Desserts
You’ll Need:

- ¼ cup light margarine
- 1 cup all-purpose flour
- 1½ tsp. baking powder
- 1 cup apple juice concentrate
- ½ cup water
- 2 tsp. almond flavoring
- 4 packets saccharin
- 12-oz. pkg. frozen blackberries, thawed*
- 12-oz. pkg. frozen raspberries, thawed*

Take Out:

- 2-3 quart casserole
- Small mixing bowl
- Measuring cups
- Larger mixing bowl

1. Preheat oven to 350°F.
2. In a 2-3 qt. casserole, melt margarine; set aside.
4. In separate bowl combine berries (and berry juice) and almond flavoring. Stir well and spoon over batter.
5. Bake for 45 minutes, or until browned. Serve warm.

*You may use all blackberries or all raspberries, or mix blueberries with either. If you use all blueberries, add a little lemon juice.

Calories: 126
Carbohydrate: 26 grams
Fat: 2.5 grams
Sodium: 70 mg.
Protein: 1.6 grams

Exchanges: 1 Fruit; ½ Starch, ½ Fat
Blueberry Crumb Pie

8 Servings

You'll Need:

Crumb/Crust Topping:
- 2 oz. slivered almonds (about ¾ c.)
- 1½ c. all-purpose flour
- 6 packets saccharin
- ½ stick (¼ c.) chilled margarine, cut into small pieces

Filling:
- 6 packets saccharin
- 1½ Tbs. cornstarch
- ½ tsp. lemon juice
- 4 c. fresh or thawed frozen blueberries

Take Out:
- Food processor, or Blender
- Medium size mixing bowl
- Measuring cups
- Measuring spoons
- Pastry blender
- 8- or 9-inch tart pan
- Colander
- Large mixing bowl

1. In a food processor (or blender), process almonds until finely ground.
2. In a medium-size mixing bowl, mix together the nuts, flour and 6 packets of saccharin. Using a pastry blender, cut the margarine into the flour mixture until coarse crumbs form.
3. Using fingers, evenly press two-thirds of the crumb crust/topping mixture into the bottom and sides of an 8- or 9-inch tart pan.
4. Wash blueberries; drain in colander.
5. In a large mixing bowl, mix together the remaining 6 packets of saccharin for filling and cornstarch. Sprinkle lemon juice over cornstarch mixture; add blueberries. Gently fold in the blueberries evenly coating them with the cornstarch mixture.
6. Pour the blueberries into the crust, spreading evenly.
7. Sprinkle the berry mixture evenly with the remaining crumb crust/topping.
8. Bake at 375° F. until crust is golden brown and filling is bubbly, about 30-35 minutes. Serve warm.

Calories: 211  Sodium: 73 mg.
Carbohydrate: 29 grams  Protein: 4 grams
Fat: 9.5 grams

Exchanges: 1 Fruit, 1 Starch, 2 Fats

NOTE: Because of the fat content, this should be a special occasion food only. Just be sure the remainder of your meal is low fat.
Blueberry Congealed Salad

20 servings

You'll Need:

2 (.3 oz.) pkgs. triple berry sugar-free gelatin
2 c. boiling water
2 (15 1/4 ounce) cans crushed pineapple (packed in own juice) with juice
4 c. frozen, unsweetened blueberries, washed and thawed (or use fresh)
½ c. chopped pecans

Take Out:

2-cup liquid measuring cup
1/2-cup dry measuring cup
Cutting board
French knife
3-quart oblong casserole

Topping:

1 (8 oz.) pkg. light cream cheese
1 c. light sour cream
3 packets saccharin
and 6 packets aspartame
1 Tbs. pure vanilla

1. Dissolve gelatin in boiling water.

2. Add fruit and pecans; pour into a 3-quart oblong casserole; cover and refrigerate until firm.

3. Soften cream cheese; whip cream cheese and sour cream; add sweetener and vanilla. Spread on top of firm gelatin mixture. Refrigerate until ready to serve.

4. Cut into 20 servings and serve on dessert plates. If desired, garnish with a blueberry and mint leaf on each.

Calories: 98  Sodium: 81 mg.
Carbohydrate: 13 grams  Protein: 2 grams
Fat: 5 grams

Exchanges: 1 Fruit; 1 Fat
Strawberry Bavarian Creme Pie

Serves 10

No-Roll Pie Crust:

You'll Need:  
½ box Estee® brand lite white cake mix  
1½ Tbsp. water  

Take Out:  
9-inch pie plate  
Non-stick cooking spray  
Small mixing bowl  
Mixer  
Rubber spatula

1. Mix cake mix and water in small mixing bowl with mixer until smooth.  
2. Spray pie plate and rubber spatula with non-stick cooking spray. Turn batter into pie plate; use spatula to spread and pat batter to coat bottom and sides of pie plate.  
3. Bake at 350°F. approximately 15 minutes, or until golden brown.

Strawberry Bavarian Creme Pie Filling:

You'll Need:  
1 qt. (1 lb., 6 oz.) fresh strawberries  
2 packets artificial sweetener  
1 (1-oz.) pkg. Estee® sugar-free whipped topping mix  

Take Out:  
Cooled "No-Roll Pie Crust"  
Colander  
Paring knife  
Mixer  
Small mixing bowl

1. Wash, stem and cut strawberries in half. Do not stem or cut the prettiest 3 berries; save these for garnish.  
2. Sprinkle sweetener over berries; gently toss to distribute sweetener.  
3. Prepare topping mix according to package directions.  
4. Reserve 1 tablespoon whipped topping. Mix remaining whipped topping with sweetened, sliced strawberries; turn into prepared pie crust.  
5. Garnish with reserved whipped topping and three strawberries cut into "fans". Serve immediately or cover with plastic wrap and refrigerate.  
6. Loosen crust around rim before slicing.

Calories: 85  
Carbohydrate: 15 grams  
Fat: 2 grams

Sodium: 51 mg.  
Protein: 0

Exchanges: 1 Starch
You’ll Need:

½ (13-oz.) purchased angel food cake
1 (.3 oz.) pkg. sugar-free strawberry gelatin
¾ c. boiling water
1 pint fresh strawberries
1 packet of artificial sweetener
¾ c. (½ of 12-oz. can) evaporated, skim milk, chilled

Take Out:

Large and small mixing bowls
Small saucepan
Knife
Blender
Spatula
1 ½ quart oblong casserole dish
Plastic wrap

......

Fresh strawberries for garnish

1. Break angel food cake into bite size pieces into large mixing bowl. Set aside.

2. Dissolve gelatin in boiling water; cool in refrigerator for 30 minutes.

3. Wash strawberries; set aside 8 prettiest strawberries, leaving stems intact.

4. Stem and trim blemishes from remaining washed strawberries. Put these strawberries in blender along with artificial sweetener, chilled evaporated milk, and cooled gelatin mixture; process in blender until well blended, light and fluffy.

5. Pour blended strawberry mixture over angel food cake pieces in large mixing bowl; fold until cake pieces are coated and equally distributed. Pour into 1½-quart oblong casserole dish. Cover with plastic wrap and chill until serving time.

6. To serve, cut into squares and garnish with strawberry fans made from reserved strawberries.

Calories: 93  
Sodium: 226 mg.
Carbohydrate: 19 grams  
Protein: 4 grams
Fat: 0 gram  
Exchanges: 1 Starch
Side Dishes
Apple Salad

Serves 6

You’ll Need:  
1 tbsp. reduced-fat mayonnaise, or mayonnaise-type salad dressing*  
1 Tbsp. lemon juice  
2 packets artificial sweetener  
1 large Rome Beauty apple, cored, unpeeled and diced  
½ cup diced celery  
½ cup seedless, golden raisins  
¼ cup chopped nuts, optional

Take Out:  
Cutting board  
Knives  
Measuring cups  
Measuring spoons  
Mixing bowl

1. In mixing bowl, blend together reduced-fat mayonnaise, lemon juice and artificial sweetener.

2. Wash, core and chop apple; coat with dressing in mixing bowl. Quickly coating apples with the lemon juice dressing prevents browning from oxidation.

