APPETIZERS

Baked Tortillas

Bean Dip

Super Veggie Wrap

Back to Main Menu
Baked Tortillas
6 corn tortillas

Cut each tortilla into 6 pie-shaped pieces. Place tortillas on a cookie sheet. Spread out. Bake at 400 degrees for 10 minutes. Remove from oven and turn each one over and return to oven for 3 to 4 minutes more. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 67
Carbohydrate: 14 grams
Protein: 2 grams
Fat: 1 gram
Saturated Fat: trace
Cholesterol: 0 mg
Fiber: 2 grams
Sodium: 48 mg
Potassium: 46 mg
Calcium: 53 mg
Exchanges: 1 starch

End of Recipe - Return to Table of Contents
Bean Dip

4 cups cooked pinto beans  1/2 teaspoon cumin
1/4 cup chopped onion    1/8 teaspoon oregano
1/2 teaspoon garlic powder  1/4 teaspoon salt

Mash or blend pinto beans. Mix the remaining ingredients into beans. Refrigerate and serve. You may want to use carrot or celery sticks to scoop the bean dip. One serving is 1/4 cup.

**Nutritional Information (1 serving):**

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Beverages

Blueberry Smoothie
Champagne Imposter
Cinnamon Cafe Au Lait
Cranberry Punch
Cran-Raspberry Tea
Hot Cocoa
Hot Spiced Tomato Juice
Lime Cooler
Pineapple Julius
Simmered Cider
Special Tea
Tropical Blueberry Smoothie

Back to Main Menu
Blueberry Smoothie

1/2 cup chilled skim milk     1/2 teaspoon vanilla
1 packet of artificial sweetener 1 cup blueberries

Put first three ingredients into a blender. Add blueberries a few at a time and whirl after each addition until thick and creamy. Makes one serving.

To make it "frosty" use frozen blueberries.

**Nutritional Information (1 serving):**

- Calories: 189
- Carbohydrates: 35 grams
- Protein: 12 grams
- Fat: 1 gram
- Saturated fat: trace
- Cholesterol: 5 mg
- Fiber: 4 gram
- Sodium: 156 mg
- Potassium: 553 mg
- Calcium: 379 mg
- Exchanges: 1 1/2 fruit, 1 skim milk

End of Recipe - Return to Table of Contents
Champagne Imposter

1/3 cup chilled, unsweetened apple juice 1/4 teaspoon lemon juice
1/3 cup club soda

Add all ingredients together. Pour into a chilled champagne or wine glass. Serve immediately. Makes 1 serving.

Nutritional Information (1 serving):

Calories: 38  Fiber: trace
Carbohydrate: 10 grams  Sodium: 22 mg
Protein: trace  Potassium: 103 mg
Fat: trace  Calcium: 9 mg
Saturated Fat: trace  Exchanges: 1/2 fruit
Cholesterol: 0 mg

End of Recipe - Return to Table of Contents
Cinnamon Cafe Au Lait

1 cup skim milk
2 teaspoons cocoa powder
1 packet artificial sweetener

Heat milk in a saucepan over low heat until very warm. Stir in hot coffee. Sprinkle with cinnamon, and serve immediately. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 34
Carbohydrate: 5 grams
Protein: 3 grams
Fat: trace
Saturated Fat: trace
Cholesterol: 2 mg
Fiber: trace
Sodium: 49 mg
Potassium: 202 mg
Calcium: 116 mg
Exchanges: 1/2 skim milk

End of Recipe - Return to Table of Contents
Cranberry Punch

1 quart low calorie cranberry juice
1 quart sugar-free ginger ale

Mix together shortly before serving. Makes 16 1-cup servings.

**Nutritional Information (1 serving):**

- Calories: 15
- Carbohydrate: 4 grams
- Protein: 0
- Fat: 0
- Saturated Fat: 0
- Cholesterol: 0 mg
- Fiber: 0
- Sodium: 15 mg
- Potassium: 19 mg
- Calcium: 10 mg
- Exchanges: 1 serving is free

**End of Recipe - Return to Table of Contents**
Cran-Raspberry Tea

2 raspberry tea bags
1 1/2 cups boiling water
1 cup low-calorie cranberry juice cocktail

Pour boiling water over tea bags, steep for 5 minutes. Remove and discard tea bags, let cool. Stir in cranberry juice. Serve over ice. Makes 2 servings

Nutritional Information (1 serving):

Calories: 25          Fiber: trace
Carbohydrates: 6 grams Sodium: 11 mg
Protein: 0            Potassium: 115 mg
Fat: 0                Calcium: 11 mg
Saturated fat: 0      Exchanges: 1/2 fruit
Cholesterol: 0

End of Recipe - Return to Table of Contents
Hot Cocoa

1 cup skim milk
2 teaspoons cocoa powder
1 packet artificial sweetener

Heat skim milk. Stir in cocoa and artificial sweetener. Makes one serving.

**Nutritional Information (1 serving):**

- Calories: 101
- Carbohydrate: 14 grams
- Protein: 11 gram
- Fat: 1 gram
- Saturated Fat: 1 gram
- Cholesterol: 4 mg
- Fiber: 1 gram
- Sodium: 127 mg
- Potassium: 462 mg
- Calcium: 306 mg
- Exchanges: 1 skim milk

*End of Recipe - Return to Table of Contents*
Hot Spiced Tomato Juice

1 46-ounce can low-sodium tomato juice
2 teaspoons Worcestershire sauce
1/4 teaspoon garlic powder
1/4 teaspoon sweet basil
1/4 teaspoon oregano
3 drops Tabasco sauce

Put all ingredients in a large saucepan. Bring to a boil over low heat. Pour the hot juice into mugs. Makes 12 1/2-cup servings.

Nutritional Information (1 serving):

Calories: 20
Carbohydrate: 5 grams
Protein: 1 gram
Fat: 0
Saturated Fat: 0
Cholesterol: 0
Fiber: 1 gram
Sodium: 21 mg
Potassium: 249 mg
Calcium: 12 mg
Exchanges: 1 serving is free

End of Recipe - Return to Table of Contents
Lime Cooler

2 cans (6-oz) frozen limeade
4 cups water
1/2 cup lemon juice

6 cups chilled club soda
1 cup pineapple, sliced


Nutritional Information (1 serving):

Calories: 37  
Carbohydrate: 10 grams  
Protein: trace  
Fat: trace  
Saturated Fat: 0  
Cholesterol: 0 mg  
Fiber: trace  
Sodium: 18 mg  
Potassium: 27 mg  
Calcium: 7 mg  
Exchanges: 1/2 fruit

End of Recipe - Return to Table of Contents
Pineapple Julius

2 cups pineapple juice 1 teaspoon vanilla
2/3 cup nonfat dry milk 5 or 6 ice cubes, crushed


Nutritional Information (1 serving):

Calories: 113 Fiber: 0
Carbohydrates: 23 grams Sodium: 63 mg
Protein: 4 grams Potassium: 360 mg
Fat: trace Calcium: 160 mg
Saturated fat: trace Exchanges: 1 fruit, 1/2 cup skim milk
Cholesterol: 2 mg

End of Recipe - Return to Table of Contents
Simmered Cider

2 quarts unsweetened apple cider 1/2 teaspoon whole cloves
sliver of lemon peel 1 stick cinnamon
1/2 teaspoon whole allspice

Heat all ingredients in a saucepan and let simmer for 10 minutes, or simmer in a crock pot. Strain and serve. Makes 16 servings.

Nutritional Information (1 serving):

Calories: 54 Fiber: trace
Carbohydrate: 13 grams Sodium: 4 mg
Protein: 0 grams Potassium: 137 mg
Fat: 0 grams Calcium: 9 mg
Saturated Fat: 0 grams Exchanges: 1 fruit
Cholesterol: 0 mg

End of Recipe - Return to Table of Contents
Special Tea

4 cups water  
2 whole cloves  
dash of nutmeg  
3 or 4 tea bags  
1 cinnamon stick  
1/2 teaspoon allspice  
1 long strip lemon peel  
1 long strip orange peel

In a saucepan, combine all ingredients except tea bags. Simmer for 5 minutes. Add tea bags. Let steep to taste. Strain and serve. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 4  
Carbohydrates: 1 gram  
Protein: 0  
Fat: 0  
Saturated fat: 0  
Cholesterol: 0

Fiber: 0  
Sodium: 7 mg  
Potassium: 92 mg  
Calcium: 2 mg  
Exchanges: Free

End of Recipe - Return to Table of Contents
Tropical Blueberry Smoothie

1 can (8 oz) crushed pineapple, drained
1 ripe banana, sliced
1 C milk
1 C fresh or frozen blueberries


Nutritional Information (1 serving):

- Calories: 139
- Protein: 4 grams
- Carbohydrate: 29 grams
- Fat: 2 grams

End of Recipe - Return to Table of Contents
Poultry, Fish & Main Dishes

Burgundy

Chicken Cilantro

Chicken & Vegetable Pasta
with Orange-Basil Sauce

Chicken Enchiladas

Fruity Ham Slices

Grape & Pasta Sauté

Grilled Chicken Salad with Raspberry Vinaigrette

Grilled Lemon Chicken

Indian Broiled Chicken

Lemon Baked Shrimp

Marinated Steak

Oven Fried Chicken

Rice Meat Balls
Scallop, Spinach & Tomato Sauté

Sloppy Joes

Spicy Red Snapper

Swedish Cabbage Rolls

Sweet & Sour Chicken

Turkey Stroganoff

Vegetable Linguine

Vegetable Lasagna

Return to Main Menu
Beef Burgundy

1 pound lean beef, cubed | 1 tablespoon parsley
1/4 cup flour | 1/2 cup dry red wine
1/8 teaspoon pepper | 1 cup water
2 tablespoons cooking oil | 2 cups chopped fresh tomatoes
1/2 cup chopped onion | 2 cups diced raw carrots
1 clove garlic | 2 cups sliced raw mushrooms
1/4 teaspoon thyme | 3 cups diced potatoes
1/4 teaspoon basil | 1/8 teaspoon rosemary
1/4 teaspoon oregano | 1/2 cup dry red wine
1/8 teaspoon rosemary | 1 cup water

Coat beef with flour and pepper. Brown meat in oil. Add onion and garlic, then cook until tender. Pour off fat. Add all spices, wine and water. Cover and simmer for 30 minutes, stirring occasionally, adding more water if necessary. Add tomatoes, carrots, mushrooms, and potatoes, simmer 1 more hour. Makes 8 servings

Nutritional Information (1 serving):

Calories: 197  Fiber: 3 grams
Carbohydrates: 19 grams  Sodium: 43 mg
Protein: 15 grams  Potassium: 635 mg
Fat: 6 grams  Calcium: 25 mg
Saturated fat: 2 grams  Exchanges: 1 vegetable, 1
Cholesterol: 38 mg  1/2 lean meat, 1 starch
End of Recipe - Return to Table of Contents
Chicken Cilantro

1 small onion, chopped 1/8 teaspoon salt
1 clove garlic, finely 1/4 teaspoon black pepper, chopped if desired
chopped
1 tablespoon margarine 2 tablespoon cilantro, snipped
4 small chicken breasts, boned, skinned, cut into pieces (4 oz. each)

In a skillet cook onions and garlic in margarine until onion is tender. Add chicken, salt, and pepper. Cook and stir over medium-high heat about 5-10 minutes. Stir in cilantro. Garnish with a lemon wedge if desired. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 180
Carbohydrates: 3 grams
Protein: 27 grams
Fat: 6 grams
Saturated fat: 1 gram
Cholesterol: 73 mg
Fiber: 1 gram
Sodium: 159 mg
Potassium: 272 mg
Calcium: 22 mg
Exchanges: 3 1/2 lean meat, 1 vegetable
Chicken Enchiladas

1/2 cup chopped onion
1 teaspoon cooking oil
4 ounces reduced-fat cream cheese
1 tablespoon water
1 teaspoon ground cumin
1/8 teaspoon black pepper
1/8 teaspoon salt
4 cups chopped, cooked, skinless, chicken breast

12 8-inch tortillas
1 10 3/4 oz. can reduced fat, reduced sodium condensed cream of chicken soup
8 ounces low-fat sour cream
1 cup skim milk
1 4 ounce can chopped green chilies
1/2 cup shredded cheddar cheese

In a small skillet sauté onion in oil. In a mixing bowl stir together cream cheese, water, cumin, black pepper and salt. Stir in cooked onion and chicken into cream cheese mixture. Wrap tortillas in foil and heat in a 350 degree oven for 10 minutes or until softened. Spoon about 1/4 cup of the chicken mixture onto each tortilla. Roll up the tortillas and place seam side down on a baking dish that has been sprayed with non-stick cooking spray.

