

# **THE SOUTH BEACH DIET RECIPES AND TIPS**



## Foods to Enjoy Phase I

**Beef:** Lean cuts such as sirloin (including ground), tenderloin.

**Poultry (skinless):** Cornish hen, turkey bacon, turkey breast, chicken breast.

**Seafood:** All types of fish and shellfish.

**Pork:** Boiled ham, Canadian bacon, tenderloin.

**Veal:** Chop, cutlet, top round.

**Luncheon meat:** Fat-free or low-fat.

**Cheese (fat-free or low-fat):** American, Cheddar, cottage cheese, cream cheese substitute (dairy-free), feta.

**Nuts:** Peanut butter, peanuts, pecans, pistachios.

**Eggs:** Whole eggs are not limited unless otherwise directed by your doctor. Use egg whites and egg substitute as desired.

**Tofu:** Use soft, low-fat, or light varieties.

**Vegetables and legumes:** Artichokes, asparagus, beans and legumes, broccoli, cauliflower, celery, cucumbers, eggplant, lettuce, mushrooms, spinach, tomatoes, zucchini.

**Fats:** Canola and olive oils.

**Spices and seasonings:** All seasonings that contain no added sugar, broth, butter sprays, pepper.

**Sweets (limit to 75 calories per day):** Chocolate powder (no added sugar), cocoa powder (baking type), hard candy, sugar substitute (all sugar-free unless otherwise specified).

### Foods to Avoid

**Beef:** Brisket, liver, rib steaks, other fatty cuts.

**Poultry:** Chicken wings, thighs, and legs, turkey wings, duck, goose, poultry products (processed).

**Pork:** Honey-baked ham.

**Veal:** Breast.

**Cheese:** Brie, Edam, all full-fat.

**Vegetables and legumes:** Barley, beets, black-eyed peas, carrots, corn, pinto

beans, sweet potatoes, white potatoes, yams.

**Fruit:** Avoid all fruits and fruit juices during Phase

**Starches:** Avoid all starchy food during Phase 1, including all types of bread, cereal, matzo, oatmeal, rice, pasta, pastry, potatoes, and baked goods.

**Dairy:** Avoid all dairy foods during Phase 1, including ice cream, milk, soy milk, yogurt.

**Miscellaneous Fats:** Canola and olive oils.

**Spices and seasonings:** All seasonings that contain no added sugar, broth, butter sprays, pepper.

**Sweets (limit to 75 calories per day):** Chocolate powder (no added sugar), cocoa powder (baking type), hard candy, sugar substitute (all sugar-free unless otherwise specified).

**No Alcohol** of any kind, including beer and wine.

## **Foods You Can Eat Again Phase II**

**Fruit:** Apples, blueberries, cantaloupe, grapefruit, grapes, mangoes, oranges, peaches.

**Dairy:** Milk (light soy, fat-free, or 1%), yogurt.

**Starches (use sparingly):** Bagels (small whole grain), bran muffins, bread (multi-grain, bran, whole wheat), cereal (high-fiber, oatmeal [not instant]), pasta (whole wheat), pita, rice (brown, wild).

**Vegetables and legumes:** Barley, black-eyed peas, pinto beans, sweet potatoes, yams.

**Miscellaneous:** Chocolate (bittersweet or semisweet, sparingly), pudding (fat-free).

Foods to Avoid or Eat Rarely

**Starches:** Bagels (refined wheat), bread (refined wheat, white), cookies, cornflakes, dinner rolls, matzo, pasta (white), potatoes (white baked, instant), rice cakes, rice (white).

**Vegetables:** Beets, carrots, corn, white potatoes.

**Fruit:** Bananas, canned fruit, fruit juice, pineapple, raisins, watermelon.

**Miscellaneous:** Honey, ice cream, jam.

**Don't Forget (All Phases)**

- 1. Drink at least eight glasses of water or decaf beverages (club soda, unsweetened flavored seltzers, decaf tea or coffee [no sugar], decaf sugar-free sodas) per day.**
- 2. Limit caffeine-containing beverages to 1 cup per day.**
- 3. Take a daily multivitamin and mineral supplement.**
- 4. Take a daily calcium supplement (500 mg for men of all ages and women under 50, 1,000 mg for women over 50).**

The following represents a complete list of all the foods and ingredients recommended for Phase I of the South Beach Diet. There are no absolutes here, just a loosely organized list of the things that you'll need to buy (or have at home) if you want to make all the items on the Phase One Menu Plan for the first 14 days.

### South Beach Diet Shopping List Phase 1

Vegetable juice cocktail	Tomato juice
Romaine lettuce Mixed greens Celery Asparagus Cucumbers Green bell peppers Red bell peppers Yellow bell pepper Cherry tomatoes 10-oz.pkg.frozen chopped spinach Onions (red, yellow, white) Scallions (green onions) Boston lettuce Cucumber Medium pear-shaped tomatoes 2 medium artichokes Fennel or endive Radishes Avocado Small head green cabbage Broccoli	Tomatoes Avocado Celery Radishes Eggplant Mushrooms Snow peas Green cabbage Spinach Zucchini Summer squash Red onion Arugula Snow Peas Large mushrooms Cauliflower Green beans Baby green beans Fresh lemons Fresh limes
Salmon spread Smoked salmon Orange roughy filets Mahi Mahi Salmon Salmon roe (optional) Shrimp 1 lb. fresh halibut, scrod, swordfish, salmon, or tuna steak cut one inch thick 6 oz. can water-packed tuna 6 oz. can crabmeat	Ground sirloin Canadian bacon Skinless chicken breasts Turkey breast slices Beef tenderloins 1 inch thick Sliced low-fat, low-sugar ham Sirloin, top round, or eye round London broil Sirloin steaks (6 oz. each) Eggs Liquid egg substitute

Part-skim mozzarella cheese sticks Laughing Cow Light Cheese Fat-free sour cream (optional) Shredded reduced-fat cheese Part-skim ricotta cheese Low-fat cottage cheese Parmesan cheese Shredded reduced-fat mozzarella cheese Blue cheese	Fat-free sour cream Fat-free plain yogurt Reduced-fat feta cheese I Can't Believe It's Not Butter! spray Land O'Lakes Gourmet Fat-Free Half & Half Smart Balance Spread Fat-free frozen whipped topping
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Fresh dill-weed Fresh thyme Fresh basil Garlic Fresh rosemary leaves Dried rosemary Capers (optional) Fresh cilantro Mustard seeds Red-pepper flakes	Bay leaves Fresh ginger Marjoram Dried / fresh oregano Bay leaves Cracked black pepper / Pepper corns Ground cumin Ground red pepper Fresh flat-leaf parsley Chives
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Dry-packed sun-dried tomatoes Cholesterol-free bacon bits 1 16-oz. bag frozen shelled edamame (green soybeans) (may substitute chickpeas) Extra virgin olive oil Balsamic vinegar Vinegar Hot pepper sauce (optional) Low-sugar prepared dressing Cooking spray Reduced-fat mayonnaise Light (low sodium) soy sauce Dijon mustard Low sodium soy sauce Vinegar Black olives Water chestnuts Worcestershire sauce White wine vinegar Sesame oil Dark sesame oil Tahini (sesame paste) Rice wine vinegar	Fat-free chicken broth Canned anchovies 15 oz. can chickpeas Fat-free evaporated milk Pine nuts Sesame seeds Pistachio nuts Hummus Chicken-flavored bouillon granules  Dry sherry or vermouth Dry red wine Chablis or other dry white wine  Foil Baking Cups  Sugar-free flavored gelatin dessert Vanilla extract Sugar substitute Almond extract Slivered almonds Unsweetened cocoa powder Espresso powder Mini chocolate chips
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## **SBD Daily Helpful Hints!**

### ***Which Spud's For You?***

***How you prepare a potato determines how fattening it is. Take a look:***

Baked: This is the worst way of eating a potato, from the glycemic-index perspective. The process of baking it renders the starches most easily accessible to your digestive system.

Believe it or not, that baked potato will be less fattening topped with a dollop of low-fat cheese or sour cream. The calorie count will be slightly higher, but the fat contained in the cheese or sour cream will slow down the digestive process, thereby lessening the amount of insulin that potato prompts your body to make.

Mashed or broiled: This is better than baked, due to the difference in the cooking process, but also because you'd probably eat them with a little butter or sour cream, and the fat slows the digestive process.

Fried: Even French fries are better than baked, believe it or not, because of the fat in which they're cooked. But don't be misled-none of these are good choices for someone on the South Beach Diet.

Potato type: The type of potato you eat is also a big factor in all of this. Red-skinned potatoes are highest in carbs. White-skinned are better. New potatoes, better yet-in every

vegetable or fruit, the younger when picked, the lower the carb count. If you must indulge, do so sparingly. And try sweet potatoes instead of white.

### ***Staying Regular***

Cutting back on grains (i.e., fiber) causes some South Beach Dieters to experience irregularity.

To relieve the problem, it's important to drink eight glasses of water a day. Dr. Agatston also recommends taking fiber supplements before meals, such as Metamucil or Benafiber, which not only improve bowel function but also decrease the glycemic index of the meal. Another suggestion: Take Milk of Magnesia at night. You should also try to increase your fiber intake to between 30 and 60 grams a day. According to Dr. Agatston, our ancestors consumed over 100 grams of fiber per day, while modern Americans average only 20.

### ***Satisfying Your Sweet Tooth***

Looking for sweet treats that won't sabotage your diet? Sugar substitutes such as aspartame and saccharin are fine on the South Beach Diet. So is Splenda, a natural sugar substitute made from sugar cane.

Here's what Dr. Agatston recommends for satisfying your sweet tooth:

- Sugar-free gelatin
- Ricotta cheese with vanilla or almond extract and mixed with a sugar substitute
- Sugar-free fudgsicles
- Sugar-free hard candies
- Sugar-free Popsicles
- Sugarless chewing gum
- Chocolate powder, no-added-sugar
- Sugar-free, caffeine-free carbonated sodas
- Sugar-free, caffeine-free drink mixes (like Crystal Lite)

### ***Strategic Snacking***

It's important in Phase 1 to eat snacks between meals. Snacking on foods like low-fat cheeses, cold veggies, or nuts prevents drops in blood sugar, which leads to cravings. Once these cravings occur, people tend to overindulge in high-glycemic, high-calorie foods to satisfy them. According to Dr. Agatston, it takes far fewer calories to preempt a craving than to satisfy one. Eat a healthy snack one to two

hours after your meals, or one hour before your cravings usually occur, and your blood sugar levels will remain steady. Once the "detox" process is complete and your cravings are under control, you may not need to eat as frequently.

### ***Who Loses Fastest?***

Why do some people lose more weight, more rapidly, than others on the South Beach Diet? According to Dr. Agatston, people who gained their excess weight as adults and whose weight gain is largely around the belly, lose weight fastest. Central obesity, where excess weight is concentrated around the midsection, is a warning sign for present or future heart problems. If you're losing weight at a slower-than-expected pace, don't despair. Research shows that too-rapid weight loss can cause you to lose lean body mass-not just fat-which can decrease your metabolic rate and increase your risk of plateauing and yo-yoing as you diet. Slow and steady weight loss is more likely to result in permanent weight loss.

### ***Don't Skimp On Salt***

If you're feeling tired, achy, or just plain sluggish, try adding salt to your diet to help maintain body fluid. When cutting back on carbs in Phase 1, it's possible to lose body fluid and experience dehydration, as well as hypoglycemia (too-low blood sugar). Once the body adjusts, however, energy levels increase. Until then, Dr. Agatston recommends getting plenty of fluid (eight glasses of water a day), eating low-glycemic carbs, and adding salt to your diet to restore energy.

### ***Spice Up Your Diet***

What's the key to dieting success? We've found that the most successful dieters are the ones who try every recipe imaginable and take advantage of all the foods and ingredients permitted. They also make interesting use of herbs and spices - especially the more intensely flavored ones, such as horseradish, hot peppers, garlic, cinnamon, and nutmeg.

## Substitution Foods List

This is a list of substitutions that should work for most recipes. These aren't necessarily substitutions for non-vegetarian ingredients. I've included substitutions for any ingredient that might come up in a recipe. Try to avoid making more than one substitution in a single recipe.