3. Add remaining ingredients; toss.

4. Serve in lettuce-lined dish or bowl, or on lettuce leaves on salad plates.

*Note: Reduced-fat mayonnaise is lower in fat, salad dressing is lower in sodium. Either is a better choice than regular mayonnaise.

Without nuts:  
Calories: 74  
Sodium: 36 mg.  
Carbohydrates: 18 grams  
Protein:.5 gram  
Fat: 1 gram

Exchanges: 1 Fruit

With nuts:  
Calories: 133  
Sodium: 36 mg.  
Carbohydrates: 19 grams  
Protein: 1 gram  
Fat: 7 grams

Exchanges: 1 Fruit, 1 Fat
Broccoli-Cauliflower Salad

20 (3/4-cup) Servings

You’ll Need:

- 1 head cauliflower (2½ lbs.)
- (8 c. bite-size pieces)
- 3 large broccoli stalks (1¾ lbs.)
- (6 c. bite-size pieces)
- 1 medium Vidalia sweet onion, chopped
- (1 1/4 c. chopped)
- ¾ c. light mayonnaise
- ¾ c. light sour cream
- 4 Tbs. red wine vinegar
- 8 packets aspartame
- ¼ c. cashews
- ½ c. golden raisins
- ¼ c. artificial bacon bits

Take Out:

- Measuring cups
- Cutting board
- Knives
- Colander
- Very large mixing bowl
- Small mixing bowl
- Mixing spoons
- Large salad bowl

1. Wash and cut cauliflower and broccoli into bite-sized pieces and toss with chopped Vidalia onion.

2. Combine mayonnaise with sour cream, red wine vinegar and aspartame.

3. Pour salad dressing over vegetable mixture. Toss to mix well.
   Cover tightly and refrigerate 24 hours before serving.

4. Add cashews, raisins and bacon bits right before serving.

*Or, use 4 saccharin packets (equals ⅛ c. sugar).

Calories: 82  
Carbohydrate: 10 grams  
Fat: 4 grams  
Sodium: 47 mg.  
Protein: 3 grams  

Exchanges: 2 Vegetable; 1 Fat
Copper Carrot Pennies

Serves 16

You’ll Need:

2 lbs. carrots, scrapped & sliced
1 green pepper, cored & sliced
1 onion, sliced

Marinade:
1 (10.75-oz.) can reduced sodium tomato soup
½ c. cider vinegar
8 packets aspartame
1 Tbsp. canola oil
½ tsp. mustard
1 tsp. Worcestershire sauce
Black pepper to taste

Take Out:

Cutting board
Knife
Can opener
Measuring cups
Measuring spoons
Saucepan w/lid
Glass serving dish/bowl
Blender

1. Cook sliced carrots in small amount of water in covered saucepan until just tender. Drain and cool. (Save and freeze carrot water to use later in soup.)

2. Alternate layers of carrots, onion and pepper in glass serving dish/bowl.

3. Blend together marinade ingredients; pour over layered vegetables. Cover with plastic wrap and refrigerate. These are best prepared a day before serving.

Calories: 54
Carbohydrate: 10.5 grams
Fat: 1.3 grams

Sodium: 139 mg.
Protein: 1 gram

Exchanges: 2 Vegetable Exchanges
Corn Salad

Serves 8

You’ll Need:  
1 (11-oz.) can whole kernel corn, drained  
(save & freeze liquid to use later in soup)  
1 cup celery, finely chopped  
½ small bell pepper, finely chopped  
1 tsp. mild onion, finely chopped

Take Out:  
Mixing bowls  
Cutting board  
Knife  
Measuring cups  
Measuring spoons  
Mixing spoon

Dressing:  
½ cup low-fat mayonnaise, or mayonnaise-type salad dressing*  
1½ Tbsp. lemon juice  
½ tsp. prepared mustard  
Black pepper to taste

1. Prepare and mix vegetables in medium bowl.

2. Blend salad dressing ingredients in small bowl or blender.


4. Serve corn salad on lettuce leaves. (Use a slotted spoon to serve the corn salad to help drain some of the excess dressing.)

*Note: Reduced-fat mayonnaise is lower in fat; salad dressing is lower in sodium. Either is a better choice than regular mayonnaise.

Calories: 53  
Carbohydrates: 7 grams  
Fat: 2.5 grams  
Sodium: 173 mg.  
Protein: 1 gram

Exchanges: ½ Starch; ½ Fat
Cranberry Salad

Serves 8

You’ll Need:  
T a k e  O u t:

1 (9-oz.) can (1 c.) crushed, unsweetened  
Liquid measuring cup  
pineapple, juice pack (do not use fresh or  
Food grinder  
frozen pineapple—it will not jell)  
Mixing bowls  
1 (.3-oz.) sugar-free cherry gelatin  
Cutting board  
1 Tbsp. lemon juice  
Chopping knife  
Artificial sweetener to equal  
Mixing spoon  
¼ c. sugar  
Large mold, or 8 individual molds  
1 c. fresh cranberries, ground  
1 small orange, peeled, quartered & ground  
1 c. chopped celery  
½ c. pecans, broken into pieces (optional)  
(other types of nuts may be used)

1. Drain pineapple and save juice, set pineapple aside for later use.

2. Combine pineapple juice with water to equal 2 cups liquid needed to prepare gelatin, and prepare according to package directions.

3. Once gelatin is dissolved, stir in lemon juice; chill until partially set.

4. In a separate bowl, mix together pineapple, sugar substitute, cranberries, orange, celery and nuts. Add mixture to the partially set gelatin and stir until blended.

5. Pour into large mold or 8 individual molds. Chill until firm.

Note: This low-calorie salad is a favorite at holiday time and is packed with fiber.

With Nuts:
Calories: 80  
Sodium: 27 mg.  
Carbohydrate: 11 grams  
Protein: 1 gram  
Fat: 3 grams  
Exchanges: 1 Fruit; 1/2 Fat

Without Nuts:
Calories: 35  
Sodium: 27 mg.  
Carbohydrate: 10 grams  
Protein: 1/2 gram  
Exchanges: 1/2 Fruit
El Rancho Potatoes

Serves 2

You'll Need:

1 Tbsp. olive oil
1 cup cooked, cubed potatoes
¼ cup diced onions
¼ tsp. ground cumin
1 tsp. Mexican hot chili powder
¼ green pepper, cut into strips (optional)

Take Out:

Skillet
Cutting board
French knife
Measuring cups
Measuring spoons
Spatula

1. Bake potato in microwave.
2. Dice onion.
3. Cube baked potato.
4. Heat olive oil in skillet and add the onions, potatoes, cumin and chili powder; toss and turn over medium heat until the potatoes begin to brown.
5. Add green pepper strips, if desired, and keep turning potatoes with spatula to keep from burning until peppers are heated through or at desired doneness.

Note: This is especially good served with the Poncho Villa Omelet (recipe in main dish section). If more "heat" is desired, sprinkle with additional chili powder or hot sauce. If desired a hot salsa can be served over the potatoes.

