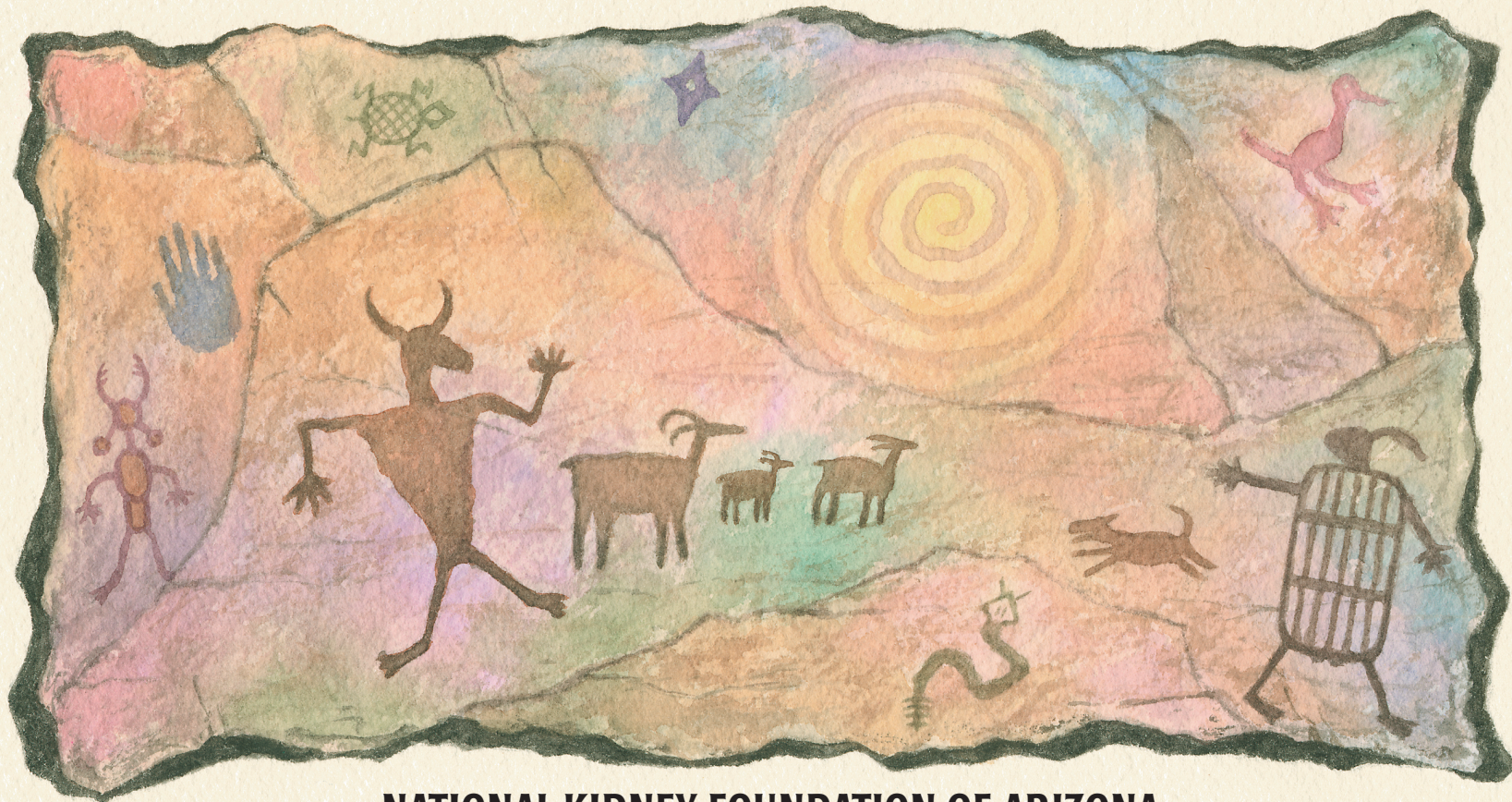


COOKBOOK *A Guide for Renal Nutrition*



NATIONAL KIDNEY FOUNDATION OF ARIZONA

COOKBOOK

A Guide for Renal Nutrition

Edited by: Nancee Vander Pluym, MS, RDN

Presented by:
National Kidney Foundation of Arizona
360 East Coronado Road, Suite 180
Phoenix, AZ 85004
Tel: Phoenix 602-840-1644
Toll Free: (855) 712-5084
Website: www.azkidney.org

The Foundation gratefully acknowledges grants received from Abbott Renal Care and Genzyme.

Original text copyrighted by the Arizona Kidney Foundation, 1986
Revised Edition Copyright 2014

ACKNOWLEDGEMENTS

This revised edition of the ***Cookbook: Guide for Renal Nutrition*** would never have become a reality without the very generous donation of time and expertise on the part of expertise by these volunteers. The Foundation gratefully acknowledges the vital contributions of the following:

Kara Abbas, MS, RD, CSR

Leah Beaird, MS, RD

Jacque Beyrami, MS, RD, CSR

Beth Spanier, RD, CSR

Nancee Vander Pluym, MS, RD

This cookbook originated over two decades ago as the ***AKF Recipe Tips*** from ideas, recipes and tips collected by renal dietitians Nancee Vander Pluym and Martha Hester. The Foundation extends to them our heartfelt thanks.

We also thank those volunteers who assisted with revisions over the years: Elaine Aguilar, MS, RD, Kay Atkins, MS, RD, Tina Bakke, MS, RD, CSR, Elaine Drees, MS, RD, Cathis Fiskness, RD, CDE, Barb Kahn, MS, RD, Karen Lucero, RD, Brenda Murphy, MEd, RD, Jackie Nelson, RD, Barbara Scholten, MS, RD, Shelby Shaffer, RD, Maria Soto, RD, Sherry Stampher, RD, Laurie Sykes, RD.

Lastly, special thanks to patients, family members and professional staff who were willing to share their favorite renal recipes. Without financial assistance from various organizations and companies over the years, this cookbook would have remained a wish; thank you for your commitment to education.

TABLE OF CONTENTS

The Art of Seasoning	pages 6-11	Sauces and Salad Dressings	71-86
Spices	6	Grains and Breads	87-94
Care of Spices and Herbs	7	Vegetables	95-104
Low Sodium Seasonings	8	Desserts and Sweets	105
Seasoning Suggestions	9	Regular	105-138
Main Dishes	13-49	Limited Sugar or	
Beef	13-23	Sugar free Sweetners	139-155
Poultry	24-28	Index	156-160
Fish and Seafood	29-34		
Pork	35-38		
Mexican	39-49		
Slow Cookery	51-56		
Light Meals	47-70		
Salads	57-61		
Sandwiches	62-63		
Eggs/Cheese	64-70		

Key to Analysis

Serving Size:
Choice: Renal Exchange
Calories: per serving
Protein: in grams (g)
Total Fat: in grams (g)
Saturated Fat: in grams (g)
Cholesterol: in milligrams (mg)
Carbohydrates: in grams (g)
Calcium: in milligrams (mg)
Phosphorus: in milligrams (mg)
Potassium: in milligrams (mg)
Sodium: in milligrams (mg)
tr: is trace amount

THE ART OF SEASONING

SPICES

The art of cooking with spices is easily learned and, once learned, will open up a new world of exciting and taste-tempting meals. The more that is learned about flavors, the more creative you can be. Try using familiar spices and herbs in new ways. Very soon, frequent use of herbs and spices will be second nature and will make meal preparation an exciting and taste pleasing experience.

Spice Basics

What is the difference between a spice and herb? These definitions will help you to become more familiar with the world of spices.

Spices – aromatic, natural products which are the dried seeds, buds, fruits, flowers, bark, or roots of plants usually found in tropical climates. Examples: Cinnamon is dried pieces of bark, peeled from certain types of evergreen trees; Cloves are the dried flower buds of a tropical evergreen; Ginger is the buff-colored root of a tropical plant that resembles a lily.

Herbs – aromatic leaves, and sometimes the flowers, of plants found in temperate areas of the world. Many herbs are derived from the mint family, such as savory, thyme, sweet basil, marjoram, and oregano. Other herbs are from a type of evergreen such as rosemary and bay leaf. Herbs are considered as a category of spices.

Seeds – aromatic, dried, small whole fruit or seeds usually found in temperate climates. Examples: Caraway is the fruit of plants in the parsley family, as is Dill, Cumin, and Fennel; Mustard is the seed of a plant in the cabbage family.

Spices

CARE OF SPICES AND HERBS

Herbs and spices are sensitive to heat and will quickly lose freshness with over-exposure. Store in a cool, dark and dry place, keeping the containers tightly closed. You may also store herbs in the refrigerator and this will greatly prolong freshness. This protects the flavor and prolongs shelf life. To check for freshness, spices and herbs should have full aroma and bright color. Replace them as necessary for optimal seasoning results.

So... be creative. Try new ways to use those herbs and spices on your shelf. Measure the desired amount of the herbs and then crush before adding to the recipe. This brings out the fullest flavor.

For recipes requiring a long cooking or simmering time, herbs should be added in the last hour or two. Otherwise, the herbs will lose their aromatic and taste-enhancing properties. When using herbs in uncooked recipes, such as salad dressings, add well in advance to allow time for flavors to develop fully.

Spices should enhance, not over-power! Remember, you can always add more. The general rule is 1/2 teaspoon of a ground herb or spice or one teaspoon fresh or dried for four servings or one pound of meat. The exception to this rule is for chili and curry powder; use only 1/8 teaspoon, as these seasonings add a more robust flavor.

LOW SODIUM SEASONINGS

There are several commercially prepared low sodium seasonings currently available either at the grocery store, specialty shop, or by mail order. When purchasing these special seasoning blends, be sure to recheck the label for salt or sodium compounds as companies do change ingredients without changing the brand name. Any seasoning product containing potassium (KCl) should be avoided. If you are unsure about a particular product, discuss it with your renal dietitian.

Lemon juice is an excellent flavor enhancer for chicken, fish, seafood, and green vegetables such as broccoli, asparagus, and crisp lettuce salads. Fresh or reconstituted lemon juice may be used during food preparation in combination with butter, margarine, and desired herbs.

Lemon Butter (refer to recipe in Sauce section) can be made into squares, triangles or rosettes and served as a tasty and eye-appealing garnish. Lemon twists or wedges accented with a sprig of crisp parsley serve a dual purpose as a garnish and also a flavorful seasoning for many entrees and vegetables.

SEASONING SUGGESTIONS

BASIL (also called Sweet Basil)

Beef, fresh pork, veal, casseroles with tomato flavoring, homemade barbecue sauce, shrimp, scrambled eggs.

BAY LEAF

Beef pot roast, pork roast, stewed chicken.

CHILI POWDER

Any Mexican dish; you may also use sparingly in beef stew or meat loaf if you desire a spicy flavor.

CHIVES

Meat loaf, beef stew, sauces for baked fish, scrambled eggs, cottage cheese.

CUMIN

Spaghetti sauce, homemade chili, taco filling; used in place of chili powder for milder flavor.

DILL WEED

Broiled or baked fish (sprinkled on fish), tuna casserole, scrambled eggs, deviled eggs, cottage cheese.

GARLIC POWDER

Beef, fresh pork, casseroles, sauces, any Mexican or Italian dish; may be used with almost any main dish, as desired.

1/8 teaspoon garlic powder equals 1 average clove of garlic.

MARJORAM

Beef, veal, fresh pork, lamb, wild game, tomato-based casseroles, homemade barbecue sauce, baked fish, chicken, scrambled eggs, omelets.

MUSTARD (dry or powdered)

Beef, veal, fresh pork, chicken and turkey casseroles, fish, seafood, cheese sauce, creamed eggs. Use cautiously, as dry mustard can be hot tasting.

ONION POWDER

Use whenever onion flavor is desired.

OREGANO

Hamburger patties, meat loaf, fresh pork, lamb, casseroles, sauces with tomato or spaghetti sauce.

PAPRIKA

Ready made garnish for almost any food; an excellent browning agent for fresh pork, chicken, veal or fish.

PEPPER

Adds a tangy flavor to almost all foods. White pepper may be preferred for use in light-colored foods.

ROSEMARY

Beef or lamb stew, spaghetti sauce, chicken dishes and casseroles, scrambled eggs.

SAGE

Best accompaniment for fresh pork; meat loaf, homemade sausage, chicken, turkey.

SAVORY (Also called Summer Savory)

A mild herb, which blends well with other herbs; pork roast, stews, poultry, fish, any egg dish.

THYME

Another herb, which blends well with many other herbs; use with red meats, poultry or fish, spaghetti sauce.

MAIN DISHES

Beef

Roast Beef
Beef Pot Roast
Beef Brochettes
Country Fried Steak
Flank Steak with Herb Sauce
Meat Loaf
Herb Beef Patties
Barbecue Beefies
Spaghetti with Meat Sauce
Shirley's Tomato Meat Sauce
Macaroni Beef Casserole

Poultry

Chicken Italiano
Chicken Mole
Chicken Parmigiano
Spicy Sausage
Turkey Stuffed Bell Peppers

Fish and Seafood

Fish and Seafood Basics
Pan Fried Cod
Salmon with Lemon Glaze
Tunaroni Casserole

Pork

Baked Pork Chops and Rice
Fresh Pork Patties
Sweet Italian Sausage

Mexican

Hot Peppers!
Beef Burritos
Chicken Enchiladas
Chili Pork Steaks
Chili Rellenos Bake
Flautas (Taco Rolls)
Huevos Con Chiles
(Eggs with Chilies)
Maria's Flour Tortillas
Maria's Flour Tortilla Chips
Party Time Tacos

ROAST BEEF

Ingredients

Choose top quality rump or sirloin tip roast.
Keep refrigerated until ready to cook.

Directions

Serves 6

Place in roasting pan on shallow rack. Season with pepper and herbs as desired. Insert meat thermometer so that tip reaches center or thickest part of roast. Roast to desired degree of doneness:

Minutes per Pound Internal Temperature (use meat thermometer)	
Rare 23-25 minutes/lb.	140
Medium 27-30 minutes/lb.	160
Well done 32-35 minutes/lb.	170

After removing from oven, let roast stand 15 minutes before carving. Carve in roasting pan to accumulate natural juices. A tablespoon of the au jus (natural meat juice) may be spooned over sliced roast beef if desired. A roast cooked to a medium-rare or medium degree of tenderness is usually more moist than well done.

Analysis

Serving Size:	3 ounces
Choice:	3 Meat/Protein
Calories:	158
Protein:	24
Total Fat:	6
Saturated Fat:	2
Cholesterol:	69
Carbohydrates:	0
Calcium:	4
Phosphorus:	206
Potassium:	328
Sodium:	55

BEEF POT ROAST

Ingredients

Select a 2 to 4 pound chuck roast, such as arm or blade pot roast, heel of round or round bone roast.

Directions

Trim off excess fat. Place one tablespoon of oil in a large skillet or Dutch oven and heat to medium high.

For a rich brown roast, roll pot roast in flour and brown on all sides in hot skillet. After browning meat, reduce heat to simmer or low. Season with pepper and herbs as desired, and add 1/2 cup of water. Cover tightly and cook slowly for 1 1/2 to 2 1/2 hours or until tender. Add more water during cooking to prevent sticking if needed.

Variation:

- Vegetables, such as carrots, pearl onions, Italian squash, cabbage wedges, and quartered potatoes may be added during last 45 minutes of cooking. Limit potato and vegetables to 1/2 cup serving each.

Analysis

Serving Size:
3 ounces

Choice:
3 Meat/Protein

Calories:	157
Protein:	24
Total Fat:	13
Saturated Fat:	6
Cholesterol:	69
Carbohydrates:	0
Calcium:	4
Phosphorus:	206
Potassium:	328
Sodium:	55

BEEF BROCHETTES

Ingredients

2 pounds thick cut Round Steak, cut in 1" cubes
1 medium onion, cut into small wedges
1 large bell pepper, cut into 1/2" pieces
1 1/2 cups unsweetened pineapple chunks, drained
6 skewers

MARINADE

1/2 cup lemon juice
1/4 cup vegetable or olive oil
2 cloves crushed garlic or garlic powder
1/4 teaspoon pepper
1 bay leaf

Directions

Prepare beef cubes and place in heavy, plastic bag. Set aside. Combine marinade ingredients in small bowl. Mix and then pour over beef cubes in plastic bag. Seal top of bag securely and refrigerate 4 to 6 hours or overnight.

Divide ingredients evenly in the following order: beef cube, onion wedge, green pepper, pineapple chunk, onion wedge, green pepper, pineapple chunk, beef cube. Repeat sequence until all skewers are completed. Broil or grill about 7 minutes each side. Serve skewers on dinner plate.

Serving Suggestion:

- Place skewer on 1/2 cup cooked rice.

Variation:

- Lamb cubes may be substituted for the beef cubes for a tasty Lamb Shish Kebab.

Contributed by Renee Gnau

Serves 6

Analysis

Serving Size:
1 skewer

Choice:
5 Meat/Protein
1 Fruit

Calories:	304
Protein:	34
Total Fat:	13
Saturated Fat:	4
Cholesterol:	95
Carbohydrates:	11
Calcium:	20
Phosphorus:	275
Potassium:	381
Sodium:	68

COUNTRY FRIED STEAK

Ingredients

1 1/2 -2 pounds round
steak, tenderized*
Seasoned flour:
1/2 cup flour
1/4 teaspoon pepper
1/2 teaspoon paprika
1 medium onion, sliced
3 tablespoons vegetable oil

Directions

Trim all excess fat from steak; cut into serving size pieces.

Combine flour, pepper and paprika in shallow dish. Mix thoroughly. Towel dry piece of tenderized steak and place in seasoned flour, turning to lightly coat.

While preparing meat, preheat skillet with oil. Brown the floured, tenderized steak on both sides. When well browned (about 5 minutes each side) remove to platter and reduce heat to low.

Add 1 cup water and stir around skillet with wooden spoon to loosen browned particles of meat or flour. Return browned steak to skillet. If needed, add water so that bottom side of steak does not stick. Slice onion thinly and place on top of steak. Cover skillet and simmer for 2 hours or until tender.

*To tenderize meat at home, use tenderizing mallet and pound meat on both sides pounding in seasoned flour.

Analysis

Serving Size:
3 ounces steak
Choice:
3 Meat/Protein,
1/2 Bread/Starch
Calories: 248
Protein: 30
Total Fat: 11
Saturated Fat: 3
Cholesterol: 74
Carbohydrates: 5
Calcium: 6
Phosphorus: 193
Potassium: 340
Sodium: 68

FLANK STEAK WITH HERB SAUCE

Ingredients

2 tablespoons butter or soft spread margarine
1 tablespoon cornstarch
2 tablespoons finely chopped onion
1/4 teaspoon garlic powder
1 clove garlic, crushed
1/2 teaspoon ground oregano
1/4 teaspoon ground marjoram
1/4 teaspoon ground thyme
3/4 cup water
2 teaspoons lemon juice
Pepper to taste
1 1/2 pounds Flank Steak (broiled as desired)
2 tablespoons chopped parsley

Directions

Melt butter or margarine in saucepan over medium low heat. Blend in cornstarch; add chopped onions and garlic. Cook, stirring occasionally, until onions are tender.

Remove from heat and stir in herbs. Gradually add lemon juice and water. Return to medium heat, stirring until mixture boils. Season with pepper. Reduce heat. Cover saucepan to keep warm.

Thinly slice broiled flank steak on angle across grain. Serve topped with sauce; garnish lightly with chopped parsley.

Serving Suggestions:

- Use remaining sliced flank steak for sandwiches, serving on rye bread.
- Dice remaining steak and heat in sauce. Serve over fluffy white rice or parsley noodles for a quick lunch.

Serves 4

Analysis

Serving Size:
5 ounces steak, 2
tablespoons sauce
Choice:
5 Meat/Protein,
2-3 tablespoons
sauce free
Calories: 353
Protein: 34
Total Fat: 22
Saturated Fat: 8
Cholesterol: 86
Carbohydrates: 3
Calcium: 11
Phosphorus: 295
Potassium: 528
Sodium: 158

MEAT LOAF

Ingredients

1 pound lean ground beef
1/2 pound lean ground pork
3 slices soft bread, torn in small pieces
1 cup 2% milk
1 egg, beaten
1/4 cup minced onion
1/4 teaspoon dry mustard
1/4 teaspoon pepper
1/2 teaspoon ground sage
1/8 teaspoon garlic powder
1 tablespoon finely chopped parsley

Directions

Heat oven to 350 degrees. Mix all ingredients in large bowl. Shape mixture into loaf. Place in shallow baking dish. Bake 1 1/2 hours or until done. Halfway through baking time remove any excess fat. Loaf will be crispy brown on all sides.

Serving Suggestions:

- Make a double recipe, reserving one loaf for sandwiches; for added variety, serve on different breads or hard rolls.
- To prepare sandwich, spread a teaspoon of Maria's Hot Sauce on slice of meat loaf. Especially good when served on rye bread with Hot Mustard Spread.

Variation:

- 1/2 pound ground turkey breast in place of ground pork

Analysis

Serving Size: 3 slices
approx. 1/2" thick
Choice:
3 Meat/Protein,
1/2 Bread/Starch
Calories: 261
Protein: 27
Total Fat: 12
Saturated Fat: 15
Cholesterol: 80
Carbohydrates 9
Calcium: 77
Phosphorus: 243
Potassium: 452
Sodium: 180

HERB BEEF PATTIES

Ingredients

1 pound lean ground beef
1 tablespoon lemon juice
1 teaspoon parsley, chopped
1/4 teaspoon ground thyme
1/4 teaspoon rosemary
leaves, crushed

Directions

Thoroughly mix all ingredients. Shape firmly into four patties. Cook on indoor or outdoor grill until center of meat is brown. Patties may be pan-broiled by using hot skillet. Spoon out fat as meat cooks. Garnish with green pepper ring and lemon twist in center of ring.

Serves 4

Analysis

Serving Size: 1 patty
Choice: 3 Meat/Protein
Calories: 194
Protein: 23
Total Fat: 10
Saturated Fat: 4
Cholesterol: 41
Carbohydrates: 1
Calcium: 3
Phosphorus: 176
Potassium: 361
Sodium: 82

BARBECUED BEEFIES

Ingredients

1 Meat Loaf Recipe
1/2 medium onion
Barbecue Sauce
(refer to Sauce Section)

Directions

Shape mixture for Meat Loaf into 8 individual loaves (3 x 2 x 1 inch). Place in shallow baking dish about one inch apart. Top each mini loaf with 1 or 2 thin slices onion. Pour barbecue sauce over all the loaves. Bake in 350 degree oven for 45 minutes, or until done. Baste with sauce every 15 minutes during baking.

Individual Beefies (with sauce) may be frozen in airtight container or zip lock bag for later use.

