

8 ounces fresh mushrooms

Chicken broth for sauteing

1 cup defrosted frozen corn

2 cups cold cooked rice

4 cooked, boneless, skinless chicken breasts, diced

½ green bell pepper, seeded and diced

1 medium onion, diced

1 can drained or 1 cup fresh or defrosted frozen tiny peas

1 small jar diced pimientos, or diced roasted red peppers

1 cup nonfat mayonnaise

½ cup nonfat vinaigrette

½ teaspoon garlic powder

½ teaspoon onion powder

Salt and pepper

2 ripe tomatoes, seeded and diced

THAI CUCUMBER SALAD

SERVES 2 – 4

STEPS

- 1) **THINLY** slice the cucumber and place in a nonreactive bowl.
- 2) **DISSOLVE** the sugar in 1 cup boiling
- 3) water.
- 4) **STIR** in the vinegar and salt.
- 5) **POUR** over cucumbers.
- 6) **SPRINKLE** with shallots or red onion and red chili peppers.
- 7) **CHILL.** Serve cold.

INGREDIENTS

1 Japanese or seedless cucumber

5 tablespoons sugar

½ cup white vinegar

1 teaspoon salt

3 sliced shallots or ¼ red onion, peeled and thinly sliced

½ teaspoon red chili paste or 3 fresh red chili peppers, seeded and chopped

6 to 8 sprigs cilantro



FIESTA BEAN & CORN SALAD

SERVES 12

STEPS

- 1) **COMBINE** all the ingredients in a bowl.
- 2) **MIX** well. Cover and refrigerate for 30 minutes to let the flavor develop.
- 3) **SERVE** with baked corn tortilla chips.



INGREDIENTS

1 medium onion, chopped

2 tomatoes, chopped

1 pound frozen corn, defrosted

1 jalapeño, chopped

One 15-ounce can black or pinto beans, drained and rinsed

3 to 4 tablespoons freshly squeezed lime juice

1 tablespoon red wine vinegar

½ teaspoon pepper

1 teaspoon salt

⅓ cup fresh cilantro, chopped

TACO SALAD

SERVES 12

STEPS - TO COOK MEAT

- 1) **BROWN** the ground meat in a large skillet. When it is almost completely cooked, run the hot water in your sink.
- 2) **PLACE** the completely cooked meat into a colander and rinse under hot water for a couple of minutes.
- 3) **RINSE** out your skillet as well. Return meat to skillet with taco seasoning. Heat on medium.
- 4) **STIR** together with $\frac{1}{2}$ cup water and simmer for about 5 minutes.

STEPS - TACO SALAD

- 1) **PUT** a layer of corn chips in a bowl.
- 2) **SPRINKLE** about $\frac{1}{4}$ of the meat on top.
- 3) **ADD** $\frac{1}{2}$ head of chopped iceberg lettuce, 2 chopped tomatoes, $\frac{1}{2}$ pound shredded, fat-free cheddar cheese, $\frac{1}{2}$ chopped onion and hot sauce.
- 4) **DAB** on 2 tablespoons of fat-free sour cream and sprinkle on 1 teaspoon of chopped cilantro.

INGREDIENTS

1 pound 90% to 95% lean ground beef or pure ground turkey breast

Water, to achieve desired consistency

1 package taco seasoning mix

Corn chips

$\frac{1}{2}$ head iceberg lettuce

2 tomatoes, chopped

$\frac{1}{2}$ pound shredded, fat-free cheese

$\frac{1}{2}$ onion, chopped

2 tablespoons fat-free sour cream

1 teaspoon cilantro, chopped

Hot sauce



BROCCOLI-CAULIFLOWER SALAD

SERVES 4 – 6

STEPS

- 1) **CLEAN** cauliflower and broccoli and cut into florets.
- 2) **CHOP** the onion. In a large bowl, combine the vegetables with the pimientos and toss with desired dressing.
- 3) **MARINATE** overnight for best flavor.

INGREDIENTS

1 head cauliflower

1 bunch broccoli

1 medium red onion

1 small jar pimientos



MUSHROOM & HEARTS SALAD

SERVES 4 – 6

STEPS

- 1) **RINSE** the mushrooms.
- 2) **SLICE** the artichokes into quarters or bite-size pieces.
- 3) **SLICE** the hearts of palm into quarter rounds.
- 4) **COMBINE** the mushrooms, artichokes, hearts of palm and garlic in a bowl.
- 5) **POUR** lemon juice over all and sprinkle with salt and pepper.
- 6) **TOSS** to mix well. Refrigerate for an hour to marinate before serving.

INGREDIENTS

1 pound mushrooms, sliced

1 can artichoke hearts

1 can hearts of palm

1 clove garlic, minced

Juice from 1 ½ lemons

½ teaspoon both salt and pepper

SIDE DISHES



LOW-FAT ONION RINGS

SERVES 4 – 6



STEPS

- 1) **PREHEAT** oven to 375 degrees.
- 2) **SEPARATE** the onion rings.
- 3) **BEAT** the egg whites with the seasoning ingredients.
- 4) **DIP** the rings into the egg whites and dredge in the bread crumbs or corn flakes.
- 5) **BAKE** on a baking sheet lined with parchment paper for 15 minutes or until crisp.

INGREDIENTS

2 sweet onions, cut in 1/4-inch rings

1/4 teaspoon garlic powder

4 egg whites

1/4 teaspoon chili powder

1/4 teaspoon salt

1 cup seasoned bread crumbs or crushed corn flakes

1/4 teaspoon pepper

RICE & BEANS

SERVES 6

STEPS

- 1) **DRAIN** the beans and reserve the liquid.
- 2) **MEASURE** the liquid and add enough water to make 3 cups. Place the liquid, beans, rice and spices in a saucepan.
- 3) **BRING** to a boil and let boil for 5 minutes. Cover and turn heat to low.
- 4) **LET** cook undisturbed for 20 minutes for white rice, 45 to 50 minutes for brown rice.
- 5) **REMOVE** bay leaf before serving.

INGREDIENTS

1 can red kidney beans

1 teaspoon thyme or 2 springs of fresh thyme

½ cup rice

1 fresh hot pepper, seeded and chopped

1 onion, minced

1 bay leaf

3 cloves garlic, minced



SWISS ONION RICE

SERVES 3-4

STEPS

- 1) **ADD** about 1 tablespoon of broth in a saucepan over high heat.
- 2) **LET** brown and evaporate.
- 3) **ADD** 1 tablespoon more and swirl around. Sauté the onion and rice until golden-brown.
- 4) **ADD** liquids and mushrooms. Bring to a boil.
- 5) **COVER**, reduce heat to low and simmer for 25 minutes for white rice, 45 to 50 minutes for brown rice.
- 6) **TO** obtain desired flavor, you may combine the wine and broth in various quantities as long as you maintain a total of 2 cups of liquid.

INGREDIENTS

Broth for sauteing

½ cup beef or chicken broth, defatted

1 medium onion, finely chopped

½ cup white wine

1 cup rice

1 cup mushrooms, sliced

NONFAT BUTTERED RICE

SERVES 3-4

STEPS

- 1) **BRING** the broth, rice and onion to a boil in a medium saucepan.
- 2) **COVER** and reduce heat.
- 3) **COOK** for 20 minutes.
- 4) **REMOVE** from heat and stir in butter substitute.

INGREDIENTS

4 cups chicken broth, defatted

½ package butter substitute

2 cups white rice

1 onion, minced



BRAISED RED CABBAGE

SERVES 6

Red cabbage is a perfect compliment to meat dishes. I've always loved braised red cabbage, but the traditional preparation is just too full of butter. This recipe substitutes butter without sacrificing any of the flavor.



STEPS

- 1) **COMBINE** all ingredients in a large pot. Add 2 cups water.
- 2) **BRING** to a boil and reduce heat, cover and simmer for 20 minutes.
- 3) **SIMMER** uncovered for an additional 20 minutes, stir occasionally and discard the bay leaf.

INGREDIENTS

1 $\frac{3}{4}$ pounds red cabbage,
thinly sliced

2 large onions, thinly sliced

$\frac{2}{3}$ cup cider vinegar

$\frac{1}{4}$ cup firmly packed
brown sugar

3 tablespoons butter substitute

2 teaspoons mustard seeds

1 bay leaf

1 teaspoon fresh ground pepper

1 teaspoon salt

GLAZED CARROTS

SERVES 4

STEPS

- 1) **COOK** carrots in a small amount of water or chicken broth for about 5 to 8 minutes, or until tender.
- 2) **DRAIN** and set aside.
- 3) **COMBINE** other ingredients with a tablespoon or more broth and cook on medium heat for a few minutes.
- 4) **ADD** carrots and toss.

GARLIC CARROTS

Chicken broth
4 cloves garlic, peeled and minced
4 to 6 carrots, cut in coins
1 tablespoon butter substitute

Heat a small amount of broth in a skillet on high. After it browns, add the garlic. Brown the garlic in the broth, adding small amounts of broth as needed. When the garlic is browned, turn the heat to medium and add the carrots and enough broth or water to cover them halfway. Cover and steam for 20 minutes. Add the butter substitute, turn the heat up and saute the carrots until all the liquid is evaporated.

INGREDIENTS

4 to 6 medium carrots, thinly sliced
1 tablespoon brown sugar
½ teaspoon dry mustard
½ teaspoon garlic powder
Chicken broth

CARROTS AND ONIONS

1 pound baby carrots, sliced diagonally
12 pearl onions or cloves garlic, cut in half
About 1½ cups chicken broth, defatted
Salt and pepper
1 sprig each of rosemary and thyme, leaves minced

Cook the carrots and the onions or garlic in about 1 cup of broth for 15 minutes. Turn the temperature up to evaporate the broth and brown the vegetables. Season to taste with salt and pepper. Add the rosemary and thyme and cook another 15 minutes, adding a little broth at a time to prevent burning.



CORNBREAD STUFFING

MAKES ENOUGH FOR A 10-POUND TURKEY

You'll need to make two 9-inch square loaves of cornbread for the stuffing. Prepare the recipe twice instead of doubling all the ingredients, but bake the two pans at the same time.

CORNBREAD

1 cup yellow cornmeal

1 cup all-purpose flour

4 teaspoons baking powder

½ teaspoon salt

¼ cup applesauce

*1 cup evaporated skim milk
or buttermilk*

2 egg whites, slightly beaten

Preheat oven to 400 degrees.

Heat a 9-by-9 pan in oven. Combine dry ingredients. Add applesauce, milk and beaten egg whites. Mix just until blended. Pour into hot pan. Bake 20 to 25 minutes, or until tester comes out clean.

Variations

Add finely chopped mushrooms, finely chopped oysters, green peppers or corn.

STUFFING

3 ribs celery, finely chopped

4 green onions, finely chopped

1 can chicken broth, defatted

Two 9-by-9 loaves of cornbread, crumbled

1 or 2 pinches of poultry seasoning

Brown celery and onions. Place in a large bowl. Add chicken broth. Add crumbled cornbread and poultry seasoning, and mix thoroughly, adding more broth if needed to reach the desired moisture level.

BAKED POTATOES

Scrub the skins of russet potatoes until clean. Bake for about 50 to 60 minutes in an oven preheated to 425 degrees.

EASY BAKED POTATOES

Top with picante sauce or any leftover vegetables.

LOADED BAKED POTATOES

Mix in butter substitute, onion powder, salt, pepper and garlic powder to taste.

Top with:

*Fat-free sour cream
Grated fat-free cheddar cheese
Smoked turkey bacon (see note)
Chopped green onion*

BARBECUE BAKED POTATOES

Top with:

*Barbecue sauce
Grated fat-free cheddar cheese
Diced onion*

BROCCOLI-CHEESE BAKED POTATOES

Top with:

*Steamed fresh or frozen broccoli florets
Fat-free cheddar slices*

BAKED POTATO TOPPING

Mix one package of butter substitute with 2 teaspoons of onion powder, ½ teaspoon garlic powder, 1 teaspoon dried parsley, and salt and pepper to taste.

Note: To prepare turkey bacon, place 6 thin slices of deli smoked turkey breast (don't use maple or honey-cured) on a paper towel and leave a little space around each slice. Microwave on high for 3 to 5 minutes or until the turkey is evenly brown. Don't overcook; it'll go from brown to black and burned in just a few seconds. Remove and let cool before crumbling and storing.

ROASTED POTATOES

SERVES 4

STEPS

- 1) **PREHEAT** oven to 425 degrees.
- 2) **COMBINE** all the seasonings in a plastic ziplock bag, seal and shake to mix well.
- 3) **PLACE** quartered potatoes in bag, seal and shake to coat.
- 4) **REMOVE** potatoes and place on a foil-covered cookie sheet.
- 5) **SPRINKLE** or spritz with chicken broth.
- 6) **PLACE** in preheated oven and bake for approximately 30 to 40 minutes.

