

THE NEW NEUROPSYCHOLOGY  
OF WEIGHT CONTROL

**Recipes to  
Lower Your  
Fat Thermostat**



**SYBERVISION**



# RECIPE DIRECTORY

## BREAKFAST

|                                   |   |
|-----------------------------------|---|
| Oatmeal Waffles .....             | 1 |
| Banana Waffles .....              | 1 |
| Three-Grain Waffles .....         | 1 |
| Breakfast Potatoes .....          | 1 |
| Apple Pancakes .....              | 2 |
| Whole Wheat Pancakes .....        | 2 |
| Cinnamon French-Style Toast ..... | 2 |
| Apricot Oatmeal .....             | 2 |
| Granola .....                     | 3 |
| Oatmeal .....                     | 3 |
| Cracked Wheat Cereal .....        | 3 |
| Fruit Yogurt .....                | 3 |
| Breakfast Shake .....             | 3 |
| Fruit Pancake Topping .....       | 4 |
| Apple Syrup .....                 | 4 |
| Citrus Fruit Sauce .....          | 4 |
| Crunchy Baked Apples .....        | 4 |

## LUNCHES

|                                      |   |
|--------------------------------------|---|
| Open-Faced Crab Sandwiches .....     | 5 |
| Tuna Spread Sandwich .....           | 5 |
| Fruited Rice Salad .....             | 5 |
| Tropical Fruit and Pasta Salad ..... | 5 |
| Yogurt-Poppyseed Dressing .....      | 6 |
| Shrimp Rolls .....                   | 6 |
| Chicken Spread Sandwich .....        | 6 |
| Tuna and Sprouts Sandwich .....      | 6 |
| Chicken Salad Sandwich .....         | 7 |
| Ambrosia Fruit Cup .....             | 7 |
| Pineapple Cabbage Salad .....        | 7 |
| Cabbage Slaw .....                   | 7 |
| Crunchy Banana Muffins .....         | 7 |
| Pineapple Carrot Muffins .....       | 8 |
| Apple Oatmeal Muffins .....          | 8 |
| Apple Carrot Muffins .....           | 8 |
| Pumpkin-Raisin Muffins .....         | 8 |
| Blueberry Muffins .....              | 9 |

## LUNCHES (CONT.)

|   |    |
|---|----|
| Baked Hush Puppies .....                | 9  |
| Delicious Fifteen-Bean Soup .....       | 9  |
| Minestrone Soup .....                   | 10 |
| Quick Chili Burger .....                | 10 |
| Chicken and Com Soup .....              | 10 |
| Quick Vegetable Beef Soup .....         | 10 |
| Quick Individual Pizzas .....           | 11 |
| Quick and Easy Burrito .....            | 11 |
| Salad Dressing Choices.....             | 11 |
| Low Calorie Hidden Vally Dressing ..... | 11 |
| Southern Beans and Rice .....           | 12 |
| Easy Goulash .....                      | 12 |
| Lemon-Basil Chicken .....               | 12 |
| Spaghetti Sauce .....                   | 12 |
| Enchilada Casserole .....               | 13 |
| Chili Skillet Supper .....              | 13 |
| Chili Con Carne .....                   | 13 |
| Spaghetti Pie .....                     | 13 |
| Tuna-Vegetable Pilaf .....              | 14 |
| Halibut Steaks .....                    | 14 |
| Halibut Paprika .....                   | 14 |
| Dilled Chicken Fricassee .....          | 14 |
| Bean Stew .....                         | 15 |
| Chicken and Noodles .....               | 15 |
| Chicken and Rice .....                  | 15 |
| Peerless Poultry .....                  | 15 |
| Chicken Ala King .....                  | 16 |
| Chicken Parmigiana .....                | 16 |
| Turkey Tostadas .....                   | 17 |
| Hen on the Nest .....                   | 17 |

## DESSERTS

|                                     |    |
|-------------------------------------|----|
| Date Nut Cookies .....              | 18 |
| Pineapple-Banana Pudding .....      | 18 |
| Aunt Anne's Sugarless Cookies ..... | 18 |
| Poor Man's Cake .....               | 19 |
| Raspberry-Pineapple Gelatin .....   | 19 |
| Date Nut Bread .....                | 19 |

# RECIPES

## BREAKFAST

### OATMEAL WAFFLES

3 lg egg whites  
1 T cold-pressed oil  
3C warm milk  
3 C rolled oats

1. Whip egg whites and oil together in blender until mixed. 2. Add warm milk and rolled oats. Blend in blender until smooth 3. Place in preheated waffle iron sprayed with nonstick vegetable coating. Bake approximately 10 minutes. Yield: 6 waffles or 6 servings

### BANANA WAFFLES

3 C whole wheat flour  
4 tsp baking powder  
2 tsp cinnamon  
1 tsp ground ginger  
4 lg egg whites  
2 med ripe bananas, pureed  
1 1/3 C milk  
1/4 C frozen unsweetened apple juice concentrate, thawed  
1/4 C Frozen unsweetened pineapple-orange-banana concentrate, thawed  
2 T cold-pressed oil

1. Preheat waffle iron. In a large bowl, combine flour, baking powder, cinnamon, and ginger. 2. In a mixing bowl, beat egg whites until light and fluffy. Beat in pureed banana, milk, juice concentrates, and oil; beat until light and fluffy. 3. Add egg mixture to dry ingredients; stir until just moistened. Bake in preheated waffle iron until golden brown. Yield: 6 servings.

### THREE-GRAIN WAFFLES

1 lg egg yolk  
1 C milk  
1/2 C cooked brown rice  
1/4 C plain yogurt  
2 T lemon juice  
2 tsp cold pressed oil  
3/4 C whole wheat flour  
1/4 C com meal  
1 1/2 tsp baking soda  
1/4 tsp ground cinnamon  
1/4 tsp ground ginger  
3 lg egg whites

1. Beat yolk and combine with milk, rice, yogurt, lemon juice, and oil. 2. Combine remaining ingredients; add to rice mixture. Stir just until combined well. 3. Beat egg whites till soft peaks form; fold into batter. Do not overmix. 4. Bake in preheated waffle iron sprayed with nonstick vegetable coating. Yield: 6 servings.

### BREAKFAST POTATOES

6 baked potatoes  
1T onion powder pepper to taste  
2 lg egg

1. Spray a baking dish with a nonstick vegetable coating. Slice potatoes and fold scrambled egg into potatoes. Spread in baking dish. 2. Season with onion powder and pepper. 3. Bake in a preheated oven at 400 degrees for 15 minutes. Variation: add 1 small sliced onion and 1 sliced green pepper. Yield: 6 servings.

## APPLE PANCAKES

1 1/2 C whole wheat flour  
1 tsp baking soda  
1/2 tsp baking powder  
3/4 C milk  
1/4 C frozen unsweetened apple juice  
concentrate, thawed

1. Combine flour, baking soda, and baking powder in large bowl; mix well. 2. Combine milk, apple juice concentrate, apple, and egg white; add to flour mixture and stir until smooth. 3. Spray griddle or skillet with nonstick vegetable cooking spray; place over medium heat until hot. 4. Spoon batter, 2 tablespoons at a time, onto griddle. Cook until browned; turn and cook other side until golden brown. 5. Repeat with remaining batter. Yield: 2 (3-inch) pancakes.

## WHOLE WHEAT PANCAKES

1 C whole wheat flour  
1/2 C wheat germ  
2 tsp baking powder  
1/2 tsp baking soda  
4 lg egg whites  
2 tsp oil  
1 1/4 C milk  
3 T unsweetened frozen apple juice c  
concentrate, thawed  
1 tsp vanilla

1. In large mixing bowl, stir together flour, wheat germ, baking powder, and baking soda. 2. In small mixing bowl, beat egg whites with fork. Beat in oil, milk, apple concentrate, and vanilla. 3. Add egg mixture to flour mixture. 4. Stir mixture until blended but slightly lumpy. 5. Pour 1/4 cup batter on griddle or skillet for each pancake; turn once, cooking on both sides. Yield: 10 (4-inch) pancakes.

## CINNAMON FRENCH-STYLE TOAST

2 lg eggs  
4 lg egg whites, at room temperature  
3 T unsweetened frozen apple juice  
concentrate  
1 tsp vanilla  
1/2 tsp almond extract  
1 C milk  
2/3 C whole wheat flour  
1 1/2 tsp baking powder  
2 tsp ground cinnamon  
8 slices whole wheat bread

1. In a medium mixing bowl, beat egg whites until smooth. Add eggs, apple concentrate, milk, vanilla, and almond extract. Blend well. 2. Add flour, baking powder, and cinnamon to egg mixture. Beat until mixture is smooth and fluffy. 3. Spray a griddle or large skillet with a nonstick vegetable coating. 4. Place over medium heat until hot. Dip bread in batter until soaked through. 5. Cook until golden brown on both sides. Yield: 4 servings.

## APRICOT OATMEAL

1 1/2 C water  
1/4 C frozen unsweetened apple juice  
concentrate, thawed  
3/4 C quick-cooking rolled oats  
1/4 C finely chopped dried apricots

1. Bring water and apple juice concentrate to a boil. Add oats and apricots; return to a boil. 2. Simmer until most of the liquid is absorbed. Remove from heat and cover; let sit for 5 minutes. Yield: 2 servings.

## GRANOLA

4 C rolled oats  
4 C rolled wheat  
1 C wheat germ  
1 C raw sunflower seeds, optional  
3/4 C frozen unsweetened apple juice concentrate, thawed  
2 tsp vanilla  
3/4 C chopped dates  
3/4 C raisins  
3/4 C dried apples, cut into bite-size pieces  
1-2 C slivered almonds, optional

1. Mix together oats, rolled wheat, and wheat germ. Add nuts if desired. 2. Combine apple juice concentrate and vanilla. 3. Blend all ingredients together, put into a 9" x 13" cake pan. 4. Bake at 275 degrees for 1 hour. 5. After taking granola out of the oven, add the dried apples, dates, and raisins. 6. Use as a cold cereal or mix with plain yogurt and fruit for a delicious breakfast. Yield: 12 cups or 16 4-cup servings

## OATMEAL

1 1/2 C water  
2/3 C rolled oats

1. Stir oats into briskly boiling water. 2. Cook 5 minutes, stirring occasionally. 3. Cover, remove from heat and let sit for 5 minutes. Yield: 2 servings.

## CRACKED WHEAT CEREAL

1 C cracked wheat  
2 3/4 C boiling water

1. Bring water to a boil; add cracked wheat and stir. 2. Reduce heat to low; cover. 3. Cook until tender, stirring occasionally. Yield: 4 servings.

## FRUIT YOGURT

1 C sliced banana  
1/4 C crushed unsweetened pineapple, drained  
1 tsp vanilla  
1/2 tsp lemon juice  
1 C plain yogurt  
1 C sliced strawberries

1. Combine banana, pineapple, vanilla, and lemon juice in a blender; process until smooth. Pour into a bowl. 2. Stir in yogurt and strawberries; blend well. Chill. Yield: 4 servings.

## BREAKFAST SHAKE

1 C plain yogurt  
1 lg egg white  
1 med banana, sliced  
1/4 C milk  
1/2 C unsweetened crushed pineapple, drained  
1/4 C frozen unsweetened pineapple juice concentrate  
1 tsp vanilla

1. In blender, combine all ingredients. Blend at high speed for 30 seconds or until the mixture is smooth.

## FRUIT PANCAKE TOPPING

2 C unsweetened applesauce  
1/2 C unsweetened crushed pineapple,  
drained  
1/2 tsp cinnamon  
1 C plain yogurt

1. Combine applesauce, pineapple, and cinnamon in a bowl. Chill. 2. Just before serving, add yogurt. 3. Serve on pancakes, waffles, French toast, and so on. Yield 3 1/2 cups topping or 14 (1/4-cup) servings.

## APPLE SYRUP

1 1/2 C frozen unsweetened apple juice  
concentrate, thawed  
1T cornstarch

1. Whisk cornstarch into cold apple juice concentrate until the cornstarch is dissolved. Heat to boiling over medium heat, stirring constantly. 2. Serve warm over pancakes or waffles. Yield: 6 (1/4-cup) servings.

## CITRUS FRUIT SAUCE

1 1/2 C frozen unsweetened orange juice,  
thawed  
1/4 C frozen unsweetened apple juice  
concentrate, thawed  
1/4 C water  
2 T cornstarch  
1/4 tsp lemon juice

1. Whisk cornstarch into orange juice, apple juice concentrate, and water. 2. Cook over medium heat until thickened, stirring constantly. 3. Remove from heat and add lemon juice. 4. Serve hot over pancakes and waffles or chilled as a sauce for fresh fruit. 5. Store in refrigerator. Yield: 4 cups or 16 (1/4-cup) servings.

## CRUNCHY BAKED APPLE

4 med cooking apples  
1/4 C frozen unsweetened apple juice  
concentrate, thawed  
1 tsp ground cinnamon  
3T Grape Nuts  
1/4 C plain yogurt

1. Core apples 3/4 through; peel top 1/3 of each apple. Place apples in an 8" x 8" baking dish that has been sprayed with nonstick vegetable coating. 2. Place 1 tablespoon apple juice concentrate in each apple cavity. Add 1/4 teaspoon cinnamon on top of juice. 3. Add 1/2 cup water to baking dish. Cover and bake at 350 degrees for 45 minutes. 4. Remove from oven; spoon 2 teaspoons cereal in each apple. Top with 1/4 cup plain yogurt. Yield: 4 servings.

