

It Feels Like **CHEATING**

Everybody's **Low-fat** Favorites

FLAN

Serves: 4

Prep time: 10 minutes

Cook time: 50-55 minutes

Exchanges: 1 very lean meat, $\frac{1}{2}$ milk,
 $1\frac{1}{2}$ other carbohydrate

**NUTRITION
FACTS PER SERVING:**
One custard cup

Calories: 163
Fat: 0 g
Cholesterol: 4 mg
Sodium: 178 mg
Carbohydrates: 23 g
Fiber: 0 g
Protein: 11 g

INGREDIENTS:

$\frac{1}{2}$ cup sugar
 $1\frac{1}{2}$ cups evaporated
skim milk
 $\frac{1}{2}$ cup egg substitute
2 egg whites
2 tsp. vanilla

Directions

Preheat oven to 350 degrees. Place sugar in small saucepan, cook over low heat, stirring constantly, until sugar is melted and golden brown. Divide sugar evenly among 4 custard cups, tilt to coat bottoms. Let stand at room temperature for 5 minutes, until hardened.

Meanwhile, combine milk, egg substitute, egg whites and vanilla in a medium bowl; mix until blended and frothy. Divide mixture among custard cups. Place cups in a square baking dish and pour very hot water into dish within $\frac{1}{2}$ inch of tops of custard cups.

Bake 45 to 50 minutes, until a knife inserted in center comes out clean. Remove custard cups from baking dish and unmold. Refrigerate 4 to 6 hours before serving.



Evaporated skim milk has a thick, creamy consistency, similar to that created with heavy cream. Switch from heavy cream to evaporated skim milk and save 40 grams of fat and 300 calories for every $\frac{1}{2}$ cup.

From
America's
Healthiest
Mom,
Jyl Steinback

Brownie Pie, Chocolate-Chocolate Cake. No, you don't have to plan a "cheat day" from your weight-loss plan. All you have to do is follow the recipes in this section, thanks to Jyl Steinback, "America's Healthiest Mom" and *Looking Good Now!*'s senior editor. Jyl's been creating delicious and healthy recipes for years and the desserts featured here are all low-fat and guilt free. So go ahead and indulge yourself — you won't be sorry tomorrow!

Visit Jyl at her website:
fatfreeliving.com
All Photos:
StockFood.com

GUILT-FREE BROWNIE PIE

Serves: 8
Prep time: 10-15 minutes
Bake time: 30 minutes
Exchanges: 6 other carbohydrates

NUTRITION FACTS PER SERVING: ¼ of pie

Calories: 398
Fat: 2 g
Cholesterol: 1 mg
Sodium: 110 mg
Carbohydrates: 89 g
Fiber: 2 g
Protein: 6 g



Directions

Prepare brownie mix according to package directions. Spray glass pie plate with cooking spray and spread batter evenly; bake according to package directions. Cool completely. Pour skim milk into a medium bowl, add pudding mix and beat until completely smooth and slightly thickened. Spread mixture over brownie crust. Spoon whipped topping over pudding layer and sprinkle with chocolate chips. Refrigerate until ready to serve.



INGREDIENTS:

1 box (18 oz.) nonfat fudge brownie mix
2½ cups skim milk
2 packages (3¼-oz.) nonfat instant pudding mix (chocolate or vanilla)
nonfat whipped topping, thawed
2 tbsps. miniature chocolate chips

It Feels Like **CHEATING**

CHOCOLATE- CHOCOLATE CAKE

Serves: 16
Prep time: 20 minutes
Cook time: 40-45 minutes
Exchanges: 4 other carbohydrates

NUTRITION FACTS PER SERVING:

1/16 slice

Calories: 278

Fat: 3 g

Cholesterol: 1 mg

Sodium: 318 mg

Carbohydrates: 59 g

Fiber: 1 g

Protein: 10 g

INGREDIENTS:

Cake

2½ cups flour
¾ cup sugar
¾ cup brown sugar
1¼ cups unsweetened cocoa powder
1½ tsp. cinnamon
1½ tsp. baking soda
1 cup skim milk
1 cup nonfat vanilla yogurt
¾ cup unsweetened applesauce
½ cup egg substitute
1 tbsp. vanilla extract

Cream Cheese Frosting

2 cups nonfat cream cheese, softened
½ cup unsweetened cocoa powder
1½ cups powdered sugar
½ cup chocolate chips, chopped
Topping:
1 cup raspberries, if desired

Directions

Cake

Preheat oven to 350 degrees. Spray two 9-inch round cake pans with cooking spray. In a large mixing bowl, combine flour, sugar, brown sugar, cocoa, cinnamon and baking soda, mix well. Add skim milk, yogurt, applesauce, egg substitute and vanilla; mix until blended. Divide cake batter and spread in cake pans. Bake 40 to 45 minutes, until a toothpick comes out clean. Remove cakes from oven and cool completely. Cut each cake in half horizontally (you will have four layers). Arrange one cake layer on serving platter, frost with cream cheese frosting. Repeat layers using all the cake and frosting. Top with raspberries, if desired.

Cream Cheese Frosting

In a medium bowl, combine cream cheese, cocoa and sugar and beat until smooth. Fold in chocolate chips.



CHERRIES JUBILEE SAUCE

Serves: 8

Prep time: 5 minutes

Cook time: 3-5 minutes

Exchanges: 1½ fruit

INGREDIENTS:

4 cups canned
cherries
¼ cup port wine
½ cup brandy
Fat-free frozen
yogurt or ice
cream

Directions

Heat cherries with wine
in skillet or chafing dish.
Add brandy, ignite, and
stir until flames are
diminished. Serve over
fat-free
frozen
yogurt or
ice cream.
Optional:
Serve with
fat-free
cookie.



