



# *Recipes*

Fast and easy recipes and ideas

Healthy eating using:

- Vegetables and fruits,
- Whole grains,
- Foods low in saturated fat

Division of Preventive and Behavioral Medicine  
University of Massachusetts Medical School

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## Ants on a Log

### Celery & Peanut butter

5 stalks	Celery
½ cup	Peanut butter
¼ cup	Raisins

Makes 5 servings (3 pieces per serving)

Cut the celery stalks in three pieces. Spread with peanut butter and sprinkle with raisins.

#### Nutritional Information:

Calories: 182	Total Fat: 13.29g
Saturated Fat 2.61g	Carbohydrate 11.68g
Fiber: 2.43g	Protein: 6.94g

### Celery and Light Cream Cheese

5 stalks	Celery
½ cup	Light cream cheese (or a flavored cream cheese for something different)
¼ cup	Raisins or dried cranberries

Makes 5 servings (3 pieces per serving)

Cut the celery stalks in three pieces. Spread with Light Cream cheese and sprinkle with raisins.

#### Nutritional Information:

Calories: 104	Total Fat: 14g
Saturated Fat 2.69g	Carbohydrate 3.27g
Fiber: 1.18g	Protein: 2.54g

## Eating Healthy

What you eat plays an important role in controlling your weight and preventing certain diseases. Small changes to your eating habits add up and can help you lose weight, prevent weight gain and stay healthy.

**Here are some general guidelines that will help you eat healthy:**

**Eat a rainbow of fruits and vegetables:** Whole fruits and vegetables have a variety of properties that help reduce your risk for many diseases. Try for five different colors in salads!

**Fiber:** Aim for more than 30 grams total fiber per day from fruits, vegetables, cereals, beans and whole grain breads.

**Breads/Crackers:** at least 2 grams fiber per serving

**Pastas/Cereals:** at least 5 grams fiber per serving

**Reduce saturated fats:** Have more chicken, turkey, fish, bean based meals and less beef, pork and hamburger based meals.

**Consider vegetables the “entree” and meat the smaller side dish.**

**Beans:** Fiber and B-vitamins found in beans help lower your cancer risk. Add whole chickpeas, black or kidney beans to salads & soups. Have ground beans in black bean dip or hummus.

**Water:** Drink plenty!

This recipe book gives you some healthy eating ideas and includes recipes that can easily be made at home and brought to work.

## Trail Mix of Champions

- 4 cups High fiber cereal (5 grams of fiber or more per serving)
- 1 cup Unsalted Nuts (Any mixture of Walnuts, Almonds and Pistachios)
- ½ cup Dried fruit (Mixture of cranberries, raisins and/or dried apples)

Package in **snack size** zip lock bags to avoid over snacking  
A handful chocolate chips may add a nice touch.

Makes 8 snack size bags

### Nutritional Information:

Calories: 240                      Total Fat: 14g  
Saturated Fat: 1.29g              Carbohydrate: 7.25g  
Total Dietary Fiber: 5.81g      Protein: 7.45g

## Pan-Roasted Chicken and Vegetables

- 1 1/2 lbs. Red potatoes, cut into 1 1/2-inch chunks
- 1 jumbo Onion (1 pound), cut into 12 wedges
- 4 Garlic cloves, peeled
- 2 tbsp. Olive oil
- 1 ¼ tsp. Salt
- 1/2 tsp. Ground black pepper
- 1/2 tsp. Dried rosemary
- 1 lb. Skinless, boneless chicken thighs, each cut into quarters
- 1 bag (10 ounces) Spinach, stems discarded
- Fresh rosemary sprigs for garnish (optional)

Makes 4 servings

- Preheat oven to 475 degrees F. In large roasting pan (17" x 11 1/2"), combine potatoes, onion, garlic, oil, salt, pepper, and rosemary; toss to coat.
- Roast vegetables 25 minutes, stirring once. Add chicken, tossing to coat; roast 15 minutes longer or until juices run clear when thickest part of chicken is pierced with tip of knife.
- Place spinach over chicken mixture and roast 5 minutes longer or until spinach wilts. Toss before serving. Garnish with rosemary sprigs.

### Nutritional Information:

Calories: 440                      Total Fat: 13  
Saturated Fat: 2                  Sodium: 930  
Carbohydrates: 48              Fiber: 11  
Protein: 34

## Spinach Mushroom Tomato Frittata

1 lb.	Spinach (fresh or frozen)
4	Garlic cloves, minced or chopped
1 cup	Chopped onions
2 tsp.	Olive oil
10 ounces	Mushrooms, sliced (about 4 cups)
1 ½ cups	Egg substitute
2 tsp	Dried basil (or 3 tablespoons chopped fresh)
¼ tsp.	Salt
¼ tsp.	Ground black pepper
1	Medium tomato, sliced
½ cup	Parmesan cheese

Makes 6 servings

- Wash spinach, remove and discard stems. Finely chop leaves.
- Sauté garlic and onions in 1-teaspoon olive oil for 3 minutes on medium heat.
- Add spinach, cover, lower heat and cook for 10 minutes. Remove from heat and drain juice.
- In large bowl, combine egg substitute, basil, salt and pepper until blended. Stir in sautéed spinach. Pour mixture into non-stick skillet. Cover and cook over medium-low heat for 15 minutes or until set.
- Sprinkle with cheese. Cover and cook for 2 minutes or until cheese is melted. Cut into 6 wedges and serve immediately.

### Nutritional Information:

Calories: 109	Total Fat: 3.33g
Saturated fat: 1.01g	Cholesterol: 3.67g
Carbohydrates: 9.77g	Fiber: 3.68g
Protein: 12.41g	

## Breakfast Parfait

½ cup	Low fat Cottage Cheese (1% milk fat)
½ cup	Chopped Apple, (1/2 cup pear, blueberries, or strawberries would be nice as well)
1 tbsp.	Chopped walnuts or almonds
½ tsp.	Cinnamon

Makes 1 serving

- Layer ½ cup cottage cheese and fruit in a container
- Sprinkle nuts on top and finish with cinnamon

### Nutritional Information:

Calories: 165	Fat : 6.06g
Saturated Fat: 1.20g	Cholesterol: 4.52mg
Carbohydrate: 13.61g	Dietary Fiber: 2.61
Protein: 14.01g	

## Cucumber Salad

### Dressing:

1 tbsp. Rice vinegar  
¼ tsp. Brown sugar  
Pinch Cayenne pepper  
Season with Salt and pepper

2 Cucumbers, peel, halve and remove seeds. Cut into  
¼-inch thick slices  
¼ Purple onion, finely diced  
1 Carrot, shredded

Makes 6 servings

- Whisk dressing ingredients together
- Pour over vegetables
- Keep refrigerated

Adapted from Healthy in a Hurry Cookbook from Eating Well Magazine

### Nutritional Information:

Calories: 16                      Total Fat: 0.14g  
Saturated Fat: 0.02g            Cholesterol: 0.0g  
Carbohydrates: 3.34g          Dietary Fiber: 0.88g  
Protein: 0.55g

## Tuscan-Style Tuna Salad

2 6-ounce cans tuna packed in water, drained  
1 15oz can of cannelloni or great northern  
beans, drained and rinsed  
10 Cherry tomatoes, halved  
4 Scallions, trimmed and sliced  
2 tbsp. Olive oil  
2 tbsp. Lemon juice (bottled or fresh is fine)  
¼ tsp. Salt (optional)  
Pepper to taste

Makes 4 servings, 1cup each

- Combine tuna, drained beans, tomatoes, scallions, oil, lemon juice, and seasonings in a medium bowl. Stir gently. Refrigerate until ready to serve.
- Serve with whole-wheat pita or as a filling for a wrap.

Recipe adapted from Eating Healthy in a Hurry by EatingWell

### Nutritional Information:

Calories: 253                      Total Fat: 8g  
Saturated Fat 1g                  Protein: 31g  
Carbohydrate 20g                  Fiber: 6g

## Enlightened Caesar Chicken Salad

1 Tbsp. Olive oil  
1 Tbsp. Lemon juice  
2 cloves Garlic, chopped fine (1 teaspoon)  
¼ tsp. Freshly ground pepper  
2 lbs. Boneless, skinless chicken breast  
½ cup Grated Parmesan cheese  
½ cup Chopped parsley  
2 stalks Celery, chopped  
¼ cup Low fat mayonnaise type salad dressing  
1 Tbsp. Fat free plain yogurt  
Salt and pepper to taste.

Makes 6 servings

- Preheat oven to 375 degrees
- In large bowl, mix the olive oil lemon juice, garlic and ¼ teaspoon pepper together. Toss the chicken breasts in this marinade and then place them in a single layer on a baking pan. Sprinkle the chicken with half the Parmesan cheese
- Bake the chicken for 20 minutes and then chill completely.
- Cut the chicken into bite-size pieces. Combine the chicken with the remaining Parmesan cheese and the parsley, celery, mayonnaise and yogurt. Taste before seasoning with salt and pepper.
- Serve on bed of chopped dark green lettuce or baby spinach. Try grilling the chicken for added flavor.