Calories: 166      Sodium: 8 mg
Carbohydrate: 25 grams    Protein: 2 grams
Fat: 7 grams

Exchanges: 1½ Starch; 1 Fat
Fresh Cabbage Soup

8 (1-cup) Servings

You'll Need:

3 c. chicken broth
1½ c. water
½ c. sliced, pared carrots (1 carrot)
½ c. sliced celery (1 stalk)
1 medium 6 oz. potato, pared & diced
½ c. chopped, fresh onion
2 c. chopped, peeled fresh tomatoes
1 large or 2 small bay leaves
½ tsp. black pepper
4 c. finely chopped cabbage
2 Tbsp. fresh lemon juice
2 pkgs. artificial sweetener

Take Out:

Large kettle
Cutting board
Knives
Vegetable peeler
Can opener
Measuring cups
Measuring spoons

1. Combine chicken broth, water, carrots, celery, potato, onion, tomatoes, bay leaf, and pepper in a large kettle. Simmer covered for 20 minutes, stirring occasionally.

2. Add cabbage and simmer for 10 minutes longer.

3. Remove bay leaf; stir in lemon juice and sweetener.

Calories: 60  Sodium: 492 mg.
Carbohydrate: 12 grams  Protein: 2.5 grams
Fat: 1 gram

Exchanges: 1 Starch

Note: To lower sodium content, make your own chicken broth with no added salt, or half the amount of salt, or use low sodium chicken bouillon.
Glazed Carrots

Serves 4

You’ll Need:

- 2 cups carrots, peeled & sliced
- ⅔ cup orange juice
- 1 Tbsp. cornstarch
- ¼ tsp. ground ginger
- 4 packets artificial sweetener

Take Out:

- Bowl or small saucepan
- Stirring spoon
- Measuring cup
- Measuring spoons

1. Cook carrots in bowl in microwave with no added water, or on stove top in small amount of water in covered saucepan until just tender; drain thoroughly, set aside. (Freeze any drained vegetable liquid to use in soup at a later date.)

2. In small saucepan dissolve cornstarch in cold orange juice; stir in ginger and sweetener.

3. Over medium heat bring to a slow boil, stirring constantly until thickened. Add carrots to sauce; stir to coat and serve.

(Recipe provided by Levon Avery.)

Calories: 51
Carbohydrate: 12 grams
Fat: 0 grams

Sodium: 22 mg.
Protein: 1 gram

Exchanges: 1 Vegetable, 1/2 Fruit
Harvard Beets

Serves 4

You’ll Need:  
- 1 (15.25-oz.) can cut beets, drained  
  (reserve drained liquid)  
- ¾ cup reserved beet liquid  
- ¼ cup cider vinegar  
- 1 Tbsp. cornstarch  
- 2 packets artificial sweetener

Take Out:  
- Medium saucepan  
- Liquid measuring cup  
- Measuring spoons  
- Stirring spoon

1. Drain beets; reserve ¾ c. beet liquid.

2. Put ¾ c. beet liquid, ¼ c. cider vinegar, and 1 Tbsp. cornstarch in saucepan. Dissolve cornstarch in liquids before turning on heat. Cook, stirring constantly until thickened. (If there isn’t 2/3 cup liquid from the canned beets, add water to make 2/3 cup.)

3. Add beets and artificial sweetener; heat through.

Calories: 41  
Sodium: 263 mg.

Carbohydrate: 10 grams  
Protein: 1 gram

Fat: 0 gram

Exchanges: ½ Starch
Healthier Hash Brown Casserole

Serves 12
(For Special Occasions Only)

You’ll Need:

1 (2-lb.) pkg. frozen has brown potatoes, thawed
1½ c. light sour cream
2 (10¾-oz.) cans reduced fat, reduced sodium Cream of Chicken soup
1 c. (4 oz.) reduced-fat cheddar cheese
2 Tbsp. instant onions
½ tsp. black pepper
Non-stick cooking spray
1 c. crushed cheddar-flavored saltines
2 Tbsp. soft margarine, melted

Take Out:

Large mixing bowl
Measuring cups
Measuring spoon
Mixing spoon
Rubber spatula
2½-qt. casserole

1. Combine first 6 ingredients and place in a 2½-qt. baking dish that has been sprayed with non-stick cooking spray.

2. Sprinkle with crushed cheddar-flavored saltines.

3. Bake at 350° F. for one hour.

Calories: 203
Carbohydrate: 27 grams
Fat: 7 grams

Sodium: 417 mg.
Protein: 8 grams

Exchanges: 2 Starches, 1 Fat
## Jenny’s Green Beans

Serves 4

<table>
<thead>
<tr>
<th>You'll Need:</th>
<th>Take Out:</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup water</td>
<td>Small saucepan</td>
</tr>
<tr>
<td>¼ tsp. salt (optional)</td>
<td>Measuring spoons</td>
</tr>
<tr>
<td>2 cups fresh or frozen green beans</td>
<td>Liquid measuring cup</td>
</tr>
<tr>
<td>½ Tbsp. dried, minced onions</td>
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</tbody>
</table>

1. Bring water and salt (if desired) to boil in the saucepan.

2. Add the green beans and onions.

3. Bring to boil again; reduce heat and simmer 8-10 minutes. Serve.

---

Calories: 27  
Carbohydrate: 5 grams  
Fat: 0 gram  

Sodium: 142 mg.  
Protein: 1 gram  

Exchanges: 1 Vegetable
Lighter Mashed Potatoes

10 (½-cup) Servings

You'll Need:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ lbs. potatoes</td>
<td></td>
</tr>
<tr>
<td>1½ cups water</td>
<td></td>
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<tr>
<td>1½ tsp. salt</td>
<td></td>
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<tr>
<td>1 Tbsp. soft margarine</td>
<td></td>
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<tr>
<td>½ cup skim milk</td>
<td></td>
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<tr>
<td>½ tsp. black pepper</td>
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</tbody>
</table>

Take Out:

<table>
<thead>
<tr>
<th>Tool/Utensil</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Large, heavy-bottomed saucepan</td>
<td></td>
</tr>
<tr>
<td>Liquid measuring cup</td>
<td></td>
</tr>
<tr>
<td>Measuring spoons</td>
<td></td>
</tr>
<tr>
<td>Electric mixer or potato masher</td>
<td></td>
</tr>
</tbody>
</table>

1. Wash and peel potatoes. Wash again and cut into pieces no thicker than 1/2 inch. Put potato pieces and water into heavy-bottomed saucepan. Cover and bring to a boil; reduce heat to simmer. Simmer for about 15 minutes, or until potatoes are very tender. Add a little more water if necessary to keep potatoes from sticking. If you add too much water, you'll need to drain the potatoes before mashing (freeze the cooking liquid to use later in soup).

2. Remove from heat, add salt and margarine, and mash with electric mixer on low speed, or use a potato masher.

3. Heat the skim milk. Gradually beat the hot milk into the potatoes; continue beating until light and fluffy. Add black pepper, if desired. Serve immediately.

Calories: 66  Sodium: 338 mg.
Carbohydrate: 13 grams  Protein: 2 grams
Fat: 1 gram

Exchanges: 1 Starch
Lime Salad

Serves 6

You'll Need:  
1 (3-oz.) pkg. sugar-free lime gelatin  
1 c. boiling water  
1 c. low-fat cottage cheese  
1 c. or 8½-oz. can crushed pineapple, (juice pack)  
¼ c. chopped pecans (optional)

Take Out:  
Measuring cup  
Can opener  
Mixing bowl  
Mixing spoon  
Serving dish  
Plastic wrap

1. Dissolve gelatin in boiling water.

2. Add cottage cheese, pineapple and nuts; stir.

3. Pour into serving dish; cover with plastic wrap; refrigerate until firm.

Calories: 81  Sodium: 199 mg.  
Carbohydrate: 5 grams  Protein: 6 grams  
Fat: 4 grams

Exchanges: ½ Fruit; 1 lean Meat

Note: If you do not add nuts, nutritional analysis per serving is:

Calories: 61  Sodium: 211 mg.  
Carbohydrate: 8 grams  Protein: 6 grams  
Fat: .5 grams

Exchanges: ½ Fruit; 1 very lean Meat
## Marinated Tomatoes

Serves 6

### You'll Need:
- 6 medium tomatoes, sliced
- ¼ c. chopped cilantro (also known as coriander or Chinese parsley)
- 3 Tbsp. white wine vinegar
- ½ Tbsp. olive oil
- 1 garlic clove, minced
- ¼ tsp. light brown sugar
- ¼ tsp. Dijon mustard
- Freshly ground black pepper

### Take Out:
- Steak knife
- Measuring cups
- Measuring spoons
- Cutting board
- Small jar or container with lid
- Serving platter/container
- Plastic wrap

1. Wash, core, and slice tomatoes; arrange on serving platter.

2. Sprinkle tomatoes with chopped cilantro.

3. Combine remaining ingredients except pepper in small jar and shake well. Pour over tomatoes. Cover and chill a few hours.