# LUNCH

## OPEN-FACE CRAB SANDWICHES

1/2 C finely chopped celery  
3 T reduced-calorie mayonnaise  
3 T plain yogurt  
1T prepared mustard  
1 tsp lemon juice  
1 2-oz jar diced pimento, drained  
2 C crab meat, drained and flaked  
1/4 C chopped green onions  
4 whole wheat English muffins, split and toasted  
8 lettuce leaves  
1 lg tomato, cut into 8 slices  
4 oz Lite American Cheese Slices

1. Combine celery, mayonnaise, yogurt, mustard, lemon juice, and pimento. Set aside. 2. Combine crab meat and green onions in a medium bowl; cover with plastic wrap and microwave on HIGH 1 1/2 minutes. 3. Place muffin halves, cut sides up, in a 9" x 13" glass baking dish. Place lettuce leaf and 1/4 cup crab meat mixture on each muffin. 4. Top with mayonnaise mixture and tomato slice. Top with 1/2 oz. cheese. 5. Microwave, uncovered, on HIGH for 3 1/2 to 4 minutes. Serve immediately. Yield: 8 servings.

## TUNA SPREAD SANDWICH

1 6-oz can water-pack tuna, drained  
1/4 C chopped celery  
1/4 tsp curry powder  
2 T reduced-calorie mayonnaise  
2 T plain yogurt  
8 slices whole grain bread

1. Combine first five ingredients and blend well. Spread 1/4 of the tuna mixture on a slice of wholegrain bread. Top with lettuce and tomato, if desired and second slice of whole grain bread. Yield: 4 sandwiches.

## FRUITED RICE SALAD

1/2 C uncooked wild rice  
1 1/2 C water  
3 C cooked brown rice  
1 C seedless green grapes, halved  
1/2 C chopped dried apricots  
1/4 C thinly sliced green onions  
8 oz. plain yogurt  
1/2 tsp curry powder  
1 T frozen unsweetened apple juice concentrate  
Small bunch seedless green grapes

1. Wash wild rice in 3 changes of hot water, drain. Combine wild rice and 1 1/2 cups water in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 40 minutes. 2. Combine wild rice, brown rice, grapes, apricots, and green onions in a large bowl; toss well. Cover and chill. 3. Combine yogurt, curry powder, and 1 tablespoon apple concentrate in a small bowl; stir well. Cover and chill. 4. To serve, add yogurt mixture to rice mixture, tossing gently to coat. Garnish with grapes. Yield: 6 servings.

## TROPICAL FRUIT AND PASTA SALAD

3 C cooked whole wheat fusilli (corkscrew pasta)  
1/2 C Yogurt-Poppyseed Dressing  
1 C fresh pineapple tidbits  
1 C sliced strawberries  
3/4 C cubed mango  
2 kiwifruit, peeled and cubed

1. Combine pasta and 1/4 cup Yogurt-Poppyseed Dressing (recipe on next page) in a large bowl, tossing gently to coat. Cover and chill 1 hour. 2. To serve, add remaining dressing and the fruit to pasta mixture; toss gently. Serve on lettuce, if desired.

## YOGURT-POPPYSEED DRESSING

3/4 C plain yogurt  
1 T unsweetened pineapple juice  
1 T honey  
1/2 tsp poppy seeds  
1/8 tsp nutmeg

1. Combine all ingredients in a small bowl; stir well. Cover and chill 2 hours. Yield: 6 servings.

## SHRIMP ROLLS

1/4 lb frozen cooked shrimp  
1 T reduced-calorie mayonnaise  
3 T plain yogurt  
1/4 C diced bell pepper  
1/3 C thinly sliced green onions  
1/4 C diced celery  
1 tsp lemon juice  
1/2 tsp dill weed  
2 whole wheat Hoagie Buns

1. Thaw shrimp according to packing directions  
2. Combine shrimp, mayonnaise, yogurt, bell pepper, onions, celery, lemon juice, and dill weed in a medium bowl; stir well. Cover and chill.  
3. Slice off top third of each Hoagie Bun; hollow out bottom section, leaving a 1/4 inch thick shell.  
4. Spray a large skillet with nonstick vegetable coating; place over medium high heat until hot. Place loaf tops and bottoms, cut sides down, in skillet; cook 1 minute or until toasted.  
5. Spoon half of shrimp mixture into each loaf bottom; cover with tops. Yield: 2 servings.

## CHICKEN SPREAD SANDWICH

1 C cooked chicken finely chopped  
2 T chopped celery  
2 T unsweetened crushed pineapple  
1/4 tsp curry powder  
1 T reduced-calorie mayonnaise  
1 T plain yogurt  
8 slices whole grain bread lettuce leaves  
1 lg tomato, sliced

1. Combine all ingredients and blend well. Spread 1/4 of the filling on whole grain bread. Top with lettuce and tomato, if desired and second slice of whole grain bread. Yield: 4 sandwiches.

## TUNA AND SPROUTS SANDWICH

2 T reduced-calorie mayonnaise  
2 T plain yogurt  
1/4 tsp celery seed  
1/4 tsp onion powder  
1 6-oz can water-pack tuna, drained  
1/2 C alfalfa sprouts  
4 whole wheat hamburger rolls

1. Combine mayonnaise, yogurt, celery seed, onion powder, and tuna; blend well.  
2. Fold in sprouts.  
3. Use one-fourth of filling per sandwich. Yield: 4 servings.



## CHICKEN SALAD SANDWICH

2 T reduced-calorie mayonnaise  
2 T plain yogurt  
1/8 tsp onion powder  
1/8 tsp dried tarragon, crushed  
dash garlic powder  
1 C cooked chicken, without skin,  
chopped  
1/2 C chopped celery  
8 slices whole wheat bread

1. Combine mayonnaise, yogurt, onion powder, tarragon, garlic powder, chicken, and celery; stir well. 2. Spread about 1/3 cup of the filling on each of four bread slices. Top with lettuce and remaining bread. Yield: 4 servings.

## AMBROSIA FRUIT CUP

1 lg apple, red or green, not peeled  
1 lg banana  
1 lg orange, peeled and sectioned  
6-10 dates, pitted and chopped  
2 T unsweetened coconut, optional

1. Remove all white parts and membranes of each orange section over a bowl, reserving juice to pour over all the fruit. 2. Core and cube the apple. Cut the banana lengthwise and then cut into small pieces. 3. Mix all the fruit thoroughly with reserved orange juice. The orange juice keeps the bananas and apples from darkening. Chill. 4. Divide into two bowls and sprinkle with coconut, if desired. Yield: 2 servings.

## PINEAPPLE CABBAGE SALAD

2 C cabbage, shredded  
1 8-oz can unsweetened crushed pineapple,  
do not drain  
1. Combine cabbage and pineapple. Chill.  
Yield: 4 servings.

## CABBAGE SLAW

2 C cabbage, shredded  
1 lg carrot, grated  
1 8-oz can unsweetened crushed pineapple,  
do not drain  
1. Combine all ingredients. Chill. Yield: 4 servings.

## CRUNCHY BANANA MUFFINS

1 C whole wheat flour  
2 1/2 tsp baking powder  
3/4 C rolled oats  
1/4 tsp baking soda  
3 T honey  
1/2 C milk  
1 lg egg white  
1 T cold-pressed oil  
2 bananas, mashed

1. Combine flour, baking powder, oats, and baking soda. 2. Add honey, milk, egg white, oil, and bananas. Stir with fork just until dry ingredients are moistened. 3. Use non-stick muffin pan or muffin papers and fill cups 2/3 full. 4. Bake at 400 degrees for 18-20 minutes. Let cool before removing muffin papers. Yield: 12 muffins.

## BLUEBERRY MUFFIN

1 C whole wheat flour  
1 1/2 C quick-cooking rolled oats  
2 tsp baking powder  
1/2 tsp baking soda  
2 lg egg whites  
1/2 C buttermilk  
3/4 C frozen unsweetened pineapple-orange juice concentrate, thawed  
1 tsp vanilla  
1 C unsweetened fresh\* blueberries

1. Combine egg whites, buttermilk, juice concentrate, and vanilla. 2. In separate bowl, combine flour, oats, baking powder, and baking soda. 3. Add liquid mixture to dry ingredients; blend until just moistened. Gently fold in blueberries. 4. Divide batter into 12 muffin tins that have been sprayed with nonstick vegetable coating. 5. Bake at 400 degrees for 15 to 20 minutes. \*Frozen blueberries may be used, but they make the batter a little more moist. Yield: 12 muffins.

## BAKED HUSH PUPPIES

1/2 C yellow corn meal  
1/2 C whole wheat flour  
1 1/2 tsp baking powder  
1/8 tsp red pepper  
1 egg white, slightly beaten  
1/3 C evaporated milk  
1 T honey  
1/4 C thinly sliced green onions  
2 tsp cold-pressed oil

1. Combine cornmeal, flour, baking powder, and red pepper. 2. Combine egg, milk, honey, green onions, and oil; add to dry ingredients, stirring just until moistened. 3. Spoon about 1 tablespoon batter into miniature muffin pans sprayed with nonstick vegetable coating. servings. 4. Bake at 425 degrees for 10 to 12 minutes or until lightly browned. Remove from pans immediately. Yield: 18 hush puppies or 6 (3 each)

## DELICIOUS FIFTEEN-BEAN SOUP

1 lb Hamm's Fifteen-Bean Soup Mix, dry  
4 qt water  
1 C celery, diced medium  
1 C onion, diced medium  
1 C carrots, diced medium  
1 C potatoes, diced medium  
1/2 C turkey ham, diced medium  
1 1/2 T chicken bouillon granules  
1 1/2 T beef bouillon granules  
1 T onion powder  
1 tsp garlic powder  
1/2 tsp ground cloves  
1/2 tsp ground fennel  
1/4 tsp white pepper  
1 bay leaf  
1 T Worcestershire sauce  
2 C tomato sauce  
1/2 tsp tabasco sauce  
2 T fresh chopped parsley  
Mix together (if needed as thickener):  
3 T cornstarch  
1/2 C water

1. Discard seasoning packet that accompanies the beans. Wash beans thoroughly. Cover with cold water. Add 1/2 teaspoon baking soda; stir, and soak beans overnight. 2. Drain. Add four quarts fresh water. Bring beans to a boil. 3. Reduce heat to simmer. Simmer beans for 1 1/2 hours, stirring occasionally. 4. In a large skillet coated lightly with a nonstick vegetable spray, combine vegetables and turkey ham. Saute over medium heat until vegetables are tender. 5. Take 1 cup liquid off the top of beans, add liquid all at once to vegetables and turkey ham. 6. Stir well. Transfer vegetables and turkey ham to beans. Add remaining ingredients. Blend well. Simmer an additional 30 minutes, stirring occasionally. Remove from heat. Serve. Yield: 8 servings.

## PINEAPPLE CARROT MUFFINS

2 C whole wheat flour  
1/4 C wheat germ  
1 1/2 tsp baking soda  
1/4 C frozen unsweetened apple juice concentrate, thawed  
3/4 C frozen unsweetened pineapple juice concentrate, thawed  
2 lg egg whites  
1 tsp vanilla  
1/2 C unsweetened crushed pineapple, drained  
1 C finely grated carrots

1. Combine flour, wheat germ, and soda. 2. Combine juice concentrates, egg whites, vanilla, pineapple, and carrots; add to the dry ingredients. Stir until just moistened. 3. Spray muffin tin with nonstick vegetable coating. Pour batter into muffin tin. Bake at 400 degrees for 15 to 20 minutes. Yield: 12 muffins.

## APPLE OATMEAL MUFFINS

1 1/4 C whole wheat flour  
1 C quick-cooking rolled oats  
2 tsp baking powder  
1 tsp baking soda  
1 1/2 tsp cinnamon  
2 lg egg whites  
1 C frozen unsweetened apple juice concentrate, thawed  
2 C chopped apples

1. Combine egg whites, apple juice concentrate, and chopped apples. 2. In separate bowl, combine flour, oats, baking powder, baking soda, and cinnamon. 3. Add liquid mixture to dry ingredients; blend until just moistened. 4. Divide batter into 12 muffin tins that have been sprayed with nonstick vegetable coating. 5. Bake at 350 degrees for 20 to 25 minutes. Yield: 12 muffins.

## APPLE CARROT MUFFINS

1/2 C milk  
3/4 C frozen unsweetened apple juice concentrate, thawed  
3 lg egg whites  
1 tsp vanilla  
2 1/2 C whole wheat flour  
3 tsp baking powder  
1/4 tsp nutmeg  
1 tsp cinnamon  
1 C grated apple, peeled and cored  
1 C finely grated carrot  
1 C chopped nuts, optional

1. Combine milk, apple juice concentrate, egg whites, and vanilla; beat well. 2. In separate bowl, combine flour, baking powder, nutmeg, and cinnamon. 3. Add milk mixture to flour mixture; blend until just moistened. Stir in apple, carrot, and nuts. 4. Spray muffin tins with nonstick vegetable coating. Fill tins three-fourths full. 5. Bake at 400 degrees for 15 to 20 minutes. Yield: 18 muffins.

## PUMPKIN-RAISIN MUFFINS

1 1/4 C whole wheat flour  
1/2 C wheat germ  
2 tsp baking soda  
3/4 tsp cinnamon  
2 lg egg whites  
1/2 C canned pumpkin  
1 tsp vanilla  
3/4 C frozen unsweetened apple juice concentrate, thawed  
1/4 C raisins

1. Combine all dry ingredients. 2. Combine egg whites, pumpkin, vanilla, and apple juice concentrate; add to the dry ingredients until just moistened. 3. Fold in raisins. 4. Spray muffin tin with non-stick vegetable coating. Bake at 375 degrees for 15 to 20 minutes. Yield: 12 muffins.