INGREDIENTS

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon pepper

1 teaspoon paprika

1 teaspoon crushed rosemary or mixture of herbs

Salt

8 potatoes, quartered

2 tablespoons chicken broth (approximately)



MACARONI & CHEESE

STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **COOK** macaroni until tender in a medium saucepan.
- 3) **COMBINE** flour and milk thoroughly and heat on medium heat.
- 4) **ADD** cheddar cheese a little at a time, stirring constantly.
- 5) **SEASON** with salt and pepper.
- 6) **WHEN** mixture is smooth, add macaroni and pour into a nonstick casserole dish.
- 7) **TOP** with Parmesan and paprika.
- 8) **BAKE** for about 45 minutes.
- 9) **SERVE** either as a main or side dish.

INGREDIENTS

1 pound macaroni

1 tablespoon flour

½ cup skim milk

1 pound nonfat cheddar, grated or slices

Salt and pepper

Parmesan cheese (nonfat if possible)

Paprika



WILD RICE

SERVES 4

STEPS

- 1) **SAUTE** the vegetables in a saucepan in a small amount of broth until soft.
- 2) **ADD** the rice and saute about 3 to 5 minutes longer.
- 3) **ADD** the remaining broth and seasonings.
- 4) **BRING** to a boil, simmer for 5 minutes and cover. Turn heat to low and cook for about 50 minutes.
- 5) **FLUFF** with a fork and serve.

INGREDIENTS

½ cup onion, chopped

1 celery stalk, chopped

2 cloves garlic, peeled and minced

1 cup fresh mushrooms, chopped or sliced

½ cup green onion, chopped

3 cups chicken broth, defatted

1 ½ cups wild rice mixed with long-grain brown rice

¼ teaspoon crushed thyme

¼ teaspoon marjoram

Pinch of sage

Salt and pepper



FRIED RICE

SERVES 4

If this looks like a lot of ingredients, don't be intimidated. The only essential ingredients are rice, some vegetables and the seasonings like soy sauce and garlic. If you don't like or have ingredients like water chestnuts, eggs, bok choy or bean sprouts, just leave them out. Feel free to substitute your own ingredients. To make the dish vegetarian, use low-fat tofu instead of meat, or just leave out the meat completely.

STEPS

- 1) MIX** together 2 tablespoons soy sauce, rice wine vinegar and ginger. Marinate the meat in mixture for about 30 minutes. Prepare all the vegetables.
- 2) HEAT** wok on nonstick skillet, stir-fry the meat until done and the Canadian bacon until it's brown. Remove and set aside. Pour beaten egg whites in to make an omelette. Remove when dry, not brown, shred and set aside.
- 3) STIR-FRY** the rice until hot; remove and set aside. Stir-fry the garlic. Add in the carrots and onion, and stir-fry for a couple of minutes longer.
- 4) ADD** the cabbage, water chestnuts, peas, mushrooms and green onion, one at a time, in the order given. Add the soy sauce and stir. Return the chicken, rice and egg to the pan and stir-fry until heated thoroughly. Stir in the bean sprouts. Check for seasoning and serve.

INGREDIENTS

1 cup raw long-grain rice, cooked and cooled

4 egg whites, beaten

½ pound boneless, skinless chicken breasts, trimmed of fat

2 slices Canadian bacon or ham

2 teaspoons rice wine vinegar or sherry

½ teaspoon fresh ginger, minced

2 carrots, shredded

1 medium onion, shredded

1 cup bok choy or cabbage, chopped

8 water chestnuts, thinly sliced

1 cup frozen peas, defrosted

4 green onions, chopped

2 tablespoons soy sauce

1 cup bean sprouts

Chicken broth to stir-fry

DILL POTATO SALAD

SERVES 4-6

Nonfat sour cream instead of mayonnaise makes this potato salad a perfect, low-fat way to get carbohydrates into your diet. Try to use fresh dill; it has a better flavor and texture than dried.



STEPS

- 1) STEAM** or boil the new potatoes. Combine the mustard, sour cream, wine and vinegar in a small bowl and set aside. Quarter the new potatoes as soon as they are cool enough to handle. They still should be hot.
- 2) POUR** the dressing over the potatoes and toss gently.
- 3) SEASON** with salt and pepper, to taste. Chill and, when cool, toss with the minced dill and green onion.

INGREDIENTS

2 pounds potatoes (about 9)

1 teaspoon Dijon mustard

¼ cup nonfat sour cream

2 tablespoons dry white wine

2 tablespoons white wine vinegar

Salt and pepper

¼ cup green onion, minced

2 tablespoons fresh dill, minced

ORIENTAL COLESLAW

SERVES 6

This dish is an interesting, mayonnaise-free twist on your average coleslaw recipe. It makes a perfect picnic basket treat or summer barbecue side dish. If you want to treat yourself, just a few toasted almonds or peanuts scattered on top taste delicious. Decrease the amount of sugar for a more tart, tangier salad.



STEPS

- 1) **COMBINE** the first five ingredients in a small bowl and set aside.
- 2) **COMBINE** the remaining ingredients with dressing and toss.
- 3) **COVER** and chill in refrigerator at least one hour before serving.

INGREDIENTS

1/3 cup rice vinegar

1/2 cup sugar

1 tablespoon soy sauce

*1 tablespoon fresh ginger, minced or
1/2 teaspoon ground ginger*

*1/2 teaspoon red chili paste or 1/2
teaspoon crushed red pepper*

4 cups cabbage, chopped

1 cup carrots, shredded

1 medium onion, quartered then sliced

1/2 cup green bell peppers, chopped

CREAMED SPINACH



SERVES 4

Whether you use smoked turkey or liquid smoke, the secret of my creamed spinach is the smoky flavor. You may prefer fresh spinach to frozen, but for creamed spinach, stick with frozen. It gives you the consistency you need, not to mention you don't have to wash and dry it. Also, the name brand frozen spinach is a bit more expensive, but it's usually worth the price since you get far fewer stems.

STEPS

- 1) **COOK** the spinach and the turkey or liquid smoke in a medium saucepan, according to package directions. Drain well.
- 2) **SAUTE** onions with broth in a saucepan over medium heat for about 10 minutes, or until the onions are tender. Remove from heat.
- 3) **ADD** flour, seasoned salt, pepper and garlic. Blend well. Slowly add milk, return to heat and stir until the mixture is thickened. Add spinach and mix thoroughly.

INGREDIENTS

10 ounces frozen, chopped spinach

2 slices smoked turkey, chopped or 2 drops of liquid smoke

Small amount of chicken broth, defatted

½ cup onion, finely chopped

2 tablespoons flour

1 teaspoon seasoned salt

1 teaspoon seasoned pepper

1 clove garlic, minced

1 cup evaporated skim milk

GREEN BEANS



SERVES 4

Here are three simple but delicious variations on green beans. None of these recipes take more than a few minutes to make, and they all make great leftovers. Try refrigerating the green beans, then eating them as a cold dish with lunch.

OLD-FASHIONED GREEN BEANS

1 pound green beans
¼ teaspoon liquid smoke
1 teaspoon vinegar

Cook the green beans as you normally would and add the seasoning ingredients.

MAPLE GREEN BEANS

1 pound green beans
¼ cup maple syrup

Mix together either before or after cooking.

HONEY MUSTARD GREEN BEANS

1 pound green beans
¼ cup honey
1 tablespoon mustard

Mix honey and mustard together with cooked green beans.

TANGY GREEN BEANS

<i>1 pound green beans</i>	<i>1 teaspoon lemon juice</i>
<i>1 teaspoon mustard</i>	<i>1 tablespoon vinegar</i>
<i>1 teaspoon sugar</i>	<i>Salt</i>
<i>1 tablespoon butter substitute</i>	

Cook the green beans. Combine all the remaining ingredients in a small pot. Heat on low until hot. Mix in the beans.

MASHED POTATOES

SERVES 4

Mashed potatoes are one of my favorite dishes, but they're usually loaded with butter, milk and sometimes even heavy cream. I couldn't stand the idea of giving them up, so I adapted the recipe to fit my diet. The variations on this recipe are infinite.

STEPS

- 1) **CLEAN** potatoes well. Cut up and place in saucepan with cold water and bouillon cubes.
- 2) **BOIL** potatoes until tender. Drain. Add butter substitute, garlic or onion powder, salt and pepper.
- 3) **MASH** with a fork or potato masher. Add skim milk as needed until you get the desired texture and smoothness.

INGREDIENTS

4 russet potatoes

4 chicken bouillon cubes

*¼ cup skim milk, nonfat
butter milk or nonfat
sour cream*

1 package butter substitute

*1 teaspoon garlic or
onion powder*

Salt and pepper to taste

ROASTED GARLIC MASHED POTATOES

Preheat your oven to 400 degrees. Wrap peeled garlic in a foil pouch and roast for about 40 minutes or until brown and tender. Mash in a small bowl and combine with your potatoes.

SUN-DRIED TOMATO MASHED POTATOES

Use tomatoes that have not been packed in oil. While they're still dry, chop them into tiny pieces. Reconstruct them by placing them in a small bowl and covering them with boiling water. Let them sit until they are soft. You can also use your microwave to do this – just cover them with water, cover the bowl and cook them for about 2 minutes on high, or until they are soft.

MUSHROOM MASHED POTATOES

Use the dried forest mushroom mix and reconstruct them according to the package directions. If you do this before you cook the potatoes, strain the liquid and use as part of the boiling water for the potatoes.

HORSERADISH MASHED POTATOES

Add about 1 tablespoon of horseradish to taste. I prefer using sour cream instead of milk. I also add finely minced green onion tops.

ROASTED CORN PUDDING

SERVES 6-8

The ham in this recipe does add a lot of flavor, but you'll find it's a delicious dish even without it. If you want a purely vegetable side dish, or just don't want the added fat, feel free to prepare the dish without ham.

STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **MIX** together the torn bread pieces, onion and ham in a medium bowl. Place these ingredients in a baking dish and toast for 10 minutes.
- 3) **REMOVE** from the oven and set aside. In the same bowl you had the bread in, whisk together the egg whites, butter substitute, evaporated skim milk and sour cream.
- 4) **ADD** the roasted corn, salt, sugar and pepper. Pour over the bread mixture.
- 5) **BAKE** until set and golden-brown (about 30 to 40 minutes).

INGREDIENTS

2 cups torn 2-inch pieces white bread

1 yellow onion, minced

¼ pound flavorful ham, prosciutto, black forest or Virginia ham

6 egg whites

3 tablespoons butter substitute

1 cup evaporated skim milk

½ cup nonfat sour cream

5 ears roasted corn, cut from cob (about 3 to 4 cups)

1 tablespoon sugar

Pinch of cayenne pepper

SWEET POTATOES

SERVES 4

The bourbon and orange juice really make this recipe special. You can also try adding nutmeg, cardamom and/or cinnamon. Just be careful, these spices are pretty strong. Add just a pinch or two at a time. You can always add more, but you can't take any away!

STEPS

- 1) **PREHEAT** oven to 450 degrees.
- 2) **BAKE** sweet potatoes for about 1 hour.
- 3) **REMOVE** from skins, place in a bowl and sprinkle with butter substitute.
- 4) **ADD** all other ingredients and mix well, either by hand or with a mixer.

INGREDIENTS

4 sweet potatoes
½ cup brown sugar
1 package butter substitute
½ shot bourbon
Zest of 1 orange
Onion powder
½ cup freshly squeezed orange juice

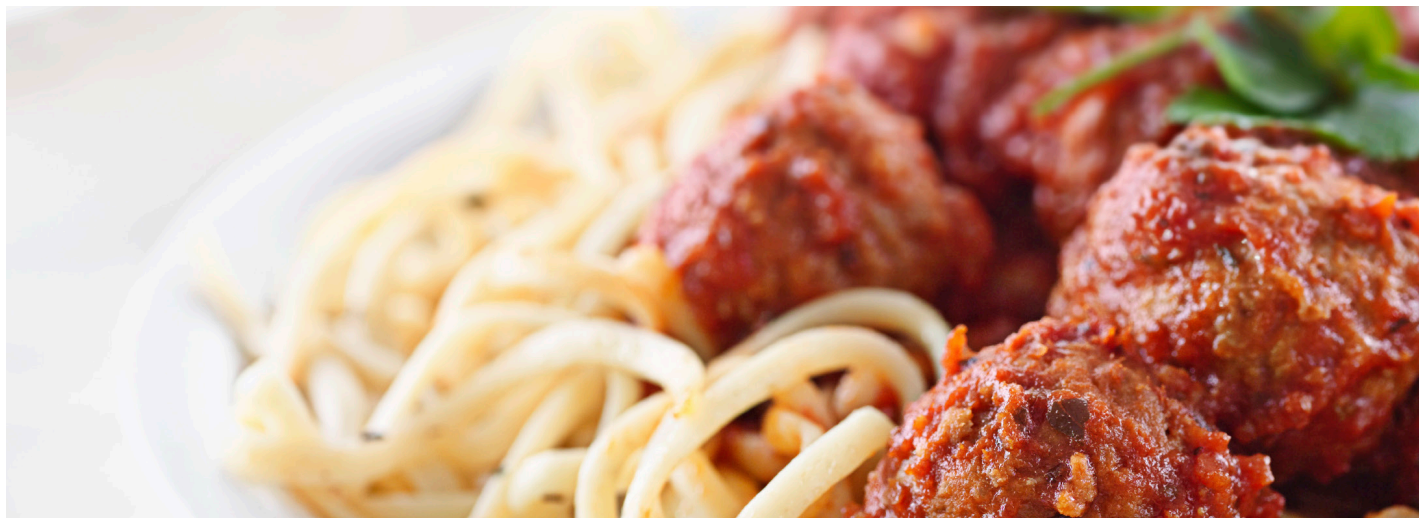


SAUCES



SPAGHETTI SAUCE

SERVES 4



STEPS

- 1) **BROWN** ground meat, place in colander, rinse in hot water and drain.
- 2) **IN** a clean saucepan, brown onion, garlic, and green pepper.
- 3) **ADD** meat, all other ingredients and 1 cup of water.
- 4) **SIMMER** 20 minutes.

