

Sources: American Heart Association Cookbooks  
Culinary Heart Cooking Class Participants  
National Institutes of Health

**Main Dishes**  
**Side Dishes**  
**Desserts**

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### **MAIN DISHES**

#### **Shrimp with Greek Seasoning** 4 servings

Vegetable oil spray  
1 pound peeled raw medium shrimp (1 to 1¼ pounds with tails), rinsed and patted dry  
1 tablespoon dried Greek seasoning blend  
¼ teaspoon paprika  
⅛ teaspoon cayenne  
2 tablespoons light tub margarine  
2 teaspoons grated lemon zest  
2 tablespoons fresh lemon juice  
½ teaspoon salt

Heat a large nonstick skillet over medium heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Put the shrimp in the skillet. Sprinkle with the seasoning blend, paprika, and cayenne. Cook for 5 minutes, or until the shrimp are white in the center, stirring frequently. Remove from the heat. Add the remaining ingredients, stirring to coat.

**Nutrients per serving:** Calories 108; Total Fat 3g; Carbohydrates 1g; Cholesterol 168mg; Protein 18g; Sodium 589mg

#### **Cheddar and Tuna Noodles** 5 servings

6 cups water  
4 ounces egg noodles  
10 ounces frozen mixed vegetables  
1 (10.75 ounce) can low-fat, reduced-sodium condensed cream of mushroom soup  
1 (4 ounce) jar sliced pimientos, rinsed, if desired, and drained  
¼ cup snipped fresh parsley  
¼ cup fat-free half-and-half or fat-free milk  
1 3-ounce vacuum-sealed pouch light tuna  
3 ounces shredded fat-free or low-fat sharp Cheddar cheese

In a 12-inch nonstick skillet, bring the water to a boil over high heat. Stir in the noodles. Return to a boil. Reduce the heat and simmer, covered for 4 minutes. Stir in the mixed vegetables. Cook, covered, for 4 minutes, or until the green beans in the vegetable mixture are tender-crisp. Drain well in a colander. Return to the skillet. In a small bowl, whisk together the soup, pimientos, parsley, and half-and-half. Spoon over the noodle mixture. Sprinkle with the tuna. Top with the Cheddar. Do not stir. Set the heat at low. Still without stirring, cook, covered, for 10 minutes to heat slightly and allow the Cheddar to melt.

**Nutrients per serving:** Calories 211; Total Fat 2g; Carbohydrates 34g; Sugar 5g; Fiber 3g; Cholesterol 17mg; Protein 15g; Sodium 466mg

### **Crumb Topped Cajun Catfish**

4 servings

Vegetable oil spray  
4 catfish fillets (about 4 ounces each)  
2 tablespoons fat-free or light Italian salad dressing  
1 slice white bread (about 1 ounce)  
1 tablespoon corn oil stick margarine, melted  
 $\frac{3}{4}$  teaspoon Creole or Cajun seasoning blend  
 $\frac{1}{4}$  teaspoon salt

Preheat oven to 450°F. Line a baking sheet with aluminum foil. Lightly spray the foil with vegetable oil spray. Rinse the catfish and pat dry with paper towels. Brush both sides of the fish with the salad dressing. Place on the baking sheet in a single layer about 1 inch apart. In a food processor or blender, process the bread into coarse crumbs. (You should have about  $\frac{1}{2}$  cup.) Put the crumbs in a small bowl. Drizzle with the margarine. Stir well. Sprinkle the seasoning blend and salt over the fish. Sprinkle the bread crumbs over all. Bake for 12 to 14 minutes, or until fish flakes easily when tested with a fork.

**Nutrients per serving:** Calories 159; Fat 6.5g; Carbohydrates 5g; Sugar 1g; Cholesterol 66 mg; Protein 19 g; Sodium 391 mg

### **Thyme-Roasted Salmon with Crunchy Veggie Salsa**

4 servings

**SALSA:**  
 $\frac{1}{2}$  medium cucumber (about 3 ounces), peeled, seeded, and chopped  
 $\frac{1}{4}$  cup quartered or chopped grape tomatoes (about 2 ounces)  
 $\frac{1}{2}$  medium green bell pepper, chopped  
 $\frac{1}{4}$  cup finely chopped radishes  
2 tablespoons snipped fresh cilantro  
2 tablespoons finely chopped red onion  
1 teaspoon grated lime zest  
2 tablespoons fresh lime juice  
1 teaspoon olive oil  
 $\frac{1}{4}$  teaspoon salt

Vegetable oil spray  
4 salmon fillets (about 4 ounces each)  
1 teaspoon dried thyme, crumbled  
 $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon coarsely ground black pepper

Preheat the oven to 350°F. In a medium bowl, gently stir together the salsa ingredients. Set aside. Line a baking sheet with aluminum foil. Lightly spray with vegetable oil spray. Rinse the fish and pat dry with paper towels. Put the fish on the foil. Sprinkle the fish with the thyme, salt, and pepper. Bake for 20 minutes or until fish flakes easily when tested with a fork. To serve, transfer the fish to plates. Spoon the salsa and its accumulated juices beside the fish.

**Nutrients per serving:** Calories 156; Total Fat 5g; Carbohydrates 3g; Sugar 1g; Fiber 1g; Cholesterol 59mg; Protein 23g; Sodium 372mg

### Broiled Halibut with Herbed Mustard

4 servings

Vegetable oil spray  
4 halibut or other mild fish fillets (about 4 ounces each)  
¼ teaspoon salt  
¼ teaspoon pepper  
3 tablespoons light tub margarine  
1 tablespoon Dijon mustard  
1 teaspoon grated lemon zest  
½ teaspoon dried oregano, crumbled

Preheat the broiler. Line a broiler pan with aluminum foil. Lightly spray the foil with vegetable oil spray. Rinse the fish and pat dry with paper towels. Put the fish on the foil. Sprinkle the fish with the salt and pepper. Lightly spray the fish with vegetable oil spray. Broil the fish (on one side only) about 4 inches from the heat for 6 minutes (4 to 6 minutes for thinner fish), or until it flakes easily when tested with a fork. Transfer the fish to a serving platter. Meanwhile, in a small bowl, stir together the remaining ingredients. To serve, spoon the margarine mixture over the fish.