(Continues on next page)
Chicken Enchiladas (contd)

To make sauce, combine soup, sour cream, milk, and green chilies; pour over enchiladas. Bake the enchiladas covered in 350 degree oven for 40 minutes or until heated through. Sprinkle the enchiladas with cheddar cheese. Bake uncovered for 5 minutes or until cheese is melted. Makes 12 enchiladas.

**Nutritional Information (1 enchilada):**

- Calories: 288
- Carbohydrates: 25 grams
- Protein: 21 grams
- Fat: 11 grams
- Saturated fat: 5 grams
- Cholesterol: 58 mg
- Fiber: 1 gram
- Sodium: 414 mg
- Potassium: 305 mg
- Calcium: 153 mg
- Exchanges: 1 1/2 starch, 2 medium-fat meat

**End of Recipe - Return to Table of Contents**
Fruity Ham Slices

1 pound low-sodium extra lean ham slices (8 slices) 1 cup unsweetened pineapple juice
2 bananas 2 teaspoons cornstarch
1/2 cup crushed pineapple in juice 1/2 teaspoon cinnamon
1/8 teaspoon ground cloves

Place ham slices in a baking dish. Peel bananas and cut into quarters, first cutting lengthwise, Place 1/4 banana and 1 tablespoon crushed pineapple on each ham slice. To make sauce, pour pineapple juice in a saucepan. Add cornstarch, cinnamon, and cloves. Cook over medium heat until juice is clear and slightly thickened. Pour sauce over top of ham. Bake 20 minutes at 350 degrees. Makes 8 servings.

Nutritional Information (1 serving, without noodles):

Calories: 196  Fiber: 1 grams
Carbohydrate: 6 grams  Sodium: 123 mg
Protein: 24 grams  Potassium: 409 mg
Fat: 7 grams  Calcium: 44 mg
Saturated Fat: 3 grams  Exchanges: 1/2 starch, 3 lean meat
Cholesterol: 69 mg

Continued on Next Page
Fruity Ham Slices (contd)

Nutritional information (1 slice):

Calories: 142
Carbohydrate: 15 grams
Protein: 12 grams
Fat: 3 grams
Saturated Fat: 1 gram
Cholesterol: 30 grams
Fiber: 2 grams

Sodium: 550 mg (High Sodium)
Potassium: 339 mg
Calcium: 14 mg
Exchanges: 1 fruit, 2 very-lean meat

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Grape and Pasta Sauté

8 oz large shelled pasta, cooked and drained
1/2 c chopped onion
2 tsp olive oil
1 C fresh or frozen pea pods, thawed, cut in half diagonally
1 C red or yellow pepper, chopped
1 C sliced mushrooms
1/2 tsp dried oregano
2 C seedless grapes
Garlic salt and ground pepper, to taste

Sauté onion in oil in non-stick skillet until tender. Add pea pods, peppers, mushrooms, and oregano. Cook 2 to 3 minutes or until vegetables are crisp-tender. Stir in grapes and pasta. Add salt and pepper to taste, and heat thoroughly. Variation: add cooked chicken or shrimp and sprinkle with grated parmesan cheese. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 220
Protein: 7 grams
Carbohydrate: 43 grams
Fat: 2.7 grams

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Grilled Chicken Salad
with Raspberry Vinaigrette

4 small, skinless, boneless chicken breasts (about 4 ounces each) 1/4 teaspoon garlic powder
1/4 cup raspberry flavored vinegar 1 tablespoon olive oil
1/2 teaspoon dried basil 1/4 teaspoon sugar
8 cups salad greens 1/2 teaspoon salt

Grill chicken breasts over a slow charcoal or gas grill on low; turning chicken over until it is done. Combine the rest of the ingredients, except the salad greens, in a jar. Cover tightly and shake vigorously. Pour vinegar mixture over salad greens and toss gently. Divide the salad greens on 4 plates. Cut each chicken breast into slices and arrange on top of greens. Serve immediately. Makes 4 servings.

Nutritional Information (1 serving):
Calories: 192 Fiber: 1 gram
Carbohydrates: 4 grams Sodium: 207 mg
Protein: 28 grams Potassium: 494 mg
Fat: 7 grams Calcium: 48 mg
Saturated fat: 1 gram Exchanges: 1 vegetable,
Cholesterol: 73 mg 1/2 fat, 4 very-lean meat

End of Recipe - Return to Table of Contents
Grilled Lemon Chicken

4 small skinless chicken breasts (about 4 ounces each)
1/3 cup lemon juice
1/4 cup water

1/2 teaspoon garlic powder
1/4 teaspoon onion powder
1 teaspoon dried parsley
1/4 teaspoon salt

Mix all the ingredients together except for the chicken breasts. Pour mixture over chicken. Let chicken marinate in the refrigerator for 2 hours or overnight. Grill over a slow charcoal or gas grill on low, turning and marinating occasionally until done. Put reserved marinade into a saucepan and bring to a boil; serve on the side as a sauce. Makes 4 servings.

**Nutritional Information (1 serving):**

Calories: 148
Carbohydrate: 2 grams
Protein: 27 grams
Fat: 3 grams
Saturated Fat: 1 grams
Cholesterol: 73 mg
Fiber: trace
Sodium: 201 mg
Potassium: 248 mg
Calcium: 16 mg
Exchanges: 4 very-lean meat
Lemon Baked Shrimp

1 pound peeled and de-veined shrimp
1/3 cup dry bread crumbs
1 teaspoon dried parsley
1/2 teaspoon grated lemon rind

1/8 teaspoon salt
2 minced garlic cloves
2 tablespoons fresh lemon juice
1 teaspoon olive oil

Coat 4 individual baking dishes with non-stick cooking spray. Divide shrimp between the dishes; set aside. Combine the bread crumbs, parsley, lemon rind, salt and garlic in a bowl; stir in lemon juice and olive oil. Sprinkle bread crumbs over the shrimp. Bake at 400 degrees for 15 minutes or until shrimp are done and the bread crumb mixture is lightly browned. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 109
Carbohydrates: 7 grams
Protein: 14 grams
Fat: 2 grams
Saturated fat: trace
Cholesterol: 121 mg
Fiber: 1 gram
Sodium: 278 mg
Potassium: 151 mg
Calcium: 48 mg
Exchanges: 1/2 starch, 1/2 fat, 1 1/2 very lean meat

End of Recipe - Return to Table of Contents
Marinated Steak

1 pound trimmed lean round steak
1 bay leaf
1 large onion, sliced
1/4 teaspoon crushed red pepper
1/2 cup low-sodium beef broth
1/8 teaspoon allspice
2 tablespoons Worcestershire Sauce

Combine all ingredients in a large zip-top plastic bag. Seal and marinate in the refrigerator for at least 8 hours, turning occasionally. Remove steak from bag, reserving onion and marinade. Place steak on rack of a broiler pan coated with a non-stick cooking spray. Broil 7 to 8 minutes on each side or to desired degree of doneness. Set steak aside and keep warm. Coat a non-stick skillet with a non-stick cooking spray, add onion and sauté over medium-high heat until tender. Add reserved marinate, cover, reduce heat and simmer onion mixture 5 minutes. Remove and discard bay leaf. Transfer steak to a platter and spoon onion mixture over the steak. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 182          Carbohydrates: 6 grams

More on Next Page
Protein: 28 grams
Fat: 5 grams
Saturated fat: 2 grams
Cholesterol: 71 mg
Fiber: 1 gram

Sodium: 150 mg
Potassium: 545 mg
Calcium: 25 mg
Exchanges: 4 very-lean meat and 1 vegetable

End of Recipe - Return to Table of Contents
Oven Fried Chicken

6 skinless chicken breasts 1/2 teaspoon paprika
1/2 cup flour 1/2 teaspoon garlic salt
1 teaspoon oil 1/4 teaspoon black pepper

Preheat oven to 325 degrees. Oil a 9 X 13 inch pan. Combine chicken, flour, paprika, garlic salt, and pepper in a plastic bag. Shake. Place chicken on the oiled pan and bake for 25 to 35 minutes or until browned. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 188
Carbohydrates: 8 grams
Protein: 28 grams
Fat: 4 gram
Saturated fat: 1 gram
Cholesterol: 73 mg
Fiber: 1 gram
Sodium: 153 mg
Potassium: 238 mg
Calcium: 15 mg
Exchanges: 1/2 starch, 4 very lean meat

End of Recipe - Return to Table of Contents
Rice Meat Balls

1 cup instant rice 1/4 teaspoon salt
1 pound extra-lean ground 1/8 teaspoon marjoram
beef dash of pepper
1 egg, slightly beaten 2 1/2 cups low-sodium
1/4 cup grated onion tomato juice

Mix all ingredients except 2 cups of the tomato juice. Form into meat balls. Place meat balls into a skilled. Brown meat balls and drain off any fat. Pour juice over meat balls. Bring to a boil, reduce to medium heat, cover and cook for 15 minutes. Makes 6 servings.

**Nutritional Information (1 serving):**

Calories: 241 Fiber: 1 gram
Carbohydrates: 18 grams Sodium: 156 mg
Protein: 19 grams Potassium: 456 mg
Fat: 10 grams Calcium: 22 mg
Saturated fat: 4 grams Exchanges: 2 medium-fat
Cholesterol: 87 mg meat, 1 starch

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Scallop, Spinach & Tomato Sauté

2 tbsp olive oil
1 clove garlic, minced
1 pound bay or sea scallops, halved
1 tbsp chopped fresh basil
3 large tomatoes, coarsely chopped
10 oz fresh spinach, stems removed, thoroughly washed
Salt and freshly ground pepper, to taste
2 C cooked rice

Gently heat the oil and garlic in a large skillet over low heat for 1 minute. Stir in the scallops, cover, and cook for 1 minute. Stir in the basil, tomatoes, spinach, and salt and pepper to taste. Cover and cook for 4 to 5 minutes, stirring occasionally until the scallops whiten. Serve at once, spooning the scallops and their sauce over rice. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 338  Protein: 31 grams
Carbohydrate: 35 grams  Fat: 9 grams

End of Recipe - Return to Table of Contents
Sloppy Joes

1 pound extra-lean ground beef
1/4 cup tomato juice
2 tablespoons ground onion
1 tablespoon prepared mustard
1/4 teaspoon dry mustard
2 tablespoons ketchup
1/2 teaspoon salt

Brown ground beef and onions. Drain off fat. Add remaining ingredients. Simmer for 20 to 30 minutes. Serve on a bun.
Makes 6 servings

Nutritional Information (1 serving on a bun):

Calories: 250
Carbohydrates: 24 grams
Protein: 16 grams
Fat: 9 grams
Saturated fat: 3 grams
Cholesterol: 42 mg

Fiber: 1 gram
Sodium: 451 mg (HIGH SODIUM)
Potassium: 263 mg
Calcium: 71 mg
Exchanges: 1 1/2 starch, 2 medium-fat meat

End of Recipe - Return to Table of Contents
Spicy Red Snapper

1 pound fresh or frozen red snapper
2 tablespoons lime juice
1/2 teaspoon paprika

1/4 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoons black pepper

Rinse fish and pat dry with paper towels. Cut fish into 4 servings. Brush lime juice on top of fish. In a small bowl combine paprika, salt, ginger and black pepper; rub onto fish. Arrange fish in a baking pan. Bake uncovered in a 450 degree oven for 10 to 15 minutes or until fish flakes easily when tested with a fork. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 112
Carbohydrates: 1 gram
Protein: 22 grams
Fat: 2 grams
Saturated fat: 1 gram
Cholesterol: 40 mg
Fiber: trace
Sodium: 183 mg
Potassium: 460 mg
Calcium: 36 mg
Exchanges: 3 very lean meat