NUTRITION FACTS PER SERVING: ½ cup

Calories: 90
Fat: <1 g
Cholesterol: 0 mg
Sodium: 9 mg
Carbohydrates: 12 g
Fiber: 1 g
Protein: 1 g

It Feels Like **CHEATING**

BANANA CREAM PIE

Serves: 8

Prep time: 10 minutes

Exchanges: 4 other carbohydrates

**NUTRITION
FACTS PER SERVING:**
1/2 slice of pie

Calories: 269

Fat: .8 g

Cholesterol: <1 mg

Sodium: 284 mg

Carbohydrates: 60 g

Fiber: 4 g

Protein: 6 g



Add pudding mix and beat until blended, 1 to 2 minutes. Fold in 1 cup of whipped topping and mix

Directions

Combine cream cheese and skim milk in large bowl and beat with an electric mixer until creamy and smooth.

lightly. Arrange banana slices on crust. Spoon pudding mixture on top of banana slices and top with remaining whipped topping. Cover carefully and refrigerate 4 to 5 hours or overnight. Before serving, top with bananas or strawberries if desired.

INGREDIENTS:

- 1/2 cup nonfat cream cheese, softened
- 1 1/2 cups cold skim milk
- 2 (4-serving) pkgs. instant banana pudding mix
- 1 8 oz. container nonfat whipped topping, thawed
- 1 banana, thinly sliced
- 1 9-inch low-fat graham cracker pie crust

Topping

- 1 cup thinly sliced banana or sliced strawberries, if desired



**SAMPLE
RECIPES
for meal
makeovers**

Macaroni & Cheese Makeover

Old Recipe:

Calories 570, Fat 30 g,
Cholesterol 85 mg

6 oz. (1½ cups) elbow
macaroni, cooked
and drained
1 cup whole milk
¼ lb. American cheese
¼ cup seasoned bread
crumbs
1 tablespoon butter

Makeover Recipe:

Calories 387, Fat <1 g,
Cholesterol 28 mg

6 oz. whole wheat
macaroni, cooked
and drained
1 cup skim milk
¼ lb. fat-free American
cheese
2 tbsp. seasoned bread
crumbs
Nonfat cooking spray

Directions

Combine milk and cheese in 2-quart saucepan and cook over medium heat, stirring occasionally until cheese is melted (about 5-6 minutes). Add cooked macaroni and toss until mixed. Spoon mixture into baking dish sprayed with cooking spray. Top with bread crumbs and spray lightly with cooking spray. Bake in 350 degree oven 15-20 minutes until lightly browned on top. Serves: 4

Buffalo Wings Makeover

Old Recipe:

Calories 858, Fat 110 g,
Cholesterol 29 mg

4-5 lbs. chicken wings
Ground black pepper
4 cups vegetable oil
4 tbsps. butter
5 tbsps. Tabasco sauce
1 tbsp. white wine vinegar
1½ cups blue cheese salad
dressing

Makeover Recipe:

Calories 267, Fat 1 g,
Cholesterol 46 mg

4-5 lbs. chicken tenders
1 tbsp. garlic powder
1 tbsp. onion powder
¼ cup honey
¼ cup ketchup
2 tbsps. Tabasco sauce
2 tbsps. Worcestershire sauce
1½ cups fat-free ranch salad
dressing