**Nutrients per serving:** Calories 161; Total Fat 6.5g; Carbohydrates 1g; Sugar 0g; Fiber 0g; Cholesterol 36mg; Protein 24g; Sodium 351mg

### Rosemary Dijon Chicken

4 servings

2 tablespoons Dijon mustard  
2 teaspoons olive oil  
½ teaspoon dried rosemary, crushed, or dried tarragon; crumbled  
¼ teaspoon salt  
¼ teaspoon red hot-pepper sauce  
Vegetable oil spray  
4 skinless chicken breast halves with bone (about 6 ounces each), all visible fat discarded

Preheat the oven to 350°F. In a small bowl, stir together the mustard, oil, rosemary, salt, and hot-pepper sauce. Spray a 13x9x2-inch baking pan with vegetable oil spray. Place the chicken in a single layer in the dish. Spoon the mustard mixture over each breast. Bake for 40 to 45 minutes, or until the chicken is no longer pink in the center. Place the chicken on plates. To serve, stir the pan drippings to dislodge any browned bits. Pour over chicken.

**Nutrients per serving:** Calories 180; Total Fat 4.5g; Carbohydrates 1g; Sugar 1g; Fiber 0g; Cholesterol 79mg; Protein 32g; Sodium 389mg

## Chicken with Bayou Vegetables

4 servings

Vegetable oil spray

12 ounces boneless, skinless chicken breasts, all visible fat discarded, cut into ½-inch pieces

1 medium green bell pepper, chopped

½ large onion, chopped

1 medium rib of celery, thinly sliced

1 (14.5 ounce) can no-salt-added diced tomatoes, undrained

1 cup fresh or frozen cut okra

½ cup water

2 medium bay leaves

1 teaspoon Cajun or Creole seasoning blend

1 teaspoon dried thyme, crumbled

½ teaspoon sugar

¼ cup snipped fresh parsley

1 tablespoon olive oil

¼ teaspoon salt

1 cup uncooked instant brown rice

Heat a Dutch oven over medium-high heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the chicken for 2 minutes, or until beginning to lightly brown, stirring frequently. (The chicken will still be a bit pink in the center.) Remove from the stove top. Transfer the chicken to a plate. Put the bell pepper, onion, and celery in the Dutch oven. Lightly spray the tops of the vegetables with vegetable oil spray. Cook over medium-high heat for 4 minutes, or until the onion is soft, stirring frequently. Stir in the undrained tomatoes, okra, water, bay leaves, seasoning blend, thyme, and sugar. Bring to a boil over medium-high heat. Stir. Reduce the heat and simmer, covered, for 20 minutes, or until the celery is tender and the mixture is slightly thickened. Stir the parsley, oil, salt, and chicken with any accumulated juices into the tomato mixture. Remove from the stove top and let stand, covered, for 15 minutes, or until the chicken is no longer pink in the center. Meanwhile, prepare the rice using the package directions, omitting the salt and margarine. To serve, spoon the rice into bowls. Ladle the chicken mixture over the rice.

**Nutrients per serving:** Calories 347; Total Fat 6g; Carbohydrates 48g; Sugar 7g; Fiber 6g; Cholesterol 49 mg; Protein 26g; Sodium 528mg

## Red Rub Chicken Breasts

4 servings

### RUB:

¾ teaspoon paprika  
½ teaspoon dried oregano, crumbled  
¼ teaspoon dried thyme, crumbled  
¼ teaspoon salt  
⅛ teaspoon garlic powder  
⅛ teaspoon cayenne

4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded

Vegetable oil spray

½ cup fat-free, low-sodium chicken broth

In a small bowl, stir together the rub ingredients. Sprinkle over the chicken. Using your fingertips, press the rub firmly onto the chicken so the rub adheres. Heat a 12-inch nonstick skillet over medium heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the chicken with the smooth side down for 5 minutes. Turn the chicken over and cook for 4 minutes, or until no longer pink in the center. Transfer the chicken to a serving plate. Set aside. Increase the heat to high. Pour the broth into the skillet and bring to a boil. Boil for 1 minute, or until the liquid measures ¼ cup, scraping the bottom and side of the skillet to dislodge any browned bits and stirring constantly. Place the chicken on plates. Spoon the sauce over the chicken.

**Nutrients per serving:** Calories 129; Total Fat 1.5g; Carbohydrates 1g; Sugar 0g; Fiber 0g; Cholesterol 66mg; Protein 27g; Sodium 227mg

## Light and Easy Chicken Stroganoff

4 servings

5 ounces egg noodles  
2 teaspoons dried dill weed, crumbled  
Vegetable oil spray  
6 ounces sliced button mushrooms  
2 cups diced cooked skinless chicken breasts, cooked without salt  
1 (10.75 ounce) can low-fat, reduced-sodium condensed cream of chicken soup  
2 medium green onions, finely chopped (green and white parts)  
1 teaspoon Dijon mustard  
¼ cup fat-free or low-fat plain yogurt or fat-free or light sour cream

Prepare the noodles using the package directions, omitting the salt and oil and adding the dill weed. Drain well. Meanwhile, heat a 12-inch nonstick skillet over medium heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the mushrooms for 5 minutes, or until limp, stirring frequently. Stir in the chicken, soup, green onions, and mustard. Cook for 2 minutes, or until thoroughly heated. Stir the noodles into the chicken mixture. Stir in the yogurt.

**Nutrients per serving:** Calories 323; Total Fat 4.5g; Carbohydrates 38g; Sugar 5g; Fiber 3g; Cholesterol 66mg; Protein 30g; Sodium 407mg

## Slow-Simmered Pepper Steak

4 servings

Vegetable oil spray

1 pound boneless top or bottom round steak, all visible fat discarded, cut into 4 pieces

Paprika

2 medium green bell peppers, cut lengthwise into thin strips

1 medium onion, thinly sliced

1 medium stalk of celery, sliced

1 medium carrot, sliced (optional)

1 (14.5 ounce) can diced tomatoes with green peppers and onions

¼ cup water

2 teaspoons dried oregano, crumbled

1 to 2 teaspoons sugar

2 teaspoons low-sodium Worcestershire sauce

¼ teaspoon salt

Heat a 12-inch nonstick skillet over medium-high heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Sprinkle the steak lightly with paprika. Cook with the seasoned side down for 1 minute or until lightly browned on the edges. Do not brown both sides. Stir in remaining ingredients, except the salt. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 45 minutes, or until the steak is tender. Remove from the heat. Sprinkle the salt over the steak mixture. Let stand, covered, for 5 minutes to absorb flavors.