## MINESTRONE SOUP

3 C diced onions  
2 C diced carrots  
2 C diced celery  
1 16-oz can tomatoes, diced  
1 16-oz can no salt green beans, drained  
1 15-oz can kidney beans, drained  
2 C chopped cabbage  
1 tsp white pepper  
1 1/2 tsp garlic powder  
3 T beef bouillon  
2 T chicken bouillon  
1 1/2 tsp basil  
2 tsp oregano  
8 C water  
1 8-oz can tomato sauce  
1/2 C barley  
1 15-oz can garbanzo beans, drained  
1 C whole wheat macaroni

1. Spray skillet with nonstick vegetable coating and saute diced onions, carrots, and celery.  
2. Add tomatoes, green beans, kidney beans, cabbage, pepper, garlic powder, bouillon, basil, oregano, water, tomato sauce, and barley. Simmer 45 minutes.  
3. Stir in garbanzo beans and macaroni, and simmer until macaroni is tender.  
Yield: 12 servings.

## QUICK CHILI BURGER

1 lb ground uncooked turkey  
1 15-oz can kidney beans, drained (save liquid)  
1/3 C bean liquid  
1 C no salt canned tomato puree  
1 T dry minced onion  
1 1/2 T chili powder  
4 whole wheat buns or multi-grain buns

1. Cook turkey until lightly browned. Drain off fat.  
2. Stir in remaining ingredients.  
3. Bring to a boil. Reduce heat, cover, and simmer 10 minutes.  
4. Serve on a whole wheat or multi-grain bun.  
Yield: 4 servings.

## CHICKEN AND CORN SOUP

3 chicken breasts, skinned  
6 C low salt chicken stock  
1 16-oz can creamed com  
1 T minced dry onion  
4 chicken bouillon cubes  
1 tsp dried parsley  
1/4 tsp white pepper  
4 T cornstarch

1. Cook the chicken until tender in 6 1/2 cups of water. Remove the chicken and return the chicken stock to a large pan.  
2. Chop the chicken into cubes. Add to the stock along with the creamed com, dry onion, bouillon cubes, parsley, and white pepper. Bring mixture to a boil.  
3. Combine cornstarch and 1/4 cup water, stir into chicken stock mixture, cooking and stirring until the mixture boils and thickens.  
Yield: 6 servings.

## QUICK VEGETABLE BEEF SOUP

1 10-oz can unsalted chicken broth  
1/2 C water  
2 C frozen mixed vegetables for soup  
1 16-oz can tomatoes, broken up  
1/2 C very lean beef, cooked, diced  
1 tsp thyme  
1/8 tsp pepper  
1 bay leaf  
1 1/2 cups whole wheat noodles, uncooked

1. Heat broth and water. Add vegetables, meat and seasonings. Bring to a boil, reduce heat, and boil gently, uncovered for 15 minutes.  
2. Add noodles. Cook until noodles are tender, about 10 minutes.  
3. Remove bay leaf and serve.  
Yield: 4 servings.

## **QUICK INDIVIDUAL PIZZAS**

4 whole wheat English muffins  
1 14-oz jar Pizza Sauce  
8 lg mushrooms  
1 green pepper, thinly sliced  
1 small onion, thinly sliced  
1/2 C mozzarella cheese, grated  
1/2 C cooked ground turkey

1. Slice English muffins in half. Spread pizza sauce over top of muffin. 2. Top sauce with mushrooms, green pepper, and onion. 3. Top vegetables with 1 T cooked ground turkey/chicken and 1T mozzarella cheese. Yield: 4 servings.

## **QUICK AND EASY BURRITO**

4 whole wheat flour tortillas  
1 lb ground turkey  
1 pkg taco seasoning mix  
1 C refried beans  
8 T plain yogurt  
1 lg tomato, sliced  
1 C lettuce, chopped

1. Brown ground turkey; add taco seasoning mix according to package directions. Remove half of the meat mixture and save for later use. 2. Spread one fourth cup refried beans on tortilla; place 1/4 of the remaining meat mixture on top of beans. 3. Spread 2 tablespoons yogurt over meat; top with tomato slices and 1/4 cup chopped lettuce. 4. Roll and serve immediately. Yield: 4 servings.

## **SALAD DRESSING CHOICES**

Kraft No-Oil Italian Dressing  
Kraft Reduced Calorie Catalina  
Pritikin No-Oil Dressings

## **LOW CALORIE**

### **HIDDEN VALLEY DRESSING**

1 C buttermilk  
1 C plain yogurt  
1 C cottage cheese  
1 env. Hidden Valley Original Reduced Calorie Ranch Dressing

1. Combine first three ingredients in a blender; blend until smooth. 2. Stir in dressing mixture. Yield:  
12 (1/4 C) servings.



# DINNER

## SOUTHERN BEANS AND RICE

1 C dried red beans  
1 1/2 quarts water  
3/4 C chopped onion  
1/2 C chopped green pepper  
1/4 C chopped celery  
2 cloves garlic, minced  
3/4 tsp oregano  
1/2 tsp thyme  
1/2 tsp beef-flavored bouillon granules  
1/2 tsp black pepper  
1/4 tsp crushed red pepper  
1 bay leaf  
1/4 pound cooked turkey ham, cubed  
1 cup water  
dash of hot sauce  
2 cups cooked brown rice

1. Cover beans with water and let soak overnight. 2. Drain beans, and return to large saucepan. Add 1 1/2 quarts water and next 10 ingredients; bring to a boil. 3. Reduce heat to medium. Cook beans, uncovered, stirring occasionally, for 1 hour. 4. Add ham and 1 cup water, and cook, uncovered, an additional hour or until beans are tender. Discard bay leaf; stir in hot sauce. Serve over rice. Yield: 4 servings.

## EASY GOULASH

1 lb ground uncooked turkey  
1 bunch green onions, chopped  
1 clove garlic, minced  
2 green peppers, chopped  
Pepper to taste  
128-oz can tomatoes, chopped or 1 quart tomatoes  
1/2 lb whole wheat noodles, cooked

1. Brown turkey, onion, green pepper, garlic, and pepper. Cook briefly. 2. Add tomatoes and juice. Simmer 30 minutes. 3. Add cooked and strained noodles. Yield: 6 servings.

## LEMON-BASIL CHICKEN

1 C fresh whole wheat breadcrumbs  
1 1/2 T minced fresh parsley  
1 1/2 tsp grated lemon rind  
1 tsp dried basil  
1/2 tsp pepper  
1/4 C buttermilk  
3/4 tsp lemon juice  
6 chicken breast halves, skinned

1. Combine first 6 ingredients in a plastic bag, shaking well to mix. 2. Combine buttermilk and lemon juice; dip chicken in mixture. 3. Place chicken in plastic bag with breadcrumb mixture, shaking to coat. Sprinkle remaining crumbs over chicken. 4. Place chicken on baking sheet sprayed with nonstick vegetable coating. 5. Bake at 400 degrees for 35 minutes or until fork tender. Yield: 6 servings.

## SPAGHETTI SAUCE

1 C chopped onion  
1 clove garlic, minced  
1 lb ground uncooked turkey  
128-oz can whole tomatoes, undrained and chopped  
2 6-oz cans tomato paste  
1 C water  
1 bay leaf  
1 1/2 tsp dried oregano  
1/4 tsp pepper  
1 tsp dried basil  
Hot cooked whole wheat spaghetti

1. Saute onion, garlic, and ground turkey until browned. 2. Stir in next 8 ingredients; simmer, uncovered 1 hour. 3. Remove bay leaf and spoon sauce over cooked spaghetti. One cup cooked spaghetti per serving. Yield: 6 servings.

## ENCHILADA CASSEROLE

1/2 C onion, chopped  
1/4 C celery, diced  
1/4 C green pepper, diced  
1 16-oz can tomato sauce  
1/2-1 tsp chili powder  
1/4 tsp dried basil  
1/4 tsp dried oregano  
1 pkg 7-inch com tortillas  
1 C cooked turkey (chicken may be substituted)

1. Spray skillet with nonstick vegetable coating and saute onion, celery, and green pepper until tender. 2. Add tomato sauce, chili powder, basil, and oregano. 3. Place a tortilla in the bottom of a sprayed 7-inch casserole; add a thin layer of turkey, then sauce. Repeat for all ingredients. 4. Bake at 350 degrees for 20 to 30 minutes or until hot. Yield: 4 servings.

## CHILI SKILLET SUPPER

1/2 C chopped onion  
1/3 C chopped green pepper  
1 lb ground uncooked turkey  
1 28-oz can whole tomatoes, or 1 quart tomatoes  
2 tsp chili powder  
1/8 tsp black pepper  
3/4 C whole wheat elbow macaroni, uncooked

1. Brown onion, green pepper, and beef lightly. Add chili powder and pepper to meat mixture. 2. Add tomatoes and bring food to a boil. Stir in macaroni. 3. Cover and reduce heat to simmer for approximately 25 minutes. Yield: 6 servings.

## CHILI CON CARNE

1 med chopped onion  
1 clove garlic, minced  
1/2 C chopped green pepper  
1 lb ground uncooked turkey  
1/2 tsp pepper  
1 28-oz can tomatoes or 1 quart tomatoes  
2 15-oz cans kidney or pinto beans, drained  
2 tsp chili powder  
1 tsp oregano

1. Brown onion, garlic, green pepper, and ground turkey. Sprinkle pepper on meat mixture. 2. Add remaining ingredients; bring to a boil, reduce heat, and simmer 30 minutes, stirring occasionally. Yield: 4 servings.

## SPAGHETTI PIE

6 oz. whole wheat spaghetti  
1 tsp butter  
1 lg egg  
1 lg egg white  
1 C cottage cheese  
1/2 lb ground uncooked turkey  
1/2 C chopped onion  
1/4 C chopped green pepper  
1 16-oz can tomatoes, cut up  
1 6-oz can tomato paste  
1 tsp dried oregano  
1/2 tsp garlic powder

1. Cook spaghetti without salt or oil until tender; drain. 2. Stir butter into hot spaghetti. Combine egg and egg white and stir into hot spaghetti. 3. Form spaghetti mixture into a "crust" in a buttered 10-inch pie plate. Spread cottage cheese over bottom of spaghetti crust. 4. Cook turkey, onion, and green pepper until vegetables are tender and meat is browned. Drain off excess fat. 5. Stir in undrained tomatoes, tomato paste, oregano, and garlic powder; heat through. 6. Turn meat mixture into spaghetti crust. Bake at 350 degrees for 20 minutes. Yield: 6 servings.

## TUNA-VEGETABLE PILAF

1 12-oz can water-pack tuna, drained  
1 T cold-pressed oil  
1 tsp minced garlic  
1 C uncooked long-grain brown rice  
3 C chicken broth  
1 C sliced celery  
2 green onions, sliced  
1 C frozen or fresh green peas  
1 lg tomato, cut in wedges  
fresh ground pepper to taste

1. Heat oil and add garlic and cook 1 minute. 2. Add rice and stir constantly about 2 minutes. 3. Stir in 2 cups broth; bring to a boil. Reduce heat, cover, and simmer 10 minutes or until most of the liquid is absorbed. 4. Add remaining 1 cup broth, the celery, and green onions. Cover and simmer 25 minutes longer. 5. Fold in peas and tuna. Cover and cook 5 minutes longer. 6. Remove from heat and let stand 5 minutes before serving. 7. Garnish with tomato and season with pepper (if desired). Yield: 4 servings.

## HALIBUT STEAKS

2 halibut steaks  
1/4 C lemon juice  
2 lg tomatoes, chopped  
2 carrots, shredded  
1/4 C green onion, chopped  
2 T parsley, finely chopped  
4 lemon wedges

1. Place fish in baking dish; sprinkle with lemon juice. 2. Combine tomato, carrot, green onion, and parsley; sprinkle over fish. 3. Cover and bake at 350degrees for 25 to 30 minutes. 4. Serve fish with a lemon wedge. Yield: 4 servings.

## HALIBUT PAPRIKA

2 halibut steaks  
pepper and onion powder to taste  
1 lb small new potatoes, parboiled  
1/2 C water  
1/2 C plain yogurt  
1 1/2 tsp lemon juice  
1/2 tsp paprika  
2 C cooked carrots  
2 C frozen or fresh spinach

1. Sprinkle halibut with pepper and onion powder; place with potatoes in baking dish sprayed with nonstick vegetable coating. 2. Sprinkle with water. 3. Bake at 425 degrees until fish flakes easily when tested with a fork. Remove fish and potatoes to platter, keep warm. 4. Drain juices from pan into saucepan; combine with yogurt, lemon juice, paprika, and 1/8 tsp pepper. Cook and stir until hot; do not boil. 5. Serve over halibut and potatoes with cooked spinach and carrots. Yield: 4 servings.

## DILLED CHICKEN FRICASSEE

1/3 C whole wheat flour  
1/2 tsp paprika  
4 chicken breasts, skinned  
2 C low-salt chicken broth  
1 T dried dill weed  
8 small new potatoes (12-oz)  
1 lb fresh or frozen green beans  
1 T lemon juice, or to taste

1. Mix flour and paprika; coat chicken. Reserve leftover flour mixture. 2. Spray pan with nonstick vegetable coating. Add chicken, cook until well browned on both sides. 3. Stir reserved flour mixture into pan drippings. Gradually stir in chicken broth, 1 T dill; bring to a boil. 4. Add potatoes and green beans, reduce heat, cover, simmer 20-minutes or until chicken and vegetables are tender. 5. Stir in lemon juice and sprinkle with dill (if desired). Yield: 4 servings.

## TUNA-VEGETABLE PILAF

1 12-oz can water-pack tuna, drained  
1 T cold-pressed oil  
1 tsp minced garlic  
1 C uncooked long-grain brown rice  
3 C chicken broth  
1 C sliced celery  
2 green onions, sliced  
1 C frozen or fresh green peas  
1 lg tomato, cut in wedges  
fresh ground pepper to taste

1. Heat oil and add garlic and cook 1 minute. 2. Add rice and stir constantly about 2 minutes. 3. Stir in 2 cups broth; bring to a boil. Reduce heat, cover, and simmer 10 minutes or until most of the liquid is absorbed. 4. Add remaining 1 cup broth, the celery, and green onions. Cover and simmer 25 minutes longer. 5. Fold in peas and tuna. Cover and cook 5 minutes longer. 6. Remove from heat and let stand 5 minutes before serving. 7. Garnish with tomato and season with pepper (if desired). Yield: 4 servings.