End of Recipe - Return to Table of Contents
Swedish Cabbage Rolls

1 egg 3/4 cup cooked rice
1/4 teaspoon salt 6 large cabbage leaves
pepper (as desired) 1 cup low-sodium tomato
1 teaspoon Worcestershire sauce juice
1/4 cup chopped onion 1 tablespoon lemon juice
1/3 cup skim milk 1 tablespoon brown sugar
1 pound extra-lean ground beef

Combine egg, salt, pepper, Worcestershire sauce, onion, milk and mix well. Add ground beef and cooked rice, beat together with a fork. Immerse cabbage leaves in boiling water for 3 minutes or just until limp. Drain. Place 1/2 cup meat mixture on each cabbage leaf, fold in sides and roll ends over meat. Place rolls in a baking dish. Blend tomato juice, brown sugar, and lemon juice. Pour over cabbage rolls. Bake at 350 degrees for 1 hour.. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 214 Carbohydrates: 12 grams

More on Next Page
Protein: 19 grams
Fat: 10 grams
Saturated fat: 4 grams
Cholesterol: 88 mg
Fiber: 2 grams
Sodium: 171 mg
Potassium: 415 mg
Calcium: 36 mg
Exchanges: 2 medium-fat meat, 1 starch
Sweet-and-Sour Chicken

1 pound skinless, boneless chicken breast, cut into 1-inch pieces
1 tablespoon cooking oil
1 cup chopped green pepper
1 cup carrots, sliced like coins
1/2 cup chopped onion
1 minced clove garlic
1 cup low-sodium chicken broth

Heat oil in a large non-stick skilled over medium-high heat. Add chicken and stir-fry for 5 minutes or until chicken is browned. Add green pepper, carrots, onion and garlic, and stir-fry for 2 minutes. Combine broth, soy sauce, cornstarch, brown sugar, sherry and ginger; stir well. Add broth mixture and pineapple to skillet, bring to a boil and cook for 1 minute or until mixture is thickened and bubbly, stirring constantly. Serve over rice. Makes 8 servings

Nutritional Information (1 serving):

Calories: 307 Carbohydrates: 48 grams

More on Next Page
Protein: 18 grams  
Fat: 4 grams  
Saturated fat: 1 gram  
Cholesterol: 36 mg  
Fiber: 2 grams  

Sodium: 185 mg  
Potassium: 314 mg  
Calcium: 37 mg  
Exchanges: 3 starch, 1 lean meat

End of Recipe - Return to Table of Contents
Turkey Stroganoff

4 cups cooked skinless turkey breast 1 tablespoon tomato paste
2 tablespoons margarine 1 teaspoon Worcestershire sauce
2 cups fresh sliced mushrooms 3 tablespoons sherry
1 thinly sliced onion 3/4 cup low-fat sour cream
3 tablespoons flour
2 cups hot turkey or chicken broth, low sodium/low fat

Cut the cooked turkey into narrow strips and set aside. Melt 1 tablespoon of the margarine in a large skillet. Add the sliced mushrooms and onion; cook until tender and lightly browned. Remove the mushrooms and onions and put them in a bowl. Do not wash the pan. Melt the remaining 1 tablespoon of margarine in the pan, add flour and stir until the flour is slightly browned. Add hot broth to the flour mixture, stirring constantly to form a smooth sauce. Add the tomato paste, Worcestershire sauce and sherry, stirring constantly. Simmer the sauce for 10 minutes. Add the turkey, mushrooms, and onion to the pan and simmer for an additional 10 minutes. Add the sour cream and mix thoroughly. Serve immediately over noodles. Makes 8 (3/4 cup) servings.

More on Next Page
## Nutritional Information (1 serving, without noodles):

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## Nutritional information (1 serving with one cup noodles):

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End of Recipe - Return to Table of Contents
Vegetable Linguine

1 1/4 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped green pepper
2 cloves garlic, minced
1 tablespoon olive oil
1 tablespoon dried basil
1 16-ounce can tomatoes

1 15-ounce can low-sodium tomato sauce
2 teaspoons sugar
1/4 teaspoon crushed red pepper flakes
1/2 teaspoon oregano
1/8 teaspoon black pepper
8 ounces linguine

In a large sauce pan, sauté onion, celery, green pepper and garlic in olive oil until the vegetables are tender. Add all the ingredients except the linguine. Heat and simmer sauce for 30 to 40 minutes. Cook the linguine according to the package directions. Drain. Spoon the sauce over the cooked linguine. Serve immediately. Makes 6 servings.

**Nutritional Information (1 serving):**

- Calories: 233
- Carbohydrate: 45 grams
- Protein: 8 grams
- Fat: 4 grams
- Saturated Fat: 1 gram
- Cholesterol: 0 mg
- Fiber: 4 grams
- Sodium: 161 mg
- Potassium: 608 mg
- Calcium: 68 mg
- Exchanges: 2 1/2 starch, 1 vegetable, 1/2 fat

End of Recipe - Return to Table of Contents
### Vegetable Lasagna

<table>
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<td>9 cooked lasagna noodles</td>
<td>1 teaspoon dried basil</td>
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<tr>
<td>2 cups sliced fresh mushrooms</td>
<td>2 cups low fat cottage cheese</td>
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<tr>
<td>1 cup chopped onion</td>
<td>1 cup shredded low fat Monterey Jack cheese</td>
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<tr>
<td>1 tablespoon cooking oil</td>
<td>1 10-oz package of frozen chopped spinach, thawed and well drained</td>
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<tr>
<td>1 15-oz can low-sodium tomato sauce</td>
<td>1 6-oz can low-sodium tomato paste</td>
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<td>1 teaspoon dried oregano</td>
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In a sauce pan, cook mushrooms and onions in oil until tender. Stir in tomato sauce, tomato paste, oregano, and basil. In a mixing bowl, stir together cottage cheese and 1/2 cup of Monterey Jack cheese. Oil a 3-quart rectangular baking dish. In the baking dish layer 3 lasagna noodles, 1/3 of the cottage cheese mixture, 1/3 of the spinach, 1/3 of the tomato mixture; repeat layers twice. Sprinkle the reserved Monterey Jack cheese on top. Bake uncovered in a 375 degree oven for 30 minutes or until heated through. Let stand 10 minutes before serving. Makes 8 servings.

More on Next Page
Vegetable Lasagna (contd)

Nutritional Information (1 serving):

Calories: 253  Fiber: 4 grams
Carbohydrate: 32 grams  Sodium: 364 mg
Protein: 17 grams  Potassium: 686 mg
Fat: 8 grams  Calcium: 223 mg
Saturated Fat: 3 grams  Exchanges: 2 starch, 1/2
Cholesterol: 15 mg  fat, 1 1/2 lean meat

End of Recipe - Return to Table of Contents
Breads

Applesauce Oatmeal Muffins

Biscuits

Bolillos

Buttermilk-Oatmeal Pancakes

Cinnamon Raisin Biscuits

Cranberry Bread

English Muffin Bread

French Toast Ala Orange

Lowfat Double Apple Muffins

Muffins

Popovers

Return to Main Menu
Applesauce Oatmeal Muffins

1 1/2 cups oatmeal 1 cup applesauce
1 1/4 cups flour 2/3 cup skim milk
1/2 teaspoon cinnamon 1/4 cup sugar
1 teaspoon baking powder 2 tablespoon cooking oil
3/4 teaspoon baking soda 1 egg

Combine oatmeal, flour, cinnamon, baking powder, and baking soda. Add applesauce, milk, sugar and egg; mix just until the dry ingredients are moistened. In an oiled muffin tin, fill muffin cups 2/3 full. Bake at 400 degrees for 20 minutes or until deep golden brown. Makes 18 muffins.

Nutritional Information (1 muffin):

Calories: 95  Fiber: 1 gram
Carbohydrates: 16 grams  Sodium: 88 mg
Protein: 3 grams  Potassium: 62 mg
Fat: 2 grams  Calcium: 33 mg
Saturated fat: trace  Exchanges: 1 starch, 1/2 fat
Cholesterol: 11 mg

End of Recipe - Return to Table of Contents
Biscuits

2 cups flour 1/4 cup margarine
3 teaspoons baking powder 2/4 cup skim milk
1/2 teaspoon salt


**Nutritional Information (1 biscuit):**

- Calories: 116
- Carbohydrate: 17 grams
- Protein: 3 grams
- Fat: 4 grams
- Saturated Fat: 1 gram
- Cholesterol: 1 mg
- Fiber: 1 gram
- Sodium: 207 mg
- Potassium: 50 mg
- Calcium: 91 mg
- Exchanges: 1 starch, 1 fat

End of Recipe - Return to Table of Contents
Bolillos

2 cups water 2 teaspoons salt
2 tablespoons sugar 1 pkg. yeast
2 tablespoons margarine 6 cups flour


Nutritional Information (1 bolillo):

Calories: 126
Carbohydrates: 25 grams
Protein: 3 grams
Fat: 1 gram
Saturated fat: trace
Cholesterol: 0 mg
Fiber: 1 gram
Sodium: 188 mg
Potassium: 40 mg
Calcium: 6 mg
Exchanges: 1 1/2 starch

End of Recipe - Return to Table of Contents
Buttermilk-Oatmeal Pancakes

1 1/4 cups skim buttermilk  1 1/2 cups flour
2/3 cup quick cooking oats  2 tablespoons brown sugar
1/2 teaspoon vanilla  1/2 teaspoon baking soda
1 tablespoon cooking oil  1/4 teaspoon salt
1 egg

Combine buttermilk, oats and vanilla in a bowl. Let stand 10 minutes, stirring occasionally. Stir in oil and egg. In a large bowl, combine flour, brown sugar, baking soda and salt; stir well. Add oat mixture to flour mixture, stirring until smooth. Spoon about 1/3 cup batter for each pancake onto a hot non-stick griddle. Turn pancakes when tops are covered with bubbles and edges look cooked. Makes 8 pancakes.

Nutritional Information (1 pancake):

Calories: 130  Fiber: 1 grams
Carbohydrate: 24 grams  Sodium: 194 mg
Protein: 5 grams  Potassium: 117 mg
Fat: 2 grams  Calcium: 56 mg
Saturated Fat: 1 grams  Exchanges: 1 1/2 starch
Cholesterol: 25 mg

End of Recipe - Return to Table of Contents
Cinnamon-Raisin Biscuits

2 cups flour  2 tablespoons cooking oil
3 teaspoons baking powder  1/2 cup sifted powdered sugar
1/3 cup raisins 1 1/2 tablespoons skim milk
2 tablespoons sugar 1/4 teaspoon vanilla
1 teaspoon cinnamon
3/4 cup skim milk

Combine flour, baking powder, raisins, sugar, and cinnamon. Combine milk and oil; add to dry ingredients, stirring until dry ingredients are just moistened. Turn dough out onto work surface, and knead lightly 10 times. Roll dough to 1/2 inch thickness and cut into rounds with a biscuit cutter. Place on a baking sheet coated with non-stick cooking spray. Bake at 400 degrees for 10 to 12 minutes or until golden. Combine powdered sugar, milk, and vanilla; stir well. Drizzle over warm biscuits. Makes 18 biscuits.

**Nutritional Information (1 biscuit):**

- Calories: 93
- Carbohydrates: 18 grams
- Protein: 2 grams
- Fat: 2 grams
- Saturated fat: trace
- Cholesterol: 1 mg
- Fiber: 1 gram
- Sodium: 88 mg
- Potassium: 54 mg
- Calcium: 63 mg
- Exchanges: 1 starch, 1/2 fat

End of Recipe - Return to Table of Contents
Cranberry Bread

2 cups flour
1/2 cup sugar
1 1/2 teaspoon baking powder
1/2 teaspoon baking soda
2 tablespoons margarine
1 egg, beaten

1 teaspoon grated orange peel
3/4 cup unsweetened orange juice
3/4 cup raisins
1 1/2 cups chopped cranberries

Sift dry ingredients together. Cut in margarine until the mixture is crumbly. Add egg, orange peel, and orange juice all at once; stir until the mixture is evenly moist. Fold in raisins and cranberries. Spoon into a greased 9x5x3-inch loaf pan. Bake at 350 degrees for 1 hour or until a toothpick inserted in the top of the loaf comes out clean. Remove from pan. Cool on a wire rack. Makes 18 slices.