### **Instead of this**

### **....try this**

#### **allspice, 1 teaspoon ground**

1/2 teaspoon cinnamon and 1/4 teaspoon each, nutmeg and ground cloves

1/2 teaspoon cinnamon and 1/2 teaspoon cloves

#### **amaretto, 2 tablespoons**

1/4 to 1/2 teaspoon almond extract

#### **arrowroot, 1 1/2 teaspoons**

1 tablespoon flour

#### **baking powder, 1 teaspoon**

1/4 teaspoon baking soda and 5/8 teaspoon cream of tartar

#### **baking powder, 2 tablespoons**

1 teaspoon cream of tartar and 1/2 teaspoon baking soda

#### **balsamic vinegar, 1 tablespoon**

1 tablespoon red wine vinegar plus 1/2 teaspoon sugar

#### **bamboo shoots**

asparagus in fried recipes

#### **bergamot**

mint

#### **bouquet garni, 1 teaspoon**

1/2 teaspoon each dried parsley flakes, dried thyme leaves, and 1 bay leaf (crushed)

#### **bourbon**

orange juice, pineapple juice, peach syrup

**brandy**

water, white grape juice, apple cider, apple juice, diluted peach or apricot syrups

**brown sugar (firmly packed), 1 cup**

1 cup sugar plus 2 tablespoons molasses

**butter, 1 cup**

7/8 cup vegetable shortening

**buttermilk, 1 cup**

1 tablespoon distilled white vinegar or lemon juice stirred into 1 cup soy milk and allowed to stand for 5 minutes

**cake yeast, 5/8-ounce cake**

1 packet active dry yeast

**champagne**

ginger ale

**chayotes**

yellow summer squash

**chervil, 1 teaspoon**

1 teaspoon dried parsley flakes plus 1/8 teaspoon rubbed, dried sage

**chili sauce**

ketchup with prepared horseradish and lemon juice to taste

**chinese black vinegar**

balsamic vinegar

**chocolate, semi-sweet, 1 ounce**

3 tablespoons chocolate chips or 1/2 ounce unsweetened chocolate plus 1 tablespoon sugar

**chocolate, sweet baking (german's), 4 ounces**

1/2 cup unsweetened cocoa powder plus 1/3 cup sugar and 3 tablespoons fat

**chocolate, unsweetened, 1 ounce**

3 tablespoons cocoa powder plus 1 tablespoon margarine

**cinnamon, 1 teaspoon ground**

1/2 teaspoon ground allspice or 1 teaspoon ground cardamom

**cocoa, unsweetened**

Dutch-processed cocoa

**coconut milk, 2 cups**

combine 2 1/2 cups water and 2 cups shredded, unsweetened coconut and bring to a boil. remove from heat; cool. mix in a blender for 2 minutes; strain.

**cognac**

peach, apricot, or pear juice

**cornstarch for thickening, 1 tablespoon**

2 tablespoons all-purpose flour or 1 tablespoon potato, rice, or arrowroot starch

**corn syrup, 1 cup**

1 cup granulated sugar plus 1/4 liquid (use a liquid called for in recipe)

**creme de menth**

spearmint extract or oil of spearmint diluted with a little water or grapefruit juice for white; for green add a drop of green food coloring

**delicata squash** butternut squash or sweet potatoes

**dry bread crumbs, 1/4 cup**

1 sandwich-size slice crisp bread, crushed

**dry red wine**

red grape juice, cranberry juice, vegetable broth

**eggs, 1 egg**

1 1/2 teaspoons powder Ener-G Egg Replacer plus 2 tablespoons water for baking and binding

1/2 banana, mashed plus 1/4 teaspoon baking

powder for desserts or other sweet recipes  
1/4 cup soft tofu, blended  
2 tablespoons liquid plus 2 tablespoons flour  
plus 1/2 teaspoon baking powder and 1/2  
tablespoon vegetable shortening; add one to  
two drops of yellow food coloring if desired

3 tablespoons apple sauce for sweet recipes

2 tablespoons flaxmeal plus 1/8 teaspoon  
baking powder and 3 tablespoons water for  
baking

1 tablespoon cornstarch plus 3 tablespoons  
water for baking

**fines herbes**

equal parts chervil, chives, tarragon and  
parsley

**five-spice powder**

equal parts cinnamon, cloves, fennel seeds,  
star anise and Szechuan peppercorns

**flour, 1 cup**

1 1/2 cups fine bread crumbs

**flour, all-purpose, 1 cup**

1 cup plus 2 tablespoons cake flour

**flour, cake, 1 cup**

1 cup minus 2 tablespoons all-purpose flour

**flour, self-rising, 1 cup**

1 cup all-purpose flour plus 1 1/2 teaspoons  
baking powder and 1/2 teaspoon salt

**fresh herbs, 1 tablespoon**

1 teaspoon dried herbs

**garlic, 1 clove**

1/8 teaspoon garlic powder

**ginger, 1/2 teaspoon grated**

1/4 teaspoon ground ginger

**ginger, 1 teaspoon ground**

1/2 teaspoon ground mace plus 1/2 teaspoon grated  
Lemon peel

**grand marnier or orange flavored liqueur,  
2 tablespoons**

2 tablespoons unsweetened orange juice and  
1/2 teaspoon orange extract

**green mangoes**

sour, green cooking apples

**green or red bell pepper, 2 tablespoons  
chopped**

1 tablespoon sweet pepper flakes (let stand  
in liquid as directed)

**habanero peppers**

5 jalapeno peppers or serrano peppers

**honey, 1 cup**

1 1/4 cups granulated sugar plus 1/4 cup  
liquid (use a liquid called for in recipe)

1 cup molasses

1 cup corn syrup

**italian herb seasoning**

mixture of oregano, marjoram, thyme, basil,  
rosemary and sage

**kahlua or coffee or chocolate flavored  
liqueur, 2 tablespoons**

1/2 to 1 teaspoon chocolate extract or 1/2  
teaspoon to 1 teaspoon instant coffee in 2  
tablespoons water

**ketchup or tomato-based chili sauce, 1 cup**

1 8 oz. can tomato sauce plus 1/2 cup  
granulated sugar and 2 tablespoons distilled  
white vinegar

**kirsch**

cherry, raspberry, or currant syrup

**lemon grass, 1 tablespoon minced**

1 teaspoon grated lemon rind

**lemon juice, 1 teaspoon**

1/2 teaspoon white wine vinegar or cider vinegar

**lemon juice, 1 lemon**

3 tablespoons bottled lemon juice

**lemon peel, 1 teaspoon minced or zest of 1 lemon**

1 teaspoon dry lemon peel

light brown sugar, 1 cup

1/2 cup dark brown sugar and 1/2 cup granulated sugar

**1 cup granulated sugar plus 2 tablespoons**

molasses

**milk**

peel and liquefy zucchini for baking or puddings; 1 1/4 lbs should yield 2 cups

**mint chocolate chips**

in an airtight container add 1/8 teaspoon of peppermint extract to a 12 oz. bag of dark chocolate chips. let sit for 24 hours.

**molasses**

maple syrup, dark corn syrup, cane syrup or golden syrup

**mushrooms**

diced celery

**mustard, dry, 1 teaspoon**

1 tablespoon prepared mustard

**mustard, prepared, 1 teaspoon**

1 teaspoon dry mustard mixed with 2 teaspoons wine vinegar, white wine or water

**nutmeg, 1 teaspoon ground**

1 teaspoon ground allspice or 1 teaspoon ground cloves or 1 teaspoon ground mace

**oats, old fashioned rolled**

quick cooking oats

**onion, 1/4 cup minced**

1 tablespoon instant minced onion (let stand in liquid as directed)

**onion, 1 medium onion**

2 teaspoons onion powder

**orange juice, 1 medium orange**

1/4 cup reconstituted frozen orange juice

**orange peel, 1 teaspoon grated**

1 teaspoon dry orange peel

**palm sugar**

light brown sugar

**parsley, 2 tablespoons minced**

1 tablespoon parsley flakes

**pine nuts**

walnuts or almonds

**port wine**

red grape juice

**poultry seasoning, 1 teaspoon 1/4 teaspoon**

ground thyme plus 3/4 teaspoon ground sage

**pumpkin pie spice, 1 teaspoon**

1/2 teaspoon cinnamon mixed with 1/8 teaspoon each: ground ginger, nutmeg, mace, cloves

**raisins, dark**

golden raisins or currants

**rum (light or dark)**

water, white grape juice, pineapple juice, apple juice, apple cider, syrup flavored with almond extract

**saffron**  
turmeric, for color

**sake or rice wine**  
dry sherry or dry vermouth

**seasoned rice vinegar, 1 tablespoon**  
1 tablespoon rice vinegar or white vinegar,  
1/2 teaspoon sugar and 1/8 teaspoon salt

**self-rising flour, 1 cup**  
1 cup all purpose flour plus 1 1/2 teaspoons  
baking powder and 1/8 teaspoon salt

**shallots**  
red onions or spanish onions

**sherry**  
orange juice, pineapple juice, peach syrup

**shortening, 1 cup**  
1 cup margarine

**sifted cake flour, 1 cup**  
3/4 cup plus 2 tablespoons sifted all-purpose  
flour or all-purpose flour sifted 3 times,  
then measured to make 1 cup

**sour cream, 1 cup**  
1 cup plain soy yogurt

**sugar, granulated, 1 cup**  
1 cup firmly packed brown sugar, flavor will  
be affected

1/2 cup corn syrup or molasses and reduce  
liquid in recipe by 1/2 cup

**sugar, powdered, 1 cup**  
1 cup granulated sugar plus 1/8 teaspoon  
cornstarch processed in a food processor  
fitted with a metal blade

**sweet white wine**  
White grape juice plus 1 tablespoon white  
Karo syrup

**tamarind juice**

5 parts ketchup to 1 part vinegar

**tamarind paste, 1 tablespoon**

1 teaspoon each, date, prunes, dried apricots, lemon juice

**tomatoes, 1 can (1 lb.)**

2 1/2 cups chopped, peeled fresh tomatoes, simmered for about 10 minutes

**tomato juice, 1 cup**

1/2 cup tomato sauce plus 1/2 cup water

**tomato paste**

ketchup

**tomato sauce, 1 cup**

3/8 cup tomato paste and 1/2 cup water

**vanilla bean, 1**

1 teaspoon pure vanilla extract

**whipped cream, 1 cup**

puree a banana, then whip with the equivalent of an egg white. add vanilla and sugar to taste

**whipping cream (40% fat), 1 cup**

1/3 cup margarine plus 3/4 cup soy milk

**white wine, for cooking**

dry vermouth, water, vegetable broth, liquid drained from canned vegetables, ginger ale, white grape juice

**wine, 1/2 cup**

1/2 cup fruit juice for desserts and 1/2 cup vegetable broth for savory recipes

**Mayonnaise**

Mustard

**Sour cream**

Plain nonfat or low-fat yogurt or nonfat sour cream

**Whole milk, nondairy creamers, half-and-half**

Skim (nonfat) or low-fat (1 percent) milk

**Cheeses like cheddar, Swiss, American, Jack**

Lower-fat cheeses like part-skim ricotta, low-fat and cream cheese, Jarlsberg, cottage cheese, and Neufchatel

**Ice cream**

Nonfat or low-fat frozen yogurt, ice milk, fruit ices, or sherbet

**A whole egg**

Two egg whites or 1/4 cup egg substitute

**1 ounce baking chocolate**

3 Tablespoons cocoa powder plus 1 tablespoon vegetable oil

**Fat in baking recipes**

Equal amounts fruit puree like prune, or applesauce

**Whipping or heavy cream**

Evaporated skim milk or one part skim milk and one part cream

**Frying**

Bake or roast on a rack, broil, grill, steam, or microwave

# PHASE I RECIPES

## Eggs

### CUBAN EGGS

- 8 hard-cooked eggs
- 1 cup (4 oz.) shredded sharp Cheddar cheese, divided
- 3 tablespoons non dairy/fat free half and half
- 1/2 teaspoon salt, optional
- Dash pepper
- 1/2 cup chopped onion
- 1/2 cup chopped sweet green pepper
- 1 tablespoon butter
- 2 cans (8 oz. each) no-salt-added tomato sauce
- Hot cooked brown rice, optional (good for phase 2)
- Parsley sprigs, optional

Preheat oven to 350°F. Cut eggs in half lengthwise. Remove yolks and set whites aside. In small bowl, mash yolks with fork. Stir in 1/2 cup of cheese, milk, salt, and pepper until well blended. Fill each white with one heaping tablespoon yolk mixture. Place in 8x8x2-inch baking dish.

In medium saucepan over medium heat, cook onion and pepper in butter until crisp-tender, about 3 minutes. Stir in tomato sauce and bring to boiling. Pour over eggs. Sprinkle with remaining cheese. Bake until hot and bubbly and cheese is melted, about 15 minutes. Serve over rice and garnish with parsley, if desired.

### DEVEILED EGGS

- 6 eggs
- Dash of salt
- Dash of pepper
- 1/4 tsp. mustard
- Celery seeds
- 1 1/2 to 2 1/2 T. mayonnaise
- Paprika
- Green olives, sliced

Hard boil eggs. Cool 10 minutes and remove shells. Cut into halves lengthwise and remove yolk. Cream yolk, salt, pepper, mustard and mayonnaise. Put 1/2 teaspoonful into egg whites and garnish with olive slices and paprika. Makes 12.

### FRITTATA

- 1 (6 oz.) jar marinated artichoke hearts
- 2 T. butter
- 1 C. Fresh Mushrooms, sliced
- 1/4 C. chopped scallions
- 6 eggs
- 1 1/2 tsp. garlic salt
- 2 T. white wine
- 2 T. grated Parmesan cheese

Drain artichoke marinade into a 10-inch ovenproof skillet. Add butter and melt.

Sauté mushrooms until golden. Add artichoke hearts and scallion, tossing until heated through. Turn heat to medium. Beat eggs with garlic salt and wine until blended. Pour over mushroom mixture. DO NOT STIR. Cook slowly until sides are bubbly. Sprinkle with cheese and place under broiler until cheese is browned and eggs are set. Serve directly from skillet. Makes 4 servings.

### **MEXICAN OMELET**

- 3/4 C. chopped avocado
- 1/3 C. sour cream
- 2 T. chopped green chile
- 1 T. chopped scallion
- 1 tsp. lemon juice
- 1/4 tsp. salt
- Dash of Tabasco sauce
- 2 T. butter or margarine
- 6 beaten eggs
- 1 C. shredded Monterey Jack cheese

In a small bowl, combine the first 7 ingredients. In a 10-inch ovenproof skillet, melt the butter over medium heat pour eggs into the skillet and cook 3 to 5 minutes, lifting eggs to allow the uncooked portion to flow underneath. Remove from heat; sprinkle egg evenly with cheese and place skillet in a 325°F oven for 3 to 4 minutes or until the cheese melts. Spread avocado mixture on top 1/2 omelet and return it to the oven for 5 to 7 minutes. Fold the omelet in half to serve.