## HALIBUT STEAKS

2 halibut steaks  
1/4 C lemon juice  
2 lg tomatoes, chopped  
2 carrots, shredded  
1/4 C green onion, chopped  
2 T parsley, finely chopped  
4 lemon wedges

1. Place fish in baking dish; sprinkle with lemon juice. 2. Combine tomato, carrot, green onion, and parsley; sprinkle over fish. 3. Cover and bake at 350degrees for 25 to 30 minutes. 4. Serve fish with a lemon wedge. Yield: 4 servings.

## HALIBUT PAPRIKA

2 halibut steaks  
pepper and onion powder to taste  
1 lb small new potatoes, parboiled  
1/2 C water  
1/2 C plain yogurt  
1 1/2 tsp lemon juice  
1/2 tsp paprika  
2 C cooked carrots  
2 C frozen or fresh spinach

1. Sprinkle halibut with pepper and onion powder; place with potatoes in baking dish sprayed with non-stick vegetable coating. 2. Sprinkle with water. 3. Bake at 425 degrees until fish flakes easily when tested with a fork. Remove fish and potatoes to platter, keep warm. 4. Drain juices from pan into saucepan; combine with yogurt, lemon juice, paprika, and 1/8 tsp pepper. Cook and stir until hot; do not boil. 5. Serve over halibut and potatoes with cooked spinach and carrots. Yield: 4 servings.

## DILLED CHICKEN FRICASSEE

1/3 C whole wheat flour  
1/2 tsp paprika  
4 chicken breasts, skinned  
2 C low-salt chicken broth  
1 T dried dill weed  
8 small new potatoes (12-oz)  
1 lb fresh or frozen green beans  
1 T lemon juice, or to taste

1. Mix flour and paprika; coat chicken. Reserve left-over flour mixture. 2. Spray pan with nonstick vegetable coating. Add chicken, cook until well browned on both sides. 3. Stir reserved flour mixture into pan drippings. Gradually stir in chicken broth, 1 T dill; bring to a boil. 4. Add potatoes and green beans, reduce heat, cover, simmer 20-minutes or until chicken and vegetables are tender. 5. Stir in lemon juice and sprinkle with dill (if desired). Yield: 4 servings.

## BEAN STEW

1. Wash and drain 2 cups of mixed beans (use any combination of beans such as navy beans, great northern beans, baby lima beans, dried peas, pinto beans, black-eye beans, etc.). 2. Add 3 quarts of water, 1/2 lb. cooked ground turkey, 1 bay leaf, a large pinch each of basil and thyme. Simmer until nearly tender. Add: 1 lg chopped onion, 3 stalks chopped celery, 3 lg diced carrots, 1 16-oz can tomatoes, diced, 16-oz can tomato paste, 1 T parsley flakes, 2 T beef bouillon, pepper to taste. Adjust the liquids and seasonings as needed. Yield: 8 servings.

## CHICKEN AND NOODLES

4 chicken breasts, cooked, boned, skinned and broken into pieces  
1 1/2 C thinly sliced carrots  
2 C low salt chicken broth  
1 16-oz low-fat small curd cottage cheese  
2 T lemon juice  
18-oz spinach or whole wheat noodles, cooked and drained  
1/4 tsp pepper to taste onion powder

1. In a Dutch oven, place carrots and chicken broth; bring to a boil over high heat. Reduce heat to low and simmer until carrots are just tender, about 5 minutes. 2. In blender, place cottage cheese and lemon juice; blend until smooth, about 1 minute. 3. Pour off broth from carrots and with blender running, slowly add warm broth to cottage cheese-lemon juice mixture. 4. Blend 1 more minute and then return contents of blender to pan with carrots. 5. Stir in chicken and cooked noodles; sprinkle with pepper and onion powder. 6. Over low heat, simmer, uncovered, about 20 minutes (keep temperature low so sauce does not separate). Yield: 4 servings.

## CHICKEN AND RICE

4 chicken breasts, skinned  
1 med onion, quartered  
6 carrots, cut into 1-inch pieces  
3 stalks celery, cut into 1 inch pieces  
1 can low salt chicken broth  
1/8 tsp pepper  
1/4 tsp thyme  
1 T lemon juice  
6 T whole wheat flour  
3 cups cooked brown rice

1. Put washed and skinned chicken breasts in 6- quart pan. Add all ingredients except whole wheat flour and rice. 2. Add 3 cups water. Bring to a boil and simmer, covered 45 minutes or until chicken and vegetables are tender. 3. Remove chicken and vegetables. Strain broth into a bowl and measure - you should have 5 cups - and return to pan. Bring to a boil. Remove bones from chicken and cut into small pieces. 4. In a small bowl, blend flour and one half cup water until smooth, pour mixture into boiling broth, stirring constantly. Boil until broth thickens. 5. Return chicken and vegetables to pan. Return to a boil and cover. You may serve this over brown rice or whole wheat noodles. Yield: 6 servings.

## PEERLESS POULTRY

1 6-oz can orange juice concentrate  
1 pkg. onion soup mix  
6 chicken breasts, skinned  
3 C brown rice, cooked

1. Combine thawed orange juice concentrate and dry onion soup mix. 2. Pour half of mixture in a non-stick casserole. 3. Place chicken breasts in the casserole and top with remaining sauce. 4. Cover casserole with a lid or foil. Bake at 400 degrees for 1 hour. Serve with rice and any remaining sauce from the casserole. Yield: 6 servings.



## CHICKEN ALA KING

10 oz. chicken breasts, boneless, skinless, cut into 1-inch squares  
2 med onions, cut into 1-inch squares  
2 med bell peppers, cut into 1-inch squares  
6 lg mushrooms, quartered  
2 1/2 T chicken bouillon granules  
1 T onion powder  
1 tsp dry mustard  
1/4 tsp ground thyme  
1/4 tsp white pepper  
2 C water  
Mix together:  
3 T cornstarch  
1/2 C water  
Mix together:  
1/2 C milk  
1/4 C milk powder

1. In a 3-quart saucepan coated lightly with a nonstick spray, saute chicken, onions, and peppers over medium-high heat until vegetables are tender. 2. Add spices. Blend well. Add water and bring mixture to a boil. 3. Add cornstarch mixture, slowly stirring constantly until mixture starts to thicken. Reduce heat. Add mushrooms and milk mixture. Blend well. Continue cooking mixture on low heat an additional 10 minutes. Yield: 6 servings.

## CHICKEN PARMIGIANA

1 1-lb 14-oz can tomato puree  
1 6-oz can tomato paste  
3/4 C water  
1/2 tsp oregano  
1 T basil  
2 cloves garlic, minced  
1 med green pepper, sliced  
1 med onion, sliced  
1/4 lb mushrooms, sliced  
6 carrots, sliced julienne  
1 16-oz can no-salt green beans  
pepper to taste  
1/2 C grated Parmesan cheese  
6 chicken breasts, skinned  
1/2 C grated Mozzarella cheese

1. Combine tomato puree, tomato paste and water and simmer about 30 minutes. 2. In skillet sprayed with nonstick vegetable coating, heat oregano, basil, garlic, green pepper, onion, and mushrooms and saute until tender but not browned. 3. Add vegetables to tomato sauce. Season to taste with pepper. 4. Add Parmesan cheese. 5. Place chicken breasts in a 9 x 13 baking dish; cover with sauce. Bake, covered, for 1 hour at 350 degrees. 6. Remove from oven and sprinkle over top 1/2 cup grated mozzarella cheese. Bake uncovered for 10 minutes. Yield: 6 servings.

## TURKEY TOSTADAS

6 (6-inch) corn tortillas  
1/2 lb ground turkey  
1/4 C minced onion  
2 cloves garlic, minced  
1 8-oz can tomato sauce  
1 tsp oregano  
1/2 tsp chili powder  
dash of hot sauce  
1/4 C plus 2 T shredded part-skim mozzarella cheese  
1/4 C plus 2 T plain yogurt  
jalapeno peppers, optional

1. Place tortillas on a baking sheet; bake at 350 degrees for 7 minutes or until crisp. Set aside.  
2. Combine ground turkey, onion, and garlic in a skillet sprayed with nonstick vegetable coating. Cook over medium heat until meat is browned.  
3. Add tomato sauce, oregano, thyme, and hot sauce; stir well. Simmer 10 minutes or until thickened.  
4. Spread about 1/3 cup turkey mixture over each tortilla; sprinkle each with 1 tablespoon mozzarella cheese.  
5. Place under broiler until cheese melts. Top each tostada with 1 tablespoon yogurt. Add jalapeño peppers, if desired. Yield: 6 servings.

## HEN ON THE NEST

3 chicken breasts, skin removed  
1 can Cream of Chicken soup, undiluted  
1 C plain yogurt  
1 T lemon juice, optional  
1/2 C mushrooms, chopped  
1 stalk celery, chopped  
3 C brown rice, cooked  
1 1/2 C frozen peas, cooked

1. Cook, skin and cut up chicken. 2. Mix together undiluted Cream of Chicken soup with yogurt and lemon juice. 3. Saute mushrooms and celery until tender. 4. Add mushrooms, celery, and cooked chicken to chicken soup mixture. 5. Layer brown rice on the bottom of a baking dish. Pour soup mixture over rice. Heat at 350 degrees for 20 minutes until thoroughly warm. 6. Top with cooked peas. Serve. Yield: 6 servings.

# DESSERT

## DATE NUT COOKIES

3 T margarine or butter, softened  
1 lg egg white  
3 oz. frozen unsweetened pineapple juice concentrate, thawed  
3 oz. frozen unsweetened apple juice concentrate, thawed  
2 tsp vanilla  
2 C whole wheat flour  
1 tsp baking soda  
1 C chopped dates  
1/2 C chopped walnuts, optional

1. Cream margarine; add egg white, juice concentrates and vanilla. Mix well. 2. Add flour and baking soda; mix until well blended. 3. Stir in dates and walnuts. 4. Drop by teaspoonfuls onto cookie sheets sprayed with nonstick vegetable coating. 5. Bake at 350 degrees for 10 to 12 minutes. Yield: 48 cookies.

## PINEAPPLE-BANANA PUDDING

1 8-oz can unsweetened crushed pineapple  
2 lg ripe bananas  
1 C evaporated milk  
1/3 C frozen unsweetened pineapple-orange-banana concentrate  
1/2 tsp vanilla  
1/4 tsp banana extract  
2 T cornstarch

1. Combine all ingredients in blender container; process until smooth. 2. Pour into saucepan and cook over medium heat stirring constantly until mixture comes to a boil. 3. Remove from heat; pour into 6 dessert dishes. Refrigerate and serve when cool. Yield: 6 servings.

## AUNT ANNE'S SUGARLESS COOKIES

1 C raisins  
1/2 C chopped dates  
1 C chopped apples, peeled and cored  
1 C frozen unsweetened pear-apple or apple concentrate, thawed  
1/4 C margarine or butter, softened  
2 lg egg whites  
1 tsp vanilla  
2 C whole wheat flour  
1 tsp baking soda  
1 C quick-cooking rolled oats  
1/2 C chopped walnuts, optional

1. Boil raisins, dates, and apples in juice concentrate for 10 minutes. Add butter to hot mixture; let cool. 2. Place fruit mixture in mixing bowl. Add egg whites and vanilla; beat well. 3. Add flour, soda, and oats; beat well. Stir in nuts. 4. Drop by teaspoonfuls onto cookie sheet that has been sprayed with nonstick vegetable coating. 5. Bake in 350 degree oven for 12 minutes or until lightly golden brown on top. Yield: 48 cookies.

## POOR MAN'S CAKE

2 C raisins  
1/4 C margarine or butter  
1 1/2 C frozen unsweetened apple juice concentrate, thawed  
1 1/2 C water  
2 tsp nutmeg  
2 tsp cinnamon  
1/2 tsp ground cloves  
1T cocoa  
2 tsp soda  
3 1/2 C whole wheat flour

1. Boil together in saucepan the raisins, margarine, apple juice concentrate, water, nutmeg, cinnamon, cloves, and cocoa; cool. 2. When cool, add soda; stir. Add flour to make batter not too thin or too stiff. Pour batter into 9" x 13" pan that has been sprayed with nonstick vegetable coating. 3. Bake at 300 degrees for 40 to 45 minutes, or until a wooden pick inserted into the center comes out clean. Yield: 24 servings.

## RASPBERRY-PINEAPPLE GELATIN

1 C water  
2 env. unflavored gelatin  
1 12-oz can frozen unsweetened apple-raspberry juice concentrate  
1 T lemon juice  
1 C fresh or frozen unsweetened raspberries  
1 C unsweetened crushed pineapple, drained

1. Measure water into a pan and pour in gelatin. Let the gelatin soften for about 5 minutes. Bring to a boil, stirring constantly, until gelatin is dissolved. 2. Add the juice concentrate, pineapple juice, and lemon juice. 3. Stir in fruit, and pour into a 1 1/2 quart bowl or into individual serving dishes for desserts. You can also pour the gelatin into a square pan and serve squares of the gelatin on lettuce leaves for a salad. Refrigerate until firm. Yield 6 dessert servings.

## DATE NUT BREAD

1 C cut-up pitted dates  
1 tsp baking soda  
3/4 C frozen unsweetened apple juice concentrate, thawed  
1/4 C water  
2 T margarine or butter, melted  
2 lg egg whites  
1 3/4 C whole wheat flour  
1/2 C chopped walnuts, optional

1. Sprinkle baking soda over dates. Combine water and apple juice concentrate and bring to a boil. Pour the boiling liquid over the date and soda mixture. 2. Beat egg whites until fluffy. Add date mixture and mix. 3. Add flour, melted butter, and nuts. Mix well. 4. Spray an 8 1/2" x 4 1/2" loaf pan with nonstick vegetable coating. Pour batter into prepared loaf pan. 5. Bake at 300 degrees for 1 hour. Yield: 16 slices.

