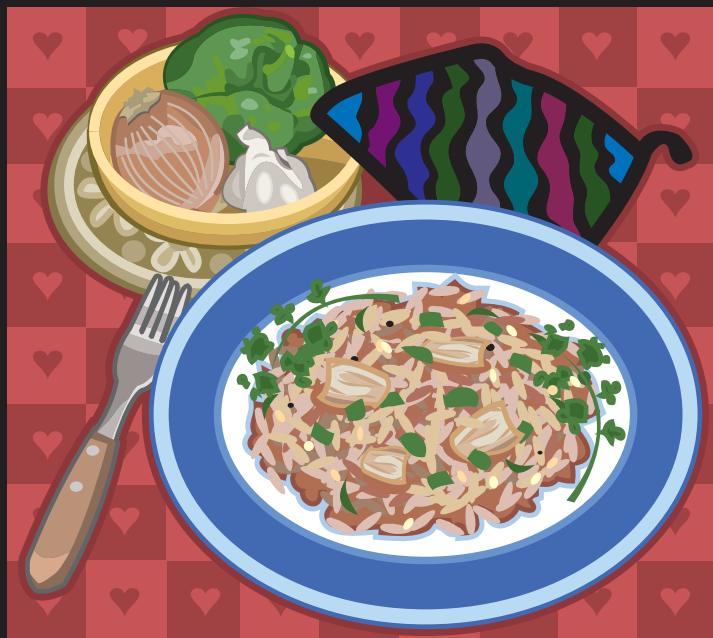


# MAIN DISHES



## Bavarian Beef

1 1/4 lb	lean beef stew meat, trimmed of fat, cut in 1-inch pieces
1 Tbsp	vegetable oil
1	large onion, thinly sliced
1 1/2 C	water
3/4 tsp	caraway seeds
1/2 tsp	salt
1/8 tsp	black pepper
1	bay leaf
1/4 C	white vinegar
1 Tbsp	sugar
1/2	small head red cabbage, cut into 4 wedges
1/4 C	gingersnaps, crushed

This classic German stew is made with lean, trimmed beef stew meat and cabbage.

1. Brown meat in oil in heavy skillet. Remove meat and sauté onion in remaining oil until golden. Return meat to skillet. Add water, caraway seeds, salt, pepper, and bay leaf. Bring to boil. Reduce heat, cover, and simmer for 1<sup>1</sup>/<sub>4</sub> hours.
2. Add vinegar and sugar, and stir. Place cabbage on top of meat. Cover and simmer for an added 45 minutes.
3. Remove meat and cabbage, arrange on platter, and keep warm.
4. Strain drippings from skillet and skim off fat. Add enough water to drippings to yield 1 cup of liquid.
5. Return to skillet with crushed gingersnaps. Cook and stir until thickened and mixture boils. Pour over meat and vegetables, and serve.

**Yield: 5 servings**  
**Serving size: 5 oz**  
**Each serving provides:**

Calories: 218  
 Total fat: 7 g  
 Saturated fat: 2 g  
 Cholesterol: 60 mg  
 Sodium: 323 mg  
 Total fiber: 2 g  
 Protein: 24 g  
 Carbohydrates: 14 g  
 Potassium: 509 mg

# Beef and Bean Chili

2 lb	lean beef stew meat, trimmed of fat, cut in 1-inch cubes
3 Tbsp	vegetable oil
2 C	water
2 tsp	garlic, minced
1	large onion, finely chopped
1 Tbsp	flour
2 tsp	chili powder
1	green pepper, chopped
2 lb	(or 3 C) tomatoes, chopped
1 Tbsp	oregano
1 tsp	cumin
2 C	canned kidney beans*

\*To cut back on sodium, try using "no salt added" canned kidney beans or beans prepared at home without salt.

1. Brown meat in large skillet with half of vegetable oil. Add water. Simmer covered for 1 hour until meat is tender.
2. Heat remaining vegetable oil in second skillet. Add garlic and onion, and cook over low heat until onion is softened. Add flour and cook for 2 minutes.
3. Add garlic-onion-flour mixture to cooked meat. Then add remaining ingredients to meat mixture. Simmer for  $\frac{1}{2}$  hour.

Here's a lower fat chili that's lost none of its heat.

**Yield: 9 servings**

**Serving size: 8 oz**

**Each serving provides:**

Calories: 284

Total fat: 10 g

Saturated fat: 2 g

Cholesterol: 76 mg

Sodium: 162 mg

Total fiber: 4 g

Protein: 33 g

Carbohydrates: 16 g

Potassium: 769 mg

## Beef Stroganoff

1 lb	lean beef (top round), cubed
2 tsp	vegetable oil
$\frac{3}{4}$ Tbsp	onion, finely chopped
1 lb	mushrooms, sliced
$\frac{1}{4}$ tsp	salt
to taste	pepper
$\frac{1}{4}$ tsp	nutmeg
$\frac{1}{2}$ tsp	dried basil
$\frac{1}{4}$ C	white wine
1 C	plain lowfat yogurt
6 C	macaroni, cooked in unsalted water

Lean top round beef and plain lowfat yogurt transform this rich dish into a heart healthy meal.

1. Cut beef into 1-inch cubes.
2. Heat 1 teaspoon oil in nonstick skillet. Sauté onion for 2 minutes.
3. Add beef and sauté for 5 minutes more. Turn to brown evenly. Remove from pan and keep hot.
4. Add remaining oil to pan and sauté mushrooms.
5. Add beef and onions to pan with seasonings.
6. Add wine and yogurt, and gently stir in. Heat, but do not boil.\*
7. Serve with macaroni.

**Yield: 5 servings**  
**Serving size: 6 oz**  
**Each serving provides:**  
 Calories: 499  
 Total fat: 10 g  
 Saturated fat: 3 g  
 Cholesterol: 80 mg  
 Sodium: 200 mg  
 Total fiber: 4 g  
 Protein: 41 g  
 Carbohydrates: 58 g  
 Potassium: 891 mg

\* If thickening is desired, use 2 teaspoons of cornstarch. Calories are same as for flour, but cornstarch has double the thickening power. The calories for cornstarch are not included in the nutrients per serving given above. To add cornstarch, take small amount of wine and yogurt broth and put aside to cool. Stir in cornstarch. Add some of warm broth to cornstarch paste and stir. Then, add cornstarch mixture to pan.

# Black Skillet Beef With Greens and Red Potatoes

Here's a one-dish meal that tastes even better than it sounds.

1 lb	top round beef
1 Tbsp	paprika
1 <sup>1</sup> / <sub>2</sub> tsp	oregano
1/2 tsp	chili powder
1/4 tsp	garlic powder
1/4 tsp	black pepper
1/8 tsp	red pepper
1/8 tsp	dry mustard
8	red-skinned potatoes, halved
3 C	onion, finely chopped
2 C	beef broth
2 cloves	large garlic, minced
2	large carrots, peeled, cut into very thin, 2 <sup>1</sup> / <sub>2</sub> -inch strips
2 bunch	( <sup>1</sup> / <sub>2</sub> lb) mustard greens, kale, or turnip greens, stems removed, coarsely torn
as needed	nonstick cooking spray

**Yield:** 6 servings

**Serving size:** 7 oz

**Each serving provides:**

Calories: 340

Total fat: 5 g

Saturated fat: 2 g

Cholesterol: 64 mg

Sodium: 109 mg

Total fiber: 8 g

Protein: 30 g

Carbohydrates: 45 g

Potassium: 1,278 mg

1. Partially freeze beef. Thinly slice across grain into long strips <sup>1</sup>/<sub>8</sub>-inch thick and 3 inches wide.
2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with spice mixture.
3. Spray large, heavy skillet with nonstick coating. Preheat pan over high heat. Add meat and cook, stirring, for 5 minutes. Then add potatoes, onion, broth, and garlic, and cook covered over medium heat for 20 minutes. Stir in carrots, lay greens over top, and cook covered until carrots are tender, about 15 minutes.
4. Serve in large serving bowl with crusty bread for dunking.

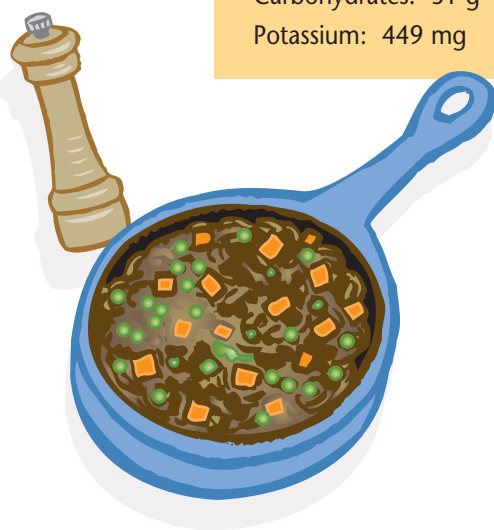
# Quick Beef Casserole

1/2 lb	lean ground beef
1 C	onion, chopped
1 C	celery, chopped
1 C	green pepper, cubed
3 1/2 C	tomatoes, diced
1/4 tsp	salt
1/2 tsp	black pepper
1/4 tsp	paprika
1 C	frozen peas
2	small carrots, diced
1 C	uncooked rice
1 1/2 C	water

1. In skillet, brown ground beef and drain off fat.
2. Add rest of ingredients. Mix well. Cover and cook over medium heat until boiling. Reduce to low heat and simmer for 35 minutes. Serve hot.