### **SCRAMBLED MOZZARELLA EGGS**

- 6 extra large eggs
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/4 lb low fat mozzarella cheese, coarsely shredded

Preheat oven to 350°F. Put butter in a 9-inch round metal cake pan in the oven just long enough to melt but not brown; remove and swirl butter to coat bottom and sides of pan. Beat eggs, milk, salt and pepper to blend. Pour into prepared pan and place in oven. When mixture begins to set, in about 5 minutes, draw a large spoon or spatula around sides and bottom of the pan to form large curds. Repeat process at 1 minute intervals for 2 or 3 times, depending on how set you want eggs. Remove from pan with sweeping motions of the spoon or spatula, and fold in mozzarella. Serve at once!

### **SOUTHERN STUFFED EGGS**

- 12 hardboiled eggs
- 1/2 tsp. salt
- 1 tsp. dry mustard
- 1/5 tsp. pepper
- 5 slices bacon, crisply fried and finely crumbled
- 1/2 C. mayonnaise or salad dressing
- 1/2 to 1 tsp. white vinegar

· Paprika

Cut peeled eggs in half lengthwise. Take out yolks and mash with fork. Mix in salt, mustard, pepper, bacon, mayonnaise and vinegar. Fill egg whites with yolk mixture. Sprinkle with paprika. Keep covered in refrigerator. 1/4 cup finely chopped sweet pickles may be substituted for bacon for a different flavor.

### **TRATTORIA FRITTATA**

- 8 ounces bulk Italian sausage
- 1 cup chopped green pepper
- 1 teaspoon fennel seed
- 8 eggs
- 1/2 cup (4 oz.) part?skim ricotta cheese
- 1 teaspoon garlic powder
- 1 small tomato, thinly sliced
- 1/4 cup (1 oz.) shredded part?skim mozzarella cheese

In 10?inch omelet pan or skillet with ovenproof handle+ over medium heat, cook sausage, green pepper and fennel seed, stirring to break sausage apart, until sausage is browned, about 3 to 5 minutes. Drain well. Return to pan.

In medium bowl, beat together eggs, ricotta cheese and garlic powder until blended. Pour into pan over sausage mixture. Cover. Cook over medium heat until eggs are almost set, about 8 to 10 minutes. Top with tomato slices. Sprinkle with mozzarella cheese. Broil about 6 inches from heat until cheese is melted, about 1 to 2 minutes. Cut into wedges and serve from pan or slide from pan onto serving platter.

### **Egg Tomato Cheese Melt**

Boil 4 eggs (adjust recipe as needed)

Spray microwave dish with "I Can't Believe Its Not Butter"

Layer microwave dish with slice tomatos (onion and peppers if desired).

Slice eggs,layer on top of tomatoes, season, and top with cheese.

Microwave on high for 2-3 minutes until cheese melts.

### **Egg White Omelette With Herbs And Mushrooms**

4 eggs whites

1 tablespoon chopped fresh herbs (a combination of any or all of the following fresh herbs may be used: basil, tarragon, thyme, parsley and chives) or 1 1/2 teaspoon dried herbs

sliced mushrooms

1 tablespoon low-fat parmesan cheese

Place egg whites in mixing bowl

Whisk eggs slightly

Add 1 tablespoon of herbs to egg mixture and mix well

Coat a small skillet with non-stick cooking spray and set it over low heat. Pour egg in mixture and slices mushrooms.

When eggs begin to set, left edges with spatula and tilt skillet to let uncooked egg run to the bottom; sprinkle parmesan cheese over omelet.

Continue cooking omelet over low heat; when cooked to an even consistency, fold the omelet over into a half circle and cook until fluffy.

### **Breakfast Meatballs:**

2 lbs sausage  
1 lb ground beef  
3 eggs  
2 TBS instant minced onion  
1/2 lb shredded cheddar cheese  
black pepper to taste

Preheat oven to 350 degrees. Combine all ingredients and mix well. Roll into 1-1/2" balls and place on cookie sheet. Bake 20-25 minutes. Makes about 50 meatballs. They freeze well after cooking for an anytime snack.

One meatball (approx.)  
Calories: 87  
Carbs: 0.137  
Protein: 5.36

### **Chorizo (Hot Spanish Sausage)**

1 large onion, minced  
2 teaspoon cayenne pepper  
4 tablespoons chili powder  
2 teaspoons crushed oregano  
1/2 teaspoon ground cumin  
1/4 teaspoon ground cinnamon  
1/2 teaspoon garlic powder  
5 tablespoons vinegar  
1 teaspoon salt  
1 1/2 lbs ground pork, the pork shoulder I used last time worked very well

If you are going to use sausage casings, soak them overnight in the

refrigerator.

Knead all ingredients together until well blended. Shape into patties or meat loaf or stuff into sausage casings. Make a large roll or tie off in 5 to 18-inch links with string. Refrigerate in airtight containers for 2 to 3 days to allow flavors to blend. If you plan to use the sausage immediately, the spices will not be as strong. You may substitute 3/4 lb ground beef for half the pork, or red wine for the vinegar. Do not use rice vinegar.

This sausage will keep in the refrigerator for 2 to 3 weeks. Or you can freeze it.

Yield: 38 ounces

### **Asparagus with Prosciutto-Bacon and Eggs**

2 teaspoons extra-virgin olive oil  
3 ounces thinly sliced prosciutto  
1 pound thin asparagus  
2 large hard-boiled eggs, coarsely chopped

Preheat oven to 400 F. Lightly brush 1 teaspoon olive oil on a large baking sheet. Arrange the prosciutto in a single layer on the prepared baking sheet. Bake at 400 for 10 minutes or until crisp. Cool the prosciutto and crumble into large pieces.

Snap off the ends of the asparagus. Fill a large nonstick skillet with 2 inches of water and bring to a boil. Add 1 teaspoon of salt and asparagus. Cook the asparagus for 3 minutes or until crisp-tender and drain.

Arrange the asparagus on a serving platter. Drizzle with the remaining 1 teaspoon of olive oil. Sprinkle with salt and pepper to taste. Top the asparagus with the eggs and prosciutto. Serves 4

## Vegetables and Sides

### Spaghetti Squash Parmesan

6 Servings

1 spaghetti squash, quartered

1 cup water

1 1/2 cup shredded zucchini

1/2 cup diced tomato

1/3 cup sliced green onions

4 tbsp. grated Parmesan cheese

1 tbsp. lemon juice

1 tsp. basil

1/4 tsp. dill

1/4 tsp. ground black pepper

Place the squash, cut side up, in a Dutch oven. Add the water. Cover and bring to a boil. Reduce the heat and simmer for 13 to 17 minutes, or until squash fibers pull apart easily with a fork. Remove the squash from the pan and drain well.

Scoop out and discard the seeds. Using 2 forks, fluff the flesh into strands.

In a steamer basket over simmering water, steam the zucchini, covered, for 3 minutes; remove from the heat. Discard the cooking liquid from the Dutch oven and dry the pan well. Add the squash, zucchini, tomatoes, and green onions to the pan. Stir in the Parmesan, lemon juice, basil, dill, and pepper. Toss well to coat with sauce. Cook 1 minute over medium-high heat to heat through.

### Roasted Cauliflower With Garlic

6 Pound cauliflower (3 heads), cut into 2-inch-wide florets

1/2 cup olive oil

4 garlic cloves, minced

1/2 teaspoon salt

1/4 teaspoon black pepper

Preheat oven to 425F. Toss cauliflower with oil, garlic, salt, and pepper in a large bowl. Spread evenly in 2 shallow baking pans and roast in upper and lower thirds of oven, stirring occasionally, until golden, 25 to 30 minutes.

### Zucchini Hash Browns

1 cup grated zucchini

1 Tbsp. grated onion

2 eggs, beaten slightly

Salt, pepper, onion powder, (garlic powder for those who use it)

I heat oil in my big cast iron skillet. Mix all ingredients together in medium sized bowl and drop by heaping tablespoons in hot oil. When brown on one side, turn and cook the other side. Stack on a plate and keep in warm oven 'till whole batch is done. You can top these with sour cream, or butter, or smother in gravy. Very low in carbs. I store in the fridge and heat and serve whenever I'm in the mood. This absolutely satisfied my craving for potatoes.

### Green Beans Almondine

1/4 cup slivered blanched almonds

1/4 cup butter

1/4 tsp. salt

1 - 2 tsp. lemon juice

2 cups cooked green beans

Cook slivered almonds in butter over low heat until golden, stirring occasionally. Remove from heat; add salt and lemon juice. Pour over hot, cooked green beans.

Total recipe: 600 calories, 24 grams of carbohydrate Per serving: 150 calories, 6 grams of carbohydrate

### **Ratatouille**

3 T olive oil

2 cloves garlic, minced

1 red onion, chopped

1 eggplant, cut into 1 inch cubes

2 red peppers, chopped

2 c sliced zucchini

2 c diced tomatoes

1 t oregano

2 t basil

In a large skillet, sauté garlic and onion in olive oil until slightly tender.

Add eggplant and red peppers and sauté for a few more minutes.

Add remaining ingredients and cook over low heat, covered, about 10 minutes or until vegetables are tender.

### **Broccoli Rabe with Shiitake Mushrooms**

1 teaspoon olive oil

1 large onion, diced

1/4 pound shiitake mushrooms, halved  
(about 1 cup)

5 cups broccoli rabe, chopped  
(about 2 bunches)

4 cups red cabbage, chopped  
(about one medium head)

4 garlic cloves, minced

3/4 teaspoon sea salt

Heat large skillet on medium to medium-high heat and add oil. Saute onion for a few minutes, then add the mushrooms. Cook for about 5 minutes. Add chopped broccoli rabe and cook a few more minutes. Add chopped cabbage, and cook for about 10 minutes. Lastly, add garlic, and cook another few minutes. Season with sea salt at end, and cook one minute.

### **Roasted Green Beans**

2 pounds green beans

5 garlic cloves, crushed

1 teaspoon olive oil

1/2 teaspoon sea salt

3 tablespoons balsamic vinegar

Toss green beans, garlic, olive oil, and salt in baking dish, and roast in a 350 degree F (175 degree C) oven (no need to preheat oven) for 40 minutes. Before serving, toss with balsamic vinegar. VARIATIONS: - "Roasted Asparagus" - use asparagus spears in place of green beans.

## **Cannellini Bean Salad**

Dressing:

1 cup olive oil

2 1/3 cup red wine vinegar

Salt & pepper to taste

Pinch of oregano

1 clove garlic, slightly broken

Salad:

2 cans cannellini beans

2 red onions, chopped

1 bell pepper

Minced parsley

Dressing: Mix all ingredients together and let set at room temperature to blend flavors.

Salad: Drain 2 cans of cannellini beans and rinse under cold water. Place in bowl and add 2 red onion chopped, 1 bell pepper cut in small pieces and some minced parsley. Add the dressing and adjust the salt and pepper. Add a little more oregano, if desired.

## **Soups, Salads and Snacks and Starters**

### **Lobster Salad in Endive Guacamole Dip or Salad Dressing**

3 ripe avocados

3 Tbsp. lemon juice

1 small onion very fine chopped

1 tsp. garlic powder

2 Tbsp. mayonnaise

Salt and pepper to taste

Dash of Tabasco sauce

Dash of Worcestershire sauce

Very finely chopped jalapenos peppers to taste

1 chopped ripe tomato

Placed peeled and cut avocados in a medium bowl and on low speed blend with mixer. Add remaining ingredients, adding jalapenos to suit your taste and blend until mixture is thoroughly blended together but not soupy. Chill and serve on lettuce as salad or with chips as dip. Place avocado pits in mixture while being stored in refrigerator to keep mixture

### **Lentil Soup**

2 tablespoons olive oil

2 large onions, cubed

1 teaspoon minced garlic

3 carrots, diced

2 stalks celery, diced

3 1/2 cups crushed tomatoes

1 1/2 cups lentils ? soaked, rinsed and drained

1/2 teaspoon salt

1/2 teaspoon ground black pepper

3/4 cup white wine  
2 bay leaves  
7 cups chicken stock  
1 sprig fresh parsley, chopped  
1/2 teaspoon paprika  
1/2 cup grated Parmesan cheese

In a large stockpot, saute the onions in oil until they are glossy. Stir in garlic, paprika, celery, carrots, and saute for 10 minutes. Once the vegetables have sauteed for 10 minutes stir in tomatoes, chicken stock, lentils, bay leaves, salt, and pepper. Stir well, then add the wine and bring the mixture to a boil. Slowly reduce the heat and cook for 1 hour on low to medium heat; or until the lentils are tender. Sprinkle the soup with parsley and Parmesan before serving.

### **Rare Roast Beef Salad with Mustard Mayonnaise from Amy Kanarios**

Serves 6

#### ***Dressing:***

1/3 cup (3 1/2 fl oz/100 ml) olive oil  
1/4 cup (2 fl oz/60 ml) lemon juice  
2 tablespoons finely chopped chives  
1 tablespoon drained tiny capers  
1 tablespoon finely chopped sun-dried bell pepper (capsicum)  
Salt and freshly ground black pepper

Combine all of the dressing ingredients in a small bowl. Whisk together until well blended.