Analysis

Serving Size:
1 mini loaf with
1/4 cup sauce
Choice:
3 Meat/Protein,
1/2 Bread/Starch
1 Vegetable
Calories: 275
Protein: 25
Total Fat: 15
Saturated Fat: 5
Cholesterol: 77
Carbohydrates: 9
Calcium: 64
Phosphorus: 189
Potassium: 342
Sodium: 152

SPAGHETTI WITH MEAT SAUCE

Ingredients

- 1 1/2 pounds lean ground beef
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 2 14-oz cans of tomatoes, no added salt, drained
- 1 cup tomato liquid
- 2 tablespoons chopped parsley
- 1 tablespoon sugar
- 2 teaspoons oregano leaves, crushed
- 1/2 teaspoon thyme, crushed
- 1/4 teaspoon black pepper
- 1 bay leaf
- 2 tablespoons cornstarch
- 2 tablespoons water
- 12 ounces uncooked spaghetti

Directions

Heat large skillet to medium hot. Cook ground beef until brown, crumbling as it cooks. Drain excess fat. Reduce heat to low.

Add chopped onions and garlic; simmer. Drain liquid from canned tomatoes; reserve 1 cup of tomato liquid. Dice the canned tomatoes (or blenderize, if desired) and add to meat mixture. Add parsley, sugar, and remaining herbs. Add reserved tomato liquid to meat mixture and stir thoroughly. Simmer covered for 2 hours.

After simmering, if sauce is thin, blend together cornstarch and water. Add to meat sauce. Stir thoroughly and simmer until thickened. Meanwhile, cook spaghetti. Add 1 tablespoon of olive oil to spaghetti after cooking if desired. Makes 8 cups of sauce.

Serves 8

Analysis

Serving Size:
1 cup meat sauce,
1 cup spaghetti

Choice:
3 Meat/Protein,
2 Bread/Starch,
1 Vegetable

Calories: 369
Protein: 24
Total Fat: 10
Saturated Fat: 3
Cholesterol: 31
Carbohydrates: 42
Calcium: 23
Phosphorus: 202
Potassium: 560
Sodium: 92

SHIRLEY'S TOMATO MEAT SAUCE

Ingredients

1 tablespoon vegetable oil
1/2 cup chopped onion
1/4 cup chopped green pepper
2 pounds lean ground beef
1/4 teaspoon pepper
1/4 teaspoon chili powder
3 1/2 cups canned tomatoes, no added salt, drained, chopped

Directions

Use a large skillet or saucepan with tight fitting lid. Heat oil and add chopped onions and green peppers, cooking over medium heat until onions are transparent.

Add ground beef, breaking into small pieces with spoon. Cook until browned. Drain. Reduce heat to low. Blend in chopped canned tomatoes and spices. Cover and simmer for one hour.

Serving Suggestion:

- For "Sloppy Joe," serve on small bun.

Contributed by: Shirley Dolfini

Analysis

Serving Size: 3/4 cup

Choice:
3 Meat/Protein,
1 Vegetable

Calories: 208

Protein: 22

Total Fat: 11

Saturated Fat: 4

Cholesterol: 37

Carbohydrates: 4

Calcium: 10

Phosphorus: 160

Potassium: 455

Sodium: 90

MACARONI BEEF CASSEROLE

Ingredients

Shirley’s Tomato Meat Sauce
6 cups cooked shell or
elbow macaroni

Directions

Add cooked macaroni to meat sauce. Stir and heat thoroughly.

Serves 6

Contributed by: Shirley Dolfini

Analysis

Serving Size:
1 1/2 cups
Choice:
3 Meat/Protein,
2 Bread/Starch,
1 Vegetable
Calories: 340
Protein: 26
Total Fat: 11
Saturated Fat: 4
Cholesterol: 37
Carbohydrates: 31
Calcium: 17
Phosphorus: 211
Potassium: 484
Sodium: 91

CHICKEN ITALIANO *For that special occasion!*

Ingredients

6 boneless, skinless
chicken breasts

3 tablespoons olive oil

3/4 cup finely crushed
no-salt top cracker crumbs

1 teaspoon oregano leaves,
crushed

1 teaspoon paprika

1/4 teaspoon garlic powder

1/4 teaspoon black pepper

Directions

Brush chicken with olive oil.

Combine all remaining ingredients; roll chicken pieces in crumb mixture. Arrange in 13" x 9" baking dish. Bake at 350 degrees for about 1 hour and 15 minutes, or until done.

Analysis

Serving Size:
1 chicken breast

Choice:
3 Meat/Protein,
1/2 Bread/Starch

Calories:	205
Protein:	23
Total Fat:	9
Saturated Fat:	2
Cholesterol:	55
Carbohydrates:	7
Calcium:	22
Phosphorus:	195
Potassium:	253
Sodium:	134

CHICKEN MOLE

Ingredients

1 chicken, cut in pieces
and skinned
1 tablespoon olive oil
1/2 green pepper, diced
1/2 medium onion, diced
1 garlic clove, crushed
1 tablespoon chili powder
Cayenne pepper, to taste
1 tablespoon cocoa, dissolved
in 2 teaspoons water
1 14-ounce can tomatoes,
no added salt, drained, diced
3 cups white rice, cooked

Directions

In large skillet, sauté green pepper, onion and garlic in olive oil.
Add diced tomatoes, chili powder, cayenne pepper and diluted cocoa.
Stir.

Add chicken to sauce in skillet. Simmer over low heat for about one
hour. Serve over 1/2 cup hot rice.

Submitted by: Alex Miller, Recipe Contest 2nd Place

Serves 4

Analysis

Serving Size:
1/6 of chicken,
1/2 cup rice
Choice:
4 Meat/Protein,
1 Starch,
1 Vegetable
Calories: 321
Protein: 35
Total Fat: 7
Saturated Fat: 2
Cholesterol: 103
Carbohydrates: 27
Calcium: 39
Phosphorus: 365
Potassium: 447
Sodium: 207

CHICKEN PARMIGIANO

Ingredients

4 boneless, skinless chicken breasts
3 tablespoons Eggbeaters™
2 tablespoons water
1 1/2 cups Rice Chex™, crushed
1 tablespoon oil
4 ounces mozzarella cheese, sliced thin
2 tablespoons grated Parmesan cheese
3/4 cup onion, finely chopped
2 garlic cloves, minced
2 tablespoons oil

Sauce:

1 14-ounce canned tomatoes, no added salt, drained
1/2 cup water
1/8 teaspoon basil
1/4 teaspoon oregano

Directions

In small bowl, mix Rice Chex™ and Parmesan cheese thoroughly. Add 2 tablespoons of water to Eggbeaters™ and whip together in small bowl. Pour crumb mixture onto sheet of waxed paper or flat plate.

Using mallot, beat each chicken breast until thin. Dip chicken cutlet into egg mixture and roll in crumb mixture. Place coated cutlets in skillet heated with oil. Cook until done or about 8-10 minutes. Place cooked cutlets in baking dish sprayed with cooking spray.

To prepare sauce, place tomatoes, 1/2 cup water and seasonings in blender. Puree. Add onions to skillet; cook until tender. Add garlic and cook for 30 seconds. Stir in pureed tomato mixture; simmer for about 12 minutes. Makes 1 3/4 cups sauce.

Top each cutlet with a thin slice of mozzarella cheese. Spoon 2-3 tablespoons of sauce over each cutlet. Place in 350 degree oven for 20 minutes or until cheese is melted and bubbly.

Submitted by: David Myers, Recipe Contest 1st Place

Analysis

Serving Size:

1 chicken cutlet,
1-2 tablespoons
sauce

Choice:

4 Meat/Protein,
1/2 Bread/Starch,
1 Vegetable

Calories: 268

Protein: 39

Total Fat: 8

Saturated Fat: 3

Cholesterol: 88

Carbohydrates: 13

Calcium: 227

Phosphorus: 411

Potassium: 537

Sodium: 364

SPICY SAUSAGE

Ingredients

- 1/2 pound ground turkey
- 1/2 pound extra lean ground beef
- 2 tablespoons dried parsley
- 1/2 teaspoon garlic powder
- 4 teaspoons black pepper, crushed
- 1/2 teaspoon basil, crushed
- 1/8 teaspoon sage, ground
- 10 rosemary leaves, crushed

Directions

Mix ground turkey and beef lightly together. Combine all seasonings in small bowl and blend together. Sprinkle over meat mixture; blend with wooden spoon until seasonings are well mixed with meat.

Divide into 8 patties. Cook until golden brown in hot skillet.

Contributed by David Myers

Serves 8

Analysis

Serving Size:	
1 sausage patty	
Choice:	
2 Meat/Protein	
Calories:	125
Protein:	15
Total Fat:	7
Saturated Fat:	2
Cholesterol:	36
Carbohydrates:	1
Calcium:	20
Phosphorus:	109
Potassium:	214
Sodium:	54

TURKEY STUFFED BELL PEPPERS

Ingredients

2 medium green bell peppers (red, if preferred)
1 tablespoon oil
1/2 cup finely chopped onion
12 ounces ground turkey
1/4 teaspoon cumin
1/2 teaspoon Mrs. Dash® Italian Seasoning
1 cup cooked rice
2 tablespoons grated Parmesan cheese
1/4 cup egg substitute

Directions

Cut tops off the bell peppers, core out the seeds. Par boil in boiling water 5 minutes or until tender. Remove from water. Set aside and cool.

Heat oil in a skillet and sauté onion until soft. Add turkey meat and brown well. Remove excess liquid and fat. Add cooked rice and spices to mixture. Mix thoroughly. Cut peppers in half. Place in small baking dish. Spoon 3/4 cup meat/rice mixture into each pepper half. Sprinkle tops with Parmesan cheese. Bake in 350-degree oven for 25-30 minutes.

Contributed by David Myers

Serves 4

Analysis

Serving Size:
1 pepper half
Choice:
3 Meat/Protein,
1 Starch,
1 Vegetable
Calories: 323
Protein: 28
Total Fat: 16
Saturated Fat: 4
Cholesterol: 89
Carbohydrates: 15
Calcium: 81
Phosphorus: 238
Potassium: 405
Sodium: 168

FISH AND SEAFOOD BASICS

Before feasting on fish, review these basic guidelines for buying and cooking.

Shopping Tips

Fresh Whole Fish: Color is a good sign of freshness. The gills (if not removed) should be red; the flesh a light pink to red. AVOID fish with a strong odor or a dull slimy skin. When purchasing fresh fish, ask to have the scales and fins removed.

Fresh Fillets and Steaks: The flesh should have a firm, fresh appearance, with no strong odor or dried edges.

Frozen Fish Fillets: The fish should be solidly frozen and the package should show no signs of frost. The package should be tightly sealed.

Canned Fish: Canned fish is usually classified by piece size; for example, tuna is sold as fancy or solid pack or flaked. It is also labeled to indicate the packing medium: oil, water, salt-free in water only. Salmon is sold by variety: Chinook or sockeye salmon are deep red and break into chunks; pink and chum salmon break into smaller flakes. Salmon is also labeled to indicate packing medium like canned tuna.

FISH AND SEAFOOD BASICS

Fresh Shellfish: Live shellfish, such as crab and lobster, should actively move their legs. Live oysters and hard-shelled clams should close their shells when tapped lightly.

Partially prepared shellfish such as shelled scallops, oysters, and clams are packed in a clear fluid. Shrimp and prawns should have head removed. You should use only those partially prepared varieties that are salt free and will be available as fresh-frozen.

Cooked shellfish are sold as whole cooked crab, lobster, and shrimp. Again, these varieties should only be used if label indicates a salt free product. A good buy is the fresh-frozen cooked miniature shrimp or baby shrimp.

Frozen Shellfish: Available cooked or uncooked, in or out of the shell, frozen shellfish should be tightly packaged. Do not buy packages with frost accumulation. Be sure to check the nutrition label for sodium content.

Canned Shellfish: Sold whole, in pieces, and smoked. All smoked varieties should be AVOIDED due to high salt and potassium content. Shellfish which is vacuum packed may be used if the sodium content is low. AVOID canned shellfish packed in brine.

FISH AND SEAFOOD BASICS

Keeping Fish Fresh

Fresh fish and shellfish are very perishable. Keep fresh fish in moisture proof zip locked plastic bag in the coldest section of the refrigerator. Use within a day or two. Refrigerate any leftover cooked fish; use within 2 or 3 days. Frozen fish and shellfish should be kept solidly frozen at 0 degree or less. The frozen fish should be used within 3 months. To thaw: Set the wrapped package in the refrigerator. A 16-ounce package takes about 24 hours to thaw in this manner. For faster thawing (1-2 hours per pound), set the wrapped package under a small stream of running cold water, until partially thawed. DO NOT: (1) thaw frozen fish at room temperature, (2) thaw frozen fish in warm water, or (3) refreeze thawed fish.

Cooking Suggestions

Fish is so versatile that almost any kind can be baked, broiled, poached, fried, or steamed. Lean and low fat fish includes perch, cod, flounder, sole, halibut, haddock, red snapper, tuna, striped bass, and shellfish. If you bake or broil a lean fish, do not over cook. Serve with a sauce, if desired.

Rainbow trout, catfish, herring, mackerel, and salmon are higher in fat compared to white fish. These fish varieties contain heart healthy fatty acids called “omega 3’s”.

During cooking, the flesh of the fish gradually turns from a translucent, pinkish white to opaque white. Use a fork to test for doneness; it should flake or break apart easily. If the flesh resists flaking and still has some translucency, cook for 1-2 minutes more. Fish that flakes apart easily and is milky white is ideally cooked. Overcooking results in a mealy, tough and dry fish.

PAN FRIED COD

Ingredients

2 tablespoons yellow cornmeal
1/4 teaspoon pepper
1 pound fresh frozen Atlantic cod fillets
3 tablespoons oil

Directions

Combine cornmeal and pepper in shallow dish. Coat thawed fish fillets lightly with cornmeal. Heat oil in skillet. Fry fillets, skin side last, until golden brown on both sides and flakes easily with a fork (about 3 minutes on each side). Serve immediately with lemon wedge to garnish.

Variation:

- In place of cod, any fish fillet may be used, such as sole, haddock, or catfish.

Serves 3

Analysis

Serving Size: 4 ounces
Choice: 1 Fat, 3 Meat/Protein
Calories: 248
Protein: 24
Total Fat: 9
Saturated Fat: 2
Cholesterol: 57
Carbohydrates: 4
Calcium: 15
Phosphorus: 156
Potassium: 269
Sodium: 83

SALMON WITH LEMON GLAZE

Ingredients

4 salmon fillets
2 tablespoons butter or soft spread margarine

LEMON GLAZE

1 tablespoon cornstarch
3/4 cup water
2 teaspoons butter or soft spread margarine
1 teaspoon grated lemon zest/peel
2 tablespoons lemon juice
1/8 teaspoon dill

Directions

Remove the broiling pan from broiler; line it with foil. Place the pan in the broiler. Turn broiler on and let broiler heat for 10 minutes before cooking.

Remove the pan from the broiler and spray with cooking cooking spray. Arrange the fillets in the pan, dot with butter or margarine. Broil, basting the fillets once or twice with the butter or margarine in the pan. Most fillets cook in about 5 to 8 minutes. Do not turn the fish. Test for doneness by flaking with a fork or toothpick. The fish is done when it flakes easily.

Lemon Glaze:

Dissolve cornstarch in water; add butter or margarine and cook until glaze is thick. Add grated lemon zest/peel, lemon juice and dill. Add 1 drop of yellow food coloring if glaze is "pale". Serve over salmon fillets.

Analysis

Serving Size:
3 ounce
salmon fillet
Choice: 1 Fat,
3 Meat/Protein
Calories: 283
Protein: 22
Total Fat: 21
Saturated Fat: 3
Cholesterol: 60
Carbohydrates: 3
Calcium: 15
Phosphorus: 219
Potassium: 544
Sodium: 121

TUNARONI CASSEROLE

Ingredients

- 2 tablespoons cornstarch
- 1/8 teaspoon pepper
- 1/8 teaspoon curry powder
- 2 tablespoons vegetable oil
- 1/4 cup onion, chopped
- 2 cups 2% milk
- 2 cups cooked elbow macaroni
- 2 cans (6 1/2 ounces) tuna, rinsed and drained

Directions

Combine cornstarch, pepper and curry powder in saucepan. Add oil and stir until smooth. Add onion and parsley. Cook, stirring occasionally, until onion is tender.

Gradually stir in milk. Cook, stirring constantly, until mixture comes to a boil.

Mix sauce with macaroni and flaked tuna. Place in 1 1/2 quart baking dish. Sprinkle top of casserole with paprika or dill weed, if desired. Bake at 375 degrees about 35 minutes or until lightly browned and bubbly.

Serves 4

Analysis

Serving Size: 1 1/2 cups
Choice: 1 Milk, 3 Meat/Protein, 1 Bread/Starch
Calories: 352
Protein: 32
Total Fat: 11
Saturated Fat: 3
Cholesterol: 37
Carbohydrates: 31
Calcium: 191
Phosphorus: 328
Potassium: 475
Sodium: 330

BAKED PORK CHOPS AND RICE *A special one-dish dinner!*

Ingredients

4 pork loin chops
(3 1/2 - 4 ounces each)
1/2 cup uncooked rice
2 cups water
1 1/2 teaspoons sugar
3/4 teaspoon rosemary
leaves, crushed
1/2 teaspoon sage
4 whole canned tomatoes,
no added salt,
drained, cut in half
1/2 green pepper, sliced
in rings
1/2 teaspoon basil leaves,
crushed
1/4 teaspoon black pepper

Directions

Heat oven to 350 degrees. Brown chops in skillet over medium heat. Place browned chops in a baking dish (1 1/2 quart size). Sprinkle rice on chops. Heat water, sugar, rosemary leaves, and sage to boiling; pour over pork chops and rice.

Place half canned tomato and 1 or 2 green pepper rings on top of each pork chop. Sprinkle with crushed basil leaves and pepper. Bake uncovered until chops are tender and rice is cooked, about 50 to 60 minutes.

Analysis

Serving Size:
1 pork chop with
vegetable and
1/2 cup rice
Choice:
3 Meat/Protein,
1 Bread/Starch,
1 Vegetable
Calories: 271
Protein: 20
Total Fat: 6
Saturated Fat: 2
Cholesterol: 46
Carbohydrates: 23
Calcium: 25
Phosphorus: 198
Potassium: 393
Sodium: 168

FRESH PORK PATTIES

Ingredients

2 pounds fresh lean
ground pork
1/2 teaspoon ground sage
1/2 teaspoon marjoram
1 teaspoon sugar (optional)
1/2 teaspoon black pepper
1 teaspoon lemon juice
1 teaspoon paprika

Directions

Serves 8

Combine all ingredients except paprika in bowl and mix thoroughly.
If pork mixture does not hold together easily, add 2-3 tablespoons water and mix.
Form into 8 patties.

Spray skillet with cooking spray and heat to medium. Sprinkle both sides of patties with paprika. Cook thoroughly on both sides until crispy brown. Spoon off excess fat as it accumulates.

Cooked pork patties may be frozen in individual portions for convenient use or may be frozen before cooking.

Serving Suggestions:

- These pork patties make a nice change at breakfast served on English muffin or with scrambled egg.

(continued)

FRESH PORK PATTIES (continued)

Serving Suggestions:

- Warm a patty; serve on a crusty roll for a tasty sandwich. Spread lightly with Hot Mustard Sauce or Maria’s Hot Sauce (See Sauce Section).
- For a weekend brunch, serve pork patties, French toast, fruit cup and beverage.

Variation:

- Use 3/4 teaspoon pepper, 1 teaspoon sugar, and several dashes of Tabasco with 2 pounds fresh ground pork for a more seasoned combination.

Contributed by: Renee Gnau

Analysis

Serving Size:	1 patty
Choice:	3 Meat/Protein
Calories:	242
Protein:	21
Total Fat:	17
Saturated Fat:	6
Cholesterol:	76
Carbohydrates:	1
Calcium:	20
Phosphorus:	182
Potassium:	295
Sodium:	59

SWEET ITALIAN SAUSAGE

Ingredients

2 1/2 pounds fresh pork,
ground
3-4 garlic cloves, finely
minced
1 1/2 teaspoons ground
fennel seeds or
2 teaspoons whole fennel
seeds
3/4 teaspoon paprika
1/4-1/2 teaspoon cayenne
pepper

Directions

Makes 15 2-ounce patties

Place fresh ground pork in large bowl; sprinkle minced garlic over pork. Mix remaining ingredients in cup and sprinkle evenly over pork. Mix together until seasoning is well blended with pork. Cover bowl and refrigerate over night to allow flavors to blend. Shape into sausage patties. Pan fry or broil.

Note: For milder sausage, use 2 garlic cloves and black pepper in place of cayenne pepper.

Analysis

Serving Size: 1 patty
Choice: 2 Meat/Protein
Calories: 160
Protein: 14
Total Fat: 11
Saturated Fat: 4
Cholesterol: 50
Carbohydrates: tr
Calcium: 17
Phosphorus: 123
Potassium: 202
Sodium: 39

HOT PEPPERS!

Fresh, hot chili peppers add zest to food, but there are penalties for careless handling. The released oils can burn your eyes and skin for several hours.

The secret to painless pepper handling is to avoid direct contact. Wearing disposable gloves is the most foolproof method. Thoroughly wash your hands with soap and water after handling peppers. Keep hands away from your face.

To prepare fresh peppers, follow these easy directions. Remove the outer skin from the peppers. An easy way to do this is to place the whole peppers on a broiler tray. Broil two inches from the heat for about 15 minutes or until peppers are blistered. Turn the peppers often with a fork or tongs while broiling. Peppers may also be blistered using a heavy skillet heated to medium hot.

Transfer the hot peppers to a paper or plastic bag. Close the bag and let the peppers stand until they are cool enough to handle. The steam contained in the bag helps loosen the skin. Remove the peel with a paring knife and discard. Before using the peppers, cut in half, remove the seeds, and rinse.

BEEF BURRITOS

Ingredients

1 tablespoon vegetable oil
1/2 cup onion, chopped
1 small clove garlic, minced
2 1/2 cups cooked pot
roast, shredded
1 4-ounce can diced green
chilies, rinsed
2 cups lettuce, shredded
8 6-7" flour tortillas*

*See Recipe for
Maria's Tortillas

Directions

Heat oil in skillet. Add minced garlic and chopped onion, cooking until soft. Mix in shredded meat and diced green chilies. Cover and simmer until thoroughly heated.

Preheat tortillas separately on griddle or in heavy skillet, if desired, before filling. Spoon about 1/3 cup of meat mixture into middle of tortilla and fold one side over meat filling. Then bring each end of the tortilla toward middle, over-lapping ends slightly. Roll to wrap remaining tortilla edge into roll.