4. Season with pepper just before serving.

---

Calories: 37  
Carbohydrate: 6 grams  
Fat: 2 grams  

Sodium: 12 mg.  
Protein: 1 gram

Exchanges: 1 Vegetable
Oven-Fried Potatoes

Serves 8

You’ll Need:  
2 lbs. peeled & cubed potatoes  
(about 6 medium potatoes)  
1 (1-oz.) envelope dry onion soup mix  
Non-stick cooking spray  

Take Out:  
Paring knife  
Cutting board  
Iron skillet with lid  

1. Peel, wash and cube potatoes.
2. Toss potatoes with onion soup mix.
3. Spray iron skillet with non-stick spray.
4. Pour potatoes in skillet; cover and bake 20-30 minutes at 375°F. Stir halfway through cooking time.

Notes:  
-if you do not have an iron skillet, use heavy aluminum foil.  
-if you are on a sodium-restricted diet, use half the onion soup mix (stirred) to cut sodium by almost half.

Calories: 100  
Carbohydrate: 22 grams  
Fat: 0 grams  
Sodium: 324 mg.  
Protein: 3 grams  
Exchanges: 1½ Starch
Raspberry Gelatin Salad

Serves 20

You'll Need:

2 (.3-oz.) pkgs. sugar-free raspberry gelatin
1 envelope unflavored gelatin
1 c. boiling water
3 packets saccharin and
   6 packets aspartame
1 (15¼-oz.) can crushed pineapple
   with juice
2 large ripe bananas, sliced
3 c. fresh or frozen unsweetened raspberries
1 c. light sour cream

Take Out:

Liquid measuring cup
Large mixing bowl
Large spoon
Rubber spatula
3-qt. casserole dish
Knife

1. Dissolve gelatin in boiling water.

2. Add artificial sweeteners, fruit and sour cream; stir to blend.

3. Pour mixture into 3-qt. oblong casserole dish.

4. Cover and refrigerate until firm.

5. Cut into 20 servings; serve each portion on lettuce leaves as a salad or on a dessert plate with a small dollop of whipped cream garnished with a raspberry and mint leaf as a dessert.

Calories: 49  Sodium: 28 mg.
Carbohydrate: 9 grams  Protein: 1 gram
Fat: 1 gram

Exchanges: ½ Fruit
Simply Delicious Spinach Salad

Serves 2

You'll Need:

- ¼ lb. fresh spinach (washed and torn into bite-size pieces, tough veins & stems removed)
- 2 tsp. canola oil
- 2 tsp. cider vinegar
- ½ tsp. black pepper
- 1 packet artificial sweetener
- Imitation bacon bits (optional)

Take Out:

- Colander
- Measuring spoons
- Dutch oven
- Large, slotted spoon

1. Wash spinach and tear into bite-size pieces; drain in colander. Spinach can be stored several hours or overnight in large container or plastic bag in refrigerator.

2. Put oil, vinegar, and pepper in Dutch oven; heat to sizzling; turn off heat; add spinach and artificial sweetener; toss to evenly distribute hot dressing on spinach. Serve immediately. Sprinkle with imitation bacon bits, if desired.

Calories: 53  Sodium: 45 milligram
Carbohydrate: 2 grams  Protein: 2 grams
Fat: 4 grams

Exchanges: 1 Fat
Spinach-Artichoke Casserole

Serves 8

You'll Need-

- 2 (10-oz.) pkgs. frozen chopped spinach
- ¼ c. dehydrated, chopped onions
- ½ c. commercial light sour cream
- ¼ c. grated Parmesan cheese
- ⅛ tsp. salt
- 1 tsp. white pepper
- Dash of red pepper sauce
- 2 (14-oz.) cans artichoke hearts, drained and halved
- Non-stick cooking spray
- 2 Tbs. grated Parmesan cheese

Take Out-

- Saucepan
- Colander
- Measuring cups
- Measuring spoons
- Can opener
- Mixing bowl
- Mixing spoon
- 8-inch square baking dish

1. Cook spinach according to package directions; drain well.

2. Add onion, sour cream, and next four ingredients, stirring well.

3. Place artichokes in a 8-inch square baking dish that has been sprayed with non-stick cooking spray. Spoon spinach mixture over artichokes. Sprinkle with 2 tablespoons Parmesan cheese. Bake at 350 degrees for 25 to 30 minutes.

Calories: 95  Sodium: 464 mg.
Carbohydrate: 10 grams  Protein: 7 grams
Fat: 2 grams  

Exchanges: 2 Vegetable
Sweet Potato Souffle

Serves 6

You'll Need:
3 packets artificial sweetener
2 large (1-lb.) baked sweet potatoes, peeled
1 (5-oz.) can evaporated skim milk
1 egg, plus 2 egg whites
½ tsp. vanilla
½ tsp. salt
Non-stick cooking spray

Take Out:
Measuring cups
Measuring spoons
Blender
Rubber spatula
Small mixing bowl
2-qt. casserole

Topping:
2 Tbsp. light margarine, melted
⅛ c. crushed bran flakes
2 Tbsp. dark brown sugar
¼ c. chopped pecans (optional)

1. Blend first five ingredients in blender until smooth and well blended. Pour into casserole dish that has been sprayed with non-stick cooking spray.
3. Bake at 350°F. for 30-40 minutes, or until bubbly and lightly browned on top.

With Nuts:
Calories: 194  Sodium: 337 mg.
Carbohydrate: 32  Protein: 6 grams
Fat: 5 grams
Exchanges: 2 Starch; 1/2 Fat

Without Nuts:
Calories: 164  Sodium: 337 mg.
Carbohydrate: 32  Protein: 6 grams
Fat: 2 grams
Exchanges: 2 Starch
Breakfast
Dishes
Buttermilk Pancakes

Yield: 12 Pancakes (4" diameter)

You’ll Need:                   Take Out:
1 egg                     Electric skillet
1 c. buttermilk       Mixing bowl
1 Tbsp. canola oil     Wire whisk
1 c. plain all-purpose flour Measuring cups
½ tsp. salt          Measuring spoons
½ tsp. soda           Large spoon
1 tsp. baking powder   Wide spatula
Non-stick cooking spray Flour shifter
Wax paper

1. Beat egg, buttermilk, and oil together.

2. Sift together flour, salt, soda, and baking powder onto wax paper.

3. Add dry ingredients to liquids; beat with wire whisk until all flour mixture is moistened.

4. Spray electric skillet, preheated to 360 degrees F., with non-stick cooking spray. (Heat is just right when a drop of water sizzles on it.) Pour batter by large spoonfuls leaving a little space between each pancake.