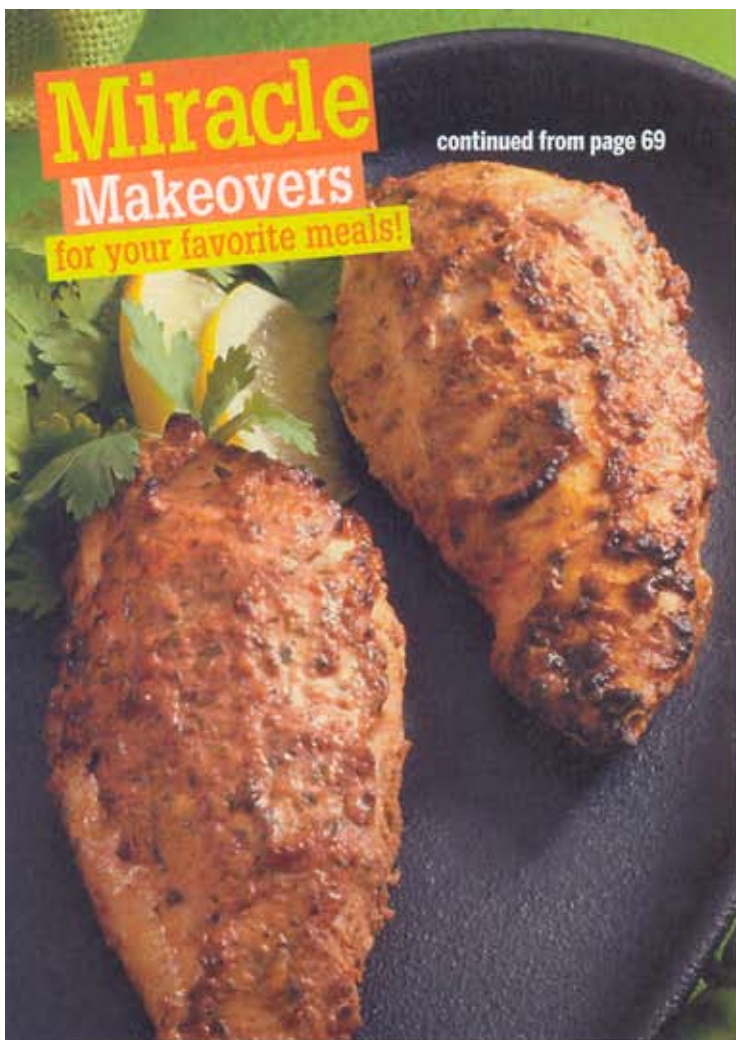
Directions

Line baking sheet with foil and spray with cooking spray. Arrange chicken tenders on baking sheet and sprinkle with garlic and onion powder. Combine honey, ketchup, Tabasco and Worcestershire sauce in bowl and mix well. Spread mixture on chicken and bake 15 minutes; turn chicken over, spread with more sauce and bake an additional 10-15 minutes until no longer pink and cooked through. Serve with fat-free ranch salad dressing. Serves: 10



Miracle Makeovers for your favorite meals!

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Fried Chicken Makeover

Old Recipe:

Calories 210,
Fat 106 g,
Cholesterol 163 mg

4 lbs. chicken
pieces with skin
1½ cups whole
milk
2 large eggs
2½ cups flour
2 tbsps. salt
2 tsps. pepper
3 cups vegetable
oil

Makeover Recipe:

Calories 182, Fat 3 g,
Cholesterol 27 mg

4 lbs. boneless, skinless chicken
breasts
½ cup skim milk
½ cup fat-free sour cream
½ cup fat-free ranch salad dressing
1½ cups dry bread crumbs
½ cup fat-free Parmesan cheese
1 tsp. rosemary
1 tsp. thyme
1 tsp. garlic powder
1 tsp. onion powder
½ tsp. black pepper

Directions

Line baking sheet with foil and spray with cooking spray. Combine skim milk, sour cream, and ranch salad dressing in bowl and mix well. Combine remaining ingredients in separate bowl and mix until blended. Dip chicken breasts in milk mixture; roll in bread crumb mixture until coated and arrange in single layer on baking sheet. Bake in 400 degree oven for 35-40 minutes until golden brown and crisp. Serves: 10

Mashed Potato Makeover

Old Recipe:

Calories 345, Fat 14 g,
Cholesterol 37 mg

2½ lbs. baking pota-
toes, cut into
chunks (about 8
cups)
½ cup whole milk
½ cup butter
½ tsp. salt
¼ tsp. pepper

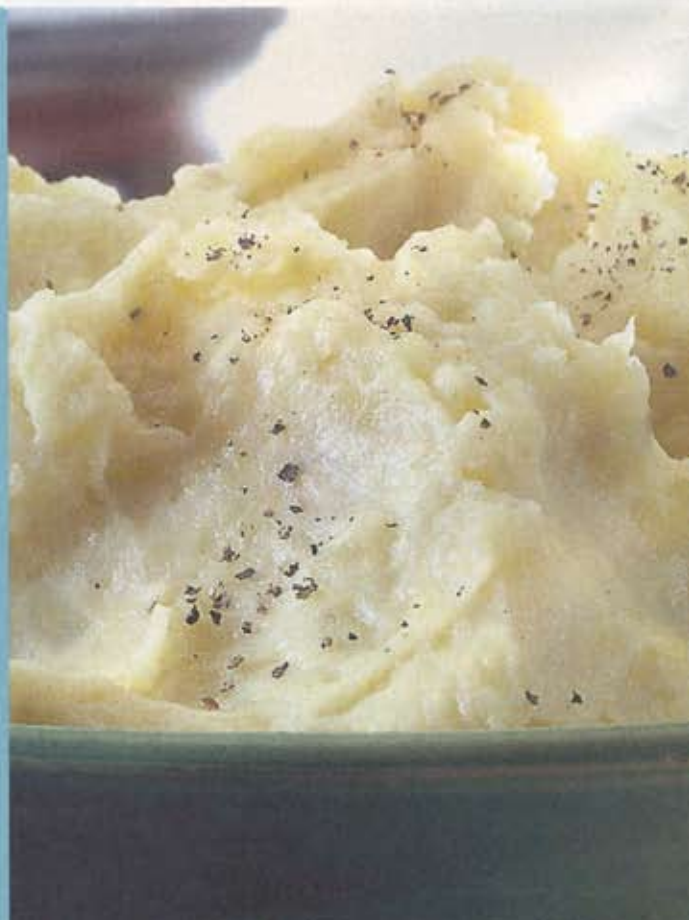
Makeover Recipe:

Calories 274, Fat 3 g,
Cholesterol 2 mg

2½ lb. baking potatoes,
cut into chunks
¼ cup skim milk or fat-
free half- and-half,
slightly heated
2 tbsps. fat-free sour
cream
2 tbsps. reduced calorie
tub margarine
¼ tsp. pepper

Directions

Place potatoes in a Dutch oven, cover with water and bring to a boil over medium heat. Reduce heat to low, cover and simmer 20-30 minutes until tender. Drain potatoes and mash until smooth. Add remaining ingredients and mash until smooth and creamy. For a touch of variety, season with garlic or horseradish! Serves: 4



The best tasting diet ever!



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variety of Virginia Gentleman Sauces, including Bourbon Steak, Bourbon Teriyaki, Bourbon Maple Glaze and Bourbon Berry. They're all available at www.igourmet.com.

Fat-free salad dressings are available in many different flavors. Check out www.wellnessgrocer.com and sample their fat-free Spectrum Naturals line, including Creamy Dill, Creamy Garlic, Garlic & Onion and Toasted Sesame.