INGREDIENTS

1 pound ground beef, 90% lean

One 15-ounce can tomato sauce

½ cup onion, chopped

1 teaspoon garlic, minced

½ cup green pepper, chopped

2 tablespoons tomato paste

½ teaspoon fennel

½ cup dry white or red wine

1 teaspoon Italian herb seasoning

Pinch of crushed red pepper

CHEESE SAUCE

MAKES ABOUT 2 CUPS

Kids and "grown kids" will eat broccoli and cauliflower with this sauce on it. It's also great on baked potatoes.

STEPS

- 1) **SAUTE** the garlic in a teaspoon of broth until soft.
- 2) **ADD** the soup and stir.
- 3) **ADD** the cheese a little at a time, stirring until melted and creamy.
- 4) **ADD** skim milk to thin if necessary.

INGREDIENTS

4 cloves garlic, peeled and minced

2 tablespoons chicken broth, defatted

1 can 99% fat-free cream of mushroom soup

8 ounces grated or sliced nonfat cheese



CREAM GRAVY

MAKES ABOUT 1 CUP

This is great on mashed potatoes, Chicken-Baked Steak, and Fake Fried Chicken.



STEPS

- 1) **ADD** the chicken broth to the flour to make a thick liquid.
- 2) **POUR** into a saucepan and slowly add the evaporated skim milk. Stir in the onion powder.
- 3) **BRING** to a boil, stirring constantly.
- 4) **REDUCE** heat and simmer for at least 5 minutes. The broth and milk ratios may be reversed for a lighter gravy.

INGREDIENTS

¼ cup chicken broth, defatted
2 tablespoons quick-mixing flour
1 cup evaporated skim milk
12 teaspoons onion powder

PICO DE GALLO

SERVES 4 TO 6

This doesn't keep very well, so make it at the last minute and make only as much as you need. You can turn it into a zesty tomato sauce by cooking it.

STEPS

- 1) **CHOP** the tomatoes, jalapeños, onion, garlic and cilantro.
- 2) **STIR** in lime juice, and salt to taste.
- 3) **SERVE** chilled.

INGREDIENTS

2 firm, ripe tomatoes

2 jalapeños, ribs and seeds removed

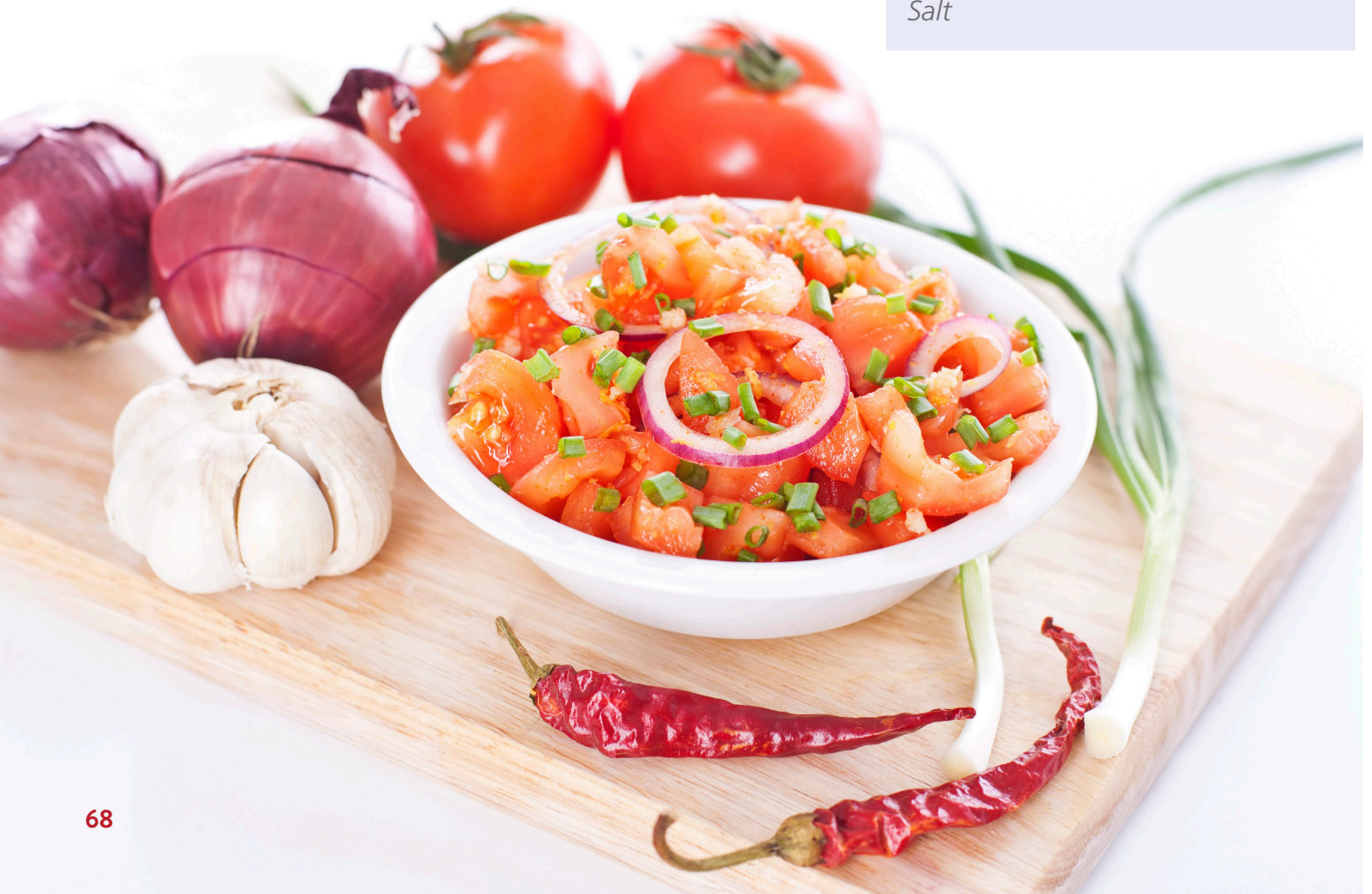
1 small onion, peeled

1 clove garlic, peeled

8 sprigs cilantro

1 tablespoon fresh lime juice

Salt



BURGERS & SANDWICHES



BURGERS

SERVES 4

STEPS

- 1) **MIX** ingredients together.
- 2) **DIVIDE** in half. Divide in half again.
- 3) **SHAPE** into 4 patties.
- 4) **GRILL** or pan-fry over medium heat.

INGREDIENTS

Pepper and garlic powder

1 package onion soup mix

½ cup quick-cooking oats

*1 ½ pounds 95% lean ground beef,
ground turkey breast or combination
of both*



SANDWICHES

NACHO SANDWICH

INGREDIENTS

¼ cup fat-free refried beans

1 onion slice

1 slice fat-free cheddar cheese

2 slices whole wheat or white bread

4 to 6 jalapeño slices

SMOKED TURKEY REUBEN SANDWICH

INGREDIENTS

2 to 3 tablespoons sauerkraut

¼ pound smoked turkey

1 slice fat-free Swiss cheese

2 slices pumpernickel or marble rye

1 tablespoon fat-free Thousand Island dressing

C. B. L. T. (CANADIAN BACON, LETTUCE AND TOMATO) SANDWICH

INGREDIENTS

2 slices Canadian bacon

1 tablespoon fat-free mayonnaise

Leaf lettuce

2 slices whole wheat bread

2 slices tomato



CASSEROLES & STEWS



PIZZA CASSEROLE

SERVES 4

STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **BROWN** ground meat in skillet.
- 3) **PLACE** browned meat in a colander and rinse under hot water to remove any excess fat drippings, then drain. In a large saucepan, brown onion and garlic.
- 4) **ADD** green peppers, mushrooms, ground meat, spaghetti sauce and seasonings.
- 5) **COOK** for about 10 minutes.
- 6) **ADD** a little water if sauce is too thick.
- 7) **STIR** to mix. Add fettuccine.
- 8) **PLACE** mixture in a large casserole, sprinkle with cheese and bake 20 minutes until bubbly.

INGREDIENTS

28 ounces spaghetti or pizza sauce

2 teaspoons Italian herb seasoning

½ teaspoon crushed red pepper

½ cup fat-free Parmesan cheese

1 large onion, chopped

2 cloves garlic, minced

1 green pepper, chopped

1 cup grated fat-free mozzarella cheese

8 ounces sliced mushrooms

1 pound lean ground sirloin or 90% to 95% lean ground beef

1 pound fettuccine, cooked according to package instructions

CORN CASSEROLE

SERVES 4

STEPS

- 1) **BROWN** celery and onions.
- 2) **PLACE** in a large bowl.
- 3) **ADD** chicken broth.
- 4) **ADD** crumbled cornbread and poultry seasoning and mix thoroughly, adding more broth if needed to reach the desired moisture level.

INGREDIENTS

- 1 onion, peeled and chopped*
- 1 can chopped green chile peppers*
- 3 egg whites*
- ½ pint nonfat sour cream*
- 1 can creamed corn in liquid*
- 1 can whole kernel corn in liquid*
- 1 package corn muffin mix (nonfat if possible)*
- 1 cup fat-free cheddar cheese*



CHICKEN & HAM JAMBALAYA

SERVES 4

You can really spice this up either by using a Cajun spice mixture or as much Tabasco sauce as your taste buds can take.

STEPS

- 1) **HEAT** a skillet on high. Add a couple of tablespoons of the broth to the skillet and let brown.
- 2) **ADD** chicken, ham and garlic.
- 3) **STIR** constantly for about 10 minutes.
- 4) **ADD** onion, tomatoes, bell pepper and celery.
- 5) **COOK** until onion is soft.
- 6) **ADD** 2 cups of remaining broth and the oregano, pepper and thyme.
- 7) **COVER** and simmer for about 15 minutes, stirring often. Add the green onions and rice.
- 8) **STIR** to mix well.
- 9) **REMOVE** from heat, cover and let stand 5 to 10 minutes before serving, adding a bit more broth if the mixture seems too dry.

INGREDIENTS

2 to 3 cups chicken broth, defatted

1 pound boneless, skinless chicken breasts, trimmed of fat into bite-size pieces

½ pound lean ham, cut into bite-size pieces

3 cloves garlic, peeled and minced

1 medium onion, peeled and minced

3 medium tomatoes, peeled, seeded and chopped

1 medium bell pepper, seeded and diced

2 stalks celery, diced

½ teaspoon crushed oregano

¼ teaspoon cayenne pepper

½ teaspoon crushed thyme

1 bunch green onions, chopped

4 cups cooked rice

Salt and pepper

CHICKEN BROCCOLI RICE CASSEROLE

SERVES 4

One of the local morning show hosts loves this dish. When it was demonstrated on TV one morning, we received more than 300 requests for the recipe. It's a great way to use leftover chicken or rice. And, if you don't like broccoli, substitute a vegetable you prefer, such as turnip, collard or mustard greens or spinach. All you need is a salad and you have a complete meal.

STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **DREDGE** the chicken in the flour and seasoning mixture. Brown the chicken in a large nonstick skillet. Set aside.
- 3) **BROWN** the onion and garlic in a small amount of broth and use the same skillet used for the chicken. When the onion has softened, add the cream of mushroom soup and mushrooms, and season with salt, pepper and garlic powder to taste.
- 4) **ADD** the nonfat or dehydrated cheese and mix well until the sauce is a uniform color. Add fresh broccoli florets to the sauce and cook for about 5 minutes. If you use defrosted broccoli, just add it and stir to combine.
- 5) **MIX** the chicken, rice and sauce together. Put in an oven-safe casserole dish and bake for about 30 to 40 minutes, or until bubbly.