5. Turn pancakes as soon as they are puffed and full of bubbles, but before bubbles break. Turn and brown on other side.

6. Serve immediately with fresh fruit, frozen fruit that has been thawed, fruit spread, fruit sauce or sugar free syrup.

Nutritional analysis per pancake:
Calories: 62   Sodium: 198 mg.
Carbohydrate: 9 grams   Protein: 2 grams
Fat: 2 grams

Exchanges: ½ Starch
French Toast

3 (2-slice) Servings

**You'll Need:**
- 1 egg, plus 2 egg whites, beaten
- ½ c. skim milk
- ½ tsp. vanilla
- ⅛ tsp. ground cinnamon
- 6 slices bread (French or loaf bread)
- Non-stick cooking spray

**Take Out:**
- Electric skillet
- Wide spatula
- Measuring spoons
- Shallow bowl
- Fork
- Liquid measuring cup

1. Preheat electric skillet to 360° F.

2. Blend eggs, milk, vanilla and cinnamon in small, square casserole or shallow bowl. Dip bread into egg mixture, coating both sides. Place bread in preheated skillet that has been sprayed with non-stick cooking spray.

3. Turn to brown both sides.

4. Serve with fresh fruit, thawed frozen fruit, fruit spread or sugar free syrup.

---

**Using French bread:**
- Calories: 182
- Carbohydrate: 28 grams
- Fat: 3 grams
- Sodium: 368 mg.
- Protein: 9 grams

Exchanges: 2 Starches

**Using regular loaf bread:**
- Calories: 174
- Carbohydrate: 26 grams
- Fat: 4 grams
- Sodium: 328 mg.
- Protein: 9 grams

Exchanges: 2 Starches
Ham & Egg Muffins

Serves 4

You'll Need:

White Sauce:
1 cup skim milk
1 Tbsp. cornstarch
¼ tsp. salt
½ tsp. coarsely ground black pepper

2 English muffins, split
4 thin slices, fully cooked, 97% fat-free smoked ham (1.3 oz.)
2 eggs, plus 4 egg whites, slightly beaten to blend
½ tsp. salt
Non-stick cooking spray

Take Out:
Small saucepan
Measuring spoons
Measuring cups
Non-stick skillet
Toaster
Fork
Wire whisk
Flat spatula

1. Prepare white sauce in small saucepan: Dissolve cornstarch in milk; heat over medium heat, stirring constantly, until thickened; add salt and pepper, remove from heat and cover to keep warm.

2. Toast English muffins.

3. Cook ham in non-stick skillet over medium heat until brown on both sides (or heat in microwave).

4. Spray non-stick skillet with non-stick cooking spray. Heat over medium heat until drops of water bounce when sprinkled on skillet. Pour eggs and salt into skillet. As mixture begins to set at bottom and sides, gently lift portions with spatula so that the uncooked portion can flow underneath. Avoid constant stirring. Cook 2-4 minutes or until thickened throughout, but still moist.

5. Place slice of ham on each muffin half. Top with eggs. Spoon white sauce over eggs.

Calories: 153  Sodium: 488 mg.
Carbohydrate: 17 grams  Protein: 12 grams
Fat: 3 grams

Exchanges: 1 Starch; 1 Lean Meat
Hawaiian Bread

Serves 36 (2 loaves)

You'll Need:
- 3 cups all-purpose flour
- ¾ cup sugar
- 12 packets saccharin
- 1 tsp. soda
- 1 tsp. salt
- 1 tsp. cinnamon
- 1 cup pecans, chopped (optional)
- 1 egg, plus 4 egg whites
- 3 large bananas (1 lb. peeled)
- 1 Tbsp. pure vanilla
- 1 tsp. almond flavoring
- ½ cup canola oil
- 1 (8-oz.) can crushed pineapple (juice packed)
- Non-stick cooking spray

Take Out:
- Large mixing bowl
- Measuring cups
- Measuring spoons
- Flour sifter
- Blender
- Can opener
- Mixing spoon
- Rubber scraper
- Two 9x5x3-in. loaf pans
- Cooling rack(s)

1. Sift dry ingredients together into large mixing bowl; stir to evenly distribute.
2. Stir nuts into flour mixture; set aside.
3. Blend egg, egg whites, bananas, vanilla, almond flavoring and oil together in blender until well mixed and smooth.
4. Stir banana mixture and pineapple (juice included) together.
5. Stir moist ingredients into dry ingredients only until dry ingredients are moistened.
6. Pour batter into two 9x5x3-inch loaf pans that have been sprayed with non-stick cooking spray. Bake at 350°F for 50 minutes, or until tests done with toothpick.
7. Cool 10 minutes before removing from pans. Cool on cooling rack(s). Wrap tightly with plastic wrap or in plastic storage bag. Freezes well in an additional foil wrapping.

Note: This recipe has been substantially reduced in fat and sugar and will dry out much faster than regular high-fat, high-sugar fruit bread.

**Nutritional analysis per serving with nuts:**
- Calories: 118
- Carbohydrate: 16 grams
- Fat: 5 grams
- Exchanges: 1 Starch; 1 Fat

**Nutritional analysis per serving without nuts:**
- Calories: 99
- Carbohydrate: 16 grams
- Fat: 3 grams
- Exchanges: 1 Starch

Sodium: 102 mg.
Protein: 2 grams
Sodium: 99 mg.
Protein: 1 ½ grams
# Blueberry Sauce

3 Servings (¼ cup)

<table>
<thead>
<tr>
<th>You'll Need:</th>
<th>Take Out:</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup water</td>
<td>Small saucepan</td>
</tr>
<tr>
<td>2 tsp. cornstarch</td>
<td>Wooden spoon</td>
</tr>
<tr>
<td>1 cup fresh or thawed frozen blueberries</td>
<td>Measuring cups</td>
</tr>
<tr>
<td>3 packets artificial sweetener</td>
<td>Measuring spoons</td>
</tr>
<tr>
<td>½ tsp. lemon juice</td>
<td></td>
</tr>
</tbody>
</table>

1. In a small saucepan, dissolve cornstarch in water.

2. Add blueberries; cook and stir until thickened and bubbly. Cook and stir for 2 minutes more.

3. Remove from heat. Add sweetener and lemon juice, slightly crush the blueberries, and stir.

<table>
<thead>
<tr>
<th>Calories: 34</th>
<th>Sodium: 3 mg.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrate: 9 grams</td>
<td>Protein: 0 gram</td>
</tr>
<tr>
<td>Fat: 0 gram</td>
<td></td>
</tr>
</tbody>
</table>

Exchanges: ½ Fruit
Waffles

Yield: 10 (4½”) Square Waffles

You'll Need:

1 egg
1 cup buttermilk
2 Tbsp. canola oil
1 cup plain all-purpose flour
½ tsp. salt
½ tsp. soda
1 tsp. baking powder

Take Out:

Waffle iron
Mixing bowl
Wire whisk
Measuring cups
Measuring spoons
Large spoon
Fork

1. Heat waffle iron while mixing batter. If water bounces around before evaporating, iron is just right.

2. Beat egg well; add buttermilk and oil.


4. Add dry ingredients to liquids; beat with wire whisk until all flour mixture is moistened.

5. Pour from large spoon onto center of hot waffle iron. Close iron and bake until steaming stops. Lift carefully with fork.