Gourmet coffees and spices are also found in abundance at the sites we've listed. Once you start supplementing your meal plan with the products found online you'll never feel like you're in a boring food rut again and you'll be taking a giant step toward successful weight loss without ever leaving your home.

One of the main reasons most diets fail is because people become bored with their food choices

Sick of the same old thing? Try these tasty recipes

Breakfast

Breakfast Quesadilla 281 calories

Combine $\frac{1}{2}$ cup Southwestern Egg Beaters with $\frac{1}{2}$ tablespoon diced green chiles and mix well. Pour mixture into nonstick skillet and cook over medium-high heat until cooked through. Arrange eggs on one side of low-fat tortilla; top with $\frac{1}{2}$ cup fat-free shredded Cheddar cheese. Spray skillet with cooking spray. Cook tortilla until lightly browned; turn over and cook until both sides are browned and cheese is melted. Serve Breakfast Quesadilla with Roasted Corn and Black Bean Salsa (www.igourmet.com), Black Bean & Corn Salsa (www.pancakeshop.com) or Santa Barbara Black Bean and Corn Salsa (www.ethnicgrocer.com).

Lunch

Turkey Reuben Sandwich 357 calories

Combine 2 tablespoons fat-free

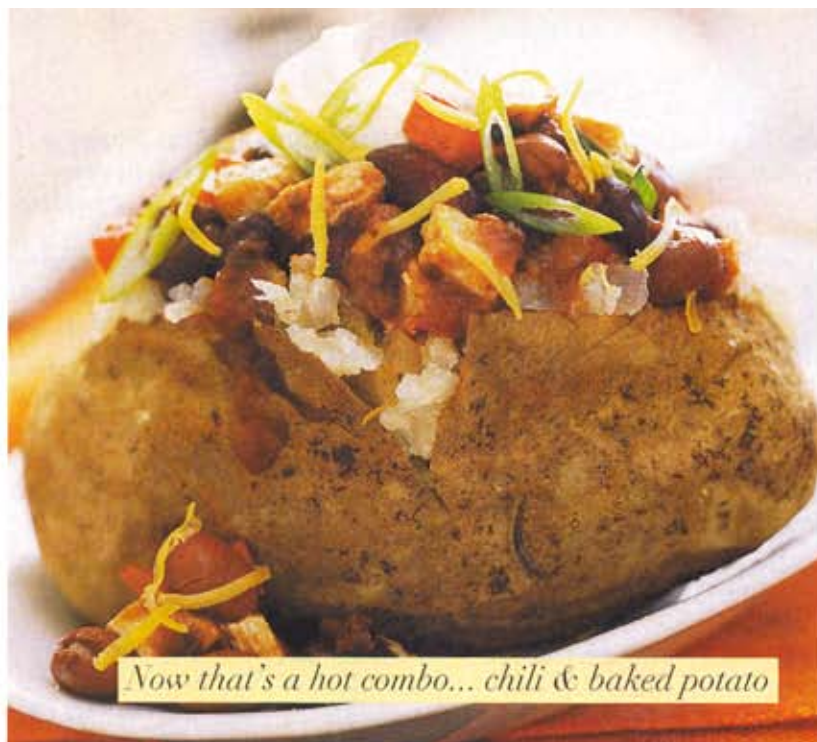
mayonnaise, $2\frac{1}{2}$ tablespoons Robert Rothschild Horseradish Mustard (www.gourmetfoodrecipes.com), 1 tablespoon ketchup, and $\frac{1}{8}$ teaspoon pepper in small bowl and mix well. Spread 1 tablespoon mixture on 1 slice rye bread; top with 3 ounces turkey pastrami, 2 tablespoons sauerkraut, and 1 ounce low-fat Swiss cheese. Place open-faced sandwich on foil sprayed with cooking spray and place under broiler on high heat. Broil until cheese is melted and lightly browned. Serve with $\frac{1}{2}$ cup melon balls.

Cheese & Chili Baked Potato 357 calories

Baked potato topped with $\frac{3}{4}$ cup Amy's Kitchen Black Bean Chili (www.wellnessgrocer.com) and 2 tablespoons shredded fat-free Cheddar cheese. Serve with tossed salad and 2 tablespoons fat-free salad dressing of choice (Spectrum Naturals from www.wellnessgrocer.com or Maple Grove from www.maplegrove.com).



This delicious Reuben has the taste you crave without the calories



Now that's a hot combo... chili & baked potato

Veggie Pizza
297 calories

Ciappine Italian Flatbread (www.igourmet.com) topped with ¼ to 1 cup Mother Teresa's Italian Marinara Sauce (www.italian-food.us), 1 cup fat-free shredded mozzarella cheese, ½ cup Just Bell Peppers, and ½ cup Just Mushrooms (www.justtomatoes.com). Bake at 350 degrees for 10-15 minutes until cheese is melted. (Serves 2-3)

Soup & Sandwich
287 calories

1 cup Healthy Valley fat-free Split Pea Carrot Soup (www.wellnessgrocer.com). 1 slice whole wheat bread spread with 2 teaspoons Roasted Garlic Mustard (www.pancakeshop.com); top with 1 slice tomato and 1 oz. fat-free Cheddar cheese slice. Place under toaster or broiler and cook just until cheese is melted and lightly browned.

