



Parmesan Breadsticks

Crisp, scented twists—perfect for healthy nibbling—also make a meal with soup or a salad.

Makes 40 breadsticks

- 3¼ cups all-purpose flour**
- 1 cup Parmesan cheese**
- 2 teaspoons chopped fresh rosemary**
(or ½ teaspoon dried)
- 2 teaspoons salt**
- 1 teaspoon pepper**
- 1 teaspoon rapid-rise dry yeast**
- 1¼ cups very warm water (120°–130°F)**
- ¼ cup semolina flour or cornmeal**
- 1 teaspoon olive oil**

1. Mix 1½ cups all-purpose flour, Parmesan, rosemary, salt, pepper, and yeast in a large bowl. Blend in water. Add 1½ cups more flour to form a soft dough. Dust work surface with flour. Turn dough onto floured surface and knead until smooth and elastic, about 10 minutes, working in remaining flour to keep dough from sticking. Divide dough into two equal pieces. Cover with a damp kitchen towel and let rest 10 minutes.

2. Sprinkle two 16 x 12-inch sheets of waxed paper with 1 tablespoon semolina each and pat dough pieces into 10 x 6-inch rectangles. Brush with oil and cover with a kitchen towel. Let rise in a warm place until doubled, about 30 minutes. Refrigerate 1 piece of dough.

3. Preheat oven to 400°F. Line two baking sheets with parchment paper and sprinkle with half of remaining semolina. Cut unrefrigerated dough crosswise into 20 equal strips, each about 8 inches long. Hold dough strips by the ends, twisting and stretching until about 12 inches long. Place twists 1 inch apart on baking sheets. Let rise, uncovered, 10 minutes.

4. Lightly coat breadsticks with nonstick cooking spray. Bake 10 minutes. Remove breadsticks from oven and lightly coat again with cooking spray. Bake until golden and crisp, about 8 minutes longer. Transfer to a wire rack and cool completely. Repeat with the remaining dough.

NUTRITION PER BREADSTICK:

calories 56; saturated fat 0.5 g; total fat 1 g; protein 2 g; carbohydrate 9 g; fiber 0 g; sodium 163 mg; cholesterol 2 mg

Pat-in-the-Pan Pizza

Homemade and healthy—you'll flip over this pie! It will make a satisfying meal if you add a salad and a fresh-fruit dessert, but stick to one serving of pizza.

Makes 6 servings

- ½ cup plus 2 tablespoons lukewarm water**
(105°–115°F)
- 1 packet (¼ ounce) active dry yeast**
- ⅛ teaspoon sugar**
- 2 cups all-purpose flour**
- ½ teaspoon salt**
- 1 tablespoon olive oil**
- 8 ounces turkey sausage**
- 1 cup pizza sauce**
- 1 cup shredded part-skim mozzarella cheese**
- 1 small green bell pepper, thinly sliced**
- 1 small red bell pepper, thinly sliced**
- 1 small yellow bell pepper, thinly sliced**
- Nonstick cooking spray**

1. Lightly coat a jelly-roll pan or sheet pan (about 18 x 12 inches) and large skillet with nonstick cooking spray.

2. Stir water, yeast, and sugar in small bowl and let stand until foamy, about 5 minutes. Combine flour and salt in large bowl. Pour in yeast mixture, drizzle

in oil, and beat with wooden spoon until dough pulls away from side of bowl. Dust work surface lightly with flour. Turn out dough and knead 3 minutes. Cover with damp towel and let rest 5 minutes.

3. Preheat oven to 425°F. Meanwhile, remove sausage meat from casings, put into skillet, and set over medium heat. Cook sausage just until it begins to brown, about 5 minutes, breaking up meat with a spoon. Drain on paper towels.

4. Shape dough into 16 x 12-inch rectangle on pan. Form a high standing edge (about ½ inch), gently pinching edge. Spread pizza sauce evenly over the dough. Top pizza with mozzarella; green, red, and yellow peppers; and sausage. Bake until cheese melts and crust is golden, about 10 minutes.