Nutritional Information (1 slice):

Calories: 114
Carbohydrates: 23 grams
Protein: 2 grams
Fat: 2 grams
Saturated fat: trace
Cholesterol: 10 mg
Fiber: 1 gram
Sodium: 91 mg
Potassium: 90 mg
Calcium: 31 mg
Exchanges: 1 starch, 1/2 fat, and 1/2 fruit

End of Recipe - Return to Table of Contents
English Muffin Bread

2 packages yeast 1/4 teaspoon baking soda
6 cups flour 2 cups skim milk
1 tablespoon sugar 1/2 cup water
2 teaspoons salt cornmeal

Combine yeast, 3 cups of the flour, sugar salt, and soda. Heat liquids until very warm (120-130 degrees), and add to dry ingredients. Beat well. Stir in the rest of the flour to make a stiff batter. Spoon into 2 9X5 inch loaf pans that have been oiled and sprinkled with cornmeal. Cover and let raise 45 minutes. Bake at 400 degrees for 25 minutes. Remove from pans immediately and cool. Makes 16 slices per loaf.

Nutritional Information (1 slice):

- Calories: 95
- Carbohydrates: 20 grams
- Protein: trace
- Fat: trace
- Saturated fat: trace
- Cholesterol: 0 mg
- Fiber: 1 gram
- Sodium: 146 mg
- Potassium: 60 mg
- Calcium: 25 mg
- Exchanges: 1 starch

End of Recipe - Return to Table of Contents
French Toast Ala Orange

1 egg 1/2 teaspoon vanilla
2 egg whites 1 teaspoon grated orange peel
1/3 cup unsweetened orange juice 4 slices of bread

Beat together egg and egg whites. Mix eggs together with the remaining ingredients, except the bread, and pour into a pie plate. Dip the bread into the mixture. Heat frying pan over medium heat. Spray pan with nonstick cooking spray. Lightly brown bread on both sides. Serve warm. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 126  Fiber: 1 gram
Carbohydrates: 19 grams  Sodium: 230 mg
Protein: 6 grams  Potassium: 171 mg
Fat: 2 gram  Calcium: 41 mg
Saturated fat: 1 gram  Exchanges: 1 starch, 1/2 lean meat
Cholesterol: 48mg

End of Recipe - Return to Table of Contents
Lowfat Double Apple Muffins

1 1/2 cups flour 3/4 cup skim milk
1/4 cup sugar 1/4 cup unsweetened applesauce
2 1/2 teaspoons baking powder 3/4 cup shredded apple, peeled or not peeled
1/4 teaspoon salt
1 egg


Nutritional Information (1 muffin):

Calories: 92  Fiber: 1 gram
Carbohydrates: 19 grams  Sodium: 159 mg
Protein: 3 grams  Potassium: 61 mg
Fat: 1 gram  Calcium: 80 mg
Saturated fat: trace  Exchanges: 1 starch
Cholesterol: 16mg

End of Recipe - Return to Table of Contents
Muffins

1 egg
1 cup skim milk
2 tablespoons salad oil
2 cups flour

2 tablespoons sugar
3 teaspoons baking powder
1/2 teaspoon salt

Oil bottom of 12 muffin cups. Beat egg, stir in milk and oil.
Mix in remaining ingredients just until flour is moistened.
Batter should be lumpy. Fill muffin cups 2/3 full. Bake at 400
degrees for 20 to 25 minutes, or until golden brown.
Remove from pan immediately. Makes 12 muffins.

**Nutritional Information (1 muffin):**

- Calories: 117
- Carbohydrates: 19 grams
- Protein: 3 grams
- Fat: 3 grams
- Saturated fat: trace
- Cholesterol: 16 mg

- Fiber: 1 gram
- Sodium: 226 mg
- Potassium: 61 mg
- Calcium: 98 mg
- Exchanges: 1 starch, 1/2 fat

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End of Recipe - Return to Table of Contents
Popovers

1 egg
2 egg whites
1 cup skim milk

1 tablespoon cooking oil
1 cup flour
1/4 teaspoon salt

Beat egg and egg white together until frothy. Beat milk and oil into eggs. Slowly beat in flour and salt. Batter should be light but no foamy. Preheat oven to 400 degrees. Generously oil popover cups, fill within 1/2 inch of the top. Bake immediately. Bake until very dark brown about 35 minutes to 45 minutes. When done cut 2 small slits the top of each popover to release steam. Bake another 5 minutes. Remove from oven. Release from cups with knife. Do not cover tops of the popovers or they will become soggy. Makes 6 popovers.

Nutritional Information (1 popover):

Calories: 127
Carbohydrates: 18 grams
Protein: 4 grams
Fat: 3 grams
Saturated fat: trace
Cholesterol: 32 mg
Fiber: 1 gram
Sodium: 138 mg
Potassium: 115 mg
Calcium: 58 mg
Exchanges: 1 starch, 1/2 fat

End of Recipe - Return to Table of Contents
SALADS

Asian Salad

Apple Salad

Apricot Salad

Broccoli & Bean Salad

Broccoli & Cauliflower Salad

Broccoli & Shrimp Salad

Buttermilk Salad Dressing

Carrot Raisin Salad

Chicken Salad

Cole Slaw

Cranberry-Celery Mold

Easy Spring Salad

Frozen Strawberry Salad
Green Treasure Salad

Marinated Vegetables

Moroccan Carrot-Raisin Salad

Potato Salad with Dill

Romaine Fruit Salad

Shrimp Vegetable Salsa Salad

Tabouli Salad

Tuna & Carrot Salad

Waldorf Salad

Return to Main Menu
Asian Salad

2 1/2 C cooked chicken, cut into bite sized pieces 1 cucumber, thinly sliced
1 (10 oz) bag shredded cabbage 3 green onions, thinly sliced
1 C sliced mushrooms 1 tangerine, divided into sections
2 carrots, shredded 1/2 C non-fat Oriental style salad dressing
2 tbsp chopped cilantro Black pepper, to taste

In a large bowl combine chicken, cabbage, mushrooms, carrot, cilantro, cucumber, and dressing. Toss well. Top with green onions and tangerine sections. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 220 Protein: 27 grams
Carbohydrate: 16 grams Fat: 7 grams

End of Recipe - Return to Table of Contents
Apple Salad

4 apples, sliced in chunks 1/2 teaspoon vanilla
1/2 cup plain lowfat yogurt 1/4 teaspoon apple pie spice
1/2 cup low calorie whipped topping

Toss all ingredients together. Chill for 1 hour. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 101  Fiber: 3 gram
Carbohydrates: 24 grams  Sodium: 32 mg
Protein: 2 grams  Potassium: 233 mg
Fat: 2 gram  Calcium: 66 mg
Saturated fat: 1 gram  Exchanges: 1/2 starch, 1
Cholesterol: 2 mg  fruit, 1/2 fat

End of Recipe - Return to Table of Contents
Apricot Salad

1 16-ounce can apricots, packed in juice or water 1 cup low-fat whipped topping
1 small package sugar free lemon gelatin 2 cups low fat cottage cheese
3/4 cup boiling water

Drain and save the juice from the apricots. Combine gelatin, water and 3/4 cup of liquid drained from apricots (add water to apricot juice if there is not 3/4 cup), stir till all the gelatin is dissolved. Chill until mixture is beginning to set. Blend in whipped topping, apricots, and cottage cheese. Place in a bowl or ring mold. Chill till firm. Makes 10 servings.

Nutritional Information (1 serving):

Calories: 62  Fiber: 1 gram
Carbohydrates: 8 grams  Sodium: 270 mg
Protein: 7 grams  Potassium: 216 mg
Fat: 1 gram  Calcium: 33 mg
Saturated fat: 1 gram  Exchanges: 1 vegetable,
Cholesterol: 2 mg  1/2 fat, 4 very-lean meat

End of Recipe - Return to Table of Contents
Broccoli & Bean Salad

2 cups small chopped broccoli florets
3 tablespoons red wine vinegar
2 teaspoons olive oil
1/4 teaspoon black pepper
1/8 teaspoon salt
1 clove garlic, minced
2 tablespoons chopped pimento
1/4 cup chopped onion
1 15-ounce can white beans, rinsed and drained

Steam broccoli, covered, for 3 minutes. Combine all ingredients. Chill. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 115
Carbohydrates: 19 grams
Protein: 6 grams
Fat: 2 grams
Saturated fat: trace
Cholesterol: 0
Fiber: 5 grams
Sodium: 57 mg
Potassium: 445 mg
Calcium: 69 mg
Exchanges: 1 starch, 1/2 fat, 1 vegetable

End of Recipe - Return to Table of Contents
Broccoli & Cauliflower Salad

4 cups cauliflower, broken into florets
2 cups broccoli, broken into florets
1 cup sliced radishes
1 bunch thinly sliced green onions
1/4 cup sliced ripe olives
8 ounces low-fat sour cream
1 tablespoon lemon juice
2 tablespoons grated Parmesan cheese
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/8 teaspoon black pepper

In a large bowl combine cauliflower, broccoli, radishes, onion and olives; toss gently. In a blender, combine sour cream, lemon juice, Parmesan, garlic powder, salt and pepper. Cover and blend well. Pour the dressing over the vegetables tossing to coat well. Cover and refrigerate up to 2 hours. (You can use all broccoli or all cauliflower in this recipe.) Makes 10 servings.

Nutritional Information (1 serving):

Calories: 62
Carbohydrates: 6 grams
Protein: 3 grams
Fat: 4 grams
Saturated fat: 2 grams
Cholesterol: 10 mg
Fiber: 2 grams
Sodium: 138 mg

More on Next Page
Broccoli & Cauliflower Salad (cont’d)

Potassium: 282 mg  
Calcium: 72 mg  
Exchanges: 1 vegetable, 1 fat

End of Recipe - Return to Table of Contents
Broccoli & Shrimp Salad

6 cups small broccoli florets 1/3 cup nonfat mayonnaise
1/2 cup cooked and peeled 1/3 cup nonfat sour cream
shrimp 1/3 cup plain nonfat yogurt
3/4 cup thinly sliced 1/3 cup nonfat mayonnaise
radishes 1 tablespoon lemon juice
1/3 cup nonfat sour cream 1/4 teaspoon black pepper
1/3 cup nonfat mayonnaise 1/4 teaspoon salt


Nutritional Information (1 serving):

Calories: 61  Fiber: 2 grams
Carbohydrate: 7 grams  Sodium: 244 mg
Protein: 6 grams  Potassium: 308 mg
Fat: 2 grams  Calcium: 71 mg
Saturated Fat: 1 gram  Exchanges: 1 vegetable, 1
Cholesterol: 34 mg  lean meat

End of Recipe - Return to Table of Contents
Buttermilk Salad Dressing

2 cups skim buttermilk 1/2 teaspoon dried parsley flakes
1/4 teaspoon black pepper 1/4 cup finely minced onion
1/2 teaspoon garlic powder
1/2 teaspoon salt

Mix all ingredients thoroughly. Chill several hours before serving. Makes 16 (2 tablespoon) servings.

Nutritional Information (1 serving):

Calories: 14  Fiber: 0
Carbohydrates: 2 grams  Sodium: 66 mg
Protein: 1 gram  Potassium: 52 mg
Fat: trace  Calcium: 36 mg
Saturated fat: trace  Exchanges: 2 tablespoons
Cholesterol: 1 mg  free

End of Recipe - Return to Table of Contents
Carrot Raisin Salad

2 cups shredded raw carrot  1/4 cup raisins
3 tablespoons low-fat sour cream

In a mixing bowl, combine all ingredients. Mix well. Chill. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 66  Fiber: 2 grams
Carbohydrates: 13 grams  Sodium: 25 mg
Protein: 1 gram  Potassium: 261 mg
Fat: 2 grams  Calcium: 31 mg
Saturated fat: 1 gram  Exchanges: 1 vegetables,
Cholesterol: 4 mg  1/2 fat, 1/2 fruit

End of Recipe - Return to Table of Contents
Chicken Salad

4 cooked skinless chicken breasts
1/2 cup diced celery
2 tablespoons chopped onion
1 tablespoon slivered almonds
1/4 cup fat-free Ranch salad dressing

Dice chicken breasts into bite size pieces. Add celery, onion, almonds and ranch dressing. Mix and serve on a cold bed of lettuce. Makes 4 servings.