Garnish with 1/4 cup chopped or shredded lettuce around each burrito and one tablespoon of Maria's Hot Sauce (refer to Sauce section).

Serves 4-6

Analysis

Serving Size:
2 Burritos,
1/2 cup Lettuce
Choice:
3 Meat/Protein,
2 Bread/Starch,
1 Vegetable
Calories: 450
Protein: 33
Total Fat: 17
Saturated Fat: 5
Cholesterol: 82
Carbohydrates: 40
Calcium: 107
Phosphorus: 323
Potassium: 458
Sodium: 490

CHICKEN ENCHILADAS

Ingredients

3 cups cooked chicken breast, shredded
2/3 cup green onion, finely chopped
1/2 cup light sour cream
12 6" corn tortillas, fresh
2 tablespoons vegetable oil
Enchilada Sauce
(Refer to Sauce Section)

Directions

Prepare Enchilada Sauce. Heat skillet with oil. Quickly dip each tortilla in skillet to soften. Place 1/4 cup shredded chicken, 1 tablespoon onion and 2 teaspoons of sour cream in center of each tortilla. Roll up. Arrange in baking dish. Cover with the Enchilada Sauce. Heat in oven at 375 degrees for 20-30 minutes or until hot.

Serves 6

Analysis

Serving Size:
2 enchiladas
Choice:
3 Meat/Protein,
2 Bread/Starch,
1 Vegetable
Calories: 361
Protein: 27
Total Fat: 15
Saturated Fat: 3
Cholesterol: 66
Carbohydrates: 30
Calcium: 151
Phosphorus: 357
Potassium: 414
Sodium: 168

CHILI PORK STEAKS

Ingredients

1 1/2 pounds pork steaks
(about 5 steaks, 1/2" thick)
2-3 yellow chilies, fresh
1 14-ounce can whole
tomatoes, no added salt,
drained, chopped
1/2 cup diced onion

Contributed by: Maria Avila

Directions

Prepare yellow chilies by burning and peeling method. Refer to Maria's Hot Sauce recipe for preparation of peppers. Mash, dice, or cut chilies as desired and set aside.

Trim excess fat off pork steaks. Cut pork steaks into one-inch strips or 1/2 inch cubes. Set aside. Spray skillet with cooking spray. Heat. Add cut pork to hot skillet, browning on all sides. Stir frequently to prevent sticking. When pork is brown on all sides, reduce heat to low; add chopped tomatoes, onion, and chilies. Cook for two minutes. Add 1-2 cups of water, bring to boil. Reduce heat and simmer for 30-45 minutes or until tender. Serve over rice.

Variations:

- If you desire a more highly seasoned salsa, substitute one or two Jalapenos for 1-2 yellow chilies.

Canned whole or diced chilies may be used in place of fresh chilies. Be sure to rinse, drain and remove seeds from chilies before cooking.

Analysis

Serving Size:
1 1/4 cups
pork mixture,
1/2 cup rice

Choice:
3 Meat/Protein,
1 Bread/Starch,
1 Vegetable

Calories:	301
Protein:	26
Total Fat:	9
Saturated Fat:	3
Cholesterol:	76
Carbohydrates:	26
Calcium:	45
Phosphorus:	254
Potassium:	497
Sodium:	64

CHILI RELLENOS BAKE

Ingredients

1 pound lean ground beef
1/2 cup chopped onion
1/4 teaspoon pepper
2 4-ounce cans whole green
chilies, halved, seeded
3/4 cup shredded sharp
cheddar cheese
4 eggs, beaten
1 1/2 cups 2% milk
1/4 cup flour
Several dashes Tabasco
sauce

Directions

Brown ground beef and onion in skillet. Drain off fat. Sprinkle pepper on meat. Layer 2 quart casserole dish alternating with green chilies, cheese and meat mixture. Beat eggs, milk, flour and Tabasco until smooth. Pour over chili mixture. Bake at 350 degrees for 45-50 minutes or until knife inserted into center comes out clean.

Serves 8

Analysis

Serving Size:
1/8 of recipe
Choice:
3 Meat/Protein,
1 Vegetable
Calories: 224
Protein: 20
Total Fat: 12
Saturated Fat: 6
Cholesterol: 141
Carbohydrates: 8
Calcium: 154
Phosphorus: 241
Potassium: 363
Sodium: 218

Contributed by: Lesley Laguna

FLAUTAS (TACO ROLLS)

Ingredients

1 pound flank steak
1 clove garlic
1/4 teaspoon black pepper
1/2 cup canned tomatoes,
no added salt,
drained, chopped
1/3 cup onion, chopped
1 tablespoon oil
12 corn tortillas, fresh
1/4 cup oil for frying tortillas
3/4 cup light sour cream

Directions

Place flank steak in saucepan, cover with water. Add clove of garlic and pepper. Bring to boil, reduce heat. Cook. Simmer 2 hours or until tender. Remove from pan; cool slightly and finely shred meat.

Heat oil in skillet. Add shredded meat, chopped tomato and onion. Cook until onion is soft. Spoon meat mixture into center of corn tortilla, roll and secure with toothpick.

Heat 1/4 cup of oil in skillet. Fry flautas in hot oil, turning as necessary to brown on all sides, until tortilla is crisp. Serve each flauta with a tablespoon of sour cream on top.

Analysis

Serving Size:
2 flautas

Choice:
3 Meat/Protein,
2 Bread/Starch

Calories: 326

Protein: 20

Total Fat: 15

Saturated Fat: 5

Cholesterol: 46

Carbohydrates: 29

Calcium: 170

Phosphorus: 342

Potassium: 483

Sodium: 153

HUEVOS CON CHILES (EGGS WITH CHILES)

Ingredients

8 eggs
2 tablespoons 2% milk
2 tablespoons water
1/8 teaspoon black pepper
1 4-ounce can diced green
chilies rinsed
2 tablespoons butter or
soft spread margarine
1/4 cup onion, chopped

Directions

In bowl, beat eggs together with milk and water. Stir in black pepper and chilies. Set aside. Melt butter or margarine in skillet over medium heat. Add onion, cook until soft. Add egg-chili mixture. Cook with heat reduced to low. Stir occasionally. Eggs should be scrambled slowly and gently.

Serving Suggestion:

- To each serving, add 1-2 drops of Tabasco. Remember, a little goes a long way!

Serves 4

Analysis

Serving Size:
1/4 of recipe
Choice: 1 Fat,
2 Meat/Protein
Calories: 223
Protein: 14
Total Fat: 17
Saturated Fat: 4
Cholesterol: 426
Carbohydrates: 5
Calcium: 60
Phosphorus: 188
Potassium: 148
Sodium: 208

MARIA'S FLOUR TORTILLAS

Ingredients

6 cups enriched flour
1 cup shortening, softened
1 teaspoon salt
2 1/4 cups warm water

Directions

Makes 3 Dozen

Mix flour and salt together in large bowl. Add shortening and two cups warm water. Begin mixing by hand, squeezing flour and shortening through fingers or mix with a spoon and knife, crisscrossing through flour and shortening, forming masa (dough) into large ball. Remove clinging flour from sides of bowl by rolling masa around bowl. Add remaining 1/4 cup warm water if masa is too dry.

Turn masa onto board or tabletop and knead for one minute into a smooth ball. Cover masa with bowl or towel for at least five minutes and allow to rest.

Begin heating cast iron griddle or heavy skillet to medium high temperature. Pinch off piece of masa and form into a 2 inch round ball, turning edges of masa under and in. Set each ball aside. Tops will feel dry to touch.

Analysis

Serving Size: 1 tortilla
Choice: 1 Fat,
1 Bread/Starch
Calories: 125
Protein: 2
Total Fat: 6
Saturated Fat: 1
Cholesterol: 0
Carbohydrates: 16
Calcium: 3
Phosphorus: 23
Potassium: 22
Sodium: 66

(Continued)

MARIA'S FLOUR TORTILLAS (continued)

Flour masa and board or table top lightly. Roll into round tortilla approximately 6-7 inches in diameter. Toss and turn tortilla between hands to smooth.

Test a small piece of masa on heated griddle or skillet; it should begin browning within a few seconds if hot enough. Cook each tortilla until lightly browned on both sides, turning frequently to prevent burning. Spatula, tongs, or fingers may be used to turn tortillas.

Stack tortillas after cooking. Cool. Cover tortillas with paper towel and store in airtight container or plastic bag. Refrigerate.

Contributed by: Maria Avila

MARIA'S FLOUR TORTILLA CHIPS

Ingredients

Maria suggests making your own tortilla chips. It is so simple. Even the kids can do it with a little supervision.

6 Maria's flour tortillas
1/4 cup vegetable oil

Directions

Cut or tear tortillas into bite-size pieces. Heat oil in heavy skillet using enough to cover 1/4" of the skillet. When hot (test with one piece first), add tortilla pieces and stir until golden brown and crisp. Drain on paper towels. Store chips in airtight container.

Serves 6

Analysis

Serving Size:
10-12 chips
(1/6 of recipe)
Choice: 2 Fats,
1 Bread/Starch
Calories: 151
Protein: 2
Total Fat: 9
Saturated Fat: 2
Cholesterol: 0
Carbohydrates: 16
Calcium: 3
Phosphorus: 23
Potassium: 22
Sodium: 66

Contributed by: Maria Avila

PARTY TIME TACOS *Be ready to make more!*

Ingredients

1 pound lean ground beef
1/4 onion, chopped
1/8 teaspoon garlic powder
2 tablespoons canned chilies,
rinsed, diced
4 whole canned tomatoes,
no added salt, drained,
chopped
1/2 cup shredded cheddar
cheese
1 1/2 cups finely shredded
lettuce
10-12 taco shells
Maria's Hot Sauce, if desired

Directions

In medium skillet, cook beef, onion, and garlic until meat is brown.
Drain off excess fat. Add chilies and canned tomatoes. Simmer over
low heat.

Meanwhile, heat folded taco shells in 250 degree oven for 10 minutes
or until hot. Toaster oven or microwave may be used to heat taco shells
instead of oven.

Spoon 3 tablespoons of meat mixture into each taco shell. Top with
1 tablespoon Maria's Hot Sauce, lettuce and cheese.

Serves 6

Analysis

Serving Size: 2 tacos
Choice: 1 Fat,
2 Meat/Protein,
2 Bread/Starch,
1 Vegetable
Calories: 307
Protein: 21
Total Fat: 16
Saturated Fat: 6
Cholesterol: 37
Carbohydrates: 21
Calcium: 140
Phosphorus: 243
Potassium: 462
Sodium: 325

SLOW COOKERY

Basil Chicken with Vegetables

Beef and Rice Curry

Green Chili Stew

Mandarin Chicken

Slow Cooked Meat Loaf

Susan's Chili

Slow Cookery

BASIL CHICKEN WITH VEGETABLES

Ingredients

3 pounds chicken breast,
boneless, skinless, cut
in strips

3 medium carrots, cut in
one inch pieces

2 medium celery stalks,
cut in one inch pieces

2 medium onions, cut in
quarters

1/2 cup less sodium chicken
broth

1/2 teaspoon basil leaves,
crushed

1/2 teaspoon black pepper

Directions

In 5 quart crock pot, place carrots, celery, and onions in alternating layers. Top with chicken breast. Combine chicken broth and seasonings. Pour over chicken. Cover, cook on low for 7 to 9 hours or until juices are clear and vegetables tender.

Serving Suggestions:

- This is delicious when served over steamed rice.
- Make ahead and freeze portions for a quick meal.

Contributed by Tina Bakke

Serves 12

Analysis

Serving Size:
3-4 strips chicken,
1/2 cup vegetables,
Choice: 3 Meat,
1 Vegetable

Calories: 120
Protein: 22
Total Fat: 2
Saturated Fat: tr
Cholesterol: 53
Carbohydrates: 4
Calcium: 26
Phosphorus: 185
Potassium: 340
Sodium: 75

BEEF AND RICE CURRY

Ingredients

1 pound extra lean
ground beef
3/4 cup onion, chopped
1 cup uncooked white rice
1 14-ounce can tomatoes, no
added salt, drained, blenderized
1 1/2 cups water
2 medium apples, cored
and chopped
1 tablespoon curry powder
1 clove garlic, minced
1/4 teaspoon black pepper

Directions

In a large skillet, brown the ground beef and chopped onions. Drain if needed. Put the browned beef and onion mixture in a 3 1/2 quart crock pot. Add the remaining ingredients. Mix well. Cover and cook on low heat for 4 hours.

Adapted from Southern Food

Serves 6

Analysis

Serving Size:
1/6 of recipe

Choice:
3 Meat/Protein,
1 Bread/Starch,
1 Vegetable

Calories: 360
Protein: 24
Total Fat: 13
Saturated Fat: 5
Cholesterol: 70
Carbohydrates: 36
Calcium: 30
Phosphorus: 190
Potassium: 460
Sodium: 80

GREEN CHILI STEW

Ingredients

1 pound lean pork chops
cut into bit size cubes
1/2 cup flour
1 tablespoon garlic powder
1 teaspoon black pepper
1 tablespoon olive oil
2 4-ounce cans diced green
chili peppers
1 garlic clove, crushed
1 14-ounce can less sodium
chicken broth
6 medium size tortillas*

*See recipe for
Maria's Tortillas

Directions

In a large zip lock plastic bag place flour, garlic powder, and black pepper and mix well. Place pork in bag, and coat well with flour mixture. In large skillet, brown pork and flour mixture in olive oil. Put browned pork and flour mixture, chili peppers, garlic, and chicken broth into slow cooker. Cook for 10 hours on low heat.

Place 1/6 of mixture on tortilla and roll burrito style. You may garnish with lettuce, sour cream, and cilantro if desired. You can also make recipes spicier with 1 tablespoon hot red chili powder.

Contributed by Kara Abbas

Serves 6

Analysis

Serving Size:
1/6 of recipe
+ 1 tortilla

Choice:
2 Meat/Protein,
2 Bread/Starch,
1 Vegetable

Calories:	312
Protein:	22
Total Fat:	11
Saturated Fat:	3
Cholesterol:	53
Carbohydrates:	30
Calcium:	92
Phosphorus:	252
Potassium:	452
Sodium:	417

MANDARIN CHICKEN

Ingredients

8 boneless, skinless chicken breasts
1 cup water
2 tablespoons brown sugar
2 tablespoons lemon juice
1 teaspoon pepper
1 teaspoon ground ginger
1 teaspoon garlic powder
3 tablespoons cornstarch
1/2 cup cold water
11-ounce can of mandarin oranges, drained
1 chopped green pepper

Directions

Place chicken in slow cooker. In a bowl combine water, brown sugar, lemon juice, pepper, ginger, and garlic powder. Pour over chicken. Cover and cook on low for 7 hours. During 7th hour, combine cornstarch and cold water. Blend until smooth. Stir into crock with chicken. Add mandarin oranges and green pepper; stir. Increase to high setting. Cover and cook for 30 to 45 more minutes, until broth is thickened. Serve over white rice.

Adapted from *Taste of Home's Recipes*

Serves 8

Analysis

Serving Size:

1 chicken breast,
1/2 cup rice,
1/4 cup sauce

Choice:

3 Meat/Protein,
1 Bread/Starch,
1 Fruit

Calories: 265

Protein: 29

Total Fat: 2

Saturated Fat: 1

Cholesterol: 65

Carbohydrates: 32

Calcium: 29

Phosphorus: 265

Potassium: 78

Sodium: 405

SLOW COOKED MEAT LOAF

Ingredients

1 egg
1/4 cup 2% milk
2 slices day old white bread cubed
1 small onion, finely chopped
1/2 green pepper, finely chopped
1/2 teaspoon black pepper
1 1/2 pounds of extra lean ground beef
1/2 cup canned diced tomatoes, no added salt, drained

Directions

In a large bowl beat together egg and milk. Stir in bread cubes, onion, green pepper, and black pepper. Add ground meat and mix very well. Shape into round loaf to cover bottom of a 5-quart crock pot. Pour diced tomatoes on top of loaf. Cover and cook on high for one hour. Reduce heat to low. Cook covered for 7-8 hours until meat is no longer pink and juices run clear.

Serving Suggestions:

- Slice leftover meatloaf for a delicious sandwich filling.

Variation:

- Substitute ground turkey for beef.

Adapted from *Timeless Recipes*

Serves 5

Analysis

Serving Size:
1/5 recipe

Choice:
3 Meat/Protein,
1 Vegetable

Calories:	245
Protein:	21
Total Fat:	13
Saturated Fat:	5
Cholesterol:	100
Carbohydrates:	10
Calcium:	60
Phosphorus:	168
Potassium:	368
Sodium:	171

SUSAN'S CHILI

Ingredients

- 1 1/2 pounds extra lean ground beef
- 1 14-ounce can canned tomatoes, no added salt, drained, blenderized
- 1 tablespoon vegetable oil
- 1-2 tablespoon(s) red chili powder, mild or hot
- 1/2 cup onion, chopped
- 1 stalk celery, chopped
- 1 fresh green bell or chili pepper, chopped with seeds removed.
- 1 cup water

Directions

For a milder chili, use the mild red chili powder and sweet bell pepper. If you like a hot, spicy chili, use hot chili powder and a fresh green chili pepper.

Heat large skillet or saucepan to medium. Add 1 tablespoon oil. Cook onion, celery, and pepper in oil until tender but not brown. Add ground beef, breaking into small pieces, and cook until brown on all sides.

Put the meat mixture in crock pot; add blenderized canned tomatoes, red chili powder and one cup of water. Mix well. Cover with lid and cook on low for 3-4 hours until you can no longer resist the temptation to try it!

Serving Suggestions:

- Use as main entrée. Serve with crackers or tortillas along with a tossed green salad. May also be served on a bed of fluffy white rice.

Contributed by: Susan Klotz

Serves 6

Analysis

Serving Size:
Approximately
1 cup, drained

Choice:
3 Meat/Protein,
1 Vegetable

Calories:	240
Protein:	24
Total Fat:	13
Saturated Fat:	4
Cholesterol:	41
Carbohydrates:	6
Calcium:	27
Phosphorus:	190
Potassium:	515
Sodium:	115

LIGHT MEALS

Salads

Chicken 'n Rice Salad
Macaroni Salmon Salad
Shrimp Macaroni Salad
Summer Pasta Salad
Tuna Surprise

Sandwiches

Tips for Sandwich Making
Assorted Sandwich Fillings
Grilled Cheese 'n Chili
Sandwich

Eggs & Cheese Dishes

Cinnamon French Toast
Cheese Quiche
Egg Omelet
Green Chili Cheese Omelet
Macaroni and Cheese

Other Dishes

Let's Do Brunch
Supreme of Seafood

CHICKEN 'N RICE SALAD

Ingredients

2 cups cooked rice, cooled
2 1/2 cups diced cooked chicken
1 1/2 cups cooked frozen green peas, cooled
1 cup diced celery
1 tablespoon diced onion
3/4 cup light mayonnaise
1/4 cup lemon juice
1/4 teaspoon pepper
1/8 teaspoon dill weed
6 large lettuce leaves

Directions

In a large bowl, combine rice, chicken, peas, celery and onion. In a small bowl blend together the mayonnaise, lemon juice, pepper, and dill weed. Thoroughly mix blended mayonnaise into chicken mixture. Chill for several hours. Serve on lettuce leaf. Sprinkle paprika lightly on top of chicken salad, if desired.

Serving Suggestions:

- Serve as main entrée for luncheon with crisp rye toast points or no salt top crackers.

Serves 6

Analysis

Serving Size:
1 1/3 cups
(1/6 of recipe)
Choice: 1 Fat,
2 Meat/Protein,
2 Bread/Starch,
1 Vegetable
Calories: 329
Protein: 21
Total Fat: 15
Saturated Fat: 3
Cholesterol: 62
Carbohydrates: 27
Calcium: 30
Phosphorus: 179
Potassium: 297
Sodium: 343

SALMON MACARONI SALAD

Ingredients

2 cups cooked shell or small elbow macaroni, cooled (1 cup uncooked)
1 cup cucumber, peeled, diced
1 8-ounce can salmon, rinsed, flaked
1 tablespoon minced onion
1/4 teaspoon pepper
1 tablespoon minced parsley
1/2 cup light mayonnaise

Directions

Combine all ingredients in bowl; toss together lightly until well blended. Serve on lettuce leaf. Garnish with lemon wedge.

Variations:

- Fresh broiled or baked salmon may be used in place of canned salmon. Before adding to ingredients, cool the cooked salmon thoroughly and then flake it.

Substitute:

- 1 1/2 cups cubed or diced leftover cooked chicken or turkey in place of salmon.

Serves 4

Analysis

Serving Size: 1 cup
(1/4 of recipe)

Choice: 1 Fat
2 Meat/Protein,
1 Bread/Starch

Calories: 279

Protein: 16

Total Fat: 14

Saturated Fat: 3

Cholesterol: 41

Carbohydrates: 21

Calcium: 133

Phosphorus: 224

Potassium: 269

Sodium: 310

SHRIMP MACARONI SALAD

Ingredients

2 cups cooked shell or small elbow macaroni, cooled (1 cup uncooked)
1 cup cucumber, peeled, diced
8 ounces cooked, baby fresh-frozen shrimp
1 tablespoon minced onion
1 tablespoon minced parsley
1/4 teaspoon pepper
1/2 cup light mayonnaise
4 lemon wedges

Directions

Rinse frozen shrimp in cold water if frosty. Drain thoroughly and pat dry with paper towels. Combine all ingredients, except lemon wedges, in bowl. Toss together lightly until ingredients are blended well with mayonnaise. Serve on red leaf lettuce. Garnish with dash of paprika and lemon wedge.

Serves 4

Analysis

Serving Size: 1 1/3 cups
(1/4 of recipe)
Choice:
2 Meat/Protein,
1 Bread/Starch
Calories: 256
Protein: 17
Total Fat: 11
Saturated Fat: 2
Cholesterol: 121
Carbohydrates: 21
Calcium: 34
Phosphorus: 114
Potassium: 182
Sodium: 371

SUMMER PASTA SALAD

Ingredients

3 cups cooked shell macaroni, cooled
1 cup cubed low fat natural yellow cheese
1/2 cup diced onion
1 10-ounce package frozen green peas, cooked, drained, cooled
1/2 teaspoon dried thyme
1/8 teaspoon pepper
3/4 cup light mayonnaise

Directions

Combine all ingredients in large bowl. Toss together lightly to blend ingredients with mayonnaise. If salad seems dry, add 1-2 tablespoons liquid non dairy creamer or milk and stir. Chill for several hours or overnight.