Tired? Busy? You don't need hours to make healthy dishes. Try this one-skillet wonder.

**Yield: 8 servings**  
**Serving size: 1 1/3 cups**  
**Each serving provides:**  
 Calories: 201  
 Total fat: 5 g  
 Saturated fat: 2 g  
 Cholesterol: 16 mg  
 Sodium: 164 mg  
 Total fiber: 3 g  
 Protein: 9 g  
 Carbohydrates: 31 g  
 Potassium: 449 mg



# Scrumptious Meat Loaf

1lb	ground beef, extra lean
1/2 C	(4 oz) tomato paste
1/4 C	onion, chopped
1/4 C	green peppers
1/4 C	red peppers
1 C	tomatoes, fresh, blanched, chopped
1/2 tsp	mustard, low sodium
1/4 tsp	ground black pepper
1/2 tsp	hot pepper, chopped
2 cloves	garlic, chopped
2 stalks	scallion, chopped
1/2 tsp	ground ginger
1/8 tsp	ground nutmeg
1 tsp	orange rind, grated
1/2 tsp	thyme, crushed
1/4 C	bread crumbs, finely grated

1. Mix all ingredients together.
2. Place in 1-pound loaf pan (preferably with drip rack) and bake covered at 350 °F for 50 minutes.
3. Uncover pan and continue baking for 12 minutes.

**\* For a different take on "meat loaf," try the turkey version on page 72.**

Got the meat loaf blahs? This recipe transforms the ordinary into the extraordinary.\*

**Yield: 6 servings**

**Serving size:**

**6, 1<sup>1</sup>/<sub>4</sub>-inch-thick slices**

**Each serving provides:**

Calories: 193

Total fat: 9 g

Saturated fat: 3 g

Cholesterol: 45 mg

Sodium: 91 mg

Total fiber: 2 g

Protein: 17 g

Carbohydrates: 11 g

Potassium: 513 mg

## Stir-Fried Beef and Potatoes

Vinegar and garlic give this easy-to-fix dish its tasty zip.

1 1/2 lb	sirloin steak
2 tsp	vegetable oil
1 clove	garlic, minced
1 tsp	vinegar
1/8 tsp	salt
1/8 tsp	pepper
2	large onions, sliced
1	large tomato, sliced
3 C	boiled potatoes, diced

1. Trim fat from steak and cut into small, thin pieces.
2. In large skillet, heat oil and sauté garlic until golden.
3. Add steak, vinegar, salt, and pepper. Cook for 6 minutes, stirring beef until brown.
4. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes.



**Yield:** 6 servings  
**Serving size:** 1 1/4 cup  
**Each serving provides:**  
 Calories: 274  
 Total fat: 5 g  
 Saturated fat: 1 g  
 Cholesterol: 56 mg  
 Sodium: 96 mg  
 Total fiber: 3 g  
 Protein: 24 g  
 Carbohydrates: 33 g  
 Potassium: 878 mg



# Stir-Fried Beef and Chinese Vegetables

2 Tbsp	dry red wine
1 Tbsp	soy sauce
1/2 tsp	sugar
1 1/2 tsp	gingerroot, peeled, grated
1 lb	boneless round steak, fat trimmed, cut across grain into 1 1/2-inch strips
2 Tbsp	vegetable oil
2	medium onions, each cut into 8 wedges
1/2 lb	fresh mushrooms, rinsed, trimmed, sliced
2 stalks	(1/2 C) celery, bias cut into 1/4-inch slices
2	small green peppers, cut into thin lengthwise strips
1 C	water chestnuts, drained, sliced
2 Tbsp	cornstarch
1/4 C	water

Stir-frying uses very little oil, as this dish shows.

1. Prepare marinade by mixing together wine, soy sauce, sugar, and ginger.
2. Marinate meat in mixture while preparing vegetables.
3. Heat 1 tablespoon oil in large skillet or wok. Stir-fry onions and mushrooms for 3 minutes over medium-high heat.
4. Add celery and cook for 1 minute. Add remaining vegetables and cook for 2 minutes or until green pepper is tender but crisp. Transfer vegetables to warm bowl.
5. Add remaining 1 tablespoon oil to skillet. Stir-fry meat in oil for about 2 minutes, or until meat loses its pink color.
6. Blend cornstarch and water. Stir into meat. Cook and stir until thickened. Then return vegetables to skillet. Stir gently and serve.

**Yield:** 6 servings

**Serving size:** 6 oz

**Each serving provides:**

Calories: 200

Total fat: 9 g

Saturated fat: 2 g

Cholesterol: 40 mg

Sodium: 201 mg

Total fiber: 3 g

Protein: 17 g

Carbohydrates: 12 g

Potassium: 552 mg

## Baked Pork Chops

6	lean center-cut pork chops, 1/2-inch thick*
1	egg white
1 C	evaporated skim milk
3/4 C	cornflake crumbs
1/4 C	fine dry bread crumbs
4 tsp	paprika
2 tsp	oregano
3/4 tsp	chili powder
1/2 tsp	garlic powder
1/2 tsp	black pepper
1/8 tsp	cayenne pepper
1/8 tsp	dry mustard
1/2 tsp	salt
as needed	nonstick cooking spray

\*Try the recipe with skinless, boneless chicken or turkey parts, or fish—bake for just 20 minutes.

1. Preheat oven to 375 °F.
2. Trim fat from pork chops.
3. Beat egg white with evaporated skim milk. Place chops in milk mixture and let stand for 5 minutes, turning once.
4. Meanwhile, mix cornflake crumbs, bread crumbs, spices, and salt.
5. Use nonstick cooking spray on 13- by 9-inch baking pan.
6. Remove chops from milk mixture and coat thoroughly with crumb mixture.
7. Place chops in pan and bake at 375 °F for 20 minutes. Turn chops and bake for added 15 minutes or until no pink remains.

You can really sink your chops into these—they're made spicy and moist with egg whites, evaporated milk, and a lively blend of herbs.

**Yield: 6 servings**  
**Serving size: 1 chop**  
**Each serving provides:**  
 Calories: 216  
 Total fat: 8 g  
 Saturated fat: 3 g  
 Cholesterol: 62 mg  
 Sodium: 346 mg  
 Total fiber: 1 g  
 Protein: 25 g  
 Carbohydrates: 10 g  
 Potassium: 414 mg

## Shish Kabob

2 Tbsp	olive oil
1/2 C	chicken broth
1/4 C	red wine
1	lemon, juice only
1 tsp	chopped garlic
1/4 tsp	salt
1/2 tsp	rosemary
1/8 tsp	black pepper
2 lb	lean lamb, cut into 1-inch cubes
24	cherry tomatoes
24	mushrooms
24	small onions

1. Combine oil, broth, wine, lemon juice, garlic, salt, rosemary, and pepper. Pour over lamb, tomatoes, mushrooms, and onions. Marinate in refrigerator for several hours or overnight.
2. Put together skewers of lamb, onions, mushrooms, and tomatoes. Broil 3 inches from heat for 15 minutes, turning every 5 minutes.

The delicious taste of these kabobs comes from the lively marianade of wine, lemon juice, rosemary, and garlic.

**Yield: 8 servings**

**Serving size: 1 kabob, with 3 oz of meat**

**Each serving provides:**

Calories: 274

Total fat: 12 g

Saturated fat: 3 g

Cholesterol: 75 mg

Sodium: 207 mg

Total fiber: 3 g

Protein: 26 g

Carbohydrates: 16 g

Potassium: 728 mg

## Spicy Veal Roast

1/4 tsp	salt
1/2 tsp	black pepper
1/2 tsp	cinnamon
1 1/2 tsp	cumin
3 lb	boned lean veal shoulder, trimmed, rolled, tied
4 tsp	olive oil
1/2 lb	onions, peeled
1/2 clove	garlic, peeled
2 tsp	dried tarragon
4 sprigs	fresh parsley
1 tsp	thyme
1	bay leaf

Skimming the fat from the cooking juices in this dish helps lower the fat content.

1. Mix together salt, pepper, cinnamon, and cumin. Rub over roast.
2. Heat 2 teaspoons of oil in large skillet. Add onions, garlic, and tarragon. Cover and cook over low heat for 10 minutes. Set aside.
3. Heat remaining 2 teaspoons of oil in ovenproof pan large enough to hold all ingredients. Brown meat on all sides.
4. Add garlic-onion mixture. Add parsley, thyme, and bay leaf. Cover.
5. Bake in 325 °F oven for 1 1/2 hours, or until meat is tender.
6. Remove meat to serving platter. Skim fat from cooking juices. Remove bay leaf and parsley. Cut roast in 1/4- to 1/2-inch slices. Pour a little cooking juice over roast and serve rest on side.