**Nutrients per Serving:** Calories 219; Total Fat 4g; Carbohydrates 17g; Sugar 11g; Fiber 4g; Cholesterol 65mg; Protein 28g; Sodium 538mg

## Bean-and-Beef Wagon Wheels

4 servings

3 ounces wagon wheel pasta or macaroni

Vegetable oil spray

8 ounces lean ground beef

½ (15 ounce) can no-salt-added dark red kidney beans, rinsed and drained

1 medium red bell pepper, finely chopped

1 (8 ounce) can no-salt-added tomato sauce

½ cup water

½ (1.25 ounce) packet chili seasoning

¼ teaspoon salt

½ cup shredded fat-free or reduced-fat sharp Cheddar cheese (about 2 ounces)

Prepare the pasta using the package directions, omitting the salt and oil. Drain well. Meanwhile, heat a large nonstick skillet over medium-high heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the beef until beginning to brown, about 3 minutes, breaking it up with a spoon and stirring constantly. Stir in beans, bell pepper, tomato sauce, water, and chili seasoning. Reduce the heat and simmer, covered for 10 minutes or until the bell pepper is soft. Stir in the salt. To serve, spoon the pasta onto a serving plate. Spoon the beef mixture over the pasta. Sprinkle with the Cheddar.

**Nutrients per Serving:** Calories 288; Total Fat 6.5g; Carbohydrates 34g; Sugar 4g; Fiber 3g; Cholesterol 35mg; Protein 23g; Sodium 493mg

## Slow-Cooker Beef and Veggies

4 servings

Vegetable oil spray

1 pound boneless round steak (top or bottom), all visible fat discarded, cut into 1-inch pieces

¼ cup dry red wine (regular or nonalcoholic)

1 ½ cups baby carrots

1 medium onion, cut into 8 wedges

1 medium green bell pepper, cut into 1-inch pieces

1 tablespoon chili powder

1 teaspoon dried oregano, crumbled

¾ cup water

1 (4 ounce) can no-salt-added tomato sauce

1 (0.87 ounce) packet onion gravy mix

¼ teaspoon salt

4 ounces egg noodles

¼ cup finely snipped fresh parsley

Lightly spray a slow cooker with vegetable oil spray. Heat a large nonstick skillet over high heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the beef for 3 minutes, or until beginning to brown, stirring constantly. Put the beef in the slow cooker. Add the wine to the skillet. Cook over high heat for 30 seconds, scraping to dislodge any browned bits from the bottom. Pour over the beef. Add the carrots, onion, bell pepper, chili powder, and oregano. Cook, covered, on high for 3 hours. In a medium bowl, stir together the water, tomato sauce, gravy mix, and salt. Stir into the beef mixture. Cook, covered for 30 minutes. Meanwhile, prepare the noodles using the package directions, omitting the salt and oil. Drain well. To serve, spoon the noodles onto plates or into shallow bowls. Spoon the beef mixture over the noodles. Sprinkle with the parsley.

**Nutrients per serving:** Calories 337; Total Fat 4.5g; Carbohydrates 39g; Sugar 8g; Fiber 5g; Cholesterol 64mg; Protein 32g; Sodium 497mg

## Chunky Ratatouille Pasta

4 servings

Vegetable oil spray

½ medium eggplant, unpeeled, cut into ½-inch pieces (about 8 ounces)

16 ounces frozen bell pepper stir-fry mix (bell peppers and onions)

1 (14.5 ounce) can no-salt-added stewed tomatoes, undrained

2 teaspoons Italian seasoning, crumbled

½ teaspoon sugar

⅛ teaspoon crushed red pepper flakes (optional)

2 teaspoons olive oil

¾ teaspoon salt

6 ounces dried rotini

½ cup shredded fat-free or part-skim mozzarella cheese

2 tablespoons shredded or grated Parmesan cheese

Heat a Dutch oven over medium heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Put the eggplant in the Dutch oven. Lightly spray the eggplant with vegetable oil spray. Cook for 3 minutes, or until just beginning to turn golden, stirring frequently. Stir in bell peppers and onions, tomatoes with liquid, celery, Italian seasoning, sugar, and red pepper flakes. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered for 45 minutes, or until the onions are soft, stirring occasionally. Remove from the heat. Stir in the oil and salt. Let stand for 5 minutes to absorb flavors. Meanwhile, prepare the pasta using the package directions, omitting the salt and oil. Drain well. To serve, spoon the pasta on plate. Spoon the vegetable mixture over the pasta. Sprinkle with the mozzarella and Parmesan.

**Nutrients per Serving:** Calories 285; Total Fat 3.5g; Carbohydrates 51g; Sugar 13g; Fiber 9g; Cholesterol 4mg; Protein 15g; Sodium 537mg

## Barbecued Chicken

6 Servings

5 Tablespoons (3 ounces) tomato paste

1 teaspoon ketchup

2 teaspoons honey

1 teaspoon molasses

1 teaspoon Worcestershire sauce

4 teaspoons white vinegar

¾ teaspoon cayenne pepper

⅛ teaspoon black pepper

¼ teaspoon onion powder

2 cloves garlic, minced

⅛ teaspoon ginger, grated

1 ½ pounds chicken (breasts, drumsticks), skinless

Combine all ingredients except chicken in saucepan. Simmer for 15 minutes. Wash chicken and pat dry. Place on large platter and brush with ½ of sauce mixture. Cover with plastic wrap and marinate in refrigerator for 1 hour. Place chicken on baking sheet lined with aluminum foil and Broil for 10 minutes on each side to seal in juices. Turn oven down to 350F° and add remaining sauce to chicken. Cover chicken with aluminum foil and continue baking for 30 minutes.

**Nutrients per Serving:** Calories 176; Total Fat 4g; Cholesterol 81mg; Sodium 199mg; Fiber 1g; Protein 27g; Carbohydrates 7g



## Green Chile and Cheddar Skillet Tart

4 servings

Egg substitute equivalent to 4 eggs, or whites of 8 large eggs  
1 (4 or 4.5 ounce) can chopped green chilies, rinsed and drained  
3 tablespoons fat-free milk  
1 teaspoon dried oregano, crumbled  
Vegetable oil spray  
1 large onion, chopped  
¼ teaspoon salt  
1 large plum tomato (about 4 ounces), cut in half lengthwise, then into medium slices  
⅛ teaspoon salt  
2 tablespoons snipped fresh cilantro  
¼ cup shredded reduced-fat sharp Cheddar cheese (about 2 ounces)

Preheat the broiler. In a medium bowl, whisk together the egg substitute, chiles, milk, and oregano. Set aside. Heat a 10-inch nonstick skillet over medium heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the onion for 4 minutes, or until soft. Pour the egg substitute mixture into the skillet. Sprinkle with ¼ teaspoon salt. Reduce the heat to medium-low. Cook, covered, for 10 minutes, or until almost set (the filling barely jiggles when gently shaken). Arrange the tomato slices on the tart. Sprinkle in order with ⅛ teaspoon salt, cilantro, and Cheddar. Broil no closer than 4 inches from the heat (so the nonstick surface won't be harmed) for 1 to 1 ½ minutes, or until the Cheddar is melted. Remove from the broiler and let stand for 5 minutes.