#### ***Mustard Mayonnaise:***

1/4 cup (2 fl oz/60 ml) mayonnaise  
1 tablespoon Dijon mustard  
2 teaspoons Worcestershire sauce  
A few drops of Tabasco sauce

Combine all the mayonnaise ingredients in a small bowl. Stir until well blended.

#### ***Salad:***

3 lbs (1.5 kg) rare roast beef, sliced - allow 2 large slices per person  
6 oz (185 g) cherry tomatoes, halved  
1 head (3 1/2 oz/100 g) radicchio, washed and torn  
1 bunch (3 1/2 oz/100g) lamb's lettuce, washed and torn  
1 jar (8 oz/250 g) artichoke hearts, halved  
1/3 cup (2 1/2 oz/75 g) tiny cornichons (tiny gherkins or dill pickles) Divide the remaining ingredients among 6 serving plates. Spoon the dressing over and place a tablespoon of mayonnaise in the center of each salad.

### **Arugala Salad with Balsamic Vinegar Dressing**

3 garlic cloves, chopped  
1 1/2 lbs. arugala  
1 pint cherry tomatoes, halved  
3 tbsp. balsamic vinegar  
1/2 cup olive oil  
2 shallots, minced  
1/4 tsp. salt

1. In small bowl or blender mix together garlic, balsamic vinegar, olive oil, shallots and salt.
2. In large bowl add in arugala and tomatoes. Pour over dressing and serve.

### **Jumbo Garlic Shrimp**

48 jumbo shrimps, cleaned and deveined

4 tbsp. cayenne pepper

6 tbsp. garlic powder

2 cups olive oil

1. In large bowl combine oil, cayenne pepper and garlic powder. Blend well and add in the shrimp. Coat the shrimp well.
2. Heat skillet and saute shrimp half at a time.
3. When done place in large bowl and use toothpicks or serve 6 on a plate as first course.

### **Caribbean Chicken Salad**

4 boneless, skinless chicken breast halves

1/2 cup teriyaki marinade (store bought)

4 cups chopped iceberg lettuce

4 cups chopped green leaf lettuce

1 cup chopped red cabbage

#### **PICO DE GALLO:**

2 medium tomatoes, diced

1/2 cup diced spanish onion

2 tsps. chopped fresh jalapeno pepper, seeded and de-ribbed

2 tsps. finely minced fresh cilantro pinch of salt Combine all ingredients in a small bowl. Cover and chill.

#### **LIME DRESSING:**

1/4 cup Grey Poupon dijon mustard

1/4 cup honey

1 1/2 Tbsps. brown sugar twin

1 Tbsp. sesame oil

1 1/2 Tbsp. apple cider vinegar

1 1/2 tsps. lime juice

Blend all the ingredients in a small bowl with an electric mixer, Cover and chill.

Marinate the chicken in the teriyaki for at least two hours. Use a resealable plastic bag. Put in fridge. Preheat outdoor or indoor grill. Grill the chicken for 45 mins. per side or until done. Toss the lettuces and cabbage together and divide into 2 large serving size salad bowls. Divide the pico de gallo and pour in equal portions over the two bowls of greens. Slice the grilled chicken into thin strips and divide among bowls. Pour the dressing into two small bowls and serve with the salads.

### **Thai Tom Yum Goong**

1 pound Uncooked king prawns

1 lemon or lime's worth of juice

1 stalk fresh lemongrass

2 cm piece of fresh ginger don't use powder  
1 can Chinese straw mushrooms  
1 sprig fresh coriander leaves  
1 roma tomato chopped  
4 cloves garlic chopped  
1/2 onion sliced  
15 fresh red chillies  
3 tbsp Vietnamese or Thai fish sauce

**Directions**

Shell and devein prawns. In a big pot of water boil up the prawn heads with lemongrass, galangal, tomato, garlic, onion and chillies for one hour. Just before serving, add straw mushrooms, prawns, lemon juice and fish sauce. Garnish with coriander leaves, serve immediately.

**Beef Kushisashi**

1/2 cup soy sauce  
1/4 cup chopped green onions and tops  
2 tablespoons sugar substitute  
1 tablespoon canola oil  
1-1/2 teaspoons cornstarch  
1 clove garlic, pressed  
1 teaspoon grated fresh ginger root  
2-1/2 pounds boneless beef sirloin steak

Blend soy sauce, green onions, sugar, oil, cornstarch, garlic, and ginger in small saucepan. Simmer, stirring constantly, until thickened, about 1 minute; cool. Cover and set aside. Slice beef into 1/8-inch-thick strips about 4 inches long and 1-inch wide. Thread onto bamboo or metal skewers keeping meat as flat as possible; brush both sides of beef with sauce. Place skewers on rack of broiler pan; broil to desired degree of doneness.

Serves 10-12 for appetizers

**The Best Turkey Chili Ever**

2 lb. Ground Turkey  
1 Onion, chopped  
1 Clove Garlic, chopped  
3 Tbl. Chili Powder  
1 small can Crushed Tomatoes (or Equiv. Fresh)  
1 can Beef Broth  
1 - 2 cans Cannelini Beans (or Kidney, etc.)  
Salt to taste  
Cayenne Pepper or Crushed Red Pepper to taste

## Directions

Brown Meat. Add Onion & Garlic. When transparent, add Chili Powder. Cook about 5 minutes over medium heat. Add remaining ingredients. Simmer, uncovered approx 2 hours, stirring occasionally. Top with Cheddar or Jack Cheese

## Hummus

16 oz. can garbanzo beans, do not drain  
3 tablespoons cold pressed olive oil  
1 clove garlic or more, finely mashed  
1 teaspoon parsley  
3 tablespoons lemon juice  
dash of cayenne pepper

Add garbanzo beans with the water that is in the can, sesame oil, garlic, lemon juice, cayenne, and 1/4 cup of the cooking water to a food processor. Process until smooth. Add more water if mixture is too thick. Allow to chill in the refrigerator for at least one hour. Spread on a flat platter and garnish with parley. Serve with vegetables.

## Crab-Cheese Dip

2 cans (6 1/2 oz. each) crabmeat  
1 container (8 oz.) creamed cottage cheese  
2 tbsp. mayonnaise  
1 tbsp. prepared mustard  
1 tbsp. lemon juice  
1/2 tsp. salt

Parsley

Twisted lemon slices

Drain crabmeat thoroughly. Reserve reddest pieces for garnish. Put remaining half in container of electric blender with cheese, mayonnaise, mustard, lemon juice and salt. Whirl until blended. Place in bowl and garnish with remaining crabmeat, parsley, lemon slices.

Makes 1 2/3 cs. Calories.....27.....Fat....1 g. per tbsp. Carbs....0.5 g. Fiber.....0 g.

## Hot Artichoke and Spinach Dip

1 pkg. Cream Cheese  
1 can 14 oz. Artichoke Hearts, drained, coarsely chopped  
1/2 cup Spinach, frozen chopped, or steamed  
1/4 cup Mayonnaise (do not use Miracle Whip)  
1/4 cup Parmesan Cheese  
1/4 cup Romano Cheese (You can use all Parmesan)  
1 clove garlic, finely minced  
1/2 tsp. fresh basil (dry 1 tbsp. Basil)  
1/4 cup Mozzarella Cheese grated  
1/4 tsp. Garlic Salt

Salt and Pepper to taste

Allow cream cheese to come to room temperature. Cream together mayonnaise, Parmesan, Romano cheese, garlic, basil, and garlic salt. Mix well. Add the artichoke hearts and spinach (careful to drain this well), and mix until blended.

Store in a container until you are ready to use. Spray pie pan with Pam, pour in dip, and top with cheese. Bake at 350degrees for 25 minutes or until the top is browned. Serve with cucumber slices, pork rinds or sliced celery).

### **Toasted Seasoned Nuts**

- 2 tablespoons butter
- 1 teaspoon seasoned salt
- 1 teaspoon seasoned pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sale
- 1/4 teaspoon cayenne pepper
- 1 cup whole almonds
- 1 cup pecan halves
- 1 cup walnut halves

Preheat oven to 300. Melt butter in large skillet. Stir in spices. Stir in nuts to coat. Pour in a rimmed baking sheet andspread in a single layer. Bake for 10 minutes. Stir and bake 10 minutes longer or until lightly toasted. Cool and store inan airtight container.

### **Guacamole**

- 1 med. tomato, peeled
  - 2 ripe avocados, black or green
  - 3 Tbsp. finely chopped, canned green chilies (I use mild, but you can use whatever you want
  - 1/2 cup finely chopped onion
  - 1-1/2 Tbsp. white vinegar
  - 1/8 tsp. pepper
1. In a medium bowl, crush tomato with potato masher
  2. Peel avocados, halve crosswise, and remove pits. Slice avocados into crushed tomato. Crush with tomato until well blended
  3. Add chile peppers, onion, vinegar, and pepper. Mix well
  4. Refrigerate, covered, until well chilled-at least 1 hour
- Hope you like it. Holds for about a week. Try it with Grilled chicken slices on top of onions, mushrooms, and green peppers. Add a dollop of sour cream. Also great with pork rinds.

### **Lettuce Wraps**

- 2 breasts of chicken, boneless and skinless, sliced into fajita strips
- 1 Portobello mushroom cap, stem removed and diced finely (1/4" dice)
- 1/2 onion, finely diced
- 3 green onion tops, sliced
- 1/2 cup diced water chestnuts
- 1/2 cup bean sprouts
- 1 clove elephant garlic, minced (or 1/4 tsp. minced regular garlic)
- Olive oil
- Sesame oil
- Chili oil

Soy sauce

Salt

A head green leaf or some romaine hearts

**Sauce:**

1 cup chicken broth

1 tsp. HOT Chinese mustard

2 tsp. regular yellow mustard

red pepper flakes

Chili oil

1 packet Equal

Sprinkle the chicken with just a tad of salt; Heat 2 Tbsp. olive oil, 1 tsp. sesame oil, and a sprinkle of chili oil in a big skillet. Sear the chicken in the hot oil, then turn down heat and cook until done; set aside to cool, then dice. In the same oil, sauté the onions until tender. Add the mushrooms and a little water, then cook until they are soft. Add

the garlic and green onion tops, stirring constantly so that the garlic doesn't burn.

Throw in the water chestnuts and the sprouts, mix well, and add 2 Tbsp. soy and a little more chili oil. Add back in the diced chicken, and Voila! There's your filling. Adjust the seasonings to your taste.

Heat the chicken broth till piping hot, then whisk in the mustards, Equal, red pepper, and chili oil. Add enough soy sauce to make it taste the way you like.

Using a lettuce leaf, fill it with filling and top with a spoon or two of sauce. YUM!!!! Heaven! Hope you all enjoy!

### **Cherry Tomatoes with Choice of Herbs**

2 teaspoons olive oil

1-2 cloves garlic, pressed or finely chopped

1 pint cherry tomatoes, halved

1 pint pear tomatoes, halved

2 tablespoons chopped fresh tarragon, rosemary, or sage

Salt and pepper

Heat a large skillet over medium-low heat and add the olive oil. When the oil is hot, add the garlic and cook for about 3 minutes, or until it just begins to turn golden. Remove garlic from oil.

Raise the heat to medium and add the tomatoes. Cook, with an occasional stir, until the tomatoes are tender, or about 3 minutes. Do not overcook or the tomatoes will get mushy.

Add the herb(s) and cook for 1 minute. Add salt and pepper to taste.

\*Remember- On Phase I you need to limit your tomatoes to 10 cherry a day. Please take this recipe in stride.

Serves 4

### **Tuna Tartare on Cucumber Slices**

2 tablespoons sesame or olive oil  
1 tablespoon soy sauce  
1 tablespoon minced scallions  
1 teaspoon minced shallots  
1 lb sushi-quality tuna, minced  
Tabasco sauce to taste  
Salt and pepper  
3 English cucumbers, cut 3/4" thick

In a medium bowl combine all ingredients except for cucumbers. Cover tuna mixture with plastic wrap; refrigerate for 2 hours. Using a melon-baller, scoop out a hollow in the center of each cucumber slice. Spoon marinated tuna onto the slices.

Makes about 62 pieces

### **Zucchini Puffs**

2 medium zucchini  
1/3 cup grated Parmesan cheese  
1/3 cup mayonnaise  
1/2 teaspoon basil

Slice zucchini into 36 1/4" rounds. In small bowl, combine remaining ingredients. Spread each slice with thin layer of mayonnaise mixture & place it on broiler pan. Cover and refrigerate up to 24 hours.

Broil 5" from the heat about 60 seconds or until tops are golden brown.

Makes 36 ~ approximately 1/2 gram of carbohydrate each.

## Main Dishes

### **Pork Tenderloin with Roasted Garlic Mayonnaise**

- 1 12 oz. Pork Tenderloinlets
- 5 tbsp. olive oil
- ½ tsp. salt
- ½ tsp. pepper
- ¼ cup romano or parmesan cheese
- 1 cup parsley
- 1 Whole Garlic, Medium Head
- ½ cup mayonnaise

1. Preheat oven to 325°. In long mixing dish or pan combine parsley, salt, pepper and cheese. Coat pork tenderloin with oil on all sides and cover with the parsley mixture.
2. Place in baking dish with 4 tbsp. of oil and bake uncovered for about 45 minutes to an hour. Also, take the first layer of skin off the garlic bulb and cut off the pointed top. Place in small baking dish with 2 tsp. of olive oil and bake for 45 minutes.
3. After 45 minutes let garlic cool and squeeze out the garlic like toothpaste. With the fork tines, press the garlic down. Mix with the mayonnaise well.
4. Remove pork from oven and let cool for 10 minutes. Cut into slices and serve two to each plate with a teaspoon of garlic mayonnaise on the side or on top of them. Garnish with some parsley.