NUTRITION PER SERVING:

calories 326; saturated fat 3 g; total fat 10 g; protein 21 g; carbohydrate 38 g; fiber 2 g; sodium 708 mg; cholesterol 41 mg

Chili Popcorn

This low-calorie snack is made with corn popped in a hot-air popper. If prepared ahead, it can be recrisped on a baking sheet in a 350°F oven for 6 to 8 minutes just before serving.

Makes 10 1-cup servings

- 1 teaspoon paprika**
- ½ teaspoon chili powder**
- ¼ teaspoon salt**
- ⅛ teaspoon garlic powder**
- Pinch ground red pepper (cayenne), or to taste**
- 1 tablespoon grated Parmesan cheese**
- 10 cups popped corn, without salt or oil**
- Butter-flavored nonstick cooking spray or water**

1. Preheat the oven to 350°F. In a small bowl, combine the paprika, chili powder, salt, garlic powder, red pepper, and Parmesan cheese. Spread the popcorn in an even layer on two large baking sheets and coat lightly with the nonstick cooking spray or water from a spray bottle. With a fork, sprinkle the seasonings over the popcorn and toss the popcorn to coat.

2. Bake for 5 to 10 minutes or until crisp. Serve immediately or store in an airtight container.

NUTRITION PER SERVING:

calories 29; saturated fat 0 g; total fat 0 g; protein 1 g; carbohydrate 5 g; fiber 0 g; sodium 66 mg; cholesterol 0 mg



SALADS

Cabbage-and-Apple Slaw with Blue-Cheese Dressing

It's almost too good to be true—a velvety, low-fat blue-cheese dressing!

Makes 8 servings

- $\frac{2}{3}$ cup fat-free sour cream
- $\frac{2}{3}$ cup plain fat-free yogurt
- $\frac{1}{4}$ cup cider vinegar
- 1 tablespoon low-fat mayonnaise
- 4 teaspoons sugar
- 1 teaspoon hot red-pepper sauce
- 1 teaspoon salt
- $\frac{1}{3}$ cup crumbled blue cheese (2 ounces)
- 8 cups finely shredded red and/or green cabbage
- 4 Granny Smith apples, cut into thin wedges
- 2 red bell peppers, slivered

1. Whisk together the sour cream, yogurt, vinegar, mayonnaise, sugar, hot-pepper sauce, and salt in a large bowl. Stir in blue cheese.



2. Add cabbage, apples, and red peppers to bowl and toss to combine. Serve at room temperature or chilled.

NUTRITION PER SERVING:

calories 150; saturated fat 1 g; total fat 3 g; protein 5 g; carbohydrate 30 g; fiber 5 g; sodium 441 mg; cholesterol 5 mg

Oriental Green Salad

The protein in this vegetable salad comes from the tofu in the luscious creamy dressing. To make ginger juice, put a $\frac{1}{2}$ -inch piece of fresh ginger through a garlic press or grate the ginger and press out the juice with a spoon; discard the pulp.

Makes 4 servings

For the dressing:

- 4 ounces soft tofu (soybean curd)
- $\frac{1}{4}$ cup water
- 1 tablespoon reduced-sodium soy sauce
- 1 garlic clove, crushed
- 2 teaspoons rice vinegar
- $\frac{1}{2}$ teaspoon ginger juice
- $\frac{1}{4}$ teaspoon sugar

For the salad:

- 1 small head romaine lettuce or 6 ounces spinach leaves, cut into 1-inch-wide ribbons (6 cups)
- 2 medium-size carrots, peeled and shredded (1 $\frac{1}{2}$ cups)
- 4 radishes, thinly sliced ($\frac{1}{3}$ cup)

1. To prepare the dressing: In a food processor or blender, whirl the tofu, water, soy sauce, garlic, vinegar, ginger juice, and sugar for 1 minute or until smooth.

2. To prepare the salad: In a large salad bowl, place the lettuce, carrots, and radishes. Pour the dressing over the vegetables and toss until coated.

NUTRITION PER SERVING:

calories 55; saturated fat 0 g; total fat 1 g; protein 4 g; carbohydrate 8 g; fiber 3 g; sodium 143 mg; cholesterol 0 mg

SOUPS



Greek Spinach, Egg, and Lemon Soup

This Greek-style "cream of spinach" soup has no cream—and hardly any fat.