Southwest Wrap
338 calories

Spread a low-fat tortilla with 1½

teaspoons fat-free mayonnaise and 2 tablespoons Green Olive Salsa (www.pancakeshop.com). Top with 3 oz. sliced low-fat turkey, ¼ cup shredded fat-free Cheddar cheese, and 1 tablespoon



Pizza is a great way to eat your veggies

chopped green onions. Roll tortilla and serve or microwave on high heat for 45 seconds until cheese is melted. Serve with additional salsa if desired. Add jicama, celery and carrot sticks; serve with 2-3 tablespoons Raspberry Honey Mustard Pretzel Dip

(www.pancakeshop.com) or fat-free ranch salad dressing, if desired.

Rice and Beans
317 calories

Combine ½ cup black beans, 2 tablespoons canned diced green chiles, and 2 tablespoons Handmade Fire Roasted Garlic Salsa (www.casadefruta.com) in microwave-safe bowl. Cover and heat on high heat 2-3 minutes until heated through. Serve over ½ cup steamed white or brown rice, with a tossed Salad with 2 tablespoons fat-free salad dressing (Spectrum Naturals from www.wellnessgrocer.com or Maple Grove from www.maplegrove.com).

Dinner

Chicken with Honey Chipotle Barbecue Sauce
209 calories

Spread 3 oz. boneless, skinless chicken breast with 2 tablespoons Honey Chipotle Barbecue Sauce (www.igourmet.com) and broil on high heat 10-12 minutes per side until cooked through.

Chicken with Ginger Wasabi Meat, Fish & Poultry Rub
Calories 355

Spray 3 oz. chicken breast with cooking spray. Sprinkle with Robert Rothschild Ginger Wasabi Meat, Fish & Poultry Rub (www.gourmetfoodrecipes.com), or Green Chile-Lime Spice Rub (www.pancakeshop.com), or Tomato-Cilantro Spice Rub (www.pancakeshop.com) or Herb Rub (www.pancakeshop.com). Broil or grill 10 minutes per side until browned and cooked through.

More BEST TASTING DIET continued on page 36 >>>

The best tasting diet ever!



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Chicken with Korean Soy Ginger or Pineapple Sake Teriyaki Marinade 350 calories

Marinate 3 oz. chicken breast in Korean Soy Ginger Marinade or Roasted Chipotle Pineapple Grilling Sauce (www.pancakeshop.com) for at least 30 minutes. Broil or grill 10 minutes per side. Serve chicken with steamed brown rice, Fantastic Foods Couscous (www.wellnessgrocer.com) or Near East Long Grain & Wild Rice (www.wellnessgrocer.com).

Shrimp Kabobs 269 calories

Alternate shrimp and bell pepper strips on skewers; arrange on broiler pan and broil 5 minutes until shrimp are no longer pink. Serve with Vidalia Onion & Peach Salsa (www.igourmet.com) or Pineapple Chipotle Salsa

(www.pancakeshop.com). Serve with steamed brown rice.

Baked Fish Fillets 242 Calories

Preheat oven to 350 degrees. Place 4 oz. fish fillet (perch, flounder, orange roughy) in oven-safe dish sprayed with cooking spray. Top with ¼ cup Muir Glen Tomato Sauce (www.wellnessgrocer.com), 2 tablespoons sliced onions, ¼ teaspoon chili powder, ¼ teaspoon dried oregano, and ¼ teaspoon Mansmiths Gourmet Salt Free Garlic Stuff (www.casadefruta.com). Bake 15-20 minutes until fish flakes easily with a fork. Serve with tossed salad (lettuce, tomatoes, cucumbers, onions) topped with 2 tablespoons fat-free salad dressing. (Select from varieties offered at www.maplegrove.com).

Pasta & Romaine Salad 400 Calories

1 cup cooked Durum Wheat Semolina Pasta (www.igourmet.com) topped with ¼ cup Arrabbiata Pasta Sauce by Menu (www.igourmet.com) or Mother Teresa's Extra Spicy Sauce

(www.italian-food.us). Sprinkle with Parmesan cheese. Serve with 2 cups romaine lettuce salad tossed with sliced tomatoes, chopped onions and sliced mushrooms; drizzle with 2 tablespoons fat-free Caesar salad dressing (www.maplegrove.com).

Honey Chipotle Salmon 254 Calories

Sprinkle 4 oz. salmon fillet with ½ teaspoon Frontier Garlic Granules (www.wellnessgrocer.com). Spread fillet with 1 tablespoon Honey Chipotle Pretzel Dip (www.gourmetfoodrecipes.com) and broil on high heat for 8-10 minutes; turn salmon over, brush with another tablespoon of dip and broil 8-10 minutes until fish flakes easily with a fork.