### **Chicken Marsala**

- 1 skinless, boneless chicken breast
- 1 teaspoon shallot, diced fine
- 1/2 teaspoon garlic, crushed
- 4 whole mushrooms, sliced
- salt and pepper, to taste
- 1/2 cup marsala wine
- 1/2 cup beef demi-glace

In a hot pan, saute the sliced chicken breast in a small spoon of butter or olive oil. When the chicken is cooked, add the chopped shallots, garlic and sliced mushrooms. Stir in about 1/2 cup marsala wine and 1/2 cup demi-glace. Let the sauce reduce until it's nice and creamy by stirring the mixture. Taste it, add salt or pepper, and serve.

### **Scallops Provencal**

- 2 teaspoons olive oil
- 1 pound sea scallops
- 1/2 cup thinly sliced onion, separated into rings
- 1 garlic clove, minced
- 1 cup diced regular or plum tomatoes
- 1/4 cup chopped ripe olives
- 1 tablespoon dried basil
- 1/4 teaspoon dried thyme
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper

Heat olive oil in a large nonstick skillet over medium-high heat. Add scallops, and saute 4 minutes or until done. Remove scallops from skillet with a slotted spoon; set aside, and keep warm. Add onion rings and garlic to skillet, and saute for 1-2 minutes. Add tomato and remaining ingredients and saute 2 minutes or until tender. Spoon sauce over scallops.

### **Chicken With Crunchy Vegetables**

Yield: 4 servings

3/4 pound skinned, boned chicken breast, cut into 1-inch pieces

1/4 cup low-sodium teriyaki sauce, divided

1 teaspoon dark sesame oil

1 cup diagonally sliced celery

3/4 cup thinly sliced carrot

1 clove garlic, crushed

1 cup coarsely shredded red cabbage

1 (8-ounce) can sliced water chestnuts, drained

Preparation time: 10 minutes

Combine chicken and 1 tablespoon teriyaki sauce in a bowl; stir well. Let stand 10 minutes. Heat oil in a nonstick skillet over medium-high heat. Add celery, carrot, and garlic; stir-fry 1 minute. Stir in cabbage and water chestnuts; remove from skillet. Add chicken; stir-fry 3 minutes. Add remaining teriyaki sauce; stir-fry 1 minute. Return cabbage mixture to skillet; stir-fry 1 minute or until done.

Yield: 4 servings (serving size: 1 cup).

Nutritional Information: CALORIES 159 (13% from fat) / PROTEIN 21.7g / FAT 2.3g (SAT 0.5g, MONO 0.7g, POLY 0.8g) / CARB 12g / FIBER 1.8g / CHOL 49mg / IRON 1.6mg / SODIUM 395mg / CALCIUM 42mg

### **Cioppino**

3 cloves garlic, minced

1/4 cup onion, finely chopped

2 tablespoons parsley, chopped

1 cup olive oil

2 cups tomato sauce

1 (28 oz.) can tomatoes

1/2 teaspoon dried oregano

1/2 teaspoon dried marjoram leaves

Salt and pepper to taste

1/2 cup dry sherry

2 rock lobster tails with shells, uncooked, cut into serving pieces

2/3 pound raw shrimp, peeled and deveined

1-1/2 pounds whitefish (haddock, halibut or cod), cut into serving pieces

24 clams in shell, or 3 (7 1/2 oz.) cans minced clams, drained

Cook garlic, onion and parsley in hot olive oil until onion is tender. Add tomato sauce, tomatoes, oregano and marjoram. Add 1 1/2 cups water, salt and pepper. Stir. cover tightly. Bring to a boil. Reduce heat and simmer, uncovered, 20 minutes. Add sherry and simmer another 10 minutes. Stir in remaining ingredients, adding clams last. Cover. Bring to a boil. Reduce heat and simmer 15 minutes.

### **Pollo Alla Cacciatora**

2 lbs. chicken parts  
6 Tbs. olive oil  
1 small carrot  
1 stalk celery  
1 lb. tomatoes, peeled, seeded, and chopped  
salt, pepper  
bay leaf  
juniper berries  
1 glass dry white wine  
1 oz. dried mushrooms  
1 clove garlic  
1/2 cup chicken broth  
1 Tbs. chopped parsley

Wash the chicken parts and pat dry. Saute the carrot, celery, onion, and garlic in olive oil. When tender, but not crisp, add the chicken parts, salt and pepper, bay leaf, juniper berry and let brown over high flame. Add the wine and, when it has evaporated, add a few mushrooms, which have been previously reconstituted in warm water, the tomatoes and 1/2 cup broth. Cook for about 1 hour over medium heat. When ready remove from heat, add the chopped parsley and arrange in a pre-heated serving platter. Serve.

### **“Club Sandwich”**

2 large chicken breast halves, cooked, bones and skin removed - dice into cubes  
1/2 lb turkey bacon, fried very crisp, drained - crumble into largish pieces  
2 tomatoes - cut into small cubes  
Generous amount of mayonnaise to bind  
Salt & pepper to taste  
Optional pinch of celery seeds  
8 large leaves of Romaine lettuce left whole, washed, dried, and crisped in fridge  
Mix first group to make chicken salad, and use the Romaine leaves like taco shells to eat it with. Serves two for a light supper.

### **Balsamic Chicken**

1 Lb. boneless skinless chicken breast  
1 green pepper  
2-3 whole garlic cloves  
Salt and pepper to taste  
Dark balsamic vinegar  
Olive oil  
Mushrooms  
Onion  
Italian seasoning

In a baking pan pour olive oil then place breasts inside. Then cut pepper into strips, slice onion, toss in garlic cloves and mushrooms. Pour in balsamic vinegar. Let marinate in refrigerator for at least an hour. Then pre heat oven @400. Season to taste salt/black pepper, Italian seasoning. Cook until chicken is done.(30 min. or so)

### **Chicken Rollups - from Debby Keen**

2 boneless chicken breasts  
2 slices Swiss cheese  
1 cup mushrooms, sliced  
2 tablespoons onion, chopped  
Some broccoli spears  
1/2 cup chicken broth  
1 tablespoon butter  
Oregano to taste

Pound the chicken breasts out 1/4 inch thick. If this makes them too big to handle easily, slice lengthways to manageable size. Put a slice of the cheese on each breast, top with some of the broccoli spears. Roll up jellyroll style, fasten with toothpicks.

Heat the butter in a heavy skillet, preferably with a lid. Put the chicken rolls in the butter on low to medium heat and cook for at least 15 minutes, turning frequently to brown on all sides. Chicken should have clear juices. Scrape bottom of pan frequently to loosen up the good stuff:) Broccoli will still be a little crunchy. Pour in the chicken broth, use as much as you would like to have gravy, allowing for a bit of reduction as it cooks. Add mushrooms and onions, and oregano. Increase heat a little and stir from time to time to reduce the sauce. Serve and enjoy

### **Garlic Lime Chicken**

4 Boneless, Skinless Chicken Breasts  
1/2 cup low sodium soy sauce  
1/4 cup fresh lime juice  
1 tablespoon Worcestershire sauce  
2 cloves garlic, minced  
1/2 teaspoon dry mustard  
1/2 teaspoon coarsely ground pepper  
Marinating Time 30 Minutes  
Cooking Time 15 Minutes  
Servings 4

Rinse chicken with cold water and pat dry with paper towels. Place in recloseable plastic bag. Mix together soy sauce, lime juice, Worcestershire sauce, garlic and mustard. Pour over chicken in bag. Close bag and toss to coat well. Marinate in refrigerator 30 minutes. Drain chicken; discard leftover marinade. Sprinkle chicken with pepper. Spray non-stick fry pan with butter-flavoured cooking spray and heat over medium heat. Add chicken and cook about 6 minutes on each side or until done. Refrigerate leftovers. Note: Chicken may be grilled. It is also delicious served cold.

### **Savoury Kale Stuffed Chicken**

4 whole broiler-fryer chicken breasts, halved, boned  
1/2 medium onion  
1 tablespoon extra virgin olive oil  
2 medium garlic cloves, minced  
4 cups firmly packed kale leaves, ribs removed  
1 pound ricotta cheese  
1 egg, beaten  
1/4 cup chopped parsley

1 teaspoon salt

1 tablespoon fresh chopped basil

1/4 teaspoon freshly ground pepper

In food processor, place onion and process with on-and-off control until onion is chopped. In medium frying pan, place oil and heat to medium temperature. Add garlic and onion; sauté about 5 minutes or until lightly browned and set aside. In large sauce pan, place 2 cups water and a steamer basket. Cover and bring water to a boil; add kale and steam over high heat about 6 minutes or until kale is cooked through. Remove kale and place in food processor. Process with on and off control until finely chopped. Gather into a ball and gently press out excess water. In large bowl, mix together onion and garlic mixture, kale, ricotta, egg, parsley, salt, basil and pepper. Gently loosen skin from one side of breast to form a

pocket. Stuff 1/3 cup of kale mixture into pocket of each breast. Tuck skin and meat under breast to form dome shape. Place chicken in buttered glass baking dish. Bake in 350 degrees F, oven about 30 minutes or until fork can be inserted in chicken with ease. Remove from oven and let rest about 10 minutes before slicing and serving. Makes 8 servings.

### **GRILLED SWORDFISH**

*The marinade in this recipe can be used for most fish.*

4 large swordfish steaks, cut in half

1/4 C. fresh lemon juice

2 tsp. Dijon mustard

1/3 C. soy sauce

1 tsp. lemon peel, grated

1 clove garlic, crushed

1/2 C. vegetable oil

Lemon wedges

Prick swordfish all over and place in shallow, glass dish. Combine all remaining ingredients, except lemon wedges, which are used for garnish. Pour over the swordfish. Marinate for 1 to 3 hours (or longer, if desired). Broil or grill fish using moderate heat for 5 to 6 minutes per side, basting with remaining marinade.

### **MIDDLE EASTERN GRILLED CHICKEN**

4 chicken breast halves,  
skinned and browned

1/4 C. lemon juice

2 T. oil

2 T. hot mustard

1/2 tsp. oregano

1/4 tsp. salt

4 medium-size onions, cut in half

1 green bell pepper, cut into

1-inch squares

Cut chicken into 1-inch pieces. Combine lemon juice, oil, mustard, oregano and salt. Add chicken, stirring until well coated. Cover and refrigerate at least 2 hours. Arrange on skewers, alternating with onions and green pepper. Grill over hot coals

or broil for 10 to 15 minutes, turning occasionally, and brushing with marinade.  
Serves 4.

### **SIRLOIN SHISH KEBAB**

2 C. port or Burgundy  
4 tsp. Worcestershire sauce  
4 cloves garlic  
2 C. vegetable oil  
8 T. catsup  
4 T. vinegar  
2 tsp. marjoram  
4 tsp. sugar  
2 tsp. salt  
2 tsp. Accent®  
2 tsp. rosemary  
3 lb. sirloin tip, cut in 2-inch squares  
12 fresh mushrooms  
3 tomatoes, quartered  
3 onions, quartered  
3 green bell peppers, quartered

Mix all ingredients except tomatoes, onions and green peppers. Marinate for at least 4 hours (overnight is better) in a nonreactive dish. Alternate steak and vegetables on 6 skewers. Broil over charcoal fire, turning frequently, and basting with marinade.

### **Blackened Tuna**

2 tuna filets or steaks  
3 tablespoons cold pressed olive oil  
1 onion or 3 cloves garlic, chopped  
1 teaspoon or more black pepper  
1/4 teaspoon sea salt  
1 teaspoon parsley  
3 oz. baby spinach

Place the olive oil in a large sauté' pan at medium-high heat. Add the onions and cook until slightly brown. Push the onions to the edge around the pan. Add black pepper to both sides of the tuna. Place the tuna in the center of the pan. Add the other spices to everything in the pan. Cook the tuna until it is browned. Turn over and brown the other side. The tuna is done when the center is cooked. Serve over a bed of spinach. Serves two.

## **Sauces. seasonings and condiments**

### **Pico De Gallo**

8 long green chiles, roasted, peeled, deveined and chopped  
2 small yellow chiles, roasted, peeled and chopped; or 2 jalapeno chiles  
5 green onions, chopped (including tops)  
5 medium tomatoes, peeled and chopped  
1/4 cup chopped fresh cilantro leaves 2 tbsp. vegetable oil

### **SUGARLESS BARBECUE SAUCE**

2 medium onions, minced  
1 can tomato soup, undiluted  
3/4 C. water  
3 T. vinegar or lemon juice  
3 T. Worcestershire sauce  
1 tsp. salt  
1/4 tsp. cinnamon  
1 tsp. paprika  
1/4 tsp. black pepper  
1 tsp. chili powder  
1/8 tsp. cloves

Combine all ingredients. Heat and use to baste meats or fish. Yields 2 cups.