**Yield:** 12 servings

**Serving size:** 3 oz

**Each serving provides:**

Calories: 206

Total fat: 8 g

Saturated fat: 3 g

Cholesterol: 124 mg

Sodium: 149 mg

Total fiber: 1 g

Protein: 30 g

Carbohydrates: 2 g

Potassium: 459 mg

## Barbecued Chicken

3 lb	chicken parts (breast, drumstick, and thigh), skin and fat removed
1	large onion, thinly sliced
3 Tbsp	vinegar
3 Tbsp	Worcestershire sauce
2 Tbsp	brown sugar
to taste	black pepper
1 Tbsp	hot pepper flakes
1 Tbsp	chili powder
1 C	chicken stock or broth, fat skimmed from top

Don't forget to remove the skin and fat to keep this zesty dish heart healthy.

1. Place chicken in 13- by 9- by 2-inch pan. Arrange onions over top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock.
3. Pour mixture over chicken and bake at 350 °F for 1 hour or until done. While cooking, baste occasionally.



**Yield: 8 servings**

**Serving size: 1 chicken part with sauce**

**Each serving provides:**

Calories: 176

Total fat: 6 g

Saturated fat: 2 g

Cholesterol: 68 mg

Sodium: 240 mg

Total fiber: 1 g

Protein: 24 g

Carbohydrates: 7 g

Potassium: 360 mg

## Barbecued Chicken— Spicy Southern Style

Let yourself fall under the spell of this Southern-style, sweet, barbecue sauce.

5 Tbsp	(3 oz) tomato paste
1 tsp	ketchup
2 tsp	honey
1 tsp	molasses
1 tsp	Worcestershire sauce
4 tsp	white vinegar
3/4 tsp	cayenne pepper
1/8 tsp	black pepper
1/4 tsp	onion powder
2 cloves	garlic, minced
1/8 tsp	ginger, grated
1 1/2 lb	chicken (breasts, drumsticks), skinless

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

**Yield: 6 servings**

**Serving size: 1/2 breast  
or 2 small drumsticks**

**Each serving provides:**

Calories: 176

Total fat: 4 g

Saturated fat: less than 1 g

Cholesterol: 81 mg

Sodium: 199 mg

Total fiber: 1 g

Protein: 27 g

Carbohydrates: 7 g

Potassium: 392 mg

# Chicken Gumbo

1 tsp	vegetable oil
1/4 C	flour
3 C	low-sodium chicken broth
1 1/2 lb	chicken breast, skinless, boneless, cut into 1-inch strips
1 C	(1/2 lb) white potatoes, cubed
1 C	onions, chopped
1 C	(1/2 lb) carrots, coarsely chopped
1/2	medium carrot, grated
1/4 C	celery, chopped
4 cloves	garlic, finely minced
2 stalks	scallion, chopped
1	whole bay leaf
1/2 tsp	thyme
1/2 tsp	black pepper, ground
2 tsp	hot (or jalapeño) pepper
1 C	(1/2 lb) okra, sliced into 1/2-inch pieces

Simple but filling—  
this dish feeds  
the need.

**Yield: 8 servings**  
**Serving size: 3/4 cup**  
**Each serving provides:**  
 Calories: 165  
 Total fat: 4 g  
 Saturated fat: 1 g  
 Cholesterol: 51 mg  
 Sodium: 81 mg  
 Total fiber: 2 g  
 Protein: 21 g  
 Carbohydrates: 11 g  
 Potassium: 349 mg

1. Add oil to large pot and heat over medium flame.
2. Stir in flour. Cook, stirring constantly, until flour begins to turn golden brown.
3. Slowly stir in all broth using wire whisk. Cook for 2 minutes. Broth mixture should not be lumpy.
4. Add rest of ingredients except okra. Bring to boil, then reduce heat and let simmer for 20–30 minutes.
5. Add okra and let cook for 15–20 more minutes.
6. Remove bay leaf and serve hot in bowl or over rice.

## Chicken and Rice

6	chicken pieces (legs and breasts), skinless
2 tsp	vegetable oil
4 C	water
2	tomatoes, chopped
1/2 C	green pepper, chopped
1/4 C	red pepper, chopped
1/4 C	celery, diced
1	medium carrot, grated
1/4 C	corn, frozen
1/2 C	onion, chopped
1/4 C	fresh cilantro, chopped
2 cloves	garlic, chopped fine
1/8 tsp	salt
1/8 tsp	pepper
2 C	rice
1/2 C	frozen peas
2 oz	Spanish olives
1/4 C	raisins

Let this Latino-inspired dish—full of heart healthy ingredients—inspire you.

**Yield: 6 servings**

**Serving size: 1 cup of rice and 1 piece of chicken**

**Each serving provides:**

Calories: 448

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 49 mg

Sodium: 352 mg

Total fiber: 4 g

Protein: 24 g

Carbohydrates: 70 g

Potassium: 551 mg

1. In large pot, brown chicken pieces in oil.
2. Add water, tomatoes, green and red peppers, celery, carrots, corn, onion, cilantro, garlic, salt, and pepper. Cover and cook over medium heat for 20–30 minutes or until chicken is done.
3. Remove chicken from pot and place in refrigerator. Add rice, peas, and olives to pot. Cover pot and cook over low heat for about 20 minutes until rice is done.
4. Add chicken and raisins, and cook for another 8 minutes.



# Chicken and Spanish Rice

This peppery dish is moderate in sodium but high in taste.

- 1 C onions, chopped
- 1/4 C green peppers
- 2 tsp vegetable oil
- 1 can (8 oz) tomato sauce\*
- 1 tsp parsley, chopped
- 1/2 tsp black pepper
- 1 1/4 tsp garlic, minced
- 5 C cooked rice (in unsalted water)
- 3 1/2 C chicken breast, cooked, skin and bone removed, diced

\*Reduce sodium by using one 4-oz can of no salt added tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 226 mg.

1. In large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken, and heat through.



**Yield:** 5 servings  
**Serving size:** 1 1/2 cups  
**Each serving provides:**  
 Calories: 406  
 Total fat: 6 g  
 Saturated fat: 2 g  
 Cholesterol: 75 mg  
 Sodium: 367 mg  
 Total fiber: 2 g  
 Protein: 33 g  
 Carbohydrates: 52 g  
 Potassium: 527 mg

## Chicken Marsala

1/8 tsp	black pepper
1/4 tsp	salt
1/4 C	flour
4	(5 oz total) chicken breasts, boned, skinless
1 Tbsp	olive oil
1/2 C	Marsala wine
1/2 C	chicken stock, fat skimmed from top
1/2	lemon, juice only
1/2 C	mushrooms, sliced
1 Tbsp	fresh parsley, chopped

Want flavor without lots of salt and fat? Try this dish, which combines wine, lemon juice, and mushrooms into a delicious sauce.

1. Mix together pepper, salt, and flour. Coat chicken with seasoned flour.
2. In heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides, then remove and set aside.
3. To skillet, add wine and stir until heated. Add juice, stock, and mushrooms. Stir, reduce heat, and cook for about 10 minutes, until sauce is partially reduced.
4. Return browned chicken breasts to skillet. Spoon sauce over chicken.
5. Cover and cook for about 5–10 minutes or until chicken is done.
6. Serve sauce over chicken. Garnish with chopped parsley.

**Yield:** 4 servings  
**Serving size:** 1 chicken breast with 1/3 cup of sauce  
**Each serving provides:**  
 Calories: 285  
 Total fat: 8 g  
 Saturated fat: 2 g  
 Cholesterol: 85 mg  
 Sodium: 236 mg  
 Total fiber: 1 g  
 Protein: 33 g  
 Carbohydrates: 11 g  
 Potassium: 348 mg

## Chicken Orientale

8	boneless, skinless chicken breasts, cut into chunks
8	fresh mushrooms
to taste	black pepper
8	whole white onions, parboiled
2	oranges, quartered
8	canned pineapple chunks, nonsweetened
8	cherry tomatoes
1 can	(6 oz) frozen, concentrated apple juice, thawed
1 C	dry white wine
2 Tbsp	soy sauce, low sodium
dash	ginger, ground
2 Tbsp	vinegar
1/4 C	vegetable oil

1. Sprinkle chicken breasts with pepper.
2. Thread 8 skewers as follows: chicken, mushroom, chicken, onion, chicken, orange quarter, chicken, pineapple chunk, cherry tomato. Place kabobs in shallow pan.
3. Combine remaining ingredients and spoon over kabobs. Marinate in refrigerator for at least 1 hour, then drain.
4. Broil kabobs 6 inches from heat for 15 minutes for each side. Brush with marinade every 5 minutes. After done, discard leftover marinade and serve kabobs.

Kabobs look as great as they taste, and these are made with no added salt and very little oil, in order to keep them heart healthy.

**Yield: 8 servings**

**Serving size: 1/2 kabob**

**Each serving provides:**

Calories: 359

Total fat: 11 g

Saturated fat: 2 g

Cholesterol: 66 mg

Sodium: 226 mg

Total fiber: 3 g

Protein: 28 g

Carbohydrates: 34 g

Potassium: 756 mg

# Chicken Ratatouille

It may be hard to say ratatouille, but this one-dish recipe will show you that it's very easy to eat.