Snacks

Gourmet Dipping Sticks

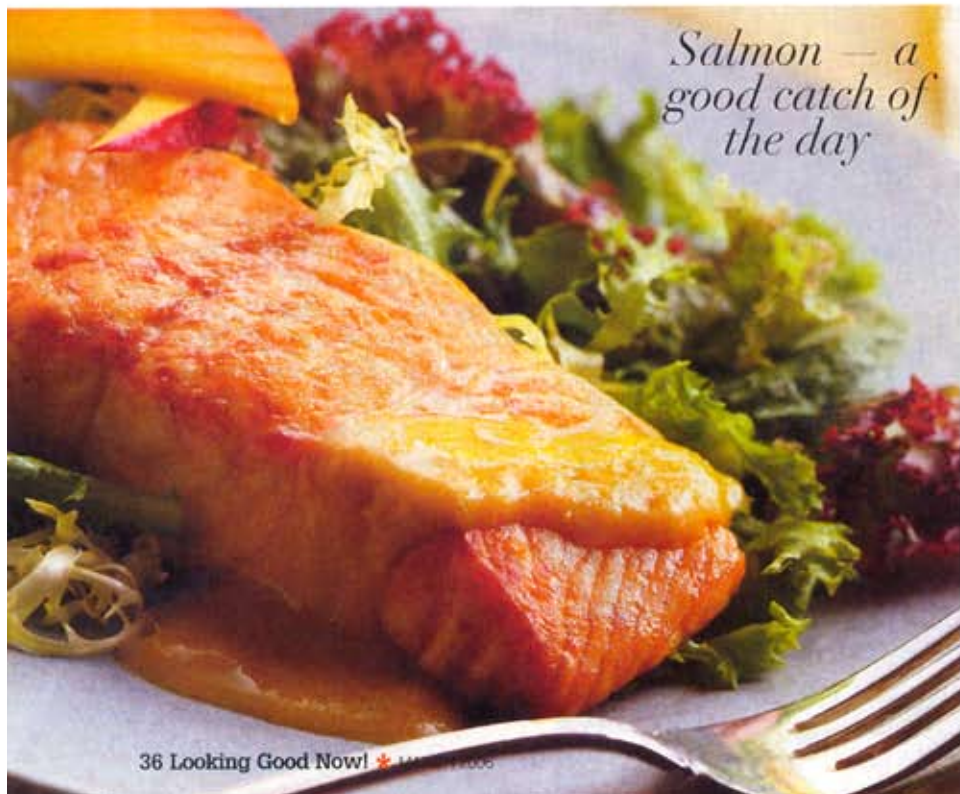
dipped in salsa, Honey Chipotle Pretzel Dip or Raspberry Honey Mustard Pretzel Dip (all at www.gourmetfoodrecipes.com). 250 calories

3 oz. Cooked Shrimp dipped in Lemon Dill or Tequila Lime Cocktail Sauce (www.pancakeshop.com) 136 calories

1 oz. low-fat corn tortilla chips dipped in Roasted Tomato Salsa, Tomatillo Salsa or Chipotle Salsa (www.pancakeshop.com) 197 calories

1 cup Dale & Thomas Hall of Fame Kettle Corn 68 calories or 1 cup Rajin' Cajun Popcorn 84 calories (both at www.daleandthomaspopcorn.com)

8 Edward & Sons Fat-free Onion & Garlic Snaps (www.wellnessgrocer.com) plus 1 oz. fat-free sliced Cheddar cheese. 107 calories



Salmon — a good catch of the day

1 ounce low-fat corn tortilla chips or 8 Edward & Sons crackers served with Hot 'n Spicy Corn Relish Dip

(www.pancakeshop.com)

To prepare dip: Combine ¼ cup Hot 'n Spicy Corn Relish with 3 teaspoons fat-free sour cream and mix well. Refrigerate until ready to serve. **107 Calories**

Side Dishes

Mexican Rice 112 Calories

Boil 1 cup chicken broth and 1 cup water in medium saucepan over high heat. Add 1 cup long grain white rice; reduce heat to low, cover and simmer 20 minutes or until rice is tender and liquid is absorbed. Remove from heat, keep covered, and let stand 5 minutes. Add ¼ cup Casa de Fruta Special Blend Salsa: Handmade Fire Roasted Garlic (www.casadefruta.com); toss and fluff with a fork before serving.

Cajun Sweet Potato Fries 197 Calories

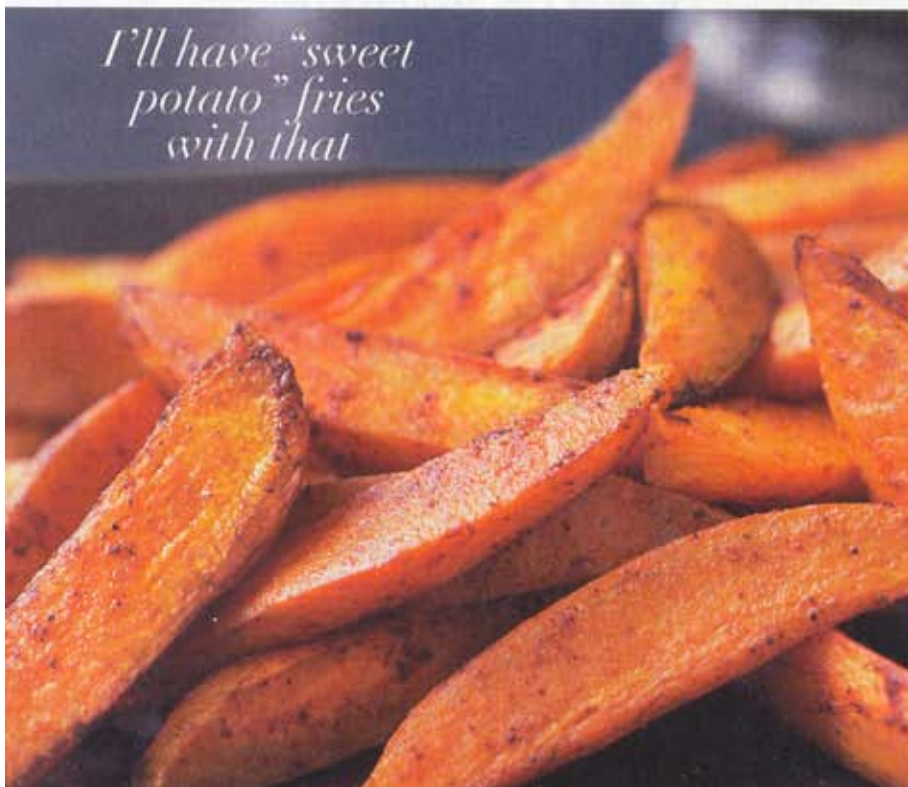
Preheat oven to 450 degrees.