Makes 4 servings

- 3 cups reduced-sodium, fat-free chicken broth
- 3 scallions, thinly sliced
- 3 cloves garlic, minced
- 1 package (10 ounces) frozen chopped spinach
- $\frac{1}{2}$ teaspoon oregano
- 1 cup cooked brown rice
- 1 teaspoon grated lemon zest
- 3 tablespoons fresh lemon juice
- $\frac{1}{2}$ teaspoon salt
- 1 large egg plus 2 egg whites

1. Combine $\frac{1}{4}$ cup broth, scallions, and garlic in medium saucepan. Cook over medium heat until scallions are tender, about 2 minutes.

2. Add remaining $2\frac{3}{4}$ cups broth, spinach, and oregano, and bring to a boil. Reduce to a simmer, cover, and cook until spinach is tender, about 5 minutes.

3. Stir in rice, lemon zest, lemon juice, and salt, and return to a simmer. Remove $\frac{1}{2}$ cup hot liquid and whisk into whole egg and egg whites in medium bowl. Whisking constantly, pour warm egg mixture into simmering soup.

NUTRITION PER SERVING:

calories 114; saturated fat 0.5 g; total fat 2 g; protein 8 g; carbohydrate 17 g; fiber 3 g; sodium 728 mg; cholesterol 53 mg

Cream of Leek and Potato Soup

A satisfying low-fat soup to start a meal or—in larger portions—to be the main dish.

Makes 7 $\frac{1}{2}$ cups

- 1 tablespoon olive or canola oil
- 8 ounces leeks, white part only, thickly sliced
- 1 large onion, coarsely chopped
- 6 cups chicken or vegetable stock
- 1 pound all-purpose potatoes, peeled and diced
- $\frac{1}{8}$ teaspoon each salt and ground white pepper
- $\frac{1}{3}$ cup low-fat sour cream
- Chopped chives, for garnish (optional)

1. In a 4-quart saucepan, heat the oil over moderate heat. Stir in leeks and onion, then $\frac{3}{4}$ cup of the stock. Cover and cook, stirring frequently, about 10 minutes, until soft but not browned.

2. Add the potatoes to the saucepan and stir to coat with the leek-and-onion mixture.

3. Pour in half of the remaining stock and bring to a boil. Simmer, partially covered, 15 to 20 minutes, until potatoes are very soft.

4. Remove from the heat. Using a ladle, transfer the contents of the pan to a blender or food processor and purée until very smooth.

5. Pour the remaining stock into the pan. Add the vegetable purée and bring the soup to a simmer, stirring constantly, 2 to 3 minutes. Season with the salt and pepper.

6. Remove from the heat and stir in the sour cream. Ladle into soup bowls and garnish with the chives (if using).

NUTRITION PER CUP:

calories 111; saturated fat 1g; total fat 3 g; protein 4 g; carbohydrate 17g; fiber 2g; sodium 105 mg; cholesterol 2 mg



Red Gazpacho

Marinate finely chopped vegetables in oil and spices and serve chilled. You'll enjoy the vitamin benefit of raw vegetables plus great fresh taste.

Makes 6½ cups

- 3 ounces French or Italian bread
- 1 large sweet red or green pepper, coarsely chopped
- 1 red onion, coarsely chopped
- 1 small cucumber, peeled, seeded, and sliced
- 8 ounces plum tomatoes, cored and quartered
- ¼ cup packed basil or parsley
- 1 clove garlic, finely chopped
- 2 tablespoons olive oil
- 2 tablespoons red or white wine vinegar
- 3 cups reduced-sodium tomato juice
- ⅛ teaspoon freshly ground black pepper

1. Remove the crusts from the bread and tear the bread into pieces. Place in a bowl and cover with water. Allow to stand at least 5 minutes.
2. Drain some of the water from the bowl and, with your hands, squeeze out most of the remaining water from the bread. Reserve the soaked bread.
3. Place the sweet pepper, red onion, and cucumber in a food processor and process until very finely

chopped. Pour the mixture into a large bowl.

4. Place the tomatoes and basil in the food processor and process until very finely chopped but not totally puréed. Add to the pepper mixture in the bowl.
5. Place garlic, oil, wine vinegar, soaked bread, and tomato juice in the food processor and process until blended. Stir into the soup until combined.
6. Add black pepper. Cover the bowl and refrigerate the soup for at least 1 hour before serving.