### **Cajun Seasoning**

*Use as a coating for pork chops, ribs, tenderloin or kabobs.*

2 T. paprika  
2 tsp. salt  
2 tsp. onion powder  
2 tsp. garlic powder  
2 tsp. cayenne  
1 1/2 tsp. ground white pepper  
1/2 tsp. ground black pepper  
1 tsp. dry thyme leaves  
1 tsp. oregano leaves

In jar with tight fitting lid, shake together all ingredients. Store tightly covered at room temperature. Makes about 1/2 cup.

### **CARIBBEAN JERK RUB**

*Use as a coating for pork chops, ribs, tenderloin or kabobs.*

2 T. dried minced onion  
1 T. garlic powder  
4 tsp. dry thyme leaves, crushed  
2 tsp. salt  
2 tsp. ground allspice  
1/2 tsp. ground nutmeg  
1/2 tsp. ground cinnamon  
1 T. sugar  
2 tsp. black pepper  
1 tsp. cayenne pepper

In jar with tight fitting lid, shake together all ingredients. Store tightly covered at room temperature. Makes about 1/2 cup.

### **MEDITERRANEAN RUB**

*Use as a coating for pork chops, ribs, tenderloin or kabobs.*

Zest of 2 lemons  
1/3 C. thinly sliced garlic cloves  
1/3 C. fresh rosemary leaves  
1/4 C. fresh sage leaves  
1/4 C. coarsely ground black pepper  
2 T. salt

Combine ingredients in the bowl of a food processor. Process until garlic, herbs and lemon zest are chopped finely and ingredients are thoroughly combined. Store tightly covered in the refrigerator. Makes about 1 cup.

### **SESAME LIME MARINADE**

*This tangy sauce is delicious with chicken or beef kabobs. It keeps the meat moist and flavors the vegetables.*

1 T. finely shredded lime peel

1/3 C. lime juice 3 T. vegetable oil

1 T. sesame oil

1/4 tsp. salt

2 T. Brown Sugar Twin (sugar substitute)

1 tsp. sesame seeds

Combine lime peel, juice, oils and salt. Pour over chicken or beef and marinate for

1 to 4 hours. Prepare meat for grill, reserving marinade. Combine 1/4 cup marinade, honey and sesame seeds. Baste meat while cooking and again before serving.

## Eggs n things

### **Ricotta Pancakes**

- 4 lg. Eggs,
- 1 c. Ricotta cheese
- 1/2 tsp. Vanilla extract,
- 1/3 c. Soy flour or protein powder
- 1tbsp. Vegetable oil
- Pinch of nutmeg
- 1 packet. Of equal or other as

Mix all and cook like silver dollar pancakes. Makes about 30 pancakes.

Per serving (about 10 pancakes): 7.6 g carb, 17.6 g protein

### **BAKED EGGS ON CREAMED SPINACH**

- 1 bunch spinach (about 3/4 lb.)
- 2 T. minced onion
- 1 T. unsalted butter
- 3 T. heavy cream
- Freshly grated nutmeg to taste
- 2 large eggs

Preheat oven to 400°F and butter two 1/3? to 1/2?cup ramekins.

Discard coarse stems from spinach. In a 2? to 3?quart saucepan of boiling salted water cook spinach 2 minutes and drain in a sieve, pressing with back of a large spoon to remove as much water as possible. Finely chop spinach.

In a small nonstick skillet cook onion in butter over moderately low heat, stirring, until softened. Stir in spinach, cream, nutmeg, and salt and pepper to taste and cook, stirring, until hot. Divide creamed spinach between ramekins and break an egg into each. On a baking sheet bake eggs in upper third of oven until whites are

cooked through, or until desired doneness, about 12 minutes. (The yolks will not be fully cooked, which may be of concern if there is a problem with salmonella in your area.) Season eggs with salt and pepper and serve immediately. Serves 2.

### **CREAM CHEESE SCRAMBLED EGGS**

- 12 eggs
- 1 C. light cream or half?and?half
- 6 oz. cream cheese, cubed
- 3/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1/4 C. plus 2 T. butter or margarine

Combine first 5 ingredients in container of electric blender; cover and blend at medium speed until frothy (about 10 seconds). Melt butter in a large heavy skillet over medium heat; add egg mixture. Cook over low heat until eggs are partially set, lifting edges gently to allow uncooked eggs to flow underneath. Cook until eggs are set but still moist (9 to 12 minutes). Yields 8 servings

### **FLUFFY OMELET WITH CRAB NEWBURGSAUCE**

- 3 T. butter
- 1/4 C. flour
- 1/4 tsp. dry mustard

- 1/8 tsp. freshly ground pepper
- 1 C. milk
- 4 eggs, separated
- 1/2 tsp. salt

Preheat oven to 325°F. Butter a 12 x 7-inch baking dish.

Melt 3 tablespoons butter in a saucepan. Blend in flour, mustard and pepper.

Add milk gradually, stirring constantly until sauce is thickened. Cool slightly.

Beat egg yolks until thick. Add sauce to egg yolks. Beat egg whites and 1/2 teaspoon salt until stiff peaks form. Gently fold into sauce. Pour mixture into the prepared baking dish and bake for 20 minutes, or until knife inserted in center comes out clean. Serve in baking dish immediately with Crab Newburg Sauce.

### **Crab Newburg Sauce**

1/4 C. butter

2 T. chopped onions

1 1/2 C. sliced fresh mushrooms

1/4 C. flour

1/2 tsp. salt

1/2 tsp. paprika

Freshly ground pepper, to taste

1 1/2 C. milk

1 tsp. Worcestershire sauce

2 egg yolks, slightly beaten

2 T. dry white wine

3/4 lb. crab meat

Melt butter in a skillet and gently cook onions and mushrooms until soft. Add flour, salt, paprika and pepper. Gradually add milk and Worcestershire sauce and cook, stirring constantly, over medium heat until thick and bubbly. Remove from heat and cool slightly. Stir in beaten egg yolks. Add white wine and crab meat. Keep warm in the top of a double boiler until serving time.

### **GOAT CHEESE SOUFLÉS**

· 1 1/2 T. butter (more for buttering ramekins)

· 1 1/2 T. flour

· 1 C. milk

· Sea salt

· Freshly ground black pepper

· 5 eggs, separated

· 8 oz. goat cheese

Preheat oven to 400°F. Place baking sheet on bottom rack of oven. Generously butter four 1 1/2 cup ramekins; place in freezer. In a small pan over medium heat, melt butter. When foam subsides, add flour and whisk to combine. Cook, whisking constantly, until mixture begins to darken (this is a roux!). Slowly add milk, whisking so lumps do not form, and simmer until mixture thickens. Remove from heat. Season generously with salt and pepper. Whisk in egg yolks. Set aside. Place egg whites and a large pinch of salt in the bowl of a mixer. Mix until whites form fairly stiff peaks. Using a rubber spatula, add a third of the egg whites to sauce and fold until combined. Add sauce to remaining egg whites and fold until well mixed. Crumble cheese over mixture. Fold mixture once or twice to disperse cheese, but do not break it up. Remove ramekins from freezer. Spoon mixture into them, being careful not to smear sides and leaving

1/2 inch on top. Place ramekins on baking sheet and bake 16 to 18 minutes, until soufflés have risen and are still a little wobbly. Remove from oven and serve immediately.

### **HUEVOS RANCHEROS**

- 2 medium onions, finely chopped
- 1 T. oil
- 1/4 C. red chile sauce
- 1 T. green chile sauce
- 1 (8 oz.) can tomato sauce
- 1/2 tsp. dried oregano, crumbled
- 3 large tomatoes, peeled, seeded and chopped
- 1 to 2 tsp. chopped fresh cilantro
- 6 corn tortillas
- Oil, as needed
- 6 fried eggs, sunny side up
- 12 slices avocado

Sauté onions in 1 tablespoon oil until transparent. Add red and green chile sauces, tomato sauce and oregano; bring to a boil. Lower heat and simmer, uncovered, for 15 minutes, stirring occasionally.

Add chopped tomatoes and cilantro. Heat thoroughly and keep warm. Fry tortillas on both sides in hot oil and dip in sauce, coating both sides. Place on individual serving dishes and top with a fried egg. Spoon remaining sauce evenly over eggs and top with avocado slices. Pass extra green chile sauce.

Good for phase I if served without the corn tortillas

### **SWISS OMELET ROLL**

- 1 1/2 C. mayonnaise, divided
- 2 T. mustard
- 1/2 C. chopped scallions, divided
- 2 T. flour
- 1 C. milk
- 12 eggs, separated
- 1/2 tsp. salt
- 1/8 tsp. pepper
- Cooking spray
- 1 1/2 C. finely chopped ham
- 1 C. shredded Swiss cheese
- Watercress to garnish (optional)

Combine 1 cup mayonnaise, mustard and 1/4 cup scallions. Mix well and set aside. Combine remaining mayonnaise and flour. Gradually add milk and beaten egg yolks. Cook, stirring constantly over low heat, until thickened. Remove from heat and cool 15 minutes. Beat egg whites until stiff. Fold mayonnaise mixture, salt and pepper into whites, combining thoroughly. Pour into a 15 x 10-inch jellyroll pan lined with wax paper coated with cooking spray. Bake at 425°F for 20 minutes. Invert on towel; carefully remove the wax paper. Mix the ham, cheese and 1/4 cup scallions together and spread on the roll. Roll from narrow end, lifting with towel while rolling. Place on serving dish seam down and top with the

mustard sauce. Garnish with the greenery of your choice. Watercress is especially nice. Yields 6 to 8 servings.

### **Crab Quiche**

6 servings

1 1/2 cups shredded Swiss cheese

8 oz crab flakes (use real crab)

1/2 cup green onion slices

1/2 teaspoon salt

Dash of pepper

4 eggs

1 1/4 cups half and half

Preheat oven to 350 degrees F. Sprinkle cheese, crab, onion, and seasonings in pie plate. Beat together eggs and half and half. Pour over cheese mixture. Bake 55 to 60 min or until set. Can substitute sharp cheddar for Swiss cheese.

### **Spinach Pie**

Blend together

3 or 4 eggs

3 ounces softened cream cheese

1/2 tsp salt

Add and mix well

1 cup grated cheddar cheese

1 10 ounce package frozen chopped spinach, thawed, well drained

1/4 cup chopped scallion (green onion)

2 Tbsp. dried or 4 Tbsp. fresh chopped parsley

Pour into buttered casserole (or unbaked pie shell). Top with

Thin slices of fresh tomato and

1/4 cup grated Parmesan cheese

Bake at 450° for about 35 minutes.

### **Pancakes**

1 1/3 c Whole wheat flour

3 ts Baking powder

3/4 ts Salt

3 tb Sugar/Splenda (your choice)

1 Egg, well beaten

1 c Milk

3 tb Melted acceptable spread of choice

1 tb Vanilla or Almond extract

Combine egg, spread, extract and milk.

Blend sugar, salt, and baking powder with whole wheat flour. Beat until smooth. Bake on hot griddle.

### **Waffles:**

1 1/3 c Whole wheat flour

3/4 ts Salt

2 ts Baking powder

2 tb Sugar  
1 c low-fat Milk  
4 tb Melted acceptable spread of choice  
2 Eggs  
Beat egg yolks well add milk and melted spread. Combine salt, sugar, and flour. Add to first mixture. Beat until smooth. Fold in stiffly beaten egg whites. Sift baking powder lightly over the mixture and fold in quickly. Bake in hot waffle iron. 6 servings.

### **SWEET COTTAGE CHEESE PANCAKES -**

Makes 3 servings

1 cup low-fat cottage cheese  
1 whole egg  
3 egg whites  
3 Tbl apple juice concentrate  
1/4 skim milk  
1 Tbl oil  
3/4 cup whole wheat flour  
1/4 cup wheat germ

Place all ingredients in a blender or food processor and blend thoroughly. Let the batter stand 5 minutes. Heat a non-stick skillet or griddle coated with cooking spray over medium to high heat. Drop large spoonfuls of the batter on the hot surface and cook until the bottom side is brown; then flip over. Serve with fresh strawberries or applesauce

### **Oatmeal Waffles/Pancakes**

Yield: 8 waffles / 16 pancakes

Ingredients  
2 eggs or substitute  
2 c buttermilk  
1 c quick cooking oats  
1 Tbsp molasses  
1 Tbsp canola oil  
1 c whole wheat flour  
1/2 tsp salt  
1 tsp baking soda  
1 tsp baking powder

In a large bowl, combine egg and buttermilk. Add oats and mix well. Stir in molasses and oil. Combine flour, salt, baking soda and baking powder; stir into eggs.

Pour batter onto spray coated waffle maker, cook according to manufacturer's directions.

Or

Drop batter by 1/4 c onto hot griddle flip when bubbles form on pancake tops.

### **German apple pancake -**

2 eggs  
1/2 cup all-purpose flour (I used King Arthur 100% whole white wheat - made from wheat that is actually white - not bleached)  
1/4 tsp salt  
1/2cup milk  
1tbsp Smart Balance

Beat eggs, flour, salt and milk until smooth. Heat a 10-inch ovenproof nonstick skillet (I use cast iron) at 450 for 5 minutes. Add the Smart Balance and coat skillet. Pour in batter. Bake at 450 for 10 minutes. Reduce heat to 350 and bake an additional 10 minutes. The pancake will rise into a bowl shape.