Serving Suggestions:

- Use in place of potato salad with summer meals
- Serve with charbroiled or grilled meats

Serves 6-7

Analysis

Serving Size: 1 cup
Choice: 1 Fat,
1 Bread/Starch,
1 Meat/Protein,
1 Vegetable
Calories: 265
Protein: 11
Total Fat: 11
Saturated Fat: 2
Cholesterol: 14
Carbohydrates: 29
Calcium: 91
Phosphorus: 173
Potassium: 152
Sodium: 385

TUNA SURPRISE

Ingredients

1 6-1/2 ounce can tuna,
rinsed, drained
1 cup pineapple chunks,
in natural juice, drain well
1/2 cup white rice,
cooked and cooled
1/2 cup green peas,
cooked and cooled
1/4 cup green onion, sliced
3/4 cup celery,
diagonally sliced celery
1/3 cup light mayonnaise
2 tablespoons lemon juice

Directions

Flake tuna in medium size bowl. Mix mayonnaise and lemon juice together in small bowl until smooth. Set aside. Add remaining ingredients to flaked tuna. For best results, drain pineapple overnight in refrigerator. Toss lightly to mix and then pour the mayonnaise-lemon mixture in. Stir until blended. Chill thoroughly.

Serving Suggestions:

- Serve on salad plate with toast points or crackers, garnish with fresh mint or parsley sprig.
- Use filling to make an open face sandwich by spreading 1/2 cup tuna mixture on a slice of bread; top with small leaf of lettuce.

Serves 4

Analysis

Serving Size: 1 cup
(1/4 of recipe)

Choice:
2 Meat/Protein,
1 Vegetable,
1 Fruit

Calories:	195
Protein:	14
Total Fat:	7
Saturated Fat:	1
Cholesterol:	20
Carbohydrates:	18
Calcium:	30
Phosphorus:	116
Potassium:	340
Sodium:	182

TIPS FOR MAKING SANDWICHES

Tips

- A light coating of butter or soft spread margarine will keep a moist filling from soaking into the bread.
- Instead of one thick slice of meat on a sandwich, use an equal amount of thin slices.
- Do not make sandwiches with moist fillings very far in advance. This prevents bread from becoming soggy.
- Stretch your bread allowance by using melba thin bread (2 slices = 1 regular slice of bread).

Sandwich Fillings

- Mix softened light cream cheese with well-drained, unsweetened crushed pineapple. Serve on a small toasted bagel.
- Flake salmon and mix with minced cucumber, dash of onion powder, and mayonnaise. Serve on a hard roll.
- Mince or grind pork roast and mix with finely chopped apple, dash of ground ginger, and light mayonnaise.
- Combine chopped hard cooked eggs, minced green onions, cucumbers, dash of onion powder, and mix together with a small amount of sour cream. Serve on Swedish rye bread.

GRILLED CHEESE 'n CHILI SANDWICH

Ingredients

2 tablespoons softened butter
or soft spread margarine

8 slices bread

8 ounces natural Swiss
cheese

1 4-ounce can whole
green chilies, rinsed

Directions

Serves 4

Lightly spread butter or margarine on one side of four slices of bread.

On dry side of bread, place 1 ounce of Swiss cheese, one whole chili, which has been split, seeded, and open flat. Place another ounce of cheese on split chili and top with remaining slice of bread.

Lightly spread butter or margarine on top piece of bread.

Heat skillet to medium heat. When hot, place sandwiches in skillet.

Grill on each side until golden brown and cheese is melted. Cheese may melt more quickly by partially covering skillet with a lid. For a softer sandwich, cover skillet completely.

Analysis

Serving Size:

1 sandwich

Choice: 2 Fats,
2 Bread/Starch,
2 Meat/Protein

Calories: 400

Protein: 20

Total Fat: 23

Saturated Fat: 11

Cholesterol: 52

Carbohydrates: 27

Calcium: 603

Phosphorus: 391

Potassium: 148

Sodium: 401

CINNAMON FRENCH TOAST

Ingredients

2 eggs, slightly beaten

3/4 cup light non dairy
creamer, non-fortified

6 slices bread

1-2 tablespoons butter or
soft spread margarine

Cinnamon

Directions

Serves 3

Combine eggs and creamer in shallow dish. Dip each slice of bread quickly in egg mixture, turning to coat both sides. Melt one tablespoon of butter or margarine in skillet. Brown each slice on one side. Sprinkle top side with cinnamon. Turn and brown on other side. If needed, add a little more butter or margarine to keep from sticking.

Serving Suggestions:

- Serve with 1/2 cup applesauce either as a topping for the French toast or on the side.

Variation:

- Use raisin bread in place of white bread.
- With cooking skillet try cooking spray instead of butter or margarine to reduce fat.

Analysis

Serving Size:

2 slices

Choice: 1 Fat,
2 Bread/Starch,
1 Meat/Protein

Calories: 229

Protein: 7

Total Fat: 8

Saturated Fat: 1

Cholesterol: 101

Carbohydrates: 30

Calcium: 76

Phosphorus: 91

Potassium: 196

Sodium: 337

CHEESE QUICHE

Ingredients

4 eggs, slightly beaten
Dash of pepper
1 1/2 cups 2% milk
3 ounces cheddar cheese,
grated
1/4 cup onions, chopped
1 teaspoon dried parsley
leaves
1 9" unbaked pastry shell

Directions

Combine ingredients and mix well. Pour into prepared, unbaked
pastry shell. Bake at 350 degrees for 40-45 minutes. Cool slightly before
cutting. Garnish with fresh sprig of parsley.
Refrigerate unused quiche.

Variation:

- Add 3/4 cup chopped fresh zucchini to mixture before pouring into
pastry shell. Bake as above.
- Use 1 tablespoon fresh chopped parsley instead of dried leaves.

Serves 8

Analysis

Serving Size:
1/8 of quiche
Choice: 1 Fat,
1 Meat/Protein,
1 Bread/Starch
Calories: 189
Protein: 8
Total Fat: 12
Saturated Fat: 5
Cholesterol: 121
Carbohydrates: 11
Calcium: 150
Phosphorus: 152
Potassium: 139
Sodium: 223

EGG OMELET

Ingredients

3 eggs, slightly beaten
3 tablespoons 2% milk
Dash of pepper
2 teaspoons butter or soft
spread margarine

Directions

Beat eggs slightly, beat in milk and pepper. Heat butter or margarine in skillet; add eggs and cook slightly. Run spatula around edge, lifting to allow uncooked portion to flow underneath. When egg is almost cooked but still shiny, loosen edge; roll or fold one half over.

Variations:

- Onion Omelet: Add 1-2 tablespoons chopped green onion to eggs before cooking.
- Spanish Omelet: Add 1/4 cup chopped green chilies rinsed and drained to eggs before cooking. Serve with one tablespoon Maria's Hot Sauce (recipe in Sauce Section).

Serves 1

Analysis

Serving Size:
1 omelet
Choice: 1 Fat,
3 Meat/Protein
Calories: 322
Protein: 20
Total Fat: 24
Saturated Fat: 7
Cholesterol: 640
Carbohydrates: 4
Calcium: 132
Phosphorus: 303
Potassium: 262
Sodium: 209

GREEN CHILI CHEESE OMELETE

Ingredients

1 tablespoon butter or
soft spread margarine
4 eggs
4 tablespoons water
1 4-ounce can green chilies,
peeled, drained and rinsed
4 ounces Monterey Jack
cheese, cut in strips

Sauce:

1 tablespoon butter or
soft spread margarine
1 tablespoon onion, minced
1/4 cup canned, no salt
added tomatoes, drained,
chopped

Directions

Melt butter or margarine in skillet over medium heat. Beat eggs and water together until just foamy. Add egg mixture to skillet, reduce heat to low. Run spatula around edge, lifting to allow uncooked mixture to flow underneath. Wrap chilies around each cheese strip and place on one half of omelet. Loosen edge, fold over. Serve on heated platter.

To make sauce, melt butter or margarine in small saucepan. Add chopped tomato and onion. Simmer about 5 minutes. Pour over omelet just before serving.

Serves 4

Analysis

Serving Size:
1/4 of omelet
and sauce
Choice: 1 Fat,
2 Meat/Protein
Calories: 246
Protein: 14
Total Fat: 20
Saturated Fat: 8
Cholesterol: 237
Carbohydrates: 3
Calcium: 244
Phosphorus: 217
Potassium: 139
Sodium: 242

MACARONI AND CHEESE

Ingredients

8 ounces dry small elbow macaroni
1 tablespoon canola oil
1 1/2 cups natural cheese, grated
1/2 cup 2% milk
2 teaspoons chives or parsley, minced
3/4 teaspoon white pepper

Directions

Heat about 6 cups of water to boiling; add macaroni and stir. Boil until tender or about 8 minutes. Drain and rinse in cold water briefly. Return drained macaroni to saucepan. Add canola oil and stir until macaroni is lightly coated.

Add grated cheese, milk, pepper and minced chives or parsley. Stir to mix in cheese with macaroni. Return to low heat, cover pan. Stir every 5 minutes to melt and blend in cheese with macaroni. Continue cooking for about 15 minutes. If mixture seems dry, add 1-2 tablespoons of milk while over low heat.

Directions for baking: Spray a 2-quart casserole with cooking spray. Prepare macaroni as above. Place a layer of macaroni in dish, sprinkle with grated cheese. Repeat layering until macaroni and cheese are used. Sprinkle pepper and minced chives or parsley over top. Pour milk on top. Cover, bake at 350 degrees for 30 minutes or until cheese is melted and bubbly.

Serves 4

Analysis

Serving Size:
about 1 1/4 cups

Choice: 1 Fat,
1 Milk,
2 Meat/Protein,
2 Bread/Starch,

Calories: 432

Protein: 23

Total Fat: 19

Saturated Fat: 10

Cholesterol: 47

Carbohydrates: 41

Calcium: 372

Phosphorus: 339

Potassium: 207

Sodium: 284

LET'S DO BRUNCH

Ingredients

2 tablespoons oil
4 stalks of celery, diced
1 green pepper, diced
1 red pepper, diced
2 jalapeno peppers, seeds removed, diced
1/2 onion, diced
Pinch of chili powder
4 eggs
4 sprigs cilantro or parsley
4 mandarin orange slices
4 small flour tortillas*, warmed

* See Maria's Flour Tortilla

Directions

In a large covered skillet, sauté celery, peppers and onion in oil over medium low heat for 15 minutes. Crack eggs on top of sautéed vegetables arranging each egg so that the egg is separate from the others. Do not stir or scramble. Cover the skillet to poach eggs for 5 minutes or until eggs are cooked.

Serve immediately by removing vegetable portion with egg on top to 4 individual plates. Garnish with cilantro and mandarin orange section. Serve with warmed tortilla on side.

Submitted by: Rosemary Robinson, Recipe Contest, 1st Place Winner

Serves 4

Analysis

Serving Size:
1/4 of recipe
Choice: 2 Fats,
1 Meat/Protein,
1 Bread/Starch,
1 Vegetable
Calories: 277
Protein: 10
Total Fat: 15
Saturated Fat: 3
Cholesterol: 212
Carbohydrates: 26
Calcium: 94
Phosphorus: 142
Potassium: 403
Sodium: 267

SUPREME OF SEAFOOD

Ingredients

4 tablespoons green pepper,
diced
1 cup celery, sliced thinly
1/2 cup frozen peas
1/2 teaspoon peppercorns,
ground
2 tablespoons green onions,
chopped
1 cup crab meat, boiled
(1 crab leg)
1 cup shrimp, boiled
1/2 cup low fat mayonnaise
1 teaspoon liquid smoke
1/2 cup breadcrumbs

Directions

Preheat oven to 375 degrees. Combine all ingredients except
breadcrumbs. Place in casserole dish sprayed with cooking spray. Top
with breadcrumbs. Bake for 30 minutes.

Serves 5

Analysis

Serving Size:
1/5 of recipe
Choice: 1 Fat,
1 Meat/Protein,
1 Vegetable
Calories: 168
Protein: 11
Total Fat: 10
Saturated Fat: 2
Cholesterol: 77
Carbohydrates: 8
Calcium: 52
Phosphorus: 105
Potassium: 238
Sodium: 358

Submitted by: Anna Moerder, Recipe Contest, 2nd Place Winner

SAUCES AND SALAD DRESSINGS

Sauces

Barbecue Sauce

Tostada Sauce

Enchilada Sauce

Giblet Gravy

Maria's Hot Sauce

Basic Marinade

Lemon Butter

Hot Mustard Spread

Tarter Sauce

Salad Dressings

Celery Seed Dressing

Creamy Chive Dressing

French Dressing

Lemon Herb Salad Dressing

Italian Dressing

Tangy Oil and Vinegar

Zippy Slaw Dressing

BARBECUE SAUCE

Ingredients

- 1 14-ounce canned tomatoes
no added salt, chopped
- 1/2 cup onion, minced
- 2 tablespoons oil
- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1/8 teaspoon cloves
- 1/8 teaspoon dry mustard

Directions

Combine all ingredients in a saucepan and simmer for 1 hour or until thickened. For a smooth textured sauce, blend canned tomatoes instead of chopping. Makes approximately 1 1/2 cups.

Serving Suggestions:

- Pour sauce over cooked pork chops, chicken, or spareribs and simmer until thoroughly heated.
- Add sauce to browned and seasoned ground beef and serve on buns Sloppy Joe style.

Analysis

Serving Size:	1/4 cup
Choice:	1 Vegetable
Calories:	39
Protein:	1
Total Fat:	3
Saturated Fat:	tr
Cholesterol:	0
Carbohydrates:	4
Calcium:	8
Phosphorus:	8
Potassium:	114
Sodium:	56

TOSTADA SAUCE

Ingredients

1 14-ounce canned tomatoes,
no added salt, drained and
diced
1 tablespoon oil
1 small onion, diced
1/2 teaspoon dried oregano,
crushed
1 tablespoon wine vinegar
1 4-ounce can green chilies,
rinsed, drained

Directions

Drain tomatoes, reserving 2 tablespoons of liquid. Put tomatoes,
2 tablespoons of juice, oil, onion, vinegar, and one of the chilies in
blender. Blend until smooth. Add more chilies if desired.
Makes 2 1/4 cups.

Analysis

Serving Size:
6 tablespoons

Choice:
1 Vegetable

Calories: 40

Protein: 1

Total Fat: 2

Saturated Fat: tr

Cholesterol: 0

Carbohydrates: 4

Calcium: 29

Phosphorus: 14

Potassium: 128

Sodium: 96

ENCHILADA SAUCE

Ingredients

- 2 tablespoons oil
- 1 14-ounce canned, diced tomatoes, no added salt, drained
- 1 tablespoon cornstarch
- 1/2 cup water
- 1/8 teaspoon garlic powder
- 1 1/2 teaspoons chili powder

Directions

Heat oil in skillet. Stir in diced tomatoes, garlic powder, and 1 teaspoon chili powder. In small cup, mix together cornstarch and water until smooth. Add to hot tomato mixture while stirring to blend well. Reduce heat and simmer until thickened. Taste. If more seasoning is desired, add a little more chili powder. Makes about 1 1/2 cups.

Serves 6

Analysis

Serving Size:	1/4 cup
Choice:	1 Fat, 1 Vegetable
Calories:	59
Protein:	1
Total Fat:	5
Saturated Fat:	tr
Cholesterol:	0
Carbohydrates:	4
Calcium:	2
Phosphorus:	4
Potassium:	78
Sodium:	18

GIBLET GRAVY

Ingredients

1/2 cup turkey giblets,
cooked
1 cup turkey drippings
1 cup giblet broth
1/3 cup cornstarch
1/2 cup water
Pepper
Dash of onion powder
1/4 teaspoon poultry
poultry seasoning
or
1/8 teaspoon sage
1/8 teaspoon thyme

Directions

Wash giblets and place in small saucepan. Add one stalk of cut celery, one carrot cut in 3-4 pieces, and 1/4 onion. Cover giblets with water and simmer over low heat until giblets are tender. Remove giblets from liquid and cool. Chop giblets. Strain cooking liquid, measure out one cup and set aside.

Spoon off fat from drippings in roasting pan and pour drippings into saucepan. Add giblet broth to thin drippings to a broth consistency. Heat over medium high heat to a rolling boil. While heating, blend cornstarch and cold water to make a thin mixture. Add cornstarch mixture into boiling liquid while stirring with whisk. Add prepared giblets. Reduce heat to simmer, stirring frequently until thickened to desired consistency. Gravy will appear transparent. Taste. If more seasoning is desired, add more seasoning and pepper.

Analysis

Serving Size:
2 tablespoons
Choice: Free
Calories: 19
Protein: 1
Total Fat: 1
Saturated Fat: tr
Cholesterol: 14
Carbohydrates: 3
Calcium: 2
Phosphorus: 10
Potassium: 25
Sodium: 37

MARIA'S HOT SAUCE

Ingredients

- 5 yellow chilies, burned and peeled
- 1 large or 2 small canned tomatoes, diced
- 1 small garlic, peeled and diced, if desired
- 1/4 cup onion, diced
- 1/2 teaspoon oregano, crushed
- 2 tablespoons tomato liquid
- Water, as needed, to thin sauce

Contributed by: Maria Avila

Directions

Heat griddle or skillet to medium hot. Place chilies on griddle and begin *burning* skin. Turn often to *burn* on all sides. As chilies heat, skin will puff up. When skin is *burnt* on all sides, remove from heat and place chilies in cold water to cool. Once cooled, peel skin. *Do not rub eyes or face with hands as it will burn and sting.*

Mash chilies with mortar and pestle if available. This is the true Mexican way of preparing chilies. Or, blenderize peeled chilies for about 30 seconds. To bowl of mashed or blenderized chilies, add diced canned tomatoes, garlic if desired, diced onion, oregano, and tomato liquid. Mix carefully. Add water to thin sauce to desired consistency or about 1/4 cup. Store in airtight container in refrigerator.

If this salsa is not hot enough for some of you, add a couple of jalapenos and prepare the same as for yellow chilies. For a milder salsa, substitute yellow chilies with milder chili peppers.

Analysis

Serving Size:	1/4 cup
Choice:	1 Vegetable
Calories:	40
Protein:	2
Total Fat:	tr
Saturated Fat:	tr
Cholesterol:	0
Carbohydrates:	8
Calcium:	26
Phosphorus:	19
Potassium:	137
Sodium:	43

BASIC MARINADE

Ingredients

- 1/2 cup lemon juice
- 1/4 cup oil
- 1 clove garlic, crushed
- or
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 Bay leaf

Directions

Combine all ingredients in glass measuring cup. Place meat, poultry or fish in plastic zip lock bag. Add enough marinade to cover when laying flat. Close bag securely; refrigerate. Store unused marinade in glass container in refrigerator. Turn and rotate bag frequently for several hours. When ready to cook, remove from bag and discard marinade. *Do not use this marinade for cooking.* Unused marinade may be brushed on meat while cooking if desired. Discard any remaining marinade.

Suggestions for Use:

- This is a basic marinade and may be used in most recipes requiring a marinade.
- Try using it for marinating flank steak, round steak, broiled or grilled chicken. For a more distinctive flavor, use olive oil in place of vegetable oil.

Analysis

Serving Size:	
Choice:	1 Fat
Calories:	45
Protein:	1
Total Fat:	4
Saturated Fat:	tr
Cholesterol:	0
Carbohydrates:	2
Calcium:	2
Phosphorus:	2
Potassium:	20
Sodium:	1

LEMON BUTTER

Ingredients

1 teaspoon fresh grated
zest/lemon peel
1/4 cup soft butter
2 teaspoons fresh squeezed
or unsweetened lemon
juice

Directions

Stir grated zest/lemon peel into softened butter. Gradually beat in lemon juice. Refrigerate after preparing.

Variations:

- Add 1 teaspoon chopped fresh parsley.
- Add 1/8 teaspoon garlic or onion powder
- Add 1/8 to 1/4 teaspoon of the following:
 - Sweet Basil, crushed
 - Rosemary leaves, crushed
 - Thyme leaves, crushed

Substitute: May substitute margarine for butter. Cholesterol would be zero and 1 gram saturated fat.

Analysis

Serving Size:
1 teaspoon
Choice: 1 Fat
Calories: 35
Protein: tr
Total Fat: 4
Saturated Fat: 3
Cholesterol: 10
Carbohydrates: tr
Calcium: 2
Phosphorus: 1
Potassium: 3
Sodium: 39

TARTAR SAUCE

Ingredients

- 1/2 cup light mayonnaise
- 1 tablespoon green pepper, finely chopped
- 2 teaspoons onion, minced
- 2 teaspoons parsley, finely chopped
- 1/8 teaspoon pepper
- 2 teaspoons lemon juice

Directions

Combine all ingredients in small bowl or medium jar with tight fitting lid. Blend thoroughly. Chill at least one hour before using. Refrigerate after mixing.

Analysis

Serving Size:	
1 tablespoon	
Choice:	1 Fat
Calories:	50
Protein:	tr
Total Fat:	4
Saturated Fat:	1
Cholesterol:	4
Carbohydrates:	1
Calcium:	3
Phosphorus:	13
Potassium:	18
Sodium:	160

HOT MUSTARD SPREAD

Ingredients

3 tablespoons boiling water
1/4 cup dry mustard
1 tablespoon cider vinegar
2 teaspoons oil

Directions

Mix boiling water and dry mustard in small deep bowl to make a paste. Then add vinegar to mustard paste, stirring thoroughly to blend in vinegar. Add oil and mix thoroughly to a smooth textured spread. Refrigerate.

Note: Use sparingly as this is truly hot!

Serving Suggestions:

- Great addition on sandwiches such as cold roast beef, meat loaf, or fresh pork patties.
- Serve with shrimp to dip.
- Excellent to serve with grilled or baked fish.

Analysis

Serving Size:	As desired
Choice:	Free
Calories:	12
Protein:	tr
Total Fat:	1
Saturated Fat:	tr
Cholesterol:	0
Carbohydrates:	1
Calcium:	4
Phosphorus:	tr
Potassium:	tr
Sodium:	tr

CELERY SEED DRESSING

Ingredients

1 teaspoon dry mustard
1 teaspoon paprika
1/3 cup sugar or honey
Dash of onion powder
4 tablespoons vinegar
1 cup vegetable oil
1 teaspoon whole celery seeds

Directions

Place all ingredients, except oil and celery seeds, in blender. Blend at low speed and add oil gradually. When well blended and thick, stir in celery seeds. Refrigerate. Makes about 1 1/2 cups.

Serving Suggestions:

- Especially good when served over fruit salad or as a dip for fruit slices.

Analysis

Serving Size:	
1 tablespoon	
Choice:	2 Fats
Calories:	140
Protein:	tr
Total Fat:	12
Saturated Fat:	1
Cholesterol:	0
Carbohydrates:	5
Calcium:	3
Phosphorus:	tr
Potassium:	8
Sodium:	tr

CREAMY CHIVE DRESSING

Ingredients

1/2 cup plain low fat yogurt
1/2 cup light mayonnaise
1 teaspoon lemon juice
1/2 teaspoon dry mustard
1/4 teaspoon onion powder
Dash pepper
1 teaspoon sugar
2 tablespoon chopped chives

Directions

Combine all ingredients except chives in food processor. Blend on low speed until mixed. Add chives and stir. Cover and refrigerate. Stir before using. Makes about 1 cup.