Recipe adapted from the Whole Foods Market Cookbook

### Nutritional information:

Calories: 273      Total Fat: 11.60g  
Saturated Fat: 3.28g      Carbohydrates: 3.34g  
Dietary Fiber: 0.42g      Protein: 36.86g  
Sodium: 279mg

## Three Bean Salad

1 cup Cooked, cut green beans (frozen or fresh)  
¾ cup Chickpeas (drained and rinsed)  
¾ cup Kidney beans (drained and rinsed)  
¼ cup Finely chopped red onions  
1 ½ tbs. Canola oil  
1 tbs. Cider vinegar  
1 clove Garlic, minced  
¼ tsp. Salt  
Pepper to taste

Makes 3 servings

- In large bowl, toss together green beans, chickpeas, kidney beans and onions.
- In small bowl, combine remaining ingredients. Pour dressing over salad and toss to combine. Serve chilled

### Nutritional Information:

Calories: 204      Total Fat: 8.19g  
Saturated Fat: 0.65g      Cholesterol: 0.0mg  
Protein: 8.30g      Carbohydrate: 26.11g  
Total Fiber: 6.95g

## Strawberry Romaine Salad

### Salad:

1 head	Romaine lettuce (any dark leafy green lettuce mix tastes good)
2 cups	Strawberries, sliced
1/4+ cup	Red onion cut in large chunks
1/3 cup	Dried cranberries
1/2+ cup	Walnuts

### Dressing:

3/4 cup	Light Mayo
2 tsp.	White wine vinegar
1/4 cup	Low fat milk
1 tbsp.	Sugar
1 tbsp.	Poppy seeds

Makes 6 servings

- Set walnuts aside. Toss the remaining salad ingredients together in a large salad bowl
- Mix the dressing ingredients together in a small bowl (it makes a lot; you may have dressing left over).
- Pour the dressing on the salad. Sprinkle walnuts on top and toss.

### Nutritional Information:

Calories: 150	Total Fat: 7.41g
Saturated Fat 1.24g	Protein: 2.15g
Carbohydrate 21.25g	Fiber: 3.49g

## Chicken Salad with Grapes And Walnuts

1 lb	Chicken meat, cooked and cut into small cubes
1 tbsp.	Lemon juice (optional)
2 cup	Seedless red grapes, sliced
1/2 cup	Chopped celery
2	Scallions, thinly sliced
1/2 cup	Coarsely chopped walnuts
1/4 cup	Low fat mayonnaise
1 tsp.	Curry powder (optional)

Makes 5 servings

- Chill cooked chicken cubes.
- Sprinkle chicken with lemon juice.
- Combine chicken with remaining ingredients. Refrigerate.

### Serving ideas:

Serve on lettuce for a filling lunch or dinner salad.  
In pita bread with lettuce

### Nutrition Information:

Calories 334	Total fat: 16.49
Saturated fat: 2.51g	Carbohydrates: 28.04g
Dietary Fiber: 2.29g	Protein: 24.93g

## Hummus with Lettuce, Tomato and Cucumber

8 tbsp. Hummus (any flavor)  
2 Romaine lettuce leaves (any dark leafy green lettuce is tasty, try baby spinach)  
4 slices Tomato  
8 Cucumber slices  
1 large Whole wheat pita, sliced in half

Makes 2 sandwiches

- Slice pita in half and open.
- Spread 4 tablespoons hummus in each pita half. Layer 2 lettuce leaves, 2 slices tomato and 4 cucumber slices in each pita.

Enjoy!

### Nutritional Information:

Calories :129	Total fat: 6.27g
Saturated fat: 0.86g	Carbohydrates: 34.87g
Dietary Fiber: 6.90g	Protein: 9.24g

## Black Bean Burritos

4 Whole wheat flour tortillas  
1 (14.5 oz) Can Black beans, drained & rinsed under water  
2 cups Salsa  
1 med. Onion, diced  
2 cloves Garlic, chopped  
1 (10oz) pkg. Frozen spinach  
1 cup Cooked brown rice (optional)  
1/2 cup Low fat or fat free cheese, shredded  
1 tbsp. Olive oil

Makes 4 burritos

- Preheat oven to 400° F.
- Sauté beans, garlic and onion in olive oil, over medium heat until onions are softened. Add in 1 ¾ cup salsa, frozen spinach and cooked brown rice (optional). Mix occasionally until entire mixture is well heated and spinach is no longer frozen. Remove from heat.
- To assemble burritos: Lay tortillas out flat. Place ¼ of bean mixture in a line along center of burrito. Top with some of the remaining salsa and a layer of cheese.
- Roll-up burrito and place seam down on oiled cookie sheet. Bake for 7-10 minutes, or until cheese is melted.

### Nutritional Information:

Calories: 385	Total Fat: 6.66g
Saturated Fat: 1.61g	Cholesterol: 2.97g
Carbohydrate: 65.00g	Fiber: 14.90g
Protein: 20.31g	

## Turkey, Spinach & Apple Wrap

1 tbsp.	Reduced-fat mayonnaise
2 tsp.	Honey mustard (or regular mustard with a touch of honey)
2	Whole wheat flour tortillas
2 cups	Baby spinach leaves OR 2 cups dark green leafy lettuce
4 slices	Turkey breast
¼	Granny Smith apple, sliced very thin

Makes 2 Wraps

- Combine mayonnaise and mustard. Spread on each wrap.
- Place spinach or lettuce on wraps and top turkey.
- Evenly divide apple slices and layer across turkey.
- Roll wrap as tightly as possible.
- Cover each wrap in plastic wrap and refrigerate, seam side down.

Recipe Adapted from [American Institute for Cancer Research](#)

### Nutritional Information:

Calories 184

Total Fat: 4.68g

Saturated Fat: 1.02g

Carbohydrate: 22.94

Dietary Fiber: 4.02g

Protein: 14.13g

Sodium: 294mg

## Golden Fried Fish Fillets

4	Thin fish fillets, (tilapia, flounder or trout)
1 cup	Plain cereal flakes (corn flakes for ¼ cup crumbs)
2 tbsp.	Flour
1 tbsp.	Old Bay Seasoning
1 tbsp.	Olive oil

Makes 4 servings

- Pour cereal flakes in a large zipper-top plastic bag, and crush with a rolling pin to make fine crumbs.
- Add the flour and Old Bay seasoning, and shake well to mix
- Melt the butter in an extra-deep, 12-inch nonstick skillet over medium heat.
- Add the fillets to the bag one at a time close the bag and shake to coat the crumbs. Shake off the excess crumbs into the bag.
- Add fillet to the skillet, cook until golden brown on the first side (approx. 5 minutes). Turn over and cook until browned on the 2<sup>nd</sup> side, about 5 minutes more. The fish should be opaque throughout and flake easily with a fork.
- Serve immediately!

Garnish options: Lemon wedges, or Sprinkle with Vinegar (as the English do!)

### Nutritional Information:

Calories: 204

Saturated Fat: 0.94g

Carbohydrates: 9.46g

Protein: 28.51g

Total Fat: 5.33g

Cholesterol: 77.11mg

Fiber: 1.02g



# *Holiday Treats*

## Holiday Recipes with a Healthy Twist

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University of Massachusetts Medical School

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## Black Forest Biscotti

Makes 30 cookies

These twice-baked cookies are a holiday classic. They are crisp and crunchy; perfect for dipping in coffee or simply for snacking. Best of all, they are naturally low in fat and calories!

1 cup all-purpose flour\*  
1 cup whole wheat flour\*  
1 cup sugar  
¼ cup chopped toasted almonds  
1/3 cup dried cherries  
¼ cup unsweetened cocoa  
½ tsp. baking powder  
½ tsp. baking soda  
½ tsp. salt  
2 Tbsp. water  
1 tsp. vanilla extract      ½ tsp. almond extract  
2 eggs                              1 egg white

\*Use 2 cups all-purpose flour and omit the whole wheat flour.

- Preheat oven to 325°.
- Combine first 9 ingredients (flour through salt) in a large bowl. In another bowl, combine water, extracts, eggs and egg white. Add to flour mixture stirring until well blended.
- Turn dough out onto a lightly floured surface and knead lightly 7 or 8 times. Shape into a 16 " long roll and place on a baking sheet coated with cooking spray. Flatten to 1 " thickness.
- Bake for 30 minutes. Remove the roll from the baking sheet to a wire rack and cool 10 minutes. Cut diagonally into 30 (1/2" slices) and place cut side down on baking sheet.
- Bake for 10 minutes. Turn cookies over and bake for an additional 10 minutes. Remove from baking sheet and cool on wire rack.

Recipe adapted from [Cooking Light Magazine](#).

### **Nutritional Information (per cookie):**

Calories: 72                              Carbohydrate: 13.8g  
Total Fat: 1.3g                              Dietary Fiber: 1.1g  
Saturated Fat: 0g                              Protein: 2g

## Holiday Baking

Sweet holiday delights are part of many family traditions. Step Ahead has gathered a variety of holiday cookie, cake and goodie recipes that allow you to enjoy the sweetness of the season but with less saturated fat and calories. Add oats, whole wheat flour, nuts and seeds for more nutrition. Some of the recipes may be new and others are healthier takes on traditional favorites.

You can use the table below to add a healthy twist to some of your own holiday baking favorites.

<i>Instead of</i>	<i>Try</i>
Butter	Trans fat free spread such as Promise Buttery Spread, or Smart Balance
1 egg	2 egg whites or ¼ cup egg substitute
sweetened condensed milk	Nonfat or fat-free sweetened condensed milk
Evaporated milk	Evaporated skim milk
1 cup chocolate chips	½ cup mini chocolate chips – all the chocolate flavor but ½ the calories and saturated fat
Frosting	Sliced fresh fruit with a dusting of powdered sugar
Sour cream	Nonfat or low fat sour cream or lowfat or fat-free yogurt
Whole milk	1% or nonfat milk
Half-and-half or cream	Fat-free half-and-half or evaporated skim milk
Flour	Experimenting by substituting whole wheat flour for part of the white flour
Sugar	Using ¼ to ½ less sugar in the recipe. Or try using Splenda.

## Raspberry Jammers

Makes 24 cookies

Think of these as a variation of thumbprint cookies. Trans-fat free margarine and egg white reduces the saturated fat and calories.