**Nutrients per Serving:** Calories 107; Total Fat 2.5g; Carbohydrates 9g; Sugar 5g; Fiber 3g; Cholesterol 8mg; Protein 12g; Sodium 545mg

## Mediterranean White Beans and Brown Rice

4 servings

Vegetable oil spray  
1 ½ cups chopped onions  
1 ¾ cups water  
1 ½ cups uncooked instant brown rice  
1 cup grape tomatoes or cherry tomatoes  
1 (16 ounce) can no-salt-added navy beans, rinsed and drained  
½ cup snipped fresh parsley  
1 Tablespoon dried basil, crumbled  
1 medium garlic clove, minced  
¼ teaspoon salt  
3 ounces fat-free or low-fat feta cheese with sun-dried tomatoes and basil, crumbled

Heat a 12-inch nonstick skillet over medium-high heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the onions for 4 minutes, or until soft, stirring frequently. Add the water. Bring to a full boil over medium-high heat. Stir in the rice. Reduce the heat and simmer, covered, for 10 minutes, or until the water is absorbed. Remove from the heat. Halve the grape tomatoes or quarter the cherry tomatoes. Stir the tomatoes and the remaining ingredients except the feta cheese into the rice. Let stand, covered, for 5 minutes to heat thoroughly and absorb flavors. Gently stir in the feta cheese.

**Nutrients per Serving:** Calories 287; Total Fat 1.5g; Carbohydrates 54g; Sugar 10g; Fiber 8g; Cholesterol 0mg; Protein 15g; Sodium 502mg

## Turkey Sausage Patties

8 servings

1 pound lean ground turkey meat  
½ teaspoon ground cumin  
½ to ¾ teaspoon cayenne pepper  
1 Tablespoon Italian herb seasoning  
½ teaspoon garlic powder  
1¼ teaspoon coriander  
¼ teaspoon black pepper  
1 teaspoon paprika  
¼ teaspoon salt  
4 Tablespoons plain, fine bread crumbs  
½ cup low sodium chicken broth  
Vegetable oil spray

In a bowl, combine turkey, herbs and bread crumbs. Stir well. Add chicken broth and stir again. Let stand 15 minutes. Form into eight patties, about ¾-inch thick. Spray skillet with vegetable oil. Cook patties in skillet over medium heat 7 to 8 minutes on each side, or until done. Serve hot.

**Nutrients per Serving:** Calories 94; Cholesterol 35mg; Total Fat 3g; Protein 13g; Carbohydrates 3g; Sodium 127 mg

## Zucchini, Carrot & Onion Quiche

6 servings

½ cup long grain rice  
Vegetable cooking spray  
1 cup shredded Swiss cheese (4 ounces)  
3 large egg whites  
1 medium yellow onion, halved and sliced thin  
1 medium zucchini (½ pound), grated  
1 cup low sodium chicken broth  
¼ teaspoon dried marjoram, crumbled  
1 large egg  
1 cup skim milk  
1 medium carrot, peeled and grated  
¼ teaspoon black pepper

Cook the rice according to package directions. Preheat oven to 350°F. Coat a 9 inch pie pan with cooking spray and set aside. In a medium bowl, mix together rice, 2 Tablespoons cheese, and 1 egg white. With moistened hands, press the mixture over the bottom and sides of the pie pan. Bake, uncovered for 5 minutes. Remove and cool upright on a wire rack while you prepare the filling. In a medium saucepan, cook the onion, carrot, zucchini, chicken broth, and marjoram, uncovered, over moderate heat for 15 minutes. Increase the heat to high and cook, stirring until all the liquid has evaporated and the vegetables are almost glazed – about 5 minutes. Transfer to a medium heat-proof bowl and cool to room temperature – about 20 minutes. Lightly beat together the remaining egg whites and the egg; mix into the cooled vegetables along with the milk, pepper, and remaining cheese. Pour the mixture into the pie shell and bake, uncovered, until the filling is puffed and set – about 20 minutes. Remove and cool for 15 minutes before serving.

**Nutrients per Serving:** Calories 127; Total Fat 4g; Cholesterol 38g; Protein 7g; Carbohydrates 15g; Sodium 74 mg

## Shrimp Fandango

2 servings

1 Tablespoon vegetable oil  
¼ cup each chopped yellow and red bell peppers  
½ cup sliced scallions  
¼ cup dry vermouth  
½ cup Chinese snow peas (stem ends and strings removed), steamed until tender crisp  
½ cup julienne cut carrots (matchstick pieces), steamed until tender crisp  
1 garlic clove, minced  
10 ounces shelled and de-veined large shrimp  
Dash each of salt and hot sauce  
1 cup cooked long-grain rice, hot

In a 10" skillet, heat oil over medium heat; add peppers and garlic and saute until peppers are tender, about 2 minutes. Increase heat to high; add shrimp and cook, stirring constantly until shrimp begins to turn pink, about 2 minutes. Add vermouth, continue to stir and cook until liquid is reduced, about 2 minutes. Add remaining ingredients except rice; cook, stirring constantly, until heated through. Serve over hot rice.

**Nutrients per Serving:** Calories 390; Protein 32g; Fat 8g; Cholesterol 170mg; Carbohydrates 39g; Sodium 245 mg

## Chicken with Spanish Sauce

6 to 8 servings

2 Tablespoons oil  
1 (2½ to 3 lb) fryer, cut into serving pieces  
Black pepper to taste  
½ cup chopped onion and ½ cup chopped green pepper  
1 clove garlic, minced  
1 (28 ounce) can tomatoes  
½ cup white wine  
2 bay leaves  
½ teaspoon thyme

Heat oil in heavy skillet and quickly brown chicken pieces. Remove to a casserole; add black pepper to taste. In same skillet, lightly brown onions, green pepper, and garlic. Add to casserole along with tomatoes, wine, and herbs. Cover and bake at 350°F until the chicken is tender, about 1 hour.

**Nutrients per serving:** Calories 259; Protein 24g; Carbohydrates 4g; Fiber 1g; Total fat 15g; Cholesterol 91 mg; Sodium 140 mg

## **SIDE DISHES**

### **Broiled Asparagus Spears with Lemon**

4 servings

2 medium lemons, thinly sliced (about 8 slices each)  
1 pound medium asparagus spears (about 24), trimmed  
Vegetable oil spray  
2 teaspoons olive oil  
¼ teaspoon salt  
⅛ teaspoon pepper

Preheat the broiler. Line a broiler pan with aluminum foil. Arrange the lemon slices close together in a single layer in the pan. Arrange the asparagus spears in a single layer on the lemon slices. Lightly spray the asparagus with vegetable oil spray. Broil about 4 inches from the heat source for 6 minutes, or until just tender-crisp. Transfer the asparagus to a serving plate. Drizzle the oil over the asparagus. Sprinkle with the salt and pepper. Drizzle with any accumulated juices from the broiler pan. Place the lemon slices on or around the asparagus.