Analysis

Serving Size:
1 1/2 tablespoons
Choice: 1 Fat
Calories: 50
Protein: tr
Total Fat: 4
Saturated Fat: 1
Cholesterol: 5
Carbohydrates: 2
Calcium: 24
Phosphorus: 25
Potassium: 38
Sodium: 104

FRENCH DRESSING

Ingredients

1 cup olive or vegetable oil
1/4 cup cider vinegar
1/4 cup lemon juice
1/2 teaspoon dry mustard
1/2 teaspoon paprika

Directions

Whisk all ingredients together. Keep in covered container in refrigerator.
Shake well before serving. Makes about 1 1/2 cups.

Variations:

- Curry Dressing: Add 1/8 teaspoon curry powder to 1/2 cup prepared French dressing.
- Lorenzo Dressing: Add 1/4 teaspoon chili powder to 1/2 cup prepared French dressing.

Analysis

Serving Size:
1 tablespoon
Choice: 2 Fats
Calories: 85
Protein: tr
Total Fat: 9
Saturated Fat: 1
Cholesterol: 0
Carbohydrates: 1
Calcium: 1
Phosphorus: tr
Potassium: 6
Sodium: tr

LEMON HERB SALAD DRESSING

Ingredients

1 cup olive or vegetable oil
1/3 cup fresh lemon juice
1/4 teaspoon pepper
1/4 teaspoon basil
1/4 teaspoon oregano
1/4 teaspoon thyme or
tarragon
1 clove garlic, minced

Directions

Whisk all ingredients together until thoroughly mixed.
Cover and refrigerate. Makes about 1 1/3 cups.

Analysis

Serving Size:
1 tablespoon
Choice: 2 Fats
Calories: 90
Protein: tr
Total Fat: 10
Saturated Fat: 1
Cholesterol: 0
Carbohydrates: tr
Calcium: 2
Phosphorus: 1
Potassium: 6
Sodium: 1

ITALIAN DRESSING

Ingredients

1/4 cup wine vinegar
1 tablespoon sugar
2 teaspoons fresh oregano
or 1/2 teaspoon dried
1 teaspoon fresh rosemary
or 1/4 teaspoon dried
1/8 teaspoon black pepper
1 medium clove garlic,
minced or
1/8 teaspoon garlic powder
1/4 cup olive oil

Directions

Combine vinegar, sugar, oregano, rosemary, pepper and garlic in food processor and blend. On low speed, gradually add oil. Continue blending until thoroughly mixed. Cover and refrigerate. Shake thoroughly before using. Makes about 2/3 cup.

Analysis

Serving Size:	2 tablespoons
Choice:	2 Fats
Calories:	96
Protein:	tr
Total Fat:	10
Saturated Fat:	2
Cholesterol:	0
Carbohydrates:	4
Calcium:	4
Phosphorus:	2
Potassium:	6
Sodium:	1

TANGY OIL AND VINEGAR DRESSING

Ingredients

3/4 cup olive or vegetable oil
1/4 cup cider vinegar
1 clove garlic, crushed
or
1/8 teaspoon garlic powder
1/4 teaspoon dry mustard
1/8 teaspoon pepper

Directions

Combine all ingredients and whisk until well blended. Refrigerate in covered container. Shake well before serving. Makes 1 cup.

Analysis

Serving Size:
1 tablespoon
Choice: 2 Fats
Calories: 91
Protein: tr
Total Fat: 11
Saturated Fat: 1
Cholesterol: 0
Carbohydrates: tr
Calcium: 1
Phosphorus: 1
Potassium: 5
Sodium: tr

ZIPPY SLAW DRESSING

Ingredients

1 cup light mayonnaise
1/4 teaspoon dry mustard
2 tablespoons white vinegar
1 tablespoon sugar

Directions

Combine all ingredients in small bowl, stirring until sugar is dissolved.
Make at least 1 hour before serving and refrigerate. Pour over shredded green cabbage and toss. Makes 1 cup

Variation:

- Add 1/8 to 1/4 teaspoon dill weed to prepared dressing.

Analysis

Serving Size:
1 tablespoon
Choice: 2 Fats
Calories: 107
Protein: tr
Total Fat: 10
Saturated Fat: 2
Cholesterol: 10
Carbohydrates: 4
Calcium: 1
Phosphorus: tr
Potassium: tr
Sodium: 104

GRAINS AND BREADS

Bread Dressing

Corn Bread, Muffins, Sticks

"Homemade" White Bread

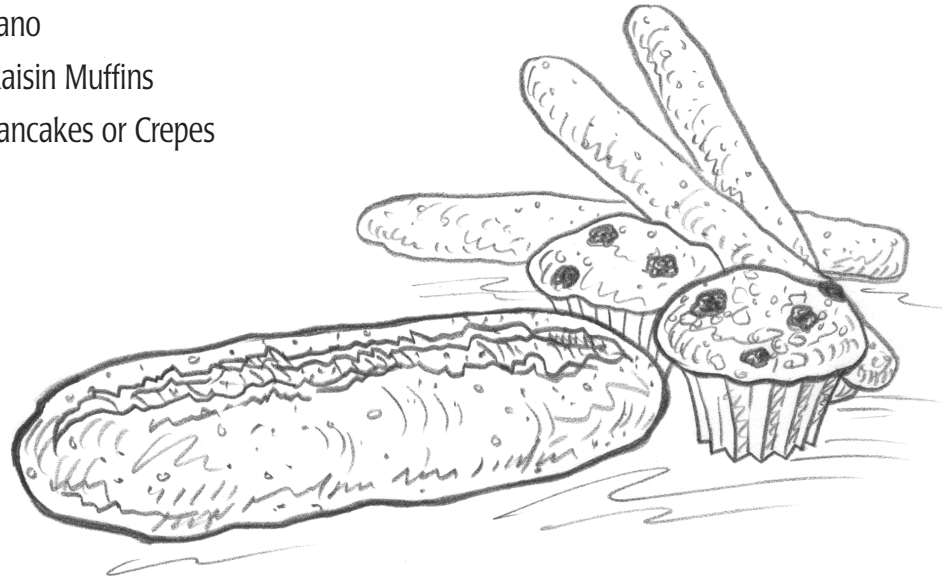
Herbed Rice

Bowtie Herb Pasta

Orzo Romano

Oatmeal Raisin Muffins

Swedish Pancakes or Crepes



BREAD DRESSING

Ingredients

- 3/4 cup salt-free butter, melted
- 1 cup celery, chopped
- 1 cup onion, chopped
- 8 cups stale white bread cubes
- 1 1/2 teaspoons poultry seasoning

Directions

Cube the stale bread and place in large shallow pan. Sprinkle the chopped celery and onion over the bread cubes. Pour melted butter over the bread mixture and stir lightly. Sprinkle the poultry seasoning over the stuffing mixture and toss gently. If stuffing seems too dry, add 2-3 tablespoons of hot water at a time to hold stuffing together but not enough water to make a wet, sticky mixture.

Place dressing in a large oven proof casserole dish. Cover. Bake at 350 degrees for 40-45 minutes. Remove cover, bake another 10 minutes until lightly browned.

Serves approximately 12

Analysis

Serving Size:	3/4 cup
Choice:	1 Bread/Starch, 3 Fats
Calories:	205
Protein:	3
Total Fat:	5
Saturated Fat:	9
Cholesterol:	38
Carbohydrates:	16
Calcium:	45
Phosphorus:	40
Potassium:	100
Sodium:	165

CORN BREAD, MUFFINS OR STICKS

Ingredients

3/4 cup boiling water
3/4 cup cornmeal
2 eggs, separated
1 tablespoon butter or
soft spread margarine
1 tablespoon sugar
1/4 teaspoon salt

Directions

Heat oven to 400.

Grease 8" square baking dish or 8 cup muffin tin or 8 stick tin; preheat pan slightly. Stir boiling water gradually into cornmeal. Beat egg whites until stiff and hold in reserve. Beat margarine, egg yolks, sugar and salt into cornmeal mixture. FOLD IN egg whites. Pour into pan.

Bake 20 to 25 minutes. Cut bread into eight squares.

Serves 8

Analysis

Serving Size:

2" square or
1 muffin or
1 stick

Choice:

1 Bread/Starch

Calories: 85

Protein: 3

Total Fat: 3

Saturated Fat: 1

Cholesterol: 57

Carbohydrates: 17

Calcium: 7

Phosphorus: 32

Potassium: 37

Sodium: 103

"HOMEMADE" WHITE BREAD (For Bread Machine)

Ingredients

4 tablespoons butter or
soft spread margarine, melted

2 eggs, beaten, room
temperature

2/3 cup 2% milk, slightly
warmed

3 tablespoons honey

3 1/2 cups bread flour

4 tablespoons powdered
non dairy creamer

1 tablespoon sugar

Directions

Add milk to beaten eggs to make 6 ounces. Add ingredients to bread pan as follows: melted margarine, egg/milk blend, and honey.

Mix the flour, powdered creamer and sugar in a bowl.

Add dry ingredients to liquid ingredients in bread pan. Make a well in center of dry ingredients. Place 2 teaspoons of active dry yeast into well.

Follow the directions on bread machine for dough cycle.

Makes 30 slices.

Contributed by: Richard Owens

Analysis

Serving Size: 1 slice
Choice:
1 Bread/Starch

Calories:	90
Protein:	3
Total Fat:	2
Saturated Fat:	tr
Cholesterol:	15
Carbohydrates:	15
Calcium:	11
Phosphorus:	27
Potassium:	35
Sodium:	25

HERBED RICE

Ingredients

1 cup brown rice, uncooked
3/4 cup diced celery
2 tablespoons oil
1/2 cup diced onion
2 1/2 cups boiling water
1 teaspoon oregano
1 teaspoon dried basil
1 teaspoon dried rosemary
1 teaspoon dried thyme
3/4 cup sliced mushrooms
1 tablespoon sesame seeds

Directions

Sauté rice in oil until brown. Add celery and onion and sauté with rice. Add herbs, mushrooms and sesame seeds and stir to mix. Add boiling water. Cook in covered frying pan over low heat for 1 hour or until rice is tender.

Variation:

- Use white rice instead of brown. Cooking time decreases to about 25 minutes.

Analysis

Serving Size: 3/4 cup
Choice: 1 Fat,
1 Bread/Starch,
1 Vegetable
Calories: 133
Protein: 2
Total Fat: 4
Saturated Fat: tr
Cholesterol: 0
Carbohydrates: 23
Calcium: 7
Phosphorus: 37
Potassium: 73
Sodium: 12

BOWTIE HERB PASTA

Ingredients

6 ounces uncooked Bowtie pasta
2 tablespoons olive oil
1 tablespoon chopped fresh parsley
1/4 teaspoon dried rosemary
1/4 teaspoon ground sage
1/4 teaspoon crushed, dried basil leaves
1 cup cherry tomatoes, cut in quarters
Freshly ground pepper, if desired

Directions

Cook pasta without salt as directed on package. Drain.

Mix remaining ingredients except tomatoes and pepper in medium bowl. Stir in tomatoes. Toss pasta with herb mixture.
Sprinkle with pepper.

Serves 6

Analysis

Serving Size:
1/6 of recipe
Choice: 1 Fat
2 Bread/Starch
Calories: 150
Protein: 4
Total Fat: 5
Saturated Fat: 1
Cholesterol: 0
Carbohydrates: 25
Calcium: 10
Phosphorus: 50
Potassium: 120
Sodium: 5

ORZO ROMANO

Ingredients

3/4 cup reduced sodium
chicken broth
1 1/2 cups water
1 1/3 cups uncooked
orzo pasta
2 cloves garlic, finely chopped
1/2 cup green onions, sliced
1/3 cup grated Romano
cheese
1 tablespoon chopped fresh
or 1 teaspoon dried basil
leaves
1/8 teaspoon freshly ground
pepper

Directions

Heat broth and water to boiling in 2-quart saucepan. Stir in pasta, garlic and onions. Heat to boiling; reduce heat. Cover and simmer about 12 minutes, stirring occasionally, until most of the liquid is absorbed.

Stir in remaining ingredients and heat thoroughly.

Serves 6

Analysis

Serving Size:
1/6 of recipe

Choice:
2 Bread/Starch,
1/2 Meat/Protein

Calories: 175

Protein: 8

Total Fat: 3

Saturated Fat: 1

Cholesterol: 7

Carbohydrates: 30

Calcium: 94

Phosphorus: 121

Potassium: 123

Sodium: 160

OATMEAL RAISIN MUFFINS

Ingredients

1 cup cake flour
1/2 cup white flour
2 teaspoons
baking powder
3/4 cup rolled oats
1/2 cup 2% milk
1 egg
4 tablespoons melted
margarine
3 tablespoons honey
1/2 cup raisins
1/2 cup water
1 1/2 teaspoons cinnamon

Directions

Sift together the flour and baking powder. Mix in rolled oats and cinnamon. In another bowl, beat together the milk, egg, melted margarine and honey. Add the raisins. Add the flour mixture and stir until the dry ingredients are blended. Do not over mix.

Spoon batter into lined muffin tins. Bake at 400 degrees for 10-12 minutes or until lightly browned. Serve warm. Makes 16 muffins.

Analysis

Serving Size:
1 muffin
Choice: 1 Fat,
1 Bread/Starch
Calories: 110
Protein: 2
Total Fat: 4
Saturated Fat: 1
Cholesterol: 14
Carbohydrates: 18
Calcium: 60
Phosphorus: 45
Potassium: 80
Sodium: 95

SWEDISH PANCAKES OR CREPES

Ingredients

3 eggs
1 1/4 cups 2% milk
3/4 cup sifted all-purpose flour
1 tablespoon sugar
1/4 teaspoon salt
Cooking spray

Directions

In medium mixing bowl, beat eggs until thick and lemon-colored. Add sugar and salt. Gradually add sifted flour alternating with milk, beating with electric mixer or wire whisk until smooth. Drop batter by tablespoons onto moderately hot sprayed griddle or skillet. Spread batter evenly to make thin cakes. Turn when underside is light brown. Makes 50 four-inch thin pancakes.

Serving Suggestions:

- Serve with fresh strawberries or blueberries and top with 1 to 2 teaspoons Lite Cool Whip®.
- Place a spoonful of applesauce in center of pancake, sprinkle with cinnamon and roll.

Serves 7

Analysis

Serving Size:
7 Pancakes/crepes
Choice: 1 Milk,
1 Bread/Starch
Calories: 110
Protein: 5
Total Fat: 3
Saturated Fat: 1
Cholesterol: 93
Carbohydrates: 14
Calcium: 95
Phosphorus: 90
Potassium: 105
Sodium: 130

VEGETABLES

Sesame Asparagus

Pickled Beets

Cucumber Herb Salad

Marinated Cucumbers

Marinated String Beans

Lemon Buttered Cabbage

Carrots Vichy

Mexican Succotash

Seven Layer Salad

Vegetable Medley Sauté

Vegetables

SESAME ASPARAGUS

Ingredients

3/4 pound fresh asparagus
or 1 8-ounce package
frozen asparagus spears
1 tablespoon butter or soft
spread margarine
2 teaspoons sesame seeds
2 teaspoons lemon juice
Pepper, if desired

Directions

Wash and trim fresh asparagus. Place in pan, add water, and cook until crisp-tender or about 10-15 minutes. If using frozen asparagus, cook according to package directions.

Meanwhile, in small saucepan, heat butter or margarine. Stir in sesame seeds. Cook on low heat until seeds are a golden brown (about 5 minutes). Add lemon juice and mix.

Drain asparagus, place in heated serving dish. Pour sesame sauce over hot asparagus and serve immediately.

Analysis

Serving Size:
1/4 of recipe
or 1/2 cup

Choice:
1 Vegetable,
1 Fat

Calories:	55
Protein:	2
Total Fat:	4
Saturated Fat:	1
Cholesterol:	0
Carbohydrates:	4
Calcium:	32
Phosphorus:	56
Potassium:	147
Sodium:	39

PICKLED BEETS

Ingredients

- 1 16-ounce can sliced beets,
no salt added
- 1/4 cup cider vinegar
- 1/4 teaspoon ground
cinnamon
- 1/8 teaspoon ground cloves
- 1/2 teaspoon sugar

Directions

Serves 4

Drain liquid from beets into measuring cup. Place sliced beets in bowl or jar with tight fitting lid. Add cinnamon, cloves, vinegar, and sugar to the beet juice. Stir to mix thoroughly. Pour over sliced beets. Cover and refrigerate over night before serving.

Serving Suggestions:

- Serve on lettuce leaf and garnish with slice or two of a hard-cooked egg.

Variations:

- May use equivalent amount of non-nutritive sweetener.
- Use crinkle-cut beets in place of regular sliced beets.

Contributed by: Renee Gnau

Analysis

Serving Size:
1/2 cup

Choice:
1 Vegetable

Calories:	40
Protein:	1
Total Fat:	tr
Saturated Fat:	0
Cholesterol:	0
Carbohydrates:	9
Calcium:	19
Phosphorus:	19
Potassium:	167
Sodium:	223

CUCUMBER HERB SALAD

Ingredients

1/4 cup oil
1 teaspoon fresh grated
lemon zest/peel
1/4 cup lemon juice
1 tablespoon sugar
1 tablespoon chopped
green onion
1/8 teaspoon marjoram or
thyme, crushed
1 large cucumber, peeled
and sliced
10 cherry tomatoes, halved

Directions

Combine oil, zest/lemon peel, lemon juice, sugar, green onion, and desired herb in bowl. Stir until completely mixed. Add sliced cucumbers and tomato halves. Chill. Serve on lettuce leaf if desired.

Variation:

- May use equivalent amount of non-nutritive sweetener.

Serves 6

Analysis

Serving Size:
1/2 cup
Choice: 1 Fat,
1 Vegetable
Calories: 104
Protein: 1
Total Fat: 5
Saturated Fat: 1
Cholesterol: 0
Carbohydrates: 6
Calcium: 10
Phosphorus: 18
Potassium: 152
Sodium: 4

MARINATED CUCUMBERS

Ingredients

- 1 large cucumber, peeled, thinly sliced
- 1/2 medium onion, sliced
- 1/4 cup cider vinegar
- 3/4 cup cold water
- Dash of pepper
- 1/4 teaspoon dill weed
- 1 teaspoon sugar

Directions

Combine all ingredients in bowl. Stir to completely cover sliced cucumbers with vinegar mixture. Chill at least 20 minutes.
Drain cucumbers before serving.

Variation:

- Add 2-3 thin slices of red or white onion to cucumbers before marinating or a few dashes of onion powder.
- May use equivalent amount of non-nutritive sweetener.

Serves 3

Analysis

Serving Size:	1/3 of recipe
Choice:	1 Vegetable
Calories:	12
Protein:	2
Total Fat:	tr
Saturated Fat:	0
Cholesterol:	0
Carbohydrates:	4
Calcium:	6
Phosphorus:	8
Potassium:	60
Sodium:	1

MARINATED STRING BEANS

Ingredients

- 1/2 teaspoon dry mustard
- 1/2 cup red wine vinegar
- 1/2 cup water
- 1/2 teaspoon oregano
- 1/2 teaspoon sweet basil
- 1/4 teaspoon black pepper
- 3 tablespoons olive oil
- 1 tablespoon sugar
- 1 cup green beans, cooked, drained
- 1 cup wax beans, cooked, drained
- 1/4 cup finely chopped onion

Directions

Mix the dry mustard with one tablespoon of the vinegar until completely dissolved. Add the other ingredients except beans and onions. Mix well. Pour the vinegar mixture over the cooked, drained green and wax beans. Marinate in refrigerator for at least 2 hours before serving or overnight. Serve cold with finely chopped onion sprinkled over the top, if desired.

Variation:

- May use equivalent amount of non-nutritive sweetener.

Serves 4

Analysis

Serving Size:	1/2 cup
Choice:	1 Fat, 1 Vegetable
Calories:	81
Protein:	1
Total Fat:	5
Saturated Fat:	1
Cholesterol:	0
Carbohydrates:	9
Calcium:	39
Phosphorus:	16
Potassium:	112
Sodium:	184

LEMON BUTTERED CABBAGE

Ingredients

1/4 cup butter or soft
spread margarine
1/2 teaspoon caraway
or celery seed
1 medium head cabbage
(about 1 1/2 pounds),
coarsely chopped
1 teaspoon grated lemon
zest/peel
1 1/2 tablespoons lemon
juice
Pepper

Directions

Melt butter or margarine in large skillet over medium heat. Add either caraway seed or celery seed. Increase heat to high and add cabbage. Cook for 3 to 4 minutes, stirring constantly. Reduce heat and cover. Simmer for 2 to 3 minutes until just tender. Stir in grated lemon zest/peel and juice. Pepper to taste.

Serves 8

Analysis

Serving Size: 1/2 cup
Choice: 1 Fat,
1 Vegetable
Calories: 62
Protein: 1
Total Fat: 6
Saturated Fat: 1
Cholesterol: 0
Carbohydrates: 3
Calcium: 24
Phosphorus: 11
Potassium: 118
Sodium: 66

CARROTS VICHY

Ingredients

2 cups carrots, peeled,
sliced
1/2 cup boiling water
2 tablespoons butter or
soft spread margarine
1 teaspoon sugar
1 teaspoon lemon juice

Directions

Wash, peel and slice carrots. Place all ingredients into saucepan. Cook on high heat until the water evaporates. Reduce heat slightly and allow carrots to brown in butter or margarine. Watch carefully while browning. Sprinkle with chopped chives or parsley.

Analysis

Serving Size: 1/2 cup
Choice: 1 Fat,
1 Vegetable
Calories: 90
Protein: 1
Total Fat: 6
Saturated Fat: 1
Cholesterol: 0
Carbohydrates: 9
Calcium: 24
Phosphorus: 24
Potassium: 181
Sodium: 109

MEXICAN SUCCOTASH

Ingredients

1 medium zucchini, sliced
2 cups corn, fresh or frozen
1/4 cup canned tomatoes,
no salt added, drained,
chopped
2 tablespoons butter or
soft spread margarine
1/4 cup onion, diced
1 green or red
bell pepper, diced
1/4 teaspoon black pepper
3-4 tablespoons water

Directions

Wash zucchini and slice. If using frozen corn, cook to crisp tender, drain. Cook onion in butter or margarine in large saucepan until lightly colored. Add prepared zucchini, corn, bell pepper, black pepper and water. Cover and simmer about 15 minutes. Add chopped tomatoes. Simmer for another 5-10 minutes or until vegetables are tender.