1/3 cup granulated sugar  
1/3 cup trans-fat free margarine (Smart Balance or Promise Buttery Spread)  
1 large egg white  
2 Tbsp. cornstarch  
1/4 tsp. salt  
1/3 cup raspberry or apricot jam  
2 tsp. fresh lemon juice  
1/4 tsp. almond or vanilla extract

1 1/2 tsp. vanilla extract  
1 cup all-purpose flour  
1/4 tsp. baking powder  
Cooking spray  
1/2 cup powdered sugar

- Preheat oven to 375°.
- Beat granulated sugar and margarine with a mixer at medium speed until well-blended (about 5 minutes). Add 1 1/2 tsp. vanilla extract and egg white; beat well. Combine flour, cornstarch, baking powder and salt in a bowl stirring well with a whisk. Add flour mixture to sugar mixture, stirring until well-blended (dough will be stiff).
- Turn dough out onto a lightly floured surface. Divide dough in half. Roll each portion into a 12 inch log. Place logs 3 inches apart on a baking sheet coated with cooking spray. Form a 1/2-inch-deep indentation down the length of each log using an index finger or end of a wooden spoon. Spoon jam in the center. Bake at 375° for 20 minutes or until lightly browned. Remove logs to a cutting board.
- Combine powdered sugar, lemon juice, and almond extract; stir well with a whisk. Drizzle sugar mixture over warm logs. Immediately cut each log diagonally into 12 slices (do not separate slices). Cool 10 minutes; separate slices. Transfer slices to wire racks. Cool completely.

Recipe adapted from Cooking Light Magazine.

### Nutritional Information (per cookie):

Calories: 66  
Total Fat: 1.2g  
Saturated Fat: 0.7g  
Carbohydrate: 13g  
Dietary Fiber: 0.2g  
Protein: 0.7g

## Spiced Gingerbread

8 Servings

Indulge in old fashioned flavor and forsake the fat. Unsweetened applesauce and fat free buttermilk make this cake unbelievably moist and delicious!

1 3/4 cups whole wheat flour  
2 tsp. ground ginger  
1/2 tsp. baking soda  
1/4 tsp. ground cloves  
1 cup dark molasses  
1/2 cup unsweetened applesauce  
1/3 cup fat free buttermilk  
2 egg whites  
Cooking spray

1/2 cup brown sugar  
1 tsp. cardamom  
1/4 tsp. cinnamon  
1/4 tsp. salt

- Preheat oven to 350°. Spray a 9-inch round cake pan with cooking spray.
- In a large bowl combine the whole wheat flour, brown sugar, ginger, cardamom, baking soda, cinnamon, cloves, and salt.
- In a medium bowl, using an electric mixer on slow speed beat together the molasses, applesauce, buttermilk and egg whites. Add the molasses mixture to the flour mixture. Beat on medium speed until blended. Pour the batter into a prepared pan. Bake until the bread begins to pull away from the sides of the pan and a toothpick inserted into the center comes out clean, 40-45 minutes. Remove from the oven and cool on the rack for 10 minutes. Slice into 8 wedges. Tastes best when served warm.

Recipe adapted from Stealth Health by Evelyn Tribble

### Nutritional Information (per wedge):

Calories: 281  
Total Fat: 0.7g  
Saturated Fat: 0g  
Carbohydrate: 66.8g  
Dietary Fiber: 3.6g  
Protein: 4.9g

## Blueberry and White Chocolate Chunk Ginger Cookies

Makes 24 cookies

This colorful cookie is quick, easy and full of flavor. By substituting canola oil for butter, the amount of saturated fat is decreased. Try this one... you won't regret it!

½ cup all-purpose flour\*  
½ cup whole wheat flour\*  
¼ cup ground flaxseed meal (or wheat germ)  
½ tsp. baking soda                      ½ tsp. salt  
¼ tsp. ground ginger                      ¼ cup egg substitute (or 2 egg whites)  
¾ cup brown sugar                      1/3 cup canola  
1 tsp. vanilla  
½ cup oats, quick-cooking or old-fashioned (not instant)  
¼ cup white chocolate chips  
1/3 cup dried blueberries (dried cranberries or cherries also work well)  
Optional: ¼ cup crystallized ginger, chopped

\*Option 2: You may use 1 cup all-purpose flour and omit whole wheat flour.

- Preheat oven to 375°.
- Whisk together flour, ground flaxseed, baking soda, salt and ground ginger in a small bowl. Whisk egg substitute, brown sugar, oil and vanilla in a large bowl.
- Add the dry ingredients to the wet ingredients; stir to combine. Add oats, white chocolate chips and blueberries; stir just to combine.
- Drop by rounded tablespoonfuls onto 2 ungreased baking sheets 1 ½ inches apart.
- Bake the cookies for 8-10 minutes until puffed and barely golden around the edges. Cool on the pans for 2 minutes; transfer to wire rack to cool completely.

Recipe adapted from [Eating Well Magazine](#).

### **Nutritional Information (per cookie):**

Calories: 90                      Carbohydrate: 12.3g  
Total Fat: 4.2g                      Dietary Fiber: 1.1g  
Saturated Fat: 0.6g                      Protein: 1.5g

## Crispy Cereal Treats

Makes 12 squares

Add a healthy 'snap, crackle and pop' to the traditional Rice Krispies Square recipe. Now each treat is rich in fiber and heart-healthy vitamin E, thanks to the addition of high-fiber cereal and sunflower seeds!

Cooking Spray

1 Tbsp. trans fat free margarine (such as Promise Buttery Spread or Smart Balance)  
1 Tbsp. Canola oil  
1 (10.5- ounce) bag miniature marshmallows (about 4 cups)  
1 ½ cups high-fiber cereal, such as Post 100% Bran or Trader Joe's High-Fiber Cereal  
4 cups Rice Krispies cereal  
½ cup roasted, shelled sunflower seeds

- Lightly oil or coat a 9 x 13- inch baking pan with nonstick cooking spray and set aside.
- Heat trans fat free margarine and oil in a large saucepan over low heat. When the margarine is melted, add the marshmallows and stir until completely melted. Remove from the heat.
- Add the cereals and sunflower seeds and stir until well coated.
- Press the mixture evenly into the baking pan using wax paper, a buttered spatula, or your buttered hands. Cool at room temperature and cut into 12 squares.

Note: Store leftovers in a plastic, airtight container.

Recipe adapted from [The Meal Makeover Recipes](#)

### **Nutritional Information (per square):**

Calories: 192                      Total Carbohydrate: 37.7g  
Total Fat: 5g                      Dietary Fiber: 3.7g  
Saturated Fat: 0.6g                      Protein: 3.4g

## Died-and-Went-to-Heaven Chocolate Cake

Serves 16

This chocolate cake is so moist and rich in flavor that no one will know its low in fat with less than 1 gram of saturated fat!

1 cups all-purpose flour\*                      ¾ cup whole wheat flour\*  
1 cup white sugar (or Splenda)  
¾ cup unsweetened Dutch-process cocoa powder  
1 ½ tsp. baking soda                              1 ½ tsp. baking powder  
1 tsp. salt    1 ¼ cups fat free buttermilk  
1 cup brown sugar                                 ½ cup egg substitute  
¼ cup canola oil                                    2 tsp. vanilla extract  
1 cup hot strong black coffee (Regular or Decaffeinated)  
Powdered sugar

\*Option 2: You may use 1 ¾ cups all-purpose flour and omit the whole wheat flour.

- Preheat oven to 350°. Lightly oil a 12-cup bundt pan or spring form pan. Coat pan with cooking spray. Dust the pan with flour, invert and shake out excess.
- In a large mixing bowl, whisk together flour, white sugar (or Splenda), cocoa powder, baking soda, baking powder and salt. Add buttermilk, brown sugar, egg substitute, oil, and vanilla. Beat with an electric mixer on medium speed for 2 minutes.
- Whisk in hot coffee until completely incorporated (the batter will be quite thin).
- Pour the batter into the prepared pan. Bake 35 to 40 minutes, or until a toothpick inserted in the center comes out clean.
- Cool the cake in the pan on a rack for 10 minutes; remove from the pan and cool completely.
- Sprinkle with powdered sugar.

Recipe adapted from Eating Well Magazine.

### Nutritional Information (per slice):

Calories: 185                                      Carbohydrate: 35.2g  
Total Fat: 4.3g                                    Dietary Fiber: 2.3g  
Saturated Fat: 0.7g                                Protein: 3.8g

## Molasses Crackle Cookies

Makes 36 cookies

This chewy, tasty spice cookie calls for ground flaxseed. Here are some 'flax facts'....flaxseed adds a pleasant nutty flavor and is a good source of healthy omega-3 fatty acids and fiber.

½ cup ground flaxseed meal  
1 cup all-purpose flour  
1 cup whole wheat flour  
1 tsp. baking soda  
1 ¼ tsp. ground cinnamon  
½ tsp. salt  
½ tsp. ground cloves  
½ tsp. ground ginger  
1 cup granulated sugar (or Splenda)  
½ cup unsweetened apple butter              ¼ cup molasses  
2 Tbsp. canola oil                                 1 large egg white  
½ cup granulated sugar (or Splenda)  
1 Tbsp. ground flaxseed

- Combine the first 8 ingredients (flaxseed through ginger) well.
- Stir together: sugar, apple butter, molasses, oil and egg white. Add to flour mixture just until moist.
- Cover bowl with plastic wrap. Place bowl in the freezer for 1 hour. Preheat oven to 350°.
- Lightly coat hands with cooking spray. Shape dough into 36 balls, about 1 Tbsp. each. Combine 1/3 cup sugar and 1 Tbsp. flaxseed in a small bowl. Roll balls in sugar mixture.
- Place 2 inches apart on baking sheets coated with cooking spray. Bake for 13 minutes and let cool on pan for 5 minutes. Let cool completely on wire rack.

Note: Dough can be frozen. Thaw in refrigerator and shape as above.

Recipe adapted from Cooking Light Magazine.

### Nutritional Information (per cookie):

Calories: 74                                        Carbohydrate: 14.7g  
Total Fat: 1.4g                                    Dietary Fiber: 1.1g  
Saturated Fat: 0g                                 Protein: 1.2g

## Fat Free Festive Eggnog

Serves 4 (3/4 cup serving)

You can enjoy this festive holiday drink without feeling guilty. This rich eggnog is fat free and only 141 calories. The traditional eggnog has over 11grams of fat and 180 calories!

