



BRIDAL DELIGHTS RECIPE BOOK

Delicious Recipes for the Hungry Bride



BRIDALICIOUSBOOTCAMP.COM

Asian Burritos

INGREDIENTS

4 8-inch flour tortillas
2 cups Sweet Pepper Chicken Stir-Fry
1 4-ounce can sliced mushrooms, drained
1/4 cup plum preserves

DIRECTIONS

Wrap tortillas in foil. Heat in a 350 degrees oven for 10 minutes to soften.
Meanwhile, in a medium saucepan stir together the reserved Sweet Pepper Chicken Stir-Fry, mushrooms, and plum preserve.

Cook and stir over medium heat about 5 minutes or till heated through.
To assemble, spoon one-fourth of the chicken mixture down the center of each tortilla. Fold in the opposite sides of the tortilla so they overlap.

Makes 4 servings.
Calories: 257/serving

TIME

Preparation Time: 20 min.
Cooking Time: 5 min.

NUTRITIONAL INFORMATION PER SERVING

18g protein
36g carbohydrate
5g fat
36mg cholesterol
433mg sodium
328mg potassium

-Low Fat -Low Cholesterol

Barbeque Turkey

INGREDIENTS

1 pounds turkey thighs, skinned
1/4 cup catsup
1 tablespoons dry red wine or water
1 tablespoon brown sugar
1 tablespoon lemon juice
1 teaspoons soy sauce
1 teaspoon Worcestershire sauce
1/4 teaspoon dried thyme, crushed
1/4 teaspoon liquid smoke flavoring (optional)
Dash ground cloves
Dash garlic powder
1 tablespoon cornstarch
1 tablespoon cold water

DIRECTIONS

Rinse turkey; pat dry. Place in a 10x6x2-inch baking dish with meaty portions toward edges of the dish. In a mixing bowl combine catsup, wine or water, brown sugar, lemon juice, soy sauce, Worcestershire sauce, thyme, liquid's mok (if desired), cloves, and garlic powder. Pour over turkey.

Cover dish with vented microwave-safe plastic wrap. Cook on 100% power (high) for 15 to 20 minutes or till turkey is tender and no longer pink, turning turkey over and giving dish a half-turn once. Transfer turkey to a serving platter, reserving cooking liquid.

For sauce, place cooking liquid in a 2-cup measure; skim fat. If necessary, add water to cooking liquid to equal 1 cup. Combine cornstarch and 1 tablespoon cold water. Stir into cooking liquid.

Cook, uncovered, on high for 1 1/2 to 2 minutes or till thickened and bubbly, stirring after every 30 seconds. To serve, slice turkey and spoon sauce atop slices.

Makes 4 servings.
Calories: 209 / serving

TIME

Preparation Time: 15 min.
Cooking Time: 16 1/2 min.

NUTRITIONAL INFORMATION PER SERVING

29g protein
10g carbohydrate
4g fat
112mg cholesterol
443mg sodium
339mg potassium

-Low Fat

Chicken & Rice Salad

INGREDIENTS

1-1/3 cups water
2/3 cup brown rice or long grain rice
1/3 cup skim milk
1/4 cup reduced-calorie mayonnaise or salad dressing
2 tablespoons lemon juice
1/2 cup chopped celery
1/2 cup chopped seeded cucumber
2 tablespoons sliced green onions
2 tablespoons snipped fresh parsley
2 5 1/2-ounce cans chunk-style chicken or two 6 1/2-ounce cans tuna (water pack)
1 small tomato, seeded and chopped (1/2 cup)

DIRECTIONS

In a saucepan combine the water and rice. Bring to boiling; reduce heat. Cover and simmer 35 minutes for brown rice (15 minutes for long grain rice) or till rice is tender and water is absorbed. Remove from heat. Let stand, covered, 5 minutes.

Meanwhile, in a large mixing bowl combine milk, mayonnaise, lemon juice, and 1/8 teaspoon pepper. Stir in celery, cucumber, green onions, parsley, and cooked rice. Mix well.

Drain chicken or tuna; break into chunks. Gently stir into rice mixture. Divide mixture among 4 small airtight containers. Sprinkle with tomato. Chill overnight. Store up to 3 days in the refrigerator. Carry in an insulated lunch box with a frozen ice pack.

Makes 4 servings.
Calories: 306/serving

TIME

Preparation Time: 45 min.
Chilling Time: overnight

NUTRITIONAL INFORMATION PER SERVING

21g protein
29g carbohydrate
11g fat
54mg cholesterol
502mg sodium
339mg potassium

-Low Cholesterol

Chicken Marsala

INGREDIENTS

4 medium (12 ounces total) boned skinless chicken breast halves
Nonstick spray coating
1 1/2 cups sliced fresh mushrooms
2 tablespoons sliced green onion
2 tablespoons water
1/4 teaspoon salt
1/3 cup dry sherry or dry Marsala

DIRECTIONS

Place 1 piece of chicken, boned side up, between 2 pieces of clear plastic wrap. Working from the center to the edges, pound lightly with a meat mallet to about 1/4-inch thickness. Remove plastic wrap. Repeat with remaining chicken breast halves.

ng. Preheat skillet over medium heat. Add 2 chicken breast halves. Cook over medium heat for 2 to 3 minutes or till tender and no pink remains. Transfer to a platter; keep warm. Repeat with remaining chicken breast halves.

Carefully add mushrooms, green onion, water, and salt to skillet. Cook over medium heat till mushrooms are tender and most of the liquid has evaporated (about 3 minutes). Add Marsala or dry sherry to skillet. Heat through. Spoon vegetables and sauce over chicken.

Makes 4 servings.
Calories: 161/serving

TIME

Preparation Time: 11 min.
Cooking Time: 8 min.

NUTRITIONAL INFORMATION PER SERVING

27g protein
2g carbohydrate
3g fat
72mg cholesterol
191mg sodium
337mg potassium

-Low Fat -Low Cholesterol

Chili Beef & Bean Burgers

INGREDIENTS

1 slightly beaten egg white
1/2 15-ounce can (3/4 cup) pinto beans, drained and mashed
1/4 cup soft whole wheat bread crumbs
1/4 cup finely chopped celery
1 tablespoon canned diced green chili peppers or 1 teaspoon chopped canned jalapeno peppers
1/8 teaspoon garlic powder
1 pound lean ground beef
4 8-inch flour tortillas, halved
8 lettuce leaves
1 cup salsa

DIRECTIONS

In a large mixing bowl combine egg white, beans, bread crumbs, celery, chili peppers, and garlic powder. Add ground beef, mix well.

Shape meat mixture into eight 1/2-inch-thick oval patties. Place patties on the unheated rack of a broiler pan. Broil 4 inches from the heat for 12 to 14 minutes or till meat is no longer pink, turning once.