6. Serve immediately with choice of fruit, fruit spread, fruit sauce or sugar free syrup.

Nutritional analysis per waffle:

Calories: 82  Sodium: 234 mg.
Carbohydrate: 11 grams  Protein: 2 grams
Fat: 3 grams

Exchanges: 1 Starch
Entrees
Beef Vegetable Soup

Serves 18 (Serving Size: 1½ Cup)

You'll Need:
1 lb. lean beef roast or round steak, trimmed of fat and bone, cut into ½-inch cubes
*Defatted broth from cooking roast or steak above
5 cups unseasoned liquid from cooked vegetables, such as potatoes for mashing, and liquid from canned vegetables. or, use 5 c. water
2 cups sliced celery
1 lb. carrots, peeled and sliced
1 lb. cabbage, chopped into ½ to ¾-inch pieces
(about 5½ cups)
¼ cup dried, minced onion
2 Tbs. dried parsley flakes
1 Tbs. Worcestershire sauce
3 cups potatoes cut into ½” cubes
1 (1-lb.) can green beans
1 (11-oz.) can yellow whole kernel corn, low sodium
1 (46-oz.) can reduced sodium V-8 Juice
1 (46-oz.) can no-salt-added tomato juice

Take Out:
Cutting board
Knife
Measuring cups
Measuring spoons
Baking dish for cooking roast/steak
Large Dutch oven or stockpot
Vegetable peeler
Paring knife
Can opener

1. Wrap roast or round steak, that has been trimmed of outside visible fat, in foil and place in baking dish or pan. Cook in 400 degree oven until done. Drain liquid into container, cover, and refrigerate overnight. Wrap cooked meat in plastic wrap; refrigerate overnight.
2. The next day, remove solidified fat from top of meat broth. Trim fat and bone from meat. Cut meat into ½ inch cubes.
3. Heat 5 cups unseasoned liquid in large Dutch oven or cooking pot. Add defatted meat broth and cubes of meat.
4. Wash cutting board and knife.
5. Wash and prepare vegetables using clean cutting board and knife.
6. Prepare and add vegetables and seasonings in order given above. Simmer until vegetables are tender.
7. Add V-8 and tomato juice; heat through and serve.
8. To store leftovers, pour in shallow containers (or tall thin containers) to cool in the refrigerator where air can circulate around the sides of each container for quick cooling. You can also add a few ice cubes to each container.

QUICK COOLING IS VERY IMPORTANT FOR FOOD SAFETY.

If you plan to freeze some of the soup, do not add the potatoes until you reheat the soup. When the
potatoes are frozen in the soup, they take on a crumbly, chalky texture. It only takes a few minutes to cook cubed potatoes; so it's worth the extra trouble.

<table>
<thead>
<tr>
<th>Calories: 145</th>
<th>Sodium: 266</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrate: 22</td>
<td>Protein: 7</td>
</tr>
<tr>
<td>Fat: 3 grams</td>
<td></td>
</tr>
</tbody>
</table>

Exchanges: 1 Vegetable; 1 Starch; 1 Very Lean Meat
Beef-Vegetable Stew

8 (1-cup) Servings

**You'll Need:**
- 1 lb. round steak, bone & visible fat removed, cut into cubes
- 1 cup water
- ¼ tsp. salt (optional)
- ¼ tsp. black pepper
- 1 lb. carrots (4 large), sliced
- ½ lb. celery (2 cups), sliced
- 1 lb. potatoes (4 medium), peeled and cut into ¾-inch cubes
- 1 Tbs. dried onion flakes
- ¼ tsp. salt (optional)
- 1 c. water
- ½ c. water (optional)
- 1 Tbs. cornstarch (optional)

**Take Out:**
- Cutting board
- Knives
- Vegetable peeler
- Kitchen scales (optional)
- Measuring cups
- Measuring spoons
- Pressure sauce pan

1. Trim steak of visible fat and bone; cut into cubes. Put steak pieces, 1 cup water, ¼ tsp. salt and ¼ tsp. black pepper into pressure sauce pan. Pressure at 10 lbs. pressure for 7 minutes. Note: If you do not have a pressure sauce pan, cook in a small Dutch oven until tender, adding water as needed since the timing will be much longer.

2. Prepare vegetables. Add vegetables, onion flakes, additional ¼ tsp. salt and 1 cup water to meat in pressure sauce pan. Pressure at 10 lbs. pressure for three minutes.

3. With large slotted spoon lift meat and vegetables from pressure saucepan and set aside in large bowl.

4. Dissolve cornstarch in ½ cup water; add to liquid remaining in saucepan. Cook over medium heat, stirring constantly until mixture bubbles and becomes thick and translucent.

5. Garnish with fresh celery leaves and serve.

---

Calories: 187       Sodium: 210 mg.
Carbohydrate: 17 grams  Protein: 20 grams
Fat: 4.5 grams

Exchanges: 1 Starch; 2 Very Lean Meat
Broiled Catfish Fillets

Serves 2

You'll Need:  
2 catfish fillets (¼ lb.)  
Non-stick cooking spray  
½ tsp. salt  
½ tsp. lemon pepper

Take Out:  
Spatula  
Broiler pan  
Tongs

1. Spray broiler pan and both sides of fish with non-stick cooking spray. Place fish on broiler pan with skin side up.

2. Broil about 7-8 inches from broiler unit or flames for about 5-7 minutes per side, or until fish is opaque when flaked.

3. Season top of fish with salt and lemon pepper. Serve immediately.

Note: For a sodium restriction, use a lemon flavored commercial herb mixture instead of the salt and lemon pepper.

Calories: 229  
Sodium: 938 mg.

Carbohydrate: 0  
Protein: 26 grams

Fat: 13 grams

Exchanges: 4 Lean Meats
Cheese Pizza

Serves 4

You'll Need:

1 c. white bread flour
⅔ to 1 c. whole wheat flour
¼ tsp. salt
1 tsp. sugar
1 pkg. quick-rise yeast
⅔ c. hot water (125-130°F.)
1 Tbs. olive oil (for coating dough and pan)

Take Out:

Large mixing bowl
Small mixing bowl
Measuring cups
Measuring spoons
Mixing spoon
Thermometer
Clean surface for kneading
12-inch pizza pan
Fork or wire whisk

1. Sift together white bread flour, salt and sugar into large bowl. Blend yeast with flour mixture. Add hot water; stir to form dough.
2. Add enough whole wheat flour to make a dough that sticks together in a soft, rather flat, ball form.
3. Sprinkle half of the remaining whole wheat flour on the kneading surface; turn out dough onto floured surface; knead to form stiff dough, adding as much of the remaining flour as needed to make dough smooth and elastic. Knead about 5 minutes.
4. Coat inside of small mixing bowl with ½ tablespoon olive oil. Place dough in bowl, turning to coat completely with oil. Cover; allow to rise at room temperature until dough has doubled in bulk, about 10-15 minutes.
5. Oil 12-inch pizza pan with 1 tsp. oil.
6. Turn dough onto oiled pan; use remaining ½ tsp. oil to oil hands; spread dough with oiled hands to edges of pizza pan using patting motions with fingers.

Sauce:

1 8-oz. can low-sodium tomato sauce
⅛ tsp. garlic powder
⅛ tsp. oregano
⅛ tsp. basil
⅛ tsp. black pepper
(or, use 1 tsp. Italian seasoning in place of garlic powder, oregano, basil, and black pepper)

Combine sauce and seasonings, blend well with a fork or whisk. Let stand for 5-10 minutes to allow flavors to blend. Spread sauce over the dough, leaving about a ¾-inch rim of crust.
Topping:
1 c. shredded part skim mozzarella cheese

Sprinkle cheese over top of pizza. Bake in a pre-heated 400 degree F. oven for 20-25 minutes or until crust is golden brown. Slice and serve hot. Serve with a big salad.