# RECIPE DIRECTORY

## BREAKFAST

|                                   |   |
|-----------------------------------|---|
| Oatmeal Waffles .....             | 1 |
| Banana Waffles .....              | 1 |
| Three-Grain Waffles .....         | 1 |
| Breakfast Potatoes .....          | 1 |
| Apple Pancakes .....              | 2 |
| Whole Wheat Pancakes .....        | 2 |
| Cinnamon French-Style Toast ..... | 2 |
| Apricot Oatmeal .....             | 2 |
| Granola .....                     | 3 |
| Oatmeal .....                     | 3 |
| Cracked Wheat Cereal .....        | 3 |
| Fruit Yogurt .....                | 3 |
| Breakfast Shake .....             | 3 |
| Fruit Pancake Topping .....       | 4 |
| Apple Syrup .....                 | 4 |
| Citrus Fruit Sauce .....          | 4 |
| Crunchy Baked Apples .....        | 4 |

## LUNCHES

|                                      |   |
|--------------------------------------|---|
| Open-Faced Crab Sandwiches .....     | 5 |
| Tuna Spread Sandwich .....           | 5 |
| Fruited Rice Salad .....             | 5 |
| Tropical Fruit and Pasta Salad ..... | 5 |
| Yogurt-Poppyseed Dressing .....      | 6 |
| Shrimp Rolls .....                   | 6 |
| Chicken Spread Sandwich .....        | 6 |
| Tuna and Sprouts Sandwich .....      | 6 |
| Chicken Salad Sandwich .....         | 7 |
| Ambrosia Fruit Cup .....             | 7 |
| Pineapple Cabbage Salad .....        | 7 |
| Cabbage Slaw .....                   | 7 |
| Crunchy Banana Muffins .....         | 7 |
| Pineapple Carrot Muffins .....       | 8 |
| Apple Oatmeal Muffins .....          | 8 |
| Apple Carrot Muffins .....           | 8 |
| Pumpkin-Raisin Muffins .....         | 8 |
| Blueberry Muffins .....              | 9 |

## LUNCHES (CONT.)

|   |    |
|---|----|
| Baked Hush Puppies .....                | 9  |
| Delicious Fifteen-Bean Soup .....       | 9  |
| Minestrone Soup .....                   | 10 |
| Quick Chili Burger .....                | 10 |
| Chicken and Com Soup .....              | 10 |
| Quick Vegetable Beef Soup .....         | 10 |
| Quick Individual Pizzas .....           | 11 |
| Quick and Easy Burrito .....            | 11 |
| Salad Dressing Choices.....             | 11 |
| Low Calorie Hidden Vally Dressing ..... | 11 |
| Southern Beans and Rice .....           | 12 |
| Easy Goulash .....                      | 12 |
| Lemon-Basil Chicken .....               | 12 |
| Spaghetti Sauce .....                   | 12 |
| Enchilada Casserole .....               | 13 |
| Chili Skillet Supper .....              | 13 |
| Chili Con Came .....                    | 13 |
| Spaghetti Pie .....                     | 13 |
| Tuna-Vegetable Pilaf .....              | 14 |
| Halibut Steaks .....                    | 14 |
| Halibut Paprika .....                   | 14 |
| Dilled Chicken Fricassee .....          | 14 |
| Bean Stew .....                         | 15 |
| Chicken and Noodles .....               | 15 |
| Chicken and Rice .....                  | 15 |
| Peerless Poultry .....                  | 15 |
| Chicken Ala King .....                  | 16 |
| Chicken Parmigiana .....                | 16 |
| Turkey Tostadas .....                   | 17 |
| Hen on the Nest .....                   | 17 |

## DESSERTS

|                                     |    |
|-------------------------------------|----|
| Date Nut Cookies .....              | 18 |
| Pineapple-Banana Pudding .....      | 18 |
| Aunt Anne's Sugarless Cookies ..... | 18 |
| Poor Man's Cake .....               | 19 |
| Raspberry-Pineapple Gelatin .....   | 19 |
| Date Nut Bread .....                | 19 |



# RECIPES

## BREAKFAST

### OATMEAL WAFFLES

3 lg egg whites  
1 T cold-pressed oil  
3C warm milk  
3 C rolled oats

1. Whip egg whites and oil together in blender until mixed. 2. Add warm milk and rolled oats. Blend in blender until smooth 3. Place in preheated waffle iron sprayed with nonstick vegetable coating. Bake approximately 10 minutes. Yield: 6 waffles or 6 servings

### BANANA WAFFLES

3 C whole wheat flour  
4 tsp baking powder  
2 tsp cinnamon  
1 tsp ground ginger  
4 lg egg whites  
2 med ripe bananas, pureed  
1 1/3 C milk  
1/4 C frozen unsweetened apple juice concentrate, thawed  
1/4 C Frozen unsweetened pineapple-orange-banana concentrate, thawed  
2 T cold-pressed oil

1. Preheat waffle iron. In a large bowl, combine flour, baking powder, cinnamon, and ginger. 2. In a mixing bowl, beat egg whites until light and fluffy. Beat in pureed banana, milk, juice concentrates, and oil; beat until light and fluffy. 3. Add egg mixture to dry ingredients; stir until just moistened. Bake in preheated waffle iron until golden brown. Yield: 6 servings.

### THREE-GRAIN WAFFLES

1 lg egg yolk  
1 C milk  
1/2 C cooked brown rice  
1/4 C plain yogurt  
2 T lemon juice  
2 tsp cold pressed oil  
3/4 C whole wheat flour  
1/4 C com meal  
1 1/2 tsp baking soda  
1/4 tsp ground cinnamon  
1/4 tsp ground ginger  
3 lg egg whites

1. Beat yolk and combine with milk, rice, yogurt, lemon juice, and oil. 2. Combine remaining ingredients; add to rice mixture. Stir just until combined well. 3. Beat egg whites till soft peaks form; fold into batter. Do not overmix. 4. Bake in preheated waffle iron sprayed with nonstick vegetable coating. Yield: 6 servings.

### BREAKFAST POTATOES

6 baked potatoes  
1T onion powder pepper to taste  
2 lg egg

1. Spray a baking dish with a nonstick vegetable coating. Slice potatoes and fold scrambled egg into potatoes. Spread in baking dish. 2. Season with onion powder and pepper. 3. Bake in a preheated oven at 400 degrees for 15 minutes. Variation: add 1 small sliced onion and 1 sliced green pepper. Yield: 6 servings.

## APPLE PANCAKES

1 1/2 C whole wheat flour  
1 tsp baking soda  
1/2 tsp baking powder  
3/4 C milk  
1/4 C frozen unsweetened apple juice  
concentrate, thawed

1. Combine flour, baking soda, and baking powder in large bowl; mix well. 2. Combine milk, apple juice concentrate, apple, and egg white; add to flour mixture and stir until smooth. 3. Spray griddle or skillet with nonstick vegetable cooking spray; place over medium heat until hot. 4. Spoon batter, 2 tablespoons at a time, onto griddle. Cook until browned; turn and cook other side until golden brown. 5. Repeat with remaining batter. Yield: 2 (3-inch) pancakes.

## WHOLE WHEAT PANCAKES

1 C whole wheat flour  
1/2 C wheat germ  
2 tsp baking powder  
1/2 tsp baking soda  
4 lg egg whites  
2 tsp oil  
1 1/4 C milk  
3 T unsweetened frozen apple juice c  
concentrate, thawed  
1 tsp vanilla

1. In large mixing bowl, stir together flour, wheat germ, baking powder, and baking soda. 2. In small mixing bowl, beat egg whites with fork. Beat in oil, milk, apple concentrate, and vanilla. 3. Add egg mixture to flour mixture. 4. Stir mixture until blended but slightly lumpy. 5. Pour 1/4 cup batter on griddle or skillet for each pancake; turn once, cooking on both sides. Yield: 10 (4-inch) pancakes.

## CINNAMON FRENCH-STYLE TOAST

2 lg eggs  
4 lg egg whites, at room temperature  
3 T unsweetened frozen apple juice  
concentrate  
1 tsp vanilla  
1/2 tsp almond extract  
1 C milk  
2/3 C whole wheat flour  
1 1/2 tsp baking powder  
2 tsp ground cinnamon  
8 slices whole wheat bread

1. In a medium mixing bowl, beat egg whites until smooth. Add eggs, apple concentrate, milk, vanilla, and almond extract. Blend well. 2. Add flour, baking powder, and cinnamon to egg mixture. Beat until mixture is smooth and fluffy. 3. Spray a griddle or large skillet with a nonstick vegetable coating. 4. Place over medium heat until hot. Dip bread in batter until soaked through. 5. Cook until golden brown on both sides. Yield: 4 servings.

## APRICOT OATMEAL

1 1/2 C water  
1/4 C frozen unsweetened apple juice  
concentrate, thawed  
3/4 C quick-cooking rolled oats  
1/4 C finely chopped dried apricots

1. Bring water and apple juice concentrate to a boil. Add oats and apricots; return to a boil. 2. Simmer until most of the liquid is absorbed. Remove from heat and cover; let sit for 5 minutes. Yield: 2 servings.

## GRANOLA

4 C rolled oats  
4 C rolled wheat  
1 C wheat germ  
1 C raw sunflower seeds, optional  
3/4 C frozen unsweetened apple juice concentrate, thawed  
2 tsp vanilla  
3/4 C chopped dates  
3/4 C raisins  
3/4 C dried apples, cut into bite-size pieces  
1-2 C slivered almonds, optional

1. Mix together oats, rolled wheat, and wheat germ. Add nuts if desired. 2. Combine apple juice concentrate and vanilla. 3. Blend all ingredients together, put into a 9" x 13" cake pan. 4. Bake at 275 degrees for 1 hour. 5. After taking granola out of the oven, add the dried apples, dates, and raisins. 6. Use as a cold cereal or mix with plain yogurt and fruit for a delicious breakfast. Yield: 12 cups or 16 4-cup servings

## OATMEAL

1 1/2 C water  
2/3 C rolled oats

1. Stir oats into briskly boiling water. 2. Cook 5 minutes, stirring occasionally. 3. Cover, remove from heat and let sit for 5 minutes. Yield: 2 servings.

## CRACKED WHEAT CEREAL

1 C cracked wheat  
2 3/4 C boiling water

1. Bring water to a boil; add cracked wheat and stir. 2. Reduce heat to low; cover. 3. Cook until tender, stirring occasionally. Yield: 4 servings.

## FRUIT YOGURT

1 C sliced banana  
1/4 C crushed unsweetened pineapple, drained  
1 tsp vanilla  
1/2 tsp lemon juice  
1 C plain yogurt  
1 C sliced strawberries

1. Combine banana, pineapple, vanilla, and lemon juice in a blender; process until smooth. Pour into a bowl. 2. Stir in yogurt and strawberries; blend well. Chill. Yield: 4 servings.

## BREAKFAST SHAKE

1 C plain yogurt  
1 lg egg white  
1 med banana, sliced  
1/4 C milk  
1/2 C unsweetened crushed pineapple, drained  
1/4 C frozen unsweetened pineapple juice concentrate  
1 tsp vanilla

1. In blender, combine all ingredients. Blend at high speed for 30 seconds or until the mixture is smooth.

## FRUIT PANCAKE TOPPING

2 C unsweetened applesauce  
1/2 C unsweetened crushed pineapple,  
drained  
1/2 tsp cinnamon  
1 C plain yogurt

1. Combine applesauce, pineapple, and cinnamon in a bowl. Chill. 2. Just before serving, add yogurt. 3. Serve on pancakes, waffles, French toast, and so on. Yield 3 1/2 cups topping or 14 (1/4-cup) servings.

## APPLE SYRUP

1 1/2 C frozen unsweetened apple juice  
concentrate, thawed  
1T cornstarch

1. Whisk cornstarch into cold apple juice concentrate until the cornstarch is dissolved. Heat to boiling over medium heat, stirring constantly. 2. Serve warm over pancakes or waffles. Yield: 6 (1/4-cup) servings.

## CITRUS FRUIT SAUCE

1 1/2 C frozen unsweetened orange juice,  
thawed  
1/4 C frozen unsweetened apple juice  
concentrate, thawed  
1/4 C water  
2 T cornstarch  
1/4 tsp lemon juice

1. Whisk cornstarch into orange juice, apple juice concentrate, and water. 2. Cook over medium heat until thickened, stirring constantly. 3. Remove from heat and add lemon juice. 4. Serve hot over pancakes and waffles or chilled as a sauce for fresh fruit. 5. Store in refrigerator. Yield: 4 cups or 16 (1/4-cup) servings.

## CRUNCHY BAKED APPLE

4 med cooking apples  
1/4 C frozen unsweetened apple juice  
concentrate, thawed  
1 tsp ground cinnamon  
3T Grape Nuts  
1/4 C plain yogurt

1. Core apples 3/4 through; peel top 1/3 of each apple. Place apples in an 8" x 8" baking dish that has been sprayed with nonstick vegetable coating. 2. Place 1 tablespoon apple juice concentrate in each apple cavity. Add 1/4 teaspoon cinnamon on top of juice. 3. Add 1/2 cup water to baking dish. Cover and bake at 350 degrees for 45 minutes. 4. Remove from oven; spoon 2 teaspoons cereal in each apple. Top with 1/4 cup plain yogurt. Yield: 4 servings.