To serve, place a lettuce leaf and a burger in the center of each tortilla half. Top with 1 tablespoon of the salsa. Bring ends of tortilla up and over burger. Top with another tablespoon salsa.

Makes 8 servings.
Calories: 173/serving

TIME

Preparation Time: 15 min.
Cooking Time: 12 min.

NUTRITIONAL INFORMATION PER SERVING

15g protein
17g carbohydrate
5g fat
40mg cholesterol
257mg sodium
314mg potassium

-Low Fat -Low Cholesterol

Sweet Pepper Chicken Stir-Fry

INGREDIENTS

1 8 ounces boned skinless chicken breast halves
3 tablespoons soy sauce
1 tablespoon dry sherry
Nonstick spray coating
1 medium onion, cut into wedges
2 medium green or sweet red peppers, thinly sliced
1 1/2 cups sliced fresh mushrooms
1 tablespoon cooking oil
1 teaspoon grated gingerroot
1 8-ounce can bamboo shoots, drained
1/4 cup chicken broth
1 teaspoon cornstarch

DIRECTIONS

Cut chicken into 1/2-inch pieces. Place in a bowl; stir in soy sauce and sherry. Let stand for 30 minutes. Spray a cold wok or large skillet with nonstick spray coating; preheat over medium-high heat. Add onion; stir-fry 2 minutes. Add peppers; stir-fry 1 minute. Add mushrooms; stir-fry about 1 minute more or till vegetables are crisptender. Remove vegetables from wok or skillet; set aside.

Drain chicken, reserving the marinade. Add oil to wok. Add gingerroot; stir-fry 15 seconds. Add half the chicken; stirfry 3 to 4 minutes or till no longer pink. Remove. Stir-fry remaining chicken for 3 to 4 minutes or till no longer pink. Return all chicken, vegetables, and bamboo shoots to wok; push from center of wok.

Stir broth, cornstarch, and 1/4 teaspoon pepper into reserved marinade; add to wok. Cook and stir till slightly thickened; toss gently to coat chicken mixture. Measure and refrigerate 2 cups mixture for Chinese Burritos. Serve remaining mixture while hot.

Serves 4.

Calories: 204/serving

TIME

Preparation Time: 10 min.

Marinating Time: 30 min.

Cooking Time: 15 min.

NUTRITIONAL INFORMATION PER SERVING

30g protein
8g carbohydrate
6g fat
73 mg cholesterol
613 mg sodium
621 mg potassium

-Low Fat -Low Cholesterol

Eggplant Parmesean

INGREDIENTS

1 beaten egg
1/4 cup skim milk
1/8 teaspoon pepper
1 cup crushed saltine crackers (28 crackers)
1/4 cup grated Parmesan cheese
2 tablespoons dried parsley flakes
1 medium eggplant, sliced 1/4-inch thick (1 pound total)
1 15-ounce can tomato sauce
1/2 teaspoon dried oregano, crushed
1 clove garlic, minced
Nonstick spray coating
3/4 cup shredded part-skim mozzarella cheese (3 ounces)

DIRECTIONS

In a small bowl combine egg, milk, and pepper. In another bowl stir together cracker crumbs, Parmesan cheese, and dried parsley flakes. Dip eggplant slices in the milk mixture to coat, then dip both sides in the cracker mixture. Spray a 12x7 1/2x2-inch baking dish with nonstick spray coating. Arrange eggplant in dish. In a bowl stir together tomato sauce, oregano, and garlic; pour over eggplant.

Bake, covered, in a 350° oven for 40 minutes or till eggplant is tender. Sprinkle with mozzarella cheese. Bake, uncovered, 10 minutes more.

Makes 4 servings.

Calories: 249/serving

TIME

Preparation Time: 15 min.

Cooking Time: 50 min.

NUTRITIONAL INFORMATION PER SERVING

15g protein
28g carbohydrate
9g fat
85mg cholesterol
1,095mg sodium
709mg potassium
-Low Cholesterol

Green Chili

INGREDIENTS

3/4 pound beef stew meat
1 16-ounce can hominy or one 12-ounce can whole kernel corn, drained
1 14 1/2-ounce can tomatoes, cut up
1 large onion, chopped
1 4-ounce can diced green chili peppers, drained
1/2 cup water
1 teaspoon dried oregano, crushed
1 teaspoon instant beef bouillon granules
2 cloves garlic, minced
1 16-ounce can red kidney beans or pinto beans, heated and drained

DIRECTIONS

Trim separable fat from stew meat, then cut into 3/4 -inch pieces.
In 3-quart saucepan stir together meat, hominy or corn, undrained tomatoes, onion, chili peppers, water, oregano, bouillon granules, and garlic. Heat to boiling. Reduce heat. Cover and simmer about 1 hour or till meat is tender. To serve, ladle mixture into individual bowls and top with hot kidney or pinto beans.
Makes 4 servings.
Calories: 352 / serving

TIME

Preparation Time: 15 min.
Cooking Time: 1 1/2 hrs.

NUTRITIONAL INFORMATION PER SERVING

28g protein
40g carbohydrate
10g fat
60mg cholesterol
878mg sodium
895mg potassium

-Low Fat -Low Cholesterol

Hawaiian Chicken & Rice

INGREDIENTS

2 pounds meaty chicken pieces (breasts, thighs, and drumsticks), skinned
1/2 cup chopped onion
1 large red sweet pepper, cut into 1/4-inch squares
1 8-ounce can pineapple chunks (juice pack)
1/4 cup frozen orange juice concentrate, thawed
2 tablespoons soy sauce
1/4 teaspoon ground cloves
2/3 cup long grain rice
1 cup chicken broth Parsley sprigs or paprika

DIRECTIONS

Place chicken pieces, onion, and red pepper into a large plastic bag set in a deep bowl. In a small mixing bowl stir together undrained pineapple, orange juice concentrate, soy sauce, and cloves. Pour pineapple mixture over chicken mixture in bag. Seal bag. Marinate the mixture in the refrigerator for 4 to 24 hours, turning bag occasionally.

Before baking, drain chicken, reserving marinade and vegetables. Set chicken aside. Place uncooked rice in a 12x7 1/2x2-inch baking dish. Stir chicken broth and the reserved marinade-vegetable mixture into rice. Top with chicken pieces. Cover with foil. Bake in a 375 degrees oven about 1 hour or till chicken and rice are tender. Garnish with parsley or sprinkle with paprika.

Makes 6 servings.
Calories: 280/serving

TIME

Advance Preparation Time: 15 min.
Marinating Time: 4 hrs.
Final Preparation Time: 1 hr. 10 min.