INGREDIENTS

1 pound boneless, skinless chicken breasts, trimmed of fat, cut in chunks

Flour, salt, pepper and garlic powder for dredging

1 large onion, chopped

4 cloves garlic, minced

Chicken broth to saute in, defatted

1 can 99% fat-free cream of mushroom soup

½ pound fresh mushrooms, sliced or 1 jar sliced mushrooms

8 ounces nonfat cheese, cheddar or American, or 1 envelope dehydrated cheese from a packaged macaroni and cheese mix

1 pound broccoli florets, fresh or frozen

5 cups cooked rice

CHICKEN CACCIATORE CASSEROLE

SERVES 4

This is what I call a one-step meal. It's delicious and nutritious, and you don't need to use every pot and pan in your kitchen to make it. Plus, it makes wonderful leftovers. Try not to skimp on the garlic, since it adds a lot of the flavor. Serve the casserole with a simple green salad.

STEPS

- 1) POUR** a tablespoon of chicken broth into a large skillet. Heat on high until the broth evaporates and browns. Add the chicken, onion and garlic, letting it sit for a minute until it begins to brown. Add tiny amounts of broth to keep from burning.
- 2) ADD** the bell pepper, oregano, basil, bay leaf, spaghetti sauce and 4 cups of chicken broth when chicken browns.
- 3) STIR** well and bring to a boil. Stir in rice, cover and reduce heat to low. Simmer for the length of time it takes the rice to cook, 20 minutes for white, 55 minutes for brown.

INGREDIENTS

4 boneless, skinless chicken breasts, chopped into 1-inch pieces

1 small onion, chopped

4 cloves garlic, minced

4 ½ cups chicken broth, defatted

1 green bell pepper, cut into chunks

8 ounces sliced mushrooms

½ teaspoon dried oregano

½ teaspoon dried basil

1 bay leaf

16 ounces fat-free spaghetti sauce

2 cups rice



WILD RICE SHRIMP CASSEROLE

SERVES 4

Try this with chicken or turkey chunks if you don't like shrimp. You can use chopped fresh asparagus instead of artichokes. Garnish with cilantro or lemon slices. This has been adapted from a "Dallas Morning News" recipe.



STEPS

- 1) **MARINATE** the shrimp in the wine and lemon pepper for about 30 minutes.
- 2) **BRING** 3½ cups water to a boil, pour in the rice, seasoning packages and red pepper.
- 3) **STIR** to mix, cover and simmer for 10 minutes.
- 4) **ADD** the shrimp, cover again and simmer for 10 minutes longer, or until both the shrimp and the rice are cooked.
- 5) **REMOVE** from heat and stir in the artichokes and sour cream.

INGREDIENTS

1 pound raw shrimp, shelled and de-veined

½ cup white wine

1 teaspoon lemon pepper

2 packages wild and long-grain rice

½ teaspoon crushed red pepper flakes

1 can artichoke hearts, drained and cut in bite-size pieces

8 ounces nonfat sour cream

BOEUF BOURGUIGNON

SERVES 4

This is very rich (no one will guess it is low in fat), perfect for company on a cold winter evening. Since it takes a bit of time to prepare, I recommend making extra; it is worth every mouthful and minute and keeps well in the refrigerator for a few days.

STEPS

- 1) **PREHEAT** oven to 325 degrees.
- 2) **BROWN** the Canadian bacon in a large skillet.
- 3) **REMOVE** and set aside.
- 4) **MIX** the flour, onion powder, salt and pepper in a large plastic ziplock bag.
- 5) **PUT** the steak slices in the bag, seal and shake.
- 6) **BROWN** the beef, a small amount at a time, in a dry skillet.
- 7) **BE** careful not to add too much meat at one time or it won't brown. As each batch is browned, set aside with the Canadian bacon in a large oven-safe casserole.
- 8) **WHEN** the beef is finished cooking, brown the chopped onion and the garlic in the same skillet.
- 9) **ADD** the beef broth, Burgundy and tomato paste.
- 10) **BRING** to a boil and pour over the beef.
- 11) **ADD** the bouquet garni and cover the casserole.

INGREDIENTS

4 slices of lean Canadian bacon

3 tablespoons flour

1 teaspoon onion powder

Salt and pepper

1 ½ pounds round steak, sliced in 2-inch strips

1 medium onion, peeled and chopped

4 cloves garlic, peeled and minced

2 cups beef broth, defatted

1 ½ cups Burgundy

1 tablespoon tomato paste

1 teaspoon bouquet garni, crushed, or 1 bouquet garni

12 to 16 pearl onions

1 cup chicken broth, defatted

8 ounces fresh mushrooms, sliced



- 12) **BAKE** covered for 3 to 4 hours. While the beef is cooking, cook the pearl onions until tender.
- 13) **ADD** 2 tablespoons of chicken broth to a large skillet.
- 14) **HEAT** on medium-high until almost evaporated, then add the cooked pearl onions and the mushrooms and brown, adding broth as needed.
- 15) **WHEN** the beef is tender, remove from the oven and remove the bouquet garni if you used a sachet.
- 16) **ADD** the onions and mushrooms, stirring to mix well. Serve over buttered no-yolk egg noodles. (To make, toss the cooked noodles with a package of butter substitute.)

ENTREES



SHRIMP ÉTOUFFÉE

SERVES 4



STEPS

- 1) **IN** a large cast-iron skillet, heat flour until medium-brown.
- 2) **ADD** the onion, bell pepper, celery, garlic and a small amount of broth. Cook until vegetables have softened.
- 3) **STIR** in remaining broth and seasonings.
- 4) **SIMMER** uncovered for 10 minutes.
- 5) **ADD** the shrimp and simmer just until shrimp is cooked (about 5 minutes).
- 6) **SERVE** over hot rice.

INGREDIENTS

2 tablespoons flour

1 medium onion, peeled and chopped

1 bell pepper, seeded and chopped

4 stalks celery, chopped

2 cloves garlic, peeled and minced

1 cup chicken broth, defatted

1 pound shrimp, shelled and de-veined

½ teaspoon hot pepper sauce

1 teaspoon salt

⅛ teaspoon freshly ground black pepper

⅛ teaspoon ground red pepper

½ cup chopped parsley

3 to 4 cups hot cooked rice

PIZZA PIZZA PIZZA

MAKES 35 TO 40 PIECES

Begin with a fat-free crust. You can make it using a pizza dough recipe or buy one at the store. Be creative. If you can't find a crust specifically made for pizza, try something like pita bread. You can make your own tomato sauce or buy one of the fat-free sauces that comes in a jar and spice it up with a little extra basil, oregano, crushed red pepper and garlic. You can also be imaginative with the toppings.



BARBECUE PIZZA

Pour barbecue sauce on top of your crust (use a cornmeal based crust if you wish).

TOP WITH:

Grated fat-free cheddar cheese

Sliced grilled chicken

Thinly sliced or chopped and peeled red onion

Jalapeños (optional)

Broil or bake at 400 degrees for about 8 minutes, or until the cheese melts.

MEXICAN PIZZA

Spread fat-free refried beans on top of your crust (again, cornmeal if you like).

SPRINKLE WITH:

Seasoned ground meat (lean beef, chicken, or turkey)

Grated fat-free cheddar or Monterey Jack cheese

Chopped lettuce

Chopped tomatoes

Diced onion

Fat-free sour cream and salsa or picante sauce

Broil or bake at 400 degrees for about 8 minutes, or until the cheese melts.

ORIENTAL PIZZA

Spread fat-free refried beans on top of your crust (again, cornmeal if you like).

SPRINKLE WITH:

Seasoned ground meat (lean beef, chicken or turkey)

Grated fat-free cheddar or Monterey Jack cheese

Chopped lettuce

Chopped tomatoes

Diced onion

Fat-free sour cream and salsa or picante sauce

Bake or broil until heated through.

BREAKFAST PIZZA

Spread softly scrambled egg whites on top of your crust (whole wheat crust would be a good choice).

TOP WITH:

Smoked turkey bacon

Grated fat-free cheddar cheese

Diced green onion

Bake or broil until cheese melts.



CLASSIC VEGETABLE PIZZA

Spread tomato sauce on top of your crust.

TOP WITH:

Fat-free mozzarella cheese, grated

Sliced mushrooms

Diced green pepper

Diced onion

Bake or broil until cheese melts.

MIDDLE EASTERN PIZZA

Spread fat-free hummus on top of your crust.

TOP WITH:

Diced tomatoes

Chopped parsley

Ground cumin

Bake or broil until heated through.

CHICKEN AND DUMPLINGS

SERVES 4

STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **DREDGE** the chicken in the flour seasoned with next five ingredients. (Save the excess flour for the dumplings.) Heat a nonstick skillet on medium heat, pour in a little broth, and let brown and evaporate.
- 3) **BROWN** small amounts of the floured chicken in the pan, pouring in a little broth if needed to loosen. Set aside as the chicken is browned.
- 4) **ADD** wine, onion and garlic to skillet and cook on medium heat for a couple of minutes. Add the carrots and cook a few minutes longer, stirring often. Add the potatoes and cook for about 5 minutes.
- 5) **POUR** the contents of the skillet into a large glass dish. Add the celery, mushrooms, rosemary and browned chicken.
- 6) **ADJUST** the seasonings, add more salt, pepper, onion powder or garlic powder as needed. Stir to mix well.
- 7) **POUR** in enough chicken broth to cover.
- 8) **MIX** dumpling mixture and drop by spoonfuls onto the chicken mixture.
- 9) **COVER** with foil and bake in the preheated oven for about 40 minutes.

INGREDIENTS

1 pound boneless, skinless chicken breasts, trimmed of fat, chopped in bite-size pieces

½ cup whole wheat or all-purpose flour

chicken broth for sauteing and baking

½ cup dry white wine

1 large onion, peeled and chopped

4 cloves garlic, peeled and minced

4 carrots, sliced in ½-inch rounds

4 medium potatoes, cut into chunks

2 celery stalks, chopped

1 pound fresh mushrooms, sliced

1 tablespoon chopped fresh rosemary, or 1 teaspoon dry

½ teaspoon pepper

½ teaspoon garlic powder

½ teaspoon salt

½ teaspoon onion powder

1 teaspoon Italian seasoning



An alternate method of cooking is on top of the stove. Begin by browning your chicken in a large saucepan or Dutch oven. Follow the instructions as above, but instead of pouring into a glass container, continue cooking on top of the stove. Bring mixture to a boil, reduce heat to a simmer and cook for about 20 minutes before adding the dumpling mixture. Drop by spoonfuls into the simmering liquid and cover immediately. Do not remove cover until dumplings are done.

DUMPLINGS

STEPS

- 1) **MIX** dry ingredients together.
- 2) **STIR** the milk slowly into the dry mixture.
- 3) **KEEP** batter stiff.

INGREDIENTS

1 cup flour

2 teaspoons baking powder

½ teaspoon salt

Your choice of garlic powder, crushed rosemary, thyme or dill to taste

Up to ½ cup water or skim milk

CHICKEN CORDON BLEU

SERVES 4

This can be changed to saltimbocca just by sprinkling a little sage on the inside of the chicken breasts.

STEPS

- 1) **POUND** the chicken breasts until they are tender and somewhat flattened.
- 2) **PLACE** a slice of cheese and a slice of ham on one side of each pounded chicken breast.
- 3) **FOLD** the other side over, press the edges together to seal and coat the chicken in bread crumbs. In a small bowl, mix the milk, egg white and seasonings to taste.
- 4) **DIP** the chicken in the crumbs.
- 5) **PLACE** the chicken on a foil-covered cookie sheet and spray with broth.
- 6) **BAKE** for 20 minutes.

INGREDIENTS

4 boneless, skinless chicken breasts

4 slices nonfat swiss cheese

4 slices smoked turkey or lean ham

½ cup nonfat bread crumbs

1 egg white

¼ cup skim milk

*Salt, pepper, onion powder and
garlic powder*

Chicken broth in a spray bottle

MOST REQUESTED MEATLOAF

SERVES 8

This is a delicious variation on traditional meatloaf without any pork. For an even leaner meatloaf, use less beef and more ground turkey breast. Or try more oatmeal, onion, egg whites, chopped mushrooms or grated carrots. And, if you don't like tomato soup, try topping your meatloaf with barbecue sauce instead.

STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **PLACE** meat in a large bowl. Combine all the other ingredients except the zesty tomato soup in a medium bowl and mix thoroughly.
- 3) **MAKE** a well in the meat and pour the mixture in the well. Mix well. Place a cooling rack in the middle of a foil-lined roasting pan. After shaping the meat in a loaf pan, turn it out on the rack.
- 4) **BAKE** for 45 minutes. Top with zesty tomato soup and continue baking another 30 minutes. Let stand 10 minutes before slicing.