1/4 cup egg substitute  
1 cup skim milk  
1 cup evaporated skim milk  
3/4 cup vanilla fat-free frozen yogurt  
1-2 Tbsp. sugar  
1/2 tsp. rum extract\*  
1/2 tsp. brandy extract\*

Garnish with ground nutmeg

\*if rum and brandy extract are not available, replace with 1 tsp. of vanilla

- In a blender, combine all ingredients and process until smooth.
- Pour in glasses and garnish with nutmeg.

### Nutritional Information - Fat Free Eggnog (per one 3/4 cup):

Calories: 141	Carbohydrate: 24.2g
Total Fat: 0g	Dietary Fiber: 0.2
Saturated Fat: 0g	Protein: 10.1g

### Nutritional Information - Traditional Eggnog (per one 3/4 cup):

Calories: 180	Carbohydrate: 8.1g
Total Fat: 11.5g	Dietary Fiber: 0g
Saturated Fat: 6.6g	Protein: 3.2g

## Snowballs (Russian Tea Cakes)

Makes 48 cookies

This take on the traditional holiday cookie is lower in calories and fat. Look at the comparison below. In addition, it is made with canola oil (a healthy fat) and low fat milk.

1 cup all-purpose flour*	1/2 cup whole wheat flour*
1/4 cup cornstarch	1/4 tsp. salt
1 1/4 cups powdered sugar	
5 Tbsp. trans fat free margarine (such as Promise Buttery Spread or Smart Balance)	
2 Tbsp. canola oil	2 Tbsp. low fat milk
1 1/2 tsp. vanilla extract	1/2 cup finely chopped walnuts

\*Option 2: You may use 1 1/2 cups of all-purpose flour and omit the whole wheat flour.

- Preheat oven to 350°.
- In a bowl, whisk flour, cornstarch and salt. Set aside.
- In a large bowl, using an electric mixer, cream 3/4 cup powdered sugar, trans fat free margarine and oil (about 3 minutes). Add milk and vanilla and beat until smooth. Add the dry ingredients and walnuts; blend on low speed just until incorporated.
- Roll the dough into 3/4 inch balls and place on 2 ungreased baking sheets, about 1 inch apart. Bake for 10 - 12 minutes or until very lightly browned on bottoms.
- Remove cookies from the oven and roll them immediately in the remaining 1/2 cup of powdered sugar, a few at a time. Transfer to wire racks to cool. If desired, sift additional powdered sugar over the cookies just before serving.

Recipe adapted from Eating Well Magazine.

### Nutritional Information - "Healthy Snowballs"(per cookie):

Calories: 51	Carbohydrate: 6.8g
Total Fat: 2g	Dietary Fiber: 0.4g
Saturated Fat: 0g	Protein: 0.7g

### Nutritional Information - Traditional Recipe (per cookie):

Calories: 72	Carbohydrate: 6g
Total Fat: 5g	Dietary Fiber: 0.3g
Saturated Fat: 3g	Protein: 0.9g

## Lemon-Honey Drop Cookies

Makes 32 cookies

Very easy, light and very lemony. A cakey cookie that is moist and surprisingly low in saturated fat and calories. Enjoy with a cup of tea.

1/2 cup granulated sugar  
7 Tbsp.. trans fat free margarine (such as Promise Buttery Spread or Smart Balance)  
2 tsp. grated lemon rind  
1 tsp. lemon extract  
3/4 cup all-purpose flour\*  
1 tsp. baking powder  
1/4 cup plain fat-free yogurt  
1 cup powdered sugar  
2 tsp. grated lemon rind

1/3 cup honey  
1/4 cup egg substitute  
1 cup whole wheat flour\*  
1/2 tsp. salt  
Cooking spray  
2 tsp. fresh lemon juice

\* Use 1 3/4 cups all purpose flour and omit the whole wheat flour.

- Preheat oven to 350°.
- Beat first 3 ingredients with a mixer at medium speed until light and fluffy. Add honey, lemon extract and egg substitute. Beat until well blended. Combine flour, baking powder, and salt, stirring well with a whisk. Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture.
- Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 12 minutes.
- Combine powdered sugar, lemon juice and grated lemon rind in a small bowl; stir with a whisk. Brush powdered sugar mixture evenly over hot cookies. Remove cookies from pan; cool on wire racks.

Recipe adapted from Cooking Light Magazine.

### Nutritional Information (per cookie):

Calories: 83  
Total Fat: 2.2g  
Saturated Fat: 0g

Carbohydrate: 15.1g  
Dietary Fiber: 0.5g  
Protein: 1.1g

- Spray a 10 inch tube pan (or bundt pan) with cooking spray. Spoon batter into pan and bake for 1 hour and 20 minutes or until an inserted toothpick comes out clean.
- **GLAZE:** Whisk powdered sugar, lemon rind and enough lemon juice to make a thick, but pourable glaze. Drizzle over cake. Let cool and garnish with lemon slices.

Recipe adapted from Cooking Light Magazine.

### Nutritional Information "Healthy" Sour Cream Pound

#### Cake(per slice):

Calories: 239  
Total Fat: 5.2g  
Saturated Fat: 1.1g

Carbohydrate: 44.6g  
Dietary Fiber: 1.8g  
Protein: 4.6g

### Nutritional Information for Traditional Sour Cream Pound

#### Cake (per slice):

Calories: 293  
Total Fat: 14.7g  
Saturated Fat: 8.8g

Carbohydrate: 37.5g  
Dietary Fiber: 0.5g  
Protein: 3.4g

## Sour Cream Lemon Pound Cake

Serves 24

Traditional sour cream pound cake recipes call for 3 to 4 sticks of butter, 5 - 6 eggs, and full-fat sour cream. Our healthier recipe uses trans fat free margarine, egg substitute and nonfat sour cream.

### CAKE

¾ cup trans fat free margarine (Promise Buttery Spread or Smart Balance)  
2 2/3 cups sugar  
1 ¼ cup egg substitute or egg whites  
1 ½ cup nonfat sour cream  
3 cups all-purpose flour\*  
1 ½ cups whole wheat flour\*  
1 tsp. baking powder  
¼ tsp. salt  
1 tsp. lemon juice  
1 tsp. vanilla extract  
Cooking spray

### GLAZE

½ cup sifted powdered sugar  
1 tsp. lemon rind  
2 tsp. lemon juice  
Lemon slices optional as garnish

\*Use 4 ½ cups all-purpose flour and omit the whole wheat flour.

- Preheat oven to 325°.
- In a large bowl beat trans fat free margarine on medium speed until creamy. Gradually add sugar, beating well. Beat in egg substitute. Add sour cream, lemon juice and vanilla extract.
- In another bowl combine flour, baking powder, and salt.
- Combine sugar mixture with the flour mixture and stir well.

## Dried Fruit Compote

Serves 6

This dessert is the perfect sweet ending to a meal. Try serving it with plain yogurt, low fat sour cream or low fat ricotta cheese.

2 cups water  
½ cup sugar  
½ tsp. ground cinnamon  
¼ tsp. ground cloves  
¼ tsp. salt  
¾ cup dried apricots (4 ounces)  
¾ cup dried pitted plums (prunes) (4 ounces)  
¾ cup dried pear halves, cut in half (4 ounces)

- Stir water, sugar, cinnamon, cloves and salt in a large saucepan over medium-high heat until the sugar dissolves. Add apricots, prunes and pears and bring to a simmer. Cover, reduce heat and simmer slowly for 30 minutes.
- Uncover and continue simmering slowly until thickened, about 10 minutes. Let cool completely before serving. Serve at room temperature or chilled.

Recipe adapted from [Eating Well](#) magazine.

### Nutritional Information (per serving):

Calories: 214	Carbohydrate: 54g
Total Fat: 0g	Dietary Fiber: 4g
Saturated Fat: 0g	Protein: 1g

## Meringue Cookies – Chocolate Chip & Variations

Makes 30 cookies

Meringue cookies are a holiday favorite. Light and crunchy they'll disappear quickly. By using mini chocolate chips the saturated fat and calories are cut in half.

3 large egg whites (**note: do not use egg substitute in place of egg whites**)

¼ tsp. cream of tartar

1/8 tsp. salt

¾ cup sugar

¼ cup unsweetened cocoa powder, divided

½ cup mini semi-sweet chocolate chips (or 1 cup regular size chocolate chips)

¼ tsp. vanilla extract

- Preheat oven to 250°.
- Cover 2 baking sheets with foil.
- Place egg whites, cream of tartar, and salt in a large bowl; beat with an electric mixer on high speed until foamy.
- Combine sugar and 3 Tbsp. cocoa powder, stirring with a whisk. Gradually add sugar mixture to egg white mixture, 1 Tbsp. at a time, beating at medium speed until stiff peaks form (this takes some time). Gently fold in mini semi-sweet chips and vanilla.
- Drop mixture by rounded teaspoonfuls onto foil lined baking sheets ¼ inch apart (or mixture may be spooned into a zip-top plastic bag w/ 1 corner snipped to form ½ inch opening and piped into mounds ¼ inch apart).
- Bake at 250° for 1 ½ hours.
- Turn oven off and cool meringues in closed oven for 1 hour longer. Carefully remove from foil; dust with 1Tbsp. cocoa.

Recipe adapted from Cooking Light Magazine.

### Nutritional Information (per cookie):

Calories: 26

Carbohydrate: 3.1

Total Fat: 1.2g

Dietary Fiber: 0.2g

Saturated Fat: 0.7g

Protein: 0.7g

**To make Espresso Meringues:** Omit chocolate chips. Use 1 Tbsp. instant espresso or 2 tablespoons instant coffee granules, increase vanilla to ¾ tsp. and decrease cocoa to ¾ tsp., to sprinkle on cookies prior to baking.