NUTRITIONAL INFORMATION PER SERVING

25g protein
30g carbohydrate
6g fat
67mg cholesterol
540mg sodium
449mg potassium

-Low Fat -Low Cholesterol

Mushroom Pizza

INGREDIENTS

1-1/4 to 1-1/2 cups all-purpose flour
 1 package active dry yeast
 1/2 teaspoon sugar
 1 teaspoon cooking oil Nonstick spray coating
 1 tablespoon cornmeal
 1/4 cup low-fat cottage cheese, drained
 1 egg
 2 tablespoons grated Pan-parmesan cheese
 1 teaspoon dried basil, crushed
 1 clove garlic, minced
 1 medium green or sweet red pepper
 1 cup sliced fresh mushrooms
 1 cup shredded part-skim mozzarella cheese

DIRECTIONS

For crust, mix 1 1/4 cup of the flour, the yeast, sugar, and 1/4 teaspoon salt. Add oil and 1/2 cup warm water (120' to 130'). Beat with electric mixer on low speed 30 seconds, scraping bowl. Beat on high speed 3 minutes. Stir in as much remaining flour as you can. Then, knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (5 minutes total). Shape into a ball. Place in a greased bowl; turn once. Cover; let rise in a warm place till double (about 30 minutes). Punch down. Cover; let rest 10 minutes.

On a floured surface roll dough into a 14-inch circle. Place on a pizza pan sprayed with nonstick spray coating and sprinkled with the cornmeal. Build up edges slightly. Bake crust in a 425' oven about 10 minutes or till lightly browned.

In a blender container combine cottage cheese, egg, Parmesan, basil, garlic, and 1/8 teaspoon pepper. Cover; blend till smooth. Spread over hot crust. Cut green pepper into rings. Place atop pizza with mushrooms. Sprinkle with mozzarella. Bake in a 425' oven 10 minutes till hot.

Serves 6.

Calories: 224/serving

TIME

Preparation Time: 55 min.

Cooking Time: 20 min.

NUTRITIONAL INFORMATION PER SERVING

15g protein
 26g carbohydrate
 7g fat
 60mg cholesterol
 356mg sodium
 212mg potassium

-Low Fat -Low Cholesterol

Mustard & Honey Chicken

INGREDIENTS

Nonstick spray coating
4 medium (12 ounces total) boned skinless chicken breast halves
Salt
2 teaspoons prepared mustard
2 teaspoons honey

DIRECTIONS

Spray the unheated rack of a broiler pan with nonstick spray coating. Sprinkle chicken lightly with salt. Arrange chicken on broiler rack. Broil 4 to 5 inches from the heat for 6 minutes. Meanwhile, in a small bowl, stir together mustard and honey. Brush over chicken. Broil 1 to 2 minutes more or till chicken is tender and no longer pink.

Makes 4 servings.
Calories:153/serving

TIME

Preparation Time: 6 min.
Cooking Time: 7 min.

NUTRITIONAL INFORMATION PER SERVING

26g protein
3g carbohydrate
3g fat
72mg cholesterol
127mg sodium
223mg potassium

-Low Fat -Low Cholesterol -Low Sodium

Quick Tuna Pita

INGREDIENTS

1 6 1/2-ounce can tuna (water pack),
drained and broken into chunks
1 hard-cooked egg, chopped
1/4 cup finely chopped dill pickle
1/4 cup finely chopped celery
2 tablespoons reduced-calorie mayonnaise
1 1/2 teaspoon prepared mustard
3 lettuce leaves
3 small pita bread rounds, halved

DIRECTIONS

In a small mixing bowl combine tuna, egg, pickle, celery, mayonnaise, and mustard; mix gently. Divide among 3 small airtight containers. Chill overnight. Store up to 3 days in the refrigerator. For each serving, pack 1 lettuce leaf and 2 pita bread halves in separate small clear plastic bags. Carry with 1 container of the tuna mixture in an insulated lunch box with a frozen ice pack. To serve, place some lettuce and tuna mixture into each pita bread half.

Makes 3 servings.
Calories: 228/serving

TIME

Preparation Time: 10 min.
Chilling Time: overnight

NUTRITIONAL INFORMATION PER SERVING

23g protein
18g carbohydrate
6g fat
134mg cholesterol
849mg sodium
272mg potassium

-Low Fat

Southwestern Chicken

INGREDIENTS

1 8-ounce can tomato sauce
1/2 cup orange juice
1/2 cup finely chopped onion
2 tablespoons raisins
2 tablespoons chopped pimiento
1/2 teaspoon dried oregano, crushed
1/2 teaspoon chili powder
1 clove garlic, minced
12 ounces boned skinless chicken breast halves, cut into 1 -inch pieces
2 teaspoons cornstarch
1 tablespoon water
1/4 cup snipped parsley
3 cups hot cooked rice
Several dashes bottled hot pepper sauce

DIRECTIONS

In a large skillet combine tomato sauce, orange juice, onion, raisins, pimiento, oregano, chili powder, garlic, and hot pepper sauce. Bring to boiling; reduce heat. Cover and simmer for 5 minutes. Stir in chicken; return to boiling. Cover and simmer 12 to 15 minutes more or till chicken is tender and no longer pink. Meanwhile combine cornstarch and water. Stir into skillet. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Toss parsley with rice. Serve chicken mixture over rice. Makes 6 servings. Calories: 122 / serving

TIME

Preparation Time: 7 min.
Cooking Time: 19 min.

NUTRITIONAL INFORMATION PER SERVING

21g protein
35g carbohydrate
2g fat
49mg cholesterol
277mg sodium
430mg potassium

-Low Fat -Low Cholesterol

Stuffed Apple & Cheese Chicken

INGREDIENTS

2 medium (6 to 8 ounces total) boned skinless chicken breast halves
1 small apple or pear, cored (6 ounces)
1/4 cup shredded Muenster or cheddar cheese (1 ounce)
1/4 cup apple juice or orange juice
2 teaspoon cornstarch
2 tablespoons sliced green onion
1 teaspoon instant chicken bouillon granules

DIRECTIONS

Rinse chicken; pat dry. Pound chicken to 1/4-inch thickness. Chop half of the apple; slice the other half. Divide chopped apple and cheese evenly between chicken pieces. Roll up, folding in sides to enclose filling. Secure with wooden toothpicks, if necessary.

Arrange rolls, seam side down, in an 8x8x2-inch baking dish. Add 2 tablespoons of the fruit juice to dish. Cover with vented microwave-safe plastic wrap.

Cook on 100% power (high) for 2 minutes. Rearrange chicken; add sliced apple. Cover and cook for 2 to 4 minutes more or till chicken is tender and no longer pink. Place chicken and apple slices on serving plates; cover to keep warm.

For sauce, in a 1 -cup measure combine cornstarch, remaining fruit juice, green onion, and bouillon granules. Stir in cooking liquid. Cook, uncovered, on high for 2 to 3 minutes or till thickened and bubbly, stirring after every 30 seconds. Spoon sauce over chicken rolls.

Makes 2 servings.
Calories: 247/serving

TIME

Preparation. Time: 15 min.
Cooking Time: 6 min.