Serves 8

Analysis

Serving Size: 1/2 cup
Choice: 1 Vegetable
Calories: 70
Protein: 2
Total Fat: 3
Saturated Fat: tr
Cholesterol: 0
Carbohydrates: 11
Calcium: 10
Phosphorus: 42
Potassium: 181
Sodium: 131

SEVEN LAYER SALAD

Ingredients

1/2 medium head iceberg lettuce, shredded
1/2 cup celery, chopped
1/4 cup onion, chopped
1 1/2 cups frozen green peas, cooked
1/3 cup light mayonnaise
1 tablespoon sugar
1/4 cup grated cheddar cheese

Directions

Cook, drain and cool green peas. Shred lettuce in bottom of 9" square pan. Spread chopped celery and onion over lettuce layer. Spoon small amounts of mayonnaise over celery and onion layer until the measured 1/3 cup is used. Sprinkle with sugar. Spoon cooked peas over mayonnaise. Sprinkle grated cheese over top. Cover and refrigerate.

Variation:

- May use equivalent amount of non-nutritive sweetener.

Contributed by: Brenda Murphy

Serves 7

Analysis

Serving Size: 1/2 cup
Choice: 1 Fat, 2 Vegetables
Calories: 103
Protein: 4
Total Fat: 6
Saturated Fat: 2
Cholesterol: 9
Carbohydrates: 10
Calcium: 60
Phosphorus: 79
Potassium: 200
Sodium: 113

VEGETABLE MEDLEY SAUTE

Ingredients

1 tablespoon peanut or vegetable oil
1/2 cup carrots, julienne-cut
1/2 garlic clove, minced
1 cup broccoli florets
1/2 cup fresh mushrooms, sliced

Directions

Serves 4

In skillet, heat oil over medium-high heat. Add julienne-cut carrots and garlic; sauté for about 2 minutes. Reduce heat, cover and cook for 3 minutes (carrots should still be crisp). Add broccoli and mushrooms. Sauté until vegetables are tender-crisp or about 5 minutes.

Variation:

- Add 1/2 teaspoon sesame oil, if using vegetable, oil after sautéing vegetables. This will add a delicate flavor to the medley.
- Can use 1/8 teaspoon garlic powder instead of fresh garlic.

Analysis

Serving Size: 1/2 cup
Choice: 1 Fat, 1 Vegetable
Calories: 50
Protein: 1
Total Fat: 4
Saturated Fat: tr
Cholesterol: 0
Carbohydrates: 3
Calcium: 14
Phosphorus: 28
Potassium: 143
Sodium: 11

DESSERTS & SWEETS

The dessert recipes are divided into Sections 1 and 2. The recipes in Section 1 use sugar as the sweetener. These recipes may be higher in calories. The recipes in Section 2 are designed for those who need to limit concentrated sweets with fewer calories.

Self-rising flour should not be used as it is very high in sodium. These recipes use regular all-purpose flour with baking powder or baking soda as needed. It is recommended to use butter or “heart healthy” margarine for baking in place of shortening. Please note the margarine should be sticks, not a soft spread, unless stated in the recipe

DESSERTS & SWEETS Section 1

Cakes and Frosting

Brim's Old Fashioned Pound
7-Up® Pound
Sponge Roll – Jelly Filled
Creamy Frosting
Vanilla, Lemon, Cinnamon
Glaze

Candy

Cream Cheese
Divinity
Mike's Rocky Road

Cookies

Cream Cheese
Thumbprint
Sugar
Lemon Mounds
Mexican Cinnamon
Tea Cakes

Pies

Lemon Meringue
Chocolate Pie or Pudding
Lemon Pie or Pudding
Nilla® Wafer Crust

Fruit

Apple Crisp
Blueberry Crisp
Berry Flavored Frozen Dessert
Pears Melba with
Raspberry Sauce
Strawberry Ice
Holiday Fruit Compote

Puddings

Tapioca Cream
Rice 'n Raisin

Miscellaneous

Black Cherry Bavarian
Emerald Surprise
Cheesecake Tarts
Dessert Empanadas
Cran-Raspberry Mousse
Raspberry Cheesecake

BRIM'S OLD FASHIONED POUND CAKE

Ingredients

2 cups sugar
1 pound salt free butter,
softened
8 large eggs or 9 medium
eggs, room temperature
4 1/2 cups sifted cake flour
1 teaspoon almond, lemon
or vanilla extract

Directions

Serves about 40

Cream sugar and butter until fluffy and lemon-colored. In a separate bowl, beat eggs.

Alternate adding about 1 cup cake flour and 1/3 of beaten eggs to the creamed mixture. Blend thoroughly after each addition ending with flour only. Adequate beating is necessary for a fine-textured cake with volume. Add desired flavor extract and blend.

Pour into prepared greased and floured 10" tube pan (angel food cake pan). Bake in a 300 degree preheated oven for 1 1/2 hours or until cake begins to pull away from side of pan. Cake will have an even shape, a slightly rounded top, and a thin, soft, delicately browned crust with top split slightly in the middle.

(continued next page)

BRIM'S POUND CAKE (continued)

Cool cake for 10 minutes before removing from pan. Turn cake onto wire rack and cool at room temperature.

Pound cake may be frozen for future use either whole or sliced in individual portions. Cake should be stored in airtight container or wrapped securely in aluminum foil.

Frost pound cake with Confectioner's Glaze, garnish with artificial miniature holly around bottom of cake, Add a few sliced candied cherries on top.

Serving Suggestions:

- Use as shortcake with either fresh or frozen berries or canned sliced peaches. Garnish with frozen whipped topping.

Contributed by: Robert Brims

Analysis

Serving Size:	
1 slice (1/2" thick)	
Choice:	2 Fats,
1 1/2 Bread/Starch	
Calories:	190
Protein:	3
Total Fat:	10
Saturated Fat:	6
Cholesterol:	67
Carbohydrates:	22
Calcium:	10
Phosphorus:	35
Potassium:	32
Sodium:	15

7-UP® POUND CAKE

Ingredients

1 cup butter or margarine
2 cups granulated sugar
5 eggs
3 cups all-purpose flour
1 teaspoon grated lemon
zest/peel or extract
7 ounces 7-Up®

Directions

Grease and flour a 10" tube or round bundt pan. Preheat oven to 300 degrees. Cream butter or margarine and sugar together in large bowl. Add eggs, one at a time, continue beating and then add lemon extract or grated peel.

Add flour and 7-Up® to mixture while beating continuously. Pour in prepared pan. Bake at 300 degrees for 1 1/2 hours or until toothpick inserted in the center comes out clean.

Contributed by: Brenda Murphy

Serves about 30

Analysis

Serving Size: 1 slice
(approximately
1/2" thick)

Choice: 1 Fat,
1 Bread/Starch

Calories: 165

Protein: 2

Total Fat: 7

Saturated Fat: 1

Cholesterol: 31

Carbohydrates: 24

Calcium: 5

Phosphorus: 28

Potassium: 26

Sodium: 72

SPONGE ROLL – JELLY FILLED

Ingredients

4 eggs
1/4 cup sugar
1/4 cup flour
1/4 cup cornstarch
1/2 teaspoon vanilla
1/2 cup raspberry or
cherry fruit jelly

Directions

Serves about 12

Separate eggs. Beat egg whites to soft peaks. Gradually add sugar and continue beating until egg whites are stiff. Beat egg yolks slightly. Stir 1 cup egg whites into egg yolks. Pour this mixture over remaining egg whites and gently fold in.

Sift together flour and cornstarch. Gradually fold into egg mixture. Do not over mix. Fold in vanilla.

Pour into waxed paper lined 11" x 16" pan. Bake in hot oven at 400 degrees for 10 minutes. Cool.

Sponge Roll:

Loosen edges as soon as the cake comes from the oven. Reverse the pan onto a clean towel that has been dusted with sifted confectioner's sugar. Trim off any crusty edges. Spread with 1/2 cup tart jelly or jam. Roll up by hand.

Layer Cake:

Cut into 12 servings, approximately 2 1/2" x 4" and top with fresh strawberries or sliced, drained canned peaches.

Analysis

Serving Size: 1/12
of Sponge Roll or
1/12 of Layer Cake
(2 1/2" x 4")

Choice:

1 Bread/Starch

Calories: 100

Protein: 2

Total Fat: 1

Saturated Fat: tr

Cholesterol: 62

Carbohydrates: 18

Calcium: 8

Phosphorus: 30

Potassium: 21

Sodium: 20

CREAMY FROSTING

Ingredients

1/4 cup butter or margarine
1 teaspoon vanilla
1 pound confectioner's
sugar, sifted
1/3 cup low fat non dairy
cream*

*Non fortified creamer

Directions

Cream butter or margarine in bowl using an electric mixer.
Add vanilla and sugar. Gradually add non dairy creamer while beating
until smooth and of desired consistency for spreading.

Serves about 20

Analysis

Serving Size:
2 tablespoons
Choice:
High Calorie
Calories: 115
Protein: tr
Total Fat: 3
Saturated Fat: tr
Cholesterol: 0
Carbohydrates: 23
Calcium: 1
Phosphorus: 2
Potassium: 6
Sodium: 50

VANILLA GLAZE

Ingredients

2 cups confectioner’s sugar
1/4 teaspoon vanilla
3-4 tablespoons low fat
non dairy creamer*

*non-fortified creamer

Directions

Measure confectioner’s sugar into bowl. Add flavoring. Blend in non dairy creamer until mixture has consistency of a glaze. Spread or drizzle on top of cake, allowing glaze to drip down sides of pound cake.

LEMON GLAZE

Add 1 teaspoon grated zest/lemon peel and 1 teaspoon lemon juice to the prepared Vanilla Glaze. If too thin, add 1-2 tablespoons confectioner’s sugar for desired consistency.

CINNAMON GLAZE

Combine 1/2 teaspoon cinnamon and 1/4 teaspoon nutmeg with confectioners sugar before adding creamer.

Serves about 16

Analysis

Serving Size:
1 tablespoon
Choice:
High Calorie
Calories: 65
Protein: 0
Total Fat: tr
Saturated Fat: tr
Cholesterol: 0
Carbohydrates: 16
Calcium: tr
Phosphorus: tr
Potassium: tr
Sodium: tr

CREAM CHEESE CANDY

Ingredients

3 ounces 1/3 less fat
cream cheese

2 3/4 cups confectioner's
sugar, sifted

1/4 – 1/2 teaspoon black
walnut flavoring

Directions

Serves about 21

Beat cream cheese until smooth. Add confectioner's sugar, a little at a time, while continuing to beat. Add flavoring and mix well.

Drop by spoonfuls onto plastic wrap and wrap individually.

Makes 21 candies.

Variation:

- Other extracts may be substituted for black walnut, such as almond, vanilla, lemon, mint and strawberry.

Analysis

Serving Size: 1 piece

Choice: High Calorie

Calories: 76

Protein: tr

Total Fat: 1

Saturated Fat: tr

Cholesterol: 0

Carbohydrates: 16

Calcium: 5

Phosphorus: 5

Potassium: 7

Sodium: 19

DIVINITY

Ingredients

2 cups sugar
1/2 cup light corn syrup
1/2 cup hot water
2 egg whites, beaten stiff
1 teaspoon vanilla

Directions

Combine sugar, corn syrup and water in saucepan.
Use a candy thermometer and cook to 255 degrees.

Slowly pour syrup in a thin stream over beaten egg whites, beating constantly. Beat until mixture holds shape. Stir in vanilla.

Drop by heaping tablespoons on waxed paper.

Serves about 20

Analysis

Serving Size: 1 piece
Choice: High Calorie
Calories: 103
Protein: tr
Total Fat: 0
Saturated Fat: 0
Cholesterol: 0
Carbohydrates: 26
Calcium: 1
Phosphorus: 1
Potassium: 6
Sodium: 15

MIKE'S ROCKY ROAD CANDY

Ingredients

6 ounces semi-sweet
chocolate baking chips
2 cups mini marshmallows
2 cups Rice Krispies
2 tablespoons butter
or margarine
1/8 teaspoon vanilla

Directions

Place baking chips, mini marshmallows, and butter or margarine in top of double boiler over medium heat. Stir frequently while ingredients melt slowly and are blended together. When mixture is thoroughly blended, add Rice Krispies and vanilla flavoring. Stir gently until Rice Krispies are thoroughly coated.

Remove from double boiler. Place in 13" x 9" baking dish sprayed with non stick spray. Spread evenly with spatula. Cool. Cut in medium size squares, approximately 1 1/2" x 2". Store in an airtight container.

Candy may be made in double batches and frozen by wrapping in heavy foil.

Contributed by: Mike Friend

Serves about 15

Analysis

Serving Size:
2 squares
Choice:
1 Bread/Starch
Calories: 108
Protein: 1
Total Fat: 5
Saturated Fat: 3
Cholesterol: 4
Carbohydrates: 16
Calcium: 4
Phosphorus: 19
Potassium: 46
Sodium: 44

CREAM CHEESE COOKIES

Ingredients

1 cup butter or
margarine, softened
1 3-ounce package 1/3 less
fat cream cheese, softened
1 cup sugar
1 egg yolk
2 1/2 cups all-purpose flour
1 teaspoon vanilla
Colored sugar or Sprinkles

Directions

Makes about 3 1/2 dozen

Cream softened butter or margarine and cream cheese in large mixing bowl. With a hand mixer, beat in sugar slowly and add egg yolk and continue beating. Add flour and vanilla. Mix well.

Chill dough 1 hour. Preheat oven to 325 degrees. Shape 1 teaspoon of dough into balls and place on greased cookie sheet. Decorate each cookie with colored sugar. Bake 12-15 minutes or until bottom is light brown.

Analysis

Serving Size:
2 cookies
Choice:
1 Bread/Starch,
2 Fats
Calories: 188
Protein: 2
Total Fat: 10
Saturated Fat: 2
Cholesterol: 13
Carbohydrates: 22
Calcium: 9
Phosphorus: 26
Potassium: 29
Sodium: 113

THUMBPRINT COOKIES

Ingredients

1/2 cup butter or margarine,
softened
1/3 cup sugar
1 egg
1/4 teaspoon grated
zest/lemon peel
1 cup sifted all-purpose flour
1/2 teaspoon vanilla

Directions

Cream butter or margarine and sugar thoroughly. Beat in egg, vanilla, zest/lemon peel, and flour. Chill dough for several hours.

Pinch off enough chilled dough to roll into one-inch balls. Roll each ball in small bowl of granulated sugar. Place several inches apart on lightly sprayed cookie sheet. Depress center of each ball with your thumb to form an indentation. Bake for about 13 minutes or until done. Cool and fill each thumbprint with jelly, jam, or cake frosting.

Makes about 3 dozen

Analysis

Serving Size:
4 cookies

Choice:
1 Bread/Starch,
2 Fats

Calories:	160
Protein:	2
Total Fat:	10
Saturated Fat:	2
Cholesterol:	19
Carbohydrates:	16
Calcium:	7
Phosphorus:	24
Potassium:	24
Sodium:	128

SUGAR COOKIES

Ingredients

1 cup sugar
1 cup butter or margarine,
softened
1 egg
2 1/2 cups flour all-purpose,
sifted
1/2 teaspoon baking soda
1 teaspoon vanilla
2 tablespoons 2% milk

*Contributed by: David Myers
and Louise Corbin*

Directions

Makes about 5 dozen

Cream butter or margarine and sugar together. Add egg and vanilla, creaming until fluffy. Sift flour and baking soda together. Stir dry ingredients into creamed mixture until smooth. Blend in milk.

Drop by teaspoonful on ungreased baking sheet. Flatten with water glass, which has been dipped in granulated sugar, or dip ball of dough into sugar before flattening.

Bake at 400 degree for 12 minutes. Cool on wire rack.

Serving Suggestion:

- Drizzle with Vanilla or Lemon Glaze

Analysis

Serving Size:
2 cookies

Choice:
1 Bread/Starch,
1 Fat

Calories: 121

Protein: 1

Total Fat: 6

Saturated Fat: 1

Cholesterol: 6

Carbohydrates: 15

Calcium: 6

Phosphorus: 10

Potassium: 18

Sodium: 105

LEMON MOUNDS

Ingredients

1/2 cup butter or margarine,
softened
3 ounces 1/3 less fat cream
cheese, softened
1/2 cup sugar
1 teaspoon grated zest/lemon
peel
1 teaspoon lemon juice
1 cup all-purpose flour, stir
with fork before measuring
1/2 cup medium-fine
cornflake crumbs

Directions

Cream together softened butter or margarine, cream cheese, sugar, zest/lemon peel and juice. Gradually stir in flour until blended. Cover and chill several hours until mixture is firm enough to handle.

Measure mixture out in level tablespoons and roll into balls. Roll each ball in cornflake crumbs. Place one inch apart on ungreased cookie sheet. Bake for 15 minutes at 350 degrees. Cool completely. Store in a tightly covered container between sheets of plastic wrap or waxed paper.

Contributed by: Berta Castle

Makes about 3 1/2 dozen

Analysis

Serving Size:
3 cookies

Choice:
1 Bread/Starch,
2 Fat

Calories:	145
Protein:	2
Total Fat:	8
Saturated Fat:	2
Cholesterol:	6
Carbohydrates:	17
Calcium:	36
Phosphorus:	24
Potassium:	31
Sodium:	100

MEXICAN CINNAMON TEA CAKES

Ingredients

1 cup butter or margarine,
softened
1/2 cup confectioner's sugar
2 1/4 cups sifted all-purpose
flour
1/2 teaspoon cinnamon
1 teaspoon vanilla
2 cups confectioner's sugar
mixed with 1 teaspoon
cinnamon for rolling

Directions

Cream softened butter or margarine and sugar until light and fluffy. Add flour, cinnamon and vanilla. Dough will be moderately stiff. Chill for a few hours and then roll into small balls about 1 inch in diameter.

Bake on a cookie sheet sprayed with cooking spray in a 400 degree oven for 12 to 14 minutes or lightly browned. As soon as teacakes are removed from oven, roll in sugar and cinnamon mixture. Cool on a wire rack and then roll in sugar mixture again.

Serves about 16

Analysis

Serving Size:
3 cookies
Choice:
1 Bread/Starch,
2 Fats
Calories: 230
Protein: 2
Total Fat: 11
Saturated Fat: 2
Cholesterol: 0
Carbohydrates: 30
Calcium: 7
Phosphorus: 21
Potassium: 24
Sodium: 145

APPLE CRISP

Ingredients

5 tart baking apples
3/4 cup sugar
1/2 cup all-purpose flour
1/2 cup butter or margarine,
softened
1/4 cup water
1 teaspoon cinnamon
1/2 teaspoon lemon juice
1/2 cup rolled oats
1/2 teaspoon nutmeg

Directions

Peel and core the apples. Slice thinly. Place apples in an 8" square baking dish sprayed with cooking spray. Sprinkle water over apples. Combine remaining ingredients and spread over apples.

Bake 30 to 35 minutes at 375 degrees or until apples are tender and lightly browned.

Serves about 8

Analysis

Serving Size: 2/3 cup
Choice: 1 Fruit,
1 Bread/Starch,
2 Fats
Calories: 272
Protein: 2
Total Fat: 12
Saturated Fat: 2
Cholesterol: 0
Carbohydrates: 42
Calcium: 12
Phosphorus: 36
Potassium: 140
Sodium: 153

BLUEBERRY CRISP

Ingredients

3 cups fresh blueberries or
1 package (16 oz.) frozen
unsweetened blueberries
2 tablespoons lemon juice
2/3 cup sugar
1/2 cup all-purpose flour
1/2 cup rolled oats
1/3 cup butter or margarine,
softened
3/4 teaspoon cinnamon

Directions

Heat oven to 375 degrees. Arrange blueberries in ungreased 8-inch square baking dish. Sprinkle blueberries with lemon juice. Mix sugar, flour, oats, softened butter or margarine and cinnamon. Sprinkle evenly on top of blueberries.

Bake until topping is light brown and blueberries are hot, about 30 minutes. Serve warm.

Serves about 8

Analysis

Serving Size: 2/3 cup
Choice: 1 Fruit,
1 Bread/Starch,
2 Fats
Calories: 211
Protein: 2
Total Fat: 8
Saturated Fat: 2
Cholesterol: 0
Carbohydrates: 34
Calcium: 13
Phosphorus: 40
Potassium: 84
Sodium: 105

BERRY-FLAVORED FROZEN DESSERT

Ingredients

3/4 cup no sugar added
boysenberry, raspberry, or
strawberry jelly or jam

2 cups light frozen whipped
topping, thawed in
refrigerator

Directions

Chill jelly or jam thoroughly. Whip jelly or jam until smooth. Gently fold into thawed whipped topping. Do not over mix.

Pour into 5 dessert dishes, cover, and freeze.

Serves about 5

Analysis

Serving Size:
1 dessert dish
Choice:
Medium Calorie
Calories: 90
Protein: 1
Total Fat: 4
Saturated Fat: 3
Cholesterol: 1
Carbohydrates: 19
Calcium: 21
Phosphorus: 22
Potassium: 30
Sodium: 21

PEARS MELBA

Ingredients

6 thin slices pound cake*
6 canned pear halves,
drained
raspberry sauce
(Refer to Raspberry Sauce
recipe)

Directions

Place a pear half on each slice of pound cake. Drizzle raspberry sauce over each serving.

*Refer to Brim's Old Fashioned Pound Cake recipe or may use Sara Lee Frozen Pound Cake®.

Note: Sodium will be higher when a commercial cake is used. Refer to food labels for sodium value.

Serves about 6

Analysis

Serving Size:
1 slice (1/2")
pound cake,
1 pear half,
3 Tablespoons

Choice:
1 Bread/Starch,
1 Fruit, 1 Fat

Calories: 220
Protein: 2
Total Fat: 6
Saturated Fat: 3
Cholesterol: 66
Carbohydrates: 43
Calcium: 25
Phosphorus: 59
Potassium: 160
Sodium: 123

RASPBERRY SAUCE

Ingredients

1/4 cup sugar
1 tablespoon cornstarch
1 10-ounce package frozen
red raspberries, thawed
1/2 cup water
1 tablespoon lemon juice

Directions

Mix sugar and cornstarch in saucepan. Add thawed raspberries and water. Cook mixture until it thickens, stirring constantly. Remove from heat and stir in lemon juice. Strain mixture and chill. If seedless sauce desired, strain before chilling.

Serving Suggestions:

- Try over Brim's Old Fashioned Pound Cake, 7-Up® Cake or fresh fruit.

Serves about 6

Analysis

Serving Size:
3 Tablespoons

Choice:
Medium Calorie

Calories:	65
Protein:	tr
Total Fat:	0
Saturated Fat:	0
Cholesterol:	0
Carbohydrates:	18
Calcium:	7
Phosphorus:	9
Potassium:	57
Sodium:	1

STRAWBERRY ICE

Ingredients

1 cup strawberries mashed
or pureed
1 cup sugar
1/4 cup lemon juice
2 cups water

Directions

Mash fresh strawberries to make 1 cup. Combine water, strawberries and sugar in a saucepan. Bring to a boil. Remove from heat. Add lemon juice; stir. Freeze in 1/2 cup dessert dishes or small 3-ounce paper cups.