NUTRITION PER SERVING:

calories 129; saturated fat 1 g; total fat 5 g; protein 3 g; carbohydrate 19 g; fiber 3 g; sodium 167 mg; cholesterol 0 mg

MEATS

Herb-Roasted Beef

A change in proportions makes this recipe healthy. Roast a generous serving of vegetables with a small piece of meat to get a nutritionally balanced meal.

Makes 6 servings

- 2 pounds lean boneless beef rib roast
- ⅛ teaspoon each salt and pepper
- 1 cup fresh herbs, such as parsley, basil, sage, rosemary, thyme, and chives, or 1½ tablespoons dried of each
- 2 tablespoons Dijon mustard
- 1 tablespoon olive or canola oil
- 3 large onions, cut into eighths
- 6 small zucchini, cut into thirds
- 1 cauliflower, cut into florets

1. Preheat the oven to 350°F. With a sharp knife, trim all the fat and cartilage from the beef roast. Season the meat with salt and pepper.
2. Place the fresh herbs and mustard in a food processor and process to chop herbs fine and combine mixture. Scraping down the sides of the bowl, transfer mixture to a small bowl. (Mix dry herbs and mustard in bowl.)
3. Spoon the herb mixture onto the roast, spreading it evenly to cover all sides. Coat the bottom of a large roasting pan with the oil. Place the meat in the pan and roast, uncovered, for 30 minutes.

4. Arrange the onions, zucchini, and cauliflower

around the meat in the roasting pan and toss the vegetables to coat them thoroughly in the oil.

5. Roast the meat and vegetables about 1 hour or until a thermometer inserted in the center of the meat reads 160°F (for medium). Turn the vegetables occasionally so that they cook evenly.
6. Remove pan from the oven. With a slotted spoon, transfer the vegetables to a serving dish and keep them warm. Transfer the roast to a carving platter, cover, and let stand for 5 minutes. Slice beef and serve with vegetables.

NUTRITION PER SERVING:

calories 317; saturated fat 3 g; total fat 10 g; protein 39 g; carbohydrate 20 g; fiber 7 g; sodium 278 mg; cholesterol 82 mg



Flank Steak with Red Onions

If flank steak is unavailable, substitute top round London broil steak. You can also cook this dish on an outdoor grill. Just poke holes in the foil holding the onions.

Makes 4 servings

- 2 medium-size red onions, sliced ½ inch thick
- 2 cloves garlic, crushed
- ⅔ cup balsamic or malt vinegar
- 1 tablespoon olive oil
- 2 tablespoons black currant or seedless raspberry jam
- ½ teaspoon salt
- ½ teaspoon ground red pepper (cayenne)
- 1 pound flank steak

1. Place the onions, garlic, vinegar, oil, jam, salt, and red pepper in a self-sealing plastic food storage bag. Push out all the air and seal the bag, then knead the marinade through the bag until it is combined. Using a sharp knife and cutting a scant ⅛ inch deep, score the steak on both sides in a diamond pattern. Add the steak to the marinade, coat the steak well, and reseal the bag. Place the bag on a plate and marinate the steak in the refrigerator for at least 30 minutes or up to 3 hours.
2. Preheat the broiler, setting the rack 5 inches from the heat. Place an 8-inch square of aluminum foil on one end of the broiler pan. Using a slotted spoon, remove the onions from the marinade and arrange them on the foil. Place the steak directly on the pan next to the onions. Broil the onions for 5 minutes on each side, and the steak for 5 to 6 minutes on each side for medium-rare, 7 to 8 minutes for medium. Remove onions when they are done and keep them warm.
3. Transfer the cooked steak to a cutting board and let stand for 10 minutes; then thinly slice it against the grain, holding the knife at a slight angle. Place the slices on individual plates and spoon any juices over them. Serve with the broiled onions.

NUTRITION PER SERVING:

calories 264; saturated fat 6 g; total fat 14 g; protein 24 g; carbohydrate 16 g; fiber 1 g; sodium 352 mg; cholesterol 57 mg