NUTRITIONAL INFORMATION PER SERVING

30g protein
14g carbohydrate
8g fat
86mg cholesterol
323mg sodium
355mg potassium

-Low Fat-Low Cholesterol

Lime Sauced Fish & Cucumbers

INGREDIENTS

1 pound fresh or frozen skinless, boneless fish
1/4 cup dry white wine
1/4 cup chicken broth
2 tablespoons lime juice
2 teaspoons cornstarch
1 teaspoon honey
1/4 teaspoon ground ginger
1/4 teaspoon ground coriander
1/8 teaspoon pepper
Nonstick spray coating
2 medium cucumbers, seeded, or zucchini, cut into 2x1/2-inch sticks
1 medium green or sweet red pepper, cut into 1/4-inch squares
1 teaspoon cooking oil

DIRECTIONS

Thaw fish, if frozen. Cut into 1/4-inch pieces; set aside.

For sauce, stir together wine, chicken broth, lime juice, cornstarch, honey, ginger, coriander, and pepper. Set aside. Spray a wok or large skillet with nonstick spray coating. Preheat over medium-high heat. Add cucumbers; stir-fry 1 1/2 minutes. Add green or red pepper; stir-fry about 1 1/2 minutes more or till crisp-tender. Remove from wok.

Add half of the fish to wok and stir-fry 2 to 3 minutes or till fish flakes easily when tested with a fork. Remove from wok. Add oil to hot wok. Add remaining fish and stir-fry 2 to 3 minutes or till fish flakes easily when tested with a fork. Return all fish to wok. Push fish from center of wok.

Stir sauce and add to center of wok. Cook and stir till thickened and bubbly. Return vegetables to wok; stir ingredients together to coat with sauce. Cook and stir for 1 minute. Serve with lime wedges, if desired.

Makes 4 servings.
Calories: 161/serving

TIME

Preparation Time: 15 min.
Cooking Time: 9 min.

NUTRITIONAL INFORMATION PER SERVING

23g protein
10g carbohydrate
2g fat
62mg cholesterol
129mg sodium
571mg potassium

-Low Fat -Low Cholesterol -Low Sodium

Vegetable Stuffed Turkey Roll

INGREDIENTS

1 2 1/4- to 2 1/4-pound turkey breast half, skinned and boned
Nonstick spray coating
2 cups sliced fresh mushrooms
1/2 cup shredded carrot
1/2 cup thinly sliced celery
1/4 cup sliced green onions
1/2 teaspoon dried thyme, crushed Dash pepper
1 tablespoon lemon juice
1 teaspoon instant chicken bouillon granules
1 cup soft bread cubes
1 to 2 tablespoons water

DIRECTIONS

Rinse turkey; pat dry. Butterfly breast. Open meat and lay flat between 2 pieces of clear plastic wrap. With a meat mallet pound turkey to 1/2-inch thickness (about a 12 x 10-inch rectangle).

For stuffing, spray a large skillet with nonstick spray coating. Add mushrooms, carrot, celery, green onions, thyme, and pepper. Cook over medium heat till tender. Stir in lemon juice and bouillon granules. Add bread cubes; toss lightly to mix. Stir in enough of the water to moisten. Spoon stuffing over pounded turkey.

Roll up turkey and stuffing starting from a long side. Tuck ends under; tie turkey roll with string. Place on a rack in a shallow baking pan. Bake in a 350° oven, covered loosely with foil, for 1 hour. Remove foil. Bake 15 to 30 minutes more or till a meat thermometer registers 170°. Remove string. Let stand 10 minutes before slicing. Cut into 1/2-inch slices to serve.

Makes 8 servings.
Calories: 146/serving

TIME

Preparation Time: 40 min.
Cooking Time: 1 1/4 hrs.

NUTRITIONAL INFORMATION PER SERVING

27g protein
6g carbohydrate
1g fat
71mg cholesterol
136mg sodium
376mg potassium

-Low Fat -Low Cholesterol -Low Sodium

Spaghetti Squash Pronto

INGREDIENTS

1 2 1/4- to 2 1/4-pound turkey breast half, skinned and boned
Nonstick spray coating
2 cups sliced fresh mushrooms
1/2 cup shredded carrot
1/2 cup thinly sliced celery
1/4 cup sliced green onions
1/2 teaspoon dried thyme, crushed Dash pepper
1 tablespoon lemon juice
1 teaspoon instant chicken bouillon granules
1 cup soft bread cubes
1 to 2 tablespoons water

DIRECTIONS

Rinse turkey; pat dry. Butterfly breast. Open meat and lay flat between 2 pieces of clear plastic wrap. With a meat Cut spaghetti squash in half lengthwise. Reserve 1 squash half for another use. Remove seeds from remaining squash half.

Place squash, cut side down, in a shallow baking dish. Cook, uncovered, on 100% power (high) for 10 to 14 minutes or till pulp can just be pierced with a fork, giving dish a half-turn twice.

Meanwhile, combine margarine, Worcestershire sauce, dill weed, and pepper.

To serve, use a fork to shred and separate squash pulp into strands. Rake the squash from the shell and place in a serving dish; toss with margarine mixture.

Makes 4 servings.

Calories: 52/serving

TIME

Preparation Time: 5 min.

Cooking Time: 10min.

NUTRITIONAL INFORMATION PER SERVING

1g protein
7g carbohydrate
2g fat
0mg cholesterol
54mg sodium
114mg potassium

-No Cholesterol -Low Sodium

Lemony Herbed Asparagus

INGREDIENTS

1 pound asparagus spears
1 tablespoon olive oil or margarine
1/8 teaspoon dried basil, crushed
1/8 teaspoon dried oregano, crushed
1 teaspoon lemon juice

DIRECTIONS

To prepare fresh asparagus, wash and scrape off scales. Snap off and discard the woody bases. Meanwhile, place a steamer basket in a medium saucepan. Add water to just below basket. Bring water to boiling. Add asparagus to steamer basket. Cover and steam for 5 to 8 minutes or till tender.

Meanwhile, in another saucepan combine olive oil or margarine, basil, oregano, and dash pepper. Cook and stir over medium till heated through or till margarine melts. Remove from heat. Stir in lemon juice. Transfer asparagus to a serving platter. Drizzle with lemon mixture.

Makes 4 servings.
Calories: 58/serving

TIME

Preparation Time: 10 min.
Cooking Time: 5 min.

NUTRITIONAL INFORMATION PER SERVING

9g protein
5g carbohydrate
4g fat
0mg cholesterol
5mg sodium
358mg potassium

-No Cholesterol -Low Sodium

Italian Onion Flatbread

INGREDIENTS

1 1/4 cups water
1/4 cup dried minced onion
2 1/2 cups all-purpose flour
1 package active dry yeast
1/2 teaspoon salt
1 tablespoon olive oil or cooking oil
Nonstick spray coating
1 teaspoon poppy seed or sesame seed

DIRECTIONS

In a saucepan combine the water and dried onion; let stand 10 minutes. Heat to 120 to 130 degrees. In a small mixer bowl combine 1 cup flour, the yeast, and salt. Add onion mixture and oil to flour mixture. Beat with electric mixer at low speed for 30 seconds.