### **Baked Eggs Surprise**

4 eggs  
4 tablespoons fat free cream  
salt, pepper (to taste)  
3 ounces grated cheese  
2 tablespoons chives

Preparing  
Separate the eggs and beat the egg white, until stiff. Add salt and pepper and put in 4 heat resistant forms. Make a little deepening in the middle of each egg white and put an egg yolk in it. Mix the chives with the cream and add one tablespoon to each egg yolk. cover with grated cheese and bake for 10 minutes.

Serves 2 ~ 5 grams of carbohydrates each

## **Mexican Breakfast Roll-Ups**

2 8-ounce cartons egg substitute  
1/3 cup evaporated skim milk  
1 teaspoon chili powder  
1/2 teaspoon ground cumin  
1/4 teaspoon cayenne pepper  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
2 medium-sized tomatoes, seeded and chopped  
1/2 cup finely chopped green bell pepper  
1/4 pound turkey ham, sliced thin and chopped  
Cooking spray  
1 tablespoon plus 1 teaspoon SmartSpread  
8 6-inch whole-wheat tortillas

In a medium-sized mixing bowl, combine egg substitute, milk, chili powder, cumin, cayenne pepper, salt, and black pepper. Whisk together until well blended. Gently stir in tomato, bell pepper, and ham.

Coat a large skillet with cooking spray and place over medium-high heat for 1 minute. Pour egg mixture into skillet and cook, stirring occasionally with a spatula, until eggs are set.

Spread 1/2 teaspoon margarine evenly over each tortillas and place 1/8 of the scrambled egg mixture in center of each buttered tortilla. Fold in edges and place two roll-ups seam down on each plate and serve.

## **Ham and Swiss Quiche with Scallions**

Cooking spray  
1/4 pound turkey ham, sliced thin and chopped  
1 cup evaporated skim milk  
1 tablespoon plus 2 teaspoons cornstarch  
1 cup skim milk  
1 8-ounce carton egg substitute  
1/2 teaspoon dry mustard  
1/8 teaspoon black pepper  
1/8 teaspoon ground nutmeg  
1/4 cup chopped scallion  
1/2 cup grated reduced-fat Swiss cheese  
1/2 cup grated part-skim mozzarella cheese  
Paprika for garnish

Preheat oven to 425 F. Coat a large skillet with cooking spray and place over medium-high heat for 1 minute. Add turkey ham and brown lightly.

Meanwhile, in a mixing bowl, combine evaporated skim milk and cornstarch. Whisk until cornstarch dissolves, then add skim milk, egg substitute, dry mustard, pepper, and nutmeg. Whisk until well blended. Stir in scallion, cheeses, and turkey ham.

Coat a 9-inch deep-dish glass pie pan with cooking spray and pour egg mixture into it. Sprinkle with paprika. Bake for 15 minutes. Reduce heat to 300 F. and bake for 45 minutes longer or until a knife inserted in center comes out clean. Let stand for 5 minutes before cutting into four wedges and serving.

Serves 4

## **Egg and Bacon Stacks with Dijon Cheese Sauce**

8 1/2-ounce slices of lean Canadian bacon  
4 large eggs  
2 cups skim milk  
2 tablespoons cornstarch  
1/2 cup grated reduced-fat cheddar cheese  
1 tablespoon plus 1 teaspoon dijon mustard  
2 teaspoons fresh lemon juice  
1 teaspoon SmartSpread  
1/4 teaspoon salt  
1/8 teaspoon cayenne pepper  
Black pepper to taste  
4 Whole-wheat English muffins, halved and toasted  
Paprika for garnish

Preheat oven to warm. Set bacon on an ovenproof plate and place in warm oven.

Place 1-1/2 inches water in a large skillet. Bring to a boil and reduce heat to low. Crack eggs into skillet, being careful not to break yolks. Simmer for 3-5 minutes, or until egg whites are firm. Using a slotted spoon, transfer eggs to an ovenproof plate and place in warm oven.

In a nonstick saucepan, combine milk and

cornstarch and stir until cornstarch is dissolved. Place over medium heat, stir with spatula and cook until thickened. Remove from heat and stir in cheese, mustard, lemon juice, butter, salt, cayenne, and black pepper.

Place two muffin halves on each of four plates and top with two slices of bacon and one egg. Pour 1/4 of the sauce over each serving. Sprinkle with paprika and serve immediately.

Serves 4

## **Tuna Frittata**

1 cup thinly sliced zucchini  
1/2 cup thinly sliced onion  
2 tablespoons canola oil  
5 extra-large eggs  
1/4 cup low-fat milk  
1 can (3-1/4 ounces) tuna, drained and flaked  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup shredded Monterey Jack cheese

In a large ovenproof skillet, sauté zucchini and onion in oil for 3 minutes, or until vegetables are limp. In a medium bowl, beat eggs lightly with milk. Stir in tuna, salt, and pepper. Preheat the broiler. Pour egg mixture over sautéed vegetables; reduce heat to medium. Cook, covered, for 5-8 minutes, or until set. Uncover frittata; sprinkle cheese on top. Place frittata under broiler until cheese is melted. Cut into quarters to serve.

Serves 4

## **Vegetables and Sides**

### **Portobello Mushroom Variations**

! Stuff them with bacon and blue cheese -

! Brush them in olive oil, or another favorite, hit them with ground pepper, a bit of salt (and any other seasonings, like chipotle pepper), and grill them, keeping them moist with oil

! Marinated in extra virgin olive oil and balsamic vinegar....

! Turn the portobello gill side down on a non stick backing sheet and stick them in a 350 degree oven until they lose their moisture and become almost crunchy. Turn them over and cool for a few minutes. Add a little low carb spaghetti sauce and some grated cheese and whatever pizza toppings you can fit on them..

- ! Grilled, with a bit of Brie melted on top.
- ! Put on a cookie sheet, cover with cheese and broil!
- ! Slice into nice chunks, saute in butter, garlic, and fresh ground pepper and deglaze the pan with white wine. Let cook until sauce thickens a bit, pour into a bowl and top with parmesan cheese. .

## **Soups, Salads and Snacks and Starters**

### **Seared Scallop and Fresh-Orange Salad**

2 tablespoons + 1 tsp olive oil, divided

1/3 cup sliced shallots

3 cups each: trimmed watercress (about 3 bunches) and coarsely chopped curly endive

1 cup orange sections (about 3 oranges, supposedly - guess it depends on how big the orange is)

1/2 cup diced peeled avocado (about 1 small avocado)

1 1/2 lbs sea scallops (I used the smaller bay scallops and it worked just fine; they're less expensive)

1/4 tsp salt

1/3 cup chopped fresh mint

Dressing (recipe follows)

Heat 2 tbsp oil in small saucepan over med-high heat. Add shallots; cook 2 minutes or until crispy, stirring constantly. Remove shallots from pan with slotted spoon; drain and cool. Set aside. Arrange watercress and endive on a serving platter. Top with orange sections and avocado. Sprinkle scallops with salt.

Heat remaining oil in a nonstick skillet over med-high heat. Add scallops; cook 4 minutes, turning once. Spoon scallop over greens mixture. Pour dressing over salad. Sprinkle with mint and reserved shallots.

#### ***Dressing recipe***

1/2 cup fresh lemon juice (*2 lemons*)

2 tbsp. brown sugar (*sugar substitute*)

1 1/2 tbsp. Thai fish sauce (*may substitute soy sauce.*)

1 tbsp. minced seeded Thai, hot red or serrano chili

2 garlic cloves, crushed

Whisk all ingredients together and heat in a small saucepan over medium heat one minute.

### **Asparagus, Orange And Endive Salad**

2 1/2 cups diagonally sliced asparagus

2 cups rinsed, dried and torn endive leaves

2 large oranges, sliced into rounds

1 red onion, thinly sliced

1/3 cup raspberry vinegar

2 tablespoons canola oil

1 tablespoon orange juice

1 tablespoon splenda

salt and pepper to taste

To a large pot of boiling water, add the asparagus. Blanch for 1 minute;

drain, and plunge asparagus into a bowl of cold water. Drain again and dry.

In a large bowl, combine the asparagus, endive, oranges, and red onion.

Whisk together the raspberry vinegar, canola oil, orange juice, splenda and salt and pepper. Add dressing to the asparagus endive mixture; toss well

### **Spinach Feta Salad**

4 cups fresh spinach  
2 ripe tomatoes  
1/4 cup feta cheese  
1 teaspoon sliced almonds  
1 teaspoon sunflower seeds  
1/8 cup green onion  
1/4 cup raisins  
2 teaspoons lemon juice  
1 teaspoon olive oil  
2 tablespoons vinegar (apple or white wine)  
salt pepper

1. Mix together lemon juice, olive oil, vinegar, salt and pepper to taste.
2. Mix spinach, tomato, cheese, raisins and onion. Add dressing until well coated.
3. Sprinkle with almonds and sunflower seeds.

Serves 4

### **Garlic Chicken Bundles**

2-1/4 pounds chicken breasts, skinless,  
boneless  
4 tablespoons soy sauce, divided  
5-1/2 teaspoons cornstarch, divided  
3/4 teaspoon sugar substitute  
1/3 cup water  
2 tablespoons canola oil, divided  
1/2 cup chopped green onions and tops  
1/4 cup chopped toasted almonds  
1 tablespoon minced fresh cilantro or parsley  
8-10 butter or iceberg lettuce leaves

Cut chicken into 1/2-inch pieces. Combine 3 tablespoons soy sauce, 4-1/2 teaspoons cornstarch, 3 teaspoons garlic and sugar in small bowl; stir in chicken. Let stand 15 minutes. Meanwhile, combine water, remaining 1 tablespoon soy sauce and 1 teaspoon cornstarch; set aside. Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add chicken and stir-fry 4 minutes; remove. Heat remaining 1 tablespoon oil in same pan. Add remaining teaspoon of garlic; stir-fry 1 minute. Add green onions; stir-fry 1 minute longer. Stir in chicken and soy sauce mixture. Cook and stir until mixture boils and thickens. Remove from heat and stir in almonds and cilantro. To serve, fill each lettuce leaf with about 1/4 cup chicken mixture. If desired, fold lettuce around filling to enclose.

### **YOGURT DEVILED EGGS**

- 6 hard-cooked eggs
- 1/4 cup plain low-fat yogurt
- 1 teaspoon instant minced onion
- 1 teaspoon parsley flakes or freeze-dried chives
- 1 teaspoon lemon juice or dry vermouth

- 3/4 teaspoon prepared mustard
- 1/4 teaspoon salt, optional
- 1/4 teaspoon Worcestershire sauce
- 1/8 teaspoon pepper
- Dash paprika

Cut eggs in half lengthwise. Remove yolks and set whites aside. In small bowl, mash yolks with fork. Stir in yogurt, onion, parsley, juice, mustard, salt, if desired, Worcestershire, pepper and paprika until well blended. With spoon or pastry bag, refill whites using about 1 tablespoon yolk mixture for each egg half.

OR, place yolks in food storage bag. Add remaining ingredients, except egg white halves, to the bag. Close bag. Knead the bag until everything is well blended & smooth. Push the contents toward the corner. Snip about 1/2 inch off the corner of the bag. Squeezing the bag gently, fill the reserved whites with the yolk mixture. Chill to blend flavors.

### **Hot Crab Dip**

8 ounces cream cheese, softened

1 tbsp. cream

1 pound lump crab meat - use the canned or fresh mixed with the canned

2 tbsp. finely chopped onions

1 tsp. horseradish

1/8 tsp. black pepper

1/2 cup toasted almonds

Preheat oven to 375°. Combine the cream cheese and milk; add the crabmeat, onion, horseradish and pepper. Blend well and spoon into an ovenproof dish. Sprinkle with toasted almonds. Bake at 375° for 15 minutes. Serve hot with vegetable sticks . Serves 8-12.

### **Cheryl's Special Lo-Carb Bread for the Bread Machine**

Put ingredients into bread machine chamber in the following order:

1 3/4 c. warm water

1 egg

2T. softened butter

1/4 c. heavy whipping cream

1 c. vital wheat gluten

1 c. Fearn soy powder

1/2 cup soy protein isolate

1 cup soy flour

1 t. salt

2 packets of Splenda

1 cup wheat germ

1/2 c. flax seed meal

1 1/2 T. active yeast

Bake according to manufacturers directions for regular crust bread. During the later part of the kneading cycle you may sprinkle 1 TBS sesame seeds over the surface of the flour ball. Makes approximately 20 thin slices at around 2.7 carbs each piece.

VARIATIONS:

**Oatmeal bread**--substitute 1/2 c. oat flour for the soy flour and sprinkle with a few flakes of oatmeal during the kneading cycle. around 3.2 carbs per slice

**Rye Bread**--Substitute 1/2 c. rye flour for the soy flour and add 1 T caraway seeds. around 3.8 carbs per slice

### **Salmon Spinach Pinwheels**

8 large spinach leaves, chopped  
1 egg  
1/2 c drained salmon flakes ( I used smoked salmon )  
2 green onions  
1/4 c whole wheat flour  
1/2 c milk  
75g soft cream cheese  
1 1/2 tbsp red caviar (opt)

Steam the spinach until tender, drain and squeeze out moisture.

In a blender mix spinach, egg, salmon, gr onion and mix well.

With the motor running add the milk and flour and process until smooth.

Pour 2-3 tbsp of the batter into a heated greased pan, cook till lightly browned on the bottom, flip and brown the other side. Continue with rest of batter.

Cool  
Spread with cream cheese and caviar and roll.  
Put in fridge for 1 hr.