<table>
<thead>
<tr>
<th>Calories: 337</th>
<th>Sodium: 384 mg.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrate: 48 grams</td>
<td>Protein: 16 grams</td>
</tr>
<tr>
<td>Fat: 9 grams</td>
<td></td>
</tr>
</tbody>
</table>

Exchanges: 3 Starches, 1 Medium Fat Meat

Note: Vegetables such as onions, peppers, mushrooms, and broccoli can be added to this pizza without much change in calories, fat, or carbohydrates. For example, if you add ½ cup of each of the above vegetables, here are the new nutritional values:

<table>
<thead>
<tr>
<th>Calories: 358</th>
<th>Sodium: 388 mg.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrate: 52 grams</td>
<td>Protein: 17 grams</td>
</tr>
<tr>
<td>Fat: 9 grams</td>
<td></td>
</tr>
</tbody>
</table>

Exchanges: 1 Vegetable; 3 Starches; 1 Medium Fat Meat

**Note:** Using non-stick cooking spray instead of the olive oil will reduce the fat. However, it will also change the flavor somewhat.
Chicken & Rice w/Vegetables

Serves 6
(A skillet meal)

You'll Need:

1 Tbs. vegetable oil
1 medium. sweet onion, chopped (1 cup)
2 cloves garlic, minced
1 lb. chicken breast meat, cut into ½-inch cross-grain slices
1 green bell pepper, chopped (¼ cup)*
2 medium (1 lb.) zucchini, sliced*
2 medium tomatoes, chopped (2 cups)
1 cup brown rice
2 (10.5 oz.) cans low-sodium chicken broth
¾ tsp. salt (optional)
1 tsp. freshly ground black pepper
4 Tbs. snipped, fresh parsley that has been washed in a solution of ½ tbsp. chlorine bleach and ½ gallon water

Take Out:

Electric or large heavy-bottomed skillet
Measuring cups
Measuring spoons
Cutting board(s)
Knives
Kitchen shears to snip
parsley
Wide spatula or large spoon to stir

1. Coat the bottom of an electric or large, heavy-bottomed skillet with the vegetable oil.
2. Add the onion, garlic, and chicken to the skillet. Cook over medium-low heat, stirring occasionally, until chicken is cooked lightly on all sides.
3. Add bell pepper, zucchini, tomatoes, rice, chicken broth and salt. Bring the broth to a boil, then adjust heat to maintain a slow simmer. Simmer until the rice is tender, about 45 minutes.
4. Stir in pepper and parsley and serve.

* If you do not like bell peppers and zucchini, substitute 1 lb. chopped broccoli. Best if broccoli is added about 5-10 minutes before the end of the cooking time.

Calories: 290  Sodium: 349 mg.
Carbohydrate: 32 grams  Protein: 28 grams
Fat: 5 grams

Exchanges: 2 Starches; 3 Very Lean Meats
Serves 4

You'll Need:

2 cube steaks (about 12 ounces)
½ cup flour
1 Tbs. garlic-herb seasoning mix
Non-stick cooking spray

Take Out:

Iron skillet & lid
Spatula
Dish to "flour" steaks

1. Cut each cube steak in half.

2. Lightly flour each piece of steak in flour mixed with garlic-herb seasoning mix.

3. Spray iron skillet with non-stick cooking spray.

4. Place meat in skillet; cover with iron lid.


Calories: 170
Carbohydrate: 3 grams
Fat: 6 grams

Sodium: 62 mg.
Protein: 26 grams

Exchanges: 4 Lean Meats
Curried Vegetable/Bean Soup

Serves 6

You'll need:

1 Tbs. olive oil
½ cup chopped onion, or 2 T. dried onions
2 cloves garlic, chopped
2 cups diced celery
2 cups sliced carrots
1 jalapeno pepper, seeds & stems removed, chopped (about ½ cup)
5 cup water
1 cup dried 15-bean soup mixture, washed & sorted
1 tsp. ground coriander
1 tsp. turmeric
½ tsp. ground cumin
½ tsp. hot sauce
1 tsp. Hungarian paprika
¼ tsp. ground ginger
1 Tbs. soy sauce
¼ c. chopped cilantro, for garnish

Take out:

Dutch oven
Cutting board
French knife
Vegetable peeler
Spatula
Stirring spoon

1. Heat olive oil in Dutch oven. Add the onions and garlic; saute for a minute.

2. Add celery, carrots, and pepper; saute for another minute.

3. Add water, beans, and all of the remaining ingredients (except the cilantro) and bring to a boil. Stir the mixture and lower the heat, cover, and simmer for about 1 1/4 hours or until beans are soft but not mushy.

4. Remove from heat, spoon into bowls, and garnish with the cilantro.

Calories: 181    Sodium: 272
Carbohydrate: 32 grams   Protein: 8 grams
Fat: 3 grams
Exchanges: 2 Starches
**Healthier Swiss Steak**

Serves 6

**You'll Need:**

1 lb. round steak, trimmed of all visible fat and bone  
¼ tsp. black pepper  
1 (15-oz.) can tomato sauce  
2 Tbs. instant onion flakes  
1½ cups sliced celery  
1 (4-oz.) can sliced mushrooms & liquid  
1 Tbs. dried parsley flakes

**Take Out:**

2-quart glass baking dish  
Cutting board  
Sharp knives  
Can opener  
Measuring cups  
Measuring spoons  
Rubber spatula  
Colander

1. Trim all visible fat and bone from steak. Cut into serving pieces.

2. Sprinkle pepper over steak.

3. Place steak in bottom of a 2-quart glass baking dish.

4. Pour tomato sauce over steak. Cover steak and tomato sauce with plastic wrap and marinate in refrigerator overnight. Note: If you are in a hurry, you can: 1) cook steak longer without overnight marinating; or, 2) sprinkle steak with meat tenderizer and beat with mallet to tenderize.

5. Sprinkle onion flakes over steak; top with layer of sliced celery; spoon mushrooms and mushroom liquid over all; evenly distribute parsley flakes on top.

6. Cover baking dish with foil (shiny side down) and bake at 350° F. for 1½ hours, or until steak is tender.

7. Serve over lightly buttered noodles.

**Nutritional Information:**

Calories: 126  
Sodium: 613 mg.  
Carbohydrate: 8 grams  
Protein: 19 grams  
Fat: 2 grams  
Exchanges: 2 Very Lean Meats; 1 Vegetable
Lightly Buttered Noodles

Serves 6

You’ll Need:
2½ cups dry egg noodles
2 tsp. butter

Take Out:
Dutch oven or large pot
Colander

1. Cook noodles in large amount of boiling water 12 minutes.
2. Drain cooked noodles in colander.
3. Return drained noodles to cooking pan and toss with butter.
4. Put buttered noodles on serving platter.

Calories: 72
Carbohydrate: 11 grams
Fat: 2 grams

Sodium: 16 mg.
Protein: 2 grams

Exchanges: 1 Starch
**Italian Chicken**

Serves 6

**You'll Need:**
- 6 half-chicken breasts, skinned & boned (1½ lbs. total)
- 1 (14½ oz.) can stewed tomatoes w/peppers, onions, & celery
- 1 Tbs. cornstarch
- ½ tsp. basil
- ½ tsp. oregano
- ¼ tsp. garlic powder
- ⅛ tsp. hot sauce
- 2 Tbs. grated Parmesan cheese

**Take Out:**
- 1½-2 qt. baking dish
- Saucepan
- Can opener
- Measuring spoons
- Aluminum foil
- Wooden spoon

1. Place chicken in casserole dish; cover and bake 15-20 minutes in preheated 425°F oven, or until juices run clear and meat is no longer pink in thickest portions; drain.

2. Combine tomatoes, cornstarch, basil, oregano, garlic powder, and hot sauce in saucepan; cook, stirring constantly until sauce is thickened. Pour heated sauce over chicken; top with cheese.


**Nutritional Information:**
- Calories: 198
- Carbohydrate: 6 grams
- Fat: 3 grams
- Sodium: 184mg.
- Protein: 34 grams

Exchanges: 1 Vegetable; 4 Very Lean Meats
Lemon Chicken

Serves 6

You’ll Need:  
6 chicken breast halves, cooked, boneless, skinless (1½ lbs.)  
Juice of 1 lemon, or 2 Tbs. lemon juice  
1 c. light sour cream  
1 (10¾-oz.) can low fat, reduced sodium Cream of Mushroom soup  
10-15 cheddar-flavored saltines, crushed  
Poppy seeds to taste  
Parsley and lemon slices for garnish

Take Out:  
1½-2-quart casserole  
Juicer  
Measuring spoons  
Waxed paper or plastic bag  
Rolling pin  
Can opener

1. Place chicken breast pieces in an oblong casserole dish. Sprinkle lemon juice over chicken.

2. Mix sour cream and soup; spread mixture over chicken.

3. Sprinkle crushed crackers on top; sprinkle poppy seeds over crackers crumbs.

4. Heat in moderate oven (325-350°F.) until brown and bubbly (about ½ hour).

5. Garnish with fresh parsley and lemon slices.

Calories: 283  
Sodium: 374 mg.