Beat on high speed 3 minutes. Stir in as much of the remaining flour as you can. On a lightly floured surface knead in enough remaining flour to make a stiff dough that is smooth and elastic (8 to 10 minutes). Shape into a ball. Place in a bowl sprayed with nonstick coating; turn once. Cover; let rise in warm place till double (about 1 hour).

Punch dough down. On a lightly floured surface divide dough into thirds. Cover; let rest 10 minutes. Roll each portion of dough into a 12-inch circle. Wrap dough around rolling pin; unroll onto a baking sheet sprayed with non-stick coating. Brush dough with water and sprinkle with poppy or sesame seed. Cover; let rise till nearly double (35 to 40 minutes). Bake, one at a time, in a 400° oven 12 to 15 minutes. To serve, break into pieces.

Makes 12 servings (slices)
Calories: 77/serving

TIME

Preparation: 2 hrs.
Cooking: 36 min.

NUTRITIONAL INFORMATION PER SERVING

2g protein
14g carbohydrate
1g fat
0mg cholesterol
60mg sodium
40mg potassium

-Low Fat -No Cholesterol -Low Sodium

Garlic Spinach Dip

INGREDIENTS

1 10-ounce package frozen chopped spinach
10 cloves garlic, 1 clove elephant garlic,
or 2 tablespoons bottled minced garlic
1/4 cup skim milk
1/8 teaspoon salt
1 8-ounce package Neufchatel cheese, softened
Chopped tomato or shredded Monterey
Jack cheese (optional)
Dash bottled hot pepper sauce

DIRECTIONS

In a saucepan cook frozen spinach according to package directions, then drain well. Place garlic in a blender container or food processor bowl. Cover and blend or process for 5 to 10 seconds or till minced. Add the cooked spinach, milk, salt, and hot pepper sauce. Cover and blend or process till well combined.

Add Neufchatel cheese; cover and blend or process till smooth. Transfer spinach mixture to the saucepan. Cook and stir over medium-low heat for 4 to 5 minutes or till mixture is heated through. To serve, transfer dip to a small serving bowl. If desired, sprinkle with chopped tomato or Monterey Jack cheese. Serve with toasted pita wedges or Tortilla Crisps.

Makes 32 (1-tablespoon) servings.
Calories: 23/serving

TIME

Preparation Time: 20 min.
Cooking Time: 4 min.

NUTRITIONAL INFORMATION PER SERVING

1g protein
1g carbohydrate
2g fat
5mg cholesterol
44mg sodium
43mg potassium

-Low Cholesterol -Low Sodium

Fruity Cottage Cheese Salad

INGREDIENTS

1/2 cup low-fat cottage cheese
1 small apple, chopped (1/2 cup)
2 tablespoons mixed dried fruit bits or raisins
2 teaspoons reduced-calorie mayonnaise
or salad dressing
1 lettuce leaf Dash ground cinnamon, ground nutmeg,
or apple pie spice

DIRECTIONS

In an airtight container stir together cottage cheese, apple, dried fruit bits, mayonnaise, and cinnamon. Chill overnight.

Pack 1 lettuce leaf in a small clear plastic bag. Carry with the container of the cottage cheese mixture in an insulated lunch box with a frozen ice pack.

Serve cottage cheese mixture atop lettuce leaf.

Makes 1 serving.
Calories: 217/serving

TIME

Preparation Time: 7 min.
Chilling Time: overnight

NUTRITIONAL INFORMATION PER SERVING

16g protein
27g carbohydrate
5g fat
13mg cholesterol
59mg sodium
368mg potassium

-Low Fat -Low Cholesterol

Herbed Couscous & Vegetables

INGREDIENTS

1 cup sliced fresh mushrooms
1 tablespoon margarine
1 cup water
1 tablespoon snipped fresh parsley
1/2 teaspoon dried basil, crushed
1/4 teaspoon salt
1/8 teaspoon dried oregano, crushed
Dash pepper
2/3 cup couscous
1 medium tomato, peeled, seeded, and chopped

DIRECTIONS

In a medium saucepan cook mushrooms in hot margarine till tender. Carefully add water to saucepan. Stir in parsley, basil, salt, oregano, and pepper. Bring to boiling; remove from heat. Stir in couscous.

Let stand, covered, for 5 minutes. Stir in tomato.

Makes 4 servings.
Calories: 108/serving

TIME

Preparation Time: 10 min.
Cooking Time: 8 min.

NUTRITIONAL INFORMATION PER SERVING

3g protein
17g carbohydrate
3g fat
0mg cholesterol
170mg sodium
125mg potassium

-Low Fat -No Cholesterol

Mexicali Creamed Corn

INGREDIENTS

1 10-ounce package frozen whole kernel corn
1/2 cup chopped green pepper
1/4 cup chopped sweet red pepper
1/4 cup chopped celery
1/4 cup reduced-calorie soft-style cream cheese
1/2 4-ounce can (1/4 cup) diced green chili peppers
1 tablespoon skim milk
1/4 teaspoon salt
Dash pepper

DIRECTIONS

In a medium saucepan combine corn, green pepper, red pepper, celery, and 1/2 cup water. Cook about 5 minutes or till corn is tender. Drain.

Stir in cream cheese, chili peppers, milk, salt, and dash pepper. Heat through.

Makes 4 servings.
Calories: 94/serving

TIME

Preparation Time: 5 min.
Cooking Time: 8 min.

NUTRITIONAL INFORMATION PER SERVING

4g protein
17g carbohydrate
3g fat
0mg cholesterol
215mg sodium
144mg potassium

-Low Fat -No Cholesterol

Southwestern Rice

INGREDIENTS

1 cup water
1/2 cup chopped green pepper
1/2 cup chopped onion
1/2 cup chopped celery
1/4 cup cilantro
2 teaspoon cumin
1/2 teaspoon salt
1 14.5 ounce can tomatoes, cut up
1/4 cup long grain rice
1 teaspoon chili powder
1/8 teaspoon pepper
Dash bottled hot pepper sauce

DIRECTIONS

In a medium saucepan combine water, green pepper, onion, celery, and salt. Bring to boiling; reduce heat. Cover and simmer for 5 minutes.

Stir in undrained tomatoes, rice, chili powder, pepper, cumin, cilantro and hot pepper sauce. Return to boiling; reduce heat. Cover and simmer approximately 20 minutes or till rice is tender and liquid is absorbed.

Makes 6 servings.
Calories: 109 / serving

TIME

Preparation Time: 10 min.
Cooking Time: 25 min.