- 1 Tbsp vegetable oil
- 4 medium chicken breast halves, skinned, fat removed, boned, and cut into 1-inch pieces
- 2 zucchini, about 7 inches long, unpeeled, thinly sliced
- 1 small eggplant, peeled, cut into 1-inch cubes
- 1 medium onion, thinly sliced
- 1 medium green pepper, cut into 1-inch pieces
- 1/2 lb fresh mushrooms, sliced
- 1 can (16 oz) whole tomatoes, cut up
- 1 clove garlic, minced
- 1 1/2 tsp dried basil, crushed
- 1 Tbsp fresh parsley, minced
- to taste black pepper

1. Heat oil in large nonstick skillet. Add chicken and sauté for about 3 minutes or until lightly browned.
2. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook for about 15 minutes, stirring occasionally.
3. Add tomatoes, garlic, basil, parsley, and pepper. Stir and continue to cook for about 5 minutes or until chicken is tender.

**Yield:** 4 servings  
**Serving size:** 1 1/2 cups  
**Each serving provides:**  
 Calories: 266  
 Total fat: 8 g  
 Saturated fat: 2 g  
 Cholesterol: 66 mg  
 Sodium: 253 mg  
 Total fiber: 6 g  
 Protein: 30 g  
 Carbohydrates: 21 g  
 Potassium: 1,148 mg

# Chicken Salad

Chill out with this simple, yet flavorful dish.

3 1/4 C	chicken, cooked, cubed, skinless
1/4 C	celery, chopped
1 Tbsp	lemon juice
1/2 tsp	onion powder
1/8 tsp	salt*
3 Tbsp	mayonnaise, lowfat

\*Reduce sodium by removing the 1/8 tsp of added salt. New sodium content for each serving is 127 mg.

1. Bake chicken, cut into cubes, and refrigerate.
2. In large bowl, combine rest of ingredients, add chilled chicken and mix well.

**Yield:** 5 servings  
**Serving size:** 3/4 cup  
**Each serving provides:**  
 Calories: 183  
 Total fat: 7 g  
 Saturated fat: 2 g  
 Cholesterol: 78 mg  
 Sodium: 201 mg  
 Total fiber: 0 g  
 Protein: 27 g  
 Carbohydrates: 1 g  
 Potassium: 240 mg



# Chicken Stew

This stew is as hearty as any, but healthier than most.

- 8 pieces chicken (breasts or legs)
- 1 C water
- 2 cloves small garlic, minced
- 1 small onion, chopped
- 1 1/2 tsp salt
- 1/2 tsp pepper
- 3 medium tomatoes, chopped
- 1 tsp parsley, chopped
- 1/4 C celery, finely chopped
- 2 medium potatoes, peeled, chopped
- 2 small carrots, chopped
- 2 bay leaves

1. Remove skin from chicken, along with any extra fat. In large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots, and bay leaves and continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.



**Yield: 8 servings**  
**Serving size: 1 piece of chicken**  
**Each serving provides:**  
 Calories: 206  
 Total fat: 6 g  
 Saturated fat: 2 g  
 Cholesterol: 75 mg  
 Sodium: 489 mg  
 Total fiber: 2 g  
 Protein: 28 g  
 Carbohydrates: 10 g  
 Potassium: 493 mg

## Crispy Oven-Fried Chicken

1/2 C	skim milk or buttermilk
1 tsp	poultry seasoning
1 C	cornflakes, crumbled
1 1/2 Tbsp	onion powder
1 1/2 Tbsp	garlic powder
2 tsp	black pepper
2 tsp	dried hot pepper, crushed
1 tsp	ginger, ground
8 pieces	chicken, skinless (4 breasts, 4 drumsticks)
a few	shakes of paprika
1 tsp	vegetable oil

Kids will love this chicken—it tastes batter-dipped and fried, but is actually good for the heart.

1. Preheat oven to 350 °F.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30–40 minutes or until meat can be easily pulled away from bone with fork. Drumsticks may require less baking time than breasts. (Do not turn chicken during baking.) Crumbs will form crispy "skin."

**Yield:** 6 servings

**Serving size:** 1/2 breast or 2 small drumsticks

**Each serving provides:**

Calories: 256

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 82 mg

Sodium: 286 mg

Total fiber: 1 g

Protein: 30 g

Carbohydrates: 22 g

Potassium: 339 mg

## Finger-Licking Curried Chicken

The name tells all—ginger and curry powder make this dish irresistible.

1 1/2 tsp	curry powder
1 tsp	thyme, crushed
1 stalk	scallion, chopped
1 Tbsp	hot pepper, chopped
1 tsp	black pepper, ground
8 cloves	garlic, crushed
1 Tbsp	ginger, grated
3/4 tsp	salt
8 pieces	chicken, skinless (breast and drumstick)
1 Tbsp	olive oil
1 C	water
1	medium white potato, diced
1	large onion, chopped

- Mix together curry powder, thyme, scallion, hot pepper, cayenne pepper, black pepper, garlic, ginger, onion, and salt.
- Sprinkle seasoning mixture on chicken.
- Marinate for at least 2 hours in refrigerator.
- Heat oil in skillet over medium flame. Add chicken and sauté.
- Add water and allow chicken to cook over medium flame for 30 minutes.
- Add diced potatoes and cook for an added 30 minutes.
- Add onions and cook for 15 minutes more or until meat is tender.

**Yield:** 6 servings

**Serving size:** 1/2 breast or 2 small drumsticks

**Each serving provides:**

Calories: 213

Total fat: 6 g

Saturated fat: 2 g

Cholesterol: 81 mg

Sodium: 363 mg

Total fiber: 1 g

Protein: 28 g

Carbohydrates: 10 g

Potassium: 384 mg



## Grilled Chicken With Green Chile Sauce

In this recipe, the chicken is marinated to make it tender without using a lot of fat.

4	chicken breasts, boneless, skinless
1/4 C	olive oil
2	limes, juice only
1/4 tsp	oregano
1/2 tsp	black pepper
1/4 C	water
10–12	tomatillos, husks removed, cut in half
1/2	medium onion, quartered
2 cloves	garlic, finely chopped
2	jalapeño peppers
2 Tbsp	cilantro, chopped
1/4 tsp	salt
1/4 C	lowfat sour cream

**Yield:** 4 servings

**Serving size:** 1 breast

**Each serving provides:**

Calories: 210

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 73 mg

Sodium: 91 mg

Total fiber: 3 g

Protein: 29 g

Carbohydrates: 14 g

Potassium: 780 mg

1. Combine oil, juice from one lime, oregano, and black pepper in shallow, glass baking dish. Stir.
2. Place chicken breasts in baking dish and turn to coat each side. Cover dish and refrigerate overnight. Turn chicken periodically to marinate it on both sides.
3. Put water, tomatillos, and onion into saucepan. Bring to gentle boil and cook uncovered for 10 minutes or until tomatillos are tender.
4. In blender, place cooked onion, tomatillos, and any remaining water. Add garlic, jalapeño peppers, cilantro, salt, and juice of second lime. Blend until all ingredients are smooth. Place sauce in bowl and refrigerate.
5. Place chicken breasts on hot grill and cook until done. Place chicken on serving platter. Spoon tablespoon of lowfat sour cream over each chicken breast. Pour sauce over sour cream.

## Jamaican Jerk Chicken

1/2 tsp	cinnamon, ground
1 1/2 tsp	allspice, ground
1 1/2 tsp	black pepper, ground
1 Tbsp	hot pepper, chopped
1 tsp	hot pepper, crushed, dried
2 tsp	oregano, crushed
2 tsp	thyme, crushed
1/2 tsp	salt
6 cloves	garlic, finely chopped
1 C	onion, pureed or finely chopped
1/4 C	vinegar
3 Tbsp	brown sugar
8 pieces	chicken, skinless (4 breasts, 4 drumsticks)

1. Preheat oven to 350 °F.
2. Combine all ingredients except chicken in large bowl. Rub seasoning over chicken and marinate in refrigerator for 6 hours or longer.
3. Evenly space chicken on nonstick or lightly greased baking pan.
4. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30–40 minutes or until the meat can be easily pulled away from the bone with a fork.

The spices and peppers in this dish will transport you to a whole new taste.

**Yields: 6 servings**

**Serving size: 1/2 breast or 2 small drumsticks**

**Each serving provides:**

Calories: 199

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 81 mg

Sodium: 267 mg

Total fiber: 1 g

Protein: 28 g

Carbohydrates: 12 g

Potassium: 338 mg

## 20-Minute Chicken Creole

- 4 medium chicken breast halves, skinless, boned, and cut into 1-inch strips\*
- 1 C (14 oz) tomatoes, cut up\*\*
- 1 C low-sodium chili sauce
- 1<sup>1</sup>/<sub>2</sub> C (1 large) green pepper, chopped
- 1<sup>1</sup>/<sub>2</sub> C celery, chopped
- <sup>1</sup>/<sub>4</sub> C onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp fresh basil (or 1 tsp dried)
- 1 Tbsp fresh parsley (or 1 tsp dried)
- <sup>1</sup>/<sub>4</sub> tsp red pepper, crushed
- <sup>1</sup>/<sub>4</sub> tsp salt
- as needed nonstick cooking spray

\* For convenience, you can use uncooked boneless, skinless chicken breast.