INGREDIENTS

1 ½ pounds ground beef or turkey (or combination), at least 90% lean

½ cup tomato sauce or tomato soup

1 medium onion, chopped

2 egg whites

¾ cup quick or old-fashioned rolled oats

1 package onion soup mix

1 teaspoon garlic powder

A couple drops of Worcestershire sauce

Salt and pepper

Zesty tomato soup

SNAPPER WITH TOMATILLO SAUCE

SERVES 4

I got the sauce recipe for this dish from my brother-in-law, Chuck. It's the best tomatillo sauce I've ever tasted. If you have any left over, it also makes a great dip for baked corn chips. We like to serve this dish with red corn tortillas. The contrast of the orange fish, the red tortillas and the green sauce makes for a beautiful plate.

STEPS

- 1) WASH** and dry the fillets. Season both sides with salt, pepper, onion, garlic and cumin. Tear the tortillas into strips and turn into crumbs using a food processor.
- 2) DIP** the fillets in the tortilla crumbs to coat. Heat a large nonstick skillet on medium-high and place the fish fillets in the pan. Don't crowd. Cook about 4 minutes on each side.
- 3) COMBINE** all the sauce ingredients in a blender or food processor while the snapper is cooking. Blend until smooth. Pour into a small saucepan. Bring just to a simmer. Pour a pool of the sauce in each plate and put the fillet on top. Pour a little more sauce over the fish and garnish with chopped tomatoes and a sprig of cilantro.

INGREDIENTS

*4 red snapper fillets
(6 to 7 ounces)*

Salt and pepper

Onion powder

Garlic powder

Ground cumin

6 yellow or red corn tortillas

Chicken broth, defatted

*1 ripe tomato, seeded
and chopped*

SAUCE

4 to 10 ounces canned tomatillos

4 green onions

2 jalapeño peppers

*1 bunch cilantro, leaves only, with a
couple of sprigs reserved for garnish*

2 cups chicken broth, defatted

2 cloves garlic

½ teaspoon cumin

½ teaspoon pepper

THAI SCALLOPS WITH GREEN BEANS

SERVES 4

This is one of my favorite dishes to order at the restaurant, and quite frequently I order it with chicken or shrimp instead of scallops. If you make it at home with chicken, brown your chicken before you put the green beans in. You can usually find curry paste, along with most of the other ingredients at Thai or ethnic grocery stores. Don't get put off by the fish sauce; the smell and taste will mellow as it cooks.

STEPS

- 1) RINSE** the scallops. In a large nonstick skillet, heat curry paste and garlic on high until the curry paste bubbles. Add green beans, onions, lime leaves, sugar, milk and coconut extract.
- 2) STIR** well and cook for about 5 minutes. Add the scallops, red pepper and cornstarch and cook for 5 minutes longer or until the scallops are cooked and the sauce has thickened. Stir in the basil leaves, fish sauce and chili peppers.
- 3) SERVE** with steamed rice.

INGREDIENTS

½ pound scallops

Chicken broth, defatted

1 teaspoon to 1 tablespoon Thai red curry paste

2 cloves garlic, minced

1 cup steamed green beans

½ onion, julienned

3 kaffir lime leaves or zest of one lime

1 teaspoon sugar

1 can (12 ounces) evaporated skim milk

1 teaspoon coconut extract

1 red bell pepper, julienned

*1 teaspoon corn starch mixed with
2 teaspoons water*

10 basil leaves, chopped

1 tablespoon fish sauce

Chopped red chili peppers to taste

CHICKEN-BAKED STEAK

SERVES 4

USE 1/4 to 1/3 POUNDS OF MEAT PER SERVING

Living in the South, chicken-fried steak has always been a big favorite of mine. This recipe calls for baking instead of frying, and it's a perfect example of how you can cook a delicious meal without adding fat. The trick is to be sure the steak is completely covered with broth before you bake it. You'd better make plenty because it's sure to disappear fast!

STEPS

- 1) PREHEAT** oven to 500 degrees.
- 2) SLICE** the roast in 1/2-inch thick slices. Pound to tenderize until each is about 1/4-inch thick. In a large ziplock bag or a pie pan, combine flour, 1 teaspoon onion powder, 1 teaspoon granulated garlic, salt and pepper. Mix well.
- 3) COMBINE** the egg whites, skim milk and remaining onion powder, granulated garlic and additional salt and pepper in a small bowl. One piece at a time, dredge the meat in the flour mixture.
- 4) DIP** in the milk mixture. Dredge again in the seasoned flour. Place on a foil-covered cookie sheet.
- 5) POUR** the beef broth into a clean sprayer and spray the steaks until completely covered with broth. Place the cookie sheet in the oven and bake for 20 minutes or until brown and crispy. Serve immediately.

INGREDIENTS

2 pounds eye of round roast, trimmed of all fat

1 cup flour

1 1/2 teaspoon onion powder

1 1/2 teaspoon granulated garlic

Salt and pepper

3 egg whites

2/3 cup skim milk

1 cup beef broth, defatted

QUICK CHILI

SERVES 4

Down in Texas, we take our chili seriously and sometimes even take all day to cook it. With this recipe, you can make delicious, low-fat chili in under an hour. The secret is rinsing the meat after browning it; this removes a lot of the fat. If you like your chili extra spicy, add some cayenne pepper, but be careful, a little goes a long way. Serve it over rice with onions, fat-free cheddar cheese and, if you like, fat-free sour cream. You can also try serving this chili over baked fries.



STEPS

- 1) BROWN** the ground meat in a skillet. Rinse in a colander under hot running water for a few minutes. In a large heavy pot, mix the onions and peppers with a little bit of the juice from the tomatoes.
- 2) COOK** for a few minutes. Add the drained ground beef, tomatoes, beans, seasoning ingredients and beer. Simmer for about an hour. Adjust seasonings to taste.
- 3) SERVE** over a bed of rice. Garnish with chopped onions and grated fat-free cheddar cheese.

INGREDIENTS

1 pound 90% lean ground beef

2 medium onions, chopped

2 green bell peppers, chopped

2 cans tomatoes

2 cans pinto beans

*6 tablespoons chili seasoning or
1 package commercial chili seasoning*

1 teaspoon garlic powder

½ teaspoon ground cumin

½ teaspoon oregano, crushed

½ teaspoon salt

1 bottle of beer

PENNE WITH SHRIMP SAUCE

SERVES 4

This dish makes a great light summer meal. The recipe calls for Italian parsley, which has a more mellow taste and flatter leaves than regular parsley. You can probably find it in a grocery store with a good produce section or at an Italian market. If you can't find it, plain parsley will do. For a spicier dish, increase the amount of red pepper flakes slightly. Try adding chopped ripe tomatoes for a complete meal.

STEPS

- 1) PEEL** and de-vein the shrimp, reserving the shells. Place the shells in a sauce pan with enough cold water to cover. Add the whole garlic clove, parsley sprigs and lemon peel. Bring to a boil, reduce heat and simmer covered for 30 minutes.
- 2) STRAIN** the stock, pressing down on the shells to extract as much flavor as possible. Bring a large pot of salted water to a boil to cook the pasta. When it comes to a boil, cook the pasta according to package directions. Drain the pasta and toss with half a package of butter substitute.
- 3) POUR** a small amount of broth in a nonstick skillet while the pasta is cooking. Cook over medium heat until it evaporates. Add the minced garlic and red pepper flakes. Heat until the garlic is soft. Add the shrimp and cook, stirring constantly, until they change color (about 1 minute).
- 4) ADD** the wine and the remaining butter substitute. Stir to mix well and lower the heat. Add 1 ½ cups of the strained shrimp stock and season to taste with salt and pepper. Simmer for 4 minutes. Remove from heat. Stir in the bread crumbs and chopped parsley. Combine with the pasta and toss.

INGREDIENTS

1 ½ pounds medium-size shrimp, shell on

5 cloves garlic (1 whole, 4 minced)

2 parsley sprigs, preferably Italian flat leaf

1 strip of lemon zest (about the size of a lemon twist in a drink)

Cold water

1 pound penne pasta

Chicken broth, defatted

¼ teaspoon red pepper flakes

½ dry white wine

1 package butter substitute

Salt and pepper

⅓ cup bread crumbs

3 tablespoons parsley, chopped

LEMON SHRIMP FETTUCCINE

SERVES 4

STEPS

- 1) **MARINATE** shrimp in white wine or lemon juice.
- 2) **SPRINKLE** with lemon pepper and set aside.
- 3) **HEAT** a skillet on medium. Pour in the evaporated skim milk and butter substitute.
- 4) **MIX** thoroughly and heat until simmering, stirring occasionally. Add lemon juice and zest. Continue stirring as sauce thickens.
- 5) **COOK** about 5 to 10 minutes. In a separate skillet, cook the shrimp just until done.
- 6) **COOK** the fettuccine until it is al dente. Drain very well. Toss the pasta with sauce and shrimp.
- 7) **SERVE** immediately.

INGREDIENTS

1 pound shrimp, peeled and de-veined

Lemon pepper to taste

1 cup evaporated skim milk

1 package butter substitute

2 tablespoons freshly squeezed lemon juice

8 teaspoons grated lemon peel (about 4 lemons)

1 pound fettuccine

Variations

You can add artichoke hearts, capers or asparagus tips.



SHRIMP SCAMPI

SERVES 4

STEPS

- 1) **MIX** marinade ingredients in a shallow glass bowl and marinate the shrimp for 2 or 3 hours.
- 2) **POUR** a couple of teaspoons of broth in a skillet.
- 3) **AFTER** the broth evaporates and browns, add the garlic and brown, adding broth as needed to keep from burning.
- 4) **ADD** the marinated shrimp and cook on medium heat until the shrimp curls.
- 5) **ADD** the white wine and butter substitute, and stir until the sauce thickens.
- 6) **REMOVE** from heat and serve on a bed of buttered rice.

MARINADE

3 tablespoons dry vermouth

2 tablespoons Italian parsley, minced

1 teaspoon olive oil

½ teaspoon salt

Pinch of pepper

OTHER INGREDIENTS

1 pound shrimp, shelled and de-veined

1 cup chicken broth, defatted

10 cloves garlic, minced

1 cup dry white wine

1 package butter substitute

Parsley sprigs and lemon slices for garnish

BUTTERED RICE

4 cups chicken broth, defatted

2 cups raw white rice

1 onion, peeled and minced

½ package butter substitute

Bring the broth, rice, and onion to a boil in a medium saucepan. Cover and reduce heat. Cook for 20 minutes. Remove from heat and stir in butter substitute.

BEEF WITH BROCCOLI

SERVES 4

STEPS

- 1) **THINLY** slice the beef.
- 2) **COMBINE** the vinegar or sherry, 1 tablespoon of the soy, sesame oil, cornstarch, ginger, and 4 cloves of minced garlic. Add to the sliced beef and mix to coat.
- 3) **RINSE** and trim the broccoli and cut the florets into bite-size pieces; slice the stems diagonally.
- 4) **HEAT** a little oil or broth in a skillet on medium heat. When skillet is hot, add the remaining garlic and brown. Add the beef and stir-fry until desired temperature is reached. Remove from pan.
- 5) **TURN** heat up to high and stir-fry the broccoli stems. Add the florets and stir-fry for 1 minute.
- 6) **ADD** a little broth, soy sauce, and ¼ cup water.
- 7) **REDUCE** heat to medium, cover and simmer. Add beef after about 10 minutes and heat through for a few minutes.
- 8) **SERVE** over rice.

INGREDIENTS

1 pound lean round steak, slightly frozen

1 teaspoon rice wine vinegar or dry sherry

1 tablespoon soy sauce, plus a bit for simmering

1 teaspoon sesame oil (optional)

1 teaspoon cornstarch

1 teaspoon fresh ginger root, peeled and minced

8 cloves garlic, peeled and minced

1 pound fresh broccoli

Chicken or beef broth for sauteing

STUFFED TURKEY TENDERLOIN

SERVES 4

The main problem with cooking turkey is preventing it from drying out. Preheating your oven and slicing it just before serving can help. You can also try making some very simple glaze to keep your turkey moist. Combine honey with bourbon or brandy, or use a frozen concentrated fruit juice like apple or orange. Maple syrup or brown sugar can also be used as the sweetener, and try adding grated orange peel to the stuffing for a zestier taste.

STEPS

- 1) PREHEAT** oven to 400 degrees.
- 2) SOAK** the cranberries in the bourbon. Pound the tenderloin until thin, but not until it splits. Remove the thick white tendon. Sprinkle with poultry seasoning, onion powder and garlic powder.
- 3) COMBINE** the soaked cranberries with the finely chopped apple, bread crumbs, sage, egg whites and milk. Mix well. Spread the stuffing on the turkey almost to the edges. Roll up and place seam side down in a shallow baking dish. Brush on glaze.
- 4) BAKE** for 50 to 60 minutes, adding additional glaze from time to time.