NUTRITIONAL INFORMATION PER SERVING

3g protein
24g carbohydrate
0g fat
0mg cholesterol
292mg sodium
248mg potassium

-Low Fat -No Cholesterol

Crab Cakes

INGREDIENTS

1 slightly beaten egg
1/2 cup plain low-fat yogurt
2 tablespoons reduced-calorie mayonnaise or salad dressing
1 tablespoon snipped fresh parsley
2 teaspoons Worcestershire sauce
1 teaspoon prepared mustard
1/4 teaspoon paprika
1/8 teaspoon pepper
1 pound crabmeat, drained, flaked, and cartilage removed
1/3 cup finely crushed saltine crackers
Nonstick spray coating
1 medium tomato, sliced Lemon wedges (optional)

DIRECTIONS

In a medium mixing bowl combine egg, 1/4 cup of the yogurt, mayonnaise or salad dressing, parsley, Worcestershire sauce, mustard, paprika, and pepper. Stir in crabmeat and crushed crackers. Shape crab mixture into five 3-inch patties.

Spray a shallow baking pan with nonstick spray coating. Arrange patties in pan. Broil 4 to 6 inches from the heat for 10 to 15 minutes or till lightly browned. Do not turn patties during broiling. Serve crab cakes on tomato slices with remaining yogurt. Garnish with lemon wedges, if desired.

Makes 5 servings.
Calories: 141/serving

TIME

Preparation Time: 10min.
Cooking Time: 10min.

NUTRITIONAL INFORMATION PER SERVING

18g protein
6g carbohydrate
4g fat
93 mg cholesterol
822 mg sodium
284 mg potassium

-Low Fat -Low Cholesterol

Vegetable Patties

INGREDIENTS

1 cup finely shredded carrot
1/4 cup cooked brown rice, cooled
1/2 cup shredded part-skim mozzarella cheese
1/3 cup finely chopped onion
1/3 cup chopped dry-roasted unsalted peanuts
1/4 cup fine dry bread crumbs
1 tablespoon snipped fresh parsley
1/2 teaspoon ground ginger
1/8 teaspoon ground coriander
2 slightly beaten egg whites
1 tablespoon reduced-sodium soy sauce
Nonstick spray coating
2 English muffins, split
1/2 cup plain low-fat yogurt

DIRECTIONS

In a large mixing bowl, stir together carrots, cooled rice, cheese, onion, peanuts, bread crumbs, parsley, ginger, coriander, and 1/8 teaspoon pepper.

In a small bowl, stir together egg whites and soy sauce. Add to rice mixture; mix well. Cover and chill for 1 hour or till firm enough to handle.

Shape chilled rice mixture into four 3/4-inch-thick patties. Spray a baking sheet with nonstick spray coating. Place patties on the baking sheet.

Broil 4 inches from the heat for 7 minutes. Turn and broil about 2 minutes more or till set. Meanwhile, toast English muffin halves. To serve, place each patty on an English muffin half. Top with 2 tablespoons of yogurt.

Makes 4 servings.
Calories: 302/serving

TIME

Preparation Time: 20 min.
Chilling Time: 1 hr.
Cooking Time: 9 min.

NUTRITIONAL INFORMATION PER SERVING

16g protein
39g carbohydrate
10g fat
10mg cholesterol
338mg sodium
349mg potassium

-Low Fat -Low Cholesterol

Breakfast Blintzes

INGREDIENTS

1 cup all-purpose flour
1-1/2 cups skim milk
1 egg
Nonstick spray coating
1/2 teaspoon shortening
1 16-ounce carton dry cottage cheese
1 egg white
1 tablespoon sugar
1/2 teaspoon finely shredded orange peel
2 tablespoons orange juice
1/4 teaspoon ground cinnamon
Strawberry Preserves (Allfruit or Sorrel Ridge)

DIRECTIONS

For crepes, combine flour, milk, and the one egg. Beat with rotary beater till blended. Spray a 6-inch skillet or crepe pan with nonstick spray coating. Preheat skillet over medium heat. Remove from heat and pour in about 2 tablespoons batter. Lift and tilt skillet to spread batter. Return skillet to heat and brown crepe on one side only. Remove from pan. Repeat with remaining batter to make 15 crepes total. Brush skillet as needed with shortening between cooking of crepes.

For filling, in a blender container or food processor bowl combine cottage cheese, egg white, sugar, orange peel, orange juice, and cinnamon. Blend or process till smooth. Spoon about 2 tablespoons cheese mixture onto the unbrowned side of each crepe. Fold 2 opposite edges of crepe over top of filling. Fold in remaining edges, forming a square packet. Repeat with remaining filling and crepes. Spray a shallow baking pan with nonstick coating. Arrange blintzes in pan. Bake in a 350° oven 15 to 20 minutes or till heated through. Serve with Strawberry Sauce.

Serves 5

Calories: 257/serving

TIME

Preparation Time: 55 min.

NUTRITIONAL INFORMATION PER SERVING:

23g protein
34g carbohydrate
3g fat
62mg cholesterol
74mg sodium
308mg potassium

-Low Fat -Low Cholesterol -Low Sodium

Cornmeal Pancakes with Applesauce

INGREDIENTS

1 cup all-purpose flour
3/4 cup cornmeal
1 tablespoon sugar
1 1/2 teaspoons baking powder
1/2 teaspoon apple pie spice
1/4 teaspoon salt
2 slightly beaten eggs
1 cup skim milk
1 teaspoon cooking oil
3/4 cup unsweetened applesauce Nonstick spray coating

DIRECTIONS

In a medium mixing bowl stir together flour, cornmeal, sugar, baking powder, apple pie spice, and salt. In a small mixing bowl combine eggs, milk, and oil. Add all at once to flour mixture and stir just till blended but still slightly lumpy.

Spray a griddle with nonstick spray coating. Preheat griddle over medium heat. For each pancake pour about 1/4 cup batter onto hot griddle. Cook over medium heat till pancakes are golden brown (1 to 2 minutes per side). Turn the pancakes to second sides when they have bubbly surfaces and slightly dry edges. Meanwhile, in a small saucepan heat applesauce till warm. Serve with pancakes.

Makes 5 servings (2 pancakes each).
Calories: 254/serving

TIME

Preparation Time: 8 min.
Cooking Time: 8 min.

NUTRITIONAL INFORMATION PER SERVING:

8g protein
45g carbohydrate
4g fat
111mg cholesterol
261mg sodium
201 mg potassium

Low Fat

Feathery Pancakes

INGREDIENTS

1/2 cup whole wheat flour
1/2 cup all-purpose flour,
1 tablespoon sugar
2 teaspoons baking powder
1/4 teaspoon salt
1/4 cup skim milk
1 teaspoon cooking oil
2 egg whites
Nonstick spray coating Strawberry Sauce

DIRECTIONS

In a mixing bowl combine flours, sugar, baking powder, and salt. Stir in milk and oil. In another bowl, beat egg whites till stiff (tips stand straight). Fold egg whites into flour mixture.