Line baking sheet with foil and spray with cooking spray. Cut sweet potato into wedges. Sprinkle with Alchemy Bayou Ya-Ya (www.wellnessgrocer.com) or Cajun Dust (www.pancakeshop.com); spray lightly with cooking spray. Bake potato wedges 30-45 minutes until lightly browned and crisp. Serve with Honey Chipotle Barbecue Sauce (www.igourmet.com).

It's always cocktail hour with shrimp



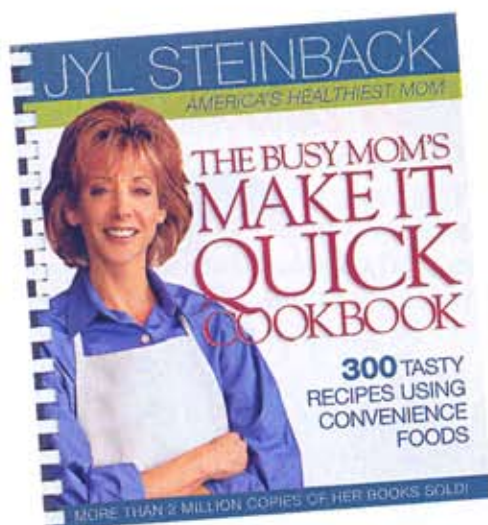
More BEST TASTING DIET continued on page 38 >>>



Check out these gourmet Web sites

- www.igourmet.com
- www.gourmetgroceryonline.com
- www.gourmetfoodrecipes.com
- www.casadefruta.com
- www.pancakeshop.com
- www.chefsresource.com
- www.wellnessgrocer.com
- www.italian-food.us
- www.choochoorsnacks.com
- www.ethnicgrocer.com
- www.daleandthomaspopcorn.com
- www.justtomatoes.com
- www.kangaroobrands.com
- www.maplegrove.com
- www.healthytrader.com

For more gourmet product reviews visit our Web site, www.lgnmagazine.com.



Check out
Jyl Steinback's Web site at
www.AmericasHealthiestMom.com.

Quick meals for HEALTHY LIVING

You can satisfy even the biggest appetites in your family with healthy, low-fat meals and snacks that appeal to all ages. The following recipes prove you don't have to sacrifice taste for proper nutrition.

Jyl Steinback is known as "America's Healthiest Mom" and is the author of 11 cookbooks that have sold more than 2 million copies. A mother of two, she developed these recipes as a way to instill healthy living into every lifestyle.

Easy to make, these recipes are not only low in calories but also offer families low-sodium alternatives for meals and snacks.

Shopping list

Meat/Fish/ Poultry:

1 lb. extra-lean
ground beef

Canned goods:

15-oz. can
seasoned diced
tomato sauce
for chili

Baking Goods:

Cornstarch

Seasonings / Spices:

Onion powder
Dried sweet
pepper flakes
Mrs. Dash
Garlic powder
Dry mustard
Celery seeds
Chili powder

Sloppy Joe Mix

✓ Easy
✓ Do Ahead

Yields: 18 servings
(3 tbsps. per 1 lb. meat)

**NUTRITION
PER SERVING:**
118 calories, 3.2 g fat,
5 g carbohydrates, 15 g
protein, 41 mg cholesterol,
1 g dietary fiber,
172 mg sodium.

EXCHANGES:
1 vegetable, 2 lean meat

CARB CHOICES:
0

Ingredients (Spice Mix):

1 tbsp. onion powder
1 tbsp. dried sweet pepper flakes
1½ tps. Mrs. Dash seasoning
1 tbsp. cornstarch
¾ tsp. garlic powder
¾ tsp. dry mustard
¾ tsp. celery seeds
¾ tsp. chili powder

Ingredients (Sloppy Joes):

1 lb. extra-lean ground beef
3 tbsps. Sloppy Joe Spice Mix (above)
1 cup seasoned diced tomato sauce for
chili
¼ cup water

For Spice Mix, combine all dry ingredients in zip-top bag; seal and shake to mix. Store at room temperature for as long as you need (up to 3 months). To make Sloppy Joes, spray a large nonstick skillet with cooking spray; heat over medium-high heat. Add ground beef; cook, stirring frequently, until browned and crumbled. Add 3 tbsps. Spice Mix; 1 cup seasoned diced tomato sauce for chili, and ¼ cup water. Bring to a boil over high heat; reduce heat to low and simmer 10-15 minutes. Serve over baked potatoes, low-fat buns, or stuffed in pita pockets.

Tip:

Want to change "meat and potatoes" night? Make it a vegetarian dinner by substituting cooked bulgur for the ground beef in your favorite recipes.