Cut into 1 1/2 cm slices and serve.

### **Tuna-Stuffed Artichokes**

4 medium artichokes  
Lemon juice  
1-1/2 cups sliced fresh mushrooms  
1 cup diced zucchini  
1/3 cup chopped green onions  
1 clove garlic, minced  
2 tablespoons olive oil  
1 can (12.5 ounces) tuna, drained and flaked  
1/2 cup shredded cheese (your choice flavor)  
1/4 cup whole-wheat bread crumbs

2 tablespoons diced drained pimento

With a kitchen shear, trim sharp points from artichoke leaves. Trim stems; remove loose outer leaves. Cut 1 inch from the tops. Brush cut edges with lemon juice. In a large covered saucepan or dutch oven bring artichokes and water to a boil; reduce heat. Simmer until a leaf pulls out easily, 20-30 minutes. Drain upside down.

Preheat oven to 450 F. When cool enough to handle, cut artichokes lengthwise into halves. Remove fuzzy chokes and hearts. Finely chop hearts; discard chokes. In a medium skillet sauté mushrooms, artichoke hearts, zucchini, onions, and garlic in oil for 3 minutes, stirring frequently. Stir in tuna. Place artichoke halves, cut side up, in a lightly oiled baking dish. Mound tuna mixture in the center of the artichokes. In a small bowl, stir together cheese, bread crumbs, and pimento;

### **Broccoli Cheese Pita**

2 mini whole wheat pitas  
a bit of grated low fat cheese or feta  
4 stalks of steamed broccoli  
a few tbsp of tomato paste or tomato sauce

Cut open pitas on one end and spread 1 tbsp of the tomato sauce inside covering both top and bottom.

Next put in 2 stalks of broccoli or what ever you feel fits well. Top with cheese.

Bake in the oven till heated through and cheese is melted or put in microwave for appx 1 min or until cheese is melted

### **Baked Ham and Cheese Monte Cristo**

6 slices of whole-wheat bread or your choice  
2 cups shredded cheddar cheese  
1 package of frozen broccoli spears, thawed, drained, and cut into 1-inch pieces  
2 cups (10 ounces) cooked cubed ham  
5 eggs  
2 cups skim milk  
1/2 teaspoon ground mustard  
1/2 teaspoon salt

1/4 teaspoon ground black pepper

Preheat oven to 325 F. Cut 3 bread slices into cubes; place in greased 8x12-inch baking dish. Top bread with 1 cup cheese, the broccoli, and ham. Cut remaining bread slices diagonally into halves. Arrange bread halves down center of casserole, overlapping slightly, crusted points all in 1 direction. In medium bowl, beat eggs, milk, and seasonings; pour evenly over casserole. Bake, uncovered, for 1 hour or until center is set. Top with remaining cheese; bake, uncovered, 5 minutes or until cheese is golden brown. Let stand for 10 minutes before serving.

### **Deep Dish Quiche Pizza**

4 oz. cream cheese  
4 eggs  
1/3 cup heavy cream  
1/4 cup parmesan cheese  
1 tablespoon chives  
1/2 tsp. Italian seasoning  
2 cups Italian cheeses (I used the grated pre-packaged mix of pizza cheese)  
1/2 tsp. wet garlic or 1/4 tsp. powder  
1/2 cup low carb spaghetti or pizza sauce  
1 cup mozzarella cheese

Toppings i.e. pepperoni, black olives, green olives, mushrooms, ham, bacon, peppers, onions, etc.

Beat together cream cheese and eggs until smooth.  
Add cream, parmesan cheese and spice

Spray 9" baking dish (I use a pie plate), with oil. Put 2 cups of pizza cheese in dish and pour egg mixture over it. Bake at 375 for 30 minutes.

### **Meat-filled Oriental Pancakes**

6 oriental pancakes (recipe follows)  
1 tablespoon cornstarch  
3 tablespoons soy sauce  
1 tablespoon dry sherry

3/4 pound ground beef  
1/2 pound ground pork  
2/3 cup chopped green onions and tops  
1 teaspoon minced fresh ginger root  
1 clove garlic, pressed

Prepare oriental pancakes (recipe follows). Combine cornstarch, soy sauce, and sherry in a large bowl. Add beef, pork, green onions, ginger, and garlic; mix until thoroughly combined. Spread 1/2 cup meat mixture evenly over each pancake, leaving about a 1/2-inch border on 1 side. Starting with the opposite side, roll up pancake jelly-roll style. Place rolls, seam-side down, in single layer, on heatproof plate; place plate on steamer rack. Set rack in large pot or wok of boiling water. Cover and steam 15 minutes. Just before serving, cut rolls diagonally into quarters.

Oriental Pancakes:

Beat 4 eggs in a large bowl with wire whisk. Combine 1/2 cup water, 3 tablespoons cornstarch, 2 teaspoons soy sauce and 1/2 teaspoon sugar substitute; pour into eggs and beat well. Heat an 8-inch omelet or crepe pan over medium heat. Brush bottom of pan with 1/2 teaspoon canola oil; reduce heat to low. Beat egg mixture; pour 1/4 cupful into skillet, lifting and tipping pan from side to side to form a thin round pancake. Cook about 1 minute or until firm. Carefully lift with spatula and transfer to sheet of waxed paper. Continue procedure, adding 1/2 teaspoon oil to pan for each pancake. Makes 6 pancakes.

Serves 6

### **Tortilla Stack Tampico-**

1-1/4 cup shredded cooked chicken  
1 package taco seasoning  
1 cup water  
1 can (8 ounces) tomato sauce  
8 medium whole-wheat tortillas  
2 cups grated Monterey Jack cheese or Cheddar cheese  
1 can (4 ounces) whole green chilies, rinsed

and seeds removed  
1 can (4.5 ounces) chopped ripe olives  
1/2 cup salsa  
Sliced green onions

In large skillet, combine chicken, taco seasoning, water, tomato sauce. Bring to a boil; reduce heat and simmer, uncovered, 10 minutes. Lightly grease 12x8x2-inch baking dish. Dip tortillas in chicken mixture. Place 2 tortillas in bottom of baking dish. Top with 1/2 of chicken mixture. Sprinkle with 2/3 cup cheese and top with 2 more tortillas. Layer whole chilies on top of tortillas. Sprinkle with 1/2 of olives, reserving 2 tablespoons for garnish. Sprinkle 2/3 cup cheese over olives. Top with 2 more tortillas and remaining chicken mixture. Top with remaining 2 tortillas. Pour salsa over tortillas. Garnish with remaining 2/3 cup cheese, reserved 2 tablespoons olives and green onions. Bake, uncovered, in 350 F. oven 15-20 minutes or until heated through and cheese melts. Cut each stack into quarters and serve.

Presentation: Serve with dollops of sour cream.  
Serves 8

### **Mexicali Pizza-**

Canola oil  
2 large whole-wheat tortillas or 4 small ones  
1 pound ground beef, lean  
1 package taco spices and seasonings  
3/4 cup water  
1-1/2 cups grated Monterey Jack cheese or Cheddar  
3 tablespoons diced green chilies  
2 medium tomatoes, sliced  
1 can (2-1/4 ounces) sliced ripe olives, drained  
1/2 cup salsa

In a large skillet, pour oil to 1/4 inch depth; heat. Fry each tortilla about 4 seconds. While still pliable, turn tortilla over. Fry until golden brown. (Edges of tortilla should turn up about 1/2 inch). Drain well on paper towels. In medium skillet, brown ground beef until crumbly; drain fat. Add taco spices and water; blend well. Bring to a boil; reduce heat and

simmer, uncovered, 5 minutes. Place fried tortillas on pizza pan. Layer taco meat, 1/2 of cheese, chilies, tomatoes, remaining 1/2 of cheese, olives, and salsa. Bake, uncovered, in 425 F. oven for 15 minutes for large pizza or 7-8 for small.

Serves 4

## **Baha Roll**

1 cup uncooked quick-cooking brown or wild rice  
1-1/2 cups chicken broth  
1/4 cup reduced-calorie mayo  
1 tablespoon rice vinegar or white wine vinegar  
1 tablespoon minced green onion  
2 teaspoons grated gingerroot or 1/4 teaspoon ground ginger  
4 (8-inch) whole-wheat tortillas  
1/2 pound fresh spinach (1 bunch), stems removed  
1 can (6-1/8 ounces) tuna, drained and flaked  
3/4 cup thin julienne-strip, peeled cucumber  
1/4 medium ripe avocado, pitted, peeled, and thinly sliced  
1 egg white, beaten  
Pickled ginger strips, fresh cilantro or parsley (optional)

Cook rice according to package, using chicken broth instead of water. Fluff rice; cool or cover and chill if preparing ahead. In a small bowl, stir together mayo, vinegar, onion, and gingerroot; stir mixture into cooked rice until well combined. To assemble rolls, place tortillas on flat surface. Spread 1/4 of the rice mixture evenly over each tortilla to within 1/2-inch of edge. Arrange spinach leaves, overlapping slightly, over rice layer. Sprinkle tuna and cucumber evenly over spinach. On each tortilla, place 2 slices of avocado crosswise over center of filling. Starting at the bottom edge of each tortilla, roll up

tightly, enclosing filling and avocado in center. Moisten opposite edge of tortilla with egg white; press edges together to seal. Wrap in waxed paper and twist ends; chill at least 2 hours before serving.

To serve, unwrap rolls; slice each roll crosswise into 8 1-inch slices.

Makes 4 main dishes or 32 appetizers  
Phase II ingredients: 2 (rice and tortillas)

## Main Dishes

### Mushroom Chicken - from Tina MacDonald

6 chicken breasts  
Salt and Pepper  
Paprika

#### **Sauce:**

1/4 cup butter  
1/2 pound mushrooms, sliced  
1 tbsp. flour  
1 tsp. soy sauce  
3/4 cupfat free half and half

Preheat oven to 350 F. Place chicken breasts on a rack over a large cookie sheet. Season with salt and pepper to taste. Generously dust with paprika. Bake for one hour.

To make sauce, melt butter in large skillet. Add mushrooms; sprinkle with flour, toss mushrooms to distribute flour. Sauté over medium heat, stirring occasionally for 8 to 10 minutes. Add soy sauce, and slowly stir in cream. Cook and stir till mixture bubbles and thickens. Season to taste with salt and pepper. Serve over baked chicken breasts.

### Chicken Mushroom Dijon

4 each chicken breast halves - skinned & boned  
1 teaspoon Lemon Pepper  
1/4 teaspoon onion powder  
1 cup Heavy cream  
1 tablespoon Dijon mustard  
1 cup mushrooms  
2 tablespoons Butter

Sprinkle both sides of chicken with lemon-pepper seasoning and onion powder. In a skillet cook chicken in margarine or butter over medium heat for 8 to 10 minutes, or till tender and no longer pink, turning once.

In a small mixing bowl mix together sour cream, cream and mustard. Pour Mushrooms over chicken, pour mustard mixture over chicken and mushrooms. Stir until sauce thickens and mushrooms and chicken are well coated.

NOTES : Can use 1/3 cup of sour cream and 2/3 cup of heavy cream (instead of 1 cup heavy cream) for a thicker sauce, or substitute fat free sour cream and fat free half and half.

### Beef Souvlaki

1 lb. sirloin tip steaks or round steaks  
2 teaspoons dried oregano  
2 teaspoons minced garlic  
1/2 teaspoon ground black pepper  
2 teaspoons oil

1/4 cup lemon juice

Sauce:

1/3 cup plain yogurt

1/2 teaspoon dried dill

1 teaspoon red wine vinegar

1 teaspoon minced garlic

Combine spices and oil and press into meat of both sides. Cut meat into 1 inch cubes and toss with lemon juice and let stand for 5 minutes. Thread on skewers. Broil or grill for about 5 minutes, turning once

## Desserts

### TUTTI-FRUTTI MERINGUE ROUND

- 1 cup plus 3 tablespoons splenda
- 2 teaspoons cornstarch
- 1 teaspoon grated orange peel
- 4 eggs, separated
- 2 cups low-fat plain yogurt
- 1 tsp vanilla
- 1/2 teaspoon cream of tartar
- 4 cups assorted fresh fruit (whole blueberries, cherries, raspberries and/or grapes: peaches, strawberries, apples, carambolas (star fruit) and/or peeled kiwi fruit; and/or melon balls)

In medium saucepan, stir together 3 tablespoons of the splenda, cornstarch and orange peel. Stir in egg yolks and yogurt until well blended. Cook over medium heat, stirring constantly, until mixture boils and thickens. Cover and chill thoroughly.

In large mixing bowl at high speed, beat egg whites with cream of tartar until foamy. Add remaining 1 cup splenda, 2 tablespoons at a time, beating constantly until sugar is dissolved and whites are glossy and stand in stiff peaks. (Rub just a bit of meringue between thumb and forefinger to feel if splenda has dissolved.) With spoon or pastry bag, spread mixture over bottom of lightly greased or lined (foil or waxed, brown or parchment paper) 12-inch pizza pan, forming a rim around sides. Bake in preheated 225°F oven until firm and cake tester or wooden pick inserted in center comes out clean, about 1 to 1 1/2 hours. Turn off oven. Let stand in oven with door closed until cool, dry and crisp, at least 1 additional hour.

To serve, spread chilled custard evenly over baked meringue shell. Arrange fruits in a decorative pattern over custard. Cut into wedges and serve immediately.