Nutritional Information (1 serving):

- Calories: 233
- Carbohydrate: 2 grams
- Protein: 30 grams
- Fat: 11 grams
- Saturated Fat: 3 grams
- Cholesterol: 85 mg
- Fiber: 1 grams
- Sodium: 116 mg
- Potassium: 311 mg
- Calcium: 32 mg
- Exchanges: 4 lean meat

End of Recipe - Return to Table of Contents
Cole Slaw

4 cups shredded cabbage  1 tablespoon cooking oil
1/2 cup chopped green pepper  1 tablespoon sugar
1/4 cup chopped onion  1/2 teaspoon celery seed
1/3 cup vinegar  1/4 teaspoon dry mustard

Mix all ingredients together and chill. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 51  Fiber: 1 gram
Carbohydrates: 7 grams  Sodium: 98 mg
Protein: 1 gram  Potassium: 168 mg
Fat: 3 grams  Calcium: 30 mg
Saturated fat: trace  Exchanges: 1 vegetable, 1/2 fat
Cholesterol: 0

End of Recipe - Return to Table of Contents
Cranberry-Celery Mold

1 small package sugar-free gelatin (strawberry or cherry)
1 cup boiling water
1/2 cup cold water
1 tablespoon lemon juice
1 cup coarsely ground cranberries
1 cup chopped celery


Nutritional Information (1 serving):

Calories: 17
Carbohydrates: 3 grams
Protein: 1 gram
Fat: 0
Saturated fat: trace
Cholesterol: 0
Fiber: 1 gram
Sodium: 56 mg
Potassium: 71 mg
Calcium: 11 mg
Exchanges: one serving free

End of Recipe - Return to Table of Contents
Easy Spring Salad

1-16oz can no-salt-added green beans
1/4 tablespoon chopped onion
1 tomato, chopped
1/2 cup fat-free Italian Salad Dressing

Drain green beans and combine with onion and Italian dressing. Chill for at least one hour before serving. Toss chopped tomato into salad before serving. Serve. Makes 6 servings.

Nutritional Information (1 serving):

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End of Recipe - Return to Table of Contents
Frozen Strawberry Salad

8 ounces non-fat cream cheese
5 packages artificial sweetener
2 bananas
1 10-ounce can crushed pineapple

1 10-ounce package unsweetened strawberries
8 ounces fat-free whipped topping

Place all ingredients except for whipped topping into a blender. Blend for several seconds. Stir whipped topping into blended ingredients. Freeze in a 9-inch square pan. Makes 12 servings.

Nutritional Information (1 serving):

Calories: 64
Carbohydrates: 12 grams
Protein: 4 grams
Fat: 1 gram
Saturated fat: 1 gram
Cholesterol: 3 mg
Fiber: 1 gram
Sodium: 128 mg
Potassium: 145 mg
Calcium: 9 mg
Exchanges: 1 fruit

End of Recipe - Return to Table of Contents
Green Treasure Salad

1 C green apple 1/2 C lemon yogurt
1 C green grapes 2 tbsp slivered almonds
1/2 C mini marshmallows

Core and seed the apple, and cut into 4 pieces. Mix together apple, grapes, marshmallows, yogurt, and almonds. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 124 Protein: 3 grams
Carbohydrate: 23 grams Fat: 3 grams

End of Recipe - Return to Table of Contents
Marinated Vegetables

4 cups cauliflower, broken into florets
3 cups broccoli, broken into florets
1 green pepper, sliced
1 cup onions, sliced
1 cup mushrooms, sliced
1 cup carrots, sliced
1 cup celery, sliced
1 cucumber, sliced
1 8-ounce bottle fat-free Italian salad dressing


Nutritional Information (1 serving):

Calories: 26
Carbohydrates: 4 grams
Protein: 1 gram
Fat: 1 gram
Saturated fat: trace
Cholesterol: 1 mg
Fiber: 1 gram
Sodium: 93 mg
Potassium: 162 mg
Calcium: 16 mg
Exchanges: 1 vegetable

End of Recipe - Return to Table of Contents
Moroccan Raisin & Carrot Salad

1 pound baby carrots 1/4 tsp salt
2 tbsp lemon juice 1/8 tsp cayenne pepper
1 tsp sugar 1 tbsp olive oil
1/2 tsp paprika 1/4 c minced parsley
1/4 tsp ground cumin 1 C raisins
1/4 tsp ground cinnamon

Slice carrots diagonally into 2 or 3 pieces. Cook carrots in boiling water until crisp-tender, about 5 minutes. Drain, rinse with cold water, and drain again. While carrots cool, in medium bowl combine lemon juice, sugar, paprika, cumin, cinnamon, salt, and pepper. Stir to dissolve sugar and salt. Stir in olive oil, parsley, and raisins. Add carrots and toss. Cover and refrigerate at least 1 hour to chill and blend flavors. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 135  Protein: 1 gram
Carbohydrates: 30 grams  Fat: 2 grams

End of Recipe - Return to Table of Contents
Potato Salad with Dill

6 medium potatoes
1/2 cup lowfat sour cream
1/4 cup fat free mayonnaise
salad dressing
1/2 cup chopped onion
1 tablespoon fresh dill or
1 1/2 tsp. dried dill
2 teaspoons Dijon style mustard
1 1/2 teaspoons lemon juice
1/4 teaspoon salt
Pepper as desired


Nutritional Information (1 serving):

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End of Recipe - Return to Table of Contents
Romaine Fruit Salad

1 tablespoon olive oil or salad oil
2 tablespoons red wine vinegar
1 tablespoon water
1/8 teaspoon salt
2 cloves garlic, minced
3 cups torn romaine lettuce

3 cups torn leaf lettuce
1 11-ounce can mandarin oranges, drained
1 cup sliced fresh strawberries
red onion, thinly sliced and rings separated

In a jar, combine the oil, vinegar, water, salt and garlic. Cover and shake until well blended. Chill until serving time. In a large bowl, combine romaine and leaf lettuce. Add mandarin oranges, strawberries and as much onion as desired. When ready to serve, pour the dressing over top of the salad, toss to coat. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 63
Carbohydrates: 10 grams
Protein: 1 gram
Fat: 3 grams
Saturated fat: trace
Cholesterol: 0

Fiber: 2 grams
Sodium: 53 mg
Potassium: 271 mg
Calcium: 30 mg
Exchanges: 1/2 starch, 1/2 fat

End of Recipe - Return to Table of Contents
Shrimp Vegetable Salsa Salad

2 cups cooked fresh green beans
2 cups chopped tomato
1 cup thinly sliced red onion
1/2 pound cooked peeled shrimp
10 sliced pitted ripe olives
2 cups frozen corn, thawed
3/4 cup salsa
2 tablespoons tarragon flavored vinegar
2 teaspoons olive oil
1/2 teaspoon dried tarragon

Combine all ingredients and stir well. Yield 8 servings.

Nutritional Information (1 serving):

Calories: 104
Carbohydrates: 16 grams
Protein: 7 grams
Fat: 2 grams
Saturated fat: trace
Cholesterol: 42 mg
Fiber: 3 grams
Sodium: 192 mg
Potassium: 364 mg
Calcium: 38 mg
Exchanges: 1 starch, 1/2 lean meat

End of Recipe - Return to Table of Contents
Tabouli Salad

1/2 cup cracked wheat  
3 tomatoes  
1 green pepper  
1 medium onion  
1 cucumber

1 cup fresh parsley  
1/2 cup lemon juice  
1/4 teaspoon salt  
2 tablespoons cooking oil

Soak wheat in 2 cups cold water for one hour. Dice tomatoes, green pepper, onion, cucumber and mix together with cracked wheat. Add parsley, lemon juice, salt and oil. Chill. Serve cold. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 106  
Carbohydrates: 17 grams  
Protein: 3 grams  
Fat: 4 grams  
Saturated fat: trace  
Cholesterol: 0 mg  
Fiber: 3 grams  
Sodium: 80 mg  
Potassium: 309 mg  
Calcium: 28 mg  
Exchanges: 1 starch, 1/2 fat

End of Recipe - Return to Table of Contents
Tuna & Carrot Salad

1 cup cooked salad macaroni 1/2 cup chopped celery
1/2 cup grated carrots 1/2 cup frozen peas
1 6 1/2-ounce can water-packed tuna, drained 1 hard boiled egg, chopped
1/4 cup fat-free mayonnaise

Mix all ingredients together and serve on lettuce leaves.
Makes 4 servings.

**Nutritional Information (1 serving):**

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**End of Recipe - Return to Table of Contents**
Waldorf Salad

2 tablespoons low-fat sour cream
2 teaspoons lemon juice
3 medium apples, peeled and diced

1/2 cup celery, dices
2 tablespoons walnuts, chopped

Mix sour cream and juice. Fold apples, celery, and nuts into dressing. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 92
Carbohydrates: 16 grams
Protein: 1 gram
Fat: 4 grams
Saturated fat: 1 gram
Cholesterol: 3 mg

Fiber: 2 mg
Sodium: 17 mg
Potassium: 183 mg
Calcium: 22 mg
Exchanges: 1 fruit, 1/2 fat

End of Recipe - Return to Table of Contents
SOUPS

Home Style Chicken Soup

Lentil Soup

Minestrone Soup

Potato Soup

Puree of Carrot Soup

Sherried Pea Soup

Spicy Bean & Vegetable Soup

Tangy Gazpacho

Tomato Bisque

Tomato Rice Soup

Turkey Chili

Return to Main Menu
Home Style Chicken Soup

2 diced carrots 6 oz uncooked noodles
1 chopped medium onion 2 cooked and cubed skinless
2 chopped stalks of celery chicken breasts
6 cups low-sodium chicken 1/4 teaspoon salt
broth


Nutritional Information (1 serving):

Calories: 213  Fiber: 2 gram
Carbohydrates: 26 grams  Sodium: 208 mg
Protein: 18 grams  Potassium: 447 mg
Fat: 4 gram  Calcium: 29 mg
Saturated fat: 4 grams  Exchanges: 1 1/2 starch, 2
Cholesterol: 51mg  lean meat

End of Recipe - Return to Table of Contents
Lentil Soup

2 cups dried lentils
4 cups cold water
1/2 teaspoon salt
1/4 teaspoon pepper
1 medium onion, diced

1 28-ounce can low-sodium tomatoes
2 garlic cloves, crushed
2 bay leaves

Rinse lentils. Place all ingredients in a saucepan, and bring to a boil. Cover and simmer over a low heat for 2 to 2 1/2 hours, or until tender. Add water as desired. Makes 6 servings. (Freezes well.)

Nutritional Information (1 serving):

Calories: 247
Carbohydrate: 44 grams
Protein: 19 grams
Fat: 1 gram
Saturated fat: trace
Cholesterol: 0 mg
Fiber: 10 grams
Sodium: 203 mg
Potassium: 816 mg
Calcium: 70 mg
Exchanges: 3 starch, 1 very lean meat

End of Recipe - Return to Table of Contents
Minestrone Soup

2 cloves garlic, minced
3/4 cup chopped onion
1 tablespoon cooking oil
5 cups low-sodium chicken broth
1 6-oz. can low-sodium tomato paste
1 cup green cabbage, shredded
1 cup diced zucchini
1/2 cup chopped celery
1 carrot, diced
1 16-oz. can garbanzo beans, drained
1/3 cup uncooked salad macaroni
1 tablespoon crushed dried basil
1/2 teaspoon oregano
1/8 teaspoon black pepper

Cook garlic and onion in oil for 5 minutes. Add chicken broth and tomato paste; bring to a boil. Add remaining ingredients. Return to a boil and reduce heat. Cover and simmer for 15 to 20 minutes or until the vegetables are tender and the macaroni is cooked. Serves 6.