**Nutrients per Serving:** Calories 51; Total Fat 2.5g; Carbohydrates 5g; Sugar 2g; Fiber 3g; Cholesterol 0mg; Protein 2g; Sodium 145 mg

### **Roasted Green Beans and Onions**

4 servings

Vegetable oil spray  
12 ounces fresh green beans, trimmed  
1 medium yellow onion (about 4 ounces), cut into ¼-inch wedges  
2 teaspoons olive oil  
1 teaspoon Dijon mustard  
½ teaspoon dried tarragon, crumbled  
¼ teaspoon salt  
⅛ teaspoon dried red pepper flakes (optional)  
2 tablespoons finely snipped fresh parsley

Preheat the oven to 425°F. Line a baking sheet with aluminum foil. Lightly spray the foil with vegetable oil spray. Place the beans (be sure they are very dry) and onion wedges in a single layer on the foil. Liberally spray the vegetables with vegetable oil spray. Roast for 10 minutes. Stir. Roast for 8 minutes, or until the vegetables begin to brown. Meanwhile, in a small bowl, stir together the remaining ingredients except the parsley. To serve, drizzle the oil mixture over the vegetables. Stir gently to coat. Sprinkle with the parsley.

**Nutrients per Serving:** Calories 65; Total Fat 2.5g; Carbohydrates 10g; Sugar 5g; Fiber 4g; Cholesterol 0mg; Protein 2g; Sodium 178mg

## Roasted Carrots, Beets, and Red Onion Wedges

4 servings

Vegetable oil spray

2 medium beets (about 5 ounces each), peeled, cut into ½-inch wedges, and patted dry with paper towels

3 small carrots (about 2 ounces each), cut crosswise into 2-inch pieces (not baby carrots)

1 medium red onion (about 4 ounces), cut into ½-inch wedges

2 teaspoons olive oil

½ teaspoon dried oregano, crumbled

¼ teaspoon salt

Preheat oven to 425°F. Line a large baking sheet with aluminum foil to keep it from getting stained. Lightly spray with vegetable oil spray. Put the beets, carrots, and onion wedges on the foil. Drizzle with the oil. Sprinkle with the oregano and salt. Toss gently to coat. Arrange the vegetables in a single layer so they don't touch. Bake for 15 minutes. Stir. Bake for 10 minutes, or until the vegetables are just tender when pierced with a fork.

**Nutrients per Serving:** Calories 81; Total Fat 2.5g; Carbohydrates 14 ; Sugar 9 ; Fiber 4 ; Cholesterol 0mg; Protein 2g; Sodium 228mg

## Brown Rice and Walnut Pilaf

4 servings

1 ¼ cups fat-free, low-sodium chicken broth

1 cup uncooked quick-cooking brown rice

2 tablespoons walnut pieces

Vegetable oil spray

1 large onion, chopped

½ medium red bell pepper, chopped

2 tablespoons snipped fresh cilantro

¼ teaspoon ground cumin

¼ teaspoon salt

In a small saucepan, bring the broth to a boil over high heat. Stir in the rice. Cook, covered, for the time called for in the package directions. Meanwhile, heat a large nonstick skillet over medium-high heat. Dry-roast the walnuts for 2 to 3 minutes, or until just beginning to lightly brown, stirring constantly. Transfer to a small plate. Lightly spray the skillet with vegetable oil spray. Cook the onion and bell pepper over medium-high heat for 6 minutes, or until richly brown, stirring frequently. Remove from the heat. Stir in the remaining ingredients, including the rice and walnuts.

**Nutrients per Serving:** Calories 137; Total Fat 3.5g; Carbohydrates 23g; Sugar 3g; Fiber 2g; Cholesterol 0mg; Protein 4g; Sodium 172mg

## Acorn Squash with Apricots and Raisins

4 servings

Vegetable oil spray  
¼ cup water  
1 (1 pound) acorn squash  
¼ cup raisins  
¼ cup chopped dried apricots  
2 tablespoons firmly packed dark brown sugar  
½ teaspoon ground cinnamon  
½ teaspoon grated orange zest  
¼ cup fresh orange juice  
⅛ teaspoon salt

Spray a microwave safe 9-inch baking pan or deep-dish pie pan with vegetable oil spray. Pour the water into the pan. Pierce the skin of the squash with a fork in several places so the squash won't dry out. Cut the squash in half vertically. Scoop out and discard the seeds and strings. Place the squash in the pan with the cut side up. In a small bowl, stir together the remaining ingredients. Spoon onto each squash half. Cover the pan loosely with wax paper. Microwave at 100 percent power (high) for 10 to 15 minutes, or until the squash is tender when pierced with a fork. Cut each squash half in half.

**Nutrients per Serving:** Calories 126; Total Fat 0.2g; Carbohydrates 32g; Sugar 20g; Fiber 2.4g; Cholesterol 0mg; Protein 1.5g; Sodium 80mg

## Asian Broccoli with Orange Zest

4 servings

1 ½ tablespoons firmly packed dark brown sugar  
1 ½ tablespoons low-salt soy sauce  
1 ½ tablespoons cider vinegar  
2 teaspoons toasted sesame oil  
½ teaspoon grated orange zest  
⅛ teaspoon crushed red pepper flakes  
Vegetable oil spray  
½ medium red bell pepper, thinly slices  
1½ to 2 cups broccoli florets, trimmed snow peas, or cut asparagus  
½ cup water

In a small bowl, stir together the brown sugar, soy sauce, vinegar, oil, orange zest, and red pepper flakes. Set the sauce aside. Heat a large nonstick skillet over medium-high heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the bell pepper for 2 minutes, or until beginning to lightly brown on the edges, stirring frequently. Transfer to a plate. Put the broccoli and water in the skillet. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 2 minutes, or until just tender-crisp. Using a slotted spoon or tongs, transfer the broccoli to paper towels. Drain well. To serve, place the broccoli on a serving plate. Sprinkle with the bell pepper. Spoon the sauce over all; do not stir.