**To make Chocolate Chip Peppermint Meringues:** Omit cocoa powder & vanilla extract; increase sugar to 1 cup. Use ¼ tsp. peppermint extract. Optional: stir in 3 drops green food coloring to mixture prior to baking.



# *Salad Savvy*

Division of Preventive and Behavioral Medicine  
University of Massachusetts Medical School

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## Blue Cheese Dressing

Makes ¾ Cup dressing

¼ Cup Blue Cheese  
2 Tablespoons Fat free or reduced fat sour cream  
1 Tablespoons reduced fat mayonnaise  
¼ cup buttermilk  
1 Tablespoon white-wine vinegar  
1 teaspoon dried parsley (1 Tablespoon fresh parsley)  
Salt and pepper (to taste)

Mix all ingredients together in a small bowl. Refrigerate until ready to use.

### Nutrition information (per Tablespoon)

Calories: 20                      Carbohydrate: 1g  
Fat: 1g                              Fiber: 0g  
Saturated fat: 1g                Protein: 1g

Recipe adapted from [Healthy in a Hurry](#) by Eating Well Magazine.

## Lemon-Dijon Vinaigrette

Makes 2/3 Cup dressing

2 Tablespoons water  
3 Tablespoons lemon juice  
2 Tablespoons olive oil  
1 ½ Tablespoons red wine vinegar  
1 Tablespoon Dijon mustard (any spicy mustard)  
2 teaspoons garlic, chopped finely  
½ teaspoon black pepper  
¼ teaspoon salt

Put all ingredients in a jar. cover and shake briskly until combined.  
Store in refrigerator.

### Nutrition Information (per Tablespoon)

Calories: 25                      Carbohydrate:1g  
Fat: 2g                              Fiber: 0g  
Saturated fat: 0g                Protein: 0g

Recipe adapted from [Cooking Light](#) magazine.

# SALAD SAVVY

As a side dish or main meal, a salad is more than iceberg lettuce and croutons. A healthy salad has a variety of colorful vegetables, fruit and textures. Step Ahead has collected a variety of salad recipes that are far from boring. Some use unique ingredients; others are healthy twists on old standbys. All the salads use vegetables and whole grains as the basis. A great salad deserves a flavorful dressing that does not add much fat and calories. Use this guide to make salads tasty, interesting and nutritious.

- **Make it a Rainbow:** add a variety of colorful fresh, steamed or grilled vegetables and fresh seasonal fruit.
- **Pasta Salads:** use whole wheat pasta, and add extra vegetables for added flavor and crunch. Use reduced fat mayonnaise and fat-free sour cream for the dressing.
- **Cheese:** use one of the reduced fat varieties and use less; treat it like an herb or seasoning.
- **Dressings:** use a lower fat version and be careful not to use too much. Try dipping your fork in the dressing before you pick up a bite of food. If making a salad to feed a crowd, use about 1 teaspoon of dressing per person and toss well.
- **Make it a Meal:** add protein low in saturated fat such as boiled egg; leftover grilled or baked chicken or fish; steamed shrimp or chickpeas, white or red kidney beans or black beans.

**Time saving tip:** make a large salad for a few meals throughout the week. Store it in an air-tight container in the refrigerator.

## Fruit Salad with Lime Yogurt

6-8 Servings

*A refreshing salad that soothes the sweet craving without all the calories.*

### Fruit:

- 1 Large ripe honeydew melon, seeded and cut into 1 inch chunks
- 1 pint strawberries, hulled and halved
- ¼ cup lime juice
- 1 tablespoon sugar

### Lime Yogurt Dressing:

- 2 cups nonfat plain yogurt
- 2 Tablespoons Sugar
- 1 Tablespoon grated lime zest (green outer most part of the lime)
- 1 Tablespoon lime juice

- In a large bowl, toss melon, strawberries, lime juice and sugar. Let stand for 15 minutes, stirring occasionally.
- In a small bowl, combine yogurt, sugar, lime zest and juice, stirring until sugar is dissolved. Cover and refrigerate until chilled.
- Serve fruit salad with Lime Yogurt Dressing.

### Nutrition Information:

Calories: 135

Total fat: 0g

Saturated fat: 0g

Carbohydrates: 30g

Fiber: 2g

Protein: 5g

Recipe adapted from Eating Well magazine.

## Salmon Salad with Vinaigrette

4 servings

- 1 pound green beans, trimmed
- 1/4 cup red wine vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced shallots
- 1/4 teaspoon kosher salt, divided
- 1/4 teaspoon black pepper, divided
- 4 (3-ounce) salmon fillets
- 4 cups mixed salad greens
- 1/4 cup vertically sliced Vidalia or other sweet onion
- 2 hard-cooked large eggs, sliced

- Preheat grill to medium-high.
- Place beans in large pan of boiling water; cook 2 minutes. Drain and plunge beans into ice water; drain.
- Combine vinegar, mustard, oil, shallots, 1/8 teaspoon salt, and 1/8 teaspoon pepper in small bowl, stirring well with whisk; set aside.
- Using a mister, spray both sides of each fillet with olive oil; sprinkle with 1/8 teaspoon salt and 1/8 tea-spoon pepper. Place fish, skin side up, on grill rack; cook 8 minutes or until fish flakes easily when tested with fork, turning after 4 minutes.
- Arrange 1 cup greens in each of 4 bowls; top with onion, egg slices, and beans. Top with salmon; drizzle with dressing.

### Nutrition Information:

Calories: 271

Total fat: 13g

Saturated fat: 2g

Carbohydrates: 13g

Fiber: 5g

Protein: 26g

Recipe from *Health*, June 2005

## Lentil Salad with Balsamic Vinaigrette

**Makes 6 servings**

1 1-inch-thick slice red onion plus 1 cup chopped red onion  
3 fresh parsley sprigs plus 1/2 cup chopped fresh parsley  
2 garlic cloves, minced  
1 cup dried brown lentils  
2 tablespoons olive oil  
3 tablespoons balsamic vinegar  
2 teaspoons Dijon mustard

- Bring medium saucepan of water to boil. Add onion slice, 3 parsley sprigs and 1 minced garlic clove and return to boil. Stir in lentils. Reduce heat and simmer uncovered until lentils are just tender, about 20 minutes. Drain. Discard onion and parsley.
- Stir oil, vinegar, mustard and remaining garlic in small saucepan over low heat until just warm (do not boil).
- Place warm lentils in bowl. Add chopped onion, chopped parsley and warm vinaigrette; toss to coat. Season with salt and pepper. Serve warm or at room temperature.

### Nutritional Information:

Calories: 239  
Total fat: 8 g  
Saturated fat: 1g;  
Carbohydrate: 32g  
Dietary Fiber: 9g  
Protein: 13g

## Crunchy Ramen Coleslaw

6 Servings

*This coleslaw is full of flavor and crunch. Ramen noodles can be found in the Asian or soup isles of the grocery store.*

### Dressing:

2 Tablespoons olive oil  
2 Tablespoons balsamic vinegar  
1 teaspoon low sodium soy sauce  
ground pepper to taste

### Salad:

3 cups shredded cabbage  
2 green onions (scallions), finely sliced  
1 cup grated carrot  
3 Tablespoons sunflower seeds

½ package ramen noodles, uncooked (seasoning removed)

- In a small bowl, mix together dressing ingredients.
- In large bowl, combine salad ingredients cabbage, green onions, carrots and sunflower seeds. Break block of ramen noodles in half. Use a rolling pin or glass bottle and roll over uncooked noodles to break into small pieces. Toss salad with dressing. Add noodles to salad right before serving.

### Nutrition Information

Calories: 106  
Total fat: 7g  
Saturated fat: 1.3g  
Carbohydrates: 9.7g  
Fiber: 1.7g  
Protein: 2g

Recipe adapted from Feeding the Whole Family by Cynthia Lair

## Citrus Waldorf Salad

4 Servings

*A refreshing twist for a traditional salad.*

### Dressing:

1/4 cup low fat mayonnaise  
1 Tablespoon orange juice  
1/2 teaspoon Salt  
1/4 teaspoon Pepper

### Salad:

2 large apples, cored and chopped (skin on for extra fiber)  
1 teaspoon orange juice  
1/2 cup celery, thinly sliced  
1/2 cup red seedless grapes, sliced (or 1/4 cup of raisins)  
1/4 cup chopped walnuts

- Dressing: In a medium sized bowl, whisk together the mayonnaise and orange juice. Add 1/2 teaspoon of salt, 1/4 teaspoon of fresh ground pepper.
- In a large bowl, add chopped apples. Sprinkle with orange juice to prevent browning. Add celery, grapes, and walnuts. Mix in dressing and refrigerate until ready to serve. Serve on a bed of lettuce.

### Nutrition information

Calories: 140  
Total fat: 8g  
Saturated fat: 1g  
Carbohydrate: 17g  
Fiber: 3g  
Protein: 2g

## Spinach Salad

4 servings

1 (12-oz.) bag spinach (baby spinach best), washed  
1-2 ripe tomatoes, quartered  
2-3 carrots, shredded  
1/4- 1/2 cup purple cabbage, chopped  
1/4 cup walnuts, chopped  
1 avocado, peeled and cut into small pieces

- If using large leaves of spinach, cut or tear into smaller pieces.
- Place spinach in large salad bowl.
- Top with tomatoes, carrots, and cabbage. Sprinkle with walnuts.
- Peel and add chopped avocado just before serving to avoid browning.

### Nutrition information:

calories: 145                      total fat: 12g                      saturated fat 1g  
sodium: 30 mg                      dietary fiber: 5g                      protein: 3g

This salad is good with a simple vinaigrette dressing like this one:

## Victory Garden Vinaigrette

4 servings

4 Tbsp. olive oil  
1 Tbsp. red wine vinegar  
pinch of sugar  
pinch of salt  
1/4 teaspoon Dijon mustard  
ground black pepper to taste

Combine all ingredients in a small jar and shake till combined. Pour over salad and toss gently.