Nutritional Information (1 serving):

Calories: 222
Carbohydrates: 33 grams
Protein: 12 grams
Fat: 4 grams
Saturated fat: 1 gram
Cholesterol: 0 mg
Fiber: 6 grams
Sodium: 100 mg
Potassium: 822 mg
Calcium: 86 mg
Exchanges: 2 starch, 1 medium-fat meat

End of Recipe - Return to Table of Contents
Potato Soup

4 medium potatoes, cubed 1 1/2 cups low-sodium beef broth
3 stalks celery, chopped
1/2 cup onion, minced
1 carrot, chopped 3 cups skim milk

Put all ingredients except milk and flour in a saucepan and simmer, covered until potatoes are tender, about 15 to 20 minutes. Place milk and flour in a shaker blender. Add milk and flour mixture to the other ingredients, stirring constantly. Simmer uncovered 5 to 10 minutes. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 164
Carbohydrates: 32 grams
Protein: 8 grams
Fat: 1 gram
Saturated fat: trace
Cholesterol: 2 mg
Fiber: 2 grams
Sodium: 114 mg
Potassium: 675 mg
Calcium: 178 mg
Exchanges: 1 starch, 1 skim milk

End of Recipe - Return to Table of Contents
Puree of Carrot Soup

5 C vegetable or chicken broth
1 large clove of raw garlic
1 pound peeled carrots, chopped coarsely
3/4 tsp salt
1/8 tsp pepper

Bring broth to a boil, add carrots, garlic, salt, and pepper. Simmer for about 20 minutes or until the carrots are quite tender. Put the soup into a blender and puree to desired texture. Makes 5 servings.

Nutritional Information (1 serving):

Calories: 64    Protein: 4 grams
Carbohydrate: 11 grams    Fat: 1 gram

End of Recipe - Return to Table of Contents
Sherried Pea Soup

2 cups fresh or frozen peas
1 cup low-sodium chicken broth
pepper as desired

1 cup skim milk
2 tablespoons sherry
1/2 teaspoon grated lemon peel for garnish

Combine peas, chicken broth, and pepper in a saucepan. Bring to a boil, cover and cook until the peas are tender, about 5 minutes. Cool slightly and pour the peas and all of the liquid from the pan into a blender. Add the milk and sherry, blend until smooth. Pour the soup into a container, cover and refrigerate until cold. Pour the cold soup into chilled bowls and sprinkle each serving with a pinch of grated lemon peel. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 69  
Carbohydrates: 10 grams  
Protein: 5 grams  
Fat: 1 gram  
Saturated fat: trace  
Cholesterol: 1 mg

Fiber: 3 grams  
Sodium: 80 mg  
Potassium: 196 mg  
Calcium: 65 mg  
Exchanges: 1 starch

End of Recipe - Return to Table of Contents
Spicy Bean & Vegetable Soup

4 cups tomatoes
1 cup water
1 6-ounce can tomato paste
1 tablespoon chili powder
1/2 teaspoon garlic powder
1 teaspoon basil
1 teaspoon cumin
1/2 teaspoon black pepper, if desired
2 cups cooked red beans
2 cups cooked pinto beans
2 cups cooked garbanzo beans
2 cups frozen corn
1 cup chopped carrots
1 cup chopped celery
1 cup chopped onion

Combine ingredients in a large soup pan. Bring to a boil. Reduce heat, cover and simmer for 20 minutes. Makes 12 servings.

Nutritional Information (1 serving):

Calories: 149
Carbohydrates: 30 grams
Protein: 7 grams
Fat: 1 gram
Saturated fat: trace
Cholesterol: 0
Fiber: 7 grams
Sodium: 350 mg
Potassium: 487 mg
Calcium: 39 mg
Exchanges: 2 starch

End of Recipe - Return to Table of Contents
Tomato Bisque

3 cups fresh, seeded, peeled, chopped tomatoes
1 8-ounce can tomato sauce

1 1/2 cups low-sodium chicken broth
1 tablespoon dried basil

In a blender or food processor, combine tomatoes, broth and tomato sauce. Cover and blend until smooth. Stir in basil. Cover and chill until serving time. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 41
Carbohydrates: 7 grams
Protein: 3 grams
Fat: 1 gram
Saturated fat: trace
Cholesterol: 0 mg

Fiber: 2 grams
Sodium: 255 mg
Potassium: 400 mg
Calcium: 18 mg
Exchanges: 1/2 starch

End of Recipe - Return to Table of Contents
**Tomato Rice Soup**

1 1/2 cups low-sodium tomato juice  
1 1/4 cups low-sodium beef broth  
1/4 teaspoon Worcestershire sauce  
1 teaspoon lemon juice  
1 cup cooked rice

Combine all ingredients, bring to a boil. Makes 3 servings.

**Nutritional Information (1 serving):**

- Calories: 109  
- Carbohydrates: 21 grams  
- Protein: 4 grams  
- Fat: 1 gram  
- Saturated fat: trace  
- Cholesterol: 0 mg  
- Fiber: 1 gram  
- Sodium: 50 mg  
- Potassium: 377 mg  
- Calcium: 22 mg  
- Exchanges: 1 starch, 1 vegetable

End of Recipe - Return to Table of Contents
Turkey Chili

2 cups chopped cooked turkey
1/2 cup chopped onion
1/2 cup chopped green pepper
2 cups cooked red beans (kidney beans)
1 cup water
1-6oz can low sodium tomato paste
1-28oz can of tomatoes
1 tablespoon of chili powder
1/2 teaspoon garlic powder

Combine all ingredients in a large saucepan. Cover and simmer over low heat for 30 to 60 minutes, or until the flavors are blended. Makes 6 servings.

**Nutritional Information (1 serving):**

Calories: 303  
Carbohydrates: 27 grams  
Protein: 22 grams  
Fat: 1 gram  
Saturated fat: trace  
Cholesterol: 40mg  
Fiber: 8 gram  
Sodium: 277 mg  
Potassium: 994 mg  
Calcium: 98 mg

Exchanges: 2 starch, 2 very lean meat

*End of Recipe - Return to Table of Contents*
DESSERTS

Angel Food Cake

Apple Crunch

Baked Custard

Cherry Crisp

Lemon Cherry Cheesecake

Peach Crunch

Pineapple Cake

Pineapple-Pistachio Mousse

Pineapple Pumpkin Pie

Strawberries & Cream

Watermelon Blueberry Banana Split

Whole Wheat Cinnamon Sugar Cookies

Return to Main Menu
Angel Food Cake

1 cup cake flour 1 cup egg whites (8 to 10 eggs)
1 teaspoon cream of tartar 1/2 teaspoon vanilla extract
1/4 cup sugar twin

Sift 1/8 cup Sugar Twin and flour together four times. Beat egg whites and cream of tartar until foamy. Add remaining sugar a little at a time, beating in well. Add flavorings and beat until very stiff. Fold flour into egg white and sugar mixture, sifting small amounts at a time. Pour into 10-inch ungreased tube pan. Cut through with a spatula to remove air bubbles. Bake at 275 degrees for 30 minutes, then raise the heat to 300 degrees and bake until done. Invert pan over bottle neck for one hour before removing form pan. Makes 12 servings.

**Nutritional Information (1 serving):**

- Calories: 44
- Carbohydrate: 7 grams
- Protein: 3 grams
- Fat: trace
- Saturated Fat: trace
- Cholesterol: 0 mg
- Fiber: trace
- Sodium: 44 mg
- Potassium: 91 mg
- Calcium: 7 mg
- Exchanges: 1/2 starch

End of Recipe - Return to Table of Contents
Apple Crunch

6 cups thinly sliced, cooking apples  1 1/2 cups flour
1/4 cup brown sugar  1 teaspoon baking powder
1/2 teaspoon cinnamon  1 egg, beaten
1/2 cup sugar  1/2 cup melted margarine

Place apples in a 13x9 inch pan. Combine brown sugar and cinnamon, sprinkle over apples. Mix sugar, flour, and baking powder. Work egg into flour mixture with a fork. Sprinkle flour mixture over apples. Drizzle melted margarine over all. Bake at 325 degrees approximately 45 minutes or until crunch top is golden. Makes 18 servings.

Nutritional Information (1 serving):

Calories: 148  Fiber: 1 gram
Carbohydrates: 24 grams  Sodium: 74 mg
Protein: 2 grams  Potassium: 65 mg
Fat: 6 grams  Calcium: 24 mg
Saturated fat: 1 gram  Exchanges: 1/2 starch, 1 fat, 1 fruit
Cholesterol: 10 mg

End of Recipe - Return to Table of Contents
Baked Custard

2 cups skim milk
2 tablespoons sugar
2 teaspoons vanilla extract
3/4 cup nonfat egg substitute

Mix milk, sugar, vanilla and egg substitute. Pour the custard mixture into 4 over-proof custard dishes. Place the custard dishes in a deep pan. Fill the pan with hot water up to the level of the custard. Bake in a preheated oven at 325 degrees for 45 to 60 minutes. The custard is done when it is firm in the center. Serve warm or chilled. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 130
Carbohydrates: 21 grams
Protein: 8 grams
Fat: 2 grams
Saturated fat: trace
Cholesterol: 19 mg
Fiber: 0 mg
Sodium: 106 mg
Potassium: 242 mg
Calcium: 155 mg
Exchanges: 1 starch, 1/2 skim milk

End of Recipe - Return to Table of Contents
Cherry Crisp

1 can low-sugar cherry pie filling
1/3 cup flour

1 cup oatmeal
1/4 cup brown sugar
3 tablespoons margarine

Spread cherry pie filling in an 8 inch square baking dish. Mix flour, oatmeal, and brown sugar together. Cut margarine into oatmeal mixture. Crumble oatmeal mixture over the top of the cherries. Bake at 30 minutes at 375 degrees. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 147
Carbohydrates: 25 grams
Protein: 2 grams
Fat: 5 grams
Saturated fat: 1 gram
Cholesterol: 0 mg

Fiber: 2 grams
Sodium: 40 mg
Potassium: 97 mg
Calcium: 15 mg
Exchanges: 1 starch, 1/2 fruit, 1 fat

End of Recipe - Return to Table of Contents
**Lemon Cherry Cheesecake**

1 whole graham cracker, crushed
1 package of sugar-free lemon gelatin
2/3 cup boiling water
1 cup low-fat cottage cheese

8 ounces fat-free cream cheese
2 cups low fat whipped topping
1 cup low-sugar cherry pie filling

Spray an 8-inch spring form pan or a 9-inch pie plate lightly with non-stick cooking spray. Sprinkle bottom with graham cracker crumbs. Dissolve gelatin in boiling water; pour into blender. Add cottage cheese and fat-free cream cheese, cover. Blend at medium speed, scraping down sides, until smooth. Pour into a large bowl and gently stir in whipped topping. Pour into pan. Chill until set, about 4 hours. When ready to serve, top cheesecake with cherry pie filling. Makes 8 servings.

**Nutritional Information (1 serving):**

Calories: 94
Fat: 2 grams
Carbohydrates: 12 grams
Saturated fat: 1 gram
Protein: 8 grams
Cholesterol: 26 mg

**More on Next Page**
Lemon Cherry Cheesecake (cont’d)

Fiber: trace  Calcium: 43 mg
Sodium: 300 mg  Exchanges: 1 starch and 1/2
Potassium: 92 grams  very-lean meat

End of Recipe - Return to Table of Contents
Peach Crunch

4 cups fresh or drained canned peaches (packed in juice)  
1/4 cup sugar  
2 tablespoons flour  
1/2 teaspoon cinnamon

1 teaspoon vanilla  
1 cup oatmeal  
1/2 cup flour  
1 teaspoon cinnamon

In a bowl, add peaches, sugar, 2 tablespoons flour, 1/2 teaspoon cinnamon and vanilla. Mix well and set aside. In a separate bowl mix together oatmeal, flour, and cinnamon. Cut in diet margarine until mixture is crumbly in texture. Place the peach mixture in bottom of an 8x8 inch pan. Sprinkle the oat mixture over the peaches. Bake at 350 degrees for 30 to 40 minutes, or until the crust is golden brown. Makes 8 servings.