**Nutrients per Serving:** Calories 57; Total Fat 2.5g; Carbohydrates 8g; Sugar 5g; Fiber 1g; Cholesterol 0mg; Protein 2g; Sodium 157 mg

### Hay and Straw Noodle Toss

4 servings

2 cups yellow summer squash, cut in narrow lengthwise strips  
2 cups spinach noodles, cooked  
1 large tomato, diced  
1 Tablespoon oil  
freshly ground black pepper  
1 teaspoon basil  
½ cup low-fat cottage cheese

Steam squash until tender. Combine with remaining ingredients. Toss gently. Serve hot or cold.

**Nutrients per Serving:** Calories 177; Total Fat 5g; Carbohydrates 27g; Fiber 3g; Cholesterol 1mg; Protein 8g; Sodium 262mg

### Spinach and Brown Rice Casserole

8 servings

1 Tablespoon oil  
1 large onion, chopped  
2 cups mushrooms, sliced  
1 clove garlic  
1 egg  
1 Tablespoon whole wheat flour  
2 cups low-fat cottage cheese  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
3 cups cooked brown rice  
freshly ground black pepper  
½ teaspoon thyme  
2 Tablespoons Parmesan cheese  
2 Tablespoons sunflower seeds

Heat oil in a Dutch oven and saute' onion, mushrooms and garlic until tender. In a small bowl mix egg, flour and cottage cheese. Add to sauteed vegetables along with spinach. Stir in rice, pepper, thyme and 1 tablespoon of Parmesan cheese. Turn into a greased 12 X 8 inch baking dish and top with remaining Parmesan cheese and sunflower seeds. Bake at 375°F for at least 30 minutes.

**Nutrients per Serving:** Calories 203; Total Fat 6g; Carbohydrates 25g; Fiber 3g; Cholesterol 30mg; Protein 13g; Sodium 513mg

## **Fettuccini Alfredo**

6 servings

8 ounces dried fettuccini noodles  
2 quarts low sodium chicken stock or water  
2 Tablespoons low calorie margarine  
2 cloves garlic, minced  
½ cup low fat plain yogurt  
½ cup low calorie sour cream  
3 Tablespoons chopped parsley  
2 Tablespoons grated Parmesan

Cook noodles in boiling stock until tender but firm, about 12 minutes. While the noodles are cooking, melt margarine in a small skillet, saute' garlic one minute. In a small bowl mix together the yogurt and sour cream until smooth. Drain noodles. In serving bowl combine the noodles, yogurt mixture, garlic mixture, parsley and grated cheese. Mix well.

**Nutrients per Serving:** Calories 228; Total Fat 9 g; Carbohydrates 30 g; Fiber 1g; Cholesterol 47g; Protein 8 g; Sodium 102 g

## **Classic Macaroni and Cheese**

**8 Servings**

*Here's a scrumptious, lower-fat version of a favorite dish.*

2 cups macaroni  
½ cup onions, chopped  
½ cup evaporated skim milk  
1 medium egg, beaten  
¼ teaspoon black pepper  
1 ¼ cup (4 ounces) low-fat sharp cheddar cheese, finely shredded  
Vegetable cooking spray

Cook macaroni according to directions. Drain and set aside. Spray casserole dish with nonstick cooking spray. Preheat oven to 350°F. Lightly spray saucepan with nonstick cooking spray. Add onions and saute for about 3 minutes. In another bowl, combine macaroni, onions, and rest of ingredients and mix. Transfer mixture into casserole dish. Bake for 25 minutes, or until bubbly. Let stand 10 minutes before serving.

**Nutrients per Serving:** Calories 200; Total Fat 4g; Carbohydrates 29g; Fiber 1g; Cholesterol 34mg; Protein 11g; Sodium 120mg



## Hearth Baked Macaroni

6 servings

Vegetable oil spray  
1 (16 ounce) can tomato puree  
1 cup water  
2 teaspoons Italian herb seasoning  
½ teaspoon garlic powder  
1½ pounds low-fat cottage cheese  
½ teaspoon onion powder  
½ teaspoon garlic powder  
1( 8 ounce) package macaroni, uncooked  
4 ounces part-skim Mozzarella cheese, sliced

Preheat oven to 350°F. Lightly spray a 9x9x2-inch casserole with vegetable oil. In a small bowl, combine tomato puree, water, Italian seasoning and ½ tsp garlic powder. In another bowl, combine cottage cheese, onion powder and ½ tsp garlic powder. Spoon one-third of tomato mixture into prepared casserole. In order, layer half of macaroni, all of cottage cheese mixture and one-third of tomato mixture on top. Add remaining macaroni and cover with remaining tomato mixture. Cover and bake 1 hour. Uncover casserole and top with mozzarella cheese. Return it to the oven, uncovered, for 5 minutes, or until cheese is melted. Let stand for 10 minutes. Serves 6.

**Nutrients per Serving:** *Calories 335; Cholesterol 19 mg; Total Fat 6g; Protein 27g; Carbohydrate 42g; Sodium 584 mg*

## Stuffed Acorn Squash

6 servings

1½ cups cooked rice  
½ cup chopped walnuts  
¾ cup cracker crumbs  
1 medium onion, chopped fine  
2 egg whites, slightly beaten  
½ teaspoon sage  
2 teaspoons chopped parsley  
Freshly ground black pepper  
3 acorn squash, cut in half and cleaned

Combine all ingredients except squash. Place mixture loosely in squash halves. Then place stuffed squash in pan and cover with foil. Bake for 1 hour at 350°F or until squash is tender.

**Nutrients per Servings:** *Calories 275; Protein 7g ; Total Fat 7g; Cholesterol 0 mg; Carbohydrates 50 g; Sodium 26 mg*

## DESSERTS

### Cherry Phyllo Nests

4 servings

Vegetable oil spray (butter flavor preferred)  
2 sheets frozen phyllo dough, thawed  
1 cup light cherry pie filling  
1 teaspoon orange zest, divided  
½ cup fat-free or light vanilla ice cream or frozen yogurt

Preheat the oven to 350°F. Lightly spray a nonstick muffin pan with vegetable oil spray. Lightly spray both sides of 1 sheet of phyllo with vegetable oil spray. (Follow the package directions about keeping the other sheet covered). Working quickly, cut the dough into 4 lengthwise strips. Cut each strip crosswise into fourths to make 16 squares. Place 4 squares in each of 4 muffin cups, with corners overlapping in the center. Press down gently on the bottom so the phyllo will mold to the shape of the cup. Ruffle the edges so the phyllo looks like a nest. Repeat with the remaining phyllo sheet, making 4 more nests. Bake for 4 minutes, or until golden. Put the muffin pan on a cooking rack and let the nests cool completely. Gently remove the cooled nests from the muffin pan. Combine pie filling and ½ teaspoon orange zest. Fill each nest with 2 tablespoons pie filling. Using a melon baller, place 1 tablespoon-size ice cream ball on each nest. Garnish with remaining ½ teaspoon orange zest. Serve immediately.