Variation:

- May use blueberries or raspberries.

Serves about 9

Analysis

Serving Size:
1 dessert dish
or 1 paper cup
Choice: 1/3 cup
fluid, limit to one
serving daily,
Calories: 95
Protein: tr
Total Fat: tr
Saturated Fat: 0
Cholesterol: 0
Carbohydrates: 25
Calcium: 4
Phosphorus: 6
Potassium: 52
Sodium: tr

HOLIDAY FRUIT COMPOTE

Ingredients

1 medium red delicious apple
1/2 cup red seedless grapes, cut in half
2-3 spears fresh pineapple, cut in 1/2 inch chunks or
1/2 cup unsweetened pineapple chunks, drained
1/2 cup frozen Bing cherries, cut in half
1/2 cup miniature marshmallows, not packed
1/4 cup lemon juice
1 cup light frozen whipped topping

Directions

Pare apple into bite-size pieces, leaving skin on for color. Put in bowl and pour lemon juice over apples. Toss apples, thoroughly, coating with lemon juice. This will prevent discoloration. Pour off excess lemon juice. Add marshmallows and stir carefully.

Prepare other fruits, add to apples. Toss lightly to mix. Cover bowl and chill thoroughly. Just before serving, add whipped topping and blend. Spoon into parfait glasses; garnish with half of a Bing cherry. .

Variation:

• Whipped Topping as Garnish: Serve mixed fruit in stemmed sherbet dishes with heaping tablespoon of frozen whipped topping. Garnish with fresh mint sprig if available.

Serves about 8

Analysis

Serving Size:	1/2 cup
Choice:	1 Fruit
Calories:	75
Protein:	tr
Total Fat:	1
Saturated Fat:	1
Cholesterol:	0
Carbohydrates:	12
Calcium:	7
Phosphorus:	8
Potassium:	78
Sodium:	4

LEMON MERINGUE PIE

Ingredients

1 1/2 cups sugar
1/2 cup cornstarch
2 1/2 cups water
4 egg yolks
3 tablespoons butter or
margarine
1 tablespoon grated
zest/lemon peel
1/2 cup lemon juice
4 egg whites
1/2 cup sugar
1/4 teaspoon Cream of Tartar
1 9-inch pie crust, baked

Directions

Combine sugar and cornstarch in saucepan; gradually add water and stir to dissolve. Cook over medium heat; stir constantly until mixture thickens and bubbles. Cook one minute and remove from heat.

Beat egg yolks slightly in small bowl. Slowly blend in about 1/2 cup of the hot cornstarch mix; stir this mixture back into the remaining cornstarch mixture in saucepan. Cook over low heat for 2 minutes while continuing to stir. Remove from heat. Stir in butter or margarine, zest/lemon peel and juice. Pour mixture into baked pie crust and cool.

For meringue, beat egg whites until light and frothy. Add Cream of Tartar and continue beating until whites hold a soft peak. Gradually beat in 1/2 cup sugar; continue beating until the meringue is stiff and glossy. Pile the meringue lightly on cooled pie filling, spreading until it touches the edge of the pastry to prevent the meringue from shrinking. Bake in preheated oven at 425 degrees for 5 to 6 minutes or until top is lightly brown.

Serves about 8

Analysis

Serving Size:
1/8 of 9-inch pie
Choice: 2 Fats,
1/2 Meat/Protein
Calories: 386
Protein: 4
Total Fat: 12
Saturated Fat: 3
Cholesterol: 106
Carbohydrates: 67
Calcium: 18
Phosphorus: 55
Potassium: 88
Sodium: 179

CHOCOLATE PIE OR PUDDING

Ingredients

1 1/2 cups sugar
1/3 cup + 1 tablespoon
cornstarch
1/2 cup cocoa powder
2 cups non dairy creamer
1 cup water
1/2 cup egg whites or
egg substitute
1 tablespoon butter or
margarine
1 1/2 teaspoon vanilla
1 8-inch Nilla® wafer crust*

Contributed by: David Myers

Directions

Serves about 8

Combine sugar, cornstarch and cocoa in a 2-1/2 quart saucepan. Add non dairy creamer diluted with one cup water. Combine thoroughly. Place over medium heat. Stir with a wire whisk constantly until the mixture comes to a boil. Boil one minute.

Remove from heat. Stir 1/2 of the mixture into bowl containing whites or egg substitute. Mix rapidly with wire whisk. Pour this mixture back into the saucepan. Place over medium heat and bring to a boil. Boil one minute stirring constantly. Remove from heat. Blend in vanilla and margarine. Pour into prepared Nilla® Wafer crust or 8 dessert dishes. Cool and refrigerate. Garnish pudding or pie slice with 1 tablespoon light frozen whipped topping if desired.

* Refer to Nilla® wafer crust, recipe

Analysis

Serving Size:
1/8 slice pie
or 1/2 cup pudding
Choice: 2 Fats,
2 Bread/Starch
or 1 Fat,
1 Bread/Starch
Calories: 347 or 231
Protein: 4 or 3
Total Fat: 9 or 3
Saturated Fat: 3 or 2
Cholesterol: tr or tr
Carbohydrates: 62 or 51
Calcium: 24 or 14
Phosphorus: 64 or 47
Potassium: 250 or 233
Sodium: 178 or 65

LEMON PIE OR PUDDING

Ingredients

1 1/2 cups sugar
1/3 cup cornstarch
1 1/2 cups water
1/2 cup egg whites or
egg substitute
3 tablespoons butter or
margarine
5 tablespoons lemon juice
1 tablespoon grated
zest/lemon peel
1 8-inch Nilla® wafer crust*

Contributed by: David Myers

Directions

Mix sugar, cornstarch and water in medium saucepan. Place egg whites or substitute in bowl, which will hold at least 3 cups.

Place saucepan over medium heat, stirring constantly until mixture thickens and boils. Boil one minute. Pour 1/2 of hot mixture into bowl with egg whites or substitute while stirring rapidly. Then, return this egg mixture to saucepan with remaining cornstarch mixture, stirring constantly. Boil one minute longer.

Remove from heat. Blend in butter or margarine; stir in lemon juice and peel. Pour into 8 inch prepared vanilla wafer crust. If serving as pudding, pour into eight individual dessert dishes. Refrigerate. Top each slice of pie or pudding with a tablespoon of light frozen whipped topping.

* Refer to Nilla® wafer crust.

Serves about 8

Analysis

Serving Size:

1/8 pie slice or
1/2 cup pudding

Choice: 2 Fats,
1 Bread/Starch,
or 1 Fat,
1 Bread/Starch

Calories: 340 or 223

Protein: 2 or 2

Total Fat: 13 or 5

Saturated Fat: 3 or 1

Cholesterol: 62 or 54

Carbohydrates: 57 or 46

Calcium: 16 or 7

Phosphorus: 19 or 2

Potassium: 50 or 31

Sodium: 174 or 60

NILLA® WAFER CRUST

Ingredients

1 1/4 cups fine vanilla wafer
crumbs (about 38 wafers)
1/3 cup melted salt free
butter or margarine

Directions

Combine wafer crumbs with melted salt free butter or margarine. Press firmly against bottom and sides of buttered 9-inch pie plate. Chill in refrigerator until set.

Analysis

Serving Size:
1/8 of 9-inch crust
Choice:
1 Bread/Starch,
2 Salt-free Fats
Calories: 138
Protein: 0.5
Total Fat: 9
Saturated Fat: 5
Cholesterol: 21
Carbohydrates: 13
Calcium: 11
Phosphorus: 13
Potassium: 17
Sodium: 56

TAPIOCA CREAM

Ingredients

1/3 cup sugar
2 cups non dairy creamer
3 tablespoons
quick-cooking tapioca
1 egg white
1 egg yolk, slightly beaten
1 teaspoon vanilla

Directions

Reserve 2 tablespoons sugar; combine the remaining sugar with the non dairy creamer and tapioca in saucepan. Let stand 5 minutes. Add slightly beaten egg yolk and mix. Bring quickly to a boil over medium heat while stirring constantly. Remove from heat (mixture will be thin). Add vanilla.

Beat egg white to soft peaks. Gradually add reserved sugar while beating egg whites to stiff peaks. Gradually stir in hot mixture. Chill. Spoon into 5 small dessert dishes.

Serves about 5

Analysis

Serving Size: 1/2 cup
Choice: 2 Fats,
1 Bread/Starch
Calories: 216
Protein: 2
Total Fat: 11
Saturated Fat: 2
Cholesterol: 43
Carbohydrates: 27
Calcium: 10
Phosphorus: 69
Potassium: 141
Sodium: 58

RICE 'n RAISIN PUDDING

Ingredients

2 1/4 cups rice, cooked
7 ounces non dairy creamer
7 ounces water
1/4 cup butter or
margarine
1/2 cup raisins
1 tablespoon vanilla
1 teaspoon cinnamon
2 tablespoons sugar

Directions

In top of double boiler, combine cooked rice, butter or margarine, non dairy creamer, water and raisins. Mix sugar and cinnamon together; add to mixture in double boiler. Cook over medium low heat, stirring frequently until slightly thickened or about 20 minutes.

Remove from heat. Stir in vanilla. Pudding is good served either warm or chilled. This pudding is quite sweet with a robust cinnamon flavor. If desired, reduce the cinnamon to 1/2 teaspoon and 1 tablespoon sugar.

Contributed by: David Myers

Serves about 8

Analysis

Serving Size: 1/2 cup
Choice: 1 Fat,
1 Bread/Starch,
1 Milk
Calories: 190
Protein: 2
Total Fat: 8
Saturated Fat: 1
Cholesterol: 0
Carbohydrates: 25
Calcium: 15
Phosphorus: 62
Potassium: 171
Sodium: 78

BLACK CHERRY BAVARIAN

Ingredients

- 1 3-oz package Black Cherry flavored gelatin
- 3/4 cup light frozen whipped topping, thawed
- 1 cup hot water
- 3/4 cup cold water

Directions

Dissolve black cherry gelatin in hot water. Add cold water. Pour into 5 dessert dishes or parfaits. Chill until slightly thickened. Stir frozen whipped topping into gelatin and mix thoroughly. Chill until firm.

Serves about 5

Analysis

Serving Size:	1/2 cup
Choice:	
1 Bread/Starch,	
1/2 cup fluid	
Calories:	97
Protein:	2
Total Fat:	1
Saturated Fat:	1
Cholesterol:	0
Carbohydrates:	18
Calcium:	0
Phosphorus:	33
Potassium:	0
Sodium:	60

EMERALD SURPRISE

Ingredients

2 1/2 cups unsweetened
pineapple tidbits, drained

1 3-oz package lime
flavored gelatin

2 cups miniature
marshmallows

2 cups frozen whipped
topping, thawed

Directions

Drain pineapple well. Prepare lime-flavored gelatin according to package directions. Add drained pineapple. Pour into a 13" x 9" baking dish. Cover immediately with a layer of marshmallows. Chill.

Just before serving, spread whipped topping over marshmallow layer. Cut into 5 squares and serve on small dish lined with red leaf lettuce.

Serves about 8

Analysis

Serving Size:
2 squares

Choice:
1 Bread/Starch,
1/3 cup fluid

Calories: 143

Protein: 2

Total Fat: 2

Saturated Fat: 2

Cholesterol: 0

Carbohydrates: 30

Calcium: 12

Phosphorus: 5

Potassium: 99

Sodium: 36

CHEESECAKE TARTS

Ingredients

24 vanilla wafers
2 8-oz packages 1/3 less fat cream cheese, softened
1/2 cup sugar
3 eggs
2 teaspoons lemon juice
1 teaspoon vanilla
1 can cherry pie filling
24 foil cupcake liners

Directions

Beat cream cheese, sugar, eggs, lemon juice, and vanilla until creamy and fluffy. Preheat oven to 375 degrees. Place one vanilla wafer in each foil cupcake liner in muffin tray. Spoon prepared filling into each cup, dividing equally between the cups. Bake for 15-20 minutes. Cool. Refrigerate until ready to serve.

Before serving, top each cheesecake tart with a spoonful of pie filling.

Contributed by: Eutemia Hernandez

Serves about 24

Analysis

Serving Size: 1 Tart
Choice:
1 Bread/Starch
1/2 Meat/Protein
Calories: 113
Protein: 3
Total Fat: 4
Saturated Fat: 2
Cholesterol: 32
Carbohydrates: 15
Calcium: 30
Phosphorus: 37
Potassium: 66
Sodium: 115

DESSERT EMPANADAS

Ingredients

1 3-ounce package 1/3 less
fat cream cheese, softened
1/2 cup butter or
margarine softened
1 cup all-purpose flour

Directions

Serves about 12

Cream softened butter or margarine and cream cheese together until blended. Add flour and work into a ball. Refrigerate dough overnight. Remove from refrigerator 30 minutes before ready to use. Roll dough about 1/8 inch thick. Cut into rounds about 3 1/2 inches in diameter. Place a tablespoon of filling on each round or cut dough and fold the other half over. Press edges firmly to seal. Bake at 400 degrees for 10-12 minutes.

Select one of the following items for filling:

Cream cheese
Crushed pineapple, well drained
Applesauce and cinnamon
Jam, jelly, or preserves

Analysis

Serving Size:
1 Empanada

Choice:
1 Bread/Starch,
2 Fats

Calories:	121
Protein:	2
Total Fat:	9
Saturated Fat:	2
Cholesterol:	3
Carbohydrates:	8
Calcium:	13
Phosphorus:	22
Potassium:	27
Sodium:	135

CRAN-RASPBERRY MOUSSE

Ingredients

- 1 cup cranberry juice cocktail
- 1 3-oz package raspberry gelatin
- 1 16-oz can whole cranberry sauce
- 1 cup frozen whipped topping, thawed

Directions

Heat cranberry juice cocktail to boiling in saucepan. Stir in raspberry gelatin until dissolved. Remove from heat. Stir in cranberry sauce. Cool. Chill mixture until thickened but not set. Fold in whipped topping and pour in parfait or serving dishes.

Chill until firm. Garnish with another teaspoon of topping if desired.

Serves about 6

Analysis

Serving Size:	
	1/6 of recipe
Choice:	
	1 Bread/Starch, 1/2 cup fluid
Calories:	216
Protein:	1
Total Fat:	1
Saturated Fat:	1
Cholesterol:	0
Carbohydrates:	50
Calcium:	4
Phosphorus:	5
Potassium:	27
Sodium:	55

RASPBERRY CHEESECAKE

Ingredients

8 ounces light frozen
whipped topping, thawed
8 ounces 1/3 less fat cream
cheese, softened
1/2 cup powdered sugar
1 9" graham cracker pie shell
1 21-ounce can raspberry
pie filling

Directions

Beat whipped topping, softened cream cheese and sugar together. Pour mixture into prepared pie shell. Top with raspberry pie filling.

Chill thoroughly before serving.

Serves about 8

Submitted by: Ken & Avie McCoy

Analysis

Serving Size:
1/8 of pie

Choice:
2 Bread/Starch,
1/2 Fruit, 3 Fats

Calories: 387

Protein: 4

Total Fat: 15

Saturated Fat: 8

Cholesterol: 13

Carbohydrates: 56

Calcium: 50

Phosphorus: 66

Potassium: 153

Sodium: 317

DESSERT & SWEETS Section 2

Cookies and Frosting

Lemon Bar
Nutmeg
Chinese Almond
Scotch Shortbread
Cream Cheese Frosting

Puddings

Baked Custard
Lemon Cake
Marbled Berry Tapioca

Cakes

Brim's Old Fashioned
Pound Cake
Strawberry Cheesecake

Fruit

Apple Brown Betty
Baked Cinnamon Apples
Berry Parfait
Dessert Empanadas
Fresh Fruit Compote

COOKIES

Some packaged cookies are allowed as shown on your renal diet. Homemade cookies add a special touch to holidays and family gatherings.

Use all-purpose flour. Do not use self-rising as it is very high in sodium. Baking powder/soda are high in sodium. These products are used in small amounts in certain recipes. When having the indicated serving size, your daily sodium intake will not be exceeded. And, you can enjoy homemade goodies!

There are now many sugar free sweeteners to be used based on your taste preference. Check the package label to make sure it can be used for baking. If you have questions about a specific sweetener, check with your renal dietitian. The label may refer to a product as a “non-nutritive sweetener” which is the technical term for sugar free.

LEMON BAR COOKIES

Ingredients

1/2 cup butter or margarine,
softened
2-1/2 teaspoons sugar free
sweetener
1 whole egg
1 tablespoon water
1 tablespoon lemon juice
1 tablespoon grated
lemon zest/peel
1 teaspoon vanilla
2 cups sifted all-purpose flour
1 teaspoon baking powder

Directions

Cream butter or margarine and egg until very light and fluffy. Add sweetener, water, lemon juice, lemon zest/peel and vanilla. Beat until thoroughly mixed.

Sift dry ingredients together and add to creamed mixture. Mix until flour is well blended. Dough will be crumbly. Form dough into 2 small bars, 2 1/2" x 1 1/2". Wrap in waxed paper. Chill until firm or overnight.

Cut into 1/8" slices and bake on ungreased cookie sheet at 400 degrees for 10-12 minutes. Cookies will be lightly browned.

Analysis

Serving Size:
4 cookies
Choice: 1 Fat,
1 Bread/Starch
Calories: 128
Protein: 2
Total Fat: 7
Saturated Fat: 2
Cholesterol: 4
Carbohydrates: 13
Calcium: 20
Phosphorus: 28
Potassium: 28
Sodium: 144

NUTMEG COOKIES

Ingredients

1 cup butter or margarine,
softened
1/2 teaspoon sugar free
sweetener
1 egg
1 teaspoon vanilla
3 cups all-purpose flour
1/2 teaspoon baking powder
1 1/4 teaspoons nutmeg
2 tablespoons milk

Directions

Cream softened margarine and sweetener until light and fluffy. Beat in egg and vanilla. Sift flour, baking powder, and nutmeg together. Blend into creamed mixture. Shape into rolls (2 1/2" x 10") and wrap in waxed paper. Chill until firm or overnight.

Slice with sharp knife about 1/8" thick. Bake on ungreased cookie sheet at 425 degrees for 5 to 7 minutes or until lightly brown. Do not over bake. Makes about 6 dozen cookies.

Analysis

Serving Size: 4 cookies
Choice: 2 Fats,
1 Bread/Starch
Calories: 160
Protein: 3
Total Fat: 10
Saturated Fat: tr
Cholesterol: 2
Carbohydrates: 15
Calcium: 16
Phosphorus: 30
Potassium: 23
Sodium: 202

CHINESE ALMOND COOKIES

Ingredients

1/2 cup butter or margarine,
softened
2 hard cooked egg yolks
1/4 cup sugar
1 cup all purpose flour,
sifted
1/4 teaspoon almond
extract

Directions

Grate hard boiled egg yolks. Blend softened butter or margarine and sugar by hand until smooth and then add the egg yolks. Blend in the flour until well mixed (mixture will be crumbly). Add flavoring and mix thoroughly. Form into rolls and chill overnight.

Slice 1/8" thick and place on ungreased cookie sheets. Bake at 400 degrees for 12-15 minutes or until golden brown. Makes 3 dozen cookies.

Analysis

Serving Size:
3 cookies
Choice: 2 Fats,
1 Bread/Starch
Calories: 131
Protein: 2
Total Fat: 9
Saturated Fat: 2
Cholesterol: 35
Carbohydrates: 12
Calcium: 12
Phosphorus: 30
Potassium: 23
Sodium: 74

SCOTCH SHORTBREAD COOKIES

Ingredients

3/4 cup butter or margarine,
softened

1/4 cup sugar

2 cups all purpose flour,
sifted

Directions

Cream butter or margarine and sugar thoroughly. Work in flour with hands or wooden spoon. Chill dough.

Heat oven to 350 degrees. Roll 1/3" thick. Cut into fancy shapes (leaves, ovals, triangles, squares). Place on ungreased baking sheet. Bake 20-25 minutes. The tops do not brown during baking, nor does the shape of cookies change. Frost with Cream Cheese Frosting if desired. Makes 2 1/2 dozen cookies.

Variation:

- Divide dough into smaller bowls and tint with desired food coloring before chilling.

Analysis

Serving Size:
2 cookies

Choice: 2 Fats,
1 Bread/Starch

Calories: 154

Protein: 2

Total Fat: 9

Saturated Fat: 2

Cholesterol: 0

Carbohydrates: 16

Calcium: 49

Phosphorus: 89

Potassium: 24

Sodium: 88

CREAM CHEESE FROSTING

Ingredients

2 ounces 1/3 less fat cream
cheese, softened
2 teaspoons 2% milk
2 tablespoons powdered
sugar
1/2 teaspoon sugar free
sweetener
Drop of vanilla

Directions

Blend the cream cheese and milk until smooth; add powdered sugar, sweetener, and vanilla. Blend well. Stir in a selected food coloring if desired.

Serving Suggestions:

- Add 1/4 teaspoon strawberry extract to frosting.
- Spread on graham cracker squares or vanilla wafers.

Analysis

Serving Size:	2 teaspoons
Choice:	Free
Calories:	26
Protein:	1
Total Fat:	1
Saturated Fat:	1
Cholesterol:	4
Carbohydrates:	3
Calcium:	10
Phosphorus:	12
Potassium:	15
Sodium:	23

BAKED CUSTARD

Ingredients

1 egg, slightly beaten
1/4 teaspoon sugar free
sweetener
1 cup 2% milk
1/2 teaspoon vanilla
Ground nutmeg

Directions

Combine beaten egg with sweetener; slowly add milk and vanilla.
Blend well. Pour mixture into two custard cups. Top with a sprinkle
of nutmeg if desired.

Add about one inch hot water. Place custard cups in baking dish. Bake at
325 degrees for about one hour or until mixture does not stick to a knife
inserted in center. Cool.

Serves 2

Analysis

Serving Size:
1 custard cup
Choice: 1 Milk,
1/2 Meat/Protein
Calories: 99
Protein: 7
Total Fat: 5
Saturated Fat: 2
Cholesterol: 116
Carbohydrates: 6
Calcium: 161
Phosphorus: 160
Potassium: 218
Sodium: 93

LEMON CAKE PUDDING

Ingredients

- 3 eggs
- 2 teaspoons grated
zest/lemon peel
- 1/4 cup lemon juice
- 1 1/2 cups 2% milk
- 2-3 teaspoons sugar free
sweetener
- 1/4 cup all-purpose flour

Directions

Separate eggs, placing the whites in large bowl and yolks in small bowl. With electric mixer on high speed, beat eggs whites just until stiff peaks form. Set aside. Preheat oven to 325 degrees.