GLAZE

1/2 cup unsweetened apple cider

2 tablespoons honey

1/8 teaspoon thyme

1 clove garlic, minced

Mix all the ingredients and coat the turkey with the glaze using a brush.

INGREDIENTS

1/4 cup dried cranberries

2 tablespoons bourbon or brandy

*1 pound turkey tenderloin,
tendon removed*

Poultry seasoning

Onion powder

Garlic powder

1 cup whole wheat bread crumbs

1/8 teaspoon crushed sage

*1/2 Granny Smith apple, peeled, cored
and finely chopped*

2 egg whites, slightly beaten

1 tablespoon skim milk or water

QUICK CHICKEN FAJITAS

SERVES 4

One of the great things about this dish is that once you get the chicken marinated, you can make it in a matter of minutes. Leave out the oil – you really don't need it anyway and you've got a great meal for hot summer nights. Nothing is more mouth-watering than the sound and smell of sizzling fajitas.

STEPS

- 1) MARINATE** the chicken. Grill, broil or saute chicken breasts in a small amount of chicken broth. Heat skillet on high and add about 2 tablespoons of chicken broth once heated. Let it brown.
- 2) ADD** onions and green peppers and let the edges of the onions brown. Add broth or a squeeze of lime juice as needed. Stir occasionally. Cook until tender.
- 3) SLICE** the chicken into thin strips. Put a few strips inside a fat-free flour tortilla with some of the pepper mixture on top. Roll up and serve with pico de gallo, spanish rice and beans.

INGREDIENTS

*Liquid fajita marinade
(recipe below)*

*4 boneless, skinless, chicken
breasts, trimmed of fat,
or 1 pound lean beef*

Chicken broth, defatted

2 onions, peeled and sliced

*2 bell peppers (green or red),
sliced in strips*

2 limes

Fat-free tortillas

LIQUID FAJITA MARINADE

2 teaspoons liquid smoke

1 teaspoon steak sauce

¼ cup water

3 teaspoons sugar

4 teaspoons soy sauce

Juice of 1 lime

Combine all ingredients and mix well. Marinate chicken or beef in refrigerator overnight if possible, or for at least 2 hours.

FAKE FRIED CHICKEN

SERVES 4

Refillable spray bottles are found in the pharmacy section of most grocery stores. Fill them with the appropriate defatted broth and refrigerate for up to three days. If you boil the broth every three days, it will keep much longer. You can dredge your chicken in a variety of batters and crumbs. Try nonfat or 1 percent buttermilk or nonfat yogurt. You can use a combination of flour and breadcrumbs or toasted oatmeal that you've ground in the food processor. You can also add cornmeal. (Fake Fried Chicken is best with a combination of flour and cornmeal.) The most important step for a great-tasting crust using flour, cornmeal or oatmeal is to make sure you wet your coating thoroughly with broth. No dry spots should remain. The moisture makes it cook properly so it doesn't taste raw.

STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **TRIM** all visible fat from chicken.
Wash and pat dry.
- 3) **COMBINE** all dry ingredients in a gallon-size plastic ziplock bag.
- 4) **ADD** chicken and shake.
- 5) **BEAT** egg white and milk together in bowl.
- 6) **DIP** breaded chicken in egg mixture. Put chicken back in plastic bag and shake again.
- 7) **PLACE** chicken on foil-covered cookie sheet.
- 8) **MIST** with chicken broth until moist and bake for 20 to 30 minutes. The traditional side dishes are mashed potatoes and either peas or green beans.

INGREDIENTS

4 boneless, skinless chicken breasts, trimmed of fat

1 cup fine dry bread crumbs

1 teaspoon garlic powder

1 teaspoon Italian herb seasoning or your favorite seasoning blend

Salt and pepper

1 egg white

½ cup skim milk

Defatted chicken broth in a spray bottle

GRILLED LEMON-LIME CHICKEN

SERVES 4 – 8

STEPS

- 1) **IN** a saucepan, whisk together the zests, juices, sugar, garlic, cayenne, salt and pepper to taste.
- 2) **BRING** the mixture to a boil, reduce the heat and simmer, stirring, for 5 minutes, or until the sugar is dissolved.
- 3) **LET** cool in a large plastic zipper bag. Prick the chicken with a fork in several places and place in the bag. Pour in the marinade.
- 4) **SEAL** and shake. Let the chicken marinate in the refrigerator for 1 to 3 hours and turn it once.
- 5) **TRANSFER** the chicken with tongs to a grill set about 6 inches over glowing coals, or to a ridged grill pan set over moderately high heat. Grill it and baste it with the marinade for the first 10 minutes (discard any remaining marinade).
- 6) **TURN** the chicken over and grill it for 10 minutes more or until it is cooked through.

INGREDIENTS

Grated zest (about 2 teaspoons) and juice (about $\frac{3}{4}$ cup) of 2 lemons

Grated zest (about $2\frac{1}{2}$ teaspoons) and juice (about $\frac{3}{4}$ cup) of 3 limes

1 $\frac{1}{2}$ tablespoons sugar

1 teaspoon garlic, finely chopped

$\frac{1}{4}$ teaspoon cayenne pepper

Salt and pepper

8 boneless, skinless chicken breasts



CHICKEN WITH LEMON SAUCE

SERVES 4

This delicious dish is a nice change from plain grilled chicken breast. It may seem like a lot of ingredients, but once you get all the ingredients assembled in one place, most of the work is done. Serve the chicken over rice and with broccoli on the side, and you have a perfect meal!

STEPS

- 1) **CUT** chicken breasts into very thin slices. Combine marinade ingredients in a medium bowl. Add chicken and mix well. Let stand for 15 minutes.
- 2) **COMBINE** ingredients for lemon sauce in a small bowl. Mix well and set aside. Mix flour and cornstarch in a medium bowl. Dip chicken in flour mixture to coat.
- 3) **HEAT** a small amount of broth in a skillet over medium heat. Brown chicken adding broth as needed. Remove chicken and arrange on a platter.
- 4) **STIR** lemon sauce into the hot pan and bring to a boil. When the sauce thickens slightly, add 1 teaspoon sesame oil to make sauce glossy.
- 5) **STIR** sauce and pour over chicken slices. If desired, garnish with lemon slices. Serve immediately.

INGREDIENTS

1 pound boneless chicken breast
6 tablespoons cornstarch
2 tablespoons all-purpose flour
1 teaspoon sesame oil (optional)
1 sliced lemon for garnish

LEMON SAUCE

¼ cup sugar
¼ cup chicken broth, defatted
2 tablespoons water
½ teaspoon salt
2 teaspoons cornstarch
Juice of 1 lemon (about ¼ cup)

MARINADE

½ teaspoon salt
2 teaspoons rice wine or dry sherry
1 teaspoon soy sauce
1 egg white
1/8 teaspoon pepper

SANTA FE CHICKEN

SERVES 4

STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **COMBINE** all dry ingredients in a plastic ziplock bag.
- 3) **ADD** the chicken breasts and shake to coat well.
- 4) **PLACE** chicken on a foil-covered baking sheet and spray with chicken broth until no dry spots remain.
- 5) **BAKE** for 20 minutes.

INGREDIENTS

1/3 cup all-purpose flour

1 teaspoon chili powder

1/2 teaspoon granulated garlic

1/2 teaspoon onion powder

1/2 teaspoon paprika

1/4 teaspoon red pepper

1/2 teaspoon cumin

1/2 teaspoon salt

4 boneless, skinless chicken breasts

1/2 cup defatted chicken broth in a spray bottle

CAROLINA TURKEY

SERVES 4

This has been adapted from a "Dallas Morning News" recipe. Serve it with either rice or potatoes. If you slice your turkey into bite-size strips, you can toss it together with pasta.

STEPS

- 1) **POUND** the turkey breasts with a cleaver or meat tenderizer until about $\frac{1}{3}$ inch thick.
- 2) **SPRINKLE** both sides of turkey breasts with salt and pepper to taste and dredge them in flour, shaking off the excess.
- 3) **HEAT** a small amount of chicken broth in a large skillet. When it is hot, add the meat and brown lightly on both sides, continuing to cook for about 5 minutes or until done.
- 4) **ADD** a few tablespoons of broth as needed to keep from burning. Transfer to a serving platter, cover and keep warm.
- 5) **ADD** shallots to skillet and cook briefly, stirring. Add vinegar and simmer briefly. Add tomatoes, corn and $\frac{1}{3}$ cup chicken broth. Bring to a boil, stir and cook for about 2 minutes.
- 6) **ADD** the milk and mustard and stir to blend. Add salt and pepper to taste and cook for about 30 seconds. Add the basil and pour sauce over the meat.
- 7) **SERVE** immediately.

INGREDIENTS

4 turkey breast steaks

Salt and freshly ground pepper

$\frac{1}{2}$ cup flour

1 can chicken broth, defatted

2 tablespoons minced shallots

2 tablespoons red wine vinegar

1 cup tomatoes, skinned, seeded and diced

1 pound frozen or fresh corn

$\frac{1}{4}$ cup evaporated skim milk

1 teaspoon Dijon mustard

Salt and pepper

$\frac{1}{4}$ cup basil leaves, coarsely chopped

TAMALE PIE

SERVES 4

STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **COMBINE** cornmeal, ½ cup broth, yogurt and ¼ teaspoon salt in a bowl. Stir well and set aside.
- 3) **SAUTE** onion in a little broth and add garlic. In another pan, brown the ground beef.
- 4) **WHEN** done, place in colander and rinse with hot water.
- 5) **ADD** meat to onion mixture and stir the crushed tomatoes or picante sauce and corn.
- 6) **ADD** seasonings and stir.
- 7) **POUR** the beef into a baking dish, then spread the cornmeal mixture on top.
- 8) **SPRINKLE** with the cheese.
- 9) **BAKE** for 20 minutes or until bubbly.
- 10) **GARNISH** with cilantro sprigs.
- 11) **SERVE** with a green salad topped with pico de gallo.

Note: You can also use skinless, boneless chicken breasts. Slice strips against the grain and simmer in broth until meat becomes tender enough to shred. Shred the meat and add to onion mixture. Proceed with recipe. This can easily be made into a vegetarian dish by substituting pinto or black beans for the meat.

INGREDIENTS

½ cup yellow cornmeal

½ cup chicken broth (extra for browning onion)

½ cup nonfat yogurt

½ teaspoon salt

1 medium onion, peeled and finely chopped

2 cloves garlic, minced

1 pound ground beef (see note)

1 can crushed tomatoes or ½ cup picante sauce

1 tablespoon chili powder

½ teaspoon oregano, crumbled

½ teaspoon ground cumin

⅛ teaspoon pepper

1 cup defrosted frozen corn

½ cup nonfat cheddar cheese, grated or shredded

4 sprigs cilantro

MUSHROOM RISOTTO

SERVES 4

STEPS

- 1) **HEAT** a couple of tablespoons of the chicken broth in a large, heavy skillet.
- 2) **ADD** the onion and cook until transparent.
- 3) **DRAIN** the mushrooms if using canned, or soak if using dried.
- 4) **ADD** to the onion and mix well.

ADD the wine and stir.
- 5) **SIMMER** until the pan is almost dry.
- 6) **ADD** the rice and cook over low heat, stirring constantly, for about 5 minutes.
- 7) **ADD** 1 cup of broth and stir to mix well.
- 8) **COOK** until almost all of the broth has been absorbed, stirring almost constantly. Continue adding broth 1 cup at a time, stirring constantly until the broth is almost completely absorbed each time.
- 9) **SERVE** as a main or side dish.

INGREDIENTS

4 or more cups chicken broth, defatted

1 onion, peeled and thinly sliced

8 ounces bottled sliced mushrooms, or ¼ cup chopped dried porcini or morel mushrooms

¾ cup sauterne or favorite white wine

2 cups arborio or brown short-grain rice

Grated Parmesan-reggiano cheese (optional)

Quick method: After the first cup of broth has been absorbed, add the remaining broth, stir and cover. Simmer, stirring frequently, about 25 minutes for arborio or 45 minutes for brown rice. Remove from heat. Add cheese if desired.

PORK WITH MUSTARD SAUCE

SERVES 6

STEPS

- 1) **SLICE** The tenderloin into ½ -inch-thick slices.
- 2) **HEAT** 2 tablespoons of broth in a skillet.
- 3) **BROWN** pork on one side for about 5 minutes.
- 4) **TURN** and add thyme and bay leaf.
- 5) **COOK** until pork is cooked through (about 5 minutes).
- 6) **REMOVE** pork and keep warm.
- 7) **ADD** onion and garlic to the skillet and brown.
- 8) **ADD** bay leaf, remaining broth and vinegar. Stir well and reduce heat.
- 9) **ADD** mustard, butter substitute, cornichons and any liquid from meat.
- 10) **STIR** and bring to a simmer.
- 11) **REMOVE** the bay leaf.
- 12) **POUR** sauce over meat and serve.