Carbohydrate: 13 grams  
Protein: 23 grams

Fat: 14 grams

Exchanges: 1 Starch; 3 Medium Fat Meats
You’ll Need:

- 8 oz. spiral noodles
- 2 (15-oz.) cans garbanzo beans, drained (any kind of bean will work)
- 1 lb. broccoli, chopped
- 4 carrots (¼ lb.), peeled & sliced
- 1 pint cherry tomatoes (¾ lb.), or
- 2 cups chopped, large tomatoes

Take Out:

- Measuring cups
- Measuring spoons
- Dutch oven or large stock pot
- Cutting board
- Knives
- Carrot peeler
- Colander
- Large mixing/storage bowl

Dressing

- ¼ cup olive oil (other vegetable oils can also be used)
- ½ c. lemon juice (wine or cider vinegar can also be used)
- 2 cloves garlic, crushed or minced
- 2 Tbs. chopped chives
- 1 tsp. basil
- ½ tsp. dill weed

1. Cook noodles according to package directions.

2. Mix noodles with beans, broccoli, carrots and tomatoes.

3. In a jar, combine all dressing ingredients. Shake well and toss with noodle mixture. Cover and refrigerate until ready to serve.

Calories: 345  
Sodium: 324 mg.
Carbohydrate: 52 grams  
Protein: 11.5 grams
Fat: 11.5 grams

Exchanges: 1 Vegetable; 3 Starches; 2 Fats
Poncho Villa Omelet

Serves 2

You’ll Need:      Take Out:
½ Tbs. margarine    Omelet pan
1 egg, plus 4 egg whites  Spatula
3 Tbs. water        Measuring spoons
2 Tbs. low-fat cream cheese, softened  Wire whisk or fork
½ cup (4-oz. can) chopped green chilies

1. Melt margarine in omelet pan.

2. Whisk the eggs and water together briskly; pour mixture over hot, sizzling margarine. Turn the heat down to medium-low; using spatula, push egg mixture in one direction allowing the uncooked egg to run onto skillet surface.

3. When egg is cooked, dot or spread cream cheese over upper half of omelet. Then cover same half with green chilies. With wide spatula, carefully lift and fold other half over the green chilies side of omelet.

4. Cut the omelet in half; serve immediately.

Note: This is great served with the El Rancho Potatoes (recipe found in the side dish section).

Calories: 146  Sodium: 263 mg.
Carbohydrate: 5 grams  Protein: 12 grams
Fat: 8 grams

Exchanges: 1 Vegetable; 1 High Fat Meat
Pork Tenderloin & Milk Gravy

Serves 6

**You’ll Need:**

1 1/4 lb. pork tenderloin, trimmed of visible fat (6 pcs.)
1 Tbs. canola oil
1/2 tsp. salt
1/8 tsp. pepper
1 1/2 Tbs. all-purpose flour
...
1 1/2 Tbs. cornstarch
1 1/2 c. skim milk
1/4 tsp. salt

**Take Out:**

Electric skillet
Dish for “flouring”
Spatula
Measuring spoons
Measuring cup

1. Coat frying pan with 1 Tbs. oil; pre-heat to 360°.

2. Salt, pepper and flour tenderloins.


4. Turn heat down to simmer and cook tenderloins until done--inside centers are a grayish color.

5. Remove tenderloins from skillet.

6. Dissolve cornstarch in a little water; add to milk; add 1/4 t. salt; heat in skillet (where tenderloins were cooked) on medium heat using spatula to loosen browned flour from bottom of skillet until bubbly and thickened.

Serving size/person: 1 tenderloin + 1/4 c. gravy.

Calories: 195  
Sodium: 257 mg.
Carbohydrate: 6.5 grams  
Protein: 26 grams
Fat: 6 grams

Exchanges: 4 Very Lean Meat; 1/2 Starch
Quick Chili

6 (1-cup) Servings

You’ll Need:
- Non-stick cooking spray
- 1 lb. very lean ground beef
- 1 (16-oz.) can chili hot beans
- 1 Tbs. instant onions
- 2 (16-oz.) no-salt-added tomato sauce
- 1 Tbs. Hot chili powder (optional)
  (adjust amount to taste)

Take Out:
- Large stirring spoon
- Large heavy saucepan
- Colander
- Measuring spoon

1. Spray saucepan with non-stick cooking spray; brown ground beef.

2. Turn browned ground beef into colander; rinse with hot water. Also rinse saucepan with hot water. Return rinsed ground beef to rinsed saucepan.

3. Add beans, onions, tomato sauce, and chili powder to ground beef; heat until mixture bubbles. Serve.

Calories: 289  
Sodium: 255 mg.
Carbohydrate: 29 grams  
Protein: 18 grams
Fat: 11 grams

Exchanges: 2 Starches; 3 Very Lean Meats
Shrimp Pasta Salad

Serves 5
(7 cups total)

You’ll Need:
1 c. (3½ oz.) small shell pasta
½ c. plain nonfat yogurt
1½ Tbs. salt-free herb seasoning
¾ c. chopped celery (2 stalks)
½ c. sliced green onion
2 (7-oz.) cans tiny shrimp, drained
or 2 c. fresh boiled shrimp, chopped
1½ c. coarsely-chopped tomatoes
(about 2 medium)

Take Out:
Large saucepan
Colander
Measuring cups
Measuring spoons
Cutting board
Knives

1. Cook pasta according to package directions. Drain; cool.

2. Stir together yogurt and herb seasoning in mixing bowl.

3. Add pasta, celery and green onion; mix well. Chill at least two hours.


Calories: 160   Sodium: 170 mg.
Carbohydrate: 20 grams  Protein: 16 grams
Fat: 1 gram

Exchanges: 1 Vegetable; 1 Starch; 2 Very Lean Meats
Smothered Chicken & Rice

Serves 12

You’ll Need:
2 ¼ lbs. chicken breast fillets (fat removed)
⅛ tsp. black pepper
1 (10 ¾-oz.) can reduced fat, reduced sodium Cream of Chicken soup
½ c. (4-oz.) canned slice or broken mushroom pieces & liquid
½ c. water
2 Tbs. parsley flakes
1 tsp. lemon juice
1 Tbs. low-sodium soy sauce
1 ½ Tbs. cornstarch
¼ c. cold water

Take Out:
Large baking dish or 9x13" pan
Measuring spoons
Mixing bowl
Mixing spoon
Foil
Large saucepan
Wooden spoon

1. Cut chicken breast fillets into bite-size pieces. Season with pepper and place in large baking dish or pan.
2. Combine remaining ingredients and pour over chicken; cover baking dish/pan with foil.
3. Bake at 350°F. Until tender--about 1 ½ hours.
4. Remove foil; drain gravy; return chicken to oven for a few minutes.
5. Thicken gravy by adding a little cornstarch (about 1 ½ T.) Dissolved in a little water.

Unseasoned Rice:
2 c. Water
1 c. Rice

Bring water to a boil; add rice; cover and reduce heat to simmer; cook 15 minutes.

Calories: 200    Sodium: 223 mg.
Carbohydrate: 17 grams    Protein: 18 grams
Fat: 7 grams
Exchanges: 2 Lean Meat; 1 Starch
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