# LUNCH

## OPEN-FACE CRAB SANDWICHES

1/2 C finely chopped celery  
3 T reduced-calorie mayonnaise  
3 T plain yogurt  
1T prepared mustard  
1 tsp lemon juice  
1 2-oz jar diced pimento, drained  
2 C crab meat, drained and flaked  
1/4 C chopped green onions  
4 whole wheat English muffins, split and toasted  
8 lettuce leaves  
1 lg tomato, cut into 8 slices  
4 oz Lite American Cheese Slices

1. Combine celery, mayonnaise, yogurt, mustard, lemon juice, and pimento. Set aside. 2. Combine crab meat and green onions in a medium bowl; cover with plastic wrap and microwave on HIGH 1 1/2 minutes. 3. Place muffin halves, cut sides up, in a 9" x 13" glass baking dish. Place lettuce leaf and 1/4 cup crab meat mixture on each muffin. 4. Top with mayonnaise mixture and tomato slice. Top with 1/2 oz. cheese. 5. Microwave, uncovered, on HIGH for 3 1/2 to 4 minutes. Serve immediately. Yield: 8 servings.

## TUNA SPREAD SANDWICH

1 6-oz can water-pack tuna, drained  
1/4 C chopped celery  
1/4 tsp curry powder  
2 T reduced-calorie mayonnaise  
2 T plain yogurt  
8 slices whole grain bread

1. Combine first five ingredients and blend well. Spread 1/4 of the tuna mixture on a slice of wholegrain bread. Top with lettuce and tomato, if desired and second slice of whole grain bread. Yield: 4 sandwiches.

## FRUITED RICE SALAD

1/2 C uncooked wild rice  
1 1/2 C water  
3 C cooked brown rice  
1 C seedless green grapes, halved  
1/2 C chopped dried apricots  
1/4 C thinly sliced green onions  
8 oz. plain yogurt  
1/2 tsp curry powder  
1 T frozen unsweetened apple juice concentrate  
Small bunch seedless green grapes

1. Wash wild rice in 3 changes of hot water, drain. Combine wild rice and 1 1/2 cups water in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 40 minutes. 2. Combine wild rice, brown rice, grapes, apricots, and green onions in a large bowl; toss well. Cover and chill. 3. Combine yogurt, curry powder, and 1 table-spoon apple concentrate in a small bowl; stir well. Cover and chill. 4. To serve, add yogurt mixture to rice mixture, tossing gently to coat. Garnish with grapes. Yield: 6 servings.

## TROPICAL FRUIT AND PASTA SALAD

3 C cooked whole wheat fusilli (corkscrew pasta)  
1/2 C Yogurt-Poppyseed Dressing  
1 C fresh pineapple tidbits  
1 C sliced strawberries  
3/4 C cubed mango  
2 kiwifruit, peeled and cubed

1. Combine pasta and 1/4 cup Yogurt-Poppyseed Dressing (recipe on next page) in a large bowl, tossing gently to coat. Cover and chill 1 hour. 2. To serve, add remaining dressing and the fruit to pasta mixture; toss gently. Serve on lettuce, if desired.



## YOGURT-POPPYSEED DRESSING

3/4 C plain yogurt  
1 T unsweetened pineapple juice  
1 T honey  
1/2 tsp poppy seeds  
1/8 tsp nutmeg

1. Combine all ingredients in a small bowl; stir well. Cover and chill 2 hours. Yield: 6 servings.

## SHRIMP ROLLS

1/4 lb frozen cooked shrimp  
1 T reduced-calorie mayonnaise  
3 T plain yogurt  
1/4 C diced bell pepper  
1/3 C thinly sliced green onions  
1/4 C diced celery  
1 tsp lemon juice  
1/2 tsp dill weed  
2 whole wheat Hoagie Buns

1. Thaw shrimp according to packing directions  
2. Combine shrimp, mayonnaise, yogurt, bell pepper, onions, celery, lemon juice, and dill weed in a medium bowl; stir well. Cover and chill.  
3. Slice off top third of each Hoagie Bun; hollow out bottom section, leaving a 1/4 inch thick shell.  
4. Spray a large skillet with nonstick vegetable coating; place over medium high heat until hot. Place loaf tops and bottoms, cut sides down, in skillet; cook 1 minute or until toasted.  
5. Spoon half of shrimp mixture into each loaf bottom; cover with tops. Yield: 2 servings.

## CHICKEN SPREAD SANDWICH

1 C cooked chicken finely chopped  
2 T chopped celery  
2 T unsweetened crushed pineapple  
1/4 tsp curry powder  
1 T reduced-calorie mayonnaise  
1 T plain yogurt  
8 slices whole grain bread lettuce leaves  
1 lg tomato, sliced

1. Combine all ingredients and blend well. Spread 1/4 of the filling on whole grain bread. Top with lettuce and tomato, if desired and second slice of whole grain bread. Yield: 4 sandwiches.

## TUNA AND SPROUTS SANDWICH

2 T reduced-calorie mayonnaise  
2 T plain yogurt  
1/4 tsp celery seed  
1/4 tsp onion powder  
1 6-oz can water-pack tuna, drained  
1/2 C alfalfa sprouts  
4 whole wheat hamburger rolls

1. Combine mayonnaise, yogurt, celery seed, onion powder, and tuna; blend well.  
2. Fold in sprouts.  
3. Use one-fourth of filling per sandwich. Yield: 4 servings.

## CHICKEN SALAD SANDWICH

2 T reduced-calorie mayonnaise  
2 T plain yogurt  
1/8 tsp onion powder  
1/8 tsp dried tarragon, crushed  
dash garlic powder  
1 C cooked chicken, without skin,  
chopped  
1/2 C chopped celery  
8 slices whole wheat bread

1. Combine mayonnaise, yogurt, onion powder, tarragon, garlic powder, chicken, and celery; stir well. 2. Spread about 1/3 cup of the filling on each of four bread slices. Top with lettuce and remaining bread. Yield: 4 servings.

## AMBROSIA FRUIT CUP

1 lg apple, red or green, not peeled  
1 lg banana  
1 lg orange, peeled and sectioned  
6-10 dates, pitted and chopped  
2 T unsweetened coconut, optional

1. Remove all white parts and membranes of each orange section over a bowl, reserving juice to pour over all the fruit. 2. Core and cube the apple. Cut the banana lengthwise and then cut into small pieces. 3. Mix all the fruit thoroughly with reserved orange juice. The orange juice keeps the bananas and apples from darkening. Chill. 4. Divide into two bowls and sprinkle with coconut, if desired. Yield: 2 servings.

## PINEAPPLE CABBAGE SALAD

2 C cabbage, shredded  
1 8-oz can unsweetened crushed pineapple,  
do not drain  
1. Combine cabbage and pineapple. Chill.  
Yield: 4 servings.

## CABBAGE SLAW

2 C cabbage, shredded  
1 lg carrot, grated  
1 8-oz can unsweetened crushed pineapple,  
do not drain  
1. Combine all ingredients. Chill. Yield: 4 servings.

## CRUNCHY BANANA MUFFINS

1 C whole wheat flour  
2 1/2 tsp baking powder  
3/4 C rolled oats  
1/4 tsp baking soda  
3 T honey  
1/2 C milk  
1 lg egg white  
1 T cold-pressed oil  
2 bananas, mashed

1. Combine flour, baking powder, oats, and baking soda. 2. Add honey, milk, egg white, oil, and bananas. Stir with fork just until dry ingredients are moistened. 3. Use non-stick muffin pan or muffin papers and fill cups 2/3 full. 4. Bake at 400 degrees for 18-20 minutes. Let cool before removing muffin papers. Yield: 12 muffins.

## BLUEBERRY MUFFIN

1 C whole wheat flour  
1 1/2 C quick-cooking rolled oats  
2 tsp baking powder  
1/2 tsp baking soda  
2 lg egg whites  
1/2 C buttermilk  
3/4 C frozen unsweetened pineapple-orange  
juice concentrate, thawed  
1 tsp vanilla  
1 C unsweetened fresh\* blueberries

1. Combine egg whites, buttermilk, juice concentrate, and vanilla. 2. In separate bowl, combine flour, oats, baking powder, and baking soda. 3. Add liquid mixture to dry ingredients; blend until just moistened. Gently fold in blueberries. 4. Divide batter into 12 muffin tins that have been sprayed with nonstick vegetable coating. 5. Bake at 400 degrees for 15 to 20 minutes. \*Frozen blueberries may be used, but they make the batter a little more moist. Yield: 12 muffins.

## BAKED HUSH PUPPIES

1/2 C yellow corn meal  
1/2 C whole wheat flour  
1 1/2 tsp baking powder  
1/8 tsp red pepper  
1 egg white, slightly beaten  
1/3 C evaporated milk  
1 T honey  
1/4 C thinly sliced green onions  
2 tsp cold-pressed oil

1. Combine cornmeal, flour, baking powder, and red pepper. 2. Combine egg, milk, honey, green onions, and oil; add to dry ingredients, stirring just until moistened. 3. Spoon about 1 tablespoon batter into miniature muffin pans sprayed with nonstick vegetable coating. servings. 4. Bake at 425 degrees for 10 to 12 minutes or until lightly browned. Remove from pans immediately. Yield: 18 hush puppies or 6 (3 each)

## DELICIOUS FIFTEEN-BEAN SOUP

1 lb Hamm's Fifteen-Bean Soup Mix, dry  
4 qt water  
1 C celery, diced medium  
1 C onion, diced medium  
1 C carrots, diced medium  
1 C potatoes, diced medium  
1/2 C turkey ham, diced medium  
1 1/2 T chicken bouillon granules  
1 1/2 T beef bouillon granules  
1 T onion powder  
1 tsp garlic powder  
1/2 tsp ground cloves  
1/2 tsp ground fennel  
1/4 tsp white pepper  
1 bay leaf  
1 T Worcestershire sauce  
2 C tomato sauce  
1/2 tsp tabasco sauce  
2 T fresh chopped parsley  
Mix together (if needed as thickener):  
3 T cornstarch  
1/2 C water

1. Discard seasoning packet that accompanies the beans. Wash beans thoroughly. Cover with cold water. Add 1/2 teaspoon baking soda; stir, and soak beans overnight. 2. Drain. Add four quarts fresh water. Bring beans to a boil. 3. Reduce heat to simmer. Simmer beans for 1 1/2 hours, stirring occasionally. 4. In a large skillet coated lightly with a nonstick vegetable spray, combine vegetables and turkey ham. Saute over medium heat until vegetables are tender. 5. Take 1 cup liquid off the top of beans, add liquid all at once to vegetables and turkey ham. 6. Stir well. Transfer vegetables and turkey ham to beans. Add remaining ingredients. Blend well. Simmer an additional 30 minutes, stirring occasionally. Remove from heat. Serve. Yield: 8 servings.

## PINEAPPLE CARROT MUFFINS

2 C whole wheat flour  
1/4 C wheat germ  
1 1/2 tsp baking soda  
1/4 C frozen unsweetened apple juice concentrate, thawed  
3/4 C frozen unsweetened pineapple juice concentrate, thawed  
2 lg egg whites  
1 tsp vanilla  
1/2 C unsweetened crushed pineapple, drained  
1 C finely grated carrots

1. Combine flour, wheat germ, and soda. 2. Combine juice concentrates, egg whites, vanilla, pineapple, and carrots; add to the dry ingredients. Stir until just moistened. 3. Spray muffin tin with nonstick vegetable coating. Pour batter into muffin tin. Bake at 400 degrees for 15 to 20 minutes. Yield: 12 muffins.

## APPLE OATMEAL MUFFINS

1 1/4 C whole wheat flour  
1 C quick-cooking rolled oats  
2 tsp baking powder  
1 tsp baking soda  
1 1/2 tsp cinnamon  
2 lg egg whites  
1 C frozen unsweetened apple juice concentrate, thawed  
2 C chopped apples

1. Combine egg whites, apple juice concentrate, and chopped apples. 2. In separate bowl, combine flour, oats, baking powder, baking soda, and cinnamon. 3. Add liquid mixture to dry ingredients; blend until just moistened. 4. Divide batter into 12 muffin tins that have been sprayed with nonstick vegetable coating. 5. Bake at 350 degrees for 20 to 25 minutes. Yield: 12 muffins.

## APPLE CARROT MUFFINS

1/2 C milk  
3/4 C frozen unsweetened apple juice concentrate, thawed  
3 lg egg whites  
1 tsp vanilla  
2 1/2 C whole wheat flour  
3 tsp baking powder  
1/4 tsp nutmeg  
1 tsp cinnamon  
1 C grated apple, peeled and cored  
1 C finely grated carrot  
1 C chopped nuts, optional

1. Combine milk, apple juice concentrate, egg whites, and vanilla; beat well. 2. In separate bowl, combine flour, baking powder, nutmeg, and cinnamon. 3. Add milk mixture to flour mixture; blend until just moistened. Stir in apple, carrot, and nuts. 4. Spray muffin tins with nonstick vegetable coating. Fill tins three-fourths full. 5. Bake at 400 degrees for 15 to 20 minutes. Yield: 18 muffins.

## PUMPKIN-RAISIN MUFFINS

1 1/4 C whole wheat flour  
1/2 C wheat germ  
2 tsp baking soda  
3/4 tsp cinnamon  
2 lg egg whites  
1/2 C canned pumpkin  
1 tsp vanilla  
3/4 C frozen unsweetened apple juice concentrate, thawed  
1/4 C raisins

1. Combine all dry ingredients. 2. Combine egg whites, pumpkin, vanilla, and apple juice concentrate; add to the dry ingredients until just moistened. 3. Fold in raisins. 4. Spray muffin tin with non-stick vegetable coating. Bake at 375 degrees for 15 to 20 minutes. Yield: 12 muffins.