Spray a griddle with nonstick spray coating. Preheat griddle over medium heat. For each pancake pour about 1/4 cup batter onto the hot griddle. Cook over medium heat till pancakes are golden brown (1 to 2 minutes per side); turn to second sides when pancakes have bubbly surfaces and slightly dry edges. Serve pancakes with Strawberry Sauce.

Strawberry Sauce: In a blender container or food processor bowl combine 2 cups fresh or thawed frozen unsweetened strawberries, 1 tablespoon sugar, and 1 teaspoon vanilla. Cover and blend or process till smooth. In a small saucepan, heat sauce till warm. Serve over pancakes. Makes 1 cup (5 servings).

Makes 5 servings (2 pancakes each).
Calories: 152/serving

TIME

Preparation Time: 13 min.
Cooking Time: 8 min.

NUTRITIONAL INFORMATION PER SERVING:

6g protein
29g carbohydrate
2g fat
1 mg cholesterol
267mg sodium
237mg potassium

-Low Fat -Low Cholesterol

Fruity Oatmeal

INGREDIENTS

2 cups water
1/4 teaspoon salt
1 cup rolled oats
1 cup chopped peeled peaches
or chopped apple
1/4 cup raisins or snipped pitted whole dates
1/8 teaspoon ground cinnamon
1/2 cup skim milk

DIRECTIONS

In a medium saucepan bring water and salt to boiling. Stir in oats, peaches or apple, raisins, and cinnamon.

Reduce heat and simmer, uncovered, for 5 minutes, stirring occasionally. Remove from heat. Cover and let stand for 2 minutes.

Divide oat mixture among 4 bowls. Pour 2 tablespoons milk over each serving.

Makes 4 servings.
Calories: 133/serving

TIME

Preparation Time: 12 min.
Cooking Time: 5 min.

NUTRITIONAL INFORMATION PER SERVING:

5g protein
27g carbohydrate
1g fat
0mg cholesterol
151 mg sodium
272mg potassium

-Low Fat -No Cholesterol

Mexican Egg Cups

INGREDIENTS

1/4 cup plain low-fat yogurt
1/4 cup reduced-calorie mayonnaise
2 teaspoons skim milk
1/2 teaspoon dry mustard
Dash ground red pepper Nonstick spray coating
4 eggs
4 oz Canadian-style bacon (4 slices)
2 English muffins, split and toasted

DIRECTIONS

For sauce, in a small saucepan combine yogurt, mayonnaise, milk, dry mustard, and ground red pepper; set aside. Spray an 8-inch skillet with nonstick spray coating. Fill the skillet halfway with water. Bring to boiling; reduce heat so water is simmering. To poach eggs, break 1 egg into a small dish and slide egg into water. Repeat with remaining eggs. Simmer, uncovered, for 3 to 5 minutes or till eggs are just soft-cooked.

Meanwhile, in a large skillet lightly brown bacon over medium heat for 3 minutes on each side. Cover; keep warm.

Cook and stir sauce over low heat just till heated through, but do not boil.
To serve, top each muffin half with 1 slice bacon, 1 egg, and one-fourth of the sauce.

Makes 4 servings.
Calories: 254/serving

TIME

Preparation Time: 12 min.
Cooking Time: 6 min.

NUTRITIONAL INFORMATION PER SERVING:

16g protein
18g carbohydrate
12g fat
296mg cholesterol
563mg sodium
205mg potassium

Lite Eggs Benedict

INGREDIENTS

4 6-inch flour tortillas
4 slices Canadian-style bacon, diced (4 ounces)
1 7 1/2-ounce can whole tomatoes, cut up
1/2 cup chopped onion
1/4 cup diced green chili peppers, drained
1 clove garlic, minced
1/8 teaspoon salt
4 eggs
1/4 cup shredded cheddar cheese (1 ounce)

DIRECTIONS

Brush one side of each tortilla with water to soften. Press each tortilla, brushed side up, into a 10-ounce custard cup or individual casserole. Bake in a 400 degrees oven for 5 to 7 minutes or till crisp. Sprinkle bacon in tortilla cups.

Meanwhile, for sauce, in a medium skillet combine undrained tomatoes, onion, green chili peppers, garlic, and salt. Bring to boiling; reduce heat. Cover and simmer 5 minutes.

Break one egg into a saucer or custard cup, then pour into simmering sauce. Repeat with remaining eggs. Cover and simmer about 5 minutes more or till eggs are just set.

Spoon some of the sauce and one egg into each tortilla cup. Sprinkle with cheese. Let stand 1 to 2 minutes or till cheese begins to melt.

Makes 4 servings.
Calories: 242/serving

TIME

Preparation Time: 25 min.

NUTRITIONAL INFORMATION PER SERVING:

17g protein
19g carbohydrate
11g fat
299mg cholesterol
843mg sodium
338mg potassium

Quick & Easy French Toast

INGREDIENTS

Nonstick spray coating
1 slightly beaten egg
1 slightly beaten egg white
3/4 cup skim milk
1 1/2 teaspoon vanilla
8 1/2-inch-thick slices French bread
1/4 teaspoon finely shredded orange peel
2/3 cup orange juice
1 tablespoon honey
1 1/2 teaspoons cornstarch
1/8 teaspoon ground cinnamon

DIRECTIONS

Spray a large baking sheet with nonstick spray coating. In a shallow bowl combine egg, egg white, milk, and vanilla. Dip bread slices in egg mixture just long enough to coat both sides. Place on baking sheet. Bake in a 450 degrees oven about 6 minutes or till bread is lightly browned. Turn bread over and bake 5 to 8 minutes more or till golden.

Meanwhile, for syrup, in a small saucepan stir together orange peel, orange juice, honey, cornstarch, and cinnamon. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Serve toast with warm orange syrup.

Serves 4.
Calories: 282/serving

TIME

Preparation Time: 10 min.
Cooking Time: 11 min.

NUTRITIONAL INFORMATION PER SERVING:

11g protein
51g carbohydrate
4g fat
72mg cholesterol
460mg sodium
248mg potassium

-Low Fat -Low Cholesterol

Yummy Omelet Squares

INGREDIENTS

Nonstick spray coating
6 egg yolks
1/2 teaspoon onion powder
1/4 teaspoon salt
1/8 teaspoon pepper
6 egg whites
1 14 1/2-ounce can stewed tomatoes, cut up
1/2 medium zucchini, quartered lengthwise and sliced
(1/2 CUP)
1/4 teaspoon pepper

DIRECTIONS

Spray an 8 x 8 x 2-inch baking dish with nonstick spray coating; set aside. For omelet, beat egg yolks, onion powder, salt, and 1/8 teaspoon pepper about 4 minutes or till thick and lemon colored; set aside.