\*\* To cut back on sodium, try low sodium canned tomatoes.

1. Spray deep skillet with nonstick cooking spray. Preheat pan over high heat.
2. Cook chicken in hot skillet, stirring, for 3–5 minutes or until no longer pink. Reduce heat.
3. Add tomatoes with juice, low sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boil and reduce heat. Simmer covered for 10 minutes.
4. Serve over hot cooked rice or whole wheat pasta.

This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce.

**Yield:** 4 servings

**Serving size:** 1<sup>1</sup>/<sub>2</sub> cups

**Each serving provides:**

Calories: 274

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 73 mg

Sodium: 383 mg

Total fiber: 4 g

Protein: 30 g

Carbohydrates: 30 g

Potassium: 944 mg

## Very Lemony Chicken

1 1/2 lb	chicken breast, skinned, fat removed
1/2 C	fresh lemon juice
2 Tbsp	white wine vinegar
1/2 C	fresh lemon peel, sliced
3 tsp	fresh oregano, chopped (or 1 tsp dried oregano, crushed)
1	medium onion, sliced
1/4 tsp	salt
to taste	black pepper
1/2 tsp	paprika

This tangy chicken scores high on taste, while being lower in calories, saturated fat, and cholesterol.

1. Place chicken in 13- by 9- by 2-inch glass baking dish.
2. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover, and marinate in refrigerator several hours, turning occasionally, or overnight.
3. Sprinkle with salt, pepper, and paprika.
4. Cover and bake at 300 °F for 30 minutes. Uncover and bake for added 30 minutes or until done.

**Yield: 4 servings**

**Serving size:  
1 breast with sauce**

**Each serving provides:**

Calories: 179

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 73 mg

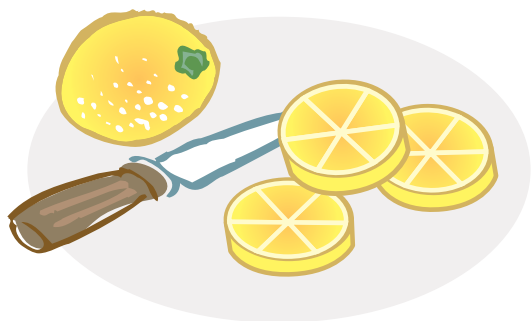
Sodium: 222 mg

Total fiber: 2 g

Protein: 28 g

Carbohydrates: 8 g

Potassium: 350 mg



# Yosemite Chicken Stew and Dumplings

This satisfying dish keeps the fat down so you can enjoy its dumplings without turning into one.

## FOR STEW

1 lb	chicken, skinless, boneless, cut into 1-inch cubes
1/2 C	onion, coarsely chopped
1	medium carrot, peeled, thinly sliced
1 stalk	celery, thinly sliced
1/4 tsp	salt
to taste	black pepper
1 pinch	ground cloves
1	bay leaf
3 C	water
1 tsp	cornstarch
1 tsp	dried basil
1 package (10 oz)	frozen peas

## FOR CORNMEAL DUMPLINGS

1 C	yellow cornmeal
3/4 C	sifted all-purpose flour
2 tsp	baking powder
1/2 tsp	salt
1 C	lowfat milk
1 Tbsp	vegetable oil

**Yield:** 6 servings

**Serving size:** 1<sup>1</sup>/<sub>4</sub> cups stew with 2 dumplings

**Each serving provides:**

Calories: 301

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 43 mg

Sodium: 471 mg

Total fiber: 5 g

Protein: 24 g

Carbohydrates: 37 g

Potassium: 409 mg

## To prepare stew:

1. Place chicken, onion, carrot, celery, salt, pepper, cloves, bay leaf, and water in large saucepan. Heat to boiling. Cover and reduce heat to simmer. Cook for about 30 minutes or until chicken is tender.
2. Remove chicken and vegetables from broth. Strain broth.

*continued on next page*

### Yosemite Chicken Stew and Dumplings *(continued)*

3. Skim fat from broth. Measure and, if necessary, add water to make 3 cups liquid.
4. Add cornstarch to 1 cup of cooled broth and mix by shaking vigorously in jar with tight-fitting lid.
5. Pour mix into saucepan with remaining broth. Cook, stirring constantly, until liquid comes to boil and is thickened.
6. Add basil, peas, and reserved vegetables to sauce. Stir to combine.
7. Add chicken and heat slowly to boiling while preparing cornmeal dumplings.

#### To prepare dumplings:

1. Put cornmeal, flour, baking powder, and salt into large mixing bowl.
2. Mix milk and oil. Add milk mixture all at once to dry ingredients. Stir just enough to moisten flour and evenly distribute liquid. Dough will be soft.
3. Drop by full tablespoons on top of stew. Cover saucepan tightly. Heat to boiling. Reduce heat to simmering, and steam for about 20 minutes. Do not lift cover.



# Autumn Turkey-Stuffed Cabbage

This dish cuts the fat by mixing turkey and lean beef.

1 head	cabbage
1/2 lb	lean ground beef
1/2 lb	ground turkey
2	small onions, one minced, one sliced
1 slice	stale whole wheat bread, crumbled
1/4 C	water
1/8 tsp	black pepper
1 can	(16 oz) diced tomatoes
1 C	water
1	medium carrot, sliced
1 Tbsp	lemon juice
2 Tbsp	brown sugar
1 Tbsp	cornstarch

1. Rinse and core cabbage. Carefully remove 10 outer leaves and place in saucepan. Cover with boiling water and simmer for 5 minutes. Remove cooked cabbage leaves and drain on paper towel.
2. Shred 1/2 cup of raw cabbage and set aside.
3. Brown ground beef and turkey, and minced onion in skillet. Drain fat.
4. Place cooked and drained meat mixture, bread crumbs, water, and pepper in mixing bowl.

**Yield:** 5 servings

**Serving size:** 2 rolls

**Each serving provides:**

Calories: 235

Total fat: 9 g

Saturated fat: 3 g

Cholesterol: 56 mg

Sodium: 235 mg

Total fiber: 3 g

Protein: 20 g

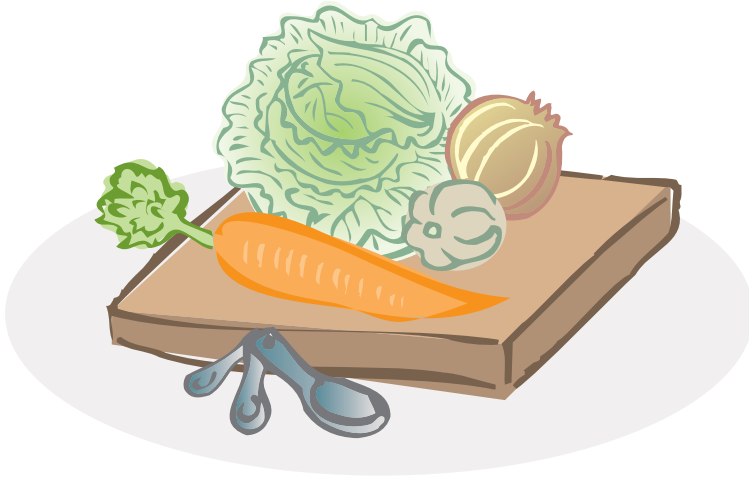
Carbohydrates: 18 g

Potassium: 545 mg

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## Autumn Turkey-Stuffed Cabbage *(continued)*

5. Drain tomatoes, reserving liquid, and add  $\frac{1}{2}$  cup tomato juice from can to meat mixture. Mix well. Place  $\frac{1}{4}$  cup of filling on each parboiled, drained cabbage leaf. Fold. Place folded side down in skillet.
6. Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer for about 1 hour or until cabbage is tender, basting occasionally.
7. Remove cabbage rolls to serving platter, keep warm.
8. Mix lemon juice, brown sugar, and cornstarch together in small bowl. Add to vegetables and liquid in skillet and cook, stirring occasionally, until thickened and clear. Serve over cabbage rolls.





## Spaghetti With Turkey Meat Sauce

1 lb	ground turkey, lean
1 can	(28 oz) tomatoes, cut up
1 C	green pepper, finely chopped
1 C	onion, finely chopped
2 cloves	garlic, minced
1 tsp	dried oregano, crushed
1 tsp	black pepper
1 lb	spaghetti, uncooked
as needed	nonstick cooking spray

Turkey isn't just for Thanksgiving. Let it go Italian for this healthy, meaty spaghetti.

1. Coat large skillet with nonstick spray. Preheat over high heat.
2. Add turkey and cook, stirring occasionally, for 5 minutes. Drain and discard fat.
3. Stir in tomatoes with juice, green pepper, onion, garlic, oregano, and black pepper. Bring to boil. Reduce heat and simmer covered for 15 minutes, stirring occasionally. Remove cover and simmer for added 15 minutes. (For creamier sauce, give sauce a whirl in blender or food processor.)
4. Meanwhile, cook spaghetti in unsalted water. Drain well.
5. Serve sauce over spaghetti.