## MINESTRONE SOUP

3 C diced onions  
2 C diced carrots  
2 C diced celery  
1 16-oz can tomatoes, diced  
1 16-oz can no salt green beans, drained  
1 15-oz can kidney beans, drained  
2 C chopped cabbage  
1 tsp white pepper  
1 1/2 tsp garlic powder  
3 T beef bouillon  
2 T chicken bouillon  
1 1/2 tsp basil  
2 tsp oregano  
8 C water  
1 8-oz can tomato sauce  
1/2 C barley  
1 15-oz can garbanzo beans, drained  
1 C whole wheat macaroni

1. Spray skillet with nonstick vegetable coating and saute diced onions, carrots, and celery.  
2. Add tomatoes, green beans, kidney beans, cabbage, pepper, garlic powder, bouillon, basil, oregano, water, tomato sauce, and barley. Simmer 45 minutes.  
3. Stir in garbanzo beans and macaroni, and simmer until macaroni is tender.  
Yield: 12 servings.

## QUICK CHILI BURGER

1 lb ground uncooked turkey  
1 15-oz can kidney beans, drained (save liquid)  
1/3 C bean liquid  
1 C no salt canned tomato puree  
1 T dry minced onion  
1 1/2 T chili powder  
4 whole wheat buns or multi-grain buns

1. Cook turkey until lightly browned. Drain off fat.  
2. Stir in remaining ingredients.  
3. Bring to a boil. Reduce heat, cover, and simmer 10 minutes.  
4. Serve on a whole wheat or multi-grain bun.  
Yield: 4 servings.

## CHICKEN AND CORN SOUP

3 chicken breasts, skinned  
6 C low salt chicken stock  
1 16-oz can creamed corn  
1 T minced dry onion  
4 chicken bouillon cubes  
1 tsp dried parsley  
1/4 tsp white pepper  
4 T cornstarch

1. Cook the chicken until tender in 6 1/2 cups of water. Remove the chicken and return the chicken stock to a large pan.  
2. Chop the chicken into cubes. Add to the stock along with the creamed corn, dry onion, bouillon cubes, parsley, and white pepper. Bring mixture to a boil.  
3. Combine cornstarch and 1/4 cup water, stir into chicken stock mixture, cooking and stirring until the mixture boils and thickens.  
Yield: 6 servings.

## QUICK VEGETABLE BEEF SOUP

1 10-oz can unsalted chicken broth  
1/2 C water  
2 C frozen mixed vegetables for soup  
1 16-oz can tomatoes, broken up  
1/2 C very lean beef, cooked, diced  
1 tsp thyme  
1/8 tsp pepper  
1 bay leaf  
1 1/2 cups whole wheat noodles, uncooked

1. Heat broth and water. Add vegetables, meat and seasonings. Bring to a boil, reduce heat, and boil gently, uncovered for 15 minutes.  
2. Add noodles. Cook until noodles are tender, about 10 minutes.  
3. Remove bay leaf and serve.  
Yield: 4 servings.

## **QUICK INDIVIDUAL PIZZAS**

4 whole wheat English muffins  
1 14-oz jar Pizza Sauce  
8 lg mushrooms  
1 green pepper, thinly sliced  
1 small onion, thinly sliced  
1/2 C mozzarella cheese, grated  
1/2 C cooked ground turkey

1. Slice English muffins in half. Spread pizza sauce over top of muffin. 2. Top sauce with mushrooms, green pepper, and onion. 3. Top vegetables with 1 T cooked ground turkey/chicken and 1T mozzarella cheese. Yield: 4 servings.

## **QUICK AND EASY BURRITO**

4 whole wheat flour tortillas  
1 lb ground turkey  
1 pkg taco seasoning mix  
1 C refried beans  
8 T plain yogurt  
1 lg tomato, sliced  
1 C lettuce, chopped

1. Brown ground turkey; add taco seasoning mix according to package directions. Remove half of the meat mixture and save for later use. 2. Spread one fourth cup refried beans on tortilla; place 1/4 of the remaining meat mixture on top of beans. 3. Spread 2 tablespoons yogurt over meat; top with tomato slices and 1/4 cup chopped lettuce. 4. Roll and serve immediately. Yield: 4 servings.

## **SALAD DRESSING CHOICES**

Kraft No-Oil Italian Dressing  
Kraft Reduced Calorie Catalina  
Pritikin No-Oil Dressings

## **LOW CALORIE**

### **HIDDEN VALLEY DRESSING**

1 C buttermilk  
1 C plain yogurt  
1 C cottage cheese  
1 env. Hidden Valley Original Reduced Calorie Ranch Dressing

1. Combine first three ingredients in a blender; blend until smooth. 2. Stir in dressing mixture. Yield:  
12 (1/4 C) servings.

# DINNER

## SOUTHERN BEANS AND RICE

1 C dried red beans  
1 1/2 quarts water  
3/4 C chopped onion  
1/2 C chopped green pepper  
1/4 C chopped celery  
2 cloves garlic, minced  
3/4 tsp oregano  
1/2 tsp thyme  
1/2 tsp beef-flavored bouillon granules  
1/2 tsp black pepper  
1/4 tsp crushed red pepper  
1 bay leaf  
1/4 pound cooked turkey ham, cubed  
1 cup water  
dash of hot sauce  
2 cups cooked brown rice

1. Cover beans with water and let soak overnight. 2. Drain beans, and return to large saucepan. Add 1 1/2 quarts water and next 10 ingredients; bring to a boil. 3. Reduce heat to medium. Cook beans, uncovered, stirring occasionally, for 1 hour. 4. Add ham and 1 cup water, and cook, uncovered, an additional hour or until beans are tender. Discard bay leaf; stir in hot sauce. Serve over rice. Yield: 4 servings.

## EASY GOULASH

1 lb ground uncooked turkey  
1 bunch green onions, chopped  
1 clove garlic, minced  
2 green peppers, chopped  
Pepper to taste  
128-oz can tomatoes, chopped or 1 quart tomatoes  
1/2 lb whole wheat noodles, cooked

1. Brown turkey, onion, green pepper, garlic, and pepper. Cook briefly. 2. Add tomatoes and juice. Simmer 30 minutes. 3. Add cooked and strained noodles. Yield: 6 servings.

## LEMON-BASIL CHICKEN

1 C fresh whole wheat breadcrumbs  
1 1/2 T minced fresh parsley  
1 1/2 tsp grated lemon rind  
1 tsp dried basil  
1/2 tsp pepper  
1/4 C buttermilk  
3/4 tsp lemon juice  
6 chicken breast halves, skinned

1. Combine first 6 ingredients in a plastic bag, shaking well to mix. 2. Combine buttermilk and lemon juice; dip chicken in mixture. 3. Place chicken in plastic bag with breadcrumb mixture, shaking to coat. Sprinkle remaining crumbs over chicken. 4. Place chicken on baking sheet sprayed with nonstick vegetable coating. 5. Bake at 400 degrees for 35 minutes or until fork tender. Yield: 6 servings.

## SPAGHETTI SAUCE

1 C chopped onion  
1 clove garlic, minced  
1 lb ground uncooked turkey  
128-oz can whole tomatoes, undrained and chopped  
2 6-oz cans tomato paste  
1 C water  
1 bay leaf  
1 1/2 tsp dried oregano  
1/4 tsp pepper  
1 tsp dried basil  
Hot cooked whole wheat spaghetti

1. Saute onion, garlic, and ground turkey until browned. 2. Stir in next 8 ingredients; simmer, uncovered 1 hour. 3. Remove bay leaf and spoon sauce over cooked spaghetti. One cup cooked spaghetti per serving. Yield: 6 servings.

## ENCHILADA CASSEROLE

1/2 C onion, chopped  
1/4 C celery, diced  
1/4 C green pepper, diced  
1 16-oz can tomato sauce  
1/2-1 tsp chili powder  
1/4 tsp dried basil  
1/4 tsp dried oregano  
1 pkg 7-inch com tortillas  
1 C cooked turkey (chicken may be substituted)

1. Spray skillet with nonstick vegetable coating and saute onion, celery, and green pepper until tender. 2. Add tomato sauce, chili powder, basil, and oregano. 3. Place a tortilla in the bottom of a sprayed 7-inch casserole; add a thin layer of turkey, then sauce. Repeat for all ingredients. 4. Bake at 350 degrees for 20 to 30 minutes or until hot. Yield: 4 servings.

## CHILI SKILLET SUPPER

1/2 C chopped onion  
1/3 C chopped green pepper  
1 lb ground uncooked turkey  
1 28-oz can whole tomatoes, or 1 quart tomatoes  
2 tsp chili powder  
1/8 tsp black pepper  
3/4 C whole wheat elbow macaroni, uncooked

1. Brown onion, green pepper, and beef lightly. Add chili powder and pepper to meat mixture. 2. Add tomatoes and bring food to a boil. Stir in macaroni. 3. Cover and reduce heat to simmer for approximately 25 minutes. Yield: 6 servings.

## CHILI CON CARNE

1 med chopped onion  
1 clove garlic, minced  
1/2 C chopped green pepper  
1 lb ground uncooked turkey  
1/2 tsp pepper  
1 28-oz can tomatoes or 1 quart tomatoes  
2 15-oz cans kidney or pinto beans, drained  
2 tsp chili powder  
1 tsp oregano

1. Brown onion, garlic, green pepper, and ground turkey. Sprinkle pepper on meat mixture. 2. Add remaining ingredients; bring to a boil, reduce heat, and simmer 30 minutes, stirring occasionally. Yield: 4 servings.

## SPAGHETTI PIE

6 oz. whole wheat spaghetti  
1 tsp butter  
1 lg egg  
1 lg egg white  
1 C cottage cheese  
1/2 lb ground uncooked turkey  
1/2 C chopped onion  
1/4 C chopped green pepper  
1 16-oz can tomatoes, cut up  
1 6-oz can tomato paste  
1 tsp dried oregano  
1/2 tsp garlic powder

1. Cook spaghetti without salt or oil until tender; drain. 2. Stir butter into hot spaghetti. Combine egg and egg white and stir into hot spaghetti. 3. Form spaghetti mixture into a "crust" in a buttered 10-inch pie plate. Spread cottage cheese over bottom of spaghetti crust. 4. Cook turkey, onion, and green pepper until vegetables are tender and meat is browned. Drain off excess fat. 5. Stir in undrained tomatoes, tomato paste, oregano, and garlic powder; heat through. 6. Turn meat mixture into spaghetti crust. Bake at 350 degrees for 20 minutes. Yield: 6 servings.



## TUNA-VEGETABLE PILAF

1 12-oz can water-pack tuna, drained  
1 T cold-pressed oil  
1 tsp minced garlic  
1 C uncooked long-grain brown rice  
3 C chicken broth  
1 C sliced celery  
2 green onions, sliced  
1 C frozen or fresh green peas  
1 lg tomato, cut in wedges  
fresh ground pepper to taste

1. Heat oil and add garlic and cook 1 minute. 2. Add rice and stir constantly about 2 minutes. 3. Stir in 2 cups broth; bring to a boil. Reduce heat, cover, and simmer 10 minutes or until most of the liquid is absorbed. 4. Add remaining 1 cup broth, the celery, and green onions. Cover and simmer 25 minutes longer. 5. Fold in peas and tuna. Cover and cook 5 minutes longer. 6. Remove from heat and let stand 5 minutes before serving. 7. Garnish with tomato and season with pepper (if desired). Yield: 4 servings.

## HALIBUT STEAKS

2 halibut steaks  
1/4 C lemon juice  
2 lg tomatoes, chopped  
2 carrots, shredded  
1/4 C green onion, chopped  
2 T parsley, finely chopped  
4 lemon wedges

1. Place fish in baking dish; sprinkle with lemon juice. 2. Combine tomato, carrot, green onion, and parsley; sprinkle over fish. 3. Cover and bake at 350degrees for 25 to 30 minutes. 4. Serve fish with a lemon wedge. Yield: 4 servings.

## HALIBUT PAPRIKA

2 halibut steaks  
pepper and onion powder to taste  
1 lb small new potatoes, parboiled  
1/2 C water  
1/2 C plain yogurt  
1 1/2 tsp lemon juice  
1/2 tsp paprika  
2 C cooked carrots  
2 C frozen or fresh spinach

1. Sprinkle halibut with pepper and onion powder; place with potatoes in baking dish sprayed with nonstick vegetable coating. 2. Sprinkle with water. 3. Bake at 425 degrees until fish flakes easily when tested with a fork. Remove fish and potatoes to platter, keep warm. 4. Drain juices from pan into saucepan; combine with yogurt, lemon juice, paprika, and 1/8 tsp pepper. Cook and stir until hot; do not boil. 5. Serve over halibut and potatoes with cooked spinach and carrots. Yield: 4 servings.

## DILLED CHICKEN FRICASSEE

1/3 C whole wheat flour  
1/2 tsp paprika  
4 chicken breasts, skinned  
2 C low-salt chicken broth  
1 T dried dill weed  
8 small new potatoes (12-oz)  
1 lb fresh or frozen green beans  
1 T lemon juice, or to taste

1. Mix flour and paprika; coat chicken. Reserve leftover flour mixture. 2. Spray pan with nonstick vegetable coating. Add chicken, cook until well browned on both sides. 3. Stir reserved flour mixture into pan drippings. Gradually stir in chicken broth, 1 T dill; bring to a boil. 4. Add potatoes and green beans, reduce heat, cover, simmer 20-minutes or until chicken and vegetables are tender. 5. Stir in lemon juice and sprinkle with dill (if desired). Yield: 4 servings.

## TUNA-VEGETABLE PILAF

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1 T cold-pressed oil  
1 tsp minced garlic  
1 C uncooked long-grain brown rice  
3 C chicken broth  
1 C sliced celery  
2 green onions, sliced  
1 C frozen or fresh green peas  
1 lg tomato, cut in wedges  
fresh ground pepper to taste

1. Heat oil and add garlic and cook 1 minute. 2. Add rice and stir constantly about 2 minutes. 3. Stir in 2 cups broth; bring to a boil. Reduce heat, cover, and simmer 10 minutes or until most of the liquid is absorbed. 4. Add remaining 1 cup broth, the celery, and green onions. Cover and simmer 25 minutes longer. 5. Fold in peas and tuna. Cover and cook 5 minutes longer. 6. Remove from heat and let stand 5 minutes before serving. 7. Garnish with tomato and season with pepper (if desired). Yield: 4 servings.