Beef Ziti Bake

- ✓ Easy
- ✓ Do Ahead
- ✓ Freeze

Serves: 6

Shopping list

Dairy:

8-oz. nonfat shredded mozzarella cheese

Nonfat Parmesan cheese

Meat/Fish/Poultry:

1 lb. extra-lean ground beef

Canned goods:

14½-oz. can stewed tomatoes with bell pepper and onion

8-oz. can tomato sauce

Packaged goods:

8-oz. pkg. ziti pasta

Seasonings/Spices:

Onion powder

Dried sweet pepper flakes

Italian seasoning

Garlic powder

Ingredients:

- 1 lb. extra-lean ground beef
- 1 tbsp. onion powder
- 1 tbsp. dried sweet pepper flakes
- 1 (14½-oz.) can stewed tomatoes with bell pepper and onion, do not drain
- 1 (8-oz.) can tomato sauce
- 1 tsp. Italian seasoning
- ½ tsp. garlic powder
- 8-oz. pkg. ziti pasta, cooked and drained
- 2 cups nonfat shredded mozzarella cheese, divided
- ½ cup nonfat Parmesan cheese

Tip:

For food safety, keep your refrigerator at a temperature of 41 degrees or less. Surveys show many households keep refrigerator temperatures above 50 degrees. While lower temperatures don't kill bacteria, they do keep it from multiplying.

Preheat oven to 350 degrees. Spray 9x13-inch baking dish with cooking spray. Spray nonstick skillet with cooking spray and heat over medium-high heat. Add ground beef, onion powder and pepper flakes. Cook, stirring frequently, until beef is browned and crumbled. Add stewed tomatoes, tomato sauce, Italian seasoning, and garlic powder; mix well. Add cooked ziti and 1 cup mozzarella cheese. Spoon mixture into baking dish; top with remaining mozzarella and Parmesan cheese. Bake 30-35 minutes until lightly browned and bubbly hot. Remove from oven and let stand 5-10 minutes before serving.

NUTRITION PER SERVING:
345 calories, 3.7 g fat
37 g carbohydrates, 35 g protein, 41 mg cholesterol, 1 g dietary fiber, 67 mg sodium

EXCHANGES:
2 starch, 1 vegetable,
3 lean meat

CARB CHOICES:
2

Chinese Chicken Salad

✓ Easy
✓ Do Ahead

Serves: 6



NUTRITION PER SERVING:
209 calories, 1.6 g fat
20 g carbohydrates,
24 g protein, 50 mg cholesterol,
1 g dietary fiber, 648 mg sodium

EXCHANGES:
3 vegetable, 3 very lean meat,
1/4 other carb

CARB CHOICES:
1

Ingredients:

- 1 (8-oz.) pkg. shredded cabbage
- 1 (8-oz.) pkg. shredded lettuce
- 1 (8-oz.) pkg. stringless sugar snap peas
- 1 cup canned sliced water chestnuts, drained
- 1/2 cup diced bell pepper
- 3 (6-oz.) pkgs. honey roasted chicken breast strips
- 3/4 cup nonfat French or Catalina salad dressing
- 2 tbsps. slivered almonds (optional)

Combine all ingredients except salad dressing and optional almonds in large bowl and toss to mix. Cover and refrigerate 1-2 hours. Pour salad dressing over top and toss to mix. Garnish with almonds, if desired.

Tip:

To retain juices and keep chicken from drying out when cooking, turn chicken with tongs instead of a fork.

Shopping list

Produce:

- 8-oz. pkg. shredded cabbage
- 8-oz. pkg. shredded lettuce
- 8-oz. pkg. stringless sugar snap peas
- 7-oz. pkg. diced bell peppers

Meat/Fish/Poultry:

- 3 (6-oz.) pkgs. honey roasted chicken breast strips

Packaged goods:

- 8-oz. can sliced water chestnuts

Condiments:

- Nonfat French or Catalina salad dressing

Optional:

- Slivered almonds

Ingredients:

4 fat-free frozen waffles
 2 tbsps. reduced-fat peanut butter
 1 tbsp. + 1 tsp. sugar-free seedless blackberry jam (or other sugar-free preserve of choice)
 2 bananas, sliced thin

Toast waffles until lightly browned. Spread each waffle with 1½ tpsps. peanut butter, 1 tsp. jam, and top with sliced bananas.

Tip:

Beware: Fat-free products are not calorie-free. Portion control counts with everything.

Shopping list**Produce:**

2 bananas

Spreads:

Reduced-fat peanut butter

Frozen goods:

10.2-oz. pkg. frozen fat-free waffles

Sugar-free seedless blackberry jam (or other sugar-free preserves of choice)

Peanut Butter and Banana Waffle Snack

✓ Easy

Serves: 4



NUTRITION PER SERVING:
 146 calories, 0.8 g fat
 32 g carbohydrates,
 5 g protein, 0 mg cholesterol,
 1 g dietary fiber, 194 mg sodium

EXCHANGES:
 1 starch, 1 fruit,
 ½ very lean meat

CARB CHOICES:
 2

● Family RECIPES

Banana Mango Smoothie

✓ Easy

Serves: 2

Ingredients:

2 bananas,
sliced and
frozen
 $\frac{2}{3}$ cup frozen
mango slices
1 (12-oz.) can
mango nectar
8-oz. nonfat
vanilla yogurt

Combine all ingredients in blender and process until smooth and creamy. Serve immediately.

Shopping list

Produce:

2 bananas

Dairy:

8-oz. nonfat
vanilla
yogurt

Frozen goods:

16-oz. pkg. frozen
mango slices

Canned goods:

12-oz. can
mango nectar

The American Heart Association estimates that 36 percent of children and teens have high cholesterol. Elevated cholesterol levels often carry over into adulthood, increasing the risk of heart disease and stroke.

**NUTRITION
PER SERVING:**
292 calories, 0.9 g fat
70 g carbohydrates,
6 g protein, 3 mg cholesterol,
4 g dietary fiber
82 mg sodium

EXCHANGES:
4 fruit, 1 other carb

CARB CHOICES:
5

Recipes from *The Busy Mom's Make It Quick Cookbook*
by Jyl Steinback.