**Yield: 6 servings**

**Serving size:**

**5 oz of sauce with  
9 oz of cooked spaghetti**

**Each serving provides:**

Calories: 455

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 51 mg

Sodium: 248 mg

Total fiber: 5 g

Protein: 28 g

Carbohydrates: 71 g

Potassium: 593 mg

# Turkey Meat Loaf

- 1 lb lean turkey, ground
- 1/2 C regular oats, dry
- 1 large egg
- 1 Tbsp onion, dehydrated
- 1/4 C catsup

1. Combine all ingredients and mix well.
2. Bake in loaf pan at 350 °F or to internal temperature of 165 °F for 25 minutes.
3. Cut into five slices and serve.

Here's a healthier version of an old diner favorite.

**Yield:** 5 servings  
**Serving size:** 1 slice (3 oz)  
**Each serving yields:**  
 Calories: 192  
 Total fat: 7 g  
 Saturated fat: 2 g  
 Cholesterol: 103 mg  
 Sodium: 214 mg  
 Total fiber: 1 g  
 Protein: 21 g  
 Carbohydrates: 23 g  
 Potassium: 292 mg



## Baked Salmon Dijon

1 C	fat free sour cream
2 tsp	dried dill
3 Tbsp	scallions, finely chopped
2 Tbsp	Dijon mustard
2 Tbsp	lemon juice
1 1/2 lb	salmon fillet with skin, cut in center
1/2 tsp	garlic powder
1/2 tsp	black pepper
as needed	fat free cooking spray

This salmon entrée is easy to make and will be enjoyed by the whole family!

1. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend.
2. Preheat oven to 400 °F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.



**Yield: 6 servings**

**Serving size:**

**1 piece (4 oz)**

**Each serving provides:**

Calories: 196

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 76 mg

Sodium: 229 mg

Total fiber: less than 1 g

Protein: 27 g

Carbohydrates: 5 g

Potassium: 703 mg

# Baked Trout

- 2 lb trout fillet, cut into 6 pieces  
Any kind of fish can be used.
- 3 Tbsp lime juice (about 2 limes)
- 1 medium tomato, chopped
- 1/2 medium onion, chopped
- 3 Tbsp cilantro, chopped
- 1/2 tsp olive oil
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1/4 tsp red pepper (optional)

1. Preheat oven to 350 °F.
2. Rinse fish and pat dry. Place in baking dish.
3. In separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15–20 minutes or until fork-tender.

You'll reel them in with this nutritious delicious dish.

**Yield: 6 servings**  
**Serving size: 1 piece**  
**Each serving provides:**  
 Calories: 236  
 Total fat: 9 g  
 Saturated fat: 3 g  
 Cholesterol: 104 mg  
 Sodium: 197 mg  
 Total fiber: less than 1 g  
 Protein: 34 g  
 Carbohydrates: 2 g  
 Potassium: 865 mg



## Catfish Stew and Rice

- 2 medium potatoes
- 1 can (14<sup>1</sup>/<sub>2</sub> oz) tomatoes, cut up\*
- 1 C onion, chopped
- 1 C (8-oz bottle) clam juice or water
- 1 C water
- 2 cloves garlic, minced
- 1/2 head cabbage, coarsely chopped
- 1 lb catfish fillets
- as needed green onion, sliced
- 1<sup>1</sup>/<sub>2</sub> Tbsp Chili and Spice Seasoning (see page 138)
- 2 C cooked rice (white or brown)

\* Reduce the sodium by using low or no added sodium canned tomatoes.

1. Peel potatoes and cut into quarters.
2. In large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boil and reduce heat. Cook covered over medium-low heat for 10 minutes.
3. Add cabbage and return to boil. Reduce heat. Cook covered over medium-low heat for 5 minutes, stirring occasionally.
4. Meanwhile, cut fillets into 2-inch lengths. Coat with Chili and Spice Seasoning.
5. Add fish to vegetables. Reduce heat and simmer covered for 5 minutes or until fish flakes easily with fork.
6. Serve in soup plates. Garnish with sliced green onion, if desired. Serve with scoop of hot cooked rice.

Catfish isn't just Southern anymore. Everyone can go "down home" with this dish.

**Yield: 4 servings**

**Serving size: 1 cup of stew with 1/2 cup of rice**

**Each serving provides:**

Calories: 363

Total fat: 8 g

Saturated fat: 2 g

Cholesterol: 87 mg

Sodium: 355 mg

Total fiber: 4 g

Protein: 28 g

Carbohydrates: 44 g

Potassium: 1,079 mg

## Fish Veronique

1 lb	white fish (such as cod, sole, or turbot)
1/4 tsp	salt
1/8 tsp	black pepper
1/4 C	dry white wine
1/4 C	chicken stock or broth, skim fat from top
1 Tbsp	lemon juice
1 Tbsp	soft margarine
2 Tbsp	flour
3/4 C	lowfat or skim milk
1/2 C	seedless grapes
as needed	nonstick cooking spray

Here's a trick to treat the taste buds: Remove the fat from the chicken broth and add lowfat milk to get a healthy sauce that tastes rich and looks creamy.

1. Spray 10- by 6-inch baking dish with nonstick spray. Place fish in pan and sprinkle with salt and pepper.
2. Mix wine, stock, and lemon juice in small bowl and pour over fish.
3. Cover and bake at 350 °F for 15 minutes.
4. Melt margarine in small saucepan. Remove from heat and blend in flour. Gradually add milk and cook over moderately low heat, stirring constantly, until thickened.
5. Remove fish from oven, and pour liquid from baking dish into "cream" sauce, stirring until blended. Pour sauce over fish and sprinkle with grapes.
6. Broil about 4 inches from heat for 5 minutes or until sauce starts to brown.

**Yield: 4 servings**  
**Serving size: 1 fillet with sauce**  
**Each serving provides:**  
 Calories: 166  
 Total fat: 2 g  
 Saturated fat: 1 g  
 Cholesterol: 61 mg  
 Sodium: 343 mg  
 Total fiber: less than 1 g  
 Protein: 24 g  
 Carbohydrates: 9 g  
 Potassium: 453 mg

## Mediterranean Baked Fish

1 lb	fish fillets (sole, flounder, or sea perch)
2 tsp	olive oil
1	large onion, sliced
1 can	(16 oz) whole tomatoes, drained (reserve juice), coarsely chopped
1/2 C	tomato juice (reserved from canned tomatoes)
1	bay leaf
1 clove	garlic, minced
1 C	dry white wine
1/4 C	lemon juice
1/4 C	orange juice
1 Tbsp	fresh orange peel, grated
1 tsp	fennel seeds, crushed
1/2 tsp	dried oregano, crushed
1/2 tsp	dried thyme, crushed
1/2 tsp	dried basil, crushed
to taste	black pepper

Taste the Mediterranean in this dish's tomato, onion, and garlic sauce.

**Yield:** 4 servings

**Serving size:**  
4-oz fillet with sauce

**Each serving provides:**

Calories: 178  
Total fat: 4 g  
Saturated fat: 1 g  
Cholesterol: 56 mg  
Sodium: 260 mg  
Total fiber: 3 g  
Protein: 22 g  
Carbohydrates: 12 g  
Potassium: 678 mg

1. Heat oil in large nonstick skillet. Add onion and sauté over moderate heat for 5 minutes or until soft.
2. Add all remaining ingredients except fish. Stir well and simmer uncovered for 30 minutes.
3. Arrange fish in 10- by 6-inch baking dish. Cover with sauce. Bake uncovered at 375 °F for about 15 minutes or until fish flakes easily.

## Mouth-Watering Oven-Fried Fish

This heart healthy dish can be made with many kinds of fish—to be enjoyed over and over.

2 lb	fish fillets
1 Tbsp	lemon juice, fresh
1/4 C	skim milk or 1% buttermilk
2 drops	hot pepper sauce
1 tsp	fresh garlic, minced
1/4 tsp	white pepper, ground
1/4 tsp	salt
1/4 tsp	onion powder
1/2 C	cornflakes, crumbled, or regular bread crumbs
1 Tbsp	vegetable oil
1	fresh lemon, cut in wedges

1. Preheat oven to 475 °F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place on plate.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.

**Yield:** 6 servings

**Serving size:** 1 cut piece

**Each serving provides:**

Calories: 183

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 80 mg

Sodium: 325 mg

Total fiber: 1 g

Protein: 30 g

Carbohydrates: 10 g

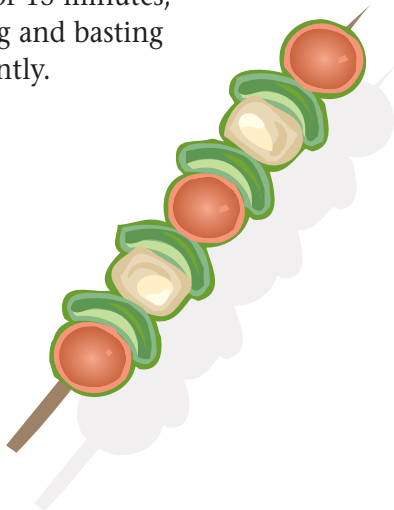
Potassium: 453 mg



# Scallop Kabobs

3	medium green peppers, cut into 1 <sup>1</sup> / <sub>2</sub> -inch squares
1 <sup>1</sup> / <sub>2</sub> lb	fresh bay scallops
1 pt	cherry tomatoes
1/4 C	dry white wine
1/4 C	vegetable oil
3 Tbsp	lemon juice
dash	garlic powder
to taste	black pepper
4	skewers

1. Parboil green peppers for 2 minutes.
2. Alternately thread first three ingredients on skewers.
3. Combine next five ingredients.
4. Brush kabobs with wine/oil/lemon mixture, then place on grill (or under broiler).
5. Grill for 15 minutes, turning and basting frequently.