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1/4 C lemon juice  
2 lg tomatoes, chopped  
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4 lemon wedges

1. Place fish in baking dish; sprinkle with lemon juice. 2. Combine tomato, carrot, green onion, and parsley; sprinkle over fish. 3. Cover and bake at 350degrees for 25 to 30 minutes. 4. Serve fish with a lemon wedge. Yield: 4 servings.

## HALIBUT PAPRIKA

2 halibut steaks  
pepper and onion powder to taste  
1 lb small new potatoes, parboiled  
1/2 C water  
1/2 C plain yogurt  
1 1/2 tsp lemon juice  
1/2 tsp paprika  
2 C cooked carrots  
2 C frozen or fresh spinach

1. Sprinkle halibut with pepper and onion powder; place with potatoes in baking dish sprayed with non-stick vegetable coating. 2. Sprinkle with water. 3. Bake at 425 degrees until fish flakes easily when tested with a fork. Remove fish and potatoes to platter, keep warm. 4. Drain juices from pan into saucepan; combine with yogurt, lemon juice, paprika, and 1/8 tsp pepper. Cook and stir until hot; do not boil. 5. Serve over halibut and potatoes with cooked spinach and carrots. Yield: 4 servings.

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1. Mix flour and paprika; coat chicken. Reserve left-over flour mixture. 2. Spray pan with nonstick vegetable coating. Add chicken, cook until well browned on both sides. 3. Stir reserved flour mixture into pan drippings. Gradually stir in chicken broth, 1 T dill; bring to a boil. 4. Add potatoes and green beans, reduce heat, cover, simmer 20-minutes or until chicken and vegetables are tender. 5. Stir in lemon juice and sprinkle with dill (if desired). Yield: 4 servings.

## BEAN STEW

1. Wash and drain 2 cups of mixed beans (use any combination of beans such as navy beans, great northern beans, baby lima beans, dried peas, pinto beans, black-eye beans, etc.). 2. Add 3 quarts of water, 1/2 lb. cooked ground turkey, 1 bay leaf, a large pinch each of basil and thyme. Simmer until nearly tender. Add: 1 lg chopped onion, 3 stalks chopped celery, 3 lg diced carrots, 1 16-oz can tomatoes, diced, 16-oz can tomato paste, 1 T parsley flakes, 2 T beef bouillon, pepper to taste. Adjust the liquids and seasonings as needed. Yield: 8 servings.

## CHICKEN AND NOODLES

4 chicken breasts, cooked, boned, skinned and broken into pieces  
1 1/2 C thinly sliced carrots  
2 C low salt chicken broth  
1 16-oz low-fat small curd cottage cheese  
2 T lemon juice  
18-oz spinach or whole wheat noodles, cooked and drained  
1/4 tsp pepper to taste onion powder

1. In a Dutch oven, place carrots and chicken broth; bring to a boil over high heat. Reduce heat to low and simmer until carrots are just tender, about 5 minutes. 2. In blender, place cottage cheese and lemon juice; blend until smooth, about 1 minute. 3. Pour off broth from carrots and with blender running, slowly add warm broth to cottage cheese-lemon juice mixture. 4. Blend 1 more minute and then return contents of blender to pan with carrots. 5. Stir in chicken and cooked noodles; sprinkle with pepper and onion powder. 6. Over low heat, simmer, uncovered, about 20 minutes (keep temperature low so sauce does not separate). Yield: 4 servings.

## CHICKEN AND RICE

4 chicken breasts, skinned  
1 med onion, quartered  
6 carrots, cut into 1-inch pieces  
3 stalks celery, cut into 1 inch pieces  
1 can low salt chicken broth  
1/8 tsp pepper  
1/4 tsp thyme  
1 T lemon juice  
6 T whole wheat flour  
3 cups cooked brown rice

1. Put washed and skinned chicken breasts in 6- quart pan. Add all ingredients except whole wheat flour and rice. 2. Add 3 cups water. Bring to a boil and simmer, covered 45 minutes or until chicken and vegetables are tender. 3. Remove chicken and vegetables. Strain broth into a bowl and measure - you should have 5 cups - and return to pan. Bring to a boil. Remove bones from chicken and cut into small pieces. 4. In a small bowl, blend flour and one half cup water until smooth, pour mixture into boiling broth, stirring constantly. Boil until broth thickens. 5. Return chicken and vegetables to pan. Return to a boil and cover. You may serve this over brown rice or whole wheat noodles. Yield: 6 servings.

## PEERLESS POULTRY

1 6-oz can orange juice concentrate  
1 pkg. onion soup mix  
6 chicken breasts, skinned  
3 C brown rice, cooked

1. Combine thawed orange juice concentrate and dry onion soup mix. 2. Pour half of mixture in a non-stick casserole. 3. Place chicken breasts in the casserole and top with remaining sauce. 4. Cover casserole with a lid or foil. Bake at 400 degrees for 1 hour. Serve with rice and any remaining sauce from the casserole. Yield: 6 servings.

## CHICKEN ALA KING

10 oz. chicken breasts, boneless, skinless, cut into 1-inch squares  
2 med onions, cut into 1-inch squares  
2 med bell peppers, cut into 1-inch squares  
6 lg mushrooms, quartered  
2 1/2 T chicken bouillon granules  
1 T onion powder  
1 tsp dry mustard  
1/4 tsp ground thyme  
1/4 tsp white pepper  
2 C water  
Mix together:  
3 T cornstarch  
1/2 C water  
Mix together:  
1/2 C milk  
1/4 C milk powder

1. In a 3-quart saucepan coated lightly with a nonstick spray, saute chicken, onions, and peppers over medium-high heat until vegetables are tender. 2. Add spices. Blend well. Add water and bring mixture to a boil. 3. Add cornstarch mixture, slowly stirring constantly until mixture starts to thicken. Reduce heat. Add mushrooms and milk mixture. Blend well. Continue cooking mixture on low heat an additional 10 minutes. Yield: 6 servings.

## CHICKEN PARMIGIANA

1 1-lb 14-oz can tomato puree  
1 6-oz can tomato paste  
3/4 C water  
1/2 tsp oregano  
1 T basil  
2 cloves garlic, minced  
1 med green pepper, sliced  
1 med onion, sliced  
1/4 lb mushrooms, sliced  
6 carrots, sliced julienne  
1 16-oz can no-salt green beans  
pepper to taste  
1/2 C grated Parmesan cheese  
6 chicken breasts, skinned  
1/2 C grated Mozzarella cheese

1. Combine tomato puree, tomato paste and water and simmer about 30 minutes. 2. In skillet sprayed with nonstick vegetable coating, heat oregano, basil, garlic, green pepper, onion, and mushrooms and saute until tender but not browned. 3. Add vegetables to tomato sauce. Season to taste with pepper. 4. Add Parmesan cheese. 5. Place chicken breasts in a 9 x 13 baking dish; cover with sauce. Bake, covered, for 1 hour at 350 degrees. 6. Remove from oven and sprinkle over top 1/2 cup grated mozzarella cheese. Bake uncovered for 10 minutes. Yield: 6 servings.

## TURKEY TOSTADAS

6 (6-inch) corn tortillas  
1/2 lb ground turkey  
1/4 C minced onion  
2 cloves garlic, minced  
1 8-oz can tomato sauce  
1 tsp oregano  
1/2 tsp chili powder  
dash of hot sauce  
1/4 C plus 2 T shredded part-skim mozzarella cheese  
1/4 C plus 2 T plain yogurt  
jalapeno peppers, optional

1. Place tortillas on a baking sheet; bake at 350 degrees for 7 minutes or until crisp. Set aside.  
2. Combine ground turkey, onion, and garlic in a skillet sprayed with nonstick vegetable coating. Cook over medium heat until meat is browned.  
3. Add tomato sauce, oregano, thyme, and hot sauce; stir well. Simmer 10 minutes or until thickened.  
4. Spread about 1/3 cup turkey mixture over each tortilla; sprinkle each with 1 tablespoon mozzarella cheese.  
5. Place under broiler until cheese melts. Top each tostada with 1 tablespoon yogurt. Add jalapeño peppers, if desired. Yield: 6 servings.

## HEN ON THE NEST

3 chicken breasts, skin removed  
1 can Cream of Chicken soup, undiluted  
1 C plain yogurt  
1 T lemon juice, optional  
1/2 C mushrooms, chopped  
1 stalk celery, chopped  
3 C brown rice, cooked  
1 1/2 C frozen peas, cooked

1. Cook, skin and cut up chicken. 2. Mix together undiluted Cream of Chicken soup with yogurt and lemon juice. 3. Saute mushrooms and celery until tender. 4. Add mushrooms, celery, and cooked chicken to chicken soup mixture. 5. Layer brown rice on the bottom of a baking dish. Pour soup mixture over rice. Heat at 350 degrees for 20 minutes until thoroughly warm. 6. Top with cooked peas. Serve. Yield: 6 servings.

# DESSERT

## DATE NUT COOKIES

3 T margarine or butter, softened  
1 lg egg white  
3 oz. frozen unsweetened pineapple juice concentrate, thawed  
3 oz. frozen unsweetened apple juice concentrate, thawed  
2 tsp vanilla  
2 C whole wheat flour  
1 tsp baking soda  
1 C chopped dates  
1/2 C chopped walnuts, optional

1. Cream margarine; add egg white, juice concentrates and vanilla. Mix well. 2. Add flour and baking soda; mix until well blended. 3. Stir in dates and walnuts. 4. Drop by teaspoonfuls onto cookie sheets sprayed with nonstick vegetable coating. 5. Bake at 350 degrees for 10 to 12 minutes. Yield: 48 cookies.

## PINEAPPLE-BANANA PUDDING

1 8-oz can unsweetened crushed pineapple  
2 lg ripe bananas  
1 C evaporated milk  
1/3 C frozen unsweetened pineapple-orange-banana concentrate  
1/2 tsp vanilla  
1/4 tsp banana extract  
2 T cornstarch

1. Combine all ingredients in blender container; process until smooth. 2. Pour into saucepan and cook over medium heat stirring constantly until mixture comes to a boil. 3. Remove from heat; pour into 6 dessert dishes. Refrigerate and serve when cool. Yield: 6 servings.

## AUNT ANNE'S SUGARLESS COOKIES

1 C raisins  
1/2 C chopped dates  
1 C chopped apples, peeled and cored  
1 C frozen unsweetened pear-apple or apple concentrate, thawed  
1/4 C margarine or butter, softened  
2 lg egg whites  
1 tsp vanilla  
2 C whole wheat flour  
1 tsp baking soda  
1 C quick-cooking rolled oats  
1/2 C chopped walnuts, optional

1. Boil raisins, dates, and apples in juice concentrate for 10 minutes. Add butter to hot mixture; let cool. 2. Place fruit mixture in mixing bowl. Add egg whites and vanilla; beat well. 3. Add flour, soda, and oats; beat well. Stir in nuts. 4. Drop by teaspoonfuls onto cookie sheet that has been sprayed with nonstick vegetable coating. 5. Bake in 350 degree oven for 12 minutes or until lightly golden brown on top. Yield: 48 cookies.

## POOR MAN'S CAKE

2 C raisins  
1/4 C margarine or butter  
1 1/2 C frozen unsweetened apple juice concentrate, thawed  
1 1/2 C water  
2 tsp nutmeg  
2 tsp cinnamon  
1/2 tsp ground cloves  
1T cocoa  
2 tsp soda  
3 1/2 C whole wheat flour

1. Boil together in saucepan the raisins, margarine, apple juice concentrate, water, nutmeg, cinnamon, cloves, and cocoa; cool. 2. When cool, add soda; stir. Add flour to make batter not too thin or too stiff. Pour batter into 9" x 13" pan that has been sprayed with nonstick vegetable coating. 3. Bake at 300 degrees for 40 to 45 minutes, or until a wooden pick inserted into the center comes out clean. Yield: 24 servings.

## RASPBERRY-PINEAPPLE GELATIN

1 C water  
2 env. unflavored gelatin  
1 12-oz can frozen unsweetened apple-raspberry juice concentrate  
1 T lemon juice  
1 C fresh or frozen unsweetened raspberries  
1 C unsweetened crushed pineapple, drained

1. Measure water into a pan and pour in gelatin. Let the gelatin soften for about 5 minutes. Bring to a boil, stirring constantly, until gelatin is dissolved. 2. Add the juice concentrate, pineapple juice, and lemon juice. 3. Stir in fruit, and pour into a 1 1/2 quart bowl or into individual serving dishes for desserts. You can also pour the gelatin into a square pan and serve squares of the gelatin on lettuce leaves for a salad. Refrigerate until firm. Yield 6 dessert servings.

## DATE NUT BREAD

1 C cut-up pitted dates  
1 tsp baking soda  
3/4 C frozen unsweetened apple juice concentrate, thawed  
1/4 C water  
2 T margarine or butter, melted  
2 Ig egg whites  
1 3/4 C whole wheat flour  
1/2 C chopped walnuts, optional

1. Sprinkle baking soda over dates. Combine water and apple juice concentrate and bring to a boil. Pour the boiling liquid over the date and soda mixture. 2. Beat egg whites until fluffy. Add date mixture and mix. 3. Add flour, melted butter, and nuts. Mix well. 4. Spray an 8 1/2" x 4 1/2" loaf pan with nonstick vegetable coating. Pour batter into prepared loaf pan. 5. Bake at 300 degrees for 1 hour. Yield: 16 slices.