INGREDIENTS

1½ to 2 pounds pork tenderloin, trimmed of fat

½ cup chicken broth, defatted

2 tablespoons chicken broth, defatted

1 teaspoon thyme

1 medium onion, peeled and minced

8 cloves garlic, minced

1 bay leaf

1 tablespoon balsamic or red wine vinegar

1 tablespoon Dijon mustard

1 tablespoon butter substitute

3 cornichons, chopped (optional)

SPINACH RICOTTA DUMPLINGS

SERVES 4

STEPS

- 1) **PREHEAT** oven to 325 degrees.
- 2) **COMBINE** all ingredients and mix well.
- 3) **CHILL** to firm mixture.
- 4) **ROLL** the mixture into balls about 1 to 1½ inches in diameter.
- 5) **PLACE** the dumplings in a shallow baking dish.
- 6) **PLACE** in the oven with a pan of hot water on the lower shelf to prevent the dumplings from drying out.
- 7) **BAKE** 10 to 15 minutes, or until lightly golden.
- 8) **SERVE** with a marinara sauce. This mixture can also be used as a stuffing for pasta shells.

INGREDIENTS

1½ pounds frozen spinach, defrosted and dried

1 onion, peeled and minced

½ cup nonfat ricotta cheese, or ½ cup pureed nonfat cottage cheese

1 tablespoon minced garlic

½ teaspoon oregano

2 chicken bouillon cubes, crushed

¾ cup bread crumbs

3 egg whites

Black pepper

Nutmeg

VEGETABLE LASAGNA

SERVES 4-6

You can still enjoy lasagna on the program – just make it vegetable lasagna! This recipe uses no oil or added fat, and it's loaded with vegetables. Be sure to use nonfat ricotta cheese, and you have a delicious, low-fat meal. Plus it makes great leftovers all week long.

STEPS

- 1) PREHEAT** oven to 375 degrees.
- 2) COOK** noodles according to package directions. Combine chopped tomatoes, tomato sauce, tomato paste, green pepper, half of the chopped onions, rosemary, oregano, thyme and basil in a heavy saucepan (preferably cast-iron). Bring to a boil, stirring frequently. Simmer covered for 10 minutes.
- 3) COMBINE** mushrooms, broccoli, red pepper, the remaining chopped onion, zucchini and Italian seasoning in a separate container. Mix well. In a small bowl, mix additional basil (either chopped fresh or about a tablespoon of dried) with slightly beaten egg whites and ricotta cheese.
- 4) SPREAD** a small amount of sauce on the bottom of a 9-by-13 baking dish. Layer half the noodles, vegetables, sauce and ricotta cheese mixture. Repeat. Bake 20 to 25 minutes.
- 5) REMOVE** from the oven and let sit about 5 minutes before serving.

INGREDIENTS

8 ounces lasagna noodles

3 medium tomatoes, chopped

8 ounces tomato sauce

6 ounces tomato paste

1 medium green pepper, seeded and chopped

2 medium onions, chopped

½ teaspoon rosemary

½ teaspoon oregano

½ teaspoon thyme

½ teaspoon basil

8 ounces fresh mushrooms, sliced

1 medium bunch of broccoli, broken into florets

1 medium red or green pepper, seeded and chopped

1 large zucchini, sliced

4 teaspoon Italian seasoning

1 tablespoon dried basil or ¼ cup fresh basil, chopped

3 egg whites, slightly beaten

1 cup nonfat ricotta cheese, pureed

LESLIE'S EASY CHICKEN

SERVES 4

STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **PUT** all the ingredients into a large zip bag and shake.
- 3) **POUR** the mixture into a 9-by-13 glass baking pan.
- 4) **SPREAD** out and bake covered for 25 minutes.
- 5) **REMOVE** the cover and bake uncovered for an additional 20 minutes.

INGREDIENTS

4 skinless chicken breasts, boneless or bone-in

1 medium onion, minced

1 cup baby carrots or 4 carrots (cut into bite-size coins)

4 cloves garlic, minced

1 package onion soup mix

3 or 4 potatoes, cut into bite-size pieces

APRICOT CHICKEN

SERVES 4



STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **SEASON** chicken and set aside on a foil-covered cookie sheet.
- 3) **MIX** the remaining ingredients until blended.
- 4) **POUR** over chicken and bake for about 30 minutes or until golden.

INGREDIENTS

4 boneless, skinless chicken breasts
1 cup apricot preserves
1 package dry onion soup mix
Salt and pepper to taste

FAT-FREE RUSSIAN DRESSING:

1 cup fat-free mayonnaise
1 tablespoon horseradish
1 teaspoon Worcestershire sauce
½ cup chili sauce or ketchup
1 teaspoon grated onion

CHICKEN & RICE

SERVES 4

STEPS

- 1) **CUT** the chicken into bite-size chunks.
- 2) **BROWN** in 1 to 2 teaspoons of chicken broth in a large saucepan. When browned, add the garlic and onion.
- 3) **COOK** until they brown.
- 4) **ADD** the rice and seasoning, stirring to mix well.
- 5) **COMBINE** the broth with enough water to make 3 cups. Pour into the chicken and rice mixture.
- 6) **BRING** to a boil over high heat. Let boil 1 or 2 minutes, cover, then reduce the heat to low and cook without stirring, 20 minutes for white rice and 45 to 50 minutes for brown rice.
- 7) **ADD** the peas, cover and cook an additional 5 to 7 minutes. Stir and serve.

INGREDIENTS

2 cans chicken broth, defatted

½ teaspoon favorite herb, thyme, tarragon or rosemary

1 teaspoon garlic, chopped

Salt and pepper to taste

1 medium onion, chopped

1 pound frozen peas

1 ½ cups uncooked white or brown rice

4 boneless, skinless chicken breasts, trimmed of all fat



BEEF & ASPARAGUS ROLL-UPS

SERVES 4 – 6 AS A MAIN COURSE • 12 AS AN APPETIZER

STEPS

- 1) **PREHEAT** broiler or grill.
- 2) **RINSE** asparagus and cut 4 inches from tips.
- 3) **PLACE** in a shallow pan and microwave on high for 30 seconds.
- 4) **CUT** green onions into 4-inch pieces and julienne lengthwise.
- 5) **COMBINE** soy sauce, sugar and cayenne pepper in a small bowl. Stir until sugar dissolves.
- 6) **SLICE** the meat in ¼-inch slices and lightly pound each slice individually with a meat pounder.
- 7) **DIP** each piece of beef in the soy sauce mixture and place on a baking sheet.
- 8) **PLACE** one piece of asparagus and green onion on one side of the beef and roll up.
- 9) **SET** aside and repeat until you run out of either meat slices or vegetables.
- 10) **GRILL** or broil until slightly charred (this should take only a couple of minutes).
- 11) **SERVE** hot or warm.

INGREDIENTS

24 to 30 thin asparagus stalks

Pinch of cayenne pepper powder

8 green onions

1 ½ pounds beef tenderloin or eye of round roast

½ cup soy sauce

¼ cup sugar

PASTA WITH HAM & PEAS

SERVES 4

STEPS

- 1) **SAUTE** garlic in a small amount of broth until golden.
- 2) **REDUCE** heat to low.
- 3) **ADD** the green onions and ham, and stir.
- 4) **ADD** the milk and butter substitute, and stir. Set aside.
- 5) **COOK** pasta until al dente.
- 6) **DRAIN** well and place pasta and peas in the pan with sauce. Toss to coat.
- 7) **SERVE** immediately with Parmesan cheese.

INGREDIENTS

Chicken broth for sauteing

1 package dehydrated butter or butter substitute

3 cloves garlic, minced

1 cup evaporated skim milk

4 green onions, chopped

12 to 16 ounces fettuccine or your favorite pasta

½ pound lean ham or Canadian bacon, julienned

1 to 1 ½ cups fresh or frozen peas

½ cup Parmesan cheese



DESSERTS



ANGEL DELIGHT

SERVES 8

STEPS

- 1) **SLICE** the angel food cake and cover the bottom of a 9-by-13 glass baking dish.
- 2) **COMBINE** sugar, egg substitute and flavoring. Fold into whipped topping.
- 3) **LAYER** angel food slices with whipped topping.
- 4) **SPRINKLE** the crushed candies on top.
- 5) **COVER** with plastic wrap and freeze.
- 6) **SERVE** frozen.

INGREDIENTS

1 angel food cake

12-ounce carton fat-free whipped topping

½ cup powdered sugar

½ cup egg substitute

6 hard, sugar-free caramel candies, crushed

1 teaspoon almond extract or 1 ½ teaspoons vanilla extract



BANANA PUDDING

SERVES 10-12



STEPS

- 1) **MIX** together cream cheese, condensed milk, skim milk and pudding.
- 2) **FOLD** in half of the whipped topping.
- 3) **LAYER** the pudding, vanilla wafers and bananas in a glass or ceramic dish.
- 4) **TOP** with remaining topping. Chill.

INGREDIENTS

8-ounces fat-free cream cheese, softened

4 bananas, sliced

One 6-ounce package instant vanilla pudding

8 ounces fat-free whipped topping

One 14-ounce can fat-free, sweetened condensed milk

2 cups skim milk

One 12-ounce package reduced-fat vanilla wafers

STRAWBERRY CHEESCAKE DREAM

SERVES 6 – 8



STEPS

- 1) **DEFROST** strawberries and heat in a medium saucepan until softened.
- 2) **REMOVE** with a slotted spoon and set aside.
- 3) **ADD** enough water to strawberry juice to make 2 cups. Bring to a boil. Remove from heat. Add gelatin. Stir until dissolved.
- 6) **ADD** strawberry soda and chill for 4 hours. One hour before the gelatin has set, take the cream cheese out of the refrigerator to soften. When the gelatin has chilled for 4 hours, remove from the refrigerator to soften. With an electric mixer, beat the cream cheese until smooth.
- 7) **SCOOP** into the gelatin mixture and beat until blended evenly. Stir in the fruit, pour into a mold and chill 6 hours or overnight.

INGREDIENTS

1 pound frozen strawberries

2 packages strawberry gelatin dessert mix

8 ounces fat-free cream cheese, softened

12 ounces cold strawberry soda (regular or diet)

KEY LIME PIE

SERVES 8



STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **COMBINE** sweetened condensed milk and egg substitute – try not to add too much air.
- 3) **SLOWLY** add lime juice and condensed milk.
- 4) **MIX** until well-blended.
- 5) **POUR** into pie crust and bake for 12 to 15 minutes.
- 5) **TOP** with fat-free whipped topping.

INGREDIENTS

One 14-ounce can fat-free sweetened condensed milk

Egg substitute, equivalent to 2 eggs

1 low-fat graham cracker crust

3 to 4 ounces lime juice

Fat-free whipped topping

BANANA PARFAIT PIE

SERVES 6 – 8

STEPS

- 1) **CUT** the bananas into ¼-inch slices. Line the pie crust with bananas slices.
- 2) **SPREAD** a couple of heaping scoops of whipped topping over slices and then sprinkle half of candy on top. Repeat the process two more times, drizzling the fat-free caramel sauce on top of the last layer instead of candy. Freeze for 4 hours or overnight.
- 3) **SERVE** frozen.

INGREDIENTS

4 ripe bananas

Fat-free caramel sauce

One 12-ounce carton fat-free whipped topping

1 low-fat graham cracker crust

2 ounces peanut brittle or 6 hard caramel candies



PEANUT BUTTER SPREAD

MAKES ABOUT 1 ½ CUPS

Even rice cakes taste good topped with this. It's a perfect low-fat filling for sandwiches instead of the traditional peanut butter. An option for people who don't eat dairy is to use 1 cup of rinsed canned white beans instead of the ricotta cheese.

Combine in a food processor until smooth.

INGREDIENTS

1 cup nonfat ricotta cheese

¼ cup unhomogenized smooth peanut butter, oil poured off

2 ½ teaspoons vanilla

½ teaspoon cinnamon

4 teaspoons sugar, honey or artificial sweetener

Skim milk as needed to thin



CHOCOLATE MUD CAKE

SERVES 8-10

Nothing beats a good piece of chocolate cake for dessert. Fortunately, chocolate cake is also one of the things that translates very well into a low-fat version. You can remove the butter and milk without sacrificing much of the flavor.

STEPS

- 1) PREHEAT** oven to 350 degrees.
- 2) COMBINE** sugar, flour, baking powder, cocoa powder, butter substitute and cinnamon in a large mixing bowl; mix with a whisk. Add applesauce to the mixture.
- 3) ADD** the milk and vanilla and mix until smooth. Pour batter in a nonstick 9" by 11" pan. In a small mixing bowl, combine brown sugar, sugar, cocoa and coffee. Mix well. Pour the mixture evenly over the batter.
- 4) BAKE** for 25 to 30 minutes. Test with a toothpick. Remove from oven and cool to room temperature. Serve warm with frozen yogurt.