### Nutrition information:

calories: 121                      total fat: 14g                      saturated fat 2g  
sodium: 46 mg                      dietary fiber: 0g                      protein: 0g

## Shrimp Salad

## Tabbouleh

Makes 4 servings (one cup each)

1 cup water  
½ cup bulgur (cracked wheat – find it in the rice/grains aisle)  
½ cup lemon juice  
2 Tablespoons olive oil  
½ teaspoon chopped garlic  
¼ teaspoon salt  
ground black pepper (to taste)  
2 cups chopped parsley  
¼ cup fresh chopped mint  
2 small tomatoes, diced  
1 small cucumber, diced  
3-4 green onions (scallions)

- Combine water and bulgur in a small sauce pan. Bring to a boil and remove from heat. Cover and let stand until the water is absorbed (about 25 minutes). Drain any excess water. Transfer to a large bowl and cool for 15 minutes.
- Combine lemon juice, oil, garlic, salt and pepper in a small bowl. Add parsley, mint, tomatoes, cucumber and green onions to the bulgur. Add dressing and mix well. Serve at room temperature or chilled. Add 2 cups drained chickpeas to make this a meal.

### Nutritional Information (per cup):

Calories: 165

Fat: 8g

Saturated fat: 1g

Carbohydrates: 22g

Fiber: 6g

Protein: 6g

Recipe from [www.eatingwell.com](http://www.eatingwell.com)

## Luscious Beet Salad

6 Servings

*The taste and texture of colorful and flavorful salad is much more than the individual ingredients.*

### Salad:

3 large beets  
1/4 cup pumpkin seeds (pepitas), toasted  
1 bag mixed salad greens  
2 green onions, finely chopped  
1/3 cup feta cheese

### Dressing:

2 Tablespoons olive oil  
3 Tablespoons balsamic vinegar  
3/4 teaspoon Dijon mustard  
1/4 teaspoon freshly ground pepper  
1 Tablespoon fresh basil (1 tsp. dried), chopped finely

- Wash beets. Place beets in a large pot filled with water and bring to a boil. Lower heat and simmer until beets are tender (about 50 minutes). Drain and set aside to cool.
- Toast pumpkin seeds in a skillet over medium heat stirring continuously. Seeds are ready when they puff up and give off a nutty aroma. Remove seeds and set aside.
- Place all dressing ingredients in a jar and shake well. Peel beets by cutting off the tops and slipping the skins off with your hands. Slice beets. Put beets, salad greens, pumpkin seeds, and green onions in a salad bowl. Pour dressing over salad and toss gently. Crumble feta cheese on top. Serve at room temperature or chilled.

### Nutrition Information (with feta cheese)

Calories: 132	Carbohydrates: 6g
Total fat: 9g	Fiber: 2g
Saturated fat: 2.6g	Protein: 5.4g

Recipe adapted from Feeding the Whole Family by Cynthia Lair

## 7 – Layer Salad

12 Servings

*A healthier twist on a popular salad often seen at potlucks. Perfect salad to make ahead.*

### Salad:

8 cups shredded romaine or green leaf lettuce  
1 red pepper chopped  
2 cups sliced mushrooms or carrots  
1 can cannellini beans or garbanzo beans rinsed and drained  
1 1/2 cups frozen peas (rinse with cold water to partially thaw)

### Dressing:

1/2 cup reduced fat mayonnaise or Miracle Whip type salad dressing  
1/2 cup low fat sour cream  
3/4 teaspoon garlic powder  
1 1/2 teaspoons dried oregano

### Topping:

1 cup reduced fat cheddar cheese  
(optional) 1/4 cup sunflower seeds or 1/4 cup cooked turkey bacon.

- In a 9-inch by 13-inch glass baking dish, layer salad ingredients in order listed.
- Put dressing ingredients in a medium bowl. Mix together very well. Using a spatula, spread dressing on top layer of salad (pea layer)
- Sprinkle topping evenly over dressing layer. Cover and refrigerate until ready to use.

### Nutrition Information:

Calories: 146  
Total fat: 5g  
Saturated fat: 2g  
Carbohydrates: 17g  
Fiber: 4g  
Protein: 8g

## Lemon and Garlic Quinoa Salad

6 Servings

*Quinoa (keen-wah) a grain of the ancient Incas now grown in the US. Quinoa has more protein than most grains. This salad is light, flavorful and very satisfying. Quinoa is found in the health-food section of many grocery stores or Trader Joes.*

Salad:

1 cup dry quinoa  
1 3/4 cups water  
pinch of salt  
1 cup carrots, chopped  
3/4 cup parsley, chopped  
1/4 cup sunflower seeds

Dressing:

2-3 cloves garlic, minced  
1/3 cup lemon juice  
2 tablespoons olive oil  
2 tablespoons low sodium soy sauce

- Rinse quinoa with water and drain through a fine strainer.
- Add quinoa, salt, and water to a large pot. Bring to a boil. Turn heat down, cover and simmer 10-15 minutes until water is absorbed. Cool and refrigerate until ready to use.
- In large bowl, add carrots, parsley and sunflower seeds. Mix in cooked quinoa.
- Make dressing add to salad and toss well. Serve salad at room temperature or chilled.

### Nutrition Information (per 1 cup)

Calories: 196                      Carbohydrate: 24g  
Total fat: 9g                      Fiber: 3g  
Saturated fat: 1g                  Protein: 6g

Adapted from Feeding the Whole Family by Cynthia Lair

## Blue's Wild Rice Chicken Salad

7 Servings

*Wild rice has a nuttier taste and chewier texture than white or brown rice. It has more B vitamins, and protein than most other grains. This salad is full of color and flavor.*

Salad:

4 Cup cooked wild rice (Instructions below)\*  
3 Tablespoons lemon juice  
1 skinless, boneless chicken breast cooked and cut into small cubes  
3 green onions finely sliced (white and green parts)  
1 red pepper diced  
12 – 15 snap peas or pea pods cut in 1/2-inch pieces  
1/2 Cup toasted pecan halves (optional)

Dressing:

1/4 Cup rice wine vinegar  
3 Tablespoons olive or canola oil  
2-3 large garlic cloves, finely chopped  
1 Tablespoon Dijon (or spicy) mustard  
1/4 - 1/2 teaspoon salt  
1/2 teaspoon white sugar  
1/4 teaspoon ground pepper

- **Wild Rice cooking instructions** – In a large pot, boil 1 1/2 cup wild rice and 6 cups water (try combination of 3 cups water and 3 cups chicken or vegetable broth). Boil rice until tender, 45-55 minutes. Drain off water. In large bowl, toss warm rice with lemon juice. Can be made ahead of time.
- In small bowl, mix together well salad dressing ingredients.
- In a large bowl, combine cooked rice, chicken, onions, red pepper and snap peas. Add dressing and refrigerate 2-4 hours. Just before serving add pecans.

### Nutrition Information: (per 1 Cup serving)

Calories: 202                      Carbohydrate: 24g  
Total fat: 6g                      Fiber: 3g  
Saturated fat: 1g                  Protein: 14g

## Tomato and Onion Salad

6 Servings

*A flavorful and colorful side salad that goes nicely with chicken or fish.*

### Dressing:

- 2 Tablespoons cup balsamic vinegar
- 3 Tablespoons water
- 1 teaspoon olive oil
- 1 teaspoon Dijon mustard (or spicy mustard)
- 1/4 tsp coarsely ground pepper

### Salad:

- 3 medium tomatoes (about 1 1/2 pounds)
  - 1 medium purple onion, thinly sliced and separated into rings
  - 1 Tablespoon chopped fresh oregano (2 tsp dried)
- Combine dressing ingredients in a jar; cover tightly, and shake vigorously. Set aside.
  - Core tomatoes; cut into 1/2 -inch-thick slices. Layer tomato and onion slices in a shallow dish, and sprinkle with oregano. Pour dressing over tomato and onion slices. Cover refrigerate at least 1 hour before serving.

### Nutrition Information:

Calories: 36  
Total fat: 1g  
Saturated fat: 0g  
Carbohydrates: 6.5g  
Fiber: 1.7g  
Protein: 1g

## Greek Bean Salad

6-8 Servings

*A fresh, flavorful and filling salad for a light nutritious dinner.*

- 1 15oz can garbanzo beans (chick peas), drained and rinsed
- 4 scallions (green onions) chopped fine
- 3 – 4 cloves garlic, chopped fine
- 1 medium ripe tomato, chopped
- 3 medium ribs celery diced (1/4-inch pieces)
- 3 Tablespoon. lemon juice
- 2 1/2 Tablespoon. chopped mint
- 3 Tablespoon. fresh parsley
- 2 tsp. olive oil
- 1/4 cup feta cheese (optional)
- 1/4 teaspoon salt and pepper

- Mix all ingredients in a bowl. Taste before seasoning with salt and pepper.
- Sprinkle with feta cheese.
- Serve on chopped, dark leafy green lettuce.

### Nutrition Information:

Calories: 170  
Total fat: 5g  
Saturated fat: 1.4g  
Carbohydrates: 25g  
Fiber: 6.5g  
Protein: 8.5g

Recipe adapted from [Whfoods.com/recipes](http://Whfoods.com/recipes).



# Healthy Snacks and Party Foods

## **Spicy and Savory Pretzels – Makes 6 servings (2/3 cup)**

4 cups (5 ounces) mini pretzels  
2 teaspoons Trans fat free margarine melted (Smart Balance or Promise Buttery Spreads)  
4 teaspoons low sodium soy sauce  
¼ teaspoon cayenne pepper  
1 teaspoon garlic powder  
½ teaspoon dried parsley

- Preheat oven to 350 degrees.
- In large bowl, toss the pretzels with melted margarine. Spread on baking sheet. Bake for 4 minutes.
- In a large bowl, combine soy sauce, cayenne pepper, parsley and garlic powder. Add pretzels and toss to coat well.
- Spread on baking sheet. Bake for 3 additional minutes.
- Remove pan from oven and cool. When cooled completely, store pretzels in a tightly-sealed container.