**Nutrients per Serving:** Calories 89; Total Fat 0.5g; Carbohydrates 20g; Sugar 9g; Fiber 1g; Cholesterol 0mg; Protein 2g; Sodium 70mg

### Topsy-Turvy Apple Crumble

4 servings

2 ½ tablespoons finely chopped pecan pieces  
2 medium Granny Smith apples, unpeeled, cut into ½-inch cubes  
¼ cup water  
2 tablespoons sugar  
½ teaspoon ground cinnamon  
1 tablespoon water  
1 teaspoon cornstarch  
½ teaspoon vanilla, butter, and nut flavoring or vanilla extract  
8 reduced-fat gingersnaps, crushed

Heat a 12-inch nonstick skillet over medium-high heat. Dry-roast the pecans for 1 minute, or until just beginning to brown, stirring constantly. Transfer to a plate. Set aside. Return the skillet to the heat. Put the apples, ¼ cup water, sugar, and cinnamon in the skillet. Stir. Bring to a boil. Reduce the heat and simmer, covered for 3 minutes, or until the apples are just tender-crisp. Meanwhile, in a small bowl, stir together 1 tablespoon water and the cornstarch until the cornstarch is completely dissolved. Stir into the apple mixture. Cook for 1 minute, stirring constantly. Remove from the heat. Stir the flavoring into the apple mixture. To assemble, sprinkle the gingersnap crumbs into small bowls, custard cups, or small ramekins. Top with the apple mixture and pecans. Serve warm.

**Nutrients per Serving:** Calories 146; Total Fat 4g; Carbohydrates 27g; Sugar 19g; Fiber 3g; Cholesterol 0mg; Protein 1g; Sodium 53mg

## Fudgy Cake Cookies

4 dozen cookies

Vegetable oil spray

1 (18.25 ounce) box devil's food cake mix

1 (3.5 ounce) jar pureed baby food prunes with apples

Whites of 2 large eggs

½ teaspoon instant coffee granules

2 tablespoons confectioners' sugar

½ cup canned milk chocolate frosting, optional

Preheat the oven to 350°F. Lightly spray a large baking sheet with vegetable oil spray. In a medium mixing bowl, beat the cake mix, prunes, egg whites, and coffee granules with an electric mixer on low speed just until blended. Using a tablespoon measure, spoon about half the cookie dough onto the baking sheet in 24 mounds about 1 inch apart. Bake for 8 minutes. The cookies will be puffy and won't appear to be done. Put the baking sheet on a cooling rack and let cool for 1 minute. Remove the cookies from the baking sheet and let cool completely on the cooling rack. Repeat with the remaining dough. When the cookies are completely cooled, use a fine sieve to sprinkle them with the confectioners' sugar. (For easy cleanup, place them on wax paper or aluminum foil first.) If desired, spread ½ teaspoon frosting over each cookie.

**Nutrients per Serving:** (with frosting) Calories 124; Total Fat 3g; Carbohydrates 22g; Sugar 13g; Fiber 1g; Cholesterol 0mg; Protein 1g; Sodium 180mg

## Apple Coffee Cake

12 Servings

*Apples and raisins keep this cake delectably moist – which means less oil and more heart health.*

5 cups tart apples, cored, peeled, chopped

1 cup sugar

1 cup dark raisins

½ cup pecans, chopped

¼ cup vegetable oil

2 teaspoon vanilla

1 egg, beaten

2 cups all-purpose flour, sifted

1 teaspoon baking soda

2 teaspoons ground cinnamon

Preheat oven to 350°F. Lightly oil 13x9x2 inch pan. In large mixing bowl, combine apples with sugar, raisins, and pecans. Mix well and let stand for 30 minutes. Stir in oil, vanilla and egg. Sift together flour, soda, and cinnamon, and stir into apple mixture about ⅓ at a time – just enough to moisten dry ingredients. Turn batter into pan. Bake for 35-40 minutes. Cool cake slightly before serving.

**Nutrients per Serving:** Calories 196; Total Fat 8g; Cholesterol 11mg; Sodium 67mg; Fiber 2g; Protein 3g; Carbohydrates 31 g

### 1-2-3 Peach Cobbler

8 servings

½ teaspoon ground cinnamon  
1 Tablespoon vanilla extract  
2 Tablespoon cornstarch  
1 cup peach nectar  
¼ cup pineapple or peach juice (can use juice from canned peaches)  
2 cans (16 ounces each) peaches, packed in juice, drained  
1 Tablespoon tub margarine  
1 cup dry pancake mix  
⅔ cup all-purpose flour  
½ cup sugar  
⅔ cup evaporated skim milk  
Vegetable cooking spray  
½ teaspoon nutmeg  
1 Tablespoon brown sugar

Combine cinnamon, vanilla, cornstarch, peach nectar, and juice in saucepan over medium heat. Stir constantly until mixture thickens and bubbles. Add slice peaches to mixture. Reduce heat and simmer for 5 to 10 minutes. In another saucepan, melt margarine and set aside. Lightly spray 8-inch square glass dish with cooking spray. Pour in peach mixture. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk. Quickly spoon this mixture over peach mixture. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter. Bake at 400°F for 15 to 20 minutes, or until golden brown. Cool and cut into 8 squares.

**Nutrients per Serving:** Calories 271; Total Fat 4g; Cholesterol 0mg; Sodium 263mg; Fiber 2g; Protein 4g; Carbohydrates 54g

### Fat Free Pineapple-Carrot Snack Cake

12 servings

Vegetable oil spray  
1 cup flour  
¼ cup cornstarch  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 teaspoon cinnamon  
½ teaspoon ground ginger  
Dash ground cloves  
1 can (8 ounces) crushed pineapple, undrained  
1 cup firmly packed brown sugar  
2 egg whites  
⅓ cup light or dark corn syrup  
1 cup finely shredded carrots

Preheat oven to 350°F. Spray 9-inch square baking pan with cooking spray. In large bowl, combine flour, cornstarch, baking powder, baking soda, salt, cinnamon, ginger and cloves. In medium bowl with wire whisk or fork, stir pineapple and brown sugar 1 minute. Blend in egg whites and corn syrup. Gradually stir into flour mixture until smooth. Stir in carrots. Pour into prepared pan. Bake 40 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack.