These colorful kabobs use scallops, which are naturally low in saturated fat.

**Yield:** 4 servings

**Serving size:** 1 kabob (6 oz)

**Each serving provides:**

Calories: 224

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 43 mg

Sodium: 355 mg

Total fiber: 3 g

Protein: 30 g

Carbohydrates: 13 g

Potassium: 993 mg

# Spicy Baked Fish

- 1 lb cod (or other fish) fillet
- 1 Tbsp olive oil
- 1 tsp commercial spicy seasoning, salt free, or Hot 'N Spicy Seasoning mix (see recipe, page 140)
- as needed nonstick cooking spray

1. Preheat oven to 350 °F. Spray casserole dish with nonstick cooking oil spray.
2. Wash and dry fish. Place in dish. Drizzle with oil and seasoning mixture.
3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with rice.

This spicy seafood dish will delight everyone.

**Yields: 4 servings**

**Serving size:**

**1 piece (3 oz)**

**Each serving provides:**

Calories: 134

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 60 mg

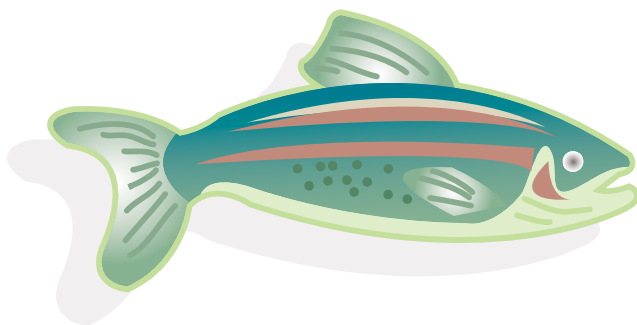
Sodium: 93 mg

Total fiber: 0 g

Protein: 21 g

Carbohydrates: less than 1 g

Potassium: 309 mg



## Spinach-Stuffed Sole

1 tsp	olive oil
1/2 lb	fresh mushrooms, sliced
1/2 lb	fresh spinach, chopped
1/4 tsp	oregano leaves, crushed
1 clove	garlic, minced
1 1/2 lb	sole fillets or other white fish
2 Tbsp	sherry
4 oz	(1 C) part-skim mozzarella cheese, grated
as needed	nonstick cooking spray

Heart healthy doesn't have to mean plain cooking, as this special dish shows.

1. Preheat oven to 400 °F.
2. Coat 10- by 6-inch baking dish with nonstick cooking spray.
3. Heat oil in skillet and sauté mushrooms for about 3 minutes or until tender.
4. Add spinach and continue cooking for about 1 minute or until spinach is barely wilted. Remove from heat and drain liquid into prepared baking dish.
5. Add oregano and garlic to drained sautéed vegetables. Stir to mix ingredients.
6. Divide vegetable mixture evenly among fillets and place in center of each.
7. Roll each fillet around mixture and place seam-side down in prepared baking dish.
8. Sprinkle with sherry, then grated mozzarella cheese. Bake for 15–20 minutes or until fish flakes easily. Lift out with slotted spoon.

**Yield:** 4 servings

**Serving size:** 1 fillet roll

**Each serving provides:**

Calories: 273

Total fat: 9 g

Saturated fat: 4 g

Cholesterol: 95 mg

Sodium: 163 mg

Total fiber: 2 g

Protein: 39 g

Carbohydrates: 6 g

Potassium: 880 mg

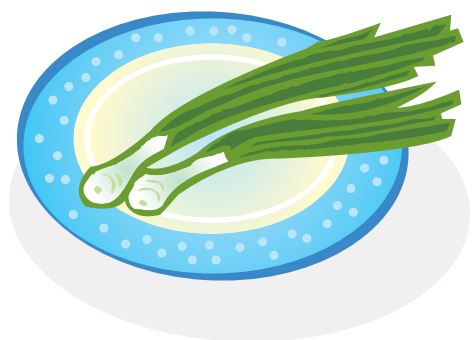
# Tuna Salad

Perfect for a healthy lunchtime salad plate or sandwich.

- 2 can (6 oz each) tuna, water pack
- 1/2 C raw celery, chopped
- 1/3 C green onions, chopped
- 6 1/2 Tbsp mayonnaise, reduced fat

1. Rinse and drain tuna for 5 minutes. Break apart with fork.
2. Add celery, onion, and mayonnaise, and mix well.

**Makes: 5 servings**  
**Serving size: 1/2 cup**  
**Each serving provides:**  
 Calories: 146  
 Total fat: 7 g  
 Saturated fat: 1 g  
 Cholesterol: 25 mg  
 Sodium: 158 mg  
 Total fiber: 1 g  
 Protein: 16 g  
 Carbohydrates: 4 g  
 Potassium: 201 mg

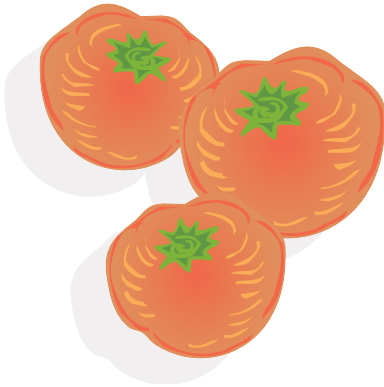


## Chillin' Out Pasta Salad

2 <sup>1</sup> / <sub>2</sub> C	(8 oz) medium shell pasta
1 C	(8 oz) plain nonfat yogurt
2 Tbsp	spicy brown mustard
2 Tbsp	salt free herb seasoning
1 <sup>1</sup> / <sub>2</sub> C	celery, chopped
1 C	green onion, sliced
1 lb	small shrimp, cooked
3 C	(about 3 large) tomatoes, coarsely chopped

Cook up this taste feast and set the table for a new family favorite.

1. Cook pasta according to directions—but do not add salt to water. Drain and cool.
2. In large bowl, stir together yogurt, mustard, and herb seasoning.
3. Add pasta, celery, and green onion, and mix well. Chill for at least 2 hours.
4. Just before serving, carefully stir in shrimp and tomatoes.



**Servings:** 12

**Serving size:** 1/2 cup

**Each serving yields:**

Calories: 140

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 60 mg

Sodium: 135 mg

Total fiber: 1 g

Protein: 14 g

Carbohydrates: 19 g

Potassium: 295 mg

## Classic Macaroni and Cheese

2 C	macaroni
1/2 C	onions, chopped
1/2 C	evaporated skim milk
1	medium egg, beaten
1/4 tsp	black pepper
1 1/4 C	(4 oz) lowfat sharp cheddar cheese, finely shredded
as needed	nonstick cooking spray

This recipe proves you don't have to give up your favorite dishes to eat heart healthy meals. Here's a lower fat version of a true classic.

1. Cook macaroni according to directions—but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Preheat oven to 350 °F.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and rest of the ingredients, and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

**Servings:** 8

**Serving size:** 1/2 cup

**Each serving provides:**

Calories: 200

Total fat: 4 g

Saturated fat: 2 g

Cholesterol: 34 mg

Sodium: 120 mg

Total fiber: 1 g

Protein: 11 g

Carbohydrates: 29 g

Potassium: 119 mg

## Red Hot Fusilli

1 Tbsp	olive oil
2 cloves	garlic, minced
1/4 C	fresh parsley, minced
4 C	ripe tomatoes, chopped
1 Tbsp	fresh basil, chopped (or 1 tsp dried)
1 Tbsp	oregano leaves, crushed (or 1 tsp dried)
1/4 tsp	salt
to taste	ground red pepper or cayenne
8 oz	uncooked fusilli pasta (4 C cooked)
1/2 lb	(optional) cooked chicken breasts, diced into 1/2-inch pieces (3/4 lb if raw)

1. Heat oil in medium saucepan. Sauté garlic and parsley until golden.
2. Add tomatoes and spices. Cook uncovered over low heat for 15 minutes or until thickened, stirring frequently. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick.
3. Cook pasta in unsalted water until firm.
4. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley. Serve hot as a main dish and cold for next day's lunch.

This lively dish is low in saturated fat and free of cholesterol.

**Yield:** 4 servings

**Serving Size:** 1 cup

**Each serving provides:**

Calories: 293

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 168 mg

Total fiber: 4 g

Protein: 9 g

Carbohydrates: 54 g

Potassium: 489 mg

**Each serving with chicken provides:**

Calories: 391

Total fat: 8 g

Saturated fat: 1 g

Cholesterol: 48 mg

Sodium: 211 mg

Total fiber: 4 g

Protein: 27 g

Carbohydrates: 54 g

Postassium: 629 mg

## Sweet and Sour Seashells

1 lb	uncooked small seashell pasta (9 C cooked)
2 Tbsp	vegetable oil
3/4 C	sugar
1/2 C	cider vinegar
1/2 C	wine vinegar
1/2 C	water
3 Tbsp	prepared mustard
to taste	black pepper
1 jar	(2 oz) sliced pimentos
2	small cucumbers
2	small onions, thinly sliced
18 leaves	lettuce

Drain the marinade before serving this dish in order to lower the fat and sodium—but keep all the great taste.