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End of Recipe - Return to Table of Contents
Pineapple Cake

2 cups flour 1 teaspoon vanilla
1 1/4 cups sugar 1/4 teaspoon salt
2 eggs 1-16 oz can crushed
1 teaspoon baking soda pineapple, in its own juice

Mix all ingredients together. Pour into a greased and floured 9X13 inch pan. Bake at 325 degrees for 35 to 40 minutes. Makes 24 servings.

Nutritional Information (1 serving):

Calories: 97  
Carbohydrate: 22 grams  
Protein: 2 grams  
Fat: 1 grams  
Saturated Fat: trace  
Cholesterol: 16 mg  
Fiber: 1 grams  
Sodium: 80 mg  
Potassium: 41 mg  
Calcium: trace  
Exchanges: 1 starch, 1/2 fruit

End of Recipe - Return to Table of Contents
Pineapple-Pistachio Mousse

1 small package sugar-free pistachio pudding mix
1 8-ounce carton plain low-fat yogurt
1 8-ounce carton vanilla low-fat, sugar-free yogurt
1 8-ounce can unsweetened crushed pineapple, drained
1 cup low-fat whipped topping


Nutritional Information (1 serving):

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End of Recipe - Return to Table of Contents
Pineapple Pumpkin Pie

Filling:
2 envelopes unflavored gelatin
2 tablespoons sugar
3 tablespoons cool water
1 cup milk
1/4 cup boiling water
1-1/2 teaspoons cinnamon
1-16oz can pumpkin
1/8 teaspoon ground cloves
2 teaspoons vanilla
1-8oz can crushed pineapple in juice

Crust:
1 cup graham cracker crumbs
2 tablespoons sugar
2 tablespoons melted margarine

Mix all of the crust ingredients together and pat into a 9-inch pie pan. Soften the gelatin in cool water for 5 minutes. Add boiling water and stir until the gelatin is completely dissolved. Put the gelatin mixture and all of the other filling ingredients in a blender and blend until smooth and frothy. Allow the mixture to stand until slightly thickened before pouring into the graham cracker crust. Pour filling into crust. Chill for at least 3 hours before serving. Makes 8 servings.
Nutritional Information (1 serving):

Calories: 172                Fiber: 3 grams
Carbohydrates: 30 grams     Sodium: 138 mg
Protein: 5 grams             Potassium: 268 mg
Fat: 5 grams                 Calcium: 71 mg
Saturated fat: 1 gram        Exchanges: 1 starch, 1 fruit,
Cholesterol: trace           1 fat
Strawberries & Cream

2 cups skim milk 1/2 teaspoon almond extract
1/4 cup sugar 3 cups strawberries
2 tablespoons cornstarch

Combine milk, sugar, and cornstarch in a saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil. Stir in almond extract. Cover and chill thoroughly. Place 1/2 cup of strawberries in each of 6 individual dessert dishes. Pour cream mixture over each serving. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 86  Fiber: 1 gram
Carbohydrates: 18 grams  Sodium: 43 mg
Protein: 3 grams  Potassium: 274 mg
Fat: 1 gram  Calcium: 112 mg
Saturated fat: trace  Exchanges: 1/2 fruit, 1/2
Cholesterol: 2 mg  skim milk

End of Recipe - Return to Table of Contents
Watermelon Blueberry Banana Split

2 large bananas 1/2 C vanilla low-fat yogurt
8 "scoops" watermelon 1/4 C crunchy cereal
2 C fresh blueberries nuggets

Peel bananas and cut in half crosswise, then cut each piece in half lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish. Place a watermelon "scoop" at each end of the dish. Fill the center space with the blueberries. Stir yogurt until smooth, spoon over the watermelon "scoops." Sprinkle with cereal nuggets. (*Using an ice cream scoop, create balls of watermelon. Remove seeds.) Makes 4 servings.

Nutritional Information (1 serving):

Calories: 186 Protein: 4 grams
Carbohydrate: 44 grams Fat: 1 gram

End of Recipe - Return to Table of Contents
Whole Wheat Cinnamon Sugar Cookies

1 cup sugar           1 tablespoon lemon or orange peel
1 teaspoon baking powder
1/2 teaspoon salt    1 teaspoon vanilla extract
1/2 teaspoon soda    1 egg
1/2 teaspoon nutmeg  2 cups whole wheat flour
1/2 cup softened margarine 2 tablespoons sugar
3 tablespoons milk  1/2 teaspoon cinnamon

In a large bowl, combine 1 cup sugar, baking powder, salt, soda, nutmeg, margarine, milk, lemon or orange peel, vanilla, and egg. Blend well. Stir in flour. Cover and chill for 30 to 60 minutes. On a lightly floured surface, roll out dough to 1/8 inch thickness. Cut with floured cutters. Place on ungreased cookie sheets, 2 inches apart. Combine 2 tablespoons sugar and cinnamon. Sprinkle over cookies. Bake cookies at 375 degrees for 8 to 10 minutes, or until lightly golden brown. Let stand one minute. Remove from cookie sheets and cool. Makes 36 cookies.

**Nutritional Information (1 cookie):**

Calories: 72        Protein: 1 gram
Carbohydrates: 11 grams    Fat: 3 grams

More on Next Page
Whole Wheat Cinnamon Sugar Cookies (cont’d)

Saturated fat: 1 gram  Potassium: 33 mg
Cholesterol: 5 mg  Calcium: 14 mg
Fiber: 1 gram  Exchanges: 1 starch, 1/2 fat
Sodium: 85 mg

End of Recipe - Return to Table of Contents
VEGETABLES & SIDE DISHES

Bread Stuffing

Easy Cheesy Vegetable Casserole

Festive Rice

Garbanzo Bean & Tomato Sauce

Green Bean Casserole

Green Bean & Rice Casserole

Grilled Vegetables & Potatoes

Italian-Mexican Vegetable Bake

Microwaved Cheese Potato Fries

Northlands Wild Rice Casserole

Parmesan Basil Tomatoes
Red Beans & Rice

Rice Ole'

Spanish Rice

Scalloped Corn

Sweet & Sour Cabbage

Wild Rice Casserole

Twice Baked Yams

Return to Main Menu
Bread Stuffing

1 low-sodium chicken bouillon cube
3/4 cup boiling water
1/4 cup diced celery
4 cups (6 slices) dry bread cubes
1/2 teaspoon poultry seasoning
1/2 teaspoon dried sage, crushed
1/8 teaspoon pepper, optional

Dissolve bouillon cube in boiling water. Add chopped onion and celery to bouillon and simmer 5 minutes. Combine bread cubes and seasonings. Pour bouillon mixture over bread and toss gently until moistened. Use as stuffing or bake in an 8X8 inch dish at 325 degrees for 25-20 minutes. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 101
Carbohydrate: 18 grams
Protein: 4 grams
Fat: 2 grams
Saturated Fat: trace
Cholesterol: 1 mg
Fiber: 1 grams
Sodium: 180 mg
Potassium: 100 mg
Calcium: 38 mg
Exchanges: 1 starch

End of Recipe - Return to Table of Contents
Easy Cheesy Vegetable Casserole

1 1/2 C water  
4 medium white or yellow potatoes, peeled and sliced 
1/2 inch thick 
1 C cauliflower florets 
1 C broccoli florets 
4 medium carrots, peeled and cut into coins 

1 medium onion, chopped 
2 C frozen, cut green beans 
1 can reduced fat cream of chicken soup 
1/2 C skim milk 
1 C shredded reduced fat cheddar cheese 

Bring water to a boil in a large pot. Add the potatoes and cook, covered for 5 minutes. Add the cauliflower, broccoli, onion, and beans. Return water to a boil, cover, and cook 10 to 12 minutes until vegetables are tender. Drain. Spray a 2-quart baking dish with cooking spray. Add cooked vegetables. Combine the canned soup and milk. Pour soup mixture over the vegetables, mixing gently. Preheat oven to 350°F. Cover and bake casserole for 20-25 minutes. Uncover and sprinkle with cheese. Bake 3 to 4 minutes longer, until cheese melts. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 190  
Protein: 9 grams  
Carbohydrate: 27 grams  
Fat: 5 grams

End of Recipe - Return to Table of Contents
Festive Rice

1/2 cup chopped onion  1 tablespoon margarine
1/2 cup chopped celery  2 cups cooked rice
1/2 cup chopped green  1 cup broccoli
pepper  1/4 teaspoon salt

Sauté onion, celery and green pepper in margarine. Add rice, broccoli, and salt. Stir well and cook until mixture is heated thoroughly. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 122
Carbohydrates: 23 grams
Protein: 3 grams
Fat: 2 grams
Saturated fat: trace
Cholesterol: 0 mg
Fiber: 2 grams
Sodium: 122 mg
Potassium: 165 mg
Calcium: 27 mg
Exchanges: 1 starch, 1/2 fat, 1 vegetable

End of Recipe - Return to Table of Contents
Garbanzo Bean & Tomato Sauce

2 16-ounce cans garbanzo beans, drained
1 medium onion, chopped
1 tablespoon cooking oil
1 8-ounce can low-sodium tomato sauce
1 teaspoon cumin
1 teaspoon chili powder


Nutritional Information (1 serving):

Calories: 168
Carbohydrates: 27 grams
Protein: 8 grams
Fat: 4 grams
Saturated fat: trace
Cholesterol: 0 mg
Fiber: 5 grams
Sodium: 181 mg
Potassium: 388 mg
Calcium: 52 mg
Exchanges: 1 1/2 starch, 1 fat, 1 very lean meat
Green Bean Casserole

1 teaspoon cooking oil 1/4 teaspoon salt
1/4 cup chopped onion 1 16-ounce package frozen
2 tablespoons flour green beans, thawed and
1 cup skim milk drained
1/3 cup shredded, 1 cup herb-seasoned stuffing
reduced-fat Swiss cheese mix
1/2 cup low-fat sour cream 1 teaspoon margarine, 
1 teaspoon sugar melted

In a medium saucepan sauté onion in cooking oil. Add flour and cook 1 minute, stirring constantly. Gradually add the milk, stirring until blended. Stir in cheese, sour cream, sugar and salt; cook for 5 minutes or until thickened and bubbly, stirring constantly. Put green beans in a baking dish; pour the sauce over the top. In another bowl pour the melted margarine over the stuffing mix; stir well and sprinkle over green bean mixture. Bake at 350 degrees for 20 to 25 minutes or until heated through. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 106 Protein: 5 grams
Carbohydrates: 11 grams Fat: 5 grams

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Green Bean Casserole (cont’d)

Saturated fat: 2 grams  Potassium: 160 mg
Cholesterol: 8 mg  Calcium: 138 mg
Fiber: 2 grams  Exchanges: 1/2 starch, 1 fat, 1 vegetable
Sodium: 186 mg

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Green Bean & Rice Casserole

1/2 cup chopped onion 1 16-ounce can low-sodium green beans
2 teaspoons cooking oil 1 16-ounce can tomatoes
1/2 cup cooked rice 1/3 cup water

Sauté the onions in cooking oil until brown. Add the rice, green beans, tomatoes and water. Cook, covered for 30 minutes. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 126  Fiber: 3 grams
Carbohydrate: 23 grams  Sodium: 200 mg
Protein: 4 grams  Potassium: 432 mg
Fat: 3 grams  Calcium: 69 mg
Saturated Fat: trace  Exchanges: 1 starch, 1/2 fat, 1 vegetable
Cholesterol: 0

End of Recipe - Return to Table of Contents
Grilled Vegetables & Potatoes

2 large potatoes, sliced, washed and unpeeled
2 sliced carrots
1 sliced onion

Spray a large piece of aluminum foil with non-stick cooking spray. Place potatoes, carrots and onions on aluminum foil. Sprinkle with 1 tablespoon of water. Fold foil around vegetable and seal. Place on a slow charcoal or a gas grill on low for about 30 minutes or until vegetables are tender. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 99
Carbohydrates: 23 grams
Protein: 2 grams
Fat: trace
Saturated fat: trace
Cholesterol: 0 mg
Fiber: 3 grams
Sodium: 17 mg
Potassium: 465 mg
Calcium: 19 mg
Exchanges: 1 starch, 1 vegetable

End of Recipe - Return to Table of Contents
Italian-Mexican Vegetable Bake

1 10-ounce package frozen Italian beans
1 1/2 cups cooked and drained garbanzo beans
1 4-ounce can green chilies, drained
dash of hot sauce
1 16-ounce can low-sodium corn
1 16-ounce can low-sodium tomatoes
1 4-ounce can green chilies, drained
1 teaspoon chili powder
1 cup (4 oz.) shredded Monterey Jack cheese

In a casserole dish mix all ingredients except cheese. Top with cheese. Bake at 350 degrees for 20 minutes. Makes 10 servings.