**Nutrients per Serving:** 160 calories; 39g carbohydrate; 0g fat; 0mg cholesterol, 180mg sodium

## Chewy Cranberry Oatmeal Cookies

3 dozen cookies

¾ cup water  
¾ cup dried sweetened cranberries  
½ cup firmly packed dark brown sugar  
7 tablespoons corn oil stick margarine, softened  
¼ cup sugar  
1 large egg, or egg substitute equivalent to 1 egg  
2 tablespoons fat-free milk  
1 teaspoon vanilla, butter, and nut flavoring or vanilla extract  
¾ cup all-purpose flour  
½ teaspoon baking soda  
½ teaspoon ground cinnamon  
¼ teaspoon ground nutmeg (optional)  
¼ teaspoon salt  
1 ½ cups uncooked quick-cooking oats  
Vegetable oil spray

Preheat the oven to 350°F. In a small saucepan, bring the water to a boil over high heat. Remove from the heat. Stir in the cranberries. Let stand for 5 minutes to soften. Meanwhile, in a medium bowl, stir together the brown sugar, margarine, and sugar. Using an electric mixer, beat on high speed until smooth. Add the egg, milk, and flavoring. Beat on medium speed until smooth. Add the flour, baking soda, cinnamon, nutmeg, and salt. Beat on medium-low speed until well blended. Add the oats and beat on medium-low speed until well blended. Drain the cranberries, discarding the water. Using a rubber scraper, stir the cranberries into the cookie dough. Lightly spray a nonstick cookie sheet with vegetable oil spray. Using a measuring tablespoon, spoon the cookie dough onto the cookie sheet in 1 tablespoon mounds about 2 inches apart. You'll use about half the dough. Bake for 9 minutes, or until just golden on the edges. The cookies will not look done at this point. They will continue to cook after being removed from the oven. Put the cookie sheet on a cooling rack and let stand for 1 full minute. Carefully remove the cookies. Place on a cooling rack and let cool completely. Repeat with the remaining cookie dough.

**Nutrients per Serving:** Calories 70; Total Fat 2.5g; Carbohydrates 11g; Sugar 1g; Fiber 6g; Cholesterol 7mg; Protein 1g; Sodium 63mg

## Chocolate Oatmeal Cookies

Makes 3 dozen

1½ cups firmly packed brown sugar  
¾ cup margarine  
½ cup sifted cocoa  
2 teaspoons vanilla  
½ cup skim milk  
1¾ cups all purpose flour  
2½ teaspoons baking powder  
½ teaspoon salt  
1½ cups quick cooking oatmeal

Preheat oven to 350°F. In a large mixing bowl, cream sugar and margarine together. Add cocoa, vanilla and milk. Mix well. In another bowl, sift together flour, baking powder and salt. Blend into margarine mixture. Stir in oatmeal. Drop by teaspoons onto ungreased baking sheets. Bake 7 to 9 minutes.

**Nutrients in one cookie:** Calories 108; Cholesterol 0 mg; Total Fat 4g; Protein 2g; Carbohydrate 16 g; Sodium 99mg

## Raspberry Brownies

12 servings

½ cup reduced calorie stick margarine, melted  
3 Tablespoons unsweetened cocoa powder  
2 large eggs or egg substitute  
⅓ cup granulated sugar  
2 ½ teaspoons granulated sugar substitute  
⅓ cup raspberry spreadable fruit  
2 teaspoons vanilla extract  
¼ teaspoon salt  
⅓ cup chopped walnuts  
2 large egg whites, at room temperature  
¼ tsp cream of tartar

Preheat oven to 325°F. Spray 8-inch square pan with nonstick cooking spray; set aside. In small bowl, stir together margarine and cocoa powder until smooth; set aside. In large bowl, beat together eggs, sugar, sugar substitute, fruit spread and vanilla. Stir in reserved chocolate mixture, flour and salt; stir in walnuts. In large metal bowl with electric mixer at high speed, beat egg whites and cream of tartar until stiff peaks form. Fold into batter; pour into prepared pan. Bake 25 to 30 minutes. Cool completely on wire rack, cut into 16 squares. Remove from pan and wrap in double layer of aluminum foil or place in air tight container. Store in freezer. Can be frozen up to 2 months.

**Nutrients per Serving:** *Calories 155; Total Fat 9g; Carbohydrates 17g; Fiber 1g; Cholesterol 53mg; Protein 4g; Sodium 162 mg*

## Lemon Meringue Pie

8 servings

1 frozen pastry shell  
1 envelope ( 4 - ½ cup servings) lemon-flavored gelatin  
1 cup each boiling water and ice cubes  
½ cup thawed frozen dairy whipped topping  
2 egg whites (at room temperature)  
1 tsp sugar

Preheat oven to 400°F. Using fork, prick bottom and sides of pastry shell in several places; bake until lightly browned, 20 to 25 minutes. Remove from oven and let cool. In a 1 quart heat proof mixing bowl, dissolve gelatin in boiling water; add ice cubes and stir until mixture thickens. Remove and discard any unmelted ice. Add whipped topping and using wire whisk or electric mixer, blend thoroughly. Cover bowl and refrigerate until mixture mounds when dropped from a spoon, about 15 minutes (if mixture becomes too firm, whip slightly). Pour into cooled pie crust, cover and refrigerate until firm, about 1 hour. In a 1 quart mixing bowl, using the electric mixer at high speed, beat egg whites until soft peaks form; add sugar and beat until stiff but not dry. Spread meringue over chilled filling, making sure that meringue touches edges of crust (this will prevent meringue from shrinking). Broil until meringue is lightly browned, about 15 seconds; immediately remove from broiler. Let stand 5 to 10 minutes before cutting.

**Nutrients per serving:** *Calories 102; Protein 3 g; Carbohydrates 10g; Fiber 0; Total Fat 6g; Cholesterol 0mg; Sodium 149 mg*

### **Pineapple Cake**

12 servings

2 cups flour  
¼ cup oil  
1 ½ cups sugar  
2 eggs  
1 teaspoon soda  
1 large can crushed pineapple, unsweetened and drained

Mix all of the above ingredients together. Bake in greased and floured 13x9 inch pan in 350°F oven for 25 to 30 minutes.

**Nutrients per serving:** *Calories 237; Protein 3g; Carbohydrates 44g; Fiber 1g; Total Fat 6g; Cholesterol 35mg; Sodium 117mg*

### **Cornflake Kisses**

12 servings

3 egg whites  
½ cup sugar  
3 cups corn flakes  
1 cup chopped pecans  
1 teaspoon vanilla

Beat egg whites stiff and dry. Beat in the sugar; add cornflakes, vanilla and pecans. Drop by teaspoons on greased cookie sheets and brown at 300°F.

**Nutrients per serving:** *Calories 126; Protein 2g; Carbohydrates 16g; Fiber 1g; Total Fat 6g; Cholesterol 0mg; Sodium 66mg*