### **Nutrition information per serving (2/3 cup)**

Calories: 100, Fat: 1.5g, Saturated fat: 1.5g, Carbohydrates: 19g, Fiber: less than 1g, Protein: 2g

## **Annette's Roasted Chickpeas – Makes 7 – ¼ cup servings.**

Recipe adapted from *Weight Watchers*

A family favorite snack. Keep a variety of seasonings (like Mrs. Dash) on hand to make any flavor you're in the mood for.

2 teaspoons olive oil  
1 can chickpeas (also called garbanzo beans), drained and rinsed  
¼ teaspoon garlic powder  
1/8 teaspoon red pepper flakes  
1/8 teaspoon salt (optional)

- Heat oven to 350° F.
- Place all ingredients in a bowl and lightly toss to coat chickpeas. Put chickpeas on lightly oiled baking sheet that has a rim.
- Put pan on bottom rack of oven. Shake pan every 15 minutes until browned and slightly crunchy. Roast about 45 to 50 minutes.

### **Nutrition Information per ¼ cup:**

Calories: 117, Total Fat: 2.8, Saturated Fat: 0g, Carbohydrates: 18g, Fiber: 4g, Protein: 6g



## **Tamari-Roasted Nuts – Makes 8 servings, 1/3 cup each**

Recipe adapted from Feeding Your Family With Whole Foods by Cynthia Lair

1 pound (2 ½ cups) dry roasted or raw nuts (a mixture of almonds, walnuts and/or pumpkin seeds work well)  
1-2 Tablespoons reduced sodium soy sauce  
1 teaspoon garlic powder (or more to taste)  
Pinch of cayenne (optional but adds a nice kick)

- Preheat oven to 300 degrees.
- Place nuts & seeds on cookie sheet. Toast in oven until they begin to turn golden and give off a nutty aroma (10-12 minutes). Mix reduced sodium soy sauce and spices together in large bowl with toasted nuts and toss until well covered.
- Return to oven to dry out (2-3 minutes).
- Cool. When cooled, place 1/3 cup serving sizes in individual snack bags for a handy snack.

These nuts also make a crunchy addition to salads and grains, or on oatmeal for a change of pace.

### **Nutrition information per 1/3 cup serving:**

Calories: 259, Total Fat: 22.5g, Saturated Fat: 1.7g, Protein: 9.6g, Carbohydrate: 9.2g, Sodium: 75.5g

## **Lime-Spiked Black Bean Dip – Makes 10 servings**

1 (15-oz) can Black beans, rinsed and drained  
½ cup grated carrot  
1/3 cup lime juice  
2 Tbsp. finely chopped green onions  
2 Tbsp. chopped fresh cilantro  
½ - 1 tsp. minced garlic  
salt and pepper to taste

- Place beans and carrots in a food processor and pulse until almost smooth.
- Combine the bean/carrot mixture and remaining ingredients in a medium bowl stirring until well blended.
- Let stand 30 minutes.
- Serve with baked tortilla chips, carrot & celery sticks, and sliced red and yellow peppers.

### **Nutrition Information:**

Calories: 65, Total Fat: 0.28g, Saturated Fat: 0.07g, Carbohydrate: 12.44g, Dietary Fiber: 2.96g, Total Protein: 3.83g, Potassium: 188mg



## Light Avocado Dip – Makes 10 servings

1 cup canned white beans, drained and rinsed (navy, great northern, cannellini)  
1 large ripe avocado  
1 chopped Italian plum tomato  
3 Tbsp. squeezed lemon juice (minimum)  
¼ cup chopped parsley (minimum, very good with more)  
Hot pepper sauce (optional)  
Salt, to taste

- Mix everything together in blender or food processor.

Serve as a dip with vegetables or pita chips, or spread on a sandwich.

### **Nutrition information for 2 Tablespoons:**

Calories 55, Total Fat 2.3g, Saturated fat .45g , Fiber 2g , Sodium 13mg

## Spanish Red Pepper Sauce

Serves 6-8

Recipe adapted from *Tufts University Health & Nutrition Letter*

½ cup Slivered almonds (1 ½ ounces)  
¼ cup Plain bread crumbs  
1 clove Garlic  
1/8 tsp Salt  
1 7oz jar Roasted red peppers, drained and rinsed  
1 medium Tomato cut into chunks (1cup)  
1 Tbsp Olive oil  
1 Tbsp Vinegar  
½ tsp Paprika  
¼ tsp Crushed red pepper

- Toast almonds in a small, dry skillet over medium low heat, stirring constantly until light golden (3-4 minutes). Put in small bowl to cool.
- Place almonds breadcrumbs, garlic and salt in a food processor and process until almonds are ground.
- Add red peppers, tomato, oil, vinegar, paprika, crushed red pepper and ground pepper; process until smooth. Transfer to small bowl.

Serve as a dip for whole grain breads or veggies or as a sauce for grilled veggies, chicken or fish.

### **Nutrition Information:**

Calories: 65, Total Fat: 4g, Saturated fat: 0g, Carbohydrates: 6g, Fiber: 1.5g, Protein: 2g



## Five-Layered Mexican Dip – Serves 8

½ cup low fat sour cream  
½ cup salsa  
1 can fat free refried beans  
2 cups shredded lettuce  
½ cup chopped tomato  
¼ cup shredded low fat cheese  
chopped fresh cilantro (optional garnish)

- Mix sour cream and salsa.
- Spread refried beans in a shallow glass bowl.
- Top with sour cream/salsa mixture, spreading to cover bean dip.
- Just before serving, top with lettuce, tomato and cheese. Garnish with cilantro.

Serve with cut veggies, or baked chips.

### **Nutrition Information:**

Calories: 86, Total Fat: 2g, Saturated Fat: 1g, Total Carbohydrate: 12g, Dietary Fiber: 3g; Protein: 3g

## Roasted Red Pepper Cannellini Bean Dip – Makes 8 – ¼ cup servings

Recipe adapted from *Cooking Light* magazine

¼ cup chopped fresh basil  
2 teaspoons balsamic vinegar  
1 (16-ounce) can white kidney (cannellini) beans, drained and rinsed  
1 (7-ounce) bottle roasted red bell peppers, drained and rinsed  
1 – 2 large garlic cloves, chopped  
2 Tablespoons olive oil  
¼ teaspoon salt  
½ teaspoon ground black pepper

- Place ingredients in a food processor; process until smooth.

Serve this Mediterranean inspired dip with cut veggies or pita chips.

### **Nutrition Information (per ¼ cup):**

Calories 62, Fat 3.5g, Saturated fat 0.5g, Carbohydrate 6g, Fiber 1.5g, Protein 1.5g

## Hot Artichoke-Spinach Dip

Recipe adapted from *Top Secret Recipes*

1 cup chopped artichoke hearts (canned in water or frozen and thawed)  
½ cup (generous) frozen chopped spinach, thawed  
8 oz. reduced fat cream cheese  
½ cup grated parmesan cheese  
½ tsp. crush red pepper flakes  
¼ tsp. salt  
¼ tsp. garlic powder

- Boil spinach and artichoke hearts in 1 cup water in small saucepan over medium heat until tender, about 10 min. Drain in colander when done.
- Heat cream cheese in small bowl in microwave set on high, for 1 min. Or, use a saucepan to heat cheese over medium heat just until hot.
- Add spinach/artichoke mixture to cream cheese and stir well.
- Add remaining ingredients and mix. Serve warm with Triscuits or Wheat Thins.

### **Nutrition Information (per ½ cup):**

Calories: 86, Carbohydrates: 4.2g, Total Fat: 5.5g, Saturated Fat: 3.4g, Fiber: 1.3g, Protein: 5.3g

## Hummus Dip – Makes 2 cups

Hummus is a creamy bean spread that can be used as a sandwich filling, or served as a dip with fresh vegetables or wedges of whole wheat pita bread.

1 15-ounce can garbanzo beans (chickpeas), drained and rinsed  
3 Tablespoons tahini (sesame seed butter)  
¼ cup lemon juice  
¼ teaspoon cumin (optional)  
3 garlic cloves, chopped  
¼ cup chopped parsley  
¼ teaspoon salt

- Drain and rinse beans. Add to the food processor or blender along with tahini, lemon juice, cumin, garlic, chopped parsley and paprika.
- Process until very smooth: about two minutes. The mixture should be moist and spreadable. If it is too dry, add water as needed for a smoother texture.

### **Nutrition Information (per 2 tablespoon serving):**

Calories: 62, Fat: 2g, Saturated Fat: 0g, Carbohydrates: 8g, Fiber: 2g, Protein: 3g



## Smoked Salmon Party Dip

Recipe adapted from *The New American Heart Association Cookbook*

Serve with a variety of cut vegetables and crackers with at least 2g fiber per serving

- 1 cup reduced fat cottage cheese
- 1 cup light or fat-free sour cream
- 4 ounces smoked salmon, chopped
- 4 medium green onions (green and white parts), finely chopped
- 2 teaspoons lemon juice
- ¼ teaspoon garlic powder

- In a food processor or blender process the cottage cheese for 30 seconds or until smooth.
- Transfer to a medium bowl.
- Stir in the remaining ingredients.
- Cover and refrigerate until ready to serve.