INGREDIENTS

1 cup sugar
2 cups flour
4 teaspoons baking powder
4 tablespoons cocoa powder
4 tablespoons butter substitute
½ teaspoon cinnamon
4 tablespoons vanilla nonfat yogurt
1 cup skim milk
2 teaspoons vanilla extract
1 cup brown sugar
1 cup sugar
½ cup cocoa powder
2 cups cold, strong coffee



CREME BRULEE

SERVES 6-8

Who says you have to give up your favorite desserts to lose weight? Creme Brulee has always been a favorite of mine. And thanks to this recipe, I can enjoy it without blowing the program. This recipe substitutes skim milk and egg whites for the usual high-fat alternatives, and you'll be surprised at how well it works.

STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **CUT** vanilla bean down the middle, lengthwise. Combine skim milk and evaporated skim milk in a medium, heavy bottomed saucepan. Scrape vanilla bean into the milk mixture. Bring to a boil and remove from heat. Let sit to infuse vanilla flavor.
- 3) **COMBINE** the egg whites with the sugar in a medium bowl. Stir until well blended. Add to milk mixture, pour in orange-flavored liqueur and stir to mix well. Remove vanilla bean. (You can wash, dry and store the vanilla bean to use again.)
- 4) **POUR** into a souffle or baking dish. Set in a larger pan and fill pan with enough hot water to fill halfway. Carefully place in the preheated oven.
- 5) **BAKE** just until set. The center will be slightly jiggly (about 30 to 45 minutes, depending on the size of the pan). One way to tell if your custard is ready is to touch the surface. If your finger comes away clean, it's ready. Chill 2 to 3 hours or overnight.
- 6) **PREHEAT** broiler. Sprinkle sugar on the custard. Brown the sugar under the broiler until brown and bubbly. Watch carefully so the sugar doesn't burn. Refrigerate until ready to serve.

INGREDIENTS

1 vanilla bean
2 cups skim milk
 $\frac{3}{4}$ cup evaporated skim milk
1 $\frac{1}{2}$ cups egg whites
 $\frac{3}{4}$ cup sugar
2 tablespoons
orange-flavored liqueur
Sugar

LO'S CHEWY BROWNIES

MAKES ONE PAN

Satisfy your craving for sweets with these delicious chewy chocolate brownies. Nothing beats fresh-baked brownies, straight from the oven. Best of all, you can eat these brownies without feeling guilty. Depending on your tastes, use vanilla or chocolate yogurt.



STEPS

- 1) **PREHEAT** oven to 350 degrees.
- 2) **MIX** the dry ingredients together. Mix the wet ingredients in a separate bowl.
- 3) **STIR** the wet ingredients into the cocoa powder and mix well.
- 4) **BAKE** in a 9-by-13 pan for 30 minutes.

INGREDIENTS

6 tablespoons cocoa powder
2 cups sugar
1 ½ cups flour
1 teaspoon baking powder
1 teaspoon salt
3 egg whites
1 cup nonfat vanilla or chocolate yogurt
1 tablespoon corn syrup
1 teaspoon vanilla

DR. BLACK'S GRAPES

SERVES 4

Combining sour cream and grapes may sound strange, but Dr. Black's Grapes make a wonderful, light summer dessert.

STEPS

- 1) **WASH** the grapes in cold water.
- 2) **REMOVE** grapes from their stems.
- 3) **COMBINE** all the ingredients in a medium bowl and serve chilled.

INGREDIENTS

1 pound seedless grapes

1 cup fat-free sour cream

½ cup brown sugar, or to taste, depending on how sweet your grapes are.



TEA ORANGES

SERVES 4

For the Tea Oranges recipe, blood oranges are wonderful when they're in season.

STEPS

- 1) **WASH** and dry the oranges thoroughly.
- 2) **SLICE** them in half. Continue slicing them, trying to cut them at the center.
- 3) **DIP** in the sifted powdered sugar until coated.
- 4) **ARRANGE** on a plate and serve immediately.

INGREDIENTS

4 thin oranges, skinned

Lots of powdered sugar, lifted



ANY BERRIES FOOL PARFAITS

SERVES 4

STEPS

- 1) **IN** a food processor, puree the berries separately.
- 2) **PLACE** the berries in separate small saucepans, adding $\frac{1}{2}$ teaspoon lemon juice and $\frac{1}{2}$ tablespoon sugar to each.
- 3) **COOK** on medium heat for just a few minutes, or until thickened.
- 4) **REMOVE** from heat and cool. Whip the chilled evaporated skim milk with the remaining sugar and 1 teaspoon of vanilla or orange-flavored liqueur.
- 5) **REMOVE** about a third of the berries and combine with the strawberries. Do the same with the blueberries.
- 6) **LAYER** in parfait glasses: first the strawberries, then the remaining third of the whipped milk, then the blueberries.
- 7) **CHILL** in the freezer for a few hours for ice cream consistency.
- 8) **GARNISH** with additional berries or mint leaves.

INGREDIENTS

$\frac{1}{2}$ cup blueberries or blackberries, fresh or frozen

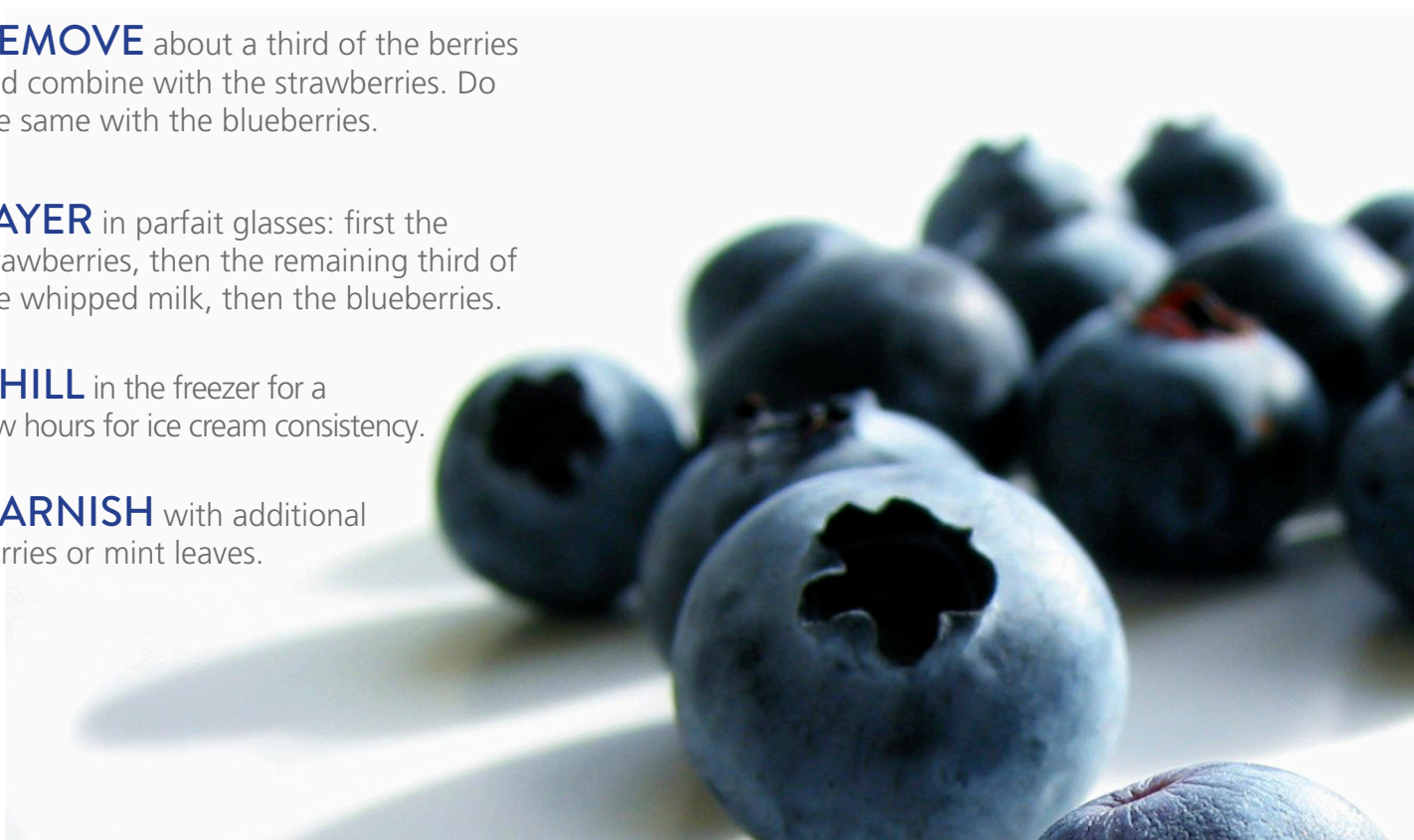
$\frac{1}{2}$ cup strawberries or raspberries, fresh or frozen

1 teaspoon lemon juice

3 tablespoons sugar

1 cup evaporated skim milk, chilled in the freezer 1 hour

1 teaspoon vanilla or orange-flavored liqueur



SIMPLE FRUIT SORBET

SERVES 4



STEPS

- 1) **PUREE** the berries in a food processor.
- 2) **TRANSFER** to a blender, add the other ingredients and puree again.
- 3) **STIR** to make sure you get an even puree. Continue blending until smooth. Serve immediately.

INGREDIENTS

4 cups frozen fruit (strawberries, raspberries or blueberries)

¼ cup sugar

¼ cup skim milk

2 tablespoons of your favorite liqueur

ORANGES WITH GRAND MARNIER®

SERVES 4

If you want to impress your company with a simple dessert, this is a great way to do it. You can make it several hours before dinner and refrigerate it, so it's already prepared by the time you're ready for dessert.

INGREDIENTS

Refrigerate for several hours

Zest of 4 oranges, all pith removed

4 medium oranges

¾ cup sugar

½ cup Grand Marnier®

STEPS

- 1) **REMOVE** the zest with a knife and julienne. (If you have used a zesting tool, you should have julienned strips.) Place the zest in a pot with just enough water to cover and bring to a boil. Discard the water, replace with fresh water and bring to a boil again. Repeat, so the rind has been boiled 3 times with fresh water each time. Remove and discard the pith from the oranges.
- 2) **SLICE** the oranges in ¼-inch thick rounds, as you would for a garnish. Place the sugar and ¼ cup of water in a pot and heat on high. Let sugar melt without stirring. When it becomes caramelized and dark-brown, turn off the heat, add the rind and stir to mix well.
- 3) **ADD** the Grand Marnier® and another ¼ cup of water to the mixture. Stir until it is an even consistency. Add the oranges to the mixture and simmer for about 5 to 7 minutes on medium heat, stirring occasionally. Remove the orange slices and place on a deep plate.
- 4) **POUR** the sauce with the zest over the oranges and refrigerate for several hours before serving.



ABOUT LARRY NORTH

Larry North was born in New York and raised in Dallas, Texas. In 1981, he started his first business at age 20. His media career started shortly after that by arriving on talk radio where he performed for over 25 years. Shortly after, his best-selling infomercial became one of the most popular weight loss infomercials ever. Three books, a chain of health clubs, and thousands of TV appearances and live presentations in the U.S. and abroad have turned Larry North into a household name in fitness, weight loss, and health. He continues to spread his motivational messages and wisdom to dozens of fortune 500 companies and just about anyone who will listen. He can make you laugh, touch your heart, and more importantly connect with you in a way that makes you want to Change Your Body and Your Life!!!!

Larry North has been a pioneer in helping hundreds of thousands of people learn how to effectively lose weight for close to three decades. He has accomplished this through his bestselling books, radio shows, gyms, global seminars, television appearances and his award-winning show the SLIM DOWN NATION. Larry was one of the first to show you how to eat your way to a beautiful body vs. dieting and starving yourself.

Participants in Larry's program have lost up to hundreds of pounds and have kept the weight off for 5, 10 or 15 years or longer. These people are no different than you. The only difference is these people chose to make a change in their lives. If you love to eat, then you will love Larry's program - it is a food lover's guide to weight loss! On this program, you eat more delicious, satisfying food than you ever imagined you could eat, while losing more weight than you ever thought possible. Larry shows you how to create the ideal muscle-building, fat-burning and great-tasting meal to help ignite your metabolism and help turn your body into a fat-burning machine. No awful prepackaged food, cottage cheese and carrot sticks, crazy fasts and starvation diets!!! On this program, you will eat real food for real people - and lots of it! Larry North Slimdown Nation will help you lose weight and keep it off, and the best part is you will discover a healthier, happier, more satisfying life!