1. Cook pasta in unsalted water, drain, rinse with cold water, and drain again. Stir in oil.
2. Transfer to 4-quart bowl. In blender, place sugar, vinegars, water, prepared mustard, salt, pepper, and pimento. Process at low speed for 15–20 seconds, or just enough so flecks of pimento can be seen. Pour over pasta.
3. Score cucumber peel with fork tines. Cut cucumber in half lengthwise, then slice thinly. Add to pasta with onion slices. Toss well.
4. Marinate, covered, in refrigerator for 24 hours. Stir occasionally.
5. Drain, and serve on lettuce.

**Yield:** 18 servings

**Serving Size:** 1/2 cup

**Each serving provides:**

Calories: 158

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 35 mg

Total fiber: 2 g

Protein: 4 g

Carbohydrates: 31 g

Potassium: 150 mg



## Black Beans With Rice

1 lb	black beans, dry
7 C	water
1	medium green pepper, coarsely chopped
1 <sup>1</sup> / <sub>2</sub> C	onion, chopped
1 Tbsp	vegetable oil
2	bay leaves
1 clove	garlic, minced
<sup>1</sup> / <sub>2</sub> tsp	salt
1 Tbsp	vinegar (or lemon juice)
6 C	rice, cooked in unsalted water
1 jar	(4 oz) sliced pimento, drained
1	lemon, cut into wedges

A delicious Caribbean favorite that's made with very little added fat.

1. Pick through beans to remove bad ones. Soak beans overnight in cold water. Drain and rinse.
2. In large soup pot or Dutch oven, stir together beans, water, green pepper, onion, oil, bay leaves, garlic, and salt. Cover and boil for 1 hour.
3. Reduce heat and simmer, covered, for 3–4 hours or until beans are very tender. Stir occasionally, and add water if needed.
4. Remove and mash about a third of beans. Return to pot. Stir and heat through.
5. When ready to serve, remove bay leaves and stir in vinegar or lemon juice.
6. Serve over rice. Garnish with sliced pimento and lemon wedges.

**Yield:** 6 servings

**Serving size:** 8 oz

**Each serving provides:**

Calories: 508

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 206 mg

Total fiber: 14 g

Protein: 21 g

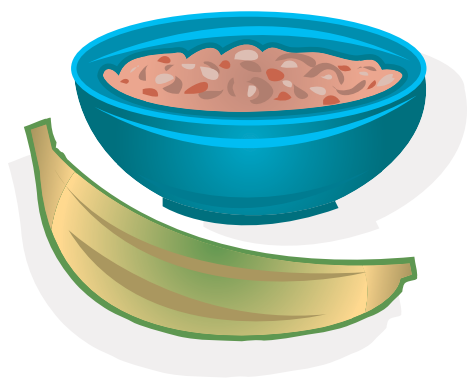
Carbohydrates: 98 g

Potassium: 852 mg

## Caribbean Pink Beans

1 lb	pink beans
10 C	water
2	medium plantains, finely chopped
1	large tomato, finely chopped
1	small red pepper, finely chopped
1	medium white onion, finely chopped
3 cloves	garlic, finely chopped
1 <sup>1</sup> / <sub>2</sub> tsp	salt

1. Rinse and pick through beans. Put beans in large pot and add 10 cups of water. Place pot in refrigerator and allow beans to soak overnight.
2. Cook beans until soft. Add more water, as needed, while beans are cooking.
3. Add plantains, tomato, pepper, onion, garlic, and salt. Continue cooking at low heat until plantains are soft.



This dish stays healthy by using beans prepared without lard or other fat.

### ► SERVING TIP

Try it with rice.

**Yield:** 16 servings

**Serving size:** 1/2 cup

**Each serving provides:**

Calories: 133

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 205 mg

Total fiber: 5 g

Protein: 6 g

Carbohydrates: 28 g

Potassium: 495 mg

## New Orleans Red Beans

1 lb	dry red beans
2 qt	water
1 <sup>1</sup> / <sub>2</sub> C	onion, chopped
1 C	celery, chopped
4	bay leaves
1 C	green peppers, chopped
3 Tbsp	garlic, chopped
3 Tbsp	parsley, chopped
2 tsp	dried thyme, crushed
1 tsp	salt
1 tsp	black pepper

This vegetarian dish is virtually fat free and entirely delicious.

1. Pick through beans to remove bad ones. Rinse beans thoroughly.
2. In large pot, combine beans, water, onion, celery, and bay leaves. Bring to boil. Reduce heat, cover, and cook over low heat for about 1 <sup>1</sup>/<sub>2</sub> hours or until beans are tender. Stir. Mash beans against side of pan.
3. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook uncovered over low heat until creamy, about 30 minutes. Remove bay leaves.
4. Serve with hot cooked brown rice, if desired.

**Yield: 8 servings**

**Serving size: 1 <sup>1</sup>/<sub>4</sub> cup**

**Each serving provides:**

Calories: 171

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 285 mg

Total fiber: 7 g

Protein: 10 g

Carbohydrates: 32 g

Potassium: 665 mg

# Summer Vegetable Spaghetti

This lively vegetarian pasta dish is delicious hot or cold.

2 C	small yellow onions, cut in eighths
2 C	(about 1 lb) ripe tomatoes, peeled, chopped
2 C	(about 1 lb) yellow and green squash, thinly sliced
1½ C	(about ½ lb) fresh green beans, cut
⅔ C	water
2 Tbsp	fresh parsley, minced
1 clove	garlic, minced
½ tsp	chili powder
¼ tsp	salt
to taste	black pepper
1 can	(6 oz) tomato paste
1 lb	spaghetti, uncooked
½ C	Parmesan cheese, grated

1. Combine first 10 ingredients in large saucepan. Cook for 10 minutes, then stir in tomato paste. Cover and cook gently for 15 minutes, stirring occasionally, until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti. Sprinkle Parmesan cheese on top.

**Yield: 9 servings**

**Serving size: 1 cup of spaghetti and ¾ cup of sauce with vegetables**

**Each serving provides:**

Calories: 271

Total fat: 3 g

Saturated fat: 1 g

Cholesterol: 4 mg

Sodium: 328 mg

Total fiber: 5 g

Protein: 11 g

Carbohydrates: 51 g

Potassium: 436 mg

# Vegetarian Spaghetti Sauce

Simple and simply delicious—here's a healthy sauce to serve with spaghetti or other pasta.

2 Tbsp	olive oil
2	small onions, chopped
3 cloves	garlic, chopped
1 <sup>1</sup> / <sub>4</sub> C	zucchini, sliced
1 Tbsp	oregano, dried
1 Tbsp	basil, dried
1 can	(8 oz) tomato sauce
1 can	(6 oz) tomato paste*
2	medium tomatoes, chopped
1 C	water

\*Reduce sodium by using 6-oz can of no salt added tomato paste. New sodium content for each serving is 260 mg.

1. In medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer, covered, for 45 minutes. Serve over spaghetti.



**Yield:** 6 servings  
**Serving size:** <sup>3</sup>/<sub>4</sub> cup  
**Each serving provides:**  
 Calories: 102  
 Total fat: 5 g  
 Saturated fat: 1 g  
 Cholesterol: 0 mg  
 Sodium: 459 mg  
 Total fiber: 5 g  
 Protein: 3 g  
 Carbohydrates: 14 g  
 Potassium: 623 mg

## Zucchini Lasagna

1/2 lb	lasagna noodles, cooked in unsalted water
3/4 C	part-skim mozzarella cheese, grated
1 1/2 C	fat free cottage cheese*
1/4 C	Parmesan cheese, grated
1 1/2 C	raw zucchini, sliced
2 1/2 C	no salt added tomato sauce
2 tsp	basil, dried
2 tsp	oregano, dried
1/4 C	onion, chopped
1 clove	garlic
1/8 tsp	black pepper

\*Use unsalted cottage cheese to reduce the sodium content. New sodium content for each serving is 196 mg.

Say, "Cheese," because this healthy version of a favorite comfort food will leave you smiling.

**Yield: 6 servings**  
**Serving size: 1 piece**  
**Each serving provides:**  
 Calories: 276  
 Total fat: 5 g  
 Saturated fat: 2 g  
 Cholesterol: 11 mg  
 Sodium: 380 mg  
 Total fiber: 5 g  
 Protein: 19 g  
 Carbohydrates: 41 g  
 Potassium: 561 mg

1. Preheat oven to 350 °F. Lightly spray 9- by 13-inch baking dish with vegetable oil spray.
2. In small bowl, combine 1/8 cup mozzarella and 1 tablespoon Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake for 30–40 minutes. Cool for 10–15 minutes. Cut into 6 portions.