Beat egg whites till soft peaks form (tips fold over); fold into egg yolks.

Spread egg mixture evenly into prepared dish. Bake in a 350 degrees oven for 22 to 25 minutes or till a knife inserted near the center comes out clean.

Meanwhile, for sauce combine undrained tomatoes, zucchini, and 1/4 teaspoon pepper. Bring to boiling; reduce heat. Cover and simmer about 5 minutes or till zucchini is tender. Simmer, uncovered, for 10 to 12 minutes more or to desired consistency. To serve, cut omelet into quarters; top with sauce.

Makes 4 servings.
Calories: 169/serving

TIME

Preparation Time: 13 min.
Cooking Time: 22 min.

NUTRITIONAL INFORMATION PER SERVING:

10g protein
7g carbohydrate
9g fat
411 mg cholesterol
395mg sodium
392mg potassium

Low Fat Carrot Cake

INGREDIENTS

1/4 cup margarine, softened
1/2 cup sugar
1 egg
1/4 cup skim milk
1/2 teaspoon vanilla
1/2 cup finely shredded carrot
1 cup all-purpose flour
1 1/4 teaspoons baking powder
1/2 teaspoon ground cinnamon
1/8 teaspoon salt
Dash ground nutmeg
Nonstick spray coating
2 teaspoons sifted powdered sugar

DIRECTIONS

In a small mixer bowl beat margarine and sugar till blended. Beat in egg, milk, and vanilla. Stir in carrot. In another bowl combine flour, baking powder, cinnamon, salt, and nutmeg. Add to carrot mixture and stir till blended.

Spray an 8 x 8 x 2-inch baking pan with nonstick spray coating. Pour batter evenly into pan. Bake in a 350 degrees oven for 20 to 25 minutes or till a toothpick inserted near the center of the cake comes out clean. Cool on wire rack. (If desired, remove from pan after cooling 10 minutes. Then, cool completely.

Place a paper doily on top of the cake. Lightly sift the powdered sugar evenly over the doily. Then, carefully remove the doily.

Makes 9 servings.
Calories: 156/serving

TIME

Preparation Time: 20 min.
Cooking Time: 20 min.

NUTRITIONAL INFORMATION PER SERVING

2g protein
23g carbohydrate
6g fat
31mg cholesterol
145mg sodium
55mg potassium

Maple Fruit Compote

INGREDIENTS

1/4 cup apple juice
2 tablespoons maple-flavored syrup
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
2 medium apples, cored and cut into bite-size pieces
1 small pear, cored and cut into 1/2-inch cubes
1 teaspoon vanilla

DIRECTIONS

In a 1 1/2-quart casserole stir together apple juice, maple-flavored syrup, cinnamon, and nutmeg. Add apples and pear.

Cook, covered, on 100% power (high) for 4 to 5 or till fruit is tender, stirring once. Stir in vanilla.

Makes 4 servings.
Calories: 86/serving

TIME

Preparation Time: 10 min.
Cooking Time: 4 min.

NUTRITIONAL INFORMATION PER SERVING

0g protein
22g carbohydrate
0g fat
0mg cholesterol
2mg sodium
143mg potassium

-Low Fat -No Cholesterol -Low Sodium

Peanut Oatmeal Cookies

INGREDIENTS

1 cup all-purpose flour
1/2 teaspoon baking soda
1/2 cup margarine
1/2 cup peanut butter
1/3 cup sugar
1/3 cup packed brown sugar
2 egg whites
1/2 teaspoon vanilla
1 1/4 cup rolled oats

DIRECTIONS

In a bowl stir together flour and baking soda. Set flour mixture aside. In a large mixing bowl beat margarine with electric mixer on medium to high speed about 30 seconds or till softened.

Add peanut butter, sugar, and brown sugar to margarine. Beat till thoroughly combined, scraping sides of bowl occasionally. Add egg whites and vanilla. Beat till well combined. Add flour mixture, then beat on low speed till combined. Stir in oats.

Drop dough from a rounded teaspoon 2 inches apart on an ungreased cookie sheet. Bake in a 375 degrees oven for 8 to 10 minutes or till edges are golden. Remove cookies from cookie sheet and cool on a wire rack.

Makes about 36.
Calories: 69/serving

TIME

Preparation Time: 20 min.
Cooking Time: 8 min.

NUTRITIONAL INFORMATION PER SERVING

2g protein
9g carbohydrate
3g fat
0mg cholesterol
51mg sodium
47mg potassium

-No Cholesterol

Pumpkin Raisin Drops

INGREDIENTS

1 beaten egg
1/4 cup canned pumpkin
1/3 cup brown sugar
1 tablespoon cooking oil
1 teaspoon vanilla
1/4 cup all-purpose flour
1 teaspoon pumpkin pie spice
1/4 teaspoon baking soda
1/8 teaspoon salt
1/4 cup raisins
Nonstick spray coating

DIRECTIONS

In a medium mixing bowl stir together egg, pumpkin, brown sugar, oil, and vanilla. In a small mixing bowl stir together flour, pumpkin pie spice, baking soda, and salt. Add dry ingredients to pumpkin mixture. Stir in raisins. Spray a baking sheet with nonstick spray coating.

Drop the dough by rounded teaspoonfuls 1 inch apart onto the cookie sheet. Bake in a 350° oven for 12 to 14 minutes or till done. Cool on a wire rack.

Makes 24 cookies (24 servings).
Calories: 42/serving

TIME

Preparation Time: 15 min.
Cooking Time: 12 min.

NUTRITIONAL INFORMATION PER SERVING

1g protein
8g carbohydrate
1g fat
11mg cholesterol
27mg sodium
44mg potassium

-Low Fat -Low Cholesterol -Low Sodium

Rum Bananas

INGREDIENTS

1/4 cup apple juice
4 teaspoons brown sugar
1 teaspoon margarine
2 large bananas, peeled and sliced (1 1/4 cups)
1 tablespoon rum
1 cup vanilla- or coffee-flavored ice milk Dash ground nutmeg

DIRECTIONS

In a 1 -quart microwave-safe casserole combine apple juice, brown sugar, margarine, and nutmeg. Microwave, uncovered, on 10 power (high) for 1 minute.

Add bananas, tossing to coat. Cook on 100% power (high) for 1 1/2 to 2 minutes or till bananas are heated through; spoon sauce over bananas once.

Pour rum over bananas in casserole. Carefully ignite with a long match. Serve banana mixture over ice milk.

Makes 4 servings.
Calories: 151/serving

TIME

Preparation Time: 5 min.
Cooking Time: 2 1/2 min.

NUTRITIONAL INFORMATION PER SERVING

2g protein
29g carbohydrate
3g fat
5mg cholesterol
41mg sodium
372mg potassium

-Low Fat -Low Cholesterol -Low Sodium