Add lemon zest/peel and juice to egg yolks. Beat on medium speed until well blended. Add milk. Beat on low speed for one minute. Add sweetener and flour; beat at low speed just until smooth. Fold gently into egg whites. Turn into 6 custard cups. Place cups in baking dish and pour hot water to 1-inch depth around cups. Bake 40-45 minutes or until lightly browned on top. Serve warm or cold.

Serves 6

Analysis

Serving Size:	1 custard cup
Choice:	1 Milk, 1/2 Bread/Starch
Calories:	92
Protein:	6
Total Fat:	4
Saturated Fat:	2
Cholesterol:	111
Carbohydrates:	9
Calcium:	102
Phosphorus:	109
Potassium:	156
Sodium:	62

MARBLED BERRY TAPIOCA

Ingredients

- 3 tablespoons quick-cooking tapioca
- 1 egg, beaten
- 2 3/4 cups 2% milk
- 1 3/4 teaspoons sugar free sweetener
- 1/4 teaspoon vanilla
- 3 tablespoons low sugar berry jam

Directions

In top of double boiler, stir tapioca, beaten egg and milk together. Let stand at least 15 minutes to moisten tapioca.

Heat to boiling, stirring constantly. Boil 1 minute; remove from heat. Add sweetener and vanilla; stir well. Cool 5 minutes. Drop berry jam on by spoonfuls on top of pudding. Using a knife, streak the jam through the pudding. Spoon equally into 6 individual dessert dishes. Chill.

Serves 6

Analysis

Serving Size:	1/2 cup
Choice:	1 Milk, 1/2 Bread/Starch
Calories:	90
Protein:	5
Total Fat:	3
Saturated Fat:	2
Cholesterol:	44
Carbohydrates:	11
Calcium:	142
Phosphorus:	122
Potassium:	187
Sodium:	70

BRIM'S OLD FASHIONED POUND CAKE

Ingredients

2 cups sugar
1 pound salt free butter,
softened
8 large eggs or 9 medium
eggs, room temperature
4 1/2 cups sifted cake flour
1 teaspoon almond, lemon
or vanilla extract

Directions

Cream sugar and butter until fluffy and lemon-colored. In a separate bowl, beat eggs. Alternate adding about 1 cup cake flour and 1/3 of beaten eggs to the creamed mixture. Blend thoroughly after each addition ending with flour only. Adequate beating is necessary for a fine-textured cake with volume. Add desired flavor extract and blend into cake mixture.

Pour into prepared greased and floured 10" tube pan (angel food cake pan). Bake in a 300 degree preheated oven for 1 1/2 hours or until cake begins to pull away from side of pan. Pound cake will have an even shape, a slightly rounded top, and a thin, soft, delicately browned crust with top split slightly in the middle.

Cool cake for 10 minutes before removing cake from pan. Turn cake onto wire rack and cool at room temperature.

Pound cake may be frozen for future use either whole or sliced in individual portions. Cake should be stored in airtight container or wrapped securely in aluminum foil.

Contributed by: Robert Brims

Serving Suggestions:

- Use as shortcake with either fresh or frozen berries or canned sliced peaches. Frost pound cake with Confectioner's Glaze, garnish with artificial miniature holly around bottom of cake, and add a few sliced candied cherries on top.

Serves 40

Analysis

Serving Size:
1 slice (1/2" thick)
Choice: 1 Fat,
1 1/2 Bread/Starch
Calories: 190
Protein: 3
Total Fat: 10
Saturated Fat: 6
Cholesterol: 67
Carbohydrates: 22
Calcium: 10
Phosphorus: 35
Potassium: 32
Sodium: 15

STRAWBERRY CHEESECAKE

Ingredients

1/4 cup graham cracker crumbs
1 tablespoon butter or margarine, melted
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
1 pint strawberries, hulled
3 cups low sodium cottage cheese
2 envelopes sugar free strawberry gelatin
1 cup water
2 egg yolks, slightly beaten
2 egg whites, stiffly beaten
2 cups Light Cool Whip®, thawed

Directions

Combine cracker crumbs, butter or margarine and spices. Set aside. Line the bottom of a 9-inch layer cake pan with wax paper. Cut 15 of the strawberries in half; arrange cut strawberries around side of pan with cut side of berries toward inside of pan.

Beat cottage cheese until creamy. Combine gelatin and water in small saucepan; stir over low heat until gelatin is dissolved. Add a small amount of hot gelatin mixture to slightly beaten egg yolks and mix well. Return this to hot mixture in saucepan. Cook and stir over low heat for one minute. Blend into cottage cheese. Carefully fold in beaten egg whites.

Blend Cool Whip® into cheese mixture. Pour into prepared pan; sprinkle with graham cracker crumb mixture, reserving one tablespoon for garnish. Chill until set or at least three hours.

Unfold onto serving platter; remove wax paper, and sprinkle with reserved crumb mixture. Garnish with remaining strawberries.

Serves 8

Analysis

Serving Size: 1/8 of cake
Choice: 1 Fruit, 2 Meat/Protein
Calories: 157
Protein: 13
Total Fat: 6
Saturated Fat: 4
Cholesterol: 60
Carbohydrates: 13
Calcium: 65
Phosphorus: 158
Potassium: 152
Sodium: 59

APPLE BROWN BETTY

Ingredients

3 tablespoon butter or
margarine, melted
1/2 cup fresh white bread
crumbs (about 2 slices
of bread, crust removed)
3 1/2 cups sliced golden
delicious apples (3 large)
1/4 teaspoon nutmeg
1/4 teaspoon cinnamon
2 teaspoons grated
lemon zest/peel
1 teaspoon lemon juice
3 tablespoon water
1/2-1 teaspoon sugar free
sweetener, to taste

Directions

Toss melted butter or margarine and breadcrumbs together for crust.
Arrange 1/2 of crust mixture on bottom of a 1-quart casserole prepared
with cooking spray. Place half of the sliced apples and half of the
nutmeg, cinnamon, and zest/lemon peel on top of crust in casserole.

Cover with another 1/3 of crust mixture, remaining apples and spices.
Mix lemon juice, water, and sweetener together. Sprinkle over mixture in
casserole. Top with remaining crumbs. Cover casserole dish and
bake at 375 degrees for 30 minutes. Uncover and continue baking
for another 20 minutes or until apples are soft.

Serves 4

Analysis

Serving Size: 1/2 cup
(1/4 of recipe)
Choice: 2 Fats,
1/2 Bread/Starch,
1 Fruit
Calories: 173
Protein: 2
Total Fat: 9
Saturated Fat: 1
Cholesterol: 0
Carbohydrates: 23
Calcium: 12
Phosphorus: 19
Potassium: 139
Sodium: 32

BAKED CINNAMON APPLES

Ingredients

6 small tart apples
2 cups water
2 teaspoons vanilla
1/2 teaspoon cinnamon
1 teaspoon sugar free
sweetener*

Directions

Serves 6

Wash and core apples. Remove the peeling from the top 1/3 of each apple. Arrange apples in baking dish just large enough to hold them.

In saucepan, bring water, vanilla, cinnamon and sweetener to boil. Pour over the apples.

Bake in 350 degree oven for one hour or until apples are easily pierced with fork. Baste apples frequently while baking. When apples are done, remove from oven and let cool in sauce. May also be baked in microwave oven. Serve either hot or cold with cinnamon sprinkled on top.

*If Nutra-Sweet® is used, sprinkle over baked apples just before serving.

Analysis

Serving Size:	1 apple
Choice:	1 Fruit
Calories:	62
Protein:	tr
Total Fat:	tr
Saturated Fat:	0
Cholesterol:	0
Carbohydrates:	16
Calcium:	12
Phosphorus:	14
Potassium:	117
Sodium:	1

BERRY PARFAIT

Ingredients

1 cup fresh or frozen berries without sugar (use blueberries, raspberries or strawberries)
1 cup 2% milk
2 tablespoons cornstarch
2 teaspoons butter or margarine, melted
1 teaspoon sugar free sweetener to taste
1/2 teaspoon vanilla or almond extract

Directions

Slice 1/2 cup of selected berries. Puree or mash remaining berries. Save 4 small perfect berries for garnish.

Add cornstarch to milk; blend well. Add melted butter or margarine. Stir to mix completely. Cook in double boiler, stirring constantly until fairly thick. Remove from heat. Add pureed berries, vanilla or almond extract, and sweetener to taste.

Divide sliced berries between 4 parfait glasses. Spoon the pudding into the parfait glasses. Top each with a whole berry. Chill well.

Serves 4

Analysis

Serving Size:
1/4 of recipe
Choice: 1 Fat,
1 Fruit
Calories: 89
Protein: 3
Total Fat: 3
Saturated Fat: 1
Cholesterol: 5
Carbohydrates: 11
Calcium: 95
Phosphorus: 79
Potassium: 147
Sodium: 55

DESSERT EMPANADAS

Ingredients

1 3-ounce package 1/3
less fat cream cheese,
softened
1/2 cup butter or
margarine, softened
1 cup all-purpose flour

Directions

Cream softened butter or margarine and cream cheese together until blended. Add flour and work into a ball. Refrigerate dough overnight. Remove from refrigerator 30 minutes before ready to use. Roll dough about 1/8 inch thick. Cut into rounds about 3 1/2 inches in diameter. Place a tablespoon of filling on each round. Cut dough and fold the other half over the filled round. Press edges firmly to seal. Bake at 400 degrees for 10-12 minutes..

Select one of the following items for filling:
Unsweetened crushed pineapple, well drained
Natural applesauce and cinnamon
No added Sugar Jam or Jelly

Serves 12

Analysis

Serving Size:
1 Empanada
Choice: 2 Fats,
1 Bread/Starch
Calories: 121
Protein: 2
Total Fat: 9
Saturated Fat: 2
Cholesterol: 3
Carbohydrates: 8
Calcium: 13
Phosphorus: 22
Potassium: 27
Sodium: 135

FRESH FRUIT COMPOTE

Ingredients

1 medium red delicious apple
1/2 cup red seedless grapes, cut in half
2-3 spears fresh pineapple, cut in 1/2 inch chunks
or
1/2 cup unsweetened pineapple chunks, drained
1/2 cup frozen Bing cherries, cut in half
1/2 cup miniature marshmallows, not packed
1/4 cup pure lemon juice
1 cup Light Cool Whip®

Directions

Pare apple into bite-size pieces, leaving skin on for color. Put in bowl and pour lemon juice over apples. Toss apples, thoroughly, coating with lemon juice. This will prevent discoloration. Pour off excess lemon juice. Add marshmallows and stir carefully.

Prepare other fruits, add to apples. Toss lightly to mix. Cover bowl and chill thoroughly. Just before serving, add Cool Whip® and blend. Spoon into parfait glasses; garnish with half of a Bing cherry.

Cool Whip® as Garnish: Serve mixed fruit in stemmed sherbet dishes with heaping tablespoon of Cool Whip® on top. Garnish with fresh mint sprig if available.

Serves 8

Analysis

Serving Size:	1/2 cup
Choice:	1 Fruit
Calories:	75
Protein:	tr
Total Fat:	1
Saturated Fat:	1
Cholesterol:	0
Carbohydrates:	12
Calcium:	7
Phosphorus:	8
Potassium:	78
Sodium:	4

INDEX

A

ALMOND

Chinese Almond Cookies 143

APPLE

Apple Brown Betty 151

Apple Crisp 120

Baked Cinnamon Apples 152

ASPARAGUS

Sesame Asparagus 95

B

BARBECUE

Barbecue Beefies 20

Barbecue Sauce 71

BASIL

Basil Chicken with Vegetables 51

Seasoning Suggestions 9

BAY LEAF

Seasoning Suggestions 9

BEEF

Barbecue Beefies 20

Beef and Rice Curry 52

Beef Brochettes 15

Beef Burritos 40

Beef Pot Roast 14

Country Fried Steak 16

Flank Steak with Herb Sauce 17

Meat Loaf 18

Herb Beef Patties 19

Macaroni Beef Casserole 23

Party Time Tacos 49

Roast Beef 13

Shirley's Tomato Meat Sauce 22

Slow Cooked Meat Loaf 55

Spaghetti with Meat Sauce 21

Susan's Chili 56

BEETS

Pickled Beets 96

BERRY

Berry Parfait 153

Berry Flavored Frozen Dessert 122

Marbled Berry Tapioca Pudding 148

BLUEBERRY

Blueberry Crisp 121

BREAD

Bread Dressing 87

Cinnamon French toast 64

Corn Bread, Muffins, Sticks 88

"Homemade" White Bread 89

BROCCOLI

Vegetable Medley Saute 104

BURRITOS

Beef Burritos 40

BUTTER

Lemon Butter Sauce 77

Lemon-Buttered Cabbage 100

C

CABBAGE

Lemon Buttered Cabbage 100

CANDY

Cream Cheese 112

Divinity 113

Mike's Rocky Road 114

CAKES

Brim's Old Fashioned Pound 106

7-Up Pound 108

Sponge Roll – Jelly Filled 109

CARROTS

Carrots Vichy 101

Vegetable Medley Saute 104

CHEESE

Cheese Quiche	65
Green Chili Cheese Omelet	67
Grilled Cheese 'n Chili Sandwich	63
Macaroni and Cheese	68
Tuna Surprise	61

CHEESECAKE

Cheesecake Tarts	135
Raspberry Cheesecake	138
Strawberry Cheesecake	150

CHERRY

Black Cherry Bavarian	133
-----------------------	-----

CHICKEN

Basil Chicken with Vegetables	51
Chicken 'n Rice Salad	57
Chicken Enchiladas	41
Chicken Italiano	24
Chicken Mole	25
Chicken Parmigiano	26
Mandarin Chicken	54

CHILI & CHILIES

Chili Pork Steaks	42
Chili Rellenos Bake	43

Green Chili Cheese Omelet	67
Green Chili Stew	53
Grilled Cheese 'n Chili Sandwich	63
Huevos Con Chiles (Eggs w/Chilies)	45
Party Time Tacos	49
Seasoning Suggestions	9
Susan's Chili	56

CHILI POWDER

Seasoning Suggestions	9
-----------------------	---

CHIVES

Seasoning Suggestions	9
-----------------------	---

CINNAMON

Baked Cinnamon Apples	152
Cinnamon French toast	64
Mexican Cinnamon Tea Cakes	119

COOKIES

Chinese Almond	143
Cream Cheese	115
Lemon Bar	141
Lemon Mounds	118
Mexican Cinnamon Tea Cakes	119
Nutmeg	142
Scotch Shortbread	144

Sugar	117
Thumbprint	116

CRANBERRY

Cran-Raspberry Mousse	137
-----------------------	-----

CREAM CHEESE

Cream Cheese Cookies	115
Cream Cheese Frosting	145

CREPES

Swedish Pancakes or Crepes	94
----------------------------	----

CUCUMBER

Cucumber Herb Salad	97
Marinated Cucumbers	98

CUMIN

Seasoning Suggestions	9
-----------------------	---

CURRY

Beef and Rice Curry	52
---------------------	----

CUSTARD

Baked Custard	146
---------------	-----

D

DILL WEED

Seasoning Suggestions	9
-----------------------	---

DRESSINGS

(see SALAD DRESSINGS)

E

EGGS

Cinnamon French toast	64
Egg Omelet	66
Green Chili Cheese Omelet	67
Huevos Con Chiles	45
(Eggs with Chilies)	
Let's Do Brunch	69

EMPANADAS

Dessert Empanadas	154
-------------------	-----

ENCHILADAS

Chicken Enchiladas	41
Enchilada Sauce	73

F

FISH

Fish and Seafood Basics	29
Pan Fried Cod	32

Salmon with Lemon Glaze	33
Salmon Macaroni Salad	58
Shrimp Macaroni Salad	59
Supreme of Seafood	70
Tunaroni Casserole	34
Tuna Surprise	61

FLAUTAS

Flautas (Taco Rolls)	44
----------------------	----

FROSTING

Cream Cheese	145
Creamy Frosting	110
Glaze – Vanilla, Lemon, Cinnamon	111

FRUIT

Fresh Fruit Compote	158
Holiday Fruit Compote	126

G

GARLIC POWDER

Seasoning Suggestions	10
-----------------------	----

GRAVY (see SAUCES)

L

LEMON

Lemon Bar	141
Lemon Butter Sauce	77
Lemon-Buttered Cabbage	100
Lemon Cake Pudding	147
Lemon-Herb Salad Dressing	83
Lemon Mounds	118
Salmon with Lemon Glaze	33

M

MARCARONI (see PASTA)

MARJORAM

Seasoning Suggestions	10
-----------------------	----

MEAT LOAF

Meat Loaf	18
Slow Cooked Meat Loaf	55

MEXICAN

Beef Burritos	40
Chicken Enchiladas	41
Chili Pork Steaks	42
Chili Rellenos Bake	43
Enchilada Sauce	73
Flautas (Taco Rolls)	44

Green Chili Cheese Omelet	67
Green Chili Stew	53
Hot Peppers	39
Huevos Con Chiles (Eggs with Chillies)	45
Maria's Flour Tortillas	46
Maria's Tortilla Chips	48
Mexican Cinnamon Tea Cakes	119
Mexican Succotash	102
Party Time Tacos	49

MOUSSE

Cran-Raspberry Mousse	137
-----------------------	-----

MUFFINS

Oatmeal Raisin	93
----------------	----

MUSHROOMS

Vegetable Medley Saute	104
------------------------	-----

MUSTARD (Dry or Seed)

Seasoning Suggestions	10
-----------------------	----

N

NUTMEG

Nutmeg Cookies	142
----------------	-----

O

OMELET

Egg Omelet	66
Green Chili Cheese Omelet	67
Let's Do Brunch	69

ONION POWDER or FLAKES

Seasoning Suggestions	10
-----------------------	----

OREGANO

Seasoning Suggestions	10
-----------------------	----

P

PANCAKES

Swedish Pancakes or Crepes	94
----------------------------	----

PAPRIKA

Seasoning Suggestions	11
-----------------------	----

PASTA

Bowtie Herb Pasta	91
Macaroni and Cheese	68
Macaroni Beef Casserole	23
Macaroni Salmon Salad	58
Orzo Romano	92
Shrimp Macaroni Salad	59
Spaghetti with Meat Sauce	21

Summer Pasta Salad	60
Tunaroni Casserole	34

PEARS

Pears Melba with Raspberry Sauce	123
----------------------------------	-----

PEPPER

Seasoning Suggestions	11
-----------------------	----

PEPPERS

Hot Peppers	39
Turkey Stuffed Peppers	28

PIES

Lemon Meringue	127
Chocolate Pie or Pudding	128
Lemon Pie or Pudding	129
Nilla® Wafer Crust	130

PINEAPPLE

Emerald Surprise	134
------------------	-----

PORK

Baked Pork Chops and Rice	35
Chili Pork Steaks	42
Fresh Pork Patties	36
Green Chili Stew	53

Sweet Italian Sausage	38
-----------------------	----

POULTRY

Chicken Italiano	24
Chicken Mole	25
Chicken Parmigiano	26
Spicy Sausage	27
Turkey Stuffed Peppers	28

POUND CAKE

Brim's Old Fashioned	106/149
7-UP Pound Cake	108

PUDDINGS

Baked Custard	146
Chocolate Pie or Pudding	128
Lemon Cake	147
Lemon Pie or Pudding	129
Marbled Berry Tapioca	148
Rice 'n Raisin	132
Tapioca Cream	131

Q

QUICHE

Cheese Quiche	65
---------------	----

R

RASPBERRY

Cran-Raspberry Mousse	137
Pears Melba w/Raspberry Sauce	124
Raspberry Cheesecake	138

RICE

Beef and Rice Curry	52
Chicken 'n Rice Salad	57
Herbed Rice	90

ROAST BEEF (see BEEF)

ROSEMARY

Seasoning Suggestions	11
-----------------------	----

S

SAGE

Seasonings Suggestions	11
------------------------	----

SALADS

Chicken 'n Rice Salad	57
Cucumber Herb Salad	97
Salmon Macaroni Salad	58
Seven Layer Salad	103
Shrimp Macaroni Salad	59

Summer Pasta Salad	60
Tuna Surprise	61

SALAD DRESSINGS

Celery Seed Dressing	80
Creamy Chive Dressing	81
French Dressing	82
Italian Dressing	84
Lemon-Herb Salad Dressing	83
Tangy Oil and Vinegar	85
Zippy Slaw Dressing	86

SALMON

Salmon Macaroni Salad	58
Salmon with Lemon Glaze	33

SANDWICHES

Assorted Sandwich Fillings	71
Grilled Cheese – Chili Sandwich	76
Tips for Sandwich Making	73
	74

SAUCES

Barbecue Sauce	71
Basic Marinade	76
Enchilada Sauce	73
Giblet Gravy	74
Hot Mustard	79
Lemon Butter	77

Maria's Hot Sauce	75
Tartar Sauce	78
Tostada Sauce	72
Raspberry Sauce	124

SAUSAGE

Spicy Sausage	27
Sweet Italian Sausage	38

SAVORY

Seasoning Suggestions	11
-----------------------	----

SEAFOOD

Fish and Seafood Basics	99
Shrimp Macaroni	59
Supreme of Seafood	70

Seasoning

Care of Spices and Herbs	7
Low Sodium Seasonings	8
Spice Basics	6
Seasoning Suggestions	9

SESAME SEEDS

Sesame Asparagus	95
------------------	----

SHORTBREAD

Scotch Shortbread Cookies	144
---------------------------	-----

SHRIMP

Shrimp Macaroni Salad	59
Supreme of Seafood	70

SPAGHETTI (see PASTA)

STEAK (see BEEF)

STRAWBERRY

Strawberry Cheesecake	150
Strawberry Ice	125

STRING BEANS

Marinated String Beans	99
------------------------	----

STUFFING

Bread Dressing	87
----------------	----

SUCCOTASH

Mexican Succotash	102
-------------------	-----

T

TACOS

Flautas (Taco Rolls)	44
Party Time Tacos	49

TARTS

Cheesecake Tarts	135
------------------	-----

THYME

Seasoning Suggestions	11
-----------------------	----

TORTILLAS

Maria's Flour Tortillas	46
Maria's Tortilla Chips	48

TUNA

Tuna Surprise	61
Tunaroni Casserole	34

TURKEY

Turkey Stuffed Peppers	28
------------------------	----

V

VEGETABLES

Basil Chicken with Vegetables	51
Carrots Vichy	101
Cucumber Herb Salad	97

Lemon Buttered Cabbage	100
Let's Do Brunch	69
Marinated Cucumbers	98
Marinated String Beans	99
Mexican Succotash	102
Pickled Beets	96
Sesame Asparagus	95
Seven Layer Salad	103
Vegetable Medley Saute	104