Nutritional Information (1 serving):

Calories: 136
Carbohydrates: 20 grams
Protein: 7 grams
Fat: 5 grams
Saturated fat: 2 grams
Cholesterol: 10 mg
Fiber: 4 grams
Sodium: 209 mg
Potassium: 323 mg
Calcium: 125 mg
Exchanges: 1 starch, 1/2 fat, 1/2 medium-fat meat

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Microwaved Cheese Potato Fries

4 scrubbed potatoes 1/2 cup shredded low-fat mozzarella cheese
1/4 teaspoon garlic powder

Cut potatoes into strips. Put potatoes in a large baking dish, making sure that the potatoes are only a single layer. Sprinkle with garlic powder and cheese. Cover and microwave on full power for about 12 minutes or until potatoes are tender. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 93  Fiber: 1 gram
Carbohydrates: 17 grams  Sodium: 41 mg
Protein: 4 grams  Potassium: 312 mg
Fat: 1 gram  Calcium: 56 mg
Saturated fat: 1 gram  Exchanges: 1 starch
Cholesterol: 4 mg

End of Recipe - Return to Table of Contents
Northlands Wild Rice Casserole

1 cup wild rice               3/4 julienne carrots
2 cups low sodium chicken broth           1/3 cup sliced green onion
1 tablespoon margarine                          1/4 cup chopped sweet red pepper
1 cup sliced fresh mushrooms                                 1/2 teaspoon dried thyme
3/4 cups sliced celery                                                 1/4 teaspoon salt

Rinse wild rice under running water for one minute, drain and set aside. In a medium saucepan combine the chicken broth and wild rice. Bring to a boil. Reduce heat, cover and simmer for 30 minutes. In a large skillet melt margarine; add mushrooms, carrots and celery. Cook and stir for 5 minutes. Stir in green onion, red pepper, thyme, salt and pepper. Stir the rice into the vegetable mixture. Put the mixture into the casserole dish. Bake, covered at 325 degrees for about 45 minutes, or until the rice is done. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 117                        Saturated fat: trace
Carbohydrates: 20 grams             Cholesterol: 0 mg
Protein: 5 grams                     Fiber: 2 gram
Fat: 2 grams                         Sodium: 120 mg

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Potassium: 265 mg
Calcium: 20 mg

Exchanges: 1 starch, 1/2 fat, 1 vegetable

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Parmesan Basil Tomatoes

2 cups fresh or low-sodium canned tomatoes, diced  
1 teaspoon basil  
1/4 teaspoon garlic powder  
1/8 teaspoon black pepper  
2 tablespoons Parmesan cheese

Mix all ingredients except the Parmesan cheese, and heat. Serve with Parmesan cheese sprinkled on top. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 40  
Carbohydrates: 6 grams  
Protein: 3 grams  
Fat: 1 gram  
Saturated fat: 1 gram  
Cholesterol: 2 mg  
Fiber: 2 grams  
Sodium: 74 mg  
Potassium: 282 mg  
Calcium: 82 mg  
Exchanges: 1 vegetable, 1 very lean meat

End of Recipe - Return to Table of Contents
Red Beans & Rice

1/2 cup chopped onion 2 cups pre-cooked red beans
1/2 cup chopped celery 2 cups cooked rice
1 minced clove garlic 1/8 teaspoon pepper
1 tablespoon margarine

Cook onion, celery and garlic in margarine until tender. Add remaining ingredients. Simmer together for 5 minutes to blend flavors. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 151  Fiber: 6 grams
Carbohydrates: 26 grams  Sodium: 319 mg
Protein: 6 grams  Potassium: 293 mg
Fat: 3 grams  Calcium: 34 mg
Saturated fat: trace  Exchanges: 1 1/2 starch,
Cholesterol: 0 mg  1/2 fat

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Rice Ole'

1 cup chopped onion 1/2 teaspoon garlic powder
1 cup chopped green pepper 1/4 teaspoon salt
1 tablespoon vegetable oil 1 16-ounce can tomatoes
2 teaspoons chili powder 3 cups cooked rice

Sauté onions and green pepper in oil until vegetables are tender but not brown. Add seasonings, salt, tomatoes and rice. Simmer and stir until flavors are blended and liquid is absorbed, about 10 minutes. Makes 10 servings.

Nutritional Information (1 serving):

- Calories: 113
- Carbohydrates: 22 grams
- Protein: 3 grams
- Fat: 2 grams
- Saturated fat: trace
- Cholesterol: 0 mg
- Fiber: 1 gram
- Sodium: 138 mg
- Potassium: 181 mg
- Calcium: 24 mg

Exchanges: 1 starch, 1/2 fat, 1 vegetable

End of Recipe - Return to Table of Contents
Spanish Rice

1 tablespoon cooking oil 3/4 cup uncooked rice
1/2 cup chopped onion 2 cups diced tomatoes
1/4 cup celery chopped 1/2 pound extra lean ground
1 cup water beef, cooked, with fat
1/4 teaspoon salt drained

In a large skillet brown onions and celery in cooking oil. Add
water, salt, rice, and tomatoes. Simmer until rice is tender
but still in separate grains (about 15 minutes). Stir
occasionally. Stir in the meat and cook slowly, stirring, until
heated through, about 5-10 minutes. Makes 6 servings.

**Nutritional Information (1 serving):**

Calories: 201  
Fiber: 1 gram  
Carbohydrates: 23 grams  
Sodium: 249 mg  
Protein: 11 grams  
Potassium: 343 mg  
Fat: 7 grams  
Calcium: 35 mg  
Saturated fat: 2 grams  
Exchanges: 1 starch, 1/2
Cholesterol: 28 mg  
fat, 1 vegetable, 1

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Scalloped Corn

2-16oz cans of whole kernel corn
2 tablespoons flour
1 tablespoon sugar
1/4 cup milk
1 egg, beaten

2 egg whites
1 teaspoon dried minced onion
1/2 green pepper, chopped
4 oz shredded cheddar cheese

Drain corn. Place corn, flour and sugar in an oiled baking dish and mix. Add milk, egg, egg whites, onion and green pepper. Mix well. Sprinkle cheddar cheese on top. Bake in oven at 400 degrees for 35 to 40 minutes, or until set. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 141  Fiber: 2 grams
Carbohydrates: 24 grams  Sodium: 72 mg
Protein: 6 grams  Potassium: 246 mg
Fat: 4 gram  Calcium: 19 mg
Saturated fat: 2 grams  Exchanges: 1 1/2 starch,
Cholesterol: 31 mg  1/2 fat

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Sweet and Sour Cabbage

6 cups chopped cabbage
1 cup chopped onion
2 teaspoons olive oil
1/8 teaspoon salt

1/8 teaspoon black pepper
1 clove garlic, minced
3 tablespoons wine vinegar
1 tablespoon honey

Combine all ingredients and place in a baking dish. Cover and bake at 400 degrees for 30 minutes or until tender. Stir and serve. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 80
Carbohydrates: 14 grams
Protein: 2 grams
Fat: 3 grams
Fiber: 3 grams
Saturated fat: trace
Cholesterol: 0
Sodium: 87 mg
Potassium: 339 mg
Calcium: 60 mg
Exchanges: 1 starch, 1/2 fat

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Wild Rice Casserole

1 cup wild rice
3 cups low-sodium chicken broth
1/4 cup chopped onion
1/2 cup chopped mushrooms

1/4 teaspoon pepper
1/4 teaspoon salt
1/4 teaspoon sage

Using non-stick cooking spray, coat the inside of a saucepan and sauté onions and mushrooms. Rinse wild rice in water before using. Add wild rice, broth, pepper, salt and sage to the onions and mushrooms. Bring to a boil. Let simmer for 40 to 50 minutes, stirring occasionally. Makes 6 servings.

Nutritional Information (1 serving):

- Calories: 131
- Carbohydrate: 24 grams
- Protein: 7 grams
- Fat: 1 gram
- Saturated fat: trace
- Cholesterol: 0 mg
- Fiber: 2 grams
- Sodium: 128 mg
- Potassium: 244 mg
- Calcium: 11 mg
- Exchanges: 1 1/2 starch

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Twice Baked Yams

2 medium yams 2 tablespoons skim milk


Nutritional Information (1 serving):

Calories: 62  Fiber: 2 grams
Carbohydrate: 14 grams  Sodium: 10 mg
Protein: 1 gram  Potassium: 213 mg
Fat: trace  Calcium: 26 mg
Saturated Fat: trace  Exchanges: 1 starch
Cholesterol: trace

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MISCELLANEOUS

Black Bean Salsa

Fresh Salsa

Mild Garlic Marinade

Ranch Style Dressing Mix

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Black Bean Salsa

1 15-oz can black beans, rinsed and drained
1 cup chopped tomatoes
1/2 cup low sodium corn, drained
1/2 cup chopped onion
1 minced clove garlic
1 4-oz can green chilies, drained
1 teaspoon lime juice
1/8 teaspoon black pepper

Combine all ingredients and let stand in the refrigerator for at least 1 hour. Makes 3 cups.

Nutritional Information (¼ cup serving):

Calories: 86
Carbohydrate: 17 grams
Protein: 5 grams
Fat: 1 grams
Saturated Fat: trace
Cholesterol: 0 mg
Fiber: 5 grams
Sodium: 276 mg
Potassium: 292 mg
Calcium: 18 mg
Exchanges: 1 starch

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Fresh Salsa

4 large fresh tomatoes, chopped
1 4-ounce can green chilies
1 medium onion, chopped
1 fresh jalapeno chile, chopped

1/2 teaspoon cumin
2 teaspoons lime juice
1 teaspoon cilantro
1/2 teaspoon ground pepper
1/4 teaspoon salt

Mix all ingredients together and chill. Makes approximately 4 cups.

**Nutritional Information (¼ cup serving):**

Calories: 15
Carbohydrates: 4 grams
Protein: 1 grams
Fat: trace
Saturated fat: trace
Cholesterol: 0 mg

Fiber: 1 gram
Sodium: 121 mg
Potassium: 128 mg
Calcium: 5 mg
Exchanges: 1 serving free

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Mild Garlic Marinade

2 tablespoons cooking oil 1 teaspoon paprika
3 tablespoons wine vinegar 1/2 teaspoon black pepper
1/3 cup tomato juice 2 cloves garlic, chopped
1/4 teaspoon salt

Mix all ingredients together. Cover desired meat in marinade and chill in the refrigerator for at least one hour. Grill, roast, broil, or bake meat as desired. Makes 3/4 cup marinade.

Nutritional Information (1 tablespoon):

Calories: 23
Carbohydrates: 1 gram
Protein: trace
Fat: 3 grams
Saturated fat: trace
Cholesterol: 0 mg
Fiber: trace
Sodium: 25 mg
Potassium: 26 mg
Calcium: 3 mg
Exchanges: 1/2 fat

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Ranch Style Dressing Mix

1 cup nonfat dry milk  2 teaspoons dried mustard powder
4 teaspoons dried basil 1 teaspoon garlic powder
2 tablespoons minced dried onion 1/2 teaspoon salt

Combine all ingredients in a bowl. Stir well. Store in an airtight container. To use: combine 1/4 cup of mix with 1/4 cup of water. Blend into 1 cup nonfat plain yogurt. Shake well before serving. One serving equals 2 tablespoons.

Nutritional Information (2 tablespoons):

Calories: 25  Fiber: trace
Carbohydrates: 4 grams  Sodium: 60 mg
Protein: 2 grams  Potassium: 117 mg
Fat: trace  Calcium: 87 mg
Saturated fat: trace  Exchanges: 1/4 starch
Cholesterol: 1 mg

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