### **Nutrition Information (per 2 Tablespoons):**

Calories: 35, Total Fat: 1.3g, Saturated Fat: .7g, Carbohydrate: 2.4g, Dietary Fiber: 0g, Protein: 3.7g

## Artichoke-Scallion Dip with Herbs – Makes 1 cup

Recipe adapted from *American Institute for Cancer Research*

- 1 can (14oz.) artichoke hearts packed in water, drained well
- 2 scallions (green onions), thinly sliced
- Lemon juice (to taste)
- ½ teaspoon dried thyme
- ½ teaspoon dried basil
- 2 Tablespoons low fat mayonnaise
- 2 Tablespoons nonfat plain yogurt (or sour cream)
- 1- 2 teaspoons spicy mustard
- Salt to taste

- In a food processor or blender, puree all of the ingredients until smooth and creamy.
- Spoon the mixture into a serving dish.
- Chill for at least 1 hour before serving.
- Garnish with parsley. (Can be made 1 day in advance).

### **Nutritional Information (per tablespoon):**

Calories: 32, Total Fat: 0g, Saturated fat: 0g, Carbohydrate: 6g, Fiber: 2g, Protein: 2g



## Spinach Ball Appetizer – Makes about 65

2 – 10 oz. packages of frozen chopped spinach, thawed and squeezed dry  
2 cups herbed stuffing mix, crushed (or bread crumbs)  
1 cup grated parmesan cheese  
½ cup Smart Balance or other trans fat free margarine  
4 small green onions, finely chopped  
¾ cup egg substitute  
Dash of nutmeg

- Preheat oven to 350°.
- Combine all ingredients in a large bowl and mix well.
- Shape into 1” balls, cover and refrigerate or freeze until ready to bake.
- Baking: Put on ungreased baking sheet and bake until golden brown (10-15 minutes).
- Serve warm or at room temperature.

### **Nutrition Information (per spinach ball)**

Calories: 26, Total fat: 1.7g, Saturated fat: .5g, Carbohydrates: 1.7g, Fiber: .3g, Protein: 1g

## Heavenly Deviled Eggs – Makes 12 egg halves

Recipe adapted from Cooking Light

6 large eggs – hard boiled  
2 Tbsp. plain fat-free yogurt  
2 Tbsp. cup low fat mayonnaise  
2 teaspoons Dijon mustard  
½ - 1 teaspoon hot sauce  
1/8 teaspoon salt  
1/8 teaspoon pepper (optional)  
2 tablespoons chopped green onions

- Peel hard boiled eggs. Slice eggs in half and remove yolks. Discard 3 yolk halves. Set aside the 9 remaining egg yolk halves for the next step.
- In a medium mixing bowl, combine yogurt, mayonnaise, Dijon mustard, hot pepper sauce and salt. Add remaining yolks; beat with a wire whisk or in a mixer until very smooth.
- Spoon yolk mixture into each egg white half.
- Cover and chill for at least 1 hour.
- Sprinkle with paprika, black pepper and green onions.

### **Nutrition Information per egg half:**

Calories: 45, Total Fat: 3g, Saturated fat: 0.7g, Carbohydrates: 1.2g, Fiber: 0g, Protein: 3.10g



## **Crab Rangoon – Makes 30 pieces**

Recipe from [www.bigredkitchen.com](http://www.bigredkitchen.com)

4 ounces light cream cheese, softened  
1/3 cup light mayonnaise  
1 clove garlic, minced  
2 green onions, sliced  
1 6 oz. can crabmeat, drained, rinsed and flaked  
30 mini fillo cup shells

- Mix cream cheese, mayonnaise, garlic and green onions together till smooth.
- Stir in crab meat thoroughly.
- Using a teaspoon, fill each fillo cup.
- Bake in 400 degree oven for 7 minutes.
- Serve with duck sauce or mustard sauce.

### **Nutrition information per piece:**

Calories: 40, Total Fat: 3g, Saturated Fat: 1g, Total Carbohydrate 2g, Dietary Fiber: 0g, Protein: 1.3g

## **Chicken Nuggets – Makes 4 servings**

Recipe adapted from [Wellspring](http://Wellspring) *Wt. Loss center* web site

12 ounces boneless, skinless chicken breast, cut into bite-sized pieces.  
1 cup Corn Flakes or ¼ cup corn flake crumbs  
1 tsp paprika  
½ tsp Italian herb seasoning  
½ tsp garlic powder  
¼ tsp onion powder  
½ tsp salt  
Cooking spray  
Dipping sauces: Low fat ranch dressing, Salsa, Bar-B-Q sauce

- Heat oven to 400°.
- Place corn flakes in large zip lock plastic bag; crush using a rolling pin.
- Add seasonings to crushed cornflakes. Close bag and shake until blended.
- Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
- Lightly spray a cooking sheet. Place chicken pieces on it so they don't touch.
- Bake until golden brown, about 12-14 minutes.

### **Nutrition Information (without dipping sauce):**

Calories: 134, Fat: 2.5g, Saturated Fat: 0.8g, Carbohydrates: 6.5g, Fiber: 0.5g, Protein: 19g



## Healthy Buffalo “Wings” Makes 5 servings

1 lb. boneless, skinless chicken breast, cut lengthwise into 16 strips  
¼ cup whole wheat flour  
1 Tbsp. olive oil  
1 cup Frank’s Red Hot or other hot wing sauce of your choice

- Preheat oven to 350°
- Place flour in plastic bag. Add chicken and shake to coat.
- Heat olive oil in nonstick skillet, medium heat. Add chicken to skillet and brown on both sides, about 2-3 minutes per side. Remove from skillet.
- In a bowl, toss browned chicken with hot sauce to coat well. Place in baking dish.
- Bake in 350° oven for 30 minutes

Dip in fat free blue cheese or ranch dressing. Serve with raw celery and carrot sticks.

**Nutrition Information per serving (without dressing):** Calories: 176, Total Fat: 5g, Saturated Fat: 1g, Carbohydrate: 8g, Dietary Fiber: 1g, Protein: 21g

## Jalapeno Poppers – Makes 24 poppers

Recipe adapted from The New American Heart Association Cookbook.

cooking spray	1/3 cup plain dry bread crumbs
12 large fresh jalapenos	1 teaspoon salt-free all-purpose seasoning
¼ cup whole wheat flour	8 ounces reduced fat cream cheese, softened
1 egg	½ cup reduced fat cheddar cheese, shredded

- Preheat broiler.
- Lightly spray large baking sheet with cooking spray.
- Wearing rubber gloves, cut the jalapenos in half vertically. Throw away the stems and seeds. Place the jalapenos with the cut side down on the baking sheet.
- Broil 2-inches from the heat for 3-4 minutes or until slightly charred. Using tongs, turn the jalapenos. Broil for 2-3 minutes or until tender crisp. Remove from broiler.
- Put the egg in a shallow bowl, put the flour in a 2<sup>nd</sup> bowl. In a 3<sup>rd</sup> bowl, stir together the bread crumbs and all purpose seasoning.
- In a medium bowl, beat the cream cheese until smooth. Stir in cheddar cheese.
- Preheat oven to 400°.
- Wearing rubber gloves, spoon about 1 Tbsp. cream cheese mixture in jalapenos. Lightly coat both sides of each jalapeno with flour, then egg, then bread crumbs. Place stuffed side up on baking sheet. Spray top of poppers with cooking spray.
- Bake 8 –10 minutes. Cool 3-4 minutes before eating.

**Nutrition Information (per popper):** Calories: 44, Total fat: 2g, Saturated fat: 1g Carbohydrates: 3g, Fiber: .85g, Protein: 2g



## Slow-Roasted Cherry Tomato Bruschetta – Makes 14 pieces

From [www.eatingwell.com](http://www.eatingwell.com)

3 pints cherry tomatoes	1/2 teaspoon freshly ground pepper
1 tablespoon extra-virgin olive oil	1/4 cup sliced fresh basil
3 cloves minced garlic	1 tablespoon red-wine vinegar
1/2 teaspoon salt	14 slices baguette, (preferably whole-wheat), toasted

- Preheat oven to 325°F.
- Toss tomatoes with oil, garlic, salt and pepper. Place on a baking sheet and roast until broken down, 45 to 55 minutes.
- Combine the roasted tomatoes with basil and vinegar.
- Top baguette slices with the roasted tomato mixture. If desired, garnish with additional sliced fresh basil, anchovy fillets, or Kalamata olives.

**Nutrition Information per piece :** Calories: 69, Fat: 1g, Sat Fat: 0g, Carbohydrates: 13g, Protein: 3g, Fiber: 3g, Sodium: 178 mg

## Crawford's Cauliflower Quichettes – Makes 8 to 9 mini-quiches

Recipe adapted from [Vegetable Heaven](#) by Mollie Katzen

Cooking spray	2-3 Tablespoons fresh parsley, chopped
1/2 Tablespoon olive oil	1 small ripe tomato, chopped into 1" pieces
1 cup onion finely chopped	3 cups small cauliflowerets (1/2 large head)
1 bay leaf	2-3 Tablespoons bread crumbs
1/2 teaspoon salt	Black pepper to taste
1 1/2 teaspoons minced garlic	1/2 cup crumbled reduced-fat feta cheese
1 1/2 cups egg substitute (equals 6 large eggs)	

- Preheat oven to 350° F. Spray bottoms and sides of eight to nine 2½ -inch muffin cups (preferably nonstick) with cooking spray.
- Heat olive oil in large skillet, add onion and bay leaf. Sauté a few minutes, then add ¼ teaspoon salt. Sauté 8 to 10 minutes longer, until onion is very soft. Add garlic and cauliflower; stir and cover. Cook over medium heat until cauliflower is tender, about 8-10 minutes. Remove from heat, throw away bay leaf.
- Add tomato and bread crumbs to cauliflower onion mixture. Divide vegetables evenly among muffin cups, sprinkle with pepper and feta, and set aside.
- Beat eggs till smooth and frothy. Stir in remaining ¼ teaspoon salt and parsley. Pour egg mixture into muffin cups, distributing as evenly as possible.
- Bake 35-40 minutes, or until solid in center when a knife is inserted. Cool in pans about 10 minutes before removing and serving.

**Nutrition information per quichette:** Calories: 73, Fat: 1.6g, Saturated Fat: 0g, Carbohydrate: 5g, Fiber: 2g, Protein: 8g